Record 5052 Athletes From 53 Nations Enter IX World Veterans Championships

Largest Turnout Ever Expected In Turku

A record total of 5052 veteran athletes from 53 nations have entered the IX WAVA World Veterans Athletics Championships this month in Turku, Finland.

It will be the largest World Veterans Championships ever held, surpassing the previous high of 4817 in Melbourne in 1987 and 4754 in Eugene in 1989.

Another 5000 family members and friends will descend on the Finnish west coast town of 165,000.

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 18, with the Decathlon/Heptathlon. Opening ceremonies are set for July 19.

800 to Compete in 24th Nationals Near Chicago

More than 800 athletes from 44 states and several foreign nations will participate in the 24th Annual TAC/USA National Masters Track and Field Championships on July 4-7 in Naperville, Ill.

The meet returns to Naperville — 30 miles west of Chicago — for the first time since 1977. Action will be held at the first-class Koehler Field on the campus of North Central College. The fast track is the site of many NCAA Division III national track and field championships.

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 age 95+. There are no qualifying standards needed to enter, except to be at least age 30.

The entry deadline was June 4, but late entries were accepted up to June 15.

"No late entries will be accepted in Naperville," said Dick Green, meet director.

The first three U.S. finishers in each event will receive TAC's official Championship medal. U.S. national winners will also receive TAC's Championship patch. Foreign winners will receive a separate distinctive medal. All competitors will receive a Certificate of Participation.

The Sheraton Naperville hotel, three miles from the track, will serve as the meet headquarters hotel. The college residence halls, where many athletes will be housed, is right next to the track and within walking distance of downtown Naperville.

Free Shuttle Service

Free shuttle service will be provided from many hotels and motels to the track, so it should not be necessary to rent a car. A shuttle bus will transport athletes from Chicago's O'Hare airport to Naperville; rates are $12.50 for one person or $9.00 each for two or more. Call 800-851-0200 for a reservation.

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Continued on page 14

World Veterans Championships Preview Issue

- Number of Entrants by Country, Event and Age-Group — pages 18-20
- World and U.S. Relay Records — page 15
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**NATIONAL MASTERS NEWS**

**NATIONAL MASTERS新闻**

**National Masters News**

**Member of the Month**

**National Masters News**

**The official publication of the National Masters Association (TAC)**

**Runners wanted for the International Track & Field Meet**

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

**TAC USA is a major funding supporter of the National Masters News. Executive Officers of TAC/USA: Frank E. Greenberg, President; Olaf C. Cassell, Executive Director.**

**The National Masters News is devoted exclusively to track & field, long distance running, and race-walking for men and women over age 30. Each month it features 34 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the latest information that affects the world of masters athletics competition.**

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

**Generally, anyone age 30 or over may become a masters event participant. Some events are limited to ages 40 - 50 or 50+; check the schedule for details. Some events require advance registration. Some require a current TAC card ($10 per year, depending on the region).**

**The National Masters News is mailed to addresses in the USA and Canada. Address changes should be made within 6 weeks of the cover date.**

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**NATIONAL MASTERS NEWS**

**July, 1991**

**National Masters News**

**Your area, or 317-261-0900. There are no qualifying standards for any masters athletics event.**

**NWM 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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Masters Shine in Bruce Jenner Classic  
by SUZANNE SUWANDA  
Competitors in six masters running events enjoyed the attention and cheers of more than 13,500 fans at Bruce Jenner’s Symantec Classic at San Jose City College, San Jose, Calif. on May 25. Warm temperatures, brilliant blue skies and a persistent mild breeze set the stage for the IAAF-Mobil Grand Prix Meet, with a roster of world-class track and field competitors sharing the spotlight with the masters field.

The largest masters contingent was in the men’s 40+ 1500, which kicked off the masters portion of the program. West Valley Track Club’s Jim Hampton, 44, who for four years has served as volunteer organizer of the Jenner’s middle distance masters event, led easily for the first three laps. At 1200 meters, Hampton “simply died,” according to Ramsay Thomas, 47, who had been following 15 meters behind. Running only his third race in two years due to allergy problems, Thomas was surprised to find himself in front all the way to the finish. “I was just following along without any idea of what would happen,” Thomas said, finishing in 4:17.14.

In an extremely close race with a legal .4 mps tail wind, Kenny Dennis, 54, world and American record holder for the 200, was narrowly edged by a time of 24.51 by Martyn Adamson, 54, in the 200 meters for men 50+.

Steve Hardison, 40, who has predicted he will go under 50 in the 400 this season, got a fine start with a 51.27 in the men’s 40+ division. Dennis Duffy, 46, was second in 53.93.

In the 100 meters for men 65+, Payton Jordan, 73, American and world M70 record holder, was off his world record times but still fast enough to take first in 13.57.

Huel Washington, 61, turned in the fastest 100-meter time of the day for masters with 13.41, winning the 60-64 age bracket.

There was only one women’s masters event, the 100 meter dash for women 40+. Irene Obera, 56, American U.S. and world M60 record holder, was off his world record times but still fast enough to take first in 14.02.

Five Years Ago  
July, 1986
- Atlaw Beliline (41, 32:12) and Judy Pickert (42, 39:35) Win Masters Division in Cotton Row 10K for Second Year
- Phil Conley Breaks His Own M50 Javelin AR With a Throw of 186-6
- Gabriele Andersen, 41, Races to a 35:31 Masters Victory in Freihofer’s 10K

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Al Guider
California City, California

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Third, the amount of money we could get from the IAAF is about three times more than the amount expected from current affiliates.

Finally, David says: "If it ain't broke, don't try to fix it." Assuming this as correct, the immediate consideration is "should our toy break up, don't worry, we'll fix it."

I'm not trying to fix anything. We should do our best to avoid any danger of WAVA breaking up. If it does, to fix it could be very expensive, and might not be possible at all.

Cesare Beccalli
President of WAVA
Milano, Italy

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Paul, Keskitalo Top Masters in Pittsburgh Marathon

by JERRY WOJCIK


The other masters men who finished in the money were Steve Molnar, 41, Johnstone, Va., 2:42:59, $1500; Bill O'Neil, 40, Stowe, Vt., 2:46:12, $1000; Mel Williams, 53, Virginia Beach, Va., 2:48:00, $500; and Clint Davis, 44, Fayetteville, N.C., 2:48:19, $200.

Their W40-and-over counterparts who received equivalent amounts were Jeanne Kruger, 43, Norfolk, Va., 3:16:32, $1500; Judith Bugyi, 45, State College, Pa., 3:19:43, $1000; Patricia Koester, 46, Monroeville, Pa., 3:32:09, $500; and Margie Stewart, 44, Carlisle, Pa., 3:43:18, $200.

Masters runners comprised 35% of the field, and out-of-state entrants made up 18%.

Open winners Herbert Steffny (37, 2:16:21) of Germany, and Lynn MacDougall (26, 2:42:45) of Richmond, Va., were each awarded $20,000. The cash prizes in the open division totaled $151,550.

Next year's event will be held on May 3.

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Does Shirley Matson Defy Science?

Following Nolan Ryan's seventh no-hitter this year, Hall of Fame pitcher Jim Palmer, who, at age 45, had failed in a comeback bid before the start of the season, said of the 44-year-old Ryan's performance: "He's not normal. You're not supposed to be able to do that at his age."

The same may be said of Shirley Matson, who has been attacking all of the road racing records in the book for women 50 and over. She's already garnered records at 5K (17:27), 8K (28:54), 10K (35:57), 15K (54:33), 10 miles (59:06), half-marathon (1:19:51), and 30K (2:00:41) since celebrating the big "FIVE-0" last November. Most of the old records belonged to the great Sister Marion Irvine.

Those times are good enough to win many races in the women's open division. What's especially incredible, though, is that Matson, who got serious about running just after her 40th birthday, is running as fast as ever. The 5K, 10K, and 10 mile 50+ records were all personal bests, while the other times approached her personal bests.

Does Matson Defy Science?

After all, scientists tell us that physically there's no way we can be as good at 50 as we were at 40. Of course, adaptation has to be a factor. Since most runners seem to take five to seven years to fully adapt to distance running, it follows that Matson should have been running faster at 45 than she had at age 40. During those developmental years, the gains from adaptation are greater than the losses to aging. But by now she should be slowing, at least a little.

Joan Ullyot, noted physician and running author, has observed that many runners take as long as ten years to fully adapt to distance. She's currently operates a small business distributing gourmet health foods to specialty food stores. A vegetarian, she believes nutrition may be a factor in her ability to maintain her level of performance over the past five years. "I think the healthier I eat, the better I feel and it all kind of goes together," she comments. "A well-nourished body is certainly going to perform better if it is taken care of, just like machinery. I like to have occasional junk food, but for the most part I like healthy junk food. Definitely, I don't feel good eating heavy fats or a lot of sweets, and I don't like meats because I think they're too hard to digest. I pretty much stick with high-complex carbohydrates, a lot of vegetables, fruit salads, whole grains, nuts, that kind of thing. I think they're tastier foods anyway."

Shirley Matson holds WS0 WRs in the 5K (17:27) and 10K (35:57).

First Race At 37

Born in Oakland, Matson grew up in the Bay Area and graduated from U.C. Berkeley. She moved to Solano Beach, near San Diego, in 1977 to work as an aerobics instructor and nutritionist.

"My first race ever was in May 1977 at the encouragement of a friend," Matson says. "I had been jogging three miles a day for a year or so, off and on, and my friend thought I would do well in a three-mile race for women. Much to my surprise, I was second woman overall in 19:27. The next day I ran a 10K. I had never run six miles and didn't think I could go the distance but was curious to see how far I could run without dying. Again, much to my surprise, I was second woman overall in 41:29. Times didn't mean anything to me then. I just ran as fast as I could.

Between 1977 and her 40th birthday in November 1980, Matson was a casual competitor, running a total of seven races. "Finally I decided I wanted to see how good I could get as I had recently turned the magic 40 and seemed to be competitive in my age group.

Matson appeared to have reached a peak around 1984 when she qualified for the Olympic marathon trials with a 2:50:03. She went on from there to win the Cotton Row 10K, the Cascade Run-off 15K and the Peachtree 10K. In the latter event, she ended a string of 75 consecutive masters victories by Cindy Dalrymple, then the reigning queen of masters distance runners.

broken Records At 45

Three days after turning 45 in 1985, she broke the W45-49 10K record of Mila Kania by nearly a minute with a 35:32, still her personal best at that distance. She has done 35:37 since turning 50, but her recent 54:33 for 15K equates to a 35:31 for 10K on the Daniels-Gilbert tables of comparative efforts.

"I think I could have gone under 54 in that race (Jacksonville Run) if it hadn't been so windy," Matson remarks. "There are times I wonder if I could have run faster if I had pushed myself to my maximum. I also wonder how fast I might have been if I had been running at 25 or 30. You think about those things, but there's no way you can really know."

In the few years prior to turning 50, Matson's times slowed a little. "My focus then was in caring for my mother," she explains. "So some extent that left me emotionally drained. I couldn't concentrate on my training and it just added to the other stresses of life. Stress has a very subtle way of just sucking the energy out of you."

Injury Curtails Training

With her 85-year-old mother now in a nearby intermediate care home, Matson, who returned to Northern California in 1987, is more free to train and race — at least she was until her lower back tightened up after running the Modesto Half-Marathon on April 7. A sciatica condition had kept her from running for six weeks at the time of this interview and she has had to cancel plans to compete in the World Veterans Games in Turku this summer.

"Obviously, my body needed a rest and I just wasn't listening close enough," she says, laughing, then admitting that perhaps that inner clock which has accounted for her longevity as a top competitor was temporarily turned off by her enthusiasm in attacking the 50-over records. "I guess I was just putting too much pressure on myself. When you're in top condition, you don't really recognize it. There's always the feeling that you can do more, that you've gotta get thinner, you've gotta get faster. You're always reaching for more.

"It's only when you're injured that you are able to put things in perspective. You realize that nobody really cares how fast you run or how many records you break. You're the only one who cares. The world doesn't care how fast you run or how many records you break. You begin to really value health and all you want to do is just run again, the; heck with the records. All it takes is going to a race and watching the wheelchair athletes to really appreciate just being able to run."

Shirley Matson currently operates a small business distributing gourmet health foods to specialty food stores. A vegetarian, she believes nutrition may be a factor in her ability to maintain her level of performance over the past five years. "I think the healthier I eat, the better I feel and it all kind of goes together," she comments. "A well-nourished body is certainly going to perform better if it is taken care of, just like machinery. I like to have occasional junk food, but for the most part I like healthy junk food. Definitely, I don't feel good eating heavy fats or a lot of sweets, and I don't like meats because I think they're too hard to digest. I pretty much stick with high-complex carbohydrates, a lot of vegetables, fruit salads, whole grains, nuts, that kind of thing. I think they're tastier foods anyway."

Longer Runs Make A Difference

Was Matson training harder this year before her assault on Sister Marion's records? Could that account for her ability to run as fast now as she did five years ago? "About the only thing I'd been doing a little differently this year is incorporating a longer run into my routine each week," she responds. "I'd do an 18 mile on trails. My longest before was usually 12 to 14 miles. So I wonder if maybe that longer run did make a difference. Otherwise, my training has been about the same, getting in my mileage (an average 60 per week), and getting my speed work in by going to the races. I've never done much in the way of intervals. I try..."
Southeast Sectionals Draw 181 to Knoxville

By DEAN WATERS

The early dawn light had to compete with lightning flashes from a magnificent thunderstorm centered directly over the University of Tennessee's Tom Black Track on June 1. Umbrella-toting officials, arriving at 7:00 a.m. to take registration for the 5K run, viewed the 100 yard visibility with some apprehension as the storm appeared to be determined to stay put.

Twenty minutes later, mother nature relented and presented the 181 participants at the 1991 Southeast Masters Track and Field Sectionals with a wonderful day for track and field. The 5K run went off on time at 7:45 a.m. with a field somewhat reduced from past years most probably due to the weather. Excellent times were turned in by Keith Jackson (M50) 15:44; James Brown (M35) 16:60; and Sam Stone (M50) 17:28.

Athletes came from 17 states and 10 track clubs to compete in this year's meet, held for the first time in Knoxville, Tennessee. The event was held in conjunction with the Tennessee State games qualifying meet. Qualification events for Tennesseans under 19 years were held during the morning after the 5K run. Athletes from any state over 19 years were allowed to compete with the masters in the afternoon. The arrangement worked well and might be considered for other masters competitions to help bridge the gap between high school and masters competitions. The limited number of 19- to 29-year old athletes that showed up (10) didn't interfere, enjoyed themselves, and may become important to masters track and field if they stay with it and receive encouragement.

The host track clubs, the Oak Ridge and Knoxville Track Clubs, donated a team plaque to honor the best performance. The Birmingham Track Club took first place honors with 165 points, the Birmingham Track Club third with 133 points.

There were many notable performances in the 200 meter run, the event with the largest entry (49). Excellent times were turned in by Phil Raschker, W44, 26.63; Betty Vosburgh (W59) 31.80; Ellis Mayfield (M39) 23.89; Marion McCoy (M41) 23.90; Avial Schurr (M49), 25.90; Ervin Mitchell (M52) 26.65; Alvin Clark (M59) 27.81; Gordon Seifert (M62), 28.83; Harold Johnson (M65), and Arling Pitcher (M49), 49.63.

Bill Duckworth (M56) continues to dominate the javelin and chased the world record with a best throw of 173.5. The wind conditions were far from perfect with the wind alternately blowing from the west and east throughout the event.

Max Springer (M77) who is normally seen in road races (28:53 5K) attempted his first long jump andcame away with a 9-4½ effort — no telling what he might do if he practiced.

The officiating was performed by the University of Tennessee Officials Association in association with the sponsoring track clubs. The officials ranks were thinned somewhat by vacations after four national level meets in the previous eight weeks, but the officiating crew did their usual credible job aided significantly by the facilities and support provided by the University of Tennessee. The only disappointment was the lack of newspaper coverage caused by the success of the University of Tennessee's track team, which won the NCAA title on the same day. The local papers, in anticipation of a win, had all of their reporters in Eugene, Oregon. The meet was covered by the local TV news. Two Accutracker systems guaranteed precise timing for the running events.
**Masters Athlete of the Month**

Ken Popejoy

This month’s Sorbothane Masters Athlete-of-the-Month is Ken Popejoy, 40, of Wheaton, Ill.

On June 8, at an all-comers meet in Naperville, Ill., Popejoy raced to a new U.S. masters 800-meter record of 1:52.5. His time broke the old mark of 1:53.99, set by Nolan Smith of Pasadena, Calif., last year. It’s close to the world M40 mark of 1:51.25, set by Peter Browne of Great Britain last year.

Browne is the defending world M40 800 champion, and is expected to face Popejoy in Turku, Finland, site of the WAVA World Veterans Championships later this month.

Meanwhile, Popejoy will go after Browne’s mark at the Nationals in Naperville on July 4-7.

His effort gave him a 97.4% on the masters age-graded scale.

Close behind Popejoy for monthly honors were Tennessee’s Jim Mathis, 56, who turned in an outstanding 55.69 for 400 meters in the Birmingham Classic on May 25—a 96.5% performance.

Also in contention for this month’s honors were:
- Chuck Miller, 53, with a great 14.40 100mH.
- Visha Sedlak, 42, with a strong 1:21:46 in the 15K walk.
- Joann Nedelco, 47, with a good 1:24:40 in the 15K walk.
- Bev LaVeck, 55, with an excellent 1:28:03 in the 15K walk.
- Bill Rodgers, 43, with a 1:08:59 in the Elby’s 20K.

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


Congratulations to Ken Popejoy—the Sorbothane Athlete-of-the-Month.

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**Ten Years Ago**

July, 1981

- Ralph Zimmerman, 40, Runs a 2:25:38 to Win RRCA National Masters Marathon Championship
- New WRs in the M75 110H (20.83) and 400H (89.58). Are Set by Russ Meyers in Southeast Regionals
- Marcie Trent Races to a W60 10K AR of 46:23 in the Nordstrom Women’s Run

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**Rankings Report**

by JERRY WOJCIK, TAC Masters T&T Rankings Coordinator

The rankings for several 1991 indoor events are in this month’s issue. Other indoor rankings will be published in later issues, and corrections and additions will appear in the December issue.

My plea for accurate results and marks seem to be falling on deaf ears. In the results of one meet in this issue, an athlete is shown with marks (some the same, others different) in both the M40-69 and M70-79 divisions in one-day meet. My telephone call to the meet director was not returned, as is fairly common. In another meet, an athlete is identified with two different last names, twice with one spelling and twice with another version.

These problems are not easily solved by compilers without additional research, digging around in past publications, hoping to come upon correct names and age divisions in past results or rankings books. A master list of all athletes age 30-and-over with their correct names and ages does not exist.

From my experience, the time spent trying to solve problems in some events almost equals the time devoted to simply compiling information, which is relatively easy, albeit boring, when data is accurate and complete.

At the Nationals in Naperville, I will give a “seminar” dealing with both results and rankings. I would like it to be well-attended by those athletes who have questions and suggestions for making this task easier and more accurate.

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**Aldrich Memorial Meet Draws Best Field**

by DAVE LEWIS

The Dan Aldrich Memorial Track Meet was held at the University of California—Irving in Orange County on May 25. This was the tenth annual meet, and it drew 230 competitors, the largest group of participants to date.

Formerly the “Anteaters Masters,” and before that the “Grandfather Games,” the meet was renamed this year to honor the late chancellor of the university. Dan Aldrich was an ardent supporter of masters track, and he personally won many field-event championships, including the “worlds.” He was an enthusiastic supporter of all his university’s sports programs and regularly officiated at UC-I’s collegiate track meets as well as at the masters meets.

This year’s marks were exceptionally fine. David Marcus broke two U.S. M80-84 records, in the long jump (12-14) and the triple jump (22-11½). Fifteen U.S. and world single-age records were broken; however, six were wind-aided.
Mathis, Raschker and Vosburgh
Star in Birmingham Track Classic
by GORDON SEIFERT
Jim Mathis, Phil Raschker and Betty Vosburgh were the top performers in the Birmingham Track Classic held on the Samford University track on May 25. Mathis, 56, took the special age-graded award with a 95.6% performance in the 400 (55.69).
Atlanta, Ga., resident Phil Raschker improved on her W40 world’s best pole vault mark, turning in an impressive 4.17.

The meet, which was held under warm, sunny skies, enjoyed a record number of participants this year. 

NATIONALS TOO EARLY
I’m an average competitor in the M75 200, 400 and 800, and was looking forward to competing in this year’s nationals. But the meet is scheduled too early (July 4-7), I don’t peak until later in the year.

I’m retired from the Civil Service and the military. My wife and I live on a modest income. I could care less about competing anywhere but the USA and Canada.

So why did TAC push all its 1991 nationals? It gives an average of the community of Potomac. There were probably 400 volunteers supporting the nearly 2000 runners, and everybody enjoyed themselves thoroughly.

Jay Slotkin himself attends the race. Confined to a wheelchair for lack of muscular functioning, he is nevertheless fully alert mentally, and appreciative of the honor his community shows toward him. His example of cheerfulness in the face of a severe physical trial was enough to inspire my own very tired but able-bodied legs to break into a hard 400-meter sprint to the finish line. I believe that every runner in the race gained an extra measure of stamina by thinking of Jay.

No doubt there are people around Potomac who remember that Jay Slotkin once fixed their teeth well, and that’s good. Far more important, the rest of us realize that Jay Slotkin has pulled together a great tract of houses and turned it into a community. No amount of managerial skill, financial donations, or other trappings of good health could have accomplished what Jay has done through his sickness. This is the clearest reminder I have ever seen that every human life is precious.

Tom Sheehan
Derwood, Maryland

U.S. BANS TRAVEL TO PAN-AM GAMES
If you’re an older masters runner like me who has the time and a bit of money to travel to see the Pan American Games this summer, forget it. You can’t go. The U.S. government won’t let you.

The Games are being held this year in Cuba. The U.S. government has imposed a travel ban to Cuba on all U.S. citizens. Canadian tourists will be there. So will Mexican visitors. So will people from Latin America, Europe, and other parts of the globe. But no tourist from the United States will be allowed to go.

If you have the desire to go, and think you can get to Cuba through Mexico or another country, don’t even think about it. You can be arrested when you return if you spend any money there. The maximum fine is $10,000 and up to 10 years in prison.

Exceptions to the Cuban ban are made for news or educational fixtures. U.S. Olympic hopefuls, too, have been added to the list of those allowed in Cuba for the games.

After visiting the modern, new Olympic Stadium in Havana, and seeing the spirit of the Cuban people, I have developed strong personal feelings about the U.S. travel restrictions. I’m making my best effort to try to reach the ears of my representatives in Washington to persuade them to lift the ban of Cuban travel — at least to the Pan American Games.

The vitality of today’s Cuba is evident. The Pan Am Games will be free to all Cuban people. Education is free through university including medical school for those who qualify. There are doctors for every neighborhood and village. All medical and dental care is free. Their once-poor infant mortality rate is now far lower than ours.

Racing is impossible to find anywhere in Cuba — not in the neighborhoods, in the pick-up soccer games, in children’s nurseries, in public housing, or among lovers walking or riding bikes along the harbor.

Cubans are solving the problem of reduced oil supplies with hundreds of thousands of bikes imported from China. In the May Day parade, a million vigorous and enthusiastic people marched for over two hours. It made San Francisco’s Bay-to-Breakers race look puny by comparison.

Recently President Bush made a speech indicating some increased desire for improving relations with Cuba. It can’t come too soon for me.

Paul Richel
Los Angeles

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Marathon Training: Adapting to Climate

Q. I'm a masters runner who plans to enter a marathon in a country with a climate much different from my home state of California. Is it better to arrive just a day or two ahead of the race or two weeks ahead in order to adjust to the weather? Secondly, are training runs of more than two hours beneficial for marathon training? I ran several marathons in 1974-78 but haven't run one in several years and feel my age (nearly 50) may be a factor. I would like to train to run under 3:30. Can you give me any suggestions?

A. Living in California with its near-constant weather, you should have few problems acclimatizing. Warm-weather runners usually run well in the cold by adding clothes. Cold-weather runners have more trouble with heat, particularly when an early warm spell hits before a spring marathon, as at Boston. In leading tour groups to Honolulu, we arrive 5-6 days early.

Adapting to altitude is another matter, since red blood cells deteriorate within 72 hours after arrival at altitude, rebuilding only after two to three weeks. In that case, you do need race. The tours have beeri scheduled to altitude, rebuilding only after two to need to arrive a week ahead of our

A. Experience is an important factor.

Q. I've had good luck at past championships racing within 48 hours after arrival. A couple of tips: 1) Eat very little on the flight with no alcohol, and 2) Obtain a good sports massage soon after arriving and before your race. That's a long answer to your first question. Here's a short answer to your second. Yes, training runs of two to three hours (or up to 20 miles) are essential for marathon success.

—Hal Higdon
6944 Runners Finish Newsday Long Island

by BILL BENSON

The 12th Annual Newsday Long Island Marathon and Half-Marathon in East Meadow, N.Y., on May 5, greatly exceeded last year’s total of finishers (5763) on 6944. In the marathon, 709 men and 102 women completed the course, and in the half-marathon, 4824 men and 1309 women finished.

This is a low-key, local fun race, with no big-name runners or money prizes. For many hundreds of the entrants, this is their first attempt at either distance. It is also unique in that a runner had until the 7.56 mile marker to decide whether to go all the way or quit.

First master in the marathon was Robert Briglio, 41, fifth overall with a 2:41:30. First woman masters was Ann Krepeila, 51, in 3:36:39.

Other division winners included Richard Murphy, M55, who beat Mel Gough (3:11:55) for the second year in a row with a 3:07:09; Colin Harris, M60, 2:33:41, who won over Ken Karcher (3:17:11), last year’s age-group winner; and John Corrigan, M65, 3:25:43, who warmed up for this race by going to Ireland to run the Dublin Marathon.

Overall winners were Timothy Coonen (2:27:23) and Lisa Kovesdy (W35, 3:18:56). Linda Lucas, 41, finished first, but was disqualified because she had been accompanied throughout the race by her husband. According to a Newsday article, David Katz, technical director of the race, cited rule 66.1a of The Athletics Rule Book as basis for disqualification.

First masters in the half-marathon were Allen Oman, M40, fourteenth overall in 1:12:55, and Maddy Harms, W45, who ran a sparkling 1:26:08, for fourth overall.

Bud Balkamol won the M45 race in 1:24:33 (only 44 seconds separating the top three). Gary Murcke took the M50 race in 1:17:26 from Joe Cordero, (3:17:26), last year’s winner. John Sullivan won the M60 age-group for the second year in a row in 1:32:52, as did Dr. Les Karmen in the M70+ race with a 1:43:37.

Winners overall were Jimmy Castro (1:06:50) and Karen Cotty (1:22:52). □

Hire Tops All Women

Conway Best Master in Get In Gear 10K

by JERRY WOJCIC

Dan Conway, 52, of Chetek, Wis., with an age-graded 89.70% for his 34:38, barely edged Alex Ratelle, 66, for masters honors in the Get In Gear 10K in Minneapolis on April 27. Ratelle, of Edina, Minn., finished in 39:49 for an 89.66% Tom Antczak, 40, of Burnsville, Minn., posted the third-best M40+ performance (87.4%) with a 16th-place 32:39.

Dan Held, 25, of Brown Deer, Wis., was best performer with a 29:52 (90.1%).

OTHER DIVISION WINNERS

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CUMULATIVE PRIZE MONEY EARNINGS

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FROM THE COMPETITIVE ROAD RACER

P.O. BOX 1765 BROOKLINE, MA 02146

Sandra Kiddy, 35, of Bishop, Ca., garnered first master woman honors for her 3:03:48 effort in the Avenue of the Giants Marathon, Weeot, Ca., May 5. Photo by Dan Pambianco

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

I am a female masters runner who has been experiencing Achilles' tendinitis for the last 13 weeks. It all started the day after I ran a marathon in 2:59. After several weeks of rest and treatment, the pain subsided and I am able to run again. But I'm perplexed by a slight "bumpiness" and tenderness on my Achilles tendon. When it was swollen with pain, it seemed that there was a gap which I am able to feel. It sounds to me as though you also have a partial tear of the ligament in addition to the Achilles' tendinitis. The bumpiness you describe is probably a small knot of scar tissue that resulted from the tear and is unlikely to go away. However, you should be able to run with it without too much discomfort.

Your condition is one of the most common injuries sustained by runners. It is a band of inflammation. Usually, the condition is caused by overuse and strain on the Achilles tendon. It can be treated with rest, ice, compression, and elevation. Ultrasound and moist heat should help during your warmup because you usually have your patients walk slowly just prior to running. Time will help the healing process, but you will never be 100% again.

As far as treatment is concerned, your first step should be to wear a heavier pair of training and racing shoes. Some physical therapy involving ultrasound and moist heat should help.

Obviously, you will have to run with caution. Warm up very well, but do not attempt to stretch your Achilles' during your warmup because you could cause another partial tear. I usually have my patients walk slowly just prior to running. Time will help the healing process, but you will never be 100% again.

Discus Record Set In Florida Meet

by JERRY WOJCICK

The Florida Athletics Congress Masters Track and Field Championships at Showalter Field in Orlando on May 18 produced another U.S. W50-54 discus record by Vanessa Hilliard, St. Petersburg, Fla. Hilliard, who turned 50 on April 19, broke Marjorie Larney's record 29.64 with a 30.50. On April 27 in a Florida Circuit meet in Naples, Hilliard broke Larney's record with a 30.88.

In other action, ex-Olympian Ralph Mann, M40, posted the best times of the meet in the 200 (23.0) and 400 (49.6).

Phil Brady, M55, had meet's bests in the shot (12.62) and discus (44.43).

Miller Top Age-Graded Performer in Texas Senior Games

by TIM MURPHY

The Texas Senior Games are growing each year. This year’s meet, held in Arlington on May 18, had heats for the M65 sprints. The weather was humid, and the air was heavy for running, but the rain did not come down until after the last event when the bottom fell out.

It was good to see Jimmy Weaver, 55, out again. He never does any track training but relies on his softball playing, which helped him to a 12.23 100m, age-graded 92%, and a 25.8 200 (90%).

Chuck Miller, 53, once again ran under 15 seconds for the 100mH (14.40) for a great age-graded 97%, then turned in a 24.69 200 (93%).

Tim Murphy, 69, had a good day with a 95% 100m in 13.13, and a 92% 200 in 28.58.

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Photo by Tesh Teshima

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.

CLASSIFIEDS

Classified ad rates are 60¢ a word. Count name and address as 5 words. Race notices are 40¢ per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

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<td>Men's and women's official world and U.S. Outdoor 5-year age-group records for all track &amp; field events, age 35 and up, as of May, 1991. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and TAC Masters T&amp;F Records Chairman.</td>
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<td>Competition Rules for Athletics (1991)</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and race walking — youth, open and masters.</td>
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<td>Time Master Calculator</td>
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<td>Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator.</td>
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<td>IAAF Scoring Tables (1985)</td>
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<td>Official world scoring tables for men's and women's combined-event competitions.</td>
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<td>Guide to Prize Money Races and Elite Athletes 1991</td>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more.</td>
<td>$14.95</td>
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<tr>
<td>160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan.</td>
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<td>Winning Secrets by Dr. Ladislav Pataki and Lee Holden</td>
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National Championship Relay Guidelines

All members of each relay team participating in our National Championships in Naperville must be duly accredited representatives of a single club or Association.

In order for an athlete to compete as a representative of a club, that club must be a member in good standing of The Athletics Congress.

Also, to compete as a representative of a club or organization, an athlete must have been a bona fide resident of the Association in which such organization is located for at least ninety (90) days unless the athlete falls within one of the exceptions:

1. An athlete who has moved from one Association to another may retain continuous membership in the Association of a club or organization, membership in their club; if that is necessary in order to retain membership from one Association to another and for transfer of membership from one club to another within the same Association (an athlete must serve 120 days in "unattached" status from the date of athlete’s last competition in which the athlete represented a club).

Sectional Relays

In an effort to provide more opportunities for individual athletes, to broaden the participation in the relay events, and to promote spirit in the Sectional Areas, the Southeast Sectional Coordinators, Phil Mulkey and Phil Raschker, proposed that we institute a National 4x100 Sectional-Team Relay event for both men and women. The relay team would have to have a minimum total of 220 age-group years to be eligible (e.g., 40, 50, 60, 70).

Following discussion with the Sectional Coordinators and Meet Director, Dick Green, it was decided to hold the relay as an Exhibition (non-championship) Event on Saturday, following the last event of the day, the 200 finals.

A suggested selection process has been developed and will be posted in the Packet Pick-Up Area at the Nationals.

DISTANCES TO BE RUN IN 100-METER AGE-HANDICAP

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Coming Next Month

- Complete results of Nationals
- Results of Sectionals
- And more
### World Masters Relay Records (as of May 1991)

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<th>Distance</th>
<th>Time</th>
<th>Country</th>
<th>Age Group</th>
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<td>1:39.76</td>
<td>USA</td>
<td>40-49</td>
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<td>3,000m</td>
<td>8:01.26</td>
<td>USA</td>
<td>50-59</td>
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<td>6,000m</td>
<td>15:38.00</td>
<td>USA</td>
<td>60-69</td>
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Note: The above times are for selected distances and age groups. For complete records, please refer to the World Masters Masters Relay Records as of May 1991.

### World Masters Masters Relay Records (as of May 1991)

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<th>Country</th>
<th>Age Group</th>
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<td>USA</td>
<td>60-69</td>
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### Here’s What Readers Say About THE MASTERS RUNNING GUIDE

- This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart.
- I wish I had read the book ten years ago. (I wish it had existed ten years ago.)
- The book describes masters sports and discusses the safety of intensive competition for older athletes... It’s tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

---

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NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404
Masters World Cup Competitor—Eugene Kitts

At age 43, Eugene Kitts is one of America's top 50K walkers with a reputation for being a tough, uncompromising competitor. When he dropped out of the World Cup 50K in San Jose, Calif., on June 2, no one doubted that he had a serious injury.

How are you? And what happened?
I did too much speed training before the race. I was doing about 30 miles of speed work a week at an 8-minute pace, plus about 60 miles on the road. Five weeks before the World Cup I pulled my hamstring just below my buttocks, and every time I tried to sit down after a workout, I'd feel pain. I went to a doctor and he said it would go away if I rested two days. But it didn't, and during the race it just ripped all the way down my leg. I had to stop.

What are you doing to recover?
I'm resting. I'm not doing any walking for two or three weeks, or until I can sit down without pain. The same injury happened to me four years ago, so I know what it takes. It's just the way it is, and I have to come back stronger.

What did you do wrong?
I should have done less speed work. I felt like I had to get a lot faster, quickly. I thought I could do it, but it was hurting me a little too much. I just went a little too far over that thin line. If I had done speed work for only 4 or 5 weeks as I did for the 50K Nationals, I would have been fine — but I did it for 8 to 9 weeks. I tapered down, but by that time, the damage was done. I thought I was helping myself by increasing my speed. I was breaking all my records in training.

So you were leaving it on the road?
I hate to admit it, but you're right. You would think I would be smarter by now.

I think the hardest thing for a real competitor to always be is smart.
I don't get that upset about it. I have other things to do. I'm swimming a lot. It's okay.

But you are a very hard competitor. What are you planning from here?
I've qualified for the Olympic Trials. I want to do a 4:10 by the end of the year and then maybe a 4:05 — the qualifying time for the Olympic Games — by next year. I'm supposed to go over to Cuba to represent the national team in the Pan American Games, but I don't think I will be healed enough to do it. I may wait and try to do a 50K on a certified course with judges in a cool area somewhere in the U.S. in the fall.

It's my understanding that Joe Marín, who finished 17th in the World Cup 50K, may have set a masters record at 4:01:02. Age doesn't seem to have much effect in this event.

I don't think age makes a difference. As you get older, you may lose your desire a little bit because people want to get married, have kids and this and that. But I still have a desire to train hard because I enjoy it. I have been doing it quite a while, and am still in that lifestyle.

So, I don't think the body breaks down as you get older. It's the mind that doesn't want to do the hard training. And, then, there is a limit. I was training harder than I ever have, and did too much speed work. So maybe getting a little older will be good for me.

Do you ever think you will compete with the masters in the World Veterans Games?
If they have a 50K. I won't do any 20Ks. They hurt too much. I am not that fast. Distance is my strong suit. I want to keep it that way.

(If it is interesting to note that there were four masters in the 50K and only one in the 20K. Shaul Ladany, in last month's NMN, said he didn't think he would go to Turku because there wasn't a 50K. There are many masters who walk the marathon in the U.S. Perhaps, a 50K should be considered in the World's Veteran's Games? — Elaine Ward.)

Sedlak, Nedelco and LaVeck Star in TAC/USA 15K RW Championships

An abundance of pending ARs were set at the TAC/USA 15K Racewalk Championships held in Portland, Oreg., on May 12. Vissha Sedlak, 42, of Boulder, Colo., set a new W40 record of 1:25:59, eclipsing Jeanne Bocci's old standard of 1:26:04. Not to be outdone, JoAnn Nedelco, 47, Sausalito, Calif., established a new W45 record with a 1:24:40, while Bev La Veck, 55, from Seattle turned in pending ARs in the 10K (58:26) and the 15K (1:28:03).

Stan Chraminski, also of Seattle, took the M40 contest with a 1:18:39, while Norman Frable won the M45 division (1:18:23). Other victors were Tom Knatt (M50, 1:25:59), Paul Kavadas (M60, 1:48:08), Richard Bennett (M65, 1:49:40), and Troy Grove (M70+, 1:50:52).

Masters team titles were won by Seattle's Pacific Pacers (Chraminski), Novak and L. Jones) in the men's division, and Eugene's Negative Splits (Peters, Shirley and Saunders) in the women's.

Racewalking Records

Alan Wood has announced that he is now handling foreign single-age racewalking records. Please send your marks, with verification, to him at the Regency House, Pompton Plains, NJ 07444.
Five Candidates Vie For WAVA Presidency

Five candidates have been nominated for the presidency of the World Association of Veteran Athletes. The election will take place in Turku, Finland, on July 24, at the biennial meeting of the WAVA General Assembly.

More than 100 delegates from over 60 nations will select who is to lead WAVA for the next two years. Following are resumes (CVs) and statements from each of the nominees in alphabetical order:

Cesare Beccalli
Brenzone, Italy

- Born in Milano, Italy, in 1934.
- I was employed as the National Product Manager in one of the largest chemical companies in Europe. From 1983 to date I have become a consultant in the plastic industry, and also organize sporting events.
- I have been a competitor in many sports: cycling, judo, boxing, swimming and sailing. In 1971, I started competing in athletics, first in road races and then in track championships. Due to a serious knee injury, I have been forced to cease competitions since 1982.
- Upon returning home from Canada in 1975, I founded the Italian Masters International Track & Field Team (IMITT), which has been a WAVA affiliate since 1977. I have served as President of the Organizing Committee of the WAVA World Championships, Rome, 1985. I have organized and served as Director of 13 national championships, including indoor and outdoor track meets, distance races and road walks.
- As stated in the Eugene booklet, “veterans have forgotten their original purpose to serve the athletes, not the interests of nations or fans.”

Statement by Cesare Beccalli:

The last contacts with the IAAF top-level management, including the President, show that the IAAF procedures and their plan of meetings require more time than expected to take an official position about important matters with WAVA.

I will give a full report in Turku. At present, let me only assure you that:

- The points to be clarified concern IAAF internal administration, not the fundamentals of the relationship with WAVA.
- As a consequence, the final position of the IAAF on these points could influence only the way to handle some parts of the IAAF/WAVA agreement, not the principles which have been confirmed.
- Everything should be finalized at or immediately after the Tokyo IAAF Congress, elections and consequent renewal of all Committees, including that of Veterans.

Nevertheless, the IAAF Congress takes place in August, while our Assembly is in July. As a consequence, I find appropriate that WAVA takes some provisional measures:

1) I would like to suggest that the Council and/or an affiliate submit to the Assembly the following revised version of the proposed amendment 14 to the WAVA by-laws:

   "... (unchanged) ... If the recommendation is furtherly not accepted, the Commission shall present a report to the IAAF and WAVA Secretariat. The final decision shall be made by the WAVA Council upon eventual IAAF recommendation."

2) Drug Testing. As the IAAF seems to be not yet ready for a decision, we can not wait any longer. Therefore, at the 1983 World Veterans Championships in Turku, drug testing will not be implemented. This does not suggest any fault in WAVA’s relationships with the IAAF. It still keeps our Championships as an officially recognized event.

I realize that one could ask why we have been fighting so hard about drug testing and the final decision on affiliates to come back now to independent decisions.

It is fundamental to fully realize that it is one thing to decide without consulting the IAAF (so refusing that principle of authority without which cooperation is impossible), and quite another thing to take reasonable measures when the IAAF, for any reason, would not be on time in giving us the ground on which we have to establish our administration.

This is the line which I’ll constantly follow if re-elected WAVA President.

Fernando Ferreira
Lisbon, Portugal

- Retired teacher of physical education.
- Athletics coach and sport journalist.
- Athlete since age 16; won championship titles and record-holder in sprints and high hurdles.
- Responsible for the national and regional Portuguese teams.
- Participant in many physical education and sport congresses and seminars.
- Member of the Portuguese Olympic Council (1976-80).
- One of the founders of the Portuguese Veterans Athletics Association and president of the board for over 21 years.
- Participant in European Veterans Championships since 1982 and World Championships since 1979 (except 1981).
- Winner of two silver and two bronze medals at European events.
- Received Physical Education and Sport Merit Award granted by Portuguese government for distinct services rendered.

Statement by Fernando Ferreira:

The primary goal of veterans athletics is to provide enjoyment and to foster a socially active and healthy life. It is not to win competitions at any price. To win a medal is important, but a more important reward is maintaining one’s physical condition over the years. Veterans athletics has a different spirit than open athletics. The survey in Eugene asked what competitors liked best. The results were:

1) friendship/fellowship/camaraderie, 23.1%; 2) meet athletes from all over the world, 19.9%; 3) high level of competition/feels like Olympics, 17.8%; 4) friendly relaxed competition, 16.6%; 5) make/renew friendships, 12.1%.

As stated in the Eugene booklet, “veterans haven’t forgotten their original purpose to serve the athletes, not the interests of nations or fans.”

By contrast, IAAF international meetings cater to spectators by limiting the size and number of events. The vets make room for anyone who wants to compete, no matter how unwieldy the program grows.

Cooperation, Not Integration

The veterans athletic movement started as a spontaneous and voluntary activity, surviving many financial hardships in its first decade.

Until now, the IAAF hasn’t played any important role in the veterans athletics evolution. WAVA is an autonomous, free and independent entity, with a constitution, by-laws and a General Assembly.

At the beginning, the IAAF didn’t take us seriously. It didn’t recognize veterans age groups until 1984, when it passed Rule 102: “The following age groups apply to IAAF competition... Veteran men: any male athlete of 40 years of age and over on the 31st December in the year of the competition; Veteran women: any female athlete of 35 years of age and over on the 31st December in the year of the competition.”

Two mistakes were made in these lines. First, the World Veterans Championships are not IAAF competitions. Second, according to WAVA rules, the age is determined on the first day of competition, not the end of the year.

I never understood, from the beginning, the IAAF interest in the Veterans Championships. As the WAVA competitions grew, the IAAF became more interested in taking control over the veterans movement.

The veterans movement is now like a beautiful jewel which the IAAF wishes to have hanging around its neck.

In fact, what has the IAAF done to help WAVA’s expansion? Absolutely nothing important. Three or four letters to national federations, printing a WAVA brochure...
0 Months To Go

Countdown to Turku

Record 5052 Athletes Enter IX WAVA Championships

Continued from page 1

Then, action is continuous through Sunday, July 28, with off-days on Monday, July 22 and Wednesday, July 24.

Olympians To Compete

Dozens of former Olympians will be on hand, along with familiar names from previous World Championships. Among them will be Soviets Tatyana Kazankina, Janis Lusis, Ludmilla Bragina, Juri Tarmak, Valery Brumel and Taisiya Tchenchick. Probables are Al Oerter, Don Quarrie, Emil Putemans, and Kip Keino.

While the competition is the reason for the whole affair, perhaps the best experience in Turku will be meeting and making friends with people from all over the world. 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 IX World Veterans Championships Organizing Committee, under the leadership of Sten-Olof Hansen, President; Pirko Martin, Executive Secretary; and Pekka Paakkanen, Meet Director.

For the first time ever in a WAVA World Championship, the Soviet Union will be represented in sizeable numbers, with 473 athletes signed up.

Tourist Invasion

As was the case in Eugene in 1989, the city of Turku is gearing up for one of the biggest gatherings of tourists in its history. Many activities have been planned with the veterans in mind.

Of the total 5052 entries, 1118 (22%) are from the host nation; 651 are from Germany; 473 are from the Soviet Union; 468 are from the USA; and 339 are from Sweden.

Nearly 24% of the entrants are women, compared to 25% in Eugene and 22% in Melbourne.

The participants are getting older. The median age of the men has increased from 50 in 1987 to 52 in 1989 to 54 in 1991. The women’s median age was 46 in 1987, 48 in 1989 and 49 in 1991.

The total number of event entries is 11,253, a drop of 10.8% from 12,619 in 1989 (Eugene) and 11.8% from 12,759 in 1987 (Melbourne). That means athletes entered fewer events this year — an average of 2.23 compared to 2.55 in Eugene and 2.74 in Melbourne.

The most popular event is the marathon, which drew 965 entrants; 824 signed up for the 10K cross-country; 780 for the 100; 765 for the 5000; 704 for the 200; and 700 for the 10,000.

The new women’s events are growing. The hammer throw drew 81 entries, up 33% from 61 in Eugene; the triple jump lured 77, up 28% from 60; the pole vault attracted 17, up nearly 500% from 3; 17 entered the 2000m steeplechase, the same as Eugene.

The opening-day’s decathlon/heptathlon promises to be a real challenge for the organizers; 217 men entered the 10-eventer, up 11% from 196 in Eugene; 54 women entered the 7-event heptathlon, up 35% from 40 in 1989. That’s 2548 competitive efforts in two days.

Continued on page 19

WAVA CHAMPIONSHIPS
NUMBER OF PARTICIPANTS
BY COUNTRY

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<thead>
<tr>
<th>Country</th>
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Additional information:

- The hammer throw drew 81 entries, up 33% from 61 in Eugene.
- The triple jump lured 77, up 28% from 60 in Eugene.
- The pole vault attracted 17, up nearly 500% from 3 in Eugene.
- 17 entered the 2000m steeplechase, the same as Eugene.
- The decathlon/heptathlon promises to be a real challenge for the organizers, with 217 men and 54 women participating.
- The championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA).
- The marathon event had the highest number of entrants with 965.
- Women's events are growing, with 17 entries in the hammer throw and 17 in the 2000m steeplechase.
- Participation is aging, with median ages of 46 for men and 49 for women.
- The number of event entries has decreased by 10.8% from 1987.
- The table includes participation numbers for 1989 and 1991.
Race venues, as was the case in Eugene. Their athletes' card to the driver. They should keep the card with them at all times. The card is the entrance ticket to the competition areas, and will be in use at each participant's park.

Turku has a public bus system. Athletes can purchase a bus ticket valid from July 17-29 for a price of 50 FIM (US $12.50). A public bus #25 runs the 8K from the Turku airport to downtown Turku, where most of the biggest hotels are located. Athletes can buy the bus ticket from the competition office, and possibly at the Turku airport.

There is a bus which runs directly from Helsinki airport to Turku. Buses #50 and #51 traverse the three miles from the dorms to the track.

Registration

The registration area for packet pick-up is at the school southwest of the Stadium. It's the white building below the Sports Park in the photo on page 18. Athletes who did not send proof of birthdate with entry must present their passport or other identification when they pick up their packet in Turku.

Schedule Change In 10,000

The final competition schedule will be included in competitors' packets. There is a change in the 10,000-meter finals for age groups 50-90+. Originally scheduled for Sunday, July 21, these races have been switched to Saturday, July 20. The younger age groups remain on Sunday.

Competition may run into the late hours on the first two days, but there are no lights needed in Finland in July. It should be a memorable experience competing at 10 or 11 p.m. in the cool Finnish twilight.

Opening Ceremonies

Athletes will parade into the stadium by the traditional age-groups. Gymnastics, music and other entertainment will follow.

Media Coverage

About 500 media people form television, radio and newspaper are expected. Finnish TV will report on the Championships in their news programs and will produce two 30-minute programs to be broadcast in August. Eurosport may also broadcast those programs.

U.S. Team Meetings

U.S. Team Manager Sandy Pashkin will hold daily meetings for all U.S. participants beginning Thursday, July 18. Unless otherwise posted on the message board, the meetings will take place in the main stadium one hour prior to the first event of the day. Athletes are urged to attend the daily briefings and to check the message board on a regular basis.

Throughout the competition, Pashkin will be stationed in the main stadium in an area above the finish line. Look for the USA banner and flag.

Relay Teams

Relays (4x100, 4x400) are limited to one team per country. The selection process varies from country to country. Following the guidelines established by TAC's Masters Track and Field Committee, U.S. relay teams will be formed by taking the best four from each team.

Medical Aid

First-aid medical care will be on hand at all venues. A hospital and health center will each be open 24 hours a day. Visitors should bring detailed information about their health insurance.

Sections

In the track 10,000 and in all field events (except high jump and pole vault), age groups with large entries will be formed into sections, on an ability basis, with the best performers competing last. In the 10,000, overall best times from all sections will determine the age-group winners. In those field events, sections will operate only for the three preliminary attempts. The best eight performers from all sections in each age group will advance to the three final attempts.

Advancement From Heats

In track events from 5000 down, heats will be run, if necessary. In most cases, the winner of each heat, plus at least the last four fastest from all heats, will advance to the semifinals or finals. The objective is to move at least 25% of the runners to the next round.

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

Awards - Individual Events

Medals will be awarded for the first...
Record 5052 Athletes Enter IX WAVA Championships

Continued from page 19.

The WAVA World Veterans Weight Pentathlon Championships will begin in Naantali, Finland — a suburb of Turku — on Monday, July 29. The deadline for entries is July 26, so athletes can sign up at the meet office.

Spectators
Spectators will pay FIM 20 (US$5) per day or 100 FIM (US$25) for the entire time.

National Uniforms
In the WAVA 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 teams, not by nations. Athletes may wear a uniform of their choice — either a national uniform, club uniform, or favorite T-shirt.

However, the Turku community is encouraging the wearing of national uniforms in the streets and around the shops so residents will know where you are from.

WAQA Meetings
Several important meetings will take place during the Championships, many of which are open to everyone (see meeting schedule). Try to attend.

General Assembly Meeting
Everyone is invited to attend the WAVA General Assembly Meeting on Wednesday, July 24 at the Ikituuri Hotel in Turku. Only delegates may vote, however. Contact your national delegation if you have an opinion on some item of business. (The U.S. delegates are Ruth Anderson, Jerry Donley, Norm Green, Rex Harvey, and Barbara Kousky. Alternates are Pete Mundle, Marilyn Mitchell, and Gary Miller.)

Banquet
The Championships’ banquet will be held on Wednesday, July 24, at 7:30 p.m. at the Hotel Ikituuri, the same site as the General Assembly meeting. The hotel is near the dorms about three miles from downtown. Athletes can use public bus number 50, which stops near the stadium and at the downtown market place, which is near most of the hotels.

Special Events
On Sunday, July 29, a women’s 100m and a men’s 100m will be run, where the invited competitors will be the 100m gold medal winners from each age group, competing on a handicap basis. This is a non-championship event.

On Monday, July 22 — a rest day from competition — the Paavo Nurmi Challenge — a full, invitational track and field meet — will be held at the Stadium in Turku. At that meet, the finals of the M40 800 will be held.

On July 12-14, a Pregames Veterans meet will be held in Kuusankoski, Finland.

Festivities
A major jazz festival will be held in the city of Pori (about 150K from Turku) between July 16-21. Turku will host an art exhibition from Juan Miro next to the main track. Daily tours and a special city tour for children will be offered.

Day Tours
Special masters tours will go to various parts of Finland, including Rauma, Tampere, and Lapland. Cruises will go to Leningrad, Naantali, the Mariehamn/Aland Islands, and Stockholm, Sweden. Sign up in Turku.

Post-Meet Tours
A post-meet tour of the Soviet Union will travel from Turku to Leningrad on the 29th and then onto Moscow for the Soviet Veterans Track and Field Championships on August 2-3.

Other tours will travel to Baden, Switzerland for an international veterans meet on August 3-4.

Results
The results of the Championships will be published in the September issue of the Masters News. A complete Results Book will be made available for purchase in Turku for 35 FIM (US$8.75), including postage.

Program
The program will be for sale for FIM 30 (US$7.50).

Sports Medicine Symposium
There will be no Sports Medicine Symposium as there was in Eugene.

Prices
The good news is the U.S. dollar has increased in value against the finmark by 15% since the first of the year. The bad news is the dollar has decreased against the mark by 42% since 1985. The point: Finland is expensive. Its standard of living is generally higher than the U.S. and most other nations. At press time, one finmark = US$2.43. One U.S. dollar = 4.11 finmarks. The easy way to determine the cost in U.S. dollars is: multiply the price by four.

The cost of living is higher than in the U.S., but a careful tourist can survive. Some sample prices:

• hamburger at Carroll’s, a McDonald-style restaurant: $2.00; pie $1.45.
• sundae $3.20; cola $1.25.
• banana = 55¢; gumball = 75¢; ice-cream cone = $1.20.
• spaghetti at a low-cost restaurant: $8.
• dinner at a low-cost restaurant: $13.
• dinner at a moderate restaurant: $18.
• beer in a bar: $3.50.
• beer/soft drink in a shop: $7.00.
• Newsweek magazine $3.00.

The above dinner prices include tips. Breakfast at the hotels and dorms are free.

Clothing is expensive. A sweater costs $57, an umbrella $17, a pair of gloves $37.

Jet Lag
You can’t avoid tiredness and jet lag, but you can make things easier if you:
1) take your shoes off; feet tend to swell during flight; 2) don’t eat or drink too much; 3) get off at transit stops; walk around; 4) stretch your legs by standing on tip-toe; 5) Do deep breathing exercises; 6) exercise in any way possible.

Time Difference
Turku is 7 hours ahead of New York and 10 hours ahead of Los Angeles. Thus, when it’s 10 p.m. on Tuesday in Los Angeles, it’s 8 a.m. on Wednesday in Turku.

Weather
Temperatures average a high of 66°F/19°C and low of 55°F/13°C. Rain is probable.

Language
Finnish and Swedish are official.

Continued on page 21.
**WA VA Amendments Proposed**

Following are proposed amendments to the WA VA Constitution and By-Laws. The WA VA General Assembly will vote on these amendments in Turku on July 24.

(The number of the section in the Constitution to which the amendment applies is listed on the left.)

Voting cards will be distributed for the Constitutional Amendments. Voting on by-laws will be done by voice or hand vote.

The by-law proposals involving technical rules will be examined by the Stadia Committee which will make recommendations to the General Assembly.

**Proposed Amendments to WA VA Constitution:**

1A. To lower the minimum age for men from 40 to 35. Proposed by Australia.

1A. To raise the minimum age for women from 35 to 40. Proposed by the USA.

4B. To give smaller affiliates one additional delegate "if not less than 100 of its athletes have competed in one of the preceding three WA VA Regional Championships." Proposed by Germany, Norway, Italy, Sweden and Uruguay.

4E. To give the General Assembly, rather than the Council, the authority to set athletes' fees to the World Championships. Proposed by the USA.

4E. To elect officers for four years instead of the current two years. Proposed by India.

5A. To add a 15th member to the Council who would be appointed by the IAAF. Proposed by Germany, Italy, Norway, Sweden, Uruguay, and the Council.

5A. To limit the Council term of the immediate past president to two years instead of the present two-to-ten years. Proposed by Germany, Norway, Italy, Sweden and Uruguay.

5A. To mandate that any Council member under age 70 must have competed in a WA VA World Championships at least once in the past four years. Proposed by Singapore.

10A. To limit participation in Regional Championships to athletes from countries who are affiliated to WA VA. Proposed by Germany, Italy, Norway, Sweden and Uruguay.

10C. To give the IAAF, rather than WA VA, the final authority on whether an affiliate which wants to compete in a different region may do so or not. Proposed by Italy, Norway, Sweden and Uruguay.

3B thru 31, and 14. To give the IAAF, rather than WA VA, the final authority to decide which of two (or more) veterans groups in a country shall be the official WA VA affiliate. Proposed by Germany, Italy, Norway, and Sweden. (Note: Uruguay has proposed an amendment which would give joint authority to WA VA and the IAAF to decide on membership.)

**Proposed Amendments to WA VA By-Laws:**

13. To determine an athlete's age by year of birth, rather than by date of birth. Proposed by Germany.

42. To mandate that in preliminary heats, at least the first and second finishers shall automatically qualify for the next round. Proposed by New Zealand.

4(23). Declares all team relay events of the same nature as track events. Proposed by Italy.

5(9) Says only performances by registered members of an affiliated country shall be recognized for world records. Proposed by New Zealand.

9. Allows substitutes for regional delegates to vote.

13. Establishes specific procedures for being nominated for office by the Council. Proposed by Germany, Italy, Norway, Sweden and Uruguay.


Technical Rules:

- Changes M80 + implementation weights in shot and hammer from 4kg to 3kg; change javelin from 600 grams to 400 grams. Proposed by Canada.

- Changes spacing of 80m hurdles for W50+ and M70+ from 7m to 6m. Proposed by Canada.

- Changes weight of javelin for M50 and M55 from 800 grams to 700 grams. Proposed by Indonesia.

**Record 5052 Athletes Enter IX WA VA Championships**

Continued from page 20

Languages, but English is taught in the schools. Many Finns speak fluent English.

**Shopping**

The central square in Turku sports a daily open market. Fruits, pastries and cold cuts are in wide variety.

**Banking**

The exchange rate at your departing airport is probably better than at the Finnish airports. Banks have the best rates for exchanging money in Finland. All currencies and traveler's checks are accepted. You can draw money from banks with VISA, Eurocard, and MasterCard credit cards. All banks are closed Saturdays and Sundays.

**Meetings in Turku**

Meetings of the six WA VA regions will be held in Turku on Monday, July 22 at 0900 (9 a.m.). The North America, South America, Asia, Oceania and Africa meetings will be held at the Martin koulu school, close to the main stadium.

The European meeting will be held at the Hotel Hamburger Bors. The Stadia and Non Stadia meetings will be held at 1300 (1:00 p.m.) at the Martin koulu school.

The General Assembly and banquet will be held on Wednesday, July 24 at the Ilitunni hotel near the university residence halls.

**No Drug Testing in Turku**

On June 16, Cesare Beccalli, WA VA President, stated there will be no drug testing at the IX WA VA World Veterans Athletics Championships in Turku this month. "The IAAF procedures ... require more time... to take an official position about WA VA matters," Beccalli writes in this month's International Scene column. "We cannot wait any longer. This (decision) still keeps our Championships as an officially recognized event."

Beccalli also proposes in his message that the WA VA Council, not the IAAF, make the final decision on WA VA membership — at least until 1993.

Both proposals are reversals of Beccalli's previous positions.

Thus, two of the three key issues which have divided Beccalli and Alastair Lynn, the WA VA Council nominee for President, have apparently all but disappeared.

Lynn has long advocated that no drug testing at WA VA Championships should take place until the General Assembly approves it. Beccalli has maintained until now that WA VA should adhere to the demand of the IAAF to test athletes for drugs in Turku, saying that "no championships can be authorized without doping control."

Lynn entered the race mainly because he felt "that WA VA, not the IAAF, should have the final decision on who can be a member of WA VA. Until now, Beccalli has disagreed, arguing for over a year that the IAAF should have the final say-so.

These issues have divided the veterans movement, as evidenced in the pages of NN in the past year.

It appears that Beccalli now agrees with Lynn's position on these two issues.
handbook, payment of some travel expenses, and, lately, payment of the annual WAVA fees of some national veterans bodies.

At this stage, a question is in order. Hasn't WAVA functioned well? Is it in bankruptcy or in disgrace? The answers are no. WAVA is healthy and veteran athletics is progressing — which is what aroused the interest of the IAAF.

WAVA can live independently from any other sport institution. This has been proven through a 14-year period. Why does the IAAF wish to have control over WAVA responsibilities?

Cooperation with the IAAF, of course. But integration? No.

The IAAF now has a veterans committee but no veteran athletes under its jurisdiction. It is now saying: "You have been working well but now we, the IAAF, patronally wish to call you under our umbrella."

I ask all delegates in Turku: please don't deny our roots. Veteran athletes are the pillars of WAVA. We must protect WAVA against any outside power.

---

Owen Flaherty
Alicante, Spain

- Born 1931 in the United States of Scottish parents; the family returned to Scotland in 1933
- Began athletics competition (sprints) in 1949; began cross-country and road-running in 1964. Have competed at distances from 100m to 10 miles.
- During military service, trained as a fighter pilot.
- More than twenty years administrative experience in United Kingdom government service.
- Competed in veteran athletics since 1971 at club, national and international levels in road, cross-country and track events.
- Scottish M45 100m Champion, 1978.
- Secretary of Scottish Veteran Harriers Club, October 1979 - October 1981. Staged first Scottish Veteran Track and Field Championships; organized Scottish Veteran Marathon Championships and Scottish Veteran Cross-Country Championships
- Elected Secretary of WAVA in 1981; re-elected in 1983 and 1985. Established strong lines of communication with the WAVA affiliates and with the organizing committees of the WAVA Championships.
- Member of IAAF Veterans Committee, 1984 - 87.
- Profession: Investment Consultant.
- Recreations: Flying, Chess.

Statement by Owen Flaherty:

WHAT REALLY MATTERS?

This statement is brief. It is brief because I do not want you to be unduly distracted from what really matters - the constructive and thorough solutions I am putting forward to deal with the two major issues confronting WAVA.

Those two major issues are identified in my 'Program for Progress.' Identifying them is no achievement for they have been obvious to most of us for several years. Unfortunately, those issues have not been addressed objectively or rationally with the result that little or no progress has been made.

An alternative is now available. I have addressed those two issues and 'Program for Progress' sets out radical proposals for dealing with them. I earnestly ask all members of the Council and those who will be national delegates to the General Assembly to study 'Program for Progress' carefully.

It is detailed and constructive. It is acceptable to IAAF. It is overdue. It is what really matters in the election of WAVA's next President. It is the principal reason why I ask for support in that election.

Program for Progress

The greatest challenges now confronting WAVA are —
- Extending WAVA's influence throughout the world
- Consolidating WAVA's relationship with IAAF

Let me put before you a detailed program by which WAVA could meet those two challenges successfully. This program would have the added benefit of enhancing the status of many, perhaps all, of the independent veteran organizations affiliated with WAVA.

This program consists of two specific proposals. Their full implementation could take as little as one year — it should certainly take less than two years. I would want to set the program in motion immediately following the elections at Turku. It would thus be possible for me to report on the results of the 1993 meeting of the General Assembly.

As President of WAVA, I would want to take the initiative of approaching IAAF with the following requests:
- That IAAF should write to its members in countries where there is no organization affiliated with WAVA;
- That IAAF should strongly urge each of them to affiliate with WAVA without delay;
- That IAAF should explain to each that, if it was not affiliated with WAVA by 30 June 1992, it would automatically become a member of a Continental Veterans Group (CVG);
- That IAAF should not levy any fee for membership of a CVG;
- That IAAF should affiliate each of the six CVGs to WAVA at the basic affiliation fee of US $10 per two-year term;
- That each CVG would therefore be entitled to one vote in the General Assembly;
- That WAVA's contact with each CVG would be through IAAF's Continental Representative unless WAVA was notified otherwise.

This is a pragmatic approach to the fact that many IAAF members are either too small to be interested in affiliating with WAVA or are deterred from affiliating for economic reasons. If this proposal is implemented, each country which has an IAAF member will have an organization affiliated with WAVA. Either directly as an independent veteran organization or IAAF member, or indirectly through a CVG member. In the space of one year, WAVA's sphere of influence would be expanded dramatically.

- That IAAF should write to those of its members in countries where there are independent veteran organizations affiliated to WAVA and should strongly urge each of those IAAF members to do one of the following:
  (a) Recognize a Committee, nominated by the WAVA affiliate, as an autonomous committee of the national governing body, but only if so requested by the WAVA affiliate. (The WAVA affiliate would, of course, nominate its own officers and activists. Details such as the size of the Committee, its finances, etc., would be for prior discussion between the national governing body and the WAVA affiliate).
  (b) Formally recognize the WAVA affiliate as an independent body with national responsibility for veteran athletics, but only if so requested by the WAVA affiliate, and to make-available to the WAVA affiliate every reasonable assistance and support in discharging that responsibility. (The WAVA affiliate's status would be enhanced by either course, but there would be no change unless it was requested by the WAVA affiliate.)

At Turku, I shall be available to discuss this program at the meetings of the Regional Associations.

I have had informal discussions with IAAF secretariat about this program. It has been confirmed that, if I submit these requests formally as President of WAVA, IAAF will respond favorably.

---

Alastair Lynn
Toronto, Canada

- Athlete for 44 years
- Proven Leader & Administrator
- Successful Business Executive
- Nominated by the WAVA Council and the Canadian Masters Athletic Association

-Born in Scotland 1930, ran my first serious race in 1947 and have been an enthusiastic competitor in track, road and cross-country ever since...
- Considerable competition and administrative experience at University and in the highly developed United Kingdom track & field system...
- Many times track & field Captain of a London club...
- Best all-time performance: 800m in 1.58.8...
- Competed as a Veteran since 1970 at the club, national and international levels in track, road and cross-country events...
- Canadian M50 800m and 1500m champion in 1980...
- Present at several of the WAVA championships...
- Emigrated to Canada in 1972 with my wife and three daughters and became a Canadian Citizen in 1978; I am Senior Vice President of a major marketing research company in Toronto...
- Active in the administration of the Canadian Masters Athletic Association since 1976, including President for four years...
- Elected Treasurer of WAVA in 1983 and re-elected in 1985...
- Developed WAVA's finances and created an open reporting policy so that the WAVA Affiliates were informed in detail of revenue and expenses...
- Elected Secretary of WAVA in 1987 and re-elected 1989...
- Served as Secretary's function so that strong lines of communication were achieved with the WAVA Affiliates and with cities involved in the WAVA Championships...
- Ensured that issues vital to the future development of WAVA were openly and democratically discussed...
- With the Treasurer, worked to make the WAVA General Assembly a smooth running and fair meeting...

Continued on page 23
Joint Statement by Alastair Lynn and Jorge Alzamora

The purpose of this statement is to inform you about our general attitudes to veterans athletics and issues which must be openly and democratically addressed. We believe:

- that the development of veterans track & field, road and cross-country competition is best achieved by the veteran athletes, themselves, through the World Association of Veteran Athletes. This association — through its members in many countries — has made great achievements in a relatively short time.
- that the thrust for further development must be generated by veterans who are participating and who understand the fun, fitness and camaraderie which comes from veterans athletics.
- that WAVA and the IAAF should cooperate to spread veterans athletics throughout the world.
- that WAVA must, however, remain an independent body, which means:
  - when there is a dispute in a country as to which organization represents the veterans, WAVA must make the final decision, not the IAAF Council;
  - WAVA should not accept a financial grant from the IAAF; we are mature people who should be able to fund our own activities. The acceptance of financial support would inevitably imply a degree of control by the donor;
  - the WAVA General Assembly must make the decision on all fundamental issues, such as the introduction of drug testing of veteran athletes.

- that in recognition of the IAAF cooperation, our Constitution should be changed to add an IAAF representative as a voting member of the WAVA Council. This, plus the fact that some of the WAVA affiliates are also IAAF affiliates, would enable the IAAF to influence, but not control, WAVA. This seems fair to us, particularly bearing in mind that the development of WAVA has been through the efforts of individuals in many countries.

We believe that the two of us, as a team, offer the veteran athletes:

- long competitive experience in track, field, road and cross-country;
- strong, proven leadership qualifications and commitment at the club, national and international levels;
- two major languages — English and Spanish;
- a geographical base of Canada, Chile, South America and Scotland;
- and, above all, a fundamental belief in WAVA as the independent leader of veterans worldwide.

If you agree with us that the fun, friendship and fitness of veteran athletics is best achieved by the veterans themselves through a democratic WAVA, please vote for us at the General Assembly.

S. Santokh Singh

New Delhi, India

- M.Sc. (Hons) in Chemistry.
- Member, All India Congress Committee, 1968-80.
- Chairman and Managing Director, National Chemical Industries Limited, New Delhi, 1948-1981.
- National champion in M65 hammer throw.
- Participant in VIII World Veterans Championships in Eugene.
- Won gold medal in M65 hammer throw in Asian Veterans Championships, 1990, at Kuala Lumpur.

No statement was submitted by S. Santokh Singh

27 Survive All Eight WAVA Meets

by DON FARQUHARSON, WAVA Past President

Of the huge number of competitors who have taken part in one or more of the eight WAVA World Veterans Championships to date, 27 of them — 24 men and 3 women — have competed in all eight.

LIST OF 27 COMPETITORS WHO HAVE TAKEN PART IN ALL EIGHT WAVA WORLD CHAMPIONSHIPS

<table>
<thead>
<tr>
<th>Name</th>
<th>Nationality</th>
<th>Age</th>
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<tbody>
<tr>
<td>Ruth Anderson</td>
<td>USA</td>
<td>88</td>
<td>All 8</td>
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<tr>
<td>Roy Allison</td>
<td>USA</td>
<td>87</td>
<td>All 8</td>
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<tr>
<td>Norbert Barth</td>
<td>GER</td>
<td>87</td>
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<td>Bob Stuart</td>
<td>USA</td>
<td>85</td>
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<tr>
<td>Hari Chandra</td>
<td>INDIA</td>
<td>84</td>
<td>All 8</td>
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<tr>
<td>Joe Conley</td>
<td>USA</td>
<td>83</td>
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<tr>
<td>Bob Dunsford</td>
<td>GBR</td>
<td>83</td>
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<tr>
<td>Don Farquharson</td>
<td>CAN</td>
<td>82</td>
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<tr>
<td>Bob Gregson</td>
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<tr>
<td>Jim Vernon</td>
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<tr>
<td>John Gilmour</td>
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<td>82</td>
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<tr>
<td>Max Gould</td>
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<tr>
<td>Clem Green</td>
<td>NZL</td>
<td>82</td>
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<tr>
<td>Konrad Hennelind</td>
<td>SWE</td>
<td>82</td>
<td>All 8</td>
</tr>
</tbody>
</table>

*Won gold medal in all Championships
*Won medal in all Championships

Compiled by Don Farquharson, WAVA Past President
SPEAKER'S CORNER
by WILF MORGAN

WAVA Elections Heat Up

WAVA elections do not usually cause more than a ripple of interest but the run-up to this year's election of the President is causing a stir.

The election takes place at the General Assembly meeting in Turku on July 24. There are five candidates: Cesare Beccalli of Italy, who has been President for the last four years; Alastair Lynn of Canada, who is banned from the voting list; and Santokh Singh of India. The WAVA Council has nominated these three along with Jorge Alzamora of Chile and Bob Fine of the USA as candidates for WAVA President. But there is no doubt it will be Beccalli and Lynn who will be the final candidates for the election.

The WAVA Council has nominated Lynn rather than Beccalli — the first time a President in office has not received the backing of the Council when he has decided to run again.

Lynn and Beccalli are sharply divided on a major issue: WAVA's dealings with the IAAF. Beccalli feels we should move towards integration with the IAAF. Lynn is for WAVA remaining independent but continuing to cooperate with the IAAF. It boils down to integration or independence.

WAVA has run veteran athletics since 1975. The IAAF has not taken a great deal of interest in the vets, but it has happened in vets athletics, and that's understandable; it organizes the scene. It provides a comprehensive worldwide athletic programme in conjunction with WAVA. The IAAF is not interested enough to want to do that. The IAAF/WA has only of interest to a small band who are keen on the politics of administration, that the average vet is not likely to lose much sleep. Well, you should be careful, some IAAF/WAVA issues come closer to home. For example, the IAAF/WA Women's Committee has passed a resolution that women vets should start at 40.

To be honest, most elections to the WAVA Executive seem to me to be simply a game of leap-frog. This one is different, the bone of contention has plenty of meat on it.

Something that stands out is that most members of the WAVA Executive are from English speaking countries. There is nothing intrinsically wrong with that but greater efforts should be made to bring people from other nations into the mainstream of WAVA affairs. But most of all, let's get this election over and start to concentrate on how we can improve the way we do things.

Jorge Alzamora, Chile, Candidate for WAVA Executive Vice-President.

Bob Fine, USA, Candidate for WAVA Executive Vice-President.

WORLD ASSOCIATION OF VETERAN ATHLETES
TREASURER'S REPORT
JANUARY 1, 1990 TO MAY 25, 1991

REVENUES:

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<td>Sanction Fee - Turku</td>
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TOTAL REVENUES $57,252.34

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<tr>
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<td>V-P (Stadia)</td>
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<td>Consultant (Kousky)</td>
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TOTAL EXPENSES $17,090.84

DIFFERENCE $39,161.50

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LIABILITIES:

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<tbody>
<tr>
<td>Mortgage</td>
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</tbody>
</table>

NET WORTH $85,916.11

Prepared by Al Sheahan, Treasurer
Report from Britain

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

Ernie Cunningham, who will turn 44 June 7, beat out a select field of veterans in the Capital Mizuno Masters 5 Mile race in Battersea Park on May 5. Running in cold winds and drizzle, Cunningham turned in a 25:36. On May 6, Jon Wigley, M40, was first veteran in the Ted Pepper 10K, finishing second overall out of 120 entrants with a 31:56. Winning the M50 + division was Cambridge Harrier Jim Avis in 36:58.

Mike Hurd, 45, returned to top form with a 66:25 in the St. Neots Half-Marathon in Bedforshire on May 26. Keith Penny took the M40 honors in 67:23, followed Ray Church in 68:01. Also on May 26 Denis Fowles, who just turned 40 in April, swept past all veterans in the Porthcawl 10K in Wales. Fowles’ 30:21 edged Cunningham who clocked 31:06 in the event.

1972 Olympic 5000 bronze medallist Ian Stewart returned to competition with a 50:48 10-mile in the Midlands and a 30:17 10K in the Birchfield event on May 29. Stewart also ran a 49:17 in the Stafford 10 Mile race but the course has to be re-measured.

IX WORLD VETERANS’ CHAMPIONSHIPS 1991

Finland

The language of government. In 1903, the Finnish army was abolished. In 1917, Finland declared independence. In 1918, aided by German troops, Finland defeated Russian forces. In 1919, a Republican constitution was formed. In 1920, the Aland Islands sought reunion with Sweden, but were assigned to Finland by the League of Nations. The islands were granted their own constitution.

From 1939-44, Finland was at war with the Soviet Union. Finland lost much land in the East; 480,000 Finns were resettled.

In 1948, a treaty of friendship with the Soviet Union was signed.

Economy

The economy of Finland depends on its extraordinary wealth of forests. Fully 70% of its area is covered by forest, which provides the raw material for a major paper industry. Timber products account for some two-thirds of total exports.

Only some 8% of the total area is suitable for cultivation, most in the south.

Population

Just over 5 million people live in Finland; 93% are Finns; 7% are Swedes. 92% are Lutherans. 165,000 live in Turku, the country’s third-largest and oldest city. Abo is the Swedish name for the city.

Stel-Olof Hansen, President of the Turku Organizing Committee, says: “We will do our best to help you achieve a great event. You will have many memories and experiences to take home with you. We welcome you to Turku.”

IX World Veterans’ Championships 1991

Records

5052 Athletes Enter IX WAVA Championships

Continued from page 21

office. More banking info will be in the athlete’s packet.

History of Finland

From about 1000 to 1809, Finland was controlled by Sweden. In 1809, Russian troops conquered Finland after 109 years of Russian-Swedish wars. In 1900, Russian became the official language of government. In 1903, the Finnish army was abolished. In 1917, Finland declared independence. In 1918, aided by German troops, Finland defeated Russian forces. In 1919, a Republican constitution was formed. In 1920, the Aland Islands sought reunion with Sweden, but were assigned to Finland by the League of Nations. The islands were granted their own constitution.

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Sport Science Symposium Proceedings Available

Published proceedings of the sport science symposium held in conjunction with the VIII World Veterans Championships held in Eugene, Oregon, USA during July/August, 1989 are now available from the International Institute for Sport and Human Performance at the University of Oregon. The two-day, three-evening symposium was organized in conjunction with the veterans championships and focused attention on issues affecting masters-level competitors. Held during “off days” of the competitions, the symposium attracted masters athletes, sports scientists, and sports medicine professionals to the sessions.

The proceedings of the symposium, organized and edited by E.D. Zemper, Ph.D., G. Steigelman, Ph.D., and S.L. James, M.D., consist of selected papers presented primarily by sports science and medical researchers and clinicians. The 168-page volume is organized into six parts, including topics in biomechanics, psychology and sociology, nutrition, cardiovascular and medical issues, orthopedics, and the prevention, treatment, and rehabilitation of sport injuries. It is hoped that future championship events will continue to hold similar sport science symposiums oriented toward masters level competitors.

WAVA/TAC Hurdles and Implements Specifications

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<th>Hurdles</th>
<th>WOMEN</th>
<th>MEN</th>
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<th>DISCUS</th>
<th>HAMMER</th>
<th>JAVELIN</th>
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<td>Hurdle Height</td>
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<td>To Finish</td>
<td>Age</td>
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<td>131.2/&quot;</td>
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Source: Photo from V. Suryanarayana

VIDEOTAPE SOUGHT

FROM 1989 WORLD GAMES

In Eugene, OR.

1) 100 METER FINALS (Men’s 45-49 Division)

2) 4 X 100 RELAY (Men’s 45-49 Division)

If tape is available, please contact:
Paul Dungan
4016 NE Haznellon Pl
Portland, OR 97232 USA

*Either "old" or "new" pole may be used
Circuit Finals May Move To Orlando

Sorbothane/USRA Masters Circuit officials are close to finalizing plans that would move the 1991 National Championship from Naples, Fla., to Orlando on February 1, 1992.

One of the fastest growing and popular markets in the U.S., Orlando offers easier access, increased sponsor appeal and the opportunity to attract greater numbers of participants to this growing event. Moreover, the city is in our own backyard and home to Disney World.

It is not without great sorrow, however, that we exit Naples. You could not ask for a more cooperative community, running club and media who gave the type of support that such an event deserves. But we are not leaving Naples entirely. We will add a 26th race to the Circuit there on January 11.

CIRCUIT HAPPENINGS

South Carolina’s Nancy Grayson leads the Lily of France women’s division after nine events. Norway’s Kaare O. Oshes leads the PowerBar men’s bracket. Lily is providing 300 headbands to the top women masters finishers at Circuit events. Masters and open runners each receive a PowerBar. Over 60,000 will be distributed by season’s end.

Manuel Vera appears to be the “rookie of the year” thus far in the masters races with impressive wins at Banker’s Trust in Des Moines (28:58 10K), Bay to Breakers 12K (36:22) and Bolder Boulder 10K (30:13). The cardiac surgeon is undeterred and considering a showdown with John Campbell at the Sorbothane/USRA Masters Circuit National Championship.

Those two sooner beware because Nick Rose is turning 40 on December 30. Race Directors interested in having Rose compete at their event should contact Dean Reinke & Associates at (407) 647-2918. It is no accident that the ‘91 Sorbothane Circuit National Championship is scheduled for February 1. Circuit officials are calling it the “John Walker” addendum since the New Zealand’s 40th birthday is January 12. We have invited both Walker and teammate Rod “I think I can break 4:00” Dixon to the Championship.

Congratulations to fellow Miamian of Ohio alum Bob Schull, recently selected for Hall of Fame induction. Now living in his native Dayton, Ohio, Schull is the last American to win the Olympic 5000 meters. He has competed off and on in the grand masters category. Add Hal Higdon to the ranks of the 60-64 age division. He is hoping to make his mark among his new peers in Finland this summer. Mark down a new PR for Bill Rodgers at the Ice Breaker 5 mile in Montana where he ran 25:35... Former Manhattan star Tony Colon (teammate of Pete Squires, Mike Kegh, et al) won the men’s division of the Azalea 5K in Dallas but not the overall race--those honors were nabbed by 15:45. If Tony’s not 40 yet, he’s awful close.

Same goes for Colorado’s Mike Slack who ran 25:43 for 8K at Denver’s Cherry Creek Sneak. He’s a South Dakota native and University of Chicago Track Club teammate of Ken Sparks, Rick Wohlhuter, Garry Bjorklund and others.

West Virginia’s Charleston Distance Run boasts its first prize money ever, offering a $10,000 gold chest on August 31 at its 15 miler... Joe Henderson will handle the emcee TV duties on the Sorbothane/USRA Masters Circuit’s next stop at the Fifth Season 8K in Cedar Rapids on the 4th of July... Put Priscilla Welch on the victory stand at the Cherry Creek Sneak in 29:07 for 8K followed by fellow City Mary Wood in 30:11... Make that $50 for 1st master at the July 20 Buffalo Subaru 4 miler.

Houston Tenneo will host the U.S. Women’s Olympic Marathon Trials January 26, the morning of the Super Bowl. Look for a handful of women masters to make the 2:45 cut... $750 to the first master at the August 10 Aspen Park 10K Classic, in its 4th year on the Sorbothane Circuit (201-531-4150)... We reported last year how Aspen Park race director Phil Benson was preparing for the October Triathlon which he completed in fine fashion. He happily reported a 2:43 at Boston while training partner Bruce Robinson (a former Olympic Trials qualifier) finished as the 3rd American... Ulta Boilearner 15K in New York has upped its prize purse to $24,000 with $10,000 to the top master.

1991 has seen more West Coast Sorbothane/USRA Masters Circuit events than ever before. West-coasters have a chance to gain some valuable race points with two back-to-back-to-back events August 11 (Ft. Wayne 5K, 714-661-6062) and August 18 (ARCO/America’s Finest City Half-Marathon, 914-359-5425) and Indiana’s Gary Romesser is bucking for American Rookie-of-the-Year honors with two recent back-to-back victories at the Elizabeth River Run 10K in Norfolk and the Greater Run in Tupelo. Two weeks later he captured the overall crown at the 10,000 Indianapolis 500 Mini-Marathon, running 68:24 for 13 miles... Lily of France/Sorbothane Circuit women’s leader Nancy Grayson joined Gary on the victory stand at Norfolk and Tupelo... Nancy defended her Cotton Row crown in Huntsville on the Sorbothane Circuit and was joined by Wilson Waigwa in the winner’s circle.

Make that $28,000 in prize money at Maggie Valley, a new addition of the ‘91 Sorbothane/USRA Circuit (704-452-578). Domingo Tibulada is going for a bridesmaid honors this year with a close finish to Manuel Vera at Bay to Breakers (11 seconds back) and Boulder (4 seconds back)... Bill Rodgers captured the masters crown at Cleveland Revo in 31:13 for 10K. Astonishingly, there was no masters prize money in a purse that exceeded 5 digits!...


**EAST**

- Sylvie Kimmel, 44, motored to a fourth overall (20:47) in the NYRR Women’s 5K Tune-Up, Central Park, NYC, May 12, Myドレス Yoga, 47, was 11th in 19:59. May Chow, 55, cruised to a 22:37 to take the W5 race. First walker overall was Marty Calahan, 58, 35:04.
- Hedy Marque, 73, Alexandra, VA, broke her own U.S. 70-74 record for the BK (36:25) set in the same race in 1989 with a 38:59 in the Women’s 8K, Brooklyn, May 12, Joan Colman, 47, Sausalito, CA, who broke the U.S. 45 record for the 5K with a 17:22 in April, was first 40+ (29:17). The race, directed by Helen Gibble and coordinated by Jeff Darman, 2243 Finishers, making it one of the largest women’s races in the U.S.
- How often do both 50-54 division winners make their titles? How about each by one second? It happened in the NYRR You Gotta Have Park 5K, Central Park, May 18, when Gary Murhcke, 50, with a 17:46, took the win over Lawrence Smith, 40, by a tick, and Edith Jones, 51, with a 21:47, bested Laurie Baker, 47, by the same count.

**MIDWEST**

- New Zealand’s John Campbell, 42, showed up at the Bellin 10K in Green Bay, WI, June 8, to run a 66th overall 30:01.
- Henrietta Butler, 40, Boulder, CO, was first woman (9:33) in the Rocky Mountain 50 Mile, Cheyenne, WY, May 26. Mike Deginer, 41, Ft. Collins, CO, was first master (8:18:20).
- Colombian/Neveil Dan Domingo Tabiduza set a masters course record of 1:07:30 to win $1000 in the Hospital Hill Half Marathon in Kansas City, June 2. Nance Grayson of South Carolina led the masters women in 1:19:15 to pick up $71.
- Priscilla Welch, 46, was first female master and seventh overall woman with her 39:12 in the tough Steamboat 10K, June 9, in Steamboat Springs, CO.

**SOUTH WEST**

- Gordon Nordgren, 72, set an age WR for the 8000 Javelin with a 9:23 throw at the Southwestern TAC Weight Pentathlon Championships, Gonzales, LA, May 18. Roger Kamla, 39, was top scorer with a 2783 in a steady rain. "It should have been called the 'Wet Pentathlon'," said meet director Jeff Baty. "Most competitors took standing throws, and performances were sub-par. But all had a good time and enjoyed the jambalaya cooked by Pat Bourgeois."

**WEST**

- Payton Jordan, 74, Los Alitos, CA, out for most of the ‘90 season with knee surgery, ran a wind-aided 13:11 and a no-wind 28:28 in the 6000 WR (in the Ken Carnine Classic, Sacramento, CA, April 27). Earlier, Jordan had clocked a 13:46-100m in the Fresno Relays, April 7, for an age WR. Matt Pruett, 45, logged the fastest 200 (23.4) and 400 (50.14). Bruce Springbett, 55, recovering sooner than expected from foot problems, took the 100 (12.5) and 200 (26.6). Joe Keshmishi, 550, topped all discus and shot puts, with 166-8 and 47-1¼.

"I (resigned because of a subtle sexism that, while not physically harmful, is extremely pervasive and debilitating," she said. Her resignation received national television, radio, and print media coverage, ranging from CNN and National Public Radio to an article by her in the "Opinion" section of the Los Angeles Times, June 9. In the article, Conley cited specific incidents that were indicative of the attitudes that forced her to resign, such as being called "Hon" by peers, having her legs fondled under the table in the operating room, and allegations by female students of inappropriate comments and behavior by professors. Conley, one of the few female breast surgeons in the nation, noted that her decision to quit was triggered by the appointment of another professor, a man, to lead the department of neurosurgery in which she had been a tenured member for ten years. "I decided I didn’t need to continue hearing myself described as ‘difficult,” she wrote. She will remain at Stanford until September.

- Byrle Sylak, 43, 2:43:47 and Nelly Wright (45, 3:03:00) were first masters in the Big Sur International Marathon, April 28. The race is run on Pacific Coast Highway One from Big Sur to Carmel, considered by many the most scenic route in the U.S. A 3000-runner limit is reached every year.

- Vishaal Sodag, 42, racedwalked to a 10th-place overall finish in the U.S. World Race Walk Team Trials in San Jose, Calif., April 21, with a time of 51:38. John Nedecko, 47, was 18th in 54:34. Labovack, 52, was 26th in 59:23.

- Gene Harte, 65, masters sprinter, extraordinaire, has joined the rapidly-increasing exodus from Southern California by moving to Depoe Bay, on Oregon’s coastal coast. "We really enjoy it," Harte said. "We live in the forest and watch the waves come in, by the ways of mice and men. I go walking. It’s beautiful." However, Harte concludes his race-chasing this summer. He runs in the Cherry Creek 5K, Subic Bay Navy Marathon Relay by 13 seconds with a 1:42:37. Arnold's 'Web Loudat-anchored squad in the world best of 2:17:29 with a 5th-place finish in the Stockholm Marathon, June 1.

- Ian Stewart, 42, recorded a British masters best 49:15 to finish fourth in the 10K in the Stoke-on-Trent 10 Mile, June 22. His 1:09:57 world record in the 27K transversal and European-Commonwealth Games 5000 champion, still holds the world best (45:13) for 10 mile, which he did in the same race 14 years ago.

- Hugh Arndt, 47, of England, was first overall in the Darwin Southerners 5000 mile, May 18, with a 14:44. He was helped by a downhill on the first mile, which was off by 99 seconds, and 82 degrees. We'd never do that in England. Arndt's world record, 14:44, was second in 14:56. Jane Louden, 43, was first woman overall in 20:57. Two weeks earlier, a quartet captained by Arnold defeated a Web Loudat-anchored squad in the Subic Bay Navy Marathon Relay by 13 seconds with a 1:42:37. Arnold's team included Tim Johnstone, who placed second for England in the world cross-country championships in 1967 and eighth in the Mexico City Olympic marathon in 1968, and, at one time, held the WR for the 3000m.

- The 16th South African Masters Championships took place in Cape Town on the usual back-to-back track at Green Point Stadium, April 19-20. When the championships were last held in Cape Town in 1984, there were 80 starters. This year's total was 290. With perfect warm, windless weather, 25 South African records were broken. Joe Botha, M70, accounted for two, in the 800 (2:47.38). Hill said the next biggest thing to happen was a Web Loudat-anchored squad who ran 2:17:29 with a 5th-place finish in the Stockholm Marathon, June 1.

- John Walker of New Zealand turns 40 next January 27 and plans an assault on the sub-four-minute mile goal that day. Assuming he runs well on the European open circuit this summer, He'll make the attempt on the same Mt, Smart track in Auckland where he raced as a schoolboy. He'll then shoot for masters records at 800, 1500, 3000 and 5000 over the next month or so.

- South Africa’s reemergence into the world sports scene may be imminent. In June, its parliament abolished the last three apartheid pillars of apartheid — the Lands Acts, which restricted what land people could own by the color of their skin; the Group Areas Act which restricted where people could live; and the Population Registration Act, which required all South Africans to be registered by race at birth.
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.

**SOUTHEAST**

**Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee.**


July 29-Aug 1. Tennessee Senior Games, Inc., Johnson City. 55+. St. residents only.

**July 30-Aug 1.** Pennsylvania Senior Games, Schuylkill County, P.O. Box 1165, Pottsville, PA 17901.

**Northeast**

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


July 14 & 21. Tri-State TC Meets, South Hagerstown H.S., Hagerstown, Md. 5:00 p.m. Wayne Vaughan, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.


July 30-Aug 3. Pennsylvania Senior Games, Wilkes-Barre. 55+. St. residents only.


**WEST**

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

June 21-Aug 20. All-Comers Meets, SCCC La Playa Stadium, Santa Barbara, Calif. Every Thursday, 6 p.m. Robin Paulsen, 805/965-0581, x227.


September 22. Sri Chinmoy Masters Meet, UC-Irvine, Calif. 45+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90025.

September 22. SW Road Race, Solvang, Calif. Donald Davis, 2305 Via Corte, Solvang, CA 93463. 805/937-1141.


**SOUTHWEST**

**Louisiana, Mississippi, Texas.**

July 27. South Texas Association/TAC Allouso Masters Meet, San Antonio. Masters field events—130 p.m. track events—5:15 p.m. "THE RUN-A-WAY"
### 1991 Indoor Mile

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### 1991 Indoor 2000 Meters

**Compiled by Jerry Wojcik**

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U.S. MASTERS TRACK & FIELD RANKINGS
(Coordinated by Jerry Woicik, T&F Rankings Chairman)

1991 Indoor Shutput Championship Results

M-65-69
- Josephine Sullivan 6.04
- Ann McDowall 5.00

M-70-74
- Carolyn Haynes 5.44
- Erma Troxell 4.61

1991 3000 Indoor Racewalk

M-65-69
- Dave More 10:00
- Jim York 9:52
- Joe Murphy 9:45
- Len Hame UA 9:42
- Mike Lightfoot 9:26
- Fred Francis 8:94
- Bob Detwiler 8:62
- Ken Metcalfe 8:61
- George Ratcliffe 9:54
- Bill Maynard 7:90

M-70-74
- Gordon Jones 7:07

M-65-69
- Larry Arf 9:14
- Everett Howick 5:72
- Ron Rose 5:02
- Arling Fitcher 4:89

M-70-74
- John Swift 2:12
- Steve Font 1:52
- Craig Haugard 1:49
- Marv Deed 1:49

M-65-69
- John Ely 1:46
- Sandy Van Zee 1:55
- Marv Deed 1:54

M-70-74
- Ken Swenson 2:15
- Sandy Van Zee 1:55
- Marv Deed 1:49

M-65-69
- Ken Phyron 1:59
- Mike Kowalski 1:59
- Jerry Senter 1:59
- Jack Trevor 1:47

M-70-74
- Ken Phyron 1:59
- Mike Kowalski 1:59
- Jerry Senter 1:59
- Jack Trevor 1:47

M-65-69
- Barbara Swenson 1:32
- Phil Mulkey 1:23
- Jeff Jordan 1:21
- Mike Hurlbut 1:20
- Dave Johnson 1:19
- Bob Murphy 1:18
- Bob Hartman 1:18
- Pete VanKeuren 1:18
- Greg Bretton 1:18
- Mike Brown 1:17
- Steve Truex 1:17
- Stan Thompson 1:17
- Dave Brown 1:17
- Jim Quesada 1:17
- Tom Brown 1:17
- John Davis 1:17
- Ed Knox 1:16

M-70-74
- Roger Hail 2:16
- Jim Hagg 2:09
- John Hurlbut 2:08
- Tom Hagg 2:08
- Jim Hergenreder 1:59
- Mike Hurlbut 1:59
- Mike Kowalski 1:59
- Jerry Senter 1:59
- Jack Trevor 1:59
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- Ken phyron 1:59
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- Jerry Senter 1:59
- Jack Trevor 1:59

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

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

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

Send $5.00 plus $1.00 postage and handling to:
NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Name
Address

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

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

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<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN**

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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

**NAME:**

**ADDRESS:**

**SEX:**

**STATE:**

**ZIP:**

**DATE OF MEET:**

**MEET SITE:**

**EVENT:**

**MARK:**

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

**CERTIFICATE**

**PATCH**

**TAG PATCH**

If you have been able to meet the standards of excellence, please send $10 for a certificate, $10 for a patch, or $15 for both a certificate and a patch. (A patch tag, showcasing event and year, is an extra $5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Close copy of results, or note in which issue they appeared.) 2-color, 8" by 10" certificate, suitable for framing — and/or a 3-color, 3" by 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
Please send master results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.
People 50 years and above are invited to compete in the following sports:

- Basketball
- Biathlon
- Bowling
- Cycling
- Golf
- Horseshoes
- Racquetball
- Road Races
- Softball
- Swimming
- Table Tennis
- Tennis
- Track & Field

OFFICIAL REGISTRATION/ENTRY FORM

ENTRY DEADLINE: September 25, 1991

Please print or type

Name ________________________________

Participant's Signature ___________________________________

Address __________________________________________________

City, State, Country ____________________________ Zip Code ___

Date of Birth ___________ month / day / year

First Sport ____________________________ Add'l Sport(s) ________

Name of Spouse / Guest(s) attending social functions, but not a sports participant (The name you want on their identification badge):

Please note that for DOUBLES and TEAM SPORTS each competitor must complete this registration form and for TEAM SPORTS must be on a team roster. All participants must sign the enclosed liability waiver and mail it in with payment, or turn it in when you pick up your registration packet at the St. George Hilton Inn.

REGISTRATION ENTRY FEE $49.00

Spouse / Guest Fee $25.00

BYU Seminar Materials $10.00

Lunchen - Green Valley, Oct. 16 ________

Luncheon - Hilton Inn, Oct. 23 ________

Band / L. Buffet (per person) Oct. 17 ____________

Band / L. Buffet (per person) Oct. 24 ________

Additional Sports Fees:

Additional Sport(s) (each sport 10.00) ________

Golf Greens and Cart Fees (36 Hole Tournament) ________

Social Golf Greens and Cart Fees (18 Hole Tournament) ________

Bowling Fee (singles) ________

Bowling Fee (doubles) per person ________

Bowling Fee (team) per person ________

Racquetball (second event) person ________

Cycling ________

Swimming ________

Tennis Social Mixed Doubles (per person) ________

TOTAL ENCLOSED $________

Please make check payable to: WORLD SENIOR GAMES and enclose payment together with completed Registration/Entry Form, including sports section(s) of this form and liability waiver and mail to:

WORLD SENIOR GAMES
1355 South Foothill Drive, Suite 103, Salt Lake City, Utah 84108 - (801) 583-6231

SHIRT SIZE - UNISEX

small ☐ medium ☐ large ☐ X-large ☐ XX-large ☐

Name of Local Newspaper: __________________________________________________________________________

city ( ) state ( ) zip ( )

telephone ( )

For additional information: WORLD SENIOR GAMES Sylvia A. Wunderli, Exec. Dir.
1355 South Foothill Drive, #103
Salt Lake City, Utah 84108
(801) 583-6231