Grayson, Fromant Set Cotton Row Records

by JIM OAKS
HUNTSVILLE, Ala. — Unusually cool weather for late May produced two age-group course records at the WZYP Cotton Row Run 10K, as both Mike Fromant's 31:01 and Nancy Grayson's 35:34 became new standards for the traditionally tough Memorial Day course in this southern city.

The female masters field was the strongest since 1989, when six masters broke 40 minutes on the demanding course. This year two-time defending champion Nancy Grayson was back along with Barbara Filutze of Erie, Pa., Jane Hutchison of Webb City Mo., and new master Catherine Lempesis from Columbia, S.C.

Last year Grayson became only the second female master to break 36 minutes since Judy Fox Eddy established the record in 1982 with an astounding 35:37. This year Grayson's times in other races made her feel that the record was within reach. Adding to her confidence was an overcast sky and its 13-year history.

Grayson opened with a 5:40 in the first mile and was in third place overall, some 25 seconds up on the second master Barbara Filutze. She continued to run strong, but controlled, up Mountain Wood Hill and hit three miles at 17:35. She blew down the fourth downhill mile and was on record pace through mile five. Grayson held pace through the last 1.2 miles to finish with the new course record, good enough for third open female.

"Last year I missed the course record by about seven or eight seconds, putting the record back in question. This year I felt the record was within reach. The race conditions were perfect. The overcast sky helped keep the temperature down."

"Last year I didn't have any past records to go off of, but with Grayson's times in other races this year I knew the record was within reach."

"by MARILYN MITCHELL

Running in second place behind Andrew Whitney for the first 2½ laps, Waigwa charged into first on the far turn of the third lap. Whitney, the apparent rabbit, dropped out on the third lap. McMullen moved into second, followed by Popejoy.

"From that point on, Waigwa sped to a commanding lead, decisively winning by 60 meters. Popejoy edged McMullen on the far turn of the last lap to capture second place. Swag..."

Activity Deadline is July 13

$2500 Prize Money at Nationals

Holiday Inns, Inc. will offer $2500 in prize money to winning teams in the 4x100 regional all-star relay at the 25th annual TAC/USA National Masters Track and Field Championships in Spokane, Wash. August 13-16.

It's the largest amount of prize money ever offered in a masters track and field meet.

The event is expected to draw more than 900 men and women from over 40 states and Canada. Attendance could reach 1000 because of the half-price air fares offered by the airlines last month.

The deadline for entries is July 13. Confirmation of entry will be sent within seven days or no later than July 20. The absolute final date for entries is July 31, with a $20 late fee and no confirmation.

The entry form was published on the back pages of the May and June issues of NMN. Entry forms may also be obtained by writing Spokane directly (see schedule for details).

This is traditionally the biggest masters track and field meet in the nation. More than 800 participated in last year's nationals in Naperville, Ill. Competition will be held in five-year age-groups for both men and women, starting at age 30-34 and going to age 95+. Performances will range from outstanding to ordinary. But it doesn't matter. Everyone is welcome. There

Gillcris t Top Age-Graded Performer in Birmingham

by GORDON SEIFERT
Jim Gillcris t, 64, was the top age-graded performer in the 11th annual Birmingham Track Club Classic, held May 23 at Samford U. in Birmingham, Ala. Gillcris t's 5-3 high jump (95.8% AG) narrowly edged W45 Phil Raschker's 9-0 pole vault (95.2%). Both are world age-group record holders in these events.

Outstanding efforts by double winners included M30 James Perry (100, 11.0/200, 22.5); M45 Thad Bell (100, 11.77/200, 23.99); M55 Ralph Sum...
EDITORIAL


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 NMM. Executive Officers of TAC/USA: Frank E. Greenberg, President; Dillian C. Canelli, 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 24-48 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 races 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 60+; please check the schedule for details. Some events require advance registration. Some require a current TAC card ($11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-5000. There are no qualifying standards for any masters athletics event.

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

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Cotton Row Run

Continued from page 1

it," Grayson said. "The 10K is just about my favorite distance. I've won some longer and some shorter, but 10K is just about my right distance."

Her record-setting effort was worth a bonus of $500 which, along with the masters prize money of $750 and the $300 for 3rd open female, made her total of $1550 the highest total pay check of any runner.

Filutze finished 2nd in 37:24 for $500, Hutchison was 3rd in 37:55 for $300. Lempesis' time of 38:15 for fourth place ($200) would have won the masters title in six of the previous twelve races. Alabama native Gail Ogle was fifth in 40:15 for a $100 prize.

Lis Villadsen of Charlottesville, Va., ran an outstanding 41:53 to take the Grand Masters (W50-54) title, and Atlanta's Nancy Parker ran 42:59 to win the W55-59 division.

Although the men's masters field was not as deep as in some years, two outstanding masters runners ran on course record pace through the first two miles.

Englishman Mike Fromant took the lead during the first half mile, and was joined by U.S. master marathon record holder Kenneth Judson at the mile mark.

Fromant broke away from Judson slightly in the third mile and built a 15-second lead by the top of Mountain Wood Hill. Fromant continued his torrid pace to finish first master, breaking the record of 31:05 set by Earl Owens in 1990, and picking up a check for $1250 ($750 for top master and $500 bonus for the record). Judson ran a strong 31:21 for second and $500.

"The conditions were great," Judson noted. "I just didn't have the speed to win the race. I haven't had a chance to bring my training around to focus."

"I heard my time with 200 meters to go," Fromant told reporters, "and I figured it was going to be close. I got around the corner and I could see the"
FIGHTING AGE DISCRIMINATION

Locally, our PVA-TAC race evaluation program has been instrumental in getting an age 70+ division in over half of our major races with fields of 1000 or more. The fight for 5-year age-groups is also making modest gains, and now includes the following races: Marine Corps Marathon, Army 10 Miler, Cherry Blossom 10 Mile, Frizbe Rockville 10K, Arthritis 10K, George Washington Pkwy 15K, Nike Women’s 8K, Capitol Hill 10K, and the Georgetown 10K. We generally recommend that races that traditionally give three awards per 10-year age-group, provide two awards per 5-year age-group, which minimizes the impact on their awards allocation. However, it appears that the biggest stumbling block nationally is the preferential treatment given to the older age-groups. In addition, many of these races only give trinkets (plaques/trophies) to older masters — obviously feeling that we should be content with our social security.

Prior to Bill Rodgers/Frank Shorter & Co. turning 40, all masters age­groups were treated alike. I think TAC should issue a statement on the national level urging race organizers to treat all masters age-groups equitably. Herb Chisholm Alexandria, Virginia

(Why not suggest awarding prices on an age-graded basis, as do many races in other states? It’s easier and less expensive for the race directors, the awards are more meaningful to the runners, and it eliminates all age discrimination. — Ed.)

1995 WORLD CHAMPIONSHIPS

I was interested to see that Singapore has backed out on the 1995 WAVA World Veterans Championships, leaving room for new bids. I’m quite relieved we don’t have to go back to Asia two times in a row; it simply makes sense not to.

Why doesn’t some U.S. city grab the bull by the horns and make a serious bid for 1995? After all, there were five unhappy suitors the last time. With all the recent riots, L.A. needs something to upgrade its image. Also, it might make sense to do a major event in the U.S., which, whether or not it was held in Atlanta, would give our officials a training ground? Hal Higdon Michigan City, Indiana

NOVICE EVENTS

One thing that was different about the recent World Veteran Masters Games was the effort put out by the committee to encourage the recreational runner. They gave medals to all runners that ran well. Then, in order to have two areas of competition in the same event, they also gave medals to the recreational runners who only run once or twice a year.

The same idea can be used to help with attendance at the Nationals. When I was a kid, the AAU ran novice events to encourage new runners to compete. We could do the same at the Nationals, which would allow for runners, jumpers, or throwers who had never won a medal in the Nationals to compete in the open events and the novice events until they win a medal. The events could be set up on an age-graded handicap system. In cases where more than one heat is required, A-cut times could be used to determine the winners.

The age-graded 100m and the age relay last year are great ideas.

Tim Murphy
Ivory, Texas

SPECIAL THANKS

During the National Masters Indoor Championships in Columbus, Ohio, I experienced what was perceived as a heart problem during the shot put competition. Fortunately, it turned out to be an accidental coffee overload. I want to extend my special thanks to all those competitors and officials who demonstrated their personal concern for me. And, I especially want to thank meet director Jim Pearce for putting on one of the best run competitions I’ve ever had the privilege to attend.

Jim Hart
Walnut Creek, California

Seven Join NMN Sustainers

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

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Top male masters at the 1992 WZYP Cotton Row Run 10K. From l to r: M45 Carl Nicolson (5th, 33:02); M40 Nash Jimenez (4th, 32:39); M40 Earl Owens (3rd, 32:10); M40 Ken Judson (2nd, 31:21); and M40 Mike Fromant (1st, 31:01).

Top female masters at the 1992 WZYP Cotton Row Run 10K. From l to r: W40 Cathy Lempes (4th, 31:01); W40 Barbara Flutze (2nd, 32:74); and W40 Nancy Grayson (1st, 35:34).

Kurtis, Bell Winners in Cleveland

Welch, Campbell Top Age-Graded Performers

by JERRY WOJCIC

Doug Kurtis, 40, of Northville, Mich., who has run more sub-2:20 marathons than any other U.S. citizen, failed to do so in the Revo-Cleveland Marathon, May 17, but finished fifth in 2:21:49, a masters age-graded best at 91.7%.

Terry McCluskey, 43, Brookfield, Ohio, was 16th and second master in 2:39:57. David Whitten, 54, Rochester, N.Y., won the M50-54 race with a 2:52:01.

Adele Emo, 40, Toronto, Canada, was women's masters titlist in 3:07:47. Wen-Shi Yu, Jamaica, N.Y., took the W55-59 contest in 3:36:03.

Winners overall were Driss Dacha (29, 2:14:40) and Lubov Klocho (32, 2:35:11). There were 914 males and 144 female finishers.

In the companion 10K, Doug Bell, 41, Greeley, Colo., won the masters title by four seconds with a 31:00 over John Campbell, 43, New Zealand.

Continued on page 22

Grayson, Fromant Set Cotton Row Records

Continued from page 3

seconds ticking away, so I just ran as hard as I could.”

Fromant might have run faster, but two days earlier he had raced a half-marathon in Ann Arbor, Mich., in 1:07:30 to finish third overall.

Earl Owens, the former course record holder, ran 32:10 for third place and $300. Nash Jimenez was 4th in 32:59 for $200, and local runner Carl Nicholson took fifth ($100) in 33:02.

Jerry McGath was the Grand Master winner in 36:13, and Dick Ruzicka won the M55-59 division with a 37:32.

A total of 1750 finished the 10K and 700 others ran the 2-mile.

The 25-39 age group winners in the TAC/USA National Masters Indoor Pentathlon Championships in Indianapolis, February 15. L to R: Ted Tiernon - 3rd (37, IN); Jeff Watry - 1st (36, WI); Robert Zahn - 2nd (37, WI). Photo by Gary Black

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ELITE SALES Inc., Box 345, Accord Ma 02018 1-800-433-0324 1-617-749-4389
Still Many Barriers to Overcome

The 8-foot high jump, the 20-foot pole vault, the 300-foot javelin throw and the 80-foot weight throw have been achieved. In the open arena, there are still a number of “barriers” to overcome. They include the 30-foot long jump (WR 29-4 3/4), the 60-foot triple jump (WR 58-11 1/4), the 250-foot discus (WR 243-0), the sub-8 steeple (WR 8:05.35) and the sub-27 10,000 (WR 27:08.23) for men.

The ladies can take aim on the 7-foot high jump (WR 6-10 1/4), the 50-foot triple jump (WR 49-0), the sub-30 10,000 (WR 30:13.74), and the sub-2:20 marathon (WR 2:21.06).

There are some metric-measurement barriers in a number of events, too, but I won’t get into those here.

In the masters arena, the most frequently-mentioned barrier is the sub-4 mile for someone 40 or over. It appeared that New Zealand’s John Walker, the first man to go under 3:00 for the mile, was on the verge of doing it before giving up the pursuit early this year as a result of injuries. We’ll have to wait until after November 24 this year to see if Irishman Eamonn Coghlan can do it. Former world-record holder Filbert Bayi reaches the big “4-0” on June 23 next year, but when I talked with him last December he didn’t seem to feel he would be up to the challenge. He thinks he’s lost too much speed and would be unable to regain enough of it.

For the time being, the M40 mile record stands at 4:05.39 by Wilson Waigwa of Kenya, set in 1989. The pending and 10,000 record of 28:30.88 set last year by Finland’s Martti Vainio is equal in effort, based upon the Daniels-Gilbert tables of comparative performance, to a 3:58.2 mile. Further, if we take the percentage difference (1.0507) between Vainio’s time and Arturo Barrios’ WR of 27:08.23 and apply that difference to Steve Cram’s mile record of 3:46.32, we arrive at a 3:57.8.

The long-standing M40 5000 record of 13:45.6 by Lucien Rault converts to a 3:59.5 on the Daniels-Gilbert Tables and a 4:00.3 using the percentage-difference method.

Thus, the M40 10,000 and 5000 records indicate that a sub-4 M40 mile is possible; however, we then need to consider whether aging affects speed more than endurance. Peter Browne’s M40 800 record of 1:51.25 converts to a 4:06.2 mile on the Daniels-Gilbert tables, while the percentage-difference method gives us a 4:07.5.

Interestingly, Eddie Hart’s M40 100 record of 10.6 points to a 4:03.2 mile (using the percentage-difference method), while the 200 and 400 records give us mile times of 4:11.3, and 4:13.2 respectively. It may be that Hart’s record was not automatically timed, which could significantly distort the difference between his and Carl Lewis’ 9.86.

Putting on my Jimmy-the-Greek hat, I’m giving odds of 3-1 against Coghlan or anyone else breaking four minutes this year or next. The odds drop to 5-2 against anyone doing it before January 1, 1995 and even money (50/50 chance) that a post-40 sub-4 will be run before the year 2000.

Conway, Hine Best in Get In Gear 10K

Dan Conway, 53, of Chetek, Wis., was the top age-graded masters performer (91.3%) with a 34:17 in the Get In Gear 10K, Minneapolis, on April 25.

First master Jerry Schwartz, 40, of Dickinson, N.Dak., had the next best performance with a 39:00 (AG 85.4%).

The day’s events included a 5K racewalk and a 2K fun run, and despite unseasonably cold weather and blustery winds, 3945 of the 4490 registrants in the 10K finished.

Open winners were Dan Held (26, 30.00) and Janis Klecker, 31, winner of the 1992 U.S. women’s Olympic marathon trials, who broke her own course record with a 32:52.

Five Years Ago

- Phil Raschker Sets Four U.S., W40 Records in Southeastern Masters Championships
- Michael Hurd (41, 1:05:45) and Gabriele Andersen (41, 1:18:15) are First Masters in Elby’s Distance Race 25K
- Leggs Mini Marathon 10K Title Goes to Barbara Flutze, 40, in 37:00

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.

Other Age-Class Barriers

The 4-minute mile is not the only barrier standing in the way of masters competitors. Here are some others, including the current records and recordholder:

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<td>W50 50-0 shot</td>
<td>48-8 1/4</td>
<td>Valerie Young</td>
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Road Barriers

In the masters road racing arena, there are some equally formidable barriers. Of course, the sub-5 minute per mile marathon was shaded by John Campbell in the 1990 Boston Marathon (4:59.9), but we’re still looking for a sub-3 hour marathon by someone 70 or older. The current best is 3:01:14 (better than 7 minutes per mile) by Warren Utes. Taking Utes’ M70 5K record of 18:00.9 and his M70 10K record of 37:49 and putting them to the Daniels-Gilbert tables, we find that they are equal in effort to a marathon of around 2:23.

While Ed Benham’s M80 marathon record is 4:17:51, it appears that a sub-4 hour marathon in that age group is well within the realm of possibility as Benham’s M80 15K record of 1:07:00 is, based upon the Daniels-Gilbert tables, equal to a 3:21 marathon.

It is interesting to note that the trend with Utes and Benham is just the opposite of the trend in the M40 mile records. That is, the longer the distance the slower the relative times for these two older runners. □
Largest 100 Races Announced

The tremendous growth experienced by the 5K in recent years does not show up dramatically in the top 100. Most of the new 5K races are small. More will move into the top list as they have time to grow. In 1991 there were 15 5Ks on the list compared to 10 in 1990 and 5 in 1986.

Analysis of the results shows 10Ks of all sizes continue to decline slightly. The 300 10Ks which submitted results in both 1990 and 1991 decreased by about 2%. This modest decline was balanced by modest increases in most other distances (2% for marathons, 6% for 5Ks). The overall growth of 2% for all races is better than expected, given the poor economic climate of the year.

Even prize money purses have not suffered as one might predict in a recession. In Road Race Management's list of prize-money races, 127 '92 events have increased their purse of offered money for the first time compared to 99 events which decreased or eliminated purses.

Few races grew more than two all-women 5Ks — the Susan Komen Race for the Cure in Dallas (83% growth in 1991) and the Lady Foot Locker Classic (49%). The Komen race has blossomed into an 18-race series which funds a popular cause — breast-cancer prevention and treatment.

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 t0 90 for men and women for every common track & field, long distance running, and roadwalking event.

Compiled by the World Association of Veteran Athletes and the National Masters News.

Send $5.95 plus $1.00 postage and handling ($5.00 foreign) to:

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

The Largest Road Races in the U.S. in 1991

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The Largest 5K Races in the U.S. in 1991

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Running Dry

Incontinence — that terrible word. It’s only associated with the elderly, like my mother-in-law, who’s 87 and senile. I never paid attention to the supermarket section where adult diapers were sold. Why should I? I was 49 years old, my running was strong, and I was just starting to place in my 10Ks.

But nature has a way of playing rude jokes sometimes. At first, I ignored the urge to urinate every time I neared mile four in my training runs. I kept telling myself it would pass, go away. Perhaps, I had contracted a bladder infection. Yet, as the year wore on, this symptom didn’t go away. In fact, it got worse. If I didn’t stop at mile four and find a bathroom or a bush, I couldn’t seem to control my bladder muscle. What was happening to me?

After a while, I couldn’t avoid dwelling on my discomfort the minute I ran my first few miles. The more I thought about the problem, the more urgent it seemed to get. When I found myself looking for a pit stop after the first mile, I knew my dreams of winning the women’s 50-and-over category were smashed.

Kept It Secret

For no one. I wore navy or black tights and snuck into the house so my family wouldn’t see the accidents streaking down my legs. An embarrassment to myself, I held an agonizing internal dialogue with my mind during every run: “Is this what middle age is all about? Becoming a baby again? Losing control? This must only be happening to me, since nobody’s ever mentioned this problem before.”

Finally, after three bleak months, I had to confront my demons and call my internist. Timidly I explained my running fiasco to my doctor, who quickly dismissed my dilemma with, “For the urologist’s conclusion that my incontinence would require an operation, I responded, “I’d go for five and six hour car rides without making my father stop at a gas station. Sometimes, I quietly smile because I was able to take responsibility for curing myself — no pills, no surgery — just my willingness to concentrate for 50 minutes a day. Other times, I silently explode with happiness because I not only run stronger now, I also run dry.

For information about biofeedback in your area, contact: Barbara Woolner, 177 Riverside Drive, Newport Beach, CA 92663. (714) 994-3459.

Nancy Martin is a freelance writer and runner living in La Jolla, Calif.

Filutze Wins Freihofer’s

A powerful masters field has found a tradition at the Freihofer’s Run for Women 5K in Albany, N.Y. The 14th edition on June 6 gave no indication that things are about to change.

Barbara Filutze, now 45-years-old, from Erie, Pa., was the most prominent name, although Jane Hutchison, 46, from Webb City, Mo., brought with her the reputation as a tenacious and accomplished age-group competitor.

Nonetheless, as Filutze blasted away from the starting line on Madison Avenue adjacent to the imposing Empire State Plaza, Hutchison was content to place solely for second position. Filutze raced with all the tenacity that has brought her numerous age-group records and titles. Paying scant attention to the testing
$2500 Prize Money at Nationals

Continued from page 1

are no qualifying standards, except to be at least age 30.

The eastern Washington area is an outstanding vacation spot. Masters superstar Larry Almberg, who lives in nearby Ellensburg, Wash., has graciously invited all masters competitors and friends/family on a river-rafting trip following the meet. The charge is a nominal $10 or $15 which includes the cost of food and renting the rafts. RSVP to Almberg by August 1 at 1102 Franklin, Ellensburg, WA 98926, or call 509-925-9162.

Regional Relays

The regional relays have been moved on the schedule from Sunday to Saturday, following the 200 finals at about 5:30 p.m. Each of the seven regions (East, Southeast, Midwest, Mid-America, Southwest West, and Northwest) may enter a team in each of four races: 1) women age 50+; 2) men age 50+; 3) women age 30-49; 4) men age 30-49.

The 30-49 teams may include any four 30-49 runners who live in a region as long as the total ages do not exceed 150. The 50+ foursomes may be composed of any four regional 50+ runners whose total ages are 230 or less.

The races will be scored by points (10, 7, 5, 4, 3, 2, 1). Thus, any team finishing will score at least one point. A perfect score for a region would be 40 points.

The region whose teams compile the most points will receive $1000 from Holiday Inn, according to Atlanta's Phil Mulkey, Southeast Regional Coordinator and senior sports representative of the hotel chain. The region amassing the second-highest point total will receive $500. Third place gets $400, fourth $300, fifth $200, and sixth $100 — a total of $2500. Each region will determine how best to use its award.

Individual awards will be given to the top three team finishers in each race. The winning regional team members will each receive a patch. A traveling trophy plaque with the winner's name engraved will be presented to that region to be held until next year.

Regional coordinators will be responsible for selecting their teams. Registration will be held on Saturday, August 15. It should be a great fun as well as adding a few shekels to the nearly-bare coffers of the regions.

Following the relays, a barbecue will be held near the track on the campus of Spokane Community College. After that a general meeting will be held to which everyone is invited.

Thad Bell narrowly edges Caesar Austin, 11.77 to 12.09, to win the M45 100. Birmingham Track Classic, Birmingham, Ala., May 23. Photo from Gordon Seifert

Records Fall in Florida Championships

by JERRY WOJCIEK

One U.S. record, 56 meet records, and 30 All-American masters performances were produced by participants in the Florida TAC Masters-Submasters Track and Field Championships in Orlando on May 16.

Ernest Dennison, 80, broke the U.S. M80-84 record for the shot put with an 8.98. The old record of 8.45 was held by Bob Macconnaghy of California.

The best age-graded performance came from high-jumper James Gillcrist, 64, holder of the M60-64 world record at 1.66, who leaped 1.62 for a 97.0%.

posted the next-best performance with an 11.10 (AG 94.1%) in the 100m, the fastest of the meet, which included athletes of ages 20-and-over.

Jay Sponseller, 74, took four firsts in All-American times, including a 70.73 in the 400 for an age-graded 92.1%.

Miriam Gordon, 66, narrowly outperformed Bob Fine, 60, for 5000m racewalk age-graded honors with an 81.6% (33:05), with Fine, the meet organizer, at 80.3% (27:17).

Athletes from ten clubs were represented, with the Florida Athletic Club in the majority.

1992 TAC EASTERN NATIONALS REGIONAL, TRACK AND FIELD CHAMPIONSHIPS

SOUTHERN REGION

DATE: Saturday, August 1, 1992 9:30 A.M. Track and 10:00 A.M. Field

SITE: Birmingham, AL

REGION: Triboro Bridge to Randall's Island - Downing Stadium. One-way toll.


TIMING: All running events will be P/F by MAMMOTH TIMING.

HISTORY: TAC Regional medals with custom ribbons to last 1st, 2nd, 3rd in each event by five year age divisions. One eastern patch per winner. Custom ribbons 4th to 6th.

DIVISIONS: Five year age groupings for men and women (30-49, 50+, 60-64, 65-69, 70-74, 75-79, 80+).

ENTRY FEE: Pre-entries are $15 for the first event (includes a $5 surcharge for the Eastern Regional Fund which was depleted for the indoor regional and not charged for the 1991 outdoor regional). Second and third events are $2.00, and each additional event is $5. Relays are $20. Must be received by Friday, July 24th.

POST ENTRY FEE: Entries received after July 24th on the day of the meet are $20 additional plus regular entry fees provided additional heats are needed.

Relays $25 total.

TAC REGISTRATION: Post entries must show a current TAC card or buy a $12 TAC card.

RECORDS AND OFFICIALS: THE EASTERN TAC REP. IN CHARGE - MASTERS/AMERICANS.

TRACK EVENTS (FEE) FIELD EVENTS (FEE)


Note: Events may be added.

Betty Vosburgh, W60, triple jump 25-41', Birmingham Track Classic, Birmingham, Ala., May 23. Photo from Gordon Seifert
New Zealand's Gary Little

New Zealand's Gary Little, born December 31, 1941, is an athletic phenomenon. A self-taught racewalker, he only started serious training in 1988 and was successful almost immediately in winning the 3K (Track) and the 10K (Road) walks at the New Zealand National Veterans Track and Field Championships in March 1989.

During 1991, he established new world veteran M49 records in the 1 mile, 5K, 10K, 15K, 25K and 50K distances. As one of New Zealand's top race walkers, irrespective of age, he was an automatic selection for the national team sent to compete in the World Cup races at San Jose Calif., in June. He walked the 50K in 4:39.27, placing 63rd in a field of 130 international walkers. In October, his time of 2:18:41 in the 30K Road Championship was moving at approximately 4 miles per hour. In that race were the fastest ever recorded by a New Zealander in New Zealand.

In February 1992 at the New Zealand Open National Athletic Championships held in Christchurch, Gary competed in the 5K track walk and the 20K road walk. He won the 5K race by 8 seconds in 21:10.35, and rough calculations indicated that he was moving at approximately 190 steps per minute with a step length close to 4 feet.

In the 20K road walk, Gary's time of 1:26:32 was the fastest ever recorded by a New Zealander, and broke his previous best time by 2:01. Unfortunately, it was 2:32 slower than the very high qualifying standard set for the 20K Olympic walk in Barcelona. The walker who placed second in that race was 2:30 slower and half Gary's age. Gary was thoroughly exhausted after this effort, but was sufficiently recovered within two minutes to sincerely congratulate the remaining six finishers as they arrived — a tribute to the man himself and his supreme fitness.

There is little in Gary's sporting background to indicate his amazing success as a walker. He played rugby in high school, won an 800-meter race in the school's athletic championships and was second in cross-country. In 1975, he was being advised by his friend, the well-known veteran runner, Jack Foster, and completed the Fletcher Marathon in 2 hours 58 minutes. Gary was involved in cross-country and road and track running during the following years without distinction.

Gary weighs 61 kilograms (135 pounds), stands 5 feet 7 inches, and has a resting pulse of 50 beats per minute. He has no food fads, but believes in a balanced diet. His twice-daily training walks, totalling approximately two hours (four hours on Sundays) are based on the Lydiard philosophy and include hill work, walks at average to fast tempo, time trials over measured distances, and technique and style sessions.

(This article was written by Gary Little's fellow racewalker, George Currie. — E. Ward)

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Racewalking Pros and Cons

Should men and women be allowed to compete together?

A clear statement in the TAC rules is needed to permit masters women and men to compete together in track events at the meet director's discretion. Also, any records made in such mixed competition should be recognized. It would be best if this rule change applied to all masters track and field events, but barring this, there are many good reasons for the change to be made for the racewalk alone. Here are some reasons:

1) Very often there is not a complete field of either gender.
2) Even when there are at least three men and three women, the fields are small enough to permit both to use the track together, and so cut in half the time the track must be reserved for the racewalk event.
3) The issue of pacing shouldn't differ between track and road course. On road courses men and women are considered to be in separate events even though they are simultaneously competing on the same course. This is true for both the racewalk and long distance running.
4) Mixed sex competition for masters racewalkers was permitted until the Masters Track and Field Rules were rewritten in 1990. It is fair to suggest that the elimination of the mixed-sex competition rule was a genuine, and unintentional, oversight.
5) The present rule is often ignored. Opposition to this rule change may come from three sources within masters track and field: (1) Those who want to keep the TAC rules streamlined with minimal exceptions and variations for specific events and age groups; (2) those who resist departing from international (WAVA or IAAF) policies; (3) those who think racewalkers should scare up more competitors if they want to be included in a meet.

Bev LaVeck, RW Representative
TAC Masters T&F Committee
(This may seem to be a technical issue to some; however, it has very practical implications for those who do not live in centers of racewalking activity. As this is the prime time of year for masters meets with track racewalks, we encourage participants to write of their experiences in track walks. Specifically note whether the reinstitution of a mixed competition rule would facilitate better scheduling of the walks so that they aren't stuck before the meet, at the tail end of the meet, or in the hottest part of the day. Also, note whether mixed competition would enhance, and therefore attract, more participants. Your backup would greatly assist in promoting this rule change. Write to Bev LaVeck or Elaine Ward, North America Racewalking Foundation, P.O. Box 5012, Pasadena, CA 91115-0112. — EW)

Masters Age Records 1991

(1992 Edition)

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

- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1991.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $4 plus $1.00 postage and handling ($5.00 foreign) to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

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Classified ad rates are 75¢ a word. Count name and address as 5 words. Race notices are 50¢ per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMM, PO Box 2373, Van Nuys, CA 91404.

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

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Patrick Gallagher, 66, St. Louis, winner of the 5000 (20:00) and the 10,000 (42:35), St. Louis Senior Olympics. Photo by Hank Kiesel

Christel Miller, of Glendale, Calif., cooling it with an ice pack after a gold in the W55 hurdles (11.80), TAC National Masters Indoor Championships, Columbus, Ohio, April 3.

Photo by Jerry Wojick

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<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and TAC Masters T&amp;F Records Chairman. $4.00</td>
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<td>Competition Rules for Athletics (1992)</td>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and race walking — youth, open and masters. $9.95</td>
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<tr>
<td>IAAF Scoring Tables (1985)</td>
<td>Official world scoring tables for men's and women's combined-event competitions. $11.95</td>
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<tr>
<td>Time Master Calculator</td>
<td>Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator. $45.00</td>
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<tr>
<td>Guide to Prize Money Races and Elite Athletes 1992</td>
<td>Published by Road Race Management the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. $46.00</td>
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<tr>
<td>TAC/USA Patches</td>
<td>Embroidered, 4&quot; x 3&quot;. $2.50</td>
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<tr>
<td>U.S. Track and Field Team Patches</td>
<td>Embroidered, 4&quot; x 2&quot;. $2.50</td>
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<tr>
<td>U.S. Track and Field Team Lapel Pins</td>
<td>Cloisonne enamel, 1 ¼&quot; x 5/8&quot; bar pin with safety catch. $5.00</td>
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<tr>
<td>The Masters Running Guide by Hal Higdon</td>
<td>160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. $9.95</td>
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<td>Run Fast by Hal Higdon</td>
<td>How to train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. $14.95</td>
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<tr>
<td>Running Research News</td>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. &quot;Simply the indispensable running newsletter.&quot; — Amby Burfoot. $16.00 per year.</td>
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<td>Back Issues of National Masters News</td>
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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
Calluses

Q. I am a 62-year-old long distance runner. I have been getting calluses on my feet for years. Should I worry about them if they don’t hurt?

A. Calluses are very common among runners and other active people. Usually, they are caused by some type of foot abnormality such as high arches, flat feet, hammertoes, bunions and claw toes.

Basically, a callus is a thickening of the outer layer of skin caused by some repetitive stress to the area. Sometimes pain is experienced when the callus is pressed. Usually, calluses overlie some type of bony prominence or boney spur. Often the spur needs to be removed before the callus will go away.

You can use a pumice stone to reduce the size of the callus to the level of the surrounding skin. This often has to be done 2-3 times per week. Over-the-counter chemical agents are available, but I do not suggest their use. They are especially dangerous for people with circulatory problems or diabetes, and would cause healing problems.

If the callus is unmanageable, your foot specialist can reduce and trim the lesion under safe, sterile conditions. To avoid future calluses, switch to a cushioned orthotic insole. These devices are quite effective in providing relief from painful calluses, and preventing their recurrence.

by MAURY DEAN and WILLIAM BENSON

Levise, McLatchie Win in Boulder

by JERRY WOJCIK

France's Pierre Levise remained undefeated as a master since turning 40 in February, with a 30:24 (AG 93.9%), worth $1200, in the Boulder Boulder 10K in Boulder, Colo., on May 25. Levise, who has been living in Boulder since last November, finished 18th in the men's elite race and was never threatened for the masters title. "I ran alone," said Levise. "I think I can run around 30 minutes here."

Domino Tibaduza of Colombia/Reno, Nev., took the masters victory with a 30:41. Manuel Vera of Mexico, course record holder at 30:13, finished third in 30:59 for $450. Doug Bell, Greeley, Colo., fourth, was also timed in 30:59.

Levise, a 62-year-old long distance runner, has been getting calluses on his feet for years. He wonders if he should worry about them if they don't hurt.

Hoepp First U.S. Runner

Small Turnout in National 10K

by JERRY WOJCIK

Participants were few in The Athletics Congress National Masters 10K Championships in Kansas City, Mo., on May 17. Just 33 entered and finished — 25 men and eight women. But, at least the number was up from the 1991 championships in New Orleans, held after the TAC Convention in December, when about two dozen finished.

Hector Chavez, M45, of Mexico was the winner in 33:33 in Kansas City, with Iowan Curt Hoepp, M40, the first U.S. runner. at 33:58. Fay Bradley, Washington, D.C., won the M50 race with a 34:42 in a field of eight, the largest of the championships. Norman Green Jr., Pennsylvania, took the M55 contest in 36:36. Paul Heitzman, Kansas, won the M60 division gold medal with a 39:26.

Jane Hutchison, W45, Missouri, ran a fine 37:47 for the women's laurels.

Levise won the 10K race in 30:24, earning $1200. He was one of the few runners to enter the event.

The Missouri Valley Association/TAC provided support.
Mastering the Roads...Where We've Been

by CLAUDIA CIAVARELLA

Many years ago, the world of masters long distance running was vastly different than it is today. Bill Rodgers and Frank Shorter hadn't yet turned 40. Dr. Kenneth Cooper had published Aerobics. Jim Fixx was still alive.

Masters running, like open running competition, was simpler then. Weary runners happily went home with usually nothing more than a ribbon around their necks. Even ribbons were runners happily went home with usual.

Even ribbons were runners happily went home with usual.

The finest field of masters runners every assembled at the 4-mile mark of the first Brooks Masters Run in Chesterton, IN, October 4, 1980. Four 20K age-group records were set. From left: Roger Robinson (#107, 41, 1st, 1:04:10), Ernie Billups (43, 8th, 1:08:24), Brian Harris (5th, 49, 1:06:45), Derek Fernee (#110, 40, 2nd, 1:05:24), Dan Conway (41, 3rd, 1:05:59), Hal Higdon (#1, 49, 4th, 1:06:05), Jim Ewing (#7, 41, 6th, 1:06:41).

Photo by Mark Luedi

Claudia Ciavarella is a masters runner who has been involved in the sport as a writer, administrator and athlete for many years. This is the first in a series of U.S. masters long distance running.

local flavor and talent. We seldom drew anyone from far away."

TAC Created

That was beginning to change. In 1979, Congress passed the Amateur Sports Act, creating TAC (The Athletics Congress). Amateurism vs. professionalism had been one of the issues that led to the development of this new governing body. Shoe companies now realized that promotional opportunities were wide open.

The shoe companies were now "professionals," like tennis players or golfers.

One of those athletes was Bill Stewart. In 1982 the Wayne State University graduate set what was then a world indoor masters record for the mile - 4:11. His timing couldn't have been better. Race directors, realizing that a world record-holder would be a draw, offered Stewart appearance money. The shoe companies jumped on the bandwagon as well. Stewart: "Brooks sponsored me for three years... shoes, sort of a subsidy...it was great while it lasted. Then, Barry Brown turned 40!

Continued on page 14

because of Nike's circuit, we were able to get a good masters field."

Schultz remembers that it was "...an exciting time for masters athletes, and Nike. We tried to give as much recognition as possible to deserving athletes. Often we sought people out, convinced them to run."

One runner that needed no convincing was Norm Green. In 1983, the series' last year, the prolific athlete at age 50 won the National Masters 20K Championship race in Washington, D.C. Like previous winners, he was provided with an all-expense-paid trip to the World Veterans Championships.

Green was, and still is, a firm supporter of age-graded scoring for masters competitions. The Nike circuit was ahead of its time; the age-graded system was used to score the competitors in all the races.

Brooks Masters Series

The Brooks masters runs consisted of three races: a 10K in Georgetown, a 20K in Indiana Dunes, and a 25K in San Francisco. More than a half-dozen American age-group records were set at those events. At the time Brooks was pumping a significant portion of its promotional budget into masters running.

The early '80s brought about a lot of changes that would ultimately affect masters athletics. In June 1981, at the Cascade Run Off in Portland, runners openly accepted $50,000 in prize money over the table. In 1982, TAC set up a trust fund. Now athletes could deposit their winnings, and use the money for living andtraining expenses. Masters athletes seized the opportunity to benefit from this new attitude. Runners were now "professionals," like tennis players or golfers.

One of those athletes was Bill Stewart. In 1982 the Wayne State University graduate set what was then a world indoor masters record for the mile - 4:11. His timing couldn't have been better. Race directors, realizing that a world record-holder would be a draw, offered Stewart appearance money. The shoe companies jumped on the bandwagon as well. Stewart: "Brooks sponsored me for three years... shoes, sort of a subsidy... it was great while it lasted. Then, Barry Brown turned 40!

John Boyle from Deland, Florida was one of those race directors who felt that masters running was best served by guest celebrities. At the time Boyle had no office; he worked out of his home. In September 1982, he invited Stewart down to run a four-mile race called, appropriately "Run From My House." Over 500 people showed up to race and meet the record holder. Stewart ran 19:37, besting the field, and beating many excellent runners half his age.

Dalrymple Turns 40

In that same year, 1982, Cindy Dalrymple turned 40. Dalrymple had been one of the few women who was running during the mid-70s. With nearly ten years of racing behind her, she was primed to start racing as a master.
Continued from page 13

Reflecting on those days Dalrymple admits that: "I was lucky... masters running was starting to get more attention at the time that I turned forty."

Miki Gorman held the only records for masters women — Dalrymple knew she had a golden opportunity to shine. And shine she did. She was the first masters woman who earned a living from the sport. It wasn’t easy. Dalrymple raced nearly every weekend for prize purses that were often only $100 or $200. Many races paid no money at all. She raced for travel expenses and the sheer joy of competing. Looking back, Cindy recalls: “There was no competition (for masters)... usually I felt like I was competing in the open.”

She traveled frequently to the South where she found that there were more races that paid money to masters. Being one of the early pioneers in the sport for masters women had its downside. “In some ways I gave up a lot, especially career-wise. I loved running... that was my focus. I don’t regret any of my experiences, but I did pay later.”

These were good times, for both open and masters runners. Shoe companies were introducing new models several times a year, road racing was still an upswing with new events popping up each season, more people were running in races than ever before, and Los Angeles was going to be the site of the ’84 Olympics.

Jim Fixx Dies While Running

Then in the summer of 1984, Jim Fixx, the man who had introduced running to the masses, dropped dead of a heart attack while out on a run. The media turned his death into an event with deep sociological implications.

Bad news sells... Fixx’s death was bad news and running was old news. The way that we, as a nation, had chosen to play was cast aside with scorn and threats of doom.

Aerobics was new and exciting... and no one had died doing it. No bad news and running was still on an upswing with new events popping up each season, more people were running in races than ever before, and Los Angeles was going to be the site of the ’84 Olympics.

Running had been dealt a harsh blow. Participation in races, particularly marathons, declined drastically. Speciality running shops began to feel the squeeze. People were getting their exercise indoors to music instead of outdoors on the roads.

But an interesting phenomenon was occurring. Despite the fact that the sport was losing young athletes, and not gaining nearly as many as it used to, there was very little decline in participation among older runners. In fact, race directors began to observe that the over-forty age groups were making up greater percentages of total race fields.

Many of these athletes had been running for years, through high school and college. Or they had taken a hiatus between their college days and mid-life, and returned to the sport as a masters, fresh and ready to compete. For masters athletes the fun was often just beginning, they weren’t going to quit now!

As Dalrymple puts it: "Masters runners run for the love of the sport. Most of them know they will never make any money, it doesn’t matter. That’s not the reason they run."

Norm Green understood. A runner in college, he quit competing and did not return to the sport until he was 49. He talks about the loyalty to running that you find in masters athletes. That loyalty is what helps get them through the injuries that are so often a part of being an older athlete. “The loyalty, the loyalty to the sport... that is what is important.”

To be continued
1992 Indoor Boomin Compiled by Bill Benson

NAME TIME

M30-34 1-10
Rick Smith 2:03.1
Bob Thomas 2:03.2
Brian Ponn 2:04.0
J. Ruleau 2:04.2
George Egle 2:05.0
David Forsythe 2:05.9
Rick Smith 2:06.0

M35-39 1-10
Rick Easley 2:00.3
Bob Thomas 2:00.3
Bruce Frew 2:00.7
Bob Thomas 2:01.3
John Tucker 2:01.4
Doug P. 2:01.6
George Seal 2:01.8

M40-44 1-10
Bob Roberts 2:12.6
Bill Indek 2:12.9
Bob Phil 2:12.9
Doug Atertt 2:13.7
Tommy Foote 2:13.8
Terry McComas 2:14.9
Joe Feeney 2:15.0

M45-49 1-10
Mike Paterson 2:14.0
Mike Fonody 2:14.0
Dick Smith 2:14.0
Mike Paterson 2:14.0
Mike Paterson 2:14.0
Mike Paterson 2:14.0
Mike Paterson 2:14.0

M50-54 1-10
Sid Holdorff 2:18.7
Joe Matt 2:19.5
Bill Bridges 2:19.6
Bob Bridges 2:19.6
Brian Bridges 2:19.6
Jim Verdict 2:20.4
Mike Paterson 2:20.4

M55-59 1-10
K. Moore 2:22.4
Stan Chen 2:25.4
Robert Mitchell 2:22.2

M60-64 1-10
Bill Mitchell 2:26.4
Don Breedon 2:26.4
Bob Teens 2:26.4
Bill Mitchell 2:26.4
Bill Mitchell 2:26.4
Bill Mitchell 2:26.4

M65-69 1-10
Jim Sirogh 2:31.4
Bob McNutt 2:31.4
Bob McNutt 2:31.4
Bill Mitchell 2:31.4
Bill Mitchell 2:31.4
Bill Mitchell 2:31.4

1992 Indoor Mile Compiled by Jerry Wojcik

Includes 1991 December meets

M1-10
Ian Cumey 4:01.31
Martin Werner 4:01.31
Sid Howard 4:01.31

M11-15
Barry MacNeil 4:01.31
Dan Jacken 4:01.31
Lonnie O'Connell 4:01.31

M16-20
Steve Bobbo 4:01.31
Dave Ramey 4:01.31
Robert Su 4:01.31

M21-25
Jim Sirogh 4:01.31
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M26-30
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M41-45
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M46-50
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M51-55
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M56-60
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M61-65
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M26-30
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U.S. MASTERS TRACK & FIELD RANKINGS

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

July, 1992

National Masters News

continued on next page
WAVA Budget Approved

At its meeting in Miyazaki, Japan on May 21-25, the WAVA Council approved a budget for the 1992-1993 accounting period. The budget projects estimated revenues of $139,000 and estimated expenses of $108,800, for an estimated surplus of $30,200.

Included in the estimated revenues are a donation of $5000 from Mondo, the track manufacturer, and a subsidy of $30,000 for the two-year period from the IAAF.

In Miyazaki, the Council ratified its decision reached last year in Turku to waive all affiliate fees if the IAAF donated $15,000 per year. The total net gain to WAVA is about $19,000 for the two-year period, since affiliate fees totalled $11,150 in 1990-91.

In addition, the IAAF will pay all costs of producing the WAVA Handbook and will contribute to the costs of the General Assembly in Miyazaki next year.

WAVA President Cesare Beccalli announced the IAAF will also provide an additional subsidy of $50,000 for WAVA activities. These funds will be disbursed through a separate IAAF/WAVA account from the IAAF office in London.

Among the items in this budget are $16,000 in subsidies to WAVA's six regional associations and $19,000 for travel expenses for Beccalli, Secretary Torsten Carlus, and IAAF rep Cesar Moreno Bravo.

Detailed breakdowns of both the WAVA budget and the separate IAAF/WAVA budget are listed on this page.

Singapore Still Possible For 1995

At the recent WAVA Council meeting in Miyazaki, Japan, WAVA President Cesare Beccalli and the Council asked Cesar Moreno Bravo, the IAAF representative to the WAVA Council, to use his influence to try to resolve the problems which caused Singapore to renege on its agreement to host the 1995 WAVA World Veterans Championships.

Singapore's bid to host the event was approved by the WAVA General Assembly last year in Turku, Finland, but the organizers withdrew this spring, citing "complications."

Moreno had the opportunity to consider the matter at the IAAF Council meeting in Toronto, May 29-31. Maurice Nicholas, the General Secretary of the Asian Athletic Association who lives in Singapore, told Moreno he was unaware that Singapore's Veterans had declined to host the 1995 WAVA Championships. He feels this is a very serious decision that must not be taken by them alone. He will check the situation and will advise WAVA on what actions can be taken.

In any case, WAVA has reopened

Continued on page 21

Singapore's bid to host the event was approved by the WAVA General Assembly last year in Turku, Finland, but the organizers withdrew this spring, citing "complications."

WAVA President Cesare Beccalli's report of the WAVA Council meetings will appear in next month's issue.

Suketaka Matsukata, Governor of the prefecture (state) of Miyazaki, Japan, welcomes the WAVA Council to the site of the 1993 WAVA World Veterans Championships.

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WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD

FINAL APPROVED BUDGET — JANUARY 1, 1992 TO DECEMBER 31, 1993

ESTIMATED REVENUES:

IAAF Subsidy $30,000
Entry fees - Miyazaki (4000 x $15) 60,000
Entry fees - Birmingham (2000 x $7) 14,000
Sanction fee - Miyazaki 15,000
Sanction fee - Birmingham 500
Bank interest 5,500
Sponsorship - Mondo 5,000

TOTAL ESTIMATED REVENUES $139,000

ESTIMATED EXPENSES:

1. Office Expense (postage, phone, fax, etc.):
   President (Beccalli) $9,000
   Executive V-P (Fine) 2,000
   V-P, Stadia (Taylor) 1,300
   V-P, Non-Stadia (Serruya) 1,300
   Secretary (Carlus) 9,000
   Treasurer (Sheahen) 2,000
   Women's Rep (Cushen) 500
   Past President (Farquharson) 100

2. Communications & Statistics:
   Records 1,000
   National Masters News 7,200
   WAVA Handbook 0
   Bidder's Booklet 0
   Computer programming 100
   Multi-events Committee 500
   Age-graded Committee 500

3. Regional Assistance 0

4. Miyazaki, 1992 - Council Expenses:
   Air fare 4,000
   Hotel 0
   Daily cash expenses ($35/day) 2,415
   Miscellaneous 185
   Total 17,600

5. Miyazaki, 1993:
   Air fare for Council 33,000
   Hotel for Council 0
   Daily cash expenses ($40/day) 8,400
   General Assembly 0
   Women's meeting 800
   Presentations to organizers 1,500
   Printing (ballots, etc.) 300
   Copies 300
   Council meetings 200
   Miscellaneous 500
   Total 45,000

6. President's Travel: Rome, 1991 500

7. Other Travel:
   Serruya - Birmingham 700
   Carlus - Birmingham 700
   Carlus - Turku '91 200
   Total 1,600

8. Miscellaneous:
   Bank charges 200
   Doping Control 3,000
   Other 5,000
   Total 8,200

TOTAL ESTIMATED EXPENSES $108,800
TOTAL ESTIMATED SURPLUS $30,200

Prepared by Al Sheahen, Treasurer

SPECIAL IAAF/WAVA ACCOUNT BUDGET

1. Allocation to Areas

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2. Handbook

|     | 4000 |
|     | 4000 |
|     |     |

3. Travel Expenses - other than for Council meetings

|     | 2000 |
|     | 2000 |
|     | 8,000|
|     | 6,000|
|     | 5,000|
|     | 9,000|
|     | 2,000|
|     | 50,000|

4. General Assembly 1992

|     | 1000 |
|     | 1000 |
|     | 9,000|

5. Variable - Endowment

|     | 35000 |
|     | 25000 |
|     | 50,000|
WAVA Council Visits Miyazaki

Planning for the 10th WAVA World Veterans Athletics Championships is well underway. The organizing committee of Miyazaki, Japan — site of the biennial event on October 7-17, 1993 — is anticipating more than 6000 veteran athletes from over 60 nations.

The organizers hosted the annual meeting of the WAVA Council in Miyazaki on May 21-25. The two groups met for five days and hammered out details of next year’s meet, including a tentative schedule, entry form, details, housing arrangements, etc. The Council inspected the track and field facilities, as well as the marathon, cross-country and road walk courses.

At first, there were some differences of opinion on a number of issues, but after long discussions and compromises, the Council and OC agreed on virtually everything.

The main impression received by the Council was that the Japanese are extremely capable and caring individuals who will do whatever is necessary to make the event an outstanding success.

Forty-six members of the staff of the Governor of Miyazaki Prefecture (state) are working on the Games. It is a huge civic event — the largest ever for this city of 290,000 residents. All the local business, political and media figures are solidly behind it. Four TV stations covered the Council’s inspection of the facilities. The joint meetings received daily newspaper coverage. The Council’s visit was filmed by up to five camera crews and shown nightly on local TV.

WAVA President Cesare Beccalli was interviewed daily by reporters, and did two live TV call-in shows. Governor Suketaka Matsukata met with the Council in his office and hosted a dinner for the Council and Games’ organizers. Council members met more than 100 staffers and volunteers who are working on the event. It was all quite impressive and mind-boggling.

Schedule

One of the areas of concern and initial disagreement was the schedule of events. Prior to the joint meetings, both the WAVA Council — led by Bill Taylor, Stadia Vice-President — and the Miyazaki Organizing Committee had independently prepared detailed tentative schedules, which were significantly different.

Taylor’s sub-committee, which included Jim Blair, Bob Fine, Al Sheehan, Bridget Cushing, and Brian Oxley, proposed a simplified schedule which avoided event-conflicts (such as the 200 and 400 on the same day), and which could be staged in the traditional nine days.

No Lights

The Miyazaki OC, which had earlier promised to install lights at the main stadium, suggested if the events were spread over 11 days, no lights would be needed.

WAVA asked if the OC was just trying to save money. The OC said no, that “lights won’t be necessary because the weather will be comfortable during the day and we won’t have to run events at night to avoid the heat as we would have had to do with the original August dates.

In the end, the OC compromised on the order of events; WAVA compromised on the lights. Thus, the 10,000-meter race will be held on the first Thursday and Friday instead of the usual first Saturday/Sunday — at the same time as the Decathlon/Hep­thlaxon. The 200m will be held prior to the 100s, enabling 200 runners to double in the 400.

The steeplechase is moved up two days so those entrants can also compete in the 1500. The cross-country is slated for the first Sunday instead of the second Friday as part of a three-day Japanese holiday festival on October 9-10-11.

All age-groups will compete in an event on the same day (e.g., all 800 finals are on Mon., October 11). Field events are staggered so they’ll have minimal conflict with running events (e.g., the 100 and long jump are on different days).

No Heats in 5000

To help squeeze the meet into daylight hours, Taylor decided to drop the heats of the 5000 and run the event as sectioned finals. The Turku Championships were the first time heats had been run in the 5000, and reviews were mixed. One advantage to running sectioned finals is that runners will be able to compete in another event more easily. The problem with sectioned finals is trying to get the fastest competitors into the same section.

The opening ceremonies are set for the first Saturday, with a social function (banquet or barbecue) on the sec­ond Saturday. The complete tentative schedule is listed on this page.

Track and field action will take place from 8 a.m. to 6 p.m. in three adjacent facilities in Miyazaki Sports Park. The beautiful, flower-bedecked park is a 15-minute bus trip from the downtown hotels. Free bus transportation will be provided from the main hotels to the park.

Marathon by Ocean

The road walks will also be staged within the Park area. The cross-country races will be held on rolling terrain about 40 kilometers north of Miyazaki. The marathon will largely be run on a highway adjacent to the Pacific Ocean.

The planned second track is currently a rugby field. Following the Japanese high-school rugby championships in Miyazaki next month, construction will begin on the track, with a completion date of September, 1993.

Miyazaki is on the southern tip of the southwest island of Kyushu, one of the four islands which comprise Japan. Most overseas visitors will fly into Tokyo or Osaka and fly from there to Miyazaki. The weather was ideal for the Council’s visit, and is predicted to be the same for the Championships next year. Entry forms will be available later this year.

Something Special

If the experiences of the WAVA Council are any indication, next year’s meet should be something special. A lot of people say the Eugene meet can never be topped, but the Japanese have every intention of doing just that. The Council’s visit was extremely well planned by the organizers. Every detail and amenity was covered. The Miyazaki hosts were friendly, gracious and prepared. The number of people working on the event is amazing. The amount of money being spent is eye-opening. The language differences are a problem, but the OC promises several hundred interpreters will be on hand next year to solve any problem or answer any question. The costs in Miyazaki are high, but much lower than Tokyo or Osaka. The air fares to Japan are reasonable at today’s rates.

Watch this column for periodic updates of the planning for what is shaping up as a historic event in masters athletics.
**WAVA Regional Reports**

**North America**

The entry deadline for the WAVA North American Regional Masters Track and Field Championships has been extended from July 1 to July 15.

The meet will be held in Xalapa, Mexico on August 19-23, the week following the U.S. National Masters T&F Championships in Spokane, Wash. Entrants are expected from most North American countries, including Canada, Puerto Rico, Mexico, Trinidad & Tobago, Costa Rica, Virgin Islands, Jamaica, St. Vincent, the USA, and possibly Cuba.

The entry form was printed in the April issue of NMM. Entry forms are also available from any of three U.S. travel agents (see schedule for details under “International”).

WAVA Regional Championship medals will be awarded to the top three North American finishers in each event in each age bracket. Duplicate awards will be given to non-region participants. The competition is open to men age 40+ and women age 35+. 

—Don Farquharson, WAVA North American Acting Chairman

**Oceania**

New affiliates have joined WAVA. The complete list: Australia, New Zealand, New Caledonia, Norfolk Island, Fiji, Papua New Guinea, Tonga and the Cook Islands.

Tony Compan of Fiji is President of the Oceania Veterans Association. The 1992 WAVA Oceania Regional Veterans Championships are set for Norfolk Island on November 30-December 6. Up to 600 entries are expected. Foreigners are welcome.

A good relationship exists between most countries’ veterans associations and their respective IAAF members. With the payment of veterans affiliation fees by the IAAF, there’s the potential for further growth in our far-flung island groups.

The Oceania Regional Newsletter which is distributed quarterly to all affiliates continues to provide an excellent form of communications in our region.

The $2000 subsidy from WAVA in 1990-91 was used for: 1) equipment for the 1992 Oceania Regional Games; 2) to assist in coaching of veteran athletes on Norfolk Island; 3) to subsidize travel for the first meeting of the Oceania Council.

The Australian Veterans recommend that the Weight Pentathlon be introduced as a WAVA Championships event.

Despite the many problems confronting our Region as a result of the vast area, there continues to be a healthy growth, not only with the emergence of new affiliates, but also with the increasing number of athletes in the current affiliates.

—Jim Blair, WAVA Oceania Delegate

**Europe**

The VII WAVA European Regional Veterans Athletics Championships are being held in Kristiansen, Norway from June 26-July 4. Only Europeans may compete.

All the independent states of the former Soviet Union — Russia, Ukraine, White Russia, Armenia, Kasakstan, Moldavia, and Karelia — intend to become individual affiliates of WAVA and Evaya (European Veterans Athletic Association). So also will Kirgisien, Tadschikistan, Turkmenia and Uzbekistan. Aserbidan and Georgia have little activity.

Estonia, Latvia and Lithuania have already applied for affiliation with WAVA and will participate in Kristiansen.

Participants at the Veterans Indoor meet in Moscow in March showed great interest in competing in Kristiansen. The athletes — many of whom are well-known Olympic participants — have few, if any, possibilities to pay for travel, room, board, and entry fee. Heavy discounts are necessary.

A marathon relay — composed of 15 veterans — will run from Moscow to Barcelona, arriving about a week before the opening of the Olympic Games. New runners are welcome to join this relay.

— Hans Axmann, WAVA European Delegate

**South America**

Veterans in Peru have agreed that a National Veterans Association will govern all veteran organizations in that country.

Venezuela will host the VII WAVA South American Regional Veterans Athletics Championships from October 9-12 in Maturin, about 500 kilometers east of Caracas.

In 1991, Peru, Uruguay, Chile, Argentina and Brazil held national championships. Paraguay will hold its first Championship on July 24-25 in Asuncion.

Santiago, Chile is interested in hosting the XII WAVA World Veterans Championships in 1997 and will likely present a formal bid to the WAVA General Assembly in 1993 in Miyazaki.

—Jose Figueras, WAVA South American Delegate

**Asia**

The following countries are affiliated to the Asian Veterans Athletes Association: Brunei, Hong Kong, India, Indonesia, Japan, Korea, Malaysia, Myanmar (Burma), Pakistan, Philippines, Singapore, Sri Lanka, Taiwan and Thailand.

The 7th WAVA Asian Regional Veterans Championships were held in Singapore on June 11-14. (Results next month.) A total of 1043 veteran athletes participated (739 men; 294 women). The event was held in Toa Payoh Stadium, since the national stadium was not made available to us.

WAVA’s affiliate in India, the Indian Veteran Athletic Federation (IVAF) continues to have difficulties with the AAI, the IAAF member.

—Hari Chandra, WAVA Asian Delegate

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**WAVA/TAC Hurdles and Implements Specifications**

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**WOMEN**

**MEN**

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**IMPLEMENTS**

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

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Members of the Miyazaki Organizing Committee outline preparations for the World Veterans Championships to members of the WAVA Council in Miyazaki, Japan. The meet will be held October 7-15, 1993. The inspection trip was covered and featured on all four local TV stations.
May was a busy month for UK veterans with the National Road Relays and Half-Marathon Championships taking place on the 17th in Sutton Park.

In the relay, Manchester-based Salford ended Aldershot's domination as Steve Kenyan returned to competition. In the M40-49 division, Salford narrowly edged the Birchfield Harriers who were led by Olympic bronze medalist Ian Stewart (15:06).

The fastest times were turned in by John Wheway (14:49), Alun Roper (14:53), and Peter Banks (15:02). Bolton, led by National Cross-Country winner Christine Price, took the women's contest.

In the half-marathon, M40 Peter Banks came out on top with a 69:13. Jose Waller set a new W70 record with a speedy 1:54:36.


On the track, Mike McCleod ran a 14:15:9 5K for a new British M40 best, while Chris Cahill improved the UK W35 800 best to 2:03:16. Peter Gordon, 40, kept up his winning form in the discus, taking third place in the Seniors Inter-County match with a toss of 53.62.

Elsewhere on the road, Joseph Nsaz, the Kenyan of indeterminate age, added a half-marathon time of 66:12 to continue his prize-winning ways around the country. Ron Hill, looking to get into the Guinness Book of Records, celebrated his 10,000th consecutive day of running by hobbling around the countryside despite a bad back.

The “Third World/International Masters Games” are scheduled for mid-October, 1994 in the state of Queensland in Australia. Competition will be held in 26 sports.

The first “Masters Games” was held in Toronto in 1985. The dedication and abilities of the Canadians made it a reasonable artistic success, but the Games went $1 million in the red and left creditors strewed across the countryside.

The second Games were held in 1989 in Arhus, Denmark. About 4000 athletes reportedly showed up, but it was far less than the hoped-for 15,000. Again, the Games reportedly were not a financial success.

Minneapolis successfully bid for the 1993 event, but later got cold feet and withdrew.

In 1985 and 1989, the event conflicted with the World Veterans Athletics Championships (in Rome and Eugene, respectively). The Games were not sanctioned by WAVA or the IAAF. In some countries, masters athletes were encouraged by their national sport governing bodies not to attend.

The 1994 event will not conflict with the WAVA Championships, which are held in odd-numbered years. The Australian Association of Veteran Athletic Clubs (AAVAC) has asked the WAVA Council “to consider granting approval to AAVAC to formally recognize the World/International Masters Games and to approve the participation of AAVAC in the organization and conduct of the Games.” It also asked WAVA to “grant formal recognition to the World/International Masters Games as an approved event for the participation of our members and officials.”

WAVA has taken no position as yet on the matter. It was not discussed at the WAVA Council’s recent meeting in Miyazaki, Japan.

“AAVAC’s involvement with the Masters Games has been viewed most favorably by the Australian Government and we (veterans) are now beginning to be recognized as a sport in our own right,” said the AAVAC. “Our involvement in these Games is considered of vital importance. We see the World Master Games eventually becoming the ‘Masters Olympics.’”

Report from Britain
By ALASTAIR AITKEN of Athletics Today, and MARTIN DUFF of Athletics Weekly

Australia to Host “3rd Masters Games” in 1994

The purpose of this article is to give some background as to the work performed by the WAVA Council. The results of our meeting in Japan, this May, will be detailed in other pages of the National Masters News. The WAVA Council consists of the six officers (President, Executive Vice-President, Vice-President for Stadia, Vice-President for Non-Stadia, Secretary, Treasurer); the six Regional Representatives, the women’s delegate, the Past President, and the IAAF delegate, for a total of fifteen members.

All of us have assigned tasks within WAVA. In addition, many of us are busy with the WAVA Regional groups and with our own National Governing Bodies. Six of the members are retired. The other nine are either self-employed or have jobs in which they can get the time off to attend the meetings. I would conservatively estimate that each Council member spends at least, an average of twenty hours per week, fifty two weeks per year, on WAVA affairs.

The meetings held in even-numbered years, at the site of the next Championships, have two purposes: the first is to oversee the next Championship, and second, to update WAVA affairs, such as By-Law changes, proposed modifications to the WAVA Constitution, nominees for WAVA officers, budget, special projects, WAVA/IAAF relationship, and affiliations.

The WAVA Council
by BOB FINE, WAVA Executive Vice-President

Work for the WAVA meeting last month in Japan was begun in Turku.

Our President, Cesare Beccali, oversees the entire operation. He, and our Secretary, Torsten Carlius, have made two trips to London to coordinate the opening of a WAVA office within the IAAF headquarters. Torsten prepares reports to our affiliates and Council members, responds to correspondence and applications for affiliation, updates our documents and minutes, and prepares the agenda for Council meetings.

Our Vice-President for Stadia, Bill Taylor, prepares a schedule of events for Japan (a logistical nightmare). He reviews the WAVA tables, technical rules, and the Weight Pentathlon. Bill coordinates efforts of the Stadia Committee, composed of members from all over the world.

Jacques Serruys, our Vice-President for Non-Stadia, has been supervising the preparations for the WAVA Non-Stadia Championships this summer in Birmingham, England. Jacques must also coordinate the activities of his committee in such areas as future Championships and non-stadia programs.

Our Treasurer, Al Sheahan, prepares the WAVA budget, which has now reached the sum of $134,000 (over a two-year period), aside from paying current bills and updating our records.
Running Injuries

A great many injuries encountered by masters runners are minor in nature and can be treated on a non-surgical basis. Most of these occur in the spine and lower extremities — the hip joints; leg and calf; knee joint; ankle joint; and foot.

The lower extremities absorb most of the shock in the running stride. The impact upon the foot is several times that of body weight; and in a mile run, the foot impacts the ground more than 800 times.

Injury to the lower back is relatively rare in masters runners, but when it does occur, it is generally referred to as a sprain syndrome. Treatment varies with the diagnosis. In cases of a sprain of the lumbar spine, changing shoes and running surfaces — in addition to rest — during the training program — is often beneficial.

The hips generally withstand the rigors of running very well. Most hip problems can be treated on a conservative basis with medications, physical therapy, hydrocortisone injections, and rest.

Injuries to the leg and calf often involve only a minor tear in the muscle covering which will heal in two to three weeks. A major tear is extremely painful and takes four to six weeks to heal.

Initial treatment for tears is ice, rest, and a compressive wrap. As the condition improves, you may add heat, massage, stretching, and a modified running program. Most muscle injuries can be prevented by a regular stretching program of at least 15 minutes each day. As we age, muscle elasticity decreases and it takes more effort to maintain the elasticity.

One of the most common problems I see in runners is Achilles' tendonitis. This injury most often occurs in sprinters, who are required to run on their toes. Good running shoes — with adequate support for the heel — are essential to avoiding this painful condition.

The knees are also a source of pain for many runners. Any abnormality in the alignment of the leg — such as knock knees or bow legs — can place undue stress upon the knee joint. The prolonged impact from jogging will frequently cause further damage to the cartilage inside the joint.

As the cartilage deteriorates or tears, you may feel the knee giving out, clicking, or locking up. This is often accompanied by tenderness, swelling and pain. Treatment involves altering the running style, ice after workouts, heat at night, and strengthening exercises. In the case of a torn cartilage, surgery may be necessary.

Running places the greatest amount of stress on the foot, an engineering marvel composed of 28 bones, connected by ligaments and articular surfaces. Some common foot injuries are stress fractures of the metatarsals in the mid-foot area, bunions, hammertoes, spurs, and neuromas. Occasionally, minor surgical procedures are required, but most foot problems can be treated with orthotics (shoe inserts) and exercise.

In conclusion, let me say that, despite the possibility of injury, running is a universal form of exercise that can be enjoyed by individuals of all ages. The problems encountered are generally of a mild nature, and are far outweighed by the cardiovascular benefits. Remember — some knee or foot pain is definitely preferable to chest pain.

Dr. Watanabe is a national champion masters sprinter and a noted orthopedic surgeon. He was a member of the UCLA track team and is still considered one of the premiere Japanese-American sprinters to ever compete in the sport.

Masters Health and Fitness

by ROBERT WATANABE, M.D., F.A.C.C.

“Field” Day At Aldrich Memorial Meet

from DAVE LEWIS and PETE MUNDLE

The 10th annual Anteaters Masters Meet, dedicated to the late University of California-Irvine Chancellor and masters thrower, Dan Aldrich, had a “golden hour” in the field events on May 23.

There were five world and three U.S. age-group records broken or tied. The most outstanding performance came from Anna Wlodarczyk, W40, of Poland, who was in the area with a group of Polish Olympians and decided to enter. Wlodarczyk, a double gold-medalist in the IX WAVA World Championships in Turku, broke her own world record of 39-7/16 for the triple jump with a 40-3/4, the first jump over 40 feet by a masters woman.

Another top performance was Carol Johnston’s 8-2¾ pole vault, which eclipsed Ahti Pajunen’s 7-7¼ M80 world record by a hefty seven inches. Del Pickarts broke the M65 javelin world record of 160-5 held by Mauri Mertsaki by almost 10 feet with a 170-1. Tom Lane, who is 97 and blind, belied his age and handicap by topping his own M95 world records in the shot put with a 14-6 and javelin with a 31-11.

National age-group records went to Joan Stratton, who increased the W40 hammer record by a whopping 52 feet to 132-3; Bill Morales, M75, javelin (128-8); and Burt DeGroot, M85, discus (75-8).

Four world and five U.S. single-age records were set, two by Christel Miller, 57, high jump (4-0) and javelin (93-3). Janet Wilson set an age-39 national record for the discus with a 149-5, one inch below her U.S. age-group record.

Over 200 participants competed on a cool day in the Irvine campus in Orange County, not far from the Pacific Ocean. Plenty of officials and an Accutrack kept the TAC-sanctioned meet on schedule.

This meet continues to be the top early outdoor meet of the year.

Masters Heat Up Chilly North Coast Relays

by GEOFF PACKER

Despite cold, inclement weather, the 10th annual North Coast Relays drew nearly 100 competitors from seven states and Canada to Cleveland, Ohio, on April 26. The wet and windy conditions failed to dampen the spirit of masters athletes who turned in several outstanding performances.

Al Thompson, M40, sped to an 11.45 100 and a 23.9 200. Joe Hemler had an M55 double of 13.10 and 26.90, with Chuck Sochor taking the M60 division (13.52, 28.84), and Canada's John O'Neill topping the M65s (13.35, 30.60). Max Pickl won the M70 100 in 15.90.

The women's sprints saw double wins for W55 Sallie Stiegmeier (15.88, 34.38), and W65 Pat Peterson (16.77, 37.20). In an exciting 800 contest, Earl Wise battled a stiff wind to clock a 2:02.7 to capture the M30 division. John Metz took the M30 mile, narrowly edging out Wise 4:48 to 4:51.

Net year's relays are tentatively scheduled for the first Sunday in May. The meet was sponsored by the Over The Hill TC, which also won the team championship.

Singapore

Continued from page 17

the bidding to other nations, since Singapore has withdrawn. Chile and England, who were considering bidding for 1997, have been invited to bid for 1995. Others will be contacted. Possible sites include South Africa, a long shot since it's faced with internal problems of its own. (South Africa has been accepted by the IAAF as a provisional member, to be ratified by the IAAF Congress in Stuttgart, next year.)

DEADLINE

NNM is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY, 1992

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Welch, Campbell Top Age-Graded Performers

Continued from page 5

Last-minute-entry Campbell, who has run the world's fastest M40/and-over marathon, edged Bell (92.7%) and Bill Rodgers, 44, Sherborn, Mass., (31.29), AG 97% for men's masters age-graded performance, with a 93.7%.

When Campbell was asked by a local runner whether he had finished ahead of Liz McGowan, first woman in 31:58, Campbell smiled, then said, “The day a woman beats me is the day I retire from running.”

Best master's performance of the day came from Priscilla Welch, 47, Great Britain, eighth woman in 35:28, for age-graded 94.6%. Nancy Mieszczak, 43, Buffalo, NY, was 12th in 37:16, with Barbara Flitzen, 45, Erie, Pa., 14th in 37:34.

In the 10K, 4493 males and 1758 females finished. ESPN's “Foot Locker Road Race of the Month” will air the races on July 2 (3:30 a.m. EDT). □
**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 or 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 NMM, P.O. Box 2372, Van Nuys, CA 91404.

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**TRACK & FIELD NATIONAL**


**SOUTHEAST**

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

July 11. Florida Circuit Meet Circuit, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full date, five-year-age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.


September 12. Florida Track Circuit Meet. DeLand. 5-year-age groups from 19 to 80+. SASE to: John Boyle, POB 1824, DeLand, FL 32721. 904/736-0002.

September 26. Florida Circuit Meet, Tampa. Age groups from 19 to 80+. SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/931-8997.


**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


**WEST**

Arizona, California, Hawaii, Nevada

July 6 - August 14. Los Angeles area summer All-Comer TAC track SCATAc office: 310/869-4575.


July 18. Footcoolle Throes Series #1, Los Altos, Calif. Footoolle Circuit, c/o Gary Keletermined, 2501 Friesland Court, Santa Cruz, CA 95060, 408/479-0200.

July 18. River City Summer Relays, Sacramento State. Sacramento, Calif. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

July 19. SCA/SCA Officiaing Clinic, Mt. SAC, CA 91750. 4.5 a.m. to 4 p.m. Anyone who wants to learn how to officiate and help out at masters meets is welcome. Christel Miller, 818/843-2139.


August 8. Foothoolle Throes Series #2, Los Altos, Calif. Foothoolle Circuit, c/o Gary Keletermined, 2501 Friesland Court, Santa Cruz, CA 95060, 408/479-0200.


October 20. 23. Huntsman Chemical's World Senior Games, St. George, Utah. 50+ Sylvia Wunderlich, Executive Director, 1350 So. Foaw Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

**NORTHWEST**

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


September 24-26. Show Me State Games, Rockbridge H.S., Columbia, Mo. Phil Knauss, 300 E 10th St., Kansas City, MO 64104. 816/343-0851.


**ON TAP FOR JULY**

Multi-event masters and submasters men and women will head for Des Moines for the TAC National Decathlon/Heptathlon Championships starting on the 25th.

The two-day Northwest Regional Championships open on the 24th in Portland, while the Western Regionals start a two-day stint on the 25th in Hayward, Calif.

Activity begins with the Garden State AC and Minnesota Masters meets on the 5th.

Meets on the 11th take place in Illinois, Tennessee, Montana, Florida, and New Jersey. The 12th has meets in Los Angeles and Boston.

The 18th shows a weight pentathlon in Florida, the Canadian Championships in Regina, two meets in California, plus three games in Washington and Indiana.

On the 25th, the East offers meets in Albany and Kenmore, N.Y., and Philadelphia, while Arlington hosts the Texas Masters Championships.

Montana produces a meet starting on the 31st in Bozeman. Overseas, national championship ships will be held in Russia, Mexico, and England. The XXV Olympics start on the 25th in Barcelona.

**LONG DISTANCE RUNNING**

The month booms into action on the 4th with the Peachtree 10K in Atlanta and the Yorktown 5K in Virginia.

And Thursday event takes place in Sag Harbor, L.I., on the 9th, followed by another off-beat race, the Midnight Madness 5K in Ames, Iowa, on the 11th, and the more conventional—which is really scheduled by Utica Bolleneraker, 15K, N.Y., and Chicago 20K on the 12th.

The Bix 7 Mile, Davenport, Iowa, and Wharf To Wharf 6 Mile, Santa Cruz, Calif., close out the month.

**RACEWALKING**

The National Masters Men's 10K Championships are scheduled for Niagara Falls on the 11th. Other masters include the Great Southwest Track on the 4th; a 5K in Montana on the 18th; and the Eastern Regional Masters 5K Championships, NYC, on the 19th.

Many of the T&F meets, as do the Western Regionals (5000 and 10,000 RWs), include racewalks, as do the LDR events.

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Continued from previous page


July 31-August 1. Montana Masters Meet, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132.


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CA
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INTERNATIONAL


October 9-12. VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Aizambara, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 01 156 2 669 F.

October 24-25. Hong Kong Veterans International Meet. M&W 5+ AVOHCK, International Meet, G.P.O. Box 10368, Central Hong Kong.

November 30-December 6. VI WAVA Regional Oceania Championships, Norfolk Island, Ian Anderson, PO Box 158, Norfolk Island. M40 +, W35 +. Fax: 011-64-672-3-3106. Phone: 011-64-672-3-2115.

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Masters National Championship

WEIGHT PENTATHLON

shot put discus javelin hammer weight

DATE: SEPTEMBER 5, 1992

SITE: UNIVERSITY OF WASHINGTON, HUSKY STADIUM SEATTLE, WASHINGTON

AGE GROUPS: 5 YEAR AGE GROUPS MEN & WOMEN 30 AND OLDER

TAG REGISTRATION REQUIRED AVAILABLE AT SITE OF COMPETITION

ENTRY FEE: $25.00 INCLUDES PENTATHLON, T-SHIRT, POST MEET BUFFET

AWARDS: TAC MEDALS AND CHAMPIONSHIP PATCHES

STARTING TIME: 9:00 A.M. (TENTATIVE)

COMPETITION INFORMATION: MAILLED UPON ENTRY RECEIPT

HOST: SEATTLE MASTERS ATHLETIC CLUB

PACIFIC NORTHWEST ATHLETIC CONGRESS

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OFFICIAL ENTRY

ENTRY MUST BE POSTMARKED BY AUGUST 24, 1992. NO LATE ENTRIES ALLOWED

NAME: ____________________________

ADDRESS: ____________________________

CITY: ____________________________ STATE: ____________________________ ZIP CODE: __________

AGE: (AS OF SEP 5) __________

1992 TAC # __________

T-SHIRT SIZE: MED. LG. XL. XXL.

BEST 91/2 PERFORMANCE:

SHOT JAVELIN DISCUS HAMMER WEIGHT

ENTRY FEE: MAKE PAYABLE: SEATTLE MASTERS AC.

WAIVER: MUST BE SIGNED TO COMPETE.

I hereby agree to the rules and regulations of the 1992 TAC Northwest Masters Championships. I agree to compete in the above event.

SIGNED: ____________________________

DATE: ____________________________

Mail to: Ken Weibel 4103 Hillcrest Ave SW Seattle Wa. 98116 (206)380-3855

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EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, Vermont


July 12. NYRRC Prefontaine 5K “Go For” Classic, Van Cortlandt Park, Bronx, NYRRC, 9 E. 89th St., NY, 10128. 212/860-4455.

July 12. Utica Boilermaker 15K. Earle Reed, P.O. Box 4729, Utica, NY 13504. 315/797-1300.


August 2. United Hospital Summer 10K, South Orange, N.J. Also 3000m X-C & 5K Cross-Country Championships, 2570 E Camino • Suite 606 • Mountain View, CA 94040 • USA (415) 945-8188

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National Masters News

July 1992
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National Masters News

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masters 100, 800, one mile. Len Klepak, Columbia H.S., Parker Ave., South Orange, NJ, 201/751-8701.

August 2. Fort Adams 5K, Newport, R.I.


August 9, 22. Summer Series 4 Mile. Arizona Road Racers, P.O. Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.


NORTHWEST

晋a, Idaho, Montana, Oregon, Utah, Washington, Wyoming


August 13-16. Mid-America Masters 15K Championships, St. Louis, MO, 800-875-6361.


August 27. Berlin Marathon, Berlin, Germany. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

INTERNATIONAL


August 27. Berlin Marathon, Berlin, Germany. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

RACE WALKING


August 25. TAC/USA National Masters Championships, Central Park, NYC. Gary Null, 200 W. 86th St., NY, NY 10024.

September 5. MAC 20K Championships, Central Park, NYC. Gary Null, 200 W. 86th St., NY, NY 10024.


A recent letter from Barry Brown, America's most respected Masters runner, to the Vice-President of STIM-O-STAT:

In brief, I began using Stim-O-Stam in 1968 at the High Altitude Olympic Training Camp in Lake Tahoe, California. It was recommended to me by Tommy Farrell (the eventual Bronze medalist in the 800 meters in Mexico City). I have used Stim-O-Stam ever since, and I honestly believe it has enabled me to remain competitive for the past 23 years. With the high mileage training that I do, it is essential to keep my body in balance and my legs feeling fresh. Stim-O-Stam and its related products have definitely made a difference in how I recover and feel during hard training. I'm hooked on it!

Sincerely,

Barry J. Brown

CALL FOR INTERVIEW OFFER! (800) 562-7514
**RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**

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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS**

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

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If you have bettered the standard of excellence, please send $10 for a certificate, $10 for a patch, and $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5.00.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which year they were achieved.) A 2.00" x 3.00" certificate suitable for framing and/or a 3.00" x 4.00" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
Please send reports to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.
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