

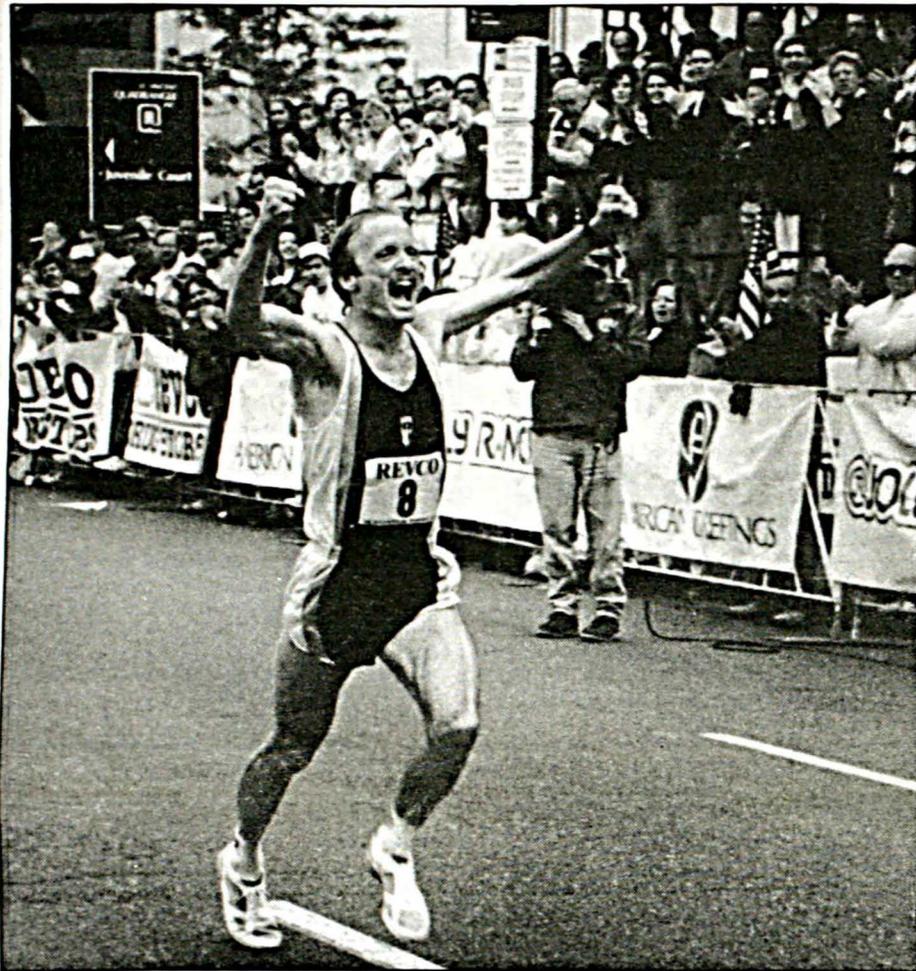
NATIONAL MASTERS NEWS

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

179th Issue

July, 1993

\$2.50



A happy Doug Kurtis, 41, of Northville, Mich., sets a world record with his 70th career sub-2:20 marathon in Cleveland, breaking the record of 69, jointly held with Sweden's Kjell Erik-Stahl.

Photo by Stephen Crampton

Kurtis Runs World Record 70th Sub-2:20 Marathon in Cleveland

by JANE DODS

A starting temperature of 49° which never rose above the mid-50s, a modified course, and an earlier start time were all instrumental in four course records being broken in the 16th annual Revco-Cleveland Marathon/10K, May 16.

Doug Kurtis, 41, of Northville, Mich., first master in 2:19:21, set a

world record with his 70th career marathon under 2:20.

Charlene Soby, 42, led the masters women in 3:00:08.

In the 10K, Nick Rose, 40, continued his winning ways in 29:26 (14th overall), with Nancy Grayson, 43, taking top honors on the women's side with 35:50.

An estimated 12,000 runners competed in the two events. □

Nationals Entry Deadline is July 12

Planning is under way for the 26th annual USATF National Masters Track and Field Championships on August 11-14 in Provo, Utah.

The event is expected to draw more than 1000 men and women from over 40 states, Canada, and a few foreign countries.

The deadline for entries is July 12. Confirmation of entry will be sent

within seven days or no later than July 19. 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 Provo directly (see schedule for details).

Continued on page 18

Larrieu-Smith Sets 10K Record

by MARILYN J. MITCHELL

Francie Larrieu-Smith (40, Texas) established a new U.S. Masters 10K closed-loop road record of 34:08 (5:30 pace) for 13th place overall in the 1993 Advil Mini Marathon (10K race) held June 12th in New York City's Central Park. The current ratified 10K record is 34:24 posted by Gabriele Anderson in 1989. Barbara Filutze holds the

point-to-point record of 33:48, while Priscilla Welch holds the unofficial world 40+ best of 32:14. Temperatures ranged from the high 70's to low 80's with relatively low humidity and a light wind.

Francie made her road-racing debut as the winner of this race in 1985 (32:23). Prior to this year's race, she

Continued on page 9

Popejoy Wins NY Masters Mile

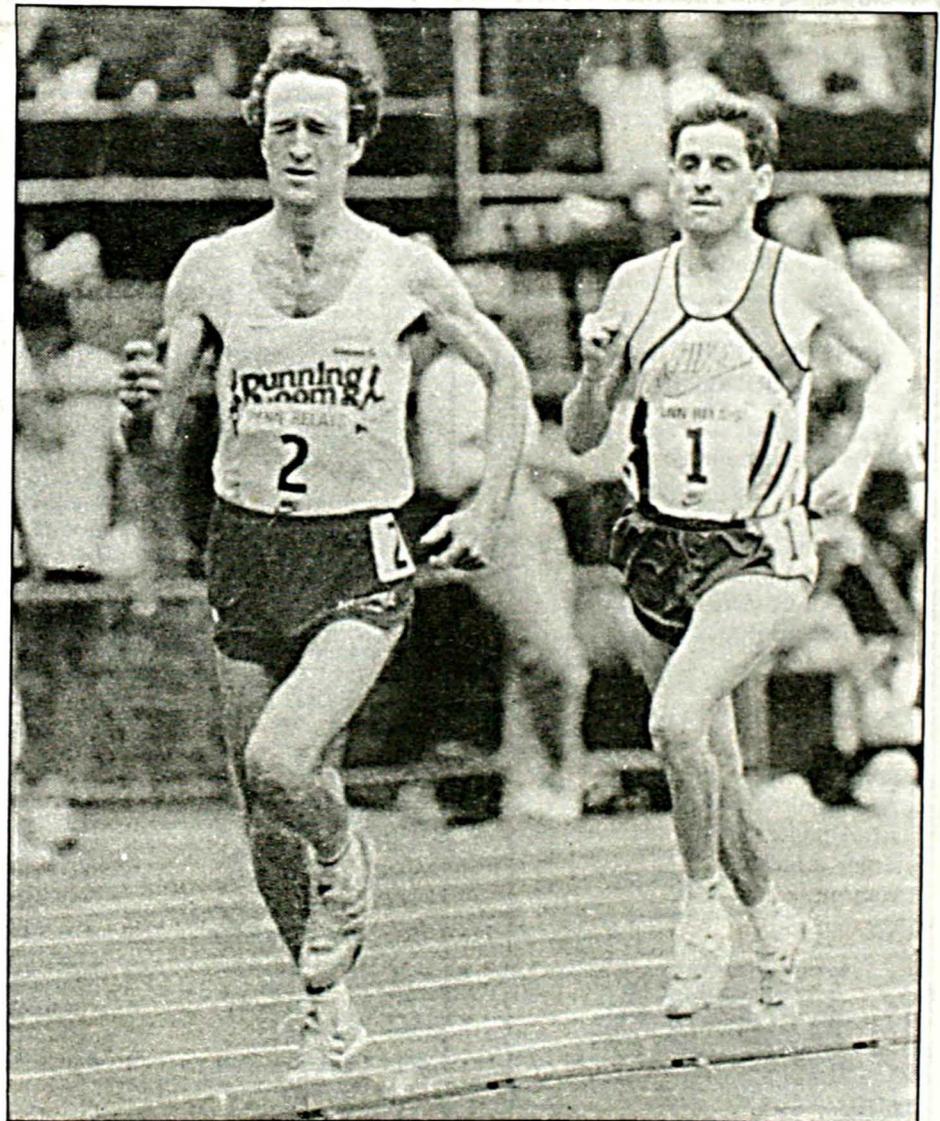
by MARILYN MITCHELL

Ken Popejoy, back after hernia surgery, handily won the final masters mile event on this season's *Runners World* Masters Mile Circuit at the New York Games, May 22, at Columbia University's Wien Stadium, in 4:10.17. John Bermingham (Edmonton and Sydney), the winner at the Penn Relays

Masters' Mile, was second in 4:10.72.

Pacesetter Tom Carter took the race through the first two laps in the agreed-upon splits of 61.39 and 2:02.83 and then dropped out, leaving Bermingham in the lead for the third lap (split: 3:08:39). Popejoy made his move on the far turn in the fourth lap for his

Continued on page 17



John Bermingham, of Australia, leads Ken Popejoy, Wheaton, Ill., in the Reebok Men's Masters Mile, New York City, May 22, but Popejoy took the race, 4:10.17 to 4:10.72.

Victor Sailer/Agence Shot

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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 USATF, 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 USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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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Meet Held in Visalia

by BOB HIGGINBOTHAM

The Visalia Masters Meet, May 22, was a successful beginning of what is expected to be an annual event. Seventy-four athletes enjoyed great

weather and competition on the new Chevron surface at Sunkist Stadium in Visalia, Calif.

There were many excellent performances for this early date. Bernie Stevens, M60, won both the 100 and 200. Robert Trudeau, M35, took three first places. Bruce Hotaling, M45, had a 13-3½ pole vault, and Ross Carter, M75, won the shot put with a 38-0.

There were also outstanding women's races, with Kathy Ward, W35, winning the 1500 with a time of 4:58.2, and DeeDee Grafius, W40, winning the 800 in 2:23.2. □



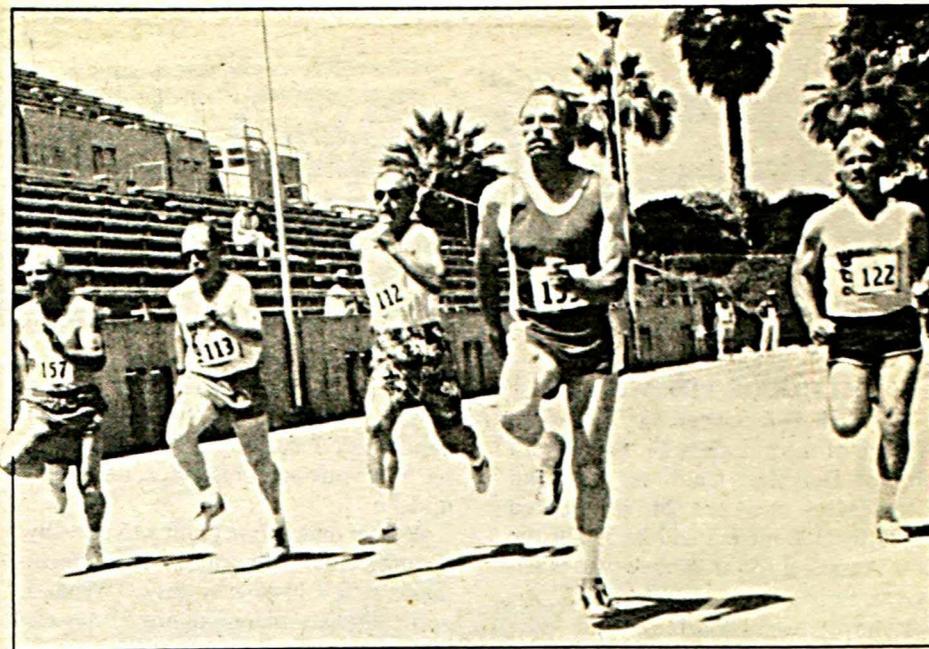
Al Escobosa winning the M65 200 (30.72). Visalia Meet, Visalia, Calif., May 22.

Photo by Art Shahzade



Ross Carter, world record holder from Eugene, Ore., won the M75 shot (11.57). Visalia Meet, May 22.

Photo by Art Shahzade



Doug Smith wins the M50 100 (12.2), Visalia Meet, Visalia, Calif., May 22. Bob Greer #157, Bill Brobst #113, A.J. Craddock #112, and Dee DeWitt #122, completed the field.

Photo by Art Shahzade

Over 200 Compete in Long Beach

By JON LOMAX - Meet Director

More than 200 athletes ranging in age from 30 to 85 took part in the "Meet of Champions," sponsored by the Southern California Striders Masters Track & Field Club on May 15. It was the largest local non-championship meet in recent memory.

Menacing scattered thunderstorms in the area luckily spared the track at California State University at Long Beach, where exceptional performances produced four world single-age records, five U.S. single-age records and an amazing 56 meet records.

Continued on page 12

Three World Marks Set in Dan Aldrich Meet

Steve Robbins broke the world M50 200-meter record with a blazing 22.83 at the 11th annual Dan Aldrich Anteaters Classic on May 30 in Irvine, Calif. The current mark is 22.9 (Ken Dennis, hand-timed) and 22.91 (Ron Taylor, automatic timed).

Robbins also clocked a fast 11.45 in the 100, close to Dennis' M50 WR of 11.2.

Del Pickarts (M65, 165-4) and Ken Carnine (M85, 79-11½) set world age-group javelin records in the meet, directed this year by Mac McCormick, who took over from Dave Lewis.

All three WRs are pending approval of the World Records Committee.

Outstanding marks were also achieved by Walt Butler (M50, 100H, 14.2), Cliff McKenzie (M35, 400, 50.1), Avery Bryant (M65, 3000, 12:46.5), Charlie Rader (M45, HJ, 6-2), Janet Wilson (W40, DT, 139-7), and Donna Beard (W30, HT, 155-0).

The weather was pleasant, Tony Craddock donated the Accutrack, and the meet kept on schedule.

Co-sponsored by the U. of California, Irvine, the annual meet will continue to be held every Memorial Day weekend in honor of Dan Aldrich, founding chancellor and a former masters athlete. □

— from C. Mac McCormick



USA-T&F WEST REGIONAL MASTERS CHAMPIONSHIPS
CERRITOS COMMUNITY COLLEGE
NORWALK, CALIFORNIA



SATURDAY JULY 31 - SUNDAY AUG 1, 1993

Sponsors: Los Angeles Patriots Track & Field Organizing Committee
SCA/USAT&F Men's & Women's Track & Field Committee
Southern California Association /USA Masters T&F Committee

Entry Fees: \$10.00 first event \$5.00 each additional event
\$20.00 Relay per team NO REFUNDS. Late entries add \$5.00
Registration table will close at 3:00 pm on meet day.

Deadline: All entries must be postmarked by MONDAY JULY 26, 1993.
You may also Fax your entry information to (213) 666-9126 before THURSDAY JULY 29th.

Divisions: Men/Women Submasters and Masters 30 years and older.
Oldest to youngest in (5) year age division women first.

Awards: Medals to the top (3) three finalists in each age division. (Medals will be mailed).

Facilities: Track and runways are polyurethane and require spikes no longer than 1/4".
Javelin runway are polyurethane and also require 1/4" spikes. Brushed concrete in all throwing circles.

Note: 1993 USA-T&F registration cards required, so bring it with you to this meet (NO EXCEPTIONS). Registration will be available on meet day for \$12.00.

Directions: 605 Freeway exit at Alondra Blvd. (East). Cerritos Community College will be on your right hand side.

| Track Event Schedule | | | |
|----------------------|---------------------------------|----------------|--|
| Saturday (Day 1) | | Sunday (Day 2) | |
| 8:00 am | 10,000 Meter run | 1:00 pm | 80 Meter Hurdles |
| 9:00 am | 5k Race Walk | 1:10 pm | 100 Meter Hurdles |
| 11:00 am | 2k/3k Steeplechase | 1:20 pm | 110 Meter Hurdles |
| 11:30 am | Distance Medley Relays | 1:30 pm | 4x100 Meter Relays |
| 11:45 am | 4x800 Meter Relay | 1:40 pm | 1500 Meter Relays |
| 12:00 noon | 5000 Meter Run | 2:00 pm | 100 Meter Sprints |
| 12:30 pm | 20k Race Walk | 2:25 pm | 800 Meters |
| Field Events | | 2:45 pm | 300/400 Meter Hurdles |
| 11:00 am | Hammer Throw | 3:00 pm | 400 Meter Sprints |
| 1:00 pm | Javelin Throw | 3:25 pm | Sprint Medley Relay (200, 200, 400, 800) |
| 2:00 pm | Pole Vault, Shot Put, Long Jump | 3:35 pm | 200 Meter Sprints |
| 3:30 pm | Triple Jump, High Jump | 4:00 pm | 4x400 Meter Relays |
| 4:30 pm | Discus Throw | *4:30 pm | Bar B.Q. Dinner (Officials & Staff Members Only) |

Entry form (please print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age _____ Date of Birth _____ Sex: F _____ M _____

Club Affiliation _____ 1993 USA-T&F No. _____

Events (1) _____ (2) _____ (3) _____ (4) _____

Amount Enclosed: \$ _____ Make checks payable to L.A. Patriots T&F

Mail To: Los Angeles Patriots T&F Organizing Committee '93
2301 Hyperion Ave., Suite P
Los Angeles, California 90027-4711 (213) 662-1062
Attn: Meet Director Marv Thompson (USA T&F/ALPOC).

WAIVER

IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I INTENDING TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST CERRITOS COMMUNITY COLLEGE, THE LOS ANGELES PATRIOTS TRACK AND FIELD COMMITTEE, USA-T&F, THE MEET DIRECTORS AND ALL SPONSORS OF THE TRACK AND FIELD MEET, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM AND WHILE PARTICIPATING IN THE USA-T&F WEST REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS '93 AT CERRITOS COMMUNITY COLLEGE JULY 31ST AND AUGUST 1ST. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS MEET.

SIGNATURE _____ DATE _____



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

ATHLETE OF THE MONTH

My pick for Sorbothane's Masters Athlete of the month is Dr. Steve Robbins of Del Mar, Calif. At the John Ward Meet on April 24, he clocked 10.83 for 100 meters and 22.53 for the 200. Amazing for an athlete who is fifty years old.

I have been coaching and participating in track and field for many years. I've seen and known many great sprinters, but Steve is truly a technically perfect dashman. I am just trying to figure out a way to get him on my school's 4 x 100 meter relay team.

Both are pending M50 world records as well as 100% age graded for the 100, and a 99% age graded for the 200.

Steve has been a friend since we met at the indoor nationals in Columbus. We have shared training secrets, but I'm sure in the future I'll tend to use more of his training techniques than mine.

Michael Augeri

Middletown, Connecticut

(Robbins' performances were truly remarkable. However, Pete Mundle, World and U.S. Records Chairman, has not yet received any documentation of the marks from either Robbins or the meet director. — Ed.)

TRAINING ADVICE

David Amster's response (June) to my article on "Repeat and Interval Workouts" (April) claims my methods are too hard on masters runners. But I really don't think we are very far apart.

My article offers several caveats to do the hard intervals "when you can handle it." I said to "begin gradually; see how your body responds, and build up to it."

Amster makes one point which really disturbs me. He says: "For most masters, it's hard-easy-easy." What I don't like is someone telling a masters athlete that he or she has to take it easier. I don't know what most masters do, because they have not been surveyed. However, those masters athletes whom I know do their workout schedules on a one-week cycle basis. You can't fit a hard-easy-easy schedule into that.

For example, if you race on Saturday, you would have easy days on Sunday and Monday with the next hard workout on Tuesday. Then Wednesday and Thursday are easy days. Okay, coach, what do I do now? Do I go hard on Friday, or do I take the day off?

How competitive can one be with only one hard workout per week? This may be okay for a taper, but what about early in the training season?

I submit that any masters athlete who is using the hard-easy-easy approach to training when their body is capable of doing more is not reaching their maximum potential.

I have no problem with anyone who uses this routine or who goes easy-easy-easy. The main thing is that they are doing something.

I do have a problem with those who do not want to do the work and then

complain when they do not improve.

*Ross Dunton
Brea, California*

VISALIA MEET

Very few athletes showed up to take part in one of the finest meets I've attended in a long time — in Visalia, Calif., May 22.

Bob Higginbotham had custom medals, ribbons, and T-shirts that matched the medals. The facilities were wonderful and an incredible community supported the meet.

I hope it becomes an annual event. It's well worth the trip. Every event was sponsored. There were more officials and assistance than in any meet since the Nationals.

My only request is that an extension be put on the back of the discus ring as has been done with the shot put ring.

*Janet Wilson
Costa Mesa, California*

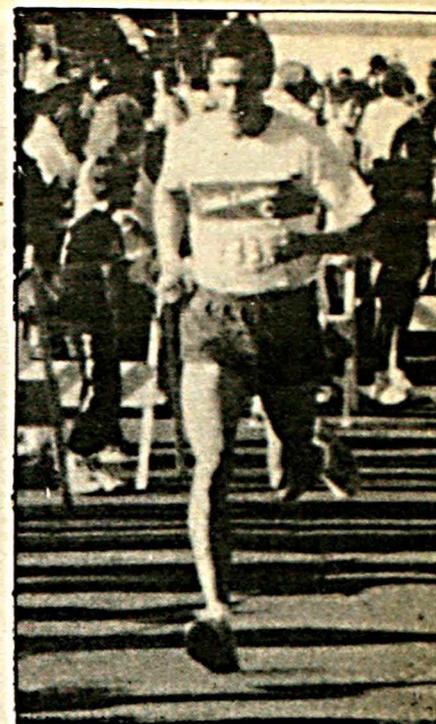
To all masters athletes who want good meets: you missed a great little event in Visalia. Facilities, weather, officials, and local support were outstanding.

Visalia is about four hours from both the San Francisco Bay area and Los Angeles. My compliments to the Visalia Community Hospital, Visalia Sports Committee, and all the sponsors for a fun and competitive day.

*Jim Hart
Walnut Creek, California*

THROWERS' FORUM

If there are throwers out there who would like to hear more about our events and would like to contribute some of their views, please let NMN know.



Atlanta's Lloyd Boone finishes 3rd master overall and 1st M40 (16:25) in the National Masters 5K Championships.

Photo by John Pearsall

I've agreed to coordinate such an effort and to write an occasional column in NMN for throwers.

Would anyone like to see more published age-graded performances? I would like to see age-graded results used at all meets. The throwers fare quite well against the runners based on age-grading.

Please let me know what your interests are regarding the throwing events. I will try to put them all together for what should be an interesting column.

*Larry Stuart
23226 Dune Mear Road
Lake Forest, CA 92630*

AGE-GRADED NATIONALS

Here are a few corrections to my "age-graded" winners of the 1993 U.S. Nationals (May NMN, page 15).

1) The women's best age-graded shot putter should read Joann Grissom, at 47-7.

2) While Tom Gage topped the men's shot putters, his age-graded

Continued on page 5

NATIONAL MASTERS NEWS Subscription Form

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CZZMN

Twelve Join NMN Sustainers

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

Special thanks this month go to:

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Continued from page 4

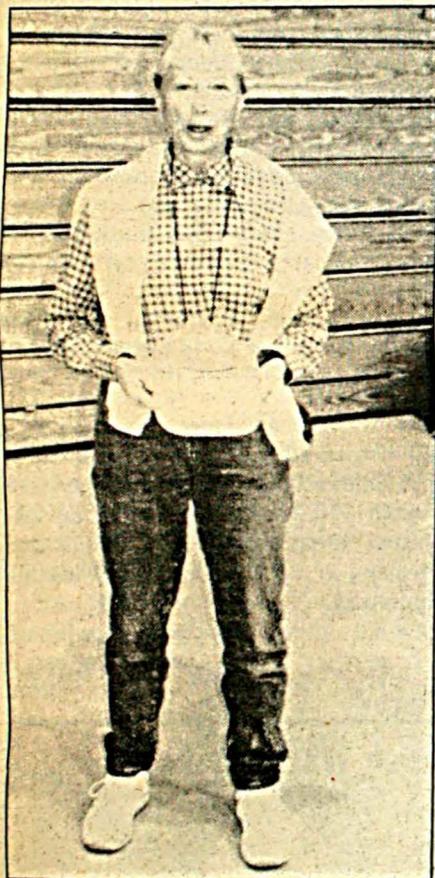
throw was actually 60-5 (90.3%).

3) The 3000 racewalk winner should have read Viisha Sedlak at 14:16 (86.5%).

We also calculated winners in the hurdles, dash, and weight throw. Using the same age-factoring as in the 100 and 100 hurdles, Phil Mulkey, M60, and Phil Raschker, W45, were best in the hurdles, while Steve Robbins, M50, and Raschker were tops in the 60m. Tom Gage and Sal Polk easily led all weight throwers.

The age-graded "championships" included only Americans, but let's give some well-deserved credit to the outstanding performances of Canada's Harold Morioka, M50. His 60, 200, and 400 would have age-graded to 6.64, 20.76, and 44.94, respectively — the fastest of all the sprinters.

*Phil Mulkey
Marietta, Georgia*



Mavis Lorenz of Montana, top-ranked W65 in the javelin in 1992, at the USATF National Masters Indoor Championships, Bozeman, Mont.

NMN/Jerry Wojcik

WEIGHT EVENTS

I have discussed implement weights with a number of top weight-pentathlon men over the years: Carl Wallin, Tom McDermott, Stan Herrman, Len Olson, Ed Hill, Brian McKenna, and Pay Carstensen. All are for maintaining the top weights the athletes at each age can handle.

A recent protestor expressed dismay at our last Holiday Weight Pentathlon over the light 3K, 20# and 16# weights being used. I long took pride in throwing all Olympic weights through my 60s wherever possible.

As Bob Stone says: "It isn't supposed to be easy."

*Phil Partridge
Boynton Beach, Florida*

RICH MAN, POOR MAN

Wouldn't it be nice if the best masters athletes competed at the big meets. Now, it's mostly the rich competing.

There are so many great athletes in the world who are unable to participate for financial reasons. Why not have regional meets where these athletes can compete and be rewarded with a trip to the Nationals or the World Championships?

That's what they do in the open USATF Championships. Why not the masters?

*Jeff Hlinka
Brecksville, Ohio*

**Ten Years Ago
July, 1983**

- Norm Green, 50, Becomes First 50+ Runner Ever to Win a National Masters Championship Road Race, Setting a New M50 Mark of 1:05:50 for 20K. (The record still stands.)
- Dan Conway Wins Second Straight Cotton Row 10K Title in 31:18.
- Joyce Smith, 45, Wins Avon Marathon in 2:34:39.
- 25,923 Finish Lilac Bloomsday 7.5 Mile Run.



Trudy Branderhorst finishes as first female (18:54) in the National Masters 5K Championships in Anchorage, Alaska, April 24.

Photo by John Pearsall

HENRY LASKAU

The great Henry Laskau rates as a track and field all-time Hall-of-Famer. He literally walked out of Hitler's Germany to begin a new life in the USA. He became the greatest racewalker the USA has ever seen.

Now 76, Henry has never stopped serving his sport. He's a champion coach, official, and judge. For nearly 40 years, he has been my own role model and hero. He's number one.

*Elliott Denman
West Long Branch, New Jersey*

**USA Track & Field
Minnesota Masters
Outdoor Championships**



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RELAYS**

July 25, 1993

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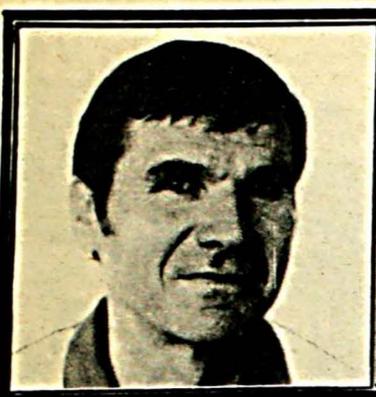
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Third Wind

by Mike Tymn

The Yin & Yang of the Boston Marathon

It was recently reported that the women's committee of the International Amateur Athletic Federation is recommending greater parity in amateur sports, especially in the area of distance running. One of the recommendations is that prize money should be the same for women as it is for men.

The last time I offered comments on this subject, about six or seven years ago, I almost got clawed to death. I was called everything from a bully to a male chauvinist pig.

As I said then and as I'll say again, I'm all for equality. Heck, under regression by my hypnotherapist not too long ago, I wandered off into some past life as a woman. I was nothing more than a harem girl, sold at age 13 to a sultan and abandoned at 19 to the streets of Baghdad to live in prostitution and poverty until I died of starvation at 28. I also lived a life as a 19th century female domestic in England, and going way back, as a cavewoman frequently clubbed by her mate. So I don't need to be lectured on how deprived women are or have been. I've been there.

Greater Opportunities

I'm heartened by the greater opportunities given women over the past dozen or more years. I'm disheartened when guys like Ken Mueller, my

Boston correspondent, come out and say that we've gone way beyond equality.

Mueller gripes that the prize money awarded to the top finishers in the Boston Marathon is not distributed in an equitable manner. The first 15 male finishers and first 15 female finishers receive exactly the same amounts, from \$65,000 each for the first male and female finishers to \$1,500 each for the 15th place finishers in the two categories.

Mueller points out that the men outnumbered the women by about four to one, reason enough, he feels, to have more money allocated to the men than the women. He also takes note of the much greater depth among the men — about a six-minute difference between the first male and the 15th male compared with nearly an 18 minute spread between the first female and the 15th female.

"It's not fair," says Mueller, 56, one of the top age-class competitors in the

country for the past 16 years and a standout New England open competitor before that. "We're not talking parity. We're talking paranoia. I don't even understand why they have a separate division for women at all. Doesn't equality in everything else mean no separation?"

My Lives as a Woman

Recalling my lives as a woman, I tried to think of reasons to give Mueller to prove to him that he was way out in left field. I suggested that equality was not to be found in numbers but in the quality of the performances. I proposed that we use the handicap charts formulated by the World Association of Veteran Athletes to put all men, women, and age-class competitors in the 1993 Boston Marathon on the same footing. The handicaps are pretty much based upon world records but with some fine tuning for records that are soft.

Mueller took me up on it, so I got out my WAVA tables and my calculator. Here's what I found after handicapping all of the top male, female, and age-class competitors:

- The first four male finishers — from Kenya's Cosmas N'Deti at 2:09:33 to Japan's Hiromi Taniguchi at 2:11:02 — held their places.

- Russia's Olga Markova, the top female finisher, moved up from 41st overall to 5th overall. Markova's actual time was 2:25:27 but was adjusted to 2:11:03 after applying the handicap.

- France's Jean Charbonnel, the top 40-49 male finisher with a 2:17:44, moved up from 19th overall to 6th overall. His adjusted time was 2:11:40.

- Kim Jones, the second-place woman, finished 16th with her handicap (2:30:00 adjusted to 2:15:08), while Carmen De Olivera, the third-place woman, wound up 22nd (2:31:18 adjusted to 2:16:18).

No other woman placed in the top 30 finishers. Thus, had prize money been dished out to the top 30 finishers overall after applying the handicaps,

27 men and just three women would have cashed in rather than 15 men and 15 women.

Mueller gave me a rather smug look after we finished our handicapping. My ancient and deep-rooted feminine instincts — the yin, as the Chinese call the feminine side of the individual — was in control of my yang (male) side and I wanted to scratch his eyes out. But the yang side, from which I reason more logically, prevailed and I had to admit that I was wrong.

Perhaps I could have argued with the handicap standards, but having been part of the committee that developed those tables I know that they are very fair and equitable.

Proof of Boston Unfairness

Mueller took the handicapped results from me and said he was going to send them to Boston Marathon officials as proof positive of their unfairness. He added, however, that he was not optimistic the officials would do anything about it, mentioning that some of them had already acknowledged the inequity that exists in the prize structure but had said that the situation was "too political" for them to change. Mueller interpreted that to mean that the predominantly male officials were too wimpy to take on the ladies. Either that, he said, or they prefer catering to the opposite sex over some foreign males.

Here are a few other findings from my handicapping of this year's Boston Marathon:

- Bernadini Portenski of New Zealand, the top 40-49 female, finished 34th overall. Her 2:41:18 was adjusted to a 2:18:18.

- After Charbonnel, the next five 40-49 men all finished in the top 30.

- Oddvar Hausken of Norway, the men's 50-59 winner, finished an adjusted 42nd overall, his 2:38:57 improving to a 2:21:53 after applying his handicap.

- All other age-division winners

Continued on page 7

Honolulu Marathon Handicapped

Like the Boston Marathon, the Honolulu Marathon awards equal prize money to the top male and female finishers — \$10,000 for first down to \$1,000 for fifth place. Had the 1992 Honolulu Marathon awarded prize money to the first 10 places on a handicap basis, only one woman, not five, would have cashed in. In fact, Carla Beurskens, who gets an added handicap for being 40, would have placed first overall, followed by nine men.

Lisa Weidenbach, the second woman finisher, places 12th with her handicap. Had Beurskens been under 35, she would have finished fourth. Here are the adjusted results:

| P1. Runner | Division | Time | Adjusted Time |
|------------------------------|----------|---------|---------------|
| 1. <i>Carla Beurskens</i> | F 40-44 | 2:32:13 | 2:10:25 |
| 2. Benson Hasya | M Open | 2:14:19 | 2:14:19 |
| 3. Cosmas N'Deti | M Open | 2:14:28 | 2:14:28 |
| 4. David Tsebe | M Open | 2:16:45 | 2:16:45 |
| 5. Myung-Hak Cho | M Open | 2:18:23 | 2:18:23 |
| 10. Sun Chun Lee | M Open | 2:20:03 | 2:20:03 |
| 11. Abel Horanga | M Open | 2:21:44 | 2:21:44 |
| 12. <i>Lisa Weidenbach</i> | F Open | 2:38:51 | 2:23:06 |
| 13. <i>Rittva Lemetinnen</i> | F Open | 2:39:21 | 2:23:36 |
| 20. <i>Jenny Ward</i> | F Open | 2:44:46 | 2:28:04 |
| 27. <i>Hiromi Goto</i> | F Open | 2:47:26 | 2:30:49 |

1993 Boston Marathon Finish With Handicaps

| Runner | Division | Time | Adjusted Time |
|--------------------------|----------|---------|---------------|
| 1. Cosmas N'Deti | M Open | 2:09:33 | 2:09:33 |
| 2. Kim Jae-Yong | M Open | 2:09:43 | 2:09:43 |
| 3. L. Swartbooi | M Open | 2:09:57 | 2:09:57 |
| 4. H. Taniguchi | M Open | 2:11:02 | 2:11:02 |
| 5. <i>Olga Markova</i> | F Open | 2:25:27 | 2:11:03 |
| 6. J. Charbonnel | M 40-44 | 2:17:44 | 2:11:40 |
| 7. Sanny Lelei | M Open | 2:12:12 | 2:12:12 |
| 8. Hark Plantjes | M Open | 2:12:39 | 2:12:39 |
| 9. B. Herande | M Open | 2:12:50 | 2:12:50 |
| 10. S. Bernadini | M Open | 2:12:56 | 2:12:56 |
| 14. Joseph Nzau | M 40-44 | 2:20:37 | 2:14:25 |
| 16. <i>Kim Jones</i> | F Open | 2:30:00 | 2:15:08 |
| 18. Luis Lopes | M 40-44 | 2:21:33 | 2:15:19 |
| 22. <i>C. De Olivera</i> | F Open | 2:31:18 | 2:16:18 |
| 23. Doug Kurtin | M 40-44 | 2:22:57 | 2:16:39 |
| 24. Takeshi Soh | M 40-44 | 2:23:08 | 2:16:50 |
| 27. P. Gschwend | M 40-44 | 2:23:38 | 2:17:19 |
| 34. B. Portenski | F 40-44 | 2:41:18 | 2:18:18 |
| 42. U. Hausken | M 50-59 | 2:38:57 | 2:21:53 |

Third Wind

Continued from page 6

finished well down in the standings. For example, 60-69 winner Sam Smidley with an actual time of 3:03:00 improved to 2:32:33, while Margaret Betz, the 50-59 women's winner at 3:28:23 improved to 2:36:29, and Joyce Smith, the 60-69 women's winner at 4:21:12 improved to 2:53:15 after handicapping.

Yang Prevails

So much for the yin and the yang of this year's Boston Marathon. I was disappointed to find the yang prevailing by so much. It was so traumatic to the yin side of me that I had to see my therapist again. Since we often find

that problems in this life are a result of traumas in past lives, my therapist took me back again to my life as a harem girl. It was then that I discovered that Mueller was that sultan whose concubine I became. He did it to me once and I let him do it to me again. How much can a soul take?

The theory of reincarnation holds, however, that we incarnate over and over in order to overcome our faults and bad habits. Therefore, I'm sure that Mueller will find out in a future life what it's like to be a woman. Then again, maybe he's learning his lesson in this life, since he's now on the side of the victims. □

Cotton Row is Deja Vu Again

by JIM OAKS

HUNTSVILLE, Ala. — If Yogi Berra had been at the WZYP Cotton Row Run 10K, May 31, he might have repeated, "It's deja vu all over again." For in the masters races the winners had indeed been there before.

Back in 1990, when Earl Owens and Nancy Grayson had just moved into the masters division, they won their first titles on the tough Cotton Row course that features a slight climb for the first two and a half miles then is accented with Mountain Wood hill, a steep climb just before the three-mile mark.

That year Owens broke Herb Lorenz's ten year old record of 31:09 with a 31:05 win, overtaking and passing Canadian Ken Hamilton on "Mt. Wood." Grayson won that year in 36:27, at that time the second fastest female masters performance on a course that Judy Fox Eddy had run in 35:37 in 1982.

This year both Owens, winning in 31:59, and Grayson, first in 37:19,

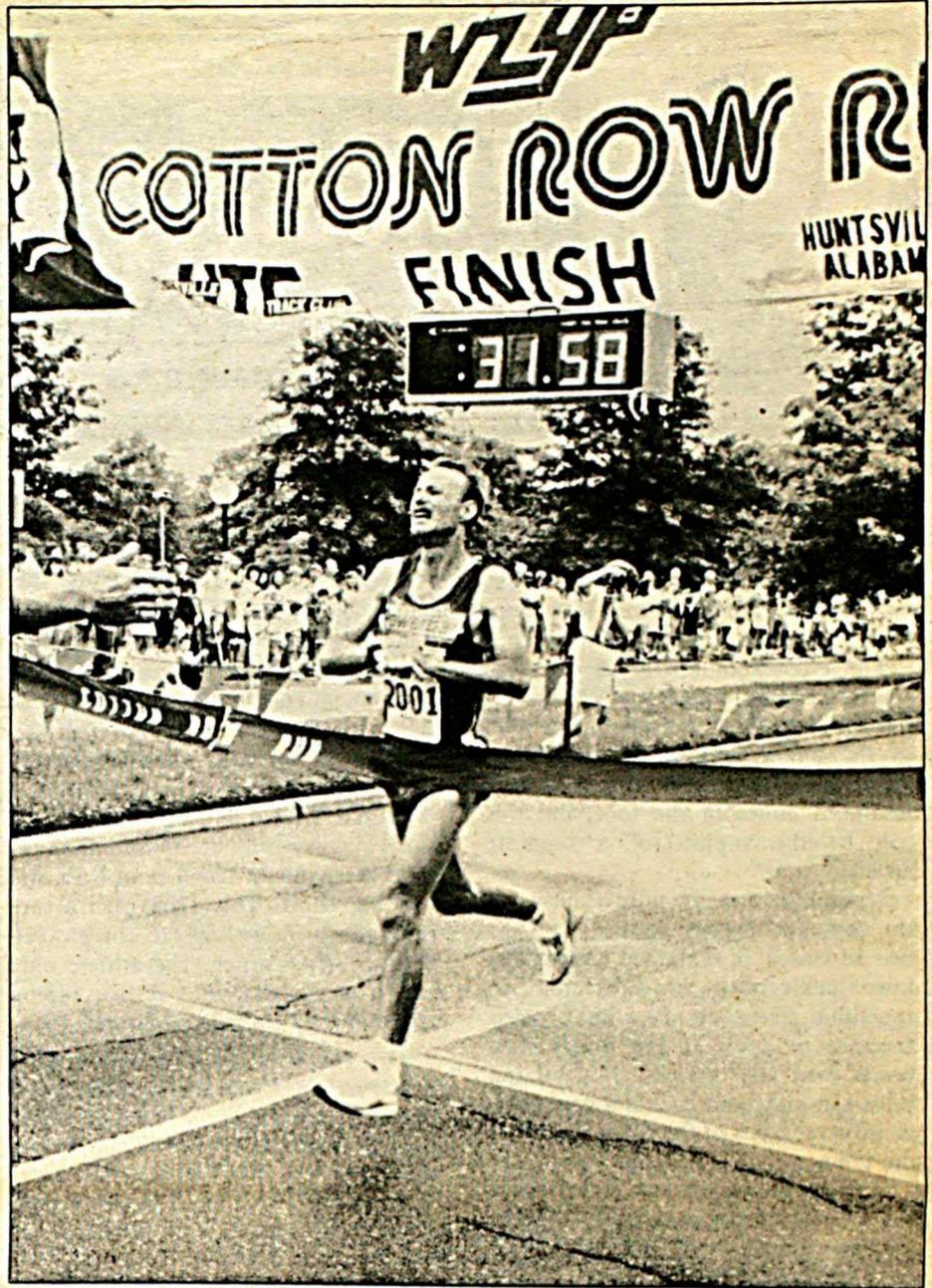
were unchallenged on a muggy Memorial Day, with humidity close to 100% after a hard shower 15 minutes prior to the 8 a.m. start time.

"I thought I could get the record back today," Owens said after the race. (Englishman Mike Fromant broke Owens' record with a 31:01 last year.) "I have been running about as well this year as I was back in 1990, but the weather was just a little too much today to break 31 on this course."

Owens won \$750 for his winning effort. Second and \$500 went to Jim Scheckel of Atlanta who ran 34:21 to edge another of the south's top masters, Nash Jimenez of Jackson, Tenn. (\$300, 34:31), and Atlanta's Wes Wessely finished fourth (\$200, 34:44).

The only other master breaking 35 on this humid day was the venerable, and now 50-year-old, Don Coffman of Frankford, Ky. Coffman took fifth in 34:51 to earn \$100.

Coffman, always a tough competitor at any distance, commented that he recently became responsible for a



Earl Owens wins 1993 WZYP Cotton Row Run.

Photo by Charlie Scott, Huntsville News



Four of the top five female masters at 1993 WZYP Cotton Row Run. L to R: Barbara Filutze, Catherine Lempesis, Judith Hine, and Susann Pierce.

Photo by Jim Oaks

major education project for the State of Kentucky where each classroom in the entire state will be networked by computers with a goal of one computer for each six students.

"I've been working some pretty long hours on this recently," Coffman said. "We have to show the State Legislature we are progressing satisfactorily so they will appropriate the funds to continue. I have still been able to get in some mile repeats on grass, but racing has not been at the top of my list of priorities lately."

The female masters field was of higher national quality than the men's, including four of last year's top 11 female runners as ranked by *Runner's World*.

Not only did National Champion Nancy Grayson come back to defend her title, but No. 2 Barbara Filutze, No. 7 Catherine Lempesis, and No. 11 Judith Hine made this one of Cotton Row's all time best female masters fields.

Grayson took the lead early and was again unchallenged on a course where she had completely dominated the competition for the past four years. Her winning time of 37:19 was good enough for 7th overall in the female competition. Grayson earned \$750 for

the win.

This was the fourth straight Cotton Row title for Grayson, who set a new women's 40+ course record last year in 35:34. Along with her 35:45 in 1991, she has now run three of the top four female master times on this tough course.

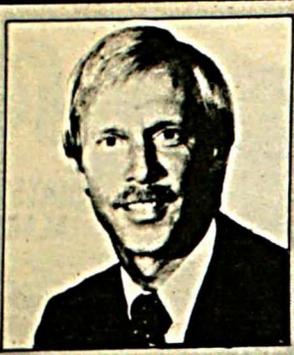
Filutze continues to run tough at age 46. After entering the masters division in 1986 when she was ranked 7th among female masters road racers by *Runner's World*, she had followed with national rankings of 2nd (87), 1st (88), 11th (89), 3rd (90), 4th (91), and 2nd again last year.

This year Filutze returned to Huntsville for her second Cotton Row Run, and finished second in 38:12 to take \$500. Catherine Lempesis, a high school track and cross country coach from South Carolina, won the battle for third (38:30, \$300) over New Zealand native (now residing in Atlanta) Judith Hine (38:35, \$200). Mobile Al, resident Susann Pierce was fifth (\$100) in 40:37.

A noteworthy performance among the masters was Huntsville Track Club's own Malcolm Gillis who won the 60-64 division in 39:17.

Susie Kluttz of Winston-Salem, NC

Continued on page 8



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Stress Fractures

Stress fractures in runners are really manifestations of overuse injuries. Running too far, too fast, on hard surfaces in poor training flats can cause this type of injury. By *stress* fracture, we mean a thin crack or partial fracture of a bone, as compared to *gross* fracture, where the bone cracks completely through.

The most common areas of stress fracture in running athletes are the inside of the tibia, the fibula in the area of the ankle, and in the metatarsal area. (Fractures also occur in the sesamoid bones of the foot, but this will be the subject of a separate article.)

Stress fractures typically occur when the foot and leg are subjected to excessive stress, as explained above. The lower extremity is subjected to repetitive stress, resulting in a stress fracture or crack in the bones. Leg bones may also fracture if a tendon pulls too hard and causes a periostitis or inflammation of the outer cortex of the bone.

Certain biomechanical deformities that inhibit proper weight distribution can also cause stress fractures. The most famous is "Morton's toe," which is an elongated second metatarsal. If it absorbs excessive weight, it can also fracture.

Symptoms are usually quite pronounced. There is a sharp, unrelenting pain in the area of the fracture. It will be tender to the touch, and the foot may also become very swollen. A stress fracture may not show up on x-ray for several weeks after the break occurs. If a stress fracture is suspected, a bone scan is the most accurate method of diagnosis.

Unfortunately, in the running community, athletes tend to try to train through the fracture, and a mild periostitis may develop into a complete fracture.

Athletes with high-arch feet are more prone to stress fractures than are those of normal foot configuration or those with low-arch feet. The high-arch foot is a poor shock absorber.

Obviously, prevention is the best mode of treatment. Use a well-cushioned, shock absorbing shoe. Avoid hard running surfaces such as concrete. Stretch properly. For those with biomechanical deformities, the use of a shock absorbing orthosis is recommended.

If you suspect a stress fracture, confirm it by x-ray or bone scan. If there is an overt fracture of the tibia or fibula, you will need to be in a cast for three to six weeks. Recovery usually takes six weeks, plus an additional two weeks of

post-cast therapy and muscle strengthening. Muscles will atrophy in the cast and will need to be strengthened prior to returning to athletic activity.

With a stress fracture of the metatarsal, you may only be immobilized for three weeks in an Unna Boot Cast and walking shoe. This type of fracture responds well within the three week period. After which, the athlete may return to activity with proper taping and a limited training program. □

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

Big Sur Marathon and 5K Draw 7000

by JERRY WOJCIK

Byrle Smallen, 45, of Agoura, Calif., was first master to finish in the Big Sur Marathon, Carmel, Calif., on April 25, in 2:46:22. Diane Henderson, 44, of Salinas, Calif., was the masters women's winner with a 3:33:56.

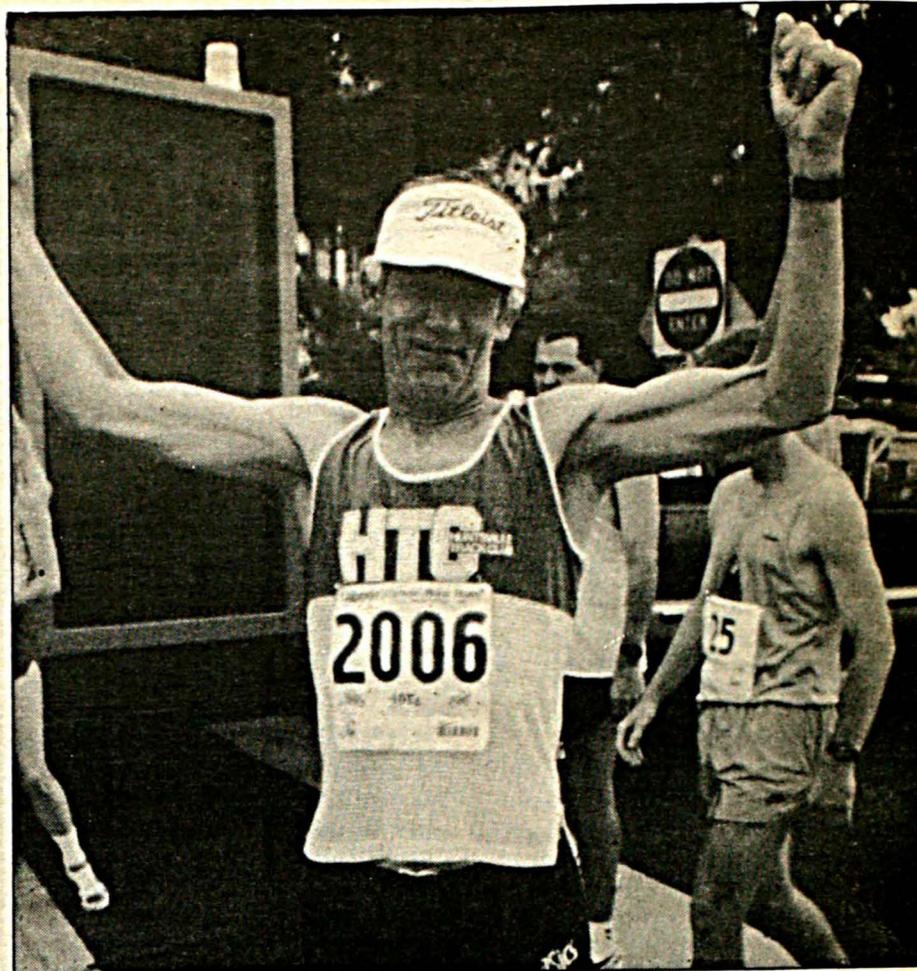
Runners-up were Charlie Freeman, 42, Mountain View, Calif., in 2:49:09, and Kathy Regelin, 40, Flossmore, Ill., with a 3:36:27. Betty Jean McHugh, 65, North Vancouver, B.C., placed with the leaders with a W65 winning 3:51:44.

In a companion 5K, studded with masters stars, Domingo Tibaduiza, 43, Reno, Nev., took M40+ honors in 15:14, while Patricia Fanelli, 40, Mill Valley, Calif., eked out a W40+ win by edging Shirley Matson, 52, Moraga, Calif., both timed in 18:32.0.

Sal Vasquez, 53, Alameda, Calif., took the M50 race (16:35) and Joe King, 66, Alameda, Calif., won the M65 contest (20:20).

Vicki Bigelow, 57, San Lorenzo, Calif., in 21:34, and Els Tuinzing, 71 Mill Valley, Calif., with a 33:09, were other division winners.

Marathoners and 5K runners joined walkers and volunteers for a total of 7000 participants under perfect weather conditions. □



Is this man happy to be 50? Don Coffman prior to the start of the 1993 WZYP Cotton Row Run. Photo by Jim Oaks

Cotton Row Run

Continued from page 7

also had a good performance in winning the grand female master (50+) title in 44:48.

This year, in an effort to keep the race on sound financial footing without raising entry fees, the Cotton Row race committee eliminated travel and hotel expenses for both open and masters runners. By retaining the same prize money structure that has been in effect since 1987, the race still drew

outstanding open and female masters fields. The only noticeable difference was in the male masters field which did not have as many entrants from outside the southeast as in the past.

Total entrants in the race were up slightly to 1970 this year. The race continues to be a significant Memorial Day event for most runners in north Alabama and for many serious runners in the southeast. The race's primary sponsor for the past five years has been radio station WZYP. □

Same Racing Faces? Hit the Road, Jack

by MAURY DEAN

Cranking up the ol' Chevy wagon, I once again zoom westward ho, off Long Island, vagabonding over the Verrazano Bridge, past the semi-gorgeous Staten Island Dump, and on to the Mainland — cruising for a road race in the wilds of America. Specifically, New Jersey. Maybe even Philadelphia. If you're like me, you've been racing the same faces for over 15 years. You may go 30 miles to a race, and they're all there, again.

Sure, you may go broke lavishing bridge tolls and turnpike taxes, but it's worth it. You go to a new race. New terrain and people. Local running clubs.

Recently, I ran a nifty three easy miles (too bad it was a four miler) at Buzz's Tavern, Mt. Holly, N.J., a Revolutionary War town sporting a state-of-the-art 1808 jail. John Mylius, 49, ran a fine 23:40 to serve notice to the half-century runners of the Philly

area that he will soon be there. Fun run, this, replete with teams of potbellied, brew-chugging bar teams which required at least one pack-a-day smoker.

Another local race worth traveling to was Brainard's Country 5K, Harmony, N.J., featuring a nice downhill the first mile, rolling little uphill past a pig farm the second mile (Long Island has duck farms only), and a canter past a latent cornfield down the pike from the firehouse. There's a bus to take you back, but most of the sports jog back.

Local masters Ron Rounsaville (42, 16:45) and 50-year-old Bill Hagman (17:35) celebrated the spring, while this writer was first M40+. Female master Jodie Mack (21:31) outdueled Kathy Koberlein (21:36) to cinch the 40's, but the big masters news was Sylvia Atkinson's super 20:49 victory, so that both masters winners were half-a-century young. □

Larrieu-Smith Breaks U.S. 10K Road Record

Continued from page 1

had felt that a top-five finish was realistically possible, but it just was not to be. "I had hoped this winter to train and to go after the masters world records, but, believe me, I'm happy with the U.S. masters record. I never thought I'd be happy with 13th place. I wish I'd been up there with the leaders, but it didn't happen." The winner was 20-year old Tecla Loroupe of Kenya with a time of 32:30 (5:15 pace).

The Advil Mini Marathon, in its 22nd running, is a women-only race which attracted 5500 runners this year. It is not by any means the largest women's race — Stockholm has a women's event with 36,000 participants and Norway has a similar race with 42,000 participants — but the New York City event is the oldest and most prestigious in the U.S. This was one of the events developed to show the International Olympic Committee that women were capable of running a qualitatively good and competitive race at this distance, at a time when the Olympic decision-makers felt that women were unable to run endurance events and should be confined to short distances.

Incidentally there were as many

women from Sweden in this year's race as there were from Connecticut — 150. And there were a number of top runners in this year's field over 30 years old, still running very competitively in the open division, including third-place finisher, Australia's Lisa Ondieki. Ondieki wryly referred to her age by saying, "The (winner's) surge...it was either an uphill or a downhill. I can't remember. My memory's not good...I'm 33 years old, ran approximately 5:04 and she (the winner) must have been really fast. I timed it, because I wanted to know if I was feeling terrible or if she was running really fast. She was running *really* fast."

Among other personalities in the race was Ruth Ryan (Mrs. Nolan Ryan) who was awarded race-bib number 34 by the New York Road Runners and 51-year-old Evy Palm of Sweden, world-class masters runner who finished first in her age-group in 39:19. The oldest participant was Sally Berkman (85, Roosevelt Island, NY) and the youngest was Diana Bonacci (6, Hartsdale, NY). Road Masters fielded an over-40 team with ages ranging from 42 to 54 and placed 7th among the teams (pace ranging from 6:51 minutes/mile to 7:08). □



The Faerber Flyers at the Windward 5K and Half-Marathon, Kailua, Hawaii, May 16: front row (l to r) Peggy Regentine, W40; Emiko Soto, W60; Barbara Zamparelli, W60; Mollie Chang, W60; Margaret Lee, W70; Grayce Miji, W70; standing (l to r) Melody Grigsby, W40; Lynn Masuyama, W45; Mary Kawahara, W55; Sharon Callihan, W50; Joanne Robinson, W50, and Joan Davis, racewalker.

Photo by Tesh Teshima

Long Island Newsday Races

by MAURY DEAN

Many major Long Island races are featuring masters medals galore, whomping the younger generation in a fantastic fusillade of fast feet. In the mammoth *Newsday* half and full marathons on May 2, America's frequently largest half (5200 this year) featured two 40-44 superstars in the top ten — Jerry Miller (1:13:51) and Alan Oman (1:14:11) — and they barely outkicked 41-year-old Chris Webber (1:14:45). Fine efforts on a somewhat sultry, slightly breezy day.

Nancy Grever, 43, took ninth with a 1:28:43.

In the marathon, Jay Satenstein, always a top competitor, won his first giant masters victory with a 3:06:59 in the M45. Colin Harris, 65, bested a fine M60 wave with his 1:34:12, while Mel Cowgill, 56, set the L.I. 55+ record with a 1:23:53. Maury Dean's

1:19:10 was the second-best 50+ ever (Gary Muhrcke, of NYC, who won the first NYC Marathon in 1970, ran a 1:17+ here in 1991).

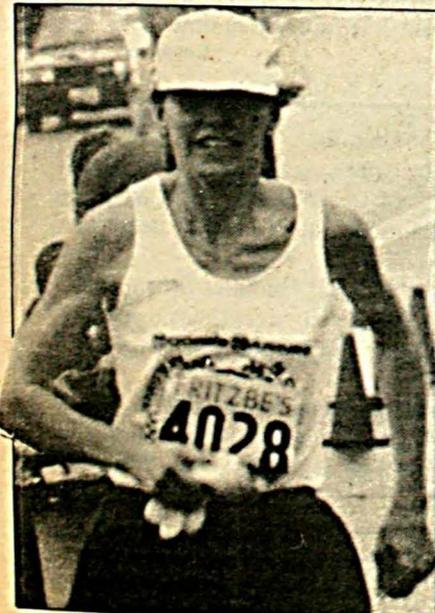
Kudos, also, to Laura Schay (47, 1:37:23), Plainview-Old Bethpage Club Veep Julie Shapiro, second W55, and Mel Gough, 58, who was 45th overall with a nifty 3:11:43. □

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.



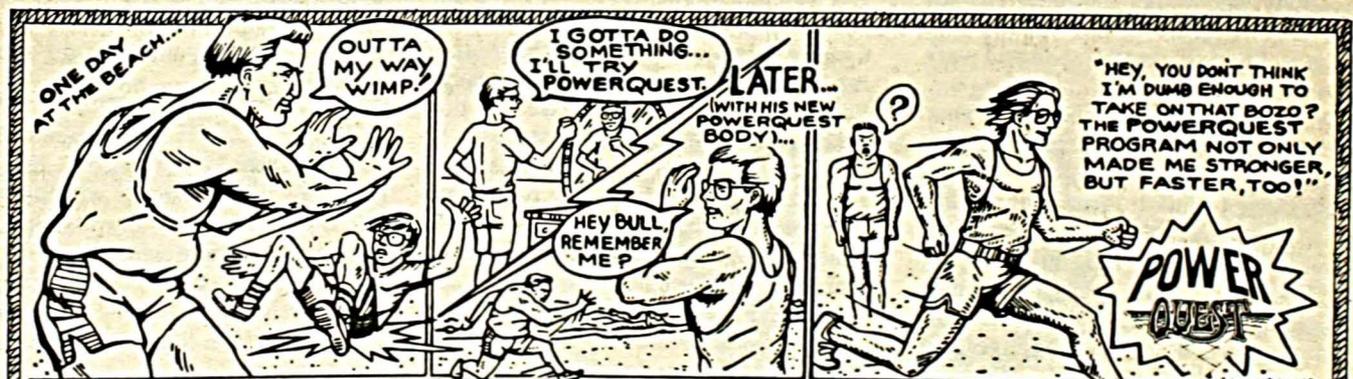
W65s Pat Peterson and Leonore McDaniels, resting between events at the National Masters Indoor Pentathlon in Murfreesboro, TN, Feb. 19. It was the last competition for Peterson before the return of cancer sidelined her once again. She is now undergoing bone-marrow therapy and would love to hear from friends far and wide, at Strong Memorial Hospital, 601 Elmwood Ave., Rochester NY 14642.

Photo by Russ McDaniels



Rose Malloy, Annapolis, Md., first W40+ (39:26), Fritzbe's 10K, Rockville, Md., March 28.

Photo by George Banker



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MASTERS RACEWALKING

by ELAINE WARD

Masters Rep — Bev LaVeck

(Bev LaVeck, 57, is racewalking's national rep to the USATF Masters Track and Field Committee. A holder of more than 30 single-age U.S. racewalking records, and an ultra distance walker at heart, it is not surprising that Bev holds an unofficial world open record in the 100 miles (21:42) and an official open track record in the 100K (11:56). Less well known is Bev's ongoing work validating masters RWing records and updating RWing's Age Graded Tables. Masters are indebted to this very special lady and the statistics she keeps.)

EW: Bev, how do you feel about all your records?

BEV: I don't want to sound cavalier about them, but the races that I feel the best about are not necessarily those that I set records in. The races I look back on the most fondly and am the most proud of are those where I became closely and forever bonded to the other competitors. Both the 100K and 100 miler were like that.

EW: You must be very strong to enjoy the ultra distances?

BEV: I learned a hard lesson in the 100K. I entered the 100K with the intent of going for a 50K record and dropping out. When I finished 50K, I had missed the record by about one minute and was so bummed out that I decided to stay in the race and do the 100K. I did the race and got the 100K record, but I felt horrible afterwards. I mean really, really bad, much worse than after the 100 miler. The message was clear, "You don't do things you are not trained for!"

After the 100 miler, which I had prepared for, I got another type of message. Thinking about all the training time involved, I decided that anybody who walks 100 miles has got too much time and really needs a job. So now I have a part time job and walk shorter distances.

EW: Have you noticed changes in your attitude towards training and racing in recent years?

BEV: Yes. I think it is more important to me now to make an assessment of how I feel, of what the status of both my body and my life are at a given moment, before embarking on really ambitious goals. When I was younger and racing the ultras, I was a real mile junky. I kept high mileage all the time. I was always ready to race, but never raced really well because I was trying to be in condition for every imaginable distance.

People who have been in racewalking for a long time seem to take a longer view of things. They are more patient and less hard on themselves. They take their training more in stride and are satisfied with what works for them, and how to best preserve their

bodies and enrich their lives.

EW: You mean there are less "shoulds" and "musts"?

BEV: There is a little more common sense and self-awareness. The problems I continue to wrestle with are not overdoing it and accommodating injuries that have not been due to racewalking.

EW: How about your competitive plans?

BEV: I think the first thing I have to do is pay attention to how I feel every day, and not make a commitment to go to either Provo or Miyazaki until I feel that I am walking and training comfortably. At this point, I hurt from a two-and-one-half-month-old gluteal muscle injury. It no longer hurts so much that I can't racewalk, but it usually doesn't stop hurting until I am really warmed up, at about 5 miles, which leaves me a very brief window of opportunity for picking up the pace.

EW: How do you start training when you are coming off a bad injury?

BEV: Presently, I am walking at a rather pedestrian 12 to 13 minute mile for four to eight miles, three times a week.

EW: Do you do any other conditioning?

BEV: Last January, it was getting to be a chore to get out of bed in the morning because I was so stiff. I felt I really had to find something else to do besides racewalking all the time. So I enrolled in a water aerobics class and started a light weight lifting program. The water aerobics class meets three times a week for one hour and afterwards I lift weights for 20 to 30 minutes. I have been able to keep up these activities while I've been injured.

EW: What do you do specifically?

BEV: In the water aerobics class, half the people paddle a little and talk about their bridge hands, and the other half do not want to do anything over 45 seconds, so it's not very intense. But even at that level, working with water resistance can really start developing strength and it's fun. There's lots of pulling the water towards you or pushing it away, and pulling the water up or pushing the water down. In deep water, we hold closed empty chlorox

bottles in each hand as floats, run in place, do pendulum swings, peddle and kick. It is more a low impact strength building class than an aerobic conditioning class.

When I decided to lift weights, I went to an instructor for advice as I didn't want to get hurt. Always before I went at it too hard and ended up injured. I told the instructor I wanted to strengthen my quadriceps because racewalkers don't have very good quads. I also told her I wanted to strengthen my stomach, lower back, shoulders and chest. I have had the feeling that getting older affects my strength.

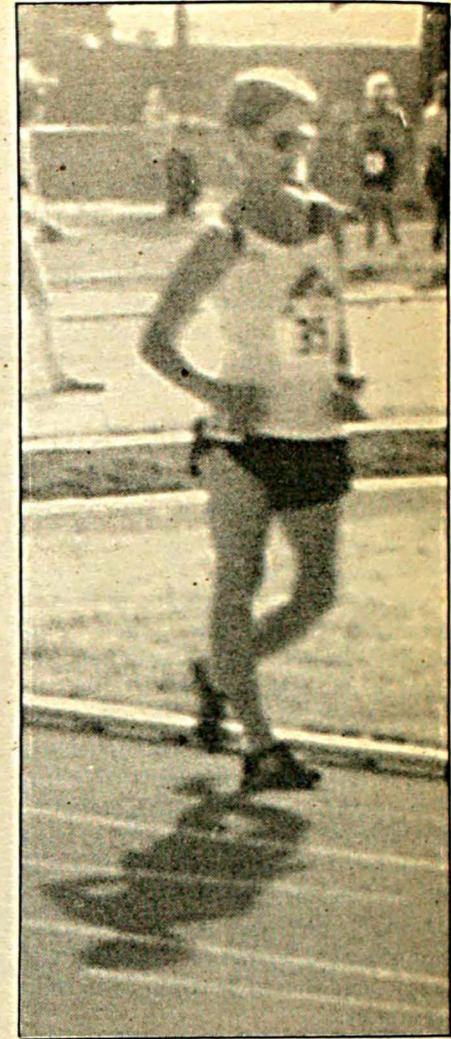
EW: Before you got injured, did you notice that the water aerobics and weight lifting were helping your racewalking?

BEV: I started having mile times and 3000 meter times that were faster than anything I had done in the last two years. I think it was a combination of not racewalking as much and building muscle. It is hard to say which made the most difference. I feel that going out and grinding out miles all the time is not the best way. It keeps you fit, but it is not the best way to increase performance.

EW: How will you train to get back into competitive shape?

BEV: First, I will start doing fartleks, anything from 50 meters to 800 meters, alternating brisk and slow for an equal time. I will never go as fast as I can, but simply pick up the pace so that I am aware that I am working. My main purpose will be to get the feel of changing pace and get the blood circulating. I will do this workout just about every time I go out, 3 to 4 times a week for 20 to 30 minutes in the middle of a walk that is about one hour long.

If these fartlek workouts feel pretty good, I will add some variety. One workout I like involves taking my best 5K time for the year and breaking it down to miles. For me this is a 29:30 5K or 9:30 mile. Then I add approximately 20 seconds to bring it to 9:50 or so. I will then sandwich a two mile stretch of 19:40 in a long walk. For example, I will go out and warm up for a couple of miles, do the next two miles at the 9:50 pace, and then do another



Bev LaVeck

slower two miles. Even if I was going to do a 10 or 12 mile walk, I would throw in 2 miles at that pace, never any faster. And like the fartlek workouts, I might do this workout four days in a row.

There is another workout that Gwen Robertson suggested to me that I tried and really liked very much. This is a track workout for VO2 Max, a variable pace workout where you alternate 400 meters at your 5K pace and 400 meters at your marathon pace. The marathon pace is about 12 to 15 seconds slower than your 5K pace. You do two or three sets of six with a 4 to 5 minute rest interval.

If I do this workout, I will warm up thoroughly. Then I will alternate 2:18 and 2:30 laps, three times each for 1½

Continued on page 11

Bev LaVeck Weight Program

- Quads:** Leg extensions, using 10# weights, work up to 3 sets of 10 repetitions. I now use 30# weights, and do 2 sets of 15 repetitions. If at any time my knee hurts at all when doing this, I stop immediately and, the next time, use a lighter weight.
- Shin, toe lifts:** I use a piece of equipment called "Hammer Strength." It seems to be especially designed for racewalkers. It strengthens the top of the ankle and shin muscles, but also stretches the anterior tibialis when I relax.
- Shoulders:** Lateral pull-downs, using 30#. Work up to 3 sets of 10 repetitions of (a) behind the head, and (b) in front to chest. For the front pull-downs, I've switched to a pull between mid-chest and my lap. This also works stomach muscles.
- Lower back hyperextension:** 3 sets of 10 reps using 20#. I now do 1 set using 30#, with arms folded in front of my chest.
- Arms:** Biceps curls, using 8#, sets of 10 reps. I now use 10#.
- Triceps:** Extensions, using 8#, 3 sets of 10 reps. Again, I now use 10#. Pushdowns, using 20#, 3 sets of 10 reps. I now do 1 set of 15 reps using 30#; then 3 sets of 5 reps at 40#.
- Stomach crunches** with variations.

San Diego to Host California Senior Olympics

by DAVID PAIN

Warren Blaney introduced the concept of a multi-sport Senior Olympics in Los Angeles in 1970. After several fruitful years, his program began to experience difficulties.

However, the idea was too good to die. Others stepped forward in the 1980s and revived the program, primarily in Florida and North Carolina. A national organizing body was formed which sanctioned the first Senior Olympics National Championships.

Early on, the organization ran into objections by the U.S. Olympic Com-

mittee (USOC) over the use of the word "Olympic." An agreement with USOC resolved this issue in 1990. The national body, now named the United States National Senior Sports Organization (USNSSO), is sanctioned by USOC as the designated masters multi-sport entity representing the U.S. Limited use of the name "Olympic" was authorized. The program is universally known, and referred to, as the "Senior Olympics."

Since then, USNSSO has sanctioned four national championships, which are held biennially. The 1993 event took place at Louisiana State Universi-



ty, June 12-18. Over 7000 participants, age 55+, competed in 14 sports.

The Senior Olympics differs from USATF in that everyone competing in the national championships must have first placed in a qualifying local or state meet. Beginning in 1994, every state will be required to have a chartered, non-profit organization which will promote the Senior Olympics statewide and organize state championships. Placing first, second, or third will qualify for the nationals. Currently, every state is conducting an active Senior Olympic program. Ten regional meetings are scheduled in California for 1993-94.

California formed its state organization in 1992 and has authorized the San Diego Senior Sports Festival (SDSSF) to conduct the 1993 and 1994 state championships. The 1993 championships are scheduled for September 17-26. Venues throughout San Diego County will be utilized for 27 sports. (See adjoining schedule of events.)

The showcase event will be track and field. The venue will be the excellent track stadium at University of California, San Diego (UCSD) in La Jolla, overlooking the Pacific Ocean. This is a world class 400m, nine lane track with exceptional spectator viewing. Being on the coast, the daily temperatures are moderate.

The two-day meeting will offer all track events through the 1500m and all field events including the hammer. Also scheduled are 1500m and 5000m racewalks and a 5K cross-country event which will start and finish on the track. Both the 4x100 and 4x400 relays are on the program.

Jim Cerveny, former head track coach at San Diego State University and an experienced track meet ad-

Sedlak Featured in L.A. Times

Viisha Sedlak, 44, of Boulder, Colo., six-time World Veterans racewalking champion and world masters 5K and 10K racewalking record-holder, was featured in a lengthy article in the June 13 Los Angeles Times Magazine (circulation: 1,350,000).

"Teaching racewalking is a spiritual mission for me," Sedlak is quoted by author Doris Fuller. "I feel like a doctor who can heal a broken arm. Racewalking offers a way to a better life. I can help almost anyone to walk better if they want to."

Sedlak holds racewalking camps two or three times a year. Her next one is July 1-4 in Boulder. For info, call 303-447-0156.

Masters Racewalking

Continued from page 10

miles. After resting, I'll do six more laps. At no point do I go all out. Gwen said never to do this workout during the week you are going to race and do it a maximum of every two weeks, preceded and followed by easy days. Gwen is very alert to people who over-train. It is really good to have support for not going out and knocking yourself out every day.

EW: Will you keep up the water aerobics and weights as usual?

BEV: I might be inclined to cut back

on the weights and keep the water aerobics.

EW: What is an easy day for you?

BEV: A really easy day would be four to six miles at a 12:00 minute mile pace. The week I do the variable 400m lap workout, I might do a couple of easy days, and one of my two mile intervals in a long walk. I might not do too much more than that. I suppose I also might try picking my pace up to all out at the end of a track workout. I would rather do fast stuff at the end than early in a workout. □

ON SATURDAY, JULY 10, 1993 MASTER ATHLETES FROM OVER 20 STATES AND CANADA WILL CONVERGE TO THE CONFINES OF LIBERTYVILLE, ILLINOIS TO BE PART OF A MOST UNIQUE EVENT.

THE 6TH ANNUAL MASTERS RETURN TO ILLINOIS TRACK AND FIELD CHAMPIONSHIPS

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FIELD
Grand Opening Sept. 18
TUNE-UP FOR WORLD CHAMPIONSHIP THROWS

In Santa Cruz above UC

ministrator, will be Meet Director. Qualified USATF officials will be on hand with the latest in quality timing equipment. Al Sheahan, of *National Masters News*, has graciously agreed to announce the meet. Many consider Al the best and most knowledgeable masters track and field announcer around.

The Governor's Council on Sports and Fitness, headed by Arnold Schwarzenegger, has agreed to participate in the opening ceremonies and has indicated it will produce several sports track and field "greats."

Since this is a non-qualifying Senior Olympic year, the SDSSF is experimenting by lowering the minimum age in track and field, swimming, and cycling to include submasters (30-39). Competition will be in five year age groups in all divisions.

A series of week long social events, day tours, and fitness seminars have been scheduled to coincide with the games and designed to appeal to competitors, family members, and friends. San Diego is an excellent vacation destination, offering numerous non-athletic diversions. □

Over 200 Compete in Long Beach

Continued from page 3.

The day's most outstanding performance was turned in by Larry Stuart in the M55 javelin with a WR throw of

209-1. Another WR was established in the javelin by M65 Bud Held at 180-6. A former Olympian, Bud was a gold medalist in the last World Games in

Turku. The women were represented by Johnnye Valien with an age-67 WR of 10-11 in the long jump.

The always popular Ross Carter traveled from his home in Eugene, Oregon, to set two age-79 marks, a WR shot put of 37-8 and a 117-10 AR discus throw. Another double record setter was M85 Ken Carnine, whose 83-11 discus throw and 77-3 javelin throw were both U.S. records. Other outstanding performances included Hal Smith with an age-57 AR of 44-5 in the shot put and Tom Patsalis with an age-71 AR of 14-4 in the long jump.

Thanks to the hard work of all those

Senior Olympics

More than 7000 age 55+ athletes competed in the IV National Senior Sports Classic in Baton Rouge, LA, June 11-15. There were 4386 event-entries in the track and field competition. ESPN is planning a one-hour program on July 11 or 12; check your local listings. Story and results next month.

Involved and the good-natured and helpful attitude of the many athletes, this meet showed that Masters Track & Field is certainly alive and well in Southern California. □



JIM THORPE 10Km & Masters Division NATIONAL CHAMPIONSHIP

SEPTEMBER 25, 1993

REGISTRATION & PACKET PICK-UP: Myriad Gardens in Downtown Oklahoma City, 10AM-7PM, September 24; Packet pick-up **ONLY** on Race Day, 6:30-8:30

GENERAL: 8:45AM Start; Computerized finish line; Flat, fast course; Five-year Age Groups; T-Shirts, Champion patches; USAT&F Awards; Cash Prizes: \$500 First; \$250 Second; \$200 Third; \$150 Fourth; \$100 Fifth; \$50 Sixth.

JIM THORPE ASSOCIATION = P.O. Box 24045
Oklahoma City, Oklahoma 73124
(405)232-3060

50+ Run/Walk Held in Eugene

by JANE DODS
On June 6, the Downtown Athletic

Club in Eugene, Ore., put on this event for half-century or better competitors to benefit the local Alzheimer's Association. The 4-mile run and 2-mile run/walk took place on a bike path along the beautiful Willamette River on a cool, overcast morning.

Top performances overall included Jerry Reynolds, M50, 23:10, and Jane Dods, W55, 29:48, in the 4-mile run; Tom Whitehead, M50, 16:05, in the 2-mile run; Jim Wilson, M60, 22:07, and Maxine Heany, W60, 27:08, in the 2-mile walk. All participants received a trial membership in the Downtown Athletic Club's special fitness program for seniors. □

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.*

1993 SCA/USA TRACK AND FIELD SUMMER ALL-COMERS SERIES

| DAY OF THE WEEK: | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|------------------|-----------------|-----------------|----------------------|-----------------|
| SITE: | CAL POLY POMONA | BIRMINGHAM HIGH | CAL STATE LONG BEACH | LA CITY COLLEGE |
| CONTACT: | JIM SACKETT | SCOTT KING | ANDY SYTHE | HARVIN THOMPSON |
| PHONE: | (909) 869-2831 | (818) 881-1580 | (310) 985-4666 | (213) 662-1062 |

DATES: 1. Series begins the week of June 21st and concludes the week of July 19th.
2. Championship meet Saturday July 24th at Cerritos College.

TIME SCHEDULE

- Events start at 5:00 PM on weekdays and end by 8:00 PM.
- At LA CITY on Saturday, the meet starts at 10:00 AM and ends by 1:00 PM.
- Championship Meet at Cerritos College starts at 3:00 PM and ends by 8:30 PM.

EVENT SCHEDULE

| SCHEDULE "A" | | | SCHEDULE "B" | |
|--------------|---------|------------|-----------------|-------------|
| DISTANCE | THROWS | JUMP | SPRINTS | JUMPS |
| 1500 | JAVELIN | POLE VAULT | 100/110 HURDLES | LONG JUMP |
| 400 | SHOT | | 100 | HIGH JUMP |
| 3,000/5,000 | DISCUS | | 400 | TRIPLE JUMP |
| 400 HURDLES | | | 800 | |
| 800 | | | 200 | |

TUESDAY AND THURSDAY sites will use SCHEDULE "A" for the weeks of June 21, July 5, July 19. SCHEDULE "B" for the weeks of June 28 and July 12
WEDNESDAY AND SATURDAY sites will use SCHEDULE "A" for the weeks of June 28 and July 12. SCHEDULE "B" for weeks of June 21, July 5, and July 19.

CLINICS

There will be special clinics one day per week. Information will be distributed the first week of competition at each site.

SPECIAL INFORMATION

- FOUR attempts in one hour for each of the throws and horizontal jumps.
- NO POLE VAULT at LA CITY.
- NO JAVELIN OR DISCUS at Birmingham; substitute Long Jump and Triple Jump.
- 2,000 Steeplechase at Cal State Long Beach every week.
- Championship schedule will include all events including 400 and 1600 Relays. Schedule will be distributed at regular meets.
- HAMMER will be thrown at Cal Poly Pomona at 5:00 PM.

Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1992.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage (\$5.00 foreign postage) to:

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Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

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

SAN DIEGO VACATION CONDO, Sail Bay, 2 br/2 ba, \$125 nite/\$800 week, 619-442-8674.

HIMALAYAN ADVENTURE RUNNING - Join elite-casual runners and walkers Oct. 26-Nov. 5 for 100 mile 5 day Stage Race, Darjeeling Tea Festival, local running and cycling races, Sikkim Marathon, see Mount Everest, monasteries. Free brochure. Force 10 Expeditions 1-800-922-1491.

U.S. MASTERS-SENIOR OLYMPIC EM "R" Track & Field, Aug. 1 includes "Fastest Family" fun relay. See NMN June, pg. 9 or SASE to: Rachel Lyga 122-63 1/2 Way NE MPLS. MN 55432 612/574-9661.

Women's Sports Foundation Training Grants: Next Deadline: July 15. 516-542-4700.

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| | | | 10" | 6 1/2" |
| | | | 7 1/2" | 8 1/2" |
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| | | | 10" | 3 1/4" |
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| | | | 2 1/4" | 6 1/2" |
| 3 1/2 | 1/16 Page | 72 | 2 1/4" | 3 1/4" |
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- c. Negative ok. No mats, cuts or plates.
- d. 2-colors add \$50
- e. Screen: 85 lines per inch.

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Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1992. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. \$4.00.

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Masters Track & Field Rankings

Men's and women 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays and walks. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.

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Masters Age-Graded Tables

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

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Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

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Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. \$1.50.

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

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MASTERS LONG DISTANCE RUNNING REPORT

by BASIL and LINDA HONIKMAN,
Directors, Road Running Information Center.

Growth of Large Races

We are often asked by the media and others if the so-called running "boom" is over. The answer is somewhat complex, but participation figures from the past thirteen years indicate that running, particularly for the larger races, is stronger than ever.

The 1992 results sent to us indicate that over 68% of all races showed an increase in the number of finishers: 78% of small races (under 500) and 57% of large races (over 2,000) were up, while only 42% of medium size races (500-2000) showed an increase. These numbers do not distinguish between races that had five fewer finishers than the year before, 500 fewer because of bad weather or 1000 fewer because sponsorship was lost. The majority are of the first two types. A more telling statistic is that the total of reported finishers was up by 21%.

In general, if you look at the largest 100 races from 1980-1992, you can see substantial growth. The overall totals for the largest 100 races increased from 349,400 finishers in 1980 to 841,764 in 1992. The average size of the largest 100 races in America grew from 3,494 in 1980 to 8,418 in 1992; a 141% increase.

In 1980 there were four races with 10,000 or more finishers and by 1992 there were twenty-one, a five-fold increase. Ten years ago most of these locations featured just one race. Now races like the Portland Marathon which has added a 5 mile, walk and an ultra over the years, are a multi-event celebration.

There is no question that road running in America is no longer a new 'phenomenon,' but an established, accepted and recognized sport. The larger races and multi-race events add

another dimension to the competition by also providing a community 'happening.' ☐



Jean-Michel Charbonnel, 40, of France, masters winner (2:17:44), Boston Marathon, April 19.

Victor Sailer / Agence Shot

The Largest American Road Races in 1992

| FINISHERS | RACENAME | DIST | LOCATION | DATE'92 |
|------------|-----------------------------------|--------|---------------------|----------|
| 1 53242 | LILAC BLOOMSDAY RUN | 12K | SPOKANE, WA | 05/03/92 |
| 2 49609 | S F EXAMINER BAY TO BREAKERS | 12K | SAN FRANCISCO, CA | 05/17/92 |
| 3 42000 E | PEACHTREE ROAD RACE | 10K | ATLANTA, GA | 07/04/92 |
| 4 29815 | BOLDER BOULDER | 10K | BOULDER, CO | 05/25/92 |
| 5 29000 E | GREAT ALOHA RUN | 8.2MI | HONOLULU, HI | 02/16/92 |
| 6 28500 E | CRESCENT CITY CLASSIC | 10K | NEW ORLEANS, LA | 04/18/92 |
| 7 27797 | NEW YORK CITY | MARA | NEW YORK, NY | 11/01/92 |
| 8 23598 | HONOLULU | MARA | HONOLULU, HI | 12/13/92 |
| 9 16247 | BIX | 7MI | DAVENPORT, IA | 07/25/92 |
| 10 16000 E | AUSTIN AMERICAN-STATESMAN 10,000 | 10K | AUSTIN, TX | 04/05/92 |
| 11 15298 | LOS ANGELES | MARA | LOS ANGELES, CA | 03/01/92 |
| 12 13570 E | CHEMICAL CORP. CHALLENGE: NYC #2 | 3.5MI | NEW YORK, NY | 06/04/92 |
| 13 13049 | OMAHA CORPORATE CUP | 10K | OMAHA, NE | 09/20/92 |
| 14 12000 E | WHARF TO WHARF | 6MI | CAPITOLA, CA | 07/26/92 |
| 15 11787 E | GEORGIA FEDERAL CORP. CHALLENGE | 3.5MI | ATLANTA, GA | 09/16/92 |
| 16 11262 | MARINE CORPS | MARA | WASHINGTON, DC | 10/25/92 |
| 17 11185 E | CHEMICAL CORP. CHALLENGE: BOSTON | 3.5MI | BOSTON, MA | 08/13/92 |
| 18 10813 | RACE FOR THE CURE: DC | 5K | WASHINGTON, DC | 06/20/92 |
| 19 10650 E | CHEMICAL CORP. CHALLENGE: CHICAGO | 3.5MI | CHICAGO, IL | 08/06/92 |
| 20 10639 | COWTOWN | 10K | FT. WORTH, TX | 02/29/92 |
| 21 10575 E | CHEMICAL CORP. CHALLENGE: NYC #3 | 3.5MI | NEW YORK, NY | 06/24/92 |
| 22 8319 | 500 FESTIVAL MINI MARATHON | HMAR | INDIANAPOLIS, IN | 05/22/92 |
| 23 8247 | PITTSBURGH GREAT RACE | 10K | PITTSBURGH, PA | 09/27/92 |
| 24 8135 | MANCHESTER ROAD RACE | 4.77MI | MANCHESTER, CT | 11/26/92 |
| 25 8121 | BOSTON | MARA | BOSTON, MA | 04/20/92 |
| 26 8091 | DALLAS TURKEY TROT | 3MI | DALLAS, TX | 11/26/92 |
| 27 7680 | RACE FOR THE CURE: DALLAS | 5K | DALLAS, TX | 10/18/92 |
| 28 7583 | SUPERBOWL/REDONDO BEACH | 10K | REDONDO BEACH, CA | 01/26/92 |
| 29 6990 | ST. PATRICK'S DAY DASH | 4MI | LYNNWOOD, WA | 03/15/92 |
| 30 6772 | PHILADELPHIA DISTANCE RUN | HMAR | PHILADELPHIA, PA | 09/20/92 |
| 31 6534 | SOUND TO NARROWS | 12K | TACOMA, WA | 06/13/92 |
| 32 6525 | CHERRY CREEK SNEAK | 5MI | DENVER, CO | 04/26/92 |
| 33 6503 | MILWAUKEE JOURNAL AL'S RUN | 8K | MILWAUKEE, WI | 09/26/92 |
| 34 6414 | COOPER RIVER BRIDGE RUN | 10MI | CHARLESTON, SC | 04/04/92 |
| 35 6411 | BANK IV RIVER RUN | 2MI | WICHITA, KS | 05/09/92 |
| 36 6359 | DALLAS TURKEY TROT | 8MI | DALLAS, TX | 11/26/92 |
| 37 6337 | LIFESPAN | 10K | SAN FRANCISCO, CA | 09/20/92 |
| 38 6254 | REVCO-CLEVELAND | 10K | CLEVELAND, OH | 05/17/92 |
| 39 6174 | NEWSDAY LONG ISLAND | HMAR | EAST MEADOW, NY | 05/03/92 |
| 40 6110 | RIVER RUN | 15K | JACKSONVILLE, FL | 03/07/92 |
| 41 6000 E | FALMOUTH ROAD RACE | 7.1MI | FALMOUTH, MA | 08/16/92 |
| 42 5906 | CHICAGO | MARA | CHICAGO, IL | 10/25/92 |
| 43 5741 | ARMY TEN MILLER | 10MI | WASHINGTON, DC | 10/11/92 |
| 44 5645 | MERCURY NEWS | 10K | SAN JOSE, CA | 03/08/92 |
| 45 5451 | CASCADE RUN OFF | 15K | PORTLAND, OR | 06/28/92 |
| 46 5275 E | RACE FOR THE CURE: PEORIA | 5K | PEORIA, IL | 05/09/92 |
| 47 5266 E | RUN TO THE FAR SIDE | 5K | SAN FRANCISCO, CA | 11/29/92 |
| 48 5247 | GASPARILLA DISTANCE CLASSIC | 15K | TAMPA, FL | 02/15/92 |
| 49 5200 E | NEW TIMES PHOENIX | 10K | PHOENIX, AZ | 11/15/92 |
| 50 5195 | COLUMBINE CLASSIC WOMEN'S RACE | 5K | DENVER, CO | 06/28/92 |
| 51 5183 | NORDSTROM BEAT THE BRIDGE | 8K | SEATTLE, WA | 05/31/92 |
| 52 5130 | SHAMROCK SHUFFLE | 8K | CHICAGO, IL | 03/12/92 |
| 53 5106 | CARI SBAD 5000 | 5K | CARLSBAD, CA | 03/29/92 |
| 54 5100 E | DINOSAUR DASH-MILWAUKEE MUSEUM | 5K | MILWAUKEE, WI | 04/26/92 |
| 55 5055 E | CHEMICAL CORP. CHALLENGE: NYC #1 | 3.5MI | NEW YORK, NY | 05/07/92 |
| 56 5043 | MOBIL ST. PATRICK'S DAY | 10K | TORRANCE, CA | 03/15/92 |
| 57 4961 | SPRING LAKE | 5MI | SPRING LAKE, NJ | 05/23/92 |
| 58 4883 | ATLANTA | HMAR | ATLANTA, GA | 11/26/92 |
| 59 4735 | TWIN CITIES | MARA | MINNEAPOLIS, MN | 10/04/92 |
| 60 4716 | BOBBY CRIM | 10MI | FLINT, MI | 08/22/92 |
| 61 4675 E | CRAZY LEGGS | 5MI | MADISON, WI | 04/25/92 |
| 62 4675 E | RACE FOR THE CURE: PORTLAND | 5K | PORTLAND, OR | 10/11/92 |
| 63 4654 | GRANDMA'S | MARA | DUI UTH, MN | 06/20/92 |
| 64 4650 | CRESCENT CITY FALL CLASSIC | 5K | NEW ORLEANS, LA | 11/07/92 |
| 65 4638 | GASPARILLA DISTANCE CLASSIC | 5K | TAMPA, FL | 02/15/92 |
| 66 4548 | BEACH TO BAY RELAY | 4.4MI | CORPUS CHRISTI, TX | 05/16/92 |
| 67 4497 | KENTUCKY DERBY FESTIVAL | HMAR | LOUISVILLE, KY | 04/25/92 |
| 68 4423 | RACE FOR THE CURE: SAN FRANCISCO | 5K | SAN FRANCISCO, CA | 10/25/92 |
| 69 4395 | PORTLAND | MARA | PORTLAND, OR | 09/26/92 |
| 70 4319 | RUN TO THE FAR SIDE | 10K | SAN FRANCISCO, CA | 11/29/92 |
| 71 4270 | BRUAD STRIFEL RUN | 10MI | PHILADELPHIA, PA | 05/03/92 |
| 72 4213 | SHAMROCK RUN | 8K | PORTLAND, OR | 03/15/92 |
| 73 4163 | TROLLEY RUN-MICHAEL FORBES | 4MI | KANSAS CITY, MO | 04/26/92 |
| 74 4059 | TULSA RUN | 15K | TULSA, OK | 10/31/92 |
| 75 4000 E | STORM THE BASTILLE | 5K | MILWAUKEE, WI | 07/09/92 |
| 76 4000 E | BRIAN'S RUN | 10K | WEST CHESTER, PA | 12/06/92 |
| 77 3985 E | CHEMICAL CORP. CHALLENGE: BUFFALO | 3.5MI | BUFFALO, NY | 08/06/92 |
| 78 3975 | UTICA BOILERMAKER | 15K | UTICA, NY | 07/12/92 |
| 79 3958 | ROGAINE: LOS ANGELES | 5K | LOS ANGELES, CA | 03/01/92 |
| 80 3908 | GET IN GEAR | 10K | MINNEAPOLIS, MN | 04/25/92 |
| 81 3900 | CRESCENT CITY CONNECTION | 4MI | NEW ORLEANS, LA | 07/03/92 |
| 82 3883 | NYRC NEW YEAR'S EVE MIDNIGHT RUN | 5MI | NEW YORK CITY, NY | 01/01/92 |
| 83 3878 | BRIDGE TO BRIDGE | 12K | SAN FRANCISCO, CA | 10/04/92 |
| 84 3855 | AMERICA'S FINEST CITY | HMAR | SAN DIEGO, CA | 08/16/92 |
| 85 3820 | JIMMY STEWART RELAY | HMAR | GRIFFITH PARK, CA | 05/17/92 |
| 86 3790 | HOUSTON TENNECO | MARA | HOUSTON, TX | 01/26/92 |
| 87 3779 | SEAFAIR TORCHLIGHT RUN | 8K | SEATTLE, WA | 07/31/92 |
| 88 3570 E | KOLEKOLE PASS | HMAR | HONOLULU, HI | 08/22/92 |
| 89 3545 | ROUES CITY RUN | 10K | LOUISVILLE, KY | 03/14/92 |
| 90 3527 | OLD KENT RIVER BANK RUN | 25K | GRAND RAPIDS, MI | 05/09/92 |
| 91 3432 | CONOCO RODEO | 10K | HOUSTON, TX | 02/15/92 |
| 92 3428 | HOULIHAN'S TO HOULIHAN'S | 12K | SAN FRANCISCO, CA | 03/29/92 |
| 93 3376 | BARBER TO BOISE | 10K | BOISE, ID | 10/10/92 |
| 94 3349 | MANHATTAN BEACH OLD HOME TOWN | 10K | MANHATTAN BEACH, CA | 10/03/92 |
| 95 3341 | OLD FIRST WARD SHAMROCK RUN | 8K | BUFFALO, NY | 03/07/92 |
| 96 3309 | ALASKA HEART RUN | 5K | ANCHORAGE, AK | 04/15/92 |
| 97 3268 | COLUMBUS | MARA | COLUMBUS, OH | 10/11/92 |
| 98 3230 E | HOUSTON CHRONICLE DOME RUN | 10K | HOUSTON, TX | 11/14/92 |
| 99 3230 E | AZALEA TRAIL: TYLER | 10K | DALLAS, TX | 04/11/92 |
| 100 3216 | RACE FOR THE CURE: NEW YORK | 5K | NEW YORK, NY | 09/13/92 |

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The International Scene

Who Will Host Games in 1995 and 1997?

Who will host the 11th and 12th WAVA World Veterans Athletics Championships in 1995 and 1997, respectively? Formal bids must be submitted to WAVA and contracts signed by August 14 for both events. The sites will be chosen by WAVA's General Assembly in Miyazaki, Japan, on October 14.

As of June 20, only Malmo, Sweden, had signed the necessary contract (for 1995). Others who have expressed interest in 1995 are Durban, South Africa; San Juan, Puerto Rico; and four U.S. cities (Buffalo, Indianapolis, New Orleans, and San Jose). One U.S. city will be chosen by a site-selection committee this month to represent the USA.

Great Britain and Chile have shown interest for 1997. A British site-selection group has chosen Sheffield, England as its best possible site and will make a formal presentation in Miyazaki. Unsuccessful 1995 bidders

may also bid for 1997.

Racewalking

The WAVA Council, subject to General Assembly approval, has proposed the racewalks at the 2nd WAVA World Veterans Long Distance Running Championships — to be held in Toronto, July 30-31, 1994 — should be 20K for both men and women. However, the British Vets will propose in Miyazaki that the men walk 30K, instead.

Women's Rep

Since Bridget Cushen, current WAVA Women's Representative, has served the maximum five terms, a new Women's Rep will be selected in Miyazaki. At press time, no nominations had been received by Torsten Carlus, WAVA Secretary.

Cross-Country

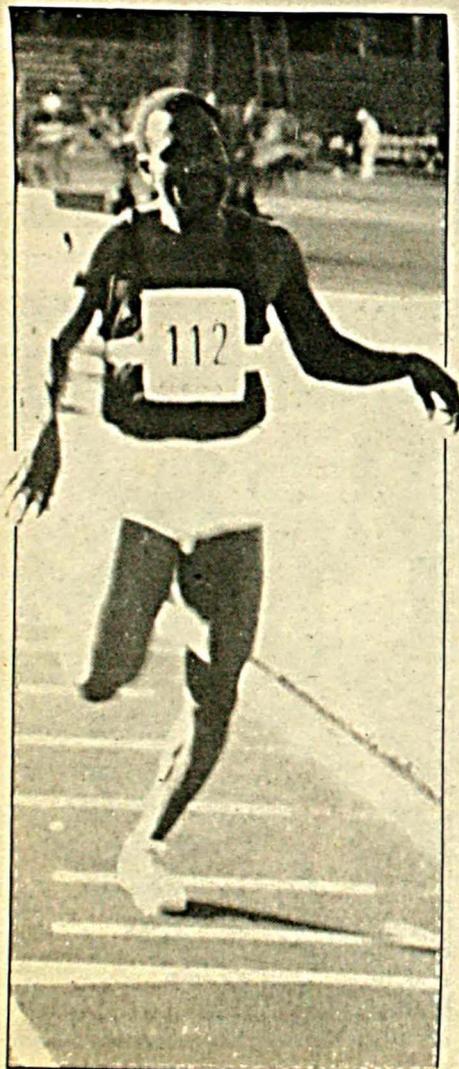
Budapest is the site of the 1994 IAAF World Open Cross Country Championships. The organizers are prepared to stage a "World Veterans XC Championships" the previous day (men 10K, women 7K), subject to approval by the General Assembly.

The question to be decided in Miyazaki is: should such a championship replace, or be held in addition to, the current XC Championships at the WAVA Championships? The British will propose that in even-numbered years the IAAF hold a World Veterans Championship, but that in odd-numbered years, WAVA retain its current championship structure. □

Five Years Ago July, 1988

- Gary Miller Sets M50 World Record in Decathlon in Los Angeles with 6031 IAAF Points
- Laurie Binder (35:32, \$1500) Top Master in Freihofer 10K Run for Women in Albany, NY.
- Arling Pitcher Breaks Own M85 World Record with 5-8 Pole Vault in Birmingham, AL.

Photo by Leo Benning



Dan Matsinye winning the M30 800 in 1:56:11, South African Masters Championships, May 7-8.

Unhappy Hill Leads Vets at London Marathon

by MARTIN DUFF

World veterans 25K champion Dave Hill was the first veteran home, although he was disappointed with his time of 2:24:18. The 41-year-old said: "I was looking for a time of around 2:20-2:21 but encountered windy conditions between three miles and Tower Bridge, then around the Isle of Dogs, and finally from 20 to 25 miles."

Alastair Kean, an M45 from Derby and County, led Hill until around eight miles, but the British Vets 5K champion then moved to the front, clocking 1:10:30 at halfway.

Hill, who has a marathon best of 2:16, set in 1985, has started nine London Marathons, dropping out on two

occasions through injury.

New Zealander Lorraine Moller was the first female veteran, in fifth place with former British record-holder Gillian Horovitz, the first British veteran, clocking 2:42:14.

City of Bath's Zina Marchant was the first W40 in 2:43:59, with Eleanor Robinson, holder of several ultra-distance world records, the leading W45 in 2:49:59, comfortably clear of last year's winner, Val Lemmis.

An exceptional performance was that of Jose Walle, W70, who crossed the line in 3:49:02, taking three minutes off her own world-best time. □

South African Championships Draw 300

by LEO BENNING

The South African Masters Track and Field Championships at Port Elizabeth on May 7-8 took place in windy weather on day one, but the second day was pleasant. Close to 300 participants broke 41 S.A. and 121 Eastern Province records.

The attendance was about 90 fewer than in Krugersdorp in 1992, perhaps because of the cost of travel and accommodations in difficult economic times and the unrest in many parts of the country.

For the men, Bobie Tlapu, M35, recorded the fastest 200 (22.98) and 400 (50.88). Former world record holder in the 1000, Danie Malan, M40, put in a surprise appearance and won the 1500 (4:22.22) and 10,000 (34:38). Andrez Rzepecki, M55, broke his national marks in the shot put (12.46) and hammer (48.22). Eleven of the S.A. records were set by walkers, with M50 Jurgen Spencer's 1:42:20 in the 20K one of the best.

Among the women, W35 Margaret

Ceronio's steeplechase (8:10.98) and 10,000 (36:37) victories were S.A. records. In the W70 group, Sheila Campbell won four events, with S.A. records in the long (3.40) and triple jumps (6.09).

For the first time, a decathlon and heptathlon formed part of the program and drew eight competitors. □

Moorcroft Runs 3:49 1500

David Moorcroft, who turned 40 in April, ran 3:49.0 for 1500 meters at Loughborough, England, June 2 — close to Wilson Waigwa's world masters record of 3:49.47.

Moorcroft is planning a series of low-profile races before attempting to run under four minutes for a mile.

—from Wilfred Morgan

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3 Months To Go

Countdown to Miyazaki

Entry Deadline Extended to July 20

The entry deadline for the 10th WAVA World Veterans Athletics Championships has been extended to July 20.

"Several countries have had problems in paying their entry fees by July 1," said Shoichi Chuman, Planning Director, so the Organizing Committee agreed to postpone the final entry date. However, we would like the entries in as soon as possible so that the schedule of events and other matters will not be held up."

The entry form was published in the June issue of NMN. Entry forms are also available from any U.S. masters travel agent or directly from Miyazaki.

The biennial event will be held in Miyazaki, Japan, from October 7-17. The organizers still are planning for more than 5000 entrants from over 60 nations, but the sharp 13% rise this year in the value of the Japanese yen against the U.S. dollar (from .0080 to .0090) will hold down the numbers.

Still, most masters travel agents are

holding to the prices they offered earlier in the year, before the yen's jump, for those athletes who signed on early. Late deciders may wind up paying more, however.

Some disgruntled athletes are laying the blame for the drop in the dollar's value on the Reagan-Bush administration, which, they claim, for 12 years wasted billions of taxpayer dollars by wildly spending on unnecessary military hardware which no one can use, while the Japanese spent those same 12 years manufacturing needed consumer items which everyone can use.

Economists say, in order to try to cut the trade deficit, the big banks and Clinton administration are letting the dollar fall to a natural level to make Japanese goods more expensive.

Entry Fees

Entrants in most countries are required to send their entries to their national governing body. U.S. athletes, however, may send their entries directly to Japan. Or they may send them to one of the masters travel agents, most of whom will forward entries in bulk for their clients to Japan.

Shoichi Chuman, Director of General Affairs, reminds U.S. athletes to send their entry forms to the address in Miyata-cho, but to send the entry fee by wire transfer only to Miyazaki Bank in U.S. dollars only.

"We cannot handle checks or credit cards for the entry fees," Chuman said.

On the other hand, the accommodation form, including the party (banquet), is to be sent to Kintetsu Travel in Tokyo. The payment is to be made in yen by either wire transfer or credit card to the Dai-ichi Kangyo Bank in Okachimachi, or by sending a bank check (in yen) with the accommodation form to Kintetsu.

"We understand that the system may seem rather complicated," Chuman admitted, "but we do not foresee any problems with tracking down who has paid what. Japan is generally a cash society and we are not accustomed to handling checks."

Competition

The competition will be held in five-



Report from Britain

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

Three new world t&f records were set in the Southern Area Championships at Croydon, South London, June 6. Leading the way was 65-year-old Joselyn Ross, who sliced nine seconds from Shirley Brasher's 5000 mark with a remarkable 21:57.1. Evaun Williams bettered the W55 hammer best with a 37.90. In the same age group, Irish lass Dorothy McClellan raised the pole vault record to 1.70.

Back in June, Les Presland was the fastest M50 in the British Road Relay Championships after a 15:37 three miles (hilly) lap, 22 seconds better than Steve James. Tipton Harriers won the M40 race over eight laps, led by internationals John Wheway (15:20), Andy Kolden (15:25), and 49-year-old Alan

Rushmer (15:37). The best time came from new master David Moorcroft, the former world 5000 record holder, who blasted out a 14:28, just a second outside Alun Roper's course record. WAVA 10K champion Bronwyn Cardy-Wise was the fastest woman with a 16:29.

Other news has seen Dave Walsh, the BVAf vice-chairman, hand in his resignation. Although not related, the criticisms levelled at him and his co-organiser of the WAVA races in Birmingham last summer are alleged to have had some bearing on his decision. No audited accounts for the championships are yet on hand, and the BVAf is pressing for a full financial statement. □



Japanese schoolboys on a field trip in Kyoto.

year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the meet, except to be at least the minimum age.

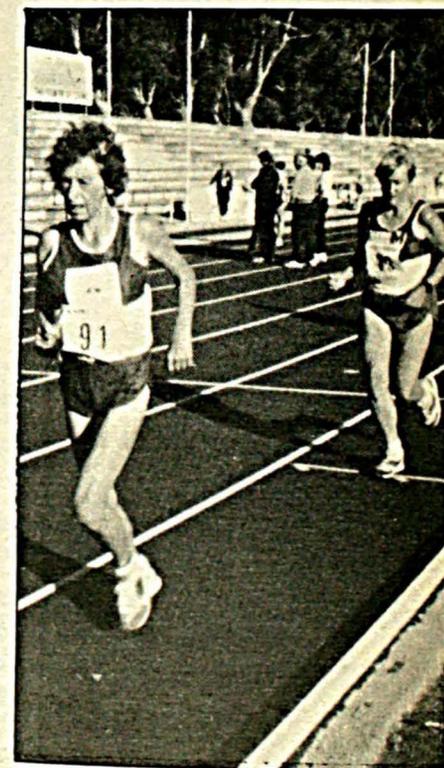
Track and field action will take place from 8 a.m. to 6 p.m. in three adjacent facilities in Miyazaki Sports Park. The beautiful, flower-bedecked park is a 15-minute bus trip from the downtown hotels. Free bus transportation will be provided from the park to the center of Miyazaki city. Buses will run at 30-minute intervals.

Non-Stadia Events

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. There are a couple of steep hills, but no mud is likely unless it rains.

The marathon will start downtown and finish in the stadium. Most of the course will be out-and-back on a highway next to the Pacific Ocean. It's a flat and reportedly fast course.

Extensive TV, radio, and newspaper coverage is planned. The organizers expect more than 14,000 spectators for the opening ceremonies. □



Winners in the 5000: #91 Jane Geldenhuis, W65, 23:32, and Mary Wahl, W55, 26:18, both with national records, South African Masters Championships, May 7-8.

Photo by Leo Benning

Final 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 (women) 800 heats LJ, JT Opening ceremony |
| Sun Oct 10 | 200 finals (women) 200 heats/semis (men) 800 finals (women) 800 semis (men) HH (semis/finals) HJ (men) PV (women) SP, XC |
| Mon Oct 11 | 200 finals (men) 800 finals (men) 300/400H semis 5000 finals 10K/20K Road Walk PV (men) HJ (women) DT |
| Tue Oct 12 | No competition Meetings: Stadia, Non-stadia, Women, 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 ceremony *Unofficial event |



Marilyn Segall, W40, first female master at George Washington Parkway Classic 15K flanked by General J.H. Peay III (l), and Jack Todd, VP, Smiths Industries (sponsor) (r).
Photo by George Banker

Popejoy Upsets Bermingham

Continued from page 1

comeback win. There had been a \$500 incentive for breaking 4:10.

Carter, a 40-year old from Binghamton, N.Y., ran a 4:20 mile last year. On NBA half-time shows, where he performs 20 to 30 times a year, he spins a basketball on a pole, among other things.

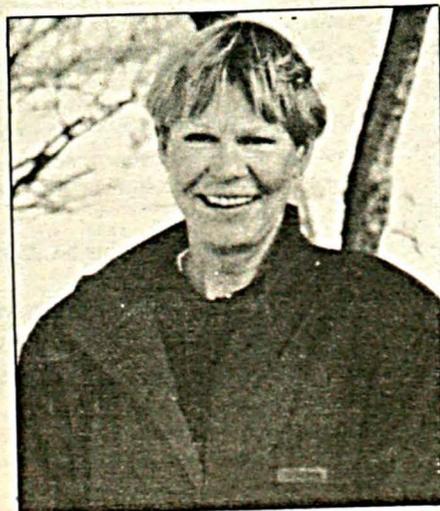
Bermingham, who led the field (ex the pacesetter) for most of the race, was a bit disappointed, because, "After Millrose, I thought I could run a 4:05 or 4:06. But as this will be the last mile this year, I will concentrate on road races." As for Popejoy, he "felt spectacular. I had the privilege of racing him (Bermingham) twice and he's beaten me twice. I was happy that we roomed together here (in New York). John is an outstanding person as well as an outstanding runner. That's what's especially nice about masters running — to have competitors like Bermingham, McMullen — we have a different outlook than when we were younger and it was a dog-eat-dog world."

Popejoy had announced his intention to retire from competitive racing but his wife has talked him into running in 1994 for the Millrose Games and the Drake Relays (half-mile) and that will be his last race, as it marks the 60th anniversary of his father successfully anchoring a 1934 distance medley relay for Purdue University. Ken feels that he is missing too much of his family life with his job (real estate and litigation). "One of my sons had his first T-ball game today — and I missed it." Ken is the father of two sons (5 and 7 years old) and a 13-year-old daughter. He will be missed by his fellow competitors and the spectators alike.

Because of the uncertainty surrounding the existence of the New York Games, Eamonn Coghlan, plagued by

injury, was unable to make the training commitment required to achieve a sub 4-minute mile. Had he trained and the games not been held, there was no other meet in a reasonable time frame where he could have performed. The May 22nd event was formally announced on May 4th, when the New York Road Runners signed Reebok International as the sponsor. The previous sponsor, MITA, cancelled out this year, after sponsoring the games from its 1989 inception. The meet was a part of the 17-meet Grand Prix circuit and discussions with agents revealed that the open athletes had verbally committed to doing the meet, even on a last-minute basis.

Earlier in the season, Coghlan had said that he would not run without some combination of prize money and appearance fees. Several European meet directors balked at this idea, so this writer has no information on future sub-4-minute attempts by Coghlan this year. It is certainly possible that some meet director somewhere will be accommodating. □



Nancy Ammermuller, first W60-69 (53:21). Sallie Mae 10K, Washington, D.C., April 18.
Photo by George Banker

2000 Motor Down George Washington Parkway

by GEORGE R. BANKER

It was another banner year as 2000 good runners lined up at Mount Vernon, Va., for the 9th George Washington Parkway Classic 15K, April 25. The Parkway is closed once a year when the runners take over. The course is mostly flat with a couple of inclines of no significance. The shade trees and views of the Potomac River can cause one to forget the reason for being there.

Probably not taking in much of the scenery was Bob Schlau, M45, who ran a 48:35 to smash the previous masters course record of 51:20, set by Perry Linn in 1991.

Filutze Is Best Performer

McLatchie First in Freihofer's 5K

by JERRY WOJCIK

Carol McLatchie, 41, Houston, Texas, won \$1,000 as the masters winner, but Barbara Filutze, 46, Erie, Pa., took age-graded honors in Freihofer's 5K For Women, Albany, N.Y., on June 5.

McLatchie finished 18th overall in 16:50 for an AG 91.7%. Filutze, 26th overall, ran a 17:13 (\$500) for an AG 93.0%, bettering the performance of winner Lynn Jennings, 32, Newmarket, N.H., who ran a 15:34

On the women's side, Marilyn Segall, W40, captured the first master position with 1:01:34. But perhaps the most impressive age-group effort was that of Hedy Marque, W75, who raced to a 1:19:27 finish. Marque is nationally-ranked and continues to put times out of reach of others in her age-group.

In a show of commitment to health and fitness, Jack Todd, Vice-President at Smiths Industries (event sponsor) completed the course in 1:30:41. Through the support of Smiths Industries and others, the United Way of Alexandria is able to help fund various local programs. □

(AG 92.3%). Cindy Bremser (Wisc., 17:36, \$300) won third 40+.

Nancy Frisillo, 50, New Hartford, Conn., won the W50 race in 19:04. Adeline Kearney, 67, Canton, Ohio, took the W65 division with a 24:04. Doris Fee, 80, Ballston Spa, N.Y., was the oldest finisher, in 45:00.

The race served as the women's open national championships and was staged by the Adirondack Association of USATF. □

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Entry Deadline for Nationals is July 12

Continued from page 1

This will be the biggest masters meet in the nation. More than 1000 participated in last year's nationals in Spokane, Wash. 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 everyone is welcome. There are no qualifying standards, except to be at least age 30. What matters is having fun and taking part.

In Utah and the surrounding Rocky Mountains are some of the outstanding vacation spots in the USA. Within driving distance are four national parks: Bryce Canyon, Canyonlands, Zion, and Capitol Reef. Utah contains six national monuments, including Dinosaur Monument, which contains

the largest quarry of Jurassic Period dinosaur bones ever discovered. The Amtrak train ride from Denver to Provo is among the most scenic in the world. For a free Utah Travel Guide, call 801/538-1467.

Contrary to last month's report, the "all-star 4x100 regional relay" will be held, according to Phil Mulkey, the race's creator/director.

"We are still hoping Holiday Inn will continue to sponsor the event," Mulkey said from his Marietta, Ga. home. "But even if they don't, we still plan to hold the race, with or without another sponsor."

Some hotels in the Provo area are already sold out, but, as of June 15, rooms were still available at the Super 8, Travelodge, Colony Inn and probably other hotels. □

Track & Field Rankings Report

by JERRY WOJCIK, USATF Masters Rankings Coordinator

The rankings for several 1993 indoor events appear in this issue. The June issue contained the 1500 and mile rankings. The remaining events will be published in the August or September issues. Changes to all of the indoor rankings will be published in the December issue.

In the rankings, a question after the

athlete's name indicates a problem in identifying the athlete or his/her correct age group. A question mark after the time or distance indicates uncertainty about its accuracy.

The contacts for the outdoor rankings will be published later in the year.

A reminder that road performances should be sent to the Road Running Information Center, 915 Randolph, Santa Barbara, CA 93111. 805/683-5868. □

Raschker Vaults 10-2 in Tennessee

by DEAN WATERS, Meet Director
KNOXVILLE, Tenn., May 22 — The Tennessee Masters Track and Field Championships were held today on the U. of Tennessee's Tom Black Track.

Competing on the completely renovated track and infield, Atlanta's Phil Raschker, one of America's premiere female masters athletes, broke her own world W45 pole-vault record of 9-6 four consecutive times en route to a new world female masters best of 10-2 (3.10m).

Two hours later, she set a new W45 U.S. triple jump best with a 35-4

(10.77m) effort. She also won the W45 200 (26.56), 80H (12.70), and HJ (4-8). Not bad for an athlete who was debating three days before the meet whether to enter or not because of a nagging Achilles tendon injury.

This year's meet broke with a long tradition in that there was no rain. Conditions were perfect, making for an enjoyable day for competitors and officials, alike. The new facilities included two long and triple jump runways with landing pads at each end, two javelin throwing areas, and two 100m straightaways to easily enable shifting the electric timing to take advantage of wind conditions.

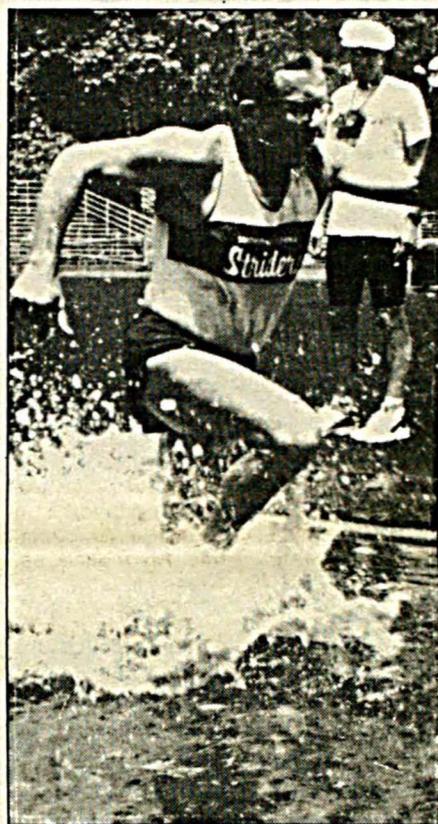
The most encouraging sign was the increase in female competition. The inclusion of a 20-29 age group may have the desired effect of keeping athletes interested in track until they can compete as sub-masters.

Georgia's Phil Mulkey, 60, set a record that's likely to stand for some time as he competed in 15 events and won them all except the 35 lb. weight throw. In all, Mulkey produced 73 of the 205 points recorded by the World Elite Track Club in their winning effort over the Nashville TC (144 pts.) and the Atlanta TC (132 pts.). In all, 13 clubs were represented from 13 states. Jim Dolezel, of Midwest City, OK tied Don Hudson of Warwick, RI, for the longest distance traveled to the meet.

Field-eventer Nolan Fowler missed the meet for the first time ever, due to a series of injuries.

The meet's success was largely due to the fine officiating by the Knoxville Track Club's Officials Association, including student officials being trained by Dr. Ralph (Buck) Jones of UT.

Next year's meet will be back on the regular schedule of May 27-28, and will include a pentathlon and distance runs. □



John Cosgrove, M55 winner (12:30), over the water barrier, Striders Meet of Champions, Long Beach, Calif., May 15.

Photo by Harold Willis

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1993

| ATHLETE (RESIDENCE) | BIRTHDATE | AGE GROUP |
|------------------------------------|-----------|-----------|
| DANIEL ALDRICH (NEWPORT BEACH, CA) | 7-12-18 | 75-79 |
| ERIK ANDERVARN (SWE) | 7-28-18 | 75-79 |
| KONRAD BOAS (WHITE STONE, NY) | 7-15-3 | 90-94 |
| AL BRENDA (MODESTO, CA) | 7-6-28 | 65-69 |
| DOUGLAS CLEMENT (CANADA) | 7-15-33 | 60-64 |
| RICHARD EMBERGER (ESCONDIDO, CA) | 7-3-38 | 55-59 |
| THOMAS HARE (US) | 7-23-43 | 50-54 |
| WALLY HAYWARD (RSA) | 7-10-8 | 85-89 |
| TOM HISHON (AUS) | 7-10-23 | 70-74 |
| ANDREW JONES (CINCINNATI, OH) | 7-20-18 | 75-79 |
| GUNNER LINDE (SANTA MONICA, CA) | 7-14-28 | 65-69 |
| YAN MANGI (INA) | 7-6-8 | 85-89 |
| JOSEF MATOUSEK (CZE) | 7-2-28 | 65-69 |
| ROBERT McDONALD (EL CAJON, CA) | 7-12-18 | 75-79 |
| ROBERT MONZINGO (US) | 7-18-38 | 55-59 |
| MAZUMI MORITA (JPN) | 7-17-13 | 80-84 |
| ALBIN NOREN (SWEDEN) | 7-4-13 | 80-84 |
| DAVE POWER (AUS) | 7-14-28 | 65-69 |
| GORDON SIEFERT (BIRMINGHAM, AL) | 7-18-28 | 65-69 |
| KENNETH ST-CLAIR (TARKIO, MD) | 7-3-8 | 85-89 |
| NIKOLAY SVIRIDOV (URS) | 7-6-38 | 55-59 |
| TOM THORNE (EUREKA, KS) | 7-2-43 | 50-54 |
| MILAN TIFF (LOS ANGELES, CA) | 7-5-48 | 45-49 |
| RUDOLPH VALENTINE (NYC, NY) | 7-12-23 | 70-74 |
| ALAN WATERMAN (SAN FRANCISCO, CA) | 7-8-18 | 75-79 |
| ADRIAN WEATHERHEAD (GB) | 7-22-43 | 50-54 |
| JANE BUCH (SMITHVILLE, OH) | 7-24-48 | 45-49 |
| MARION COFEE (US) | 7-16-38 | 55-59 |
| SIGNE GALLAHER (RIDGECREST, CA) | 7-23-23 | 70-74 |
| MELBA HATCH (CANTON, MI) | 7-1-28 | 65-69 |
| SYLVIA HATTON (BEND, OR) | 7-2-33 | 60-64 |
| LINDA MANTYNYN (MARKLEEVILLE, CA) | 7-13-48 | 45-49 |
| MARY MIDDLEBROOK (HOUSTON, TX) | 7-23-38 | 55-59 |
| IRENE SCHANKMAN (US) | 7-20-28 | 65-69 |
| ERMA TRANTER (CHICAGO, IL) | 7-23-43 | 50-54 |
| LINDA UPTON (CHESTNUT HILL, MA) | 7-5-43 | 50-54 |
| RUTH ALLCOCK (GB) | 7-27-43 | 50-54 |
| CAMILLA BRAVO (SPA) | 7-14-43 | 50-54 |
| HEATHER DOHERTY (AUS) | 7-21-33 | 60-64 |
| NORMA DUCKER (AUS) | 7-22-38 | 55-59 |
| RANDI FOR (NOR) | 7-24-48 | 45-49 |
| JANE ANN KEEN (AUS) | 7-12-48 | 45-49 |
| MARIA LOPEZ (SPA) | 7-8-48 | 45-49 |
| RUTH MACLOUGHLIN (NZ) | 7-11-43 | 50-54 |
| HILDEGARDE MATHEUSSEN (BEL) | 7-30-53 | 40-44 |
| JUNE MILES (NZ) | 7-2-33 | 60-64 |
| SHIRLEY PETERSON (NZ) | 7-24-28 | 65-69 |
| DESLEY SPENCER (AUS) | 7-10-53 | 40-44 |
| TAKAKO TOGAWA (JPN) | 7-26-43 | 50-54 |
| THELMA PITT-TURNER (NZ) | 7-17-3 | 90-94 |

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MASTERS SCENE

NATIONAL

• This summer and fall the Road Runners Club of America will host its 14th running of the Women's Distance Festivals, a series of 5Ks celebrating women's running and bringing attention to the lack of a women's 5000 in the Olympics. Over 30,000 runners and walkers are expected to participate in the series that schedules over 80 events from coast to coast. For more information, contact: RRCA, Women's Distance Festival, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.

• The winning M40+ team in the 4 x 400 relay in the 1993 Indoor Nationals was the "International Team World" quartet, not the "Decathlon Midwest" team. The winners clocked a 3:58.1 and consisted of Frank Hears, Bob Weiner, Danny Thiel, and Dennis Duffy.

• RRCA has added a new booklet to its library: **Children's Running — a Guide for Teachers and Coaches.** This excellent guide, written by Joyce Rankin, a former elementary-school principal and teacher and a superb masters runner in her own right, advocates a non-competitive approach to running where everyone can be a winner. The guide is available for \$15 (incl. p&h) and may be ordered through the RRCA at 629 S. Washington St., Alexandria, VA 22314. Bulk orders at a lower cost are also available. Call 703/836-0558.

EAST

• Diane Ditchfield, 40, finished 14th of 1033w. with a 20:18 in the Advil 5K Tune Up, Central Park, NYC, May 9. Muriel Merl, 67, took the W65 race in 25:04. Althea Jureidini, 75, won the W75+ contest with a 37:56.

• Chuck Moeser, 41, Herndon, VA, was fifth (16:10) in the Glen Brenner 5K, Washington, DC, May 9. Ridge Kelley, 43, Poolesville, MD, edged Fay Bradley, 55, Washington, DC, M50-59 winner, for second, with both clocking 17:18. Dee Nelson, W40-49 winner, garnered W40+ laurels with a 22:59.

• Gary Fanelli, 42, known for his eccentric running costumes while living in Hawaii, has decided to return to his hometown of Philadelphia. Wearing a conservative black outfit, Fanelli ran a masters winning 51:53 in the Broad Street 10 Mile, Philadelphia, May 2. "It felt easy," he said, "compared to racing in the heat of Hawaii." Terry Mahr, 44, Oregon, OH, was the best W40+, with a 61:41. Erlene Michener, 51, was fourth in 65:44.

• Salih Talib, 47, fifth of 430m in 34:14, and Cheryl Ralya, 46, with a 40:28, charged through the Roosevelt Island 10K, NYC, for masters victories on May 15. May Chou won the W55 division in 47:56.

• Rolando Vizhnay, 50, won the masters title with a 16:05 over some top-notch younger runners, including Atlaw Belligne (48, 16:20), in the NYRRC You Gotta Have Park 5K, Central Park, May 23. Forty-nine-year-old Laurie Baker also took the measure of younger W40+ with a first in 21:36.

SOUTHEAST

• Paul Quinn (45, 28:46), Springfield, VA, and Tina Barber (43, 33:22), Fairfax, VA, were top masters in the Patriot's Corporate Challenge 8K, Fairfax, May 2, with 40+ course records.

• Norman Ferris (43, 33:53), Camden, SC, and Alendia Vestal (41, 39:10), Brevard, NC, galloped to masters victories in the EXPO 10,000, Knoxville, May 8. Wendy England (60, 47:53) took the W65 race.

• Tom McDermott, 75, Bradenton, FL, broke the world age record for the 16-lb. hammer

with an 87.7 at a Florida Express TC meet, Bradenton, May 31. The old mark was 69.4, held by Norman Hawke of New Zealand.

• Jim Gatch (18:47) and Anne Van Meter (23:42) were masters winners in the 7th annual Run For the Turtles 5K, May 15, on Siesta Key Beach, FL.

• On June 6th, Phil Mulkey, M60, won the ATC All-Comers shot (47-10) and discus (163-8). He also had seasonal bests in the hammer (123-1), 100m (12.91), and 100H (15.30), which age-graded 97.5%.

• Holiday Inns World Elite Team members, Lucy Anne Brobst, Leonore McDaniels, and Betty Vosburgh were selected to be the torch bearers for the opening ceremonies of the Senior Sports Classic IV, (The Senior Olympics) at Baton Rouge, LA, June 13th.

• Because of continuing Achilles tendinitis problems in both legs, Philippa Raschker, W45, who has upped her own pole vault world record five times this season, plus equaling the WR in the high jump, has been ordered by the doctor to refrain from any T&F competition or practice for six weeks. While she will continue to work out with weights and swimming, her next actual competition will be the National Heptathlon Championships, July 10-11 in Columbus, OH.

MIDWEST

• Pierre Levisse, 41, of Paris, France, finished tenth to take the masters crown in 1:05:00 in the 17th edition of the Elby's Big Boy 20K in Wheeling, W. Va., May 29. Second M40+ was Bill Rodgers, 46, Sherborn, Mass., 14th in 1:07:27, followed by Allen Choma, 40, Columbus, Ohio, 17th in 1:08:45. Fay Bradley, 55, Washington, D.C., took a decisive division win with a 1:16:09. June Schlabach, 44, Bexley, Ohio, won the W40+ race in 1:27:12. Cindy Grimm, 41, Industry, Pa., was second with a 1:28:14. Judith Bugyi, 46, State College, Pa., was third in 1:28:54. Runners were greeted by cool temperatures in the mid-50s in the race, which features a two-and-a-half-mile climb up 29th Street in the city of Wheeling.

• Karen Blackford of Michigan, coached by mid-1980s M40+ phenomenon Bill Stewart, ran 1:14:16 in the Tulip Time 20K, Holland, MI, May 22, breaking the U.S. masters record for the 20K of 1:15:29 set by Nancy Miesczak in 1989. Blackford placed second overall.

WEST

• John Whittemore, 90, was named Masters Track Athlete of the Year at the Santa Barbara Athletic Round Table Hall of Fame banquet, May 18. He is trying to get the 4kg hammer reduced to 3kg for those over age 90.

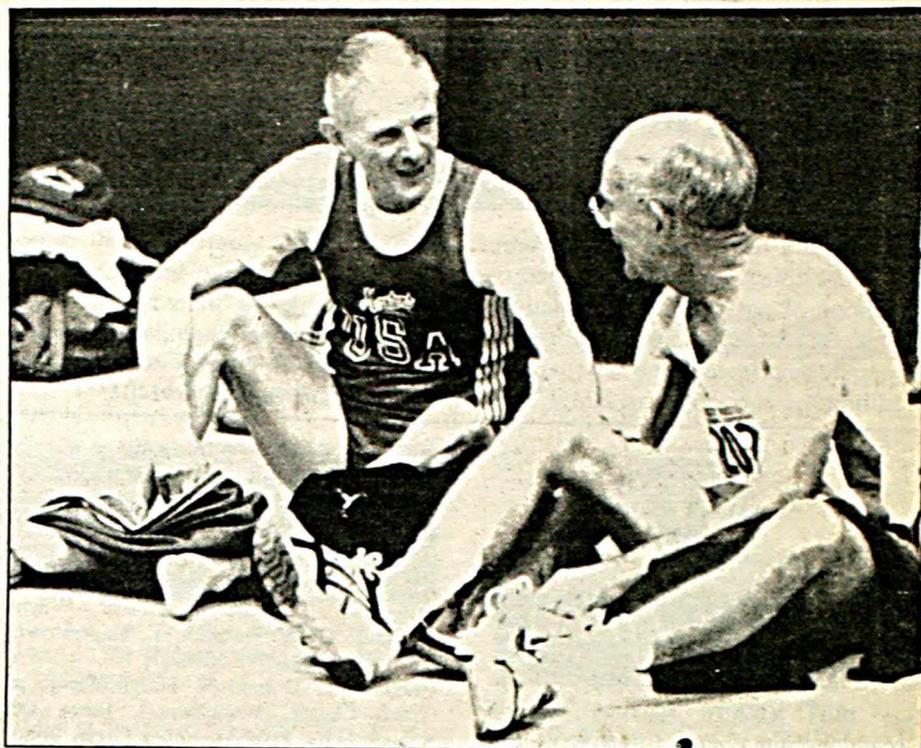
• Of the 80,000 participants in the 7.46-mile Bay-to-Breakers Run in San Francisco, May 16, 29.5% were age 41 or over; 9.9% were 51+. The median age was 33. Pierre Levisse of France was 12th overall and first master in 36:18. Domingo Tibaduiza of Colorado was 24th/2nd 40+ (38:09).

• Byrle Smullen (M45, 33:44) and Christina Zeidel (W40, 42:50) were first overall in the March Hare 10K, Calabasas, CA, March 21. Doug Davis (M40, 17:55) and Trudy Shapiro (W45, 21:38) were first 40+ in an adjunct 5K.

• Los Angeles all-comers meets have been resurrected. The annual meets were previously sponsored by the Los Angeles School system, but it is broke. So a five-week schedule of meets will be staged by a private group led by Jon Kilroy. See schedule for details.

NORTHWEST

• Tom Gage, Billings, MT, celebrated his 50th birthday by setting a WR for the M50-54 hammer (6 kg) with a 209.2 in Bozeman, MT,



Bill Townsend (1), of New York, and Bob Higginbotham, of California, M60s who competed in the National Masters Indoor Championships, Bozeman, Mont.

Photo by Dave Bayliss

May 16. The old record of 208-6, set in 1987, belonged to Hans Potsch of Austria.

INTERNATIONAL

• Priscilla Welch finished chemotherapy for breast cancer in May and appeared at two Run for the Cure events in Illinois to celebrate. She

told Dick Patrick of USA Today, "I feel wonderful" and that she hopes to be racing seriously again within a year. The world masters marathon record-holder added, "This has changed me. It's made me a better person. I had my head buried firmly in the sand. This proves how vulnerable you are no matter what your lifestyle. It's made me more aware how precious life is." □

WAVA/USATF Hurdles and Implements Specifications

| HURDLES | | | | | | |
|------------|-----------------|---------------|-------------------|-------------------|-------------------|----------------|
| WOMEN | | | | | | |
| Age | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish | No. of Hurdles |
| 30-39 | 100m | .840m 33" | 13.00m 42'8½" | 8.5m 27'10½" | 10.5m 34'5" | 10 |
| 40-49 | 80m | .762m 30" | 12.00m 39'4" | 8.0m 26'3" | 12.00m 39'4" | 8 |
| 50-59 | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11½" | 19.00m 62'4" | 8 |
| 60-69 | 300m | .762m 30" | 50.00m 164'0½" | 35.00m 114'9½" | 40.00m 131'2½" | 7 |
| 70 Plus | 300m | .762m 30" | 50.00m 164'0½" | 35.00m 114'9½" | 40.00m 131'2½" | 7 |
| MEN | | | | | | |
| 30-39 | 110m | .991m 39" | 13.72m 45' | 9.14m 30' | 14.02m 46' | 10 |
| 40-49 | 100m | .914m 36" | 13.00m 42'8" | 8.50m 27'10½" | 10.50m 34'5" | 10 |
| 50-59 | 100m | .840m 33" | 13.00m 42'8" | 8.50m 27'10½" | 10.50m 34'5" | 10 |
| 60-69 | 100m | .840m 33" | 12.00m 39'4" | 7.0m 22'11½" | 19.0m 62'4" | 8 |
| 70 plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11½" | 19.0m 62'4" | 8 |
| 30-49 | 400m | .914m 36" | 45.00m 147'7½" | 35.00m 114'9½" | 40.00m 131'2½" | 10 |
| 50-59 | 400m | .840m 33" | 45.00m 147'7½" | 35.00m 114'9½" | 40.00m 131'2½" | 10 |
| 60+ | 300m | .762m 30" | 50.00m 164'0½" | 35.00m 114'9½" | 40.00m 131'2½" | 7 |
| 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. | | |

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.

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 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. 26th USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/338-2880.

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia, Mo.

August 11-14, 1994. 27th USATF National Masters Championships, Eugene, Ore.

EAST

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

July-August. Potomac Valley TC Meets, Williams HS, Alexandria. Sundays, bi-weekly, starting April 18. 8 a.m. Sal Corallo, 703/243-1291.

July. Buffalo Belles & Brawn Meets, Hamburg HS. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226. 716/833-9071.

July 3. Niagara USATF Association Senior/Masters Championships. Dave Reinhardt, 101 E. 4th St., Jamestown, NY 14701. 716/488-2203.

July 10. Sri Chinmoy Masters Meet, Forest Park, Queens. 40+. SASE to Sri Chinmoy Marathon Team, 150-47 8th Ave., Jamaica, NY 11432. 718/RUNNERS.

July 10. Reebok Boston Masters/USATF New England Masters Championships, Northeastern U., Dedham, Mass. Boston Championships, c/o TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

July 10-11. Garden State Games, Raritan Valley Comm. College, North Branch. James A. Siedliski, PO Box 6923, Edison, NJ 08818-6923. 908/463-8444.

July 17. Philadelphia Masters Meet, La Salle U., Philadelphia. Features Dave Martin All-Around Quadrathlon (LJ-SP-HJ-200), Middle-Distance Triathlon (1500-400-800), and Jim Bantum Sprint Triathlon (200-100-400). Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

July 17. Somerset Summer All-Ages Meet, Somerset H.S., Somerset, Pa., 9 a.m. Ray Sanchas, 428 Center Ave., Carnegie, PA 15106. 412/281-4136 (d); 412/429-1410 (e).

July 25. USATF East Regional Masters Championships, Syracuse, N.Y. Pre-registration only. Evelyn White, 118 Foxcroft Ln., Fayetteville, NY 13066.

July 31-August 1. 18th Annual Buffalo Belles and Brawn International Age-Group Classic, Buffalo, N.Y. women compete on Saturday, men on Sunday. Bettie Zoschke, 206 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

August 5. Tri-State TC Classic. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 22. Donald S. Harris Memorial Track Classic, Wynnewood, Penn. Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

September 5. Potomac Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., N., Arlington, VA 22207. 703/243-1290(h); 202/219-1913(w).

SOUTHEAST

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

July 10. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

July 17. Nashville TC Open/Masters Meet, Tennessee Prep School, Nashville. Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733. Entry form in June issue.

July 23, 30, August 6. Nashville TC Meets, Vanderbilt U. Running events only/register at meet. Randall Brady, 615/383-6733.

July 24. Jacksonville TC Classic, Bolles Track. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

September 25. USATF Southeast Regional Masters Championships, U. of Florida, Gainesville. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

December 27. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. 8 a.m. Randall Cooper, 222 N.E. 22nd Lane, Delray Beach, FL 33444.

MIDWEST

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

July 10. Dayton Masters Classic, Open & Masters. Bob Jones, 513/837-2754.

July 10. Illinois Masters Meet, Libertyville HS. SASE to Dr. Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048. 708/367-6387.

July 24. USATF Midwest Regional Masters Championships, Lisle Ill. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. Bruce Mills, 708/541-3905.

July 24. Cleveland Classic, Brunswick High, Cleveland, Ohio. Geoff Packer, 216/371-2822.

July 31. Midwest Masters Championships, Marshall U., Huntington, W.Va. (Not the regional championships.) David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

September 12. Ohio/USATF Wolfpack Throwing Classic (6 events), 56-lb. Weight, Thomas Worthington HS, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

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

July 18. Cornhusker State Games, Ed Weir Track, 10 a.m. State residents only. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.

July 25. Show Me State Games, Jefferson City. Missouri residents only. Phil Brusca, 12009 Wesco, St. Louis, MO 63043. 314/434-0851.

August 1. Masters/Senior Olympic EM "R" Meet, Twin Cities. SASE to Rachel Lyga, 122 63 1/2 Way NE, Minneapolis, Minn. 55432. 612/574-9661.

August 8. Athlete's Foot/Lincoln Mile, site TBA. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.

September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Pent/Wt. pent. 5000RW. SASE to Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919; Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

SOUTHWEST

Louisiana, Mississippi, Texas.

July. New Orleans TC Meets, City Park Track. 5:30 p.m. Chuck George, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC: 468-1488.

July 17. Texas Masters Championships, Duncanville. Tom Garzillo, 1130 E. Parker Rd., Suite 203, Plano, TX 75074. 214/422-2273.

July 23-24. USATF Southwest Regional Masters Championships, Gonzales, La. Also weight pentathlon & 56-lb. weight. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

August 18-22. UMC West Texas Senior Sports Classic, Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806/767-2710.

September 24-26. Arkansas Senior Olympic Games, Hot Springs. Gail Ezelle, 905 W. Grand, Hot Springs, AR 71913. 1-800-467-2170.

WEST

Arizona, California, Hawaii, Nevada, New Mexico.

June 21-July 24. All-comers meets, Los Angeles, 6 p.m. Tue: Cal Poly Pomona, Jim Sackett, 909/869-2831; Wed: Birmingham High, Scott King, 818/881-1580; Thu: Cal State Long Beach, Andy Sythe, 310/985-4666; Sat: 10 a.m., L.A. City College, (except July 17), Marv Thompson, 213/662-1062. Championship meet July 24, 3 p.m., Cerritos College, John Kilroy, 310/393-8995.

June 24-August 5. Los Gatos Summer Meets. Every Thursday, 5 p.m., LGHS. Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95030. 408/354-7333.

July 1-August 5. Santa Barbara Meets, La Playa Stadium. Every Thurs. at 6 p.m. Robin Paulson, 805/965-0581, x227.

July 11. Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

July 31-August 1. USATF West Regional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, LAPOC, 2301 Hyperion Ave., Ste P, Los Angeles, CA 90027-4711. 213/662-1062.

September 12. Northern California Seniors T&F Classic, U.C., Berkeley. 30+. Mark Grubi, Dir., P.O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

September 12. Sri Chinmoy Masters, CSU-Long Beach. 40+. Bigalita Egger, 6199

ON TAP FOR JULY

TRACK AND FIELD

The USATF Masters Decathlon/Heptathlon Championships are scheduled for the 10th-11th in Columbus, Ohio. Regional Championships are set for the East in Syracuse, N.Y., on the 25th; Midwest, Lisle, Ill., 24th; Southwest, Gonzales, La., 23rd-24th; West, Norwalk (L.A. suburb), Calif., 31st-August 1st; and Northwest, Eugene, Ore., 17th-18th.

The 10th offers a full slate, including meets in New Jersey, Illinois, South Carolina, and Massachusetts. The Trojan Masters meet returns to USC on the 11th.

The 17th shows meets in Tennessee and Texas. The month ends with activity in West Virginia, Montana, and Portland, Ore.

LONG DISTANCE RUNNING

The month starts with a bang on the 4th with the Peachtree 10K in Atlanta, and the Butte To Butte 10K in Eugene. The Utica Boilermaker 15K, N.Y., takes off on the 11th, as does the Voyager Marathon in Canada on the 18th. The Quad City Bix 7, Davenport, Iowa, is on the board for the 24th.

RACEWALKING

The National Masters Men's 10K Championships stride off on the 10th in Niagara Falls. The weekend there includes the Martin Rudow RW Seminar. The MAC 3K Championships are scheduled for the 18th. The AR-WA Training Camp holds forth in Boulder, Colo., on the 1st-4th. □

Canterbury Dr., Culver City, CA 90230. 310/645-0271.

September 17-19. California State Senior Olympics, UC-San Diego, La Jolla, Calif. (Note: age 30+). Sam Cohen, 2820 Camino del Rio S., #306, San Diego, CA 92108. 619/543-0046, or 800-246-9077.

September 18. Kelfield Grand Opening. Tune-up meet for World Championships. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95050. 408/458-0202.

October 2. Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah (1 hour drive from Las Vegas). 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

NORTHWEST

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

July 1, 8, 15, 22, 31. Alaska T&F Series, Bartlett H.S., Anchorage. Limited events. Continued on next page



Geneva Kennedy, second W45 (23:51). Tishomingo Whirlwind, Oklahoma, April 10.

Continued from previous page

Tom Light, P.O. Box 1550, Chugich, AK 99567. 907/786-7431.

July 10. Helena Masters & Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-18. USATF Northwest Regional Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3210.

July 30-31. 15th Montana Masters Meet, MSU, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

July 30-31. Portland Masters TC Classic, Lewis & Clark College. Joe Thielman, 406 W. 32nd St., Vancouver, WA 98660. 206/693-2256.

July 31-August 1. Alaska Championships (including decathlon). See July 1.

August 27-28. Montana Sr. Olympics, Kalispell. M&W50+. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105. 406/252-2795.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah. 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA

July 10-11. Ontario Masters Championships, Laurentia U., Sudbury. M&W35+. 5-yr. age groups. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

August 14. Canadian Masters Interclub Championships, York U., Toronto. 35+. CMAA, 1220 Sheppard Ave. E., Willowdale, Ont. 416/495-4059.

August 28-29. First Annual National Decathlon/Heptathlon Championships (also invitational weight pentathlon), Montreal, Quebec. E.F. Hume, 132 Evergreen, Dod. O. Quebec H9A 156. 514/684-7528.

September 11-12. Canadian Masters National Championships, Centennial Stadium, Etobicoke, Ont. M35+. W30+. CMAA, 1220 Sheppard Ave. E., Willowdale, Ont. 416/495-4059.

INTERNATIONAL

July 9-11. Matyas Farkas Veterans Memorial Meet, Budapest, Hungary. M35+/W30+. Contact: Ferenc Igrenyi, 1117 Budapest, Bogdanffy u.10; Telex 22-4875.

July 17-18. British Veterans Athletic Federation Championships, Monkton Stadium, Jarrow. John Charlton, 31 Lyndhurst Rd., North Seaton, Ashington, Northumberland NE63 9SS.

October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.

October 7-17. 10th WAVA World Veterans Athletics Championship, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

July, 1994. Oceania Regional Championships, Fiji.

August 4-7, 1994. WAVA North American Regional Championships, Edmonton, Canada.

LONG DISTANCE RUNNING NATIONAL

September 18-19. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Held along with open championships. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419/475-0731.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Tom Sawyer State Park, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207-5003. 502/897-3772, or Bob Ullrich, 502/459-6820.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

EAST

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

July 3. Long Island Women's 5K Championships, Jericho, N.Y. Barry Saltberg, 21 Brewster St., Glen Cove, NY 11542. 516/671-4934.

July 11. Utica Boilermaker 15K. Masters money. E.C. Reed, P.O. Box 4729, Utica, NY 13504. 315/797-5838.

July 18. NYRRC Roosevelt Island 5K, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

August 3. Newburyport 10 Miler. Tues., 6:40 p.m. P.O. Box 366, Newburyport, MA 01950. 508/454-9735.

August 7. Phelps Sauerkraut 20K, Shortsville, N.Y. George Tillson, Wilborn Rd., Shortsville, NY 14548. 714/289-4250.

August 14. Asbury Park 10K, Asbury Park, N.J. John Haulenbeek, P.O. Box 157, Spring Lake, NJ 06772. 908/974-8457.

August 15. NYRRC Hispanic Half-Marathon, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

SOUTHEAST

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

July 4. Peachtree 10K. \$4500 masters. SASE to Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

August 14. Full Moon Frolic 8 Mile. John Boyle, Alta Vista, Box 1824, DeLand, FL 32731. 904/736-0002.

MIDWEST

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

August 7. Allen Park 5 Mile, Allen Park, Mich. Edward Kozloff, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

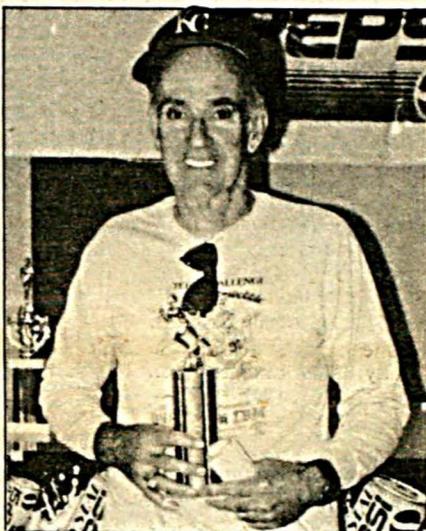
August 21. Parkersburg Half-Marathon. \$3800 masters. Dorsey Cheuvront, Jr., P.O. Box 718, Parkersburg, WV 26101. 304/424-2786.

MID-AMERICA

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

July 3. Coast To Coast Freedom 8K. Miles Mettler, 701 Harvey Dunn, Brookings, SD 57006. 605/688-6415.

July 4-10. Women's Running Camps, Denver area. WRC, 4029 S. Roslyn St., Denver, CO 80237. 303/220-1037.



Marion DeMuri, 64, of St. Louis, first M60 (1:38:18), Diet Pepsi Half-Marathon, St. Louis, Mo. Photo by Hank Kiesel

July 10. Midnight Madness 5K/10K. Roman Lynch, 5266 Preston Dr., Ames, IA 50124. 515/597-2055.

July 24. Quad City Times Pix 7 Miler, Davenport, Iowa. Ed Froehlich, 2685 Kimberly Rd., Bettendorf, KY 52722. 319/359-9197.

July 25. Colorado Springs 10K. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

October 3. Twin Cities Marathon, Minneapolis-St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

WEST

Arizona, California, Hawaii, Nevada, New Mexico.

July 18. San Francisco Marathon. John Mansoor, PO Box 77148, San Francisco, CA 94107. 916/983-4622.

August 15. America's Finest City Half-Marathon. Neil Finn, ALA, 2750 Fourth Ave., San Diego, CA 92103. 619/297-3901.

August 21. Las Vegas Mt. Charleston Runs, 18/8/4 Miles. Cool altitude. Mike Naylor, 625 Shadow Ln., P.O. Box 4426, Las Vegas, NV 89106. 702/383-1276.

October 2. 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850. Entry form in June issue.

NORTHWEST

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

July 4. Butte To Butte 10K/5K RW. BTB, PO Box 10825, Eugene, OR 97440. 503/687-1989.

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

CANADA

July 18. 17th Annual Voyageur Marathon/Half-Marathon, Massey, Ont. (290 mi. N.W. of Toronto). 6 a.m. Shelda and Norm Patenaude, 590 Lee Valley Road, R.R. #2, Massey, Ont., Canada, POP IPO. 705/865-2671; Fax: 705/865-2736.

INTERNATIONAL

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.

July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

July 1-4. ARWA Training Camp, Boulder, Colo. ARWA, P.O. Box 18323, Boulder, CO 80303. 303/447-0156.

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

July 10-11. Martin Rudow RW Seminar, Niagara Falls, N.Y. Paul Geyer, PO Box 630096, Miami, FL 33163. 305/935-6063.

July 18. MAC 3K Championships, Central Park, NYC. Stella Cashman, Park Racewalkers, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

July 29-31. Empire State Games, Rochester, NY. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

August 11-14. USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule.

August 15. USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).

September 5. North American Masters' 15K Racewalk Championships. Also 5K and Open Divisions. Albuquerque, N.M. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.

September 12. USTAF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.

September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.

September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385, 552/376-8019; 372-6908.

October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

Continued from previous page

| | |
|--------------------|---------|
| MEN'S 40-44 | |
| 1-10 | |
| FREDERICK SOWERBY | 49.29 |
| THOMAS THOMPSON | 53.20 |
| DOREL WATLEY | 53.38 |
| GREG FLORANT | 53.70 |
| GARRY CRAWFORD | 54.15 |
| T KRAINIK | 54.25 |
| STEVE CALONKEY | 54.33 |
| HORACE HUDSON | 54.60 |
| RODNEY WILTSHIRE | 54.80 |
| DON HOPE | 55.05 |
| 11-20 | |
| - JACKSON | 55.50 |
| PHILIP FELTON | 55.70 |
| KARL CASTOR | 55.76 |
| SHAWN REGAN | 55.80 |
| DONALD HODGE | 55.90 |
| DUANE GREEN | 56.00 |
| - SMALL | 56.30 |
| ERROL LEE | 56.35 |
| KEITH WITHERSPOON | 56.70 |
| JOHN TUCKER | 56.70 |
| 21-30 | |
| RONALD MCDONALD | 56.75 |
| MILES COVERDALE | 56.90 |
| RUSSELL ACEA | 57.02 |
| PAUL BELL | 57.30 |
| CARL CAPPELLO | 57.40 |
| DARYL KATCHER | 57.58 |
| TOM CUNNINGHAM | 57.86 |
| STAN DRUCKREY | 58.10 |
| CLIFFORD SMITH | 58.49 |
| DAN SWANSON | 59.30 |
| 31-38 | |
| GARY TOMPKINS | 59.30 |
| ALFRED WRIGHT | 59.49 |
| DANA HARRRELL | 59.66 |
| BEN DRAPER | 1:00.00 |
| ANDREW CHRISTIE | 1:00.30 |
| B JONES | 1:03.40 |
| JIM DOLEZEL | 1:04.15 |
| RANDY WARICK CAN | 1:04.86 |
| MEN'S 45-49 | |
| 1-10 | |
| MARKUS HEIDELBERG | 54.20 |
| MIKE VANAUER | 55.60 |
| ROGER PIERCE | 55.80 |
| RON JOHNSON | 56.18 |
| RICHARD TUCKER | 56.40 |
| GORDON REITER | 56.48 |
| MELVIN FIELDS | 56.50 |
| JOSEPH KOPKA | 56.50 |
| PAUL HENRY | 56.56 |
| ALAN TAYLOR | 56.97 |
| 11-20 | |
| CEASAR AUSTIN | 57.20 |
| RAB HAGIN | 57.43 |
| TIM DICKENS | 57.69 |
| JIM MONTMARQUET | 57.70 |
| ROBERT IHNE | 57.99 |
| ALVIN SEALE | 58.20 |
| GARY GORDON | 58.80 |
| JOHN COOK | 59.20 |
| KINGSLEY CLARKE | 1:00.88 |
| JEFF PARKMAN | 1:03.40 |
| 21-30 | |
| J HUNT | 1:03.50 |
| GRADY DALE | 1:03.86 |
| PETER STASZ | 1:04.50 |
| JONATHON TETHERLY | 1:04.90 |
| BOB CONGDON | 1:05.00 |
| HERB ENGMAN | 1:06.50 |
| DAVID BAILEY | 1:06.54 |
| JOE REYNOLDS | 1:06.80 |
| STEVE GALLIGAN | 1:07.65 |
| JOSHUA KALTER | 1:08.10 |
| MEN'S 50-54 | |
| 1-10 | |
| HAROLD MORIOKA CAN | 52.95 |
| DENNIS DUFFY | 56.35 |
| ALAN OLSON | 57.89 |
| FRANK HEARNS IRE | 58.08 |
| ED SMALL | 58.46 |
| WALTER THORNE | 58.83 |
| BOB CHINCHILLO | 59.60 |
| ALLEN MCDANIEL | 1:00.56 |
| LARRY SIMMONS | 1:00.66 |
| DAN HAMMER | 1:00.95 |
| 11-20 | |
| T BUTTS | 1:01.13 |
| ROBERT O'BRIEN | 1:01.51 |
| - O'BRIEN | 1:02.00 |
| GROVER COATS | 1:02.20 |
| TYRONE NELSON | 1:02.22 |
| LARRY GUNN | 1:02.41 |
| TIM COLLINS | 1:04.00 |
| JIM PALMERI | 1:05.84 |
| LARRY TOOTHAKER | 1:05.97 |
| JIM JOULE | 1:07.41 |
| 21 | |
| ARTHUR D MAILLET | 1:07.60 |
| MEN'S 55-59 | |
| 1-10 | |
| JAMES MATHIS | 57.13 |
| LARRY COLBERT | 57.54 |
| SAMMY WHITE | 57.60 |
| RICHARD RIZZO | 57.80 |
| CLIFFORD PAULING | 59.00 |
| JOHN MCDONALD | 1:02.41 |
| JOSEF FODOR | 1:03.40 |
| RICHARD CROAK | 1:05.34 |
| IRWIN BERNSTEIN | 1:05.96 |
| JIM KENNEDY | 1:06.42 |

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| 11-14 | |
| JAMES BRADLEY | 1:12.52 |
| HARRY BROOKS | 1:14.40 |
| RON BILSKI | 1:19.40 |
| J BARTON | 1:55.44 |
| MEN'S 60-64 | |
| 1-10 | |
| MARION SANCHEZ | 1:00.05 |
| ED BENHAM | 1:05.98 |
| GORDON SEIFERT | 1:06.61 |
| JAMES ANESHANSLEY | 1:06.62 |
| JOHN DARRELL | 1:07.41 |
| JACK GREENWALD | 1:08.60 |
| CLARENCE TRINKNER | 1:09.42 |
| TOM TALBOTT | 1:10.85 |
| ARNOLD MEARDON | 1:11.33 |
| BILL MULLIN | 1:12.30 |
| 11-15 | |
| RICHARD GRIEWE | 1:12.48 |
| THOMAS MORRIS | 1:12.90 |
| WILLIAM BERGEN | 1:13.80 |
| FRED LOVELACE | 1:15.90 |
| WALT DIGGS | 1:22.51 |
| MEN'S 65-69 | |
| 1-9 | |
| CHARLES SOCHOR | 1:02.30 |
| JIM LAW | 1:03.60 |
| JACK GREENWALD | 1:08.21 |
| SAM MADIA | 1:11.29 |
| JIM DOWLING | 1:12.78 |
| LLOYD L YOUNG | 1:14.10 |
| OSCAR HARRIS | 1:14.20 |
| JAMES MOOREHEAD | 1:14.49 |
| BOB PARSONS | 1:14.90 |
| MEN'S 70-74 | |
| 1-6 | |
| JIM MANNO | 1:11.49 |
| EDWARD MATTHEWS JR | 1:12.90 |
| EMIL GOTTLLOB BALZ | 1:27.50 |
| GEORGE BLYN | 1:29.00 |
| VERNON MATTSON | 1:30.38 |
| ART HOLLAND | 1:53.90 |
| MEN'S 75-79 | |
| 1-10 | |
| JAY SPONSELLER | 1:13.80 |
| MILO LIGHTFOOT | 1:26.05 |
| MEL FLACHS | 1:33.45 |
| MEN'S 80-84 | |
| 1-10 | |
| FRED WHITE | 1:25.00 |
| VIRGIL MCINTYRE | 1:35.48 |
| MEN'S 85-89 | |
| 1-10 | |
| RUSSELL RANDALL | 1:40.86 |
| WOMEN'S 30-34 | |
| 1-6 | |
| RENE STERRETT | 1:00.05 |
| CATHY GORECKI | 1:10.00 |
| ANGELA NEALY | 1:10.00 |
| LORRIE MARNELL | 1:15.10 |
| MARCIA WALLACE | 1:20.00 |
| JACARANDA HENKEL | 1:27.60 |
| WOMEN'S 35-39 | |
| 1-8 | |
| LOUISE CLARK | 1:02.60 |
| IRENE THOMPSON | 1:02.90 |
| STRANA THOMPSON | 1:03.70 |
| MIMI DEPIETRO | 1:05.16 |
| MARY ELLEN MALLOY | 1:06.81 |
| SHERREE ROBERTSON | 1:06.82 |
| WENDY CAPPELLO | 1:11.20 |
| DEBORAH ELLIS | 1:27.86 |
| WOMEN'S 40-44 | |
| 1-10 | |
| MARNE MCMILLAN CAN | 1:02.04 |
| DEE DEE GRAFIUS | 1:03.34 |
| DONNA SETTLES | 1:03.90 |
| JUDY WARICK CAN | 1:04.53 |
| JENNIFER PINTO | 1:07.06 |
| WOMEN'S 45-49 | |
| 1-10 | |
| LINDA UPTON | 1:00.90 |
| ELIZ. MCBLAIN CAN | 1:09.36 |
| NADINE LOWENSTEIN | 1:11.30 |
| R THAXTON | 1:35.00 |
| SUSAN CACCUITTO | 1:37.73 |
| WOMEN'S 50-54 | |
| 1-10 | |
| CHARLENE FRANCIS | 1:13.10 |
| KATY GOTTSCHALK | 1:18.10 |
| E NITZ | 1:20.90 |
| MARY ANN DOWLING | 1:41.48 |
| WOMEN'S 55-59 | |
| 1-10 | |
| CAROLYN CAPPETTA | 1:09.03 |
| KATI MCINTYRE | 1:21.55 |
| GRACE BUTCHER | 1:24.97 |
| RACHEL LYGA | 1:38.01 |
| GLENNETTE O'ROURKE | 1:46.10 |
| WOMEN'S 60-64 | |
| 1-10 | |
| ELIZ. SZWALOWSKI | 1:23.50 |
| S STIEGELMEIER | 1:24.40 |
| MARY C. PATTERSON | 1:43.70 |
| WOMEN'S 65-69 | |
| 1-10 | |
| MARY NORCKAUER | 1:21.55 |
| PATRICIA PETERSON | 1:25.00 |
| MARY BOE | 1:35.84 |
| MARY HOLLAND | 2:03.95 |

| | |
|-------------------------------|---------|
| WOMEN'S 70-74 | |
| LOUISE ADAMS | 1:33.10 |
| CAROL PEEBLES | 1:49.00 |
| WOMEN'S 75-79 | |
| PEARL MEHL | 1:55.60 |
| 1993 Indoor 55m/60y Hurdles | |
| Compiled by Jerry Wojcik | |
| M30 - Johnson | 7.5 |
| M30 Mark Monti | 7.70 |
| M30 Leon Devere | 7.72 |
| M30 Mark Baldani 31 | 7.8 |
| M30 Kerry Sloan | 7.82 |
| M30 David Olson | 8.15 |
| M30 Bill Jalmer | 8.27 |
| M30 Glenn White | 8.5 |
| M30 Nick Mitchell | 8.5 |
| M30 Rich Wendling | 9.22 |
| M35 Ken Ellis | 7.767 |
| M35 Robert Parizo | 7.91 |
| M35 B Zahn | 8.24 |
| M35 J Watry | 8.59 |
| M35 Jim Taylor 36 | 8.7* |
| M35 Dan Gormley | 9.23 |
| M35 - Obenhaus | 9.3 |
| M35 John Kapturowski | 9.3 |
| M35 D Sharp | 9.4 |
| M35 Eddie Mose | 9.69 |
| M35 S Jensen | 9.93 |
| M40 Colin Williams | 7.357 |
| M40 Keith Witherspoon | 7.70 |
| M40 Stan Druckrey | 7.73 |
| M40 - Danville | 8.1 |
| M40 John Jones | 8.4 |
| M40 Curtis Pittman | 8.4 |
| M40 Robert Hahn | 8.56 |
| M40 Horace Hudson 40 | 8.62 |
| M40 Pat Crandall 42 | 8.7 |
| M40 Steve Harkins | 9.0 |
| M40 Gene Hoffman | 9.1 |
| M40 Ivan Black | 9.10 |
| M40 John Buckley 44 | 10.42 |
| M40 A LaFramboise | 10.5 |
| M40 Larry Ryan | 10.8 |
| M45 Rex Harvey | 8.6 |
| M45 J Meisner | 9.28 |
| M45 Dan Weller | 9.42 |
| M45 Mike Weaver | 9.52 |
| M45 Mike Augeri 46 | 9.92 |
| M45 Mike Milove | 10.25 |
| M45 - Varnet | 10.7 |
| M45 N Schuster | 10.96 |
| M45 Mike Owens | 11.21 |
| M50 Barry Kline | 8.7 |
| M50 Bill Smith | 8.84 |
| M50 Grover Coats | 9.4 |
| M50 Nate Byrd | 9.5 |
| M50 George LaBelle | 9.50 |
| M50 Paul Gansle 50 | 9.52 |
| M50 Steve Ireland | 9.52 |
| M50 B Mills | 9.74 |
| M50 Tim Collins | 10.3 |
| M50 Mike Valle | 10.38 |
| M50 Bill Angus | 10.6 |
| M50 John Sloan | 10.9 |
| M55 Leon Trout | 9.20 |
| M55 Jim Peterson | 9.9 |
| M55 Doug Alberts 57 | 9.9 |
| M55 D Amery | 11.99 |
| M55 Malcolm Barrett | 12.84 |
| M60 C Trinkner | 8.67 |
| M60 Phil Mulkey 60 | 8.70 |
| M60 Ted Swanson | 10.48 |
| M60 Mark Richards | 11.20 |
| M60 T Hinke | 11.27 |
| M60 Jack Lance | 11.9 |
| M60 George Taylor | 12.3 |
| M65 Denver Smith | 9.6 |
| M65 Bill Townsend | 9.9 |
| M65 Jim Gillcrist | 10.3 |
| M65 Chas Sochor | 10.66 |
| M65 D Walsh | 11.29 |
| M65 Oscar Harris | 11.85 |
| M70 Ed Lukens | 9.80 |
| M70 M Buschman | 11.33 |
| M70 J Walker Pierson | 12.3 |
| M70 A U Ricciardi | 12.8 |
| W30 Cathy Gorecki | 10.06 |
| W30 Wendie Moore 31 | 10.78 |
| W35 Agathe Courteau | 11.40 |
| W45 Phil Raschker 46 | 9.61 |
| W45 Michael Marie Hill 110.91 | |
| W50 Mary Luker | 10.61 |
| W50 Linda Peichl | 21.75 |
| W55 Rachel Lyga | 12.8 |
| W65 Leonore McDaniels | 13.70 |
| W65 Pat Peterson 66 | 13.7 |
| *42" Hurdles | |
| 1993 Indoor Triple Jump | |
| Compiled by Charles Mercurio | |
| M30-34 | |
| 1-10 | |
| Jim Eckertrode | 13.98 |
| Gary Lacey | 13.25 |
| Leroy Carver | 13.18 |
| Vince Martin | 13.12 |
| Ken Riedl | 12.96 |
| Kerry Sloan | 12.53 |
| Trace Barnette | 12.14 |
| Frank Makozzy | 11.38 |
| Rick Hedrick | 10.66 |
| Kevin Gleason | 10.45 |
| M35-39 | |
| 1-8 | |
| Mike Lariza | 13.23 |
| Allen Blaylock | 12.37 |
| Bob Doran | 12.36 |
| Tim LaBear? | 11.80 |
| Tom Stuthard | 11.74 |
| Mark Gershon | 10.83 |
| Chris Polakowski | 10.68 |
| --- Obenhaus | 9.37 |
| M40-44 | |
| 1-16 | |
| Keith Witherspoon | 13.91 |
| Ron Thompson CAN | 11.95 |
| Scott Thornesley | 11.83 |
| Ivan Black | 11.27 |
| Taylor Weatherbee | 11.09 |
| Pat Crandall | 10.97 |
| Taylor Tunstall | 10.86 |
| Mike Davis | 10.80 |
| Robert Hahn | 10.75 |
| Jim Dolezel | 10.67 |
| Chris Hayden | 9.94 |
| Ed Laurelli | 9.94 |
| Wing Man | 9.84 |
| John Hoogasian | 9.83 |
| Walt Ewing | 9.23 |
| Pat Malone | 9.21 |
| M45-49 | |
| 1-10 | |
| Tyrone Carlis | 11.82 |
| John Meisner | 11.47 |
| Ken Troy | 11.40 |
| Geo Pachovsky CAN | 11.36 |
| Fred Johnston | 11.04 |
| Earl Hanson | 10.58 |
| Charles Crenshaw | 9.83 |
| John Ewing | 9.54 |
| Mike Billman | 9.49 |
| Ken Underhill | 9.31 |
| M50-54 | |
| 1-12 | |
| Frank Struna | 11.39 |
| Alan Slater CAN | 11.19 |
| H Gordon | 10.87 |
| Paul Gansle | 10.15 |
| Haig Bohigian | 9.74 |
| Dennis Stempel | 9.72 |
| Avital Schurr | 9.33 |
| Mike Valle | 9.21 |
| Bob O'Brien | 9.08 |
| Nate Byrd | 8.90 |
| Darrell Short | 8.20 |
| Mike Wilhite | 7.92 |
| M55-59 | |
| 1-5 | |
| Jerry Lyons | 9.40 |
| Haig Bohigian | 9.35 |
| Carlos Vernon CAN | 9.13 |
| Ted Kent | 8.99 |
| B Bradley | 8.94 |
| M60-64 | |
| 1-10 | |
| Phil Mulkey | 10.45 |
| James Stookey | 10.01 |
| Clarence Trinkner | 9.32 |
| Bill Butterworth | 8.51 |
| Jack Lance | 8.47 |
| Ted Swanson CAN | 8.46 |
| Ray Carstensen | 8.41 |
| Bob Graham | 8.13 |
| --- LaPointe | 8.03 |
| Russ McDaniels | 6.96 |
| M65-69 | |
| 1-7 | |
| Denver Smith | 9.54 |
| Bill Townsend | 8.86 |
| Jim Moorhead | 8.59 |
| Fred Hirsimaki | 8.21 |
| Jim Mathers CAN | 7.87 |
| Ed Failor | 7.34 |
| Jack Doorlay | 7.26 |
| M70-74 | |
| 1-10 | |
| Ed Lukens | 9.97 |
| Tom Patsalis | 9.31 |
| Tom Kennell | 8.53 |
| Vern Mattson | 7.71 |
| Arnold Scott | 7.65 |
| Ed Matthews | 7.59 |
| George Rajcevic | 7.35 |
| Mel Buschman | 7.11 |
| Doc Bennett | 7.09 |
| Bud McGarvey | 6.77 |
| M75-79 | |
| Robert Sorlien | 7.49 |
| Ham Morningstar | 6.31 |
| M80-84 | |
| Claude Hills | 6.71 |
| Karl Trei CAN | 6.51 |
| M30-34 | |
| 1-10 | |
| | |

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

| | | | | |
|---------------|-------------------|-----------|------------|---------|
| W45-49 | Judy Heller | 1 Mile RW | 8:27 | 8/30/92 |
| W60-64 | Martha O'Leary | 5K | 0:24:40.14 | 4/24/93 |
| W70-74 | Lois Shayne Edds | 1500M | 7:50.20 | 4/24/93 |
| M35-39 | Harvey Jackson | 100M | 11.29 | 4/17/93 |
| M45-49 | Dale Bernauer | 100M | 11.83 | 4/17/93 |
| M50-54 | DeWayne H. Walker | 1 Mile RW | 8:01.7 | 2/27/93 |

| | | | | |
|---------------|---------------------|------------|----------|----------|
| M55-59 | Charlie Richard | Long Jump | 16-1 1/2 | 3/28/93 |
| | Rodger Young | Long Jump | 17-3 1/2 | 4/03/93 |
| | | 100M | 12.56 | 6/04/93 |
| M60-64 | Theodore R. Swanson | High Jump | 4-8 | 12/13/92 |
| M65-69 | Edward W. Hooker | Discus | 152-4 | 5/22/93 |
| M70-74 | Thomas T. DeVaughn | Pole Vault | 8-0 | 2/28/93 |
| M85-89 | John Miller | Discus | 61-0 | 4/17/93 |
| | | Javelin | 50-4 | 4/17/93 |
| | | 100M | 19.86 | 4/17/93 |

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 | 9:04 | 9:49 | 11:00 | 11:45 | 13:02 |
| Mile | 7:12 | 7:24 | 7:36 | 7:49 | 8:04 | 8:21 | 8:41 | 9:18 | 9:42 | 10:30 | 11:48 | 12:36 | 14:03 |
| 3000 | 13:59 | 14:23 | 14:46 | 15:12 | 15:36 | 16:12 | 16:54 | 18:00 | 19:00 | 20:30 | 23:00 | 24:36 | 27:18 |
| 2Mile | 15:04 | 15:30 | 15:54 | 16:24 | 16:54 | 17:30 | 18:12 | 19:24 | 20:27 | 22:06 | 24:48 | 26:30 | 29:24 |
| 5000 | 23:36 | 24:13 | 24:48 | 25:33 | 26:24 | 27:18 | 28:24 | 30:24 | 31:54 | 34:33 | 38:42 | 41:24 | 45:54 |
| 10K | 48:08 | 49:10 | 50:27 | 51:54 | 53:33 | 55:26 | 59:06 | 63:21 | 66:30 | 70:09 | 78:36 | 84:06 | 93:18 |
| 15K | 1:12 | 1:14 | 1:16 | 1:19 | 1:23 | 1:27 | 1:31 | 1:35 | 1:40 | 1:47 | 1:58 | 2:10 | 2:22 |
| 20K | 1:38 | 1:40 | 1:43 | 1:47 | 1:52 | 1:57 | 2:02 | 2:09 | 2:17 | 2:27 | 2:40 | 2:55 | 3:10 |
| 50K | 4:30 | 4:36 | 5:00 | 5:09 | 5:20 | 5:41 | 5:53 | 6:20 | 6:48 | 7:12 | | | |

WOMEN

| | | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1500 | 7:25 | 7:39 | 7:53 | 8:08 | 8:26 | 8:45 | 9:08 | 10:29 | 11:15 | 11:58 | 12:50 | 14:17 | 15:36 |
| Mile | 8:00 | 8:15 | 8:30 | 8:45 | 9:03 | 9:42 | 10:18 | 11:30 | 12:09 | 12:54 | 13:48 | 15:21 | 16:48 |
| 3000 | 15:30 | 16:00 | 16:30 | 17:00 | 17:33 | 18:48 | 20:06 | 22:12 | 23:33 | 25:00 | 26:48 | 29:48 | 32:36 |
| 2Mile | 16:44 | 17:15 | 17:46 | 18:18 | 18:54 | 20:12 | 21:36 | 24:00 | 25:21 | 26:54 | 28:54 | 32:09 | 35:09 |
| 5000 | 26:13 | 26:56 | 27:42 | 28:33 | 29:36 | 31:33 | 33:48 | 37:30 | 39:36 | 42:06 | 45:09 | 50:18 | 55:12 |
| 10K | 53:25 | 54:41 | 56:12 | 58:00 | 63:12 | 65:48 | 70:33 | 76:06 | 82:42 | 87:54 | 94:12 | 1:42 | 1:51 |
| 15K | 1:24 | 1:26 | 1:29 | 1:32 | 1:35 | 1:39 | 1:46 | 1:55 | 2:04 | 2:13 | 2:22 | 2:33 | 2:48 |
| 20K | 1:54 | 1:57 | 2:00 | 2:05 | 2:09 | 2:14 | 2:23 | 2:34 | 2:47 | 3:00 | 3:13 | 3:38 | 3:47 |
| 50K | 5:11 | 5:26 | 5:36 | 5:46 | 6:00 | 6:25 | 6:41 | 7:13 | | | | | |

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 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 |
| Mile | 4:31 | 4:35 | 4:42 | 4:53 | 5:07 | 5:25 | 5:49 | 6:14 | 6:51 | 7:38 | 8:42 | 10:18 |
| 5000 | 15:30 | 15:42 | 16:06 | 16:44 | 17:30 | 18:24 | 19:36 | 21:08 | 23:30 | 26:00 | 29:00 | 33:30 |
| 10000 | 32:11 | 32:35 | 33:30 | 34:45 | 36:15 | 38:10 | 40:30 | 44:15 | 48:30 | 54:30 | 61:15 | 68:30 |
| 110H | 15.3 | 16.4 | 17.75 | 18.75 | | | | | | | | |
| 100H | | | | | 18.0 | 19.0 | 20.0 | 21.3 | | | | |
| 80H | | | | | | | | | 18.0 | 21.0 | 25.0 | 30.0 |
| 400H | 57.6 | 59.7 | 62.0 | 64.4 | 67.2 | 70.6 | | | | | | |
| 300H | | | | | 48.0 | 51.0 | 55.0 | 60.0 | 66.5 | 74.5 | 84.0 | 95.0 |
| 3K-SC | 10:00 | 10:20 | 10:55 | 11:40 | 12:30 | 13:20 | | | | | | |
| 2K-SC | | | | | | | 9:30 | 10:30 | 12:00 | 14:00 | 16:30 | 19:30 |
| HJ | 1.94 | 1.85 | 1.76 | 1.68 | 1.59 | 1.50 | 1.41 | 1.32 | 1.23 | 1.13 | 1.02 | .92 |
| | 6-4 1/2 | 6-3/4 | 5-9/8 | 5-6 | 5-2 1/2 | 4-11 | 4-7 1/2 | 4-4 | 4-4 | 3-8 | 3-4 | 3-1 |
| PV | 4.40 | 4.15 | 3.90 | 3.60 | 3.30 | 3.05 | 2.80 | 2.55 | 2.30 | 2.05 | 1.80 | 1.50 |
| | 14-5 1/2 | 13-7/8 | 12-9/8 | 11-9/8 | 10-10 | 10-0 | 9-2 1/2 | 8-4 1/2 | 7-6 1/2 | 6-8 1/2 | 5-11 | 4-11 |
| LJ | 6.55 | 6.20 | 5.85 | 5.45 | 5.10 | 4.75 | 4.40 | 4.00 | 3.65 | 3.35 | 3.00 | 2.65 |
| | 21-6 | 20-4 1/2 | 19-2 1/2 | 17-10 1/2 | 16-9 | 15-7 | 14-5 1/2 | 13-1 1/2 | 11-11 1/2 | 11-0 | 9-10 | 8-8 1/2 |
| TJ | 13.35 | 12.65 | 11.90 | 11.15 | 10.40 | 9.65 | 8.90 | 8.20 | 7.50 | 6.80 | 6.10 | 5.50 |
| | 43-9 1/2 | 41-6 | 39-1 1/2 | 36-7 | 34-1 1/2 | 31-8 | 29-2 1/2 | 26-11 | 24-7 1/2 | 22-4 | 20-1 1/2 | 18-1 1/2 |
| Shot | 15.20 | 14.10 | 13.00 | 12.00 | 12.40 | 11.20 | 12.00 | 10.80 | 10.00 | 8.80 | 7.65 | 6.50 |
| | 49-10 1/2 | 46-3 1/2 | 42-8 | 39-4 1/2 | 40-8 1/2 | 36-9 | 39-4 1/2 | 35-5 1/2 | 33-0 | 28-10 1/2 | 25-1 1/2 | 21-4 |
| Discus | 44.80 | 42.60 | 40.60 | 38.00 | 40.00 | 36.40 | 40.00 | 36.80 | 31.60 | 26.40 | 21.40 | 16.20 |
| | 147-0 | 139-9 | 133-2 | 124-8 | 131-3 | 119-5 | 131-3 | 120-9 | 103-8 | 86-7 | 70-2 1/2 | 53-2 |
| Hammer | 47.24 | 44.20 | 41.14 | 38.10 | 38.40 | 36.00 | 36.00 | 33.00 | 29.00 | 25.00 | 22.50 | 18.00 |
| | 155-0 | 145-0 | 135-0 | 125-0 | 126-0 | 118-1 | 118-1 | 108-3 | 95-2 | 82-0 | 73-10 | 60-0 |
| Jav | 62.00 | 57.00 | 52.00 | 48.00 | 43.00 | 38.50 | 40.00 | 35.00 | 29.00 | 24.00 | 19.00 | 15.00 |
| | 203-5 | 187-0 | 170-7 | 157-6 | 141-1 | 126-4 | 131-3 | 114-10 | 95-2 | 78-9 | 62-4 | 49-2 |
| 35#Wt. | 15.00 | 14.00 | 13.00 | 12.00 | 10.00 | 9.00 | | | | | | |
| 25#Wt. | | | | | | | 11.00 | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 |
| 56#Wt. | 9.50 | 9.00 | 8.50 | 8.00 | 6.00 | 5.00 | 4.50 | 4.00 | 3.50 | 3.00 | 2.50 | 2.00 |
| Pen | 2800 | 2600 | 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).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 |
|-------|----------|----------|-----------|----------|-------|---------|---------|---------|---------|---------|---------|
| 100 | 13.8 | 14.2 | 14.6 | 15.0 | 15.6 | 16.2 | 16.9 | 17.8 | 18.8 | 20.0 | 21.2 |
| 200 | 28.0 | 29.2 | 30.3 | 31.4 | 32.5 | 34.0 | 35.7 | 37.5 | 40.0 | 43.5 | 47.0 |
| 400 | 63.5 | 65.5 | 67.5 | 69.5 | 71.5 | 73.5 | 78.5 | 83.7 | 90.0 | 96.5 | 103.3 |
| 800 | 2:32 | 2:35 | 2:40 | 2:46 | 2:54 | 3:05 | 3:19 | 3:36 | 3:56 | 4:09 | 4:35 |
| 1500 | 5:10 | 5:19 | 5:29 | 5:40 | 5:58 | 6:20 | 6:48 | 7:23 | 8:04 | 8:52 | 9:48 |
| Mile | 5:34 | 5:44 | 5:55 | 6:07 | 6:26 | 6:49 | 7:19 | 7:46 | 8:47 | 9:39 | 10:45 |
| 5000 | 19:45 | 20:30 | 21:20 | 22:16 | 23:12 | 24:16 | 26:08 | 28:08 | 30:08 | 32:21 | 34:26 |
| 10000 | 41:00 | 42:40 | 44:40 | 47:00 | 49:30 | 52:00 | 56:00 | 60:00 | 66:00 | 76:00 | 86:00 |
| 100H | 17.2 | 18.2 | | | | | | | | | |
| 80H | | | 15.0 | 15.8 | 16.5 | 17.6 | 18.7 | 20.2 | 22.2 | 25.0 | 28.0 |
| 400H | 75.5 | 79.9 | 84.4 | 88.8 | | | | | | | |
| 300H | | | | | 66.0 | 72.0 | 79.0 | 87.0 | 96.0 | | |
| HJ | 1.42 | 1.35 | 1.27 | 1.19 | 1.12 | 1.07 | 1.02 | .97 | .92 | .89 | .84 |
| | 4-8 | 4-5 1/2 | 4-2 | 3-11 | 3-8 | 3-6 1/2 | 3-4 1/2 | 3-0 1/2 | 2-11 | 2-9 | |
| PV | 2.70 | 2.40 | 2.10 | 1.80 | 1.50 | 1.20 | 1.10 | 1.00 | 0.90 | 0.80 | 0.70 |
| | 8-10 1/2 | 7-10 1/2 | 6-11 | 5-11 | 4-11 | 3-11 | 3-7 1/2 | 3-3 1/2 | 2-11 | 2-7 1/2 | 2-3 1/2 |
| LJ | 5.00 | 4.60 | 4.25 | 3.90 | 3.55 | 3.20 | 2.85 | 2.60 | 2.35 | 2.10 | 2.00 |
| | 16-5 | 15-1 | 13-11 1/2 | 12-9 1/2 | 11-8 | 10-6 | 9-4 1/2 | 8-6 1/2 | 7-8 1/2 | 6-11 | 6-7 |
| TJ | 10.00 | 9.20 | 8.60 | 7.80 | 7.18 | 6.40 | 5.70 | 5.20 | 4.70 | 4.20 | 3.80 |
| | 32 | | | | | | | | | | |

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

Triple Cities RC Meet Endwell, NY; April 18

| | |
|-----------------|-----------|
| 400m | |
| Steve Page | 36 68.2 |
| Len Delmolino | 46 71.5 |
| Tim Rent | 36 72.4 |
| Lance Lee | 33 75.7 |
| 800m | |
| Carey Stoneking | 42 2:54 |
| Tim Rent | 36 2:56 |
| Denis Goldsmith | 40 3:12 |
| Len Delmolino | 46 3:12 |
| Open Mile | |
| Tom Carter | 40 4:29.1 |
| Duane Frisbie | 30 5:04.9 |
| Mike Jardi | 33 5:14.1 |
| Carey Stoneking | 42 5:32.8 |
| Tim Rent | 36 5:45.4 |
| Steve Page | 36 5:48.1 |
| Paul Natelli | 49 6:12.7 |
| George Groome | 52 6:14.1 |
| Lance Lee | 33 6:15.3 |
| Len Delmolino | 46 6:24.0 |
| Joe Miller | 42 7:07.7 |
| Masters Mile | |
| Paul Natelli | 49 5:16 |
| Carey Stoneking | 42 5:24 |
| Len Delmolino | 46 5:51 |
| George Groome | 52 6:00 |
| Ron Slocum | 49 6:40 |
| 3000m | |
| Duane Frisbie | 30 10:22 |
| Carey Stoneking | 42 11:10 |
| Steve Page | 36 11:55 |
| Tim Rent | 36 11:58 |
| Len Delmolino | 46 12:40 |
| Alan Jones | 55 12:55 |

Potomac Valley TC Meet Alexandria, VA; April 18

| | |
|------------------|------------|
| 100m | |
| Larry Colbert | 56 12.4 |
| Al Coles | 36 13.2 |
| Joe Hemler | 58 13.3 |
| Jim Stookey | 63 13.6 |
| Ed Matthews | 73 14.9 |
| Bill Bergen | 64 15.3 |
| Carla Convery | 73W23.3 |
| 200m | |
| Larry Colbert | 56 25.0 |
| Clint Kiser | 31 27.5 |
| Carl Grant | 52 28.0 |
| Jim Stookey | 63 28.1 |
| Katrenia Wheeler | 30W29.5 |
| Bill Bergen | 64 31.8 |
| Ed Matthews | 73 31.8 |
| Larry Suid | 54 31.9 |
| Bob Weiner | 46 32.2 |
| John Martin | 65 33.5 |
| Jim Keat | 61 39.7 |
| 400m | |
| Ray Duffey | 30 51.0 |
| Ralph Penn | 41 53.0 |
| Lloyd Jeremiah | 35 54.2 |
| Larry Colbert | 56 56.2 |
| Clint Kiser | 31 56.4 |
| Paul Zink | 45 58.1 |
| Rich Hower | 41 58.7 |
| Spider Rossiter | 41 60.5 |
| Roger Barbee | 46 62.0 |
| Katrenia Wheeler | 30W64.6 |
| David Webster | 40 67.4 |
| Dan Kornhauser | 37 68.3 |
| Debbie McCracken | 31W69.0 |
| J J Wind | 43 71.5 |
| Bill Bergen | 74.9 |
| 800m | |
| Clint Kiser | 31 2:05.4 |
| Dwight Hood | 43 2:31.3 |
| David Webster | 40 2:33.1 |
| Debbie McCracken | 31W2:48.4 |
| Al Gardner | 52 2:57.8 |
| Mile | |
| Tom Weber | 39 4:50.9 |
| David Webster | 40 4:51.1 |
| Paul Zink | 45 4:53.9 |
| Bob Weiner | 46 4:58.9 |
| Z Abdelkader | 34 5:10.8 |
| Dwight Hood | 43 5:21.9 |
| Debbie McCracken | 31W5:41.1 |
| J J Wind | 43 5:45.9 |
| Don Kohler | 56 6:00.3 |
| Jim Keat | 61 6:24.3 |
| 3000m | |
| David Webster | 40 10:04.3 |
| Bob Weiner | 46 10:34.4 |
| Spider Rossiter | 43 10:46.9 |
| Danvers Long | 50 10:48.1 |
| J J Wind | 43 11:03.8 |
| Win Rincon | 33W11:13.5 |
| Z Abdelkader | 34 11:13.8 |
| Debbie McCracken | 31W11:54.7 |
| Jim Keat | 61 12:54.9 |

| | |
|-------------------------|-------------|
| 110mH | |
| Pat Crandall | 42 18.3 |
| 300mH | |
| Jim Bradley | 56 51.8 |
| High Jump | |
| Stephen Metcalf | 33 5-10 |
| Pat Crandall | 42 5-4 |
| Howard Cohen | 57 4-4 |
| John Martin | 65 3-8 |
| Long Jump | |
| Stephen Metcalf | 33 18-6 |
| James Johnson | 30 18-3 |
| Pat Crandall | 42 16-1 |
| Jim Stookey | 63 15-0 |
| Joe Hemler | 58 13-10 |
| Howard Cohen | 57 12-2 |
| Triple Jump | |
| Stephen Metcalf | 33 41-2 |
| Jim Stookey | 63 30-9 1/2 |
| Shot Put | |
| Chas Pistorino | 70 35-8 1/2 |
| Phil Scudieri | 56 33-3 1/2 |
| Ned Curran | 64 32-5 |
| Barbara Goodman | 33W20-3 |
| Bernie Kleinschmidt | 71W18-6 |
| Sharon Good | 60W18-4 1/2 |
| Discus | |
| Phil Scudieri | 56 117-8 |
| Bill Bergen | 64 103-9 |
| Chas Pistorino | 70 98-6 |
| Russ White | 44 92-0 |
| Ned Curran | 64 80-7 |
| Howard Cohen | 57 77-7 |
| Bernie Kleinschmidt | 71W 48-0 |
| Sharon Good | 60W 45-2 |
| Carla Convery | 73W 33-10 |
| Javelin | |
| Russ White | 44 187-3 |
| Phil Scudieri | 56 124-1 |
| Chas Pistorino | 70 111-7 |
| Ned Curran | 64 92-0 |
| Bernie Kleinschmidt | 71W 46-8 |
| Carla Convery | 73W 41-5 |
| Sharon Good | 60W 33-1 |
| Mile Racewalk (judged) | |
| Dan Kornhauser | 37 8:31.5 |
| Jim Goldstein | 44 8:34.3 |
| Dave Kodner | 36 8:39.5 |
| Jim Lemert | 57 8:57.3 |
| Nancy Whitney | 57W9:50.8 |
| Bill O'Reilly | 67 9:53.1 |
| Barbara Goodman | 33W11:19.9 |
| Wayne Dexter | 78 12:27.5 |
| Mil Wood | 78 13:07.9 |
| Carla Convery | 73W13:29.0 |
| 3000m Racewalk (judged) | |
| Alan Price | 46 14:49.9 |
| Dave Kodner | 36 16:18.1 |
| Jack Boitano | 60 16:29.3 |
| Jim Goldstein | 44 16:34.9 |
| Dan Kornhauser | 37 17:21.0 |
| Jim Lemert | 57 17:38.3 |
| Bill O'Reilly | 67 18:41.8 |
| Nancy Whitney | 57W18:42.5 |
| Valerie Meyer | 34W21:07.1 |
| Janet Hood | 40W24:36.8 |
| Mil Wood | 78 25:31.5 |

| | |
|-------------------|---------------|
| Mile | |
| Steve Neaman | M33 4:38.0 |
| Paul Zink | M45 4:48.6 |
| Bob Weiner | M46 4:56.9 |
| Steve Sedlako | M36 4:59.4 |
| Spider Rossiter | M41 5:09.9 |
| Jack Barrar | M41 5:26.6 |
| Ed Sears | M50 5:27.8 |
| Chuck Fahrer | M38 5:38.7 |
| Don Kohler | M56 5:49.9 |
| Margaret Zalenska | W32 5:50.5 |
| Debbie McCracken | W31 5:55.8 |
| Rolland Elliott | M57 6:04.9 |
| Jim Keat | M61 6:30.4 |
| Doralie Segal | W63 7:25.0 |
| Joy Chambers | W46 7:57.2 |
| Chester Balkind | M61 10:07.2 |
| 3000m | |
| James Moreland | M40 10:01.2 |
| Ted Poulos | M31 10:26.0 |
| Danvers Long | M50 10:41.1 |
| Jack Barrar | M41 11:04.0 |
| Rolland Elliott | M57 12:42.2 |
| Doralie Segal | W63 14:48.4 |
| High Jump | |
| Greg Downer | M31 5-8 |
| Stephen Metcalf | M33 5-8 |
| Jeff James | M34 4-10 |
| Long Jump | |
| Stephen Metcalf | M33 19-4 |
| Greg Downer | M31 17-8 |
| Jeff James | M34 16-9 |
| Triple Jump | |
| Stephen Metcalf | M33 41-5 1/2 |
| Jeff James | M34 37-5 |
| Greg Downer | M31 35-7 |
| Shot Put | |
| Chris Pendergrass | M31 38-8 |
| Jack Kuhns | M54 35-11 1/2 |
| Bill Garthune | M84 21-7 1/2 |
| Lark Lovering | W47 19-5 |
| Barbara Goodman | W33 18-8 |
| Discus | |
| Chris Pendergrass | M31 147-1 1/2 |
| Bill Smith | M57 122-4 |
| Jack Kuhns | M54 102 |
| Russ White | M49 90-2 |
| Lark Lovering | W47 53-2 |
| Bill Garthune | M84 48-11 |
| Javelin | |
| Russ White | M49 186-9 |
| Mile RW (judged) | |
| James Moreland | M40 8:14.0 |
| Jim Lemert | M57 9:07.3 |
| Valerie Meyer | W34 9:49.1 |
| John Dunaway | M71 11:00.1 |
| Barbara Goodman | W33 11:21.7 |
| Mil Wood | M78 13:07.2 |
| 3000m RW (judged) | |
| Bob Briggs | M35 13:41.4 |
| Jim Lemert | M57 16:49.1 |
| Barbara Goodman | W33 21:55.5 |
| Wayne Dexter | M78 23:00.0 |
| Mil Wood | M78 24:11.0 |

Potomac Valley TC Meet Alexandria, VA; May 2

| | |
|------------------|------------|
| 100m | |
| Ivan Jordan | M30 11.1 |
| Milton Grave | M34 12.1 |
| Brian Riely | M38 12.8 |
| Joe Hemler | M58 12.8 |
| Larry Slaski | M43 13.3 |
| James Moreland | M40 13.4 |
| Gerald Butkus | M46 13.9 |
| Robert Ficker | M50 14.0 |
| Kenny Cross | M40 14.0 |
| Ed Matthews | M73 14.2 |
| Jim Keat | M61 18.9 |
| 200m | |
| Joe Hemler | M58 26.4 |
| James Moreland | M40 27.7 |
| Gerald Butkus | M46 29.2 |
| Bob Weiner | M46 29.5 |
| Kenny Cross | M40 30.9 |
| Jim Keat | M61 39.0 |
| 400m | |
| Ralph Romain | M60 55.0 |
| Spencer Robinson | M39 55.6 |
| Rick Hower | M41 58.4 |
| Brian Riely | M38 58.8 |
| Spider Rossiter | M41 59.0 |
| Larry Slaski | M43 60.9 |
| Robin Ficker | M50 61.2 |
| Gardly Dale, Jr. | M45 64.0 |
| Gerald Butkus | M46 64.7 |
| Doralie Segal | W63 91.5 |
| 800m | |
| Bob Weiner | M46 2:17.3 |
| Spencer Robinson | M39 2:17.9 |
| Robin Ficker | M50 2:34.1 |
| Don Kohler | M56 2:34.6 |
| Bunice Rogers | W49 6:23.5 |

Potomac Valley TC Meet Alexandria, VA; May 16

| | |
|------------------|----------|
| 100m | |
| Stephen Neal | M31 11.8 |
| Michael Preston | M33 12.4 |
| Lacy Fountain | M49 12.7 |
| Al Coles | M36 12.9 |
| James Moreland | M40 14.1 |
| Ed Matthews | M73 14.2 |
| Danita Wilson | W32 14.7 |
| Larry Suid | M54 14.9 |
| John Martin | M65 15.2 |
| Pat Nesley | M65 17.4 |
| Carla Convery | W73 20.8 |
| 200m | |
| Stephen Neal | M31 24.4 |
| Lacy Fountain | M49 26.7 |
| James Moreland | M40 28.4 |
| Albert Gardner | M52 29.7 |
| Ed Matthews | M73 30.6 |
| Larry Suid | M54 32.0 |
| Pat Nesley | M65 36.2 |
| Carla Convery | W73 48.0 |
| 400m | |
| Tony Belcher | M40 51.0 |
| Abdul Elmehdaoui | M44 55.0 |
| Clint Kiser | M31 56.3 |
| Spider Rossiter | M41 59.6 |
| James Moreland | M40 61.1 |
| Grady Dale, Jr. | M46 61.8 |
| Bob Weiner | M46 62.3 |
| Roger Barbee | M46 62.5 |
| Dan Masterson | M48 64.6 |
| Mike Lyon | M51 70.7 |
| J.J. Wind | M43 71.8 |
| Ed Matthews | M73 72.6 |
| Larry Suid | M54 80.8 |

| | |
|------------------|------------|
| 800M | |
| Angelo Horton | M30 2:10.0 |
| Al Logie | M43 2:13.4 |
| James Moreland | M40 2:20.9 |
| Larry Slaski | M43 2:23.4 |
| Don Kohler | M56 2:35.5 |
| Albert Gardner | M52 2:45.8 |
| Newlie Hewson | M70 3:07.4 |
| Mile | |
| Clint Kiser | M31 4:13.3 |
| Bruce Hamilton | M37 4:35.8 |
| Wayne Cottrell | M30 4:43.2 |
| Isaac Parker | M30 4:44.0 |
| Paul Zink | M45 4:45.7 |
| Bob Briggs | M36 4:50.8 |
| Ted Paulos | M31 4:52.6 |
| Larry Washington | M41 4:54.5 |
| Bob Weiner | M46 4:55.3 |
| Kevin Finneran | M43 4:58.0 |
| James Moreland | M40 4:58.7 |
| Jack Barrar | M41 5:15.0 |
| Ed Sears | M50 5:18.7 |
| J.J. Wind | M43 5:24.9 |
| John Lederer | M44 5:28.1 |
| John Muldoon | M38 5:30.3 |
| Lawrence Monaco | M55 5:40.1 |
| Dan Masterson | M48 5:47.3 |
| Sally Edwards | M45 5:49.0 |
| Don Kohler | M56 5:50.5 |
| Jim Keat | M61 6:14.0 |
| Al Blocker | M30 6:39.1 |
| Eric Nelson | M41 7:42.4 |
| Joy Chambers | W46 7:45.9 |

| | |
|-------------------|---------------|
| 3000m | |
| Ted Poulos | M31 10:02.4 |
| J.J. Wind | M43 10:41.0 |
| Danvers Long | M50 10:42.3 |
| Don Hayes | M37 11:13.2 |
| Jim Keat | M61 12:33.4 |
| Valerie Meyer | W34 16:13.3 |
| Long Hurdles | |
| Jim Bradley | M57 51.3 |
| High Jump | |
| John Martin | M65 3-10 |
| Long Jump | |
| Michael Preston | M33 16-8 |
| Carla Convery | W73 7-9 |
| Triple Jump | |
| Michael Preston | M33 35-1 |
| Shot Put | |
| Phil Scudieri | M57 36-4 |
| Charlie Pistorino | M70 35-8 1/2 |
| Bill Smith | M57 32-10 1/2 |
| Ned Curran | M65 32-4 |
| Bob Skupien | M40 31-3 1/2 |
| Victor Litwinski | M49 29-10 |
| Ed Matthews | M73 27- 1/2 |
| Lacy Fountain | M49 25-11 |
| Russ White | M49 25-8 1/2 |
| Sharon Good | W60 19 |
| B. Kleinschmidt | W71 18-8 |
| Discus | |
| Ed McComas | M58 133-9 |
| Phil Scudieri | M57 128-1 |
| Bill Smith | M57 123-9 1/2 |
| Charlie Pistorino | M70 106-4 |
| Russ White | M49 98-11 |
| Lacy Fountain | M49 95-8 |
| Ned Curran | M64 86-9 1/2 |
| B. Kleinschmidt | W71 47-2 1/2 |
| Javelin | |
| Russ White | M49 185-1 |
| Phil Scudieri | M57 135-2 |
| Charlie Pistorino | M70 90-7 |
| B. Kleinschmidt | W71 47-4 |
| Carla Convery | W73 43-1 |
| Sharon Good | W60 37-8 |

| | |
|------------------|-------------|
| Mile RW | |
| Tim Good | M33 8:15.1 |
| Victor Litwi | M49 8:57.0 |
| Valerie Meyer | W34 9:01.3 |
| Nancy Whitney | W57 9:23.3 |
| Pat Nesley | M65 10:06.8 |
| Bill O'Reilly | M67 10:19.5 |
| John Dunaway | M71 10:29.6 |
| Mary Skupien | M77 11:36.8 |
| Mil Wood | M78 13:07.3 |
| Terry Hamilton | M65 13:14.2 |
| Carla Convery | W73 13:27.1 |
| Helen Dale | W59 15:37.0 |
| 3000m RW | |
| James Moreland | M40 15:39.6 |
| Jim Goldstein | M44 16:51.3 |
| Claude Letien | M46 17:32.0 |
| Phil Calne | M36 17:33.6 |
| Jim Lemert | M57 17:43.1 |
| Nancy Whitney | M57 18:15.8 |
| Victor Litwinski | M49 18:37.6 |
| Bill O'Reilly | M67 18:55.2 |
| Pat Nesley | M65 19:16.8 |
| Mil Wood | M78 24:39.8 |
| Terry Hamilton | M65 26:14.5 |

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|--|------|
| NY Masters Spring Classic Kings Point, L.I.; May 16 | |
| 100m | |
| M30 Fred Feaster | 11.8 |
| M35 Thomas Jones | 11.2 |
| John Brooks | 11.4 |
| Rockdale Hudson | 12.4 |
| M40 Rick Lapp | 11.9 |
| P Felton | 12.2 |
| Dominic Lucia | 12.6 |
| M45 Thad Morris | 12.1 |
| Rob Hlagin | 12.1 |
| Robert Davis | 12.4 |
| 200m | |
| M30 Fred Feaster | 23.3 |
| M35 Thomas Jones | 22.5 |
| John Brooks | 22.9 |
| David Cherry | 23.4 |
| M40 P G Felton | 25.2 |
| Ed Sperling | 26.7 |
| Joe Dula | 31.0 |
| M45 Rob Hagin | 25.2 |
| Noah Perlis | 26.0 |
| Mike Milove | 26.4 |
| M50 Ed Small | 25.3 |
| Richard Jones | 25.9 |
| Julio Marin | 26.6 |
| M55 Cliff Pauling | 28.0 |
| Lloyd Henry | 28.4 |
| Horace Stephens | 28.8 |
| M60 Alex Johnson | 27.7 |
| John Darrell | 29.6 |
| Tom Talbott | 30.4 |
| M65 Royce Sawyer | 35.0 |
| M75 Sparks Sorlien | 36.2 |
| W30 Kelly Etheridge | 28.8 |
| W35 Louise Clark | 26.7 |
| Rose Ann Gaeta | 34.6 |
| M45 Jennifer Pinto | 28.7 |
| Lorraine Tucker | 29.7 |
| M55 Alexandria Johnson | 37.9 |
| M65 Julie Christo | 47.6 |
| 400m | |
| M30 Fred Feaster | 52.0 |
| Vance Rogers | 54.5 |
| M35 David Cherry | 52.1 |
| Rodney Jones | 53.1 |
| Adrian Sterrett | 53.7 |
| M40 Don Hodge | 53.8 |
| P G Felton | 53.8 |
| Mike Blake | 55.9 |
| M45 Ed Hagin | 54.8 |
| M50 Ed Small | 57.3 |
| Tom Hartman | 63.0 |
| Dennis Pennenga | 63.9 |
| M55 Philip Plant | 68.3 |
| M60 John Darrell | 67.2 |
| Tom Talbott | 69.7 |
| Giorgio Chiavelli | 74.4 |
| M65 Royce Sawyer | |

Continued from previous page

MID AMERICA

Western Slope Senior Games Montrose, CO; May 15

50m M55 K. Pregal 6.83 M. Kraus 6.95 M60 D. Schneck 6.34 M70 M. Canion 7.89 M80 W. Fowler 9.94 M60 M. Nicholson 8.16 M65 L. Craig 9.31 M70 T. McMahan 8.78 M75 M. Mackown 9.67

100m M55 K. Pregal 14.43 M60 D. Schneck 12.75 M60 P. Craze 15.96 M65 L. Craig 20.67

200m M60 D. Schneck 30.02 M70 G. Devor 42.22 M60 P. Craze 52.76 M75 M. Mackown 45.23

400m M55 J. Spurgeon 1:32 M60 D. Schneck 1:14 M65 B. Hubert 1:36 M70 G. Devor 1:50

800m M55 J. Spurgeon 3:19 M65 B. Hubert 3:59 M70 J. Sutrina 4:23

1500m M55 J. Spurgeon 7:24 M60 A. Kropp 6:41 M70 J. Sutrina 9:27

400m Racewalk M60 D. Weaver 2:17 M70 J. Sutrina 3:06 M55 D. Gansemer 2:57 M60 J. Baird 3:33 M55 N. Audino 3:12 M70 T. McMahan 3:02 M80 L. Skiles 4:56 M90 F. Bays 4:38

800m Racewalk M60 D. Weaver 5:01 M55 D. Gansemer 6:03 M65 N. Audino 7:05 M70 H. Tucker 6:51 M90 F. Bays 9:20

1500m Racewalk M60 D. Weaver 9:31 M55 D. Gansemer 11:51 M70 H. Tucker 13:25

Long Jump M65 B. Chivvis 11-9 M80 W. Fowler 7-5 M75 M. Mackown 8-9

Shot Put M55 J. Deltondo 25-9 M60 R. DeQuinze 27-1 M65 R. Keenan 33-0 M70 H. Jensen 31-1 M75 D. Dixon 29-11 M80 W. Fowler 28-11 M75 G. Bergman 16-9 M80 A. Wyatt 11-10 M90 F. Bays 10-2

SOUTHWEST

Texas Senior Games Arlington, TX; May 22

50m M50 Larry Link 6.80 M55 Jimmy Weaver 6.35 M60 William Wareham 7.13 M65 Wilford Scott 7.08 M70 Tim Murphy 7.19 M75 Tim Songerth 8.48 M80 Fred White 8.39 M85 Henry Johnson 8.05 M60 Eda Gore 8.80 M65 Dorothy Vanloose 9.70 M70 Nita Henderson 10.66

100m M50 Larry Link 12.70 M55 Jimmy Weaver 12.04 M60 William Wareham 12.73 M65 Wilford Scott 13.13 M70 Tim Murphy 13.18 M75 J.C. Byers 17.85 M80 Fred White 17.25 M85 Henry Johnson 17.26 M60 Eda Gore 17.48 M65 Angie Trantham 19.59 M70 Nita Henderson 20.70 M85 Susie Hughes 33.87

200m M50 Larry Link 26.24 M55 Wayne Bennett 24.73 M60 William Wareham 29.73 M65 Bill Bowers 28.70 M70 Tim Murphy 27.76 M75 J.C. Byers 39.33 M80 Ed Bost 39.12 M60 Eda Gore 38.02 M65 Angie Trantham 42.62 M85 Susie Hughes 1:09.86

400m M50 John Markus 1:03.95 M55 Robert Cozens 59.56 M60 E. Lozano 1:10.66 M65 Jack Gilbert 1:11.52 M75 J. Cummings 1:40.36 M80 Fred White 1:31.96

800m M50 Jack Manning 2:43.50 M55 M. Herring 3:03.80 M60 E. Lozano 2:52.45 M65 R. Widener 2:59.48 M70 Michael Kagan 3:05.81 M80 C. Villerez 4:47.93

1500m M50 Fred Hawn 5:56 M55 Fred Hurd 5:27 M60 Harold Franklin 6:02 M65 Richard Widener 6:05 M70 Michael Kagan 6:37 M80 Clyde Villerez 9:03 M60 Billye Talley 9:27

5000m Racewalk M50 J. Stonecipher 9:25 M55 P. Donaldson 7:32 M60 Tom Hughes 10:30 M65 Jim Atchison 10:48 M70 Jim Gross 10:48 M50 Doris Sosnowski 11:54 M55 Dorothy Key 12:34 M60 Treasure Cary 11:11 M75 Fan Benno 11:15

High Jump M50 James McClure 4-8 M55 Lewis Sims 4-2 M60 Ward McCurtain 4-6 M65 Bill Barton 4-0 M70 Chuck Coker 3-2 M75 Andrew Jackson 3-2

Long Jump M50 Lee Powell 14-11 M55 F. Harrell 14-74 M60 Dick Scott 13-101 M65 Tug Hall 7-11 M70 Bill Carter 12-74 M75 Charo Rivera 7-11 M60 Maria Rodriguez 4-8 M65 Dorothy Vanloose 6-91 M70 Josephine Perez 4-7

Pole Vault M55 George Jageman 9-0 M60 Dick Scott 8-0 M75 Bill Sampson 6-0

Javelin M50 Dufe Morrison 112-14 M55 John Lindsay 118-71 M60 Bill Brazelton 140-3 M70 Bill Carter 95-71 M75 Jesse Cummings 62-101 M80 John Pearce 62-34 M85 Luis Ruiz 47-2 M60 Alma Cummings 40-101 M65 G. Carrasco 53-21 M70 Lidia Forques 39-0

Shot Put M50 Lee Powell 33-2 M55 John Lindsay 39-3 M60 Dick Scott 33-74 M70 Chuck Coker 36-3 M75 Wilber Phipps 21-114 M80 John Pearce 26-41 M85 Luis Ruiz 19-71 M50 Jessie Rand 24-0 M60 Maria Rodriguez 16-0 M65 G. Carrasco 20-114 M70 Lidia Forques 19-1

Discus M50 James McClure 106-1 M55 John Lindsay 123-7 M60 Bill Brazelton 116-2 M65 Edward Hooks 152-4 M70 Bill Carter 129-7 M75 Jesse Cummings 74-4 M80 John Pearce 72-2 M50 Jessie Rand 38-1 M60 Alma Cummings 38-5 M65 G. Carrasco 48-10 M70 Lidia Forques 30-101

WEST Mt. SAC Masters 100m Walnut, CA; April 17 Stan Whitley 11.07 Eugene Driver 11.23 Glenn Johnson 11.96 Frank Little 12.04 Herman Castillo 12.06

So. Calif Striders Meet of Champions; Cal. State Long Beach; May 15 100m M30 Luis Morales 10.6 C Stephenson 10.9 M35 James Bonilla 11.2 Hedley Green 11.4 Bert Myers 11.6 M40 Eugene Driver 11.1 Robert Bowen 11.4 T Boucquey 11.6 M45 Frank Little 11.8 Sheridan Groves 12.4 Robert Farber 12.7 M50 Charles Loftis 12.4 Dwaine Horton 12.9 Paul Gilbert 13.8 M55 Ed Oleata 12.6 Roger Tsuda 12.8 Dick Glasgow 13.0 M60 Sam Flory 13.2 J. Cummings 13.4 Frank Kishi 14.0

M65 Barney Phillips 14.0 Jock Jocy 14.2 Tom Miller 15.8 M70 Tom Patsalis 14.3 M75 Clarence Killion 15.0 Clarence Trahan 15.9 M80 Bert Morrow 16.6 M85 Ken Carnie 19.3 W30 Robin Moore 14.0 W50 Barbara Peet 15.5 W55 Julie Lopp 18.3 W60 M Kuehne 16.8 Sumi Leonard 17.2

200m M30 Luis Morales 22.6 J Smith 22.9 Herman Duncan 24.8 M35 James Bonilla 24.0 Robert Trudeau 24.9 M40 Eugene Driver 23.2 Robert Bowen 23.7 Herman Castille 24.7 M45 Frank Little 25.4 Sheridan Groves 26.1 Rob Russell 26.3 M50 Steve Robbins 23.2 Charles Loftis 26.0 Terrence Keeney 26.4 M55 Roger Tsuda 26.2 Dick Glasgow 26.4 Marcel Cote 28.4 M60 Sam Flory 28.0 Frank Kishi 30.1 David Mack 30.1 M65 Jock Jocy 30.1 Rodney Brown 30.6 Milo Sather 31.4 M70 Clarence Killion 32.8 C Mercurio 35.0 Pete Ganahl 39.7 W40 Tina Stough 28.9 W45 S Schweitzer 39.3 W50 Barbara Peet 33.1 W55 Julie Lopp 39.5 W60 Sumi Leonard 37.7 W65 Johnnye Valien 37.0

400m M30 C Stephenson 50.2 M35 William Harry 51.2 George MeHale 52.7 Robert Trudeau 54.8 M40 Robert Bowen 53.7 Walter Fus 62.9 M45 Arthur Martinez 66.8 Allen White 69.0 M50 Bob Morgan 57.5 George Cohen 58.3 A Craddock 66.9 M55 J Carrington 62.9 Mel Sacks 63.1 Rodney Brown 68.9 Bruce Odou 82.3 W40 Tina Stough 64.8 W45 S Schweitzer 91.3 W50 Barbara Peet 77.3 H Geoffron 95.1

800m M30 Mark Cleary 2:10.7 Jim Reed 2:12.8 M35 Ralph Rozenek 2:09.3 Bruce Koel 2:13.7 Gregory Lash 2:15.2 M40 S Christiano 2:10.5 H Castille 2:12.9 S Lassegard 2:20.0 M45 Ron Jensen 2:07.9 Bill Skrifvars 2:16.5 David Jones 2:23.0 M60 Bob Holmes 2:39.5 Mel Schultz 2:54.2 M65 Louis Beadle 2:40.7 Milo Sather 2:42.9 Rodney Brown 2:47.4 W30 J Heaton 2:38.6 W35 M Fullove 2:33.2 W45 B Frankel 2:51.6 E Partridge 4:12.7 W50 Linda Keston 3:34.9

1500m M30 Mark Cleary 4:23.8 David Norwood 4:25.7 M35 Bruce Koel 4:45.8 M40 S Kellymyer 4:43.7 Ron Rook 4:52.3 M45 Rob Russell 4:30.5 David Jones 4:51.7 A Martinez 5:13.5 M50 George Cohen 4:40.6 M60 Gunnar Linde 5:14.7 M65 Louis Beadle 5:56.1 Harold Willis 6:18.0 Bruce Odou 6:23.8 W30 J Heaton 5:13.3 W35 M Fullove 5:14.9 W40 D Jamieson 5:32.0 W50 Linda Keston 7:03.6 H Gerffron 7:10.4

3000m M30 Jesse Clemente 9:34.8 M35 Pat Steele 10:37.9 Ron Engen 10:58.9 Joe Steinman 11:15.9

800m M70 Tom Patsalis 14.5 Burl Gist 19.5 W45 A Steekelenburg 14.0

100m M50 Walt Butler 13.5 F Niedermeyer 15.5 L Sallingier 16.9 M55 Alvin Henry 15.3

M60 Dave Jackson 15.4 Will Robinson 17.9 Bill Adler 18.6 110m M30 Michael Streeter 18.8 M45 Sheridan Groves 17.6

300m M30 Bernard Labat 45.4 M35 J Monteagle 63.7 M40 Dallas Jones 45.8 Jon Kilroy 46.2 M45 Sheridan Groves 46.0 Jorge Birnbaum 50.3 M50 F Niedermeyer 46.3 M60 Will Robinson 50.4 Dave Douglass 57.2 M75 Pete Ganahl 69.2 M80 Bert Morrow 78.0

2000m Steeplechase W30 P Widmann 9:41.8 W50 B Egger 10:17.0 3000m Steeplechase M30 Kevin Denter 10:59.5 M35 Tom Stuthard 11:00.1 Neil Bojko 11:21.3 M50 John Cosgrove 12:30.8 Luigi Schiavo 15:11.0 M55 Ted Oviatt 13:05.8 M65 Avery Bryant 13:48.2

5000m Racewalk M50 Bill Neder 29:26.0 M55 Bob Meador 29:05.2 M60 R Archibald 33:04.6 W de Roth's 41:57.9 M70 Don Cotner 33:25.6 W45 D Cunningham 28:48.2 W65 Jean Cotner 43:46.2

Pole Vault M35 Doug Sparks 13-6 Matt Wagner 12-6 M40 W Stamper 11-6 M45 Dan Borrey 11-6 Bob Bly 10-6 Wayne Shaul 10-0 M55 Ed Oleata 11-6 Ray Fitzhugh 9-0 M70 Ric Ricciardi 6-6 M75 Jim Vernon 9-0

Long Jump M40 Dan Perkins 15-3 Mike McCarthy 13-3 M45 Rob Farber 18-0 Bob Bly 15-6 Leroy Clippis 14-11 M50 Duane Holmes 15-4 M55 Roger Tsuda 17-3 Ray Fitzhugh 14-7 M70 Tom Patsalis AR14-4 Ric Ricciardi 11-5 M75 Clarence Trahan 11-7 W55 Christel Miller 11-5 W60 M Kuehne 11-4 W65 J Valien WR10-11

Triple Jump M35 Tom Stuthard 39-0 M70 Tom Patsalis 30-4 C Mercurio 25-1 M75 Clarence Trahan 23-6 W60 M Kuehne 23-9

High Jump M45 Charlie Rader 6-2 Jorge Birnbaum 5-2 M50 H Pettegrove 5-2 Dwaine Horton 5-0 M55 Jerry Sullivan 5-0 Ray Fitzhugh 4-8 Ed Oleata 4-6 M60 Sam Flory 4-4 Dave Douglass 4-4 M65 Donald Roser 3-10 M70 Burl Gist 4-2 Vic Jones 4-0 W45 A Steekelenburg 4-10 W55 Christel Miller 4-0 W65 Jonnye Valien 3-4

Discus M35 Val Olotoa 122-11 M40 Mike Deller 136-4 Russ Reabold 127-8 Jerry Womack 92-7 M45 B Fulbright 120-1 Lee Schwartz 119-9 C McCormick 117-6 M50 M Woodward 139-7 Dwaine Horton 113-8 Dave Nuttall 103-1 M55 Hal Smith 133-6 Allan Brown 129-2 Ron Wade 114-10 M60 Harry Hawke 149-8 Mike Devlin 121-5 Dave Douglass 96-9 M65 Bill Bangert 122-6 Arnie Gaynor 116-3 Donald Roser 102-6 M70 W Thompson 120-5 Ric Ricciardi 96-2 S Lampert 91-1 M75 R Carter AR117-10 Jerry Siefert 84-8 M85 K Carnie AR83-11 W40 Janet Wilson 139-11 W60 Shirley Kinsey 59-6

Shot Put M30 Roosevelt Ivory 44-1 M35 Val Olotoa 43-11 M40 M Schroeder 42-0 Mike Deller 41-2 M45 Daniel Borrey 38-11 C McCormick 35-5 Bruce Fulbright 35-1

M50 Dave Nuttall 32-2 Luigi Schiavo 24-9 M55 Hal Smith AR44-5 Ron Wade 36-6 Bob Eldridge 29-11 M60 Harry Hawke 40-3 Mike Devlin 35-10 Dave Douglass 32-4 M65 Arnie Gaynor 38-2 Bill Bangert 35-10 M70 S Lampert 33-10 M75 Ross Carter WR37-8 Jerry Siefert 31-2 W40 Janet Wilson 33-0 W55 Patty Devlin 18-6 W60 Shirley Kinsey 23-0

Javelin M30 M Streeter 116-0 M40 Ron Rook 117-5 M45 Tom Starbuck 130-2 Richard Rook 120-6 C McCormick 98-11 M50 Dave Nuttall 119-3 Duane Holmes 110-7 Luigi Schiavo 80-7 M55 L Stuart WR209-1 Hal Smith 110-3 Ray Fitzhugh 91-1 M60 Mike Devlin 119-11 Dave Douglass 97-6 M65 Bud Held WR180-6 Donald Roser 102-7 M70 Ric Ricciardi 82-0 M75 Jerry Siefert 92-2 M85 Ken Carnie AR77-3 W40 Tina Stough 84-4 W45 Liz Canterna 52-7 W55 Christel Miller 88-6 Patty Devlin 59-8 W60 M Kuehne 53-7

Hammer Throw M40 Mike Deller 156-6 Ed Arcao 156-3 M50 John White 117-4 M Woodward 111-10 A Sheinker 93-2 M55 Allan Brown 117-3 M60 D Douglass 108-11 Mike Devlin 100-7 M65 Bill Bangert 111-8 M70 Ric Ricciardi 107-8 S Lampert 100-10

Shot Put M30 Ron McKee 60-7 M35 Greg Tafralis 62-7 Eric Hodgdon 43-0 M40 Gary Kelmenson 35-41/2 M50 Jerry Fastine 36-3 M75 Bob Boucke 32-2 3/4 W55 Fel-Mei Chou 21-6 3/4

Discus M35 Greg Tafralis 176-3 M40 Gary Kelmenson 107-5 M50 Jerry Fastine 108-9 M55 Gary Dawson 87-6 M75 Bob Boucke 70-8 W55 Fel-Mei Chou 63-4

Hammer M35 Eric Hodgdon 124-6 M40 Gary Kelmenson 126-0 M55 Gary Dawson 114-9 Don Hughes 77-0 M75 Jim York 5kg 73-2 Bob Boucke 62-6

Javelin M35 Eric Hodgdon 114-0 M40 Gary Kelmenson 108-11 Weight Throw M35 Eric Hodgdon 42-2 M40 Gary Kelmenson 39-2 M55 Don Hughes 28-1 Gary Dawson 24-21/2

Stanford Throws Series #15 Stanford U., CA; May 22 Shot Put M30 Ron McKee 60-7 M35 Greg Tafralis 62-7 Eric Hodgdon 43-0 M40 Gary Kelmenson 35-41/2 M50 Jerry Fastine 36-3 M75 Bob Boucke 32-2 3/4 W55 Fel-Mei Chou 21-6 3/4

Discus M35 Greg Tafralis 176-3 M40 Gary Kelmenson 107-5 M50 Jerry Fastine 108-9 M55 Gary Dawson 87-6 M75 Bob Boucke 70-8 W55 Fel-Mei Chou 63-4

Hammer M35 Eric Hodgdon 124-6 M40 Gary Kelmenson 126-0 M55 Gary Dawson 114-9 Don Hughes 77-0 M75 Jim York 5kg 73-2 Bob Boucke 62-6

Javelin M35 Eric Hodgdon 114-0 M40 Gary Kelmenson 108-11 Weight Throw M35 Eric Hodgdon 42-2 M40 Gary Kelmenson 39-2 M55 Don Hughes 28-1 Gary Dawson 24-21/2

Shot Put M30 Ron McKee 60-7 M35 Greg Tafralis 62-7 Eric Hodgdon 43-0 M40 Gary Kelmenson 35-41/2 M50 Jerry Fastine 36-3 M75 Bob Boucke 32-2 3/4 W55 Fel-Mei Chou 21-6 3/4

Discus M35 Greg Tafralis 176-3 M40 Gary Kelmenson 107-5 M50 Jerry Fastine 108-9 M55 Gary Dawson 87-6 M75 Bob Boucke 70-8 W55 Fel-Mei Chou 63-4

Hammer M35 Eric Hodgdon 124-6 M40 Gary Kelmenson 126-0 M55 Gary Dawson 114-9 Don Hughes 77-0 M75 Jim York 5kg 73-2 Bob Boucke 62-6

Javelin M35 Eric Hodgdon 114-0 M40 Gary Kelmenson 108-11 Weight Throw M35 Eric Hodgdon 42-2 M40 Gary Kelmenson 39-2 M55 Don Hughes 28-1 Gary Dawson 24-21/2

Shot Put M30 Ron McKee 60-7 M35 Greg Tafralis 62-7 Eric Hodgdon 43-0 M40 Gary Kelmenson 35-41/2 M50 Jerry Fastine 36-3 M75 Bob Boucke 32-2 3/4 W55 Fel-Mei Chou 21-6 3/4

Discus M35 Greg Tafralis 176-3 M40 Gary Kelmenson 107-5 M50 Jerry Fastine 108-9 M55 Gary Dawson 87-6 M75 Bob Boucke 70-8 W55 Fel-Mei Chou 63-4

Hammer M35 Eric Hodgdon 124-6 M40 Gary Kelmenson 126-0 M55 Gary Dawson 114-9 Don Hughes 77-0 M75 Jim York 5kg 73-2 Bob Boucke 62-6

Javelin M35 Eric Hodgdon 114-0 M40 Gary Kelmenson 108-11 Weight Throw M35 Eric Hodgdon 42-2 M40 Gary Kelmenson 39-2 M55 Don Hughes 28-1 Gary Dawson 24-21/2

Shot Put M30 Ron McKee 60-7 M35 Greg Tafralis 62-7 Eric Hodgdon 43-0 M40 Gary Kelmenson 35-41/2 M50 Jerry Fastine 36-3 M75 Bob Boucke 32-2 3/4 W55 Fel-Mei Chou 21-6 3/4

Discus M35 Greg Tafralis 176-3 M40 Gary Kelmenson 107-5 M50 Jerry Fastine 108-9 M55 Gary Dawson 87-6 M75 Bob Boucke 70-8 W55 Fel-Mei Chou 63-4

Hammer M35 Eric Hodgdon 124-6 M40 Gary Kelmenson 126-0 M55 Gary Dawson 114-9 Don Hughes 77-0 M75 Jim York 5kg 73-2 Bob Boucke 62-6

Javelin M35 Eric Hodgdon 114-0 M40 Gary Kelmenson 108-11 Weight Throw M35 Eric Hodgdon 42-2 M40 Gary Kelmenson 39-2 M55 Don Hughes 28-1 Gary Dawson 24-21/2

M60 Bernie Stevens 28.2 Fred Gunther 28:59 Ray Archibald 35.94 M65 Al Escobedo 30.72 Bob Jordan 30.87 Harold Willis 35.91 M70 Frank Toner 31.4 M75 Clarence Killion 32.82

400 M30 Alan Tucker 52.4 Michael Mills 53.3 Ted Jeung 53.31 M35 Robert Trudeau 54.43 M40 Ed Washington 55.8 Glenn Johnson 57.09 Bruce Anderson 57.1 M50 Tyrone Nelson 1:00.8 M60 Fred Gunther 1:03.70

800 M30 Tim Cowdrey 2:06.12 M35 Rick Kushmann 2:02.2 M45 Bruce Anderson 2:15.3 Glenn Williams 2:19.44 Wayne Morris 2:19.65 M50 Tyrone Nelson 2:32.6 M55 Pete Richardson 2:25 Jim Bevins 2:27.3 M60 Ray Archibald 3:12.8 M65 Harold Willis 3:02.97

1500 M35 Rick Kushmann 4:17.7 Angelo Tobar 4:22.3 David Amster 4:19.2 Bruce Anderson 4:40.41 M55 Jim Bevins 5:09.6 M65 Walter Atchesson 6:01.42 M60 Ray Archibald 6:34.0

3000 M35 Angelo Tobar 9:49.1 M45 Bruce Anderson 10:30.4 M55 Jim Bevins 11:39.36 Ted Oviatt 12:01.8 M60 Ray Archibald 15:43.9 M75 Pete Ganahl 17:11.12

110 Hurdles M45 Fred Johnston 16.5 Sheridan Groves 17.37 100 Hurdles Ted Oviatt 21.12 Int. Hurdles 300 M45 Sheridan Groves 44.9 Fred Johnston 45.05 M55 Ted Oviatt 57.8 M75 Pete Ganahl 1:08.8

LONG JUMP M40 R. Trujillo 18'8 1/2 M50 John Lavson 15'6 1/2 M65 Jerry Silsdorf 8'1 1/2

DISCUS M50 Tyrone Nelson 67'7 M55 Jim Hart 133' 1/2 Hal Smith 121'6 1/2 Don Sharp 90' M65 Jerry Silsdorf 73'10 1/2 Walter Atchesson 67'3 1/2 M70 Hal Cronkhitte 79' M75 Ross Carter 116'9

SHOT PUT M55 Hal Smith 43'6 M Jim Hart 42' 1/2 Don Sharpe 29'2 1/2 Bob Feaster 38'7 1/2 Ed Chynoweth 35'5 1/2 Jerry Silsdorf 27'9 1/2 M70 Hal Cronkhitte 33'4 1/2 M75 Ross Carter 38'

HIGH JUMP M50 Dee Devitt 5'0 M55 P.J. Phalen 5'6 M Hal Smith 4'6 M Jerry Stanners 4'6 M65 Jerry Silsdorf 3'10 M75 Pete Ganahl 3'8 M Jim Vernon 3'4

POLE VAULT M40 Eddie Seese 13'9 1/2 Jim Andrews 11'1 1/2 M45 Bruce Hotaling M50 Mardon Connelly 12'4 1/2 M55 Jerry Stanners 10'1 1/2 Hal Smith 9'1 1/2 Ted Oviatt 8'1 1/2 M75 Jim Vernon 8'1 1/2 M30 Robert Bauld 14'1 1/2

TRIPLE JUMP M45 Fred Johnston 36'3 James Hanor 34'2 M40 Roger Trujillo 38'10 M50 John Lavson 31'9 1/2

JAVELIN M45 John Tobin 159'2 1/2 M55 Hal Smith 131'7 M65 Jack Morrill 90'3

WOMEN 400 W40 DeeDee Grafius 1:01.4

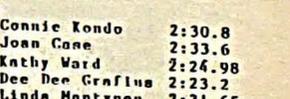
800 W30 Connie Kondo 2:30.8 Joan Case 2:33.6 W35 Kathy Ward 2:24.98 W40 Dee Dee Grafius 2:23.2 Linda Hantynen 2:31.65

1500 W30 Connie Kondo 5:03.6 W35 Kathy Ward 4:58.2 W40 Linda Hantynen 5:05.6

SHOT PUT W40 Janet Wilson 32'

WDISCUS W40 Janet Wilson 124'11"

Continued on next page



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.

EAST

Shamrock 4 Mile Mt. Holly, NJ; March 27

Overall Chuck Crabb 36 20:39 Janie McClintock 30 25:01 M40 John Mylius 49 23:40 Kevin O'Connor 46 24:24 M50 Maury Dean 22:44 M60 Dick Hueber 29:08 W40 Leora Johnson 32:02 Jody Roberson 32:42 W50 Susan Levy 31:34 W60 Lorraine Cephus 45:46

Plainview 10K For ASPIRE Plainview, NY; April 4

Overall Mike Keohane 32:15 Jeanne Peterson 36:44 M40 Bob Giambalvo 33:18 Dan Brach 34:12 Jerry Miller 34:25 M45 Mike Wilson 35:43 Phil Roth 36:38 M50 Maury Dean 36:08 Lance Hugelmeyer 36:28 M55 John Boyle 38:59 Mel Gough 40:28 M60 Ray Fletcher 42:37 Mike Reidy 44:22 M65 Colin Harris 41:54 M70+Bill Benson 55:34 W40 Janet Piez 45:08 Gloria Newman 47:05 W45 Eliz Penagos 47:47 Irene Robinson 50:59 W50 Carole Raskin 57:27 Joan Fischer 57:52 W55 Margaret Carinci 51:26 W60 Lya Kilian 58:24

Brainards Road Country 5K Harmony, NJ; April 17

Overall Blair Witowski 18 15:38 Sandra Tignor 22 17:25 M40 Ron Rounsaville 16:44 George Mack 17:38 M45 Don Hoch 17:51 Neal Novak 18:41 M50 Maury Dean 50 16:43 Bill Hagnan 50 17:34 M60+Wally Wright 63 19:58 Burdell Faust 63 20:58 W40 Jodie Mack 21:31 Kathy Koberlein 21:36 W45 Sylvia Atkinson 20:48 Jean Perelli 22:30 W50 Shirley Faust 35:31

George Washington Parkway Classic 15K Alexandria, VA; April 25

Overall Brian Walter 46:04 Kim Sadic 53:15 M40 Richard Banning 48:47 Chuck Moeser 51:01 Anthony Grier 51:48 M45 Robert Schlaw 48:35 Bob Oberti 54:01 Paul Quinn 54:48 M50 Gerry Ives 56:21 John Haubert 57:36 Stephen Forman 59:13 M55 Bill March 1:00:53 Donald Robinson 1:02:46 Jack Schmid 1:04:19 M60 Larry Dickerson 1:03:14 Barrie Hardwick 1:04:31 Quang Nguyen 1:12:34 M65 Herbert Chisholm 1:05:38 Dixon Hemphill 1:13:20 Richard Cosby 1:20:37 M70 Chuck Thomas 1:31:26 Eugene Snell 1:56:28 W40 Marilyn Segall 1:01:34 Patly Shackleton 1:03:46 Betty Blank 1:05:24 W45 Chris Stockdale 1:02:42 Barbara Spannaus 1:09:29 Ellie Thayer 1:10:07 W50 Jane Metzler 1:11:50 Brenda Murray 1:17:23 Jeanne Ulrich 1:18:12 W55 Sandra Blake 1:22:15 Olga Crotty 1:33:43 Nita Marie Rizzo 1:38:24 W65 Patricia Nesley 1:42:35 W75 Hedy Marque 1:19:27

Patriot's Corporate Challenge 8K Fairfax, VA; May 2

Overall Peter Kirk 36 26:12 Janet Healy 31 31:09 M40 Paul Quinn 45 28:46 Ray Morrison 46 30:36 Dick Thacker 49 31:47 M50 Jack Chapman 54 32:17 Tony Del Moral 51 35:31 M60 Larry Dickerson 61:33:46 W40 Tina Barber 43 33:22 Beverly DeLean 44 37:44 W50 Pat Turner 51 43:03

Long Island Newsday Marathon/Half-Marathon East Meadow, NY; May 2

--Marathon-- Overall Tim Cooney 2:33:38 Regina Ronan 3:04:38 M40 Arpan Deangelo 2:55:52 John Seewagen 2:56:38 Andy Burek 3:02:40 M45 Jay Satenstein 3:06:58 Julio Aguirre 3:09:39 James Czachor 3:10:50 M50 Michael Ganis 3:00:55 Julian Goldsmith 3:04:20 Rafael Bordonaba 3:08:38 M55 Mel Gough 3:11:42 Don Jewell 3:12:59 Joe Viverito 3:24:41 M60 Alex Orsonarso 3:56:24 Moulin Georges 3:57:46 M65 Frank Mortillo 4:02:29 Jerry Solin 4:33:06 M70+Wilfredo Rios 76 5:14:54 W40 Beth Goldin 3:36:54 EllanaHecht 3:40:20 Gloria Linares 3:50:49 W45 Betty Horstmann 3:35:33 Hilary Boucher 3:46:20 Barbara Morrissey 4:20:26 W50 Cynthia Curran 4:27:42 Carolyn Ciccone 5:07:46 W55 Naomi Vogel 5:04:15 W65 Andrea Weetman 5:11:50 --Half-Marathon-- Overall W Zevdavediah 1:08:16 Jeanne Peterson 1:19:14 M40 Jerry Miller 1:13:51 Alan Oman 1:14:11 Chris Webber 1:14:15 M45 Radames Acosta 1:20:49 Daniel Colon Jr 1:21:55 Vinny Pizzo 1:22:09 M50 Maury Dean 1:19:10 Dan Badement 1:22:49 John Brodowski 1:27:38 M55 Mel Cowgill 1:23:53 Richard Murphy 1:25:46 Joe Cordero 1:26:00 M60 Thomas O'Hearh 1:37:08 Mike Reidy 1:37:34 Richard Bloom 1:37:36 M65 Colin Harris 1:34:12 John Corrigan 1:36:33 Warren Elmslie 1:38:43 M70+Peter D'Iorio 71 1:56:56 Sid Butensky 71 1:57:29 W40 Nancy Grever 1:28:43 Corinne Hendren 1:32:14 Jacque Gow 1:35:30 W45 Laura Schay 1:37:23 Mary Anne Leahy 1:39:52 Marjorie Kos 1:40:58 W50 Marion Stanjones 1:35:13 Rosemary Riccardi 1:55:19 W55 B Bellinghausen 1:47:00 Julie Shapiro 1:59:49 W60 Cecele Miller 2:06:47 Marcia Field 2:09:15 W65 Marilyn McKeown 2:51:08 W70+Miriam Gowen 70 2:56:11

Broad Street 10 Mile Philadelphia; May 2

Overall Khalid Karouari 47:13 Elaine Van Blunk 53:15 M40 Gary Fanelli 51:53 Ric Banning 52:05 Dave Patterson 52:48 Chris Mason 53:52 M45 Carl Wagner 57:56 Roy Carl 58:38 Mike Metague 60:50 M50 Keith Gaunt 59:00 Mike Hayney 59:22 Herb Townsend 59:47 M55 David Whitten 61:31 Willis Kriebel 66:29 Walter Pierson 67:36

M60 George Studzinski 70:09 Richard Hoban 70:40 Jim Buckley 70:52 M65 Robert Rosati 73:21 Oliver Williams 76:13 M70+Abe Bell Jr 86:33 Walter Small 94:28 W40 Terry Mahr 61:41 Dianna Miller 61:58 Laurence Jones 65:01 W45 Susan Juronics 68:35 Joan Osborne 69:59 Joy Hampton 70:21 W50 Erlene Michener 65:44 Carole Lelli 73:59 Sandra Folzer 75:06 W55 Rita Alles 77:51 Lynn Shennan 85:55 Dolores Papirman 90:21 M60 Shirley Simmers 1:55:03 Peggy Schofield 1:55:06 W65 Muriel Merl 1:25:29 Mary Oppenheimer 1:46:30 W70+Becky Yencharis 2:03:02

Safe Child-Healthy Child 5K Jericho, NY; May 8

Overall Bob Giambalvo 43 15:54 Debbie Guttita 18:15 M40 B Giambalvo 15:54 Jim Walsh 17:39 M45 Luis Guichichulca 17:05 Phil Roth 17:30 M50 Lance Hugelmeyer 17:06 Maury Dean 17:07 M55 Joe Cordero 18:29 John Boyle 18:39 M60 Mike Daley 21:34 George Marr 22:00 M65+Colin Harris 19:59 W40 Cindy Bermudez 20:35 Estella Clasen 21:21 W45 Emperatriz Barbato 26:36 Pat Davis 27:08 W50 Ann Fahey 26:07 Pat Clark 31:54 W55 Nancy Fraser 23:55 Renata Rhein 24:48 W60 Sondra Roppolo 31:59 W65+Margie Muneo 27:50

Advil 5K Tune Up Central Park, NYC; May 9

Overall Natalia Azgiazu 26 16:47 W40 Diane Ditchfield 20:18 Mary Rosado 20:36 Gloria Averbun 21:55 W45 Flora Flores 21:15 Laurie Baker 21:35 Rita LaBar 24:29 W50 Nancy Youngteck 24:51 Nola Schiff 25:00 Diane Suckkoff 25:53 W55 Wen-Shi Yu 22:24 May Chou 23:23 Margaret Carinci 24:50 W60 Arlene Schimmel 29:54 Annie Zinker 31:03 Bertha McGrucer 31:07 W65 Muriel Merl 25:04 Arlene Kernis 32:14 Jozi Neulinger 32:42 W75+Althea Jureidini 7537:56 Mayre Bdera 78 49:29 Finishers: 1033 Weather: 65°/h33%/w6mph/clr

Glen Brenner 5K Washington, DC; May 9

Overall Jim Hage 35 15:08 Kim Sadic 22 17:27 M40 Chuck Moeser 41 16:10 Ridge Kelley 43 17:18 Herbert Tolbert 17:49 M50 Fay Bradley 55 17:18 Bernie Gallagher 52:18:11 Dick Hipp 19:53 M60 Larry Dickerson 20:50 Bill Morrison 23:17 Frank Anderson 23:31 M70+Theadus Taylor 27:57 Cecil O'Neal 28:55 Dwight Swanson 29:03 W40 Dee Nelson 22:59 Pat McCarthy 24:14 Eliz Sadoff 24:24 W50 Sharon Wright 28:05 Pia Milligan 29:46 Nancy Kirkendall 30:07 W60 Marietta Doran 31:28 Mary Merlene 37:35 Fran McGowan 41:56 W70+Betty Lathers 54:33 Jackie Buhman 55:22 Lucy Cardwell 59:16 from George Banker

Roosevelt Island Spring 10K NYC; May 15

Overall Mike Henschel 30 32:50 Candace Strobach 34 35:44 M40 Jon Hechler 36:09 Ernesto Ayala 36:53 Arpan DeAngelo 37:12

M45 Salih Talib 34:19 Julio Aguirre 38:02 Luis Urrea 38:41 M50 Manfred Konrad 36:47 Justino Valentin 38:12 M55 Witold Bialokur 38:46 Richard Murphy 39:05 Alan Fairbrother 39:32 M60 Bill Fortune 40:41 Eric Seiff 43:49 M65 John Ludwinski 52:12 Arnold Chase 53:50 M70 Wallace Cutler 49:44 Bill Coyne 50:38 M75+James Keeney 77 55:27 Chas Feldman 77 50:38 W40 Amy Bahrt 42:46 Mary Rosado 42:52 Jacqueline Seltzer 44:31 W45 Cheryl Ralya 40:28 Laurie Baker 45:12 Mary Spera 46:19 W50 Edith Jones 47:33 Kathy Nitschelm 48:48 Cindy Sutliff 50:26 W55 May Chou 47:56 Bertha Bellinghausen48:08 W60 Thelma Wilson 51:56 W70+Althea Wetherbee 7464:58 Finishers: 430m/193w Weather: 68°/sunny

Westbury-Carle Place Spring 5K Westbury, L.I.; May 15

Overall Jim Michaels 16:51 Susan Iacone 19:08 M40 Luis Guichichulca 17:23 M50 Maury Dean 17:27 M60 Bert Jablon 23:28 W40E Garbato 26:34 W50 Joan Ackerman 29:48 W60 Chickie O'Toole 27:12

Vintage Run 5 Mile (50+) Pittsburgh, PA; May 15

Overall Dick Amato 30:01 Joanne Johnson 37:00 M50 David Walters 31:17 Larry Ratkus 32:32 Bob Whitesides 32:51 M55 Ralph Ross 31:34 Ralph Swain 32:25 Ralph Bowles 32:36 M60 David Sauers 34:35 Jim Roser 35:25 M65 Jordan Bisceglia 36:42 Gied Stroombeck 38:55 M70+Bill Klapproth 39:54 W50 Jean Webb 43:17 Barbara Russell 44:43 W55 Georgette Lacey 39:17 Joan Proto 45:29 W60 Margretta Lutz 40:21 W70+Dorothy Smith 57:32

Western Heights Middle School 5K Hagerstown, MD; May 16

Overall Chris Rauber 25 14:24 Maria Pazarentzos 31 17:02 Top M40+ Anthony Grier 42 \$150 15:51 Ron Knepper 41 \$100 16:23 Heinz Weigand 45 \$50 16:34 Tom Langan 41 \$25 17:03 Top W40+ Randon Fritsch 48 \$150 20:39 Marlys Palmer 46 20:42 Nancy Specht 40 22:22

Midland 15K Far Hills, NJ; May 16

M40 Bill Pape 45 52:59 Mark Sepkowski 44 53:13 Frank Russo 41 54:31 M50 Victor Cruz 53 57:18 Pat Cosgrove 52 57:52 Jeff Martin 51 59:12 M60 Geo Studzinski 60 67:32 Wm Prendergast 61 70:03 M70 Dudley Healy 79 78:59 W40 Pam Schottenfeld40 68:56 Alice Griffin 42 70:05 Susanne Curry 45 70:19 W50 Madeline Bost 53 69:15 Marianne Neuber 52 78:13 W60 Lois Filreis 63 83:53 Pat Gilman 60 96:56

NYRRC You Gotta Have Park 5K Central Park; May 23

Overall Marco Condori 27 15:08 Adah Akor 18 18:07 M40 Larry Torella 16:13 Rick Pieschel 16:18 Bob Hermesch 16:25 M45 Atlaw Belligne 16:20 Mike Wilson 17:06 Adolf Lawrowski 17:26

M50 Rolando Vizhnay 16:05 Sam Skinner 17:12 Maury Dean 17:16 M55 Richard Murphy 18:37 Alan Fairbrother 19:08 Gene Carbine 19:45 M60 Arnie Green 19:16 Bill Fortune 19:18 Robert Kahn 20:15 M65 John McManus 20:42 John Ludwinski 25:24 M70 Wallace Cutler 24:18 Peter Harangozo 25:25 M75+James Keeney 77 26:01 Chas Feldman 77 28:21 W40 Wendy Luscombe 22:13 Donna Garrett 23:24 Robin Mellon 23:50 W45 Laurie Baker 21:36 Rita La Bar 24:26 Krystyna Turowska 24:29 W50 Nancy Youngbeck 25:12 Jody Greco 25:28 Ruth Greher 26:46 W55 Wen-Shi Yu 22:32 Bertha Bellinghausen23:31 May Chou 23:31 W60 Melva Murray 32:25 Rhoda Marks 39:11 W65 Arlene Kernis 32:18 W70+Althea Jureidini 7537:01 Julia Gutierrez 71 43:11 Finishers: 594m/390w Weather: 62°/h41%/w9mph/NW/clr

Freihofer's 5K For Women Albany, NY; June 5

Overall Lynn Jennings 32 15:34 W40 Carol McLatchie 16:50 R Stockdale-Wooley 17:33 Cindy Bremser 17:35 Diane Legare 17:39 Jan Vermilye 18:06 Judy Pickett 18:14 W45 Barbara Filutze 17:13 Kathy Brown 19:22 Cheryl Ralya 19:28 Kathy Collins 21:45 Robert Brill 22:11 Ruth Ripley 22:13 W50 Nancy Frisillo 19:04 Zofia Tuross 20:09 Madeline Bost 20:23 Jayne Grout 20:35 Regina Wright 21:25 Barbara Pike 22:12 W55 Carrie Parsi 20:46 H Janice Partyka 23:11 Mary Ann Rusz 24:23 Jane Rasmussen 25:06 Eliz Sparkowski 26:06 W60 Nancy Stockman 22:23 Sally Secombe 31:49 B J Sotile 32:59 W65 Adeline Kearney 24:04 Dolores Quinn 26:18 Edith Bartholomew 35:23 W70 Marsha Tillson 27:38 Victoria Michalek 36:33 W80+Doris Fee 80 45:00

Advil Mini-Marathon New York City; June 12

Overall Tecla Lorupe 20 KEN 32:30 W40-49 F Larrieu-Smith 40 TX 34:08 Rae Baymiller 49 NY 39:21 Barbara Bloszak 43 NY 40:12 Cheryl Ralya 46 NY 40:18 Barbara Anderson41 NY 40:58 Diane Ditchfield40 NY 41:05 Jane Serues 45 PA 41:25 Nancy Adler 41 NY 42:08 Ann Mahoske 48 FL 42:28 Jacque Gow 45 NY 42:45 Mary Rosado 43 NY 43:01 W50-59 Evy Palm 51 SWE 39:18 Nancy Frisillo 50 NY 40:24 Marion Stanjones54 NY 42:55 Mary Shaver 51 NY 44:17 Patty Parmalee 53 NY 45:25 W60-69 Sylvia Weiner 62 CAN 48:57 Muriel Merl 67 NY 52:52 Janine Maltes 66 NJ 53:14 W70+ Juanita Goldman 70 NJ 60:01 Althea Wetherbee74 NY 64:51 Ann Gilmore 73 NY 73:16

SOUTHEAST

EXPO 10,000 Knoxville, TN; May 8

Overall Brian Radle 26 30:44 Janice High 32 36:15 M40 Norman Ferris 33:53 Randy Goins 35:33 Guy Giles 35:51

M45 Butch Sherrrod 35:24 Steve Ferguson 36:34 A J Toups 39:11 M50 Wm Orr 37:36 Royce Sayer 39:09 Terry Douglass 40:20 M55 Bob Cunningham 41:46 Tom Parker 42:38 Dean Waters 43:21 M60 Stu Eichel 44:03 Chuck Boston 47:07 Roger Richards 48:17 M65 Andrew Polansky 44:52 Jim Harris 44:57 Bill Kleber 56:02 M70+Ed Nicholson 71 52:09 Maxwell Springer 7962:39 Willie Duncan 63:48 W40 Alendia Vestal 39:10 Annabelle Raines 45:09 Kristy Newton 45:57 W45 Mary Preisel 42:07 Linda Mize 47:50 Julia Huster 48:43 W50 Vicki Johnson 42:28 Lilly Hall 51:34 Faye Downing 52:13 W55 Nancy Ware 64:10 Thera Carr 67:31 W60 Wendy England 47:53 Nyta Wall 59:00 W65 Frances Newell 76:52

7 Annual Run for the Turtles 5K Siesta Key Beach, FL; May 15

Overall Kier McLaughlin 16:55 Tina Pontoni 20:45 M40 Jim Gatch 18:47 Del Hopewell 20:44 Woody Woodhouse 20:59 Scott R. Pittman 21:12 Bill Menard 21:16 Howard Rhinehart 22:16 Michael Milligan 22:23 Tedd Lester 22:52 Randy W. Cramer 22:59 Stan Wasserman 23:18 M45 Ruben Cumacho 18:30 Dave Burke 19:24 Greg Envey 20:06 Paul Wilson 20:13 Alan Richardson 21:10 Alan Frank 21:20 Frank Walker 21:44 L. Jakubpreikas 22:39 Eric Vihlen 23:36 Pete Kannenberg 24:26 M50 R. Guevillon 18:24 Paul Minzey 21:11 Mickey Johnson 21:21 Neil P. Kinney 22:13 Jerry Curless 22:38 Tom Emerick 23:32 Joseph E. Smith 23:47 J. Dickinson 26:15 Ted Bricker 26:29 Jerry Sremba 26:37 Ed Rochis 21:40 Lee Guilfoyle 21:58 J Jaffe 23:06 Tom Vass 24:24 Ken Thrasher 24:39 Ed Watson 24:58 David Vance 27:22 Paul Paxson 32:27 Irwin Broth 32:45 M60 Bill Stryker 23:09 Pat Rydzinski 25:41 Kent Wiley 26:07 Ed Davis 26:38 Jim West 27:35 Phillip Fetchko 32:48 Dick Neu 23:45 Marv Norin 24:20 Walter White 24:42 Jim Morgan 25:07 Jerry Huftman 26:23 Alfred Milner 29:31 M70+ William Neely 27:18 Ray Grills 29:35 John Thompson 31:07 Anne Van Meter 23:42 Nancy Brown 24:24 Deborah Downing 24:46 Sandi Wilkes 25:14 Marlene Marchant 25:47 Polly Giuffrida 25:47 Sandy Lawless 26:13 Nancy Wynn 26:22 Sue Kersey 26:48 Sally Langer 28:20 Jeannie Cox 25:13 Mary Mead 26:04 Terri Envey 27:49 Di Marietta 27:59 Elizabeth Dale 31:20 Linda Williams 32:12 Fran Archer 34:09 F50 Carol Marcus 28:33 Janet Angetathi 31:13 Cathy Oliver 33:51 Sandi Smith 41:59 Anne Poy 31:44 Nancy Carson 33:27 Shirley Dixon

Continued on next page

Continued from previous page

Armed Forces Day 5K Camp LeJeune, NC; May 15

WZYP Cotton Row Run 10K Huntsville, AL; May 31

Overall Sean Wade 25 29:58 Carolyn Schuwalow 27 33:49 Top 20 Males Earl Owens, GA 43 31:59 Jim Scheckel, GA 41 34:21 Nash Jimenez, TN 44 34:31 Wes Wesely, GA 45 34:44 Don Coffman, KY 50 34:51 Michael Crouse, AL 43 35:30 Steve Rice, AL 43 35:56 Phil Peterson, SC 45 36:01 Larry Camp, KY 41 36:18 Duane Wolff, KY 42 36:21 Dewayne Key, AL 44 36:24 Dave Micala, AL 45 36:45 Clint Jones, AL 40 36:49 Al Rosenberger, AL 43 36:50 Jerry McGath, MS 55 37:16 Kim Koenig, AL 40 37:17 Tommy Scymore, VA 41 37:40 Charles Gray, TN 53 37:40 Jerry Keith, AL 40 37:45 Peter Uberto, GA 47 38:24 M40 Earl Owens 31:59 Jim Scheckel 34:21 Nash Jimenez 34:31 Michael Crouse 35:30 Steve Rice 35:56 M45 Wes Wesely 34:44 Phil Peterson 36:01 Dave Micala 36:45 Peter Uberto 38:24 Richard Franklin 39:03 M50 Don Coffman 34:51 Charles Gray 37:40 Dick Ward 38:42 Peter Warner 39:08 Tony Arnold 39:12 M55 Jerry McGath 37:16 Dick Ruzicka 39:41 Raymond Langton 42:39 Raymond Hattler 43:06 Hooty Crittenden 43:25 M60 Malcolm Gillis 49:15 Ben Morton 42:49 Joe Killeen 48:33 Patrick Forton 48:40 B.P. Daniel 50:00 M65+James Horton 45:10 Hector Ramirez 49:48 Ray Westgate 51:00 Herb Johnson 51:45 Bill Rice 51:49 Top 10 Females Nancy Grayson, MI 43 37:19 Barbara Filutze, PA 46 38:12 Catherine Lempesis 41 38:30 Judith Hine, GA 44 38:35 Susann Pierce, AL 41 40:37 Sarah Grace, AL 41 43:32 Faye Sanders, AL 43 44:26 Susie Kluttz, NC 56 44:48 Michie Pitts, GA 41 45:03 Linda Sledge, AL 45 46:03 F40 Nancy Grayson 37:19 Catherine Lempesis 38:30 Judith Hine 38:35 Susann Pierce 40:37 Sarah Grace 43:32 F45 Barbara Filutze 38:12 Linda Sledge 46:03 Judy Melton 46:16 Sandra Dye 49:10 Sandra Berg 50:26 F50 Louise Merring 49:34 Jerri Bennett 51:45 Nancy Thibodeau 52:31 Deborah Krichels 53:30 Arlene Dahlberg 54:12 F55 Susie Kluttz 44:48 Yoshiko Setser 50:21 Helen Reed 50:38 Barbara Meyer 53:01 Jean Hogan 53:59 F60+Joann Long 54:20 Mary A. Woodring 55:49 Betty Dooley 62:02 Myrtle Tourtlott 63:01 Margaret Hagerty 69:03

MIDWEST Revco-Cleveland 10K Cleveland, OH; May 16

Overall German Silva 30 28:04 Lisa Ondieki 33 31:53 M40 Nick Rose 29:26 Pablo Vigil 31:26 Allen Choma 31:49 Robert Mcomber 32:03 Scott Brickerd 32:15 Mark Hunter 32:45 Timothy Breiner 33:01 Ken Selsheimer 33:13 Joseph Knap 33:32 Mike Markley 33:41 M45 Bill Rogers 30:50 Daniel Giner 34:08 Edward Best 34:35 Joe Klingenberg 35:25 Tom Steiger 35:45

Fred Korpuz 36:33 Frank Kuntz 36:41 Bob Mastrangelo 36:51 John Roos 37:12 Fred Wagner 37:54 M50 Ken Prior 35:41 John Hansen 36:30 Vic Bell 36:50 Chet Starn 37:05 Fred Ashbaugh 38:22 Pete Fickert 38:24 William Roney 39:01 Joseph Webber 39:33 M55 Bill Shaffstall 39:53 Dale Conly 41:29 Jack Larson 43:21 Ed Kilbane 43:26 Donald Abderson 43:52 M60 Phillip Giaconia 40:53 Raymond Thompson 40:56 Paul Reddix 42:51 M65 Lou Lodovico 40:00 Bill Carey 42:29 M70+Paul Amadio 74 48:30 Ralph Rodriguez 54:06 W40 Nancy Grayson 35:50 Theresa Mahr 36:58 Sandra Boyd 38:25 Joan Ellis 38:36 Marie Burleson 39:42 April Capwill 40:00 Betty Newton 42:05 Mimi Sturgell 42:18 W45 Joanne Rowland 41:49 Paulette Ziegfeld 44:59 Mary Wieter 47:15 Pat Habenicht 48:28 Linda Vladika 48:32 Mitzi Kernan 49:08 Galen Bacon 49:41 Rita Sieckowski 49:57 W50 Myrna Gilmore 47:23 Sharon Baldassari 47:49 Marjorie McQuate 48:44 Judy White 49:53 Judi Roniger 51:14 W55 Patricia Peters 50:55 Genny Heineking 51:41 Dottie Konkle 58:54 W60 Marge Hoffman 49:03 Carolyn Huntsberger 53:52 Lucy Beattie 55:30 W65 Eileen Gallagher 53:45 Denise Cohn 56:56 W70+Pauline Tursic 72 59:24

Revco-Cleveland Marathon Cleveland, OH; May 16

Overall Don Janicki 32 2:11:39 Lyubov Klotchko 33 2:34:47 M40 Doug Kurtis 2:19:21 Joseph Nzau 2:27:09 Stephen Linn 2:40:06 Terry McCluskey 2:40:43 Joseph Benneny 2:40:52 Ed Cozza 2:53:43 Jeffrey Gaines 2:53:58 John Austin 2:55:03 Greg Houck 2:56:19 Osamu Yamamoto 2:56:38 M45 Ken Sparks 2:34:02 Rud Bettler 2:53:07 Ferdinando Saglio 2:54:27 Bob Kuebler 2:54:55 John Doebrich 2:59:59 Dale Johnson 3:01:39 Frederick Martone 3:01:58 Frank Hamman 3:02:21 William Donnelly 3:08:42 Yvon Rivest 3:08:42 M50 Herbert Stromeyer 2:47:49 Bobby R. Terrell 3:01:26 Francis McNeillie 3:02:01 Thomas Fetterman 3:06:05 Bill Zehner 3:07:49 David Coleman 3:08:08 Norbert Peiker 3:08:22 Syl Stanisa 3:18:54 M55 Norm Roof 3:12:53 Donald Siefers 3:17:27 Ted Urban 3:21:25 James F. Mackert 3:23:10 Arthur Moore 3:29:57 M60 Yamanaka Sunao 3:14:10 Jack Cagot 3:16:40 Jim Roser 3:23:15 M65 Bajat HashLamoun 3:28:35 Thomas Carvlin 3:29:05 Franklin Mason 3:33:54 M70+Earl Tyler 70 4:01:28 Don McNelly 72 4:46:29 W40 Charlene Soby 3:00:08 Adele Eno 3:06:19 Lindsey Folsom 3:08:42 Cindy Grimm 3:16:08 Rjta Kunevicius 3:16:37 Peggy Wise 3:20:59 Linda Evans 3:22:40 Sandy O'Sullivan 3:23:05 W45 Susan Carnes 3:16:19 Jeannie K. Rice 3:20:48 Joanie Zirkelbach 3:24:51 Vel Verhage 3:30:39 Shirley Wilson 3:40:20 Patricia Palmer 3:45:16 W50 Judy Carroll 3:29:11 W55 Louise Miklovic 3:42:03 Wen-Shi Yu 3:42:06

Elby's Big Boy 20K Wheeling, WV; May 26

Overall Delmir Dos Santos 27 1:01:07 Olga Appell 29 1:11:54 M40 Pierre Levisse 1:05:00 Allen Choma 1:08:45 Gary Wolfram 1:11:01 Tim Breiner 1:11:24 Terry McCluskey 1:13:37 Mike Barr 1:14:14 Don Slusser 1:14:20 M45 Bill Rodgers 1:07:27 Dan Giner 1:15:43 Fred Waybright 1:16:05 David Lowe 1:16:14 Carl Hatfield 1:26:24 Ron Plantz 1:16:47 M50 Richard Hall 1:18:19 Paul Maccacini 1:19:40 Warren Ohlrich 1:22:13 Gene Rockman 1:23:01 William Ryan 1:24:49 M55 Fay Bradley 1:16:09 Ralph Swain 1:25:56 Ellis Cope 1:25:58 Albert Kuhner 1:26:11 M60 Jack Cagot 1:26:41 Jim Roser 1:33:23 David Sauters 1:34:18 Larry Nolan 1:39:16 M65 Lou Lodovico 1:31:13 Jordan Bisceglia 1:36:19 Walter Caton 1:48:32 M70+Tom Quirk 70 1:57:14 Americo Mascio 72 1:59:28 Albert Booth 73 2:07:15 W40 June Schlabach 1:27:12 Cindy Grimm 1:28:14 Pam Waybright 1:32:09 Betsy Weikle 1:33:51 W45 Judith Bugyi 1:28:54 Pam Gibson 1:35:12 Linda McCall 1:41:12 Patty Degasperis 1:41:16 W50 Ilse Hardinge 1:34:25 Rose Scheid 1:34:29 Elizabeth Ervin 1:34:56 Barb Jerman 1:43:45 W55 Georgette Lacey 1:43:43 Prudy Hilger 1:46:45 Judith Asmus 1:53:31 W60+Ella Jane Custer 2:11:25 Jemma Jacipo 2:17:30 Julia Jones 2:17:31

Great Race XIII Elkhart, Indiana; May 31

10K Masters M40 John Campbell 31:46 Steven Caswell 35:55 George Cook 36:33 Daniel Kaufman 36:57 Phil Rizzo 38:00 Mike DuBois 39:48 Homer Miller 40:40 Neil Tate 40:57 Doug Demarce 41:09 Joe Molnar 41:13 Bill Rodgers 33:11 Chuck Koepfen 35:44 Dennis Hooley 39:25 G. Etherington 41:32 Bernie Burgette 41:40 John Divietro 41:40 Bob Burden 41:53 Lynn Armstrong 42:33 Dennis Keck 43:29 Joel Shartzter 44:39 M50 Bill Parrott 39:36 John McPherson 41:38 Tom Felger 44:26 Dave Padgett 44:43 Gail Kuhns 46:54 Harry Castetter 47:07 Jim Barr 48:13 Larry Podawiltz 49:22 John Siebert 50:40 Chuck Wilkinson 51:22 M55 L.K. Christensen 38:32 Marlin Schmidt 42:16 Alan Hagopian 46:45 Devon Yoder 48:01 Wayne Randolph 49:52 Jerry Johncock 41:23 Russ Taylor 48:55 Bob Loomis 50:52 Marvin Abraham 51:02 John Hudson 51:20 Myron Meyer 42:15 M70+ Ken Disler 56:49 Paul Randall 1:13:30 W40 Michelle Siebert 46:36 Nila App 49:31 Arlene Silba 51:17 Pamela Westlake 54:14 Eileen Shuff 54:49 W45 Pamela Weaver 45:00 Dixie Douglas 46:37 Ronda Stabler 47:51 Barbara Walsh 49:41 Carolyn Riddle 51:18

MID AMERICA Kansas Relays 10K Lawrence; April 17

Overall Ivan Ivanov 31:53

Laura Cook 43:40 M40 Bill Woolsey 38:03 Mike Ott 38:46 M50 Jake Amberson 40:48 Wayne Davies 41:34 M60 Dick Wilson 39:00 Gerald Witten 47:37 W40 Sheryl Drevco 47:13 Chris Daymont 52:45

Olathe Medical Center 10K/5K Olathe, KS; May 1

--10K-- Overall Mark Curp 30:22 Barbara Rinne 37:03 M40 Leon Caldwell 36:37 Curtis Hancock 36:46 M45 Bob Fernandez 37:57 Mike Ott 38:25 M50 Larry Feuerborn 41:18 Garry Gribble 41:58 M55 Bill Brands 40:32 Walt Birney 41:19 M60 Dick Wilson 38:52 M65 Bob McAllister 44:09 W40 Dee Boeck 45:20 Debra Callaway 45:25 W45 Vernita Beck 48:27 Margaret Davis 48:54 W50 Suzie Turner 47:21 Nancy Moore 47:32 W65 Mary Otte 65:34

River Run 10K Wichita, KS; May 8

Overall Rod Dehaven 29:13 Laura LaMena-Coll 34:19 Top Age-Graded M40+ Chuck Smead (33:06) 31:01 Dick Wilson 61 (39:17) 31:16 Kent Oglesby (34:55) 31:52 Top Age-Graded W40+ Marcia Dowling (38:36) 36:11 Trudy Calloway (42:02) 38:00 Barbara Holzman(41:27) 38:35 M40 Tom Trusdale 35:08 M45 Jeff Berven 36:54 M50 Darrol Wackery 39:12 M55 Charles Doze 41:26 M60 Paul Hertzman 40:55 M65 Jack Cady 49:51 M70+Virgil Whitsitt 52:12 W40 Nancee Weeks-Fuhr 41:58 W45 Vera Burton 46:33 W50 Mary Ann Gust 53:36 W55 Carolyn Buckner 47:07 W60 Jackie Jones 61:14 W65 June Dirks 62:11 W70+Wanda Groves 63:48

Children's Mercy Hospital 10K Kansas City, MO; May 16

Overall Mark Curp 30:18 Barb Winne 35:50 M40 Bob Logan 34:58 M45 Bob Fernandez 37:29 M50 Wally Brawner 38:56 M55 Mel Yoder 39:10 M60 Dick Wilson 38:08 M70+Lu Larson 50:31 W40 Marcia Dowling 38:41 W45 Suzi Kilbride 40:53 W50 Nancy Moore 47:20 W55 Janice Talge 58:49

Amy Thompson 5 Mile Kansas City; May 31

Overall Rob Jensen 24:51 Barb Rinne 28:24 M40 David Crawford 28:08 M45 Bill Evans 29:00 M50 Eugene Wren 31:00 M55 Oleg Morozov 31:15 M60 Paul Heitzman 31:12 M65+Bob McAllister 33:40 W40 Marcia Dowling 30:17 W45 Suzi Kilbride 32:43 W50 Jennifer Orwin 39:42 W55 Fritzi Hazelrigg 43:46 W60 Trudy Nepstad 55:14 W65+Mary Otte 55:26

SOUTHWEST New Orleans TC 30th Anniversary 3 Mile New Orleans; May 8

Overall Tom Sawyer 15:02 Pam Williams 17:35 Masters Overall Junius Nixon 16:27 Rachel Barbee 18:40 M40 Yassine Belaabed 16:59 M45 Brendan Minihan 16:27 M50 Mike Witkin 17:26 M55 Jack McCollum 18:44 M60 Eddie LeRouge 20:18 M65 J J Klos 27:00 M70+Sam McNeely 23:32 W40 Mary Briner 22:54 W45 Yvonne Lee 19:31 W50 Angela Dufour 22:14

M55 Francis Ard 20:49 W60 Connie Butler 35:51 W65 Elisabeth VanBattum24:39 W70+Josie Gaille 43:58 Racewalkers M40 Sidney Holmes 27:44 M50 Clarence Williams 36:31 M60+Gordon Gaille 35:31 W40 Eva Beck 30:22 W50 Rhea Snyder 32:37 W60+RoRo Hoerner 39:50

Gum Tree 10K Tupelo, MS; May 8

Overall Scott Dvorak 23 29:48 Lourdes Lopez 19 35:13 Masters Female Carol McFatchie 41 36:28 Judith Hine 44 37:36 Susann Pierce 41 39:40 Susan Townsend 45 42:51 Grandmasters Female Nancy Frisillo 51 41:11 Masters Male Mike McLeod 41 30:05 Wilson Waigwa 44 30:50 Earl Owens 43 31:30 Pat Hambrick 43 32:28 Bob Schlau 45 32:32 Grandmasters Male Bobby Dannelley 51 35:39

WEST March Hare Runs Calabasas, CA; March 21

--5K-- Overall Chris Spitz 15:18 Michelle Tetley 20:50 M40 Doug Davis 17:55 M45 Russ Stockard 18:01 M50 Larry Templeman 20:18 M55 Dave Wheeler 18:32 M60+Roberto McAfee 24:53 W40 Meg Perry 22:48 W45 Trudy Shapiro 21:38 W50 Carol Gilson 25:05 W55 Simone King 23:52 --10K-- Overall Byrle Smallen M45 33:44 Christina Zeidel W40 42:50 M40 Brian Stansauk 39:03 M45 B Smallen 33:44 M50 Joseph Bowen 46:01 M55 Dave Wheeler 39:58 M60+Stan Block 48:00 W40 C Zeidel 42:50 W50 Barbara Camp 50:09

Big Sur Marathon/5K Carmel, CA; April 25

--Marathon-- Overall Brad Hawthorne 37 2:20:24 Ann Trason 32 2:42:27 M40 Charlie Freeman 2:49:09 Tom Augustitus 2:50:26 Steve Radigan 2:57:39 Marc Weaver 2:58:59 Kim Isham 3:02:48 M45 Byrle Smallen 2:46:22 Gabriel Sanjoval 2:51:42 Heinz Maurer 3:01:21 Don King 3:04:22 Mark Smith 3:08:57 M50 Tony Nonan 3:02:34 Rich Leutzinger 3:04:51 Ron Kirk 3:06:46 Larry Jamison 3:09:02 M55 Mike McGee 3:04:25 Mike Hall 3:25:19 Walt Wozniak 3:33:03 M60 Dick Robinson 3:39:42 John Kelley 3:40:09 Art Soderblom 3:42:49 M65 Frank Fiedler 3:54:09 Randy Schachtli 4:14:04 Charles Stalzer 4:22:17 M70+Tom Edwards 70 3:51:49 Frank Dawson 74 5:06:24 W40 Diana Henderson 3:33:56 Kathy Regelin 3:36:27 Valerie Leal 3:38:05 Martha Heinsius 3:41:54 W45 Peggy Samano 3:42:10 Glynis Greening 3:44:13 Sandy Rooney 3:46:49 AniTraSeit Ano 3:47:58 W50 Pat Wightman 4:03:54 Marit Roman 4:09:40 Dawn Paganelli 4:10:33 W55 Margaret Maryk 4:06:14 Gloria Dake 4:17:53 Khartoon Tudhope 4:18:47 W60 Ruth Bortz 4:40:49 Judy Bullough 4:57:04 W65 Betty Jean McHugh 3:51:44 Velma Earl 5:01:15 W70+Jaclyn Caselli 725:30:33 Silvia Smeets 70 5:30:46 --5K-- Overall Ernie Freer 27 14:38 Linda Somers 31 16:39

M40 Domingo Tibaduiza 15:14 Dan Sauers 16:02 Chas Thompson 16:20 M45 Mike Dove 16:37 Jim Hampton 17:15 Bill Dunn 17:20 M50 Sal Vasquez 16:35 Tim Rostege 17:30 Harvey Franklin 17:44 M55 Karl Gripenburg 17:59 Ken Noel 19:31 Bob Barber 19:44 M60 John Russell 21:13 Ken Napier 21:33 Dion Dow 22:51 M65 Joe King 20:20 Robert Malain 20:45 Don Pickett 23:10 M70+George Kuska 71 27:07 Bob Wright 70 27:14 Jack Friedlander71 29:03 W40 Pat Friell 18:32 Linda Mantynen 19:42 Sue Francis 19:45 W45 Nelly Wright 20:47 Pat Falsone 21:12 Laury Fisher 21:49 W50 Shirley Matson 18:32 Barbara Miller 20:39 Joan Ulloty 22:11 W55 Vicki Bigelow 21:34 Annis Lembo 27:05 W60 Marjorie Scanlon 31:55 Lynn Hayes 32:05 W65 Lynn Swerrie 46:06 Nettie Ferrasci 57:23 W70+Els Tuinzing 71 33:09 Martha Craig 74 40:59

Cinco De Mayo 10K Tucson, AZ; May 2

Overall Greg Wenneborg 25 32:26 Jill Wright 32 42:33 M40 David Hunter 34:37 Leslie Woods 34:40 M45 Hayden Smith 36:39 M50 David Mellady 38:46 M55 Harold Hawes 43:05 M60 Wm Chapdelain 47:25 M65 David Wills 60:33 M70 John Carroll 66:12 W40 Valeria Koch 44:06 W45 Jennifer Aviles 59:21 W50 Sue Fletcher 47:01 W55 Grace Rome-Kuhn 50:37

Hot Dog 5 Miler Thousand Oaks, CA; May 5

Overall Pete Kaplan 28:20 Judy Kewley 37:41 M45 Byrle Smallen 28:32 M50+Mike Froman 35:21 W40 Marie Stevenson 40:46 MaryJo Delcampo 42:22

Hillsea 7.57 Mile Huntington Beach, CA; May 8

Overall Greg Mislick 44:20 Janet Norem 51:42 M40 Steve Kellmyer 48:47 Randy Twombly 49:34 Michael Griffith 55:38 M45 Don McCarthy 48:10 Jed Cope 52:31 Bob Ramsay 54:55 M50 Richard Velez 54:23 Jerry Lloyd 54:36 William Sokol 57:51 M55 Bill Heffernan 54:35 Michael McGowan 57:41 Parker Williams 58:00 M60 Don Valentine 65:52 Jack Wallace 66:38 Merrill Brown 67:59 M65 Milo Sather 63:20 Frisco Yamasaki 69:24 W40 Pamela Roberts 79:44 W45 Sue Reinhardt 59:24 Linda Fulton 83:45 Susan Baker 88:52 W50 Sally Adam 57:13 Roberta Rodin 81:53 Susan Weeks 87:19 W55 Martha Walker 73:15

YMCA Breakers 10 Mile San Diego, CA; May 8

Overall Thom Hunt 35 52:35 Laura Stuart 28 60:37 M40 Sam Hajj 42 57:27 Marty King 41 58:01 M50 Oscar Lumpkin 55 66:32 James Noto 52 67:11 M60 Jim O'Neil 67 70:12 Dick Robinson 62 74:43 W40 Susan Elden 40 68:20 Mary Anne Stevens475:22 W50 Barbara Alvarez 50 74:44 Ursula Rains 51 75:37

Continued on next page

T&F Rankings

Continued from page 23
1993 Indoor Shot Put
 Compiled by
 Sally Polk

| | |
|------------------|-----------|
| AGE 30-34 | |
| Mark Heckel | 47-4 1/2 |
| Nick Mitchell | 42-9 |
| Tom Flinn | 41-7 1/2 |
| Jay Swett | 40-2 |
| Gerardo Diaz | 39-2 |
| Malcom Burks | 38-8 |
| Chad Carmack | 38-7 1/4 |
| Michael Durham | 37-8 |
| Gleason | 37-6 |
| Bob Shelton | 36-6 |
| Brad Davis | 36-3 |
| Kevin Gleason | 33-9 |
| Glenn Evelyn | 33-8 1/2 |
| Mike Axtel | 33-7 |
| George Bardis | 33-6 1/2 |
| Jim Taylor | 32-10 |
| Dave Talcott | 32-5 1/2 |
| Russ Watson | 31-10 1/2 |
| Frank Makozny | 31-0 |
| Jeff Helton | 30-5 |
| AGE 35-39 | |
| Karl Swanke | 48-0 |
| R Heindel | 47-9 1/2 |
| Bill Wolverton | 46-2 3/4 |
| Dupuis | 46-2 |
| Ken Ellis | 39-3 |
| Bob Hartman | 37-8 |
| Don Filkens | 36-11 1/2 |
| S Jensen | 36-9 1/2 |
| Nick Helfrich | 34-8 |
| Jeff Watry | 34-6 |
| Glen Evelyn | 34-1 |
| C Polakowski | 33-07 |
| Russ Hinson | 31-9 1/2 |
| AGE 40-44 | |
| Roger Kamla | 47-11 1/4 |
| J Senters | 44-8 |
| Rich Dunphy | 40-4 1/2 |
| L Wilson | 40-2 1/2 |
| Jim Accardie | 39-3 1/2 |
| Bob Green | 38-5 |
| Norm Bover | 37-1 1/2 |
| Rex Harvey | 36-11 1/2 |
| Russ Baker | 36-3 |
| Gary Kastin | 36-2 1/4 |
| Rick McMullin | 35-4 3/4 |
| Ed Fox | 35-9 |
| Allen Ray | 34-8 |
| Bill Hanson | 34-3 |
| Ed Daniels | 34-4 |
| Bob Feeney | 33-7 1/2 |
| Dick Oriley | 33-4 |
| Peter Mitchell | 32-10 1/2 |
| Frank Monroe | 32-4 3/4 |
| Jim Alexander | 31-11 |
| John Buckley | 31-4 |
| Charles Bernar | 31-3 |
| Tom Carr | 29-9 |
| P Malone | 29-5 |
| Ronald Leffler | 29-1 1/2 |
| AGE 45-49 | |
| Tom Gage | 50-9 1/2 |
| Chuck Chapin | 45 |
| Robert Head | 44-9 1/2 |
| Dick Stovell | 44-4 3/4 |
| Gary Bills | 43-7 1/4 |
| Krause | 41-4 |
| W Owen | 41-2 1/2 |
| Rich Dunphy | 39-7 3/4 |
| Rex Harvey | 38-7 3/4 |
| George Matthew | 38-1/4 |
| Bob Sager | 37-7 1/4 |
| Nick Nichols | 37-6 |
| Mike Grisco | 36-7 |
| Daniel Labelle | 35-8 |
| Ed Fox | 35-5 1/2 |
| Palmer Sweet | 34-9 1/2 |
| Frank Monroe | 34-2 |
| J Hess | 33-8 |
| Tim McGough | 31-11 |
| Ray Starnes | 31-3 |
| Henry Hopkins | 31-1 |
| AGE 50-54 | |
| Carl Wallin | 50-9 1/2 |
| Robert Harvey | 43-6 1/2S |
| Berry | 43 |
| Sheppard Miers | 42-11 |
| Glenn A Johnson | 42-7 |
| Steve Rogers | 42-0 |
| Paul Morrone | 41-9 1/4 |
| Bob Becker | 40-4 1/2 |
| Mike Valle | 38-7 |
| Bill Angus | 38-3 1/4 |
| Ronald Predovich | 38 |
| Wilson Wade | 36-10 |
| Dan De Welt | 36-4 |
| Hans Ehrnstrom | 35-5 1/4 |
| Chuck Yost | 35-5 |
| Bill Angus | 35-4 |
| Jim Pauli | 35-3 |
| G La Belle | 34-6 |
| John Sloan | 33-8 |
| R Strader | 33-6 3/4 |
| Barry Kline | 33-5 |
| George Label | 33-4 |
| Carl Kiehm | 31 |
| Arnold Harti | 30-11 3/4 |
| AGE 55-59 | |
| Tom Wisselowski | 42-8 1/2 |
| Richard Deere | 41-5 1/4 |
| B Warren | 37-8 1/2 |
| Andy Larabee | 36-11 |
| Chuck Yost | 36-7 1/4 |
| B Kemp | 35-10 |
| W Czarny | 35-3 |
| Haller | 35-0 |
| D Amery | 34-11 |
| B Warren | 34-7 |
| Lou Vodopya | 33-5 1/2 |
| Dale Lance | 33-5 |
| Charlie Miller | 32-10 |
| Jim Peterson | 32-9 |
| Kurt Krastin | 32-8 1/2 |
| Bill Murphy | 32-3 1/2 |
| H Herrington | 32-2 |
| Rex Rane | 31-2 |
| J Barton | 30-11 |
| Jerry Anderson | 29-6 |
| J Richardson | 29-3 1/2 |
| F Lee Slick | 28-11 3/4 |
| Nick Palladino | 27-5 |
| AGE 60-64 | |
| Phil Mulkey | 48-11 1/2 |
| Engel Grow | 42-11 1/2 |
| Ray Feick | 42-7 1/4 |
| Tom Henderson | 42-6 |

| | |
|-------------------|-----------|
| Len Olson | 42-3 1/4 |
| Pay Cartensen | 40-8 |
| Bill Garrahan | 38-5 |
| L Smith | 38 |
| Ned Curran | 35-1 1/4 |
| P Augsburger | 35 |
| Harvey Lewellen | 34-11 |
| Denver Smith | 33-2 1/2 |
| Paul Soraparau | 32-4 1/4 |
| C Trinkner | 32-4 |
| Walter Diggs | 31-2 |
| David Vachon | 30-8 1/2 |
| George Taylor | 30-4 |
| Bill Bergen | 29-9 |
| Russell McDaniels | 28-2 |
| Ned Curran | 28-2 |
| AGE 65-69 | |
| Phil Bruska | 41-8 1/2 |
| Gilchrist | 41-4 |
| Jim Gillcrest | 39-7 |
| Vince Sempronio | 36-2 1/4 |
| Norb Weckstein | 34-5 1/2 |
| Don Grey | 33-7 1/2 |
| Buck Bradberry | 32-5 |
| Denver Smith | 32 |
| A Jackson | 31-6 1/2 |
| George La Cava | 31 |
| Jim Moorhead | 30-3 3/4 |
| Ken Weinbel | 29-11 1/2 |
| Fred Hersimake | 29-5 |
| K Yahiro | 28-9 |
| A Jankola | 28-2 |
| E Failor | 27-6 |
| Jacob Stein | 26-3 1/2 |
| AGE 70-74 | |
| Scott Herman | 42-3 1/2 |
| Don Cumley | 39-4 |
| Arnold Scott | 36-11 3/4 |
| Fred Davies | 36-6 |
| E Bauer | 34-10 1/2 |
| Bob Morcum | 33-4 |
| A Holland | 33 |
| Buchman | 32-10 1/2 |
| Tom Kennell | 30-9 1/4 |
| Riccardi | 30-0 |
| Cameron Hutchens | 30-1 |
| Bud McGarvey | 29-4 3/4 |
| Ed Matthews | 28-2 1/2 |
| G Rajcevic | 28-1 1/2 |
| Al Palmer | 27-4 |
| Ed Coyle | 27 |
| John McCarthy | 26-9 1/4 |
| AGE 75-79 | |
| Hanuel White | 36-6 3/4 |
| Ham Morningstar | 33 3/4 |
| Murray Oguss | 31-8 |
| Eugene Wood | 31 |
| Jack Hageman | 30-2 1/4 |
| M Lightfoot | 26-10 1/2 |
| Fred Praeger | 25-11 |
| AGE 80-84 | |
| Ken Wilthee | 30-4 |
| Claude Hills | 27 |
| Clark | 9-6 |
| AGE 85-89 | |
| Burt DeGroot | 22-9 3/4 |
| AGE 90-94 | |
| Everett Osack | 15-10 |
| AGE 30-34 | |
| Barbara Smith | 36-5 1/2 |
| Angela Nealy | 25-11 |
| Bogert | 24-8 |
| Debbie Eckhardt | 23 |
| Pat Dentaler | 19-4 |
| AGE 35-39 | |
| Nancy La Chiusa | 20-3/4 |
| S Kapturowski | 19-7 1/2 |
| AGE 40-44 | |
| Lorraine Tucker | 31 |
| Nancy Livergood | 21-1/2 |
| AGE 45-49 | |
| Lorraine Tucker | 31-4 3/4 |
| Johnnie- Hudgins | 30-1 |
| Michael Hill | 29-8 1/2 |
| Phil Raschker | 26-3 |
| Harlene Sachs | 25-10 |
| M Platis | 20-8 |
| AGE 50-54 | |
| Joann Grissom | 38-8 1/4 |
| K Huff | 30-4 1/2 |
| Roslyn Katz | 25-11 |
| Essie Kea | 25-6 1/2 |
| Harti Theilman | 24-5 |
| Barbara Stewart | 23-7 1/2 |
| Ann Carter | 20-4 1/2 |
| AGE 55-59 | |
| Anne Cirulnick | 31-2 1/2 |
| Cristel Miller | 26-9 3/4 |
| Rachael Lyga | 22-7 |
| Fel Hei Chou | 21-11 1/2 |
| J Emery | 12-10 |
| AGE 60-64 | |
| Sally Polk | 25-11 |
| M Bobowski | 23-11 |
| Chris McKensie | 23-6 |
| Dorothy Pavaci | 23-2 3/4 |
| S McDaniels | 21-11 3/4 |
| L Stiegelmier | 20-1 1/2 |
| Finely | 17-7 |
| Geraldine Young | 17-5 1/2 |
| Ruben | 14-8 |
| AGE 65-69 | |
| Bernice Holland | 28-9 1/2 |
| L Mc Daniel | 21-9 |
| M Holland | 19-9 1/2 |
| Mary Norckauer | 19-8 3/4 |
| O'Connor | 18-7 |
| Jos Sullivan | 18-3 1/4 |
| McGowan | 16-4 |
| P Petersn | 16-3 1/4 |
| AGE 70-74 | |
| Libby Hagemann | 22-11 1/2 |
| Melanie Reske | 20-1 |
| L Bauer | 17-9 1/2 |

1993 Indoor 3000 Racewalk Compiled by Jerry Wojcik

| | |
|---------------|---------|
| M30-34 | |
| Clifford Mimm | 13:24.0 |
| John Kerfoot | 13:53.1 |
| Michael Korol | 13:58.9 |

| | |
|-------------------|-------------|
| M35-39 | |
| Rupert Ravens | 14:20.06 |
| Den Kornhauser | 17:25.7 |
| Howard Rooker | 17:38.64 |
| Steve Gardiner | 18:03.2 |
| M40-44 | |
| Ray Funkhouser | 12:37.0 |
| Tony Noerpel | 14:34.0 |
| Jim Brochin | 15:24.90 |
| Alan Robinson | 16:04.74 |
| Don Anderson | 16:30.41 |
| Larry Ryan | 16:57.0 |
| Greg McCoy | 19:05.7 |
| M45-49 | |
| Gary Null | 13:21.99 |
| James Carmines | 14:36.86 |
| Larry Simmons | 14:46.7 |
| Norm Frable | 15:03.16 |
| M50-54 | |
| Larry Simmons | 15:19.09 |
| John Elwarner | 15:45.6 |
| Larry Freeman | 15:46.99 |
| Manny Eisner | 16:19.0 |
| Ed Kousky | 16:19.3 |
| Herb Zydek | 16:20.45 |
| Lewis Slavik | 17:15.9 |
| Joe Stefanowicz | 17:48.4 |
| David Bickel | 18:00.2 |
| Haus Ehrnstrom | 20:02.0 |
| M55-59 | |
| Paul Johnson | 15:58.3 |
| Gus Davis | 16:34.94 |
| Bob Barrett | 16:50.0 |
| Avram Shapiro | 19:28.4 |
| M60-64 | |
| Jack Boitano | 16:28.48 |
| Wayne Nicoll | 16:56.4 |
| V Genzlinger | 17:13 |
| Ed Merrill | 17:18.82 |
| Leo Rivera | 18:26.63 |
| Joe LaBruno | 18:58.0 |
| Marvin Eisenstein | 19:15.3 |
| Archie Messenger | 19:17.3 |
| Bill McClaren | 20:36.5 |
| Ken Chomo | 20:57.5 |
| M65-69 | |
| Robert Mimm | 16:39.7 |
| Ed Gawinski | 17:16.1 |
| John Nervetti | 17:54.5 |
| Dick Bennett | 19:15.3 |
| Dan Sullivan | 21:40.8 |
| A A Clevenger | 22:46.6 |
| M70-74 | |
| T Kirley? | 19:20 |
| Tim Dyas | 19:34.0 |
| M Rolak | 20:07 |
| Don Cotner | 20:33.4 |
| Paul Geyer | 20:39.5 |
| Pat Kilpatrick | 21:45.4 |
| Philip O'Connell | 21:47.7 |
| Jay Charles | 22:03.4 |
| Ed Anacker | 22:49.3 |
| A Holland | 23:06 |
| M75-79 | |
| T Kirley? | 18:59.4 |
| Don Johnson | 21:09.8 |
| Robert Mulliken | 23:05.0 |
| M80-84 | |
| M Bartels | 25:50.5 |
| M30-34 | |
| Jackie Moore | 17:50.4 |
| Elaine Perry | 18:26.63 |
| Marj McClaren | 18:46.3 |
| M35-39 | |
| Ellen Marshall | 16:04.00 |
| Gloria Rawls | 17:06.80 |
| Suzann Maxey | 19:36.06 |
| Lorraine Sibilla | 20:29.9 |
| M40-44 | |
| Viisha Sedlak | 15:12 |
| Phyllis Hansen | 15:34.5 |
| Pat Weir | 16:00.5 |
| Chris Hunziker | 18:14.61 |
| Phyllis Wolf | 19:33.9 |
| Kay Jennings | 20:24.2 |
| A Winkler | 20:52 |
| M45-49 | |
| Jeanne Bocci | 16:39 |
| Kathy Frable | 17:09.99 |
| Donna Cetrulo | 17:33.34 |
| Isabel Stuper | 20:47.8 |
| M50-54 | |
| Elton Richardson | 16:49.7 |
| Marcia Shapiro | 18:55.4 |
| Jean MacInness | 19:30.8 |
| R Weatherford | 19:49 |
| M55-59 | |
| Sami Bailey | 18:21.47 |
| Martha Yale | 23:12.53 |
| M60-64 | |
| Phyllis Goodlad | CAN22:32.63 |
| Lois McClaren | 23:33.03 |
| Anne Ricassio | 24:19.0 |
| M65-69 | |
| M Rolak | 21:50 |
| Joan Rowland | 21:56.49 |
| Minna Charles | 22:35.2 |
| Mary Norckauer | 22:47.52 |
| M Holland | 24:19 |
| M70-74 | |
| Queenie Thompson | 22:36.64 |



Results

Continued from previous page

Golden Triangles 10K San Diego, CA; May 23

| | |
|----------------------|-------|
| Overall | |
| Gabino Toledo 23 | 30:18 |
| Kathleen Smith 27 | 34:57 |
| M40 Wayne Buckingham | 33:46 |
| Sam Hajj | 33:59 |
| M45 Dennis Bergren | 37:42 |
| Arthur Lahan | 37:59 |
| M50 Terry Jones | 39:12 |
| Mike Nash | 39:55 |
| M60+Jim O'Neill 68 | 41:07 |
| John Terrell 60 | 42:52 |
| M40 Diana Tracy | 36:35 |
| Marina Jones | 38:42 |
| M45 Betty Rosenberg | 45:03 |
| Karen Bancroft | 45:54 |
| M50 Joann Oliver 55 | 57:47 |
| Barbara Roberts 50 | 63:38 |
| M60+Judy Simon 77 | 63:53 |
| Jean McLean 73 | 66:52 |

Memorial Day 8K Tucson, AZ; May 31

| | |
|----------------------|-------|
| Overall | |
| Jaime Galindo (22) | 24:59 |
| Dorota Gajda (24) | 31:16 |
| M40 Robert Gagliardo | 29:00 |
| Ed Mraz | 29:50 |
| Ralph Tuttle | 29:51 |
| M45 Hayden Smith | 28:55 |
| Steve Bell | 30:13 |
| Bill Diaz | 30:41 |
| M50 David Mellady | 30:25 |
| Larry Losey | 32:33 |
| Larry Rosenthal | 33:07 |
| M55 James Peller | 30:20 |
| Ronald Welte | 34:46 |
| Eldon Braun | 35:29 |
| M60 Frank Patania | 35:16 |
| W. Chapdelain | 37:14 |
| Fred Plebanek | 40:25 |
| M70 Clyde Lunsford | 38:47 |
| James Riley | 52:11 |
| M75 Joseph Sanculian | 37:24 |
| F40 Elisa Kinder | 36:25 |
| Holly Keppel | 36:53 |
| | |

