

# NATIONAL MASTERS NEWS

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

167th Issue

July, 1992

\$2.50

## Grayson, Fromant Set Cotton Row Records

by JIM OAKS

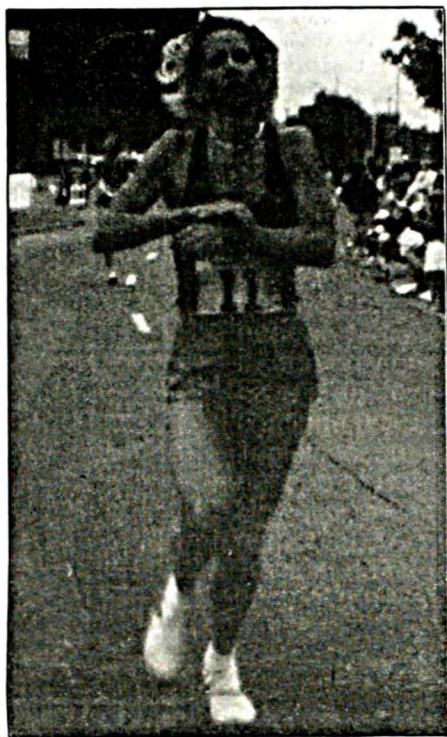
HUNTSVILLE, ALA. — Unusually cool weather for late May produced two age-group course records at the WZYP Cotton Row Run 10K, as both Mike Fromant's 31:01 and Nancy Grayson's 35:34 became new standards for the traditionally tough Memorial Day course in this southern city.

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 mid-50 degree temperatures — the best running conditions the race had seen in 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



Nancy Grayson, W40, sets a new course record of 35:34 in winning her third masters title, WZYP Cotton Row Run, Huntsville, Ala., May 25. Photo by Jim Oaks

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, and I was determined this year to get

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## Entry 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

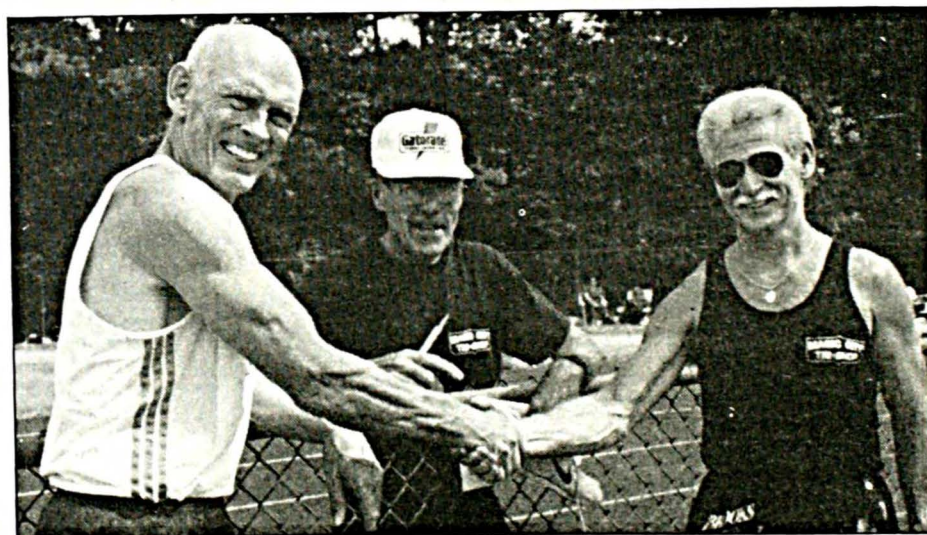
is July 31, with a \$20 late fee and no confirmation.

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

Continued on page 9

## Gillcrist Top Age-Graded Performer in Birmingham



John Grider (r) congratulates Jim Gillcrist (l) on his top age-graded performance in the high jump (5-3, 95.8%), while meet director Gordon Seifert (c) looks on, Birmingham Track Classic, Birmingham Ala., May 23. Photo from Gordon Seifert

by GORDON SEIFERT

Jim Gillcrist, 64, was the top age-graded performer in the 11th annual Birmingham Track Club Classic, held May 23 at Samford U. in Birmingham, Ala. Gillcrist'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-

merlin (100, 12.66/200, 25.88); M60 Chas Williams (1500, 4:56/5K, 18:35); W30 Rachel Blaha (800, 2:26/1500, 4:55); and M40 Thomas Gilliard (110H, 14.97/200, 24.03).

M55 Phil Mulkey showed fine early season form, winning six golds (TJ, LJ, PV, SP, DT, HJ) and a silver (finishing second to Bill Duckworth in the JT, 161-6 to 108).

Because a large number of participants recently entered new age divisions, 46 new meet records were established. □

## Waigwa Wins NY Masters Mile

by MARILYN MITCHELL

Kenyan Wilson Waigwa, 43, posted a 4:14.48 in the New York Games Masters Mile on May 24, his third victory on the *Runner's World* circuit this year. Ken Popejoy, 41, of Wheaton, Ill., finished second in 4:19.78, followed by Rochester, N.Y.'s Charles McMullen, 40, in 4:21.23.

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 straightaway. McMullen moved into second, followed by Popejoy.

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

Hartel, M40, of Louisville, Ky., placed 4th (4:24.07), with Byron Dyce (43, 4:24.89) and Albin Swenson (4:29.12) finishing 5th and 6th. The last two spots went to Larry Almberg (43, 4:31.72) and Harry Nolan (44, 4:34.79).

The race featured relatively slow times, with none of the runners pleased with their performances. Some blamed the strong, gusting winds, swirling dust, and uncharacteristically cold weather for their poor showing.

Byron Dyce laughingly swore that the wind during the race was actually a headwind. However, Larry Almberg attributed his next-to-last finish to an insufficient recovery period after the recent Boston Marathon and Bloomsday 12K. □



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# NATIONAL MASTERS NEWS

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



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

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

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

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

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

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Englishman Mike Fromant (M40, 31:01) and Nancy Grayson (W40, 35:34) with championship bowls, WZYP Cotton Row Run, Huntsville, Ala., May 25. Photo by Jim Oaks

## 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.

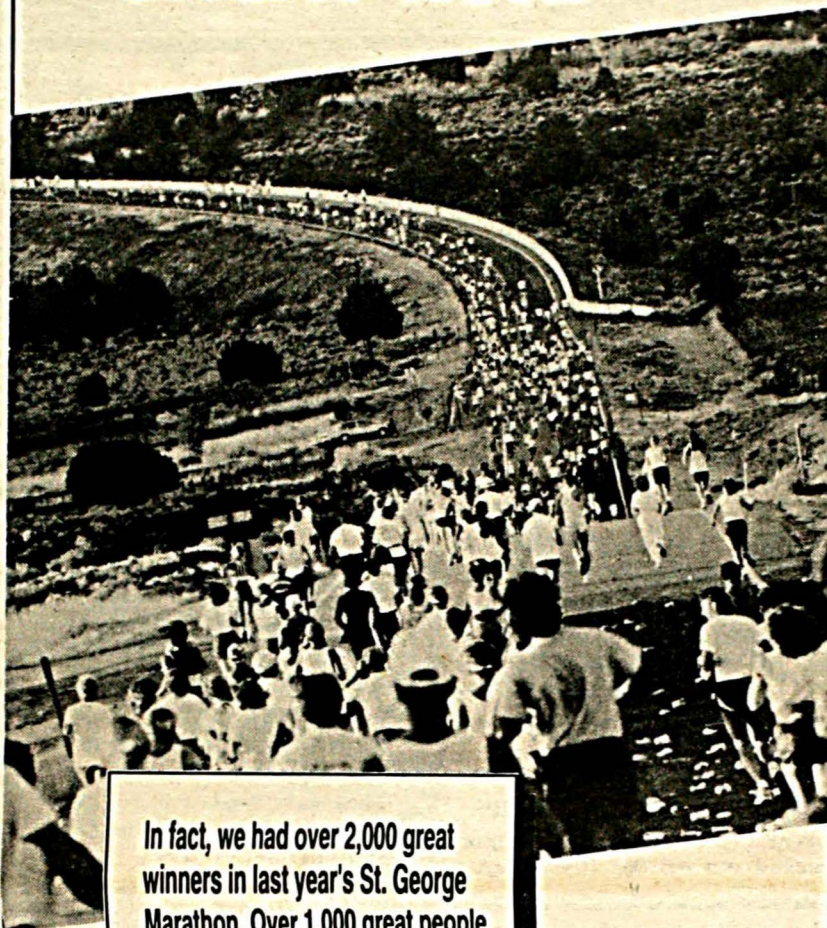
Fromant broke away from Judson slightly in the third mile and built a 15-second lead by the top of Mountain Wood Hill. Fromant continued his torrid pace to finish first master, breaking the record of 31:05 set by Earl Owens in 1990, and picking up a check for \$1250 (\$750 for top master and \$500 bonus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

Continued on page 5

# GREAT SCENERY. GREAT PEOPLE. GREAT RUN.



In fact, we had over 2,000 great winners in last year's St. George Marathon. Over 1,000 great people volunteered 10,000 man-hours. For a great experience, come run...

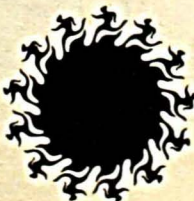
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(PICK ONE ONLY)

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MEN		WOMEN	
1	12 & Under	16	14 & Under
2	13-14	17	15-18
3	15-18	18	19-24
4	19-24	19	25-29
5	25-29	20	30-34
6	30-34	21	35-39
7	35-39	22	40-44
8	40-44	23	45-49
9	45-49	24	50-54
10	50-54	25	55-59
11	55-59	26	60-64
12	60-64	27	65-69
13	65-69	28	70+
14	70-74	29	Wheelchair
15	75+	30	Weight Div.-Under 40
16	Weight Div.-Under 40	31	Weight Div.-Over 40
17	Weight Div.-Over 40	32	Weight Div.-Under 40
18	Weight Div.-Over 40	33	Weight Div.-Over 40

Name (last name, first name) \_\_\_\_\_

Age on Oct. 3 \_\_\_\_\_ Sex ☐ Male ☐ Female Birth Date \_\_\_\_\_

Telephone \_\_\_\_\_

Country \_\_\_\_\_

Area Code \_\_\_\_\_

Zip Code \_\_\_\_\_

State \_\_\_\_\_

City \_\_\_\_\_

TAC Number \_\_\_\_\_

Estimated Weight on Oct. 3 (if entering weight division) \_\_\_\_\_

\$20 Entry ☐ Fee Enclosed ☐ Entry Deadline September 24, 1992

CIRCLE T-SHIRT SIZE: S M L XL

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

All Applicants must sign \_\_\_\_\_

Signature of Parent or Legal Guardian if under 18 \_\_\_\_\_

How did you hear about the St. George Marathon \_\_\_\_\_

☐ Magazine ☐ Friends/Family ☐ Running Club ☐ Other \_\_\_\_\_

No. of Previous Marathons \_\_\_\_\_

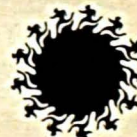
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Your Fastest Full Marathon Time \_\_\_\_\_

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**ENTRY FORM**

Entry Deadline: Thursday, September 24, 1992



**St. George  
Marathon**





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

### 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, Fritzbe 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 "younger" masters in the 40-44 division.

Most of the prestigious races offer

hundreds or thousands of dollars to this group, and then cry that they can't afford to provide awards for 5-year age-groups! Ironically, 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 age-groups 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 prizes 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, wouldn't it 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 Texas Senior Games this year 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, Accutrack times could be used to determine the winners.

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

*Tim Murphy  
Irving, Texas*



Jim Miner, 43, Binghamton, N.Y., finished fourth (4:05:51), Ed's Ultra 27 Mile Trail Run, Ithaca, N.Y., May 10. Photo by Diane Sherrer

### 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*

## NATIONAL MASTERS NEWS Subscription Form

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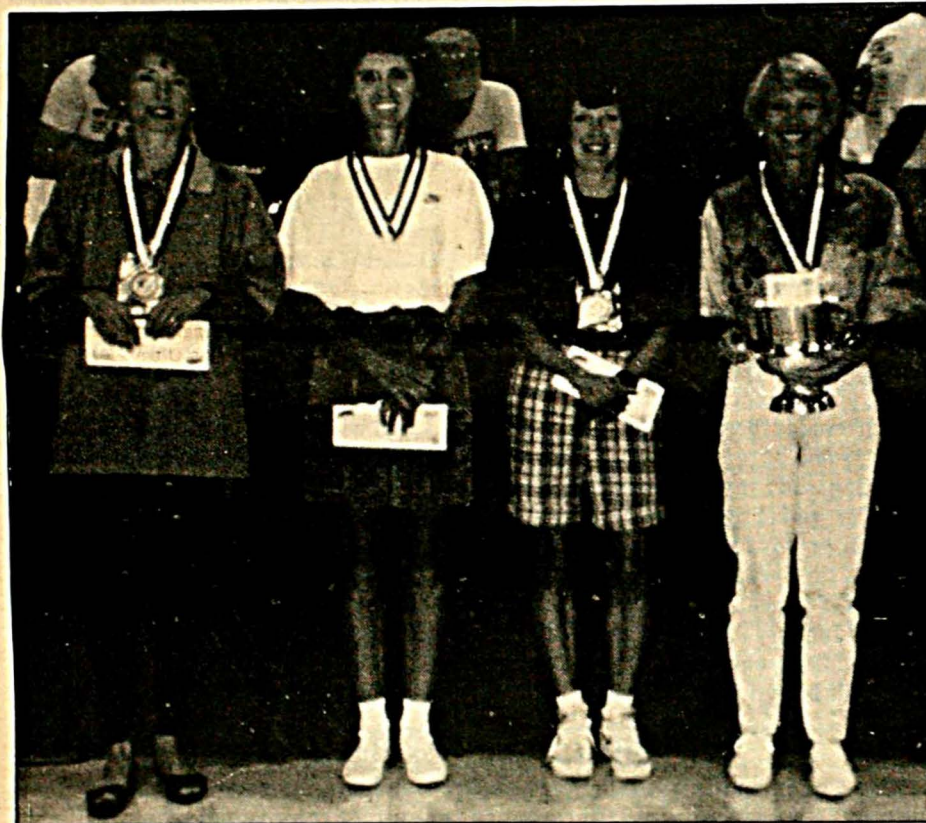
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Top male masters at the 1992 WZYP Cotton Row Run 10K. From l to r: M45 Carl Nicolson (5th, 33:02); M40 Nash Jimenez (4th, 32:59); M40 Earl Owens (3rd, 32:10); M40 Ken Judson (2nd, 31:21); and M40 Mike Fromant (1st, 31:01). Photo by Jim Oaks



Top female masters at the 1992 WZYP Cotton Row Run 10K. From l to r: W40 Cathy Lempesis (4th, 38:15); W45 Jane Hutchison (3rd, 37:55); W45 Barbara Filutze (2nd, 37:24); and W40 Nancy Grayson (1st, 35:34). Photo by Jim Oaks

### Kurtis, Bell Winners in Cleveland

### Welch, Campbell Top Age-Graded Performers

by JERRY WOJCIK

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 Revco-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 Klochko (32, 2:35:11). There were 934 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."

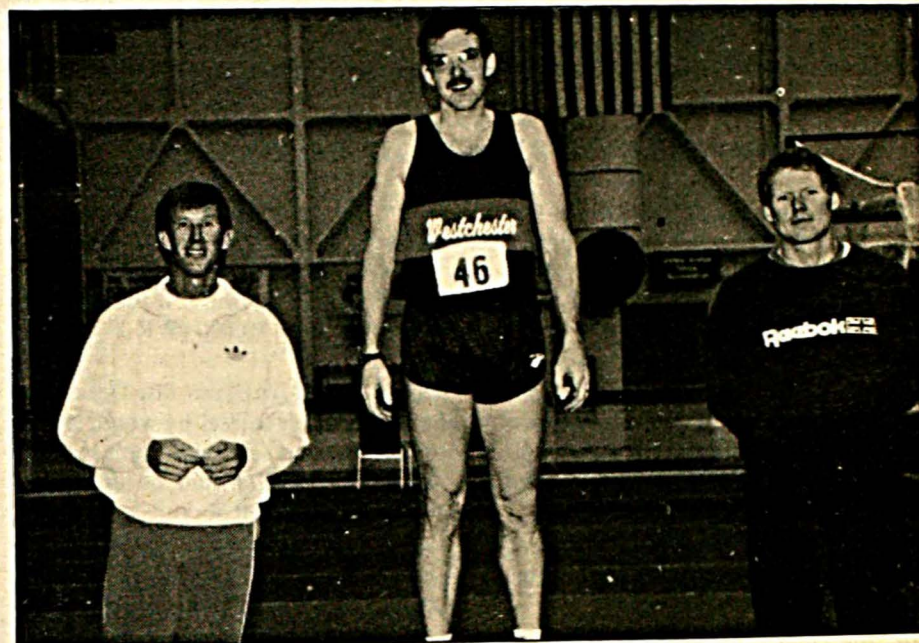
Fromant might have run faster, but two days earlier he had raced a half-marathon in Ann Arbor, Mich., in 1:07:30 to finish 3rd overall.

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 35-39 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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## 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 1/2), the 60-foot triple jump (WR 58-11 1/2), 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 3/4), 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 3:50 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 M40 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

## Conway, Hine Best in Get In Gear 10K

Dan Conway, 53, of Chetek, Wisc., 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 31:52 (AG 89.6%), followed by Jim Pelarske, 41, of St. Cloud, Minn., 32:41 (AG 87.9%), and Alex Ratelle, 67, of Edina, Minn., 41:10 (AG 87.7%).

First masters woman, Judith Hine, 43, of Edina, was also the best W40+ performer with a 38:05 for an age-

graded 85.5%. Third W40+ Diane Stoneking, 44, of Eden Prairie, Minn., was second best performer with a 39:00 (AG 83.5%), and Barbara Andersen, 67, of St. Louis Park, Minn., third, with a 49:30 (AG 81.8%).

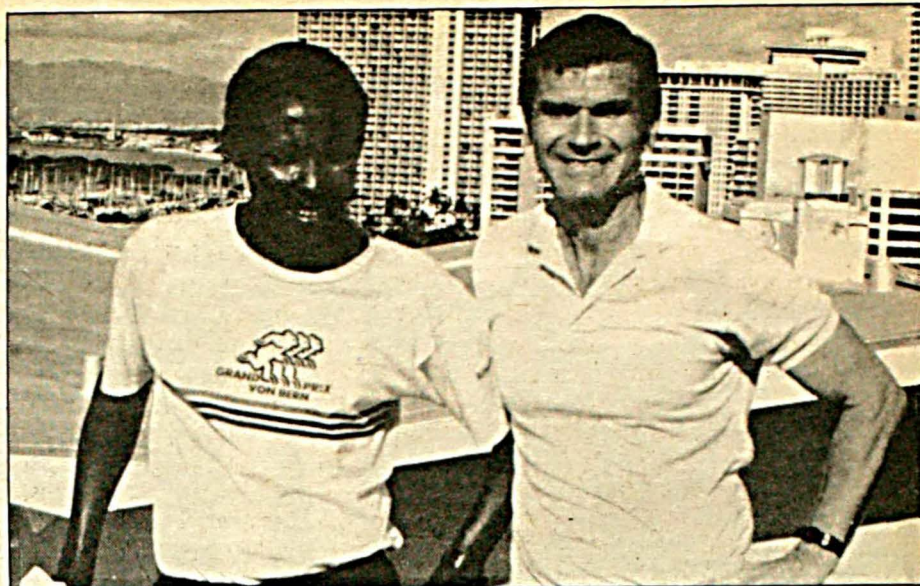
The day's events included a 5K racewalk and a 2K fun run, and despite unseasonably cold weather and blustery winds, 3945 of the 4490 registrants in the 10K finished.

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
- L'eggs Mini Marathon 10K Title Goes to Barbara Filutze, 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.



Former mile world-record holder Filbert Bayi (l), posing with columnist Mike Tymn, does not feel he will be able to break 4 minutes for a mile after he turns 40 next year. He says he's lost too much speed and doubts he can regain enough of it.

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.

## 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 2:53.

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. □

## 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:

Barrier	Record	Recordholder
M45 sub-11 100	11.0	Thane Baker
M45 sub-50 400	50.46	Hanno Rheineck
M50 sub-2 800	2:00.40	Alan Bradford
M80 sub-6 1500	6:04.28	Ed Benham
M45 sub-30 10,000	30:02.56	Antonio Villanueva
M65 10-mile Hour Run	9-1540	John Gilmour
M40 7-0 high jump	6-9	John Hartfield
M55 6-0 high jump	5-10 1/2	Herm Wyatt
M70 5-0 high jump	4-10 1/4	Ian Hume
M80 4-0 high jump	3-11 3/4	Gulab Singh
M60 20-0 long jump	19-11	Tom Patsalis
M60 50-0 shot	49-9	T. Von Wachenfeldt
W40 sub-12 100	12.0	Maeve Kyle
W60 sub-30 200	30.0	Shirley Peterson
W45 sub-5 mile	5:02.31	Heather Mathews
W40 sub-16 5,000	16:02.88	Evy Palm
W40 sub-33 10,000	33:00.78	Evy Palm
W70 sub-50 10,000	50:28.33	Pat Dixon
W50 5-0 high jump	4-10	Dorothy Tyler
W40 20-0 long jump	19-1 1/2	Franciska Janssen
W40 40-0 triple jump	39-7 1/4	Anna Wlodarczyk
W50 50-0 shot	48-8 3/4	Valerie Young



## Largest 100 Races Announced

by BASIL and LINDA HONIKMAN

On this page are a list of the 100 largest road races in the U.S. in 1991 compiled by TACSTATS/USA. For the first time, the Lilac Bloomsday 12K Run is in the #1 position with 55,793 finishers. It replaces the Bay to Breakers Run, which showed 47,962 finishers. Only official finishers are counted and it may be that Bay to Breakers has more of the unofficial variety.



John Doody, 57, Shortsville, N.Y., 5:22:32, follows Sue Christiansen, 48, Montpelier, Vt., 5:21:47, Ed's Ultra 27 Mile Trail Run, Ithaca, N.Y., May 10. Photo by Diane Sherrer

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 Columbine 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

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

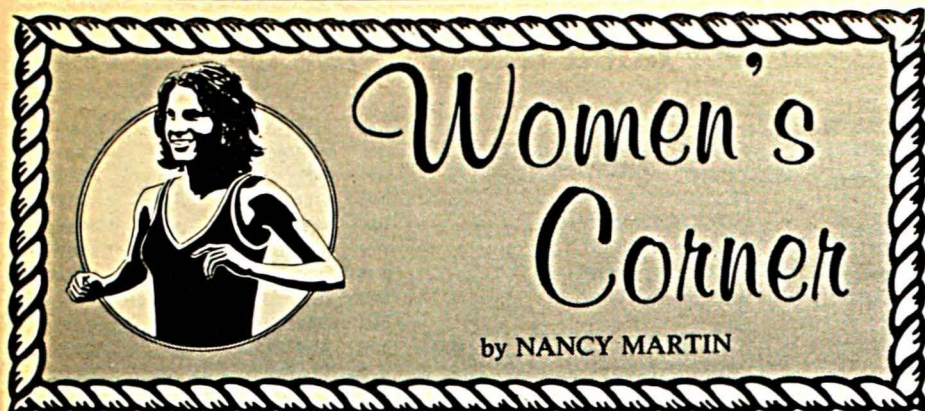
E = Estimate

FINISHERS '91	RACENAME	DIST	LOCATION	DATE'91
1 55793	LILAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/05/91
2 47962	EXAMINER BAY TO BREAKERS	12K	SAN FRANCISCO, CA	05/19/91
3 41576	PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/91
4 30503	CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/06/91
5 29311	BOLDER BOULDER	10K	BOULDER, CO	05/27/91
6 26802	GREAT ALOHA RUN	8.2M	HONOLULU, HI	02/18/91
7 25797	NEW YORK CITY	MAR	NEW YORK, NY	11/03/91
8 18124	BIX	7MI	DAVENPORT, IA	07/27/91
9 16027	E CAPITOL-AUSTIN AMER. STATESMAN	10K	AUSTIN, TX	04/07/91
10 14823	MANUFACTURERS HANOVER / NYC #2	3.5M	NEW YORK CITY, NY	06/06/91
11 14531	LOS ANGELES	MAR	LOS ANGELES, CA	03/03/91
12 13822	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/15/91
13 13044	HONOLULU	MAF	HONOLULU, HI	12/15/91
14 12600	MANUFACTURERS HANOVER / NYC #3	3.5M	NEW YORK CITY, NY	06/27/91
15 11288	MARINE CORPS	MAR	WASHINGTON DC	11/03/91
16 11208	E MANUFACTURERS HANOVER / CHICAGO	3.5MI	CHICAGO, IL	08/01/91
17 11060	E MANUFACTURERS HANOVER / ATLANTA	3.5MI	ATLANTA, GA	09/11/91
18 11050	E WHARF TO WHARF	6MI	CAPITOLA, CA	07/28/91
19 10602	E MANUFACTURERS HANOVER / BOSTON	3.5MI	BOSTON, MA	07/11/91
20 9765	E MILWAUKEE JOURNAL AL'S RUN	8K	MILWAUKEE, WI	04/28/91
21 9385	PITTSBURGH GREAT RACE	10K	PITTSBURGH, PA	09/29/91
22 8371	MANCHESTER ROAD RACE	4.77MI	MANCHESTER, CT	11/28/91
23 7934	500 FESTIVAL MINI MARATHON	HMAR	INDIANAPOLIS, IN	05/24/91
24 7834	COWTOWN	10K	FT. WORTH, TX	02/23/91
25 7620	CHERRY CREEK SNEAK	5MI	DENVER, CO	04/28/91
26 7571	BOSTON	MAR	BOSTON, MA	04/15/91
27 7440	WEINHARDT'S ALE ST. PATRICK'S DAY	4MI	SEATTLE, WA	03/17/91
28 7305	KOMEN RACE FOR THE CURE	5K	WASHINGTON, DC	06/15/91
29 6999	REVCO-CLEVELAND	10K	CLEVELAND, OH	05/19/91
30 6787	E DALLAS TURKEY TROT	3MI	DALLAS, TX	11/28/91
31 6683	RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	12/01/91
32 6649	PHILADELPHIA DISTANCE RUN	HMAR	PHILADELPHIA, PA	09/15/91
33 6642	MANUFACTURER'S HANOVER / NYC #1	3.5M	NEW YORK CITY, NY	05/09/91
34 6582	BANK IV RIVER RUN	2MI	WICHITA, KS	05/11/91
35 6132	E NEWSDAY LONG ISLAND	HMAR	LONG ISLAND, NY	05/05/91
36 6023	RIVER RUN	15K	JACKSONVILLE, FL	03/09/91
37 5810	CASCADE RUN OFF	15K	PORTLAND, OR	06/23/91
38 5807	RACE FOR THE CURE-SUSAN KOMEN DALLAS	5K	DALLAS, TX	10/19/91
39 5598	CHICAGO	MAR	CHICAGO, IL	10/27/91
40 5586	FALMOUTH ROAD RACE	7.1MI	FALMOUTH, MA	08/18/91
41 5506	COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	04/06/91
42 5480	MERCURY NEWS	10K	SAN JOSE, CA	03/10/91
43 5424	SOUND TO NARROWS	12K	TACOMA, WA	06/13/91
44 5396	CARLSBAD 5000	5K	CARLSBAD, CA	04/14/91
45 5344	SPRING LAKE	5MI	SPRING LAKE, NJ	05/25/91
46 5186	E MANUFACTURERS HANOVER / BUFFALO	3.5MI	BUFFALO, NY	08/08/91
47 5125	ARMY TEN MILER	10MI	WASHINGTON, DC	10/13/91
48 5100	E DINOSAUR DASH-MILWAUKEE MUSEUM	5K	MILWAUKEE, WI	04/28/91
49 5076	TWIN CITIES	MAR	MINNEAPOLIS, MN	10/06/91
50 4900	E NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/17/91
51 4875	SIAMROCK SHUFFLE	8K	CHICAGO, IL	03/10/91
52 4706	BOBBY CRIM	10MI	FLINT, MI	08/24/91
53 4690	E GASPARILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/09/91
54 4672	E CRAZY LEGGS	5MI	MADISON, WI	04/27/91
55 4629	DALLAS TURKEY TROT	8MI	DALLAS, TX	11/28/91
56 4586	GASPARILLA DISTANCE CLASSIC	5K	TAMPA, FL	02/09/91
57 4508	AMERICA'S FINEST CITY	HMAR	SAN DIEGO, CA	08/18/91
58 4417	CRESCENT CITY CONNECTION	4M	NEW ORLEANS, LA	06/30/91
59 4417	COLUMBUS	MAR	COLUMBUS, OH	11/10/91
60 4374	LADY FOOT LOCKER COLUMBINE CLASSIC	5K	DENVER, CO	06/23/91
61 4317	KENTUCKY DERBY FESTIVAL	HMAR	LOUISVILLE, KY	04/27/91
62 4315	GRANDMA'S	MAR	DULUTH, MN	06/22/91
63 4277	RUN TO THE FAR SIDE	10K	SAN FRANCISCO, CA	12/01/91
64 4274	CRESCENT CITY FALL CLASSIC	5K	NEW ORLEANS, LA	11/02/91
65 4200	E SUPERBOWL/REDONDO BEACH	10K	REDONDO BEACH, CA	01/27/91
66 4136	BEACH TO BAY RELAY	4.4MI	CORPUS CHRISTI, TX	05/18/91
67 4109	STORM THE BASTILLE	5K	MILWAUKEE, WI	07/11/91
68 4104	BROAD STREET RUN	10MI	PHILADELPHIA, PA	05/05/91
69 4091	TOM SULLIVAN	10K	TORRANCE, CA	03/17/91
70 4086	ATLANTA	HMAR	ATLANTA, GA	11/28/91
71 3927	GET IN GEAR	10K	MINNEAPOLIS, MN	04/27/91
72 3909	SEAFAR TORCHLIGHT RUN	8K	SEATTLE, WA	08/02/91
73 3846	HOUSTON TENNECO	MAR	HOUSTON, TX	01/20/91
74 3836	DINOSAUR DASH	5K	HOUSTON, TX	11/02/91
75 3794	SHAMROCK CLASSIC	8K	PORTLAND, OR	03/17/91
76 3684	PORTLAND	MAR	PORTLAND, OR	09/29/91
77 3684	CHARLOTTE OBSERVER/BRYANT/NCNB	10K	CHARLOTTE, NC	01/05/91
78 3637	UTICA BOILERMAKER	15K	UTICA, NY	07/14/91
79 3617	ADVIL MINI MARATHON	10K	NEW YORK, NY	06/01/91
80 3520	TULSA RUN	15K	TULSA, OK	11/02/91
81 3429	E CHILI'S	5K	HOUSTON, TX	05/11/91
82 3424	ASBURY PARK CLASSIC	10K	ASBURY PARK, NJ	08/10/91
83 3400	E WEST END	5MI	DALLAS, TX	03/09/91
84 3400	JIMMY STEWART RELAY	RMAR	SANTA MONICA, CA	04/11/91
85 3383	AZALEA TRAIL RUN - MOBILE	10K	MOBILE, AL	03/23/91
86 3341	OLD FIRST WARD SHAMROCK RUN	8K	BUFFALO, NY	03/09/91
87 3330	HEART MINI	15K	CINCINNATI, OH	03/24/91
88 3327	NORTHERN TELECOM CHERRY BLOSSOM	10MI	WASHINGTON, DC	04/07/91
89 3295	E CHILI'S	10K	PLANO, TX	05/11/91
90 3278	E TURKEY TROT	4MI	DENVER, CO	11/28/91
91 3265	RACE FOR THE CURE / SAN FRANCISCO	5K	SAN FRANCISCO, CA	10/27/91
92 3250	HEART TREK	10K	ATLANTA, GA	03/28/91
93 3245	OLD KENT RIVER BANK RUN	25K	GRAND RAPIDS, MI	05/11/91
94 3230	CONOCO RODEO	10K	HOUSTON, TX	02/16/91
95 3181	SPIRIT RUN	5K	NEWPORT BEACH, CA	02/24/91
96 3094	BLUE CROSS GOVERNOR'S CUP	5K	HELENA, MT	06/28/91
97 3043	ROGAINE-LOS ANGELES	5K	LOS ANGELES, CA	03/03/91
98 3031	MANHATTAN BEACH OLD HOME TOWN	10K	MANHATTAN BEACH, CA	10/05/91
99 2975	E MANUFACTURERS HANOVER / SYRACUSE	3.5MI	SYRACUSE, NY	08/06/91
100 2968	CITY RUN	10K	LOUISVILLE, KY	03/16/91

## The Largest Women Only Races

1 5807	RACE FOR THE CURE-SUSAN KOMEN-DALLAS	5K	DALLAS, TX	10/19/91
2 4374	LADY FOOT LOCKER COLUMBINE CLASSIC	5K	DENVER, CO	06/23/91
3 3617	ADVIL MINI-MARATHON	10K	NEW YORK, NY	06/01/91
4 2674	TUFTS HEALTH PLAN FOR WOMEN	10K	BOSTON, MA	10/14/91
5 2665	ALASKA WOMEN'S RUN	10K	ANCHORAGE, AK	06/08/91
6 2243	NIKE WOMEN'S RACE	8K	WASHINGTON, DC	05/12/91
7 1700	E RACE FOR THE CURE-SUSAN KOMEN-IL	5K	PEORIA, IL	05/11/91
8 1687	RACE FOR THE CURE-SUSAN KOMEN-NYC	5K	NEW YORK, NY	10/13/91
9 1490	FREIHOFER'S RUN FOR WOMEN-ALBANY	5K	ALBANY, NY	05/04/91
10 986	CITY OF ALHAMBRA MOONLIGHT RUN	8K	ALHAMBRA, CA	10/26/91





## Women's Corner

by NANCY MARTIN

### Running Dry

**I**ncontinence — 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 steps. 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

I told 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 inner 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, "No problem. All that requires is simple surgery. See a urologist."

Well, that's a relief. Simple surgery, if there is such an animal, means cutting your fingernails. I wasn't prepared for the urologist's conclusion that my incontinence would require an operation which would take six months to heal. In my language, this translates to no running for half a year. Impossible! I spent twenty years training my body to conquer long distances. How could I let my athletic heartiness disintegrate with the doctor's hasty determination?

#### An Alternative to Surgery

Since my verbal strength is almost as strong as my hamstrings, I managed to get the doctor to prescribe some alternative therapies, and he fortunately suggested Biofeedback. Whatever that

was, I'd do it, as long as I could continue running.

And that's what changed my life. Biofeedback: the name given to the process whereby measurement devices are attached to the body to give you feedback of something that is happening internally.

I believe now I was truly lucky because I had seen a knowledgeable doctor. I know of too many women walking around, embarrassed to mention their problem, and consequently living in fear and shame. They support the adult diaper industry without being informed that they can control their body's malfunction. In fact, they are dismally led to believe that incontinence is a necessary attribute of aging. This is a myth perpetuated by the marketing departments of large corporations, unknowing doctors, and cultural taboos. Incontinence does not have to be a by-product of growing older — biofeedback showed me that.

#### Biofeedback Saved My Life

My doctor recommended Barbara Woolner, RN, certified in Biofeedback, and Barbara saved my life. Literally, she saved my running. But life and running equate to the same thing, don't they?

Biofeedback treatment strengthens the PC — or pubococcygeus — muscle group, muscles that stretch from the pubic bone in front to the coccyx bone at the base of the spine. Think of these muscles as part of the pelvic floor, which regulate the urge as well as the controlled ability to urinate.

Since the PC muscle encircles the urethra, the canal which discharges urine from the bladder to the outside, and the rectum, its healthy tone is crucial to proper bladder function. If the PC muscle is strong, it controls elimination from the bladder and bowel; with a weak PC, leakage occurs. Childbirth and menopause are just part of a number of physical factors that contribute to weak PC muscles. And the key to stopping incontinence is resurrecting these muscles. That's the beauty of biofeedback treatment. With exercise, PC muscles become strong once again.

In my first biofeedback session, I inserted a tampon-like probe into my vagina to detect PC muscle activity. The probe was attached to a wire that

connected to an electromyographic (EMG) machine, which measured muscular tension.

#### Measures Muscle Response

I was able to see information displayed on a computer terminal that registered any muscle response I might have. Barbara had me do Kegel exercises, tensing and relaxing my pelvic muscles, as I watched the display terminal and saw how well and how long I was able to keep my muscles contracted. Technology hits home forcefully when you realize that you are a participant in and a viewer of your own body movie. I sat there fascinated, watching what was happening deep inside myself.

Once you get in touch with the correct pelvic muscles, therapy consists of tensing and relaxing these muscles during the day. I started by doing ten sets ten times a day. Since no one could see me do my Kegel exercises, I usually did them when I had to wait for something. And in today's world, we always find ourselves waiting for some service, some turn, something. It was during my root canal, when I turned my attention from the oral surgeon to counting my set of ten that I realized I had found the perfect moment for revitalizing my pelvic floor.

#### Incontinence Under Control

As my muscles became stronger, I reduced my exercises to five times a day. My PC muscles have become healthy again, and I probably only have to exercise them about three times a week. But I do my five sets a day as preventative maintenance. Now that I run dry, I never want to experience the secret terror of a year ago.

Barbara's therapy seemed to work immediately. After one week, I felt better. After four weeks, I ran eight miles without having to look for a restroom. Now, my running is back to normal, where I don't have to devise a route that will take me by the area's various toilets. In fact, my running is better than normal because my pelvic floor muscles have become healthy, I can control a full bladder the way I us-



Wakae Spence, W60 third place (1:08), Aloha State 10K, Honolulu. Photo by Tesh Teshima

ed to when I was ten years old, where 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

from GEORGE REGAN

A powerful masters field has become 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 consigned to compete 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

inclines in Washington Park, she took the fullest advantage of the sweeping half-mile to the finish to take victory and the \$1000 first prize in a time of 17:43. Hutchison fought bravely but had to be content with an isolated second place in 10:10, although a prize of \$500 offered some consolation.

Interestingly, none of the first three masters to finish were in the 40-44 division. Third master was 50-year-old Christine Tattersall from Killingworth, Vt., who finished in 19:19, 12 seconds up on the second over-50 finisher, Zofia Turosz, who was 5th master overall in 19:53.

"We take pride in the depth of our masters' field each year," commented George Regan, Director of the Freihofer's Run for Women Program. "And the masters always do us proud with the intensity of their competition." □



## \$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 the teams. Registration will be held on Saturday, August 15. It should all be great fun as well as adding a few shekles to the nearly-bare coffers of the regions.

Following the relays, a barbeque 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. □



Betty Vosburgh, W60, triple jumping 25-4½, Birmingham Track Classic, Birmingham, Ala., May 23. Photo from Gordon Seifert



Thad Bell narrowly edges Cesar 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 WOJCIK

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%. Nate Robinson, 40,

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% (28.17).

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

### 1992 TAC EASTERN MASTERS REGIONAL TRACK AND FIELD CHAMPIONSHIPS SPONSORED BY THE NEW YORK MASTERS AND VALLIAN ASSOCIATES



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

SITE: Downing Stadium, Randall's Island, New York City

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

FACILITY: New, 8-lane rubberized surface. Maximum ¼" spikes - fast. All runways and javelin same rubber surface. Throwing events concrete circles. Open lockers. TIMING: All running events will be FAT by NORTHEAST TIMING.

AWARDS: TAC Regional medals with custom ribbons to 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 - 80+).

ENTRY FEES: 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 \$8, and each additional event is \$5. Relays are \$20. Must be received by Friday, July 24th. POST ENTRY FEES: Entries received after July 24th or the day of the meet are \$20 additional plus regular entry fees provided additional heats not needed. Relays \$25 total fee.

TAC REGISTRATION: Post entrants must show a current TAC card or buy a \$12 MAC card. TAC SANCTIONED AND OFFICIATED. MEET DIRECTOR: HAIG BOHIGIAN EASTERN TAC REP.

#### TRACK EVENT ORDER (FAT)

Steeplechase	9:30
300/400 M Hurdles	10:00
5,000 Meter Run	11:00
80/100/110 M Hurdles	11:30
800 Meter Run	12:15
100 M (Trials/Finals)	12:45
4 x 100 Meter Relay	1:30
1500 Meter Run	1:45
400 Meter Dash	2:15
4 x 800 Meter Relay	3:00
5,000 Meter Racewalk	3:30
200 Meter Dash	4:30
4 x 400 Meter Relay	5:00

#### FIELD EVENT SCHEDULE

EVENT/GROUP	30-39	40-49	50-59	60 PLUS	WOMEN
Long Jump	10:00	11:30	2:00	3:30	1:00
Triple Jump	11:30	10:00	3:00	1:00	2:30
High Jump	2:00	2:00	11:00	12:00	10:00
Pole Vault	12:00	12:00	10:00	11:00	11:00
Shot Put	11:30	10:00	2:30	1:00	3:30
Discus Throw	10:00	11:30	1:00	2:30	2:30
Javelin	2:30	1:00	12:00	10:00	11:00
Hammer	4:00	All groups when throws finished.			
Weight Throw	5:00	All groups after the hammer - no guarantee of officials - athletes run.			

For example, 50-59 men will long jump from 2 to 3 PM.

FIELD ATHLETES WILL HAVE TO COMPETE WITH THEIR AGE GROUPS. PLAN AND ENTER ACCORDINGLY. NO EXCEPTIONS.

TRACK EVENTS TAKE PRECEDENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADVANCED IF POSSIBLE - KEEP ADVISED. PLEASE COOPERATE AND DON'T ASK FOR EXCEPTIONS.

#### PLEASE PRINT

NAME	PHONE	SEX
ADDRESS	CITY & STATE	ZIP
AGE (BY 8/1/92)	BIRTHDATE	CLUB
TAC#		
EVENT	BEST RECENT MARK	EVENT
1.	4.	7.
2.	5.	8.
3.	6.	9.

AMOUNT ENCLOSED: First event (plus surcharge)	\$15.00	MAKE CHECK PAYABLE TO AND MAIL TO:
2nd & 3rd events @ \$8.00		HAIG BOHIGIAN
Additional events @ \$5.00		225 HUNTER AVENUE
TAC Registration (PENDING NOT OKAY)	(12.00)	NORTH TARRYTOWN, NY 10591
Relay entry @ \$20.00 (Post entry \$25)		914 - 631 - 1547 (FAX FROM 11 PM TO 9 AM)
Eastern T-shirt @ 7.00		CIRCLE SIZE: S M L XL
POST ENTRY FEE	(20.00)	
TOTAL AMOUNT ENCLOSED		

WAIVER: In consideration of your accepting this entry, I do hereby legally bound myself, my heirs, executors, and administrators to waive, release, and discharge any and all rights, claims and damages that I may have against The Athletics Congress/USA, the Masters Track & Field Committee, New York Masters, Vallian Associates, MAC, NY City, The Parks Dept., etc., their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

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





# MASTERS RACEWALKING

by ELAINE WARD

## 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 1991, his time of 2:18:41 in the 30K Road Cham-

pionships and his 20K time of 1:28:21 in that race were the fastest ever walked 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 tempos, time trials over measured distances, and technique and style sessions. □

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



Gary Little

### Gary Little's Record Times At 49-Years-Old

Road Walk	Time	Date	Previous Record
10K	44:29	7-9-91	Jan Roos (CAN) 48:01
10K	43:43.7	12-10-91	Jan Roos (CAN) 48:01
15K	1:07:13	12-09-91	J.A. Barrac (GB) 1:13:03
15K	1:05:59.5	12-10-91	J.A. Barrac (GB) 1:13:03
20K	1:28:21.8	12-10-91	Gerhard Weidner (WG) 1:34:15
25K	1:52:09.5	12-10-91	Alex Oakley (CAN) 2:06:26
50K	4:39:27	3-6-91	Frank Knaringer (WG) 4:43:05

## 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 50312, Pasadena, CA 91115-0312.—EW)

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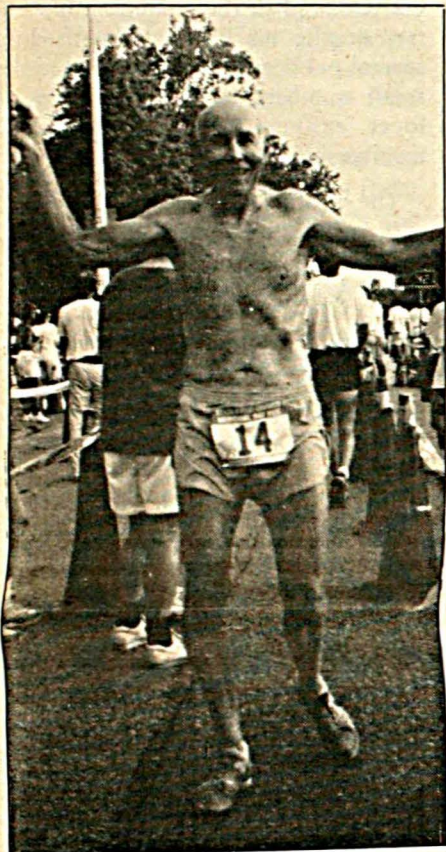
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Patrick Gallagher, 66, St. Louis, winner of the 5000 (20:00) and the 10,000 (42:35), St. Louis Senior Olympics.

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 3-5.

Photo by Jerry Wojcik

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

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

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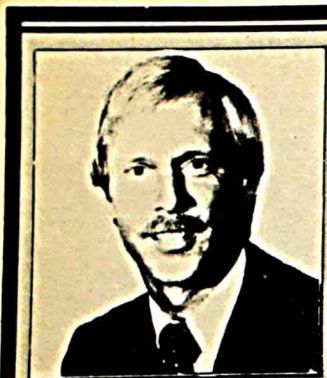
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Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## 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 bony 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 well-cushioned shoe and consider using an

orthotic insert. These devices are quite effective in providing relief from painful calluses, and preventing their recurrence. □



Luciano Pavarotti practicing an area from Aida? No, it's Stew Thomson, 58, Atascadero, Calif., ending a hammer throw with a flourish, Foothill College Throws Series, Los Altos, Calif., February 22. Photo by Francine Marshall

## Hoegn 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 Hoegn, 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 39:36.

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

Both Chavez and Hutchison won \$100. The rest of the winners were uncontested and included Dudley Healey, M75, New Jersey, 50:22; Kit Pickles, W70, California, 55:36; and popular local favorite Dr. Howard Calkin, 82, who ran a 76:52.

The event was run along with the Children's Mercy Hospital 10K, a charity fund raiser, and drew some 1000 entrants, about 300 of whom were age 40-and-up, according to Meet Director Jerry Morrison, who was disappointed in the championship entry, despite his having advertised in several publications. He attributed the small numbers to the reluctance of local runners to purchase TAC memberships.

The weather was cool and rainless, with temperatures in the 60s.

The Missouri Valley Association/TAC provided support. □

## Webber, Crever Win in Newsday Half-Marathon

by MAURY DEAN and WILLIAM BENSON

The 13th annual Newsday Long Island Marathon and Half-Marathon in East Meadow, N.Y., on May 3 exceeded last year's total of finishers (6944) with 7071. In the marathon, 699 men and 94 women finished, and in the half-marathon, 4818 men and 1460 women went the distance.

In the half, Chris Webber, 40, the mercurial master mailman from Sayerville, N.Y., blasted a supersonic 1:11:22 for sixth overall. Webber has won it before, but the speed of a group of Ethiopian open runners, who trained at altitude on the hot, high plains of Addis Ababa and later emigrated to Israel, was too much for Webber.

Alan Oman (42, 1:14:16) and Joe Featherston (44, 1:14:35) were 11th and 13th. Perhaps the spirit of Zola Budd or Abebe Bikila touched M50 silver-medalist James Sammon (1:27:20) because he ran the entire half-marathon barefoot with duct tape curled between his toes to deter blistering.

Speaking of blistering, how about the Goring-Cowgill-Murphy battle in the M55? In a melting-pot New York race, Caribbean Islander Hilton Goring (1:25:02) edged Englishman Mel Cowgill (1:25:41), who eked out a victory over former champ, ex-Marine, Irish-American Richard Murphy (1:27:30). Dr. Leo Karmin (1:46:07) was a winner for the third straight year in the M70.

First masters woman was Nancy Crever, 41, in a seventh-place 1:29:53. Among other cameo star triumphs: Marian Stanjones, 53, with an incredible 1:35:06; Jackie Gow, 43, with a fine 1:35:44; Islip's best-looking mailtote: Laura Schay, 46, with a 1:36:06 for gold; and indomitable Chickie O' Toole, 60, despite knee aggravation, taking a first in 2:09:34.

In the marathon, Robert Briglio, 42, was the first master with a fifth overall 2:43:16. Kathy Martin, 40, was third woman in 3:18:05. James Hudick, 47, won the M45 race in 2:57:44.

Open winners in the half-marathon

were Daniel Dasta, 22 a black, Jewish Ethiopian, and recent Israeli arrival, who ran a 1:07:37, despite his yarmulke cap flying off twice and his stopping to retrieve it, and Jeanne Peterson, 22, who beat her twin sister, Karen, with a 1:18:16.

Marathon winners were Nicholas Galasso (28, 2:35:18) and Christine Gibbons (30, 3:01:42).

The race was held on a beautiful sunny day, with temperatures in the mid-70s, but the omnipresent wind was still with the runners on the Wantagh Parkway.

This event is for the masses. A low-key, fun kind of affair, with no big, outside names and no prize money. Runners make up their minds at the 7.56-mile mark as to going all the way or heading for home in the half-marathon.

The Plainview-Old Bethpage Runners Club supplied almost 100 volunteers, without whose efforts the race might not have happened. □

## Levisse, McLatchie Win in Boulder

by JERRY WOJCIK

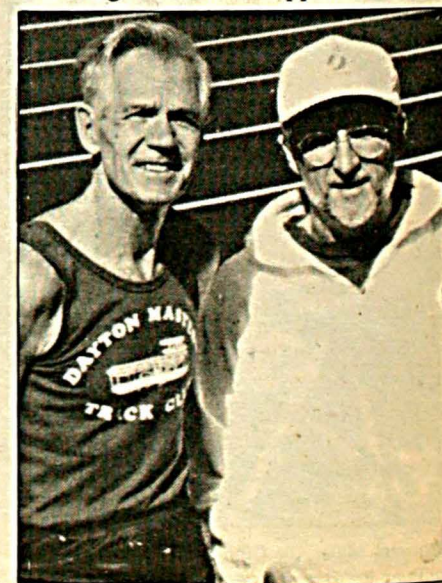
France's Pierre Levisse remained undefeated as a master since turning 40 in February, with a 30:24 (AG 93.9%), worth \$1200, in the Boulder Boulder 10K in Boulder, Colo., on May 25. Levisse, who has been living in Boulder since last November, finished 18th in the men's elite race and was never threatened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

Domingo Tibaduiza of Colombia/Reno, Nev., took the masters second prize of \$950 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.

Carol McLatchie, Houston, Texas, was 17th woman in 37:00, winning \$1000 for her masters first. California's Laurie Binder, 44, had entered but, over the weekend, informed race officials that she had contracted a viral infection and withdrew.

Mary Wood, Montrose, Colo., took second place and \$750, with a 37:58. Sally Bront, Loveland, Colo., was third in 39:10 for \$250.

Boulder resident Frank Shorter, 1972 Olympic gold and 1976 silver medalist, passed up the elite race and finished 37th (33:46) in the citizens' race. Shorter, who won the race in 1981, will be 45 for the 1993 Boulder. "If I come back and think I can run 31, I'll do the elite again," he said. □



M60 Don Gammie (l), after a 5:04.9 mile in the Nashville Mini-Meet last October, with Randall Brady, who is directing the Vanderbilt TC meet in Nashville on July 11.



# 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 sometimes hard to come by in those early years. There weren't enough masters racing to warrant their own age groups.

Ed Kozloff, Race Director of the Motor City Striders, remembers those days well: "From 1959 through the 60s, there were no masters in any of our races. In 1973, the Detroit News Track and Field Federation Marathon had age groups broken down over forty; 50+ was the oldest category."

Kozloff recalls the 1974 AAU National Masters Cross-Country Championships on Belle Isle in Detroit. "There were only seventeen people, but that was typical. Most of them were locals . . . there was always good

*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 the history 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. Hal Higdon, senior writer for *Runner's World* describes it: "In the late '70s and early '80s the shoe companies were throwing money at runners."

Not all that money was reserved for open athletes. Masters runners started traveling to races from coast to coast, searching for good competition and prize money, although the financial rewards were usually meager in com-

parison to the level of athletic prowess. Both Nike and Brooks sponsored a series of masters races during those years. Nelson Farris, now director of internal relations for Nike, says: ". . . those were the years of our growth mode. Masters runners were part of that. We wanted to touch all the bases."

## Nike Masters Circuit

From 1980 through 1983, Nike pumped thousands of dollars into its masters circuit. They chose existing events, particularly those that were low key. Val Schultz, who was in charge of the masters program at the time, says that they chose events that would allow older athletes and women a chance to get a "clean start." The circuit consisted of ten races a year, divided into four regions. One race in each region was designated the championship.

In 1980 the Cotton Row 10K in Huntsville, Ala., was on the circuit. Race Director Harold Tinsley recalls that part of the success of his race that year was being on the masters circuit: "The year was 1980 . . . the trials were coming up, so there weren't many good open runners available. But

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 15K 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 more developments that would ultimately affect masters athletes. 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 and training 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 racing during the mid-70s. With nearly ten years of running behind her, she was primed to start racing as a master.

Continued on page 14



"The finest field of masters runners ever 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, 45, 1:06:06), Derek Fernee (#110, 40, 2nd, 1:05:24), Dan Conway (41, 3rd, 1:05:59), Hal Higdon (#1, 49, 4th, 1:06:05AR), Jim Ewing (#7, 41, 6th, 1:06:41).

Photo by Mark Luedi



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 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.

#### Jim Fixx Dies While Running

Then in the summer of 1984, Jim Fixx, the man who had introduced run-

ning 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 longer could the shoe companies justify the promotional dollars they were spending supporting runners. They all pulled back and drew up their plans to retrench. Running would no longer be on the forefront. In the words of Nelson-Farris: "Everything just fell apart in 1984."

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 converts, 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-

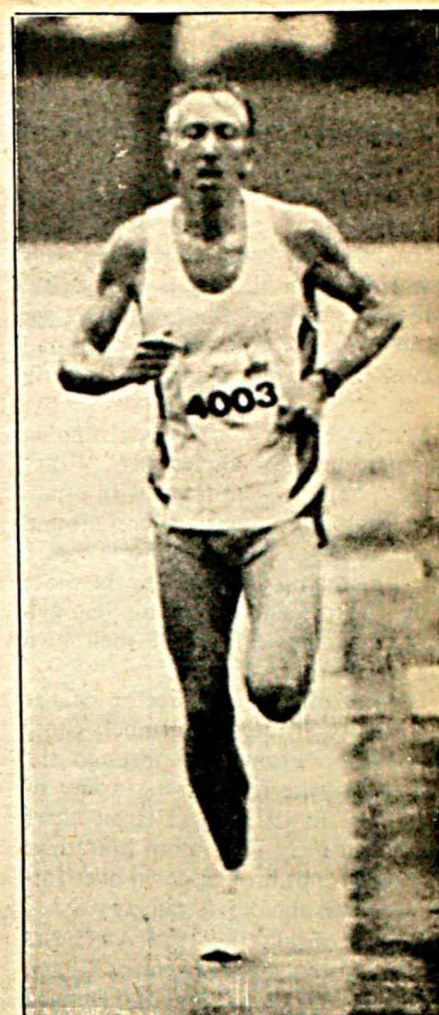
life, and returned to the sport as a masters, fresh and ready to compete. For masters athletes the fun was often just beginning, they weren't going to quit now! As Dalrymple put it: "Masters runners run for the love of the sport. Most of them know they will never make any money, it doesn't matter. That's not the reason they run."

Norm Green understands. 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

### Ten Years Ago

- Southeastern Masters T&F Championships Draw 600 to Raleigh, N.C.
- New Zealander Jack Foster Sets M50 WR of 2:20:28 in Auckland Marathon
- Southern Calif. Striders M40-49 Relay Team Sets a New U.S. Record for the Distance Medley Relay (11:03.8)
- Mike Heffernan (M40, 31:55) and Shirley Matson (W40, 37:32) are Top Masters in Viking Classic 10K



Britain's Nick Rose, 40, on his way to finishing first master in 29:57 (new course record) in the 10K, Charlotte Observer Marathon, Charlotte, N.C.

Photo courtesy of Charlotte Observer

## TROJAN MASTERS TRACK MEET SUNDAY, JULY 12 CROMWELL FIELD - U.S.C.

sponsored by the Trojan Masters Track Club

- Entry fees** - \$13 for 1st event; \$5 for each additional event  
- \$20 for really teams (10yr. age groups)  
- add \$5 for day-of registration-
- Registration Deadline** Registrations must be received by July 3. If you think your registration will be delayed thru the mail, please call (818) 917-6289.
- Parking** Only pre-registered athletes will be guaranteed free parking at USC. Parking is \$6 (gulp!) otherwise.
- TAC Reg.** The Trojan Master Meet is sanctioned by the TAC. No registration will be processed without a valid TAC #. TAC registration available at the meet for \$12.
- Awards** Medals will be awarded to the top 3 places in all events for all 5 yr. age groups.

#### RUNNING EVENTS:

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

#### FIELD EVENTS:

8:00 Hammer (HT will be held at West LA College)  
10:00 Pole Vault  
10:00 Long Jump  
10:00 Discus (Shot Put will follow the Discus)  
1:00 High Jump  
1:00 Triple Jump  
1:00 Javelin

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

\*\*\* RACEWALKERS CALL 818-577-2264 TO REGISTER \*\*\*

### TROJAN MASTER ENTRY FORM

NAME \_\_\_\_\_ M or W \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ TAC # \_\_\_\_\_  
(entry will not be processed w/o this #)  
AGE \_\_\_\_\_  
(as of July 12, '92)

#### EVENTS

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

#### EVENTS

4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

Make checks payable to:

TROJAN MASTERS  
1125 STIMSON AVE.  
LA PUENTE, CA 91744  
(818) 917-6289

Registration:

(1st event) \_\_\_\_\_

Add'l events: \_\_\_\_\_

(X \$5) \_\_\_\_\_

Relays: \_\_\_\_\_

(X \$20) \_\_\_\_\_

TOTAL \_\_\_\_\_

#### ATHLETE RELEASE WAIVER:

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the Trojan Masters Track Club, the University of Southern California, the West LA College Throwing Center, any individual associated with the operation of this meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Trojan Master track meet held on July 12, 1992 at U.S.C.

Signature \_\_\_\_\_

#### 1. DISPLAY ADVERTISING RATES

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52	Back Page	600*	10"	13"
52	Full Page	460	10"	13"
39	3/4 Page	380	7 1/2"	13"
26	1/2 Page	300	5"	13"
			10"	6 1/2"
			7 1/2"	8 1/2"
13	1/4 Page	180	5"	6 1/2"
			10"	3 1/4"
7	1/8 Page	120	5"	3 1/4"
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3 1/2	1/16 Page	72	2 1/4"	3 1/4"
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\*Includes 2 colors.

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6 to 12 insertions . . . . . 15%

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#### 4. SPECIAL RATES

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Net 10 days from billing date.

#### 6. CLASSIFIED RATES

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

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

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The 10th of the month before date of issue.

#### 9. CIRCULATION October 1990

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# U.S. MASTERS TRACK & FIELD RANKINGS

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

## 1992 Indoor 800m Compiled by Bill Benson

NAME	TIME
<b>M30-34</b>	
1-10	
Rick Smith	1:57.8
Rich Marion	2:00.8
Joe Hevener	2:01.7
Carter	2:01.8
J. Ruleau	2:01.9
M. Egle	2:02.0
Michael Vorhess	2:06.7
Jim Nehis	2:07.0
David Kirk	2:07.8
Richard Galen	2:07.8
<b>11-20</b>	
Joe Carroll	2:08.4
John Anderson	2:08.6
F. Hervert	2:11.0
Gregory Stephens	2:11.4
R. Hankins	2:12.2
Rich Jenks	2:12.2
Pete Moran	2:14.1
Stephen Fluet	2:16.9
Keith Davies	2:18.3
Doug Klaver	2:20.8
<b>M35-39</b>	
1-10	
Rick Basley	2:00.3
Robert Walker	2:01.7
Bruce Frey	2:01.8
Bob Thomas	2:03.9
Bob Hodge	2:04.1
Dave Miller	2:05.4
Lenny Mustari	2:06.8
Mark Furkis	2:08.4
George Crummel	2:08.7
James Reppert	2:11.2
<b>11-20</b>	
Rusty Moore	2:11.8
Mike Patterson	2:12.3
Brad Hurst	2:13.1
Warren Fisher	2:14.6
Bob Strout	2:16.6
Mark Smith	2:16.7
Ben Crowle	2:18.2
Bill Kehner	2:18.8
Wick Juenger	2:20.0
McCarroll	2:20.1
<b>21-30</b>	
Brian Bohn	2:20.5
Roger Koehler	2:22.1
Greg Hanson	2:23.3
Ken Florence	2:24.2
Brad Scott	2:26.5
Jack Mroz	2:28.6
Tom Hibe	2:29.1
Horace Hudson	2:32.1
Steve Kobs	3:06.1
Jeff Martin	3:21.4
<b>M40-44</b>	
1-10	
Ken Popejoy	1:56.3
Nolan Smith	1:57.1
Fred Sowerby	2:00.3
Dan Peterson	2:01.4
Swag Hartel	2:01.6
Rich Puckerin	2:02.8
Al Swenson	2:04.0
Duane Green	2:05.3
David Salazar	2:05.3
John Tucker	2:06.2
<b>11-20</b>	
Mike Sargent	2:07.1
Dave Patterson	2:07.1
A. Elmehdoui	2:07.3
V. Galks	2:07.3
Kevin Kelly	2:08.7
Larry Purtell	2:09.8
Gary Tompkins	2:10.3
Giles	2:11.6
Rick Baxter	2:13.0
B. Pertak	2:14.1
<b>21-30</b>	
Russell Floyd	2:14.1
George Lokken	2:14.2
Stephen Viegas	2:14.3
Spider Rossiter	2:15.2
Ben Draper	2:15.5
N. Keyes	2:16.2
Dale Ladd	2:16.5
B. Burke	2:16.7
P. Reinhart	2:17.0
Bill Krieger	2:19.4
<b>31-40</b>	
Joe DeMaio	2:20.9
John Crame	2:21.8
Larry Hart	2:22.0
Ed Woerner	2:22.2
Jim Yester	2:23.2
Denny Mellish	2:23.8

Don Fish	2:24.7
Bob Thomas	2:26.1
Bob Caplin	2:26.5
Norman Thomas	2:27.0

<b>41-50</b>	
Bob Histed	2:28.6
Rich Sundin	2:30.8
Mark Bass	2:30.9
James Joseph	2:31.0
Clive Latham, Jr.	2:31.6
Ron Winkler	2:34.7
Jim Bilik	2:40.0
Amos Mincin	2:43.1
Tony DeSabato	2:45.0
Ivan Black	3:00.1

<b>M45-49</b>	
1-10	
M. Heidelberg	2:06.1
Gordon Reiter	2:06.2
Harold Nolan	2:07.2
Jim Hampton	2:07.6
Graeme Shirley	2:07.8
Gary Rust	2:08.3
Bruce Carter	2:10.1
Don Boyer	2:11.7
J. Kuhi	2:13.1
Mike Radov	2:15.7

<b>11-24</b>	
Nelson Keyes	2:16.7
Brad Johnson	2:18.1
George Sanders	2:20.1
Larry Simmons	2:20.9
Mike Owens	2:23.2
Bill Indek	2:29.0
Harland Bigelow	2:30.5
Dwayne Wartman	2:30.9
Bob Grau	2:31.0
Phil Frey	2:32.6
Gregg Atzert	2:37.3
R. Hurst	2:38.8
George Atkinson	2:42.4
Mark Langnas	2:45.4

<b>M50-54</b>	
1-10	
Sid Howard	2:11.1
Sam Huckel	2:18.1
Jim Demma	2:18.4
Jerry McPadden	2:19.1
Glenn Shane	2:19.8
B. McIlwaine(CA)	2:20.0
Sam McClendon	2:20.8
John Allen	2:21.1
Bob Hyten	2:25.0
Jim Verdier	2:25.4

<b>11-20</b>	
Jim Donohue	2:26.3
Bob Bridges	2:26.5
Marv Winters	2:26.5
Marcel Balla	2:26.5
Ralph O'Neal	2:26.8
Huffman	2:30.2
Bill Jeffrey	2:31.1
Bob Fuhrman	2:31.2
Fred Bertelsen	2:32.2
J. Robinson	2:33.0

<b>21-30</b>	
S. Edelson	2:41.3
Bob Evan	2:41.8
Dick Fislar	2:44.2
John Hurley	2:44.4
J. Goodwin	2:45.0
John Schwartz	2:47.0
Horace Andrews	2:48.7
Tom Collins	2:54.6
Finis Cavender	3:02.0

<b>M55-59</b>	
1-12	
Ken Baker	2:08.9
Cliff Pauling	2:23.1
Ken Ogden	2:25.1
Art Conro	2:25.5
Irwin Bernstein	2:25.5
Peck	2:28.3
Bob Trevor	2:30.8
Richard Croak	2:48.1
Tony Farrand	2:49.5
Don Bawmann	2:53.8
Dick Kowalski	2:55.9
Fran Riley	2:56.2

<b>M60-64</b>	
1-15	
Earl Fee(Can)	2:17.0
Jim Sutton	2:17.0
Jones	2:28.3
Bill Fortune	2:29.2
Gordon Seifer	2:29.5
Harry Brown	2:35.9
Eben Osgood	2:37.9
Gunnar Linde	2:42.2
Al Escobosa	2:43.1
L. Dickerson	2:48.6
Paul Gorka	2:51.7
Jim Keats	2:52.9

Stan Cherim	2:56.1
George Luce	3:08.2
Robert Mitchell	3:22.2

<b>M65-69</b>	
1-10	
A. Messenger	2:35.4
Joe King	2:35.7
Luther Burdelle	2:47.2
John Hosner	2:48.6
Johnson	2:50.2
Carl Hammen	2:54.3
O. Tischler	3:17.5
Buzzy Hood	3:30.1
Roy Eglert	3:39.2
Des Margetson	4:10.0

<b>M70-74</b>	
1-10	
Jay Sponseller	2:52.0
Merle Knox	2:58.3
George Blyn	2:59.6
H. Strassenberg	3:17.7
Dan Geer	3:20.3
John Bays	3:20.9
G. Rajcevic	3:35.0
L. Russell More	3:35.6
Clarence Osborn	3:56.6
Earl Cole	4:04.6

<b>M75-79</b>	
1-5	
Dudley Healey	3:21.3
Milo Lightfoot	3:27.8
Bob Matteson	3:46.6
Warren Wiggins	4:17.1
Harold Massie	5:01.0

<b>W30-34</b>	
1-10	
Joan Sterrett	2:22.8
Renee Sterrett	2:24.3
Berni Creed	2:27.6
I. March	2:29.0
M. Gill	2:31.0
M. Claeys-Otto	2:40.6
Cindy Kowalski	2:52.6
S. Stiegelmeir	3:01.7
Irma Barr	3:36.9

<b>W35-39</b>	
1-10	
Irene Thompson	2:42.0
Mary Crouse	2:50.7
Maureen Fazio	2:52.2
Leah Rowolinski	2:57.7
G. Anthony	3:11.7
Shirley Wigley	3:21.1

<b>W40-44</b>	
1-10	
Debbie Anderson	2:25.6
B. Clair-Searcy	2:32.1
L. Findley(Can)	2:32.5
Debbie Stiles	2:39.2
Ann Igoe	2:53.8
Kathy Moreno	2:57.6
Kathy Pierce	2:58.8
Elaine Boyd	3:01.5
Karyl Colarusso	3:01.5
Skipper Clark	3:01.7

<b>11-12</b>	
Julie Russell	3:21.6
Diane McManus	3:22.0

<b>W45-49</b>	
1-6	
Anne Schmitt	2:31.7
N. Lowenstein	2:56.4
P. Smith-Hite	3:02.3
Cathy Primmer	3:05.1
Lorraine Tucker	3:25.8
Sue Green	3:30.6

<b>W50-54</b>	
1-2	
Barbara Pike	2:40.5
J. Wilmott(Can)	2:53.9

<b>W55-59</b>	
1-5	
Carole Austin	3:00.3
Donna Gully	3:16.3
Grace Butcher	3:17.8
Sally Busby	3:18.8
Kati McIntyre	3:29.3

<b>W60-64</b>	
Betty Vosburgh	3:18.3

<b>W65-69</b>	
Dottie Gray	3:30.7

<b>W70-74</b>	
Carol Peebles	4:23.4

<b>W75-79</b>	
Pearl Mehl	4:37.0

## 1992 Indoor Mile Compiled by Jerry Wojcik

Includes 1991 December meets

<b>M30-34</b>	
1-10	
Scott Jones	4:35.0
Mark Schmidt	4:39.2
Ira Meyers	4:41.0
M. McGinley	4:45.72
Lermot Anderson	4:45.8
John Anderson	4:46.1
Stan Cohen	4:48.9
Bob Reynolds	4:53.9
Keith Davies	4:57.6
Bob Brenner	4:57.7

<b>M35-39</b>	
1-10	
Mike Patterson	4:38.2
S. Orend	4:50.93
Sid Holzer	4:54.6
Bill Kehner	4:55.4
Hector Sanchez	4:59.4
Rick Cleary	5:01.3
Neil Rosen	5:01.6
Warren Walker	5:12.2
Charles Woods	5:16.80
Jivod	5:18.5

<b>M40-44</b>	
1-10	
Ken Popejoy	4:14.0
Wilson Waigwa	4:16.57
Charles McMillen	4:18.23
Larry Almburg	4:20.26
Steve Luckert	4:21.84
Byron Lyce	4:27.04
Gary Fanelli	4:28.85
Gary Tompkins	4:30.7
Dave Patterson	4:31.1
Harry Nolan	4:31.7

<b>11-20</b>	
John Tucker	4:34.30
Duane Green	4:37.4
Kevin Kelly	4:40.4
Paul Zink	4:40.85
Larry Purtell	4:41.2
George Lokken	4:43.4
Bruce Albert	4:48.5
Ben Brockwell	4:49.6
Ric Baxter	4:50.8
Pat Sullivan	4:50.90
<b>21-30</b>	
Phil Yoder	4:50.4
Mike Seaman	4:52.50
Rob Weiner	4:52.89
Caleb Rossiter	4:54.04
Kidge Kelley	4:57.96
John Saylor	4:58.4
Tom Hoyer	5:00.1
P. Reinhart	5:00.69
Ed Werner	5:03.6
Denny Mellish	5:05.1

<b>31-45</b>	
Larry Hart	5:07.3
Fred Dedrick	5:08.5
John Kramer	5:11.60
Russell Floyd	5:12.3
John Weber	5:12.7
Jim Yester	5:14.4
Bob Thomas	5:15.2
Greg Hanson	5:15.6
Ken Zeserson	5:15.6
Joe Hoffman	5:20.3
V. Medina	5:20.45
James Joseph	5:21.20
Jim Bilik	5:24.0
Bob Histed	5:26.9
Dale Ladd	5:30.9

<b>M45-49</b>	
1-10	
Ken Sparks	4:23.81
Al Swenson	4:26.0
Ron Bell	4:31.26
Lerck Frechette	4:50.5
R. Geisel	4:50.80
Bruce Carter	4:54.0
Herb Engman	4:56.8
K. Smith	4:58.81
— Taglio	5:00.9
Harland Bigelow	5:13.0
<b>11-24</b>	
Larry Simmons	5:14.5
Nelson Keyes	5:15.9
Carl Grossman	5:16.1
Jerry Bergenstock	5:19.8
Frank Feingold	5:20.7
David Backer	5:21.40
B. Indek	5:22.03
Dwayne Wartman	5:26.4
Bob Kuebler	5:27.22
George Sanders	5:28.3
Paul Aucoin	5:30.4
John McMurphy	5:35.3
Gregg Atzert	5:37.9
Rich Howett	5:40.4

M50-54	
1-10	
Ian Conway	4:41.31
Mike Heffernan	4:42.45
Sid Howard	4:43.37
Fay Bradley 54	4:44.14
Sam Huckel 50	4:52.2
D Featherstone 51	4:53.5
Neil Loherty	5:00.22
C Gonzalez	5:01.37
Jerry McFadden 50	5:07.7
Kip Keino KEN	5:13.0
11-19	
Vince Colgan 52	5:15.4
Nelson Crader	5:17.0
S Edelson	5:21.42
Bob McAlpine	5:29.2
John Cosgrove	5:29.4
A Hutchcroft	5:33.98
ken katzer	5:39.6
Bill Kehoe 51	5:45.3
J Robinson	5:52.22



## Continued from previous page

6 B Gentry	1.40
7 Dave Douglass	1.39
8 Tom Delany	1.32
- Paul Soraparu	1.32
- Ted Swanson	1.32
11 Emmett Edwards	1.27
12 Bill Brobst	1.22
- Curt Trevor	1.22
14 George Taylor	1.17
15 Tony Vivieros	1.15
16 Don Grey	1.12
17 Ned Curran	1.04

M65-69	
1 Fred Hirsimaki	1.38
- Joe King	1.38
3 Jim Platis	1.37
4 Buck Bradberry	1.36
- Denver Smith	1.36
6 Des Margetson	1.32
- Alonzo Wilson	1.32
8 Tom Coughlin	1.27
- Ed Holmes	1.27
10 Norb Weckstein	1.17
- Jack Doorlay	1.17

M70-74	
1 Walt Dahlin	1.33
2 Ed Lukens	1.32
3 Mel Buschman	1.30
- Boo Morcom	1.30
5 Charlie Irwin	1.27
6 Bob Warwick	1.20
7 Armando Ricciardi	1.18
8 George Rajcevic	1.17
9 Earl Cole	0.97

M75-79	
1 Harold Massie	1.32
2 Ian Hume (CAN)	1.24
3 Ham Morningstar	1.22
- Wib Ragland	1.22
5 Claude Hills	1.12
- Milo Lightfoot	1.12
7 Bob Detweiler	1.00

M80-84	
1 Wesley Ward	1.22
2 Virgil McIntyre	1.14
3 Ted Hatten	1.10
4 Karl Trei (CAN)	1.04
5 Dick Lacey	1.00

M85-89	
1 Everett Hosack	1.04

M90-94	
1 Chad Carmack	1.70
2 Kim Grall	1.43
3 Mary Ellen Malloy	1.17
4 Julie Wiedis	0.99

M40-44	
1 Phil Raschker	1.48
2 Ann Steekelenburg	1.47
3 Skipper Clark	1.37

M45-49	
1 Michael Hill	1.32
2 Johnnie Hill-Hudgins	1.27
3 Mary Lou Platis	1.22
- Cathy Primmer	1.22
5 Lorraine Tucker	1.17
6 Marlene Sachs	1.12

M50-54	
1 Brenda Bloomfield	1.07

M55-59	
1 Christel Miller	1.23
2 Rachel Lyga	1.17
3 Lucy Anne Brobst	1.12
4 Fei-Mei Chou	1.03

M60-64	
1 Leonore McDaniels	1.22
2 Betty Vosburgh	1.19

M65-69	
1 Patricia Peterson	1.15
2 Josephine Sullivan	1.00
3 Ann McGowan	0.90
4 Doris Berleppsch	0.84

M70-74	
1 Mary Bowermaster	0.99
2 Libby Hagemann	0.90

M75-79	
1 Manuel Toppings	13.84
2 Jeffrey Helton	12.80
3 John Hunter	12.71
4 Bill Johnson	12.01
5 Michael Vorhess	11.97
6 Kevin Mulcahy	11.90
7 Bob Shelton	11.86
8 Frank Makozay	11.79
9 Kevin Gleason	11.66
10 Jeff James	11.28
11 Mike Campbell	10.22
12 Jeff Smith	7.32

M85-89	
1 Mike Jacobs	14.23
2 Robert Doran	12.85
3 Scott Thornsley	12.47
4 Scott Evans	12.33
5 Keith Witherspoon	12.29
6 Don Goodwin	11.42
7 Tim LaBeau	11.40
8 Mark Gershon	10.39
9 Richard Ryan	9.08

M40-44	
1 Larry Rodenbeck	12.99
2 Walt Davenport	12.26
3 Ivan Black	11.61
4 Taylor Tunstall	11.35
5 Armand Laframboise	11.28
6 Pat Crandall	11.15

1992 Indoor Shot Put  
Compiled by Jerry Wojcik

*1st-place mark, 1992	
National Masters	
Championships	
M30-34	14.11*
1-14	
Karl Swanke	14.77
Mark Heckel 32	14.46
Steve Zahn	13.46
Mike Pascuzzo	12.36
Scott Bull	12.25
Chad Carmack	12.20
Bob Swanke	12.19
Bob Hartman	11.99
Eric Schad	11.77
Jim Craig 34	11.47
Al Russo	11.43
Mike Polley 34	11.07
Stephen Mills 32	10.55p
Kevin Gleason	10.52

M35-39	
1-14	
Rick Meindl	15.12*
Wm Wolverson 35	15.07
Pat Burns	14.30
Ed Clark	12.81
Pete Collins	12.13
Don Sellers 36	11.05p
Jeff Watry	10.70
Dave Degen	10.48
Kevin Hill	10.48
Robert Zahn 37	10.46p
Mike Sweeney 35	10.41
Joe Klamar	10.31
Nick Helfrich	10.20
Ted Tiernon 37	9.95p

M40-44	
1-10	
Koger Kamala	14.34*
John Roehr 44	13.55
Unve Stebing	13.41
Larry Wilson	13.03
Jerry Senters	12.80
- Accardie	12.75
Ken Smith	12.65
Cal Nordt	12.19
Rich Lunphy	12.15
Bob Green 43	11.82p

M45-49	
1-10	
Harold Krause	11.77
Norman Bower	11.73
James Sauers 43	11.35p
Angel Nieves	11.13
Dave Gustafson	11.01
Richard Cooke	10.83
R Finnie	10.82
Pete Mitchell	10.31
Pat Crandall 41	9.80p
Mike Davis 42	9.79p

M50-54	
1-10	
Wm Dehorn 44	9.75p
Frank Monroe	9.70
Woody Disharoon	9.69
Jim Shea	9.58
Bill Schooler 43	9.56p
Jim Alexander 43	9.52
Gene Hoffman 40	9.51p
Bob Burke	9.48p
Larry Cabell	9.46
Larry Isier	9.41

M45-49	
1-10	
Iadislav Pataki	15.20*
Tom Gage	15.16
Mike Hill	14.71
Robert Meade	14.09
Bill Thompson	12.60
Paul Morrone 49	12.28
Palmer Sweet 48	11.86
Mickey Bitsko	11.80
John Hess	11.76
Kex Harvey 45	11.75p

M50-54	
1-10	
Robert Harvey	11.60
Nick Nichols	11.43
John Schlosser	11.13
Fred Johnston	11.04
Ed Fox	10.82
Henry Hopkins 48	10.56p
LaVane Johnson	10.37
Ray Starnes 46	9.75p
Tom Thorne 48	9.44p
Frank Monroe	9.39
Bill Angus	9.09
- Busby	8.86
Jim McClelland	8.84
Ed Root	8.53
Jai Singh	8.87

M55-59	
1-10	
Carl Wallin	15.80
Richard Hotchkiss	14.06*
Paul Morrone 50	13.73
Harry Schwarze 51	13.39
Dave Gillen	12.89
Mike Harrington	12.73
W T Wade	12.44
Robert Decker 52	12.23
Brian McKenna	11.88
H Koch	11.52

M60-64	
1-10	
George LaBelle 52	11.19
- Johnson	11.12
Bob Warren	11.02
Edgar Evans	10.88

Robert Burke	10.51
Carl Klehm	9.93
John Sloan	9.93
Dale Lance 54	9.84p
Rich Russell	9.76
Sammy White 54	9.46p
A Laframboise	9.14
Lee Slick	9.06
John Ewing 52	8.99p
Harvey Boles 54	8.71
Rex Hane 50	8.66p

M55-59	
1-10	
Tom Wesseloski	13.46*
Richard Lee	13.32*
Jim Hart	13.25
Phil Mulkey 59	12.55
Pay Carstensen 59	12.00
Chuck Yost	11.24
Jay Edwards	11.11
Gerald Snyder	10.99
Brad Ankerstar	10.75
Jim Peterson 57	10.37

M60-64	
1-10	
J Twet	10.30
Andy Larabee	10.01
Robert Moore 55	9.98p
Floyd Smith	9.41
Frank LaPointe	9.23
Nick Palladius 58	8.46
Fred Wimmer 57	8.39
James Ware 57	7.77p
#Lincoln, NE; Jan. 4	

M65-69	
1-10	
Cliff Blair	15.21
Earl Ventura	13.03
Ray Feick	12.83
Tom Henderson	12.73
Phil Brusca	12.62
C Johnson	12.57
Jim Gilchrist	12.45
Tom Henderson 60	12.37
Len Olsen	12.32
Pay Carstensen 60	12.21

M70-74	
1-10	
Rich Holloway 62	11.20
Ned Curran	11.10
L Smith	10.98
Clarence Trinkner	10.91
Emmett Edwards	10.58
Paul Soraparu 61	10.41
P Biagioni	10.12
Dave Douglass 60	10.00p
David Vachon 61	9.65
G Chiavelli	9.16

M65-69	
1-10	
Allan Jackson	11.53
Bill Wainroth	10.55*
Denver Smith 66	10.41p
Ed Holmes 66	10.21
Tom Coughlin	10.09
Buck Bradberry 65	10.06p
Bob Thomas	9.60
Mel Larsen	9.43
John Vistnevsky	9.18
Dick Chester	8.91

M70-74	
1-10	
S C Herrman	12.98
Greg Battick	10.22
Boo Morcom	10.08*
A U Ricciardi	9.79
Mel Buschman	9.65
Bill MacMurray 73	8.76
Jack Hagemann	8.59
G Rajcevic	8.43
Bob Warwick Sr	7.37
E Cole	6.95

M75-79	
1-10	
Ham Morningstar 75	10.37p
Gene Wood	9.34
Ian Hume CAN	9.16
Ken Withee	8.87
Fred Praeger	8.60
Milo Lightfoot	8.23
Bob Detweiler 78	7.38
Harold Massie	5.54

M80-84	
1-10	
Leon Joslin	9.27*
Ted Hatten	7.45
Jeremiah Gaines	6.57

M85-89	
1-10	
Ev Hosack	6.30

M35-39	
Lamia Schwartz	7.12
Karyl Sweeney 36	5.79

M40-44	
1-6	
Joan Stratton	11.02
Betty Clair-Searcy	9.62*
Kathy Pierce 44	9.60
Sandy Maryott	8.37
Skipper Clark	7.97
Phil Kaschker 44	7.34p

M45-49	
1-6	
Lorraine Tucker 45	9.50
J Hill-Hudgins	9.33
Marlene Sachs	7.75
Phil Kaschker 45	7.02
Cathy Primmer 48	6.57p
M L Platis	6.20

M50-54	
1-6	
Joann Grissom	12.52*
Koslyn Katz	8.17
Brenda Bloomfield	8.17
Mary Luker	6.99

M55-59	
1-6	
Ann Cirulnick	9.60
Christel Miller	8.94
Dorthea Swanson	8.22
Fei-Mei Chou	6.77
Lucy Ann Brobst 58	6.65p
Rachel Lyga	6.55

M60-64	
1-6	
Bernice Holland 64	8.76
Betty Vosburgh	6.94*
Geraldine Young	6.31

M65-69	
1-6	
Bernice Holland 65	8.57*
Estelle O'Connor	5.90
Doris Berleppsch	5.83
Jos Sullivan	4.88
Pat Peterson 65	4.82p

M70-74	
1-6	
Libby Hagemann	7.56*
Mary Bowermaster	7.24
Elga Meri CAN	7.15
Flo Berry	5.84

M75-79	
1-6	
George Iraceland 78	11.14.3

M80-84	
1-6	
Ellen Marshall 34	8.30.1
Tomika Koss	10.26.49
Desiree Henrich	10.33.0
Rebecca Piorko 33	10.51.0

Chris Sakelaris	7:28.4
Kathy Irvin	9:07.4
L Dougherty	9:45.00
M40-44	
Laurie Youngberg	10:25.3
M50-54	
Carol Brittain	10:26.6
M60-64	
Queenie Thompson	10:54.80
Mina Charles	11:08.42

1992 Indoor Mile  
Racewalk

Compiled by Jerry Wojcik

M35-39	
Steve Kots	10:13.59
Dennis Hobbs	12:36.8
M40-44	
1-6	
F Vallejo	7:58.60
Ron Morris	8:25.4
Robert Rapp	9:03.33
Greg McCoy 41	9:32.3
Stan Kaufman	10:15.2
Jim Focan	10:38.00

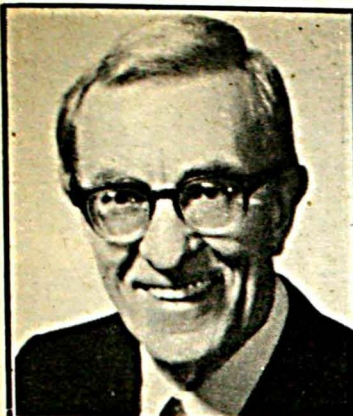
M45-49	
1-6	
Larry Simmons 48	7:33.3
Jacinto Mogena	8:04.70
Joel Lubow 48	8:50.0
Gary Kidd	9:08.0
- broad	11:41.2
Jai Singh	12:44.2

M50-54	
Dave Komansky	8:27.1
Tom Gallagher 51	9:59.5
Ray Scott	10:01.5
George Labelle	13:04.24
M55-59	
1-6	
Ed Merrill 58	8:51.2
Charlie Hall	9:31.00
- Siler	9:37.5
Leo Kivera	9:40.96
Jay Edwards	12:32.1
Bob Flynn 59	13:53.7

M60-64	
Ed Gawinski 64	8:37.58
R Spillman	8:58.50
M65-69	
Ed Gawinski	8:45.9
Allan Jackson	10:55.00
D Sullivan	11:24.61
Ray McKeeman	11:40.2
Dick Cavicchi	15:17.83

M75-79	
George Iraceland 78	11:14.3
M80-84	
Ellen Marshall 34	8:30.1





# International Scene

by AL SHEAHEN, WAVA Treasurer

## 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. □

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

## 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 Athletics 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



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

## 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 (4600 x \$15)	69,000
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
<b>TOTAL ESTIMATED REVENUES</b>	<b>\$139,000</b>

### ESTIMATED EXPENSES:

1. Office Expense (postage, phone, fax, etc.):		
President (Beccalli)	\$10,000	
Executive V-P (Fine)	2,000	
V-P, Stadia (Taylor)	1,500	
V-P, Non-Stadia (Serruys)	1,500	
Secretary (Carlus)	9,000	
Treasurer (Sheahen)	2,000	
Women's Rep (Cushen)	500	
Past President (Farquharson)	100	
		26,600
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	
		9,300
3. Regional Assistance		0
4. Miyazaki, 1992 - Council Expenses:		
Air fare	15,000	
Hotel	0	
Daily cash expenses (\$35/day)	2,415	
Miscellaneous	185	
		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	
		45,000
6. President's Travel:		
Rome, 1991		500
7. Other Travel:		
Serruys - Birmingham	700	
Carlus - Birmingham	700	
Carlus - Turku '91	200	
		1,600
8. Miscellaneous:		
Bank charges	200	
Doping Control	3,000	
Other	5,000	
		8,200
<b>TOTAL ESTIMATED EXPENSES</b>		<b>\$108,800</b>
<b>TOTAL ESTIMATED SURPLUS</b>		<b>\$ 30,200</b>

Prepared by Al Sheahen, Treasurer

### SPECIAL IAAF/WAVA ACCOUNT BUDGET

	1992	1993	
1. Allocation to Areas			
AFRICA	---	2500	
ASIA	900	900	
EUROPE	2800	2800	
NORTH & CENTRAL AMERICA	900	900	
OCEANIA	900	900	
SOUTH AMERICA	1200	1300	
	6700	9300	= 16,000
2. HANDBOOK	4000	---	= 4,000
3. TRAVEL EXPENSES - other than for Council meetings			
President Cesare Beccalli	6000	2000	= 8,000
IAAF Repr. Cesar Moreno	4000	2000	= 6,000
Secretary Torsten Carlus (only to London)	3000	2000	= 5,000
4. GENERAL ASSEMBLY 1993		9000	= 9,000
5. VARIOUS - EMERGENCY	1300	700	= 2,000
	25000	25000	= 50,000



15 Months To Go

# Countdown to Miyazaki

## WAVA Council Visits Miyazaki

**P**lanning 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 Sheahen, Bridget Cushen, 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/Heptathlon. The 200s 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 barbeque) on the sec-



Members of the WAVA Council and the Miyazaki Organizing Committee inspect the facilities at the throwing field in Miyazaki, Japan.

ond 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. □

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

Thu Oct 7	Decathlon Heptathlon 10,000 (finals)
Fri Oct 8	Decathlon Heptathlon 10,000 (finals)
Sat Oct 9	200 (heats) 800 (heats) LJ, JT Opening Ceremonies
Sun Oct 10	200 (semis & finals) 800 (semis) HH (semis & finals) HJ, SP, X-C
Mon Oct 11	300/400H (semis) 800 (finals) 5000 (finals) 10K/20K road walk PV, DT
Tue Oct 12	No competition. Meetings: women; Stadia, Non-stadia, regions
Wed Oct 13	100 (heats & semis) Steeplechase (finals) 300/400H (finals) TJ, HT
Thu Oct 14	No competition. General Assembly
Fri Oct 15	100 (finals) 400 (heats & semis) 1500 (semis)
Sat Oct 16	400 (finals) 1500 (finals) 5000RW (finals) Weight Pentathlon* Social Function
Sun Oct 17	Marathon 4x100 Relay 4x400 Relay Closing Ceremonies

\*Unofficial event





## 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 NMN. 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 Compain of Fiji is the 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 VIII 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 EVAA (European Veterans Athletic Association). So also will Kirgisien, Tadschikistan, Turkmenia and Uzbekistan. Aserbadchan 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 VI 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

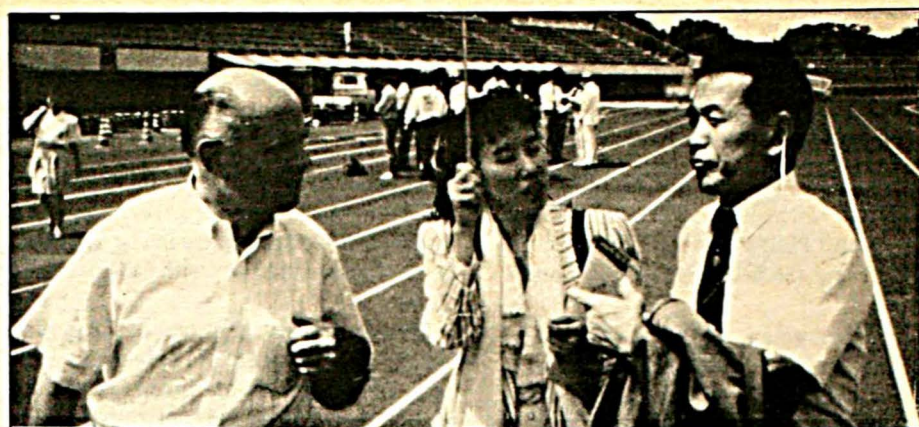
### Asia

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 Athletics 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 AAFI, the IAAF member.

— Hari Chandra,  
WAVA Asian Delegate



Jacques Serruys (l), WAVA Vice-President of non-stadia events, talks with Kiyoshi Kounoike (r), President of the Nippon Masters, with Saeko Matsuo interpreting, in Miyazaki, Japan, May 21, at the WAVA Council Meeting.

## WAVA/TAC Hurdles and Implements Specifications

### HURDLES

#### WOMEN

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

#### MEN

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

### IMPLEMENTS

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

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



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 7-17, 1993. The inspection trip was covered and featured on all four local TV stations.





## Report from Britain

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

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 medallist 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.

Later in the month, Evan Williams, 56, ran a 73:48 half in Jersey for a new M55 best. In Kirkudbright, Bill Stoddart, who placed second in the IGAL 10K in Vancouver, turned in a 76:18 for a new UK M60 half-marathon record.

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 2:03.6. 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 Nzau, 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. □

## Australia to Host "3rd Masters Games" in 1994

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 strewn across the countryside.



Birchfield Harriers Veterans Road Relay team after winning the Midlands of England Championship in Birmingham in April. On May 9, they were second to the Salford Harriers in the National Veterans Championships in Manchester. From left: Keith Holt, Ian Stewart (5000m bronze medalist in the 1972 Olympics), Steve Busby, Terry Guy, Steve Cauldwell, and Ray O'Gorman.

Photo from Wilfred Morgan

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.'" □

## The WAVA Council

by BOB FINE, WAVA Executive Vice-President

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.

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

Our President, Cesare Beccalli, 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. □

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

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#### VICE PRESIDENT

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#### IAAF Delegate:

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# Masters Health and Fitness

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

## 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 modifying 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, physiotherapy, 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.

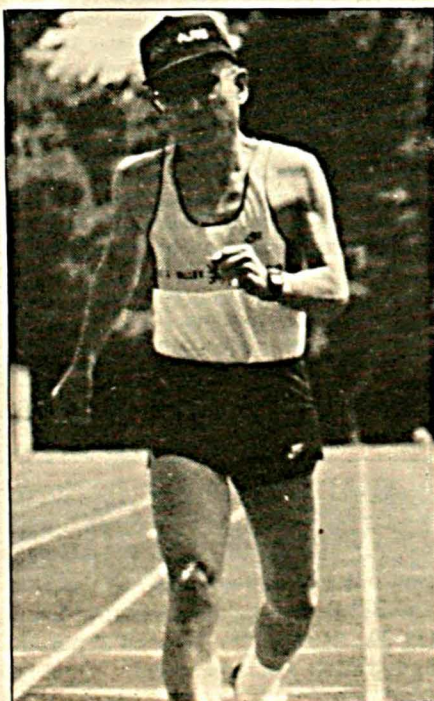
Running places the greatest amount of stress on the foot, an engineering

marvel composed of 28 bones, connected by ligaments and articular surfaces. Some common foot injuries are stress fractures of the metatarsal 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.*



Bob Wantanabe, M65, having lost as much as 25 pounds in his battle against lymphoma, runs the sprints at the Striders Meet of Champions, Cal-State Long Beach, May 30. He has since regained most of the weight loss.

Photo by Jon Lomax

## "Field" Day At Aldrich Memorial Meet

from DAVE LEWIS and PETE MUNDLE

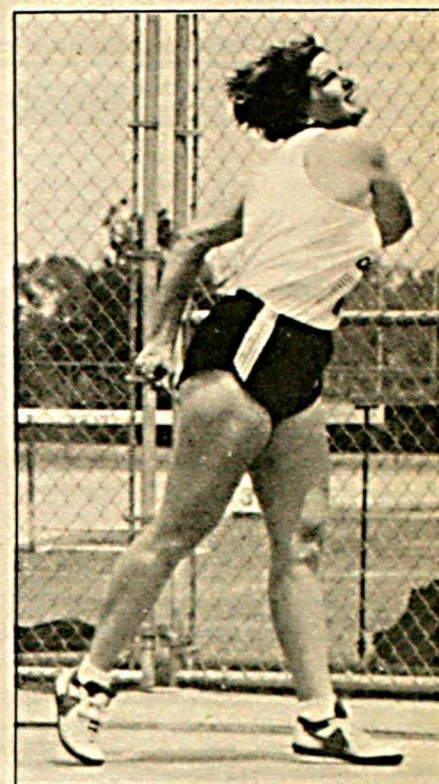
The 10th annual Anteaters Masters Meet, dedicated to the late University of California-Irvine Chancellor and masters thrower, Dan Aldrich, had a "golden hour" in the field events on May 23.

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 39-7¼ for the triple jump with a 40-3½, the first jump over 40 feet by a masters woman.

Another top performance was Carol Johnston's 8-2½ 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 Mertaki by almost ten feet with a 170-1. Tom Lane, who is 97 and blind, belied his age and handicap by upping his own M95 world records in the shot put with a 14-6 and javelin with a 33-11.

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 (93-2). Janet Wilson set an age-39 national record for the discus with a



Janet Wilson, W35, throws the discus 145-5, Dan Aldrich Memorial Meet, Irvine, Calif., May 23. Photo by Jon Lomax

149-5, one inch below her U.S. age-group record.

Over 200 participants competed on a cool day on 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.

Alex 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 Stieglmeier (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, which 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

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 2372, Van Nuys, CA 91404.*



# MASTERS SCENE

## NATIONAL

• The Virginia State Supreme Court has ruled that sports waiver forms violate public policy. Participants in meets and races generally sign waiver forms which are designed to protect the organizers from lawsuits if the athlete is injured. The Virginia case involved a man who was injured swimming in a 1987 Fairfax, Va. triathlon, and was left a quadriplegic. In all other states, injured athletes seeking damages have to prove organizers were negligent or the waiver was faulty. The attorney for the triathlon organizers said: "I guarantee plaintiffs' lawyers will use this decision to try to get around the law in other states." If more states reject the validity of waivers, insurance premiums could rise, threatening the existence of some events.

## EAST

• The TAC Eastern Regional Masters Championships are scheduled for August 1, at Randall's Island, NYC. SASE to: Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. 914/631-1547.

• First M40+ Bill Rodgers (44, 25:38) led a Wesleyan quintet to the M40-49 team win in the Alamo Alumni 8K, Central Park, NYC, May 2. Yale alum Frank Shorter (44, 26:33) took second. Wesleyan also took the M50+ title, with David Buddington (50, 30:13) scoring first. Ann Davies, 45, edged Mary Ryan, 45, for the W40+ title, both timed in 32:03. Smith College with Pamela Cook (42, 35:05) leading the way

won the W40-49 title, and Queenie Thompson (69, 46:05) was first for the victorious W50+ NYU squad.

• Ryan returned on May 10 to take the 40+ first in the Advil Mini Marathon 5K, Central Park, with a top-graded (81.9%) 19:25. Althea Wetherbee, 73, won the W70 contest in 29:14.

• Hedy Marque, Alexandria, VA, broke her U.S. W70-74 record of 38:59 with a 38:46 in the Nike Women's 8K, Washington, DC, May 10. Joan (Colman) Ottaway, Sausalito, CA, captured the 40+ gold (29:41). Directed by Henley Gible and produced by Jeff Darman the race had 2204 finishers, making it one of the largest women's races in the U.S.

• Puerto Rico's Jorge Gonzalez, first (2:17:33) in the Pittsburgh Marathon, May 3, is 39 years old and was 13th in the 1984 Olympic marathon in Los Angeles; he hopes to be named to the 1992 Puerto Rican Olympic team.

• John Campbell was tenth master in the Nissan Buffalo Marathon, NY, May 3. Not New Zealand's John Campbell but John Campbell 56, of Ontario, Canada, who was the best masters performer (84.2%) with a 2:54:11. First master Tony Vooren, 42, also of Ontario, was next-best, with a fourth-overall 2:38:44 (AG 83.0%). Sandy O'Sullivan, 40, Ontario, took the W40+ first in 3:25:19.

• Best masters performer in the Amish Country Half-Marathon, Lancaster, PA, April 12, was Robert Johnson, 47, Hummelstown, PA, who finished in 1:17:39 (AG 85.0%) to edge first master Dennis Collins, 42, Lititz, PA, 1:15:09 (AG 84.9%). Keitha Campbell, 40, Dexter, NY, was first W40+ in 1:34:03.

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY, 1992

ATHLETE (RESIDENCE)  
 MARY BOWERMASTER (FAIRFIELD, OH)  
 CLAUDIA COTTRELL (LYNNWOOD, OR)  
 JANE COVERLEY (SAN DIEGO, CA)  
 JOAN DUGAN (THORNTON, CO)  
 BETTY HALEEN (MINNETONKA, MN)  
 JOYCE HALS (LEXINGTON, MA)  
 MARLYS HAYDEN (KENTFIELD, CA)  
 SUSANNE HOULTON (ATLANTA, GA)  
 LUCY KILLEA (SAN DIEGO, CA)  
 ALICE LEICHT (SAN DIEGO, CA)  
 ANNA MAPPS (PHILADELPHIA, PA)  
 KAY MOORE (DENVER, CO)  
 NELL NORDGREN (COVINGTON, LA)  
 SANDY PASHKIN (NEW YORK, NY)  
 KATHLEEN PIERCE (CORTLAND, NY)  
 JOYCE RANKIN (CA)  
 JOAN REISS (SACRAMENTO, CA)  
 LAURIE ROTHROCK (MA)  
 SONDRASCHUMACHER (GLENDALE, CA)  
 LORI SCHUTT (WEST LINN, OR)  
 HEIDI SKADEN (SACRAMENTO, CA)  
 JEAN SPIERLING (ARROYO GRANDE, CA)  
 MARGE TIMBERLAKE (CA)  
 ROBERTA WIDMANN (FT. WAYNE, IND)  
 EDITH BISCHOFF (WG)  
 ALFHILD BRENNE (NOR)  
 ROSEMARY CHAPPELL (GB)  
 LORRAINE CRAIG (AUS)  
 MARGARET DUNBAR (AUS)  
 GISELE FONTANA (SWI)  
 G. JONES (NZ)  
 MARJATTFIN KARJALAINEN (FIN)  
 WILTRUD LOHNERT (WG)  
 BIRGIT MARTIN (FRA)  
 ICIAR MARTINEZ (SPA)  
 PIIRKKO MARTIN (FIN)  
 SUSAN THOMPSON (GB)  
 HERBERT ANDERSON (BELLVUE, COLO)  
 EDWARD BENHAM (OCEAN CITY, MD)  
 DEREK BOOSEY (ITA)  
 HAROLD CHAPSON (HONOLULU, HI)  
 FERNAND CYR (SANTA ANA, CA)  
 DAGOBERTO GONZALEZ (COL-SAN JUAN, PR)  
 OLAF GRANOS (NORWAY)  
 LOU GREGORY (PENSACOLA, FL)  
 MAURO HERNANDES (SANTA MONICA, CA)  
 JAMES JOHNSON (MILLBRAE, CA)  
 BOB KEEGAN (NEWBORN)  
 ALLAN MERRETT (AUS)  
 CHARLES MILLER (SAGINAW, TX)  
 TARAKI MIYATA (JAP)  
 DAVID PAIN (LA JOLLA, CA)  
 HERB PARSONS (US)  
 MANFRED PREUSSGER (EG)  
 RALPH ROMAIN (TRI-BETHESDA, MA)  
 JOSE SANCHEZ (SPA)  
 IVAR SAND (NOR)  
 TRYGVE SYVERSON (NOR)  
 YOSHITO TASAKI (JAP)  
 LOU TURBEVILLE (HONOLULU, HI)  
 RAY WILLIAMS (SANTA BARBARA, CA)  
 GEORGE YOUNG (AZ)  
 EDDIE SIMON (LA MESA, CA)

BIRTHDATE	AGE	GROUP
7-26-17	75	79
7-14-52	40	44
7-3-17	75	79
7-21-32	60	64
7-19-22	70	74
7-16-32	60	64
7-12-32	60	64
7-23-47	45	49
7-31-22	70	74
7-26-32	60	64
7-10-47	45	49
7-28-42	50	54
7-25-22	70	74
7-6-42	50	54
7-28-47	45	49
7-24-47	45	49
7-11-37	55	59
7-18-42	50	54
7-14-47	45	49
7-28-42	50	54
7-27-37	55	59
7-13-27	65	69
7-9-42	50	54
7-26-42	50	54
7-3-32	60	64
7-5-12	80	84
7-21-47	45	49
7-9-37	55	59
7-28-37	55	59
7-30-42	50	54
7-29-42	50	54
7-3-42	50	54
7-25-37	55	59
7-2-47	45	49
7-20-47	45	49
7-16-37	55	59
7-8-32	60	64
7-15-2	90	94
7-12-7	85	89
7-15-42	50	54
7-11-2	90	94
7-25-22	70	74
7-30-32	60	64
7-13-12	80	84
7-10-2	90	94
7-30-22	70	74
7-13-22	70	74
7-4-32	60	64
7-17-22	70	74
7-28-37	55	59
7-2-12	80	84
7-31-22	70	74
7-6-37	55	59
7-10-32	60	64
7-20-32	60	64
7-21-42	50	54
7-17-12	80	84
7-30-22	70	74
7-29-7	85	89
7-12-22	70	74
7-24-7	85	89
7-24-37	55	59
7-29-17	75	79

• Hollie Walton, 42, recorded a first overall (15:55) in the 14th annual Memorial Day 5000, Wickford, RI. Lois Patterson May, 40, took the W40+ crown in 18:58, and Joe Malloy, 61, won the M60+ race. All are 80+ % age-graded performances.

• Lance Hugelmeyer, 52, blazed to an age-graded 87.5% with a 17:05 in the Safe Child-Healthy Child 5K, Long Island, May 9, and followed that with a 17:09 in the Syosset Rotary 5K, Syosset, L.I., May 17. Alexandra Finger won the W55 race in the Syosset 5K with a 27:48.

• Alan Oman (16:40) fought off winds, hills, and Dennis Nee (16:54) for the M40+ first in the St. John's Hospital 5K, Smithtown, L.I. Roland Cormier surged to the M50 win in 17:28. Kathy Martin, 40, was fourth in 19:01 for an age-graded 80.6%.

• Wilson Waigwa, 43, El Paso, TX, won the Masters Mile (road), Ridgewood, NJ, May 25, with a course record 4:23 over Swag Hartel (40, 4:29), Louisville, KY. The day's events included a 5K and 10K, with all races starting at different times, enabling some runners to do all three. Melva Murray, 59, Wayne, NJ, took division firsts in the 5K (27:26) and 10K (52:48) and ran the mile in 8:20. Judy Anker, 41, Irvington, NJ, won the mile in 6:06.

## SOUTHEAST

• Burr Grimm, 58, Winchester, VA, a former 4-minute miler, running again for the past year, scorched a 16:46 for masters age-graded honors (94.2%) in the Hagerstown Suns 5K, Hagerstown, MD, May 9. First masters, worth \$150 each, were Anthony Grier (15:28), Baltimore, MD, and Jane Serues (19:14), Springtown, PA.

## MIDWEST

• Doug Kurtis (40, 1:22:19) and Bill Rodgers (44, 1:33:56) finished 1-2 masters in the Old Kent River Bank 25K, Grand Rapids, MI, May 9. Nancy Grayson (42, 1:32:13) was fourth woman.

• Carl Hatfield, 44, Clarksburg, WV, 1978 National AAU Marathon champion, was first overall (35:24) and top age-factored performer (32:31) in the Cooper's Rock 10K over a hilly course in Morgantown, WV, March 29. Janet Hayden, 57, Grafton, WV, logged a W40+ first in 56:02 (AF 45:27).

## MID AMERICA

• France's Pierre Levisse, 40, maintained his unbeaten streak as a master with a fourth-place 64:44 (age-graded 97.3%) in the Hospital Hill Half-Marathon, Kansas City, MO, May 31. Doug Kurtis (67:35), Northville, MI, and Domingo Tibaduiza (69:49), Reno, NV, followed. Nancy Grayson, Columbia, SC, won the masters women's race with a 77:32, with Jane Hutchison, W45, Webb City, MO, second in 84:33. On June 7, Levisse's winning skein continued with a 31:43 in the Steamboat 10K, Steamboat Springs, CO. A marathon, half-marathon, and

10K RW were also contested. Bob Poppe, 70, Aurora, CO, the oldest runner in the marathon, his 360th, finished in 4:58:55. In the RW, Patricia Cooper, 41, of Denver, tenth-ranked (61:00) in 1991 was first female overall with a 60:04. Total participation was nearly 1100 — almost 40% better than in '91.

## SOUTH WEST

• Wilson Waigwa (43, 30:48), El Paso, TX, and Carol McLatchie (40, 36:15), Houston, TX, were each \$1000 richer after 40+ firsts in the Gum Tree 10K, Tupelo, MS, May 9. Earl Owens (M40, 31:31), Dunwoody, GA, and Judith Hine (W40, 38:05), Edina, MN, (38:05) were second 40+.

• Susie Hughes, 85, Tyler, TX, set a W85 WR for the 800 with a 5:59.58 in the United Savings Texas Senior Games, Arlington, May 30. Mary Ames of California did a pending 6:14.1 in 1988.

## WEST

• Frenchman Pierre Levisse, 40, ran a 36:04 and Laurie Binder, 44, of Oakland, CA, ran a 44:42 to top all masters in the San Francisco Examiner's Bay-to-Breakers 10K on May 17.

• The 33rd annual Los Angeles all-comers track and field meets have been cancelled. The board of the Los Angeles Unified School District voted on June 12 to cancel the six-week, 24-meet event due to lack of funds. The board may reconsider its decision, but at NMN press time, the outlook was dim. For info, call 818-904-2164.

## NORTHWEST

• Jim Hatcher, 42, and Deborah Magilke, 43, were 40+ firsts and best age-graded masters in the Ice Breaker 5 Mile, Great Falls, MT, April 26. Hatcher, Helena, MT, hurried to a 26:04 (AG 87.8%), and Magilke, Billings, MT, sped to a 30:43 (AG 83.9%) to finish second of 147w.

• Two-time defending champion Marshall Ulrich, 40, Fort Morgan, CO, led for the first 40 miles before being overtaken by Chuck Catterall, 23, in the Rocky Mountain 50 Mile, Cheyenne, WY. Ulrich finished about five minutes back in 6:20:42. First woman was Cynthia Daniels, 42, Salt Lake City, in 9:04:52.

## CANADA

• The Canadian Masters Athletic Association 8K Championships, Toronto, May 17, awarded \$250 to the top male and female based on age-grading. The recipients were Bob Moore, 51 (27:28/88.8%), and Molly Turner, 58 (33:10/88.9%).

## INTERNATIONAL

• Joseph Nzau of Kenya (M40) ran a 65:45 (95.8%) for a 9th-place finish in a half-marathon in Istanbul, Turkey. □

## 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 (AG 92.7%) and Bill Rodgers, 44, Sherborn, Mass., (31:29, AG 93.1%) 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 McColgan, first woman in 31:58, Campbell smiled, then said, "The day a woman beats me is the day

I retire from running."

Best masters performance of the day came from Priscilla Welch, 47, Great Britain, eighth woman in 35:28, for an age-graded 94.6%. Nancy Mieszczyk, 43, Buffalo, N.Y., was 12th in 37:16, with Barbara Filutze, 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 and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



## TRACK & FIELD NATIONAL

**July 25-26.** TAC/USA National Masters Decathlon/Heptathlon Championships, Drake U., Des Moines, Iowa. Rex Harvey, 2661 Euclid Heights Blvd., OH 44106. 216/932-9368.

**August 13-16.** 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/533-3644; Fax: 509/533-4128.

**September 5.** TAC/USA National Masters Weight Pentathlon Championships, Seattle, Wash. Seattle Masters AC, Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-4219(d); 938-3895(e).  
**October 3.** TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

### EAST

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

**July 5.** Garden State AC International Masters Championships, Randolph, N.J. M. Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764(d); 361-3282, or Ken Brinker, 8 Covair Ct., Flanders, NJ 07836.

**July 11-12.** Garden State Games, Site TBA. N.J. residents only. James Siedliski, P.O. Box 6909, Piscataway, NJ 08855-6909. 908/463-8444.

**July 12.** Boston Masters NEAC Championships, Northeastern U. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**July 24-25.** Empire State Games Masters Section (N.Y. residents only), Albany. No post entry. Qualifying deadline, July 1. Ed Joyce, 45-11 Auburndale Lane, Flushing, NY 11358. 718/358-7559.

**July 25.** Phila. Masters Meet, LaSalle U., Multi-events (awards), individual events (no awards). Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

**July 25-26.** Buffalo Belles & Brawn International Meet, Kenmore, N.Y. 25th-W/26th-M. E. Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

**August 1.** TAC Eastern Regional Masters Championships, Randall's Island, NYC. SASE to: Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. 914/631-1547.

**August 30.** Don Harris Memorial Meet, Ardmore, Pa. Pete Taylor, 3120 Schoolhouse Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

**September 6.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N., Arlington, VA 22207. 703/243-1290.

### SOUTHEAST

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

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

**July 11.** Nashville TC Open & Masters Meet, Vanderbilt U. For entry send SASE to: Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

**July 18.** Naples-on-the-Gulf Masters Weight Pentathlon, Barron Collier HS, Naples, Fla. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

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

**September 26.** Florida Circuit Meet, Tampa. 5-yr. age groups from 19 to 80+. SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/931-8997.

**October 10.** Nashville TC Open & Masters Meet, Vanderbilt U., Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

### MIDWEST

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

**July 11.** Illinois Masters Meet, Libertyville HS, Libertyville, Ill. SASE to Dr. Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048.

**July 17-18.** White River Park State Games, Indianapolis. State residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. Central Indiana: 317/237-5030. Statewide: 800/HI-FIVES. Fax: 317/237-5041.

**August 1.** Midwest Masters Championships, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

**August 1.** TAC Midwest Regional Masters Championships, Wauconda, Ill. Harry Brown, 610 Hillside Ave., Wauconda, IL 60084. 708/526-7686.

**August 8.** Dayton Track Classic. Dayton Rec. & Parks, 513/263-8400; Bob Jones, 513/837-2754 after 7 p.m.

### MID-AMERICA

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

**July 5.** Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55423. 612/574-9661.

**July 24-26.** Show Me State Games, Rockbridge H.S., Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 314/434-0851.

**September 5-6.** Rocky Mountain Masters Games, U. of Colorado, Boulder. David

Simmons, 1550 Baseline, Boulder, CO 80302. 303/443-4919.

**September 20.** Fall Classic Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 10-11.** TAC Southern Association Masters track and field championships including weight pentathlon. East Ascension H.S., Gonzales, La. S.A.S.E. to Jeff Baty, 321 E. Josephine St., Gonzales LA 70737. 504/644-6930.

**July 25.** Texas Masters Championships, U. of Texas-Arlington. Tom Garzillo, 1130 E. Parker Rd., S-203, Plano, TX 75074. 214/422-2273.

**August 1.** South Texas TAC Masters & Submasters Meet, San Antonio. John Head, 512/651-5414; Art Rodriguez, 512/655-4904.

### WEST

Arizona, California, Hawaii, Nevada

**July.** Los Angeles area summer All-Comers Meets. Contact SCATAC office: 310/869-4575.

**July 6 - August 14.** Los Angeles All-Comers Meets. Youth through masters, 7 p.m. Tues: L.A. State College; Wed. & Fri: Birmingham High; Thurs: East L.A. College. 818/904-2164.

**July 12.** Trojan Masters Meet, USC, Los Angeles, Calif. Russ Reabold, 1125 Stimson Ave., La Puente, CA 91744. 818/917-6289.

**July 18.** Foothill College Throws Series #, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Court, Santa Cruz, CA 95062. 415/479-0202(h).

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

**July 19.** SCA/TAC Officiating Clinic, Mt. SAC College, 9 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.

**July 25-26.** TAC West Regional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

**August 1.** River City Summer Relays, Sacramento State, Sacramento, Calif. Masters & open. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

**August 8.** Foothill College Throws Series #, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Court, Santa Cruz, CA 95062. 408/479-0202(h).

**September 13.** Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/647-1889.

**September 20.** Sri Chinmoy Masters Meet, CSU-Long Beach, Calif. 45+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/838-4746.

**October 3.** Club West Masters Meet, Santa Barbara Comm. College, Calif. Lloyd Albright, P.O. Box 1079, Goleta, CA 93116. 805/682-9540.

**October 20-23.** Huntsman Chemical's World Senior Games, St. George, Utah. 50+. Sylvia Wunderli, Executive Director, 1355 So. Foothill Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

### NORTHWEST

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

**July 9, 16, 23, 30.** Alaska TAC All-Comers, Bartlett H.S., Anchorage. Team Alaska TC, 907/338-7388.

**July 11.** Helena Masters & Senior Championships, Vigilante Stadium, Helena, Mont. Deadline July 4. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

## ON TAP FOR JULY TRACK AND FIELD

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 state 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 championships 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.

A rare 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 conventionally-scheduled Utica Boilermaker 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 races include a 5K on Long Island 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, such as the Western Regionals (5000 and 10,000 RWs), include racewalks, as do the LDR events. □

**July 17-19.** Washington State Games, Sammamish H.S., Seattle. Tim Davidson, 1001 4th Ave. Plaza, Ste. 3135, Seattle, WA 98154. 206/682-4263.

Continued on next page



Continued from previous page

**July 24-25.** TAC Northwest Regional Masters Championships, Lewis & Clark College, Portland, Oregon. Jim Puckett, Mt. Hood CC, 26000 SE Stark, Gresham, OR 97030. 503/667-7354.

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

**August 1-2.** Alaska TAC Association Triathlon, Heptathlon, Decathlon, Bartlett H.S., Anchorage. Team Alaska TC, 907/338-7388.

**August 8.** Alaska TAC Association Championships, Bartlett H.S., Anchorage. Team Alaska TC, 907/338-7388.

**CANADA**

**July 18-20.** Canadian Masters Athletic Association Championships (in conjunction with Canadian Masters Summer Sport Festival), M&W35+ (non-champ. events M&W30). Regina, Saskatchewan. CMSSF, Suite #206, 1911 Park St., Regina, Saskatchewan, S4N 2G5. Masters hotline: 1-800-661-1992.

**INTERNATIONAL**

**July 11-12.** Russian National Championships, Moscow. M/W 30+. Vadim Marshiev, Fax: 095-572-6952. Or Sports Travel International, Phone: 619/225-9555; Fax: 619/225-9562.

**July 17-19.** Mexican National Masters Championships, Monterey Nuevo Leon. Marcelino Contreras; Phone: 5-92-06-68; Fax: 5-41-41-10.

**July 18-19.** British Veterans Athletic Federation Championships, Hendon, London. Barbara Dunsford, 71 Hillside Crescent, South Harrow HA20QU.

**July 25-August 9.** XXV Olympics, Barcelona, Spain.

**August 19-23.** WAVA North American Regional Championships, Jalapa, Vera Cruz, Mexico. Entry form in April issue. Sports Travel, 619/225-9555; Northwest Mgmt., 503/687-1989; Diana Schneider, 212/391-5616.

**September 11-13.** 13th All-Japan Masters Championships, Tottori Prefecture. July 10 deadline. Kinki Nippon Tourist, Tottori Branch, 706 Sakaemachi, Tottori City 680 Japan. Tel. 0857-23-1161.

**October 9-12.** VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 0 11 56 2 669 5006.

**October 24-25.** Hong Kong Veterans International Meet. M&W35+. AVOHK, 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.

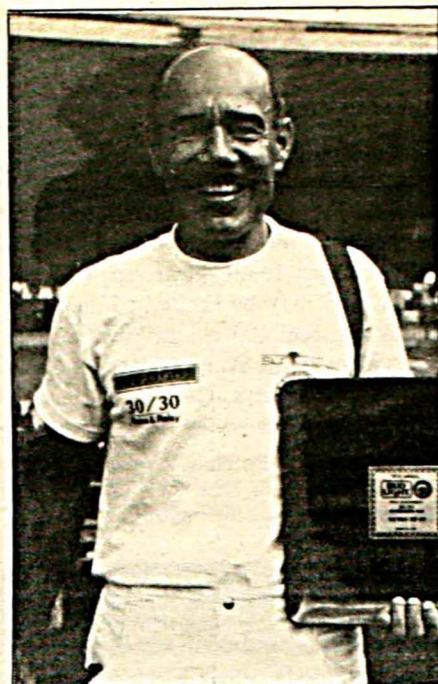
**LONG DISTANCE RUNNING NATIONAL**

**August 22.** TAC/USA National Masters 10 Mile Championships, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

**September 7.** TAC/USA National Masters 20K Championships, New Haven, Conn. John Bysiewicz, P.O. Box 1893, New Haven, CT 06508. 203/397-0214.

**October 4.** TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortensen, 15301 Highland Pl., Minnetonka, MN 55345.

**November 8.** TAC/USA National Masters



First M50 Alberto Rivas (1:58:40), Bud Light 30/30 Road Race, Honolulu, HI.

Photo by Tesh Teshima

5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

**November 14.** TAC/USA National 25K Championships, San Diego, Calif. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/455-4440.

**November 21.** TAC/USA National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**November 29.** TAC/USA National Masters 15K Cross-Country Championships,

Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.

**December 6.** TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502/459-6820.

**EAST**

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

**July 4.** Go-Fourth 8K Run & RW, Alexandria, Va. SASE to Potomac Valley Walkers, Valerie Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703/243-1291.

**July 4.** Cranford Jaycees Firecracker 4-Miler, Nomahegan Park, Cranford, N.J. John Bashaw, 501 Orange Ave., Cranford, NY 07016. 908/276-4818.

**July 5.** Long Island Women's 5K, Jericho. Masters money. Mike Polansky, 62 Sylvia Ln., Plainview, NY 11803. 516/433-0919(e).

**July 5.** Firecracker 5K, Massapequa, N.Y. 516/799-0144.

**July 9 (Thur).** Sag Harbor Whale Run 3 Mile, Sag Harbor, N.Y. 516/696-4355.

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

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

**July 19.** Valley Stream Four Mile Challenge, Valley Stream, N.Y. 516/568-1940.

**August 1.** Phelps Sauerkraut 20K, Phelps, N.Y. George Tillson, Wiborn Rd., Shortsville, NY 14548. 716/289-4250.

**August 2.** United Hospital Summer 10K, South Orange, N.J. Also 3000m X-C &

Continued on next page

**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**

**TAC 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)**

**COMPETITOR INFORMATION: MAILED UPON ENTRY RECEIPT**

**HOST: SEATTLE MASTERS ATHLETIC CLUB  
PACIFIC NORTHWEST ATHLETIC CONGRESS**

**OFFICIAL ENTRY**

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

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**AGE:** (AS OF 5 SEPT 92) \_\_\_\_\_ **M** \_\_\_\_\_ **F** \_\_\_\_\_

**1992 TAC #** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**T-SHIRT SIZE: MED LG XL XXL** \_\_\_\_\_

**BEST 91/92 PERFORMANCES:** SHOT \_\_\_\_\_ JAVELIN \_\_\_\_\_  
DISCUS \_\_\_\_\_ HAMMER \_\_\_\_\_ WEIGHT \_\_\_\_\_

**ENTRY FEE: MAKE PAYABLE: SEATTLE MASTERS AC**

**WAIVER: MUST BE SIGNED TO COMPETE**

I waive all rights that I or my heirs or assigns may have against the Seattle Masters A.C., Pacific Northwest Athletics Congress, and/or University of Washington arising from any injury, illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.

**SIGNED** \_\_\_\_\_ **Date** \_\_\_\_\_

**Mail to: Ken Weinbel 4103 Hillcrest Ave SW Seattle Wa. 98116 (206)938-3895**

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Continued from previous page

masters 100, 800, one mile. Len Klepak, Columbia H.S., Parker Ave., South Orange, NJ. 201/761-8701.

August 2. Fort Adams 5K, Newport, R.I. Masters money. Joe Dias, 83 Park St., Providence, RI 02903. 401/277-2776.

August 8. Asbury Park 10K, Asbury Park, N.J. AP 10K, P.O. Box 2287, Ocean Township, NJ 07712. 908/922-9479.

August 16. Falmouth Road Race 7.1 Mile. Jon Carroll & Rich Sherman, Box 732, Falmouth, MA 02541. 508/540-7000.

September 20. Chubb Life 5K/10 Mile. SASE to Chubb Life Run, One Granite Place, Concord, NH 03301. 703/227-5007.

September 20. Eriesistible Marathon. Ken Chestek, 319 W. 10th St., Erie, PA 16502. 814/454-5868.

**SOUTHEAST**

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

July 4. Peachtree 10K. SASE to: Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305.

July 4. Yorktown Freedom 5K, Yorktown, Va. Masters money. Rick Platt, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 804/229-7375.

July 9. Miami RC 3 Mile Cross-Country, Thompson Memorial Park. 7 p.m. Miami RC, Tropical Park, 7920 S.W. 40 St., Miami, FL 33155. 1-800/940-4RUN.

August 6. Miami RC 3 Mile Cross-Country, Thompson Memorial Park. 7 p.m. Miami RC, Tropical Park, 7920 S.W. 40 St., Miami, FL 33155. 1-800/940-4RUN.

August 8. Miami RC Tropical 50 (50 Mile/50 Mile Relay/50K), Thompson Memorial Park. Miami RC, 7920 S.W. 40 St., Miami, FL 33155. 1-800/940-4RUN.

August 15. Full Moon Frolic 8 Mile. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.



Miki Horton topped all W65s with a time of 52:23, Straub Hawaii Women's 10K, March 1. Photo by Tesh Teshima

**MIDWEST**

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

July 12. Chicago Distance 20K/5K. Lorna Brett, 1440 W. Washington Blvd., Chicago, IL 60607. 312/786-1900.

August 1. Marion 5K Prime. \$1400 for M&W40+. Greg Winger, 226 Forest Lawn Blvd., Marion, OH 43302. 614/389-1128(e).

August 15. Parkersburg Half-Marathon. Dorsey Cheuvront, P.O. Box 718, Parkersburg, WV 26102. 304/424-2786.

**MID-AMERICA**

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

July 19. Colorado Springs 10K, Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

July 25. Bix 7 Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 11. Midnight Madness Masters 10K. Roman Lynch, 1326 Lincoln Way, Ames, LA 50010. 515/232-6718.

**WEST**

Arizona, California, Hawaii, Nevada

July 4, 12, 25. Summer Series 4 Mile. Arizona Road Racers, P.O. Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

July 26. Wharf To Wharf 6 Mile. SASE to: WTW, Box 307, Capitola, CA 95010. 408/475-2196.

August 1. Mormon Lake Half-Marathon, Flagstaff, Ariz. Ariz. Road Racers, P.O. Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

August 2-7. Redwoods Running Camp, UC-Santa Cruz, Calif. Roy Benson, 56 Roswell Rd., #355 North, Atlanta, GA 30342. 404/255-6234.

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

August 16. America's Finest City Half-Marathon. Neil Finn, P.O. Box 3879, San Diego, CA 92163. 619/297-3901.

**NORTHWEST**

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

July 26-31. Spokane River Running Camp, Whitworth College, Spokane, Wash. Roy Benson, 56 Roswell Rd., #355 North, Atlanta, GA 30342. 404/255-6234.

October 3. St. George Marathon. Kent Perkins, St. George Leisure Services Dept., 86 S. Main St., St. George, UT 84770. 801/634-5850.

**INTERNATIONAL**

July 26. Paavo Nurmi Marathon, Turku, Finland. Pirkko Martin, phone 358-21-503 526, fax 358-21-503 106.

August 2. BVAF 10 Mile Championships, Oswestry, N. Wales Borders. Doug Morris, 27 Whittington Rd., Oswestry, Shropshire, SY 11, IJD. 0 691-653338.

August 29-30. 1st WAVA Road Running Championships, Birmingham, England. M40+, W35+. 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex, HAZ OQU England, Phone: 011-44-81-422-7157.

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

**RACE WALKING**

July 4. Independence Day 5K, Bethpage, N.Y. Plainview-Old Bethpage RC, c/o Michael Polansky, 62 Sylvia Ln., Plainview, NY 11803, or Stella Cashman, 212/628-1317.

July 11. TAC/USA National Masters Men's 10K Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 706/875-6361.

July 18. Montana State 5K Championships, Kalispell. Kalispell AC, 770 W. Reserve Dr., Kalispell, MT 59901. 406/752-2880.

July 19. Eastern Regional Masters 5K Championships, Central Park. Park Walkers Club, Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

August 9. MAC 3K Championships, Central Park, NYC. Park Walkers Club, c/o Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

August 13-16. TAC/USA National Masters Championships, Spokane, Wash. 5K track. 20K & 10K road. See T&F National.

August 19-23. Dave McGovern's Racewalk Camp, Healing Springs Ranch, Tiago, Texas. Dave McGovern, P.O. Box 6601, New York, NY 10128. 212/744-5515.

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

September 6. North American Masters 15K Racewalk & Territorial 5K, Albuquerque. 15K-M40+, W35+. 5K-all ages. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.

September 13. TAC/USA National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 201/222-9213.

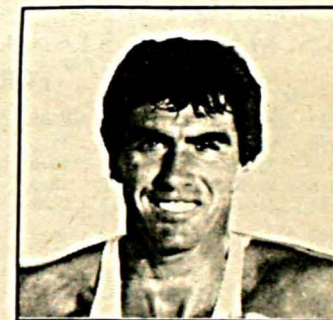
September 26. MAC 15K Championships, Central Park, NYC. Park Walkers Club, c/o Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

October 18. TAC/USA National Masters 1-Hour & 2-Hour Championships, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02174. 617/698-1806.



Artemio Navarro, 42, crosses the finish line in 2:16:53 to top all masters in the Las Vegas International Marathon.

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



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*

Barry J. Brown

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

## M30-34

Derek Shelton Long Jump 6.66 4-19-91  
Triple Jump 14.25 4-19-91

## M50-54

Dave Krell 200 25.92 8-10-91  
400 57.40 8-10-91  
Carl Mooney Discus 156-6 8-1-91  
Jerry Arline, Sr. Discus 133-4 4-4-92  
35# Weight 34-0 4-4-92  
56# Weight 24-0 4-4-92  
Paul Johnson One Mile RW 7:59.5 1-12-92  
1500 RW 7:28.6 1-18-92  
3000 RW 15:33.17 1-18-92

## M55-59

Irwin Bernstein 800 2:26.82 1-4-92  
800 2:25.9 3-7-92

## M65-69

Jim Platis High Jump 4-6 1-4-92  
Long Jump 13-8 1-4-92  
Triple Jump 30-4 1-4-92

## M75-79

Frederick Praeger Shot Put 28-11 3-1-92

## W45-49

Mary Lou Platis High Jump 4-0 1-4-92

## W55-59

Lucy Anne Brobst Pole Vault 1.56 2-16-92  
Long Jump 3.68 2-16-92  
Triple Jump 7.55 2-23-92  
High Jump 1.13 2-16-92

## W60-64

Joan Doucet 100 16.4 2-15-92  
Barbara Thompson 5K 26:01 2-2-92  
Judy Fetherston Shot Put 25.5 4-5-92  
Hammer 79.2 4-5-92  
20# Weight 23.0 4-5-92  
Discus 62-11 4-5-92

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	8:50	9:14	9:49	10:11	10:45
5K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
10K	2:36	2:41	2:46	2:51	2:56	3:01	3:06	3:11	3:16	3:22	3:29	3:36	3:43
15K	4:08	4:15	4:22	4:29	4:36	4:43	4:50	4:57	5:04	5:12	5:20	5:28	5:36
20K	5:38	5:46	5:54	6:02	6:10	6:18	6:26	6:34	6:42	6:50	6:58	7:06	7:14
50K	11:12	11:24	11:36	11:48	12:00	12:12	12:24	12:36	12:48	13:00	13:12	13:24	13:36

## WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
5K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
10K	2:51	2:54	2:57	3:00	3:03	3:06	3:10	3:14	3:18	3:22	3:26	3:30	3:34
15K	4:24	4:28	4:32	4:36	4:40	4:44	4:48	4:52	4:56	5:00	5:04	5:08	5:12
20K	5:54	5:58	6:02	6:06	6:10	6:14	6:18	6:22	6:26	6:30	6:34	6:38	6:42
50K	11:24	11:28	11:32	11:36	11:40	11:44	11:48	11:52	11:56	12:00	12:04	12:08	12:12

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

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
5K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22
10K	2:51	2:54	2:57	3:00	3:03	3:06	3:10	3:14	3:18	3:22	3:26
15K	4:24	4:28	4:32	4:36	4:40	4:44	4:48	4:52	4:56	5:00	5:04
20K	5:54	5:58	6:02	6:06	6:10	6:14	6:18	6:22	6:26	6:30	6:34
50K	11:24	11:28	11:32	11:36	11:40	11:44	11:48	11:52	11:56	12:00	12:04
100H	17.2	18.2	19.0	19.8	20.6	21.4	22.2	23.0	23.8	24.6	25.4
400H	75.5	79.9	84.4	88.8	93.2	97.6	102.0	106.4	110.8	115.2	119.6
300H	14.2	13.5	12.7	11.9	11.2	10.7	10.2	9.7	9.2	8.9	8.4
HJ	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
5K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33
10K	2:51	2:54	2:57	3:00	3:03	3:06	3:10	3:14	3:18	3:22	3:26	3:30
15K	4:24	4:28	4:32	4:36	4:40	4:44	4:48	4:52	4:56	5:00	5:04	5:08
20K	5:54	5:58	6:02	6:06	6:10	6:14	6:18	6:22	6:26	6:30	6:34	6:38
50K	11:24	11:28	11:32	11:36	11:40	11:44	11:48	11:52	11:56	12:00	12:04	12:08
110H	15.3	16.4	17.75	18.75	19.8	20.0	21.3	22.4	23.0	23.8	24.6	25.4
400H	57.6	59.7	62.0	64.4	67.2	70.6	74.5	78.5	82.5	86.5	90.5	94.5
300H	14.2	13.5	12.7	11.9	11.2	10.7	10.2	9.7	9.2	8.9	8.4	7.9
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
20#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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



## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)



# TRACK & FIELD RESULTS

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

## EAST

### MAC Relays Meet Randall's Island, NYC May 3

High Jump	
M40 Ivan Black	5-0
Pole Vault	
M40 Ivan Black	7-0
Long Jump	
M40 Ivan Black	17-6
Rich Ryan	16-1 1/2
M60 Jack Doorlay	13-3
Giorgio Chiavelli	13-1 1/2
W40 Lorraine Tucker	13-3 1/2
Triple Jump	
M40 Ivan Black	36-2
Rich Ryan	32-3 1/2
M50 Richard Kaye	29-7 1/2
Julio Marin	29-5
M60 Jack Doorlay	25-10
Shot Put	
M40 Rich Dunphy	39- 1/2
Ed Fox	34- 1/2
M50 Julio Marin	34-11 1/2
M60 Pay Carstensen	38-3 1/2
Giorgio Chiavelli	29-5 1/2
M70 Mario Minafra	24-8 1/2
W40 Lorraine Tucker	29-6
W50 Roslyn Katz	24-5
Hammer	
M40 Avin Philip	140-0
John Casamassima	121-6
M60 Pay Carstensen	124-2
M70 Mario Minafra	65-2
W50 Roslyn Katz	73-6
Javelin	
M40 Ivan Black	100-0
Ed Fox	96-11
M50 Richard Kaye	99-8
Cliff Pauling	55-2
M60 Pay Carstensen	109-11
Giorgio Chiavelli	96-0
M70 Mario Minafra	70-5
W40 Lorraine Tucker	96-3
W50 Roslyn Katz	57-3
3000m RW	
M70 Frank Lamporte	18:05.4

### New York Games Masters Mile NYC; May 24

Wilson Waigwa, 42	4:14.48
Ken Popejoy, 41	4:19.78
Charles McMullen, 40	4:21.23
Swag Hartel	4:24.07
Byron Dyce, 43	4:24.89
Albin Swenson	4:29.12
Larry Almborg, 43	4:31.72
Harry Nolan, 44	4:34.79
Andrew Whitney	DNF

## SOUTHEAST

### Florida Athletic Congress Masters & Submasters Championships Orlando; May 16

100m	
M30 Harold Pierce	11.38
M35 Darryl Diamond	11.69
Rex Gwynn	12.42
M40 Nate Robinson	11.10
Matt Sitkowski	12.50
M45 Jon Davis	12.45
M50 Nemour Delaneville	14.05
M55 Mike Burr	14.40
M60 Warren Doscher	13.77
Dave Slocum	14.45
Bill Gentry	15.03
M65 Ray Armstrong	14.44
M70 Jay Sponseller	14.79
Don Hull	17.28
M75 Gil Gonzales	16.72
W35 Carolyn Coddington	16.10
W55 Shirley Smith	17.03
W60 Pepper Davis	23.66
200m	
M30 Harold Pierce	23.51
Ural Darling	24.83
M35 Darryl Diamond	23.81
Rex Gwynn	24.31
M40 Matt Sitkowski	25.29
M45 Jon Davis	25.57
John Schenk	27.45
M50 Lionel Bonck	27.83

M55 Mike Burr	29.73
M60 Warren Doscher	28.93
Dave Slocum	31.07
M65 Ray Armstrong	29.31
M70 Jay Sponseller	30.45
M75 Gil Gonzales	36.76
W35 Carolyn Coddington	33.81
Leslie Bogart	35.25

400m	
M35 Rex Gwynn	56.18
M40 Leslie Bodden	59.54
M45 Jon Davis	57.25
John Schenk	57.84
M50 Lionel Bonck	62.67
M70 Jay Sponseller	70.73
W65 Pepper Davis	1:48.59

800m	
M30 Michael Minyon	2:20.9
M40 Byron Dyce	2:04.3
Lindsey Bodden	2:14.1
Terry Hayden	2:28.5
M45 John Schenk	2:20.8
M70 Jay Sponseller	2:55.5
W45 Leslie Bogart	2:56.0
W50 Sarita Gonzales	3:27.8
W65 Pepper Davis	3:54.1

1500m	
M30 Maybrey McCabe	4:02.5
Michael Minyon	5:12.6
M35 Bruce Teague	4:17.3
Larry Meagelkoch	4:30.7
M40 Bruce Kritzer	4:29.2
Terry Hayden	4:52.3
W50 Sarita Gonzales	7:09.7
W65 Pepper Davis	7:38.6

5000m	
M60 Jim Blount	18:44.0
M75 Max Quackenbos	23:25.5
W50 Sarita Gonzales	26:00.0
W65 Pepper Davis	25:25.7

High Jump	
M30 Jeff Wilton	1.96
M40 Tim Heikkila	1.82
M60 James Gillcrist	1.62
M70 Don Hull	1.09
M75 Gil Gonzales	1.09
M80 Ernest Dennison	.91

Pole Vault	
M70 Don Hull	2.10
M75 Gil Gonzales	2.10
Long Jump	
M30 Jeff Hilton	6.28
M40 Charles Williams	5.93
M60 Warren Doscher	4.35
M70 Don Hull	3.65
M75 Gil Gonzales	3.30
W55 Shirley Smith	3.85

Triple Jump	
M30 Jeff Hilton	13.48
M50 Nemour Delaneville	9.65
M70 Don Hull	6.20
M75 Gil Gonzales	6.25
W55 Shirley Smith	6.86

Shot Put	
M30 Roy Silvers	12.42
M40 Paul Brown	11.47
M50 Jerry Arline Sr	11.15
M60 James Gillcrist	11.66
Laurence Siegel	10.89
M65 Jack Gamble	10.24
M70 Don Hull	8.88
M75 Gil Gonzales	8.30
M80 Ernest Dennison	8.98

(age-group AR; old, 8.45)	
W50 Vanessa Hilliard	11.79
W55 Shirley Smith	9.07
Discus	
M30 Roy Silvers	28.92
M40 Paul Brown	32.24
M45 Gary Lane	33.52
M50 Jerry Arline Sr	41.06
M60 James Gillcrist	40.53
Laurence Siegel	33.02
Bill Gentry	29.69

M65 Jack Gamble	38.48
M70 Don Hull	22.32
M75 Gil Gonzales	25.96
M80 Ernest Dennison	25.35
W50 Vanessa Hilliard	31.16
W55 Shirley Smith	17.00

Hammer	
M30 Roy Silvers	37.74
M40 Paul Brown	35.14
M50 Jerry Arline Sr	35.68
M60 Laurence Siegel	18.00
M70 Tom McDermott	36.86
Don Hull	21.00
M75 Gil Gonzales	23.44
M80 Ernest Dennison	16.98
W50 Vanessa Hilliard	37.18

Javelin	
M40 Nate Robinson	51.30
Tim Heikkila	46.10
Dave Brown	33.90
M50 Jerry Arline Sr	36.80
M60 Jim Gillcrist	34.30
Bill Gentry	33.95

M65 Jack Gamble	30.50
M70 Don Hull	21.80
M75 Gil Gonzales	18.70
M80 Ernest Dennison	14.12
5000m RW	
M35 Dave Clark	25:32
M40 Lewis Rothlein	25:29
Chris Rochstein	32:07

M45 Paul Alvord	28:29
Steve Feith	31:07
M50 Rod Anderson	29:36
M55 Lowell Tuttle	29:14
M60 Robert Fine	28:17
M65 A F Christiansen	35:45
M70 Paul Geyer	33:23
Lou Aiello	34:58
John Evans	36:40

W40 Mary Kelsey	41:01
W45 Sheila Reed	32:26
W50 Carol Schneider	33:28
W55 Joy Clingman	33:02
W65 Miriam Gordon	33:05

### ETC Classic Birmingham, AL May 23

100m	
M-Open	
Eric Nicholson	11.04
Lee Arthur	11.67
M-30	
James Perry	11.00
Glyn Agnew	11.32
Terrence Thiel	11.41

John Hunter	11.64
Calvin Goodman	11.65
Donald Locke	11.94
Carlton Ward	12.48
M-35	
Willie Hill	11.93
John Blaha	13.90
M-40	

Dave Edwards	12.46
Jeff Stevens	12.47
Lamar Beckom	12.53
Jim Barnes	12.61
M-45	
Thad Bell	11.77
Cesar Austin	12.09
M-50	

Edwin Clack	13.14
Earl Wilson	13.81
Harvey Jones	13.95
Dave Ellis	14.11
Cliff Yeager	14.91
M-55	
Ralph Summerlin	12.66
M-60	

Eatris Redditt	14.03
M-65	
Frank Hayes	13.59
M-70	
Tom Kennell	14.55
F-Open	

Michelle Browning	15.35
Jann Armstrong	15.99
Sarah Coe	16.00
F-40	
Donna Settles	13.71
F-45	
Phil Raschker	12.91
Cathy McCain	15.21
F-60	

Betty Vosburgh	15.34
Geraldine Young	21.73
200m	
M-Open	
Eric Nicholson	23.06
Mark Spradlin	25.09
M-30	

James Perry	22.52
Terrence Thiel	24.00
Donald Locke	24.56
Greg Halfaker	25.92
M-35	
Gary Rudick	24.30
Walden Curry	24.31
Robbie Short	24.70
Willie Hill	24.80

Paul Brock	25.56
M-40	
Thomas Gilliard	24.03
Jim Barnes	25.52
Dave Edwards	26.01
Mike Walker	27.24
M-45	
Thad Bell	23.99
Cesar Austin	24.32
Tom Brewer	25.49

M-50	
Edwin Clack	26.53
Earl Wilson	29.54
Cliff Yeager	30.88
M-55	
Ralph Summerlin	25.88

M-65	
Frank Hayes	28.42
Herb Johnson	31.78
M-70	
Tom Kennell	31.42
F-40	
Donna Settles	28.14
F-45	
Cathy McCain	31.82

400m	
M-Open	
Patrick Kellogg	49.56
Stan Jefferson	49.91
M-30	
Chris Gibson	50.27
Terrence Thiel	53.72

M-35	
Walden Curry	53.55
Gary Rudick	55.24
Robbie Short	56.35
Paul Brock	60.63
Mark Jidov	63.99
M-40	

Greg Marshall	55.94
Bob Duncan	62.67
M-45	
Tom Brewer	56.81
Alvin Seale	58.40
M-60	
Gordon Seifert	62.56

M-65	
Harold Johnson	68.17
Herb Johnson	70.58
Les Longshore	90.58
F-40	
Donna Settles	64.16
F-45	
Cathy McCain	69.52

880 Yards	
F-Open	
Tim Powell	2:02.8
Shane Shelnett	2:03.2
Patrick Kellogg	2:13.0
M-30	

Chris Gibson	2:08.0
M-35	
Fletcher Bailey	2:07.0
Norman Dodson	2:08.9
Jeff Burse	2:15.2
M-40	

Steve LeMay	2:24.3
Bob Duncan	2:27.2
M-45	
David Bailey	2:26.2
Alvin Seale	2:38.7
M-60	

Casey Jones	2:25.4
M-65	
Herb Johnson	3:00.0
F-30	
Rachel Blaha	2:26.2
F-35	

Dory Babi	3:10.7
1500m	
M-Open	
Gerry Glenn	4:38.2
M-35	

Jim Dugger	4:28.1
Norman Dodson	4:29.9
Mark Jidov	4:40.4
M-40	
Bob Duncan	4:48.4
Steve LeMay	4:54.4
M-45	

Chas Thompson	4:43.9
David Bailey	4:51.8
M-60	
Chas Williams	4:56.6
M-65	
Bill Daprano	7:22.6
F-30	

Rachel Blaha	4:55.3
F-35	
Dory Babi	6:18.3
Susan Houlton	5:44.0
Mile Run	
F-16 Michelle Mullis	5:21

SK	
M-Open	
Gerry Glenn	18:00.4
Daniel Bond	19:16.4
M-35	
Jim Dugger	16:29.9
M-40	

Norman Thomas	20:27.6
M-60	
Chas Williams	18:35.9
F-Open	
Andrea Ripley	19:54.4
Kim Schoensee	19:59.6
80-100-110 Hurdles	
M-70	

Tom Kennell	1:16.64
M-50	
Dave Ellis	15.90
M-35	
Robbie Short	15.67
M-40	
Tom Gilliard	14.97
Lamar Beckom	17.21
400mH	
M-35	
Richard Watson	75.95
M-40	
Lamar Beckom	63.85
4 x 100 Relay	
Team "A"	45.45
Austin Lee Bailey Agnew	
Team "B"	46.46

F-Open	
Btc	64.74
Maddox Nelson Coe Browning	
High Jump	
M-Open	
Chuck Ways	6-11
M-30	
Greg Halfaker	5-08
M-35	

Richard Watson	4-09
Beasey Hendrix	4-02 1/2
John Blaha	4-0
M-40	
Jim Accardi	5-01
Russ Baker	4-11
M-55	
Phil Mulkey	4-11

M-60	
Jim Gillcrist	5-03
Gordon Seifert	5-00
M-65	
Buck Bradberry	4-04 1/2
Frak Hayes	4-04 1/2
F-Open	

Katie Baker	4-04 1/2
F-45	
Phil Raschker	4-11
F-60	
Betty Vosburgh	3-08
Pole Vault	
M-30	

Pole Vault	
M-30	
Greg Halfaker	9-01
M-35	
Tom Wilson	13-06
Tom Krebs	9-00
O Z Hall Jr	8-05
M-55	



## Continued from previous page

M 60 Chuck Sochor 2:59.0  
M 65 Buzzy Hood 3:35.0

## 1-Mile:

M Open Adam Dambeck 5:05.2  
M 30 John Metz 4:48.0  
Earl Wise 4:51.0  
M 35 Don Plunkett 5:15.0  
M 45 Ken Lane 5:47.0  
M 50 James Downey 6:09.8  
M 65 Buzzy Hood 7:59.0  
W 30 Suzan Stiegelmeier 6:46.2

## 2-Mile:

M Open Steve Peralman 16:15.0  
M 45 Ken Lane 12:28.0  
M 50 James Downey 13:12.3

RELAYS  
4 x 100:  
M 30 Over The Hill 49.45  
M 40 Over The Hill 55.91  
M 50 Over The Hill 58.16  
W Open Omega TC 54.60

## Sprint Medley:

M 30 Ohio Alumni 1:49.7  
M 40 Over The Hill 2:01.0  
M 50 Over The Hill 2:16.3

## Distance Medley:

M Open Over The Hill 11:49.6  
M 30 Ohio Alumni 11:26.4  
M 40 Over The Hill 15:48.5

## 4 x 200:

M 30 Over The Hill 1:57.9  
M 50 Over The Hill 2:02.2  
W Open Omega TC 2:12.1

## 4 x 400:

M Open Over The Hill 4:07.0

## Long Jump:

M Open Dave Lee 21'9 1/2"  
M 30 Mark Leeper 20'5 1/2"  
M 35 Tim Bailey 14'11 1/2"  
M 50 Grover Coats 15' 1/2"  
M 65 Denver Smith 13'9 1/2"  
M 70 Max Pickl 11'9"

## High Jump:

M Open Joe Obeldobel 6'0"  
M 35 Mike Drizin 5'9"  
M 40 Eric Bray 5'4"  
M 45 Allen Ray 5'2"  
M 50 Grover Coats 4'6"  
M 60 Clarence Johnson Sr. 3'8"  
M 70 Max Pickl 4'0"

## Triple Jump:

M 40 Armand Laframboise 32'6"  
M 50 Grover Coats 31'7"  
M 65 Denver Smith 26'9"  
M 70 Max Pickl 24'0"

## Pole Vault:

M 35 Mickey Kollos 11'0"

## Shot Put:

M Open Clarence Johnson Jr. 35'9 1/2"  
M 30 Mark Leeper 42'10 1/2"  
M 35 Gary Sutton 34'3 1/2"  
M 40 Norm Bower 35'10 1/2"  
M 60 Pay Carstensen 37'6"  
M 65 Denver Smith 35'8 1/2"  
W Open Brenda Ellis 25'5"  
W 30 Pat Finley 26'7 1/2"  
W 65 Bernice Holland 28'4"

## Discus:

M Open Clarence Johnson Jr. 94'8"  
M 35 Joe Klamar 110'8"  
M 40 Norm Bower 103'1"  
M 45 Allen Ray 102'0"  
M 50 John Sloan 94'8"  
M 60 Pay Carstensen 105'0"  
M 65 Denver Smith 108'6"  
W 65 Bernice Holland 80'4"

## Javelin:

M 35 Gary Sutton 149'9"  
M 40 Armand Laframboise 130'2"  
M 45 Allen Ray 128'5 1/2"  
M 50 John Sloan 114'2"  
M 60 Pay Carstensen 91'1"  
M 65 Denver Smith 101'6"  
W 65 Bernice Holland 71'7"

## Hammer:

M 40 Norm Bower 112'3"  
M 45 Allen Ray 86'6"  
M 60 Joe Chadbourne 163'

## 35# Weight:

M 40 Norm Bower 41'0"  
M 45 Allen Ray 32'10 1/2"  
M 60 Joe Chadbourne 51'11 1/2"

## 56# Weight:

M 40 Norm Bower 24'4 1/2"  
M 45 Allen Ray 19'6"  
M 60 Joe Chadbourne 22'10 1/2"

## 1-Mile Racewalk:

M 35 Tim Bailey 8:42.0  
M 40 Don Bredle 8:40.0  
W 30 Tatiana Majer 8:41.1

## SOUTHWEST

Dallas Senior Games  
Dallas, TX; April 21

50m  
M50 James Hurd 6.66  
M55 Tony Deatherage 6.22  
M60 Bill Bowers 7.21  
M65 J D Gresham 7.81  
M70 Tim Murphy 7.04  
M75 Fred White 8.21  
M80+Henry Johnson 9.02  
W80+Nita Henderson 10.81

100m  
M50 James Hurd 11.96  
M55 Tony Deatherage 11.96  
M60 Bill Pardue 13.65  
M65 J D Gresham 15.04  
M70 Tim Murphy 13.47  
M75 Fred White 15.5  
M80+Henry Johnson 17.27

200m  
M50 James Hurd 25.62  
M55 Wayne Bennett 25.82  
M60 Bill Pardue 28.71  
M70 Tim Murphy 27.92  
M75 Fred White 32.93

400m  
M50 James Hurd 59.93  
M55 Wayne Bennett 64.37  
M60 Bill Pardue 73.75  
M70 Doc Bennett 96.31  
M75 Fred White 88.46

800m  
M50 Gib Brown 2:26.64  
M60 Harold Franklin 3:03.37  
M65 Richard Widener 2:40.17

1500m  
M50 Gib Brown 6:45.63  
M65 Richard Widener 5:46.59

5000m  
M50 Fred Hurd 18:31  
M55 Allen Cox 21:57  
M60 Robert Coffey 20:56  
M70 George Livings 28:40

Long Jump  
M55 Richard Hein 14-3 1/2  
M60 Corky Bridgeman 12-2  
M70 Doc Bennett 10-6

Triple Jump  
M55 Richard Hein 27-4  
M70 Leonard Wray 24-6

Shot Put  
M50 James Hott 32-8  
M55 Jack Floyd 40-0  
M65 J D Gresham 32-8  
M70 Leonard Wray 30-0

Discus  
M50 Gib Brown 94-0  
M55 Richard Hein 99-11  
M60 Jack Floyd 126-0  
M65 J D Gresham 82-10  
M70 Leonard Wray 91-8

Javelin  
M50 Gib Brown 98-3  
M60 Roy Morgan 100-4  
M65 Amp Miller 45-8  
M70 Doc Bennett 48-4  
W65 Ruth Miller 25-9

Mile Racewalk  
M60 Don Hamilton 10:31  
M65 Sam Palmore 17:30  
M70 Joe Henderson 12:17  
W50 Bernice Rand 17:45  
W60 Wanda Jack 13:55  
W65 Delores Love 21:46  
W80+Nita Henderson 23:57

Three Mile Racewalk  
M55 Felix Serrin 52:59  
M60 Warren Rand 39:15  
M70 Joe Henderson 39:21  
W50 Bernice Rand 49:15  
W60 Wanda Jack 43:49

Greater New Orleans Senior Games  
Metairie, LA; May 23

50m  
M55 Alton D'herete 6.96  
M60 Al Badinger 7.57  
M65 Lorenzo Gunn 8.72  
M70 Ted Yenari 8.91  
W55 Bernice Bordelon 9.35  
W60 Louise Reynolds 9.85  
W65 Roi Hoerner 14.08  
W70 M Kramer 14.63  
W75 Dorothy McKnight 14.08

100m  
M55 Alton D'herete 13.32  
M60 Albert Rieke 14.37  
M65 Louis Rieke 14.00  
M70 Ted Yenari 17.49  
M75 John Morrison 24.20  
W55 Bernice Bordelon 19.02  
W60 Louise Reynolds 19.85  
W65 Roi Hoerner 20.00  
W75 Dorothy McKnight 29.34

M65 Louis Rieke 35.03  
M70 Fred Fauchaux 36.55  
M75 John Morrison 50.60  
W55 Rhea Snyder 42.91  
W60 Louise Reynolds 49.03  
W75 Dorothy McKnight 69.58

400m  
M55 Chas Wimberley 74.03  
M60 Albert Rieke 70.30  
M65 Dudley Gauthreaux 84.07  
M70 Fred Fauchaux 86.42  
M75 John Morrison 90.36  
W55 Rhea Snyder 99.55  
W60 Mildred Coleman 2:01.70

800m  
M55 Chas Wimberley 2:23  
M60 Joe Fuselier 2:53  
M65 Dudley Gauthreaux 3:23  
M70 A Masakowski 3:39  
M75 John Morrison 4:14

High Jump  
M55 Jake Lowenhaupt 3-8  
M60 Albert Rieke 3-8  
M65 Bill Noonan 3-11  
M70 Frank Knaus 3-8  
W55 Bernice Bordelon 3-4

Long Jump  
M55 Charlie Richard 15-9  
M60 Albert Rieke 12-6  
M65 Lorenzo Gunn 8-11  
M70 Ted Yenari 9-5  
W55 Bernice Bordelon 10-2

Shot Put  
M55 Jerry Griffin 40-5 1/2  
M60 Joseph Johnson 35-0  
M65 Lorenzo Gunn 29-6 1/2  
M70 Frank Knaus 33-6  
W60 Louise Reynolds 22-10 1/2  
W75 Dorothy McKnight 11-8

Discus  
M55 Jerry Griffin 112-5  
M60 Albert Rieke 65-3  
M65 George Buchert 70-0  
M70 Gordon Gaille 70-3  
W60 Joyce Ounso 42-5

1500m RW  
M60 Joe Fuselier 9:12.80  
M65 Lorenzo Gunn 10:29.16  
M70 A Masakowski 9:55.16  
W55 Rhea Snyder 9:41.50  
W60 Mary Martina 12:35.38  
W65 Roe Hoerner 11:43.78  
W70 Josie Gaille 12:42.37  
W75 Dorothy McKnight 14:11.77  
W85 Justine Teijela 21:35.00

## Texas Senior Games

## Arlington; May 30

50m  
M50 James Hurd 6.56  
M55 Jimmy Weaver 6.50  
M60 Joe Summerline 7.04  
M65 Winn Talley 7.88  
M70 Tim Murphy 7.11  
M75 Fred White 8.11  
M80 Henry Johnson 8.84  
W55 Karen Tedde 9.77  
W60 Sara Jackson 9.70  
W65 Johnnye Valein 9.06

100m  
M50 James Hurd 11.9  
M55 Jimmy Weaver 12.48  
M60 Joe Summerline 13.45  
M65 Oscar Maldonado 12.02  
M70 Tim Murphy 13.99  
M75 Fred White 15.95  
M80 Henry Johnson 17.28  
W50 Judith Ullman 18.12  
W55 Eda Gore 19.50  
W60 Sara Jackson 19.56  
W65 Angie Trantham 20.31  
W70 Nita Henderson 21.06

200m  
M50 James Hurd 26.21  
M55 Wayne Bennett 26.32  
M60 Joe Summerline 28.30  
M65 Winn Talley 30.44  
M70 Tim Murphy 29.61  
M75 Russell Denham 37.45  
M80 Jordon Wen 43.99  
W60 Billy Talley 45.21

400m  
M50 James Hurd 59.41  
M55 Wayne Bennett 61.46  
M60 Ernesto Lozano 69.74  
M65 Chester Studdard 72.24  
M70 Tim Murphy 72.02  
M75 Fred White 86.27  
W65 Johnnye Valein 95.68  
W70 Margaret Hinton 2:25.06

800m  
M50 Marcel Balla 2:22.65  
M55 David Gray 2:42.24  
M60 Ernesto Lozano 2:50.14  
M65 Richard Widener 2:59.19  
M70 Michel Kagan 3:08.84  
M75 Chano Rivera 4:48.77  
M80 C Villemez 4:19.17  
W70 Margaret Hilton 5:35.87  
W85 Susie Hughes 5:59.58  
(age-group WR/old p6:14.1)

1500m  
M50 Larry Markley 5:07.35  
M55 D Gray 5:22.11  
M60 Robert Coffey 5:56.16  
M65 Eugene Nink 6:14.27  
M75 Carno Rivera 9:05.81  
M80 C Villemez 8:10.77

100m H  
M50 James Bodge 16.45  
M55 Billy Waggoner 20.24  
M70 Wade Alexander 23.27

300m H  
M50 Bufo Morrison 58.87  
M55 N L Railsback 62.42  
M60 Bill Pardue 54.19

High Jump  
M50 James Bager 4-8  
M55 Thomas Godwin 4-6  
M60 Roy Morgan 4-4  
M65 Wm Barton 3-11  
M70 Wm Sampson 3-11  
M75 Andrew Jackson 3-0  
M80 Gordon Wen 3-0  
W60 Sarah Jackson 3-8  
W65 Johnney Valien 3-4  
W70 Margaret Hinton 3-0

Pole Vault  
M50 Mike Wilhite 7-0  
M55 George Jageman 8-6  
M60 Roy Morgan 8-0  
M70 Wm Sampson 5-0  
M80 Ernest Dennison 5-6

Long Jump  
M50 James Bodge 16-5  
M55 Sean Harrell 14-5  
M60 Roy Morgan 14-5  
M65 Bill Carter 12-11 1/2  
M70 Wade Alexander 11-4 1/2  
M75 Andrew Jackson 9-6 1/2  
M80 Jordon Wen 7-3 1/2  
M60 Sarah Jackson 9-7  
W65 Johnney Valien 9-2  
W70 Ruth Bolin 4-1  
W75 Santos Ortiz 2-6  
W80 Faith Wen 0-7"

Shot Put  
M50 Bufo Morrison 33-5  
M55 Richard Hein 40-3 1/2  
M60 Jack Erickson 37-7  
M65 Henno Kesulla 28-2 1/2  
M70 M L Coker 34-9  
M75 Wilber Phipps 19-11 1/2  
M80 John Pearce 30-5  
M85 Luis Ruiz 21-2 1/2  
W60 Guadalupe Corrasco 22-8 1/2  
W65 Emma Udovich 23-1  
W70 Frances Phipps 22-4

Discus  
M50 James McClure 101-9  
M55 Henry Weight 115-7  
M60 Evan Wood 123-10  
M65 Bill Carter 120-5  
M70 M Coker 94-9  
M75 L Rodrigues 37-4  
M80 Ernest Dennison 77-9  
W60 G Carrasco 43-2  
W65 Emma Udovich 47-10

Javelin  
M50 Gib Brown 107-5  
M55 Billy Layne 119-4  
M60 Wm Braxelton 138-6  
M65 Henno Kesulla 97-3  
M70 Tim Murphy 89-7  
M75 Andrew Jackson 48-11  
M80 John Pearce 65-5  
W60 Guadalupe Corrasco 51-5  
W65 Emma Udovich 50-2  
W70 Josephine Perez 38-0  
W80 I Delise 28-6

## WEST

California Senior Olympics  
Palm Springs; March 1

100m  
M50 Mike Gonzalez 17.59  
M55 Richard Glasgow 13.25  
M60 Ted Vick 13.98  
M65 Larry Groth 14.37  
M70 Milt Silverstein 14.21  
M75 Clarence Trahan 16.62  
M80 John Mays 16.28  
M85 Paul Bernd 27.11  
W55 Tomasa Schultz nta  
W60 Nessie Hollicky 17.44  
W70 Wilma Davenport 21.01  
W75 Natalie Gammy 32.24  
W80 Marilla Salisbury 33.47

200m  
M50 Dave Bennett 28.42  
M55 Ed Oleata 26.31  
M60 Ted Vick 28.77  
M65 Robert Hewitt 30.37  
M70 Milt Silverstein 29.89  
M75 Clarence Trahan 35.18  
M80 S L Allen 41.75  
M85 Paul Bernd 59.64  
W55 Tomasa Schultz 36.35  
W60 Sumiye Leonard 40.00  
W70 Wilma Davenport 54.69  
W75 Natalie Gammy 80.39  
W80 Marilla Salisbury 2:05.53

400m  
M50 Dave Bennett 61.63  
M60 Robert McGowan 64.18  
M65 Bill Ballantine 75.82  
M70 Andy Collins 87.67  
M75 Pete Ganahl 82.80  
M85 Paul Bernd 2:21.58  
W60 Nessie Hollicky 86.36  
W70 Wilma Davenport 2:32.64  
W80 Marilla Salisbury 4:32.63

800m  
M50 Dave Bennett 2:39.87  
M55 Ray Langston 2:56.22  
M60 Robert McGowan 2:41.75  
M70 Bob McDonald 3:21.55  
M75 Pete Ganahl 3:26.17  
M85 Paul Bernd 5:09.36  
W55 Tomasa Schultz 4:15.98  
W60 Sumiye Leonard 3:45.08  
W80 Marilla Salisbury 9:53.18

1500m  
M50 Robert Lopes 5:35.41  
M55 Ray Langston 6:13.24  
M60 James Franklin 5:42.55  
M65 Bill Ballantine 6:33.05  
M70 Don Dilworth 6:36.09  
M80 E Pritchard 11:00.42  
W55 Betty Sampson 7:23.54  
W60 Sumiye Leonard 7:36.24

5000m  
M50 Robert Lopes 21:23  
M55 Ray Langston 22:21  
M60 James Franklin 21:10  
M65 Gerry Hopkins 20:22  
M70 Don Dilworth 23:37  
M85 Paul Bernd 38:58  
W55 Tamy Graf 22:36  
W60 Eve Walker 39:12

10,000m  
M50 Gene Rotstein 48:48  
M55 Wally Ingram 42:18  
M60 Ernie Black 42:20  
M65 Gerry Hopkins 42:48  
M70 Bill Hutchinson 53:04  
W65 Roberta Morgan 65:14

High Jump  
M50 Everett Murdock 4-2  
M55 Don Rose 4-10  
M65 Victor Jones 3-10  
M75 Pete Ganahl 3-10  
M80 John Mays 3-5  
W55 Christel Miller 4-0  
W60 Barbara Brandt 3-4

Long Jump  
M50 Everett Murdock 13- 1/2  
M55 Ed Oleata 14- 1/2  
M60 Arnold Ray 14-9  
M65 Dewey Vroom 12-5 1/2  
M70 M Bartlett Sr 11-9 1/2  
M75 Clarence Trahan 11-4  
M80 Joe Caruso 9-6 1/2  
W55 Christel Miller 10-9  
W60 Shirley Kinsey 8-11 1/2

Shot Put  
M50 Mike Farris 41-6  
M55 Ed Oleata 39-4 1/2  
M60 Arnie Gaylor 38-1  
M65 Herbert Cantor 35-2 1/2  
M70 Stan Sadofsky 38-5  
M75 Bob Boucke 31-11  
M80 John Mays 30-2  
M85 Earl Salisbury 21-3  
W55 Christel Miller 28-10 1/2  
W60 Shirley Kinsey 21-2  
W65 Estelle Jenkins 20-10  
W70 Wilma Davenport 20-3  
W75 Gertrude Wilhelmssen 17-7 1/2  
W80 Marilla Salisbury 9-6

Discus  
M55 Ron Wade 114-4  
M60 Charlie Sarver 126-6  
M65 Herbert Cantor 122-1  
M70 Stan Sadofsky 118-6  
M75 Neil Buell 92-9  
M80 John Mays 80-2  
M85 Earl Salisbury 62-4  
W55 Christel Miller 71-3  
W60 Barbara Brandt 62-2  
W65 Adele McCormick 52-10  
W70 Ruth Talley 43-8  
W75 G Wilhelmssen 38-4  
W80 Marilla Salisbury 18-8

5000m Racewalk  
M50 Dale Sutton 26:04  
M55 Glen Wells 24:04  
M60 James Snyder 41:29  
M65 Byron Krog 35:06  
M70 Don McCune 35:17  
M75 Ralph Franzen 44:34  
W55 Karen McCune 37:39  
W60 Norma Huber 35:15  
W70 Alline Witten 48:38  
W75 Billy Parsons 36:39  
W80 Elsie Tyroler 49:15

Cal State-Los Angeles  
Invitational; May 23

High Jump  
M30 Lee Balkin 7- 1/2  
Doug Nordquist 6-10 3/4  
M35 Jason Meisler 376-6 3/4

## Foothill College Throws

## Series No. 5

## Los Altos Hills, CA; May 23-24

Shot Put  
M30 Greg Tafralis 65-3 1/2  
Ron McKee 59-11  
Eric Hodgdon 41-9 1/2  
M40 Gary Kelmenson 37-4 3/4  
M55 Ron Wade 37-2  
M60 Ted Wassam 37-2

Discus  
M30 Greg Tafralis 179-11  
Eric Hodgdon 116-2  
M40 Gary Kelmenson 104-10  
M55 Ron Wade 110-3

Hammer  
M30 D Swain 189-0  
E Hodgdon 115-8  
M40 G Kelmenson 137-7  
M70 Bob Stone 96-9  
M75 Jim York 77-10  
(Jim York 16# 52-10)

Javelin  
M30 Eric Hodgdon 123-2  
M40 Gary Kelmenson 102-0

Weight Throw  
M30 E Hodgdon 39-8  
M40 Gary Kelmenson 38-10 1/2  
M60 Ted Wassam 24-2

M70 Bob Stone 28-3 1/2  
M75 Jim York 26-9 1/2  
Invitational Hammer  
M30 T Gustafson 259-8  
D Swain 194-11  
Invitational Shot Put  
M30 Greg Tafralis 67-7 3/4  
Ron McKee 58-5 1/2  
Eric Hodgdon 41-11 1/2

## Anteaters/Dan Aldrich

## Memorial Meet

## U. of Calif., Irvine; May 23

100m  
M30 Don Welch 11.48  
M35 Milton Quail 11.74  
David Peterson 11.94  
M40 Don Parker 11.98  
John Pulley 12.50  
George Wong 12.66  
Roger Nowak 13.00  
M45 Steve Robbins 11.48  
Frank Little 11.83  
Sheridan Groves 12.72  
Thomas Starbuck 14.61

M50 Walt Butler 11.86  
Hugh Adams 12.21  
ron McKnight 13.50  
Dennis Focht 14.12  
M55 Kenny Dennis 12.90  
Dick Glasgow 13.14  
Ed Martin 14.72  
M60 Donald Benton 13.0  
Sam Flory 13.6  
Peter Escobar 14.2  
Frank Kishi 14.5

M65 Jock Jocy 14.96  
Milo Sather 15.29  
Charlie Powers 15.66  
Tom Miller 16.26  
M70 Al Guidet 15.34  
M75 Bill Morales 15.98  
Bert Morrow 16.96  
M80 Virgil McIntyre 18.34  
M85 John Rust 20.91  
W40 Anna Wlodarczyk 12.71

200m  
M30 George James 23.97  
M35 David Peterson 24.71  
M40 Herman Castillo Jr 23.82  
Eugene Driver 24.22  
Thierry Boucquey 24.82  
Sunny Hatten 25.12  
M45 Frank Little 24.98  
Tony Craddock 27.81  
M50 Dennis Focht 28.72  
M55 Dick Glasgow 26.85  
Ed Martin 30.36  
M60 Don Benton 27.05  
Sam Flory 28.23  
Frank Kishi 30.13  
M65 Milo Sather 32.17  
Jock Jocy 32.56  
Geo Simon 38.91  
M80 Virgil McIntyre 38.28  
M85 John Rust 51.26  
W35 Tina Stephens 29.78

400m  
M30 Luke Worsfold 52.43  
M35 William Harry 51.14  
Melton Qualls 51.18  
John Pfersdorf 52.21  
Neal Bojko 57.04  
M40 Herman Castillo Jr 53.70  
Jon Kilroy 55.13  
C Brooks 55.26  
M45 Ramsey Thomas 58.08  
M50 Dave Bennett 62.28  
Rick Hardy 63.84  
Dennis Focht 67.29  
M55 Ross Dunton 64.33  
M60 Will Robinson 65.41  
Lou Beale 67.89  
Al Escobar 69.25  
M75 Pete Canahl 89.76  
W35 Tina Stephens 68.11

800m  
M30 Joe Gilbey 2:05.6  
Bill Releford 2:19.6  
M35 William Harry 1:59.4  
John Pfersdorf 2:02.6  
Dan Goldman 2:10.7  
Steve Lassegard 2:12.5  
M40 Jon Kilroy 2:10.1  
C Brooks 2:06.7  
David Amster 2:07.3  
Bill Sumner 2:14.9  
M50 Dave Bennett 2:21.8  
Joe Mulheer 3:02.8  
M55 Jesse Carrington 2:23.9  
Jim Brown 2:24.6  
Ross Dunton 2:26.1  
Chas Kirby 2:27.9  
M60 Robert Culling 2:30.9  
Lloyd McGuire 2:47.2  
Bob Holmes 3



## Continued from previous page

M35 Gary Carlin	9:57.7
Tom Stuthard	10:06.6
M40 Phil Marshall	9:59.7
Steve Kellmyer	10:03.8
M50 Harry Hunt	10:58.8
Lee Miller	11:24.3
M60 Gunnar Linde	11:19.6
Pat DeVine	11:21.7
Peter Mundle	13:39.6
M65 Avery Bryant	12:32.1
M70 Morton Jacobs	13:56.6
W35 Terri Busby	10:34.4
Short Hurdles	
M45 Theo Viltz	15.6
Sheridon Groves	18.0
M50 Walt Butler	14.2
Alvin Henry	15.4
M60 Will Robinson	18.3
M65 George Simon	21.5
M70 Burl Gist	15.5
Al Guidet	dnf
M75 Bert Morrow	17.2
Chuck McFate	21.7
W40 Ann Steekelenburg	13.7
Steeplechase	
M45 Luigi Schiavo	15:18.3
M50 John Cosgrove	12:22.3
M65 Avery Bryant	13:49.0
High Jump	
M40 Charlie Rader	6-5 1/2
M45 Bill Siart	4-10
Bob Bly	4-8
M50 H Pettegrove	5-0
M55 P J Fehlen	5-4
Hal Smith	4-8
Ray Fitzhugh	4-8
M60 Sam Flory	4-6
Bob Perry	3-8
M65 Vic Jones	3-10
M70 Burl Gist	4-4
Chuck McFate	4-2
M75 Pete Canahl	3-10
Jim Vernon	3-6
M80 Virgil McIntyre	3-8
W40 Ann Steekelenburg	4-10
W55 Christel Miller	4-0
Pole Vault	
M30 Greg Charles	14-0
D Schickling	12-0
M35 Mike Hogan	15-0
Bill Halverson	14-6
Doug Sparks	13-0
M40 Steve Morris	13-6
M45 Greg Miguel	13-6
Bob Bly	10-6
Bill Siart	9-0
M50 Mardon Connelly	12-6
M55 Ed Oleata	11-0
Jack Simms	9-6
Ray Fitzhugh	9-6
Hal Smith	9-0
M65 Don Grosh	8-6
Tom DeVaughn	7-0
M75 Jim Vernon	8-0
M80 Carol Johnston	8-2 1/2
(age-group WR; old 6-6 1/2)	
Long Jump	
M30 Don Welch	6.25m
M40 John Kuechle	5.89
Bob Maseratti	4.70
Mike McCarthy	4.04
M45 Carl Flowers	6.18
Bob Bly	4.88
Leroy Clippis	4.73
M50 Roger Tsuda	5.05
M75 Clarence Trahan	3.96
Bill Morales	3.74
M80 Virgil McIntyre	3.06
Art Vesco	2.02
Triple Jump	
M35 Tom Stuthard	11.89
M40 Milan Tiff	15.05
Bob Maseratti	7.58
M50 Al Henry	11.42
M75 Clarence Trahan	6.91
M80 Art Vesco	4.31
W40 Anna Wlodarczyk	12.28
(age-group WR; old 11.35)	
Shot Put	
M35 Val Olotoa	43-10
Scott West	41-4
M40 Mike Nash	45-10
Mike Deller	42-9 1/2
Bob Maseratti	29-2 1/2
M45 Bill Siart	28-5
M50 Paul Vermillion	45-3/4
Allan Brown	33-2
M55 Hal Smith	44-6
Jim Hart	40-4
Stew Thomson	38-11 1/2
Ed Oleata	38-1
M60 Harry Hawke	41-2 1/2
Arnie Gaynor	39-3
Art Bergman	29-8 1/2
M70 Stan Sadofsky	36-4
Jim Minah	35-3
Sy Lampert	33-11
Jerry Siefert	33-0
M80 John Baker	24-5
Art Vesco	21-9 1/2
M85 Burt DeGroot	23-5
M95 Tom Lane	14-6
(age-group WR; old 12-10 1/2)	
W35 Janet Wilson	34-0
W40 Joan Stratton	35-6 1/2
W55 Christel Miller	28-11 1/2
W60 Shirley Kinsey	22-4
Discus	
M35 Val Olotoa	140-5
M40 Mike Deller	136-3
Mike Nash	127-3

M45 Lee Schwartz	117-8
Tom Starbuck	89-0
Luigi Schiavo	81-11
Bill Siart	67-2
M50 Allan Brown	133-11
David Nuttall	108-5
Abe Sheinker	96-4
M55 Stew Thomson	143-6
Jim Hart	137-10
Hal Smith	118-8
Ed Oleata	115-10
M60 Murray Brown	134-7
Arnie Gaynor	134-4
Bud Held	109-11
Art Bergman	90-8
M65 Harry Hawke	157-6
M70 Stan Sadofsky	122-6
Sy Lampert	89-11
Jerry Siefert	89-7
M80 Art Vesco	59-0
M85 Burt DeGroot	**75-8
(age-group AR; old 72-11)	
M95 Tom Lane	32-0
W35 Janet Wilson	149-5
W40 Joan Stratton	102-10
W55 Christel Miller	77-2
Hammer	
M40 Mike Deller	155-9
M50 J Fagan	134-3
Al Brown	116-8
Abe Sheinker	96-7
M55 Stew Thomson	167-7
Jim Hart	115-1
M65 Tom DeVaughn	83-2
M70 Jim Minah	143-11
Sy Lampert	98-10
M80 John Baker	65-8
Art Vesco	64-9
W40 Joan Stratton	132-3
(age-group AR; old 80-7)	
Javelin	
M40 Warren Wilke	185-6
Ron Rook	130-9
Mike McCarthy	87-3

M45 Bill Siart	107-5
Luigi Schiavo	79-1
M50 Steve Wordell	136-4
Dave Nuttall	117-3
M55 Hal Smith	129-10
Ed Martin	118-3
Mike Devlin	116-9
Fay Fitzhugh	105-11
M60 Bud Held	176-0
M65 Del Pickarts	170-1
(age-group WR; old 160-5)	
M70 Jerry Siefert	105-8
M75 Bill Morales	128-8
(age-group AR; old 108-0)	
M80 Art Vesco	50-1
M85 Burt DeGroot	47-5
M95 Tom Lane	33-11
(age-group WR; old 30-5 1/2)	
W55 Christel Miller	93-2
Patty Devlin	61-8
5000m RW	
M55 Bob Meador	29:19
Walter de Rothin	40:00
M65 Maurice Sheehan	31:45
W30 Linda Evans	31:54
Jill Kimbrell	43:33
W40 Susan Mickelson	44:42
Lisa Boucher	50:47
Judith Gulino	50:51
W55 Eileen McCarthy	55:44

## NORTHWEST

## Seattle Masters AC Results

--May 2--	
M45 Geo Matthews HT	47.25
--May 16--	
M45 Geo Mathews SP	11.37
M45 Geo Mathews DT	34.89
--May 27--	
M60 Ken Weinbel HT	35.46
M60 Ken Weinbel SP	10.50

## LONG DISTANCE RESULTS

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

## NATIONAL

## TAC/USA National Masters 10K Championships Kansas City, MO; May 17

M40	
1 Curt Hoegn	IA 33:58
2 Michael Allison	WA 34:07
3 Gregg Hartman	MO 35:50
M45	
-- Hector Chavez	MEX 33:33
1 Jim Boughter	WA 34:23
2 Chuck Taylor	KS 41:10
3 Melvin Myers	MO 55:39
M50	
1 Fay Bradley	DC 34:42
2 Chas Keating	MA 34:50
3 Charles Harris	NM 35:52
4 Richard Wooten	KS 37:41
5 Larry Lee	WA 40:35
6 Garry Gribble	KS 41:29
7 Don Roth	KS 41:52
8 Larry McGee	KS 58:22
M55	
1 Norman Green Jr	PA 36:36
2 David Pitkethley	WA 37:40
3 Lou Jolene	MO 40:50
4 Bill Buchanan	KS 45:34
M60	
1 Paul Heitzman	KS 39:36
2 Bernard Phillips	KS 44:25
M65	
1 Logan McGinness	KS 43:48
M70	
1 Edward Burnham	MO 54:09
M75	
1 Dudley Healy	NJ 50:22
M80	
1 Dr Howard Calkin	MO 76:52
W40	
1 Diane Taylor	KS 43:53
W45	
1 Jane Hutchison	MO 37:47
2 Suzi Kilbride	MO 43:06
3 Rebecca Heidlage	MO 50:17
4 Suzanne McGrath	MO 50:47
W50 none	
W55	
1 Jean Buchanan	KS 58:18
W60 none	
W65	
1 Kit Pickles	CA 55:36
W70	
1 Eliz Gerhardt	MO 63:49
from Jerry Morrison	

## EAST

## Amish Country Half-Marathon Lancaster, PA; April 12

Overall	
John Spittal	26 1:10:03
Lisa Reilly	24 1:25:30
M40 Dennis Collins	1:15:09
David Radziewicz	1:16:03
Bernard Neiderer	1:18:14
Glenn McCarthy	1:20:27
John Snider	1:20:48
M45 Robert Johnson	1:17:39
Reuben Beauchamp	1:18:45
Elton Horst	1:19:43
Pete Corsino	1:23:21
Stephen Mardyniak	1:23:24
M50 David Cartwright	1:22:43
Skip Bridges	1:25:32
Dallas Thomas	1:26:42
Alex Flyntz	1:28:25
M55 Jack Whitcomb	1:26:24
Roger Thomson	1:33:27
Karl Carpenter	1:36:51
M60 Ray Gavlick	1:38:28
Don McCarten	1:41:50
Paul Wissler	1:45:22
M70 Hubert Morgan	70 1:39:01
Joe Kesselring	722:11:04
D Stanfield	72 2:25:54
W40 Keitha Campbell	1:34:03
Linda Fisher	1:39:22
Sandy Nelson	1:41:36
W45 Pat Williams	1:34:20
Margie Stewart	1:35:46
Laura Schay	1:36:40
W50 Deanna Renko	1:45:01
Ellen Quinn	1:45:49
Eliz Mandl	1:49:09
W55 Tuppen Young	1:50:25
Lynn Sherman	1:51:30
W60 Cathy Shade	64 2:05:39
Becky Yencharis	722:36:44
Racewalkers	
1 Scott Widdall	30 1:44:32
4 James Miner	43 1:54:47
5 Robert Mimm	67 2:07:10
6 Patrick Bivona	51 2:10:56
7 James Napolio	59 2:13:22
12 Avram Shapiro	53 2:28:16
13 Regine Ibold	51 2:32:11
15 Marsha Hartz	52 2:42:32
16 Isabel Stuper	45 2:48:45
17 Harry Drazin	78 2:56:53
Run finishers: 1100m/277w	
Alamo Alumni Run 8K	
Central Park, NYC; May 2	
Overall	
Pat Porter	32 23:15
Nancy Ditz	37 28:30

M40 Bill Rodgers	44 25:38
Frank Shorter	44 26:33
Barry Schaefer	40 27:00
M50+Pat Cosgrove	50 28:31
Luis Flores	50 29:21
James Fillis	54 30:10
W40 Ann Davies	45 32:03
Nancy Ryan	45 32:23
Ann Makoske	46 33:05
W50+Joan Bondell	53 41:07
Barbara Bulow	50 43:15
Judy Greco	51 43:35
M40 Alumni Teams:	
Wesleyan:	
Bill Rodgers	44 25:38
Walter Severini	41 29:42
Martin Bunin	40 29:45
Amby Burfoot	45 32:33
Morgan Shipway	49 32:34
Princeton:	
Bill Pape	44 27:14
Hugh Sweeney	48 28:06
Robert Bazley	41 29:50
Raymond Somers	49 31:25
Jesse Hackett	41 37:07
M50+ Alumni Teams:	
Wesleyan:	
David Buddington	50 30:13
Wm Masterson	53 30:14
Wm Needham Jr	51 33:44
NYU:	
Nevio Dobry	52 33:45
Albert Nilles	51 35:03
George Sommerfeld	57 40:23
W40+ Alumni Teams:	
Smith:	
Pamela Cook	42 35:05
Jessie-Lea Hayes	49 35:16
Robin Villa	48 36:17
CCNY:	
Bonnie Dietrich	48 39:55
Dorothea Blom	42 40:33
Marsha Henkin	47 42:18
W50+ Alumni Teams:	
NYU:	
Queenie Thompson	69 46:05
Lillia Forman	56 54:42
Diana Townsend	52 55:45
Columbia:	
Gail Moss	52 48:10
Bente Sandvik	50 54:57
Paola Lucentini	53 55:14
Finishers: 635m/306w	

## Newsday-Long Island Marathon &amp; Half-Marathon East Meadow, NY; May 3

--Marathon--	
Overall	
Nicholas Galasso	28 2:35:18
Christine Gibbons	30 3:01:42
M40 Robert Briglio	422:43:16
Douglas Clark	3:00:10
Benoit Jadoul	3:03:15
Ed Trentowski	3:07:59
M45 James Hudick	2:57:44
Richard Andron	2:58:33
Louis Rodriguez	2:58:38
M50 Don Jewell	3:09:52
Bob VanDeKieft	3:22:34
Matt Lalumia	3:24:43
M55 Mel Gough	3:21:31
Joseph Viverito	3:28:49
Patrick Skelly	3:32:37
M60 Ken Karcher	3:31:05
Americo Fiore	3:58:50
Alex Orsomarso	4:01:18
M65 Frank Mortillo	4:09:07
Jerry Solin	4:50:39
Michael Guluzzi	5:42:58
M70+Peter D'Iorio	70 4:33:34
Wilfredo Rios	75 4:40:38
Harold Somer	72 5:34:55
W40 Kathy Martin	40 3:18:05
Gloria Linares	3:52:43
Marilyn Barger	3:55:31
W45 Joan Pagano	4:12:38
Theresa Falco	4:46:43
W50 Ellen Quinn	3:57:57
Mayte Cuti	4:38:59
Carolyn Ciecone	5:06:18
W55 Marlene Tortora	5:34:41
--Half-Marathon--	
Overall	
Daniel Dasta	23 1:07:37
Jeanne Peterson	22 1:18:16
M40 Chris Webber	40 1:11:22
Alan Oman	1:14:16
Joe Featherston	1:14:35
Michael Pasqual	1:15:41
M45 Maury Dean	1:19:46
Vinny Pizzo	1:21:49
Dan Badalament	1:22:28
M50 Julian Goldsmith	1:23:53
James Sammon	1:27:20
Alex Flyntz	1:27:29
M55 Hilton Goring	1:25:02
Mel Cowgill	1:25:40
Richard Murphy	1:27:30
M60 Warren Elmslie	1:32:02
Colin Harris	1:32:54
John Sullivan	1:36:37
M65 John Corrigan	1:36:14
Al Morrow	1:52:18
Gus Prince	1:54:04
M70+Leo Karmin	72 1:46:07
Andrew Neidnig	721:53:35
Sid Butensky	70 1:57:13
W40 Nancy Grever	41 1:29:53
Jaquie Gow	1:35:43
Mary Ann Calise	1:38:58

W45 Laura Schay	1:36:06
Marjorie Kos	1:41:48
Hilory Boucher	1:43:21
W50 Marion Stanjones	1:35:06
Wendy Burns	1:44:33
Chris Caffino	1:46:34
W55 Julie Shapiro	1:50:22
Nancy Fraser	1:58:38
W60 Chickie O'Toole	2:09:34
Ruth Maller	2:37:45
W65 M McKeown	2:40:56
W70+A Jureidini	73 2:52:36

## Pittsburgh Marathon Pittsburgh, PA; May 3

Overall	
Jorge Gonzalez	39 2:17:33
Albina Galliamova	27 2:32:02
Masters Men	
Doug Kurtis	40 5th 2:19:31
J M Charbonnel	40 9th 2:20:04
Luis Lopez	41 2:20:45
Artemio Navarro	42 2:22:08
Ken Judson	41



## Continued from previous page

W40 Elizabeth Penagos	22:01
Debbie Gabrille	24:20
W45 Kathy Velsor	26:05
Pat Davis	26:48
W50 Theresa Messina	48:39
W55 Alexandra Finger	27:48
W60+Sondra Roppolo	29:51
Doris Pritchard	66 37:20
149 finishers/from Maury Dean	

St. John's Hospital 5K  
Smithtown, NY; May 25

Overall	
Mike Anderson	15:24
Jean Peterson	17:40
M40 Alan Oman	16:40
Dennis Nee	16:54
Mark Cohen	18:38
M45 Maury Dean	17:40
Jorge Aguilera	18:28
Bob Christenson	19:35
M50 Roland Cormier	17:28
Seth Kaminsky	18:32
Mike Service	19:03
M55 Ralph Bauer	19:54
Roy Richim	22:16
M60+Ed Batcheller	23:28
Pete LaMagna	24:29
Pete Di Iorio	24:57
W40 Kathy Martin	19:01
Abigail Bressler	25:36
W45 Hilary Boucher	22:11
Mary Trotto	25:36
W50 Janice McGeary	26:43
Karen Norkin	27:17
W55 Barbara Flores	24:13
W60+Thelma Barres	33:13
Rose Proft	35:27
300 finishers/from Maury Dean	

Ridgewood 10K/5K/One-Mile  
(Road)  
Ridgewood, NJ; May 25

---5K---	
M40 Rolando Castro	17:11
Andrew Roney	17:30
Sal Misuraca	18:15
M45 Cal Hill	17:06
Hugh Sweeny	17:30
George DSharnais	18:22
M50 Richard Simko	18:15
Al Swan	20:07
Richard McCabe	20:10
M55 Alex Kasten	18:36
Mike Goldman	18:51
Emanuel Sosinsky	21:36
M60 Joe Burns	20:39
Rob Sinclair	21:32
Bill Engle	21:38
M65 J B McManus	20:05
Jack Haar	20:39
M75 Vince Carnevale	23:49
Chas Feldman	30:50
W40 Dorothy Fuscaldo	22:49
Fran Trees	23:04
Hildegard Baker	23:43
W45 Robin Villa	21:32
Nancy Youngbeck	25:37
Judy Reilly	26:05
W50 Joan Bondell	23:09
Barbara Withers	26:06
W55 Melva Murray	27:26
W60 Toshiko d'Elia	22:13
W70 Gloria Grenker	36:39
W75 Adrienne Salmini	40:13
---10K---	
M40 Bob Hermes	33:19
Nick Caswell	33:49
M45 Hugh Sweeny	33:15
Joe Salerno	36:23
M50 Pat Cosgrove	35:19
Colman Mooney	36:07
M55 Wm Balgord	40:37
Harvey Strauss	43:14
M60 Herb Milchmeier	42:26
Victor Filan	45:46
M65 Oddvar Ask	41:43
Wallace Cutler	48:13
M75 Austin Freeman	46:37
Vince Carnevale	46:43
W40 Gloria Auerbuch	43:08
Floris Giglio	48:57
W45 Cheryl Ralya	38:40
Marilyn Greeley	41:44
W50 Miriam Kaminer	51:24
Carolyn Cornell	52:55
W55 Melva Murray	52:48
W60 Rosemarie Hoffer	70:44
W65 Janine Maltas	50:40

---Masters Road Mile---	
1 Wilson Waigwa	43 4:23
2 Swag Martels	40 4:29
3 John Serrao	42 4:29



4 Al Swenson	45 4:34
13 Ken Baker	51 5:17
26 Gildardo Quintero	59 5:33
13 Wallace Cutler	69 7:13
1 Judy Anker	41 6:06
2 Melva Murray	59 8:20

Memorial Day 5000  
Wickford, RI; May 25

Overall	
Hollie Walton	42 15:55
Heather Wilkes	18 18:52
M40 Paul Thompson	44 17:42
Kenneth Horn	49 18:33
Ken Straight	40 18:40
M50 Jim Florio	51 19:28
David Gordon	56 20:21
Gerry Ladas	55 20:48
M60+Joe Malloy	61 19:24
Ken Johnson	60 20:54
Carl Hammen	68 21:23
Herb Silander	67 22:50
W40 Lois Patterson	May 40:18:58
P Powers Maloney	40:20:55
Claire Dudley	43 22:41
Teresa McDonald	40 23:50
Janice McMann	47 24:43
257 finishers	
from Carl Hammen	

Freihofer's Run for Women  
Albany, NY; June 6

W40 Coreen Steinbach	19:30.6
Janet Bradley	20:31.7
Mary Rosado	20:51.3
Julie Wilcox	21:15.1
Mary Gruebeck	21:19.2
W45 Barbara Filutze	17:42.4
Jane Hutchison	18:09.7
Kathy Collins	20:39.1
Carol Lasseter	21:09.9
Heidy McGaffigan	21:10.8
W50 Chris Tattersall	19:18.3
Zofia Turosz	19:52.2
Barbara Wilson	21:47.6
Janice Partyka	22:27.6
Barbara Frasca	22:44.7
W55 Susie Kluttz	20:54.3
Anny Stockman	21:38.1
Georgette Lacey	22:08.6
Theresa Wilkins	22:28.0
Jeannette Cyr	23:41.7

Mike Eruzione/Winthrop  
Hospital 5K/10K  
Winthrop, MA  
June 6

5K	
M40-49	
Lou Ruggerio, 43	16:28
Robert Hudd, 43	18:08
Doug Fairbanks, 43	18:36
Bill McCarthy, 47	19:01
Pete Mosgoflan, 43	21:14
M50-59	
Horace Andrews, 53	22:08
Jack Dobbey, 50	23:03
Paul Roy, 53	25:26
M60+	
Caesar Puglisi, 63	28:50
Frank Rubin, 80	35:27
W40-49	
Anne Schmitt, 45	20:08
Sharon Dobbey, 42	23:03
Linda Roy, 48	25:25
Susan Sweeney, 42	30:22
Shelley Cantor, 42	31:05
M50-59	
Pat Armstrong, 52	33:09
Dolores Russo, 55	33:58
J. Shepardson, 58	39:44
M60+	
Marie Roberts, 63	43:26
W40-49	
Larry Olsen, 45	32:17
Cliff Matthews, 40	32:44
Tom Carroll, 42	32:50
Jack Fultz, 43	33:33
S. Melhado, 46	33:36
M50-59	
Doug MacGregor, 53	34:25
Chuck Keating, 50	34:41
Kirk Randall, 50	35:07
Gabe Bernal, 52	35:21
Will Mason, 51	36:44
M60+	
Don Ross, 62	41:22
Len Locke, 67	48:12
Ed Damish, 64	48:18
Don Coombs, 63	52:14
W40-49	
E. Mendonca, 43	39:47
Elaine Stoeckle, 43	39:55
Ginger Arthur, 42	41:36
Lisa Jones, 41	41:44
Susan Branley, 45	41:54
M50-59	
Carrie Parsi, 53	44:54
Marlena Yannetti, 54	46:39
Sandra Hayes, 54	50:12
Sue Reinert, 52	52:26
Eleanor Whitney, 53	52:31
M60+	
Betsy Paige, 61	1:01:29

## SOUTHEAST

River Run 10K  
Memphis, TN; April 25

Overall	
Noel Berkeley	29:00
Lynn Deninno	33:59
Masters Men	
John Campbell	31:12
Earl Owens	31:44
Ignacio Jimenez	32:20
Grandmasters Men	
Bill Olrich	34:35
Jerry McGath	35:23
M40 Lowry Foster	32:36
Willie Young	33:15
Stephen Sipes	33:33
M45 Morris Williams	33:05
Terry Connell	36:19
Tom Durham	36:29
M50 Marshall Jones	37:23
Dick Ward	38:09
Bill Curtis	39:15
M55 Henry Hawk	36:08
Dick Ruzicka	36:51
Mike Cody	39:50
M60 Ethan Busby	40:25
James Parks	40:29
Gerald Holbrook	43:27
M65 Dick Benson	41:01
Dan McCarty	42:49
M70+Oscar Burris	44:35
Don McCune	67:45
Masters Women	
Barbara Filutze	35:51
Jane Hutchison	37:16
Susan Townsend	40:35
Grandmasters Women	
Lis Villadsen	40:23
Susie Kluttz	42:40
W40 Ellen Murphy	41:37
Nita Copeland	42:22
Teresa Brooks	42:33
W45 Lauren Salder	43:47
Ann Viles	48:16
W50 Sally Watson	43:05
MaryAnne Wehrum	45:37
W55 Jean Hagan	50:01
Joan Ingle	53:22
W60 Myrtle Tourtrott	60:55
Pat Brown	63:41
W65 Margaret Hagerty	70:41
Florese Moore	77:22

Fiesta Run 10K  
Pensacola, FL; May 2

Overall	
Glen Banker	31:03
Jen Allred	37:33
Masters Men	
Gary Gray	33:21
Bobby Dannelley	38:59
Don Wright	34:22
Grandmasters Men	
Jerry McGath	35:45
Dick Ruzicka	36:20
M40 Don Henderson	35:07
Hank Stackhouse	35:35
M45 Ted Anderson	34:45
Reuben Dias	35:24
M50 Charles Gray	38:09
Leon Mattics	38:12
M55 Jim Larson	37:52
Richard Tankersley	42:49
M60 James Parks	40:15
David Sellar	42:26
M65 Dick Benson	42:02
Gordon English	43:56
M70 Oscar Burris	45:32
M75+Sam McNeely	52:41
Hoyt Philpot	79:36
Masters Women	
Susann Pierce	39:32
Janice Hochstein	40:45
Grandmasters Women	
W40 Jane Henderson	42:15
MaryAnn Basore	42:53
W45 Kathy Groh	42:28
Lauren Sadler	42:54
W50 Jean Grabowski	50:11
Georgette White	52:18
W55 Helen Corley	49:36
Jean Hogan	50:43
W60 Ellen Rummel	58:50
Betty McNeely	60:12
W65 Daphne Dvorak	70:36
Margaret Hagerty	79:36
W75+Vera Youngstrom	75:52

WZYP Cotton Row Run 10K  
Huntsville, AL; May 25

Overall	
John Tuttle	33 GA 30:22
Monica O'Reilly	29 FL 33:52
Top 20 Male Masters	
1 Mike Fromant	40 ENG 31:01
2 Kenneth Judson	PA 31:21
3 Earl Owens	GA 32:10
4 Ignacio Jimenez	TN 32:59
5 Carl Nicholson	AL 33:02
6 Lawrence Hillis	AL 33:35
7 Steve Rice	AL 34:29
8 Larry Camp	KY 34:52
9 Phil Peterson	SC 35:09
10 Ted Anderson	SC 35:21
11 David Hill	KY 35:23
12 Duane Wolff	KY 35:32
13 Morris Johnson	GA 35:40
14 Jerry McGath	MS 36:13
15 Gary Grace	AL 36:16
16 Al Rosenberger	AL 36:59

17 Morris Williams	GA 37:02
18 Phil Parris	AL 37:11
19 Jerry Fickett	AL 37:17
20 Dave Roberson	AL 37:19
M35	
1 John Glidewell	AL 32:32
2 Terry Daniel	AL 32:50
3 Dave Kannewurf	MO 33:28
4 Wesley Reade	TN 34:22
5 Daryl Street	TN 34:23
M40	
1 Mike Fromant	ENG 31:01
2 Kenneth Judson	PA 31:21
3 Earl Owens	GA 32:10
4 Ignacio Jimenez	TN 32:59
5 Lawrence Hillis	AL 33:35
M45	
1 Carl Nicholson	AL 33:02
2 Ted Anderson	SC 35:21
3 Morris Johnson	GA 35:40
4 Morris Williams	GA 37:02
5 Peter Ubertio	GA 37:44
M50	
1 Jerry McGath	MS 36:13
2 Ken Brewer	AL 37:47
3 Terry Arnold	TN 38:05
4 Dick Ward	MS 38:38
5 Charles Gray	TN 38:41
M55	
1 Dick Ruzicka	FL 37:32
2 Malcolm Gillis	AL 39:37
3 Earl Jacoby	AL 41:06
4 Jim Woodring	KY 42:08
5 Raymond Mattie	AL 42:42
M60	
1 James Parks	FL 41:13
2 Benton Morton	AL 42:00
3 Marvin Brown	AL 42:35
4 David Sellar	FL 43:22
5 Richard McCrady	AL 44:22
M65	
1 Joe Conrad	FL 47:39
2 Hector Ramirez	AL 47:58
3 Thomas Contrell	AL 52:58
4 Eugene Simonson	AL 56:39
M70	
1 Oscar Burris	MS 44:15
2 John Laughlin	TN 52:24
3 Cecil Shearhart	NC 54:07
4 Joe Worthey	AL 55:53
5 Ernest Ritch	AL 57:07

Top 10 Female Masters	
1 Nancy Grayson	SC 35:34
2 Barbara Filutze	PA 37:24
3 Jane Hutchison	MO 37:55
4 Cathy Lempeis	SC 38:15
5 Gail Ogle	AL 40:15
6 Mary Prael	TN 40:32
7 Cynthia Street	GA 40:43
8 Sarah Grace	AL 41:39
9 Lis Villadsen	VA 41:53
10 Kathy Groh	FL 42:35
M35	
1 Yong Yancura	AL 41:13
2 Debbie Harrison	AL 41:46
3 Pallie Jones	TN 41:59
4 Gloria Brron	GA 43:46
5 Anne Bobo	AL 44:36
M40	
1 Nancy Grayson	SC 35:34
2 Cathy Lempeis	SC 38:15
3 Cynthia Street	GA 40:43
4 Sarah Grace	AL 41:39
5 Mary Bhea	GA 42:45
M45	
1 Barbara Filutze	PA 37:24
2 Jane Hutchison	MO 37:55
3 Mary Prael	TN 40:32
4 Kathy Groh	FL 42:35
5 Roberta Ingenito	GA 43:55
M50	
1 Lis Villadsen	VA 41:53
2 Mae Cleveland	FL 43:51
3 Nancy Thibodeau	AL 49:33
4 Sue Whitehead	TN 51:52
5 Judy Kirchoffer	WI 52:12
M55	
1 Nancy Parker	GA 42:59
2 Susie Kluttz	NC 44:04
3 Wen-shi Tu	NY 45:10
4 Yoshiko Setser	AL 47:21
5 Jean Hogan	AL 51:13
M60+	
1 Mary Woodring	KY 47:59
2 Joann Long	AL 50:55
3 Myrtle Tourtrott	KY 60:58
4 Margaret Hagerty	NC 67:51
5 Frances Newell	TN 73:06

## MIDWEST

Cooper's Rock 10K  
Morgantown, WV; March 29

Overall	
Carl Hatfield	44 35:24
Anne Knight	28 43:31
M40 Joseph Tama	40:49
Gerry Schmidt	41:27
Gary Neus	41:49
M45 Ray Renaud	41:07
James Watkins	41:35
Phil Anderson	43:42
M50 William Eberle	42:21
Don Cleveland	43:21
Rick Thistlethwait	45:12
M55 Bill Smith	43:18
Bill Maraney	47:44
M60+Phil Coleman	45:31
Maurice Miller	50:09
W40 Patricia Chase	60:54
LaSharon Smith	61:49
W45 none	
W50 Mary Stubbs	56:13
Margie Renaud	61:27
W55 Janet Hayden	56:02
W60+Zella Davis	85:14

Rever-Cleveland Marathon  
& 10K  
Cleveland, OH; May 17

---Marathon---	
Driss Dacha	29 2:14:40
Lubov Klockho	32 2:35:11
M40 Doug Kurtis	5th 2:21:49
Terry McCluskey	2:39:57
Thomas Morris	2:46:35
Thomas Brown	2:54:04
Jeff Gaines	2:54:12
Osamu Yamamoto	2:54:36

Greg Houck	3:01:54
Gary Janning	3:03:23
M45 Bob Kuebler	2:56:59
Ferdinando Saglio	2:57:48
J B Doebrich	3:06:49
Fred Beckwith	3:06:58
John Houston	3:14:37
Stan Cwynar	3:15:38
M50 David Whitten	2:52:01
Norbert Pelker	3:10:53
Bud Mcnellie	



**Drake Relays Marathon & 10K**  
Des Moines, IA; April 25

## --Marathon--

<b>Overall</b>	
Keith Fevold 34	2:31:21
Julie Wilson 29	2:58:18
M40 Rodney Schreck	2:42:59
Steve Minard	2:46:48
Roy Ney	2:51:20
Charlie Burch	2:51:30
M45 Robert Dahl	2:54:25
Patrick McDavitt	3:03:00
M50 David Brill	3:07:42
Jerry Knox	3:16:07
M55 Milton Taylor	3:21:44
Patrick Gilchrist	3:29:38
M60+Gene Harding 61	3:47:26
W40 Jan Ross 49	3:45:47
Mary Tebbe 42	3:45:49

## --10K--

<b>Overall</b>	
Sean Wade 26	28:45
Inna Poushkariva 27	32:42
M40 Fred Bingeli	31:40
Jim Pollard	32:38
Curt Hoegh	32:55
M45 Bruce Mortenson	33:51
Paul Gryte	35:42
M50 Pat Murphy	35:30
Mike Bender	36:06
M55 Don Muff	41:21
Jim Schleisman	41:34
M60 Don Novak	43:59
James Graham	44:27
M65 Bob Bartling	43:47
Dale Grosvenor	49:41
M70+Joe Anholt 72	49:13
Karl Larson 70	50:22
W40 Linda Schissel	40:02
Irene Humphries	41:23
M45 Rae Gene Burger	43:50
Shirley Hanson	44:58
W50 Betty Keeney	50:27
Norma Wessel	51:52
W55 Nan Higgins	55:07
Jean Buchanan	56:46
W60+Pat Neff 62	51:18
Gene McClaran 66	66:30

**Bolder Boulder 10K**  
Boulder, CO; May 25

<b>Overall</b>	
Thomas Osano KEN	28:40
Jill Hunter GBR	33:57
<b>Masters Men</b>	
1 Pierre Levisse FRA	30:24
2 Domingo Tibaduiza NV	30:41
3 Manuel Vera MEX	30:59
4 Doug Bell CO	30:59
5 Pablo Vigil CO	32:06
6 Benji Durden CO	33:30
7 Hector Chavez MEX	33:54
8 Larry Ingram CO	34:36
<b>Masters Women</b>	
1 Carol McLatchie TX	37:00
2 Mary Wood CO	37:58
3 Sally Brent CO	39:10

**Hospital Hill Half-Marathon**  
Kansas City, MO; May 31

<b>Overall</b>	
Simon Peter	64:33
Janis Klecker	72:54
M40 Pierre Levisse	64:44
Doug Kurtis	67:35
Domingo Tibaduiza	69:49
M45 Rick Hagan	81:15
M50 Gerald Glass	83:06
M55 Oleg Morozov	80:37
M60 Greg Prom	89:34
M65 Louis McGinness	96:50
M70+Ed Burnham	2:03:18
W40 Nancy Grayson	77:32
Karen Bestul	93:22
W45 Jane Hutchison	84:33
W50 Barb Gehringer	1:40:54
W55 Fritz Hazelrigg	2:02:06
W60 none	
W65 Mary Otte	2:42:15
W70+Imy Ernst	nta

**Steamboat Marathon/10K**  
Half-Marathon/10K RW  
Steamboat Springs, CO; June 7

## --Marathon--

<b>Overall</b>	
Stephen Smalzel	2:29:34
Cindy Kaufman	3:06:37
M40 Rick Reimer	43:24:52
Tim Loftus	45:25:51
Jim Oberheide	47:25:37
Tim Freeman	42:25:33
Roger Frans	46:25:42
M50 Dennis Werth	50:31:24
Skip Botsford	50:32:15
Stephen Utley	52:32:43
M60+Hugh Haynes	60:42:16
Robert Maytag 61	4:32:54
Vince Rosadill 66	4:47:54
Bob Poppe	70:45:55
W40 Marian Fuller	43:32:36
T A Stephenson 47	3:49:27
Jill Leary	41:35:40
W50 D C Martinez	52:44:48

## --Half-Marathon--

<b>Overall</b>	
Bob Pierce	1:09:14
Susan Beldus	1:25:47
M40 Stan Burt	40:12:33
Jose Rios	42:12:30
John MacDonald 43	1:25:34
Dan Smilkstein 41	1:27:16
M50 Rich Romero	55:12:20
Larry Brooks	52:13:04
Bob Tafelski	52:13:06
M60+Bill Turley	62:13:15
V E Rodriguez	60:15:21
Ken Stevens	70:15:45
W40 Sally Brent	40:12:27
Susan Riedel	43:13:21
K J Springsteen 43	1:40:18
W50 Connie Martine 52	1:45:28
Pat Aljanich	51:15:34
Sharon Connolly 53	1:55:50
W60+Rita Hoessing	60:33:25

## --10K--

<b>Overall</b>	
Jon Sinclair	31:32
Erin Baker	36:01
M40 Pierre Levisse	40:31:43
Rick Katz	43:35:01
Kent Oglesby	44:36:18
Bob Leonard	48:37:37
Jim Beebe	48:39:24
S E Hatfield	47:40:47
M50 Sam Corso	50:44:30
Bill Abbott	51:45:10
Dennis Hodges	52:45:53
M60+Dave Francis	67:54:21
Robert Sonheim	60:57:52
George Sheehan	73:66:41
W40 Heidi Schutt	42:49:56
Jean Lowe	42:51:44
Diane Anderson	44:52:58
W50 C A Engelken	58:55:53
Pam Gassman	50:56:02
W60+Nancy Smalley	65:58:43
Lori Chapin	62:75:36

## --10 KW--

<b>Overall</b>	
Dan Pierce	35:51:46
Patricia Cooper	41:60:04
M40 Ken Hartwig	41:70:19
Stan Ewing	48:14:04:49
M50 Pete Jones	55:84:52
M60+Jack Pennington 69	1:50:35
W40 Nancy Hardesty	41:63:97
Holly Anderson	41:73:28
W50 Bev Marozsan	56:75:20
W60+M C Eggleston	64:89:33

**SOUTHWEST****Gum Tree 10K**  
Tupelo, MS; May 2

<b>Overall</b>	
Boay Akonay	28:43
Monica O'Reilly	34:11
<b>Masters Men</b>	
Wilson Waigwa	30:48
Earl Owens	31:31
Nash Jimenez	32:27
Carl Nicholson	32:38
Bruce Kitzler	32:43
<b>Grandmasters Men</b>	
Bill Olrich	34:43
M40 Lowry Foster	32:53
Mark Hunter	32:55
M45 Morris Williams	35:50
James Worthey	36:03
M50 Jerry McGath	36:18
Ken Brewer	36:49
M55 Dick Ruzicka	37:02
Malcolm Gillis	38:59
M60 Charles Williams	37:39
James Parks	40:18
M65+Dick Benson	40:57
Dan McCarty	43:02
Oscar Burris	44:43

<b>Masters Women</b>	
Carol McLatchie	36:15
Judith Hine	38:05
Lis Villadsen	40:42
Susan Townsend	40:51
Nita Copeland	42:02
<b>Grandmasters Women</b>	
Lis Villadsen	40:42
W40 Judy Melton	45:29
Buffy Thomson	46:25
W45 Bonnie Partridge	45:33
Sue Box	49:43
W50 Sally Watson	42:51
Mary Wehrum	46:00
W55 Susie Kluttz	42:34
Yo Setser	45:37
W60 Claydeen Allen	57:21
Myrtle Tourlott	63:20
W65+Margaret Hagerty	71:53
Edna Masula	77:01
Romaine Dickson	83:54

**WEST****San De Mayo 10K**  
Tucson, AZ; May 3

<b>Overall</b>	
Leslie Woods 39	33:07
Janet Stamper-Holland	32:39:00
M40 Tim Varner	36:46
Hayden Smith	37:13
Patrick Miller	37:56
M45 Earl Evans	39:38
Louis Banks	39:51
Larry Rosenthal	41:29

M50 David Mellady	38:49
Don Branaman	39:37
James Peller	40:08
M55 Frank Patania	43:28
Jack Currie	45:25
M60 Wm Chapdelain	44:24
M65 David Wills	61:24
Jim DeCook	63:11
M70 James Riley 71	67:08

**Southern California 7.57 Mile Dipsea Romp**  
Huntington Beach; May 9

Name	Division	Clock	Head	Actual
1 Megan McGowan	W13	37:21	16 min	53:21
2 Greg Mislick	M30	43:19	0	43:19
3 Bill Graham	M50	44:25	5	49:25
4 Herb Tanzer	M40	44:38	2	46:38
5 N Calvillo	M24	44:49	0	44:49
6 Joe Young	M30	44:59	0	44:59
7 Mark Hemphill	M40	45:05	2	47:05
8 Rob McNair	M35	45:10	1	46:10
9 Mike Johnson	M35	46:04	1	47:04
10 Sally Adam	W45	46:23	9	55:23
12 Cecil Smith	M50	46:33	5	51:33
14 Marina Jones	W40	46:53	7	53:53

**NORTHWEST****Ice Breaker 5 Mile**  
Great Falls, MT; April 26

M40 Jim Hatcher	26:04
Jabby Young	28:40
Dan Heimburger	28:44
Rick Spady	30:15
Gary Bjelland	30:17
Robert Bender	30:25

M45 George Stiffarm	29:45
Don Paterson	30:21
Frank Wilson	30:57
Rich Breiner	31:03
Pete Pratt	32:12
Bill Harrington	32:16
M50 Robert Sims	33:18
Max Salmon	36:40
Carl Clark	37:14
Dale Gorman	37:43
M55 David Cameron	33:51
Fred Flanders	34:57
Orville Graddock	41:36
M60 Stan Pavlick	33:27
Bob Erickson	39:37
M65 Tom Selstad	39:15
Bob McGiffert	47:42
M70+David Walker 73	51:23
W40 Deborah Magilke	30:43
Shirley Carrigan	36:24
Dennis Stanley	37:34
Christine Revere	37:52
W45 Joyce Hicks	36:40
Elaine Spindler	39:03
Sherri Andersen	42:27
W50 Shirley Weaver	35:18
Shirley Chovanak	39:30
Susan Avery	40:06
W55 Mary Ainscough	43:54
Charlotte Towle	60:46
W60 Virginia Sutphin	47:35
Florence Quick	54:56

**Rocky Mountain 50 Mile**  
Cheyenne, WY; May 24

1 Chuck Catterall 23	6:15:26
2 Marshall Ulrich 40	6:20:42
6 Jack Mader 46	7:48:53
9 Michael Degner 42	8:14:51
10 Cynthia Daniels 42	9:04:52
11 Penny Huddleston 46	9:20:04
12 Hud Huddleston 49	9:20:04
13 Don Sherlock 48	9:31:24
15 Jon Babbitt 57	10:59:27
16 Chuck Hunter 55	11:06:55

\*first woman

**CANADA****Canadian Masters Athletic Association 8K Championships**  
Toronto; May 17

<b>Age-Graded Winners--Male</b>	
1 Bob Moore	51 88.8%
2 Cliff Hall	66 88.2%
3 Ed Whitlock	61 88.0%

<b>Age-Graded Winners--Female</b>	
1 Molly Turner	58 88.9%
2 Linda Findley	44 84.6%
3 Dorly Brechbuehl 67	80.0%
M40 J Clark	26:54
M45 P Monahan	27:21
M50 B Moore	27:28
M55 N Abbott	28:59
M60 E Whitlock	30:25
M65 C Hall	32:02
W35 C Tedford	48:35
W40 L Findley	30:41
W45 S Pommier	33:58
W50 M Turner	33:10
W65 S Barnett	41:09

**North American Masters 10K RW Championships**  
Van Nuys, CA; June 7

<b>M30-39</b>	
Steve DiBernardo	49:27
Richard Lenhart	50:50
Chris Dreher	51:50
<b>M40</b>	
Todd Scully	49:02
Ray Kraus	55:25
Brian LaBounty	56:09
<b>M45</b>	
Larry Walker	46:12
Norman Frable	54:01
Dave Snyder	59:42
<b>M50</b>	
Jim Coots	57:44
Ron Baers	58:46
James Smith	1:01:44
<b>M55</b>	
Jack Bray	53:29
Richard Oliver	57:16
Carl Acosta	58:28
<b>M60</b>	
Ted Greiner	1:01:40
John O'Hara	1:09:36
John Gallagher	1:11:19
<b>M65</b>	
Maynard Mickelson	1:05:09
Mel Grantham	1:08:42
Dick Underwood	1:09:38
<b>W35</b>	
Peggy Miller	52:07
Sally Kerr	52:58
Brenda Macissac	1:01:11
<b>W40</b>	
Vilsha Sedlak	51:04
Jeanette Smith	55:49
Kathy Blackmer	58:45
<b>W45</b>	
Donna Cunningham	56:33
Kathy Frable	1:01:43
Vangie Campos	1:04:39
<b>W50</b>	
Jay Hanley	57:32
Helen Palomo	1:05:02
Virginia Scales	1:08:54
<b>W55</b>	
Shirley Capps	1:06:31
Pat Willis	1:19:10
<b>Anteaters 400m</b>	



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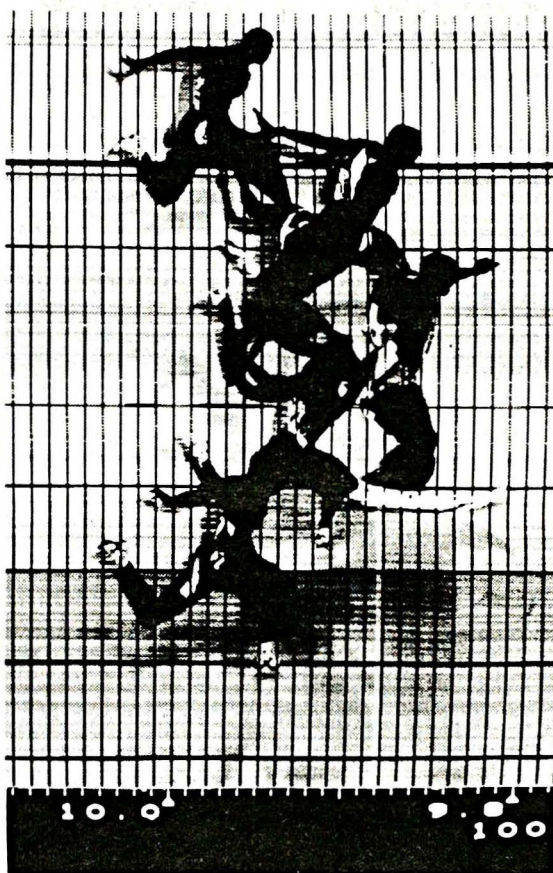
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