

NATIONAL MASTERS NEWS

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

155th Issue

July, 1991

\$2.25

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 highs 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.

Continued on page 18

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.

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
- WAVA Election Campaign — pages 17-23

CONTENTS

DEPARTMENTS

TAC Officers.....	2
Letters to the Editor.....	4
NMN Sustainers.....	4
NMN Subscription Form.....	4
Third Wind.....	6
Athlete of the Month.....	8
Training Advice.....	10
Prize Money Calendar.....	11
Prize Money Earnings.....	11
The Foot Beat.....	12
New Age-Group Athletes.....	12
Track & Field Report.....	14
Masters Racewalking.....	16
International Scene.....	17
WAVA Officers.....	23
Speaker's Corner.....	24
Report From Britain.....	25
WAVA/TAC Specifications.....	25
Director's Corner.....	26
Masters Scene.....	27
Schedule.....	28
All-American Standards.....	32
Results.....	33

FEATURES

Preview of Nationals.....	1
Preview of Turku.....	1
Bruce Jenner Classic.....	3
Pittsburgh Marathon.....	5
Southeast Sectionals.....	7
Dan Aldrich Memorial.....	8
T&F Rankings Report.....	8
Birmingham Track Classic.....	9
St. John's 5K.....	10
Seattle Sports Festival.....	10
Newsday Marathon.....	11
Get In Gear 10K.....	11
Florida T&F Championships.....	12
Southwest Sectionals.....	12
Texas Senior Games.....	13
Relay Records.....	15
15K Racewalk Championships.....	16
No Drug Testing in Turku.....	21
WAVA Amendments.....	21
WAVA Calendar of Events.....	21
WAVA Games Survivors.....	23
WAVA Treasurer's Report.....	24
Sports Science Symposium.....	25
Indoor T&F Rankings.....	30

ENTRY FORMS/RACE & PRODUCT INFO

Mac Wilkins Video Tapes.....	3
St. George Marathon.....	5
Puerto Rico Masters Meet.....	7
Age Record Book.....	8
Elite Sales.....	9
Age-Graded Tables Book.....	10
Running Research News.....	11
Classifieds.....	13
Publications Order Form.....	13
Masters Running Guide.....	15
Track & Field News.....	16
Videotape of Eugene.....	25
T&F Rankings Book.....	31
World Senior Games.....	40

NATIONAL MASTERS NEWS

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



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

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

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

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

Creative Art: Eugene Paasinen, Herb Parsons

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC) TRACK & FIELD

Chairman:
Barbara Kousky
5319 Donald St.
Eugene, OR 97405
(503) 687-8787

Outdoor Meets:
Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-7333

Indoor Meets:
Scott Thornsley
18 Colgate Drive
Camp Hill, PA 17011
(717) 737-2385

Multi-Events:
Rex Harvey
3815 Lincoln Place Drive
Des Moines, IA 50312
(515) 277-3608

Secretary:
Marilyn Mitchell
330 E. 46 St. #4C
New York, NY 10017
(212) 697-8216

Treasurer:
Al Sheahen
P.O. Box 2372
Van Nuys, CA 91404
(818) 785-1895

Records:
Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

Rankings:
Jerry Wojcik
P.O. Box 2372
Van Nuys, CA 91404
(818) 785-1895

Women's Coordinator:
Christel Miller
1740 Grandview Ave.
Glendale, CA 91201

Weight Events:
Chuck Klehm
1218 North Route 47
Woodstock, IL 60098
(312) 551-3720

Site Selection:
Max Goldsmith
481 Marcus
Lewisville, TX 75067

Race Walking:
Bev LaVeck
6633 N.E. Windemere
Seattle, WA 98115
(206) 524-4721

Team Manager:
Sandy Pashkin
421 Manhattan Ave.
New York, NY 10026
212/666-3671

Rules Coordinator:
Graeme Shirley
8565 Lake Murray Blvd., #223
San Diego, CA 92119
(619) 455-4440

Sectional Coordinators:
East:
Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591
(914) 631-1547

Southeast:
Phil Mulkey &
Phil Raschker
P.O. Box 723452
Atlanta, GA 30339
(404) 973-3825

Midwest:
Dick Green
P.O. Box 6147
Rockford, IL 61125
(815) 332-4743

Mid-America:
Tom Thorne
525 Oak Ridge Dr.
Neosho, MO 64850
417/451-7417

Southwest:
Danny Thiel
1459 Verna St.
New Orleans, LA 70119
(504) 486-8066

West:
Hugh Cobb
3180 Camino Arroyo
Carlsbad, CA 92009
(619) 436-7696

Northwest:
Al Phillips
85995 Bailey Hill Rd.
Eugene, OR 97405
(503) 485-6271

Awards:
Bev LaVeck, above

WAVA Delegates:
Barbara Kousky, Jerry Donley,
Rex Harvey; Alternates: 1) Pete
Mundle, 2) Marilyn Mitchell, 3)
Gary Miller.

Chairman:

Charles Des Jardins
5428 Southport Lane
Fairfax, VA 22032
(703) 250-7955

Vice Chairman Men:
Kirk Randall
71 Bromfield St.
Newburyport, MA 01950
(508) 465-9677

Vice Chairman Women:
Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(415) 339-0563 (h)
(415) 422-5554 (o)

Secretary:

Carole Langenbach
4261 S. 184th Street
SeaTac, WA 98188
(206) 433-8868

Treasurer:
George Vernosky
5004 Glen Cove Pkwy.
Bethesda, MD 20816
(301) 229-8391

Road Records & Rankings:
Basil & Linda Honikman
TACSTATS
915 Randolph
Santa Barbara, CA 93111
(805) 683-5868

Championships Coordinator:

Kirk Randall
71 Bromfield St.
Newburyport, MA 01950
(508) 465-9677

Law and Legislation Coordinator:

Norm Brand
5224 Manning Pl., N.W.
Washington, DC 20016
(202) 244-2218

WAVA Delegates:
Ruth Anderson, Norm Green

Championship Stats:

Norm Green
405 Curtis Ct.
Wayne, PA 19087
wk (215) 768-2480

Awards:

Kirk Randall-Men
(address above)
Ruth Anderson - Women
(address above)

Rules Coordinator:

George Kleeman
5104 Alhambra Valley Rd.
Martinez, CA 94553

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+.

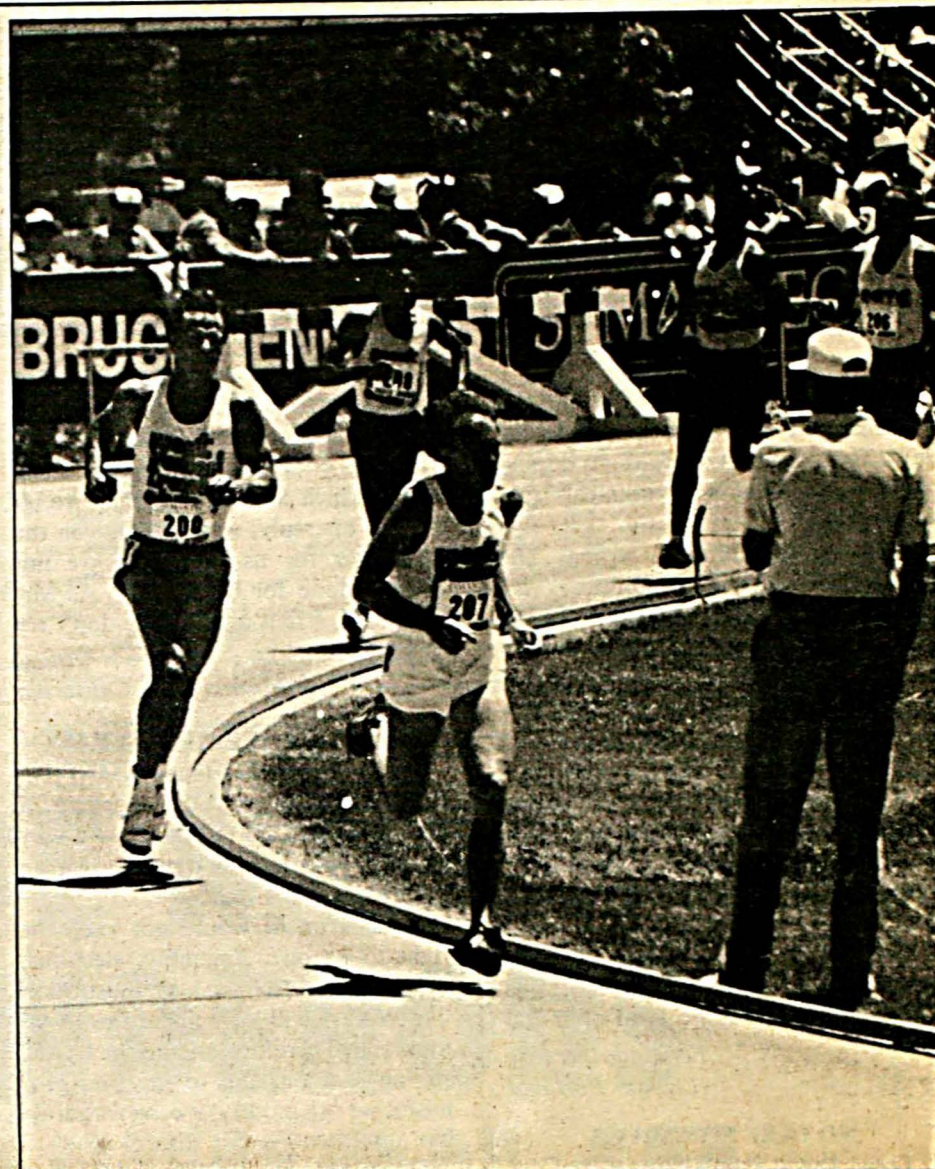
Steve Hardison, 40, who has predicted he will go under 50 in the 400 this season, got a fine start with a 51.27 in the men's 40+ division. Dennis Duffy, 46, was second in 53.93.

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 record holder, won in 14.02.

□



Ramsay Thomas (207) passes Jim Hampton (200) to win the M40+ 1500 in 4:17.14, Bruce Jenner's Symantec Classic, San Jose, Ca., May 25. Photo by Malcolm Munn

Five Years Ago

July, 1986

- Atlaw Belilgne (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



TRAIN WITH THE CHAMPIONS

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

Order video tapes from these Olympic Athletes:

MAC WILKINS Gold Medal Discus

Training, technique and slomo analysis of Schmidt, Delis, Sylvester, and Bugar

AL FEUERBACH Basic 70' Shot Putting

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

YURIY SYEDIKH'S SYBERVISION HAMMER THROW

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

WILLIE BANKS BANKS ON TRIPLE JUMP

Drills, weight training and bounding demonstrated by Willie Banks

Name _____

Address _____

Card # _____

Exp. Date _____

GOLD MEDAL DISCUS \$49.50

BASIC 70' SHOT PUTTING \$49.50

DISCUS - SHOT COMBO \$90.00

BANKS ON TRIPLE JUMP \$59.95

SYBERVISION HAMMER \$60.00

WA Sales Tax &/or Shipping _____

Add \$3.50 1st class/\$2.50 reg. mail

VHS ONLY TOTAL _____

MAC WILKINS PRODUCTIONS

P.O. BOX 5571

BELLEVUE, WA 98006

PHONE ORDERS (206) 562-1875



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

DRUG TESTING

Cesare Beccalli quotes the WAVA Constitution to claim that veterans must follow the IAAF rules on doping control because it is a "technical" rule of the IAAF.

This interpretation is wrong. The IAAF has several committees, including Technical and Medical. To the first are submitted "all questions concerning competition rules." The second deals with "all the questions of a medical nature concerning athletics," as quoted from the IAAF Handbook.

Rule 144 (Doping) says "all doping control shall be conducted under the supervision of a Doping Committee," composed of medical, not technical, people.

I am 100% against doping control at veterans championships. It is degrading, and has no legal or moral support.

*Fernando Ferreira
Lisbon, Portugal*

NO IAAF FOR WAVA

I read David Pain's "Speakers Corner" concerning the possible merger of WAVA and the IAAF. I must say that I am in complete agreement with his logic and thinking which so clearly states: Leave well enough alone. I advise all masters athletes to let their WAVA delegates know their feelings concerning this matter.

Remember, once WAVA takes this step, there is no turning back. We will belong body and soul and spikes to the "Company Store" (the IAAF)!

A while back I wrote a letter which NMN printed and which was answered by WAVA's president, Cesare Beccalli. The one question I asked and I ask again, which Mr. Beccalli chose to ignore in his reply, was: "What can the IAAF do for us that we have not already done for ourselves?" As Mr. Pain said, "If it ain't broke don't try to fix it!"

Al Guidet

California City, California

BECCALLI REPLIES TO PAIN

David Pain writes (June NMN) that I'm proposing WAVA become a department within the IAAF — a very strange statement, particularly for an attorney.

A department would not keep the right to its own Assembly, elections, financial and technical administration like WAVA will have under the IAAF umbrella. Therefore, should the IAAF, for any reason, fail to keep its promises, we can modify or even withdraw our agreement.

David says the IAAF subsidy is a trap to give the IAAF control over WAVA. He states that affiliates which are also IAAF members would pay the IAAF instead of WAVA, then the IAAF would give WAVA, in return, more or less the same amount of money. This is false and even a little ridiculous.

First, the IAAF grant was proposed under the condition that no affiliate would pay a fee to WAVA either at the world or regional level.

Second, the control of WAVA is given by the affiliation, not by the payment of a fee. Affiliations will continue to be made from countries to WAVA, not to the IAAF.

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*

BECCALLI MUST GO

During the past year I have observed the WAVA/IAAF ideological debate with interest and considerable concern. Considered, by some, as the father of modern age-group veteran athletics, I have a legitimate parental concern for WAVA's future.

My concern was first aroused in Melbourne when WAVA bowed to IAAF pressure to oust the South African Masters. My disquiet increased when WAVA President, Cesare Beccalli proposed an IAAF take-over a year ago. Since then he has offered several poorly drafted WAVA constitutional changes which, if adopted, would seal WAVA's fate.

My article, published in the National Masters News (June) illustrates how the adoption of such constitutional amendments — as well as the reelection of Beccalli and his ticket — will spell the demise of WAVA as a free democratic entity.

Due to his ingratiating and charming manner, I have been disposed to discount Beccalli's emotionalism as an aspect of his ebullient nature. Subsequent developments, however, have revealed him as a person who has disqualified himself as spokesman for WAVA. His published statements, as well as his unilateral conduct, have clearly demonstrated he stands as a handmaiden of the IAAF. When it says, "Jump," Beccalli asks, "How High?" A majority of the WAVA Council who have dealt with him share this opinion, which is why the Council did not recommend him for reelection.

To add further fuel to the fire, he

Five Join NMN Sustainers

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

Special thanks this month goes to:

Leonore McDaniels
Va. Beach, VA
William Benson
Valley Stream, NY
Donald Ross
Marblehead, MA
Robert Laufer
New York, NY
Terri Busby
Las Vegas, NV

has willfully ignored the dictates of the fourteen-member WAVA Council and has refused to await a decision of the General Assembly on such vital issues as drug testing.

Regardless of philosophical differences, I believe that Beccalli lacks the leadership qualities necessary to represent WAVA in its future course.

*David H.R. Pain
San Diego, California*

NATIONAL INDOOR MEET

The National Indoor 3K RW had its problems. Gary Null was first overall only after proving via a videotape by a friend that his DQ was during an *extra* lap. He was officially given "no mark." Don Johnson was given a gold medal in the M70-74 division, and then read the next day that he'd been DQ'd.

There were many other snafus as well, and record times may have to be thrown out due to unreliability. Granted that lap counting at the back of the pack isn't as easy as it looks, but how can they miscount the leader's laps?

Major meets should only be awarded to experienced people and assurances should be obtained that such large races can be handled effectively.

*Alan Wood
Pompton Plains, New Jersey*

This is a long overdue note of congratulations to Dixon Farmer on having put on a fine competition for the '91 Indoor Masters Nationals. It was one of the most enjoyable track trips I have taken. The competition was fun and I had an opportunity to meet and visit with a lot of new people and, of course, a lot of old friends. The training facility is impressive and I hope it will be used frequently for future events.

*Tom Gage
Billings, Montana
Continued on page 9*

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or call:
818-760-8983

CZZMN

Paul, Keskitalo Top Masters in Pittsburgh Marathon

by JERRY WOJCIK

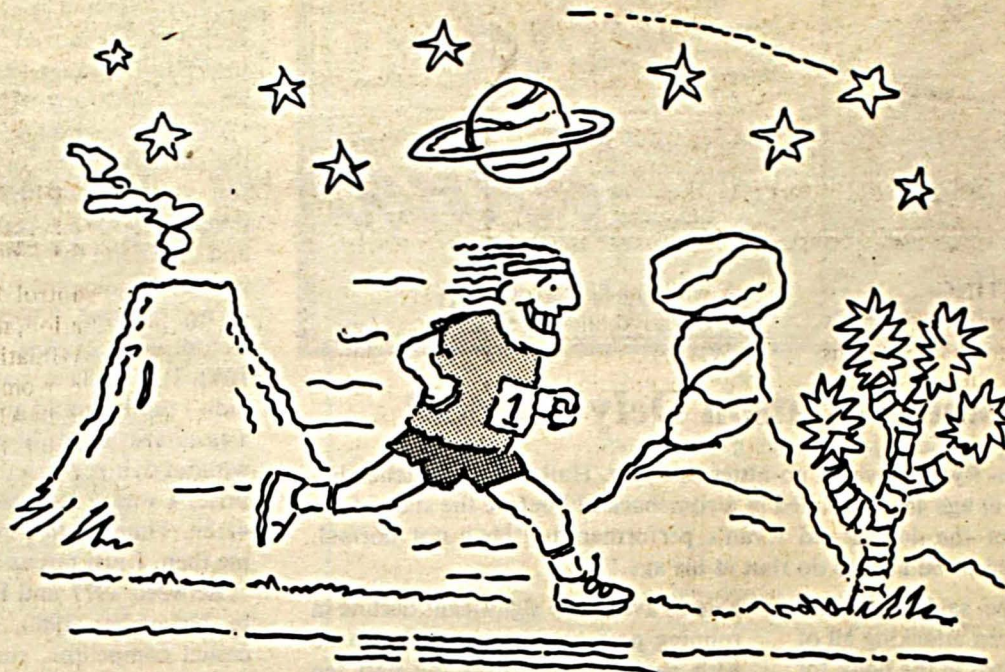
Don Paul, 40, of San Francisco, Calif., and Sinikka Keskitalo, 40, of Finland were each richer by \$3000 after masters firsts in the Giant Eagle/City of Pittsburgh Marathon, May 5. Paul, 15th of 1677 men, finished in 2:31:05. Keskitalo, ninth of 337 women, checked in with a 2:53:49.

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%.

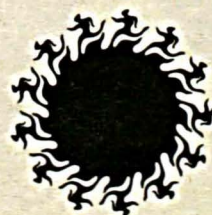
Open winners Herbert Steffny (37, 2:16:21) of Germany, and Lynn MacDougall (26, 2:42:45) of Richmond, Va., were each awarded \$20,000. The cash prizes in the open division totaled \$151,550. Next year's event will be held on May 3. □



THE MOST WONDEROUS MARATHON IN THE UNIVERSE.

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

Saturday, October 5



**St. George
Marathon**

TAC certified and sanctioned.

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

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Width	Height
52	Back Page	600*	10"	13"
52	Full Page	460	10"	13"
39	¾ Page	380	7½"	13"
26	½ Page	300	5"	13"
			10"	6½"
			7½"	8½"
13	¼ Page	180	5"	6½"
			10"	3½"
7	1/8 Page	120	5"	3½"
			2½"	6½"
3½	1/16 Page	72	2½"	3½"
1		36	2½"	1"

*Includes 2-colors.

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions 10%
6 to 12 insertions 15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

25% discount for race and meet notices, (½ discount for races and meets under 200 participants.) Inserts: \$300. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors add \$50
- Screen: 85 lines per inch.

8. CLOSING DATES

The 10th of the month before date of issue.

9. CIRCULATION October 1990

Paid: 5374 Distribution: 7500

Published monthly. Subscriptions \$22.00/year.

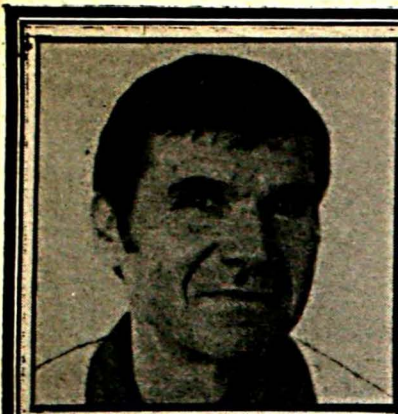
Mail order to: National Masters News

P.O. Box 2372

Van Nuys, CA 91404

Phone: 818/785-1895

Fax: 818/782-1135



Third Wind

by Mike Tymn

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 (59:08), 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, 15K, 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 Ulliot, noted physician and running author, has observed that many runners take as long as ten years to adapt. Perhaps that is the case with Matson.

"How do you really know when you are at the crest and not ready to crash?" comments Matson during an interview at her Moraga, Calif. home. "I can see exterior decline — more wrinkles, more gray hair, things like that — but when I'm feeling healthy and fit it's pretty much the same as it was five or ten years ago. Maybe it takes a little longer to recover now."

"There's a certain amount of aging we have to accept. I'm sure my times will fall off sooner or later. But for now I just want to enjoy the moment."

Pacing Helps Her

As Matson sees it, the secret to being

able to avoid any significant decline in running performance may have to do with pacing herself over the past ten years. "I've never bombarded myself with high mileage and high intensity, because I knew my body wouldn't take it," she offers. "I do the best I can with the cards dealt me. I really try to tune in to what my body is doing. I've learned that if something acts up, it's time to back off. During the first few years of my running, I'd try to run through it. But Dan (McCaskill) really helped me in that respect."

McCaskill, a top masters runner from Southern California several years back, became Matson's coach during 1984. In an interview for the October 1984 issue of National Masters News, McCaskill had this to say about Matson: "Shirley has exceptional physical talent, which is complemented by her extreme toughness. She is a high achiever in all her endeavors and naturally approaches running with the same intensity. Like most highly motivated athletes, though, she has a tendency to push herself too far and I have to restrain her at times. She is a coach's dream and a fierce competitor."



Shirley Matson holds W50 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.

Broke 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 35:57 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. "To some extent that left me emotionally drained. I couldn't concentrate on my training and racing, 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. 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."

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 miler 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

Continued on page 10

Southeast Sectionals Draw 181 to Knoxville

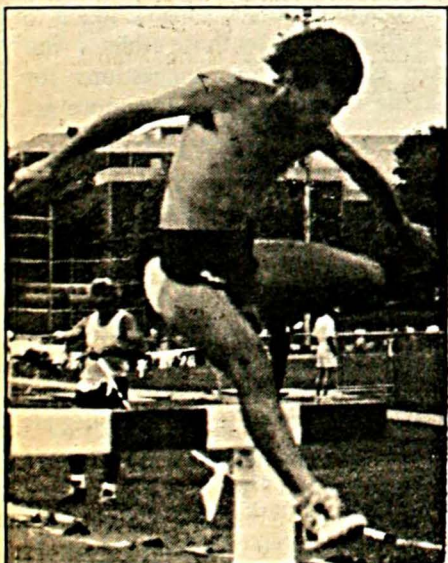
By DEAN WATERS

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 (M30) 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 meet 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 205 points. The Knoxville Track Club was second with 148 points, and the Atlanta Track Club third with 133 points.



Greg Duthey, M30, clears the barrier with one lap to go on his way to winning the steeplechase in 10:40.87, TAC/USA Southeast Sectionals, Knoxville, Tenn., June 1.

Photo by Dean Waters



Arling Pitcher, M85, finishing the 200 in 49.63, TAC/USA Southeast Sectionals, Knoxville, Tenn., June 1. Photo by Dean Waters

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; Avital 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 (M89), 49.63.

Scott King (M31) turned in the best time of the day in the 1500 (4:02.4) and the 800 (1:59.7). Scott just missed a triple when he was edged by Chris Gibson (M30), in the 400. Chris crossed in 51.51 to Scott's 52.50.

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 alternatively 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 and came 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 Accutrac systems guaranteed precise timing for the running events. □

SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS



PARQUE SIXTO ESCOBAR, SAN JUAN, P.R.

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION

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

ENTRY FEE: \$10.00 FIRST EVENT, \$5.00 EACH ADDITIONAL EVENT. RELAYS \$20.

AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION

DEADLINE FOR ENTRIES: SEPTEMBER 13, 1991.

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

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

SATURDAY AND SUNDAY.

ENTRIES: SEND THE ENTRY FORM BELOW WITH CHECK TO:

PUERTO RICO MASTERS ASSOCIATION

MR. LUIS E. CANO TEL. 763-5172

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

REGISTRATION: AT PARQUE SIXTO ESCOBAR FROM 7:00 A.M. ON SATURDAY 21.

HOTELS: ACCOMMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANTS.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE

SIXTO ESCOBAR.

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

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

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

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

SCHEDULE OF EVENTS:

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

AFTER 1500 M.

4 X 100 RELAY (W-M)

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

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

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

NAME _____ PHONE _____

ADDRESS _____

AGE (AS OF SEPT. 21, 1991) _____ DIVISION _____ M OR F _____

PLEASE ENTER ME:

1. _____ 5. _____
2. _____ 6. _____
3. _____ 7. _____
4. _____ 8. _____

SIGNATURE _____ DATE _____



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 was 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.

- Phil Raschker, 44, with nine wins in the W40 division of the Southeast Sectionals, including a new world's best W40 pole vault of 9-4½.

- Ralph Mann, 40, 1972 Olympic 400H silver medalist, with a 49.6 400, close to James King's world M40 mark of 48.44.

- Tim Murphy, 69, with a fast 13.13 100 in Texas.

- Phil Mulkey, 57, with seven wins in the Southeast Sectionals.

- Betty Vosburgh, 59, with good efforts in the 300H (57.16) and 200 (31.80).

- Martyn Adamson, 54, with a speedy 24.51 in the 200.

- Bill Collins, 40, with blazing sprints of 11.1 (100) and 22.1 (200).

- Viisha 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.



Ken Popejoy leads Rod Dixon in the Millrose Masters Mile. Photo by David Zinman

- 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 NMN. The winner will receive \$100 from Sorbothane.

Sorbothane produces lightweight, shock absorbing, air-infused insoles. Its products are distributed by Spectrum Sports in Twinsburg, Ohio.

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

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

Rankings Report

by JERRY WOJCIK, TAC Masters T&F 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 pleas 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 M60-69 and M70-79 divisions in a 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. □

Masters Age Records 1990

(1991 Edition)

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

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

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

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____

Aldrich Memorial Meet Draws Best Field

by DAVE LEWIS

The Dan Aldrich Memorial Track Meet was held at the University of California — Irvine 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 had

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 (12-¾) and the triple jump (22-11½).

Fifteen U.S. and world single-age records were broken; however, six were wind-aided. □

ELITE

NIKE SPIKES

SHOT & DISCUS

Upper: Athletic mesh and suede.
Sole Unit: Pylon™ silver wedge and full-length BRS 1000 outsole.
Profile: Shot and discus shoe.
Size: 6-14, 15
Suggested Retail: \$65.00 **\$49.50**
Color: White/Columbia Blue-Black

THE HIGH JUMP

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

Upper: Lightweight nylon is reinforced with synthetic suede. Medial and lateral straps stabilize forefoot while quarterstraps with lace-loops secure rear foot. Duraplush quarterlining reduces slippage while enhancing comfort.
Sole Unit: 3mm EVA forefoot pad increases leverage angle for take off. Hard rubber cupsole increases traction and durability.
Spike Plate: Ten spikes improve traction on all surfaces. Full-length nylon plate provides torsional rigidity for take off leverage.
Color: White/Royal Blue-Black
Size: 6 - 13
Suggested Retail: \$65.00 **\$49.50**

THE ZOOM LIGHT

is NIKE's premier sprint spike. A snug fitting shoe is crucial to successful sprinting and several technological innovations make the Zoom Light Nike's best fitting sprint shoe. Upper: Dynamic stretch inner sleeve provides a snug midfoot fit. "Slit-lock" type system locks heel securely into shoe. Open weave quarter panels increase breathability and reduce shoe weight. Blucher style inyeast accommodates feet of different widths. Lace-loops provide secure lacing options.

Sole Unit: Pylon™ silver wedge and rubber outsole wrap provides lightweight cushioning and traction to rearsupport and midfoot. Forefoot silver wedge improves cushioning and reduces shoe pressure.
Spike Plate: Six spikes positioned for anatomical efficiency based on NIKE Sport Research Lab data. Forefoot nylon spike plate provides traction. Three grooves enhance flexibility.

Color: White/Royal Blue-Corona, Yellow
Size: 8 - 12 1/2
Suggested Retail: \$65.00 **\$58.00**

ZOOM SPRINT

Upper: Synthetic leather and nylon.
Sole Unit: Pylon™ silver wedge, EVA forefoot pad, rubber outsole wrap and forefoot nylon 6-spoke plate.
Profile: Lightweight, snug-fitting sprint spike for sprinters.
Size: 4 - 13
Suggested Retail: \$85.00 **\$69.50**
Color: Pearl White/Black/Crimson

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

THE LONG JUMP

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

Upper: Lightweight nylon is reinforced with synthetic suede. Medial and lateral straps stabilize forefoot while quarterstraps with lace-loops secure rear foot. Duraplush quarterlining reduces slippage while enhancing comfort.
Sole Unit: Full length EVA midsole incorporates "negative taper" from forefoot to heel which enhances takeoff leverage. Hard rubber outsole with heel wrap is durable and enhances proper foot plant.
Seven spike configuration is optimal for takeoff traction.
White/Havy Blue-Red
Size: 6 - 13
Suggested Retail: \$65.00 **\$49.50**

JAVELIN

Upper: Athletic mesh and synthetic leather.
Sole Unit: Full length nylon 10-spike plate and solid rubber mini-Waffle® outsole.
Profile: Javelin-throwing boot.
Size: 6-14, 15
Suggested Retail: \$65.00 **\$49.50**
Color: White/Red-Black

THE WAFFLE RACER*

Upper: New-wave shadow poly-pag and synthetic suede
Sole Unit: EVA wedge and silver midsole. Solid rubber Waffle® stud outsole with forefoot wrap.
Profile: Extremely lightweight "spikesless spike" racing shoe for the competitor who cannot wear spikes.
Size: 4 - 13
Suggested Retail: \$42.95 **\$34.50**
Color: White/Black-Electric Green

INTERNATIONALIST

Upper: Poly-pag and synthetic suede.
Sole Unit: EVA wedge and forefoot pad, rubber outsole and forefoot nylon 6-spoke plate.
Profile: Versatile spike for runners, hurdlers and vaulters.
Size: 3 - 13, 14, 15, 16
Suggested Retail: \$55.00 **\$44.50**
Color: White/Bright Royal Blue-Crimson

NEW! SEIKO S129 STOPWATCH/PRINTER

100 Memory capacity, 3 line display for split, lap & elapsed time; compact 1-piece design; use with or without printer.
Stopwatch/Printer with 2 roll paper & batteries\$299.00
Extra paper - 10 rolls\$ 9.00

Call Toll Free 1-800-433-0324

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

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

SHIP TO:

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____

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

Signature _____ Express Mail Available.

Product/color	Size	QTY.	Price	Ext.
			Shipping/handling	\$3.00
			COD Orders \$4.00 extra	
			Total Amount Enclosed	

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



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 to arrive either last-minute or several weeks early.

Jet-lag is still another matter, which many masters will face in Turku at the World Veterans Games this summer. A

rule of thumb among traveling athletes suggests arriving one day early for each hour time difference. Thus, most of us need to arrive a week ahead of our race. The tours have been scheduled to allow for this.

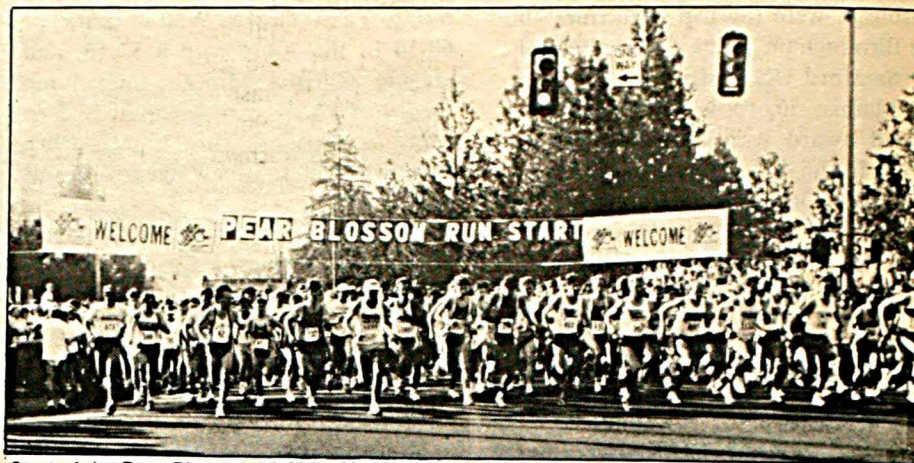
Experience is an important factor. I've had good luck at past championships racing within 48 hours after arrival. A couple of tips: 1) Eat very little

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



Start of the Pear Blossom 10 Mile, Medford, Ore., April 13.

St. John's 5K Draws 135 Runners

by MAURY DEAN

The fab fifties flew up the nastiest last half mile on Long Island, a glacial Everest finishing at the (ouch) emergency room of St. John's Hospital, in the St. John's Run For The Health Of It 5K, Smithtown, N.Y., May 27. Out of 135 runners, Ironman Joe Cordero, 53, placed ninth (18:17), followed by 12th-place, John Wallace (50, 18:25) and 18th-place John Boyle (50, 19:03).

If all 5K's were pan-cake flat, windless, 50-degree wonderlands, these times might melt into the unspectacular. At the St. John's, however, you must subtract about 45-50 seconds for this roller-coasterish romp, plus the mini-mountain monster at the finale.

Fortunately, with the heat, humidity, and hills, it was a no-wind situation. A feeble fog faded, the hot haze hung on a fickle zephyr, and we all stampeded over the hills and far away.

Among the W40+ winners, Hilary Boucher, at 45, took third overall (22:15); submaster Kathy Martin, 38, won the race (19:16).

Among the 40s crew, no one rivaled the Campbell-Rodgers League, but Maury Dean (17:49), Dennis Muhlenforth (18:05), who ran his gutsiest and best race of the year, and Jorge Aguilera (18:24), snared places 6-7-8. Though we may be "alone" we always feel a sense of kinship when we masters come storming over the line near the swift kids. □

Seattle Stages Senior Sports Soiree

by JERRY WOJCIK

The City of Seattle Department of Parks and Recreation staged its annual Senior Sports Festival Track and Field Meet on June 1 at West Seattle Stadium. The meet drew a large field of locals, plus quite a few entrants from British Columbia and Oregon, and several from distant states, such as Ohio and Texas.

Double winners in the sprints included Joe Johnson, Portland, Ore., in the M45 100 (12.67) and 200 (25.60), and Avril Douglas, Richmond, B.C., in the

W40 100 (14.57) and 200 (29.80).

Madeline Bost, W50, Vashon, Wash., vaulted 5-10, a sure shot at a world record when a sufficient number of marks are compiled in this new event for women.

Gil Splaine, M70, Renton, Wash., long jumped 4.09, which should put him in the top ten in the 1991 rankings.

Blake Surina, M30, Fircrest, Wash., had an unusual set of victories, even for a masters meet, including firsts in the 1500 racewalk (7:32.3), triple jump (10.84), and javelin (50.14). □

Masters Age-Graded Tables

- Keep track of your progress over the years.
 - Compare performances of older and younger individuals in the same or different events.
 - Select the best performance in an event among all age groups.
 - Score multi-events.
 - See how much your performance should decline with age.
 - Chart your own performance progress.
-
- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
 - Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
 - Shows how to conduct an age-graded track & field meet, road race or race walk.
-
- 66 pages. Easy to use.
 - Detailed explanations, sample competitions, personal performance examples and charts.
 - Compiled by the World Association of Veteran Athletes and the National Masters News.
-

Send \$5.95 plus \$1.00 postage and handling to:

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____

Need Back Issues?

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

Send to:

National Masters News

P.O. Box 2372

Van Nuys, CA 91404

Third Wind Continued from page 6

to let regular racing take care of that."

While frustrated by her inability to train and race, to simply run, Matson remains optimistic. "I know that when you're on top you don't stay there forever, and when you're in the pits you don't stay there forever, either. You'll rebound. I'm not going to come back too fast. I don't want to destroy myself.

"I'd like to be in it for the long haul." □

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) with 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 settle for 13.1 miles.

First master in the marathon was Robert Briglio, 41, fifth overall with a 2:41:30. First woman masters was Ann Krepela, 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, 3:13:41, 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 Cooney (2:27:23) and Lisa Kovessy (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 Harmeling, W45, who ran a sparkling 1:26:08, for fourth overall.

Dan Badalament won the M45 race in 1:22:43 (only 44 seconds separating the top three). Gary Murcke took the M50 race in 1:17:26 from Joe Cordero (1:23:14), 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. Leo Karmin in the M70+ race with a 1:43:37.

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

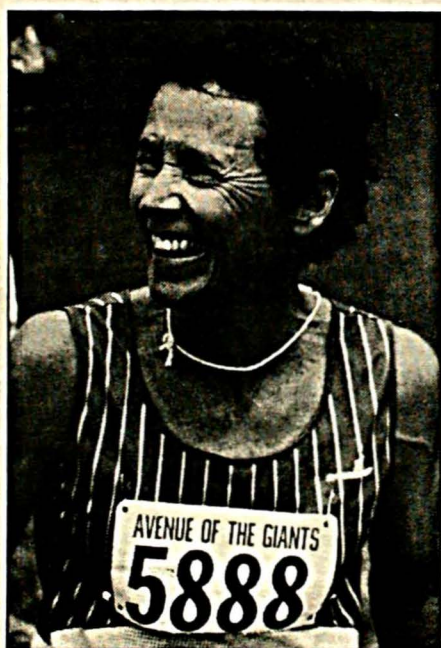
CUMULATIVE PRIZE MONEY EARNINGS MASTERS MEN — 1991

RNK	NAME	ST/MAT	CUM PRIZE	
1	Campbell, John	NZL	\$24,250	6
2	Judson, Ken	PA	\$9,900	2
3	Romesser, Gary	IN	\$7,200	7
4	Tibaduza, Domingo	COL/NV	\$6,650	7
5	Rodgers, Bill	MA	\$6,200	8
6	Navarro, Arsenio	MEX	\$5,750	3
7	Cuevas, Mario	MEX	\$4,350	4
8	Waigwa, Wilson	KEN/TI	\$4,250	4
9	Narczak, Ryszard	POL	\$4,350	2
10	Hamilton, Ken	CAN	\$3,650	8
11	Paul, Don	CA	\$3,650	2
12	Reimer, Rick	CO	\$2,150	2
13	Schlauf, Bob	SC	\$2,015	5
14	Vera, Manuel	MEX	\$1,950	2
15	Lopez, Luis	CRC	\$1,800	1
16	Bell, Doug	CO	\$1,750	5
17	Osnes, Kaare	NOR/FL	\$1,450	5
18	Krivoy, Vladimir	URS	\$1,400	2
19	Alaberg, Larry	MA	\$1,100	2
20	Unberg, Richard	SUI	\$1,000	1
21	Ortega, Fred	N/A	\$1,000	1
22	Ferraz, Steve	CA	\$900	2
23	Pearson, Jim	FL	\$800	4
24	Tibaduza, Domingo	COL/NV	\$800	1
25	Gomez, Rudolfo	MEX	\$750	1
26	McGath, Jerry	MS	\$750	1
27	Owens, Earl	GA	\$700	5
28	Sviatocha, Ed	TX	\$700	3
29	Katz, Rick	CO	\$600	1
30	Smith, Nolan		\$550	2

CUMULATIVE PRIZE MONEY EARNINGS WOMEN MASTERS 1991

RNK	NAME	ST/MAT	CUM PRIZE	
1	Welch, Priscilla	GBR/CO	\$11,100	8
2	Binder, Laurie	CA	\$10,250	8
3	Grayson, Nancy	SC	\$9,865	11
4	Striulli, Grazill	ITA	\$9,300	1
5	Wood, Mary	CO	\$4,300	6
6	Oshier, Nancy	NY	\$3,400	6
7	Virga, Carol	FL	\$3,050	4
8	Keskitalo, Sennika	FJN	\$3,000	1
9	Filutze, Barbara	PA	\$2,600	2
10	Clavarella, Claudia	TN	\$2,100	4
11	Natson, Shirley	CA	\$2,000	2
12	Hine, Judith	NZL	\$2,000	2
13	Hutchison, Jane	MO	\$1,800	4
14	Greer, Judy	FL	\$1,500	3
15	Ingelhart, Alfreda	CA	\$1,100	2
16	Miller, Kathryn	N/A	\$1,000	1
17	Nielsen, Ana	ARG	\$1,000	1
18	Stronsson, Marcia	N/A	\$1,000	1
19	Lindsey, Margie	CA	\$750	2
20	Kluttz, Susie	NC	\$750	1
21	Kendrick, Cynthia	N/A	\$650	1
22	Cash, Linda	CO	\$650	3
23	Heinberg, Merle		\$525	2

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



Sandra Kiddy, 54, of Bishop, Ca., garnered first master woman honors for her 3:03:48 effort in the Avenue of the Giants Marathon, Weott, 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.

Hine Tops All Women

Conway Best Master in Get In Gear 10K

by JERRY WOJCIK

Dan Conway, 52, of Chetek, Wisc., 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, Wisc., was best performer with a 29:52 (90.1%).

Judith Hine, 42, of Edina, third-woman in 36:16, had the best performance among the women with an 89.2%. Next best masters were Barbara Andersen, 66, of St. Louis Park, Minn., with a 49:41 (82.5%), and Diane Stoneking, 43, of Edina, in 39:38 (82.2%).

Janice Ettle, 32, of St. Paul, Minn., was first woman runner in 35:03 (85.3%).

The event, which drew 4700 contestants, was directed by Jeff Winter.

PRIZE MONEY CALENDAR MASTERS

30-Jun Crescent City Connection 4M	150\100\50	\$300	150\100\50	\$300
04-Jul Baytown Heat Wave 5 Mile	60\45\35\25\20	\$185	60\45\35\25\20	\$185
04-Jul Fun Fourth 10K	150	\$150	150\0\0\0\0	\$150
04-Jul Coast To Coast Freedom Run 8K	100\50	\$150	100\50\0\0\0	\$150
04-Jul Firecracker Fast 5K	500\250	\$750	500\250\0\0\0	\$750
04-Jul Peachtree Road Race	1500\1000\500\300\200	\$3,500	1500\1000\500\300\200	\$3,500
07-Jul Hamilton Half Marathon	600\300\150\50	\$1,100	600\200\100\50\0	\$950
13-Jul Midnight Madness Masters 10K	500	\$500		\$0
14-Jul Ulica Boilermaker 15K	1000\600\300\200\100	\$2,300	1000\600\300\200\100	\$2,300
20-Jul Buffalo Subaru 4M Flamingo	500\300\150\100\75	\$1,125	500\300\150\100\75	\$1,125
21-Jul Colorado Springs Classic 10K	75\25	\$100	75\25	\$100
21-Jul Voyageur Marathon	300\200\100	\$600	300\200\100	\$600
21-Jul Gold Coast Int's Half Marath	100\75\50	\$225	100\75\50	\$225
21-Jul Gold Coast International Mar	150\100\75	\$325	150\100\75	\$325
27-Jul Crazy Eight 8K	100	\$100	100	\$100
27-Jul Run For Life 5K	400\300\200\100	\$1,000	400\300\200\100	\$1,000
27-Jul Run For Life 10K	400\300\200\100	\$1,000	400\300\200\100	\$1,000
28-Jul Bon-Ton/York Daily Record 5M	50\25	\$75	50\25	\$75
28-Jul Arvida Fiesta Elite Run 5K	500\250	\$750	500\250	\$750
28-Jul Quad City Times Bix 7 Mile	1000\500\250	\$1,750	1000\500\250	\$1,750

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

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

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

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

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

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

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

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

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



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Achilles' Tendinitis

Q. 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 2:58. 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 has now been replaced by a slightly-raised area that feels as though it could be a band of inflammation. Am I correct, or do I have a more serious problem?

A. Your condition is one of the most common injuries sustained by runners over 40. It was probably brought on by your racing flats, which are very thin and offer very little heel support.

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.

fort.

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.

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

to break up the scar tissue. I'd also soak your foot and ankle in hot water at night for about 20 minutes. This will increase the blood flow to the injured area and speed healing.

Avoid sprints and up-hill running as much as possible. When all of your symptoms have disappeared, you can gradually return to a mild stretching program. □

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

Discus Record Set In Florida Meet

by JERRY WOJCIK

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)

John Fredericks, M40, second-ranked in the track 5000 walk in 1990, led all men with a 25:30.5 in that event. Linda Stein, W40, sixth-ranked woman in the 5000 walk in 1990, strode to a fast 28:05.2. Miriam Gordon, W65, finished with a high-quality 33:43.8. □

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
EUNICE CARLSON (MARQUETTE, MI)	7-9-36	55-59
RUTH DETTERING (SAN FRANCISCO)	7-4-26	65-69
KAY DUPLICHAN (HOUSTON, TX)	7-3-36	55-59
MARY GILLESPIE (HOUSTON, TX)	7-18-41	50-54
TAMI GRAF (SAN DIEGO, CA)	7-11-36	55-59
JANET GREEDA (STONE RIDGE, NY)	7-3-26	65-69
KAREN HOLAPPA (ANN ARBOR, MI)	7-21-36	55-59
ALEXANDRIA JOHNSON (BRONX, NY)	7-5-36	55-59
KATHLEEN KAISER (CHICO, CA)	7-9-46	45-49
BEVERLY LAMPE (MONONA, WI)	7-11-31	60-64
CAROLINE MACLEOD (RICHFIELD, WA)	7-2-36	55-59
CHRIS MCKENZIE (GREAT NECK, NY)	7-26-31	60-64
NANCY PARKER (DUNWOODY, GA)	7-26-36	55-59
MARGARET PEROSKE (DEARBORN, MI)	7-3-36	55-59
THELMA RUBIN (CA)	7-27-21	70-74
VIRGINIA SKIFFINGTON (CA)	7-30-31	60-64
LOUISE TRICARD (COCOA BCH, NY)	7-26-36	55-59
BETTY VOSBURGH (TRYON, US)	7-4-31	60-64
FRANCINE BONNANS (WG)	7-22-11	80-84
HANNELORE BORMANN (WG)	7-7-36	55-59
INGELORE GRUNERT (WG)	7-11-41	50-54
PAULA VAN HELMONT (BEL)	7-24-26	65-69
MARJA-LEENA KANGAS (FIN)	7-29-41	50-54
ANN LETHERBY (AUS)	7-22-46	45-49
NAN LITTLE (NZ)	7-30-26	65-69
ELENA MATUSKOVA (CZE)	7-13-21	70-74
KIMBERLY MAXWELL (CAN)	7-7-36	55-59
GALINA NEKRASOVA (URS)	7-4-36	55-59
EDELTRAUD POHL (WG)	7-14-36	55-59
LIESELOTTE SEUBERLICH (WG)	7-19-26	65-69
DAISY VICTOR (IND)	7-17-31	60-64
DOROTHY WHITAM (AUS)	7-10-36	55-59
AUDREY WILLIAMS (NZ)	7-20-26	65-69
SAM ADAMS (SANTA BARBARA, CALIF)	7-22-31	60-64
BOB BACKUS (FRENCH CAMP, CA)	7-11-26	65-69
RICKARD BRUCH (SWE)	7-2-46	45-49
BILL COTTER (US)	7-6-21	70-74
PETE GANAHL (CORONA, CA)	7-11-16	75-79
WILLI GEORG (WG)	7-10-21	70-74
ALBERT GORDON (NEW YORK, NY)	7-21-1	90-94
KARL-FRIEDRICH HAAS (WG)	7-28-31	60-64
CHARLES HACKENHEIMER (CENTRAL SQ., NY)	7-6-6	85-89
REX HARVEY (DES MOINES, IA)	7-6-46	45-49
OMER HIX (TX)	7-11-11	80-84
JOHN HOLOUBEK (LOMPOC, CA)	7-15-16	75-79
GLEN INGRAM (SIOUX RAPIDS, IA)	7-12-1	90-94
ROBERT KOPELL (NY)	7-22-26	65-69
KLAUS LANGER (WG)	7-15-16	75-79
ERNST LARSEN (NOR)	7-18-26	65-69
KARL LARSEN (AMES, IA)	7-24-21	70-74
BOB MARKLE (EL SEGUNDO, CA)	7-23-36	55-59
KARL-HEINZ MARSCH (WG)	7-28-21	70-74
NORMAN MARTIN (GB)	7-8-1	90-94
SAM MONASTERO (NJ)	7-22-11	80-84
MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	7-14-6	85-89
EINAR NORDIN (SWE)	7-3-6	85-89
LEN OLSON (JERICHO, VT)	7-30-31	60-64
MICHAEL ORLICH (US)	7-19-26	65-69
BOB PACKARD (SCOTTSDALE, AZ)	7-20-36	55-59
LARRY PRATT (NEWARK, DE)	7-1-41	50-54
JIM RABIE (S. AFR)	7-12-36	55-59
OLAV REPPEN (NORWAY)	7-9-11	80-84
MIGUEL RIVERA (PUR)	7-30-31	60-64
JAKOB RYDPAL (NOR)	7-19-26	65-69
BOB SIEBEN (SAN DIEGO, CALIF)	7-5-26	65-69
SEPPO SIMOLA (FINLAND)	7-27-36	55-59
FAY STEELE (HONOLULU, HI)	7-29-16	75-79
HARRY URPINEN (FIN)	7-20-36	55-59
CHARLES WILEY (VENTURA, CA)	7-16-41	50-54
LASZLO TABORI (CULVER CITY, CA)	7-6-31	60-64

Tulane Hosts Southwest Sectional Championships

The Athletics Congress Southwest Sectional Masters Track and Field Championships were held in New Orleans on May 25 at Tulane University.

In the sprints, William Collins, M40, top ranked in the 200 with a 21.80 as an M35 last year, posted the day's best marks in the 100 (11.1) and 200 (22.1).

Jeff Baty, M35, was the meet's best

in the shot (41-3/4) and discus (125-1).

Lurline Struppeck, U.S. record holder in the discus and javelin who turns 45 on August 23, won the shot (33-1), discus (90-7), and javelin (104-11).

P. Johnson won the M50 1500 RW (7:52.8) and 5000 RW (28:48.7).

Danny Thiel was the meet director.



Midwest Masters Track Club members (l to r) Pierre Dobrovolny, 58; Pete Stopoulos, 55; Mel Larsen, 66; and Harry Brown, 61. Larsen (in the shades) won the age-graded long jump (16-7 1/2), while his team finished second (49.70) in the 50+ relay, Penn Relays, Philadelphia, April 26.

Photo by Harry Brown

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. □



Mollie Chang, second W55 (1:56:19), Windward Half-Marathon, Kailua, Hi., May 19.

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 60c a word. Count name and address as 5 words. Race notices are 40c 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

SPORT QUILTS: Personalized quilts made from your favorite T-Shirts. For brochure, send SASE to Anne Tiffanie, Rt. 2, Box 139, Leesburg, VA 22075; (703) 338-2835.

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

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

\$ _____

Masters Track & Field Rankings

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

\$ _____

Masters Age-Graded Tables

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

\$ _____

Masters 5-Year Age-Group Records

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

\$ _____

Competition Rules for Athletics (1991)

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

\$ _____

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

\$ _____

IAAF Scoring Tables (1985)

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

\$ _____

Guide to Prize Money Races and Elite Athletes 1991

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

\$ _____

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

\$ _____

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

\$ _____

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

\$ _____



The Masters Running Guide by Hal Higdon

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

\$ _____

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

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

\$ _____

Back Issues of National Masters News

Issues: _____ \$2.25.

\$ _____

Postage and handling

\$ 1.25

Overseas Air Mail (add \$5.00 per book)

\$ _____

TOTAL

\$ _____

Send to: National Masters News Order Dept.

P.O. Box 2372

Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____



MASTERS TRACK & FIELD REPORT

by **BARBARA KOUSKY**
Chairman, TAC Masters Track & Field Committee

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 from which the athlete has moved, if that is necessary in order to retain membership in their club;

2. By agreement of two neighboring Associations, an Association may allow an athlete who has been a bona fide resident for at least ninety (90) days to be a member in a neighboring Association.

If you feel you fall into one of the "exceptions to the rule" and plan to

run on a relay team at the Nationals in Naperville, please bring appropriate evidence (data) to back-up your exception.

The rules also allow for transfer of 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. □

800 to Compete in 24th Nationals Near Chicago

Continued from page 1

On-site registration and packet pick-up will be located at the Sheraton on Wednesday, July 3, and early Thursday morning. Thereafter, it will be at the track. Competition gets under way at 7:30 a.m. on Thursday.

Food and drink will be available at the indoor facility next to the field. For a nominal fee, you can have your photograph taken or your body massaged. Results will be posted promptly. Local newspaper coverage is expected.

Naperville is a community of about 80,000. It is eagerly looking forward to hosting the meet, and is planning several festivities, including a Fourth-of-July fireworks display.

Declarations

Athletes must confirm their intention to compete no later than two hours before their first event. Heats and lane assignments will be drawn based on the number of confirmed entrants. Events starting before 10 a.m. must be declared before 9 p.m. the day before competition. Hardship exceptions may be granted by calling Green at 815-332-4743.

Entries for relays (4x100, 4x400, 4x800) at \$40 for each team in 10-year age groups will be taken at the track prior to noon on Friday, July 5. Proof of age and TAC membership is required of all runners. Only club or TAC Association teams may compete.

A special non-championship relay has been added to the program. On Saturday, at 6 p.m., a 4x100 relay will be held composed of four runners from each of the seven TAC sections: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. The combined ages of each men's team must be 220 years or older; each women's team must be 200 years or older. Sectional coordinators will choose their teams' runners. Each team will wear different colored jerseys. The entry fee is \$40.

Age-Graded Champion 100

The popular, annual age-graded 100-meter races for men and women will again be staged. Based on the



Siglinde Moore, W50, 1st (1:00:00.6) in 10K at TAC/USA Championships in Indianapolis, Ind., 1990.

Photo by Hank Kiesel

WAVA Age-Graded Tables, the races will feature the winners of each 100-meter final (See handicaps on this page.)

Meetings

A women's meeting will be held on Saturday at 6:30 p.m. at the Sheraton. All women athletes are invited. The general masters T&F meeting will be held at 7:30 p.m. at the Sheraton. Everyone is welcome. Bring your ideas for improving the masters T&F program. While none of the business discussed at this meeting is officially binding, recommendations are usually ratified at the official masters T&F meeting at TAC's annual convention each December.

Results

The complete results of the meet — including all heats and finishers — will be published in the August issue of NMN. □

Late Flash

Two world age-group records were set in California in June. Payton Jordan, 74, raced to an unbelievable 12.91 100 meters in the TAC Western Sectionals at Cerritos College in Norwalk on June 22. The time broke his own world M70 mark of 13.00 set in 1987 when he was 70.

Walt Butler set a world M50 record of 13.71 in the 100m hurdles in the same meet.

A week earlier at the TAC So. California Association meet, Bob Watanabe set a U.S. M65 record of 49.19 for 300m hurdles. Details next month.



Rich Schornstein (450), Springfield, Va., and Neal Schuster, St. Francis, Wisc., in the M40 1500, TAC National Masters Indoor Championships, Blaine, Minn., March 22-23.

Photo by Jerry Wojcik

DISTANCES TO BE RUN IN 100-METER AGE-HANDICAP

Age	Men	Women			
OC	100.0	91.4	60	84.7	76.0
30	98.5	89.9	61	84.1	75.4
31	98.1	89.5	62	83.5	74.8
32	97.7	89.1	63	82.9	74.2
33	97.3	88.7	64	82.3	73.6
34	96.9	88.2	65	81.7	73.0
35	96.5	87.8	66	81.0	72.3
36	96.1	87.4	67	80.4	71.6
37	95.6	87.0	68	79.7	71.0
38	95.2	86.6	69	79.0	70.2
39	94.8	86.2	70	78.3	69.6
40	94.3	85.7	71	77.6	68.8
41	93.9	85.3	72	76.9	68.1
42	93.5	84.8	73	76.1	67.4
43	93.0	84.4	74	75.3	66.6
44	92.6	83.9	75	74.5	65.8
45	92.1	83.5	76	73.7	64.9
46	91.7	83.1	77	72.9	64.1
47	91.3	82.6	78	72.0	63.2
48	90.8	82.2	79	71.1	62.3
49	90.4	81.7	80	70.2	61.4
50	89.9	81.2	81	69.2	60.5
51	89.4	80.7	82	68.3	59.5
52	88.9	80.3	83	67.3	58.5
53	88.4	79.8	84	66.3	57.5
54	87.9	79.2	85	65.2	56.4
55	87.4	78.7	86	64.2	55.4
56	86.9	78.2	87	63.1	54.3
57	86.3	77.7	88	62.0	53.2
58	85.8	77.1	89	60.9	52.1
59	85.3	76.6	90	59.7	50.9

Coming

Next Month

- Complete results of Nationals
- Results of Sectionals
- And more

World Mens Masters Relay Records (as of May, 1991)

400m	40-49	43.1	USA	(Dennis, Smith, Segal, Miller)	6-7-80
	50-59	45.36	USA	(Dennis, LaTorre, Adamson, Miller)	8-6-89
	60-69	49.09	FRG	(Mirkes, Selzer, Kleimann, Schlegel)	12-6-87
	70-79	55.07	USA	(Miller, Castro, Weinacht, Jordan)	12-6-87
	80-89	77.37	USA	(Bloomfield, Heard, Weinacht, Jordan)	8-25-85
800m	40-49	1:30.6	USA	(Brooks, Knocke, Whitley, Duffy)	7-28-86
	50-59	1:43.4	USA	(Stolpe, Beadle, Harte, Cheek)	8-16-80
	60-69	2:09.5	USA	(Polynis, Mercurio, Burke, Miller)	10-1-83
	70-79	2:03.21	USA	(Jordan, Weinacht, Castro, Miller)	5-15-82
1600m	40-49	3:21.54	USA	(Thiel, Brinker, Tucker, King)	8-6-89
	50-59	3:35.88	USA	(Steffes, Mathis, Adamson, Colbert)	8-6-89
	60-69	3:58.43	USA	(Stevens, Sucher, Law, Greenwood)	8-6-89
	70-79	4:35.07	USA	(Bloomfield, Jordan, Spnnseier, Weinacht)	6-30-90
	80-89	7:34.9	USA	(Lum, Spangler, Hosack, Pitcher)	8-24-85
3200m	40-49	8:00.2	USA	(Mason, Franklin, Thomas, Romaine)	7-7-84
	50-59	9:13.5	USA	(Bryant, Sturak, Atcheson, Fitzgerald)	8-7-82
	60-69	10:09.10	USA	(Stewart, Stevenson, Stevens, King)	7-23-89
	70-79	13:33.0	USA	(Hills, Espy, Wang, Bigelow)	10-1-83
sprt med	40-49	3:36.1m	USA	(Knocke, Edens, Smith, Cohen)	8-14-82
	50-59	4:04.1	USA	(Cole, Green, Chernock, Johnson)	6-19-80
	70-79	6:41.41	USA	(Siringier, Mloten, Hosack, Fike)	1-9-83
dist med	40-49	10:34.6	USA	(Stevens, Pierce, Frye, Norton)	7-11-90
	50-59	12:03.4	USA	(Lee, Boudreau, Wimberly, Within)	12-28-89

note: the 3200m, sprint medley and distance medley marks are unofficial best marks known to date

World Womens Masters Relay Records (as of May, 1991)

400m	35-39	48.63	FRA	(Desmier, Sulter, Andreas, Apavou)	8-6-89
	40-49	50.23	USA	(Hees, Otto, Pfeiffer, Kulstad)	6-30-85
	50-59	54.51	GBR	(Keating, McClurg, Gilmore, Raschker)	8-6-89
	60-69	59.72	AUS	(Medner, Briesnick, Mohnen, Hafele)	7-18-82
	70-79	65.26	FRG	(Williams, Chrimes, Hulls, Gore)	6-30-90
1600m	35-39	4:00.21	GBR	(Pratsch, Diener, Schumaker, Bauman)	8-6-89
	40-49	4:07.34	FRG	(Green, Cooper, Davidson, Hogan)	6-30-90
	50-59	4:36.85	USA	(McDonald, Hocknell, Blurton, Walpole)	8-6-89
	60-69	5:21.91	FRG	(Koschnitzke, Mattelson, Lehman, Kummerle)	8-6-89
	70-79	5:21.91	FRG	(Hynes, Holcombe, Allison, Johnson)	12-6-87
	80-89	5:21.91	FRG	(Fitzgerald, Meadows, Hoagland, Obara)	8-6-89
	90-99	5:21.91	FRG	(Werner, Mangler, Haule, Schneiderhan)	12-6-87

p = pending

c = relay members include non-US citizens

EUR: Europe

U. S. Mens Masters Relay Records (as of May, 1991)

400m	40-49	43.1	CDM	(Dennis, Smith, Segal, Miller)	6-7-80
	50-59	45.36	WVTC	(Marlin, Lingle, Springbett, Sanchez)	7-23-83
	60-69	50.9	CDM	(Dennis, LaTorre, Adamson, Miller)	8-6-89
	70-79	55.04	USA	(Morales, Jordan, Killian, Guidet)	6-24-78
	80-89	77.37	USA	(Albury, Regier, Harte, Law)	8-6-89
800m	40-49	1:30.6	WVTC	(Bloomfield, Heard, Weinacht, Jordan)	8-6-89
	50-59	1:43.4	CDM	(Miller, Castro, Weinacht, Jordan)	12-6-87
	60-69	2:09.5	CDM	(Lum, Crane, Hosack, Pitcher)	8-25-85
1600m	40-49	3:28.7	PM	(Brooks, Knocke, Whitley, Duffy)	7-28-86
	50-59	3:35.88	USA	(Stolpe, Beadle, Harte, Cheek)	8-16-80
	60-69	4:35.07	USA	(Ambrose, Clayton, Fetter, Guidet)	6-14-75
	70-79	4:35.07	USA	(Polynis, Mercurio, Burke, Miller)	8-19-78
	80-89	7:34.9	USA	(Abayomi, Pratt, Stanford, Burnett)	5-15-82
3200m	40-49	8:11.8	SCS	(Thiel, Brinker, Tucker, King)	7-5-81
	50-59	9:06.41y	RF	(Abayomi, Stanford, Burnett, Roberts)	4-30-83
	60-69	10:52.34	BTC	(Thiel, Brinker, Tucker, King)	8-6-89
	70-79	13:33.0	USA	(Bryant, Kleinsasser, Puterbaugh, Fitzgd)	6-29-75
sprt med	40-49	3:36.1m	SCS	(Springbett, Lingle, Stevens, Bruhner)	7-21-83
	50-59	4:04.1	RTC	(Steffes, Mathis, Adamson, Colbert)	8-6-89
	70-79	6:41.41	HTC	(Parks, Christian, Valdivia, Spencer)	8-13-83
dist med	40-49	10:34.6	BAA	(Stevens, Sucher, Law, Greenwood)	8-6-89
	50-59	12:03.4	NTC	(Bloomfield, Jordan, Spnnseier, Weinacht)	8-6-89
4 mile	40-49	18:33.4	WVTC	(Lum, Spangler, Hosack, Pitcher)	8-24-85
	50-59	20:43.6	NMTC	(Montenez, Knocke, Elliot, Cohen)	7-3-83
	60-69	27:29.81	SC	(Mason, Franklin, Thomas, Romaine)	7-7-84
	70-79	27:29.81	SC	(Higden, Bonham, Wilson, Heck)	8-25-85
	80-89	27:29.81	SC	(Siefert, English, Johnson, Taylor)	8-6-88
	90-99	27:29.81	SC	(Stewart, Stevenson, Stevens, King)	7-23-89

p = pending

c = relay members include non-US citizens

RF: Runners Forum Racing Team
SC: Syracuse Chargers
OHTC: Ohio Track Club
FWTC: Fort Worth Track Club
NTC: New Orleans Track Club
BTC: Birmingham Track Club
STC: Seniors Track Club

CDM: Corona Del Mar Track Club
NYPC: New York Pioneer Club
WVTC: West Valley Track Club
SCS: Southern California Striders
PM: Philadelphia Masters
NYMC: New York Masters Club
BAA: BAA Running Club

U. S. Womens Masters Relay Records (as of May, 1991)

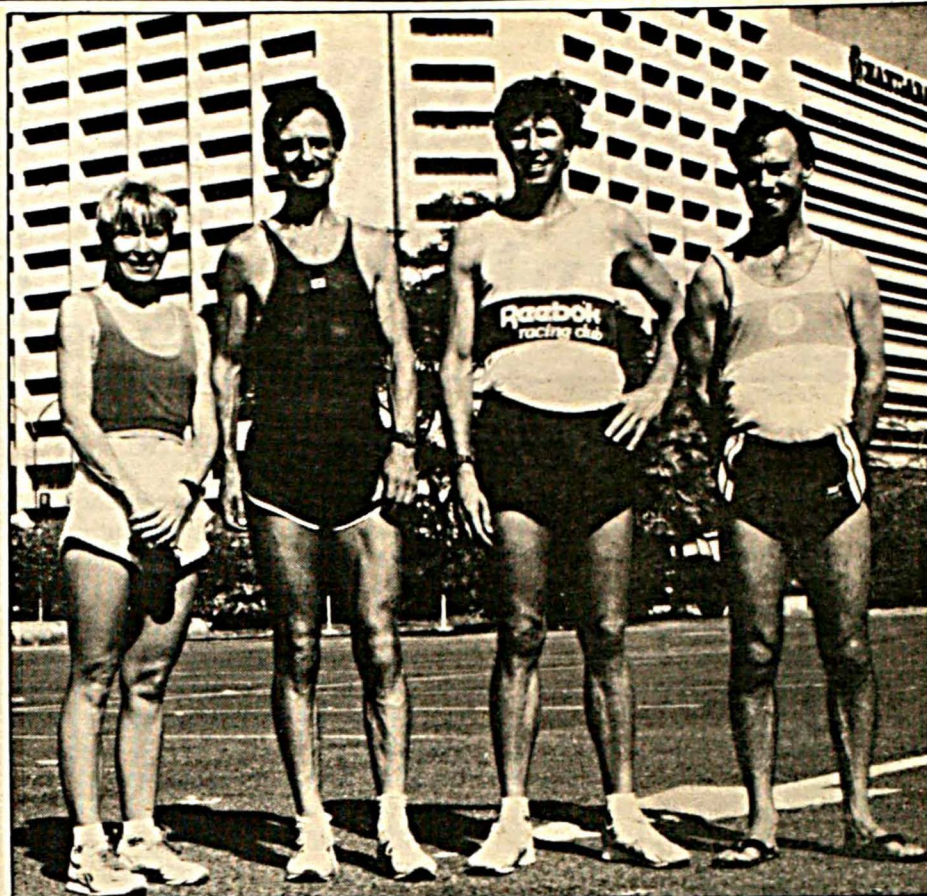
400m	35-39	50.28	US	(Drumgole, Seeley, Thompson, Gilkey)	8-6-89
	40-49	50.23	US	(Keating, McClurg, Gilmore, Raschker)	8-6-89
	50-59	54.90	US	(Fitzgerald, Davis, Miller, Obara)	8-6-89
	60-69	66.20	US	(Patterson, Tuinzing, Darnall, Peterson)	8-6-89
1600m	35-39	4:00.87	US	(Murray, Berg, Gilkey, Seeley)	8-6-89
	40-49	4:10.85	US	(Behrens, Stiles, O'Connor, Raschker)	8-6-89
	50-59	4:53.47	TS	(Greer, Reguso, Bieldshies, Wade)	8-5-88
	60-69	5:28.59	US	(Fitzgerald, Meadows, Hoagland, Obara)	8-6-89
3200m	35-39	10:42.80	TS	(Miller, Snyder, Hoagland, Obara)	12-6-87
	40-49	10:56.52	CS	(Peterson, Tuinzing, Adams, Patterson)	8-6-89
	50-59	12:18.4	SDTC	(Sokell, Kasen, Ehmer, Sedwick)	8-6-88
	60-69	12:57.76	SDTC	(Stoneking, Klitzke, Callahan, Day)	8-5-90
sprt med	35-39	6:07.66	HTC	(Pendleton, Olson, Lievers, Bache)	7-23-89
	40-49	6:07.66	HTC	(Murray, Madsen, Stock, Graf)	7-23-89

p = pending

c = relay members include non-US citizens

TS: Track Shack
SDTC: San Diego Track Club
HTC: Hill Track Club
CS: Club Soda

Compiled by Pete Mundle, TAC T&F Records Chairman



Top finishers in the Darwin Scales 5K, Subic Bay, Philippines, May 18: (l to r) Jane Loudat, 43, Subic Bay, first woman (20:57); Hugh Arnold, 47, England, first overall (14:44); Web Loudat, 44, Subic Bay, second overall (14:56); and John Dawlings, 38, Australia, third overall (15:36).

Here's What Readers Say About THE MASTERS RUNNING GUIDE



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

— Joyce Rankin, Reston (VA) Runners

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

— Gordon Pitz, River to River (IL) Runners

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

— Mike Davis, Indianapolis News

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

— Jim Ferstle, St. Paul Pioneer-Press

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

Name _____

Address _____

City _____ State _____ Zip _____

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



MASTERS RACEWALKING

by ELAINE WARD

Masters World Cup Competitor—Eugene Kitts

At 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 in-

creasing 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 Jose Marin, 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.

(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, Ore., on May 12. Viisha Sedlak, 42, of Boulder, Colo., set a new W40 AR of 1:21:46, eclipsing Jeanne Bocci's old standard of 1:24:06. 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 Ben-

nett (M65, 1:49:40), and Troy Grove (M70+, 1:50:52).

A 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.

TRACK & FIELD NEWS



"Everything for Track and Field Athletics"

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

• **TRACK & FIELD NEWS.** With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: \$31.00 USA, \$38.50 rest of world.

• **TRACK TECHNIQUE.** Official TAC/USA technical quarterly with articles on training, technique, etc. Published since 1960. Now \$15.00 yr., USA; \$16.00 foreign.

• **BOOKS.** Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklist.

• **TOURS.** 1992 Olympics (Barcelona), 1991 World Championships (Tokyo), 1992 U.S. Olympic Trials, etc. Popular sports tours since 1950. Write for information.

TRACK & FIELD NEWS

2570 El Camino • Suite 606 • Mountain View, CA 94040 • USA



Racewalkers in action at the VIII WAVA World Veterans Championships in Eugene.

Photo by Gretchen Snyder

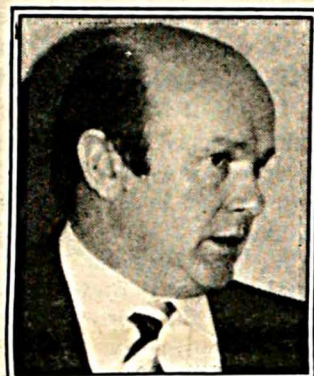
The International Scene

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. I started competing in athletics in 1971, first in road races and then in track events from 200 to 800 meters.
- In 1975, I was the only Italian competitor at the 1st World Masters Championships Toronto. I have been a competitor in many national and international veterans meetings and in the 2nd and 4th WAVA World 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 in Rome, 1985. I have organized and served as Director of 13 national championships, including indoor and outdoor track meets, distance races and road walks.
- Together with Roland Jerneryd, I formed the European Veterans Athletic Association (EVAA) in Viareggio, Italy, in 1978, where I also organized the 1st European Veterans Championships. I was the President of the Organizing Committee of the VI EVAA Championships in Verona in 1988.
- I was elected the first EVAA President and was reelected every term until I resigned upon being elected WAVA President.
- I have been a member of the original IAAF Veterans Committee since its inception.
- In addition to Italian, I speak English, French and Spanish.

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."

This can be presented as an amendment to Amendment 14 which does not deny the proposed policy, as it represents only a justified adaptation to the new timing

of the events. I think it could be backed up almost unanimously. We could come back to the original version in 1993, following the evolution of matters in the meantime.

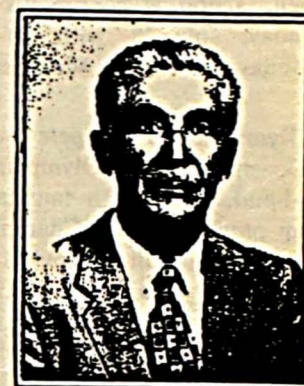
2) Drug Testing. As the IAAF seems to be not yet ready for a decision, we can not wait any longer. Therefore, *at the IX World Veterans Championships in Turku, drug testing will not be implemented.* This does not suggest any fault in WAVA's relationships with the IAAF. It still keeps our Championships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

Continued on page 22



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 Puttemans, 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 na-

tions 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; Pirkko 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.

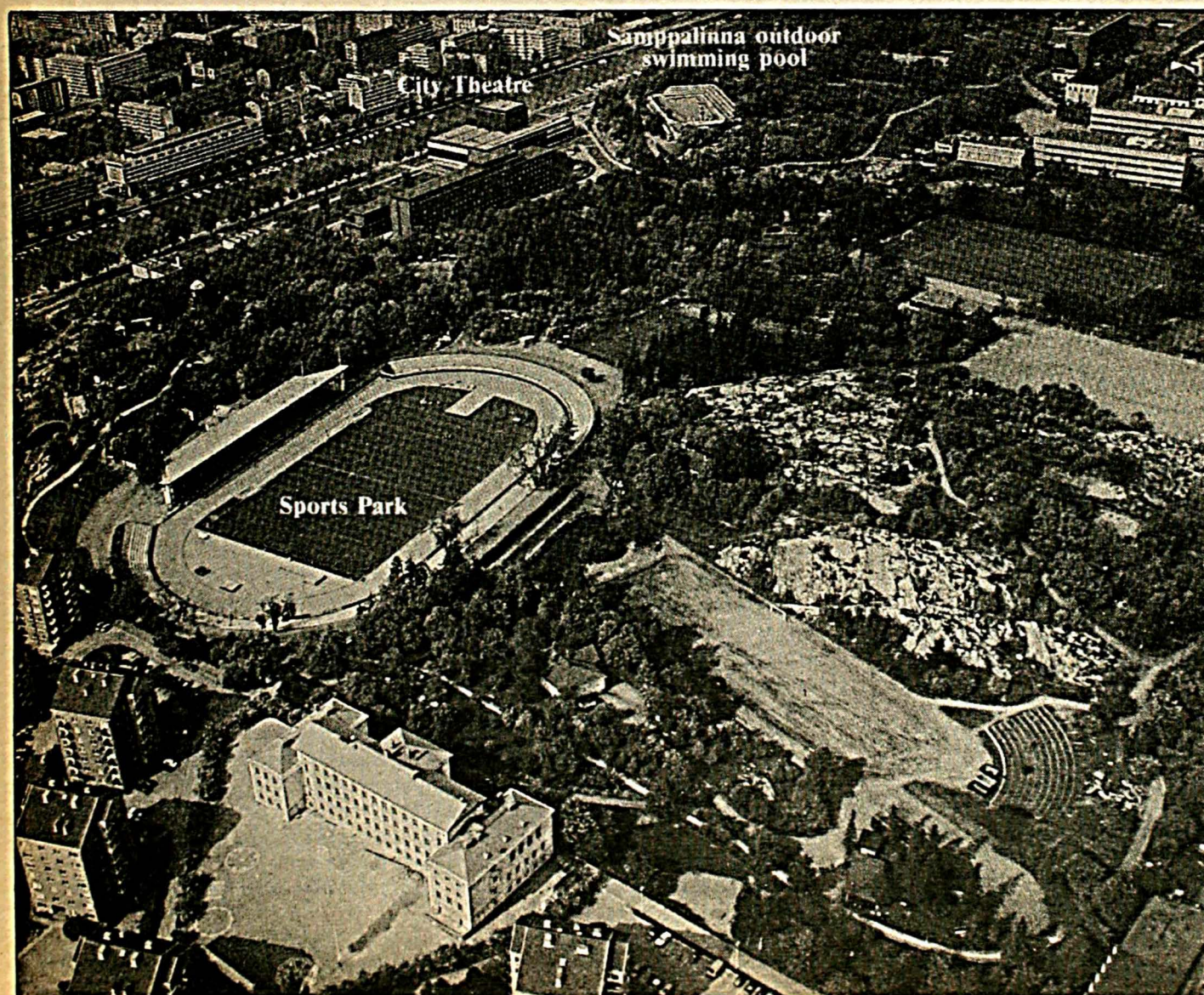
The new women's events are growing. The hammer throw drew 81 entries, up 33% from 61 in Eugene; the triple jump lured 77, up 28% from 60; the pole vault attracted 17, up nearly 500% from 3; 17 entered the 2000m steeplechase, the same as Eugene.

The opening-days' 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

	1989	1991
Algeria	1	0
Argentina	3	5
Australia	370	152
Austria	13	35
Belgium	25	41
Botswana	2	0
Brazil	26	17
Bulgaria	2	2
Canada	206	101
Chile	21	17
Colombia	37	9
Cyprus	1	0
Czechoslovakia	15	67
Denmark	24	55
Dominican Rep.	0	1
Estonia	0	1
Finland	116	1118
France	79	128
Ghana	1	0
Great Britain	256	217
Greece	11	39
Guyana	1	4
Holland	14	53
Hong Kong	0	1
Hungary	27	46
Iceland	2	5
India	32	119
Indonesia	11	10
Ireland	32	36
Israel	2	4
Italy	73	183
Jamaica	1	0
Japan	74	42
Kenya	3	1
Korea	4	0
Lebanon	1	0
Malaysia	6	7
Mexico	45	30
Namibia	0	3
New Zealand	133	63
Nigeria	0	1
Norway	80	108
Peru	10	3
Philippines	35	0
Poland	7	55
Portugal	19	27
Puerto Rico	12	2
Romania	0	75
Singapore	9	9
Soviet Union	6	473
Germany	341	651
Spain	19	79
Sri Lanka	21	0
Sweden	95	339
Switzerland	56	85
Taiwan	32	29
Trinidad & Tob.	9	7
Turkey	5	14
USA	2310	468
Uruguay	2	6
Venezuela	2	2
Yugoslavia	10	13
Zambia	4	0
TOTALS	4754	5052



Record 5052 Athletes Enter IX WAVA Championships

Continued from page 18

Generally, the number of sprinters are less than in Eugene; the number of field-event performers are more. The number of race walkers is 373, up 12% from Melbourne's 332, but down 13% from the record 427 in Eugene.

Strangely, there are more event-entrants in the M50 division than in M40, the traditional leader. On average, the M40s compete in fewer events than the older age groups.

Facilities

The track and field events will be staged at three venues — all excellent, well-maintained, 400-meter, all-weather tracks with all the amenities.

The main site is within a park near the center of the city and about a mile from most of the hotels. It has covered seating for about 5000 spectators and an operating scoreboard which will produce immediate results. A convenient warm-up and marshalling area is adjacent to the stadium. Well-appointed field-event facilities abound.

The two satellite tracks are located in the suburbs of Raisio and Kaarina, each about 10K from the main track.

The marathon will be a flat, fast course, closed to traffic. The cross-country will be a fast course with several short steep hills, grass and bark-chip surface. The road walk is a flat course adjacent to Raisio Field.

Transportation

A free shuttle bus will connect all competition venues, as was the case in Eugene. Competitors should show 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 each participant's packet.

Turku has a good 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.

Nations Represented in Eugene, but not in Turku	Nations Represented in Turku, but not in Eugene
Algeria	Dom. Rep.
Botswana	Estonia
Cyprus	Hong Kong
Ghana	Namibia
Jamaica	Nigeria
Korea	Romania
Lebanon	
Philippines	
Sri Lanka	
Zambia	

Media Coverage

About 50 media people from 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



Part of the Organizing Committee for IX WAVA World Veterans Athletics Championships.

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 U.S. times from the 100m and 400m competitions in Turku (including multi-event). Relay selections and practice times will be posted on the message board.

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 next 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 have 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

Continued on page 20

NUMBER OF ENTRIES BY EVENT AND AGE-GROUP — IX WAVA WORLD VETERANS ATHLETICS CHAMPIONSHIPS — TURKU, FINLAND — JULY, 1991

EVENT	100	200	400	800	1500	5K	10K	110H	100H	80H	4H	3H	3ST	2ST	CC	MAR	5KW	20KW	10KW	HJ	PV	LJ	TJ	SP	DT	HT	JT	DEC	HEP	TOTAL
M40	64	45	57	67	78	86	88	28			24		32		99	173	27	30		29	26	57	32	48	45	15	38	44		1232
M45	78	77	74	74	77	91	97	17			28		23		111	187	38	40		24	25	33	19	25	34	18	33	33		1256
M50	80	82	71	74	65	91	91			38	32		32		104	154	40	41		34	24	54	31	51	67	40	35	39		1370
M55	83	76	66	39	54	80	83			26	25		30		95	113	45	35		29	19	43	28	38	42	21	39	29		1138
M60	78	69	55	47	51	68	67			24		38		31	78	80	44	39		24	17	42	28	41	52	16	40	22		1051
M65	50	46	44	39	42	59	49			19		20		24	58	51	36	23		33	14	33	18	31	43	22	27	23		804
M70	45	38	30	28	33	36	37			20	18			9	35	30	27	25		27	10	40	30	40	37	30	23	19		667
M75	32	31	27	28	22	25	21			11	8			5	20	15	19	15		16	6	17	10	25	20	14	12	7		406
M80	15	9	10	10	11	14	9			3	1				5	6	10	8		7	2	9	8	17	13	8	12	1		188
M85	7	6	8	5	5	2	2								1	1						3	2	10	10	4	5			71
M90	3	3	2	1	1	1	1								1					1		2	2	2	2	1				23
M95	1	2		1	1	1																1		2	2	1	1			13
TOTAL	546	484	444	413	440	554	545	45	107	31	99	84	117	69	607	809	287	256		224	143	334	208	330	367	190	265	217		8215
W35	29	30	27	22	20	23	16			10		11			3	18	16	13		12	18	2	21	9	12	17	10	7		353
W40	36	35	26	26	26	35	27			12	5				3	39	43	19		21	11	3	19	11	24	19	7	10		473
W45	37	40	32	29	28	42	30			14	8				4	47	33	25		22	11	4	18	13	29	24	12	17		525
W50	45	40	29	28	27	46	37			14		14			2	41	30	18		14	13	6	26	16	41	35	14	24		574
W55	27	26	23	23	25	29	20			15	5				2	30	20	20		17	19	2	22	6	23	22	13	16		408
W60	26	22	13	14	20	16	13			8	4				3	16	6	12		7	15		16	11	24	17	5	17		292
W65	12	9	10	8	8	9	4			4		2			13	5	16			11	8		10	5	16	15	9	8		183
W70	10	10	8	5	7	4	4								6	3	8			7	3		3	3	6	11	5	7		110
W75	8	6	6	4	6	4				1					5	6				3	2		4	2	5	6	3	5		82
W80	4	2	1		1	1									2		6			3	1		2	1	3	3	2	2		34
W85																								1	1	1	1			4
TOTAL	234	220	175	159	168	211	155		10	68	24	25		17	217	156	143		117	101	17	141	77	184	170	81	114		54	3038
GRAND TOTAL	780	704	619	572	608	765	700	45	117	99	123	109	117	86	824	965	430	256	117	325	160	475	285	514	537	271	379	217	54	11253
EVENT	100	200	400	800	1500	5K	10K	110H	100H	80H	4H	3H	3ST	2ST	CC	MAR	5KW	20KW	10KW	HJ	PV	LJ	TJ	SP	DT	HT	JT	DEC	HEP	TOTAL

Record 5052 Athletes Enter IX WAVA Championships

Continued from page 19

Three places for all age groups in all events. Certificates of participation will be provided for all entrants.

Medal Standards

If there are only three competitors in an event, the third-place competitor must achieve or better the published medal standard before being awarded the third-place medal; if only two competitors, the second must meet the standard to receive a medal; if only one competitor, he/she must meet the standard.

There are no medal standards for the 10+ events or for the women's steeplechase, hammer, pole vault and triple jump. The standards are listed in the entry booklet.

Awards - Team Events

In team scoring and relay events, an athlete may move down an age group subject to declaration before the race. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd or 3rd in their team event. Teams will be formed by country. Marathon, road walks and cross country will be scored in aggregate times by teams of the first three of each country to finish in each year age group. All team events are in 5-year age groups through 95+.

Weight Pentathlon

The WAVA World Veterans Weight

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

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 age groups, not by nations. Athletes may wear a uniform of their choice — either a national uniform, club uniform, or favorite T-shirt.

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

WAVA 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 delegate 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

EVENTS PER ENTRANT BY AGE GROUP

	Event Entries	Entrants	Events per Entrant
M40	1232	713	1.73
M45	1256	643	1.95
M50	1370	688	1.99
M55	1138	543	2.10
M60	1051	459	2.29
M65	804	321	2.50
M70	667	241	2.77
M75	406	142	2.86
M80	188	50	3.76
M85	71	18	3.94
M90	23	5	4.60
M95	13	2	6.50
Men	8215	3825	2.15
W35	353	169	2.09
W40	473	225	2.10
W45	525	211	2.49
W50	574	227	2.53
W55	408	153	2.67
W60	292	90	3.24
W65	183	66	2.77
W70	110	33	3.33
W75	82	21	3.90
W80	34	8	4.25
W85	4	1	4.00
Women	3038	1204	2.52
Tot.	11253	5029	2.24

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 city 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/Åland Islands, and Stockholm, Sweden. Sign up in Turku.

Post-Meet Tours

A post-meet tour of the Soviet Union will train 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 *National 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 to divide the FIM 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¢, gum 50¢, 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: \$.70.
- 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

NUMBER OF ENTRANTS BY EVENT AT LAST FOUR WAVA WORLD CHAMPIONSHIPS

Event	1985	1987	1989	1991
100	693	769	796	780
200	674	750	787	704
400	549	649	730	619
800	494	650	710	572
1500	508	666	725	608
5000	697	1080	957	765
10000	686	1105	608	700
10K	-	-	1110	-
SH	161	225	275	261
LH	167	196	290	232
ST	142	173	176	203
CC	507	1113	832	824
MARA	1007	1724	787	965
5K-W	313	398	474	430
20K-W	254	198	260	256
10K-W	56	134	167	117
HJ	256	226	283	325
PV	111	102	172	160
LJ	437	417	469	475
TJ	169	248	272	285
SP	380	406	433	514
DT	343	449	453	537
HT	163	232	228	271
JT	297	341	389	379
PEN	301	308	-	-
DEC	-	-	196	217
HEP	-	-	40	54
TOTAL	9365	12759	12619	11253
*Entrants	4330	4660	4951	5052
*Men	3659	3629	3708	3843
*Women	671	1031	1243	1209
Events per entrant	2.16	2.74	2.55	2.23
% women	16	22	25	24
% men	84	78	75	76

*Approximate

WAVA Amendments Proposed

Following are proposed amendments to the WAVA Constitution and By-Laws. The WAVA 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 WAVA Constitution:

2A. To lower the minimum age for men from 40 to 35. Proposed by Australia.

2A. 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 WAVA 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 WAVA 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 WAVA. Proposed by Germany, Italy, Norway, Sweden and Uruguay.

10C. To give the IAAF, rather than WAVA, 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 3J, and 14. To give the IAAF, rather than WAVA, the final authority to decide which of two (or more) veterans groups in a country shall be the official WAVA affiliate. Proposed by Germany, Italy, Norway, and Sweden. (Note: Uruguay has proposed an amendment which would give joint authority to WAVA and the IAAF to decide on membership).

Proposed Amendments to WAVA By-Laws:

1(3). To determine an athlete's age by year of birth, rather than by date of birth. Proposed by Germany.

4(22). Mandates 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 members must wear a uniform identifying the country he/she represents. Proposed by New Zealand.

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.

15. Authorizes drug testing of competitors at the World Championships. Proposed by Council.

Technical Rules:

- Changes M80+ implement 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 8m. 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 WAVA 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.

Osuuspankki is the official Championship bank. There is a money-exchange counter in the championship

Continued on page 25

Meetings in Turku

Meetings of the six WAVA 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 Ikituuri hotel near the university residence halls. □

No Drug Testing in Turku

On June 16, Cesare Beccalli, WAVA President, stated there will be no drug testing at the IX WAVA World Veterans Athletics Championships in Turku this month.

"The IAAF procedures...require more time...to take an official position about WAVA 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 WAVA Council, not the IAAF, make the final decision on WAVA 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 WAVA Council nominee for President, have apparently all but disappeared.

Lynn has long advocated that no drug testing at WAVA Championships should take place until the General Assembly approves it. Beccalli has maintained until now that WAVA 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 WAVA, not the IAAF, should have the final decision on who can be a member of WAVA. 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 NMN during the past year.

It appears that Beccalli now agrees with Lynn's position on these two issues.

NOMINATIONS TO THE WAVA COUNCIL

PRESIDENT:

- ☐ Cesare Beccalli, Italy (1)
- ☐ Fernando Ferreira, Portugal
- ☐ Owen Flaherty, Great Britain
- ☐ *Alastair Lynn, Canada
- ☐ Santokh Singh, India

EXECUTIVE VICE-PRESIDENT:

- ☐ Jorge Alzamora, Chile
- ☐ *Bob Fine, USA (1)

VICE-PRESIDENT, STADIA:

- ☐ Vadim Marshv, Soviet Union
- ☐ V. Suryanarayana, India
- ☐ *Bill Taylor, Great Britain (1)

VICE-PRESIDENT, NON-STADIA:

- ☐ *Jacques Serruys, Belgium (1)

SECRETARY

- ☐ Torsten Carlus, Sweden
- ☐ *David Pain, USA

TREASURER

- ☐ Pirkko Martin, Finland
- ☐ *Al Sheahan, USA (1)

WOMEN'S DELEGATE

- ☐ Bridget Cushen, Britain (1)

#To be chosen by the Women's Committee. Other nominations may be made in Turku.

*Nominated by the WAVA Council (1) = incumbent/current office holder

Election takes place on 24 July at the meeting of the WAVA General Assembly in Turku

WAVA CHAMPIONSHIPS NUMBER OF PARTICIPANTS BY AGE GROUP*

	1987	1989	1991
M40	962	849	713
M45	778	683	643
M50	600	651	688
M55	454	496	543
M60	335	392	459
M65	210	285	321
M70	157	177	241
M75	83	101	142
M80	34	52	50
M85	10	15	18
M90	4	5	5
M95	2	2	2
Men	3629	3708	3825
W35	180	200	169
W40	256	255	225
W45	206	236	211
W50	138	202	227
W55	97	110	153
W60	64	100	90
W65	52	75	66
W70	23	35	33
W75	13	24	21
W80	2	6	8
W85	0	0	1
Women	1031	1243	1204
*Tot.	4660	4951	5029

*Approximate

International Scene Continued from page 17

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 veterans 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, paternally 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.

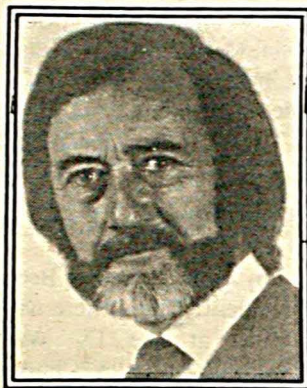
- Secretary of Scottish Veteran Harriers Club, October 1979 - October 1981. Staged first Scottish Veteran Track and Field Championships; organized Scottish Veteran Marathon Championships and Scottish Veteran Cross-Country Championships

- 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 are 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 to 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 \$100 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 Veterans 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 in 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: 800 m. 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 seven 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...

- Developed the 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...



International Scene Continued from page 22**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 friendship 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.

**IX WORLD VETERANS' CHAMPIONSHIPS
CALENDAR OF EVENTS**

July 16	WAVA Council Meeting
July 17	WAVA Council Meeting
July 18	Heptathlon and Decathlon Hammer Throw
July 19	Heptathlon and Decathlon Hammer Throw Women's General Meeting Opening Ceremony
July 20	Start of Track & Field Competition
July 22	Non-Competition Day Regional Meetings Stadia and Non-Stadia Committee Meetings International Paavo Nurmi Games
July 24	Non-Competition Day WAVA General Assembly Competition Banquet
July 28	Marathon Relays Closing Ceremony

PRESIDENT:

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

EXECUTIVE**VICE PRESIDENT:**

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

VICE-PRESIDENT**(Stadia):**

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

VICE PRESIDENT**(Non-Stadia):**

Jacques Serruys
Postbox 7
B8000, Brugge, Belgium

**SECRETARY:**

Alastair Lynn
161 Harrison Drive
Newmarket, Ontario
L3Y6B8 Canada

TREASURER:

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

PAST-PRESIDENT:

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

WOMEN'S DELEGATE:

Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

DELEGATE OF:**NORTH AMERICA**

David Pain
5643 Campanile Way
San Diego, CA 92115
USA

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo
Uruguay

ASIA:

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

EUROPE:

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

OCEANIA:

43 Emslie Road
Pinehaven, Upper Hutt
New Zealand

AFRICA:

Contact President

• 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.
- Convenor of the consultative committee of: 1962-68: Atomic Energy with late Shri Jawahar Lal Nehru. Shri Lal Bahadur Shastri and Smt. Indira Gandhi, Prime Ministers as the Chairmen.
- President, New Delhi Congress Committee, 1969-1977.
- Member, All India Congress Committee, 1968-to-date.
- Chairman and Managing Director, National Chemical Industries Limited, New Delhi, 1948-1981.
- Member, New Delhi Municipal Committee, 1971-1973.
- President, Indian Veteran Athletes Federation, 1986-1988.
- 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.

Even this dedicated group will dwindle following the IX Championships in Turku, however. It is with regret that we note the passing of Australia's George Simpson, who died last year in his eighties. Canada's Albert White, 88, the oldest competitor in the group, has decided not to enter at Turku. We hope to welcome each of the others.

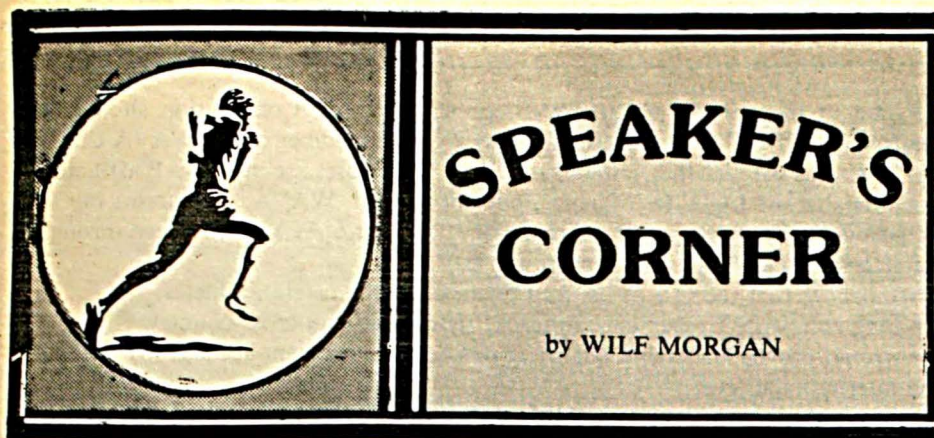
**LIST OF 27 COMPETITORS WHO HAVE TAKEN PART IN ALL
EIGHT WAVA WORLD CHAMPIONSHIPS**

Ruth Anderson	USA	Roland Johansson	SWE
*Reg Austin	AUS	Don Johnson	USA
Norbert Barth	GER	Colin McDowell	GBR
Robert Boutard	FRA	Bob Mimm	USA
Hari Chandra	SIN	#Irene Obera	USA
Phil Conley	USA	Jim O'Neil	USA
Willie Dunne	IRL	#Isobel Saumier	CAN
John Dunsford	GBR	George Simpson	AUS
Don Farquharson	CAN	Ray Spencer	USA
Bob Fine	USA	Jack Stevens	AUS
Nolan Fowler	USA	*Jim Vernon	USA
#John Gilmour	AUS	Albert White	CAN
#Max Gould	CAN		
Clem Green	NZL		
Konrad Hernelind	SWE		

*Won gold medal in all Championships

#Won medal in all Championships

Compiled by Don Farquharson, WAVA Past President



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 WAVA Secretary at present; Owen Flaherty, who is living in Spain and has the backing of the British Veterans; Fernando Ferreira of Portugal; and Santokh Singh of India.

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 when it has taken an interest on some issue and put its foot down, WAVA has fallen in line. In 1986 it delivered the message that WAVA should not have South Africa as an affiliate. There were rumblings of discontent within WAVA but 12 months later it had disaffiliated the South Africans.

The drug question is another issue —

the IAAF insists vets should be tested. WAVA does not like that very much — what about old athletes who have to take medication for their health — maybe some of the stuff that is on the banned list. But there is no doubt it will fall in line if it has the final say on what happens in vets athletics, and that's understandable; it organizes the scene.

In his argument for complete integration, Beccalli says "Either WAVA becomes part of IAAF or WAVA will be out of business". It sounds like a threat that the IAAF will move to organize veteran athletics and disregard WAVA. It's difficult to take that seriously. The IAAF is not interested enough to want to do that. It has a Veterans' Committee but must be hard put to find people who are 'into' the vet scene for it has a number of WAVA people on it. Its business is to "provide a comprehensive worldwide athletic programme in conjunction with WAVA." No, I think we can say the IAAF hierarchy concentrates on more important matters.

You might think that this matter is 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 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:

Affiliate fees	\$ 9,463.00
Entry fees - Turku (3000 X \$14)	42,000.00
Sanction fee - Turku	.00
Bank interest	5,789.34

TOTAL REVENUES

\$57,252.34

EXPENSES:

1. Office Expense (postage, phone, fax, etc.)	
President (Beccalli)	\$4,835.00
Executive V-P (Fine)	1,885.66
V-P Stadia (Taylor)	474.28
V-P Non-Stadia (Serruys)	500.00
Secretary (Lynn)	7,975.40
Treasurer (Sheahen)	1,141.31
Women's Rep (Cushen)	230.30
Past President (Farquharson)	25.00
Consultant (Kousky)	23.89
	\$17,090.84
2. Financial Charges	154.42
3. Communications & Statistics:	
Records	1,000.00
National Masters News	5,400.00
WAVA Handbook	2,372.23
Regional assistance	9,500.00
Meet Director's Book	189.86
Questionnaire in Eugene	1,500.00
	19,962.09
4. Turku - 1990	
Air fare	7,505.67
Hotel	4,507.44
Daily cash expenses	2,275.00
Gifts	81.08
	14,369.19
5. Turku - 1991	
Air fare	2,322.95
6. President's Travel	
(Budapest, Barcelona, Turku, Moscow, London, Oslo)	4,865.00
7. Other Travel	
Secretary - Milano	2,838.10
8. Miscellaneous	40.00

TOTAL EXPENSES

\$61,642.59

SURPLUS (DEFICIT)

(\$ 4,390.25)

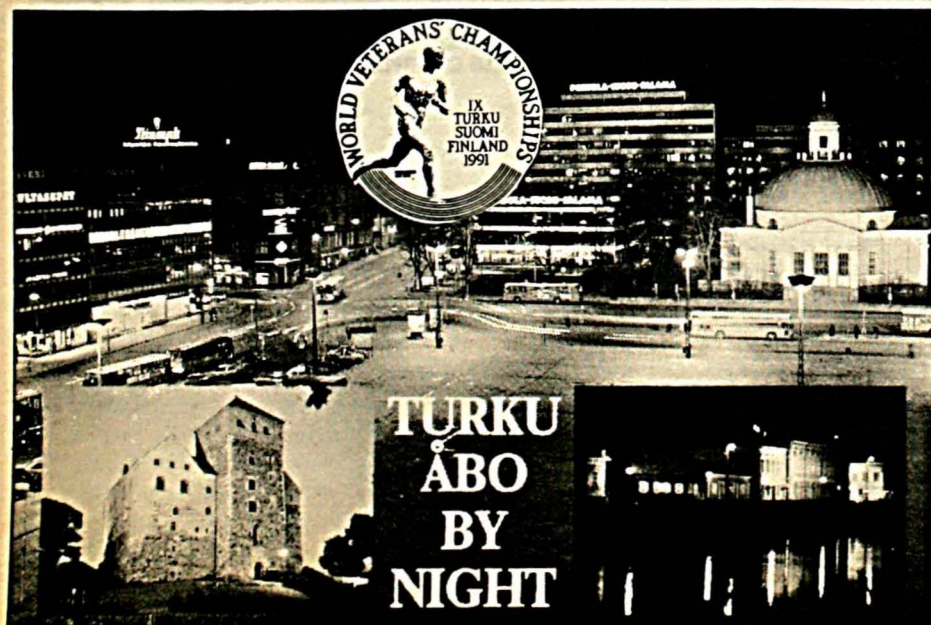
SUMMARY:

Beginning balance, 1/1/90	\$90,306.36
Revenues	57,252.34
	\$147,558.70
Expenses	61,642.59
Ending Balance, 5/25/91	\$ 85,916.11

ASSETS:

U.S. Checking Account	\$12,942.32
U.S. Money Market Fund	70,406.61
Canadian Checking Acct.	2,567.18
	\$85,916.11
LIABILITIES	.00
NET WORTH	\$85,916.11

Prepared by Al Sheahen, 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 Bedfordshire 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 medalist 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. □



M45 100 finals, Indian National Veterans Championships, Cuddapah, Andhra Pradesh, March 3-5. Photo from V. Suryanarayana

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.

Copies of the proceedings are available for \$12.50 each, plus \$2 for postage and handling from the International Institute for Sport and Human Performance, a not-for-profit component of the University of Oregon. To order or for more information please call, write, or fax the institute at 1479 Moss Street, Eugene, OR 97403; telephone (503) 346-4114, FAX (503) 346-2841. (Checks or money orders should be made in US funds payable to: International Institute for Sport and Human Performance.) □

VIDEOTAPE SOUGHT

FROM 1989 WORLD GAMES
IN EUGENE, OR.

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

And, if possible...

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

If tape is available, please contact:

Paul Dungan
4016 NE Hazelfern Pl.
Portland, OR 97232 USA

Record 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



IX WORLD VETERANS' CHAMPIONSHIPS 1991 FINLAND

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." □

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

MEN

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

IMPLEMENTS

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

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



The Director's Corner

by DEAN REINKE

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.

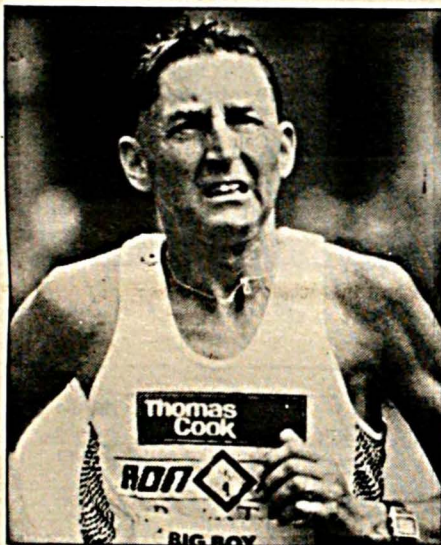
CIRCUIT HAPPENINGS

South Carolina's Nancy Grayson leads the Lily of France women's division after nine events. Norway's Kaare 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 ranks 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 undefeated and considering a showdown with John Campbell at the Sorbothane/USRA Masters Circuit National Championship.

Those two better beware because Nick Rose is turning 40 on December 30. Race Directors interested in having Rose compete



Ron Hill (52, 1:03:12) of Cheshire, England, was second M50 in Elby's Big Boy Classic 20K, Wheeling, W. Va., May 25.

Victor Sailer/Agence Shot

Sorbothane Cup Age-Graded Rankings

MEN		After 9 Events		WOMEN	
Bill Rodgers	8/2			Nancy Grayson	7/2
Kaare Oshes	5/2			Nancy Oshier	5/1
Ken Hamilton	5/2			Susie Kluttz	5/1
John Campbell	5/1			Levi Query	5/1
Bob Schlau	5/1			Mary Connolly	5/1
Michael Heffernan	5/1			Ellen McCox	5/1
Wilson Waigwa	5/1			Sylvie Kinche	5/1
Jim Suedema	5/1			Joan Colman	5/1
Alan Oman	5/1				
Joe King	5/1				

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 Zealander'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 Miami of Ohio alum Bob Schul, recently selected for Hall of Fame induction. Now living in his native Dayton, Ohio, Schul 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 (et al) won the men's division of the Azalea 5K in Dallas but not the overall race — those honors were nabbed by Francie Larrieu Smith in 15:46. 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 Coloradoan Mary Wood in 30:11. . . Make that \$500 for 1st master at the July 20 Buffalo Subaru 4 miler.

Houston Tenneco will host the U.S. Women's Olympic Maathon 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 Asbury Park 10K Classic, in its 4th year on the Sorbothane Circuit (201-351-4156). . . We reported last year how Asbury Park race director Phil Benson was preparing for the October Triathlon which he completed in fine fashion. He happily reported a 2:48 at Boston while training partner Bruce Robinson (a former Olympic Trials qualifier) finished as the 3rd American. . . Utica Boilermaker 15K in New York has upped its prize purse to \$24,000 with \$1000 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 Circuit points with two back-to-back events August 11 (Fiesta 5000, 714-661-6062) and August 18 (ARCO/America's Finest City Half-Marathon, 914-359-5425). . . Indiana's Gary Romesser



Bostonian Bill Rodgers, 43, finishes first master (1:08:59) in Elby's Big Boy Classic 20K, Wheeling, W. Va., May 25.

Victor Sailer/Agence Shot

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 Gumtree Run in Tupelo. Two weeks later he captured the overall crown at the 10,000 Indianapolis 500 Mini-Marathon, running 68:24 for 13.1 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 member of the '91 Sorbothane/USRA Circuit (704-452-2876). . . Domingo Tibaduiza is going for bridesmaid honors this year with two close finishes to Manuel Vera at Bay to Breakers (11 seconds back) and Boulder (4 seconds back). . . Bill Rodgers captured the masters crown at Cleveland Revco in 31:13 for 10K. Astonishingly, there was no masters prize money in a purse that exceeded 6 figures! . . . Boston Billy also captured masters honors at Elby's in West Virginia in 68:59. . . and finally look for me on the announcing stand at the Bix 7 in Davenport July 27 — an annual summer trek back to my midwestern roots. . . See you on the roads! □

SORBOTHANE/USRA MASTERS CIRCUIT

After 9 Events

40-44 Men		40-44 Women	
Kaare Oshes	22/3	Nancy Grayson	20/2
Bill Rodgers	17/2	Claudia Ciavarella	15/2
Ken Hamilton	17/2	Judy Metz	10/1
Steve Ruckert	13/2	Mary Boyce	10/1
John Campbell	10/1	Mary Naibla	10/1
Bob Schlau	10/1	Claudia Scott	10/1
Wilson Waigwa	10/1	Sharon O'Connor	10/1
Chuck Jipp	10/1	Linda Mantynen	10/1
Lee Ong	10/1	Sylvie Kinche	10/1
Alan Oman	10/1	Nancy Oshier	5/1
45-49 Men		45-49 Women	
Roger Clark	5/1	Peggy Smith Kite	5/1
Tom Dooley	5/1	Helen Phelps	5/1
Chuck Cannon	5/1	Frances Strain	5/1
Chuck Roepen	5/1	Sherry Johnson	5/1
Don Coffman	5/1	Jane Hutchinson	5/1
Ken Belvel	5/1	Rae Gene Burser	5/1
Graham Tattersall	5/1	Levi Query	5/1
Frank Rona	5/1	Joan Colman	5/1
Roger McCarthy	5/1	Harriet Oster	5/1
50-54 Men		50-54 Women	
Edwin Small	5/1	Rania Kluttz	14/3
Clayton Brelsford	5/1	Judy Kirchoffer	7/2
Paul Randall	5/1	Joan Trebilcock	5/1
Cecil Shearhart	5/1	Lis Valladen	5/1
Alvin Grahm	5/1		
Mel Rhine	5/1		
Andrew Reindig	5/1		
55-59 Men		55-59 Women	
Jimmy Davis	8/2	Charlotte Baker	5/1
Charles Flynn	5/1	Virginia Moore	5/1
Wino Pocienza	5/1	Harvaret Hagerty	5/1
Tom Ostheimer	5/1	Helen Lachman	5/1
Gerald Knox	5/1	Annabel Marsh	5/1
Jim Suedema	5/1	Dorine Savtelle	4/1
Earl Ellis	5/1	Willie Albee	4/1
Ralph Marso	5/1		
Richard Murphy	5/1		
60-64 Men		60-64 Women	
Louise Martin	5/1		
Ellen McCox	5/1		
Irene Crane	5/1		
Jaclyn Casselli	5/1		
Kira Kallman	5/1		
Majorie Mitchell	4/1		
Judy Gobling	4/1		



MASTERS SCENE

NATIONAL

- The June/July issue of **Modern Maturity Magazine** devotes its cover and 10 inside pages to senior/masters sports. National Masters sprint champion **Jim Law**, 65, of North Carolina, appears on the front cover. The magazine is the official publication of AARP (American Association of Retired Persons) with a circulation of several million.
- TAC has installed a new direct dial phone system. The **317-261-0500** number still will ring to a receptionist. However you may direct dial individuals on **317-261-0478**. You then punch in the extension of the individual you are calling. Some popular extensions: **Ollan Cassell**, x306; **Hal Bateman**, Pete Cava x317; **Duffy Mahoney**, x337; **Kathy Presnal**, x311; **Barbara Rush**, x325; **Mark Springer**, x307; **Marty Weiss**, x309.
- **Running and Racing** will be on ESPN year round, according to **Marty Liquori**. From June through October the show will air weekly on Tuesday evenings. From November through April it will appear monthly. For specific times during this period consult local listings.
- The correct phone number for the USOC drug hot line is 1-800-233-0393. Last month, NMN erroneously reported it as 1-800-223-0393. Anyone interested in drug-testing information may call anonymously.
- **Paul Perry** of Illinois, second to **Ken Sparks** (4:05) in the M45 1500 at the '91 Indoor Championships, was credited with a 4:05 in the results; his actual time was 4:25.
- The **Ms. National Senior Citizens Pageant** is a non-profit event high-lighting the potential of women age 55-and-over in a competition on October 6 at the Rialto Square Theatre in Joliet, IL. Prizes include a trip for two anywhere in the U.S. and \$1000 in spending money. The contact is **Harvey Ferguson**, Ms. National Senior Citizens Pageant, Inc., 215 N. Ottawa St., Joliet, IL 60431. 815/740-3314; 722-2952 (after 6 p.m.).
- The U.S. Women's Olympic Marathon Trials has been switched from Long Beach, Calif., to Houston. Next year's Houston-Tenneco Marathon on January 26 will serve as the trial race for the Barcelona Olympics. Long Beach turned back the race to TAC because of lack of sponsorship.

EAST

- **Sylvie Kimche**, 44, motored to a fourth overall (807 finishers) with an 18:43 in the NYRR Women's 5K Tune-Up, Central Park, NYC, May 12. **Marilyn Greeley**, 47, was 11th in 19:59. **May Chou**, 55, cruised to a 22:37 to take the W55 race. First walker overall was **Marty Callahan**, 58, 35:04.
- **Hedy Marque**, 73, Alexandria, VA, broke her own U.S. W70-74 record for the 8K (39:25) set in the same race in 1989 with a 38:59 in the Nike Women's 8K, Washington, DC, May 12. **Joan Colman**, 47, Sausalito, CA, who broke the U.S. W45 record for the 5K with a 17:22 in April, was first 40+ (29:17). The race, directed by **Henley Gibble** and coordinated by **Jeff Darman**, had 2243 finishers, making it one of the largest women's races in the U.S.
- How often do both 50-54 division winners take masters titles? How about each by one second? It happened in the NYRR You Gotta Have Park 5K, Central Park, May 18, when **Gary Muhrcke**, 50, with a 17:46, took the honors from **Lawrence Smith**, 40, by a tick, and **Edith Jones**, 51, with a 21:47, bested **Laurie Baker**, 47, by the same count.
- **Frank Shorter**, 44, is still in shape. He raced to a good 32:40 in the Orange Classic 10K, June 9, in Middletown, NY.

MIDWEST

- New Zealand's **John Campbell**, 42, showed up at the Bellin 10K in Green Bay, WI, June 8, to run a 6th-overall 30:01.

MID AMERICA

- **Henrietta Butler**, 40, Boulder, CO, was first woman (9:33:10) in the Rocky Mountain 50 Mile, Cheyenne, WY, May 26. **Mike Degner**, 41, Ft. Collins, CO, was first master (8:18:20).
- Colombian/Nevadan **Domingo Tibaduiza** set a masters course record of 1:07:30 to win \$1000 in the Hospital Hill Half Marathon in Kansas City, June 2. **Nancy Grayson** of South Carolina led the masters women in 1:19:15 to pick up \$750.
- **Priscilla Welch**, 46, was first female master and seventh woman overall with her 39:12 in the tough Steamboat 10K, June 9, in Steamboat Springs, CO.
- **Doug Bell**, 40, captured masters honors and \$100 with a solid 51:23 in the Garden of the Gods 15K, June 9, in Manitou Springs, CO.
- **Priscilla Welch**, 46, Boulder, CO, won the W40+ contest in the Cherry Creek Sneak 5 Mile, Denver, April 28, with a 5:49-pace 29:07. **Mary Wood**, also 46 and from Boulder, was second in 30:11. **Rick Katz**, 42, Boulder, and **Tom Burnett**, 42, Durango, CO, were 1-2 M40+ in 27:03 and 27:16. **Ardel Boes**, 53, Golden, CO, was seventh master in 27:38.

SOUTH WEST

- **Gordon Nordgren**, 72, set an age WR for the 800g javelin with a 93-2 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, we all had a good time and enjoyed the jambalaya cooked by **Pat Bourgeois**."
- Since turning 59 on April 22, **Wendell Palmer**, Pampa, TX, has broken single-age U.S. discus records for the 1.5kg (47.94) and 2kg (41.28) and the WR for the 1kg (55.22).

WEST

- **Payton Jordan**, 74, Los Altos, CA, out for much of the '90 season with knee surgery, ran a wind-aided 13.1 and a no-wind 28.8 200 for an age WR (in the Ken Carnine Classic, Sacramento, CA, April 27). Earlier, Jordan, had clocked a 13.64 FAT 100m in the Fresno Relays, April 7, for an age WR. **Matt Pruitt**, M45, logged the fastest 200 (23.4) and 400 (54.1). **Bruce Springbett**, M55, recovering sooner than expected from foot problems, took the 100 (12.5) and 200 (26.6). **Joe Keshmiri**, M50, topped all discus and shot marks, with 168-7 and 47-1 1/2.
- **Manuel Vera** (36:22) and **Laurie Binder** (43:25) were masters firsts in the 80th Bay to Breakers 12K, San Francisco, May 19. Runners-up were **Domingo Tibaduiza** (36:33) and **Joan Colman** (45:20).
- Neurosurgeon **Dr. Frances Conley**, 50, top-ranked W45-49 in the javelin in '90, resigned from her position as a tenured professor at the Stanford Medical School, citing a pattern of sexism and unequal treatment by male colleagues.

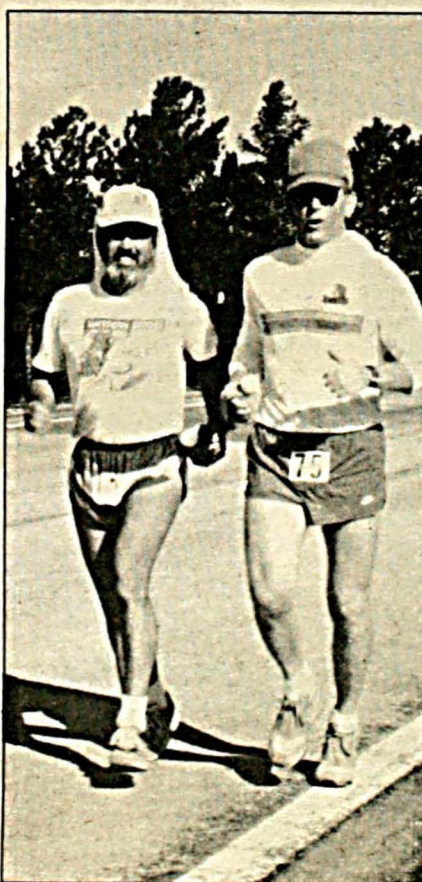
"I resigned because of a subtle sexism that, while not physically harmful, is extremely pervasive and debilitating," she said. Her resignation received national television, radio, and print media coverage, ranging from CNN and National Public Radio to an article by her in the "Opinion" section of the *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 brain 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 Smullen** (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 road in the U.S. A 3000-runner limit is reached every year.

• **Viisha Sedlak**, 42, racewalked 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. **JoAnn Nedelco**, 47, was 18th in 54:34. **Bev LaVeck**, 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 central coast. "We really enjoy it," Harte said. "We live in the forest and watch the waves come in and the whales go by. We have miles of paths to walk and run. It's beautiful." However, Harte completely tore his Achilles. Fellow M65 sprinter and surgeon **Bob Watanabe** sewed it together, but "only time will tell when I'll be back in action."

• Should athletes have sex the night before a big competition? **Jim Hines**, 44, who won the



John Shaw (1), Colorado Springs, finished his tenth Rocky Mountain 50 Mile, Cheyenne, Wyo., May 26, in 9:01:11. Nick Bassett, Castro Valley, Calif., finished in the same time.

Photo from B. J. Weigner

100m in the 1968 Mexico City Olympics in 9.95 (a WR that stood for 15 years), spent the night before that race in a hotel with his wife and champagne. "They told me not to sleep with her," he told Steve Jacobson of *Newsday*. "Those other guys tossed and turned all night and spent all their energy being nervous. I went to the finals the next day relaxed and well-rested and set the world record."

• Add **Hines**. "I am still the greatest sprinter," he said. "I'll beat Carl Lewis and Ben Johnson at 50 yards. Set up the race." Hines said he expects to be mayor of Oakland, Calif., "probably in 1994."

INTERNATIONAL

• After a creditable 2:51 in the London Marathon, **Ron Hill**, 52, announced that he intends to run just one more marathon, the 1996 Boston, the centenary race for the event. Of this year's London marathon, Hill said, "If it had been easy, I would still be considering running more marathons. But it wasn't. It was hard work!" Hill will concentrate on shorter races until 1996.

• **Kjell-Erik Stahl** of Sweden erased New Zealander **Jack Foster's** M45-49 marathon world best of 2:17:29 with a fifth-place 2:16:58 in the Stockholm Marathon, June 1.

• **Ian Stewart**, 42, recorded a British masters best 49:15 to finish fourth of 1200 in the Stoke-on-Trent 10 Mile, June 2. Stewart, British 1975 cross-country 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 Arnold**, 47, of England, was first overall in the Darwin Scales 5K, Subic Bay, Philippines, May 18, with a 14:44. He was helped by a downhill on the first mile, which was offset by 95% humidity and 82 degrees. **Web Loudat**, 44, was second in 14:56. **Jane Loudat**, 43, was first woman overall in 20:57. Two weeks earlier, a quintet captained by Arnold defeated a Web Loudat-anchored squad in the Subic Bay Navy Marathon Relay by 13 seconds with a 2:23:27. 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 30K.

• The 16th South African Masters Championships took place in Cape Town on the up-graded track at Green Point Stadium, April 19-20. When the championships were last held in Cape Town in 1984, there were 180 entrants. 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 (2:47:98) and 1500 (5:41:58). **Joey de Beer** racewalked to W40 records in the 5000m track (29:53.6) and 10K (1:07:36). World-record-holder **Anne McKenzie**, W65, who has been cycling seriously for the last few years and doing well, returned to the track to set a South African W65 record in the 800 (3:13.63).

• **John Walker** of New Zealand turns 40 next January 12 and plans an assault on the sub-four-minute mile on that day; that is, 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 readmittance into the world sports scene may be imminent. In June, its parliament abolished the last three remaining 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.

schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



December 2-7. 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 317/261-0500.

TRACK & FIELD NATIONAL

July 4-7. 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill., (near Chicago) Dick Green, Box 6147, Rockford, IL 61125. 815/332-4743.

August 24. TAC/USA National Masters Weight Pentathlon Championships, East Ascension H.S., Gonzales, La. SASE to: Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737.

EAST

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

July 3. Ralph Thomas Masters Mile, Winslow, Me. 40+. Also 5K open/masters road race. Jerry Saint Amand, Central Maine Striders, Waterville, ME 04901. 207/873-6753.

July 11-14. Garden State Games, Edison, N.J. Raymond Funkhouser, P.O. Box 6923, Edison, NJ 08818-6923. 908/225-0303.

July 13. Boston Masters Meet/NEAC Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

July 13. Sri Chinmoy's Masters Games, Forest Hills, NY. 718/291-1468.

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

July 20. Philadelphia Masters Meet, St. Joseph's U., Philadelphia. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

July 27. Classics Invitational, MIT, Cambridge, Mass. Y.O.M. Daneil Queen, P.O. Box 390485, Cambridge, MA 02139. 617/576-6896.

July 30-August 3. Pennsylvania Senior Games, Wilkes-Barre. 55+. St. residents only. Fay Knecht, 31 S. Hancock St., Wilkes-Barre, PA 18702. 717/823-3164.

August 3-4. Buffalo Belles and Brawn International Age-Group Classic, Kenmore, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

August 4. Summer Track Festival 10K, 3000 X-C, 100, 800, and 1 mile. South Orange, N.J. SASE to Summer Track Festival, Essex County Dept. of Parks, 115 Clifton Ave., Newark, NJ 07104.

August 4. Tri-State TC Classic Meet, South Hagerstown H.S., Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 11. Keystone State Games, Allentown, Pa. Pa. residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

August 17. Don Harris Memorial/Philadelphia Invitational (pre-entry only), Ardmore, Pa. Peter Taylor, 3120 School House Ln. JA-9, Philadelphia, PA 19144. 215/842-3807.

September 1. Potomac Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

September 22. N.Y. Masters Mini Meet (throws/jumps only), Kings Point, N.Y. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004. 213/704-0582 (8-11 pm).

SOUTHEAST

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

July 18-22. Georgia State Games, Georgia Tech, Atlanta. Nick Gailey, 404/853-0250.

July 28-30. Atlanta TC Championships, Emory U., Atlanta. 404/364-0708.

July 29-August 1. Tennessee Senior Games, Inc., Johnson City. 55+. St. residents only. Kathy Whitaker, First TN Dev. Dist., 207 N. Boone St., Ste. 800, Johnson City, TN 37604. 615/928-0224.



Cindy Bremser, 37, Middleton, Wisc., won the 1500 with a U.S. W35-39 record (4:36.12), TAC National Masters Indoor Championships, Blaine, Minn., March 22-23.

Photo by Dennis Hahn

October 12. Last Chance Mini-Meet, Vanderbilt U., Nashville, Tenn. R. Brady, 2709 Linmar Ave. #5, Nashville, TN 37215.

November 3-9. Golden Age Games, Sanford, Fla. 55+. Golden Age Games, Box 1778, Sanford, FL 32772-1778. 407/330-5687.

MIDWEST

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

July 12-14. White River Park State Games, Indianapolis, Ind. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 317/237-5030; 1-800-HI-FIVES. St. residents only.

July 24-26. Six County Senior Olympics Park Ridge, Ill. 55+. Teresa Grodsky, 100 S. Western Park Ridge, IL 60068. 708/692-3597.

August 8-10. Quad-Cities Senior Olympics, Augustana College, Moline, Ill. 55+. Edie Sanders, c/o United Medical Center, 501 10th Ave., Moline, IL 61265. 309/757-3120.

August 8-12. Michigan Senior Olympics, Rochester. 55+. Marye Miller, Older Persons Commission, 312 Woodward, Rochester, MI 48063. 313/656-1403.

August 10. Dayton Masters Track Classic, Dayton, Ohio. Bob Jones, Dayton Masters, 513/268-7341 (e), or Dayton Rec. and Parks, 513/225-8400.

August 10-11. Midwest Masters Meet, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Train, Ona, WV 25545. 304/736-8474.

September 1-2. Columbus Senior Olympics, Columbus, Ohio. 55+. Laura Sussman, 1125 College Ave., Columbus, OH 43209. 614/231-2731.

MID-AMERICA

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

July 10, 17, 24. Tulsa RC Mini-Meets, Union H.S., Tulsa, Okla. Tulsa RC, 5214 S. Delaware, Tulsa, OK 74105. 908/742-1358.

July 11-13. Minnesota Senior Olympics, Duluth. 55+. Tim Hunt, 330 City Hall, Duluth, MN 55802. 218/723-3337.

July 19-20. Show Me State Games, Rockbridge HS, Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 434-0851. Missouri residents only.

July 25-28. Rocky Mountain Senior Games, Ft. Collins, Colo. 55+. Gordon Solomon, 145 E. Mountain Ave., Ft. Collins, CO 80524. 303/482-3415.

July 26-August 2. Minnesota Senior Sports-A-Rama, Bloomington. 55+. Jeff Stottemeyer, Parks & Rec., 2215 W. Old Shakopee Rd., Bloomington, MN 55431-3096. 612/887-9601.

August 3. Tulsa RC Meet, Jenks H.S., Tulsa, Okla. Tulsa RC, 5214 S. Delaware, Tulsa, OK 74105. 918/742-1358.

August 23-25. Nebraska Senior Olympics, Kearney, 55+. Roger Jasnoch, 2001 Avenue A, Box 607, Kearney, NE 68848. 308/237-3101.

August 31-September 1. Rocky Mountain Masters Games, U. of Colorado, Boulder. Nancy Manson, 518 Quentin St., Aurora, CO 80011. 303/341-7992, or Dave Simmons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919.

October 19. Kansas Big Buys Classic IV, U. of Kansas, Lawrence. Gary England, Rm. 143, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

SOUTHWEST

Louisiana, Mississippi, Texas.

July 27. South Texas Association/TAC Alamo Classic Masters Meet, San Antonio. Masters field events — 1:30 p.m., track events — 5:15 p.m. "THE RUN-A-WAY"

ON TAP FOR JULY

TRACK AND FIELD

The 24th TAC/USA National Masters Championships begin with a bang on the 4th in Naperville, Ill., (near Chicago) for a four-day run. Two weeks later, starting on the 18th, Turku, Finland, will play host to an expected 5000 athletes at the WAVA World Veterans Athletics Championships through the 28th, followed by the World Veterans Weight Pentathlon Championships on the 29th in Naantali, Finland.

For the stay-at-homes after the Nationals, there are meets in New Jersey, Indianapolis, Boston, New York City, Atlanta, Spokane, Missouri, Philadelphia, and Oregon.

LONG DISTANCE RUNNING

The Peachtree 10K in Atlanta, the Fifth Season 8K, a USRA Masters Circuit race in Iowa, and the Long Island Women's 5K go off on the 4th. The Ralph Pelicano Masters race in Rhode Island is on the 6th, and the Prefontaine 5K in NYC follows on the 7th.

The Montville Masters 10K in Connecticut and the Utica Boiler-maker 15K in New York are set for the 14th.

A women's 5K in Huntsville is scheduled for the 20th. The Voyageur Marathon and Half-Marathon in Ontario, Canada, is offering masters money in both races on the 21st.

RACEWALKING

On the 4th in Naperville, the National Masters 5000m champions will be decided, as will the 20K winners on the 7th. The National Masters Men's 10K Championships stride off in Niagara Falls on the 13th. □

Runners' Store, 3428 N. St. Mary's, San Antonio, TX 78212. 512/732-1332.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

June 20-August 2. All-Comers Meets, SBCC La Playa Stadium, Santa Barbara, Calif. Every Thursday, 6 pm. Robin Paulsen, 805/965-0581, x227.

June 24-August 2. Los Angeles All-Comers meets. Youth through masters, 7 p.m. Tues: L.A. Southwest College; Wed. & Fri: Birmingham High; Thurs: East L.A. College. No meet on July 4. 818/904-2164.

September 22. Sri Chinmoy Masters Meet, UC-Irvine, Calif. 45+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).

October 19. Club West Masters Meet, Santa Barbara, Calif. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

October 22-25. World Senior Games, St. George, Utah. 50+. T&F/Road Races; 5K (10/23), 5K RW (10/24), 10K (10/25).

Continued on page 29

Continued from page 28

Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

NORTHWEST

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

July 20. Northwest TAC Masters Championships, Spokane Falls Comm. College, Wash. Duane Hartman, N. 1810 Greene St., Spokane, WA 99207. 509/536-7225.

July 20. Volcano Classic VII, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

July 26-27. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Mark Lariza, Mt. Hood CC, 26000 S.E. Stark St., Gresham, OR. 503/667-7450.

August 1-4. Wyoming Senior Olympics, Cheyenne. 55+. S. Joey Darrah, Hathaway Bldg., Rm. 139, Cheyenne, WY 82002. 307/777-7986.

August 9-10. Montana Masters Meet, Montana St. U. — Bozeman. Mike Carignan, Box 5132, MSU-Bozeman, MT 59717-5132. August 16-17. Montana Senior Olympics, Billings. 50+. Don Tavalacci, 465 Freedom Ave., Billings, MT 59105.

INTERNATIONAL

July 6-7. British Athletic Veterans Association Championships. Alexander Stadium, Birmingham. Freda & Jack Cross, 36 Manor Rd., Atherstone, Warwickshire, CV9 1QJ. Tele: 0827-715813.

July 12-14. Pregames to IX WAVA World Veterans Championships, Kuusankoski, Finland. Pregames, PI 101, SF 45701 Kuusankoski, Finland. Fax: 358-51-44496. (See ad in January issue).

July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

July 29 (Monday). WAVA World Veterans Weight Pentathlon Championships, Naantali, Finland. Naantalin Loyly, Rauno Leonsaari, Ruunitie 24, SF-21100 Naantali. Phone: 358 21 852 511. Fax: 358 21 852 534.

August 2-3. Soviet Union Veterans Championships, Moscow, Vadim Marhev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

August 24. Banská Bystrica International Veterans Meet, Banská Bystrica, Czechoslovakia, Eduard Longauer, Orenburska 11, 974 00 Bansak Bystrica, Czechoslovakia.

August 25. British Veterans Athletic Club Championships, W.R. Lendrum, 11 Silver Close, Harrow Weald Middlesex HA 36JT.

September 21-22. San Juan International Meet, San Juan, Puerto Rico. PR Masters Association, P.O. Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. 809/763-5172.

October 8-20. 3rd Australian Masters Games, Brisbane. Australian Masters Games Hotline: (07) 221-1890.

November 1-4. Miyazaki International XII All-Japan Masters Athletic Championships, Miyazaki Prefecture. Miyazaki Prefectural Office, 2-10-1 Tachibanadori-higashi, Miyazaki City, Japan. 0985-26-7033. Fax: 0985-26-7331.

**LONG DISTANCE
RUNNING
NATIONAL**

September 28-29. TAC/USA National Masters 24-Hour Championships, Portland, Ore. Phil Edmunds, P.O. Box 591, Wilsonville, OR 97070. 503/682-1315.

October 6. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortenson, 15301 Highland Place, Minnetonka, MN 55345.

October 26. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ulrich, P.O. Box 6667, Louisville, KY 40206. 502-459-6820.

October 26. TAC/USA National Masters 100K Championships, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014. Fax: 612/593-9809.

November 2. TAC/USA National Masters 15K Championships, Tulsa, Okla. Stan Austin, Tulsa Run Inc., 1 William Center, Box 2400, Tulsa, OK 74102. 918/299-3429.

November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 42220. 614/459-2547.

November 17. TAC/USA National Masters 25K Championships, San Diego, Calif. Contact TBA. Awarded conditionally pending approval of San Diego-Imperial TAC Association.

November 30. TAC/USA National Masters 8K Cross-Country Championships, Franklin Park, Boston, Mass. Steve Vaitones, New England AC, P.O. Box 1905, Brookline, MA 02146. 617/566-7600, or John McGrath, Boston X-C Committee, P.O. Box 252, Boston, MA 02113. 617/891-4538.

December 8. TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

EAST

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

July 4. Long Island Women's 5K Championships, Jericho, N.Y. Barry Saltberg, 9 Ardis Ln., Plainview, NY 11803. 516/433-7397.

July 6. Ralph Pelicano Masters Mile, Warwick, R.I. 40+. Leo Parrone, Warwick Parks & Rec., 975 Sandy Lane, Warwick, RI 02886. 401/738-2000, x357.

July 7. Prefontaine 5K, Van Cortlandt Park, NYC. NYRRC, 9 E. 89th St., NY. NY 10128. 212/860-4455.

July 14. Utica Boilermaker 15K, Utica, N.Y. E.C. Reed, P.O. Box 4729, Utica, NY 13504. 315/797-3762.

July 14. Montville Masters 10K, Oakdale, Conn. 40+. Montville Parks & Rec., 310 Route 32, Uncasville, CT 06382. 203/848-0277.

July 26. Narragansett 10 Mile, Narragansett, R.I., Fri. p.m. West Lessard, Box 186, Narragansett, RI 02882. 401/783-7300.

August 3. Phelps Sauerkraut 20K, Phelps, N.Y. George Tillson, Wiborn Rd., Shortsville, NY 14548. 716/289-4250.

August 10. Asbury Park 10K Classic, Asbury Park, N.J. Phil Benson, USRA Masters Circuit, P.O. Box 2287, Ocean Twp, NJ 07712. 201/531-4156.

August 18. Hispanic Half-Marathon, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

August 18. Falmouth 7.1 Miles, Falmouth, Mass. Masters money. J. Carroll/R. Sherman, P.O. Box 732, Falmouth, MA 02541. 508/540-7000.

September 22. Rockland Half-Marathon, Orangeburg, N.Y. USRA Masters Circuit. Shelly Morgan, Box 249, Orangeburg, NY 10962. 914/359-5425.

October 19. Mercedes Mile On Fifth Ave., NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

SOUTHEAST

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

July 4. Peachtree Road Race, Atlanta, Ga. Peachtree RR, Atlanta TC, 3097 E.

Shadowlawn Ave., NE., Atlanta, GA 30305.

July 11. Miami RC Cross-Country (3 mile) Series, Thompson Park, Miami, 7:00 pm. Miami RC, 305/227-1500; 800/940-4RUN.

July 20. Women's Distance Festival 5K, Huntsville, Ala. Nancy Sheppard, 94 Scenic Dr., Huntsville, AL 35801. 205/539-0405.

July 27. Run For Life 5K & 10K, Marietta, Ga. Masters Money. Gary Jenkins, P.O. Box 371, Lithia Springs, GA 30057. 404/920-2881.

August 1. Miami RC Cross-Country (3 mile) Series, Thompson Park, 7:00 pm. Miami RC 305/227-1500; 800/940-RUN.

August 24. Full Moon Frolic 8 Miler, DeLand, Fla. Florida Masters Road Race. John DeLand, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

August 24. Maggie Valley Moonlight 8K, Maggie Valley, N.C. USRA Masters Circuit, Gary Lance, 704/452-2876, or Dean Reinke & Associates, 407/647-2918.

MIDWEST

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

July 4. Ohio TAC 10K Championships, Whetstone H.S., Columbus. Mark Whitaker, 4275 Olentangy Bl., Columbus, OH 43214. 614/268-1688.

July 7. Chilled Classic 10K/5K, LaCrosse, Wisc. Shelly Vosen, Box 2799, LaCrosse, WI 54602. 606/782-6480.

August 3. 5K Prime Classic, Marion, Ohio, P & G Sports Mgt/Greg Winger, 226 Forest Lawn Blvd., Marion, OH 43302. 614/389-1128.

August 12. Parkersburg Half-Marathon, Parkersburg, W. Va., Dorsey Chevront, P.O. Box 178, Parkersburg, WV 26102. 304/424-2786.

August 24. Bobby Crim 10 Mile, Flint, Mich. Crim, P.O. Box 981, Flint, MI 48501. 313/235-3396.

MID-AMERICA

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

July 4. Fifth Season 8K, Cedar Rapids, Iowa. USRA Masters Circuit. Ray Johnston, 3710 Timberlane Dr. NE, Cedar Rapids, IA 52402. 319/363-6679.

July 21. Colorado Springs 10K, Colorado Springs, Colo. "Triple Crown of Running" event. Nancy Hobbs, TCOR, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

July 27. Quad City Times Bix 7 Miler, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

August 10. Georgetown to Idaho Springs Half-Marathon, Idaho Springs, Colo. BKB Ltd., 8400 E. Prentice Ave., Ste. 202, Englewood, CO 80111. 303/741-3587.

August 24-25. Pikes Peak Ascent/Marathon, Manitou Springs, Colo. "Triple Crown of Running" event. Nancy Hobbs, TCOR, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

September 15. Minnesota Masters 15K Championships, Edina. M40+, W35+. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. 612/920-0558.

WEST

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

July. Legg Lake Runs, So. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

July 14. Sports Club/Irvine Bastille Day 5K, Newport Beach, Calif. United Cerebral Palsy Assn. benefit. Susan Whetzel, 714/557-5100.

July 24. Deseret News Marathon & 10K, Salt Lake City. Marathon, P.O. Box 1257, Salt Lake City, UT 84110. 801/237-2135.

July 28. Wharf To Wharf 6 Mile, Capitola, Calif. SASE to WTW, P.O. Box 307, Capitola, CA 95010. 408/475-2196.

August 11. Fiesta 5000, San Clemente, Calif. USRA Masters Circuit, Herb Messenger, 714/661-6062, or Dean Reinke & Associates, 407/647-2918.

August 18. ARCO/America's Finest City Half-Marathon, San Diego, Calif. USRA Masters Circuit. American Lung Association, Box 3879, San Diego, CA 92163. 619/297-3901.

August 25. National Marathon/Half-Marathon, Santa Monica, Calif. Clayt Iske, 2600 Ocean Park Blvd., Santa Monica, CA 90405. 213/458-8311.

CANADA

July 21. Voyageur Marathon & Spanish River Half-Marathon, Massey, Ontario. Masters money both races. Shelda or Norm Patenaude, Lee Valley Rd., R.R. No. 2, Massey, Ontario, Canada. POP IOP. 705/865-2671.

INTERNATIONAL

July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

October 11-27. Adventures: India. Multi-day Trial Race, Trek and Delhi Marathon (25th). Extension and optional tours available. Force 10 Expeditions Ltd., P.O. Box 30506, Flagstaff, AZ 86003 USA. 1-800-922-1491.

RACE WALKING

July 5. TAC/USA National Masters 50K Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 7. TAC/USA National Masters Men's 20K Championships & Women's 10K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 13. TAC/USA National Masters Men's 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

July 14. Trojan Classic 5K, Redondo Beach, Calif. Elaine Ward, 1020 San Paequal No. 35, Pasadena, CA 91101. 818/577-2264.

July 21. Miami RC Racewalk Series 2 miles, Tropical Park Stadium, Miami. 7:00 pm. Miami RC, 305/227-1500; 800/940-4RUN.

September 1. North American Masters 15K RW, open 15K, and 5K races, Albuquerque, N.M. Gene Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104. 505/242-3713.

September 15. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

September 21. North Carolina Association/TAC 5K Road Championships, Raleigh, N.C. Woody Hayes, P.O. Box 590, Raleigh, NC 27602.

September 28-29. Casimiro Alongi Invitational Racewalk, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.

October 6. North American Masters 20K Championships and 20K/5K Open. Midland, TX. Norm Frable, P.O. Box 8248, Midland TX 79708. 915/694-2134.

October 20. TAC/USA National Masters Men's & Women's One-Hour Championships, Cambridge, Mass. Philip McGaw, 158 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

October 27. Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

U.S. MASTERS TRACK & FIELD RANKINGS

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

1991 Indoor Mile Compiled by Jerry Wojcik

M30-34	
1 Jim Garcia	4:27.4
2 Kevin Scheuer	4:29.0
3 Larry Woods	4:31.6
4 Scott Lash	4:42.1
5 Richard Webster	4:42.43
6 Kevin Woodhouse	4:42.5
7 Phil Carstairs	4:43.9
8 John Metz	4:44.0
9 Mark Filippi	4:44.4
10 Tim Mullin	4:46.8
11 Ron Robillard	4:47.1
12 Ike Carpenter	4:50.4
13 Dave Karst	4:51.7
14 William Powers	4:53.8
15 Tom Hirsch 32	4:53.8
16 Richard Cleary	4:54.0
17 John Berit	4:55.1
18 Stan Cohen	4:57.9
Derek Postema 32	4:57.9
20 Keith Sample	4:58.1
21 K Whitsett	4:58.80
22 Mike Edelstein 32	5:00.2
23 Keith Davies	5:01.5
24 Dale Nielsen	5:01.8
25 Ron Nelson	5:03.1

M35-39	
1 Charles Duggan 37	4:20.6
2 Bob Hodge	4:21.1
3 S Schallenkamp	4:34.3
4 Pat Forkins	4:35.25
5 Joel Holtzsmith	4:35.3
6 Robert Walker	4:35.78
7 John Emwiler	4:39.8
8 Mike Patterson	4:40.5
9 K Gutzwiller	4:42.91
10 Reno Stritt	4:43.6
11 Bob Rosen 39	4:45.2
12 Roy Currie 35	4:46.8
13 Ed Murphy	4:49.1
14 Stu Dickson 36	4:50.6
15 Kevin Kelly 39	4:50.7
16 Bill Halas	4:51.8
17 D Wisniewski	4:53.9
18 Bob Harmon	4:55.2
Russ Patton	4:55.2
20 John Krajek	4:59.2
21 Bill Kehnner	5:01.7
22 Jack Mroz	5:02.3
23 Mike LaPointe 36	5:04.8
24 Mark Jidow	5:05.2
25 Bob Lupo	5:06.3
26 Russell Floyd	5:07.0
27 Tom Fitzgerald 35	5:07.3
28 Bill Sicaud 35	5:09.4
29 Joe Lambert	5:09.9
30 Karl Castor	5:15.4

M40-44	
1 Wilson Waigwa KEN	4:13.05
2 Rod Dixon NZ	4:13.32
3 Larry Alberg	4:16.00
4 Ken Popejoy	4:16.33
5 Dave Stewart CAN	4:17.73
6 Byron Dyce	4:20.22
7 Nolan Smith	4:20.25
8 Al Swenson	4:25.65
9 Duane Green	4:33.60
10 Gary Wallace	4:36.02
11 Gary Tompkins	4:38.5
12 Larry Purtell	4:40.96
13 Ken Druckwell	4:42.3
14 Mike McCusker 41	4:42.8
15 Ben Brockwell	4:44.1
16 Jerry Learned	4:45.3
17 George Lokken	4:45.5
18 Fred Dedrick	4:48.5
19 Tom Derdarian	4:49.23
20 Denny Mellish	4:49.4
21 Ed Poirier	4:50.3
22 Bob Pertak	4:50.63
23 P Dorff	4:50.92
24 Mike Wilson	4:52.2
25 Bob Weiner	4:52.4
26 Don Fish	4:53.1
27 Bruce Albert	4:53.8
28 Joe Daley 40	4:55.9
29 J J Wind	4:58
30 Bob Caplin	5:01.1
31 Larry Slaski	5:01.3
32 Falck-Pedersen	5:01.36
33 Bob Richey	5:02.6
34 Bob White 43	5:04.8
35 Kay Smith	5:05.8
36 Joe Burleson	5:07.0
37 D T Rossiter 41	5:09.8
38 Roland Ford	5:11.0
39 Tony DeSabbato	5:11.1
40 Eric Gyaki	5:11.3
41 A Posner	5:12.09
42 Dale Keppy	5:12.2
43 Joe Hoffman	5:13.2
44 George Sanders	5:14.0
45 Mike Owens	5:14.7
46 Larry Hart	5:15.9
47 Peter Stasz 43	5:16.0
48 John Weber	5:17.7

49 Carl Grossman	5:19.1
50 Mike Callahan 40	5:19.7
51 Ray Sanchas	5:20.0
52 J LaSouska	5:21.5
53 Bill Indek	5:21.7
54 Rico Kotrous	5:23.6
55 M Schuster	5:24.30

M45-49	
1 Ken Sparks	4:23.67
2 Salih Talib	4:36.02
3 Sam Huckel	4:47.2
4 Rich Myers	4:47.7
5 Ed Cadman	4:51.7
6 Frank Davis	4:53.3
7 Ray Beaudin 46	5:01.2
8 Herb Engman	5:04.4
9 Kevin Smith	5:07.2
10 Dennis Pennenga	5:07.8
11 Jerry Mcadden	5:10.4
12 A Hutchcroft	5:16.27
13 Tony Venesina	5:16.47
14 Bob Bennett	5:18.3
15 Brian Salzberg	5:20.5
16 Jim Stark	5:24.5
17 Rich Howett	5:30.7
18 Ivan Frantz	5:32.2
19 Victor Broushet	5:32.6
Frank Feingold	5:32.6

M50-54	
1 Sid Howard	4:56.27
2 Dan Hamner	4:57.69
3 Jerry McFadden	5:12.7
4 Vince Colgan 51	5:17.0
5 Tom Gallagher	5:32.4
6 Bill Huxson 53	5:33.6
7 Fred Wellman 51	5:38.1
8 Helmut Bassert	5:38.9
9 Martin Harms	5:41.3
10 John Robinson	5:44.9
11 Dan Littleton	5:49.6
12 James Huffman	5:52.1

M55-59	
1 Peter Loherty	5:05.6
2 Jim Sutton	5:06.8
3 John Conner	5:16.13
4 Jim Culver	5:16.4
5 Richard Peck	5:45.9
6 Bruce Gilbert	5:46.2
7 Phil Steel	5:48.2
8 David Madsen Sr	5:50.74
9 Roger Hahn 58	5:57.5
10 Tony Farrand 55	5:58.3
11 R Kowalski	6:04.3
12 Jim Keat	6:05.2

M60-64	
1 Bill Fortune	5:23.4
2 Don Ross	5:50.9
3 Joe Kernan	6:08.14
4 George Martin	6:08.7
5 H Brown	6:28.6
6 Richard Bloom	6:32.3
7 Larry Larkin	6:37.7
8 Bill Brobst	6:41.9
9 Fran Albaugh	6:44.0

M65-69	
1 Archie Messenger	5:53.5
2 John McManus	5:58.88
3 Carl Hammen	6:01.92
4 Sid Toabe	6:39.9
5 Don Brown	6:55.64
6 J McCarthy	7:15.2

M70-74	
1 George Rajcevic	6:51.4
2 Nate White 71	6:55.5
3 C Osborn	7:45.5

M75-79	
1 Madeleo Blake	7:35.6
2 Warren Wiggins	8:51.9
3 Harold Massie	9:38.8

M80-84	
1 Stan Druckery 42	7:65c
2 Rex Harvey 44	8:07cp
3 John P Jones 40	8.3
4 Pat Crandall 40	8.6
5 Gene Hoffman	8.8
6 James Sauer 42	8:89cp
7 John Lockard 44	9:01c
8 Jim Crutcher	9.1
9 Mike DeJesus	9.66
10 Angel Nieves	9.76
11 Don Knapp 40	9.78c
12 Mike Thompson 43	10.08cp
13 Ivan Black	10.1
14 Ray Beamer	10.1
15 Gordon Reiter 44	10.17cp
16 William Dehorn	10.46
17 John Buckley	10.53
18 G T Tunstall 40	10.91cp
19 Wayne Jacobs	11.1
20 Don Hogan 43	11.18cp

M45-49	
1 Mike Milove	8.8
2 Johnie Meisner 45	8.00cp
3 Wm J Johnston 47	8.82cp
4 Steve Rogers 48	8.97cp
5 Jeff Loubet 47	9.04c
6 Henry Hopkins 47	9.07cp
7 Bill Busby 47	9.2
8 Doug Shaw 45	9.29cp
9 Ray Starnes 45	9.38cp
10 Ross Jensen 46	9.51c
11 Tom Thorne 47	9.00c
12 David Luplow	10.1
13 Paul Gansle	10.17
14 Charles Varnet	10.5
15 Rex Sears	10.0p
16 Burton Ewing 48	11.21c

M40-44	
1 Barb Blaszk 40	5:28.9
2 Ann Schmitt	5:36.2
3 Sally Sundborg	5:42.3
4 Mary Ryczek	5:45.1

5 L McCarthy	6:01.0
6 Brigitte Eoquid	6:05.8
7 Dawn Wernock	6:05.9
8 Karyl Collarussio	6:29.9

M45-49	
1 Andrea Hatch	6:15.0
2 Judy Gulley	7:05.2
3 Ruth Wilverding	7:06.4
4 Susan Levy	7:32.0

M50-54	
1 Gloria Jenkins	6:33.2
2 Marion Kowalski	7:15.0
3 Jan Gustafson	7:40.3
4 Ronnie Levy	8:31.8

M55-59	
1 Donna Gulley	7:23.6
2 Eleanor Wallace	7:38.2
3 Jan Woods	8:08.3

M60-64	
1 Mabel Velge	8:41.4

M65-69	
1 Loretta Shehan 68	7:39.1

1991 Indoor Hurdles Compiled by Jerry Wojcik

c—converted time
p—pentathlon mark

M30-34	
1 Peter Grimes 32	7.52c
2 Bob Stanley 31	7.54c
3 Greg Brittenham 31	7.68cp
4 Mark Williamson 33	7.7
5 Dan Glusnerski	7.7
6 Leon Devero	7.8
7 Glenn White	7.8
8 Lloyd Jeremiah	7.9
— Lambers	7.9
10 Brian Wolf 30	7.98c
11 David Caldwell 33	7.99cp
12 Rod Atherton 34	8.02cp
13 Ellis Liddell 33	8.07c
14 Doyle Geyer	8.12
15 Mike Labrie 31	8.18c
16 Pat McDonough	8.26
17 Doug Mason 31	8.3
Mark Adkins	8.3
19 Frank Makozzy 31	8.5
20 Mark Fazzina	8.6
21 David Gravender 31	8.75cp
22 Bob Powell	8.8
23 Jeff Hennessey	8.9

M35-39	
1 Randy Rohweder	7.9
2 Robert Zahn 37 W1	8.02c
3 Robert Hahn 39 IX	8.28
4 Horace Hudson	8.4
5 Jeff Watry 35	8.47cp
6 Charlie Barnard	8.54
7 Roberto Vives	8.60
8 Ted Tiernon 36	8.65cp
9 Jim Pazio 39	8.7
10 Richard Finnie 39	8.78c
11 Mike Maryott	8.8
12 Ian Radiff	9.0
13 James Knip	9.1p
14 Mike McGinnis	9.3

M40-44	
1 Stan Druckery 42	7.65c
2 Rex Harvey 44	8.07cp
3 John P Jones 40	8.3
4 Pat Crandall 40	8.6
5 Gene Hoffman	8.8
6 James Sauer 42	8.89cp
7 John Lockard 44	9.01c
8 Jim Crutcher	9.1
9 Mike DeJesus	9.66
10 Angel Nieves	9.76
11 Don Knapp 40	9.78c
12 Mike Thompson 43	10.08cp
13 Ivan Black	10.1
14 Ray Beamer	10.1
15 Gordon Reiter 44	10.17cp
16 William Dehorn	10.46
17 John Buckley	10.53
18 G T Tunstall 40	10.91cp
19 Wayne Jacobs	11.1
20 Don Hogan 43	11.18cp

M45-49	
1 Mike Milove	8.8
2 Johnie Meisner 45	8.00cp
3 Wm J Johnston 47	8.82cp
4 Steve Rogers 48	8.97cp
5 Jeff Loubet 47	9.04c
6 Henry Hopkins 47	9.07cp
7 Bill Busby 47	9.2
8 Doug Shaw 45	9.29cp
9 Ray Starnes 45	9.38cp
10 Ross Jensen 46	9.51c
11 Tom Thorne 47	9.00c
12 David Luplow	10.1
13 Paul Gansle	10.17
14 Charles Varnet	10.5
15 Rex Sears	10.0p
16 Burton Ewing 48	11.21c

M50-54	
1 Scott Tyler 51 CAN	8.19c
2 Hugh Adams 51	8.20c
3 Chas Miller 53	8.25c
4 Dale Lance 53	8.31cp
5 Bill Pawlik 52	8.59c
6 Barry Kline	8.68cp
7 Dave Lewis 51	8.83c
8 — Ellis	8.9
Jim O'Hara	8.9
10 John Ewing 51	9.00c
11 Bruce Mills 51	9.4
12 John Head 52	9.41
13 Grover Coates	9.5
14 Lee Appleby	10.0
Kusty Hamilton	10.0
16 Sam Rumford	10.7
17 Al Maxey	10.8p
18 Rex Hane 53	11.26cp

M55-59	
1 Phil Mulkey 58	8.67cp
2 Clarence Trinkner	9.04c
3 Dave Martin 55	9.3
4 Vince Ruffin	9.5
5 Jim Peterson 56	10.54cp
6 Hec Cisneros 57	10.62c
7 Frank Brown	10.9
8 John Sharp 56	11.07cp

M60-64	
1 Tom Delany 63	9.3
— Walsh	9.3
3 H Brown	9.8
4 Bill Townsend 64	10.0
George Taylor 60	10.0
6 Bob Watanabe 64	10.40c
7 Bill Pardue 60	11.08cp
8 Jim Dexter	11.2
9 R G Wolf 63	11.67c
10 Harry Boila	12.2

M65-69	
1 Jack Greenwood	9.1
2 Denver Smith 65	9.33c
3 Bob Morcom 69	10.30cp
4 Fred Hirsikmaki	11.3
5 Mel Buschman 69	11.40cp
6 Walker Pierson 67	11.5

M70-74	
1 Burl Gist 71	10.29c
2 A U Kicciardi 71	10.45cp
3 Ham Morningstar 73	11.55cp
4 Dave Hall 73	11.6
5 Bob Warwick 71	12.27c

M75-79	
1 Frank Finger 75	10.27c
2 Claude Hills 78	12.1
3 Robert Boal 79	14.06c

M80-84	
1 Kathy McKeever	11.2
2 Coleen Lahr	11.77cp

M85-89	
1 Irene Thompson 36	10.46c

M90-94	
1 Phil Raschker 44	8.80cp
2 Sandy Maryott	9.6
3 Skipper Clark	11.3
4 Lorraine Tucker 44	11.68c
5 Rene Blenden	12.03

M45-49	
1 Pamela Calvert 45	10.14c
2 Mary Luker 49	11.68c
3 MaryLou Platis 45	12.32c
4 Cathy Primmer 47	18.51cp

M50-54	
1 Becky Sisley 51	10.94c
2 Marion Coffee 52	12.15

M55-59	
1 Christel Miller 56	10.63cp
2 Betty Vosburgh 59	11.70c

M60-64	
1 — Bobowski	13.2
2 Pat Peterson	14.1

1991 High Jump - Indoor Compiled by Charles Mercurio

30-34		
1	Mark Williamson	2.0
2	Greg Brittenham	2.0
3	Jerry Crockett	1.9
4	Scott Evans	1.9
5	Rodney Atherton	1.8
6	David Caldwell	1.8
7	Greg Peterman	1.8
8	Peterson	1.8
9	Bill McKinney	1.7
10	Tony Ciccone	1.6
	Stan Obenhaus	1.6
	Pete Vanechanos	1.6
13	Dwight Swartz	1.6
14	David Gravender	1.5
	Frank Nakozy	1.5
16	Mark Bayless	1.5
	John DeJerman	1.5

U.S. MASTERS TRACK & FIELD RANKINGS

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

Continued from previous page

M40-44	
1 Ivan Black	11.79
2 Lee Myers	11.63
3 Pat Crandall	11.60
4 Taylor Tunstall	11.30
5 Shaunte Stills	11.18
6 A Laframboise	11.13
7 Bill Hanson	10.74
8 John Butera	10.59
9 Walter Ewing	10.38
10 William Dehorn	10.31

11 Wing Mann	10.22
12 Peter Riggins	10.03
13 Dick Daniels	9.99
14 Ed Laurelli	9.87
15 F Bonaccorso	9.67
16 Mike Billman	9.63
17 Ray Beamer	9.61
18 Ron Salvio	9.53
19 Jim Larmondra	9.49
20 Don Williams	9.49
21 Jim Shea	9.29

M45-49	
1 John Nelsner	11.91
2 Mike Milove	11.09
3 David Eldahl	10.56
4 Paul Gansie	10.12
5 Bill Masuck	9.82
6 Jan Decker	9.73
7 Dennis Leczinski	9.69
8 Palmer Sweet	8.38
9 Jacob Katz	6.84

M50-54	
1 John Ewing	11.14
2 Pete Stopoulos	10.20
3 Dennis Tancredi	9.97
4 Grover Coats	9.77
5 Haig Bohigian	9.26
6 Ed Kent	9.13
7 Fran LaPoine	8.59
8 Larry Carter	8.56
9 John Sloan	7.67
10 John Head	7.61

M55-59	
1 Tom Langenfeld	10.74
2 Phil Mulkey	10.49
3 Dave Martin	9.82
4 Frank Brown	9.16
5 Earl Moge	8.65
6 Ken Larsen	8.20
7 Jerry Sullivan	7.44
8 Bob Frome	6.30
9 Don Bozzone	5.90

M60-64	
1 Curt Trevor	9.70
2 H Brown	8.84
3 Bill Townsend	8.80
4 Jim Dexter	8.77
5 Loren Swanson	8.11
6 George Taylor	6.91

M65-69	
1 Jim Platis	10.38q
2 Denver Smith	9.89
3 Ed Lukens	9.82
4 Charles Obye	8.79
5 William Wambach	8.63
6 Fred Hirsimaki	8.55
7 Bob Morcum	8.29
8 Jim Peters	7.92
9 Jack Doorlay	7.88
10 Hilar Saareste	7.76

M70-74	
1 Vern Mattson	8.56
2 Ed Matthews	8.50
3 Robert Sorlien	8.13
4 Andy Jones	6.97
5 Ham Morningstar	6.91
6 Earl Cole	6.08

M75-79	
1 Ian Hume (Can)	8.01
2 Claude Hills	6.63
3 Bob Detweiler	4.49

M80-84	
1 Stan Thompson	5.01

M85-89	
1 Konrad Boas	4.49
2 Arling Pitcher	3.88

q-questionable mark

M40-44	
1 Phil Raschker	10.42
2 J.J. Warick (Can)	8.73

M45-49	
1 Pam Calvert	9.39
2 Barbara Stewart	7.11
3 Mary Lou Platis	6.87
4 Mary Luker	6.82

M55-59	
1 Becky Sisley	8.32
2 M Coffee	5.67

M60-64	
1 Leonore McDaniels	7.25
2 Bobowski	6.52
3 Virg O'Connor	3.74

M65-69	
1 Josephine Sullivan	6.04
2 Ann McGowan	5.00

M70-74	
1 Libby Hagemann	5.44
2 Ernestine Yeomans	4.61



1991 Indoor Shotput Compiled by Jerry Wojcik

Includes December
1990 results

M30-34	
1 Wm Wolverton	15.07
2 Lawrence Rosen	14.15
3 Mark Heckel	14.10
4 Scott Bull	14.09
5 Pete Collins	13.73
6 Tony Ciccone	13.57
7 Karl Swanke	13.36
8 Dennis VonLinden	12.68
9 Nick Mitchell	12.67
10 Matt Szkotak	12.37
11 Bob Hartmann	11.89
12 Pete VanPetersen	11.77
13 Greg Brittenham	11.64p
14 Jim Craig	11.43
15 Kemo Biagioni	10.59

M35-39	
1 Roger Kamla	15.66
2 Pat Burns	14.19
3 Peter VanAken	12.62
4 Larry Waite	12.49
5 Jeff Copeland	12.34
6 Al Rodd	11.78
7 Jeff Watry	10.84
8 Ed Daniels	10.68
9 Rich Ruffalo	10.68
10 Nick Helfrich	10.54
11 Larry Keadman	10.37
12 Ted Tiernon 36	9.86p
13 Keith Ploof	9.86
14 Mike Mayrott	9.50p

M40-44	
1 John Roehr	13.52
2 Jim Accardie	13.20
3 Jerry Senter	13.08
4 Mark DuPuis	12.98
5 Steve Kaye	12.90
6 Roger Taylor	12.43
7 Rich Dunphy	12.42
8 Rex Harvey 44	12.19p
9 Mike Butsch	11.71
10 Harold Krause	11.59
11 Bob Sager	11.57
12 Angel Nieves	11.32
13 Dave Gustafson	11.25
14 James Sauers 42	11.18p
15 Frank Morreco	10.35
16 Peter Mitchell	10.33
17 Arlie Schwann	10.16
18 Jim Larmondra	10.09
19 John Buckley	9.86
20 Wm Dehorn	9.80
21 Bill Hanson	9.63
22 Don Williams	9.55
23 Jim Alexander	9.45
24 Frank Monroe	9.23
25 Howard Watson	8.89
26 Gordon Reiter 44	8.84p
27 B Szawransky	8.77
28 Bill Graf	8.71
29 Arnold Harting	8.58
30 Denny Ziemba	8.18

M45-49	
1 Carl Wallin	15.20
2 Tom Gage	14.98
3 Robert Mead	14.31
4 Paul Morrone	12.71
5 Palmer Sweet	12.48
6 Denny Ellis	12.47
7 Larry Pratt	12.12
8 Bob Harvey	12.02
10 Steve Rogers 48	11.85p
11 Mickey Bitsko	11.65
12 Jim Neppi	11.15
13 Norman Lee	11.12
14 Henry Hopkins 47	10.32p
15 John Hess	9.94
16 Jim Pearce	9.78
17 George Brophy	9.76
18 Doug Shaw 45	9.75p
19 Joe Johnston 47	9.72p
20 Bill Busby	9.67
21 Jurgen Niffke	9.65
22 Ray Starnes 45	9.37p
23 Tom Thorne 47	9.08p
24 Jai Singh	8.80
25 Jim Hess	8.74
26 Rex Sears	8.73p
27 Johnnie Meisner 45	8.70p

M50-54	
1 Rich Hotchkiss	13.71
2 Stephen Hameroff	12.86
3 George Davies	12.83
4 Al Maxey p	12.62
5 Jeff Wenig	12.46
6 B McKenna	12.33
7 Rich Lee	12.26
8 Russ Forreger	12.19
9 Robert Decker	12.07
10 Carl Klehm	11.98
11 E Schmidt	11.71
12 Sam Rutherford	11.38
13 Bob Warren	11.17
14 John Berman	10.96
15 John Bronstein	10.65
16 Bill Burkle	10.42
17 Dennis Wilson	10.25
18 Barry Kline	10.25
19 John Sloan	10.21
20 Haig Bohigian	9.95
21 Dale Lance 53	9.70p
22 Lee Slick	9.50
23 Rex Hane 53	9.49p
24 Jerry Sullivan	9.42
25 John O'Neill	9.34
26 Bumper Emerson	9.22
27 Ed Kousky	8.78
28 Mort Hahn	8.60
29 John Ewing 51	8.53p
30 Ed Knox	7.26

M55-59	
1 Tom Wesselowski	13.02
2 Phil Mulkey	12.94
3 Bill McWilliams	12.38
4 John Haugo	12.30
5 Tom Henderson	12.18
6 Len Olson	12.08
7 B Kemp	11.83
8 Andy Larabee	11.58
9 Ray Feick	11.55
10 Pay Carstensen	11.33
11 Brad Ankerstar	11.30
12 Jerry England	10.89
13 Jack Twet	9.99
14 Jim Peterson 56	9.97p
15 Kurt Krastin	9.85
16 Clarence Irinkner	9.72
17 Bud Smith	9.25
18 Giorgio Chiavelli	9.15
19 Fran LaPointe	8.78
20 Bud Atwood	8.45
21 Jerry Newcomb	8.38
22 Earl Mege	8.34
23 John Sharp 56	7.79p
24 Fred Wimmer	7.78
25 G Heroux	7.53

M60-64	
1 Cliff Blair	15.15
2 Phil Brusca	13.64
3 Ed Ventura	11.99
4 Quinto Biagioni	11.49
5 Loren Swanson	11.15
6 Paul Soraparu	11.12
7 Ned Curran	11.08
8 Giorgio Chiavelli	10.51
9 John Varshon	10.06
10 George Taylor	9.85
11 Tony Vivieros	9.48
12 Thomas Brooks	9.37
13 Ken Weinbel	9.33
14 Art Harris	9.28
15 Bill Pardue 60	9.11p

M65-69	
1 J Vishnevsky	11.98
2 Herb Cantor	11.86
3 Denver Smith 65	11.47p
4 Fred Hirsimaki	10.99
5 Al Jankola	9.96
6 Greg Buttick	9.47
7 Dick Chester	9.47
8 Mel Buschman 69	9.22p
9 Walker Pierson	9.04
10 Bob Morcum	8.89
11 Jim Peters	8.71
12 Jacob Stein	8.53
13 Chas McGarvey	8.35
14 Jim Platis	8.19

M70-74	
1 Andy Jones	11.27
2 Tom McLernott	11.03
3 Ham Morningstar	10.84p
4 Mart Neumann	10.06
5 Armando Ricciardi	9.92
6 Gene Wood	9.75
7 Jim Manno	9.19
8 Jack Hagemann	9.15
9 Bill Crocker	9.09
10 G Rajcevic	8.99
11 Mario Minatra	8.38
12 Robert Sparks	8.35
13 Ken Sparks	8.03
14 Earl Cole	7.47



M75-79	
1 Hans Rosenberg	10.00
2 Jim York	9.61
3 Bob Boucke	9.45
4 Ian Hume CAN	9.42
5 Milo Lightfoot	9.25
6 Fred Praeger	8.84
7 Bob Detweiler	8.62
8 Ken Withee	8.61
9 George Ratcliff	8.54
10 H Mayland	7.80

M80-84	
1 Gordon Powell	7.69

M85-89	
1 Leo Hammill	9.14
2 Everett Hosack	5.72
3 Konrad Boas	5.02
4 Arling Pitcher	4.89

M30-34	
1 S Johnson	12.57
2 B Verdell	11.45
3 Virginia Bogmi	8.35
4 Coleen Lahr 31	8.01p
5 Yancy Munoz	7.71
6 Kathy McKeever	7.67
7 Cathy Hanson	7.34
8 Nancy LaChiusa	6.30

M35-39	
1 Joan Stratton	11.39
2 Holly Myers	6.07
3 Marcia Hartmann	5.33

M40-44	
1 Betty Clair-Searcy	10.19
2 Lorraine Tucker	7.38
3 Skipper Clark	7.31
4 Phil Raschker 43	7.14p

M45-49	
1 Vanessa Hilliard	10.05
2 Karen Wright	7.23
3 Rosalyn Katz	7.17
4 Mary Lou Platis	7.05
5 Barbara Stewart	6.74
6 Kathy Primmer 47	6.10p
7 Mary Luker	6.05

M50-54	
1 Joann Grissom	12.60
2 Marti Thielman	7.59
3 Essie Kea	7.57
4 Becky Sisley	7.51
5 Lortha Swanson	7.18

M55-59	
1 Anne Cirulnick	9.52
2 Christel Miller	9.10
3 Betty Vosburgh	7.38
4 Fei-Mei Chou	6.77
5 Geraldine Young	6.73
6 Annette Patton	6.60

M60-64	
1 Bernice Holland	9.05
2 — Bobowski	7.24
3 Virginia O'Connor	6.18

M65-69	
1 Flo Berry	5.66
2 Jos Sullivan	5.53
3 Bettye McGinnity	5.33

M70-74	
1 Libby Hagemann	9.18
2 Ethel Mayland	6.46
3 E Yeomans	5.18

M75-79	
1 Leuka Seda	4.05

M80-84	
1 Leuka Seda	4.05

M85-89	
1 Leuka Seda	4.05

M90-94	
1 Leuka Seda	4.05

M95-99	
1 Leuka Seda	4.05

M100-104	
1 Leuka Seda	4.05

M105-109	
1 Leuka Seda	4.05

M110-114	
1 Leuka Seda	4.05

M115-119	
1 Leuka Seda	4.05

M120-124	
1 Leuka Seda	4.05

M70-74	
1 Libby Hagemann	9.18
2 Ethel Mayland	6.46
3 E Yeomans	5.18

M75-79	
1 Leuka Seda	4.05

M80-84	
1 Leuka Seda	4.05

M85-89	
1 Leuka Seda	4.05

M90-94	
1 Leuka Seda	4.05

M95-99	
1 Leuka Seda	4.05

M100-104	
1 Leuka Seda	4.05

M105-109	
1 Leuka Seda	4.05

M110-114	
1 Leuka Seda	4.05

M115-119	
1 Leuka Seda	4.05

M120-124	
1 Leuka Seda	4.05

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

M30-34				M65-69				M55-59			
Paul Hough	1500	4:03.78	6-16-90	Joe Black	254Wt.	11.08m	5-3-91	Lucy Ann Brobst	200	33.70	3-23-91
James Perry, Jr.	100	10.80	5-4-91	Jim Platis	56Wt.	5.11m	5-3-91	June Provost	10K RW	64:52	7-7-90
M35-39				M70-74				M50-54			
Rick Easley	1500	4:13.56	6-24-89	Jerry Siefert	Long Jump	17-14	1-13-91	Carolyn Cappetta	5K RW	30:26	4-20-91
M45-49				M. Silverstein	Triple Jump	33-8 3/4	1-13-91		400	69.1	1-4-91
Larry Simmons	1 Mile RW	7:32.0	1-6-91	Jack Cheshire	High Jump	4-10	1-13-91		200	32.5	1-4-91
M50-54				M75-79				M60-64			
Paul R. Johnson	3000 RW	15:28.38	3-23-91	Frederick Praeger	Shot Put	9.01	9-23-91	Ed Mahany	2000 SC	9:05	5-18-91
Bruce A. Mills	100H	17.1	6-17-90	M80-84				M65-69			
M55-59				Emmett Bennett	1500	7:54.7	6-2-90	M70-74			
Clarence Trinkner	High Jump	5-0	3-23-91		Long Jump	3.02	9-1-90	M75-79			
M60-64					Pentathlon	3153pts.	9-1-90	M80-84			
					100	17.45	9-2-90	M85-89			
					200	36.16	9-2-90	M90-94			
					400	86.62	9-7-90	M95-99			
					800	3:29.31	9-7-90	M100-104			

SUPPORT RESEARCH.

It Works Wonders.

American Heart Association

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10

WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:11	1:08:11
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
1 Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:16
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
100H												
80H												
400H	57.6	59.7	62.0	64.4	67.2	70.6	74.0	78.0	82.0	86.0	90.0	95.0
300H												
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20	14:10	15:00	16:00	17:00	18:00	19:30
2K-SC												
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
6-4	6-4	6-3/4	5-9/4	5-6	5-2	4-11	4-7	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
14-5	14-5	13-7	12-9	11-9	10-10	10-0	9-2	8-4	7-6	6-8	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
21-6	20-4	19-2	17-10	16-9	15-7	14-5	13-1	11-11	11-0	9-10	8-8	8-8
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
43-9	41-6	39-3	36-7	34-1	31-8	29-2	26-11	24-7	22-4	20-4	18-1	18-1
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
49-10	46-3	42-8	39-4	40-8	36-9	39-4	35-5	33-0	28-10	25-1	21-4	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2	53-2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2	49-2
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00	11.00	10.00	9.00	8.00	7.00	6.00
25Wt.												
56Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-49: 800g; 60+: 600g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
1 Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0
80H											
400H	75.5	79.9	84.4	88.8	93.3	97.8	102.3	106.8	111.3	115.8	120.3
300H											
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
4-8	4-5	4-5	4-2	3-11	3-8	3-6	3-4	3-2	3-0	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
16-5	15-1	13-11	12-9	11-8	10-6	9-4	8-6	7-8	6-11	6-7	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
32-10	30-2	28-2	25-7	23-7	21-0	18-8	17-1	15-5	13-9	12-5	12-5
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
33-9	30-6	27-7	25-3	26-1	23-7	21-4	19-0	17-3	15-5	13-11	13-11
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
129-7	109-11	93-6	70-6	82-0	62-4	59-1	52-6	49-2	45-11	44-4	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7	29-7
20Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 40+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____
 ADDRESS _____ SEX: M _____ F _____
 CITY _____ STATE _____ ZIP _____
 MEET _____ DATE OF MEET _____
 MEET SITE _____
 EVENT: _____ MARK: _____
 HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

EAST

Triple Cities RC Meet Vestal, NY; May 19

100m	
Tom Mehl 52	16.7
400m	
Carey Stoneking 40	66.0
Harland Bigelow 44	70.0
Len Delmolino 45	72.0
800m	
Len Delmolino 45	2:55
Debby Telfer W32	3:13
Pete Keyes 55	3:31
Masters Mile	
1 Carey Stoneking 40	5:10
2 H Bigelow 44	5:21
3 L Delmolino 45	5:53
4 John Hurley 53	6:16
5 Ron Slocum 47	6:38
6 Joe Miller 40	6:41
7 Frank Seliga 50	7:03
8 Tom Nedlik 42	7:05
9 Pete Keyes 55	7:31
10 Frank Holby 66	7:51
Open Mile	
1 Brian Coyne 19	5:04
2 Bob Somerville 37	5:12
4 L Delmolino 45	5:27
5 Joe Miller 40	6:43
6 Pete Keyes 55	7:30
8 John Hurley 53	7:48

Western Penn Championships Slippery Rock; May 27

100m	
M30 Frank Makozy	11.85
M40 Andy McNeill	12.68
Ulysses Kenney	13.11
Joe Silverio	13.49
M50 Paul Williams	12.68
Jim Lacey	17.64
M60 Ray Bower	13.83
Sam Madia	14.24
Dick Edmonds	14.31
W30 Patricia Findlay	15.19
200m	
M30 Lawrence Finley	24.49
Frank Makozy	24.59
M40 Joe Silverio	30.03
M50 Jim Lacey	38.17
M60 Ray Bower	29.53
400m	
M30 Frank Makozy	53.30
Lawrence Finley	55.54
M50 Jim Lacey	77.95
M60 Dick Edmonds	73.50
800m	
M30 Brian Jones	2:20.77
Joe Mascari	2:39.07
M40 Dan Crytzer	2:16.03
Joe Silverio	2:27.16
M50 Ted Breault	2:32.82
Jim Lacey	2:49.97
1500m	
M30 Brian Jones	5:04.34
Joe Mascari	5:25.69
M40 Dan Crytzer	4:34.83
M50 Jim Lacey	5:27.82
M60 Fran Albaugh	6:27.61
5000m	
M40 Ray Sanchas	17:57
Jim Waldorf	18:30
Joe Silverio	19:45
M50 Jim Lacey	19:45
M60 Fran Albaugh	23:10
W30 Cynthia Sanchas	22:29
Steeplechase	
M50 Jim Lacey	13:30.34
High Jump	
M60 Charles Hirshey 2-7½	
M70 Charles Hirshey 2-7½	
Long Jump	
M40 Joe Silverio	15-9
Joe Brown	14-10½
M60 Dick Edmonds	13-10
Tom Morris	12-4
Charles Hirshey	5-4
M70 Charles Hirshey	5-4
M60 Bernice Holland	8-10
Triple Jump	
M40 Joe Brown	32-8½
M60 Charles Hirshey	14-9
M70 Charles Hirshey	14-9
Shot Put	
M30 John Ullrich	32-1½
M50 Jim Rambo	36-7½
Raycal Stenson	35-5
M60 C Johnson	31-7
Charles Hirshey	21-8½
M70 Charles Hirshey	28-0
M60 Bernice Holland	27-10½

Discus	
M30 John Ullrich	103-7
M50 Jim Rambo	109-5
M60 C Johnston	102-4
Charles Hirshey	65-9
M70 Charles Hirshey	71-4
M60 Bernice Holland	83-9
Hammer	
M40 Jim Pauli	99-0
M60 Charles Hirshey	21.70m
M70 Charles Hirshey	22.10m
Javelin	
M30 John Ullrich	147-4
M60 Bernice Holland	84-10
Weight	
M40 Jim Pauli	38-9½
M60 Charles Hirshey	12-4
M70 Charles Hirshey	12-6½
Two-Mile RW	
M60 Fran Albaugh	21:14
Team Results:	
M30-39 WestPennTC	13
Emanon Jags	10
M40-49 WestPennTC	30
Four Winds	5
M50-59 WestPennTC	31
ACTC	10
M60-69 WestPennTC	46
Cleve Masters	10
W30-39 OverTheHill	10
WestPennTC	5
M60-69 Cleve Masters	20

Connecticut Senior Olympics Bridgeport, CT; May 31-June 2

50m	
M55 Charles Tremonti	6.37
L. Schneider	7.09
Kevin Harrigan	7.43
M60 Kip Trembley	6.89
M65 R. Rodrigues	6.58
Jack Doorlay	6.92
R. Dowling	7.31
M70 Ernest Alger	7.80
M75 William Glass	8.75
M80 Herman Plum	12.53
M60 N. Ivanauskus	8.88
M65 Ann McGowan	8.81
100m	
M55 Joe Healer	12.86
Charles Tremonti	13.66
Dick Tomlinson	14.77
M60 N. Glauquinto	13.48
Kip Trembley	14.87
Jack Hallberg	17.63
M65 Roy Rodrigues	14.69
Jack Doorlay	15.20
Cliff Wall	16.01
M70 Ed Matthews	13.92
Vern Mattson	15.77
Rod Sorlien	16.45
M55 Mary Rowan	18.23
M65 Pat Peterson	16.15
Ann McGowan	19.56
200m	
M55 Joe Healer	26.58
Rich Tomlinson	31.83
M60 Nick Glauquinto	28.43
Robert Seeling	30.34
Kip Trembley	30.87
M65 Charles Moyles	37.99
Phil Mongillo	38.03
M70 Ed Matthews	29.21
Vern Mattson	30.95
Robert Sorlien	35.38
M75 Ed Vuolo	40.82
Anthony Papp	41.70
M80 Joe McCluskey	45.63
M55 Mary Rowan	40.64
M60 Pat Peterson	34.22
Ann McGowan	43.74
400m	
M55 John Darrell	1:05.82
Rick Tomlinson	1:20.95
Kevin Harrigan	1:23.01
M60 Robert Seelig	1:09.86
P. O'Connell	1:12.67
Al Chameides	1:22.36
M65 Roy Rodrigues	1:15.07
Phil Mongillo	1:24.90
Y.M. Naci	1:20.93
M75 Ed Vuolo	1:29.86
Anthony Papp	1:37.45
M65 Pat Peterson	1:29.43
Esther Cox	1:45.00
800m	
M55 John Donnelly	2:58
Y.M. Naci	4:40
M60 Phil O'Connell	2:55
Al Chameides	3:05
Tony Murphy	3:35
M65 Carl Hammen	2:45
Phil Mongillo	3:01
M75 Ed Vuolo	3:16
M65 Esther Cox	3:52
Martha Jancewicz	4:43

1500m	
M55 John Donnelly	6:11.97
M60 Jack Hallberg	7:41.39
M65 Carl Hammen	5:46.20
Phil Mongillo	6:12.63
M70 Bill Tribou	6:15.79
Ed Vuolo	6:28.29
M55 Betty Kelly	7:06.34
M65 Eileen Ille	8:30.25
M75 Mary Haines	9:07.78

5000m	
M55 John Donnelly	24:39
Doug Coderman	24:26
John Olson	24:39
M60 Al Chameides	25:23
Jack Halberg	26:18
M65 Herb Silander	22:32
George Vargas	27:12
Al Bartosiak	30:34
M70 Bill Tribou	22:49
M75 Ed Vuolo	22:38
Paul Kaplitz	37:26
M55 Betty Kelly	25:36
Carol Gawlak	30:49
M60 Margaret Munro	28:30
M65 Esther Cox	28:00
M75 Mary Hines	34:32
High Jump	
M55 Charles Tremonti	3-8
M60 Kip Trembley	3-8
John Murphy	3-6
M65 Cliff Wall	3-8
Jack Doorlay	3-6
M70 Lawrence Dyer	3-11
Ed Matthews	3-10
Ted Ille	3-8
M80 J. McCluskey	3-10
M65 Doris Berlepsch	3-0
Ann McGowan	2-11
Long Jump	
M55 Charles Tremonti	12-10
James Hagan	11-10
Robert Spillman	11-8
M60 Kip Trembley	11-7
Ben Wollman	11-0
William Lonnroth	11-7
M65 Jack Doorlay	12-6½
Charles Moyles	11-8
Michael Virgilio	10-6
M70 Ed Matthews	14-1½
Vern Mattson	13-6½
Robert Sorlien	11-6
M75 William Glass	10-4½
M80 Charles Hawley	7-7
Joe McCluskey	7-4
M60 N. Ivanauskus	6-2
Grace Virgilio	4-7½
M65 Ann McGowan	8-0
Estelle O'Connor	5-10
Doris Berlepsch	5-6

Shot Put	
M55 Robert Lord	31-1
Charles Tremonti	29-1
Jim Hagen	26-8
M60 Ben Wollman	38-10
Rich Holloway	38-6½
Kip Trembley	35-6
M65 Zelig Strauss	35-0
Michael Virgilio	33-11
Charles Moyles	30-8
M70 Ed Matthews	37-1
Lawrence Dyer	36-1
Fred Klee	33-2½
M75 Arthur White	36-0
M80 Charles Hawley	26-7
Joe McCluskey	24-8
Herman Plum	21-4½
M75 Ed Vuolo	28-0
Anthony Papp	27-8
M80 Joe McCluskey	15-8
M60 N. Ivanauskus	15-6
Grace Virgilio	21-5
M65 E. O'Connor	19-7½
Doris Berlepsch	19-7½

Discus	
M55 Robert Lord	90-0
James Hagen	65-0
Bill Ellis	60-3
M60 Rich Holloway	113-5
Dick Klein	74-0
Kip Trembley	71-10½
M65 Zelig Strauss	91-2
Charles Moyles	86-5
Michael Virgilio	79-1
M70 Fred Klee	82-2½
Lawrence Dyer	65-1
Ed Matthews	62-7
M75 Arthur White	55-3
M80 Alex Murphy	72-3
Joe McCluskey	69-0
M55 Joan Dash	66-9
Mary Roman	56-6
Myra Orth	31-5½
M60 N. Ivanauskus	36-7
Grace Virgilio	34-5
M65 Doris Berlepsch	53-8
Estelle O'Connor	48-2
Ann McGowan	29-0

1500m Racewalk	
M55 Jack Boitano	7:33
Rob Spillman	8:43
M60 Avram Finger	10:04
M65 Stuart Cox	10:20
M75 Anthony Papp	11:58
Thomas Merola	12:04
M80 Alex Murphy	11:49
Emil Kratzer	14:07
M65 Eileen Ille	10:22
Marie Papp	12:05
Marie Kolbus	12:30
M70 Helen Imko	13:09
M75 Rose Rippa	15:02
5000m Racewalk	
M55 Al Engstrom	37:55
Richard Huie	38:45
John Prinner	40:09
M60 Avram Finger	32:55
William Lonnroth	36:55
M65 Charles Moyles	37:25
M70 Ted Ille	35:17
M75 Thomas Merola	41:27
M80 Alex Murphy	42:35
M55 Joan Butterfield	37:51
M60 Ella Silander	35:18
Helen Lonnroth	37:57
M65 Eileen Ille	35:38
Esther Yalowitz	37:05

SOUTHEAST

Florida Circuit Meet Jacksonville; May 4

100m	
M30 Harold Pierce	11.6
Bruce Allman	11.8
M40 Cleveland Smith	11.5
Kent Dickinson	12.2
M50 Dave Dreifuerst	13.2
George LaBelle	13.8
M60 Lou Caro	14.4
W30 S P Powell	14.3
W50 Dot Mitchell	17.8
200m	
M30 B Allman	25.5
M35 Kim Anderson	24.7
Roger Durham	25.9
M40 C Smith	24.0
M50 Bill Walker	26.4
D Dreifuerst	28.7
400m	
M30 H Pierce	54.3
Scott Adams	60.3
M35 Kim Anderson	54.5
John Cannon	62.9
M40 Joe Brannan	60.7
M50 Bill Walker	60.6
D Dreifuerst	67.2
W35 Tina Lipe	70.8
W50 Dot Mitchell	90.3
800m	
M30 Tony Barlow	2:02.7
Terry Gallagher	2:05
Steve Cobb	2:15
M50 Jim Simpson	2:56
1 Mile	
M30 Bret Dattke	5:17
M35 Randy Birch	5:09
Leo Dugger	5:21
M40 Joe Brannan	4:46.6
Bruce Kitzler	4:49
M45 Ty Payne	5:48
M50 Jim Simpson	6:15
Bill Mitchell	7:07
W30 Leslie Bogart	6:30
W35 Tina Lipe	5:21
W45 Diana Payne	7:15
W50 Dot Mitchell	7:36
5000m	
M30 Tony Barlow	16:40.5
Bret Dattke	17:40
M35 Jim Dugger	16:45
Randy Birch	17:21
Leo Dugger	18:21
M45 Marsh Henrique	21:18
M50 Bill Mitchell	26:11
Short Hurdles	
M35 Rod Atherton	15.4
M50 George LaBelle	18.8
M60 Lou Caro	19.3
4x100m Relay	
M30 Walker, Damewood, Allman, Pierce	48.5
Anderson, Smith, Dickinson, LaBelle	48.6
High Jump	
M30 Bret Dattke	5-0
M35 Michael Damewood	5-4
M50 George LaBelle	4-5
Bill Walker	4-4
M70 Chas Hirshey	2-9
Pole Vault	
M35 Rod Atherton	13-0
M50 Dave Dreifuerst	8-0
M55 Tony Pavone	8-0
Long Jump	
M35 Rod Atherton	18-7½
Mike Damewood	17-8½
M40 Cleveland Smith	18-8
M50 Bill Walker	14-6
George LaBelle	14-1
M60 Lou Caro	12-10
M70 Chas Hirshey	6-6
W30 S P Powell	12-10
W50 Dot Mitchell	10-4½
Triple Jump	
M50 George LaBelle	26-6
M70 Chas Hirshey	12-9

<u>Shot Put</u>	
M35 Mike Damewood	33-8
M50 George LaBelle	36-4
Bill Walker	31-6
M70 Chas Hirshey	29-3½
W30 S P Powell	25-1
W35 Susan LaBelle	21-2½
W50 Dot Mitchell	21-8
<u>Discus</u>	
M35 Rod Atherton	129-7
Mike Damewood	97-2
M40 Kent Dickinson	102-10
M50 George LaBelle	90-0
Bill Walker	76-3
M70 Chas Hirshey	71-4
W30 S P Powell	71-5
W35 Susan LaBelle	62-1
W50 Dot Mitchell	53-5
<u>Javelin</u>	
M35 Mike Damewood	156-9
M50 George LaBelle	112-5
M70 Chas Hirshey	60-3
W30 S P Powell	62-5
W50 Dot Mitchell	46-7
<u>5000m RW</u>	
M30 Robert Logan	28:26.7
M45 Jim French	31:20
M50 Jim Vance	38:36
W35 J Sargent Wilson	37:41
W40 Pat Murphy	35:26
W45 Ann McLamb	34:00

Continued from previous page

BTC Classic
Sanford Univ.
Birmingham, AL May 25AGW Age Graded Winner
PL Performance Level

100m	AGW Marion McCoy	PL 90.81
Open	Marco Belizaire	Ga 10.68
	Curtis Mathis	Tn 11.07
	Douglas Taylor	Al 11.33
	Jeff Whitaker	Al 11.34
	Craig Simmons	Ga 11.49
	Stephen Camper	Ga 11.64
	Lee Pitts	Al 11.88
M30	Frankie Smith	SC 11.49
	Ellis Liddell	Ga 11.69
	Carlton Ward	Al 11.79
	Marion Brown	Al 11.82
M35	Robbie Short	Ga 12.41
M40	Marion McCoy	Ga 11.55
	Greg Marshall	Ga 12.21
	Gary Bell	SC 12.41
	Lamar Beckom	Ga 12.46
	John Stiehl	Ga 12.83
	Leo Semes	Al 13.72
	Jim Barnes	Al 14.07
M45	Thaddeus Bell	SC 11.71
	Cesar Austin	Al 12.16
	Nick Gailley	Ga 12.38
	Tom Brewer	Ga 12.39
	Leonard Chalk	Al 12.78
	Nance Cooper	Ga 12.88
M50	Sammy White	Ga 12.70
	Dave Ellis	Tn 14.24
M55	Jim Mathis	Tn 12.30
M60	Estes Redditt	Tn 13.22
	Bill Pardue	Tx 13.56
	Buck Bradberry	Al 13.74
	Ralph Taylor	Al 16.04
M70	Tom Rennell	FL 15.05
	Jay Sponseller	FL 15.29
M75	Milton Williams	SC 15.97
F40	Phil Raschker	Ga 13.34
F45	Cathy McCain	Al 16.27
F55	Betty Vosburg	Ga 15.81
	Geraldine Young	Al 23.27
200m	AGW Thaddeus Bell	PL 92.44
Open	Timothy McCrossen	Ga 21.31
	Marco Belizaire	Ga 21.54
	Curtis Mathis	Tn 22.60
	Jeff Whitaker	Al 22.75
	Stanley Jefferson	Tn 22.77
	Douglas Taylor	Al 22.91
	Craig Simmons	Ga 23.39
	Marc Skeets	Ga 25.00
	Jerry Alexander	Al 25.13
M30	Frankie Smith	SC 23.51
	Carlton Ward	Al 24.18
	Marion Brown	Al 24.49
M35	Robbie Short	Ga 24.54
M40	Marion McCoy	Ga 24.61
	Greg Marshall	Ga 25.37
	Gary Bell	SC 26.54
	Leo Semes	Al 27.09
	John Stiehl	Ga 28.62
M45	Thaddeus Bell	SC 23.81
	Nick Gailley	Ga 25.73
	Cesar Austin	Al 25.82
	Leonard Chalk	Al 26.19
	Nance Cooper	Ga 27.02
M55	Jim Mathis	Tn 25.49
M60	Estes Redditt	Tn 28.41
	Bill Pardue	Tx 28.91
	Ralph Taylor	Al 33.36
M70	Jay Sponseller	FL 31.11
M75	Milton Williams	SC 33.24
F40	Phil Raschker	Ga 27.07
400m	AGW Jim Mathis	PL 94.5%
Open	Jeff Whitaker	Al 51.88
	Marc Skeets	Ga 52.86
	Stephen Camper	Ga 53.29
	Jerry Alexander	Al 58.87
	Jeff DeMedici (age 7)	Al 97.2
M30	Eric Bonaparte	Ga 52.95
	Geo McCarroll	SC 57.21
M35	C Saulsberry	Tn 52.54
	Robbie Short	Ga 54.59
	Bob Duncan	Al 61.69
M40	Joe Womack	Al 53.64
	Gary Bell	SC 60.34
	John Stiehl	Ga 61.52
	Drew Scott	Al 63.54
M45	Cesar Austin	Al 54.53
	Tom Brewer	Ga 55.97
	Nick Gailley	Ga 56.67
M50	John Sanders	Va 62.36
	Harvey Jones	Ga 64.24
M55	Jim Mathis	Tn 55.69
M60	Gordon Seifert	Al 61.78
	Larry Hall	Tn 69.34
M70	Jay Sponseller	FL 69.07
800m	AGW Randy Stephens	PL 88.9%
Open	Shannon Willis	Al 1:58.3
	Harold Carter	Al 2:02.0
	J Duncan (age 8)	Al 2:55.2
M30	Randy Stephens	Al 1:56.2
	Mike Zerresen	Al 2:05.5
	Cris Gibson	Ga 2:12.3
	Nick Medlin	Ga 2:12.4
M35	Norman Dodson	Tn 2:08.9
	David Mosley	Al 2:10.7
	Jeff Burse	Al 2:16.3

Geo McCarroll	SC	2:21.7
Bob Duncan	Al	2:28.4
M40		
Drew Scott	Al	2:40.3
M45		
David Bailey	Tn	2:30.1
M50		
Sammy White	Ga	2:23.7
James Huffman	Ky	2:25.1
Harvey Jones	Ga	2:40.1
M60		
Casey Jones	Ga	2:26.6
1500m		
AGW Mike Zerresen	PL	83.6%
Open		
Chris Flint	Al	4:01.9
Morgan Silver	Al	4:12.1
Richard Wagers	Al	4:24.4
Marc Erdberg	Al	4:42.5
Daniel Bond	Al	4:42.8
Gerry Glenn	Al	4:45.5
Jeremy Duncan	Al	5:41.9
M30		
Randy Stephens	Al	4:00.7
Mike Zerresen	Al	4:13.4
Jaime Terry	Al	4:43.3
M35		
Norman Dodson	Tn	4:29.1
Jim Dugger	Ga	4:37.2
Jeff Burse	Al	4:46.9
M45		
Chas Thompson	Al	4:45.2
David Bailey	Tn	4:53.9
M60		
Larry hall	Tn	6:56.0
5000m		
AGW Keith Johnson	PL	82.8%
Open		
Daniel Bond	Al	18:32
Gerry Glenn	Al	18:34
Robert Peacock	Al	19:20
Mark Erdberg	Al	19:28
M30		
Keith Johnson	SC	15:38
Kim Medlin	Ga	19:34
M35		
Jim Dugger	Ga	16:59
M40		
Frank Phillips	Ga	18:01
Norman Thomas	Al	20:53
M55		
Mike Jones	Tn	20:33
F-Open		
Christi Cavood	Al	19.29
M40		
Mary Bryan	Al	24.09
80-100-110 Hurdles		
AGW Buck Bradberry	PL	96.3%
110m-M30		
Ellie Liddell	Ga	15.56
M35		
Robbie Short	Ga	15.09
David Beshears	Tn	18.03
M40		
Lamar Beckom	Ga	17.16
100m-M50		
Dave Ellis	Tn	16.28
M55		
Phil Mulkey	Ga	16.49
M60		
Buck Bradberry	Al	16.30
80m-F40		
Phil Raschker	Ga	12.80
F55		
Betty Vosberg	Ga	17.02
300-400 Hurdles		
AGW Betty Vosberg	PL	91.1%
400m-M40		
Lamar Beckom	Ga	61.72
300m-M60		
Buck Bradberry	Al	51.66
F55		
Betty Vosberg	Ga	57.16
High Jump		
AGW Gordon Seifert	PL	92.1%
M35		
David Mosley	Al	5'5"
David Beshears	Tn	5'5"
M40		
Russ Baker	Ga	4'10"
Jim Accardi	TIE	Ga 4'10"
M50		
Sammy White	Ga	5'1"
M55		
Phil Mulkey	Ga	5'2"
M60		
Gordon Seifert	Al	5'2"
Buck Bradberry	Al	4'6"
M65		
Ed Holmes	Tn	4'6"
M70		
Joseph Broadbent	Fl	3'11"
M75		
Milton Williams	SC	3'4"
F40		
Phil Raschker	Ga	5'1"
F55		
Betty Vosberg	Ga	3'9"
Pole Vault		
AGW Phil Raschker	PL	97.6%
M40		
Joe Womack	Al	13'7"
M55		
Phil Mulkey	Ga	11'4"
M60		
Tony Pavone	Ga	8' 3/4"
F40		
Phil Raschker	Ga	2.86m*
Long Jump		
AGW Tom Kennell	PL	84.8%
M30		
Marion Brown	Al	19'11 1/4"
M35		
Jeff Sellers	Al	20'1 1/4"
David Mosley	Al	19'6"
David Beshears	Tn	18'4 1/4"
Jeff Burse	Al	17'6"
M40		
Jim Barnes	Al	16'2 1/4"
Milton Bresler	Al	16'1"
Tim Callahan	Al	14'6 1/4"
M45		
Tom Brewer	Ga	18'2"
Cesar Austin	Al	16'3"
M50		
Sammy White	Ga	17'10 1/4"
Harvey Jones	Ga	13'9 1/4"
M55		
Phil Mulkey	Ga	16'5 1/4"
M60		
Buck Bradberry	Al	15'10"
M65		
Ed Holmes	Tn	13'10 1/4"
M70		
Tom Kennell	FL	14'5 1/4"
Joseph Broadbent	Fl	9'4"
F40		
Phil Raschker	Ga	16'8"
F55		
Betty Vosberg	Ga	13'3 1/4"
Triple Jump		
AGW Phil Mulkey	PL	75.9%

M35	David Mosley	Al 38'4 1/4"
	Jeff Sellers	Al 37'6 1/4"
M55	Phil Mulkey	Ga 31'2 1/4"
M70	Tom Kennell	FL 25'7"
F40	Phil Raschker	Ga 32'9 1/4"
Shot	Ed Hill	PL 87.9%
Open	William Fortune	Al 37'8"
	Lee Pitts	Al 32'2"
M35	Beas Hendrix	Ga 28'8"
M40	Jim Accardi	Al 42'11 1/4"
	Russ Baker	Ga 39'8 1/4"
	Tim Callahan	Al 33'11"
	Jim Barnes	Al 29'1"
	Ty Wilkinson	Tn 24'5 1/4"
M45	Ed Hill	Al 47'9"
	Larry Boots	Al 30'5 1/4"
M50	Lou Vodopya	Tn 35'2 1/4"
	Harvey Jones	Ga 28'1"
M55	Phil Mulkey	Ga 44'6 1/4"
M60	Buck Bradberry	Al 32'8 1/4"
	Ralph Taylor	Al 26'9"
M65	Ed Holmes	Tn 32'1 1/4"
M75	Milton Williams	SC 28'3"
Open-F	Sheri Boots	Al 25'10 1/4"
	Christi Michael	Al 23'00"
F35	Patti Deye	Ga 20'6 1/4"
F45	Cathy McCain	Al 20'00"
	Carol Kerr	Al 16'9 1/4"
F55	Geraldine Young	Al 18'11"
Discus	AGW Milton Williams	PL 62.5%
Open	Lance Creekmore	Al 47.02m
M35	David Beshears	Tn 34.30m
	Mike Stenson	Al 29.41m
	Beas Hendrix	Ga 25.99m
	John Glass	Al 21.58m
M40	Russ Baker	Ga 38.99m
	Jim Accardi	Al 36.94m
	Ty Wilkinson	Tn 25.42m
	Jim Barnes	Al 24.74m
M45	Ed Hill	Al 37.79m
	Larry Boots	Al 29.06m
M50	Lou Vodopya	Tn 32.32m
M55	Phil Mulkey	Ga 35.93m
M60	Buck Bradberry	Al 32.66m
	Ralph Taylor	Al 24.95m
M65	Ed Holmes	Tn 35.00m
M75	Milton Williams	SC 27.35m
F-Open	Sheri Boots	Al 27.15m
	Jenny Glass	Al 21.40m
F35	Patti Deye	Ga 20.41m
F45	Gene Phelps	Ga 20.41m
	Carol Kerr	Al 16.56m
Javelin	AGW Bill Duckworth	PL 94.0%
M35	David Beshears	Tn 144'6"
	Beas Hendrix	Ga 142'4"
M40	Russ Baker	Ga 186'8 1/4"
	Ty Wilkinson	Tn 108'9 1/4"
M45	Larry Boots	Al 126'6"
M50	Lou Vodopya	Tn 86'4 1/4"
M55	Bill Duckworth	Ga 176'0"
	Phil Mulkey	Ga 124'5 1/4"
M60	Buck Bradberry	Al 104'6"
F-Open	Christi Michael	Ga 69'4"
	Sheri Boots	Al 59'2"
F35	Patti Deye	Ga 54'6 1/4"
4 x 100 Relay	Atlanta Track Club	46.43
	Birmingham Track Club	46.59
	South Carolina TC	46.64
	Memphis Track Club	51.39
4 x 400 Relay	Jackson Olin	47.25
	Jackson Olin(10-14)	64.76

TAC Southeast Sectional
Championships
Knoxville, TN; June 1

100m	M30 Mike Labrie	12.22
	Brian Scott	13.35
	Jewell Ottinger	14.06
M35	Chris Randolph	11.96
	Kent Fugate	12.34
	Robert Douglass	12.85
M40	Marion McCoy Jr	11.59
	Greg Marshall	12.53
	Gary Bell	12.59
M45	Avital Schurr	12.79
	Joe Johnson	12.90
M50	Ervin Mitchell	12.59
	Frank Galbraith	13.19
	Mike Valle	14.10
M55	Barry Bertram	13.88
	Bobby Hollis	14.35
	Stanley Lemons	15.01
M60	Gordon Seifert	13.92
	M85 Arling Pitcher	22.07
M40	Phil Raschker	13.01
	Carol Bonnett	17.09

W45	Ann Carter	16.57
W50	Joy MacDonald	14.82
W55	Betty Vosburgh	15.19
	Lucy Brobst	16.41
200m	George McCarroll	25.98
	Brian Scott	26.72
	Taylor Haynes	27.21
M35	Ellis Mayfield	23.89
	Chris Randolph	24.23
	Robbie Short	24.30
M40	Marion McCoy Jr	23.90
	Bob Green	24.00
	Greg Marshall	25.59
M45	Avital Schurr	25.90
	Jerry Wood	27.51
	Gene Phelps	30.47
M50	Ervin Mitchell	26.65
	Frank Galbraith	27.05
	Joe Gross	28.78
M55	Alvin Clark	27.81
	Barry Bertram	28.81
	Bobby Hollis	28.98
M60	Gordon Seifert	28.53
	Harold Johnson	30.66
M85	Arling Pitcher	49.63
M40	Phil Raschker	26.63
	Carol Bonnett	nt
W45	Ann Carter	34.49
W50	Joy MacDonald	29.80
W55	Betty Vosburgh	31.80
	Lucy Brobst	34.07
400m	Chris Gibson	51.51
	Scott King	52.50
	George McCarroll	58.40
M35	William Cheadle	53.25
	Ellis Mayfield	53.73
	Doran Marcus	54.56
M40	Bob Green	55.26
	Gary Bell	58.82
	Jon Woodward	61.11
M45	Tom Brewer	57.18
	Jerry Wood	64.85
M50	John Swicegood	87.03
M55	Bobby Hollis	63.75
	Stanley Lemons	70.90
M60	Gordon Seifert	63.80
	Harold Johnson	69.62
M40	Phil Raschker	65.28
	Carol Bonnett	85.70
W55	Betty Vosburgh	71.60
	Lucy Brobst	79.89
800m	Scott King	1:59.71
	Chris Gibson	2:11.09
	M Sonnenfeldt	2:16.93
W35	Richard Watson	2:30.72
M40	David Harris	2:04.38
	Steve Ferguson	2:14.97
	John Jenkins	2:20.68
M45	Gene Phelps	2:33.79
M50	James Huffman	2:21.98
	Richard Batt	2:33.32
	John Swicegood	3:33.26
M55	Bobby Hollis	3:08.46
M60	Casey Jones	2:25.77
	Gordon Seifert	2:30.49
	Louis Schneider	2:44.64
M65	Harold Johnson	2:54.17
1500m	Scott King	4:02.40
	Chad Varga	4:19.95
	Bill McCamis	5:28.65
M35	Kevin Goodson	nt
M40	Bruce White	4:37.16
	John Jenkins	4:42.70
M45	Allan Morgan	4:46.49
	David Bailey	4:54.84
	Gene Phelps	5:05.82
M50	John Swicegood	6:45.01
M55	Paul Barrette	5:27.65
	Stu Eichel	5:55.36
M60	William Brobst	6:37.32
M75	Max Springer	7:29.30
3000m	Chad Varga	9:20.61
	Greg Duthey	9:21.96
M35	Mark Waugh	13:05.91
M40	Frank Cornett	10:40.86
M45	William Kelch	13:46.38
M50	Joe Gross	11:39.65
M55	Alan England	12:18.30
Short Hurdles	M30 Mike Labrie	15.72
	Robbie Short	15.26
	William Cheadle	16.26
	Al Rodd	16.91
M40	Tom Gillard Jr	15.92
	Lamar Beckom	16.64
M55	Phil Mulkey	15.90
M40	Phil Raschker	12.94
W45	Ann Carter	17.59
Long Hurdles	M35 Wm Cheadle	61.28
	Lamar Beckom	61.25
M40	Paul Garron	67.42

Continued from previous page

MID-AMERICA**Leading Edge/Lincoln TC Meet**
Lincoln, NE; April 28

100m	
M30 Chris Johnson	14.6
M40 Tom Bassett	11.7
David Lee	12.3
Paul Montgomery	12.4
M50 Lee Appleby	13.6
Stan Giles	13.8
Bill Joslyn	13.9
M60 Jack Haelele	14.8
W30 Danis Willett	12.9
W50 Karen Fuentes	16.4
W60 Lavina Haelele	17.7
200m	
M30 C Johnson	31.1
M40 Tom Bassett	24.5
David Lee	25.0
Paul Montgomery	25.8
M50 Howard Weissner	26.7
Bill Joslyn	28.8
Stan Giles	29.1
M60 Dick Scott	31.3
Jack Haelele	31.4
W30 Danis Willett	26.4
Linda Peniska	38.7
W40 Sandy Maryott	35.0
W50 Karen Fuentes	35.0
W60 Lavina Haelele	37.7
400m	
M30 Roger Moberly	54.8
Dan Vandenberg	56.1
Mike Maryott	58.3
M50 Howard Weissner	59.8
Don Dickmeyer	61.3
Bill Joslyn	67.0
M60 Jack Haelele	69.6
Dick Scott	71.6
George Luce	71.7
W30 Danis Willett	58.1
W50 Karen Fuentes	98.2
800m	
M30 John Clark	2:05.2
Roger Moberly	2:11.1
Mike Maryott	2:31.6
M40 Bob Franzese	2:20.3
Rico Kotrous	2:20.8
Mark Peniska	2:22.4
M60 George Luce	2:51.9
5000m	
M50 Don Dickmeyer	18:41.3
Bob Elwood	18:51.5
Short Hurdles	
M30 Larry Marrow	16.4
M50 Lee Appleby	19.3
M60 Dick Scott	20.2
W40 Sandy Maryott	22.6
High Jump	
M30 Jim Knip	5-8
M40 Bob Everoski	4-6
M60 J C Brown	5-2
Bill Butterworth	4-10
Dick Scott	4-2
Long Jump	
M30 Jim Knip	19-9½
M50 Bill Joslyn	13-5½
Lee Appleby	13-11
M60 Bill Butterworth	14-4½
Triple Jump	
M30 Jim Knip	40-2½
M40 Bob Everoski	29-7½
M60 Bill Butterworth	29-0
Shot Put	
M30 Mike Maryott	32-3
M40 Jerry Senters	42-8
Lavane Johnson	38-5½
M50 Tom Wesselowski	41-3½
M60 Dick Scott	34-9½
W40 Sandy Maryott	28-4
W60 Dorothy Ekblad	17-10½
Discus	
M30 Mike Maryott	84-2
M40 Jerry Senters	139-2
Ken Morris	112-0
M50 Tom Wesselowski	124-10
Dick Hekl	64-1
M60 Bill Butterworth	---
M70 Scott Herman	---
W40 Sandy Maryott	---
W60 Dorothy Ekblad	60-5
Javelin	
M30 Chris Johnson	84-5
M40 Ken Morris	111-6
M50 Alex Meyer	122-3
M60 Dick Scott	98-4
W60 Dorothy Ekblad	25-9

400m	
M30 Gary Martin	54.1
Short Hurdles	
M45 Tom Thorne	17.67
Long Hurdles	
M40 Lynn Huntley	74.18
High Jump	
M45 Jim Johnson	5-9
Tom Thorne	5-2
Chas Birkhood	4-10
W30 Jayna Lyle	4-4
Long Jump	
M45 Mike Wilhite	14-10
Triple Jump	
M45 Bob Everoski	30-0
Mike Wilhite	28-3½
Shot Put	
M30 Glen Johnson	29-9
M40 Rick Fitzgerald	34-0
M45 John Wilson	34-4
Tim McGough	32-8
M50 Larry Price	44-2½
M55 Wendell Palmer	52-2½
Bob Santine	33-1
M70 Scott Herman	43-1
Discus	
M45 Tim McGough	90-11
John Wilson	88-2
M50 Larry Price	44-2
M55 Wendell Palmer	181-2
Bob Santine	82-2
(Palmer 1.5k 152-6; 2k 131-7)	
M65 Ed Hooker	130-9
M70 Scott Herman	112-8
Javelin	
M30 Glen Johnson	75-0
M40 Rick Fitzgerald	112-9
Tom Vermeire	100-5
M45 Tom Thorne	138-10
Mike Wilhite	98-0
Tim McGough	87-6
M55 Bob Santine	94-7
Pole Vault	
M45 Tom Thorne	9-6

400m	
M30 Gary Martin	54.1
Short Hurdles	
M45 Tom Thorne	17.67
Long Hurdles	
M40 Lynn Huntley	74.18
High Jump	
M45 Jim Johnson	5-9
Tom Thorne	5-2
Chas Birkhood	4-10
W30 Jayna Lyle	4-4
Long Jump	
M45 Mike Wilhite	14-10
Triple Jump	
M45 Bob Everoski	30-0
Mike Wilhite	28-3½
Shot Put	
M30 Glen Johnson	29-9
M40 Rick Fitzgerald	34-0
M45 John Wilson	34-4
Tim McGough	32-8
M50 Larry Price	44-2½
M55 Wendell Palmer	52-2½
Bob Santine	33-1
M70 Scott Herman	43-1
Discus	
M45 Tim McGough	90-11
John Wilson	88-2
M50 Larry Price	44-2
M55 Wendell Palmer	181-2
Bob Santine	82-2
(Palmer 1.5k 152-6; 2k 131-7)	
M65 Ed Hooker	130-9
M70 Scott Herman	112-8
Javelin	
M30 Glen Johnson	75-0
M40 Rick Fitzgerald	112-9
Tom Vermeire	100-5
M45 Tom Thorne	138-10
Mike Wilhite	98-0
Tim McGough	87-6
M55 Bob Santine	94-7
Pole Vault	
M45 Tom Thorne	9-6

SOUTHWEST**Kerrville Senior Games**
Kerrville, TX; May 4

50m	
M50 Tony Deatherage	6.63
M55 Nyles Spurlock	7.11
M60 Don Sekinger	8.14
M65 Tim Murphy	7.08
M70 Francis Edwards	8.67
M75 Everett Williams	8.91
M80 Ernest Nero	10.73
M85 Jack Fournier	11.09
M55 Jean Stewart	11.01
M60 Donna Boyden	15.60
M65 Margaret Hinton	9.91
100m	
M50 Tony Deatherage	12.14
M55 Nyles Spurlock	13.67
M60 Gordon Polk	15.95
M65 Tim Murphy	13.40
M70 Francis Edwards	17.13
M75 Bert Mitchell	18.08
M80 Ernest Nero	20.77
M85 Jack Fournier	23.27
M55 Jean Stewart	21.87
M60 Donna Boyden	30.80
M65 Margaret Hinton	18.99
200m	
M50 Tony Deatherage	26.26
M55 Chas Plueneke	30.62
M60 Gordon Polk	35.57
M65 Tim Murphy	29.26
M75 Everett Williams	42.74
M80 Ernest Nero	50.23
M55 Jean Stewart	51.80
M60 Donna Boyden	69.52
M65 Margaret Hinton	56.41
400m	
Men's results lost in rain	
M55 Jane Hamlyn	1:47.47
M65 Lillie Doss	2:11.51
800m	
M50 Richard Pomrenke	2:37.90
M55 Hugh Hamlyn	3:04.20
M60 Bob Blakely	3:29.41
M65 John Nunn	8:58.27
M70 A Pronovost	6:34.40
M55 Jane Hamlyn	7:36.90
M65 Lillie Doss	9:15.91
W70 Fay Mitchell	8:54.41
5000m	
M50 Bill Mitchell	18:13
M55 George Donehod	21:54
M60 Ken Atnip	25:35
M65 Clyde Nix Jr	26:38
M70 A Pronovost	23:17
M50 Ann Redman	29:11
M55 Jane Hamlyn	27:12
M60 Betty Miles	31:24
M65 Lillie Doss	31:49
W70 Fay Mitchell	32:10
100mH	
M55 Norman Wells	21.78

Standing Long Jump	
M50 Bill Mitchell	7-2½
M55 Richard Hein	8-9½
M60 Gordon Polk	6-10½
M65 Bill Carter	7-6½
M70 Francis Edwards	6-8½
M80 Ernest Nero	6-8½
M55 Jean Stewart	4-4
M60 Donna Boyden	3-4
M65 Ruth Seeger	5-7
High Jump	
M50 Wayne Bennett	4-6
M55 Richard Hein	4-6
M60 Roy Morgan	4-2
M65 Ray Lehman	3-6
Shot Put	
M50 John Lindsay	37-11½
M55 Nyles Spurlock	41-11
M60 Ray Morgan	34-2
M65 Bill Carter	32-8½
M75 Bert Mitchell	28-3½
M80 Ernest Nero	27-10½
M65 Margaret Hinton	22-7
W70 Fay Mitchell	18-0
Discus	
M50 John Lindsay	117-2
M55 Nyles Spurlock	110-7
M60 Sam Terry	76-2
M65 Bill Carter	120-7
M75 James Long	71-0
M80 Ernest Nero	52-8
Javelin	
M50 John Lindsay	118-11
M55 Nyles Spurlock	115-10
M60 Roy Morgan	97-4
M65 Don Chandler	89-0
M75 John Lackey	47-8
M65 Margaret Hinton	35-1
One Mile RW	
M55 Don Thurber	9:36
M60 Sam Terry	11:08
M65 Clyde Nix Jr	9:31
M70 Norman Ford	11:46
M75 J C Byers	11:45
M80 Loy House	13:09
W50 Helen Guilmond	10:40
W55 Jean Stewart	12:53
W60 Betty Miles	12:39
W65 Lillie Doss	11:32
W70 Jean Bellis	12:57
W75 Anna Elliott	15:03
W80 Rotan Clements	18:14

**Texas Senior Games**
Arlington; May 18

50m	
M50 James Richardson	6.63
Wayne Bennett	6.73
M55 Jimmy Weaver	6.62
Gene Harrell	7.25
M60 Wm Wareham	6.98
Bill Pardue	7.31
65m	
Tim Murphy	7.14
Chester Studdard	7.80
M70 H McWhorter	8.09
Doc Bennett	8.46
M75 Fred White	8.36
J Byers	9.08
M80 Henry Johnson	8.80
Ernest Nero	9.92
W50 Judy Ullman	8.29
J Rand	11.36
M60 Peggy Denson	10.39
Dorothy VanHooser	11.46
M65 Angie Trantham	9.75
Emma Udovich	10.45
M70 Nita Henderson	10.49
Yukie Harris	12.88
M75 Mary Parsons	10.72
Santos Ortiz	15.25
W80 Faith Wen	22.00
100m	
M50 J Richardson	12.22
Wayne Bennett	12.43
M55 Jimmy Weaver	12.33
Joe Summerlin	13.62
M60 Wm Wareham	13.30
Corky Bridgeman	14.57
M65 Tim Murphy	13.13
Chester Studdard	14.21
M70 Herb McWhorter	15.63
Doc Bennett	16.57
M75 Fred White	16.25
J Byers	17.55
M80 Henry Johnson	16.72
Ernest Nero	19.72
W50 Judy Ullman	16.63
W60 Donna Boyden	31.92
W65 Emma Udovich	21.36
W75 Mary Parsons	21.53
200m	
M50 Chas Miller	24.69
W Bennett	25.73
M55 J Weaver	25.8
J Summerlin	30.2
M60 Wm Wareham	27.51
Bill Pardue	28.05
M65 Tim Murphy	28.59
Bill Carter	30.32
M70 Doc Bennett	35.18
Russ Denham	36.22
M75 Fred White	36.75
C Rivera	57.20
M80 Ernest Nero	47.50
W50 Judy Ullman	45.29
W75 Mary Parsons	55.25

400m	
M50 W Bennett	59.28
Norm Pittenger	72.95
M60 Ernest Lozano	69.25
M65 Ches Studdard	70.67
Glenn Dody	72.22
M70 Doc Bennett	84.66
Jesse Cummings	86.87
M75 Chano Rivera	2:11.1
W75 Mary Parsons	2:19.7
800m	
M50 Marcel Balla	2:27.09
Gary Ryberg	2:45.70
M60 Richard Widener	2:42.49
Don Marukal	2:58.91
M65 Bob Wingo	3:14.99
M70 Michel Kagan	3:19.00
H McCord	3:38.89
M75 C Rivera	4:34.78
W80 Susie Hughes	5:37.05
1500m	
M50 Gary Ryberg	5:44.37
N Pittenger	6:03.80
M60 Rich Widener	5:36.27
Don Marukal	5:55.78
M65 Bill Carter	6:26.85
F Castorena	6:29.43
M70 M Kagan	6:53.43
Herschel McCord	7:02.55
M75 Chano Rivera	8:39.13
100mH	
M50 Chas Miller	14.40
M55 Bill Morrison	23.20
M60 Joe Murphy	17.05
300mH	
M50 Bufo Morrison	55.78
M55 Martin Heard	59.03
L Railsback	60.15
M60 Bill Pardue	53.34
M70 Dennis Malcomson	84.54
High Jump	
M50 Lewis Sims	4-4
Terry Morris	4-3
M55 Richard Hein	4-7
L Railsback	4-3
M60 Ward McCurtain	4-9
Bill Pardue	4-6
M70 Jim Gross	4-1
Doc Bennett	3-10
M75 Dennison Ernest	3-½
M80 John Pearce	3-3
Jordan Wen	3-2
Pole Vault	
M50 Lewis Sims	9-0
M60 Roy Morgan	8-0
M65 Park Bingham	8-0
M70 Wm Sampson	6-0
Leonard Abraham	4-0
Long Jump	
M50 Al Trujillo	15-1
Bufo Morrison	13-11
M55 Richard Hein	13-3
Martin Heard	12-2½
M60 Roy Morgan	14-4
W McCurtain	14-1
M65 Ches Studdard	13-9½
Bill Carter	13-7
M70 Herb McWhorter	11-8
Doc Bennett	11-7
M75 Chano Rivera	5-5½
L Rodriguez	5-½
M80 Jordan Wen	7-8
Ernest Nero	6-7
W60 Donna Boyder	4-0
W65 Emma Udovich	7-3½
Ruth Bolin	4-10½
W75 Mary Parsons	8-0
Shot Put	
M50 Bob Beck	43-4
Henry Wright	36-0
M55 Richard Hein	38-4½
Billy Layne	36-4½
M60 Jack Erickson	41-5½
Roy Morgan	38-2½
M65 Chuck Coker	34-9½
Henno Keskkula	31-10
M70 Doc Bennett	29-5½
John Udovich	27-10½
M75 Dennison Ernest	29-4
Wilbur Phipps	229-1
M80 John Pearce	33-5½
Ernest Nero	29-½
M90 Luis Ruiz	30-½
M50 Bernice Rono	24-11½
G Barrientos	16-10½
M55 Gloria Ramirez	21-4½
W65 Emma Udovich	25-9½
Ruth Miller	15-5
M70 Susie Carter	12-4½
W75 S Gutierrez	15-9½
Discus	
M50 Bob Beck	119-3
Henry Wright	99-0
M55 Ron Adams	80-1
Bill Morrison	71-6
M60 Jack Erickson	126-10
J Smith	98-11
M65 Bill Carter	121-7
Henno Keskkula	103-3
M70 Jesse Cummings	84-5
John Udovich	67-3
M75 D Ernest	80-0
M80 John Pearce	75-3
Jordan Wen	57-9
M50 J Rand	36-11
Lidia Forquer	36-4
M60 Gloria Ramirez	48-7
Mary Gilbert	42-11
W65 Emma Udovich	51-11
Ruth Miller	31-7
W75 S Gutierrez	26-8

Continued from previous page

WEST

River City Spring Relays
Sacramento, CA; May 18

60m	
M30 Vonell Hooker	7.3
M35 Ramon Vasquez	7.5
M40 Eddy Hart	6.9
M45 Steve Gillman	8.2
M50 Martin Adamson	7.6
M55 Ben Rivera	8.2
M60 Bob Feaster	8.1
M70 Clarence Killion	9.1
W35 Marion Terrell	9.1
W55 Fei-Mei Chau	10.5
100m	
M30 V Hooker	12.5
Ken Cook	13.5
M35 Ken Wun	12.0
R Vasquez	12.1
M40 Eddy Hart	11.0
Ray Yeck	12.0
M45 S Gillman	13.1
M50 M Adamson	12.2
Bobby Thomas	12.3
M55 Richard Martin	13.6
Ben Rivera	13.6
M60 B Feaster	13.0
M70 C Killion	14.2
Frank Toner	15.1
W30 Valerie Scott	14.2
Michelle Demby	14.3
W35 Margaret Dixon	13.1
Judy Ace	14.3
W55 Irene Obera	13.9
F Chau	17.0
W60 Shirley Dietderich	18.9
200m	
M30 John Wattenburg	23.4
David Ducay	24.6
M35 Ken Wun	25.2
R Vasquez	25.2
M40 Ray Yeck	24.9
Earl Bryant	25.9
M45 John Aldridge	24.9
Steve Gillman	26.7
M70 F Toner	31.5
C Killion	32.1
W30 Michele Demby	29.3
Val Scott	29.6
W35 M Dixon	27.6
Judy Ace	30.8
W40 Marty Behrens	30.1
W55 Irene Obera	29.5
400m	
M30 J Wattenburg	51.0
David Ducay	54.7
M40 Daryl Katcher	55.2
M45 J Aldridge	55.1
Dennis Duffy	56.3
M60 Alex Pappas	70.2
W30 Cynthia Ruiz	66.9
Norma Lopez	67.5
W40 Marty Behrens	68.1
W45 Nadine O'Connor	68.6
W55 Irene Obera	69.2
800m	
M30 L Sperando	1:38.8
M35 Derrick Ruiz	2:13.8
M40 Joe Montoya	2:17.0
Jim Beland	2:18.0
M45 George Mason	2:06.6
Dennis Duffy	2:07.5
M50 Bill McMillen	2:12.8
M55 Pete Richardson	2:20.1
M60 Dave Stevenson	2:41.2
W35 Nancy Frost	2:35.7
W45 Nadine O'Connor	2:40.4
1500m	
M30 Arnald Rivas	4:26.7
M35 Derrick Ruiz	4:29.8
M40 Herve Pastre	4:24.4
Tim Shannon	4:25.7
M45 Franklin Harvey	4:22.5
Ross Bogert	4:44.0
M50 Jim Bevins	5:00.0
M60 Dave Stevenson	5:22.8
3000m	
M30 Randy Sturgeon	9:38.4
M35 Rich Govi	9:21.0
M60 Gene Pumphrey	11:56.7
W30 D Fitzpatrick	9:57.7
W35 Bev Marx	10:32.0
Cathy Bos	14:21.8
5000m	
M30 Tim Fitzpatrick	17:21.6
M40 Ted Walton	21:18.6
M55 John Finch	18:03.6
M65 Rex Dietderich	24:13.3
M70 Norton Jacobs	23:50.5
W35 Cathy Bos	26:41.2
Short Hurdles	
M35 L Bartholomew	14.5
M40 T Walton 36"	19.1
M45 Mac McCormick	17.2
M50 Hugh Adams	14.5
M55 Ray Fitzhugh	22.0
M60 Bob Higginbotham	18.8
Steeplechase	
M45 Mike Green	11:12.5
M60 Dave Stevenson	8:46.3
Ed Mahany	9:05.0
4x100m Relay	
Men: SF TC (Thompson, Thoman, Demby, Brooks)	3:58.6
Women: SF TC (Scott, Demby, Frown, O'Connor)	4:52.7
High Jump	
M30 Kevin Seeman	5-10
M55 Don Rose	5-0
Ray Fitzhugh	4-6
M65 Jerry Silsdorf	4-0
Pole Vault	
M40 Ed Seese	12-0
M45 Bruce Hotaling	11-6
M55 R Fitzhugh	9-0
M70 Jim Vernon	9-0
A U Ricciardi	7-0
Long Jump	
M30 Kevin Seeman	18-6
Dave Quilantang	16-10
M35 John Kuechle	19-6
M40 Angel Cachinero	19-2
Ed Seese	15-1
M45 Roger Werne	14-10
Bruce Hotaling	14-7
M55 R Fitzhugh	12-11
Tom Slattery	9-9
M70 A U Ricciardi	12-2
W35 Marion Terrell	12-6
Triple Jump	
M35 Dan Behrens	33-3
M40 Angel Cachinero	40-11
Shot Put	
M50 Joe Keshmiri	46-7
Mike Parker	37-7
M55 Fred Simon	37-4
Dennis Rietz	36-8
M60 Bob Feaster	41-9
Mike Orlich	40-7
M65 Jerry Silsdorf	26-5
M70 Don Cumly	38-4
Hal Cronkhite	33-7
M75 Jim York	31-11
Bob Boucke	29-11
Discus	
M45 Mac McCormick	119-0
Al Sira	95-2
M50 J Keshmiri	148-1
Mike Parker	101-1
M55 Dennis Rietz	117-9
Tom Slattery	93-1
M65 Jerry Silsdorf	68-8
M70 John Kilbuck	102-2
A U Ricciardi	92-7
M75 Bob Boucke	76-0
W60 S Dietderich	52-10
Hammer	
M50 Mike Parker	84-7
M55 Dennis Rietz	107-9
Tom Slattery	81-6
M60 Mike Orlich	95-8
M65 Jerry Silsdorf	60-1
M70 A U Ricciardi	123-9
M75 Jim York	93-0
Bob Boucke	70-8
Javelin	
M30 Tom Silva	202-2
Kevin Seeman	94-8
M45 Dennis Neufeld	149-3
Mac McCormick	127-0
M50 Barton Gale	131-8
M55 Phil Conley	168-7
Don Rose	136-6
M65 Jerry Silsdorf	54-2
M70 John Kilbuck	96-9
A U Ricciardi	82-11
M75 Bob Boucke	57-6
W35 M Terrell	87-11
W50 Fran Conley	95-4
W60 S Dietderich	64-10
Weight Throw	
M75 Jim York	27-0
5000m RW	
M45 Joel Johnson	32:45
Paul Smith	37:15
M55 Dick Petrucci	27:56
M60 Robert Eisner	29:57
Wally Lundeen	34:32
W30 Kelly Green	38:15
W35 Sandy Jennings	37:47
W55 Porky Gadiant	30:22
W60 Roxie Jarrett	35:12
Rhoda Dawson	36:17

Dan Aldrich Memorial Meet
Irvine, CA; May 25

100m	
M30 W Jones	11.1
D Scott	11.3
— Rodriguez	11.7
M35 D Peterson	11.7
— Hatchwell	12.7
M40 Glenn Johnson	11.2
Eugene Driver	11.2
H Castille	11.6
M45 J Perry	12.6
A Turnbull	12.7
T Craddock	12.8
M50 F Niedermeyer	12.3
D Horton	13.1
R LaTourneffe	13.8
M55 R Tsuda	12.4
Bruce Springbett	12.4
B Wright	12.8
M60 — McPherson	12.2
B Phillips	13.7
O Bingley	17.0
M65 Tom Patsalis	13.9
T Miller	15.2
G Simon	16.6
M70 C Killian	14.6
Bill Morales	15.3
H Willot	21.2

M75 Bert Morrow	15.9
M80 David Marcus	17.9
W35 Debra Griffin	14.2
W50 J Carter	14.8
W60 S Leonard	18.2
200m	
M30 D Scott	23.0
Carl Rodriguez	24.1
D Eldridge	24.6
M35 M Qualls	22.5
David Peterson	24.8
Spencer Robinson	25.0
M40 Eugene Driver	23.5
Herman Castille	23.8
John Pulley	27.2
M45 Tony Craddock	27.2
M50 Bill Knocke	24.7
Fred Niedermeyer	25.9
R LaTourneffe	27.9
M55 Roger Tsuda	26.8
Bruce Springbett	27.8
Doug McPeters	30.7
M60 Cliff McPherson	32.9
Bob Vitale	38.4
O Bingley	32.6
M65 Tom Miller	35.7
G Simon	31.4
M70 Clarence Killian	31.4
400m	
M30 Wm Harry	51.5
H Duncan	54.5
J Clardy	57.6
M35 Cliff McKenzie	49.2
M Qualls	50.4
S Robinson	56.8
M40 Eugene Driver	53.5
Glen Johnson	53.6
C Sturtevant	58.6
M45 Lee Fitzgerald	57.8
Anthony Turnbull	58.0
J Harrison	61.8
M50 Bill Knocke	56.8
Cliff Bedell	58.1
Stan Baker	58.9
M55 Jessie Carrington	61.0
M60 Cliff McPherson	62.4
Lew Beadle	65.4
Marsh Haraden	66.9
M70 Pete Canahl	85.1
W35 Debra Griffin	70.0
Rickie Byars	74.0
W40 K Kincaide	1:48
W60 S Leonard	1:28
800m	
M30 Wm Harry	2:00.0
H Duncan	2:07.9
T Gilboy	2:10.5
M35 Ian Cumming	2:03.9
J Kilroy	2:05.9
Spencer Robinson	2:08.6
M40 C Sturtevant	2:14.4
Ron Rook	2:22.0
M St Andre	—
M45 Anthony Turnbull	2:17.0
J Perry	2:22.0
M50 Eric Owens	2:12.7
Cliff Bedell	2:13.1
F Muscoro	2:20.6
M55 Jessie Carrington	2:23.5
Lin Tatsun	2:25.7
Russ Dunton	2:28.1
M60 Bill Fitzgerald	2:32.1
M70 Howard Willot	4:10.2
W40 Cheryl Kincaide	3:54
W50 Yvete LaVigne	2:42
W55 Mary Czarapata	3:05
W60 S Leonard	3:27
W70 Jerry Davidson	3:37
Margaret Gill	4:02
1500m	
M35 Phil Marshall	4:37.4
Vince Miller	4:37.8
M40 David Amster	4:19.4
Rex Hall	4:20.2
Bill Sumner	4:25.7
M45 Lee Fitzgerald	4:47.2
M50 Neil Doherty	4:43.3
M55 Lin Tatsun	5:02.3
C Hunter	5:11.9
Russ Dunton	5:16.6
M60 Avery Bryant	5:45.6
M70 Howard Willots	8:19.5
W35 Rutha Johnson	6:49.2
W40 Cheryl Kincaide	7:59.0
W50 Yvete LaVigne	5:42.5
Jeanne Hoagland	5:53.9
W70 Jerry Davidson	7:08.5
Margaret Gill	8:43.3
3000m	
M30 G Glizman	9:29.0
M35 Phil Marshall	9:55.4
Joe Steinman	11:01.6
M40 David Amster	9:08.8
Jon Wickstrom	9:22.6
Steve Kellmeyer	10:15.9
M45 Harry Hunt	10:29.6
David Leaton	10:54.8
Luigi Schiavo	12:51.7
M50 G R Larrieu	11:07.3
C Stephens	12:27.4
M55 A Ray	11:19.4
Mike Fenton	12:32.6
M60 P Devine	11:13.7
Gunnar Linder	11:35.6
A Escobar	13:10.4
M65 Avery Bryant	13:12.8
Tom Mathews	13:24.3
W35 R Johnson	14:04.1
K Kennedy	14:22.6
W40 Cheryl Kincaide	16:16.8
W55 Mary Czarapata	16:07.4
W70 Lois Edds	15:49.3

Short Hurdles	
M40 J Gray	19.4
M50 Hugh Adams	14.1
Al Henry	15.2
M55 Bill Adler	18.9
Dave Douglass	19.2
Ray Fitzhugh	19.5
M65 Bob Watanabe	18.9
M70 Bob Hunt	15.4
A U Ricciardi	15.9
M75 Bert Morrow	16.0
300mH	
M55 Al Sheahan	51.5
M60 Will Robinson	50.4
M70 Bob Hunt	62.4
Pete Canahl fell	dnf
M75 Bert Morrow	67.5
Steeplechase	
M45 David Leaton	11:57
Luigi Schiavo	14:33
M50 John Cosgrove	11:51
M55 John Finch	12:27
High Jump	
M30 Kyle Snay	5-8
M35 Jason Meisler	6-6
Mel Embree	6-0
M40 Mike McCarty	3-6
M45 Robert Pozzi	5-8
John Fielder	5-2
Bob Bly	4-10
M50 John Dobroth	5-8
Dwaine Horton	5-0
M55 Phil Fehlen	5-6
Ray Fitzhugh	4-8
Dave Douglass	4-6
M60 Bob Perry	3-9
M65 J Cleveland	4-0
M70 Pete Canahl	4-0
A U Ricciardi	3-8
Jim Vernon	3-8
M75 Bob Boucke	3-7
M80 David Marcus	3-8
W40 Ann Steekelenburg	4-10
Pole Vault	
M30 Wilson Soohoo	13-6
Greg Charles	13-0
David Schickling	12-0
M35 Mike Hogan	15-0
M40 W Wilke	14-0
Steve Morris	14-0
G Miguel	13-6
M45 D Borrey	13-0
M Connelly	12-6
Bob Bly	10-6
M55 Ray Fitzhugh	9-0
M65 John Cleveland	8-6
Tom DeVaughn	7-6
M70 Jim Vernon	8-6
A U Ricciardi	7-5
M75 Carol Johnston	8-6
Long Jump	
M35 Andrew Hecker	17-6
Alex Hatchwall	16-10
M40 Carl Flowers	20-6
John Gray	19-5
M45 Bob Bly	17-5
John Fielder	15-9
M55 Roger Tsuda	17-9
Ed Martin	14-2
M65 Tom Patsalis	15-2
Jack Cheshire	12-8
M70 Bill Morales	13-5
A U Ricciardi	12-10
M75 Clarence Trahan	12-1
Elmer Siegel	9-5
M80 David Marcus	12-3/4
(U.S. age-group record)	
Triple Jump	
M35 Tom Stulhard	38-9
Andrew Hecker	35-1
M40 Milan Tiff	48-6
M55 Dave Jackson	37-2
M65 Tom Patsalis	31-3/4
M70 Chas Mercurio	29-2
M75 Clarence Trahan	22-11
Elmer Siegel	21-3
M80 David Marcus	22-11
(U.S. age-group record)	
Shot Put	
M30 Walt Mitchell	28-3
M35 Wm Pendleton	45-7
Val Olotoa	45-4
M50 Frank Carl	35-7
M55 John Tansley	34-9
Ray Fitzhugh	31-11
Bob Eldridge	31-3
M60 Harry Hawke	42-1
Art Berman	29-10
M65 Bill Bangert	39-2
M70 W M Thompson	39-7
Jim Minah	37-6
Sy Lampert	34-0
M75 Jack Thatcher	32-5
Bob Boucke	29-6
Art Vesco	22-5
M80 Vernon Cheadle	30-10
John Baker	24-5
W35 Janet Wilson	28-3
Discus	
M30 Michael Hall	87-0
M35 Val Olotoa	130-6
M65 Tom Somers	92-0
Luigi Schiavo	74-11
M45 Gary Carlson	147-3
M50 Dwaine Horton	120-2
Abe Sheinker	102-2
Steve Wordell	97-0
M60 Harry Hawke	159-8
Murray Brown	126-3
Bob Perry	76-10

M65	Bill Bangert	127-5
	Bob Davidson	83-11
M70	W M Thompson	125-4
	Bob Hunt	103-8
	A U Ricciardi	97-9
M75	Bob Boucke	81-10
	Art Vesco	57-0
M80	Ken Carnine	90-10
	Vernon Cheadle	83-2
W35	Janet Wilson	141-8
	Javelin	
M30	Tom Silva	200-0
	Mike Hall	124-2
M40	Ron Rook	134-0
	Rich Rook	124-6
	Mike McCarty	88-9
M45	Mike Woodward	135-1
	Luigi Schiavo	51-6
M50	Larry Stewart	223-9
	(600 gr)	
	Gary Miller	147-0
	Steve Wordell	136-1
M55	Phil Fehlen	147-8
	John Tansley	137-7
	Ray Fitzhugh	110-3
M60	Del Pickarts	164-11
M70	Bill Morales	139-1
	Jerry Siefert	99-2
	A U Ricciardi	91-6
M75	Bob Boucke	62-11
	-- Angelman	55-2
	Art Vesco	51-9
M80	Ken Carnine	80-5
	W35 Kathleen Kennedy	94-0
	Hammer	
M35	Wm Pendleton	109-5
M45	Mike Woodward	108-11
M50	Abe Sheinker	109-9
M55	Bob Humphreys	139-8
	Dave Douglass	108-3
M60	Harry Hawke	104-5
M65	Bill Bangert	108-4
	Tom DeVaughn	84-0
M70	Jim Minah	138-6
	A U Ricciardi	119-9
	Sy Lampert	97-5
M75	Art Vesco	70-2
	Bob Bouche	68-2
M80	John Baker	53-8
	5000m RW	
M30	M Hall	31:4
M40	Keith Ward	22:2
	Art Grant	25:4
M55	Bob Meador	28:0
	-- deRothne	36:1
M65	Don Cotner	32:4
W35	Kathleen Kennedy	37:4
W40	Cheryl Kincaide	31:52
W45	Jolene Stiegerwal	28:02
W65	Joan Beers	33:33
	Rose Kash	37:46

Continued from previous page.

Long Jump

M50 Robert Thomas	13-11.4
M55 Adrian Bernadou	13-7.4
M60 Hank Fragoza	10-9.4
M70 William Rutland	9-9.4
M75 Paul Hall	8-4

Shot Put

M50 Robert Buckman	38-0
M55 Dennis Rietz	41-0
M60 R. DeGregorio	32-2
M65 Jerry Silsdorf	31-7
M70 Aaron Cronkhite	35-5
M75 James York	34-5
M55 Norma Price	25-6

Discus

M50 Robert Buckman	112-6
M55 Dennis Rietz	124-2.4
M60 R. DeGregorio	86-11
M65 Jerry Silsdorf	71-4.4
M70 Aaron Cronkhite	75-10.4
M75 James York	90-0
M55 Norma Price	65-3

NORTHWEST

Senior Sports Festival
Seattle, WA; June 1

100m

M30 Leroy Johnson	11.61
Dean Jaegerman	11.76
Alex Johnston	12.11
M35 David Ortman	12.17
Dwayne Baruso	12.28
M40 Robert Fox II	12.41
Jeff Schaller	12.89
M45 Joe Johnson	12.67
Ron Jensen	12.72
M50 Bob Miller	12.77
Jim Puckett	13.33
M55 Bruce Katter	17.42
M60 Jack Fischer	14.05
Allan Kelly	14.44
M65 Eugene Carter	17.69
M70 Gene Abdenour	15.78
Gil Splaine	15.86
M75 Alvine Klier	18.93
M80 Henry Schumacher	29.23
M30 Pam Banks	14.56
Alice Williams	15.02
M35 Zinda Foster	15.03
Sheree Sparks	18.27
M40 Avril Douglas	14.57
M45 Linda Ticknor	16.67
M50 G Benjamin	15.76
Marti Thielman	16.32
M55 Joyce Trader	15.78
M70 Helen Jensen	22.54
Alline Witten	27.54
M75 Betty Joslin	27.32

200m

M30 Alex Johnston	24.17
Leroy Johnston	24.20
M35 Dwayne Baruso	25.27
David Ortman	25.39
M40 Robert Fox II	25.68
Mike Brandt	25.76
M45 Joe Johnson	25.60
Ron Jensen	26.04
M50 Bob Miller	25.73
Joe Thielman	26.22
M55 Bruce Katter	35.96
M60 Allan Kelly	30.85
William Hill	32.47
M70 Gene Abdenour	34.08
M40 Avril Douglas	29.80
Kathy Holmstrom	31.39
M50 Becky Sisley	33.44
Marti Thielman	34.8
M55 Joyce Trader	34.76
M70 Helen Jensen	46.60

400m

M30 Ben Inman	53.53
M35 David Ortman	53.52
Dwayne Baruso	55.42
M40 Mike Brandt	54.65
Paul Parks	56.79
M45 Ron Jensen	57.34
Peter O'Neill	57.61
M50 Joe Thielman	58.53
Bob Miller	59.30
M55 Ralph Miller	62.02
Clyde Sparks	69.88
M60 Orlo Keniston	67.02
Allan Kelly	69.82
M65 Don Bernitt	88.04
M70 Norm Hansen	79.05
John Favcett	1:52.33
M30 Pam Banks	66.97
M40 Avril Douglas	63.37
Kathy Holmstrom	69.28
M50 Marti Thielman	81.69
Nancy Preston	88.03
M70 Helen Jensen	1:55.6
M75 Betty Joslin	2:20.61

800m

M30 Robin Hood	2:21.94
Andrew Matthews	2:30.31
M35 David Ortman	2:25.73
Mike Brandt	2:16.28
Rick Lilleberg	2:31.19
M45 Peter O'Neil	2:18.52
Marty Stitsel	2:20.85
M50 Stephen Odwin	2:16.70
Glen Hudson	2:57.43
M55 Bill Cupp	2:38.34
Clyde Sparks	2:41.28
M60 Larry Doering	2:43.28
Louie Miowski	2:57.72
M65 Len Tritsch	2:49.35
M70 Norm Hansen	3:13.15

W30 Sue Grigsby	2:24.82
Mary Russell	2:33.8
M40 Avril Douglas	2:34.55
M50 Madeline Bost	2:46.69
Joanne Vandeurze	5:12.0
1500m	
M30 Larry Weber	4:08.61
Robin Hood	4:44.45
M35 Dave Shogren	4:38.12
Greg Swanson	4:44.82
M40 Ed Granchalek	4:30.21
Gordon Overbye	4:39.23
M45 Gale Pfueller	4:33.64
Marty Stitsel	4:36.34
M50 Des O'Rourke	4:45.62
Tim Joslin	4:46.62
M55 Bill Cupp	5:12.66
Clyde Sparks	5:20.52
M60 Orlo Keniston	5:26.2
Larry Doering	5:30
M65 Don Bernitt	6:28.3
M70 Norm Hansen	6:10.9
W30 Sue Grigsby	4:44.3
W35 Jenny Swanson	5:10.7
D Hairabedian	5:54.3
M50 Madeline Bost	5:34.75
J Vandeurzen	7:01.4
M60 Pat White	6:49.5
Janet Kavadas	10:28

5000m

M30 Robin Hood	18:02.8
Jeff Dean	18:35.1
M35 Greg Swanson	17:02.6
M40 Paul Erlich	18:22.0
Laurie Olafson	18:36
M50 Tim Joslin	16:42.6
M Christiansen	18:42.2
M55 Bob Burd	20:55
Ron Ross	20:56.5
M60 Jerry Magorty	20:50.6
Al Cowin	27:01.6
M65 Don Bernitt	22:50
M70 Norm Hansen	22:26.6
John Fawcett	39:13.4
M75 Jerry Satterlee	27:52.6
W35 D Hairabedian	20:56.5
M50 Judy Groombridge	20:42.3
W60 Janet Kavadas	36:32.7
W65 Helen Lachman	28:51.4
W75 Shirley Wasser	33:49.9
4x100m Relay	
M60-64 Kelly, Fischer, 57.57	
Hill, Nowitzki	
W30-34 Acres, Watts, 61.22	
Foster, William	
W35-39 Trader, Ben- 65.9	
jamin, Chiorah, Sparks	
W50-54 Preston, Bost, 75.6	
Groombridge, White	
4x400m Relay	
M30-34 Inman, Jaeger-4:26.3	
man, Shogren, Talmadge	
M40-44 Lilleberg, 3:43	
Trezona, Overbye, Stitsel	
M50-54 Cupp, Sparks, 4:30.2	
Doering, Ross	

High Jump

M30 Blake Surina	1.68
Jose Brown	1.32
M35 Rich Teller	1.90
Dave Ortman	1.78
M40 H Haslam III	1.68
Laurie Olafson	1.42
M45 Joe Johnson	1.53
Grant Lamothe	1.32
M50 Mike Akerman	1.62
Bob Sheedy	1.58
M60 Jack Fischer	1.42
D Skartvedt	1.42
M65 Art Jaago	1.17
Gene Carter	1.07
M70 Gil Splaine	1.27
Ken Gorshkov	1.22
M30 Pam Banks	1.53
M Mendenhall	1.47
M50 Becky Sisley	1.26

Pole Vault

M45 Larry Holmes	11-8
Grant Lamothe	7-4
M50 Ed Crouch	8-4
Bob Sheedy	8-0
M60 Leo Nowitzki	8-4
Chad Bolender	7-8
M65 Don Grosh	9-0
Gene Carter	5-10
M70 Les Hintz	6-6
M50 Madeline Bost	5-10

Long Jump

M30 Jose Brown	4.33
M35 Dave Ortman	6.01
M40 Jeff Schaller	5.19
Oron Lott	5.18
M45 Joe Johnson	4.79
Pat Shober	4.69
M50 Bob Sheedy	4.76
Brad Wilson	3.76
M60 Darrold Skartvedt	4.57
Allen Kelly	4.05
Chad Bolender	4.05
M65 Art Jaago	3.80
Buyral Madan	3.48
M70 Gil Splaine	4.09
Del Hesseltine	3.12
M80 Henry Schumacher	1.62
M30 Alice Williams	4.38
M Mendenhall	4.03

Triple Jump

M30 Blake Surina	10.84
M35 Rich Teller	10.99
M40 Oron Lott	10.03
Ray Baker	9.50

M45 Johnny Edwards	8.90
Grant Lamothe	8.84
M50 Bob Sheedy	10.08
Mike Akerman	9.02
M60 Chad Bolender	8.21
Bob Gevers	7.81
M65 Buyral Madan	7.18
M70 Ken Gorshkov	6.82
M30 Pam Banks	8.94
M50 Becky Sisley	8.19
Shot Put	
M30 Blake Surina	13.54
M35 Rich Teller	10.59
M40 Laurie Olafson	7.86
M45 Jock McLaughlin	12.82
Bob Gent	9.21
M50 Bob Sheedy	10.21
Ross Eberts	9.68
M55 Neil Saling	12.27
Fred Shanaman	10.76
M60 Darrold Skartvedt	10.00
John Nelson	8.53
M65 Art Jaago	11.72
M70 Gerald Cysewski	11.98
Ken Gorshkov	10.49
M75 Leon Joslin	9.48
Ernie Jensen	6.95
M45 Linda Ticknor	7.58
M50 Becky Sisley	8.28
Marti Thielman	8.27

Discus

M30 B Surina	29.30
M40 Laurie Olafson	25.58
M45 Grant Lamothe	15.10
M50 Bob Sheedy	31.62
Thomas White	24.62
M55 Neil Saling	41.50
M60 Darrold Skartvedt	39.46
John Nelson	28.64
M65 Art Jaago	37.75
M70 Gerald Cysewski	31.0-
Gene Abdenour	29.96
M75 Leon Joslin	30.62
Ernie Jensen	18.34
M30 Martha Mendenhall	22.16
M45 Linda Ticknor	17.52
M50 Marti Thielman	18.35

Javelin

M30 Blake Surina	50.14
M35 David Ortman	36.94
M45 Bob Gent	38.02
Joe Johnson	38.00
M50 Jerry Dyes	56.18
Bob Sheedy	38.06
M60 Leo Nowitzki	26.64
Wm Hill	22.56
M65 Art Jaago	34.54
M70 Gerald Cysewski	25.54
Ken Gorshkov	16.78
M75 Leon Joslin	19.44
M30 Martha Mendenhall	20.74
M50 Marti Thielman	12.06

1500m RW

M30 Blake Surina	7:32.3
M60 Jerry Magorty	10:12.64
Ray Ryan	14:49.31
M65 Rich Bennett	8:58.1
M30 Viviana Odwin	9:40.75
M35 Sheree Sparks	11:17.66
M70 Alline Shitten	12:07.49
M80 Louise Swanson	12:40.37
3000m RW	
M35 Bruce Harland	12:49.24
M40 Stan Chraminski	14:33.8
M45 Martin Graham	18:29.9
M55 Paul Kaald	17:59.69
M60 Paul Kavadas	20:16.77
M65 Rich Bennett	19:22.37
Hugh Degler	19:25.3
M30 Sarah Klautt	16:52.52
M35 D Hairabedian	16:10.78
Jan Jones	19:58.68
M50 Judy Groombridge	20:20.73
M80 Louise Swanson	25:13.53

INTERNATIONAL

17th New Zealand
Championships
Hastings, March 8-11

100

M40 L Malcolmson	12.10
M45 M Callaghan	13.40
M50 B McPhail	12.48
M55 H Maret	13.74
M60 F Copeman	14.04
M65 M Cook	15.03
M75 B Kaiser	15.55
M35 H Ranford	16.92
M40 W Brown	13.06
M45 C Waring	14.66
M50 P Scholes	15.92
M55 I Fergusson	16.57
M60 M Petley	17.19
M65 B Smith	19.12
M75 A Sole	19.48

200

M40 L Malcolmson	24.0
M45 M Callaghan	26.1
M50 B McPhail	24.5
M55 B Halpin	26.8
M60 F Copeman	28.3
M65 M Cook	30.8
M75 B Kaiser	30.7
M35 K Lovell	30.5
M40 W Brown	25.7
M45 C Waring	29.2
M50 P Scholes	31.9
M55 I Fergusson	33.7
M60 M Petley	34.7

M65 B Smith	39.7
M75 A Sole	39.8
400	
M40 G Simpson	53.86
M45 M Cull	57.39
M50 B McPhail	58.61
M55 B Halpin	61.50
M60 V Harris	68.62
M65 M Cook	76.67
M70 G McPherson	76.11
M75 B Kaiser	79.88
M35 K Lovell	69.0
M40 C Turner	60.5
M45 C Waring	67.8
M50 J Chandler	71.5
M55 I Fergusson	80.9
M60 M Petley	82.7
M75 A Sole	101.0

800

M40 I Carter	2:02.59
M45 J McDowell	2:07.8
M50 I Babe	2:13.40
M55 P Kors	2:26.9
M60 R Dixon	2:36.0
M70 G McPherson	2:47.4
M75 F Cox	3:41.3
M35 K Lovell	2:35.5
M40 C Turner	2:23.24
M45 M Orman	2:38.62
M50 J Chandler	2:42.33
M55 J Miles	2:54.64
M60 M Petley	3:17.25
M65 B Smith	3:57.31

1500

M40 I Cousins	4:07.86
M45 D Rowell	4:13.12
M50 I Babe	4:24.71
M55 P Kors	4:59.34
M60 H Mein	5:22.52
M65 J Eccles	5:19.52
M70 G McPherson	5:47.29
M75 F Cox	7:19.12
M35 K Lovell	5:09.61
M40 P Graham	4:54.87
M45 M Orman	5:21.56
M50 C Thompson	5:40.57
M55 J Miles	5:47.78
M60 P Fletcher	6:05.04
M65 B Smith	7:58.71

5000

M40 I Carter	15:11.84
M45 R Robertson	15:15.08
K Francis	15:17.71
M50 A Davis	16:07.26
M55 P Kors	18:06.03
M60 D Melrose	18:37.27
M65 J Eccles	18:51.0
M70 A Clements	22:26.81
M75 F Cox	26:33.47
M40 J Stewart	18:30.38
M45 D Gore	19:48.52
M50 C Thompson	20:18.73
M55 J Miles	20:45.48
M60 P Fletcher	21:37.67
M65 P Spiers	33:53.09

10,000

M40 T Green	32:46
M45 R Robertson	31:51.2
M50 A Davis	34:16.2
M55 P Mills	39:08.1
M60 D Melrose	40:00.3
M65 J Eccles	39:51.3
M70 T Taylor	70:45.1
M75 F Cox	57:33.0
M40 L Thodey	39:35.3
M45 M Orman	41:41.1
M50 P Hewitt	43:39.0
M55 S Richardson	51:05.0
M60 P Fletcher	45:30.0

SHORT HURDLES

M40 G Smith	18.5
M45 I Boyd	18.1
M50 S Foster	19.0
M55 I Montgomerle	21.0
M40 P Hunt	14.3
M50 V Hood	18.1
M60 M Shirley	16.4

Continued from previous page

W35 P Calder	4:54.21
M O'Mahoney	5:04.80
D Monteith	5:38.31
W40 J Owens	6:23.24
W45 P Gallagher	4:48.36
J Byng	5:11.89
W50 M Robertson	5:51.60
W55 M Moore	6:20.52
3000m	
M40 K Sanderson	8:54.16
C Spence	8:56.74
C Youngson	9:04.86
M45 S McCrae	9:24.20
II Watson	9:27.06
P Cartwright	9:30.14
M50 K Summersgill	9:43.67
G Harrold	9:45.00
M Doogan	9:52.93
M55 H Rankin	9:42.12
I Barnes	9:50.27
E Williams	10:08.09
M60 W McBrinn	10:17.4
W Marshall	10:20.7
S Lawson	10:21.0
M65 H McGintay	12:09.8
T Joynson	12:16.1
D Anderson	13:45.2
W35 P Calder	10:16.2
K Chapman	11:35.7
P Gallagher	10:16.9
60mH	
M40 S Fitzpatrick	9.1
A Roker	9.6
J Gelder	10.0
M45 B Ferguson	9.4
B Charles	11.2
M50 J Freebairn	10.8
A B Carter	10.9
M55 C Shafto	10.2
M60 I Steedman	10.5
M65 L Williams	10.7
M70 D Philcox	12.3
W35 C Brown	12.3
W40 J Willis	10.0
W45 J Vernon	9.5*
P McNab	10.9
J Charles	15.5
W50 J Hulls	10.4*
N Cross	10.6
4x200m Relay	
Men: Waterford AC	1:43.9
Women: Bromley Vets	2:09.7
High Jump	
M40 E Fitzgerald	1.80
J Fanning	1.75
S Fitzpatrick	1.75
M45 C Green	1.55
A Dingwall	1.50
J Robinson	1.35
M50 J Freebairn	1.63
M55 T Crocker	1.60
C Shafto	1.60
A Galbraith	1.40
M60 J Cross	1.40
A Woods	1.35
M65 I Adams	1.15
M35 M Thompson	1.46
M Daniels	1.40
W40 M Williams	1.31
C Geddes	1.20
W45 B Terry	1.28
P McNab	1.25
C Scarles	1.20
W50 J Hulls	1.34
Pole Vault	
M40 M Bull	4.40
E Fitzgerald	3.50
S Fitzpatrick	3.50
M50 J Freebairn	2.70
M60 A Woods	3.00
Long Jump	
M40 J Charlton	6.00
J Fitzpatrick	5.59
J Gelder	5.55
M45 P Duckers	5.74
C Green	5.50
B Charles	5.33
M50 J Freebairn	4.95
J Lornie	4.86
B Carter	4.83
M55 F Taylor	5.62
C Shafto	6.04
G Feast	4.53
M60 A Kairai	4.72
J Cross	4.51
R Laidler	3.90
M65 R Clark	3.32
M70 D Philcox	3.67
M75 L Watson	3.37
M35 M Daniels	4.72
D Shirrell	3.96
E Morrison	3.87
W40 J Willis	4.65
C Geddes	4.22
J Rammell	3.79
W45 S Wood	4.36
J Charles	4.29
E Linaker	4.07
W50 N Cross	3.75
W70 M Wixey	3.01
Triple Jump	
M40 J Charlton	12.17
E Gerry	11.81
E Fitzgerald	11.39
M45 D Boosey	12.35
C Green	10.40
B Charles	10.34
M50 G McDonald	11.01
M55 T McManus	8.07
A Graham	6.32
M60 A Kalirai	9.93
R Laidler	8.83

M70 D Philcox	7.94
W35 D Shimmell	8.03
C Brown	7.90
W40 J Willis	8.91
W45 P McNab	9.08*
J Charles	8.75
S Wood	8.21
W70 M Wixey	6.03*
Shot Put	
M40 I Howat	14.29
S Gillo	13.20
W Weir	12.59
M45 A Dingwall	10.29
B Sloan	6.78
M50 J Walters	12.76
J Freebairn	12.28
C Darrett	10.02
M55 H Ryan	10.93
I Buckley	10.78
C Taylor	8.77
M60 J Watson	11.96
A Woods	10.61
R Laidler	8.79
M65 T Henderson	8.23
L Williams	8.21
L Adams	8.04
M70 D Philcox	6.86
W35 M Ingram	8.90
C Brown	8.42
N Thompson	7.13
2000m RW	
M40 B Care	8:28.49*
D Henley	8:29.70
S Fitzpatrick	13:41.34
M70 C Corman	10:12.72

South African Masters
Championships
Cape Town; April 19-20

100m	
M30 P Potgieter	11.50
M35 F Potgieter	12.01
M40 N Basson	11.59
M45 S Wald	11.74
M50 G Moller	13.43
M55 G Pistorius	12.81
M60 J Brand	14.00
M65 L A Nel	14.05
M70 L J Botha	15.40
M80 C A duPlessis	18.03
W30 L Brits	13.95
W35 J Kruger	12.76
W40 G vanNiekerk	12.87
W45 G Viljoen	13.33
W50 Y de Wit	14.11
W55 B Saffer	15.85
W60 A duPlooy	16.05
W65 S Campbell	16.08
200m	
M30 A Lubbe	23.66
M35 T Dixon	24.00
M40 G Breytenbach	23.33
M45 S Wald	23.77
M50 D Senamadi	26.72
M55 M Grujic	25.51
M60 J H Brand	28.44
M65 L A Nel	28.49
M70 C Pace	33.90
M80 C A duPlessis	38.81
W30 E Krige	27.84
W35 J Kruger	26.55
W40 P Immelman	26.39
W45 G Viljoen	27.80
W50 Y de Wit	28.79
W55 B Saffer	33.41
W60 A duPlooy	34.40
W65 S Campbell	35.16
400m	
M30 G Koorts	51.10
M35 T Dixon	53.13
M40 C Makhubelo	51.83
M45 L Keel	56.10
M50 F duToit	59.40
M55 M Grujic	56.62
M60 B vNiekerk	67.80
M65 L A Nel	66.74
M70 C Pace	79.14
W30 R van Heerden	61.64
W35 J Kruger	61.72
W40 P Immelman	60.92
W45 G Viljoen	65.78
W50 Y de Wit	67.79
W55 B Saffer	81.62
W60 A du Plooy	78.18
W65 A McKenzie	85.00
800m	
M30 G Koorts	1:56.93
M35 H Hori	2:01.28
M40 L Claassen	1:58.51
M45 L Keel	2:06.98
M50 S Mostert	2:13.51
M55 M Grujic	2:12.49
M60 G Loedolff	2:29.54
M65 L Nel	2:34.62
M70 J Botha	2:47.98
W30 E Krige	2:25.65
W35 A van Beuge	2:20.76
W40 P Immelman	2:30.60
W45 E Jordaan	2:39.36
W50 R Rossouw	3:00.83
W55 Q du Toit	3:13.49
W65 A McKenzie	3:13.63
1500m	
M30 P Miller	4:09.19
M35 F Myburgh	4:22.74
M40 D Malan	4:13.81
M45 V O'Donoghue	4:39.09
M50 E Roffey	4:29.13
M55 I Ackerman	5:13.47
M60 G Loedolff	4:59.13
M70 J Botha	5:41.58

W35 A van Beuge	5:05.29
W40 N Nurse	5:31.14
W45 J Weers	6:11.53
W50 R Rossouw	6:15.67
5000m	
M30 J Koegelenberg	16:06.36
M35 L Barnard	15:49.99
M40 G Museuw	15:07.41
M45 R Pearson	17:22.14
M50 S Mostert	17:49.23
M55 C Greeff	19:15.27
M60 G Loedolff	18:10.48
M70 S Walker	23:01.93
M75 P de Vos	27:32.31
W30 C Hardenburg	18:50.76
W35 A van Beuge	19:09.83
W45 J Hlann	19:15.61
W60 J Geldenhuys	25:36.90
10,000m	
M30 J Koegelenberg	32:26.4
M35 L Barnard	32:35.3
M40 G Museuw	30:49.7
M45 K Rochford	40:46.6
M50 I Hunter	36:27.6
M55 C Greeff	38:30.9
M60 P O'Brien	43:20.9
M70 C Northcote	52:46.5
W30 C Hardenburg	38:06.9
W50 M West	45:31.5
Short Hurdles	
M35 N Frylinck	15.25
M50 C Truter	15.11
M55 P Botha	19.25
M60 F v d Merwe	19.18
M65 A van Zyl	17.67
W30 R van Heerden	15.98
W35 E Boardman	17.48
W40 M Ferreira	13.79
W45 I Bremer	13.48
W60 I Hofmeyr	18.77
Long Hurdles M50+ 300m	
M35 L Cole	60.85
M40 R Rossouw	60.74
M50 F Meaker	58.54
M55 L Benning	47.49
M60 F v d Merwe	52.97
M65 A van Zyl	50.25
W35 E Boardman	72.36
W50 A van Niekerk	55.50
W60 I Hofmeyr	65.51
Steeplechase	
M30 J Bain	10:48.68
M35 J Stigling	10:14.27
M40 B Currie	11:20.26
M50 J Jordaan	12:46.51
M55 I Ackermann	12:53.52
M60 G Loedolff	7:40.82
M70 R Coomer	12:38.62
4x100m Relay	
Men/SA Invitation (M40)	44.32
Women/Transvaal	50.87
High Jump	
M35 N Frylinck	1.66
M40 J Solms	1.55
M45 P Kruger	1.50
M50 C Hoffman	1.35
M55 L Benning	1.50
M60 C Colyn	1.25
M75 C Nel	1.05
W30 L Mulke	1.30
W35 E Boardman	1.40
W40 M Ferreira	1.40
W45 S Cronje	1.27
W55 L Zimmerman	1.20
Pole Vault	
M40 J Kruger	2.60
M50 S Ilerbst	3.85
M60 C Colyn	2.40
Long Jump	
M30 T Derbyshire	6.15
M35 N Frylinck	6.20
M40 G Breytenbach	5.93
M45 D Augustyn	5.56
M50 L Breedt	4.61
M55 G Pistorius	5.39
M60 C Colyn	4.25
M70 L Botha	4.23
M80 C A du Plessis	3.30
W30 R vHeerden	4.99
W35 T Griesel	4.57
W40 G vNiekerk	4.95
W45 S Cronje	4.27
W50 Y de Wit	4.42
W55 A Kruger	3.49
Triple Jump	
M40 J Solms	11.05
M45 H Stimela	10.34
M55 G Pistorius	10.95
W30 L Brits	9.64
W40 G vNiekerk	10.04
W45 P Pietersen	8.56
Shot Put	
M30 I Roets	12.90
M35 H Blignaut	13.22
M40 H Blignaut	11.79
M45 P Mulaudzi	12.60
M50 A Rzepecki	12.75
M55 A Coetzee	10.24
M60 D vJaarsveld	11.19
M65 J Visser	9.51
M70 L Botha	10.78
M75 C Sterley	8.26
W35 L Pantland	9.55
W40 M Ferreira	10.46
W45 M Uys	10.38
W50 A vNiekerk	9.08
W55 L Zimmerman	9.09
W60 S Malherbe	7.66
W65 L Grobler	8.72
W70 A Smit	6.08
W75 E Paveley	5.33

Discus	
M35 T Kotze	38.40
M40 J Roodt	36.04
M45 W Mwaikanda	35.88
M50 L Klaassen	44.26
M55 A Coetzee	37.80
M60 D vJaarsveld	34.60
M65 J Visser	33.02
M70 L Wale	23.78
M75 C Sterley	24.18
W35 L Pantland	31.76
W40 V Clayton	28.00
W45 J Rzepecki	29.20
W50 C Siebrits	21.18
W55 L Zimmerman	29.20
W60 S Malherbe	16.98
W65 L Grobler	23.70
W70 A Smit	14.60
W75 E Paveley	14.02
Hammer	
M35 T Kotze	35.66
M40 J Roodt	45.12
M45 J vNiekerk	25.06
M50 Rzepecki	49.12
M55 A Coetzee	33.42
M60 D vJaarsveld	31.62
M65 J Visser	35.84
M70 L Botha	29.66
M75 C Sterley	30.22
W35 L Pantland	28.66
W40 V Clayton	29.46
W45 M Uys	23.60
W60 S Malherbe	21.98
W65 L Grobler	23.44
W70 A Smit	14.70
Javelin	
M30 H Vercutiel	48.16
M35 W Geyer	50.44
M40 R Joubert	46.70
M45 W Mwaikanda	57.96
M50 F van Wyk	37.80
M55 S Fourie	34.16
M60 B Stannius	34.70
M65 J Visser	30.16
M70 L Wale	25.12
M75 C Nel	21.24
W35 L Pantland	31.72
W40 M deVilliers	29.28
W45 M Potgieter	22.09
W50 C Siebrits	17.33
W60 A Ackerman	21.96

W65 L Grobler	20.28
W70 A Smit	16.14
Pentathlon	
M35 W Geyer	2124
M40 J Jacobs	2859
M45 Z v d Berg	3105
M50 A Brown	3186
M65 A van Zyl	4362
(40.44 JT)	
W30 L Mulke	2512
W40 M Ferreira	3513
W45 S Cronje	3154
W50 P England	2512
Weight Pentathlon	
M35 T Kotze	3024
M40 J Solms	3057
M45 Z v d Berg	2821
M50 A Rzepecki	3906
M55 A Coetzee	2932
M65 J Visser	3231
M70 L Botha	3057
M75 C Sterley	3496
W35 L Pantland	2122
W45 M Uys	2679
W60 S Malherbe	2768
W65 L Grobler	3909
5000m RW	
M45 D Rossouw	27:24.0
M50 J Spencer	23:51.6
M55 C Hotston	27:46.6
M60 E Honiball	28:23.7
M70 R Rodgers	35:56.0
M75 P de Vos	31:58.8
M80 C Johnston	37:15.2
W40 J de Beer	29:53.6
W45 B Kosmas	32:26.2
W55 H Rothman	29:18.1
W65 M Hutchison	34:29.0
10K RW	
W40 J de Beer	1:04:50
W45 H du Toit	1:07:36
W50 L Engelbrecht	1:23:24
W55 H Rothman	1:01:12
W65 M Hutchison	1:12:26
20K RW	
M45 E Morgan	1:42:53
M50 J Spencer	1:42:38
M55 C Hotston	1:56:12
M60 E Honiball	2:06:06
M80 B Moodie	2:39:11

Continued from previous page

W55 Wen-shi Yu	33:57
Joanne Mallet	36:32
Charlotte Edwards	36:44
Linda Sippelle	39:51
Mary Ruz	40:54
W60 Margaretta Lutz	37:36
Ruth Kazez	39:13
Doralie Segal	40:22
W65 Mary Storey	39:46
Vesta Downer	57:02
Mary Boska	60:08
W70 Hedy Marque	38:59*
Louis Martin	48:55
Louise Roache	63:03
*U.S. W70-74 record	

NYRR Women's 5K Tune-Up
Central Park, NYC; May 12

Overall	
Gillian Horowitz 35	17:42
W40 Sylvie Kimche	18:43
Mary Rosado	20:41
Gloria Averbuch	21:52
W45 Marilyn Greeley	19:59
Janell McDyer	22:48
Lillie Smith	22:59
W50 Barbara Withers	25:07
Blanche Alter	27:09
Marianne Neuber	27:11
W55 May Chou	22:37
Thelma Wilson	23:48
Esther Marcus	25:42
W60 Bunny Franco	24:31
Aslaug Tomas	26:39
Daisy Klein 65	28:53
W70+Althea Wetherbee	28:51
Mayme Bdera 76	43:55
Althea Jureidini	43:55
Racewalkers	
1 Marty Callahan 58	35:04

NYRR You Gotta Have Park 5K
Central Park, NYC; May 18

Overall	
Thomas Birch 37	15:33
Carolyn Ballan 26	18:51
M40 Lawrence Smith	17:47
Gerard McGann	18:31
Malcolm Clarke	18:47
M45 Jim Hanrahan	18:32
Clemente Vargas	20:08
Charles Walt	20:08
M50 Gary Muhrcke	17:46
Nevio Dobry	19:08
David Schechter	20:14
M55 Robert Kahn	19:50
Harry Katzan	20:16
Ted Rogers	20:48
M60 Bill Fortune	18:39
Hector Pacheco	19:49
Jack Haar	22:01
M65 George Thompson	20:15
Wayne Brindley	21:57
Bill Coyne	23:08
M70 Tom Gibbons	23:48
Vince Carnevale	25:17
Wilfredo Rios	26:51
M75+Jim Keeney 75	25:14
Charles Feldman 75	26:38
Walkers	
1 Nick Bdera 42	23:59
W40 Carol Gellman	22:04
Mary Spera	22:15
C E Summerson	22:19
W45 Laurie Baker	21:48
S B Beltrandi	22:03
Linda Johnson	24:27
W50 Edith Jones	21:47
L Blackstone	25:33
Joan Mark	27:01
W55 May Chou	22:56
Melva Murray	28:08
Ardath Heard	29:56
W60 Bunny Franco	24:27
Q Thompson 67	30:24
Barbara Beck	30:29
W70+Althea Jureidini	33:37
Mayme Bdera 76	41:30
Walkers	
2 C A Weisbroth	33:23
Finishers: 598/391w	
Weather: 57°/h67%/w9mph	

St. John's Run For The Health
Of It 5K
Smithtown, NY; May 27

Overall	
Paul Capolino	15:56
Kathy Martin 38	19:16
M40 Maury Dean	17:49
Dennis Mullenforth 18:05	
Jorge Aguilera	18:24
M50 Joe Cordero	18:17
John Wallace	18:25
John Boyle	19:03
M60 Rich Hollmann	24:27
W40 Hilary Boucher	22:15
Terry Bolton	25:14
Debbie Conway	27:20

SOUTHEAST

City of Knoxville EXPO 10K
Knoxville, TN; May 11

Overall	
Craig Thompson 28	32:40
Eileen Thompson 31	38:43
Top Masters Men	
Randy Goins 40	34:40
Mike Rollason 42	34:50
William Orr 48	36:23
Grand Master	
M R Choquette 50	37:43
M40 Brian Hilyard	37:00
Glenn Farr	37:10
John Habel	37:20
M45 Robert Booker	36:55
Tom Durham	37:38
M B McDonald	39:04
M50 Royce Sayer	39:32
Bob Cunningham	40:47
Joe Gross	40:57
M55 Stu Eichel	42:31
Alan England	43:49
J B Burroughs	44:16
M60 Chuck Boston	43:33
Don Nelson	51:05
W K Kleber	52:52
M65 Bob Michel	48:18
Ed Nicholson	55:45
C J Zwick	55:58
M70+Walter Collins	58:08
Max Springer 77	60:06
Wm McConnell	60:10

Top Masters Women	
Mary Preisel 44	40:51
Vicki Johnson 48	42:59
Ginny Leete 42	44:36
Grandmaster	
Wendy England 58	44:25
W40 Julia Huster	47:14
Linda Mize	47:38
J T Price	48:12
W45 Martie Ulmer	46:39
Helen Phelps	47:15
Glee Carley	53:34
W50 Patti Reece	48:48
Susan Adams	52:02
Faye Downing	53:05
M55 Mickey Mabey	53:48
Sandy White	54:38
Nyta Wall	60:34
W60 Frances Newell	81:08
Evelyn Johnson	83:30
C Leatherwood	83:31
W65 Evelyn Blakely	81:35
Barbara Newton	83:37
Ursula Tauxe	88:04

Elizabeth Festival 5K
Charlotte, NC; June 1

M35 Jerry Clark	16:12
Sam Lewis	16:22
R. Goldfaden	17:41
M40 Randy Menort	17:56
Dan Williams	18:32
Chris Vinson	18:38
M45 Bill Peay	17:41
Gene Cassell	18:34
Gil Roth	18:51
M50 Frank Hannah	18:59
John Boles	19:39
Bob Hayler	19:54
M55 W. Batchelor	21:40
Doug MacLaren	22:36
Zean Jamison	22:41
M60+Jack Broadwell	23:15
W50+Betty Hedrick	27:59
Dana Caldwell	29:03
Sally Dobson	31:33

MIDWEST

Briarwood Runs
Ann Arbor, MI; April 14

---5K---	
M40 Tyrone Griffin	16:52
Bill Jones	17:47
Carl Allen	18:20
Rich Eraham	18:59
Robert Yahasz	20:30
M50 Harlan Van Blancum 19:10	
Marv Parent	21:01
Herbert Seegert	21:24
Otto Riegger	22:42
Dick Plander	23:11
M60 Jim Forshee	19:47
G M Swarthout	25:53
Chuck Hovey	26:28
Ernie Jones	26:49
Jim Zink	26:53
M70+Ed Andrysiak 77	24:42
Charles Tieman	31:53
J Joe Beracy	33:02
W40 Pat Payette	22:04
Jane Ketchin	22:25
Delma Bartelme	23:15
Ada Johnson	23:46
Pat Richardson	24:27
W50 Sharon Rose	28:44
Charlene Eisenohr	31:14
Sheila Place	31:37
Mary Panetta	32:01
Pat Delanieuvre	33:15

W60 Peggy Tieman	35:17
Evelyn Cameron	37:06
Daley Green	37:11
W70+Catherine David 87:50:03	
---10K---	
M40 Ken Weisheimer	34:51
Mike Persak	35:15
Pat Wagner	35:44
Doug Goodhue	36:06
Terry Furst	36:19
M50 Willis Coburn	42:31
Sil Fulgencio	42:43
Sangelo Vettorello 42:52	
John Peacock	43:39
Leo St Amour	43:43
M60 M Yamauchi	39:45
Jack Hoskins	45:46
Bill Heminger	45:58
Ron Muesing	46:49
John Paton	48:21
M70 Edmond Devine	55:13
Robert Foster	56:43
Don Fleck	68:01
W40 Maria Iwaniec	43:27
Grace Louwma	45:23
Maggy Zidar	47:25
Carolyn Dick	47:47
Deborah Carmichael 49:46	
W50 Chris Swanson	49:47
Madelyn Fox	52:57
Sandra Somers	56:14
Lynn Allison	59:17
W60 Agnes Perkins	60:52
---20K---	
M40 Gary Wolfram	67:53
John Hunt	73:38
Wally Herrala	75:33
Mike Simms	76:03
C Maycock-Dorlin	77:12
M50 Jim O'Neill	71:33
Harry Tellman	77:30
A F Prudkoglyad	79:24
John Ward	88:31
Gene Reck	91:43
M60 Don Thackrey	95:24
Darwin Spaysky	97:30
Bottrell Erwin	99:45
M70+Robert Taylor	2:00:14
Chas Machala	2:17:14
Jim Ramsey	2:31:11
W40 J Murphy-Walker	89:33
Donna Wilson	93:26
Carol Santoro	95:52
Cecilia Brzys	97:53
W50 Karen Kimberly	1:44:56
Eleanor Shaw	1:53:19
Dagnika Schmidt	1:57:39
Anne Reneau	1:58:16
Nina Derda	2:03:53

Metro-Macomb Runners 3 Mile
Mt. Clemens, MI; May 8

Overall	
Tom Zarzycki	15:54
Mary Urban	24:40
M40 George Beck	18:00
George Gambert	18:09
Gary Flatt	18:18
M45 Tim Klinkhamer	18:55
Dan Beattie	19:14
Frank Higgins	19:32
M50 Herb Seegert	19:36
Jerry Bohanon	19:55
John Kahl 56	20:33
Jim McManus 58	21:48
M60+Al Evers 63	26:14

Metro-Macomb Runners 5K
Mt. Clemens, MI; May 15

Overall	
Tom Zarzycki 32	16:50
M40 Chas Winegard 40	18:05
George Geck 42	19:03
Tim Klinkhamer 45	19:16
Gary Flatt 40	19:36
Les Fowler 44	19:56
M50 Hank Nienhuis 50	17:49
Herb Seegert 55	20:12
Darrell McKee 56	20:29
Jim McManus 58	22:55
M60+Al Evers 63	28:11

Elby's Big Boy Classic 20K
Wheeling, WV; May 25

M40 Bill Rodgers	1:08:59
Fred Waybright	1:16:17
Michael Barr	1:16:35
M45 Gene Ruckman	1:27:27
Bert Ross	1:27:46
Ray Renaud	1:27:55
M50 Jim Gorney	1:28:53
Ron Hill	1:30:12
David Prox	1:31:03
M55 Bill Olrich	1:20:06
Jack Cagot	1:25:40
James Lacey	1:30:42
M60+Lou Lodovico	1:35:41
Jim Roser	1:36:23
Dick Connors	1:43:16
W40 Judith Bugyi	1:28:21
Liz Ervin	1:32:31
Pam Gibson	1:38:01
W50 Georgetown Lacey	1:46:35
Joanne Johnson	1:58:27
P. Mihalich	2:03:49
W60+Ella Custer	2:24:42

Metro-Macomb Runners 4 Mile
Mt. Clemens, MI; May 27

Overall	
Kirk Scharich 26	21:24
Ronda Spezia 30	26:15
M40 Mike Stone	23:40
Allan Kelly	23:41
Mike McCarten	25:45
M50 Herb Seegert 55	26:54
Greg Kemp	27:41
Jim McManus 58	31:45
M60 Harold Kumpf	32:59
Allen Evers	38:04
M70+Fred Guroi	32:27

MID AMERICA

Get In Gear 10K
Minneapolis, MN; April 27

Overall	
Dan Held 25	29:52
Janice Ettle 32	35:03
M40 Tom Antczak	32:39
Doug Suker	32:58
Dick Ruhland	34:43
M45 John Emmons	34:20
Dave Griffith	35:24
Don Mathieu	35:32
M50 Dan Conway	34:38
Ron Bole	36:56
James Mayerle	38:13
M55 Erv Tolkinen	38:19
Arlen Sunn	38:57
Gary DeFrance	39:00
M60 Bill Galbrecht	42:09
Harold Hubbard	42:16
Greg Prom	42:22
M65 Alex Ratelle	39:49
John Keston	40:46
Lloyd Young	43:48
M70+Leo Harding	48:57
Emil Balz	50:20
Clayton Moran 76	62:20
W40 Judith Hine	36:16
Diane Stoneking	39:38
Mary Hiatt	41:07
W45 Shirley Hanson	43:59
Lee Bradford	44:32
Diane Andersen	46:50
W50 Judy Cronen	43:54
Pat Larson	47:34
Jan Rohde	48:53
W55 Dorothy Spencer	52:18
Ann Kelly	59:28
Barbara Burhans	59:29
M60 Marcy Cahow	52:12
Mickey Armstrong	53:22
Mary Bonstrom	53:52
W65 Barbara Andersen	49:41
Betty Haleen	63:06
E Rendsen	85:06
W70+Ellen McCoy	53:53
Helen Reiter	75:56

Cherry Creek Sneak 5 Mile
Denver, CO; April 28

M40 Rick Katz	27:03
Tom Burnett	27:16
Rick Reimer	27:25
Ray Hammit	27:26
M45 Bill Smitham	27:32
Mike Gregorio	28:35
Bill Mahoney	29:33
Steve Johnson	29:44
Ron Davis	29:54
M50 Ardel Boes	27:38
Robert McAndrews	29:49
Pete Wall	30:45
Nico Solomos	31:17
Dennis Kavanaugh	31:32
W40 Linda Cash	31:33
Jan Hughes	31:45
Marilyn Stapleton	35:11
Marge Adelman	35:12
Carol Bogner	35:27
W45 Pricilla Welch	29:07
Mary Wood	30:11
Judy Wolfe	36:01
Bette Poppers	37:03
Barbara Pike	38:26
W50 Sharon Connolly	38:47
Beth Browning	39:36
Caroline Luttrull	39:46
W55 Maryann Potocnik	38:12

River Run 10K
Tulsa, OK; May 4

Overall	
Ron Parks 29	31:33
Christine Spein 27	34:51
M40 Denton Childs	33:20
Bob Anderson	34:36
Gary Madison	34:43
Tom Lloyd	35:35
David Delahay	35:48
M45 Lewis Chandler	36:42
Ray Lattanzia	36:56
Steve Haigh	37:30
Peter Barnhardt	38:11
M50 Larry Worth	36:53
Jim Pogue	41:13
Mike Paradis	41:32
M55 Rob Adkins	40:29
Bob Vernon	43:55
Jerry Tiller	45:15

M60	Jerry Crockett	40:35
	Art Melendez	41:30
	Calvin Ellis	42:41
M65	Jim Smith	43:47
	Gene Henson	49:05
	Ross Waltzer	50:19
M70+	Richard Evans	69:01
W40	Martha O'Rourke	39:05
	Martha Heinsius	40:40
	Vicky Fegaly	41:43
W45	Nancy Wallace	44:43
	Linda Brown	45:51
	Lydia Borges	46:12
W50	Barbara Pogue	46:45
	Betty Edgley	49:23
	Sonja Banfield	50:56
W55	Sue Neill	58:45
	Dru Young	58:46
	Barbara Vernon	66:23
W60	Opal Alexander	62:03
	Betty Mitchell	78:02
W65	Jimmie Haggard	70:14
	Jean Benaar	70:32

HCC HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES

OCTOBER 14-25, 1991
ST. GEORGE, UTAH, U.S.A.
in the Heart of America's
Great Southwest

TRACK & FIELD October 23-25, 1991

(TAC Sanctioned)

Dixie College Track & Field

Wednesday October 23 5 pm

100M ☐ 800M ☐Shot Put ☐ Discus ☐

Thursday October 24 5 pm

200M ☐ 1500M ☐Long Jump ☐ Javelin ☐

Friday October 25 3 pm

50M ☐ 400M ☐High Jump ☐

4 by 400 Relay ☐ (Exhibition only - no medals)
All ages combined - teams must be turned in to
Track & Field Director by 7 pm Thursday, Octo-
ber 24, 1991.

Age Categories:

Male/Female 50-54 ☐ 55-59 ☐ 60-64 ☐65-69 ☐ 70-74 ☐ 75-79 ☐ 80+ ☐

*Circle gender, check event(s), and age group

Limit: Total of 6 Track & Field events.

U.S. Masters standard weights:

Shot put: Men: 50-59=6K

60-69=5K 70+=4K

Women: 50+=3K

Discus: Men: 50-59=1.5Kg 60+=1.0Kg

Women: 50+=1.0Kg

Javelin: Men: 50-59=800g 60+=600g

Women: 50+=400g

TAC Rules & equipment standards apply. The
track is rubberized and starter blocks will be
available.

TRACK & FIELD DIRECTOR:

KEN CHRISTENSEN (H) (801) 628-5201

(O) (801) 673-5857

TECHNICAL DIRECTOR:

KEN JOLLEY (H) (801) 628-1442

(O) (801) 628-3550

ROAD RACES October 23-25, 1991

(TAC Sanctioned)

Wednesday October 23 9 am

5K Road Race ☐ Bloomington

Thursday October 24 9 am

**5K Fitness (walk) Speedrace ☐ Dixie College

Track

Friday October 25 9 am

10K Road Race ☐ Green Valley

Age Categories:

Male/Female 50-54 ☐ 55-59 ☐ 60-64 ☐65-69 ☐ 70-74 ☐ 75-79 ☐ 80+ ☐

* Circle gender, check event you would like to enter
and age category.

** (The walk race is not an official racewalk, it is a
physical fitness racewalk, but medals will be awarded)

RACE COURSES ARE TAC CERTIFIED

ROAD RACE DIRECTOR:

DEBBIE ZOCCOLL (H) (801) 673-4427

(O) (801) 673-6266

TECHNICAL DIRECTOR:

KEN JOLLEY (H) (801) 628-1442

(O) (801) 628-3550

World Senior Games Sponsors

HUNTSMAN CHEMICAL CORPORATION

UTAH RESOURCES INTERNATIONAL

ST. GEORGE HILTON INN

MORGAN GAS & OIL

CITY OF ST. GEORGE

WASHINGTON COUNTY TRAVEL COUNCIL

J.C. PENNEY COMPANY INC.

EYE INSTITUTE

INTERMOUNTAIN HEALTH CARE

KUTV CHANNEL 2

UTAH POWER

ALBERTSONS

HILTON TEXACO

GENEVA STEEL



ST. GEORGE HILTON INN
Headquarters for the
WORLD SENIOR GAMES

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

WORLD SENIOR GAMES



Senior athletes (age 50 and above) from all parts of the world are invited to participate in the World Senior Games, a sporting event to sponsor worldwide Peace, Friendship and Health.

October 14 through 25, 1991, sportsmen and sports-women will gather in St. George, Utah, to compete in cycling, softball, swimming, tennis, bowling, racquetball, track & field, basketball, golf, horseshoes, table tennis, biathlon (cycling & running), and road racing events.

The mid-October weather is perfect in this sunny south-western area for outdoor sporting activities as well as for dining, dancing, gaming and touring in one of the most exciting areas of the world.

Within an easy three-hour drive of this famed resort community are some of the world's greatest scenic wonders—the Grand Canyon National Park, Lake Powell, Zion National Park, Lake Mead National Recreation Area, Kaibab National Forest and Indian Reservation, Cedar Breaks National Monument, East Mohave National Scenic Area, Dixie National Forest, Bryce Canyon National Park and the Hoover Dam.

Daytime high temperatures range between 70° and 85° F. Mornings and evenings are cool.

OFFICIAL REGISTRATION/ENTRY FORM

ENTRY DEADLINE: September 25, 1991

Please print or type

Phone (work) _____

Name _____

Phone (home) _____

Participant's Signature _____

Address _____

St. George Phone No.
or location _____

City, State, Country _____

Zip Code _____

Date of Birth _____

month / day / year

Age _____

12/31/91

Male / Female

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	_____
Luncheon - Green Valley, Oct. 16	5.00	_____
Luncheon - Hilton Inn, Oct. 23	5.00	_____
Band / Lt. Buffet (per person) Oct. 17	15.00	_____
Band / Lt. Buffet (per person) Oct. 24	15.00	_____
Additional Sports Fees:		
Additional Sport (s) (each sport 10.00)	10.00	_____
Golf Greens and Cart Fees (36 Hole Tournament)	49.00	_____
Social Golf Greens and Cart Fees (18 Hole Tournament)	35.00	_____
Bowling Fee (singles)	8.00	_____
Bowling Fee (doubles) per person	8.00	_____
Bowling Fee (team) per person	8.00	_____
Racquetball (second event) person	15.00	_____
Cycling	5.00	_____
Swimming	5.00	_____
Tennis Social Mixed Doubles (per person)	10.00	_____
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: _____

address _____

city _____

state _____

zip _____

country _____

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

Special Travel Rates

American Airlines

American Airlines is offering a special discount rate of 40% off their full coach fares for travel to Huntsman Chemical's World Senior Games. The special discount requires a seven-day advance purchase and is subject to a \$30 service fee for any full or partial refunds. If you qualify for a lower published fare, American Airlines will discount that rate by an additional 5%. All rules and restrictions apply and are subject to applicable inventory. Travel to Las Vegas, NV, must be between October 11-28, 1991.

For Complete Details

Call Toll Free 1-800-433-1790

7:00 a.m.-12:00 midnight Central Time

Seven Days a Week

Ask for Starfile Number S 0801L

BE CERTAIN TO ASK ABOUT AMERICAN'S
SENIOR CITIZEN DISCOUNTS

A discount coupon for ALAMO RENT A CAR
will be sent with each registration packet.