

# NATIONAL MASTERS NEWS

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

227th Issue

July 1997

\$2.50

## 5700 Athletes from 69 Nations Enter World Championships in Durban

Approximately 5700 veteran athletes from 69 nations have entered the XII WAVA World Veterans Athletics Championships this month in Durban, South Africa.

It will be the second-largest World Veterans Championships ever held, surpassed only by the phenomenal 12,178 participants – including 9701 Japanese – who competed in Miyazaki, Japan in 1993. The XI Championships in Buffalo, N.Y. two years ago drew 5335 participants.

The number of foreign entries is about 3450, close to the record 3699 non-USA entries in Buffalo in 1995. About 2250 entries are from the host country, compared to 1796 USA entries in 1995.

The World Veterans Athletics Championships are the premier international track and field competition for men 40 years of age and over, and for women 35 years of age and over. An additional 6000 accompanying persons

Continued on page 23

## Nationals Entry Deadline is July 11

Planning is under way for the 30th annual USATF National Masters Track and Field Championships on August 7-10 in San Jose, Calif.

The event is expected to draw more than 1000 men and women from most of the 50 states and Canada.

The deadline for entries is July 11. Confirmation of entry will be sent to all competitors who register by that date. Late entries received after July 11 will be assessed a \$50 penalty.

The entry form is published in this

issue on page 2.

This will be the biggest masters meet in the nation. More than 900 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. Everyone is welcome. There are no qualifying standards, except to be at least age 30. What matters most is hav-

Continued on page 16



Pentathlon participants, Southeastern Masters Meet, Raleigh, N.C., May 2, from left: James Duncan, M60, Jack Gilmore, M60, Marshall Lipton, M60, Ken Morris, M65, Bobby Moore, M60, and Jim Flowers, M65. Story on page 7.



Top five masters women at the WZYP Cotton Row 10K, Huntsville, Ala., May 26, from left: Tatyana Pozdnyakova, winner in 35:47, Judith Hine (39:00), Joyce Deason (39:38), Victoria Crisp (39:48), and Molly Gerke (44:08). Photo by Jim Oaks

## Cotton Row is a Russian Affair

by JIM OAKS

HUNTSVILLE, Ala. – There was no roulette related to the two Russian entries in the masters divisions at the WZYP Cotton Row Run 10K on Memorial Day this year.

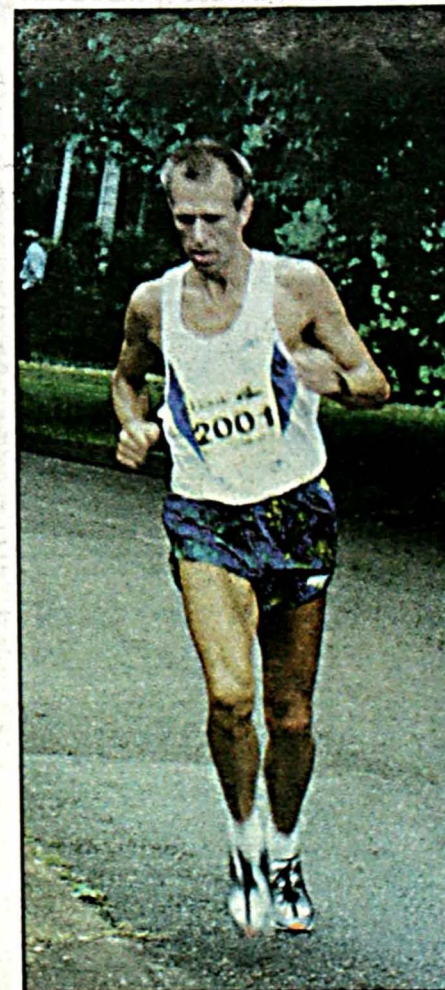
Both Valery Svetogor of St. Petersburg and Tatyana Pozdnyakova from Ukraine lived up to their top pre-race seeding and took masters wins in the 18th edition of this traditional southern masters race.

Svetogor ran 33:00 for the win, worth \$500 in prize money, with Phillip Rowan of Greenville, N.C., a close second (\$400) in 33:10. Pozdnyakova was not challenged by the other female masters, and her time of 35:47 was also good for third overall, adding \$400 to her \$500 for top master. New Zealander Judith Hine, presently residing in Georgia, was second female master (\$400) in 39:00.

The men's field was not as deep as last year, but the masters race was more interesting. In 1996, Antoni Niemczak had run just fast enough in the last 100 meters to win the title.

This year Svetogor and Rowan slugged it out for the entire 6.2 miles.

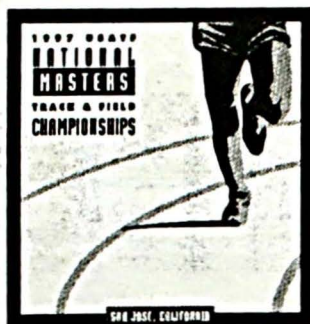
Continued on page 11



Valery Svetogor, St. Petersburg, Russia, masters winner (33:00), WZYP Cotton Row 10K, Huntsville, Ala., May 26, out front in the second mile. Photo by Jim Oaks

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– pages 19-22
- Indy Life Circuit  
– page 5
- Entry Form for Nationals  
– page 2



**GENERAL INFORMATION**  
Meet Director: Steve Haas  
Meet Information: (408) 288-2935

**ELIGIBILITY:** Competition is open to ALL men and women 30 years of age and older. Age on August 7, 1997 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport or birth certificate and USATF membership must be sent with your entry form to ensure eligibility.

Proof of registration with USA Track and Field will be required from all U.S. citizens. On-site registration will be available; however, we strongly urge you to obtain your USATF card in advance through your local association.

**AWARDS:** USATF Championship medals will be awarded to the top three U.S. citizens in each age division of each Championship final.

**ENTRIES:** All entries must be RECEIVED BY JULY 11, 1997. Confirmation of entry will be sent to all competitors who have registered by this date. Late entries received after July 11 will be assessed a \$50 penalty. All entries must be accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

**RELAYS:** Relays must be comprised of duly accredited athletes from a single club or region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team. If any relay team member has not also entered an open event, they will be required to provide proof of date of birth and USATF registration.

# 1997 USATF National Masters Outdoor Track and Field Championships

San Jose, California • San Jose City College

August 7-10, 1997

**SHUTTLE:** A free shuttle will be provided to and from San Jose City College, the dorms and the Hyatt San Jose, throughout the Championships.

**CHAMPIONSHIP BARBECUE:** A post meet barbecue, open to all athletes and their guests, will be held at the end of competition on Saturday, August 9, at San Jose City College. There will be a special guest speaker. Cost of the barbecue is \$20.00 and advance ticket purchase with your entry is required.

**OFFICIALS' FUND:** A \$15.00 donation to help supplement the expense of meals and uniforms for the officials. Please help support these volunteers.

**DECLARATIONS:** You will be required to make a final declaration in person when you arrive at San Jose City College. The earlier you do this for your event(s) the better. The deadline for this final declaration is two hours prior to the listed start time for your event(s). If you fail to appear at the declaration table before the two hour deadline, you will be scratched from that event.

**AIR TRAVEL AND RENTAL CAR:** Official Airlines, American and Reno Air and Official Car Rental Agency, Budget Rent a Car are pleased to offer exclusive discounts for all Masters participants and spectators. In order to take advantage of these special rates call the toll-free reservation numbers listed below.

**AIRLINES**  
American Airlines  
Star File # S0287LD  
1-800-433-1790

**Reno Air**  
Masters Convention  
1-800-736-6426

**RENTAL CAR AGENCY**  
Budget Rent a Car  
BCD# U052123  
1-800-772-3773

## ACCOMMODATIONS-HOTEL/MOTEL:

Rooms have been blocked at the following hotels/motels. Please identify yourself as a competitor in the USATF National Masters Championships. Make your reservations at least 30 days prior to your arrival date to ensure accommodations and secure the group rate.

## HEADQUARTERS HOTEL:

**Hyatt San Jose**  
1740 N. First St., SJ 95112  
Phone: (408) 993-1234  
Fax: (408) 453-0259  
\$79 sgl/dbl  
\$89 trp/qd

**San Jose Hilton & Towers**  
300 Almaden Blvd., SJ 95110  
Phone: (408) 287-2100  
Fax: (408) 947-4489  
\$95 sgl/dbl

**Holiday Inn**  
282 Almaden Blvd., SJ 95113  
Phone: (408) 998-0400  
Fax: (408) 998-0400  
\$102 sgl/dbl  
\$112 tpl/quadr

**LeBaron Hotel**  
1350 N. First St., SJ 95112  
Phone: (408) 453-6200  
Fax: (408) 437-9558  
\$73 (1-4 people)

**Red Lion Hotel**  
2050 Gateway Pl., SJ 95110  
Phone: (408) 453-4000  
Fax: (408) 437-2898  
\$99 single occupancy  
\$109 double occupancy

**Best Western**  
455 S. Second St., SJ 95113  
Phone: (408) 298-3500  
Fax: (408) 298-2477  
\$60 single occupancy  
\$70 double occupancy

**Dorm Facilities**  
San Jose State University  
1 Washington Sq., SJ 95192  
Phone: (408) 924-6180  
Fax: (408) 924-7500  
\$22 per person/double occupancy  
\$30 single occupancy

## National Masters Outdoor Track & Field Championships Schedule

### THURSDAY:

a.m. Track Events	Field Events
Pentathlon (M)	Hammer (W&M)
Pentathlon (W)	
5000 Meters (W)	
5000 Meters (M)	

p.m. Track Events
800 M Trials (W)
800 M Trials (M)
400 M Trials (W)
400 M Trials (M)

### FRIDAY:

a.m. Track Events	Field Events
5000 Walk (W)	Discus (M&W)
5000 Walk (M)	Long Jump (M 60+)
	Long Jump (W)
	Pole Vault (W)
	Pole Vault (M 60+)
	High Jump (M30-59)
	Javelin (W)

### p.m. Track Events

Short Hurdles (W&M)
100 M Trials (W&M)
1500 M Trials (W&M)
400 M Finals (W&M)
Steeplechase (W&M) (36 in. barriers)

### SATURDAY:

a.m. Track Events	Field Events
10,000 M (W)	Shot Put (M)
10,000 M (M)	Javelin (M60+)
Long Hurdles (W)	Long Jump (M30-59)
Long Hurdles (M)	High Jump (W)
	High Jump (M60+)
	Pole Vault (M40-59)

p.m. Track Events
800 M Final (W)
800 M Final (M)
100 M Final (W)
100 M Final (M)
200 M Trials (W)
200 M Trials (M)

### SUNDAY:

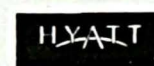
a.m. Track Events	Field Events
Road Walk (W)	Triple Jump (W, all ages)
Road Walk (M)	Pole Vault (M30-59)
1500 M Final (W)	Javelin (M30-59)
1500 M Final (M)	Shot Put (W, all ages)
	Triple Jump (M, all ages)

p.m. Track Events
200 M Final (W&M)
Age Graded 100 M
2 x 100 Relay (W&M)
4 x 400 Relay (W&M)
4 x 800 Relay (W&M)

- Road Walk may be held off-site.
- Pole Vault starts minimum 1 1/2 hour after long jump starts.
- Order of competition: Women first, except where noted.
- Events will not be moved to different days in the final schedule.

## 1997 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS ENTRY FORM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Club/Affiliation \_\_\_\_\_  
M/F \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Aug. 7, 1997 \_\_\_\_\_  
Event #1 & Best Mark \_\_\_\_\_ x \$30  
Event #2 & Best Mark \_\_\_\_\_ x \$15  
Event #3 & Best Mark \_\_\_\_\_ x \$15  
Event #4 & Best Mark \_\_\_\_\_ x \$15  
Pentathlon & Best Mark \_\_\_\_\_ x \$25  
Championship Barbecue \_\_\_\_\_ x \$20.00 per person  
Championship T-Shirt (\$10.00) Size S M L XL XXL (\$12.00)  
Extra Shirts S M L XL XXL x \$10 each  
1997 National Masters Outdoor Championship Program \_\_\_\_\_ x \$3  
Officials' Fund \_\_\_\_\_ x \$15  
USATF Registration No. \_\_\_\_\_ TOTAL ENCLOSED \$ \_\_\_\_\_



**METHOD OF PAYMENT** - Check or money order in U.S. dollars payable to "San Jose Sports Authority"  
Mail to: San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Remember to include your proof of birthdate.

## WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve the San Jose Sports Authority, San Jose City College, USA Track & Field, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1997 USATF National Masters Outdoor Championships. I also verify that I am registered for the 1997 year with USA Track & Field.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking.

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**Production:** Carol Covey, Kim McGill  
**Printing:** American/Foothill Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:** Road Running  
 Information Center  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
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 (OR), Hank Kiesel (MO), Charlie Klutzz (NC), Vic  
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**Creative Art:** Eugene Paasinen, Herb Parsons  
 The *National Masters News* (ISSN-0744216) is pub-  
 lished monthly, with an annual subscription rate of  
 \$26.00. Main office address: 14155 Magnolia Blvd.  
 #338, Sherman Oaks, CA 91423. Mailing address:  
 P.O. Box 50098 Eugene, OR 97405. Periodicals  
 postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication  
 of USA Track & Field and of the World Association  
 of Veteran Athletes. As an independent publication,  
 its editorial policy is not necessarily that of USATF  
 or WAVA.

USATF is a major funding supporter of NMN.  
 Executive Officers of USATF: Pat Rico, President;  
 Ollan C. Cassell, Executive Director.

The *National Masters News* is devoted exclusively  
 to track & field, long distance running, and race-  
 walking for men and women over age 30. Each  
 month it delivers 32 to 48 pages of results, sched-  
 ules, entry forms, age records, rankings, photos, ar-  
 ticles, 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 lim-  
 ited to age 40 +, 50 + or 55 + (please check the  
 schedule for details). Some events require advance  
 registration. Some require a current USATF card  
 (\$12 to \$15 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 stan-  
 dards for most masters athletics events.

NMN welcomes contributions — results, schedule  
 info., photos, letters, articles, and opinions.  
 Manuscripts should be typed, doubled-spaced, but  
 legibly handwritten material is also acceptable.  
 Results should be typed, single-spaced. Please  
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 copy and ad space reservations is the 10th of the  
 month prior to the cover date.

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

**National Masters News, P.O. Box 50098, Eugene  
 OR 97405. Phone: 541-343-7716; Fax: 541-345-  
 2436.**

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

**Subscriptions:** A one-year subscription (12 issues)  
 is \$26.00 (mailed 2nd class). Add \$16 for 1st class  
 (USA & Canada) or \$19 for foreign air mail. Please  
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Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

### AGE RULE NEEDS CHANGING

In the WAVA World Veterans Championships in Buffalo in 1995, Vicki Bigelow set a W60 world record in the 1500 meters while finishing seventh against younger women in the W55 age group.

She had turned 60 during the competition, but the rules held her to running as a 59-year-old, rather than with her peers, the 60-year-olds.

Other similar cases abound.

The WAVA rule which holds that an athlete's age is determined as of the first day of the meet can and should be changed.

There are two possible solutions:

1) The athlete competes in the age division the calendar says they are until their birthday. Once the birthday comes, the athlete is assigned the new division. However, this would probably cause a lot of headaches for meet management.

2) The athlete's age is determined as of the first day of the first event in which he or she competes.

This issue needs to be put before the WAVA Council at this July's South Africa meet.

Madeline Bost  
Ironia, New Jersey

### STUART'S JAVELIN THROW

The excellent mark listed in the June Masters Scene for Stew Thomson was actually for the hammer, not the javelin. In the javelin, Larry Stuart's throw of 61.16 (200-8) was not men-

tioned. Seems odd that a 107.9% A-G effort by a 59-year-old in the same meet would be overlooked. In 1995, Larry threw the javelin 215-0 at age 56. Not a bad throw. In 1988, when he threw the javelin the same distance, it was considered the single outstanding performance for the year. Yet in 1995, his effort received no recognition. I wish someone could explain this to me.

Russ Reabold  
La Puente, California

*(We goofed. The directors of the So. Calif. Striders Meet submitted computer results to us, but did not submit a story or any comment on their meet. Our editors scanned the list of age-graded marks, but missed Stuart's incredible performance. New glasses have been ordered for those responsible. - Ed.)*

### NO FALSE START RULE

Virtually every masters sprinter would concur with Lee Gillespie's take on the "No False Start" rule, as expressed in the June issue of NMN. I participated in the same meet in Santa Ana, Calif., and I was left with only one opponent in my 60-64 age group due to others false starting. This was even sad for me; though I won, most of my buddies were out, leaving me with a hollow victory.

Should there be exceptions to the rule? Yes, of course. Take my personal experience at this year's indoor

Championships as an example. I traveled to Boston, hoping to extend my 1996 national championships in the 60m and long jump into 1997.

I false started in the 60. I was unstable in my blocks because my lane did not have enough room for the rear block. The curb on the edge of the oval track was too close to my particular lane for the way I set my blocks. No room! I complained briefly, but to no avail. I was totally frustrated, and I believe other competitors were as well. Exceptions exist; and a runner must run; win, lose, or draw!

Dick Richards  
Encinitas, California

### WEIGHT SHENANIGANS

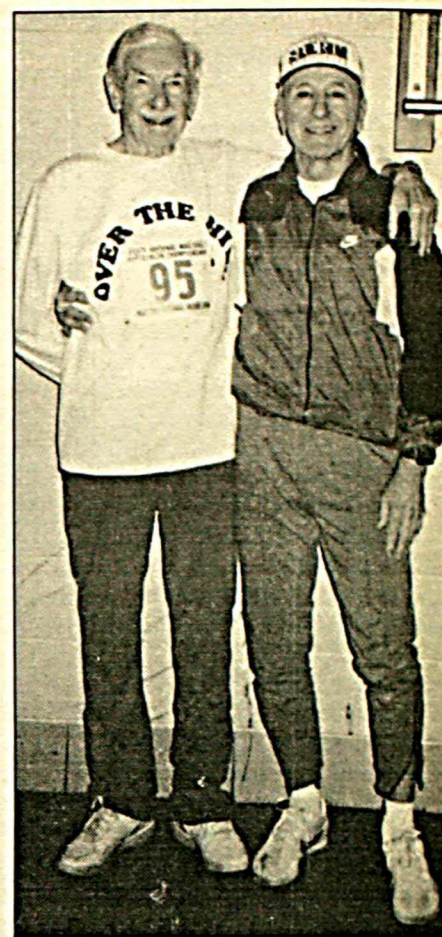
I read with interest Jerry Wojcik's article regarding possible shenanigans in the throwing events, as I have been investigating these things ever since I started with the javelin about a year ago.

Let me tell you, there is a lot going on!

For instance, I have noticed that good throwers also get their body into the throw, not just their arm! I guess this is legal? I've been reluctant to try this in my throwing, as I worry about officials a lot.

This one gentleman, whom I won't name as it might embarrass him, threw the javelin over fifty feet farther than I . . . and, he is in an older age group! now, come on! Also, his throw was high, straight and kept going (instead of turning to the side and landing flat). His follow-through went farther than my throw.

Anyway, I think I detected a vapor trail in its arc and, when he went to have a drink, I had a good look at the tip of his javelin. As I suspected, there



Everett Hosack, M95, and Bill Daprano, M70, Illinois Masters Invitational, Hillside, Ill., April 5-6.  
Photo by Karen Huff

was a small jet engine embedded, along with some trigger device near the grip. Everything was cleverly hidden as it looked like a regular javelin. It is a mystery.

Another thing that just can't be right, is when these throwers do their approach and *do not* cross the line and foul . . . ever! This may not be suspect, but it isn't very fair. I won't go into their high velocity at the moment of the actual throw, etc., as it all is under investigation.

Some of these things I may try to incorporate into my throwing . . . after all, no one seems to be watching. Who knows, I may get by with a lot of stuff after a while!

Earl Johnson  
Orick, California

Continued on page 8

## NATIONAL MASTERS NEWS

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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.

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Welzel Takes Over First Place in Indy Life Circuit

## Wysocki Sets World Record in Freihofer's 5K

New masters phenom, Ruth Wysocki continued her record rampage with a 16:06 at the Freihofer's Run for Women 5K, the fifth race in the Indy Life Circuit Series, in Albany, N.Y., on May 31. Since turning 40 on March 8, Wysocki, Canyon Lake, Calif., has been setting U.S. masters records from the 800 on the track to the 10K on the roads.

Her 16:06, a masters win and 10th overall, in the USA Open Women's Championship, is a pending U.S. and world masters record. Wysocki, a 1984 Olympian, broke her own national masters record of 16:23, set at the Carlsbad 5000 in April. The old world mark was 16:20 by Heather Mathews of New Zealand at Freihofer's in 1989.

In each Indy Life Circuit race, Wysocki has set a U.S. record. In March, at the Azalea Trail Run, she ran 33:22 to break the masters 10K record.

For her record-setting effort, she earned \$3000 (\$600 for 10th overall, \$1200 as first master, and \$1200 for top age-graded runner).

Defending Freihofer's masters champion, Jane Welzel, 42, Ft. Collins, Colo., was second in 16:28, and, as important, picked up nine more points in the Indy Life Circuit to move into first place in the masters division with 58 points.

Joan Benoit-Samuels, 1984 Olympic marathon gold medalist, in her first serious race as a master since turning 40 on May 16, ran 16:31 to finish third.

In the age-graded scoring, five women – Wysocki, Welzel, Shirley Matson, Joan Ottaway, and Samuelson – produced times at the world-class level of 90% or better. Wysocki's 16:06 scored 94% or an adjusted time of 15:20. The five women shared \$2500 in prize money for their age-graded bests.

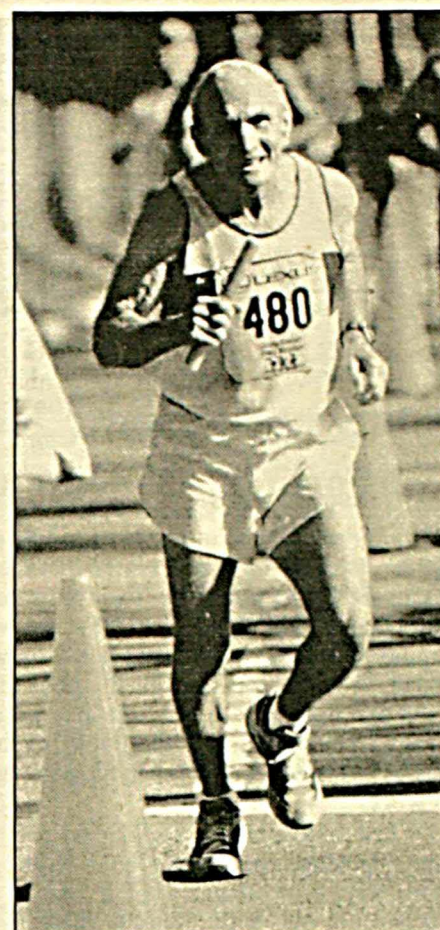
The overall winner and USATF champion was Elva Dryer in 15:29.

After five women's Indy Life Circuit events, Terry Mahr, 48, from Oregon, Ohio, with 263 points, has a one-point lead in the age-graded standings over Honor Fetherston, 42, Mill Valley, Calif. with 262 points. Joan Ottaway, 53, Sonora, Calif., is third at 256.

After four men's Circuit races, Gary Romesser, 46, Indianapolis, with 839 points, has a four-point lead over Doug Kurtis, 45, Northville, Mich., in the age-graded standings. Craig Young, 40, Colorado Springs, Colo., is third with 830.

With no men's Circuit races last month, Young continues to lead the standings with 55 points. Kurtis (44), Romesser (41) and Steve Plasencia (40) follow.

—from the USATF Road Running Information Center



Avery Bryant, M70, finishing his leg of the 16th annual Jimmy Stewart Relay Marathon in Los Angeles. The event featured 640 relay teams, 26 of which were masters. Each runner ran 5.2 miles. Photo from Melanie Bauleke

## INDY LIFE CIRCUIT

### Upcoming Indy Life Circuit Races:

July 12	Bastille Celebration 8K	Newport Beach, CA
July 20	+ Chicago Distance Festival 5K	Chicago, IL
October 5	* Twin Cities Marathon	Minneapolis/St. Paul, MN
October 25	Tulsa Run 15K	Tulsa, OK

\* Counts for men only

\* The points – overall and age-graded – earned at the Twin Cities Marathon will be multiplied by 1.5.

The inaugural Indy Life Circuit features nine events – eight scoring races per gender – which range in distance from 5K to the marathon. The Circuit offers over \$125,000 in total prize money including a final \$50,000 Grand Prix purse. The prize money for each race ranges from \$5,000 to \$38,000.

In the Indy Life Circuit, eligible masters athletes will earn Grand Prix points based on their overall finishing place (top ten) and/or time in each event. To score points, an athlete must be: 1) a member of USA Track and Field, 2) 40 years of age or older – proof of age may be requested, and 3) a U.S. citizen or green card holder.

At each Circuit race, the top ten masters overall earn points in reverse order of place: first place is worth ten points, second (9), third (8), fourth (7), fifth (6), sixth (5), seventh (4), eighth (3), ninth (2), and tenth (1).

Athletes can accumulate points in both categories (finish and age-graded). The top overall Grand Prix finishers in the Circuit will share \$50,000 in prize money (\$21,000 for the top three male and female masters, and \$29,000 for the top five male and female age-graded performers).

## 1997 Indy Life Circuit Standings

(after four events)				
Men	Age	Hometown	State	Total
1) Craig Young	40	Colorado Springs	CO	55
2) Doug Kurtis	45	Northville	MI	44
3) Gary Romesser	46	Indianapolis	IN	41
4) Steve Plasencia	40	Minneapolis	MN	40
5) Bill Rodgers	49	Sherborn	MA	29
6) Lloyd Stephenson	42	San Francisco	CA	28
7) Jeff Foster	40	Edinboro	PA	22
8) Steve Jones	41	Boulder	CO	9
Steve Fader	40	Cincinnati	OH	9
10) Miguel Tibaduiza	49	Reno	NV	8

(after five events)				
Women	Age	Hometown	State	Total
1) Jane Welzel	42	Ft. Collins	CO	58
2) Honor Fetherston	42	Mill Valley	CA	55
3) Kimberlee Campo	41	San Diego	CA	36
4) Joan Ottaway	53	Sonora	CA	29
5) Kathy Ward	42	Sacramento	CA	28
6) Alice Thurau	41	Fisher	PA	27
7) Terry Mahr (GBR)	48	Oregon	OH	24
8) Ruth Wysocki	40	Canyon Lake	CA	20
9) Shirley Matson	56	Moraga	CA	18
10) Claudia Piepenburg	48	Arlington	VA	9

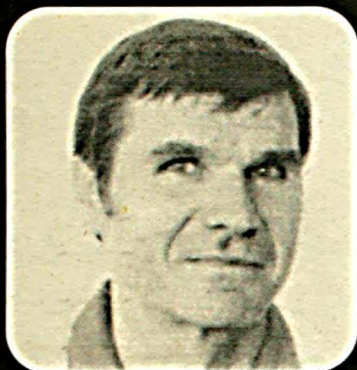
## Indy Life Circuit Age-Graded Standings

(after four events)				
Men	Age	HomeTown	State	Total
1) Gary Romesser	46	Indianapolis	IN	839
2) Doug Kurtis	45	Northville	MI	835
3) Craig Young	40	Colorado Springs	CO	830
4) Fay Bradley	59	Washington	DC	823
5) Jan Frisby	52	Grand Junction	CO	818
6) Lloyd Stephenson	42	San Francisco	CA	804
7) Sonny Monioz	60	El Segundo	CA	789
8) Bill Rodgers	49	Sherborn	MA	756
9) Ken Sparks	52	Chagrin Falls	OH	713
10) Jeff Foster	40	Edinboro	PA	682

(after five events)				
Women	Age	Hometown	State	Total
1) Terry Mahr (GBR)	48	Oregon	OH	263
2) Honor Fetherston	42	Mill Valley	CA	262
3) Joan Ottaway	53	Sonora	CA	256
4) June Machala	66	Spokane	WA	247
5) Kimberlee Campo	41	San Diego	CA	246
6) Jane Welzel	42	Ft. Collins	CO	241
7) Marilyn Grissom	54	Greenwood	IN	200
8) Shirley Matson	56	Moraga	CA	179
9) Kathy Ward	42	Sacramento	CA	130
Claudia Piepenburg	48	Arlington	VA	130

The age-graded scoring system used for the Indy Life Circuit is based on the number of eligible runners who scored 70% or higher (regional class or better) from the 1994 WAVA tables.

At each race, participants earn points in reverse order of the total number of runners over 70%. For example, at the Las Vegas Half-Marathon, ninety-two (92) men scored 70% or higher. The first man earned 92 points, the second 91 points, the third 90 points and so on down to one point for the 92nd man. The other three Indy Life Circuit races had the following number of eligible male masters runners: Gate River Run 15K (120), Azalea Trail Run 10K (121) and Indianapolis Life 500 Half-Marathon (176). For the Indianapolis Life race, runners received triple points (e.g., the first man – 176 times three – earned 528 points). Circuit points at the Twin Cities Marathon on October 5 are worth 1.5 times.



## Third Wind

by MIKE TYMN

### Former "Boy Wonder" Now Coaching

If you're in Honolulu and see people running around the streets with little bells on their shoes, don't assume that they are looking for attention or are already in the Christmas spirit. They're probably training under the tutelage of former Olympian Gerry Lindgren. "It's my way of teaching them pace," explained Lindgren, once referred to as the "boy wonder" of track, and now a professional coach. "I guess you can call it a poor man's heart monitor. I get them out on the track and ask them to run a quarter in two minutes, eight-minute mile pace, and to pay close attention to the jingle of the bells. Within a few weeks they are listening to their feet and can judge pace without looking at a watch. It really seems to work."

When Lindgren, 51, decided to get into coaching, he thought he'd work more with elite runners, but it hasn't worked out that way. "That's where I had been and I thought I could help the real competitive runners more," he said, "but I seem to be working more with beginners and intermediate runners. I find that just as rewarding as long as they are committed. You can see much more progress as they're developing. I have a guy who couldn't break four hours in the marathon when I began working with him and now he's down to 16:32 for 5K (a relatively much faster time)."

#### Focus is the Key

Lindgren believes that just about anyone can be an outstanding runner if he or she is dedicated and willing to put in the time. "I don't think they've identified a gene that is associated with outstanding running ability," Lindgren continued. "I really believe that you get



Former Olympian Gerry Lindgren greets winner Tesfaye Bekele of Ethiopia (47:00), Norman Tamanaha Memorial 15K, Honolulu, March 30. Photo by Tesh Teshima

out of it what you put into it. The key is to be focused."

As any track buff who was familiar with the sport back during the early 1960s will tell you, there was no one more focused than Lindgren. At a time when most distance runners were training on no more than 40 miles a week, Lindgren was averaging 200-mile weeks. He recalls doing as much as 350 miles one week.

An article by Bob Payne in the February 1971 issue of *Track & Field News* suggests that Lindgren, probably more than any other individual, revolutionized American training methods while also revising the image of American distance running.

Lindgren did not fit the lean, loping, sinewy runner stereotype. Although slight of build at 5-6 and 118 pounds, he was scrawny with little definition in his muscles. But inside this unathletic-looking teenager was a seemingly unlimited supply of desire, drive, and determination. This apparently more

than compensated for what appeared to be physical shortcomings. Lindgren is said to have occasionally gotten up in the middle of the night to take a long run after already having worked out two or three times the previous day.

It paid off in Lindgren winning 11 NCAA titles in cross-country and track at Washington State and also setting a world record of 27:11.6 for six miles (then a more standard distance than the current 10,000 meters).

#### Russian Defeat

Lindgren is most remembered for his upset victory over the Russians in the 1964 USA vs USSR track meet. Before more than 50,000 screaming spectators at the Los Angeles Coliseum, Lindgren dogged the favored Russians until the ninth lap of the 24-lap 10,000-meter race and then surged to the lead, pulling away to a 22-second victory.

A few months later, Lindgren, only 18, participated in the Tokyo Olympics. But an ankle injury before the final slowed him to a ninth-place finish behind the winning effort of fellow American Billy Mills.

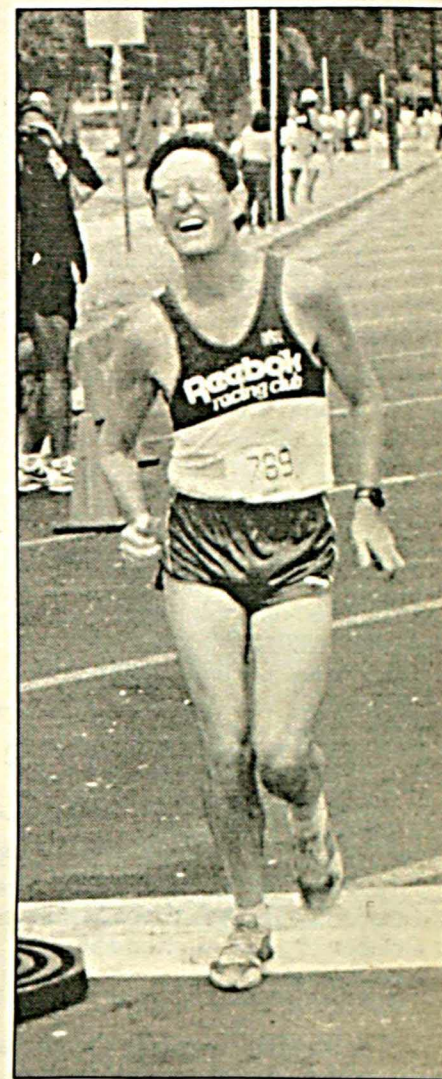
One can't help but wonder if, given his background, Lindgren might expect too much from the people he is coaching. "I don't think so," Lindgren responded. "But I tell them you've got to put in the miles. You've got to do the work, if you really want to realize your potential. And some of that work has to be speed work."

Looking back on his 200-plus-weekly miles, Lindgren thinks he may have done too much. "But I have no way of knowing if I would have been able to compete at the international level by not doing as much as I did. I was young and energetic and it didn't seem to hurt me then," he adds. "Everyone's different and maybe I needed all that work more than someone else."

For the more advanced runners he is coaching, Lindgren recommends at least 70 to 80 miles a week. "But if I can get 40 out of some of them, I consider it an accomplishment, because it's a lot more than they had been doing."

#### Getting in Gear

As Lindgren sees it, most beginning and recreational runners have only one



Still a competitor, Gerry Lindgren finishes a 10K race in Honolulu. He's usually in the 37-38 minute range these days. Photo by Mike Tymn

gear. "They're going at the same speed all the time," he commented, "both in training and in a race. What I try to do is help them develop a second gear and then a third and maybe a fourth gear by getting them running faster for short stretches. Once they develop those higher gears, they can train more relaxed and with less energy."

"What I try to do more than anything else is give them direction," Lindgren concluded. "Then it's up to them how far they go in that direction." □

(If you are interested in being coached by Lindgren by mail or phone, you can contact him at 808-396-0089.)

### Advil Mini-Marathon Held in NYC

by MARILYN J. MITCHELL

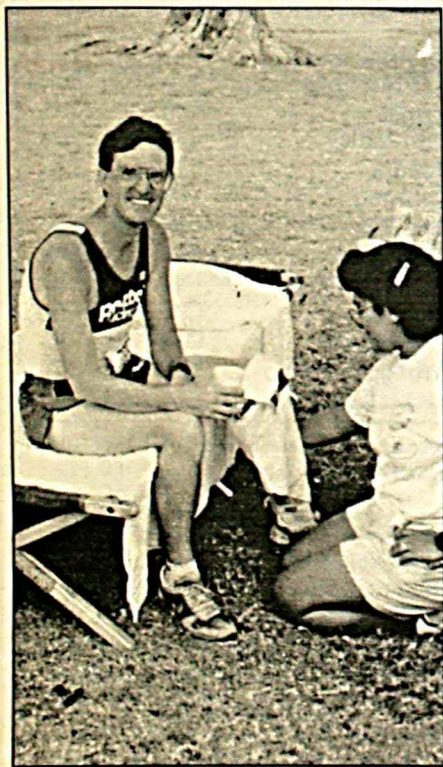
The first masters woman over the line for the 1997 Advil Mini-Marathon 10K race on June 7 in New York City was 42-year old Tatyana Pozdnyakova, with a time of 33:53 for a 13th overall position out of a field of more than 8000 women. Second master was Gillian Horovitz (42, NY) and third, Kari Proffitt (40, NY).

Pozdnyakova was the pre-race favorite for the masters division, with a 10K best of 31:46 and a great marathon time of 2:29:57, posted in the 1995 Los Angeles Marathon. Only the first nine places were awarded prize money, so Pozdnyakova's earnings for the day would have consisted of whatever appearance fees she was able to obtain.

Overall winner was Kenyan Tegla Loroupe, with a time of 31:45.

Temperatures remained stable at 51°F from race start time to finish with overcast skies, a perfect day for racing.

ESPN announcer and masters runner Robin Roberts was a part of the story this time, having run the race. Her broadcast credits include network coverage of the men's NCAA Final Four and NCAA women's basketball tournaments, LPGA events, U.S. Open Tennis Tournament, the Summer Olympics and Wimbledon. A former basketball player herself, Robin has run in the Peachtree 10K and other races but said, "Next year, I want to be back in the lead truck... with a bagel!" □



Gerry Lindgren has a sore calf muscle tended to after a Honolulu 10K. Photo by Mike Tymn

## Raschker Sets Three World Records in Tucson

from PHIL MULKEY

Philippa Raschker, 50, set three world and two U.S. W50 records May 23-28 in the UNSNO Sports Classic VI - the Senior Olympics in Tucson, Ariz.

The Marietta, Ga., accountant won seven of the ten events she entered, taking two seconds and a fourth.

Her WRs were set in the 100 (12.65, bettering Irene Obera's 12.9), 200 (26.12, lowering Marge Allison's 27.56) and high jump (5-1, raising Renate Vogel's 5-0).

She also set U.S. marks in the 400 (63.48) and long jump (16-9), both bettering Obera's marks of 63.7 and 14-6½, respectively.

Yet, so accustomed is she to these running and jumping performances, that she took the most pride in her seldom-attempted throwing events.

"The shot was the second longest mark (30-2½, fourth) I've ever made," she said, "and the discus (78-1, second) was by far my best ever. But the javelin was the most thrilling (99-4, second). Every throw was better than I had ever done."

Raschker is entered in the WAVA World Veterans Championships in Durban this month, but may not go.

"I'm starting therapy for four weeks on my achilles," she told NMN, "and the doctor doesn't think it will hold through Durban." □



Competitors in the W50 shot put at the Senior Sports Classic VI in Tucson. From left: 1328, Rachel Singleton, DE; Karen Huff, IL; 1180, Phil Raschker, GA; 1407, Erika Szanto, OH; 1393; Lurline Struppeck, LA, 1st; Kathy Jack, AZ.

## Messner and Hilliard Set Records in Southeast Regional Championships

from BILL HOFHEIMER

Erika Messner and Vanessa Hilliard turned in record-setting performances in the throws during the opening day of the USATF Southeast Regional Masters Championships, May 10-11, at Disney's Wide World of Sports track and field complex in Lake Buena Vista, Fla.

Messner, 61, representing the Florida AC, broke her W60-64 U.S. record of 97-3 in the hammer with a toss of 98-0. The next day she registered a shot put mark of 32-2, less than an inch away from Bernice Holland's U.S. record of 32-2¼.

Hilliard, 56, also of the Florida AC, set an outdoor single-age world record of 54-4 with the 16-lb. weight. She, like Messner, barely missed another record on Sunday, with a 105-4 discus

throw, just four inches short of her W55-59 national record set in 1996.

On Sunday, Mark Witherspoon, 1984 Olympic gold medalist, and former NFL standout Billy "White Shoes" Johnson headlined the list of athletes competing in the sprints. The 31-year-old Witherspoon, competing for the first time this year, captured the 100m title with a 10.71 and the 200 in 22.17. Johnson blazed to victory in both the M40-44 100 (11.66) and 200 (23.30).

The Florida AC dominated the team

scoring in both the men's and women's events, finishing with 300 and 120, respectively. The Atlanta TC was runner-up in both the men's (57.5) and women's (89) standings.

The Disney Sports Complex is spread over some 200 acres and, besides the nine-lane t&f facility, includes a 5000-set fieldhouse with room for six full-size basketball courts, a 9500-seat baseball stadium, plus facilities for tennis, softball, youth baseball, and soccer. □



Vanessa Hilliard

Photo by Sara Meeks

## Colbert Romps, Hagemann Breaks Record in Southeastern Meet in Raleigh

by JERRY WOJCIK

Larry Colbert, 60, produced the speed and Libby Hagemann, 76, supplied some distance in the Southeastern Masters Meet, Raleigh, N.C., on May 2-4.

Colbert, who broke world records in the 200 (25.15) and 400 (56.32) at the 1997 Indoor Championships in Boston, won the three sprints with age-graded performances in the 90+% range. In the 100, he ran a 12.57, taking the race from Bob Dobbs, 63, also in the 90% level with a 12.91. Colbert won the 200 in 25.64 and the 400 in 58.39.

Hagemann, who broke the U.S. indoor W75 shot put record in Boston with a 6.46/21-2½, smashed the U.S. record of 58-4¼, for the 3kg hammer with a 19.56/64-2½, not far off the world record of 65-7½.

Canada's Earl Fee, 68, won the 400 in 61.15, an age-graded 94.8%, and had the best masters performance of the meet in the 800, his specialty, with a 96.7% 2:23.0h.

In the distance races, Jack Miller, 60, reeled off an event best 5:02.10 in the 1500, and Phil Rowan, 42, posted

the best mark in the 5000 with a 15:40.8h.

Racewalker Robert Mimm, 72, strode to the most noteworthy performances in the 5000 track walk (30:43.30) and 20K road walk (1:10:06).

High jumper Leonore McDaniels hit the 89% level with a 1.14/3-8¼. Male Masters Athlete of the Year in 1996, Jim Stookey, was a multiple winner, topping his marks with an age-graded 92.2% 10.40/34-1½ in the triple jump.

Leonard Olson, 65, was the class of the fields in the shot put (13.05/42-9¼) and discus (46.24/151-8). David Vandergriff, 41, far outdistanced everybody else in the 56-lb. super-weight at 10.87/35-8.

In the regular pentathlon, David Ayers, 55, scored an event high 3169 in a field of 24 athletes, including 82-year-old Ian Hume, of Canada.

Olson, the top point scorer (4781) in the 1996 Weight Pentathlon Championships in Bozeman, scored 4460 in the weight pentathlon, the highest in a field of 28 masters throwers, which included nine women. □

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## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Calluses

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

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

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

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

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

*(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 50098, Eugene, OR 97405.)*

### Johnston Sets WR in Los Angeles

Nearly 200 athletes took part in the annual USATF Southern California Association Masters Track and Field Championships held June 8 at Occidental College in Los Angeles.

Top performances included:

1) A new world M85 pole vault record of 2.21m (7-3) by Carol Johnston.

2) A U.S. M45 record 14.17 (46-6) triple jump by Milan Tiff, 47 – close to the M45 WR of 14.18.

3) A new U.S. M75 high jump record of 1.32 by Walt Dahlin.

4) Three wins by Alberto Ros in the M35 100 (11.04), 200 (22.57) and 400 (50.58).

5) A 1:57.42 800 by Nolan Shaheed, 47 – close to the M45 AR of 1:56.27.

6) Sid Wing's return to competition with impressive wins in the M65 400 (64.72) and 800 (2:32.30).

7) Ken Dennis beat Dick Richards, 12.50 to 12.53 in the M60 100, while Richards bested Dennis in the 200, 25.57 to 25.72.

8) Jeanne Hoagland came within two seconds of a new W60 world 800 record with a 2:47.95.

Svetlana Yesayan brought a new group of Armenian masters athletes to the meet, and they performed very well. Another talented newcomer was Jim Kerman, 40, who beat his coach and mentor, Mike Deller, M45, with a 12.73m shot put on his last effort.

The meet was a Miller affair, with meet director Christel Miller doing her usual outstanding job, despite a broken hand and bruised ribs suffered a week earlier. Husband Gary and sons Doug, Nils and Gunnar ably assisted, along with an abundance of excellent officials. □

### FIFTEEN YEARS AGO July, 1982

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

### Write On

Continued from page 4

#### WHY THE TERM 'SUBMASTERS'?

In the June issue, USATF Masters T&F Chairman Ken Weinbel asks "Why are age 30-39 athletes called 'submasters'?"

Before WAVA existed, IGAL conducted world road race championships. There was much disagreement about the minimum age, but most opted for age 40.

When Canada put on the first World Masters T&F Championships in 1975, ages 30-34 and 35-39 were included, but as submasters.

During the meeting at these championships when 800 athletes came to offer their views on a proposed world body, it was felt there should be a positive "space" between open athletes and masters. Since most younger athletes at that time "hung up their spikes" at 30 (women 25), it was decided a 10-year period was appropriate; hence, 40 for men and 35 for women.

Between Toronto 1975 and Gothenberg 1977, there were considerable amateur/professional problems. Athletes who had earlier lost amateur status with the IAAF were competing in masters events. Other athletes who still competed for their clubs were concerned they might be "tainted" by competing with those who had lost amateur standing.

This matter came to a head as we approached the Gothenburg meet in 1977. Former great Arne Anderssen lived in Gothenberg and, although declared a professional by the IAAF, was training for the events at age 57. Sweden, athletically structured as it was, and is, applied for meet sanction from their athletic association and was told it could not include Anderssen, or anyone no longer an amateur. Arne's request for his lifetime ban to be lifted was denied.

Many masters around the world were enraged. Some suggested a dual status, i.e., in open events, IAAF rules; in masters events, masters rules. Others said, "To hell with the IAAF, we'll go our own way." Arne did not enter.

During the Swedish meet, the then-IAAF President Adrian Paulens, a gracious and charming man, came to watch. As President of the newly-formed WAVA, I met with him and broached the subject of concern.

"You people are having such fun," he said. "Something must be done, but your athletes would have to be beyond normal international competition age – at least 40 for men."

As good as his word, the following year the IAAF Council agreed that at masters (veterans) meets, WAVA would decide who could compete, provided the minimum ages were observed.

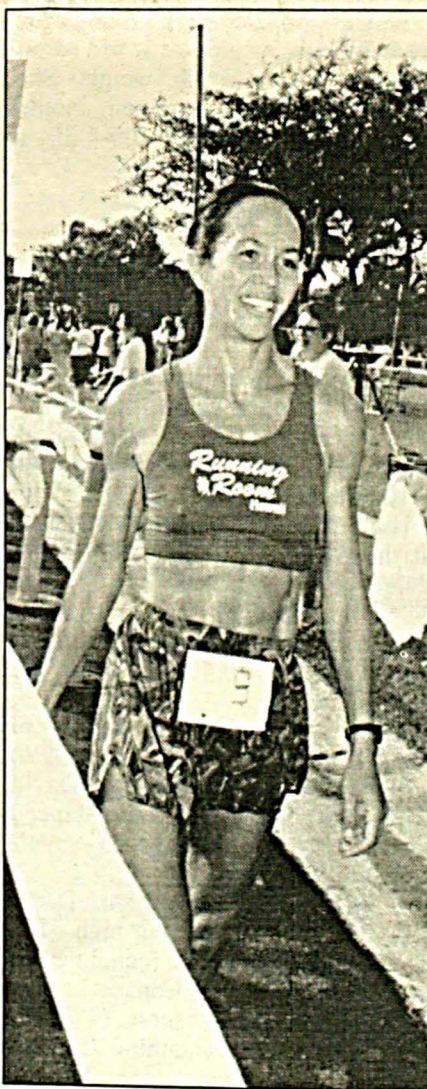
At world meets, we have kept the agreement. At regional and national events, we have allowed younger ages, but have always maintained the distinction.

Don Farquharson  
Toronto, Canada

### NAPLES MEET

I would like to thank Rudy Vlaardingerbroek for his outstanding job as meet director of the Naples Meets in Florida for the last seven years. My friends and I from Stuttgart, Germany, have competed in his meets for the past three years, arranging our vacation trips to Florida according to the date of the meet. The meet will not be held next year, so I, on behalf of my friends, would like to express our gratitude to Rudy for his personal effort in organizing these meets.

Walter Hillebrand  
Stuttgart, Germany



Connie Comiso Fanelli, 43, comes in first in the Windward Half-Marathon, Hawaii, in 1:29:53.  
Photo by Tesh Teshima

### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

## Bradley, Hutchison Best in NationsBank 10K

by CLARK ENSZ

Although the open women's race produced a course record and the open men's competition came down to a four-man drag race to the finish, it was the masters competition again providing many of the best highlights in the NationsBank River Run 10K, Wichita, Kansas, May 10. The men's masters age-graded competition put on an especially great show of quality running.

How good was it? Doug Clark of Tulsa set a Kansas M40-44 record and only took fourth in the age-grading. Last year's winner, Paul Heitzman, improved his 1996 graded time by 34 seconds (he improved his real time to 39:26 at age 66) and dropped to third. Dick Wilson took 21 seconds off his 1996 graded time, set a state M65 record of 39:18; and went from second

to fifth.

Fay Bradley, the nationally known 59-year-old, announced his arrival in Kansas by winning the masters age-graded competition with a state record 35:31, which graded to 29:32, worth \$400. Dan Lawson, 41, with 31:46/30:32 took the second-place \$200 prize. Eleven masters runners ran times that would have been in the top-five money last year.

The women's field was again dominated by the Webb City comet, 51-year-old Jane Hutchison. Although she ran more than a minute slower than last year's 38:18, her 39:20 was still good enough to win the age-graded competition by over two minutes (34:16). Second-place Marla Rhoden, 41 (38:15/36:22), might have put up a stronger battle except that she had run two marathons in the previous three weeks. The very consistent Wichita area trio of Trudy Calloway, Vera Burton, and Barbara Holzman rounded out the top five money list. □



Charlene Landrum #400, 33, New York, winner W30 200 (28.04), USATF 1997 Masters Championships, Boston. Shemayne Williams #755, 34, New Jersey, was second.

Photo by Mitchell Lovett

## Sprinters Excel at Birmingham TC Classic

by GORDON SEIFERT

Rainy weather delayed the start of some of the field events but was not a problem for the sprinters at the 15th annual Birmingham Track Club Classic held at Hoover High School, Birmingham, Ala., on June 7.

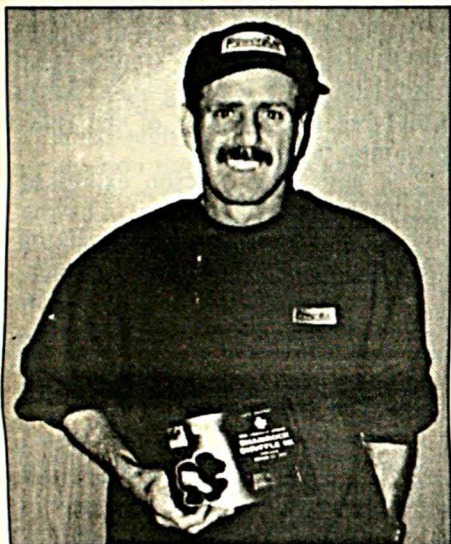
All eight of the KC Distance Handicap 100m participants had 90+% performance level qualifying times, with 47-year-old Marion McCoy (9-meter handicap) winning the race. Reggie Mason's 52.87 won the Jim Law 400m award. The other special award was won by Phil Mulkey, Jr., M40, for his 2767 points in the mini-decathlon (five of the ten events).

The BTC also presented a gift certificate to Simpson Pepper, the meet announcer, for his many years of outstanding community service in the promotion of sports in coaching and sports announcing. □

# EXERCISE

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American Heart Association



Gordon Benfield, 43, Evansville, Ind., fifth overall (25:59), USATF Masters 8K Championships, Chicago, March 23. Photo by Melinda Vaughn

### FIVE YEARS AGO June, 1992

- Mike Heffernan (51, 26:18) Wins 9th Annual Fifty-Plus 8K
- Pierre Levisse (40, 29:33) and Priscilla Welch (47, 34:38) Top Masters in Sallie Mae 10K
- Payton Jordan, 75, Sets M75 WRs in 100 (13.5) and 200 (28.3)

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## Oklahoma Masters Athletic Meet Track & Field in the Heartland!

August 1-2, 1997

Spaulpa H.S. Stadium, Tulsa, Oklahoma

Hosts: Team Oklahoma Masters Track & Field Club

Masters Competition in 5-Year Age Groups & Open Division



Entry Fees: Pre-registered by July 29: \$10 1<sup>st</sup> event, \$5 additional events, Relays \$15  
\*\*\* Received after July 29, add \$5 late fee \*\*\*  
Entries close 1 hour before scheduled start. Late entries @ 918-446-0064.

Schedule: Times are approximate, events ran in order listed:

Friday Aug 1	Sat Aug 2
3:00 PM Athlete Check-in Open	6:30 AM Athlete Check-in Open
5:00 Javelin	7:30 1 Mile
5:30 Triple Jump	8:00 Long Jump
6:00 100 prelims/final	8:30 Long Hurdles
6:30 Pole Vault	9:00 4 X 100 Relay
7:00 Short Hurdles, Shot	9:30 1 Mile Racewalk, Discus
7:30 400	10:00 200
8:00 5000	10:30 800
8:30 5000 Racewalk	11:00 High Jump
9:00 4 X 800 Relay	11:30 100 Final (if needed)
	12:00 4 X 400 Relay

All events ran as timed finals, except the 100 which will have prelims if needed. USATF sanctioned meet, USATF rules including Masters exceptions. No false start rule in effect. Age groups and sexes may be combined in race heats. USATF Certified Officials. Medals to top 3 in each age/sex division. Directions to track: from Tulsa, take I-44 west and exit on Highway 66 toward Sapulpa. Continue into Sapulpa, turn left on Dewey or Lincoln, 3 blocks to track. (about 20 mins from downtown Tulsa)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Club Name \_\_\_\_\_

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the TEAM OKLAHOMA Masters Track Club, Sapulpa Public Schools, Oklahoma Association of USATF, any individual associated with the operation of this meet and all sponsors of this meet, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Oklahoma Masters Athletic Meet held on August 1 and 2, 1997.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Best 1996/1997 performance in events entered:

Event _____	Mark _____	Event _____	Mark _____
Event _____	Mark _____	Event _____	Mark _____
Event _____	Mark _____	Event _____	Mark _____

Amount Paid: \_\_\_\_\_  
Mail entry form with check payable to: TEAM OKLAHOMA, 4217 W. 91<sup>st</sup>, Tulsa, OK 74132  
Questions ? 918-446-0064, e-mail George\_Hall@prodigy.net



## Masters Racewalking

by ELAINE WARD

### Veterans Games, Durban – What to Expect

**T**he following is from an article submitted by Lionel Lawson on what racewalkers can expect at the World Veteran Games in South Africa. Next month will feature brief biographies of some of the South African racewalkers you may have already met by then, as well as information on Lionel's new book on racewalking.

What can racewalkers expect in Durban? As it will be winter, it is the best time to compete in Durban. Organization is basically good. We have a long history of race organization and the carry over from road running into racewalking has, by and large, been successful. I am assured that there will be some congestion in various events, due to the high participation expected, so it would be wise to arrive early for all events.

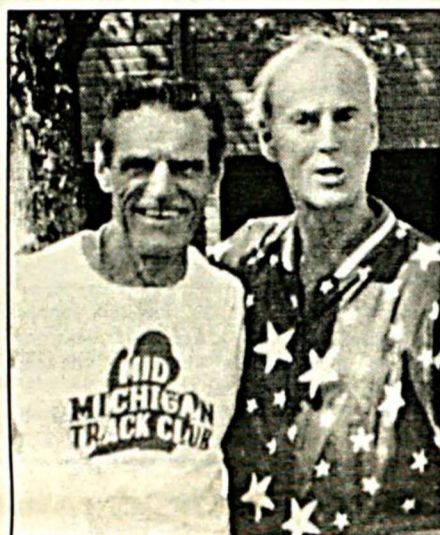
A few things to be prepared for:

**Heat:** Durban, being tropical, is noted for its humidity and heat, and only racewalkers have set South African records here in the winter or spring events. Even in winter, the daytime temperature is likely to climb from 9 to 26 degrees Centigrade (48°F to 82°F) and humidity from 50% in the morning to 70% or more in the later afternoon or evening. Rain is not a major factor in July as the rain usually doesn't arrive until October, typically the coldest month.

**Warm-up and stretching:** Warm-up and stretching are very important in Durban. Because of the heat, we are often fooled into thinking we are warm. Not so. Externally, we may be glowing; but internally, the body is still struggling with unequal temperature stresses. The same holds when racing.

**Hydration:** It is vitally important to maintain an input of at least 200cc of liquid every 15 to 20 minutes. Any less and you are a candidate for the dehydration tent. I have ended up with heat stress in as short a race as 5K. We often provide sponging water for track 10K races. Water is medically mandatory on all road races longer than 5K and has to be provided at least at 3K and 7K. On 20K races, water has to be provided every 3K (walkers every 2K). Overseas, eyebrows are raised at this requirement, but medical research carried out here proved the requirement. A recent Sports Science Institute of SA study showed that after 90 minutes all athletes need not only water, but can benefit from receiving a CHO based drink.

**Course:** The WAVA course design is my responsibility. At present we are negotiating for the following: 20K – approximately 270m on track, 671m out from track via perimeter road and on to a main road for nine 2K loops.



Racewalkers Bob Mimm, M70, and Jack Bray, M60, mug for the camera at last year's WAVA North American Championships. Mimm has participated in all 11 WAVA World Veterans Championships.

Then the 671m back to the track and finish with 389m on track. The women's 10K is the same but only has 4 laps of 2K.

The greatest concern about designing the racewalk course is to present a course that complies with the IAAF rules, is fast and flat, and presents the minimum of tight turns or awkward height changes such as curb height transition on a road.

**Competitors:** How many racewalkers are expected? The organizers do not have all the entries yet, but it looks like there will be several hundred.

**Racewalking Clubs:** There are no racewalking clubs as such in South Africa. By constitution under Athletics South Africa and the provincial athletics bodies (such as Kwa-Zulu Natal Athletics), all athletics clubs have to be just that and allow membership to athletes of many disciplines. Fortunately, long before the "New South Africa," athletic clubs were open to all, irrespective of race, color or religion. Athletics prides itself in leading the pace in open sport, and it is not so long ago that all participants ran the Comrades Marathon with black arm bands to protest the authoritarian interdict against darker skinned participation. We won our battle! □

### Senior Sports Classic Starts at 50

(The following report is by Richard Charles, Event Director of the Racewalks at the Tucson Senior Sports Classic.)

The Senior Sports Classic VI Racewalks were held in Tucson, Ariz., May 25-26. This was the first classic where the competing ages start at fifty. We are seeing more of the experienced and competitive "baby boomer" racewalkers as well as those older athletes seeking additional senior competition. The national organization and host cities must meet the challenge of this changing population.

The 1500m racewalk was held on the Tucson High School track where over 300 male and female entrants aged 50+ competed in 28 heats. The average heat had 16 walkers. The day's event both started and ended on time. The reaction of the athletes was very favorable and their comments sincerely appreciated by all the officials and other volunteers.

The 5000m road race held on the University of Arizona campus was well administered, but did not provide a satisfactory racing experience for many athletes. Approximately 280 athletes competed in age-groups with staggered starts. The unofficial results were posted within 15 minutes after the last walker crossed the finish line.

When the official results with the DQs were posted, shock, disappointment and anger ensued. One hundred seventy entrants had been DQ'd including some of our finest, most experienced athletes. This represented 61% of the starters. I am in the process of evaluating factors that may have contributed to this poor showing, such as:

- Are there too many entrants for one race?
- The use of "wave" starts equates to having mini races. Do we need to consider increasing the time between "wave" starts to 10 minutes? 15 minutes? Or more?
- Were there too many racewalk judges? The spacing between judges was about 500 feet.
- Should the course be changed from a 5K out-and-back course, to a 2.5K out-and-back course requiring two laps? The shorter distance would reduce the number of judges (with the same spacing between judges) but add the element of "lap counting".
- Should consideration be given to a 5K track event?

The above is a short list of items being evaluated. I have requested that athletes, volunteers and officials write me with their suggestions. Some very experienced racewalkers and officials have already responded with great ideas.

Other general items that need to be addressed include:

- Coordination with State Games committees to assure that athletes who have advanced to the National Classic VII have, in fact, been in a properly judged racewalk. For example, when

the qualifying lists of racewalkers are submitted, they must include the names and residences of the racewalk officials.

- Receipt of athlete qualifying times to allow for "seeding" in the 1500m heats and, if necessary, in the 5K race.

Last, but by no means least, it is absolutely necessary to address the needs of those athletes who, because of physical limitation, can no longer legally adhere to the two racewalking rules. These athletes walk for health and fitness and must be encouraged to continue. The Senior Sports Classic organization can be a leader in this effort by establishing a new monitored event having as its only rule: No Lifting or Loss of Contact. This rule eliminates hopping, skipping, jumping and running. Many local walking events have such a monitored category. A single-rule walking event would accommodate the many athletes who enjoy being in a walking event while preserving the integrity of the rules governing racewalking.

The athletes at Tucson expressed their overwhelming approval of having both a monitored, single-rule walking event and a judged racewalking event. The Senior Sports Classic VI racewalks are history. I am earnestly seeking constructive suggestions for improving the racewalks in 1999. Make your ideas known now. □

(Richard Charles, Event Director - Racewalks, 500 E. Riverside Drive, #227, Austin, TX 78704.)



Jürgen Spencer, M55, South African record holder in the 5000 and 20K racewalks, won the 5000, South Africa Veterans Championships, Durban, May 2-3. Photo by Leo Benning

## Cotton Row 10K

Continued from page 1

Svetogor took a five second lead in the first mile, but Rowan closed the gap to a few meters in the next 1.5 miles.

On the steep climb of Mountainwood Hill, Rowan moved ahead for his first lead in the race. By the time they had descended the one-mile downgrade along Bankhead Parkway, Svetogor was back in front.

"I caught him again with about a mile to go," Rowan said. "But on that last downhill just before the 6-mile mark he just had too much leg speed."

Rowan did not use as an excuse the fact that he had run a 32:30 in winning the *News-Sentinel* Expo 10K two days earlier in Knoxville, Tenn.

Terry Daniel of nearby Guntersville, Ala., was third (\$300) in 34:04; Stann Vernon of Lafayette, Colo., finished fourth (\$200) in 34:42; and Joe Francica of Huntsville took fifth (\$100) in 35:41.

Svetogor is an anesthesiologist back in St. Petersburg, but made it clear through his interpreter that the occupation does not pay as much in Russia as in the United States. He was one of seven Russians who entered Cotton Row this year. They came from two different training bases in Florida. They usually stay for three or four months, run as many races as they can, then return home.

He had already won masters titles at the New Bedford Half-Marathon in March, a 10K in Dedham, Mass. in April, and the Hopkinsville (Ky.) 10K; finished second at Cooper River Bridge in 31:13, and at a 10K in Evansville, Indiana; and ran a 2:29:44 for 10th master at Boston. His group was headed to Kansas for another race the following weekend.

In the women's race, Pozdnyakova ran with the two open female leaders (also Russian) for the first two miles before slowing on the hill. She had hoped to break Nancy Grayson's course record of 35:34, but admitted the course was tougher than expected.

Pozdnyakova was a part of Russia's national track and field program for about 15 years, and competed internationally in track and cross-country. This spring she had been almost unbeatable as a master in southern races, with wins at the Carolina Marathon 10K (33:50) in Columbia, S.C., and the Reedy River 10K (34:27) in Greenville, S.C. In these two races she was also third and second overall, respectively. At the Azalea Trail 10K in Mobile, Ala., only Ruth Wysocki's new American record of 33:22 was faster than her 34:31. Even more impressive was her win of the overall female title at the Cleveland Revco Marathon in early May in 2:33:27.

Joyce Deason of Shreveport, La., took third (\$300) in 39:38; Victoria Crisp was fourth (\$200) in 39:48; and Molly Gerke of Arlington, Va., finished fifth (\$100) in 44:08.

For the first time in eight years, Nancy Grayson of Northville, Mich., was not a part of the female masters field. Last year Grayson won her seventh straight masters title at this race and this year decided to leave the race open for a new winner. The race committee missed her warm personality and tough racing spirit this year.

In the older male age groups, Malcolm Gillis won the 60-64 division in 41:25, also only two days after winning the same division in Knoxville. The division win gave Gillis the *Running Journal* Grand Prix XIX title for his division.

For the past seventeen years, Cotton Row has been the final race in the *Running Journal* Grand Prix series. Other Grand Prix division winners who ran Cotton Row include Rowan (40-44), Dick Franklin of Huntsville (50-54), Andrew Sherwood of Atlanta, Ga. (55-59), Jack Gough of Clearwater, Fla. (65-69), and Joe Conrad of Gainesville, Fla. (70+).

The only female Grand Prix division winner who ran Cotton Row was Mary Thompson of Columbia, S.C. She finished second in 52:07 in the 50-54 division.

Of the 1,550 finishers this year, 692 (45%) were masters. The overall gender breakdown indicated 1190 males and 360 females. In the master divisions, 574 (83%) were male and 118 (17%) female. □



Phillip Rowan, Greenville, N.C., masters runner-up (33:10) in the WZYP Cotton Row 10K, Huntsville, Ala., May 26, before the start of the race. Photos by Jim Oaks



Tatyana Pozdnyakova (2007) of Russia, first masters woman (35:47), WZYP Cotton Row 10K, Huntsville, Ala., May 26, runs with two open female leaders in the second mile. Photo by Jim Oaks

# RUN THE Original...

## 1997 ATHENS MARATHON

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## On The Run

by HAL HIGDON

### Derek Turnbull Still Can Wrestle Sheep

**T**urning up the dirt road of the sheep farm, we came to a gate separating the grazing pens from a wooded area. The wooded area had a sign beside it labeled "The Turnbull Reserve." In ecology-conscious New Zealand, you can get a tax break if you dedicate part of your property to forest for wildlife habitat.

Derek Turnbull got out of the four-wheel-vehicle in which he was giving us a tour of his property and unlatched the fence. We drove through and he got out once again to close the fence so no sheep or livestock could follow us. We continued driving along a twisting, dirt road.

"This must be where you do your training," I said to Derek.

Turnbull looked at me with a knowing smile. "I don't train," he said. "I just run."

Whether or not Turnbull trains or merely runs, he is among the world's greatest masters runners. He is the winner of nearly two dozen gold medals at the World Veterans' Championships. In three of those championships (Rome, Melbourne and Eugene), he won six medals each at distances between 800 meters and the marathon. In 1992 after

turning 65, Turnbull broke every world record for flat distance events on the track for those same distances. He also ran a world-best 2:41:47 at the London Marathon that year.

#### Switch to Multi-Sports

Turnbull has not competed at the World Veterans' Championships since Eugene in 1989, having skipped Turku, Finland; Miyazaki, Japan; and Buffalo, New York. Turnbull claims as one reason the expense (the price of sheep not being what it used to be), but another is that some of his athletic attention recently has been directed toward multi-sport events.

When I visited him this March at his farm near Invercargill toward the bottom of the South Island, Turnbull admitted to having competed the previous evening in a 25-mile bicycle race. There was a road race that evening in

Invercargill. He asked if I wanted to attend. I said no, partly because I was running in the New Zealand Veterans Championships in Dunedin the following evening, but more because I would rather hang around the farm and chat with Derek than compete in a road race. Derek seemed content over my decision.

I was in New Zealand on assignment for *Runner's World* to do a travel article, which will appear in coming months. My wife Rose and I spent three weeks Down Under, furiously traveling by rental car all over that country that seems small by comparison to neighboring Australia, but covers a distance about the same as from Portland, Oregon to San Diego, California and at about an equivalent latitude.

Rushing from landmark to landmark, Rose and I didn't know if we could find time to visit Derek Turnbull, who lives almost as far south as you can get in New Zealand without swimming toward Antarctica. Roger Robinson, another veteran runner, had given us Derek's address, saying he and his wife Pat ran a bed & breakfast, perhaps more accurately a "farm stay" for tourists. Pressed for time, we hesitated to call. Finally, after a visit to Fiordland National Park, we called Derek's number. He wasn't home, so I left a message on his answering machine.

A day later, I called and found Derek home. I asked if he had gotten my message. "Pat's not here," said Derek. "I don't know how to use that machine." He invited us to spend the night, offering directions to his sheep ranch, which was off the main road between Te Anau and Invercargill, just past a spot on the map labeled Tussocks Crossing, more an intersection than a town.

#### The Wooling Shed

"I'll be in the wooling shed," said Derek.

Turning off the main highway, we arrived at a mailbox with Turnbull's name on it and encountered another vehicle exiting the driveway. It was driven by Derek's son Guy, his partner in the sheep business. Guy indicated that we should follow him to the wooling shed, just passed. The shed was a barn-like building. We entered and encountered Derek standing on a platform shearing a sheep. He wore plain trousers and a short-sleeved black vest that bared his powerful arms. His dress and appearance reminded me of the monster in the old "Frankenstein" movies, except he wore running shoes, a model that appeared to date back to the 1970s. No longer fit for running, they still could be used for shearing sheep.

And shear sheep Derek did. Watching Derek work gave me an insight into what makes him a great runner. Sheep ready to be sheared waited in a holding pen. Derek entered the pen and darted around until he could grab one. He then flipped the 150-pound sheep onto its back and dragged it onto a dock, pinning one of the sheep's forelegs beneath his arm. Despite some bleating, the sheep took this abuse good-naturedly. Derek used



Derek Turnbull shearing sheep in the wooling shed.

electric shears to strip the sheep of its wool, then shoved it down a ramp to wait below before being led back to the fields.

As Rose and I watched, Derek and his son sheared two dozen sheep. Over a period of several days, they would shear hundreds – and it appeared to our eyes that Derek worked faster and harder than his son. At the World Veterans' Championships in Melbourne, I had done an interview with Derek about his training for an article that appeared in *Runner's World* and, later, as a chapter in my book, "Masters Running Guide."

Derek had described his running to me: "I get a long run on Sunday with the boys, a fast-medium run middle of the week, and fiddle around in between." Derek said that running was the easiest thing he did during his day. Seeing how he worked at the age of 70, I wondered how any ordinary mortal, such as myself, whose day was spent staring at a computer, ever could hope to defeat him in a running race.

#### Different Age Groups

Unfortunately, Derek and I never have competed on the track. His birthday comes a few months after mine, and he is a little less than five years older, so usually he has moved out of the next age group before I have moved in. The one exception was at the World Vets in 1991 at Turku, Finland. I had turned 60 just before that meet and knew Derek Turnbull remained in M60. I entered the 5000 in Turku mainly for the honor of running on the same track with the great Derek Turnbull and finishing (probably) behind him.

Alas for my plans, Derek did not appear. Inquiry on my part suggested he might have been injured. I ran the first five laps of the 5000 as a workout, then dropped out to save myself for the 2000 meter steeplechase, which I later won. As a distance running groupie, I almost would have preferred having

Continued on page 17

### Enjoy Training

**Name:** Derek Turnbull

**Home:** Invercargill, New Zealand

**Born:** December 5, 1926

**Occupation:** Farmer

**Achievement:** Won every M60 flat event from 800 meters through the marathon at the VII World Veterans Championships. Earlier in 1987, Turnbull set his all-time personal best time of 2:38:46 at the City of Adelaide (Australia) Festival Marathon. "Nobody else over 60 had broken 2:40 before," says Turnbull, "so I thought I would give it a go."

**Career:** Turnbull began running in 1939 at age 13 and has competed continuously since. "I've run with one club all my life," he says. "For years, there was no vets' competition, but I enjoyed running weekends with the boys." The first World Vets occurred in Toronto in 1975. Turnbull failed to attend, but looked at the results and thought, "I can do better than that." He appeared at the second Championships in Gothenburg, Sweden, two years later to win at 1500 meters. His Vets' medal count following the 1989 Championships in Eugene stood at 23 gold and three silver.

**Training:** "Fitness is half in your mind," says Derek Turnbull. "If you enjoy training, you get results." He claims to eat like a horse, sleep like a dog, and train "when and if I can with no stopwatch, no coach and no special diet."

Turnbull credits his basic strength to the rugged life he leads as owner of a 600-acre farm with 60 breed cows and several thousand ewes. "I'm on my feet all day, lifting, pulling. I never stretch or lift weights. It comes natural."

His training is simple: "I get a long run on Sunday with the boys, a fast-medium run middle of the week, and fiddle around in between." Sometimes returning from chores, he will jump out of the truck two miles from home and run the remaining distance. Turnbull's long run sometimes stretches to 25 miles. "If I'm running through the bush and climb a hill I've never seen before, that's a bonus."

**Advice:** "Never give up." □

(Reprinted from "The Masters Running Guide," by Hal Higdon, Published in 1990 by National Masters News. The book is temporarily out of print.)

## Raschker Smashes Records in Tennessee

by DEAN WATERS

The USATF Tennessee Masters Classic, in its 11th year in Knoxville on May 16-17, provided some extraordinary performances that have become the norm for this meet. Last year, Lawrence Johnson, as a special entrant, broke the U.S. record for the pole vault by clearing 19-7½. This year, by jumping into two races she didn't even intend to run, Phil Raschker obliterated the W50-54 world records for the 80mH and the 100.

Raschker, who was nursing a sore tendon, had not entered either event prior to the start of the meet. Taking advantage of a beautiful, clear morning and a slight tailwind, she entered the hurdles when another hurdler scratched. She then became the first woman over 50 to run under 13 seconds in the 80mH with a 12.90, caught by the timing system at the University of Tennessee's Tom Black track.

Those watching judged this record won't stand for long as Raschker has yet to get her steps down for the distance between the hurdles in the 80mH as compared to the 100mH she had been running prior to turning 50.

Three hours later, she crushed the 100 world record when she ran 12.50, 3/10ths under the listed records, with a 1.6 meter tailwind. She dropped out of three field events she had entered but finished the day with a 2.90 pole vault.

The age-graded Nolan Fowler Weight Pentathlon was won by Ray Feick, M65, with 4223 points, followed by Pay Carstensen, M65, at 3863.

Local athletes who turned in notable performances included Herbert Collins, M30, 400 (54.75), Scott King, M35, 800 (2:01.13), and Rod Marriott, M75, pentathlon (3601).

The team title, based on scores by athletes 35-and-older, went to the Knoxville TC (156), with Mjolnir, second (70), and Godiva, third (56)).

As usual, the excellent performance by the Knoxville Officials Association made the meet management a joy. Everything went off on time thanks to Charles Reeves and Rich Jones (timing), Jane Gaby (starter), Herb Robers (clerk), and others too numerous to mention.

The turnout of 120 athletes, averaging nearly three events apiece, led to the award of 180 first, 67 second, and 25 third places. Frugality by the director led to an underestimate of medals, so 32 are on back order and will be sent out as soon as they are received from the vendor. □

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## The Weight Room

### Rankings Toppers and Records Smashers

**T**he 1997 indoor rankings in this issue and the recent publication of Pete Mundle's "Masters Age Records" should keep statistics buffs off the street for awhile. In the indoor rankings, any masters shot putter who can retain a *numero uno* spot in one's division from one year to the next is a rarity — what with throwers coming into and moving out of divisions, athletes dropping out with injuries and dropping in after recovery, plus having the opportunity to throw in an indoor meet without traveling across the country, and finally having their marks listed or reported for rankings purposes.

Only three throwers maintained their 1996 division top standings in the 1997 lists: M45 Craig Schumaker, who bettered his reported 44-7½ in 1996 with a 46-11½ in 1997; M55 Carl Wallin, who dropped from 50-0 with the 6kg to 47-7¼ but still held on to first; and W60 Mary Roman, who slipped a little from 29-4½ with the 3kg to 28-11.

Spectators at an indoor masters meet are usually seated closer to the

throwers than they are at an outdoor meet. At Boston this year, a really rabid fan could stand safely behind a screen about three yards from the ring. Some individual throwers have their own cliques and groupies, but if you want to be up close and personal with one group of shot putters who are fun to watch, I'd like to suggest the M50-54 bunch, headed by Clay Larson, Lad Pataki, and Tom Gage, 1-2-3 in the rankings.

Larson didn't make it to Boston, but I saw all three in action in the Reno meet in February, where Larson won, heaving the 6kg 52-8. The electricity hangs in the air when these guys go up against each other. Former Olympian Gage is, of course, a premier hammer and weight man, but his competitive juices still run hot in the shot.

Gage heads the 1997 M50-54 indoor weight list at 54-4 with the 35-lb., far outdistancing his competitors, including Pataki. Others with big marks are Ken Jansson, M35, 64-2¼, 35-lb.; Stew Thomson, M65, 56-7½, 25-lb.; Joan Stratton, W45, 39-11½, 20-lb.; and Vanessa Hilliard, W55, 49-2½, 16-lb.

The most striking throws performance in the lists is the 68-4¼ toss by Yuriy Syedikh, 41, of the Ukraine, who threw the 35-lb. in the Dartmouth Relays early in the year. Syedikh is a former USSR Olympian and record holder in the hammer, who has been living in the U.S., giving clinics and coaching under the aegis of Ken Jansson. The last masters thrower in that range was Ed Burke, who peaked at age 43 in 1984 with a 73-10¼.

#### Pete's Sheets

I got Burke's marks from Pete Mundle's compilation of world and U.S. single-age records, which, to resort to an old saw, is full of characters but thin on plot. It also contains one of the best typos of the year: the 3 gram women's hammer throw on p.41. However, having just discovered at least two glaring omissions in the indoor rankings, I can sympathize with Mundle.

I'm always curious when I look through the book as to why many younger age marks are worse than older age marks. As an example, Gordon Nordgren holds the age-70 WR for the 800g javelin at 34.16/112-1, set in 1989. In 1990, Manuel White set a record of 36.90/121-1 with the 800g for age 74. Why didn't Manuel set a record when he was 70? Sore arm? No forms to fill out? Illegal



Ruth Welding, 41, Indiana, in the weight throw, 1997 Indoor Championships, Boston.  
Photo by Suzy Hess

implement? Training for the age-74 record? Preoccupied with silly things like work?

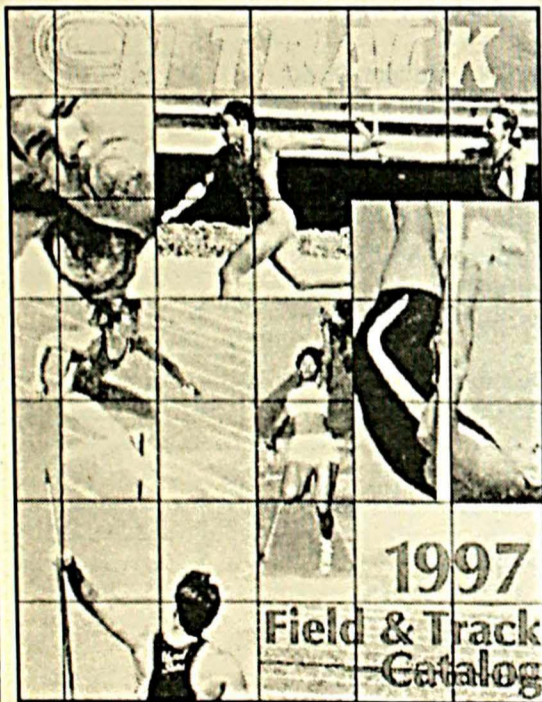
In the 20-lb. weight list on p.43, Vanessa Hilliard's age-54 WR of 13.60/44-7½ is better than all of the previous marks, including her own, for ages 35 and up; the same pattern is true for her in the 16-lb.

It's a kind of history of the progress that women throwers have made and also a capsule view of Hilliard's remarkable improvement in training and technique, I suppose.

Although Mundle admits in the preface that single-age records are not scrutinized as carefully as the age-group records, they do require some paperwork with officials' signatures, proof of age, etc. In addition, you'll have to find officials willing to hold up the meet while they re-measure the mark, re-weigh the implement, and such. Most officials are pretty cooperative with this, as long as you don't become a pain in the tochtus about it. If they start screaming for the metal tape, as happens in too many meets I've attended, you'll not endear yourself to your throwing companions either because you'll be blamed instead of the too-cheap-to-buy-a-couple-of-metal-tapes meet director for holding things up.

Record applications were published in the May issue, and a thoughtful meet director will have some on hand. Many world and U.S. single-age records, especially the women's, are vacant or weak, so there are opportunities to add your name (if only for a year or so) to the *dramatis personae* in Mundle's best seller. □

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- Web Loudat Wins Bud Light Legends Mile in 4:20.89
- Priscilla Welch, 42, Sets Masters Women's World Record of 2:26:51 in London Marathon
- England's Dave Clark (43, 2:21:37) and Sweden's Evy Palm (45, 2:36:24) Take Top Masters Prizes in Boston Marathon
- Paul Bruvik (44, 1:24:21) and Judy Kewley (42, 1:36:00) Score Masters Triumphs in Las Vegas Half-Marathon



## Speaker's Corner

by HANK NOTTINGHAM

### Rescind the No False Start Rule

A committee has been formed by Louise Mead Tricard and myself to rescind the masters no false start rule and return it to the original rule (one warning, then elimination), which governs all non-masters USATF athletes and masters athletes worldwide.

This rule has never been well received by the majority of the athletes and was originally passed against the wishes of 80-90% of the sprinters nationwide. (I was at the convention and saw how it was "railroaded" through by a few people in positions of power and influence.)

Within everyone who has ever been disqualified by this unnecessary rule, and all the other athletes who have to go "passive" at the start for fear of false starting and then get a poor start (for them), there smolders a burning resentment. Some of us won't compete where the current rule is used - we refuse to be abused this way and it is "abuse."

However, there seemed nowhere to turn since the small group of people who controlled masters track and field for a number of years refused any consideration of what the vast majority of sprinters really wanted.

#### Grass Roots Movement

Now, however, there is someone to join with - the "Committee to Rescind the No False Start Rule." This is starting as a grass roots movement, through the petitions of individual athletes and will grow into other areas as well. Our goal is to have 1000 petitions to present at the convention in 1998 in Orlando, Florida when it comes up for a vote. The input of each and every masters sprinter/hurdler (and other athletes and officials) will count this time. We will be utilizing all avenues available to us and have confidence that the rule change will be on the ballot.

There are many arguments against the no false start rule and few for it, especially for seniors.

Masters compete entirely on their own and to put someone out of a race who spent up to 3-5 days and \$500-\$1000 dollars of their own money, for such a minor offense, is beyond any comprehension of fairness and common sense.

Most masters athletes (generally) train alone and have no one to give them practice starts (and false starts). Thus, they are not as well prepared for starting line dynamics (both the physical and psychological) as they might

be otherwise.

#### By the Rules

The majority of false starts are caused by starters, not sprinters (see article on "Seed Starting" in NMN, November 1987, p.5). When starters start the race correctly, according to the written rules (which most do not, unfortunately) there are very few false starts. I am a starter, as well as a sprinter. At our local senior games, as starter (and also meet director), I had a "NO" disqualification rule for false starts. In four races (50, 100, 200, 400) there were three false starts. Three out of 90 "possibles" is hardly a problem I would say.

The current rule penalizes U.S. athletes unnecessarily in international and world competition, since most of them will have developed "passive" starts (for fear of false starting) while the rest of the world has more "active" starts.

It alters the outcome of the race in other ways (in addition to "passive" starts giving poor starters an unfair advantage):

- Starters (who care about the athletes) will often let false starts "go" rather than call them.

- Caring starters will sometimes fire the gun too quickly (before the athletes are ready) in order to prevent false starts.

#### Faulty Reasoning

Only two reasons are generally put forth "for" the NFS Rule, both lacking validity when examined more closely.

1) Anyone who false starts is automatically "cheating." This is totally without merit. First of all, there is nothing in the written rules (national and international) that states you can't "guess"; and anything not prohibited is obviously legal (advisable - no, most people guess wrong; but legal - yes). So how can you "cheat" a rule that doesn't even exist? Secondly, false starts occur for many reasons other than "guessing." Other, secondary reasons, are excess nervousness, various distractions, lapse of concentration, uncomfortable starting position, etc.

2) Sprinters are the cause of all meet "delays." This is absurd. Many factors can cause a meet to be delayed. Administrators (poor planning of the meet) and officials (poor conduct of the meet) cause/create many delays. Also, distance races can take longer than expected. One sprinter who responded to our petition commented, "The meet was already an hour behind when it got to my race." The throws

and jumps can also cause a meet to be delayed, depending on the structure of the meet. Let's not blame the sprinter entirely for something they are only a fractional part of.

Under the regular false start rule (warning, then disqualification), when an athlete false starts and has to go "passive" (for fear of false starting again), this alone is a very heavy penalty/handicap.

#### Fear vs. Fun

One last comment - what about fun? Where is the "fun" in getting DQ'ed for one false start (especially when it may be the starter's fault)? In the 1997 Indoor Nationals in Boston, there were eight false starts in the men's 60m. Was it fun for them (one was 70 years old, one came all the way from California, another from Georgia)? Were they all "cheaters" (who must be severely "punished")? I think not. Perhaps it was the starter's fault (most starters in the US do it incorrectly); maybe they were just nervous, distracted, etc. Let's remove the fear and put the fun back in, and give our athletes a second chance like the rest of the world does.

A petition is published on this page. Additionally, if you want to actively assist in the campaign, by taking petitions to meets and soliciting signatures, let us know and we will send you the forms. Address all correspondence to: Committee to Rescind the NFS Rule, 290 Marco Way, N., Satellite Beach, Florida, 32937. □



Barbara Zamparelli, 67, winner of the W65 race, Las Vegas Marathon, in 4:44:06.

Photo by Tesh Teshima

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## Petition No False Start Rule

I, THE UNDERSIGNED MASTERS ATHLETE, REQUEST THAT THE DISQUALIFICATION RULE FOR FALSE STARTING BE CHANGED BACK TO THE ORIGINAL RULE ALLOWING ONE FALSE START - WHICH CONFORMS TO ALL OTHER NATIONAL (USATF) AND INTERNATIONAL COMPETITION RULES.

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## Training Advice

by ROSS DUNTON

### Putting vs Throwing the Shot

**Y**ou throw a baseball. You throw a football. You may even throw the bull. But, if you are doing it properly, you do not throw the shot, you put it.

In throwing a ball, the thumb on the throwing hand is pointed upward and the elbow is pointed down. When "putting" the shot, the thumb is pointed down, and the elbow is pointed up. The motion is started with the shot nested at the neck on the underside of the chin. The ball should rest on the pads of the fingers and thumb, not in the palm. The thumb is pointed down. From this position, the elbow is unhinged and the hand and lower arm are thrust forward at an angle of approximately 45 degrees. The hand is not pulled out sideways away from the neck. The hand moves straight ahead with no rotation of the hand or arm. At the completion of the "put," the thumb is still pointed down and the elbow up.

#### Proper Form

I recently videotaped some of the shot putters at a masters meet. I reviewed the tape frame-by-frame in slow motion. Almost all of the competitors finished the put with their thumbs pointed either sideways or up. As they started their arm action, they were pulling the hand sideways out from the neck and getting the arm into a throwing position. They were throwing the shot.

Whether gliding or rotating, it is imperative that the transition from the

power position to the delivery be properly implemented. When arriving at the stop-board, the chin, knee and toe of the rear foot need to be in alignment, with the body weight mainly over the rear foot. If the shot were allowed to drop at this point, it would land slightly behind the rear foot.

Next, the body turn starts at the hip. As the hips are turned, the body weight is transferred from the rear foot to the forward foot. Then the shoulders and face are turned to the front of the ring as the body straightens up and the head faces high. The shoulders should become square to the throwing area and the arm extended at approximately 45 degrees as the power is transferred from the lower body to the upper body. As the fingers are opened to release the shot, the wrist is flexed with a flicking motion to impart a last bit of speed to the ball.

#### Early Errors

I have found while coaching young high school shot putters that one of the most commonly made errors is that they get too low in the ring. They have not yet developed the necessary leg strength to successfully complete the transition to the upright position. As a result, they often straighten up and then rotate the hips through the power

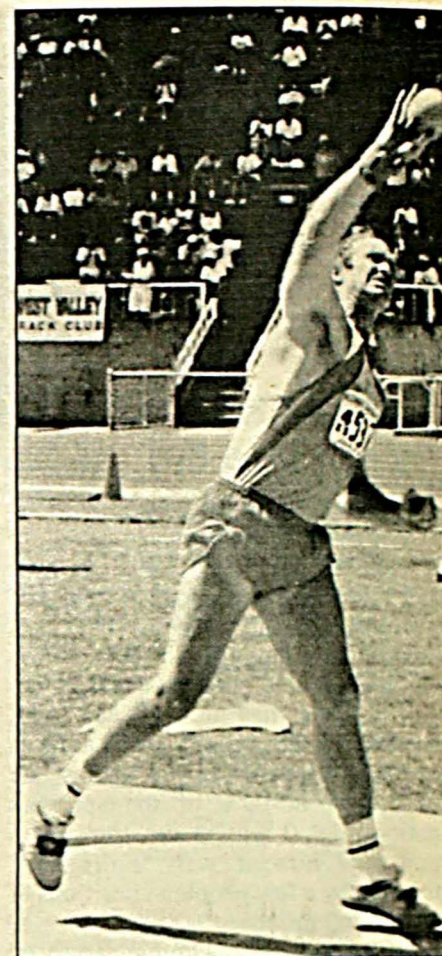
position, rather than performing it as an integrated movement. They stand up then they put. I have observed this to a limited extent in masters shot putters.

There was an article in the Summer 1995 issue of *Track Coach* relative to the comparison of rotational and glide technique in the shot put. The information had originated in *The Thrower*, which is published in England. The concluding paragraph reads: "Top level rotational athletes generate greater angular velocity of hips and shoulders than O'Brien technique users and use their legs more effectively to provide significantly increased vertical velocity of the center of gravity. Consequently, only athletes who are capable of capitalizing on these factors will benefit from an adoption of the rotational technique." This was concluded after a computerized analysis of three-dimensional data obtained at major competitions. If you don't have great leg, hip and shoulder strength, you probably should not be rotating.

#### Continuous Motion

The basic, simple fundamental is that the higher the speed of the shot when released from the hand, the farther it will go. All effort must be directed at having the hand reach maximum velocity at time of release. The only reason to spin or glide is to speed up the arm and the hand. If there is any slowdown or pause during the motion, then all action prior to that point is negated. The motion must be smooth, continuous and with ever-increasing velocity.

All of the muscles which contribute to the put must reach maximum veloc-



Guest competitor John Solms, M50, South Africa, 1996 NCCWAVA Regional Championships, Eugene, Ore. Photo by Jerry Wojcik

ity at release. The larger, stronger muscles are slower in reaching maximum velocity. The leg muscles are the largest and strongest, so the longer they are pushing against the ring surface, the better chance they have of reaching maximum velocity.

Putting the shot is a skill event, not a strength event. The person with the best form usually wins. Yes, you do need some strength, but you must spend a lot of time working on technique if you want to become a top level competitor. □

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Rex Harvey, M50, and Everett Hosack, M95, at the Indoor Heptathlon Championships, April 5-6, Hillside, Ill. Photo by Karen Huff

### Nationals Preview

Continued from page 1

ing fun and taking part.

All the action will be staged at San Jose City College. A free shuttle will be provided to and from the college, the dorms and the Hyatt San Jose throughout the Championships.

A post-meet barbecue, open to all athletes and their guests, will be held at the end of competition on Sat. Aug. 9 at San Jose City College. There will be a special guest speaker.

Official airlines American and Reno Air and official car rental agency Budget Rent-a-Car are offering discounts for all masters participants and spectators.

San Jose is a 30-minute drive from San Francisco and a three-hour drive from Yosemite National Park, one of the most beautiful and spectacular places on earth. Yosemite is not to be missed if you have an extra day or two after the meet. □ - Al Sheahen



## What Are Age-Graded Tables?

**A**ge-graded tables are a series of "age factors" and "age standards" which can be used to compare performances at different ages in track and field, long distance running, and racewalking events.

Age-graded tables show how much a typical person's athletic performance improves during youth and declines during aging. The performances vary by event.

In the *Age-Graded Tables* book, factors and standards are published for both sexes for each age from 8 to 100 for the common track and field, long distance running, and racewalking events.

### What's the Purpose of Age-Graded Tables?

The purpose of age-graded tables is twofold:

1) To correct a person's performance, no matter what his/her age, to what it would have been (or will be) in their prime years. By so doing, all kinds of interesting comparisons can be made. You can compare back to your best performances. You can compare your performances to other people of any age, such as open-class athletes, etc.

2) To provide each individual with a percentage value which enables them to judge their performance in any event without bias to age or sex. No matter how old one gets, this performance percentage will always be judged against the standard for one's age. As your performances decline with age, so do the world standards that the tables use to calculate your percentage, giving a true measure of your performance.

The standards correspond approximately to world-record marks for a person of that age and sex in that event.

### Achievement Levels

100% = Approximate World-Record Level  
Over 90% = World Class  
Over 80% = National Class  
Over 70% = Regional Class  
Over 60% = Local Class

### What are the Advantages of Age-Graded Tables?

Age-graded tables can be used to:

- 1) Keep track of your progress over the years.
- 2) Compare your own performance in a given event.
- 3) Compare your own performance in different events.
- 4) Compare your progress in the current year.
- 5) Set goals for the current year and future years.
- 6) Compare back to your best-ever

performance.

7) Compare your performance to people of any age.

8) Estimate your performance in new events.

9) Compare performances of older and younger individuals in the same or different events.

10) Select the best performance in an event among all age groups.

11) Select the best overall performance in a meet or race.

12) Select outstanding athletes.

13) Give recognition to good performances in the younger and older age groups.

14) Enable athletes at the upper end of their age groups to compete on an equal level with those at the lower end of their age groups.

15) Make the competition more interesting and exciting.

16) Make awards more meaningful.

17) Establish medal standards.

18) Score multi-events (decathlon, pentathlon, etc.) using standard IAAF scoring tables.

### Who Compiled the Tables?

The tables were researched and compiled by the World Association of Veteran Athletes (WAVA), the world governing body for masters (veterans) track and field, long distance running, and racewalking.

### HOW IT WORKS

**Example 1:** A woman of 53 runs 10K in 45:18.

The 10K factor for women age 53 is .8545. We multiply 45:18 (or 2718 seconds) by .8545 = 38:43 as her age-graded time.

The 10K standard for women age 53 is 35:01. We divide 35:01 (2101 seconds) by 45:18 (2718 seconds) and get 77.3% as her age-graded performance.

**Example 2:** A man of 40 runs 100 meters in 12.07 seconds.

The 100m factor for men age 40 is .9542. We multiply 12.07 by .9542 = 11.52 as his age-graded time.

The 100m standard for men age 40 is 10.33. We divide 10.33 by 12.07 and get 85.6% as his age-graded performance.

For a copy of the 60-page Age-Graded Tables Book, with factors and standards from age 8 to 100, send \$7.25 to: National Masters News, PO Box 50098, Eugene OR 97405. □

## On The Run

Continued from page 12

been beaten by The Legend, Derek Turnbull. Derek said he hopes to compete this summer in Durban, South Africa, but we are back in separate age groups. Maybe by the year 2001, I'll get a chance to lose honorably to him.

Derek's sheep farm seemed like a scene out of "Far From The Madding Crowd," the novel by Thomas Hardy, but we could stay only one night. We noticed the names of several familiar runners in the guest book, including Gordon Bakoulis, now editor of *Running Times*. In the morning, Rose and I headed to Dunedin where I ran unplaced in the New Zealand championships. Derek had invited me to shear one of the sheep. Perhaps if I had sheared a few more, I would have gotten in better shape.

After we got home, Rose and I compared notes and decided that the high point of our three weeks in New Zealand was our visit to the home of Derek Turnbull. □

(Hal Higdon is a Senior Writer for

*Runner's World*. His "Masters Running Guide" is temporarily out of print. His writing and information on training can be found on the Internet on his web site: [www.halhigdon.com](http://www.halhigdon.com).)

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Overall Male & Female

**\$1,500 Cash**

Master Male & Female

**\$600 Cash**

Grand Master Male & Female

• *Flat & Fast*  
• *Point to Point*

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**RUN**  
**BY THE**  
**RIVER**

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Send to: *National Masters News*  
P.O. Box 50098 Eugene, OR 97405

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## The 21st CENTURY AGELESS GAMES, USA

*Early Morning "R" Track & Field*

**AUGUST 3**

*University of Minnesota - Bierman Field 1PM*

The 21c.USAG is: Verily Amateur-Verily "R"ecreational, & Verily Verily NONprofit

ENTRY FORM INFO:

**Pre registration:**

Rachel Lyga /612/574-9661

Pronounce, spell your name, Home address(No P.O. Please)

Birthdate and age on A.D. Sep 1, '97; and events you THINK

TO ENTER. *Cancellations are no problem.* or SASE to:

122 -NE 63 1/2 Way, MPLS. MN 55432 \$8-One event

\$15-unlimited, incl. Family Fun Relay & Power Arms(wrestle).

Spectator fee. Drive ya crazy Race Day Procrastinators: Add \$50

R Records Update-MN/Outstate/Internatl./ & WAIVER at sign in.

Your Hurdles: W60&M75-27" W65&M80-24" W70&M85-21" W75&M90-18"

**WEATHER - WHATEVER R MEETS NEVER CANCEL**

2 Weeks to Go



## Countdown to Durban

By LINDA BARRON,  
Chief Executive Officer

### Nearly Five Hours of TV Coverage Planned

**W**ith the WAVA World Championships almost upon us, we are updating our web site. For the latest information, access <https://www.wava.org.za/>. Confirmation of entry has been sent to all participants.

On the sponsorship side, Telkom Communications, Avis Car Rental, MTN Cellular Coms, Synergy Drinks, Panasonic Business Machines, Southern Suns Hotels, Resorts, Condominiums International, and South Africa Airlines are on the list. There are still two others waiting in the wings.

Television coverage on our national broadcasting network has been negotiated. We will have 287 minutes of TV beamed into thousands of South African homes – at least 150 minutes will be live action. International TV coverage is also in the negotiation process.

#### Increased Staff

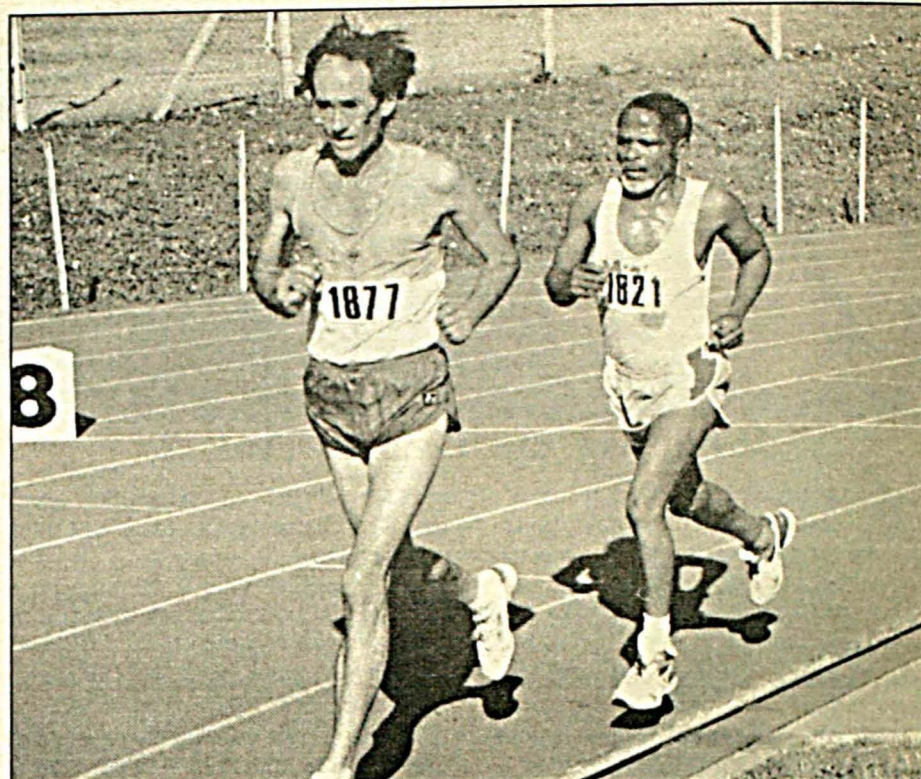
On the administration side, the office staff has increased dramatically from four to 18 within the last month. We now have four working shifts: morning, afternoon, evening, and all day. The noise level has increased and the telephones and fax machines never seem to stop ringing or spewing out

paper. The spirit in the office is buoyant and there is a sense of excited anticipation.

For those traveling to South Africa, SAA has been requested to make sure there are enough connecting flights out of Johannesburg to Durban, and to try and avoid long layovers for inbound passengers. We will also have good signage at the airports together with a meet-and-greet service and bus transportation.

Telkom, the communications company, will make phone cards available for sale in different denominations (R10, R20, etc.) More public telephones are being added to enable everyone to keep in touch with home.

Some homework you can do before leaving home for Durban is to work out the best time to phone home. The best rates for international calls is during the period 7 p.m. to 7 a.m. on week days and 7 p.m. Friday to 7 a.m. on Monday.



John Visser (l) and Aaron Gumbi in the M50 5000, South Africa Veterans Championships, Durban, May 2-3. Photo by Leo Benning

#### Car Rentals

Avis is offering special discounted car rental rates to competitors. An inexpensive car will cost R80 (US\$18) per day and R.81 (US\$19¢) per kilometer or, for five days or more, R147 (US\$33) per day with 200km free per day. These prices include VAT (value added tax), but exclude insurance, fuel, etc. Avis will have a rental desk at registration or you can book in advance quoting the code (6F/6G).

MTN Cellular will have cell phones for hire during the event.

#### Tours

Our tour operator, together with many of the other local and national tour operators, has put together an exciting package of tours showcasing the best of what we have to offer. By booking through the central reservations, you will be assured of excellent service, the best prices, and great memories.

The full list of tours will appear both on our web site as well as in booklet form at registration. A central booking site will be in the Championship Village. However, here is a small preview of what will be on offer:

1) Township Tour (Kwa-Muhle museum) to understand the history of apartheid.

2) Township of Clermont. View the informal settlements, visit one of the largest hostels, gaining a full picture of the traditions, lifestyle and history of the larger population of South Africa. Duration 3 hrs. Price R130 (US\$30).

3) Half-Day Valley of 1000 Hills: Beachfront, City Centre, Westville and Kloof to Valley of a 1000 Hills and view sites. Crocodile and Snake Park, PheZulu. Enjoy the Zulu Village with tribal dancing and witch doctors. Duration 3 hrs. Price R120 (US\$27).

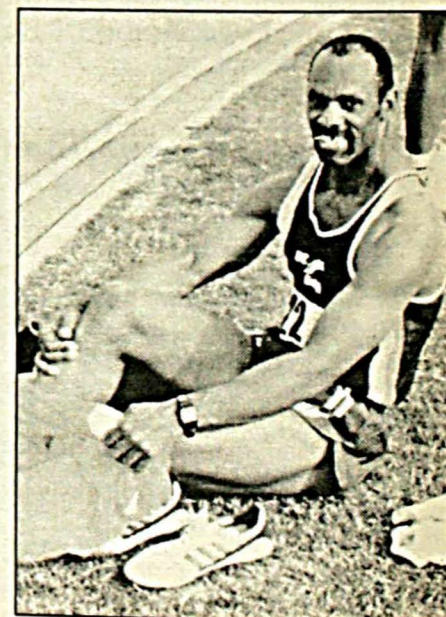
4) Hluhluwe/Umfolozo Game Reserve Tour: North Coast Sugar Belt region through Zululand to Hluhluwe, home of the Big 5. Lunch at Hilltop

and a full day viewing game. Duration 12 hours. Price R485 (US\$109) including lunch.

5) Wild Coast: Travel along the scenic south coast into Transkei. Enjoy the day at the Wild Coast Sun and Casino. Duration 11 hours. Price R80 (US\$18), lunch not included.

6) Drakensburg/Sani Pass/Lesotho: Pietermaritzburg route, through midlands. Scenic views. Transfer 4x4 to the Sani Pass into the Kingdom of Lesotho. Dinner and overnight at local resort. Day 2: Breakfast. Morning spent at leisure to enjoy horse riding, hiking, golf and many other activities. After lunch return to Durban via the Valley of a Thousand Hills. Duration 1 night and 2 days (weather permitting and availability of accommodations). Passports required. Cost R1500 (US\$340).

To those who will be competing, we hope your training is on schedule and we look forward to welcoming you to Durban. □



Collin Makhubela, M45, winner of the 200 and 400, South Africa Veterans Championships, Durban, May 2-3. Photo by Leo Benning

### XII WAVA CHAMPIONSHIPS PARTICIPANTS BY NATION

1 ARG Argentina	88	36 MAS Malaysia	62
2 AUS Australia	147	37 HRI Mauritius	6
3 AUT Austria	60	38 HEX Mexico	26
4 BAR Barbados	1	39 MAR Morocco	1
5 BEL Belgium	34	40 NAM Namibia	20
6 BOT Botswana	2	41 NED Netherlands	27
7 BRA Brazil	127	42 NZL New Zealand	70
8 CAN Canada	70	43 NOR Norway	49
9 CHI Chile	87	44 CHN China	8
10 TPE Chinese Taipei	30	45 PAK Pakistan	3
11 COL Colombia	39	46 PAN Panama	2
12 CRO Croatia	3	47 PER Peru	8
13 CZE Czech Republic	64	48 POL Poland	38
14 DEN Denmark	31	49 POR Portugal	63
15 DOM Dominican Republic	1	50 PUR Puerto Rico	6
16 EST Estonia	34	51 ROM Romania	6
17 FIN Finland	89	52 RUS Russia	101
18 FRA France	105	53 SIN Singapore	13
19 GER Germany	517	54 SLO Slovenia	42
20 GBR Great Britain	223	55 RSA South Africa	2250
21 GRE Greece	35	56 ESP Spain	29
22 GUY Guyana	1	57 SRI Sri Lanka	10
23 HKG Hong Kong	16	58 SWE Sweden	77
24 HUN Hungary	57	59 SUI Switzerland	48
25 ISL Iceland	2	60 THA Thailand	3
26 IND India	97	61 TRI Trinidad & Tobago	15
27 INA Indonesia	20	62 TUR Turkey	16
28 IRL Ireland	55	63 UKR Ukraine	25
29 ISR Israel	3	64 USA USA	362
30 ITA Italy	74	65 URU Uruguay	21
31 CIV Ivory Coast	1	66 VEN Venezuela	4
32 JPN Japan	84	67 YUG Yugoslavia	1
33 LAT Latvia	13	68 ZAM Zambia	8
34 LIB Lebanon	2	69 ZIM Zimbabwe	58
35 LIT Lithuania	20		
		TOTAL	*5710

\*Totals are approximate

**Coordinated by Jerry Wojcik, T&F Rankings Coordinator**

EMDRE	1:08.7h
Y	1:08.85
EN	1:09.59
TON	1:10.28
OMOW	1:10.60
CONNOR	1:11.12
INO	1:12.6h
	1:16.90
	1:21.00

Continued on next page

Continued from previous page

W45	JENNIFER PINTO	1:09.27	Jim Herr
MARY ROSADO	1:10.42	Smith Okrend	
BARBARA BLASZAK	1:13.5h	Dave Oja	
ERIKA CAMPBELL	1:14.13	Mark Lieberman	
CASSANDRA CLARK	1:14.5h	J. Azevedo	
SANDY MILLER	1:15.80	Mike Hoban	
KATHY COLLINS	1:21.3h	Gary Diamond	
MARY TROTTO	1:22.83	Gary Steiner	
DEBBIE WYETH	1:24.15	Jonathan Skrpto	
SHIRLEY MORTON	1:24.3h	John Rosellii	

W50		M45
PHIL RASCHKE	1:03.84	Paul Zink
MADINE LOWENSTEIN	1:09.9h	Jim Jones
CATHY PRIMER	1:18.34	Charlie McMullen
ESTHER CLARK	1:27.4h	Richard Puckerin
MARY ROBINSON	1:28.10	Randy Taylor
DARLENE RHODES	1:36.75	

W55		Bill Krieger
YVONNE ROTHENBERG	1:22.4h	Rob Jackson
LENNIS TUCKER	1:25.6h	Nick Caswell
SHEILA MCKENNA	1:29.8h	Glenn Thomas
SIGLINDA MOORE	1:44.78	Carroll Blake

W60		Byron Dye
MAUREEN MURPHY	1:22.94	Chris Monroe
ANNE YUDELL	1:23.34	Tom Cunningham
DONNA GULLEY	1:32.0h	John Hickey

W65	S ONODERA-LEONARD	1:23.06
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S ONODEKA-LEONARD	1:25.00	Peter Reinhart
W70		Jim Gorman

PATRICIA PETERSON	1:33.07	Tony Plaster
MARY HOLLAND	2:04.93	Curtis Baldwin

W75			Bruce Bond
LOUISE ADAMS	1:41.15		John Naglund

W85	JOHN BARRER	2:04.7
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W90	JOHN BARRER	2:04.7
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W95	JOHN BARRER	2:04.7
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W100	JOHN BARRER	2:04.7
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W105	JOHN BARRER	2:04.7
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W110	JOHN BARRER	2:04.7
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W115	JOHN BARRER	2:04.7
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W120	JOHN BARRER	2:04.7
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W125	JOHN BARRER	2:04.7
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W130	JOHN BARRER	2:04.7
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W135	JOHN BARRER	2:04.7
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W140	JOHN BARRER	2:04.7
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W145	JOHN BARRER	2:04.7
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W150	JOHN BARRER	2:04.7
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W155	JOHN BARRER	2:04.7
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W160	JOHN BARRER	2:04.7
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W165	JOHN BARRER	2:04.7
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W170	JOHN BARRER	2:04.7
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W175	JOHN BARRER	2:04.7
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W180	JOHN BARRER	2:04.7
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W185	JOHN BARRER	2:04.7
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W190	JOHN BARRER	2:04.7
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W195	JOHN BARRER	2:04.7
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W200	JOHN BARRER	2:04.7
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W205	JOHN BARRER	2:04.7
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W210	JOHN BARRER	2:04.7
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W215	JOHN BARRER	2:04.7
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W220	JOHN BARRER	2:04.7
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W225	JOHN BARRER	2:04.7
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W230	JOHN BARRER	2:04.7
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W235	JOHN BARRER	2:04.7
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W240	JOHN BARRER	2:04.7
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W245	JOHN BARRER	2:04.7
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W250	JOHN BARRER	2:04.7
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W255	JOHN BARRER	2:04.7
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W260	JOHN BARRER	2:04.7
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W265	JOHN BARRER	2:04.7
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W270	JOHN BARRER	2:04.7
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W275	JOHN BARRER	2:04.7
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W280	JOHN BARRER	2:04.7
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W285	JOHN BARRER	2:04.7
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W290	JOHN BARRER	2:04.7
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W295	JOHN BARRER	2:04.7
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W300	JOHN BARRER	2:04.7
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W305	JOHN BARRER	2:04.7
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W310	JOHN BARRER	2:04.7
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W315	JOHN BARRER	2:04.7
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W320	JOHN BARRER	2:04.7
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W325	JOHN BARRER	2:04.7
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W330	JOHN BARRER	2:04.7
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W335	JOHN BARRER	2:04.7
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W340	JOHN BARRER	2:04.7
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W345	JOHN BARRER	2:04.7
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W350	JOHN BARRER	2:04.7
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W355	JOHN BARRER	2:04.7
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W360	JOHN BARRER	2:04.7
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W365	JOHN BARRER	2:04.7
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W370	JOHN BARRER	2:04.7
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W375	JOHN BARRER	2:04.7
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W380	JOHN BARRER	2:04.7
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W385	JOHN BARRER	2:04.7
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W390	JOHN BARRER	2:04.7
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W395	JOHN BARRER	2:04.7
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W400	JOHN BARRER	2:04.7
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W405	JOHN BARRER	2:04.7
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W410	JOHN BARRER	2:04.7
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W415	JOHN BARRER	2:04.7
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Leland Chisholm	3:05.3
Clarence Trinkner	3:09.7
Walt Deising	3:09.8
Jack Nyhan	3:13.6
Joe Kernan	3:12.5
Sam Taylor	3:15.8
Earl Faye CAN	2:20.1

M70	Nikos Mourtos
Archie Messenger	Dave Cook
2:47.2	Vic Thompson
John McNamus	2:49.9
Walt Atcheson	Bruno Hodel
3:14.8	James Reichle
Des Margetson	3:16.6
Ernie MacDonald	3:18.3
Doug Blanchard	3:19.9
Sid Toabe	3:21.0
Bob Parsons	3:22.4
F. Luciana	3:23.7
	Tim Smith
	MAC

Bob Wingo	3:36.5	1949
M75		Barry Harvick
Emil Balz	3:19.9	Bruce Hamilton
Bill Benson	3:36.3	Alan Muir
Russ More	3:49.4	Steve McChesney
Danforth Gear	3:50.7	Tom Kinsman
George Blynn	3:51.5	Tim McMullen
Houston Brumit	5:48.5	Steve Shaklee

M80		Tom Hartshorne
Austin Newman	3:26.1	Mark Yellin
Bob Matteson	3:42.8	Bob Hodge
Max Springer	3:54.6	Brad Hurst
Frank Levine	3:55.3	Miguel Tibaduiza
		Charles Lutz

W30		Charlie Lutz
C. Snow-reaser	2:18.2	Hal Carlson
Maureen Mahoney	2:31.4	Wilhelm Andersson
S. Graham	2:31.7	Pat Forkins
J. Buccinot	2:35.8	Tom Aspel
Jennifer Frost	2:38.9	Chris Armen
Leatha Dameron	2:39.0	Brian Davis
N. Ward	2:43.4	Scott Schafer
Laura Frisch	2:48.7	Walt Brown
Mary Franklin	2:50.4	

Dawn Best	2:54.3	Bill McMullen
W35		Chris McKnight
Aldina Valdez	2:12.0	Maurice Pointer
Karen Papallo	2:28.9	Joe Dubina
Caryl Senn	2:29.0	Rick Cleary
Carla Hervert	2:30.3	Brad Scott
Janice Morris	2:30.4	Smith Okrend
Helen Moreno	2:30.8	Rad Keeton
Mary Ellen Malloy	2:30.97	Ray Sibley
Carolyn Eich	2:31.0	Bob Thompson
Sarah Falso	2:31.8	

Alice Fries	2:33.4	M45
Alicia Johnson	2:37.1	Paul Zink
M. Oliveri	2:37.5	Harry Nolan
Linda Brown	2:39.1	Ken Bell
Laura Frisch	2:39.2	David Salazar
Mary Russell	2:41.8	Bruce Bond
Edna Crawley	2:48.2	John Christians
Betsy Binkowski	2:50.4	Roger Price
Sue O'Malley	2:51.2	Peter Reinhardt
Karen Connelly	2:55.2	

Julie Hastings	3:07.5	Tony Plaster
M40		Jim Gorman
Sue Parks	2:22.4	Victor Diaz
Patti Ford	2:24.2	Mike Tappero
Eileen Troy	2:25.5	Glenn Andrews
P. Dickson-Taylor	2:26.6	Frank Kunkel
Sheree Robertson	2:29.6	Juan Hernandez
Rosa Inungaray	2:32.1	Bill Knapp
Joyce Adams	2:40.8	Kevin Morrisroe
D. Whitaker Crane	2:42.4	Ron Salvio
Edna Cravley	2:45.2	
K.Stocker Laquidar	2:49.8	

Irene Thompson	2:50.0	Steve Schmitt	
Regina Cahill	2:50.6	M50	
Martha Lutz	2:51.4	Dan Frye	1/10
Pam Christopher	3:12.3	Paul Perry	
Mickey Dockwiler	3:12.5	Mike Wilson	
Jan Brankin	3:14.3	Herve Pastre	
W45		Herb Brignan	
Barbara Blaszk	2:37.0	Alan Beck	
Mary Rosado	2:38.7	Hugh Sweeney	
Erika Campbell	2:45.9		

Judy Ace	2:48.6	Doug Brown
Donna Olson	3:06.1	George Marchetti
Jan Daker	3:09.5	Ralph O'Neal
Jennifer Pinto	3:10.7	Steven Haigh
Debbie Wyeth	3:12.7	Larry Smith
Mary Trotto	3:13.4	M55
Maggie Zidar	3:17.0	Sid Howard
Diane McManus	3:29.0	John Craig
Diane Sherrer	3:29.1	Victor Cruz
*W50		Dick Ashley
ChristineStockdale	2:32.2	

Jo Marchetti	2:43.2	Jack Brennan
Sylvie Kische	2:44.3	Jim Fillis
Ann Makoske	2:47.0	Ken Skinner
W55		Sam McClendon
Madeline Bost	3:04.5	Seth Kaminsky
Yvonne Rothenberg	3:06.4	Tony Lamorte
Kay Schleusener	3:16.7	Joe Cordero
Lennis Tucker	3:18.2	D Gerridge
Sheila McKenna	3:25.4	Jim McFadden

W60			Denis Daly
Merion Knight	3:14.2		John Robinson
Maureen Murphy	3:16.6		Joe Reynolds
Sally Rusby	3:30.1		Don Antle
Willie Murphy	3:51.6		
W65			M60
Toehiko D'Elia	3:13.7		Witold Bialokur
W70			Jim Aneshansley
Queenie Thompson	4:49.2		Jack Miller

W75	Louise Adams	3:46.7	Gene Chase
			Bruce Marsh
<b>1997 Indoor 1500M</b>			Tim O'Toole
<b>Compiled by Jerry Wojcik</b>			John O'Connor
			Gene Carbine
M30	William Brosmith	4:05.09	M65
John Trowse	4:09.5		Joe Labruno
			W Desind
			Tom Kemmer

John Bareis	4:11.18	Joe Kernham
Bill Newsham	4:13.86	M70
Peter Woods	4:20.40	Archie Messenger
V Vustrains	4:21.6	Boyce Jacques
Tom Metz	4:21.8	F Luciana
Dan Rohnike	4:25.2	Ken Folsom
Larry Glazer	4:25.34	M75
Troy Pickett	4:26.20	Bill Benson
Jeff Mann	4:26.71	George Raicevic

Joe Paleo	4:28.83	P Hascup
Dave O'Leary	4:29.0	
Jerry Lack	4:34.4	M80
Jud Santos	4:38.64	Bob Matteson
Jack Burke	4:39.96	W30
David Sullivan	4:40.78	C Snow-Reaser
Bob Jones	4:45.05	Elizabeth Murray
		J Buccino
		S Graham
M35		

Ansela LeBourne	4:04.89	Kelly Timmerman
Scott King	4:09.20	M Ward
Bob Gerrity	4:13.40	W35
David Wilhide	4:13.97	Carla Hervert
Casey Carlstrom	4:14.8	Karen Rapallo
Dave Weller	4:17.2	Ann Castillo
M Humiston	4:18.7	Alice Freid
John Williams	4:19.02	M Olivieri
Joe Skelly	4:21.17	Sue O'Malley

Bryan Carr	4:21.36	T Gordon
Anthony Watson	4:21.55	V Hoch

4:26.9	
4:28.21	
4:30.74	
4:32.00	
4:35.01	
4:40.72	
4:44.08	

4:44.93	
4:45.71	
4:49.13	
4:49.7	
4:49.71	
4:53.52	
4:56.6	
4:57.58	
4:59.10	

Continued from previous page

W40	
Patti Ford	5:12.4
Sue Parks	5:12.78
Eileen Troy	5:28.54
Cathy Ventura	5:31
Sharon Vos	5:32.08
Paula Dickson	5:39.33
Linda Wack	5:40
Regina Cahill	5:40.13
Joyce Adams	5:42.70
Rosa Inungaray	5:45.27
Mary Daier	5:46.33
Joyce Adams	5:49
Shirley Woodford	6:01.77
Susan O'Connor	6:09.37
Sharon Ames	6:11.67
Carol Rice	6:38.90
Phyllis Radke	6:39.8
Karyn Carrino	6:41
Dian McGuire	6:41.06
Karen Gogolsky	6:42.8
W45	
Barbara Blaszk	5:39.3
Mary Rosado	5:51.60
Noel Boswell	5:59.01
Erika Campbell	6:06.46
Diane Hawkins	6:13.55
Kathy Brown	6:29.1
Maggie Zidar	6:29.64
Donna Olson	6:32.01
Diane Sherrer	6:53.65
Mary Trotto	7:06.40
Debbie Wyeth	7:13.67
Diane McManus	7:16.2
Lyn Newell	7:20.5
W50	
Chris Stockdale	5:39
Jo Marchetti	5:51.28
Sylvie Kische	6:01.49
Eileen Cox	6:37.40
Eather Clark	7:42.6
W55	
Jane Arnold	5:47.0
Mary Shaver	6:33.9
Modeline Boet	6:42.53
Lennis Tucker	6:58
Estelle Hahn	8:34.2
W60	
Merion Knight	6:58.96
Tami Graf	7:15
Sally Busby	7:24.14
Edna Myer	8:11.02
W65	
Toshiko d'Elia	6:59.89
Gloria Brown	7:01.83
W75	
Louise Adams	8:26.79

### 1997 Indoor 3000M

Compiled by John Dickey

MEN'S 30-34	
Steve Taylor	8:32.74
Marc Reider	8:38.58
Mel Gonsalves	8:44.01
David McMullen	8:44.1
John Fiola	8:49.78
John Trowse	8:52.6
Vin Connelly	8:55.28
Hans Parrado	8:56.53
Dan Rohnke	8:58.6
Steve Kampainen	9:01.25
Brian Fullen	9:07.83
Alan Wells	9:09.57
Alan Mead	9:16.6
David O'Leary	9:24.6
Chris Yarger	9:25.40
Keith Sinclair	9:27.00
B Gormley	9:30.9
William Ochelein	9:31.75
Jeff Knoll	9:37.5
Chip Langmaid	9:39.20
Mark Doctor	9:44.76
Larry Glazer	9:56.46
Keith O'Brien	9:59.75
David Sullivan	10:16.25
Pat Turley	10:18.1
Jeff Luther	10:29.76
Phil Pillin	10:29.76
M Fitzpatrick	10:37
MEN'S 35-39	
Craig Fram	8:38.97
John Steinberg	8:55.23
A Duarte	8:57.4
Alan Ruben	9:09.29
Dave Weller	9:19.5
David Harding	9:19.73
M Correa	9:26.1
Joe Skelly	9:35.55
Anthonyatson	9:42.48
Tim Murphy	9:44.3
Stuart Calderwood	9:44.8
Jerry Lack	9:48.80
Grover Prince	9:54.66
Vic Thompson	10:00.90
J R Stockwell	10:01.02
Peter Schmidt	10:02.93
Tim Ingall	10:13.5
Neal Coffey	10:13.7
Ken Mann	10:22.8
Jeffrey Endres	10:27.01
Bruno Hodel	10:29.40
Ron Harper	10:33.32
Nikos Mourtos	10:38.81
Tim Smith	10:41.92
Breck Sleight	10:43.2
Barry Lee	10:48.41
Tom Walsh	10:49.9
Joe White	10:52.9
Scott Burgener	10:55.34
Randy Elder	10:59.0
Mark Panetta	11:01.60
Dan Trent	11:06.67

MEN'S 40-44	
Steve Plasencia	8:24.16
Robert O'Hara	9:01.18
Tom Kinsman	9:02.00
Miguel Tibaduiza	9:02.56
Alan Ruben	9:05.06
Steve Shaklee	9:07.60
J S Clark	9:12.46
Mike Martin	9:18.07
Joseph Sullivan	9:22.14
Bob Hodge	9:22.54
Gary Moore	9:25.0
Brad Hurst	9:28.25
Pete McNeill	9:28.84
Bob McCusker	9:31.04
John Kenny	9:31.71
Hal Carlson	9:32.20
Louis Hoelstra	9:36.55
Randy Ware	9:40.14
Walter Murphy	9:42.48
S Schellenkamp	9:43.22
Pat Fortkins	9:43.41
Ed Zarenski	9:44.93
Kenneth Brown	9:48.23
Tom Kibb	9:48.49
Michael Kelleher	9:49.31
Scott Schafer	9:54.22
Doug Burdick	9:59.5
Bill McMullen	10:01.2
Brad Scott	10:21.60
M Pointer	10:24.6
Paul Salerni	10:27.79
J Azevedo	10:30.3
Arnaldo Melendez	10:30.63
Mickey McCauley	10:34.40
Bill Pane	10:36.8
John Whitman	10:39.7
Mike Robinson	10:43.6
David Bowen	10:45.0
John Capocchia	10:46.5
Bob Thompson	10:51.50
F Corpus	10:52.9
Terry McConnell	11:03.1
George Ruiz	11:11.7
Neal Price	11:16.5
Gary Diamond	11:17.3
John Roselli	11:20.7
Jim Christensen	11:25.00
MEN'S 45-49	
Nolan Shaheed	8:59.60
Kenneth Bell	9:18.11
Charles McMullen	9:24.44
Jim Gorman	9:29.09
Harry Nolan	9:29.1
Roger Price	9:30.40
Nick Caswell	9:39.31
Ron Stonitsch	9:39.56
John Hickey	9:44.64
Peter Gambaccini	9:55.73
Juan Hernandez	10:00.91
Michael Ellis	10:03.19
Vic Diaz	10:18.95
Mike Tappers	10:23.10
Jose Solorzano	10:24.71
Tom Homeyer	10:25.5
Bill Knapp	10:26.11
David Delfavero	10:29.5
Jeff Green	10:33.62
R Boyle	10:40.1
Kevin Morrisroe	10:52.9
Frank Kunkel	10:53.61
Ron Salvia	10:55.5
John Condon	10:56.9
Phil Nemir	11:09.22
Bretton Gaetan	11:10.33
Curtis Baldwin	11:18.64
Peter McClure	11:19
Rick Cleary	11:45
Paul Jewell	11:58.2
Paul Dwyer	12:04.43
MEN'S 50-54	
Larry Smith	9:02.9
Harold Nolan	9:13.40
Laurence Olsen	9:17.27
Hugh Sweeny	9:37.93
Rich Murray	9:47.27
Alan Beck	9:49.28
Jim Hampton	9:56.59
Rich Friedlander	10:16.06
Colin McArdle	10:17.07
Mike Wilson	10:18.85
Jerry Smith	10:26.2
Rich Webb	10:26.6
Perry Hayden	10:45.40
Tom Parr	10:50.6
David Warlee	11:04.14
W R Cooper	11:04.61
John Cederholm	11:04.72
Dane Freeman	11:17.07
Dick Coleman	11:28.1
Jim Burrows	11:38.63
Tom Sullivan	12:15.80
Bill Welch	12:19.74
Dave Charlebois	12:53.31
MEN'S 55-59	
Colman Mooney	10:40.39
Bobby Kincaid	10:46.28
Joe Cordero	10:46.83
Wally Brawer	10:46.88
Victor Cruz	10:51.6
Ed Donoghue	10:59
Harry Tellman	11:10.11
Kenneth Skinner	11:15.22
Jeff Martin	11:18.2
John Allen	11:20
Bill Parrott	11:24.73

Stan Edelson	11:25.73
Mike Hawkes	11:30.0
Jim Fillis	11:34.23
Denis Daly	11:47.65
John Robinson	11:51.50
Bruce Fredrikson	11:57.5
John Hurley	12:33.60
Mike Hoffer	15:13.54
MEN'S 60-64	
Gene Chase	10:55.58
Bill Spencer	10:59.66
Sam Graceffo	11:00.0
Peter Mettrich	11:28.41
Don Farley	11:35.8
Adrian Craven	11:59.47
Wayne Nicoll	12:05.62
Gordon McLenathen	12:07.63
Bob Brock	12:19.8
Rene Wilett	12:39.4
Bernie Swaney	12:52.73
Fred Schlereth	13:05.0
James Keat	13:05.02
John Harwick	13:08.01
Dillon Maier	13:24.46
Dick Haven	13:49.59
Bill Pow	14:53.3
MEN'S 65-69	
Paul Heitzman	11:09.50
Leo Schonhaut	12:05.62
Ray Pickell	13:06.79
Ed Stabler	13:12.5
W Desind	14:18.8
Jack Nyhan	14:50.94
MEN'S 70-74	
Boyce Jacques	13:02.74
Sid Toabe	13:53.79
Desmond Margetson	14:02.85
Howard MacMillan	14:21
John Burton	15:52.8
Roy Englert	16:07.88
MEN'S 75-79	
Russ More	16:26.5
Danforth Geer	16:41.57
MEN'S 80-84	
Frank Levine	17:35.82
B Matteson	17:41.7
WOMEN'S 30-34	
Christi Snow-Reaser	10:01.38
Judy Bogenschutz	10:21.84
Pan Allie-Morrill	10:51.21
Leatha Damm	11:02
Kelley Timmerman	11:05.40
Linda Grossman	11:05.9
J Buccino	11:11.6
Terry Hardy	11:19.3
Patti Winn	11:57.6
Jennifer Frost	12:48.76
WOMEN'S 35-39	
Janice Morra	10:25.54
Karen Boen	10:39.06
Karen Stopyra	10:46.2
M Olivieri	11:07.2
Sue O'Malley	11:31.39
Tina Gordon	11:35.6
Ruth Yanai	11:48
Betsy Binkowski	12:11
Karen Lein	12:13.54
Karen Barrett	13:04.80
Karen Connelly	13:07
WOMEN'S 40-44	
Marge Bellisle	10:39.75
Sharon Vos	10:52.93
Muriel Naumann	10:59.80
Mary Gorey	11:44.74
Susan O'Connor	11:48.36
K Stocker-Liquidar	12:02
Jane Parks	12:16.0
Karyn Carrino	12:45.9
Jean Roeder	12:51.90
Karen Gogolsky	13:30.2
Shirley Morton	13:49.90
Karen Prochovnic	14:47.17
WOMEN'S 45-49	
Barbara Blaszk	11:04
Mary Rosado	11:31.86
Claudia Scott	11:52.80
April Capwill	12:27.47
Jan Daker	12:53.40
Kathy Collins	13:32.9
Mary Trotto	14:00.14
Debbie Wyeth	14:07.82
Marcia Brevik	15:15.50
WOMEN'S 50-54	
Lynn Ingalls	13:12.99
Esther Clark	15:05
WOMEN'S 55-59	
Carrie Parsi	12:15.71
Madeline Bost	13:19.23
Lennis Tucker	13:54
WOMEN'S 60-64	
Sally Rusby	14:45.9
WOMEN'S 65-69	
Toshiko d'Elia	13:39.60
M Zeppetello	25:41
WOMEN'S 75-79	
Louise Adams	15:43.66

1997 Indoor 55M Hurdles	
Compiled by Palmer Sweet	
M30	
Charles James	7.67
K. Kennedy-Bunce	7.83
Scott Thomas	7.9
Roy Birch	8.02
M35	
Andre Jordan	8.07
Ken Ellis	8.22
Dan Cook	8.45
Joe Schieterman	8.47
Tim Oombe	8.5
Tim McMahon	8.8
Lloyd Jeremiah	9.10
Mark Jakubowski	9.23
Tim McMahon	9.24
Bob Shelton	9.51
Frank Makozzy	9.65
Steve Winkel	9.89
Rob Doran	10.52
M40	
Stacey Price	8.05
Barry Stebbins	8.24
Tony Ciccone	8.35
Jeff Watry	9.22
Al Cestero	9.3
Mark Gershon	9.5
Horace Hudson	9.7
Barry Wise	9.75
Bill Fletcher	10.16
Barry Blake	11.70
M45	
J. Paul Jones	8.8
Ivan Black	8.87
Robert Hahn	9.16
Bob Green	10.42
Mike Davis	10.48
Alan Russell	10.52
Stan Kus	10.98
Don Hogan	13.51
M50	
Jim Dickerson	9.00
Mike Milove	9.10
Chet Dow	9.52
Mike Carroll	9.53
Bill Angus	9.62
Joe Johnston	9.82
Tim Collins	10.2
George Marchetti	10.52
Paul Stelmazyk	11.0
Bill Busby	11.06
Bill Walsh	11.34
Kent Hahn	12.16
Doug Brown	12.4
Buster Byrnes	12.68
M55	
Dale Lance	8.55
Grover Coats	9.77
George LaBelle	9.9
Bruce Mills	10.75
John Sloan	10.82
Horace Andrews	11.18
Bill Byrne	11.21
Walt Lancaster	11.49
Mike Valle	11.98
Rex Hane	12.25
Philip Byrne	13.13
M60	
Lowell Bonifield	9.21
Charlie Richard	9.53
Leon Trout	9.69
Alan Brevik	9.9
Glen Maxwell	10.44
Jim Peterson	10.8
Pete Stopoulos	10.9
Bill Jankovich	11.49
Ed Kent	12.1
Jack Gilmore	12.28
M65	
Alan Maxwell	8.5
Clarence Trinkner	8.8
Jim Stookay	9.62
William Simmons	10.66
Bill Townsend	10.79
Tom Delany	11.4
Jack Lance	11.5
B. Winter	14.4
M70	
Bill Townsend	10.58
Denver Smith	10.79
Manny Herscher	11.71
Oscar Harris	12.7
Frank Brako	13.10
R. Thomas	13.2
Mel Larsen	17.96
M75	
Ed Lukens	10.3
Armando Ricciardi	13.10
Mel Buschman	14.56
Joh Hutchinson	15.84
Tom Kennell	16.56
M80	
Ken Elliott	14.73
Bob Boal	16.27
M85	
Sophia Sheppard	8.55
Pam Reynolds	9.1
Phyllis Laird	9.18
Charles Landrum	9.57
Lisa Doyon	9.58
Sherry Garbowski	10.34
Denise Jones	11.98
M90	
Caryl Senn	9.00
Wendie Moore	10.79
Kathy McKeever	10.8
Edna Crawley	11.5
M95	
Marlen Sachs	10.20
M. Marie Hill	10.45
M100	
Barbara Jordan	12.64
Flo Meiler	13.49

1997 Indoor 60M Hurdles	
Compiled by Palmer Sweet	
M30	
Jon Poggi	8.58
Roy Birch	8.68
Brian Corrigan	9.15
Byron Henry	9.37
M35	
Lloyd Jeremiah	8.66
Daniel Glushefski	8.86
Sam Collins	9.38
Tim McMahon	9.64
Dan Cook	9.65
M40	
Tony Ciccone	8.67
Stacey Price	8.73
Robert Parizo	9.84
John Bayles	9.96
Bill Gangl	9.96
Horace Hudson	10.26
M45	
Stan Druckrey	8.81
Ralph Pennja	9.25
Robert Hahn	9.89
Jim Crutcher	10.07
Ed Baskauskas	10.17
Ivan Black	10.89
M50	
Fred Johnston	9.04
Theo Viltz	9.06
Rex Harvey	9.24
Sheridan Groves	9.51
K. H. Troy	9.65
Bill Angus	9.71
Mike Milove	9.83
Chet Dow	10.25
Jim Dickerson	11.63
M55	
Charley Miller	9.17
Scott Tyler	10.61

5	
ckie Kerby Moore	17:08.87
ren Barrett	21:01.04

## City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

(M30-59 35#/M60+ 25#/  
W30-49 20#/W50+ 16#)

## World Games Preview

Continued from page 1

are expected to attend the 11-day event beginning on Thurs., July 17, providing an estimated economic impact of \$12 million to the area.

### 11,363 Event Entries

The total number of event entries is 11,363, down 14 percent from Buffalo. The marathon drew the most entries (2060), more than double the 965 who competed in Buffalo. The next most popular events are the 10,000 (780), 5000 (744), 100 (684) and 200 (630). Except for the marathon and the 10,000, all events drew less entries than did Buffalo, not unexpected due to the higher costs of getting to South Africa. Not counting the marathon, event entries are 9303, down 24 percent from Buffalo's 12,187. Yet, even the least popular event, the pole vault, drew a substantial 133 entries.

Next to the host country's total of about 2250, the largest contingent will come from Germany (517), USA (362), Great Britain (223), Australia (147), and Brazil (127). (Note: these are approximate figures, some inflated by computer duplications; e.g. the exact USA total reported by USA Track & Field is 336.)

Countries represented for the first time are Botswana, Ivory Coast, Morocco, Zambia and Zimbabwe.

Of the estimated 5700 entries, about 30 percent are women, the highest percentage ever for a WAVA World Championships, surpassing the previous women's highs of 27% in Buffalo and 25% in Eugene.

Competition will be held in the traditional five-year age groups through age 95-plus, beginning Thurs., July 17. Opening ceremonies are set for Sat., July 19. Then, action continues through Sunday, July 27, with off days on Monday the 21st and Thursday, the 24th.

### Camaraderie

While the competition is the reason for the whole affair, the best experience for most participants in Durban will be meeting and making friends with people from all over the world. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year, they will be staged by the Durban Organizing Committee, under the leadership of Monty Hacker, Chairman; Harry Naidu, Vice-Chairman; Linda Barron, Chief Executive Officer; and hundreds of volunteers from the Durban community.

Durban is gearing up for the biggest gathering of tourists in its history. Many activities have been planned with the veterans in mind (see "Countdown to Durban" on page 18).

### Facilities

Two stadiums in King's Park, about a mile from the Golden Mile hotel area, will be the primary sites for the competition. There will be continuous free

bus service running the loop between the housing and competition areas on about a 15-to-30 minute cycle. The distance can also easily be walked in 20-30 minutes.

The overall set-up in the park will include on-site refreshment areas, vendor booths, and other attractions. It will be a very festive atmosphere with a strong feeling of camaraderie.

Under the main stadium are rooms and covered open areas that will be used for registration, declaration, reporting, information, results, etc. Stadium 1 is well equipped with locker, training, medical, press, computer and other specialized rooms. Both stadiums are well lighted.

The cross-country races will be held on a municipal golf course just a half-mile or so from the main stadium area. The road walks will be held on a flat, smooth loop along the beachfront roads.

The marathon will be held Sunday morning, the last day of the Championships. It will be a very fast two-loop course starting outside Stadium 1, going along the entire length of the city beachfront, then looping through the city itself. The marathon will finish within the main stadium.

### Officials

Jim Blair, WAVA's Stadia V-P, says "Paul Pretorius has assured me he has the required number of qualified officials to provide the high standard for the Championships." About 600 officials will be involved.

### Weather

It's the middle of the South African

winter and the Durban weather is at its best of the year. The average high and low are 74°F (23°C) and 61°F (15°C), respectively. The humidity in July is at its lowest of the year, the winds are relatively calm, it's sunny, and rain is rare.

### Currency

The rand is the South African currency and is a bargain at 4.5 to the U.S. dollar. Prices in Durban will be comparatively inexpensive.

### An Historic Time

South Africa is experiencing a peaceful revolution. It will be exciting to see the dramatic changes the country has made in just a few short years. The world's veteran athletes and their families will be part of helping to bring South Africa into the world community.

South Africans are very friendly and anxious to get to know their visitors. The city is 100% behind the event, and is contributing substantial financial support to make sure the Championships go smoothly.

"South Africa has been included in the final five cities to be considered to host the 2004 Olympic Games," Barron said. "As the decision on the final city will be announced on Sept. 5, 1997, it is imperative that these Championships are well organized. So there is a strong incentive for us to prove we can hold a track and field event of world-class standard."

### U.S. Team Meetings

U.S. Team Manager, Sandy Pashkin, will hold daily meetings for all U.S. participants, beginning Thurs., July 17, about one hour prior to the first event of the day at Stadium 1. Athletes are



Monty Hacker, Chairman of the Durban Organizing Committee, at a press conference.

urged to check the message board and attend the daily briefings.

### WAVA Meetings

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

### General Assembly

Everyone is invited to attend the WAVA General Assembly meeting on Thurs., July 24 at the Holiday Inn Crowne Plaza Hotel. Only delegates may vote, however. Contact your

Continued on page 24

## NUMBER OF ENTRIES BY EVENT AND AGE GROUP - XII WAVA WORLD VETERANS ATHLETICS CHAMPIONSHIPS, DURBAN, SOUTH AFRICA, JULY 17-27, 1997

EVENT	100	200	400	800	1500	5K	10K	SH	LH	SC	HJ	PV	LJ	TJ	SP	DT	HT	JT	DEC	WP	XC	MAR	5KW	20KW	TOTAL
M40	48	59	65	50	58	79	120	21	28	20	16	12	28	21	45	27	16	21	26	23	27	517	24	36	1391
M45	67	63	57	47	49	79	120	16	16	12	11	9	27	17	18	21	18	23	25	18	30	449	17	20	1229
M50	55	54	61	52	62	93	151	20	19	24	16	17	27	13	37	42	25	24	21	28	39	299	29	38	1246
M55	54	51	55	41	47	77	106	24	19	23	20	14	29	21	39	44	24	34	15	24	41	157	30	34	1023
M60	69	59	53	39	47	69	77	22	19	22	29	19	33	24	39	47	28	30	29	33	21	89	31	32	960
M65	48	41	37	33	33	52	56	21	22	21	12	11	21	20	31	43	19	20	14	23	22	46	29	30	705
M70	41	33	26	19	25	36	37	20	17	11	15	5	25	15	23	31	15	20	13	17	11	22	14	18	509
M75	20	17	15	10	15	18	21	14	10	4	19	5	20	16	13	16	10	12	13	12	3	12	12	9	316
M80	10	11	13	10	11	11	9	3	2	3	8	3	8	4	13	14	11	8	3	9	6	3	10	8	191
M85	10	11	10	11	9	6	2	2	1	0	6	4	7	5	10	14	7	8	7	6	0	0	3	2	141
M90	6	6	5	1	0	1	1	1	0	0	1	1	3	1	2	3	0	3	0	0	0	0	2	2	39
M95	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	2
TOTAL	428	405	401	313	356	521	700	164	153	140	153	100	228	157	270	302	183	203	166	193	200	1594	202	230	7762
W35	28	29	28	12	24	26	14	13	12	7	11	8	19	13	17	15	9	15	7	8	26	121	10	24	496
W40	34	32	27	28	33	29	5	15	7	6	6	5	24	14	16	17	11	14	11	2	49	143	15	33	576
W45	32	34	33	27	27	29	2	13	15	4	9	1	24	10	20	17	14	15	9	13	39	94	16	27	524
W50	43	32	21	26	26	42	13	9	7	10	11	4	17	6	29	19	14	13	3	11	54	54	30	38	532
W55	38	38	22	22	27	31	4	13	12	8	13	8	14	10	20	18	24	17	8	18	37	17	26	25	470
W60	30	22	13	13	17	31	11	9	5	6	11	3	13	10	29	24	15	28	5	14	30	18	18	19	394
W65	27	23	14	13	7	11	4	6	4	1	10	2	17	9	16	14	9	14	3	7	14	9	13	11	258
W70	11	6	8	9	10	16	19	1	1	0	6	1	3	3	21	21	11	13	2	11	5	8	12	14	212
W75	9	6	4	2	3	4	6	0	0	0	2	1	3	2	8	5	2	4	0	3	0	2	7	6	75
W80	3	2	1	2	3	3	1	0	0	0	0	0	2	1	6	6	3	4	0	3	1	0	5	3	45
W85	1	1	1	1	1	1	1	0	0	0	0	0	0	0	1	1	1	0	0	1	0	0	4	1	16
W90	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
W95	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	2
TOTAL	256	225	172	155	161	223	80	79	63	42	79	33	136	78	184	168	113	137	48	91	255	466	156	201	3601
GRAND TOTAL	684	630	573	468	517	744	780	243	216	182	232	133	364	235	454	470	296	340	214	284	455	2060	358	431	11363
EVENT	100	200	400	800	1500	5K	10K	SH	LH	SC	HJ	PV	LJ	TJ	SP	DT	HT	JT	HEP	WP	XC	MAR	5KW	10KW	TOTAL

## World Games Preview

Continued from page 23

national delegate if you have an opinion on some item of business (see page 3 for U.S. delegates).

### Time Difference:

Durban is six hours ahead of New York and nine hours ahead of Los Angeles. Thus, when it's 10 p.m. in

Durban, it's 4 p.m. on the U.S. east coast and 1 p.m. on the west coast.

### Jet Lag

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

### Results

The results of the Championships will be published in the September issue of the *National Masters News*. A complete results book, available in November, can be ordered in Durban.

### Relay Teams

Relays (4x100, 4x400) are limited to one team per country per five-year age group. The selection process varies from country to country. U.S. relay teams will be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Durban. Pashkin will coordinate the selections.

### Sections

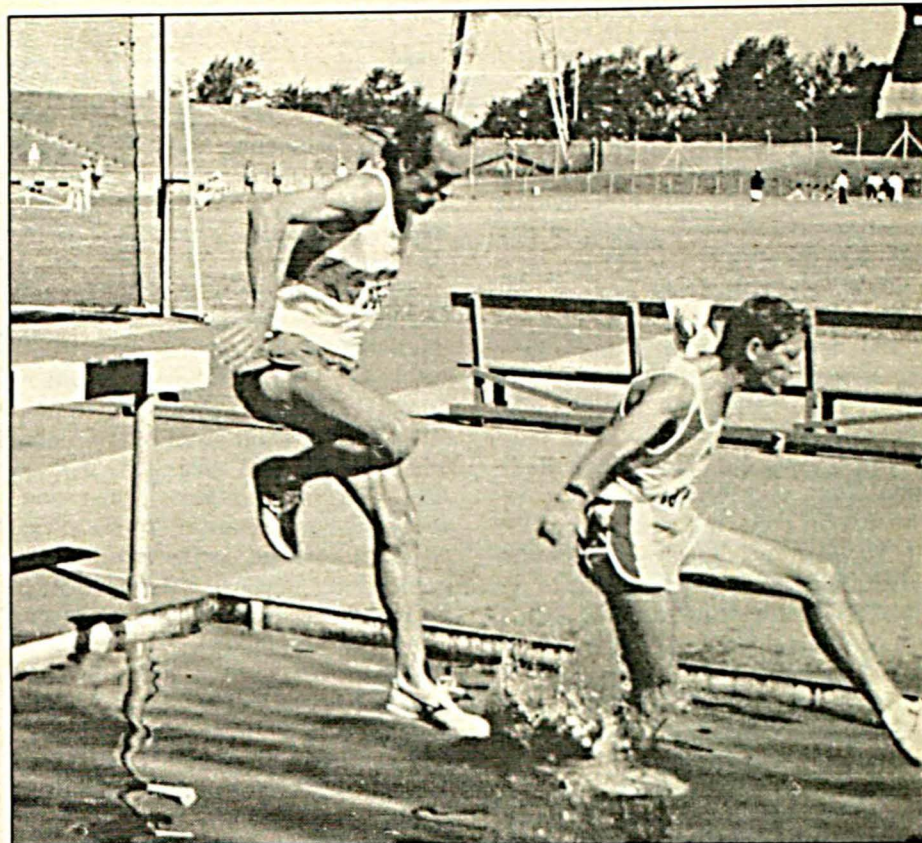
The 5000 and 10,000 runs, steeplechases, and 5000 track walks will have seeded sections based on estimated performances. The faster sections will go last. Overall best times from all sections will determine the age-group winners.

### Advancement from Heats

In track events from 1500 down, heats will be run, if necessary. At least two competitors will advance from each heat to the next round.

### NUMBER OF ENTRANTS BY EVENT AT LAST FOUR WAVA WORLD CHAMPIONSHIPS

Event	1991	1993	1995	1997
100	780	1438	906	684
200	704	967	868	630
400	619	668	767	573
800	572	604	651	468
1500	608	738	761	517
5000	765	1025	934	744
10000	700	553	671	780
SH	261	355	320	243
LH	232	260	293	216
SC	203	189	224	182
HJ	325	362	329	232
PV	160	164	222	133
LJ	475	713	489	364
TJ	285	374	301	235
SP	514	660	567	454
DT	537	561	590	470
HT	271	265	360	296
JT	379	490	422	340
DEC	217	175	246	166
HEP	54	57	60	48
WP	-	174	350	284
XC	824	1997	851	455
MARA	965	5776	965	2060
5KRW	430	394	531	358
20KRW	256	177	292	230
10KRW	117	91	182	201
TOTAL	11253	19207	13152	11363
Entrants	4802	12175	5335	5700
Events per entrant	2.34	1.58	2.47	1.99



Terence Brown (l), M40 winner of the 800 in the WAVA Championships, Buffalo, 1995, went on to win the steeplechase in 9:41 in the South Africa Veterans Championships, Durban, May 2-3. Stix de Jager, M40, leading here, was second in 9:44. Photo by Leo Benning

### Medals

Medals will be awarded to the first three finishers in the individual events and the first three teams in the non-stadia and relay team events.

### Team Events

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

### National Uniforms

In WAVA World Championships, everyone competes as an individual, not as a member of a national team. Athletes may wear a uniform of their choice—either a national uniform, club

uniform or favorite T-shirt. There will be national team scoring in the relays, marathon, cross-country and road walks.

Anyone wishing to score as a member of a team must wear a uniform clearly identifying the country he/she is representing. Moreover, the Durban community is encouraging the wearing of national uniforms in the streets and around the town so residents will know where athletes are from.

### Free Air Ticket

The Durban OC, together with SA Airlines, is offering a lucky draw of one free return international air ticket into South Africa on SAA from any SAA embarkation point worldwide. To qualify for this draw, competitors flying into South Africa on SAA must, at registration, either lodge a copy of their SAA air ticket or permit the registration officials to copy the ticket.

"I believe South Africa is the most beautiful country on earth," said South Africa's President Nelson Mandela. "I know my people will be delighted to welcome you and I think you will be enchanted by their warmth and hospitality." □

—Al Sheahan

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### ATHLETES WHO HAVE PARTICIPATED IN ALL 11 WAVA CHAMPIONSHIPS

1	Ruth Anderson	USA
2	Reg Austin	AUS
3	Norbert Barth	GER
4	Hari Chandra	SIN
5	Phil Conley	USA
6	Isabel Cunningham	CAN
7	Willie Dunne	IRL
8	John Dunsford	GBR
9	Don Farquharson	CAN
10	Bob Fine	USA
11	Roland Johansson	SWE
12	Bob Mimm	USA
13	Jim O'Neil	USA
14	Hans Potsch	AUT
15	Jack Stevens	AUS
16	Jim Vernon	USA

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## Victoria, Kuala Lumpur Withdraw Bids

Two of the three cities which were planning to bid for the 2001 WAVA World Veterans Athletics Championships have withdrawn, leaving Brisbane, Australia as the sole bidder for the 14th biennial championships.

Kuala Lumpur dropped out without giving a reason. Victoria, Canada, withdrew because of financial problems with the sanction fee and entry fees proposed by WAVA. Victoria said it hoped to work the problems out, and bid for the 2003 Championships two years from now.

In 1995, Gateshead, England, was chosen to host the 1999 Championships.

### Non-Stadia Championships

In 1995, the 1998 Non-Stadia Championships (10K, 25K, road walks) were awarded to Kobe, Japan. Three cities will bid for the Non-Stadia Championships in 2000: Cardiff, Great Britain; Portland (OR), USA; and Valladolid, Spain.

The sites will be chosen by delegates to the WAVA General Assembly in Durban on Thursday, July 24. Over 175 delegates, plus the 14-person WAVA Council, are eligible to vote. (The USA has five delegates, see names on page 3). The meeting will begin at 8 a.m. at the Holiday Inn Crowne Plaza Hotel.

### Proposed Amendments

Also on the agenda in Durban will be various proposed amendments to the WAVA Constitution and By-laws:

- To increase the period for WAVA Council members from the current two years to four years with a limit of three consecutive terms.
- To include non-stadia participation in the basis for voting delegates to the General Assembly.
- To change the procedure for impeaching an officer.
- To limit the weight pentathlon to four events.
- To reduce the weight of the weight implement for women.
- To include men age 35-39 in World Championships.
- To hold the decathlon/heptathlon on the last two days of the Championships, rather than the current first two days.
- To reduce the distance of the short

hurdles from 100m to 80m for W35.

- To reduce the distance of the long hurdles from 400 to 300 for W35-49.

- To lower the height of the hurdles for W60+ to .600m (300m) and .650m (80m).

- To reduce the javelin weight for M50-59 to 700 grams.

- To appoint a commercial manager to raise funds for WAVA.

- To formalize the role of WAVA's Executive Vice-President in dealing with organizational matters.

### Council Elections

Also on the agenda will be election of officers. The nominees are:

**President:** Torsten Carlus (Sweden), Al Sheahan (USA).

**Executive Vice-President:** \*Tom Jordan (USA).

**Vice-President, Stadia:** \*Jim Blair (New Zealand).

**Vice-President, Non-Stadia:** Ron Bell (Great Britain), \*Jacques Serruys (Belgium).

**Secretary:** Monty Hacker (South Africa).

**Treasurer:** Jose Figueras (Uruguay), Giuseppe Galfetti (Switzerland), Norm Green (USA).

(\*Incumbent)

### Women's Meeting

The WAVA Women's delegate to the Council will be chosen at the WAVA Women's Meeting on Monday, July 21 at the Holiday Inn Crowne Plaza at 6 p.m. The only known candidates are Hannelore Guschmann (Belgium), the incumbent; and Bridget Cushen (Great Britain), the former Women's Chair (from 1981-1993). However, nominations are permitted at the meeting.

### Regional Meetings

The meetings of the six WAVA regions (Europe, Africa, North America, South America, Asia, and Oceania) will be held simultaneously at 10 a.m. at the Holiday Inn on Monday, July 21.

### Committee Meetings

The Stadia and Non-Stadia Committee meetings will also be in the Holiday Inn on July 21 at 2 p.m.

Generally, all meetings are open to everyone. □

## CALENDAR OF EVENTS

### XII WAVA World Veterans Athletics Championships

Day 1	Thursday, July 17	Decathlon and Heptathlon Cross-country
Day 2	Friday, July 18	Decathlon and Heptathlon Start of Track & Field Competition
Day 3	Saturday, July 19	Opening Ceremonies
Day 4	Sunday, July 20	Road walks
Day 5	Monday, July 21	Non-competition day WAVA Regional meetings, 10 a.m. WAVA Committee meetings, 2 p.m. WAVA Women's meeting, 6 p.m.
Day 7	Wednesday, July 23	A Night at the Shebeen
Day 8	Thursday, July 24	Non-competition day WAVA General Assembly, 8 a.m.
Day 11	Sunday, July 27	Marathon Relays Closing Ceremonies

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
EDWARD BENHAM (OCEAN CITY, MD)	7-12-7	90-94
DEREK BOOSEY (ITA)	7-12-42	75-79
FERNAND CYR (SANTA ANA, CA)	7-25-22	75-79
HARRY GATHERCOLE (AUS)	7-6-7	90-94
LAGOBERTO GONZALEZ (COL-SAN JUAN, PR)	7-30-32	65-69
OLAF GRANOS (NORWAY)	7-13-12	85-89
MAURO HERNANDES (SANTA MONICA, CA)	7-30-22	75-79
JAMES JOHNSON (MILLBRAE, CA)	7-13-22	75-79
BOB KEEGAN (NEWBORN)	7-4-32	65-69
ALLAN MERRETT (AUS)	7-17-22	75-79
CHARLES MILLER (SAGINAW, TX)	7-28-37	60-64
TARAKI MIYATA (JAP)	7-2-12	85-89
JACK NORTON (LYNN, MA)	7-7-47	50-54
DAVID PAIN (LA JOLLA, CA)	7-31-22	75-79
HERB PARSONS (US)	7-6-37	60-64
MANFRED PREUSSGER (EG)	7-10-32	65-69
RALPH ROMAIN (TRI-BETHESDA, MA)	7-20-32	65-69
JOSE SANCHEZ (SPA)	7-21-42	55-59
IVAR SAND (NOR)	7-17-12	85-89
TRYGVE SYVERSON (NOR)	7-30-22	75-79
YOSHITO TASAKI (JPN)	7-29-7	90-94
LOU TURBEVILLE (HONOLULU, HI)	7-12-22	75-79
FRANS VANDEPERRE (BEL)	7-3-37	60-64
RAY WILLIAMS (SANTA BARBARA, CA)	7-24-7	90-94
GEORGE YOUNG (AZ)	7-24-37	60-64
MARY BOWERMASTER (FAIRFIELD, OH)	7-26-17	80-84
CLAUDIA COTTRELL (LYNNWOOD, OR)	7-14-52	45-49
JANE COVERLEY (SAN DIEGO, CA)	7-3-17	80-84
VICTORIA CRISP (US)	7-10-52	45-49
MARSHA DOWLING (MO)	7-17-52	45-49
JOAN DUGAN (THORNTON, CO)	7-21-32	65-69
JANET FREEMAN (NAPOLÉAN, OH)	7-11-32	65-69
BETTY HALEEN (MINNETONKA, MN)	7-19-22	75-79
JOYCE HALS (LEXINGTON, MA)	7-16-32	65-69
MARLYS HAYDEN (KENTFIELD, CA)	7-12-32	65-69
SUSANNE HOULTON (ATLANTA, GA)	7-23-47	50-54
LUCY KILLEA (SAN DIEGO, CA)	7-31-22	75-79
ALICE LEICHT (SAN DIEGO, CA)	7-26-32	65-69
ANNA MAPPS (PHILADELPHIA, PA)	7-10-47	50-54
KAY MOORE (DENVER, CO)	7-28-42	55-59
NELL NORDGREN (COVINGTON, LA)	7-25-22	75-79
SANDY PASHKIN (NEW YORK, NY)	7-6-42	55-59
KATHLEEN PIERCE (CORTLAND, NY)	7-28-47	50-54
JOYCE RANKIN (CA)	7-24-47	50-54
JOAN REISS (SACRAMENTO, CA)	7-11-37	60-64
LAURIE ROTHROCK (MA)	7-18-42	55-59
SONDRA SCHUMACHER (GLENDALE, CA)	7-14-47	50-54
LORI SCHUTT (WEST LINN, OR)	7-28-42	55-59
HEIDI SKADEN (SACRAMENTO, CA)	7-27-37	60-64
JEAN SPIERLING (ARROYO GRANDE, CA)	7-13-27	70-74
MARGE TIMBERLAKE (CA)	7-9-42	55-59
ROBERTA WIDMANN (FT. WAYNE, IND)	7-26-42	55-59
ROSEMARIE ALEXANDER (GBR)	7-21-47	50-54
EDITH BISCHOFF (WG)	7-3-32	65-69
ALFHILD BRENNÉ (NOR)	7-5-12	85-89
ROSEMARY CHAPPELL (GB)	7-21-47	50-54
LORRAINE CRAIG (AUS)	7-9-37	60-64
MARGARET DUNBAR (AUS)	7-28-37	60-64
GISELE FONTANA (SWI)	7-30-42	55-59
G. JONES (NZ)	7-29-42	55-59
MARJATTFIN KARJALAINEN (FIN)	7-3-42	55-59
WILTRUD LOHNERT (WG)	7-25-37	60-64
BIRGIT MARTIN (FRA)	7-2-47	50-54
ICIAR MARTINEZ (SPA)	7-20-47	50-54
PIRKKO MARTIN (FIN)	7-16-37	60-64
DIETHILD NIX (GER)	7-23-42	55-59
ASTA SEVERINKANGAS (FIN)	7-31-37	60-64
SUSAN THOMPSON (GB)	7-8-32	65-69
MARIA IZQUIERDO TORRE (COL)	7-16-12	85-89

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

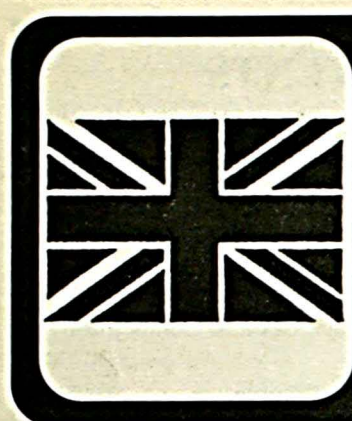


**WORLD  
VETERANS'  
ATHLETICS  
CHAMPIONSHIPS**  
17 - 27 JULY 1997  
**DURBAN**  
KWA-ZULU NATAL  
SOUTH AFRICA

### NATIONS REPRESENTED

in Buffalo, in Durban,  
but not but not  
in Durban in Buffalo

Albania	Botswana
Antigua	Ivory Coast
Armenia	Morocco
Belarus	Thailand
Bermuda	Zambia
Bolivia	Zimbabwe
Congo	
Costa Rica	
Djibouti	
Fiji	
Jamaica	
Moldova	
Nigeria	
Papua New Guinea	
Philippines	
Slovakia	
Turkmenistan	



## Report from Britain

by BRIDGET CUSHEN

### National Road Relays Draw Record Entry

The current buoyant state of veteran athletics in Britain was amply demonstrated May 17 by the record entry for one of the most prestigious trophies in the racing calendar, when 95 teams with eight runners per team, entered the M40 age group; 58 x 6 in the M50 and 28 x 3 in the M60, whilst 62 teams of three each turned out in the women's event.

At the end of a long day's superb racing, Barrie Moss took Red Hill Road Runners Club safely home to get their name engraved alongside some of the most distinguished clubs in Britain. Ex-international athletes Jane Shields, Frances Gill, Sally Ellis and Janet Holt ran super stages in the women's relay.

#### World Championships

Two hundred and twenty-nine British athletes (158 men and 71 women) have entered for Durban. Slightly less than anticipated, but there are some outstanding athletes and some ex-internationals entered for the first time in the younger age groups.



One section of older sprinters in the 100m, 1997 India National Veterans Championships, Kanpur, Uttar Pradesh.  
Photo from V. Suryanarayana

European 100, 200, and 400 gold medalist, Dr. Stephen Peters comes up against Kwadwo Ansah, the British 100m champion. They have not yet had a head-to-head clash. Tony Wells, M45, will compete in the hurdles, defending champion, Peter Browne in the 400 and 800 and Wilbert Greaves will make his veteran debut in the hurdles. Pat Gallagher has now moved into the W50 group and is in cracking form. Carina Graham is in the W60 group and recently set two world records.

#### WAVA General Assembly

There are two candidates from Britain seeking election to the WAVA Council. Ron Bell is standing for Vice President, Non-Stadia, while Bridget

Cushen is standing for Women's Representative.

#### Drug Suspension

Drug testing was carried out at the European Veterans Track & Field Championships in Malmo last July. It has now been confirmed by EVAA that Hans Schouten from Holland has been suspended for four years by the IAAF. It is understood that he refused to take the test. This means the M45 shot put silver now goes to V. Koca, (Tch), and Karl Trumm (Estonia) moves up from 4th to take the bronze. Schouten's silver medal in the discus now goes to L. Baraldo, Italy. Viktor Zhurba from the Ukraine gets the bronze. □

### 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 42'8 1/2"	8.5m 27'10 1/2"	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 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	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 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT
Women					WAVA USATF
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16# 16#
60 plus					12# 16#
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#
50-59	6.00k	1.50k	6.00k	800 gms.	25# 35#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#
70-79	4.00k	1.00k	4.00k	600 gms.	16# 25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12# 25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.  
WAVA weights are used for USATF weight pentathlons.

### Gates Scores a Double in European Veterans Championships

by MARTIN DUFF and  
BRIDGET CUSHEN

Nigel Gates, M40, took firsts in both the 10K and half-marathon at the windswept Hague in the European Veterans Championships, Netherlands, May 31-June 1. In his last championship venture on the continent, Gates led most of the way in the 10K, only to get jumped in the closing stages. This time he made no mistake. The wind-restricted times were modest (30:56 and 68:16) by his standards, but he beat his conquerors at the World Championships last June.

The course was a three-lap affair, and, for the first two small circuits, a large group played cat and mouse in the difficult crosswind before going through 5K in 15:45. The Frenchman Alex Gonzales hit the front, with Gates giving chase. After a couple of slower kilometers, the Toronto world champion sped away to victory, but Gonzales claimed the M45 gold in 31:09.

Reinhold Leibold, Germany, took the M50s in 32:52, and Les Presland, Great Britain, won the M55 with a 33:52, chased home by the brilliant M60 Ukrainian Anatolyi Prisyaznuk, whose 34:06 must challenge the M60-64 world best.

Irish lass Mags Greenan, W35, was a narrow winner of the women's section in 36:37 over Holland's Geeske Jansen (36:43). Irene Castets, France, in the W40 (37:23), Felicity Garland, Great Britain, W45 (38:46), and Eileen

Quinton, Great Britain, W65 (48:25), were all good winners.

For the half-marathon, the wind was blowing even more strongly, so again there were reluctant leaders in the men's race. Gates employed the same tactics and followed every move. Finally, after about 15K, Mike Girvan, M40, Great Britain, silver medalist in the world 10K last year, made a brave run for home. It was all the more so because he opted to race one of the local trams as well as the rest of the field.

Gates followed the break, which took the leading two clear of Ireland's Gerry Kiernan, before sprinting past Girvan in the closing stages for a 20-yard victory. The brilliant Ukrainian Prisyaznuk again came out well ahead in the M60 group with a 76:02.

Silvia Lencina, W35, Spain, got away from Britain's Sandra Edwards in the second half.

What the walks lacked in quantity, they more than compensated for in quality, with no fewer than 18 nations being represented. The traffic-free roads within the confines of Zuiderpark in The Hague proved ideal, flat, fast, and shaded, with good international judging. Four competitors were disqualified. Holland's Henk Plasman (M40, 2:26:28) won the men's 30K, while Switzerland's Heidi Maedor (W50, 1:50:11) defeated all her younger rivals in the women's 20K. □

# Masters Scene

## NATIONAL

• Jerry Crockett, USATF Masters LDR Chairman, announced that Charles DesJardins will serve as team manager and Ruth Anderson will act as assistant manager for the cross-country and marathon relay teams at the WAVA Championships in Durban.

• Judith Flannery, 57, whose picture appeared on p. 12 of the NMN June issue, was killed when struck by an automobile driven by an unlicensed teenage driver, while she was in the 22nd mile of a 55-mile training run. Flannery was a nationally-ranked triathlete.

## EAST

• Bill Rodgers (49, 32:50) showed the masters how it was done at the NYRR Battle of the Running Cities 10K, Atlantic City, NJ, May 18. Mary Wagner (46, 44:28) prevailed over the women's masters field. Decisive winners in their age-groups were Annette Fresch (56, 47:26) and Joe Porter (61, 50:34).

• Sean Doyle (42, 33:32) sped to a first place masters finish (4th overall) at the NYRR Running New York 10K, Central Park, NYC, May 4. Gillian Horovitz (41, 37:35) once again led the masters women (3rd overall). Age-group standout was Kenneth Jones (66, 42:55) with an 81% AG performance. Horovitz (41, 17:54) swept the entire field at the women's Advil 5K Tune-Up, Central Park, NYC, May 11, with an 85.1% AG performance. A strong performance was also turned in by W65 winner Thelma Wilson (65, 25:05).

• Tom Stevens, 41, 48:44, Middletown, MD, and Cathy Ventura-Merkel, 41, 59:40, Arlington, VA, garnered masters firsts, George Washington Parkway 15K, Mt. Vernon, VA, April 20. Age-graded honors went to Fay Bradley, 50, Washington, DC, M55 winner in 54:18 (91.4%), and Hedy Marque, 79, Alexandria, VA, W75 first in 85:05 (88.3%).

• Jane Fonseca, 45, 28:42, and Mary Gallagher, 40, 34:19, captured masters firsts in the Run For Freedom 5 Mile, Newark, NJ, May 12. The race was started by Frank Schiro, 44, NYC, 12 years ago to benefit programs that offer help to recovering addicts. In 1977, he was about to be pulled off life-support systems after collapsing from a heroin overdose and walking pneumonia, but his mother refused, and he survived. In 1995, for his work in helping rehabilitate users, he was honored by a meeting with Nancy Reagan ("I'm not a registered Republican, but I am a registered felon," he quipped in an interview prior to the White House visit). Schiro now runs about 50 miles a week. This year's race featured top names and national champions, including Sid Howard, 58, Victor Cruz, 57, Paul Dickson-Taylor, 43, Dudley Healy, 83, and Vincent Carnevale, 80.

## SOUTHEAST

• Phil Raschker began her outdoor season on April 13 with two pending W50-54 world records. Competing in the USATF Georgia Open Championships, she high jumped 1.54/5-0 $\frac{1}{2}$ , bettering the previous mark of 1.53/5-0 $\frac{1}{4}$  by Renate Vogel of Germany, and erased the long jump mark of 5.25/17-2 $\frac{1}{4}$  by Jan Hines of Australia with a 5.40/17-8 $\frac{1}{2}$ , which equaled her world indoor record in Chicago the week before.

• Roberto Castillo, 40, Miami, won his fourth consecutive road race overall in the Run For Youth 5K, Plantation, FL, April 5, with a 15:48. Castillo, who finished third master in the Jacksonville River Run, has PRs of 3:55 in the 1500 and 4:10 in the mile. Kimberly Halliday 40, was the W40+ winner (18:36). Racewalker Linda Stein, 49, opted to run instead and won the W45 race in 21:19, leaving Elizabeth

Nelson, 47, to place first overall in the walk in 30:04, with Daniel Koch, 53, first male overall in 31:43.

• Phil Rowan, 42, Greenville, NC, in 32:30, and Alendia Vestal, 45, Brevard, NC, in 39:03, breezed to masters wins, Expo 10K, Knoxville, TN, May 24. Grandmasters (50+) winners were Harry Purdy, 52, Oak Ridge, TN, 39:03, and Martie Ulmer, 55, Knoxville, 48:39.

• In the 21st Run 'Fer The Hills 10K, Gatlinburg, TN, June 7, masters wins went to Craig Young, 40, Colorado Springs, CO, with a 32:08, and Marietjie Ceronio, 40, Clarksville, TN, with a 39:01. Grandmasters victors were Scott Barrow, 50, Nashville, TN, 37:12, and Mary Priesel, 50, Signal Mountain, TN, 42:01.

• Grabbing the masters titles at the Memorial Day Family Affair 5 Mile, Boca Raton, FL, May 26, were Gary Bloome (43, 27:48) and Marla Buechner (37:29). Bill Springer (57, 30:21) demolished his division with an 83% AG performance.

• Virginia's Leonore McDaniel set a new W65 WR of 2.04m in the pole vault at the Senior Sports Classic in Tucson, May 23-28.

## MIDWEST

• At the USATF National 15K Racewalk Championships, May 18, in Elk Grove, IL, Max Green smashed the M65 U.S. record. His 1:25:38 wiped out the 1:32:55 set by Jack Starr last year. Overall masters winners were Mike De Witt (46, 1:17:21) and Sandra DeNoon (41, 1:31:29).

## MID-AMERICA

• The 1997 edition of the Boulder Boulder 10K drew over 34,000 runners to Boulder, CO., on May 26. Topping off the masters field in this mega-event were Craig Young, (40, 31:40), and Jane Welzel (42, 35:29). Williams Royal, 91, completed the course in 1:54:17, with lone Smith, 82, winning her division in 1:45:10.

## SOUTHWEST

• Throwers Carol Finsrud, W40, and Wendell Palmer, M65, set a total of four new U.S. records at the 6th Waterloo Championships, Buda, TX, May 17. In the discus, Finsrud threw 170-5 to obliterate Janet



Sue Ellen Trapp, 51, Ft. Myers, Fla., on her way to an open world-record 235.19 miles, in the 48 Heures De Surgeres in France, May 4-5.

Photo from Ron Trapp

Wilson's 146-7 set in 1993. Palmer's 178-8 wiped out Thomas McDermott's 163-1 set in 1984. This duo was equally impressive in the shot put with Finsrud raising the standard to 42-5 (old record 39-7, Joanne Grissom, 1980) and Palmer upping the ante to 44-3 (old record 43-0, Phillip Brusca, 1993).

• Cool temps made for good times at Mississippi's largest road race, the Bank of Mississippi Gum Tree 10K, Tupelo, May 10. Battling down to the wire for the women's crown were masters Nancy Grayson, 38:00; Judith Hine, 38:04; and Vicki Crisp, 38:06. Men's masters champ was Brad Pace, 31:59. Grand masters champs were Jerry McGath, 36:02, and Sherry Rhodes, 47:52.

## NORTHWEST

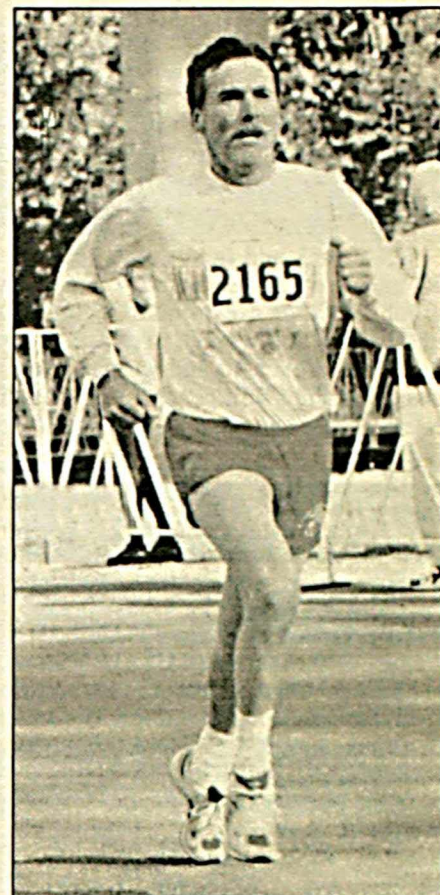
• Mark Dickey, M40, 33:55, and Debbie Hanson, W40, 41:05, took masters titles in the Salt Lake City Classic 10K in SLC, May 31. National record holder Stephen Lester ran 35:11 in winning the M50-54 race.

## CANADA

• Dave Reed, 42, won the age-graded Mundy Masters Mile, with an 88.1% 4:32.3, Coquitlam, BC, June 1. Peter Ladner, 48, was second (87.5% 4:47.0). Debbie Collum, 45, was the first woman, ninth overall (84.5% 5:27.2).

## INTERNATIONAL

• Sue Ellen Trapp, 51, Ft. Myers, FL, reached a new level in ultrarunning by completing 235.19 miles virtually non-stop for 48 hours around a 301.50m track in the 48 Heures De Surgeres, France, May 4-5. Trapp stopped once for a 20-minute rest and broke the world record for women by some eight miles to finish third overall of 18 runners from seven countries in the



Reuben Beauchamp, 50, Princess Anne, Md., first M50 (54:58), George Washington Parkway 15K, Alexandria, Va., April 20.

Photo by George Banker

13th annual race. Trapp is the oldest U.S. runner to hold a world track record. Roy Pirrung, Sheboygan, WI, was second overall with an M45 U.S. record of 243.62 miles.

## Masters Return To Illinois

**Track and Field Championship**  
**Saturday July 12, 1997**  
**Libertyville, Illinois**

**Full Day Seminar**  
**Friday July 11, 1997**  
**Herbs, Hormones & Change**  
**'Altering The Faces of AGING'**

**SEND SASE**

**Craig Dean MD.**  
**719 Stonegate Ct.**  
**Libertyville, Illinois 60048**

# Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. 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 50098, Eugene OR 97405.

## TRACK & FIELD

### NATIONAL

**August 7-10.** 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Haas, meet director, 408-288-2935.

**August 16.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 206-932-3917.

**September 20-21.** USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

**October 11.** USATF National Masters Weight Pentathlon Championships, Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000. 407-363-6627; fax: 407-363-6601.

**July 30-August 2, 1998.** 31st annual National Masters Championships, Orono, Maine.

### EAST

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

**July 9, 16, 23, 30.** Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

**July 12.** USATF East Regional Masters Championships, U. of Maine, Orono. Site of 1998 Championships. Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1077.

**August 6.** Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

Whaddya Say To A Guy Who's Had The Same Job For 50 Years, Has Never Called In Sick Or Showed Up Late, Never Taken A Vacation Or A Holiday, Never Asked For A Raise Or Got A Bonus And, Believe It Or Not, Has No Plans For Retirement?



Thanks.

Remember - only you can prevent forest fires.

**August 17.** Philadelphia Masters Championships, Swarthmore College, Pa. (See Aug. 6.)

**August 30-31.** Potomac Valley TC Games, Williams HS, 3330 King St., Alexandria, VA. 703-671-2520.

**September 19-21.** New Hampshire Granite State Senior Games, Laconia. GSSG, PO Box 1942, Rochester, NH 03866-1942. 603-322-0055.

### SOUTHEAST

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

**July 19.** Jacksonville TC Summer Classic, Bolles School, 7400 San Jose Blvd., Jacksonville, FL. 5 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860.

### MIDWEST

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

**July 12.** Masters Return To Illinois Meet, Libertyville HS, Libertyville. Craig Dean, 847-367-6347.

**July 12.** USATF Indiana Championships, Carmel HS, Carmel. SASE to USATF Indiana, 1338 E. Maple Ave., Noblesville, IN 46060. Bill McCormick, 317-773-4027.

**July 26.** USATF Midwest Regional Masters Championships, Carmel HS, Carmel. (See July 12.)

**August 2.** Cleveland Track Classic, Independence High School, Independence, Ohio. SASE: Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

### MID-AMERICA

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

**July 17.** Denver TC Meet, All-City Stadium. 6 pm. Andre Raveling, 2760 E. 2nd Ave., Denver, CO 80206. 303-320-0750.

**July 27.** Blair TC Meet. All ages. Mike Maryott, 1478 Butler, Blair, NE 68008. 402-426-5955.

**August 3.** The 21st Century AGELESS GAMES. EMRec. UofMN. See entry info. page 17, and/or SASE to Rachel Lyga, 122-NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

**August 5-10.** Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

**August 21.** Denver TC Meet, All-City Stadium. 6 p.m. Andre Raveling, 303-320-0750.

**August 30-31.** Rocky Mountain Masters Games, Boulder, Colo. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452; Dave Simmons, 303-443-4919.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 5.** Texas Masters Championships, U. of Texas, Arlington. Dallas Masters T&F Club, 1501 W. Lavender Ln., Arlington, TX 76013. 817-274-0448. e-mail: Dallas MTAF@aol.com.

**July 12.** USATF South Texas Association Championships, Clemens HS, San Antonio, Texas. Don Austin, PO Box 39148, San Antonio, TX 78218. 210-354-2891.

**July 17-19.** USATF Southwest Regional Masters Championships, East Ascension HS, Gonzales, La. (Cancelled) decathlon, heptathlon, weight pentathlon. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

**August 1-2.** Oklahoma Masters Athletic Meet, Spaulpa H.S. Stadium, Tulsa, Okla. 918-446-0064.

**August 20-24.** Pioneer Senior Games, Stillwater. 50+. Pioneer Sr. Games, Box 1449, Stillwater, OK 74076. 405-747-8080.

### WEST

Arizona, California, Hawaii, Nevada

**June 24-July 31.** All-comers meets, Los Angeles. Tues: Banning High; Wed. Birmingham High; Thurs: Bell High. 7 p.m.

**July 12.** USATF West Regional Masters Championships, San Jose City College, Calif. Site of 1997 National Championships. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

**July 17-July 20.** San Jose Senior Games, San Jose, Calif. 50+. SJ Senior Games Headquarters: 408-297-0247.

**July 26.** Santa Barbara Fiesta Pole Vault Championships on the Beach, West Beach, Santa Barbara, Calif. Steve Morris, 805-965-7979; 569-1289.

**October 4.** Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

**October 12.** Sri Chinmoy Masters Games, Cal State Long Beach, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

**November 15.** Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

### NORTHWEST

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

**July 12-13.** Oregon State Games, Portland, Mt. Hood CC. 503-520-1319.

**July 19-20.** USATF Northwest Regional Masters Championships/Key Bank Classic, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923.

### CANADA

**August 16-17.** Canadian Masters AA National Championships (M40+/W35+), Metro T&F Centre, York U., Toronto. Non-championships: M35+/W30+. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

**September 6.** Canadian Masters AA InterClub Championships, Metro T&F Centre, York U., Toronto. M35+/W30+.

## ON TAP FOR JULY

### TRACK AND FIELD

The XII WAVA World Veteran Athletics Championships will draw over 5000 M40+ and W35+ athletes from all over the world to Durban, South Africa, for 11 days of competition and camaraderie from the 17th through the 27th; 336 U.S. athletes are expected to participate. Events include cross-country, a marathon, and racewalks. Here, regional championships are set for the East in Orono, Me., and West in San Jose, Calif., on the 12th; the Northwest in Seattle on the 19th-20th; and the Midwest in Carmel, Ind., on the 26th. Additional action is available in Texas on the 5th and in Illinois, Oregon, and Texas again on the 12th.

### LONG DISTANCE RUNNING

Two Indy Life Circuit Races top the list: the Bastille Day Celebration 8K, Newport Beach, Calif., on the 12th, and Chicago Distance Festival 5K (points count for men only) on the 20th. Not to be snubbed, however, are these major races: Peachtree 10K, Atlanta, on the 4th; San Francisco Marathon and Boilermaker 15K, Utica, N.Y., on the 13th; Quad City Bix 7, Davenport, Iowa, on the 26th; and Wharf To Wharf 10K, Santa Cruz, Calif., on the 27th.

### RACEWALKING

The USATF Masters Men's 10K Championships take off in Niagara Falls, N.Y., on the 12th.

Awards - age-graded basis. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

### INTERNATIONAL

**July 10-25.** 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

**July 11-13.** Russian Championships, Moscow. Vadim Marshev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

**July 17-27.** XII WAVA World Veterans Athletics Championships, Durban, So. Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

**September 28-29.** Russia-Germany-Ukraine Match, Sochi, Russia. Vadim Marshev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

**October 24-November 1.** Australian

Continued on next page

Continued from previous page

Masters Games, Canberra. The Games Company, GPO Box 2697, Canberra 2601, Australia. Hotline: 06-207-9097.

**January 17-28, 1998.** 9th Oceania Veterans Games, Hawkes Bay. Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

**August 9-22, 1998.** 4th International Masters Games (multi-sports), Portland, Ore.

## LONG DISTANCE RUNNING

### NATIONAL

**July 12.** Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A" W. Almond, Orange, CA 92866. 714-288-9080.

**July 20.** Chicago Distance Festival 5K, Chicago, Ill. Indy Life Circuit Race (counts for men only). Carey Pinkowski, 54 W. Hubbard #600, Chicago, IL 60610. 312-527-2200.

**September 1.** USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

**October 5.** USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1 1/2 X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 25.** USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

### EAST

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

**July 13.** Utica Boilermaker 15K, Utica, New York. Box 4729, Utica, NY 13504. 315-853-3941.

**July 19.** Long Island Women's 5K, Farmington, N.Y. Irene Robinson, 516-422-3366.

**July 29.** Yankee Homecoming 10 Mile, Newburyport, Mass. Jon Pierson, PO Box 366, Newburyport, MA 01950. 508-454-9735.

**August 3.** Manhattan Half-Marathon, Central Park. NYRR, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

**August 9.** George Sheehan Classic 10K, Red Bank, N.J. John Haulenbeek, PO Box 157, Spring Lake, NJ 07762. 908-974-8457.

**August 10.** USATF New England 10K Championships, Salem, Mass. SCNA, PO Box 8608, Salem, MA 01971-8608. 508-921-1990.

**August 17.** Falmouth 7.1 Mile, Falmouth, Mass. 508-540-7000.

**September 14.** Harvard Pilgrim 5K, Providence, R.I. Pilgrim 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034.

**September 14.** Runs For Life 10K & 3K, Picatinny Arsenal, Dover, N.J. Runs For Life, PO Box 210, Wharton, NJ 07885.



Pete Richardson (#261), captured the M60 800 gold medal in 2:27.4. Dennis Duffy won the M50 race in 2:25.7. Visalia Classic, Visalia, Calif. May 3. Photo by Glen Williams

Hotline: 201-927-8823; e-mail: drears.@sunsite.unc.edu.

**September 20.** Great Cow Harbor 10K/RRCA Championships, Northport, N.Y. SASE to GCH 10K, PO Box 41, Northport, NY 11768.

**November 2.** New York City Marathon. SASE for "How to Apply" brochure to NYC Marathon, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

### SOUTHEAST

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

**July 4.** Peachtree 10K, Atlanta. SASE (after March 1) to Atlanta TC, Peachtree, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

**July 4.** Yorktown Freedom 5K, Yorktown, Va. Masters money. Harry Fagan, 757-873-3627(w); 898-9251(h).

**August 16.** Big Dog 10K/Little Dog 5K, Ft. Eustis, Va. Mike Cicero, 757-878-2097.

**August 23.** Maggie Valley Moonlight 8K, Maggie Valley, N.C. 704-926-1686.

**August 30.** Cheatham Lake 6K, Williamsburg, Va. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 757-229-7375.

**September 1.** U.S. 10K Classic, Atlanta. Classic, 6400 Highlands Pkwy., Suite C, Smyrna, GA 30082. 770-432-0100.

**September 6.** Run By The River 5K, Clarksville, Tenn. \$9600 for M&W masters & grandmasters. SASE to RBTR 5K, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

### MIDWEST

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

**August 9.** Paavo Nurmi Marathon/Relay, Hurley, Wisc. 715-561-4334.

**August 16.** Camden-Clark Parkersburg Half-Marathon/USATF Open Men's National Championships. Louie A. Haer Jr.,

PO Box 718, Parkersburg, WV 26102. 304-424-2786.

### MID-AMERICA

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

**July 4.** Coast To Coast Freedom Run 8K, Brookings, S. Dak. Eric Rasmussen, 425 22nd Ave. S., Brookings, SD 57006. 605-692-7775.

**July 5.** Alien Chase UFO 5K & 10K, Roswell, N.M. 505-624-0251.

**July 6.** Fair Saint Louis 10K & 3K. Masters & grandmasters money. Nick Whiteside, 217-753-2359(h).

**July 26.** Quad City Times Bix 7, Davenport, Iowa. 319-359-9197.

**August 17.** Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 4.** Baytown Heat Wave 5 Mile, Baytown, Texas. 713-383-7283.

**August 2.** Texas Avenue Mile, El Paso. 915-533-9062.

### WEST

Arizona, California, Hawaii, Nevada

**July 4.** Huntington Beach July 4th Parade 5K, Huntington Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. Hotline: 714-374-1535, X4.

**July 13.** San Francisco Marathon. Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630. 1-800-722-3466 (CA only), 916-983-4622.

**July 27.** Wharf To Wharf 10K, Santa Cruz, Calif. SASE to WTW, PO Box 307, Capitola, CA 95010. 408-475-2196.

**August 17.** America's Finest City Half-Marathon, San Diego. 619-297-3901.

**September 19-20.** The Relay - Napa To Santa Cruz, Calif. 194 miles/12-member

teams. Starts in Calistoga. The Relay, 570 El Camino Real, Suite 150, Redwood City, CA 94063. 415-508-9700; fax 508-9703.

### NORTHWEST

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

**July 26-August 1.** Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.

**August 22-24.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

**September 20.** Idaho Women's Fitness Celebration 5K, Boise. Maryanna Young or Anne Audain, 511 W. Main St., Boise, ID 83702. 208-331-2221; fax: 331-2223.

### INTERNATIONAL

**July 4-13.** Road race series near Galway, Dublin and Cork, Ireland. Roadrunner Tours, PO Box 1034, Michigan City, IN 46360-1034. 219-879-0133. Internet: <http://www.halhigdon.com>.

**July 17-27.** XII WAVA World Veterans Athletics Championships, Durban, South Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

**August 31.** BVAFF Marathon Championships, Stokes Ferry, Norfolk, England. Tony Hunt, The Dell, Stokes Ferry, Norfolk, England. Tel: 01366500309.

**October 26.** Athens Marathon, Athens, Greece. Apostolos Greek Tours, Inc., 3145 S. Akron St., Denver, CO 80231. 970-669-8377.

### RACEWALKING

**July 12.** USATF National Masters Men 10K Racewalk Championships, Niagara Falls. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217.

**July 17-27.** XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F International Schedule.

**August 7-10.** USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.

**September 7.** USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080. Ray Funkhouser, 908-341-7386.

**September 13.** USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

**September 14.** BVAFF 10K Racewalk Championships, Leicester, England. Peter Adams, 7 University Close, Syston, Leicester, LE7 2AY, England. Tel: 0116 2606628.

**October 12.** USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.

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

## M35-39

Greg Font Long Jump 21-6% 03-23-97  
Scott King 3000 9:23.4 05-17-97

## M40-44

Jim Hershberger 800 2:07.15 05-03-97

## M45-49

Stephen Cox High Jump 5-8 05-17-97  
Jim Dolezel 100 11.95 06-29-97  
200 24.30 06-29-97  
Long Jump 5.58 06-29-97  
Daniel Merritt 800 2:09.5 05-03-97  
1500 4:26.8 05-03-97

## M50-54

David Golden 100 12.30 06-21-96

## M55-59

William Eisenhart Shot Put 11.52 05-26-97  
Javelin 40.34 05-28-97  
Byron Melendy 5K 18:16 11-23-96  
10K 37:38 02-22-97

## M60-64

Arnie Levick 3K RW 16:01 04-20-97

## M65-69

Mack Branham Shot Put 36-6 05-10-97  
Discus 130-9 05-10-97  
Jack Gray 5K 20:20 05-26-97

## M70-74

Dick Donley High Jump 4-2 05-26-97

Walter Atcheson 2K SC 10:33.6 05-10-97

Raymond Maloney Javelin 104-7 05-25-97

## M75-79

Russell Moore 100 16.2 04-24-97

## W45-49

Diane Vance Javelin 79-5 05-17-97

## W50-54

Carol Hansen 5K 22:18 05-31-97

## W60-64

Joan Burgess High Jump 1.05 03-23-97

Roddie Larsen Long Jump 3.53 05-23-97

Janice Wolowicz Discus 60-7 09-07-96

## 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
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
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 1/4	6-3 1/4	5-9 1/4	5-6	5-2 1/4	4-11	4-7 1/4	4-4	4-1 1/4	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 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	10-0	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	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 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
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 1/4	41-6	39-3 1/4	36-7	34-1 1/4	31-8	29-2 1/4	26-11	24-7 1/4	22-4	20-1 1/4	18-1 1/4
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.20	6.50	6.00
	49-10 1/4	46-8 1/4	42-8	39-4 1/4	40-8 1/4	36-9	33-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	21-4
Discus	44.80	42.60	40.60	38.00	36.40	34.00	31.60	29.00	26.40	24.00	21.40	18.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/4	53-2
Hammer	47.24	44.20	41.14	38.10	36.40	34.00	31.60	29.00	26.40	24.00	21.40	18.20
	155-0	145-0	135-0	125-0	126-0	118-1	108-3	95-2	82-0	73-10	60-0	50-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	35.00	31.00	27.00	24.00	21.00	18.00
	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	8.00	7.00	6.00	5.00	4.00	3.00
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
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	

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

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

## WOMEN

Event	1.5K	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:56:29	8:11:30
W75	11:10	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	30:36	52:14	1:25:30	1:47:18	2:48:13	3:51:12				

## MEN

Event	1.5K	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	19:58	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

## 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
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 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	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 1/4	7-10 1/4	6-11	5-11	4-11	3-11	3-7 1/4	3-3 1/4	2-11	2-7 1/4	2-3 1/4
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 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	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
	32-10	30-2 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
Wt Pen	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. 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.

**NOTICE:** The National Masters News will no longer process results that are submitted handwritten.

## SOUTHEAST

### Potomac Valley TC Meet Alexandria, VA; April 27

<b>100m</b>	
M35 Randall Mitts	11.85
M50 D J Bertagnoli	15.20
W75 Carla Convery	25.87
<b>200m</b>	
M35 Jeffrey Madison	25.40
M45 J J Wind	33.90
M50 Walter Gibson	27.40
M65 John Martin	33.70
M75 Bud Averitt	47.30
W75 Carla Convery	47.30
<b>400m</b>	
M35 Jeffrey Madison	56.60
M45 J J Wind	1:06.40
M50 D J Bertagnoli	1:04.40
M60 Bill Prince	1:22.80
W35 in Rincon	1:08.60
W75 Carla Convery	2:17.00
<b>800m</b>	
M30 Y Mermersky	2:27.40
M35 William Greene	2:11.00
M40 Bruce Hamilton	2:05.90
M45 J J Wind	2:45.30
M50 Bob Weiner	2:31.60
M60 Bill Price	2:59.30
M75 Bud Averitt	5:01.00
W35 Laura Amble	2:52.90
<b>Mile</b>	
M30 Y Mermersky	5:23.50
M35 William Greene	5:06.80
M40 Bruce Hamilton	4:41.20
M45 Paul Ryan	4:47.90
M50 Bob Weiner	5:46.20
M60 Bill Price	6:54.70
W50 Joy Chambers	8:41.50
<b>3000m</b>	
M35 Ted Poulos	9:41.50
M45 J J Wind	10:56.00
M50 Bo Weiner	11:19.70
M60 Bill Price	14:06.90
W65 Terry Hamilton	24:22.00
<b>High Jump</b>	
M40 Bruce Hamilton	5
<b>Long Jump</b>	
M35 Jeffrey Madison	16-6.50
W75 Carla Convery	5-4
<b>Shot Put</b>	
M30 Zack Scott	43-2
M35 J Madison	28-8
M45 Randy Yohe	22-7
M55 W Eisenbart	35-5
M60 Bill Smith	32-8.50
M75 C Pistorino	30-11.50
W30 Marion Daniel	33-9
W65 Maxine Bartlett	15-10.75
W75 Carla Convery	11-10.50
<b>Discus</b>	
M30 Zack Scott	129-6
M45 Randy Yohe	87-9
M50 Russ White	113-10
M55 Norman Johnson	100-10
M60 Bill Smith	138-3
M70 C Pistorino	94-7
W30 Marion Daniel	105-3
W65 Maxine Bartlett	39-11
W75 Carla Convery	32-8
<b>Javelin</b>	
M45 Randy Yohe	108-6
M50 Russ White	184-1
M55 W Eisenhart	119-6
M70 C Pistorino	97-5
W30 Marion Daniel	96-11

W35 Keg Good	53-9
W55 Judy Eisenhart	52-8
W65 Maxine Bartlett	31-6
<b>3000m RW</b>	
M45 John Gersh	17:27
M50 Victor Litwinski	17:50
M60 Allyn Evans	18:01
M70 Ralph Driscoll	21:51
W65 Terry Hamilton	24:22

### Southeastern Masters Meet Raleigh, NC; May 2-4

<b>100m</b>	
M30 Donald Rhett	10.7h
Abraham Canty	11.1h
Jim Wiley	11.1h
Ted Pauling	11.7h
Gregory Singleton	11.7h
Kenneth Guion	11.7h
M35 Julium Meekins	11.59
Sanford Stephens	12.45
Stanley Caine	12.48
Stephen Winkel	12.48
Charles Johnson	13.00
M40 Barry Wise	11.82
M McPherson	12.01
James Allgood	12.61
Bernard Gant	13.03
Cecil Noble	13.11
M45 David Anderson	12.80
Bill Graf	14.91
M50 Joseph Johnson	12.60
Thaddeus Morris	12.6h
Benny Liles	13.60
Samuel Hall	13.70
Clifton Manuel	14.20
M55 Marson Harrison	12.86
Hans Gordon	13.15
Nat Carter	13.49
Ervin Mitchell	13.56
Isaac Latimore	15.71
M60 Larry Colbert	12.57
Bob Dobbs	12.91
Raynah Adams	13.13
Willie McLeod	13.92
Bobby Moore	14.64
M65 James Stookey	13.58
Lawrence Greco	14.74
John Schreiber	15.24
Kenneth Morris	15.32
Bill Bergen	15.97
M70 William Daprano	14.48
Oscar Harris	14.80
Raymond Bower	14.86
Charlie Baker	14.96
Stan Egerton	15.36
M75 Tom Kennel	15.47
M McWilliams	15.47
Ed Matthews	15.80
John McCarthy	18.13
M85 Jeremiah Gaines	19.82
W55 Essie Kea	16.99
Ann Carter	17.13
W60 Marilyn Fitzgerald	15.35
Audrey Lary	16.36
W65 Betty Vosburgh	16.99
Lenore McDaniels	18.01
W75 Carla Convery	23.19
<b>200m</b>	
M30 Abraham Canty	23.53
Jim Wiley	25.06
Gregory Singleton	25.83
M35 Kinley Hill	24.21
S Meriwether	24.51
Stephen Winkel	24.76
Dennis Coleman	26.12
Darick Bradley	26.18

M40 Barry Wise	24.47
M McPherson	24.49
James Allgood	25.48
Gregory Hanson	27.66
M45 Greg Hunter	25.56
David Anderson	26.94
M50 Joseph Johnson	25.48
Ralph McCay	26.51
John Clifford	26.69
Samuel Hall	27.13
Clifton Manuel	27.70
M55 Marson Harrison	27.48
Isaac Latimore	37.49
M60 Larry Colbert	25.64
Raynah Adams	27.39
Willie McLeod	34.40
Bill Kelley	37.50
M65 James Stookey	28.14
Earl Fee	29.69
Lawrence Greco	31.41
Kenneth Morris	32.58
Bill Bergen	33.15
M70 William Daprano	31.51
Raymond Bower	32.46
Oscar Harris	33.16
Harold Stephens	40.17
M75 Ed Matthews	34.42
W55 Essie Kea	35.68
Ann Carter	37.70
W60 Marilyn Fitzgerald	33.32
Audrey Lary	37.02
W65 Betty Vosburgh	36.52
W70 Margaret Hagerty	50.78
W75 Carla Convery	50.69
<b>400m</b>	
M30 Kenneth Guion	56.08
M35 Stephen Winkel	53.52
Kinley Hill	55.35
Dennis Coleman	56.83
Charles Johnson	1:02.22
M40 Reggie Mason	53.9h
Bernard Gant	57.6h
Gregory Hanson	1:02.6h
M45 Greg Hunter	55.4h
John Danforth	58.5h
M50 Ralph McCay	59.83
M55 Marlon Harrison	1:03.69
James Pascoe	1:09.95
Sam Rizk	1:21.38
M60 Larry Colbert	58.39
Bob Dobbs	1:03.06
Charles Venning	1:10.55
Edw Fitzgerald	1:14.44
Bill Kelley	1:23.56
M65 Earl Fee	1:01.15
Bill N Bergen	1:17.77
Kenneth Morris	1:19.28
M70 Charlie Baker	1:12.45
Harold Stephens	1:32.16
W60 M Fitzgerald	1:17.65
Audrey Lary	1:24.2h
W65 Betty Vosburgh	1:23.8h
W70 M Hagerty	1:55.74
W75 Carla Convery	2:21.35
<b>800m</b>	
M30 Mark Scott	2:04.57
M35 Dennis Coleman	2:08.77
S Meriwether	2:09.99
Eddie Stone	2:10.06
M40 Jeffrey Moody	2:14.03
Reggie Mason	2:15.97
Michael Baird	2:19.16
John Phillips	2:20.02
Robert Peterson	2:45.54
M45 Daniel Merrit	2:09.56
John Danforth	2:18.67
Tim Payne	2:21.93
Joseph Burleson	2:31.58
M55 John Dunkelberg	2:21.30
Sam Rizk	3:09.11
M60 Jack Miller	2:27.7h
Edw Fitzgerald	3:00.2h
M65 Earl Fee	2:23.0h
M70 Milton Bliss	3:20.7h
Harold Stephens	3:49.9h
M80 Dudley Healy	3:57.9h
W60 Grace Butcher	3:17.8h

W70 M Hagerty	5:10.9h
<b>1500m</b>	
M35 S Meriwether	4:47.86
M40 Michael Baird	4:38.17
John Phillips	4:38.94
M McCauley	4:42.14
Robert Peterson	5:21.30
M45 Daniel Merritt	4:26.82
Tim Payne	4:40.96
Joseph Burleson	5:27.84
M50 Arthur Williams	5:36.97
M55 M Hamlyn	5:26.90
James Pascoe	5:28.2h
Sam Rizk	6:38.28
M60 Jack Miller	5:02.10
Don Lein	5:11.91
Adrian Craven	5:54.21
Philip Veenhuis	8:02.73
M70 Roland Anspach	6:59.24
Harold Stephens	7:14.84
M80 Dudley Healy	7:56.36
W60 Grace Butcher	6:55.68
W70 M Hagerty	10:15.06
<b>3000m</b>	
M30 Mark Scott	9:14.25
M40 Jeffrey Moody	10:00.16
George Howe	10:12.93
R Peterson	10:51.78
M45 Daniel Merritt	9:43.53
D Covington	11:19.01
Robert Berke	12:07.75
M50 A Williams	12:07.75
M55 Jerry Harris	11:33.79
M Hamlyn	11:59.47
M60 Don Lein	11:48.63
M70 R Anspach	15:01.26
H Stephens	15:37.51
<b>5000m</b>	
M40 Phillip Rowan	15:40.8h
George Howe	17:32.3h
Robert Peterson	18:50.3h
M45 R Gillespie	17:17.6h
M55 M Hamlyn	20:43.6h
M60 Adrian Craven	21:10.2h
Philip Veenhuis	30:06.5h
M70 R Anspach	25:24.7h
H Stephens	26:23.8h
M80 Dudley Healy	28:25.0h
W45 D Griffith	23:43.1h
<b>Short Hurdles</b>	
M30 Steven McGill	16.18
M35 Bob Shelton	19.77
Trace Barnett	21.11
M40 Dale Smith	16.67
M McPherson	19.37
M50 James Dickerson	17.52
Harold Lilly	19.85
M65 James Stookey	17.48
John Schreiber	21.70
Jim Flowers	24.01
W55 Ann Carter	18.98
<b>Long Hurdles</b>	
M30 Ted Pauling	1:01.2h
Steven McGill	1:01.6h
M35 Trace Barnett	1:12.6h
Glen Irizarry	1:33.4h
M40 Dale Smith	1:03.5h
William Cheadle	1:04.4h
M50 Gary Kochman	1:08.9h
M60 Jack Gilmore	1:00.44
M65 Chuck Sochor	56.09
Kenneth Morris	1:01.32
M70 W Daprano	1:03.28
<b>3000m Steeplechase</b>	
M35 Don McAdam	11:14.4h
Glen Irizarry	13:24.1h
M40 Fred Robbins	10:17.5h
M45 John Pickard	12:01.1h
M70 R Anspach	11:02.8h
<b>High Jump</b>	
M35 Bob Shelton	1.85
Benedict Olusola	1.75
M40 Michael Hatjes	1.66
M Garrison	1.60
Richard Watson	1.44
Charles Jordan	1.44
Cecil Noble	1.39

M45 Michael Walker	1.49
John Baylies	1.49
Johnnie Dye	1.44
M50 George Cliette	1.44
Bill Walsh	1.39
M55 Nat Carter	1.39
Richard Fox	1.25
M60 Glenn Yoder	1.44
Jack Gilmore	1.39
M65 James Stookey	1.39
R McDaniels	1.18
M70 N Weckstein	1.29
Ed Holmes	1.25
Charlie Baker	1.14
M75 Tom Kennel	1.07
M80 Ian Hume	1.10
W55 Essie Kean	1.14
W65 L McDaniels	1.14
<b>Pole Vault</b>	
M30 David Hood	4.42
M40 M McGinnis	3.81
Hal Fairbanks	3.51
Richard Watson	2.75
M45 Robert Berke	3.97
M50 Bill Walsh	3.05
M55 Richard Fox	1.83
M60 Tony Besase	2.44
Jack Gilmore	2.29
James duncan	1.83
M65 R McDaniels	1.98
Harold Miller	1.83
M70 Stan Egerton	2.75
W65 L McDaniels	1.98
<b>Long Jump</b>	
M30 Ted Pauling	6.50
Reginald May	5.99
M35 Julius Meekins	6.92
Bob Shelton	6.60
Darick Bradley	5.91
Benedict Olusola	5.86
Stan Porter	5.37
M40 M McPherson	5.95
Charles Jordan	5.53
Hal Fairbanks	4.97
M45 John Baylies	5.80
David Anderson	5.56
James Parsons	4.66
Bob Rockwell	4.62
M50 M McDaniel	5.57
James Dickerson	5.42
Clifton Manuel	4.91
Bill Walsh	4.51
William Yates	3.99
M55 Hans Gordon	5.44
Nat Carter	4.53
Theodore Mordecai	4.19
M60 Willie McLeod	4.65
Tony Besase	4.38
Glenn Yoder	3.59
Britt Pierce	2.87
M65 James Stookey	4.88
Kenneth Morris	3.56
R McDaniels	3.27
M70 Jim Dykes	3.85
Charlie Baker	3.70
M75 Tom Kennel	3.89
Ed Matthews	3.12
W60 Audrey Lary	3.41
W65 L McDaniels	3.70
W75 Carla Convery	1.63
<b>Triple Jump</b>	
M30 Reginald May	13.28
M35 Benedict Olusola	13.56
Trace Barnett	11.76
Stan Porter	11.60
Bob Shelton	11.55
M45 Bob Rockwell	11.37
John Baylies	10.55
David Anderson	9.92
M50 James Dickerson	10.48
Bill Walsh	9.97
M55 Nat Carter	10.85
Hans Gordon	10.15
M60 Glenn Yoder	8.90
M65 James Stookey	10.40
R McDaniels	7.80
M75 Tom Kennel	8.39
Ed Matthews	7.50

M80 Ian Hume	5.50
W65 L McDaniels	6.66
<b>Shot Put</b>	
M30 Gary Mirka	11.56
David Hood	11.50
Stephen Harriman	10.47
M40 Robert Gunn	11.88
D Vandergriff	10.97
Richard Watson	10.70
Gary Sutton	9.91
Mark Kreafile	9.60
M45 Craig Shumaker	13.85
Bruce Hedendal	11.71
M50 Selden Cooper	15.03
Bill Walsh	11.42
Lemuel Clayton	11.10
Gordon Herbert	10.31
George Cliette	8.31
M55 Mike Valle	11.45
George Mirka	11.00
J Hoppenstein	10.92
Norris Wright	10.51
Leon Combs	9.25
M60 Gerald Vaughn	13.00
William Smith	10.56
L Gillenwater	9.04
M65 Leonard Olson	13.05
Larry Horine	12.28
Reed Qinn	10.47
William Cox	10.40
William Patrik	10.30
M70 Cliff Sampson	11.08
Ed Holmes	10.97
Don Reid	10.74
N Weckstein	8.57
Jacob Stein	7.70
M80 Ian Hume	8.08
Glin Casey	4.48
W30 Julie Bredenbeck	11.05
W50 Erika Szanto	9.50
W60 Penny Sever	7.97
Betty Steele	7.66
Sharon Good	5.34
W65 Lucille Sampson	6.92
Betty Vosburgh	6.30
Lillian Snaden	5.53
W70 Jimmie Reid	5.90
W75 Libby Hagemann	6.52
Katherine Gradick	5.91
Carla Convery	4.58
W80 Betty Jarvis	5.02
<b>Discus</b>	
M30 David Hood	39.84
Gary Mirka	35.64
Stephen Marriman	28.96
M35 Michael Jaunsey	37.72
Trace Barnett	34.44

Continued from previous page	Libby Hagemann 12.62	William Garrahan 31.71	Charles Smith 25.24	2000m Steeplechase	M65 Leonard Olson 40.10
M75 John McCarthy 27.42	Carla Convery 11.28	William Patrick 26.70	David Buggs 25.61	M40 Eddie Williams 8:11.04	Pay Carstensen 39.38
Tom Kennel 26.42	W80 Betty Jarvis 10.86	Don Reid 33.40	Ken Castro 25.87	M60 Jim Hite 10:21.77	Reed Quinn 31.68
M80 Ian Hume 23.90	<b>Weight Throw</b>	Jacob Stein 28.26	M45 Billy Johnson 23.30	4x100m Relay	M75 Tom McDermott 29.84
Glin Casey 11.40	M40 D Vandergriff 15.23	Bill Snaden 21.93	William Rea 23.93	M40 Trojan Express 43.50	W55 Vanessa Hilliard 47.40
M85 Jeremiah Gaines 16.32	Mark Kreaflle 10.72	Norb Weckstein 20.48	Tom Gilliard 24.70	Atlanta TC 45.54	W60 Erika Messner AR29.88
W30 Julie Bredenbeck 38.62	Richard Watson 10.31	M80 Ian Hume 29.28	Stephen Foster 25.57	Orlando RC 48.24	(Messner/29.64/1996)
W50 Erika Szabti 20.58	M45 Bruce Hedendal 12.52	W50 Erika Szanto 20.43	Rusty Earp 30.47	<b>High Jump</b>	<b>Javelin</b>
W60 Penny Weaver 23.54	M50 Lemuel Clayton 10.25	W55 Carol Young 20.44	M50 Ron Chrzanowski 23.84	M30 Ron Stewart 1.70	M30 Neil Marotta 42.86
Betty Steele 18.76	Bill Walsh 9.37	W60 Penny Weaver 27.22	Tom Brewer 25.10	M45 Larry McIntyre 1.59	M35 Dan Taylor 42.96
Sharon Good 11.50	M55 Mike Valle 9.32	Betty Steele 25.68	Alvin Seale 125.80	Rusty Earp 1.44	Bill Truesdale 28.62
W65 Lucille Sampson 18.44	Jack Hoppenstein 7.24	Sharon Good 13.83	Ralph McCay 125.80	M50 Tom Brewer 1.58	M40 Jesus Virella 45.22
Betty Vosbrgh 16.94	Richard Fox 5.90	W65 Lillian Snaden 18.00	Joe Johnston 26.76	M55 Larry Judd 1.39	M45 Bruce Hedendal 36.80
W70 A Bergenback 9.48	Leon Combs 5.75	W75 Libby Hagemann 32.51	M55 Lionel Bonck 28.00	Joe DeLuca 0.94	Rusty Earp 24.38
W75 Libby Hagemann 16.20	M60 Tim Twomey 14.79	Katherine Gradick 24.25	Jerry Frank 29.68	M60 Jim Cleveland 1.22	M50 Gary Lane 40.18
K Graddick 12.08	Les Gillenwater 8.84	W80 Betty Jarvis 29.75	Bill Wheelock 29.95	M65 Larry Fleischman 0.94	Larry Morrell 29.32
Carla Convery 9.00	M65 Leonard Olson 12.74	<b>5000m RW</b>	Dave Dreifuert 32.52	W45 Linda Lowery 1.24	M55 Esse Sattari 43.74
W80 Betty Jarvis 14.06	William Patrick 8.66	M35 Tom Flora 24.48	Dave Ellis 32.72	W55 Barbara Cleveland 1.15	Larry Judd 29.12
<b>Hammer</b>	M70 Cliff Sampson 10.52	Glenn Irizarry 33.16	M60 Joe Shanahan 30.86	W60 Mary Melehan 1.06	Jerry Frank 25.60
M40 D Vandergriff 47.86	R Bergenback 9.06	M40 Andy Jackson 30.50	M65 Bob Alexander 30.06	<b>Pole Vault</b>	M60 Jim Cleveland 30.74
Richard Watson 36.48	Don Reid 8.71	M50 David Wade 30.23	Bob Seelig 30.96	M35 John Murray 3.96	M65 Leonard Olson 33.84
Mark Keafle 33.86	Jacob Stein 8.42	Bobby Baker 32.26	Bill Bergen 31.69	M45 Jim Pedley 3.20	Reed Quinn 33.10
M45 Bruce Hedendal 38.40	M80 Ian Hume 6.54	M55 Paul Mailman 33.01	M75 John Anoka 34.09	M50 Joe Johnston 3.81	M75 Tom Kennel 21.46
M50 Lemuel Clayton 33.88	W50 Erika Szanto 6.57	Heinrich Looser 33.01	M80 Murrell Loy 35.10	Charlie Polhamus 3.51	<b>Weight Throw</b>
Bill Walsh 32.16	W60 Betty Steele 8.07	M60 Cedric Hustace 31.47	M85 Oprin Graf 49.00	M55 H N Siverson 3.51	M40 Tony Chioccarelli 18.66
M55 Mike Valle 36.58	Penny Weaver 7.78	Al Clowser 35.02	W30 Maryjane Carter 27.73	Ira Welborn 3.05	M45 Bruce Hedendal 17.04
Jack Hoppenstein 22.82	Sharon Good 5.70	Philip Veenhuis 36.23	W35 Dana Baumgarten 29.68	M65 Larry Fleischman 2.13	John von Rohr 15.64
Richard Fox 22.16	W65 Lucille Sampson 7.16	Ronald Chandross 38.11	W40 Jocelyn Lowther 27.43	W55 Barbara Cleveland 1.98	M50 Robert Cahners 13.50
Leon Combs 22.10	Lillian Snaden 5.53	M65 Ken Long 34.34	W45 Susan Houlton 33.07	<b>Long Jump</b>	M55 Jerry Arline 13.00
M60 Tim Twomey 42.18	W75 Libby Hagemann 6.53	Andrew Briggs 34.38	W55 Barbara Cleveland 33.53	M35 Jerry Edmondson 5.52	M65 Leonard Olson 13.30
Les Gillenwater 22.22	Katherine Gradick 4.65	Clint Edwards 36.15	Ann Carter 35.54	M45 William Rea 6.57	Pay Carstensen 12.36
M65 Leonard Oson 36.00	W80 Betty Jarvis 5.04	George Solis 36.36	W60 Mary Melehan 37.30	Rusty Earp 3.72	Reed Quinn 10.76
Reed Quinn 28.80	<b>Super Weight Throw</b>	M70 Robert Mimm 30.43	<b>400m</b>	M55 Larry Judd 4.21	W55 V Hilliard age56WR 16.56
William Garrahan 26.92	M40 D Vandergriff 10.87	Eldridge Lloyd 36.31	M30 Hervin Reid 49.49	Jerry Frank 3.42	W60 Erika Messner 11.04
William Patrick 25.12	Mark Kreaflle 6.80	Bill Snaden 38.50	Lenwood Rance 53.87	Joe DeLuca 2.31	<b>Pentathlon</b>
M70 Don Reid 32.00	Richard Watson 6.25	M80 Bill Tallmadge 37.40	Stephen Bumpas 56.22	M65 Jim Stookey 4.48	M30 Neil Marotta 2115
Cliff Sampson 31.10	M45 Bruce Hedendal 6.49	W35 Catherine Batts 35.22	M35 Wade Dallas 55.56	M70 Bill Daprano 3.63	M35 Tom Wadley 2244
Jacob Stein 29.26	M50 Lemuel Clayton 6.12	W45 Judith Witt 30.50	M40 Charles Smith 56.17	M75 Tom Kennel 3.36	Willie Gaines 1596
R Bergenback 27.94	Bill Walsh 5.86	<b>*Pending AR</b>	M50 Ralph McCay 59.54	M85 Oprin Graf 1.96	M55 Jerry Frank 769
N Weckstein 14.84	M55 Mike Valle 6.02	<b>USATF Southeast Regional</b>	Alvin Seale 63.28	W45 Linda Lowery 4.90	W45 Linda Lowery 2104
M80 Ian Hume 16.48	Richard Fox 3.76	<b>Masters Championships</b>	J C Shenk 64.31	W50 Lucia Schatteley 3.54	<b>1500m Racewalk</b>
W50 Erika Szanto 25.00	M60 Tim Twomey 7.21	<b>Orlando, FL; May 10-11</b>	M55 Lionel Bonck 65.68	W55 Barbara Cleveland 3.62	M45 John Fredericks 7:07.03
W60 Penny Waver 22.52	Les Willenwater 4.73	<b>100m</b>	Bill Wheelock 73.96	<b>Triple Jump</b>	Phil Brown 8:28.18
Betty Steele 21.52	M65 Leonard Olson 5.77	M30 Mark Witherspoon 10.71	M65 Jack Lockett 68.69	M55 N DeLaneuville 9.21	M50 Dale Nelson 7:49.67
Sharon Good 10.46	William Patrick 4.15	Orlando Matthews 11.26	Bill Bergen 75.09	Larry Judd 8.66	Daniel Koch 9:13.82
W65 Lucille Sampson 23.46	M70 Cliff Sampson 7.55	Lenwood Rance 12.03	M75 John Anoka 88.07	Jerry Frank 5.62	M55 Art Hansen 9:52.66
W70 Jimmie Reid 16.28	Jacob Stein 5.64	Richard Kerr 12.09	W30 Maryjane Anoka 84.00	M65 Jim Stookey 10.06	M60 Perry Whitehurst 9:53.46
W75 Libby Hagemann *19.56	Don Reid 5.47	M35 Steven Fisher 11.76	W35 Anne Infante 74.75	M75 Tom Kennel 8.19	M65 Robert Fine 8:16.72
K Graddick 10.98	W65 Lillian Snaden 4.64	Randy Brower 12.23	W40 Jocelyn Lowther 63.24	W45 Linda Lowery 8.89	Bill Mathews 10:08.18
W80 Betty Jarvis 14.44	W75 Libby Hagemann 4.63	Dan Taylor 12.70	W45 Susan Houlton 72.22	W55 Ann Carter 6.48	Bob Perrand 10:34.17
<b>Javelin</b>	<b>Pentathlon</b>	Bernard Scott 13.00	W50 Ann Makoske 75.05	<b>Shot Put</b>	M70 S Shafmaster 9:34.48
M35 Bob Shelton 43.10	M35 Michael Jaunsey 3163	Jack Lockett 2:50.17	Lucia Schatteley 80.49	M30 Neil Marotta 10.46	W35 Christine Alt 7:42.47
M40 Thomas Nielsen 53.64	Stephen Winkel 3101	M70 Bart Ross 3:10.59	<b>800m</b>	M35 Dan Taylor 11.34	W40 Roswitha Sidelko 7:34.80
Richard Watson 47.40	Brad Davies 2630	W35 Mimi Ney 2:28.69	M30 Stephen Bumpas 2:15.07	Bill Truesdale 10.70	Denise Sheppard 10:12.72
Michael McGinnis 39.66	Frank Caucino 2285	Anne Infante 2:55.60	M45 Byron Dyce 2:10.76	Mike Richardson 8.82	W45 Elizabeth Nelson 8:22.74
Gary Sutton 36.18	Glenn Irizarry 1560	W50 Ann Makoske 2:51.83	M50 J C Shenk 2:38.16	M40 Gary England 16.09	Martitia Beach 8:32.02
Robert Gunn 33.38	M40 James Anthony 3040	W60 Mary Melehan 3:14.45	M55 Jim Clark 2:25.44	M45 John von Rohr 12.78	W50 Pamela Betz 8:32.55
M45 Bruce Wolfe 39.24	Richard Watson 2408	<b>1500m</b>	M60 Ron Gerughty 2:46.76	Bruce Hedendal 11.23	Linda Binge 9:54.97
Bruce Hedendal 37.90	Cecil Noble 2086	M40 Roberto Castillo 4:10.94	M65 Casey Jones 2:35.62	M50 Valan Stieler 11.47	W60 Mindy Beinert 9:57.31
John Baylies 28.62	James Doughton 1533	Joe Hippensteel 5:04.33	Jack Lockett 2:50.17	Larry Morrell 10.33	W65 Ruth Perrand 10:24.93
M50 Bill Walsh 41.30	M45 Charles Bernard 1851	Joe Johnston 13.57	M70 Bart Ross 3:10.59	M55 Esse Sattari 12.00	Marcia Shafmaster 10:34.14
Gordon Herbert 30.14	Garland Roebuck 1688	N DeLaneuville 14.04	W35 Mimi Ney 2:28.69	Larry Judd 9.10	W70 Miriam Gordon 9:48.66
George Cliette 27.96	Bill Graf 1290	Bill Wheelock 14.20	W50 Ann Makoske 5:55.04	Joe DeLuca 7.57	<b>5000m Racewalk</b>
M55 T Mordecai 34.76	M50 Harold Lilly 2047	Dave Dreifuert 14.54	W60 Mary Melehan 6:46.09	Jerry Frank 6.43	M45 John Fredericks 25:57.08
Norris Wright 33.28	Mike Crosby 1651	Dave Ellis 15.14	Joyce Hodges-Hite 6:59.80	M65 Leonard Olson 12.24	Phil Brown 30:29.42
Jack Hoppenstein 29.02	David Ayers 3169	M60 Joe Shanahan 15.00	W70 Pepper Davis 8:26.36	Pay Carstensen 11.25	M50 Carlo Monte 27:51.83
Richard Fox 26.92	M60 James Duncan 2999	M65 Jim Stookey 14.98	W75 Elaine Geyer 8:58.38	Reed Quinn 10.74	Daniel Koch 32:42.52
Leon Combs 19.32	Jack Gilmore 2507	Bob Alexander 16.11	<b>5000m</b>	W45 Linda Lowery 7.00	M55 Bob Cella 29:46.95
M60 Les Gillenwater 27.14	Marshall Lipton 1710	Bill Bergen 17.21	M35 Brian Keno 17:01.00	W55 Vanessa Hilliard 12.03	Art Hansen 37:57.44
M65 Leonard Olson 34.36	M65 Kenneth Morris 2067	M70 Bill Daprano 16.04	M45 Frank Scarfone 28:31.38	W60 Erika Messner 9.80	M60 Perry Whitehurst 29:23.29
Larry Horine 32.24	Jim flowers 1645	M75 Tom Kennel 16.71	Rusty Earp 28:39.22	<b>Discus</b>	M65 Robert Fine 29:45.81
William Garrahan 30.68	M70 Oscar Harris 2637	John Anoka 17.97	M60 Jim Hite 23:51.45	M30 Earl Johnson 41.92	John MacLachin 34:36.44
Reed Quinn 29.84	Jim Dykes 1707	M80 Murrell Loy 17.95	W60 Joyce Hodges-Hite 26:12.93	M35 Bill Truesdale 28.18	M70 S Shafmaster 31:03.66
Jim Flowers 21.10	M75 John McCarthy 2267	M85 Oprin Graf 22.40	W70 Pepper Davis 29:51.85	Mike Richardson 25.16	W35 Christine Alt 28:45.73
M70 Jacob Stein 25.10	M80 Ian Hume 1881	W35 Dana Baumgarten 14.05	W75 Elaine Geyer 32:15.00	M40 Gary England 46.54	W40 Roswitha Sidelko 28:44.76
Don Reid 22.44	<b>Weight Pentathlon</b>	Anne Infante 15.52	Short Hurdles	M45 Bruce Hedendal 39.60	Denise Sheppard 35:47.75
Jim Dykes 20.62	M40 D Vandergriff 3044	W40 Jocelin Lowther 14.22	M30 Ron Stewart 16.40	Robert Hume 37.00	W45 Linda Stein 29:07.38
M75 John McCarthy 23.14	Richard Watson 2726	W55 Barbara Cleveland 15.90	M35 A J Thomas 15.70	John von Rohr 33.22	Elizabeth Nelson 30:05.51
M80 Ian Hume 22.12	Mark Kreaflle 2046	Ann Carter 16.40	Willie Gaines 16.43	M50 Gary Lane 39.76	Martitia Beach 30:21.86
W30 J Bredenbeck 36.08	M45 Bruce Hedendal 3435	W60 Mary Melehan 16.00	Darren Hoyle 26.54	Valan Steiner 32.84	W50 Judith Altman 29:54.36
W50 Erika Szanto 17.14	M50 Bill Walsh 3113	Louise Tricard 16.20	M40 David Buggs 17.37	Larry Morrell 29.82	Pamela Betz 30:07.64
W60 Penny Weaver 14.36	M55 Mike Valle 3369	<b>200m</b>	M45 Tom Gilliard 15.47	M55 Esse Sattari 37.00	Linda Binge 31:28.99
Betty Steele 12.00	Jack Hoppenstein 2721	M30 Mark Witherspoon 22.17	M55 Dave Ellis 19.40	Larry Judd 32.04	W55 Sperry Rademakr 29:42.28
Sharon good 9.32	Richard Fox 2214	Orlando Matthews 22.47	M65 Jim Stookey 17.33	Jerry Frank 9.44	Kay Cella 35:56.79
W65 Betty Vosburgh 21.56	Leon Combs 1998	Hervin Reid 22.49	Larry Fleischman 18.80	M60 Jim Cleveland 31.54	W60 Joy Clingman 35:26.66
W70 Jimmie Reid 14.34	M60 Les Gillenwater 1966	Anthony Cole 23.56	W45 Linda Lowery 15.65	M65 Leonard Olson 42.80	Mindy Beinert 36:08.04
W75 K Graddick 14.14	Leonard Olson 4460	Darren Hoyle 24.04	<b>Long Hurdles</b>	Reed Quinn 37.80	W65 Ruth Perrand 35:22.86
	Reed Quinn 3476	Dan Taylor 26.45	M35 A J Thomas 61.83	Pay Carstensen 32.04	<b>Potomac Valley T&amp;F Meet</b>
		M40 Barry Wise 23.87	Jerry Edmondsn 63.90	Bill Bergen 26.98	<b>Alexandria, VA; May 11</b>
			M65 Jim Stookey 53.28	M70 Bill Daprano 22.30	<b>100</b>
				W45 Linda Lowery 21.32	M35 Jeff Gold 11.50
				W55 Vanessa Hilliard 32.12	M40 S Weatherspoon 11.40
				Barbara Cleveland 19.48	M50 Walter Gibson 13.90
				W60 Erika Messner 24.36	M65 Don McCarten 14.20
				<b>Hammer</b>	M70 Francis Gallagher 16.30
				M35 Mike Richardson 21.72	<b>200</b>
				M40 Tony Chiocarelli 43.54	M30 George Ridley 23.30
				M45 John von Rohr 41.08	M35 Jeff Gold 23.40
				Bruce Hedendal 40.16	M40 M McPherson 24.20
				M50 Joe Ross 38.72	M50 Walter Gibson 28.00
				Robert Cahners 36.50	
				Larry Morrell 23.38	
				M55 Jerry Arline 33.36	
				Jerry Frank 16.52	

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M75 Bud Averitt	53.70
W75 Carla Convery	NTA
<b>400m</b>	
M30 George Ridley	51.40
M35 James Banks	1:05.90
M45 Wayne Harris	1:02.30
M60 Bill Price	1:23.60
M65 Don McCarten	1:24.60
M70 Francis Gallagher	1:35.10
M75 Bud Averitt	2:07.50
W60 Tami Graf	1:30.40
<b>800</b>	
M30 Dave Phillips	2:30.50
M35 Gordon Smith	2:11.60
M40 Jim Braden	2:42.90
M45 J J Wind	2:29.20
M60 Bill Price	3:08.40
M65 James Keat	3:18.40
W50 Chris Stockdale	2:41.40
W60 Tami Graf	3:28.50
<b>1 mile</b>	
M30 Y Mermersky	5:18.40
M35 Ted Poulos	4:56.90
M40 W Anderson	4:50.20
M45 J J Wind	5:17.50
M50 Gil Bernabe	6:41.20
M75 Bud Averitt	12:38.10
W35 Win Rincon	6:03.20
W50 Chris Stockdale	5:55.50
W60 Tami Graf	7:06.90
<b>3000m</b>	
M30 Jim Garster	9:24.30
M35 Ted Poulos	9:51.30
M45 J J Wind	10:47.40
M50 Gil Bernabe	13:41.60
M65 James Keats	12:31.00
M77 Bud Averitt	25:56.80
<b>Short Hurdles</b>	
M40 M McPherson	19.50
<b>High Jump</b>	
W60 Tami Graf	3-2
<b>Long Jump</b>	
M35 David Lastra	16-3
M40 M McPherson	17-9
<b>Triple Jump</b>	
David Lastra	37-8
<b>Shot Put</b>	
M50 V Litwinski	29-5.75
M60 Bill Smith	32-10.25
W35 M Jezycki	33-6.50
W60 Evelyn Wright	25-10.50
W75 Carla Convery	14-8.50
<b>Discus</b>	
M45 Eugene Burns	50
M50 Victor Litwinski	92-7
M55 Norman Johnson	95-4
M60 Bill Smith	139-8
W35 M Jezycki	109-1
W60 Evelyn Wright	75-10
W75 Carla Convery	30-11
<b>Javelin</b>	
M45 Eugene Burns	36-6
M50 Russ White	182
W35 M Jezycki	93-3
W50 Sonja Flanagan	34-1
W60 Evelyn Wright	74-8
W75 Carla Convery	37-10
<b>1600m RW</b>	
M35 Steve Coy	10:35.10
M75 Meyer Mathis	13:33.60
<b>3000m RW</b>	
M50 Claude Letien	17:02.60
M75 Meyer Mathis	26:21.30
<b>Tennessee Masters Classic</b>	
<b>T&amp;F Championships</b>	
<b>Knoxville, TN; May 16-17</b>	
<b>55m</b>	
M35 E Merriweather	6.54
M40 Barry Wise	6.45
M55 Edward Whelan	8.30
M65 John Wall	7.68
M75 Rod Mariott	9.86
W45 Linda Lowery	7.75
<b>100m</b>	
M30 E Merriweather	11.41
Robert Harris Jr	11.89

M35 William Green	11.75
Steve Winkel	12.06
Tom Oatts	13.49
M40 Barry Wise	11.48
Mike McPherson	11.64
Phil Campbell	12.92
M45 T Weatherbee	13.13
Mike Walker	14.43
M55 Mike Valle	14.68
Edward Whelan	15.85
M65 John Wall	14.20
John Schreiber	14.63
M70 William Daprano	14.40
<b>200m</b>	
M30 E Merriweather	23.39
Robert Harris Jr	24.01
M35 William Green	24.25
David Knaus	25.40
Lindsey Thurman	25.62
M40 Mike McPherson	23.78
Barry Wise	24.26
M45 T Weatherbee	25.97
Jim Woosley	27.76
M50 Randall Brady	27.30
M55 Joe Gross	29.29
M65 John Wall	29.90
John Schreiber	30.83
M70 William Daprano	31.81
W50 Susie Hargis	31.95
<b>400m</b>	
M30 Herbert Collins	54.75
M35 Steve Winkel	52.97
Mark Carver	54.70
Bob Kile	55.17
M40 Bill Cheadle	56.39
Steve Prince	1:01.61
M45 Robert Fehr	1:02.82
John Gill	1:05.33
T Weatherbee	1:05.84
M50 Laing Winston	1:00.27
M55 Joe Gross	1:08.81
Dick Anderson	1:17.84
John Swicegood	1:30.26
M70 William Daprano	1:21.13
W50 Susie Hargis	1:18.52
<b>800m</b>	
M30 Steven Kirk	2:03.45
Herbert Collins	2:07.38
John Cobb	2:07.74
M35 Scott King	2:01.13
Mark Carver	2:02.22
M40 Steve Prince	2:16.37
M McCauley	2:19.39
Gerald Baker	2:30.76
M45 Robert Fehr	2:29.24
M50 Art Williams	2:46.92
M55 James Huffman	2:32.42
Joe Gross	2:38.12
John Swicegood	3:22.62
M60 Adrian Craven	2:51.77
M65 C Trinkner	3:11.17
M80 Max Springer	4:01.45
<b>1500m</b>	
M40 M McCauley	4:46.73
Steve Randolph	4:59.13
Gerald Baker	5:05.75
M45 John Gill	4:54.66
M50 Art Williams	5:33.74
M55 John Swicegood	6:46.87
M60 Adrian Craven	5:35.88
Charlie Engle	6:21.09
M80 Max Springer	8:31.84
<b>3000m</b>	
M30 John Cobb	9:32.4
M35 Bobby Glenn	9:06.2
Scott King	9:23.4
M55 Royce Sayer	11:33.9
John Swicegood	13:52.1
M60 Charlie Engle	13:09.9
W35 Marietjie Ceronio	10:48.1
<b>Short Hurdles</b>	
M40 M McPherson	19.36
M45 Barry Faust	20.56
Jim Woosley	21.40
M65 John Schreiber	20.30
W45 Linda Lowery	18.19
W50 Phil Raschker	*12.90

<b>Long Hurdles</b>	
M35 Tom Oatts	1:18.43
M40 Bill Cheadle	1:00.42
M45 Bob Rockwell	1:18.93
M65 C Trinkner	56.21
<b>3000m Steeplechase</b>	
M30 Randy Ward	10:27.50
M35 David Ingram	12:52.79
M45 Kaci Castner	12:42.90
M55 John Swicegood	18:00.00
<b>High Jump</b>	
M45 Mike Walker	4
Barry Faust	4-8
M50 Kent Hann	4-4
M55 Mike Valle	4-4
M60 Lou Vodopya	4-2
James Nicholson	4
M70 Buck Bradberry	4
W45 Linda Lowery	4
<b>Pole Vault</b>	
M35 Lindsey Thurman	2.75
M40 Mike McGinnis	3.75
M50 William Eubanks	2.75
Kent Hann	2.60
W50 Phil Raschker	2.90
<b>Long Jump</b>	
M35 Tom Oatts	5.79
M40 M McPherson	5.64
M45 T Weatherbee	5.41
Bob Rockwell	5.02
M55 Mike Valle	4.08
M60 James Duncan	4.29
James Nicholson	3.43
M70 Buck Bradberry	4.03
M75 Rod Mariott	2.98
M45 Linda Lowery	4.43
<b>Triple Jump</b>	
M45 Bob Rockwell	11.39
T Weatherbee	11.12
Barry Faust	9.19
M60 James Nicholson	7.87
W45 Linda Lowery	9.38
<b>Shot Put</b>	
M35 Bobby Conn	11.26
M40 D Vandergriff	10.44
M45 Kasey Capps	8.84
Carlton Mott	6.50
M50 Kent Hann	9.38
M55 Glen Johnson	13.18
Mike Valle	11.04
John Swicegood	7.60
M60 James Duncan	10.38
M65 Larry Horine	12.49
Ray Feick	11.55
Pay Carstensen	11.22
M70 Dick O'Hair	8.50
M75 Rod Mariott	8.84
W45 Diane Vance	6.36
W50 Alice Tym	6.85
<b>Discus</b>	
M35 Bobby Conn	39.58
M40 D Vandergriff	37.28
Frank Broadys	32.88
M45 Kasey Capps	26.54
Carlton Mott	26.00
M50 Kent Hann	33.20
M55 Glen Johnson	47.78
Mike Valle	37.88
John Swicegood	18.58
M60 James Duncan	37.58
M65 Larry Horine	46.62
Ray Feick	35.80
Pay Carstensen	33.24
M70 Buck Bradberry	31.82
R Bergenback	28.58
William Daprano	26.92
W45 Linda Lowery	23.32
W50 Alice Tym	16.40
W70 A Bergenback	11.50
<b>Hammer</b>	
M35 Bobby Conn	23.24
M40 D Vandergriff	50.42
M45 Kasey Capps	25.00
Carlton Mott	22.12
M55 Mike Valle	38.22
John Swicegood	16.18
M60 Tim Twomey	43.58

M65 Ray Feick	36.12
Pay Carstensen	35.44
M70 R Bergenback	34.08
Dick O'Hair	21.24
M75 Rod Mariott	26.44
W50 Alice Tym	20.24
<b>Javelin</b>	
M35 Bobby Conn	37.94
M40 Chris Clark	54.38
John Vance	35.86
Mike McGinnis	34.64
M45 John Selleh	44.48
Jack Castner	34.06
Barry Faust	31.92
M55 Mike Valle	31.08
John Swicegood	19.58
M60 James Duncan	36.34
M65 Ray Feick	38.32
Larry Horine	36.68
M70 Dick O'Hair	18.36
M75 Rod Mariott	32.08
W40 Jane Souther	16.54
W45 Diane Vance	24.22
W50 Alice Tym	17.96
<b>25#/35# Weight Throw</b>	
M35 Bobby Conn	8.67
M40 D Vandergriff	15.82
M45 Kasey Capps	8.68
Carlton Mott	7.38
M55 Mike Valle	10.43
John Swicegood	5.01
M60 Tim Twomey	14.63
M65 Ray Feick	12.66
Pay Carstensen	12.06
M70 R Bergenback	9.77
Dick O'Hair	7.30
M75 Rod Mariott	8.06
W50 Alice Tym	4.30
<b>56# Weight Throw</b>	
M35 Bobby Conn	5.71
M40 D Vandergriff	10.82
M45 Kasey Capps	5.64
M55 Mike Valle	6.67
M60 Tim Twomey	7.14
M65 Ray Feick	6.53
Pay Carstensen	6.00
<b>Weight Pentathlon</b>	
M35 Bobby Conn	2422
M40 D Vandergriff	3220
M55 Mike Valle	3659
M65 Ray Feick	4223
M75 Rod Mariott	3601
W50 Alice Tym	1605
<b>3000m RW</b>	
M45 Brint Adams	17:05.40
M50 David Wade	17:33.80
<b>10,000m RW</b>	
M50 David Wade	1:00:58.1
W40 Sally Evenden	1:02:28.0
W65 Ruth Ketron	1:21:09.7
<b>*Pending WR</b>	
<b>North American Invitational</b>	
<b>Weight Pentathlon</b>	
<b>Winter Park, FL; June 1</b>	
<b>(HT/SP/DJ/T/W/T) actual marks</b>	
Vanessa Hilliard	5219
(48.50/11.82/32.56/32.66/16.79)	
Len Olsen	4806
(42.06/12.54/45.52/38.74/15.23)	
Austin Baggett	4254
(37.58/10.24/37.82/33.16/16.06)	
Pay Carstensen	4025
(37.24/11.38/34.16/30.70/15.55)	
Ken Jansson	3844
(62.74/14.11/41.72/39.62/19.00)	
Rex Harvey	3551
(34.28/12.42/39.02/44.48/12.62)	
Bruce Hedendahl	3449
(36.52/11.68/42.16/39.14/12.70)	
John von Rohr	3044
(38.26/12.44/34.88/34.15/12.94)	
Tony Chiocarelli	3044
(50.82/9.93/34.62/20.50/15.84)	
Richard Watson	2849
(37.68/10.79/32.56/46.58/10.70)	
Tom McDermott	2698
(31.14/8.61/26.28/-/8.72)	
Bob Cahners	2676
((35.32/9.08/29.60/22.46/13.65))	
Larry Morrell	2375
(23.12/10.44/30.20/30.88/8.17)	
Mike Richardson	1771
(18.38/8.02/26.40/25.95/-)	

<b>Birmingham TC Classic</b>	
<b>Birmingham, AL; June 7</b>	
<b>50m</b>	
M45 Marion McCoy	6.34
M55 Dave Ellis	7.95
M65 John Hurd	7.47
M70 Frank Hayes	7.49
W35 Helen Fullard	7.25
W45 Linda Lowery	7.6
<b>100m</b>	
M30 Wayne Watson	10.6
Marco Belairze	10.75
E Merryweather	11.51
Jimmy Jefferson	12.22
M40 Stacy Price	11.49
Bill Cheadle	12.35
Hal Fairbanks	13.48
Keith Hallmark	14.97
M45 Marion McCoy	12.0
Edwin Jeter	12.9
M50 Tom Brewer	12.68
M65 John Wall	14.13
Gordon Seifert	14.38
Bob Alexander	14.4
M70 Frank Hayes	14.6
W35 Helen Fullard	14.36
W45 Linda Lowery	14.16
Patty Harris	16.64
W65 Geraldine Young	22.09
<b>KC 100m</b>	
Marion McCoy	10.59
Wayne Watkins	10.85
Andre Mitchell	10.94
Anthony Cole	11.37
<b>200m</b>	
M30 Marco Belairze	22.—
Anthony Cole	23.22
E Merryweather	23.81
M40 Bill Cheadle	24.88
Phil Mulkey Jr	27.61
Jerry Baker	29.45
M45 Marion McCoy	24.84
Mike Walker	30.06
M50 Tom Brewer	25.22
M55 Dave Ellis	32.22
M65 Bob Alexander	29.87
John Wall	29.97
M70 Frank Hayes	29.88
W45 Patty Harris	36.6
<b>400m</b>	
M30 Anthony Cole	53.28
Stan Jefferson	56.56
M40 Reggie Mason	52.87
Bill Cheadle	53.68
Gary Rudick	56.03
M55 Dick Anderson	74.78
M65 Gordon Seifert	66.88
Bob Alexander	70.25
<b>800m</b>	
M35 Scott King	2:06.6
M40 Mickey McCauley	2:17.2
Norman Dodson	2:18.9
M45 Bob Duncan	2:30.9
M50 Art Williams	2:42.2
M60 Louis Johnson	2:47.4
Adrian Craven	2:50.0
Peter Kenney	3:32.7
M65 Casey Jones	2:35.8
<b>1500m</b>	
M35 Scott King	4:11.3
Andy Leonard	4:46.1
M40 Mickey McCauley	4:48.8
Jerry Baker	5:03.3
Tom Krebs	5:30.0
M45 Bob Duncan	5:12.4
M50 Chas Thompson	5:21.7
Art Williams	5:23.8
M60 Adrian Craven	5:24.8
Louis Johnson	5:55.3
<b>5000m</b>	
M40 David DeMedicis	21:56.3
M45 John Carchedi	21:21.8
M65 Jack DeMedicis	28:33.4
M70 Les Longshore	29:10.5
<b>Short Hurdles</b>	
M30 Jimmy Jefferson	17.63
M40 Stacy Price	15.57
M55 Dave Ellis	19.01
W45 Linda Lowery	17.78
<b>300mH</b>	
M60 Jack Gilmore	59.—
<b>High Jump</b>	
M30 Jimmy Jefferson	4-8
M35 Rich Grzeszkowiak	5-8
M40 Phil Mulkey Jr	4-8
M45 Bob Hardin	5-0
Mike Walker	4-10
Johnnie Dye	4-8
M50 Tom Brewer	5-3
M60 Jack Gilmore	5-4
M70 Frank Hayes	4-4
W45 Linda Lowery	4-2
<b>Pole Vault</b>	
M30 Tom Bynum	10-0

Continued from previous page

M45 John von Rohr 13.39  
Bruce Hedendahl 12.63  
M50 Bob Cahners 9.26  
M55 Larry Judd 9.68

**Discus**  
M30 Neil Marotta 31.26  
M35 Bill Truesdale 31.54  
M45 Bruce Hedendahl 39.37  
John von Rohr 35.54  
M50 Bob Cahners 31.47  
M55 Larry Judd 32.900

**Hammer**  
M35 Bill Truesdale 24.40  
M45 John von Rohr 42.02  
Bruce Hedendahl 38.36  
M50 Bob Cahners 35.50

**Javelin**  
M30 Neil Marotta 41.52  
M35 Bill Truesdale 25.62  
M45 Bruce Hedendahl 36.96  
John von Rohr 34.55  
M50 Bob Cahners 17.52

**Weight Throw**  
M35 Bill Truesdale 8.73  
M45 John von Rohr 13.58  
Bruce Hedendahl 13.32  
M50 Bob Cahners 25# 13.90

**3000m Racewalk**  
M45 Rod Vargas 16:38.2  
M55 Dan Koch 18.49  
Jay Caplan 20:59  
M75 Chris Lorenzo 21:05  
W55 Barbara Grand 18:51

**Weight Pentathlon**  
(HT/SP/DJ/TJ/WT) actual marks  
John von Rohr 49 3533  
(42.02/13.39/35.54/34.55/13.58)  
Bruce Hedendahl 49 3496  
(38.36/12.63/39.37/36.96/13.32)  
Bob Cahners 54 2646  
(35.50/9.20/31.47/17.52/13.90)  
Bill Truesdale 37 2021  
(24.40/11.94/31.54/25.62/8.73)

### Southeastern Police & Fire Championships

Birmingham, AL; June 7

**100m**  
M30 Gerald Miles OH 11.94  
W30 Sherry Lyons GA 14.93

**200m**  
M30 Gerald Miles OH 24.34  
M40 Adam Long MO 26.31  
M50 Chas Hallmark AL 36.25

**400m**  
M40 Adam Long MO 59.61  
W30 Hazel Anthony AL 75.09

**800m**  
M40 Spencer Smith LA 2:26.2

**Long Jump**  
M40 David Rogers AL 13-4.5  
W30 Daphne Horton AL 10-1

**Shot Put**  
M30 Mike Johnson MO 42-1.5  
M40 PleasantPark FL 35-11  
M50 Kip Rabern GA 40-5  
W30 Daphne Horton AL 29-10

**Discus**  
M30 Jim Jackson AL 102-1  
M40 PleasantPark AL 103-11  
M50 Jerry Arline FL 124-2  
W30 Daphne Horton AL 79-3

**Hammer**  
M40 PleasantPark AL 83-2  
M50 Jerry Arline FL 119-2  
W30 Daphne Horton AL 55-3

**Javelin**  
M50 Kip Rabern GA 113-4

### MIDWEST

#### Dayton Masters Track Classic

Welcome Stadium  
Dayton, OH; June 7

**100 Dash**  
WOp Moira Vera :14.1  
W30 Vicki Heams :12.9\*  
Linda Carly :13.4  
Kisha Carman :13.6

W35 Belinda McCoy :13.4  
W40 Jacqueline Board :13.4  
W55 Mary Robinson :16.5  
W75 Ernestine Yeomans :29.6

MYth Aaron Daniels :13.9  
MOp Josh Everett :11.8  
Fred Jackson :11.9  
Scott Butera :12.8  
Rich Sucher :13.3

M30 Chris Hitchens :13.4  
M35 Scott Summers :12.0  
Mark Fox :13.2  
Michael Soriano :13.4  
Rod Kavic :13.7

M40 Andrew Mason :11.8  
Mike McPherson :11.8  
Anthony Doty :13.4  
M45 James Crutcher :12.9  
Lee Taste :13.8

Michael Daniels :14.5  
M50 Lloyd Hathcock :12.6  
Phillip Barcus :14.7  
Lawrence Hadley :16.3  
M55 Alan Slater :13.3  
M60 Thom Phillips :13.8  
M65 Samuel Mukes :22.2  
M70 Richard Soller :16.2

**200 Dash**  
WOp Moira Vera :32.1  
W30 Vicki Heams :26.7  
Linda Carly :27.3  
Kisha Carman :28.8

W40 Jacqueline Board :27.5\*  
W55 Mary Robinson :33.4\*  
MYth Aaron Daniels :28.8  
MOp Michael Freeman, jr. :23.1

Rich Sucher :27.5  
M35 Robert Stanley :24.1  
Lindsey Thurman :25.8  
Mark Fox :25.9  
M40 Mike McPherson :24.2

Andrew Mason :25.3  
Lamont Wilson :25.6  
M45 Turan Harper :26.1  
James Crutcher :27.7  
Michael Daniels :28.2

M50 Lloyd Hathcock :26.1  
M55 Lyndon Johnson :30.0  
M65 Ronald Rule :29.8  
Russell Henderson :38.0  
Samuel Mukes :43.9

M70 Richard Soller :34.5\*  
**400 Dash**  
W30 Vicki Heams :62.3  
W35 Belinda McCoy :64.0\*

W40 Jacqueline Board :62.5\*  
W55 Mary Robinson :83.1\*  
W75 Ernestine Yeomans :2:31.3\*

MOp Michael Freeman, jr. :51.2  
M35 Bob Kile :54.9  
Robert Stanley :55.5  
Mark Fox :56.6

M45 Turan Harper :59.2  
Michael Daniels :67.3  
Gene Darst :71.4  
M50 Stephen Smith :58.3

Lloyd Hathcock :68.7  
M55 Lyndon Johnson :68.5  
M65 Ronald Rule :67.2  
Russell Henderson :88.6

**800 Run**  
W30 Lori Wilson :3:54.6  
M30 Keith Lander :2:15.7  
M35 Michael Soriano :2:32.7

Lawrence Cox :2:56.8  
W45 Mary Hartzler :2:55.7\*  
M45 Richard Jirak :2:11.6  
Turan Harper :2:12.5

Gene Darst :2:30.8  
Ronald Ruffin :2:34.4  
Lawrence Hadley :3:06.7  
Lyndon Johnson :2:45.0

M70 Willis Moses :3:10.1\*  
W75 Ernestine Yeomans :6:03.8\*

MYth Tyron Green :2:11.2  
Blair Meiser :2:57.0  
M80 Hugh Yeomans :6:36.5\*

**1500 Run**  
W35 Marilyn Brandt :5:38.7  
W45 Mary Hartzler :6:13.8\*

M35 Lawrence Cox :6:05.6\*  
M45 Richard Jirak :4:52.2  
Ronald Ruffin :5:01.7  
Lyndon Johnson :6:29.4

M70 Willis Moses :6:33.1\*  
**3000 Run**  
WYth Nolan Smith :13:19.0  
MYth Nate Showman :11:40.0

MOp Bob Fritz :10:25.0  
M45 Ronald Ruffin :10:28.5  
M50 Jeff Gerson :11:22.6  
M55 Lyndon Johnson :13:37.4

**Sprint Hurdles**  
WYth Tiara Harrison :18.2  
MYth Marcus McCuiston :18.5

Jake Butera :19.6  
Keith Barron :20.7  
MOp Kevin Boggs :16.7  
M35 Michael Soriano :20.2

M40 Mike McPherson :18.6  
M45 James Crutcher :18.7  
M70 Fred Hirsimaki :17.0\*

**High Jump**  
MYth Keith Barron 5' 8"  
Marcus McCuiston 5' 4"

M35 Rod Kavic 5' 2"  
M50 Phillip Barcus 4' 11"  
M55 Lyndon Johnson 3' 10"

M60 Thomas Phillips 4' 4"  
Bob Jones 4' 2"  
M70 Fred Hirsimaki 4' 4"  
Richard Soller 3' 6"

**Pole Vault**  
M35 Lindsey Thurman 7' 0"

**Long Jump**  
WYth Nolan Smith 12' 7.5"  
W30 Lori Wilson 7' 10"

W40 Donna Pope Green 16' 4.25\*  
MYth Tyron Green 18' 3"  
Jake Butera 17' 6.75\*

MOp Josh Everett 21' 4.75\*  
Fred Jackson 21' 1"  
Kevin Boggs 18' 4.25\*

M35 Scott Butera 17' 10"  
Michael Soriano 13' 9"  
M40 Mike McPherson 18' 6.5\*

M45 John Butera 17' 11.5\*  
M50 Jerry Boswell 18' 4.75\*  
M55 Alan Slater 17' 5.25\*

Lyndon Johnson 13' 10.5\*

M60 Thomas Phillips 13' 5.25\*  
M70 Richard Soller 12' 6.75\*

**Triple Jump**  
MYth Jake Butera 35' 8.5\*  
MOp Rich Sucher 29' 6"

M45 John Butera 34' 9\*  
M50 Jerry Boswell 37' 8\*  
M55 Alan Slater 35' 1\*\*

M60 Bob Jones 19' 11\*  
M70 Fred Hirsimaki 27' 0\*\*

**Shot Put**  
W30 Leslie Butler 25' 9\*\*  
W45 Mary Hartzler 27' 10\*\*

MOp Kevin Boggs 30' 2\*  
M35 Michael Soriano 28' 6.75\*  
M50 Phillip Barcus 32' 3"

M55 Paul Riggins 34' 5\*  
Lyndon Johnson 29' 7.5\*  
Bruce Clodfelter 27' 2\*

M80 Hugh Yeomans 19' 11\*\*

**Discus Throw**  
W45 Mary Hartzler 86' 8\*\*  
MOp Scott Butera 75' 9\*

M55 Paul Riggins 97' 11\*

**1500 RaceWalk**  
W30 Lori Wilson 14:01.0  
M80 Hugh Yeomans 12:30.2

\*Meet Record

### MID-AMERICA

#### Denver TC Meet

Denver, CO; May 15

**100m**  
M30 David Barmer 11.0  
M35 Lewis Kelly 11.9

M50 Gary Giese 13.1  
M55 Larry Carter 13.9  
M65 Don Weis 15.0

M70 Jack Greenwood 14.6  
W40 Sue Norton 14.0  
W45 Deanna Scoville 20.1

W50 Jane Harrington 18.2

**200m**  
M50 Gary Giese 28.1  
M55 Larry Carter 29.4

M60 George Cairns 29.4  
M65 Don Weis 31.4  
M70 Jack Greenwood 31.1

W40 Sue Norton 30.6  
W45 Deanna Scoville 42.3  
W50 Jane Harrington 41.8

**400m**  
M30 David Barmer 51.9  
W40 Teresa Drotar 1:08.4

W45 Deanna Scoville 1:39.2  
W50 Jane Harrington 1:50.0

**800m**  
M45 Frank Kunkel 2:23.0  
M55 George Linn 2:54.3

**3000m**  
M30 Charles Bedford 9:46.5  
M35 Hal McKelvy 10:14.3

M40 Dave Caprera 11:30.5  
M45 Frank Kunkel 10:42.2  
M50 Larry Keuter 11:54.5

M55 George Linn 12:55.7

**Long Jump**  
M50 Gary Giese 16-4  
M60 George Cairns 14-5

**Western Slope Senior Games**  
Montrose, CO; May 17

**100m**  
M55 Dwaine Horton 14.07  
M60 Doug Spainhower 17.49

M65 Grant Twitchell 15.48  
M75 Jack Davison 15.38  
W60 Ursula Fagan 19.65

W70 Marilyn Olen 26.73  
W90 Thelma Dowell 1:29.97

**200m**  
M55 Paul Driscoll 36.11  
M65 Grant Twitchell 31.34

M75 Jack Davison 31.59  
W60 Ursula Fagan 39.80

**400m**  
M55 Paul Driscoll 1:36.74  
M65 Grant Twitchell 1:21.21

M70 Bill Bubert 1:45.16  
W60 Ursula Fagan 1:36.94

M65 Richard Hayes 3:17.02  
M70 Bill Hubert 4:03.41

W60 Ursula Fagan 3:46.19

**1500m**  
M50 Stan Burgess 6:37.59  
M55 Paul Driscoll 6:13.10

M65 Richard Hayes 6:35.46  
W60 Patricia Kelley 9:17.00

**High Jump**  
M55 Dwaine Horton 4-11.50  
M60 D Spainhower 4-9.75

M65 Grant Twitchell 4-2  
m70 Bill Chivvis 4  
W60 M Goodhue 3-3

W70 Marilyn Olen 3-3

**Long Jump**  
M50 Stan Burgess 9-1.75  
M55 D Letzinski 14-6

M60 D Spainhower 12.5.25  
M65 Grat Twitchell 12-4  
M75 Jack Davison 12-4.75

W55 Peggy Ballard 5-6.25  
W60 Shirley Frame 5-8.75  
W70 Marilyn Olen 6-6

W80 Gerida Bergman 5-6.75

**Shot Put**  
M55 Clyde Gossert 34-5  
M60 D Spainhower 31

M65 G Twitchell 30-8.50  
M70 Robert Keenan 33-3.75  
M75 Howard Jensen 23-1

W55 Janis Hayes 17-7  
W60 M Goodhue 25-2  
W65 Pat Craze 21-7

W70 Doris Shettel 13-9.75  
W75 Avanel Jensen 15-3  
W80 Gerida Bergman 13-6.50

W90 Thelma Dowell 6-4

**Discus**  
M55 Dwaine Horton 106-5  
M60 D Spainhower 87

M65 Richard Hayes 96-2  
M70 Robert Keenan 90-1  
M75 Howard Jensen 45-1

W55 Janis Hayes 51-10  
W60 M Goodhue 63-2  
W65 Pat Craze 42-5

W75 Avanel Jensen 30-5  
W80 G Bergman 32-10

### SOUTHWEST

#### 6th Annual Waterloo T&F Championships

Buda, TX; May 17

**100m**  
M30 Alan Sims 11.9  
M35 Lindy Raney 11.4

M40 Bill Burton 11.8  
M45 Bill Collins 11.1  
M55 Bill Everett 13.9

M60 George Gillar 14.0  
M65 Val Smith 18.3  
M70 Wilford Scott 13.1

M75 Tim Murphy 14.2  
W30 Sonia Gongora 14.6  
W40 Cindy Steenbergen 12.6

W55 Sylvia Brooks 16.2

**200m**  
M35 Lindy Taney 23.5  
M40 Cecil Noble 27.5

M45 Jim Dolezel 25.3  
M50 Paul Simmons 27.0  
M55 Don Denson 26.8

M65 Val Smith 42.9  
M70 Wilford Scott 27.7  
M75 Tim Murphy 30.7

W40 Cindy Steenbergen 26.1  
W45 Sandra Burrow 36.3  
W55 Sylvia Brooks 36.3

**400m**  
M35 Tony Rodriguez 52.3  
M40 Bill Burton 52.9

M45 Bill Collins 53.1  
M50 Paul Simmons 1:04.4  
M70 Bob Wingo 1:26.9

W40 C Steenbergen 1:04.5

**800m**  
M55 Paul Driscoll 3:11.66  
M60 Chris Noble 2:49.24

M30 Scott Hesketh 2:35.5

M40 Charles Rainey 2:12.6  
M50 Lloyd Rust 2:34.8

M60 C Wimberley 2:27.6  
M70 Bob Wingo 3:28.6

**1500m**  
M30 Kurt Siklar 4:24.6  
M40 Charles Rainey 5:17.3

**Short Hurdles**  
M35 Dan Cook 16.5  
M40 Michael Mitchell 18.2

M45 Jim Dolezel 20.0  
M55 David Melber 19.6

**Long Hurdles**  
M40 Michael Mitchell 47.2  
M55 David Melber 58.6

M60 George Gillar 59.1

**4x100 Relay**  
M30 Lufkin T & F 45.7  
(Jones/Burton/  
Wilson/Allen)

W30 Gongora Team 57.9  
(Gongora/Brandon/  
Phillips/Kelly)

**High Jump**  
M35 Randal Williams 5-3  
M40 Coy Akers 5-3

M45 Steve Cos 5-8  
M50 Jim Cawley 5  
M55 David Melber 4-8

M60 George Gillar 4-1  
M65 Roy Morgan 4-4  
M70 Adolph Hoffman 4-3

M75 Tim Murphy 4  
W70 Ruth Seeger 3-8

**Pole Vault**  
M30 Flay Deats 14-6  
M35 Brian Elmore 10-6

M40 James Fountain 13  
M45 Warren Wilke 13  
M50 Dennis Schmitt 9-6

M55 Steve Warr 9  
M60 Paul Adams 7  
M65 Roy Morgan 8

M70 Adolph Hoffman 8-6

**Long Jump**  
M30 Kevin Lendo 21-5.50  
M35 R Williams 19-9

M40 M Mitchell 17-3  
M45 Jim Dolezel 16-11.50  
M50 Ed Jones 18-9

M55 Don Denson 16-4  
M65 Val Smith 10-7  
M70 A Hoffman 13-50

W40 M A Webster 12-10.50

**Triple Jump**  
M30 Kevin Lendo 42-4.50  
M35 Steve Bolles 28-10.50

M40 M Mitchell 32-3.50  
M45 Jim Dolezel 33-3.50  
M50 Jim Cawley 33-4

M55 David Melber 20-8.50  
M60 Paul Adams 23-6  
M65 Val Smith 21-9

W40 M A Webster 27-3

**Shot Put**  
M35 David Yeager 25-9.50  
M40 Steve Patridge 49-9

M45 Dave Barber 35-9.50  
M50 Jack Crawford 40  
M55 John Coffiff 41-7

M60 Paul Adams 30-3  
M65 Wendell Palmer 44-3\*

M70 A Hoffman 30-5.50  
M85 John Pearce 23-7  
W40 Carol Finsrud 42-5\*

W70 Ruth Seeger 23

**Discus**  
M35 Bruce Navarre 179-6  
M40 Steve Patridge 177-3

M45 Dave Barber 118-10  
M50 Jerry Brewer 135-8  
M55 John Conniff 158-6

M60 James Carney 112-2  
M65 W Palmer 178-8\*

M70 A Hoffman 102-11  
M85 John Pearce 67-4

M60 D E Hendrix 81-8  
M65 W Palmer 131-4

M70 A Hoffman 78-11  
W40 Carol Finsrud 103-9

**Javelin**  
M35 David Bolles 136-1  
M40 Marvin Hollan 130-10

Continued from previous page

M75+Charles Obye	1.25
W50 Kathy Jager	1.05
<b>Pole Vault</b>	
M55 George Davies	3.35
M65 Dave Douglass	2.28
<b>Long Jump</b>	
M50 John Davis	4.84
M55 Jim Swayze	4.96
M60 Bob Bergfeldt	4.57
M65 Frank Welch	3.03
M70 George Butchko	2.89
M75+Charles Obye	4.01
W50 Kathy Jager	3.76
W60 Carol Eisenbraun	3.27
<b>Shot Put</b>	
M50 Duane Thompson	12.15
M55 Jim Burke	12.60
M60 Bob Beck	12.72
M65 Paul O'Leary	11.37
M70 Wes Goodwin	11.54
M75+Roy Clark	7.21
W50 Kathy Jager	8.61
W55 Karen Bergfeldt	6.40
<b>Discus</b>	
M50 Bob Osterhoudt	35.57
M55 Jim Burke	42.96
M60 Bob Beck	44.32
M65 Art Brandt	33.50
M70 Wes Goodwin	36.84
M75+Roy Clark	21.66
W50 Kathy Jager	19.86
W55 Karen Bergfeldt	15.98
W65 Barbara Brandt	18.93
<b>Javelin</b>	
M50 Joe Hilbe	46.18
M55 Jim Swayze	35.86
M60 Bob Bergfeldt	39.66
M65 Art Brandt	28.12
M70 Wes Goodwin	24.08
M75+Charles Obye	29.96
W55 Karen Bergfeldt	18.16
W65 Barbara Brandt	24.14
<b>3000m Racewalk</b>	
M60 Ray Anderson	18:39.97
M65 Jack Ozment	18:41.89
M75+Roy Clark	25:06.09
W60 Joann Deiner	21:53.22
W70 Marion Mahoney	22:08.30

**KELfield Throws Series #61**  
Santa Cruz, CA; May 17

<b>Shot Put</b>	
M40 Rich Watson	36-5.75
M45 Gary Kelmenson	35-3
W40 Joann Stratton	34-3

<b>Discus</b>	
M40 Rich Watson	113-6
M45 Gary Kelmenson	105-8
M65 George Whiting	120-4
W40 Joan Stratton	104-6

<b>Hammer</b>	
M40 Mike Venning	138-8
Rich Watson	111-6
M45 Gary Kelmenson	122-1
W40 Joan Stratton	44AR 121-4

<b>Javelin</b>	
M40 Rich Watson	155-5
M45 Gary Kelmenson	116-10

<b>Weight Throw</b>	
M40 Rich Watson	38-1/2
M45 Gary Kelmenson	41-4 1/2
W40 Joan Stratton	39-8

<b>56# Weight</b>	
M40 Rich Watson	22-6
M45 Gary Kelmenson	28-3

**KELfield Weight Pentathlon**  
Santa Cruz, CA; May 24

(HT/SPDT/JTWT) actual marks	
John Garvey 35	695
(-M1.50/-)	
Richard Watson 44	2944
(38.26/10.89/32.94/49.38/11.01)	
Gary Kelmenson 46	3084
(37.86/10.54/32.36/33.94/12.82)	
Bob Pryor 48	705
(-M2.02/-)	
Stewart Thomson 64	4615
(50.84/12.98/49.62/27.58/19.42)	
Bob Stone 77	1598
(13.46/5.60/17.58/11.42/5.42)	
Jim York 83	662
(-M3.91/-)	

**Southern California Masters**  
District Championships  
Patterson Field  
Occidental College; June 8

<b>100m</b>	
W30 Tamara Gregory	15.05
W35 Elaine Iba	13.73
Sylvia Hoss	14.03
Shellie Banks	14.05
W40 Debbie Vargas	14.61

Bess Qualls	16.33
Cathy Herring	16.48
Debbie Selby	17.10
Chris Stone	21.44
W45 Kay Sparks	18.96
W55 Kemi Solwazi	14.43
W65 Sumi Onodero	16.91
Magda Kuehne	17.50
W70 Johnnie Valien	18.82
M35 Alberto Ross	11.04
Wayne Iba	11.56
Darrel Reed	13.43
M40 Milton Qualls	11.80
Jimmy Bonilla	11.85
Maurel Akopian	13.03
Foots Williams	13.30
M45 George Wong	13.48
M50 Frank Little	12.49
Dale Herring	12.76
Diet. Reichardt	12.78
Sheridon Groves	12.96
Nathan Asberry	13.08
Tony Craddock	13.34
Joe Perry	13.61
Lance Pierce	13.84
Paul Gilbert	14.20
M55 Phil Robertson	12.79
Lee Gillespie	13.19
Ron McKnight	13.89
Gary Sims	14.14
M60 Kenny Dennis	12.50
Dick Richards	12.53
Nick Newton	13.09
Delos Eyer	14.21
John Fisher	16.42
M65 James Selby	14.63
Frank Kishi	14.87
Vincent Salce	14.90
M70 Tom Miller	15.94
Richard Warren	16.59
George Simon	17.28
Clarence Trahan	17.51
Bert Morrow	18.25
Pete Allen	19.38
M85 Tony Castro	18.50

<b>200m</b>	
W35 Shellie Banks	28.42
Eliane Iba	28.72
Sylvia Hoss	29.25
W40 Kathy Herring	35.15
Debbie Selby	37.07
W45 Laurie DeNuccio	37.43
W60 Pat Willis	46.79
W65 Magda Kuehne	38.77
M35 Alberto Ros	22.57
Wayne Iba	23.38
Darrell Reed	26.78
M40 Jimmy Bonilla	24.30
Foots Williams	26.68
Eugene Driver	25.14
Phil Gnesin	28.56
Rob Gillis	28.77
Frank Little	25.34
Dale Herring	25.87
Ron Salupo	26.29
Joe Perry	27.76
Paul Gilbert	29.18
M55 Phil Robertson	25.81
Terry Cannon	26.72
Lee Gillespie	29.96
Fred Hartman	29.23
M60 Dick Richards	25.57
Kenny Dennis	25.72
Nick Newton	27.15
Delos Eyer	29.40
John Fisher	34.13
Jim Selby	30.47
Louis Beadle	30.91
Frank Kishi	31.21
M70 Tom Miller	34.03
Walt Atcheson	37.44
M75 Chuck Mercurio	36.25
Bob Hunt	42.31
M80 Clarence Trahan	39.17
Bert Morrow	39.35

<b>400m</b>	
W35 Vicki Ford	1:11.39
W40 Carla Hoppie	1:06.01
Debbie Selby	1:30.31
W55 Mary Bonner	1:49.87
W60 Pat Willis	1:59.02
W65 Sumi Onodero	1:24.77
M30 Vaughn Kastor	51.42
Ben Crouch	55.14
M35 Al Ros	50.58
Nikos Mourtos	56.78
Tim Jones	58.19
Neal Boyko	58.55
Foots Williams	58.93
M40 Bill Fitzpatrick	57.59
Howard Becker	58.48
Phil Gnesin	1:01.81
Rob Gillis	1:02.75

<b>800m</b>	
W35 Diana Heil	2:26.86
W40 Carla Hoppie	2:29.68
Debbie Barroza	2:37.08
W55 Mary Bonner	4:13.88
W60 Jeannie Hoag	2:47.95
W65 Sumi Onodero	3:16.05
M30 Carlos Coty	1:56.44
Vaughn Kastor	1:57.59
M35 Mark Cleary	2:06.99
Tim Jones	2:11.55
M45 Nolan Shaheed	1:57.92
Bill Fitzpatrick	2:11.91
Ron Rook	2:31.41
M50 Rob Russell	2:12.51
Steve Shepherd	2:25.66
M55 Bob McAlpine	2:23.30
M60 Charles Kirby	2:31.77
Ray Archibald	2:54.57
M65 Sid Wing	2:32.30
Rob Culling	2:34.83
James Selby	2:35.22
M70 Avery Bryant	3:00.38

<b>1500m</b>	
W30 Andrea Stone	5:03.44
W35 Vickie Ford	5:19.15
W40 Debbie Barroza	5:28.74
W50 Joni Shirley	5:20.27
W60 Pat Willis	8:38.97
M30 Carlos Cota	4:06.19
Henry Gobreyllan	4:38.70
M35 Mark Cleary	4:24.09
Nikos Mourtos	4:26.39
James Reed	4:27.53
Tim Jones	4:41.39
M40 Dave Cook	4:29.59
M45 Nolan Shaheed	4:04.19
M50 Roger Loder	6:22.35
M60 Don Truex	5:03.00
Ray Archibald	6:02.07
M65 Rob Culling	5:15.41
Gunnar Linde	5:31.51
M70 Avery Bryant	6:15.27

<b>110m Hll</b>	
M35 Rog. Drummond	17.09
M40 Ken Stone	19.82

<b>100m Hll</b>	
M50 Sheridan Groves	15.75
M55 Bill Knocke	17.10

<b>80m Hll</b>	
M75 Walter Dahlin	16.18
M80 Bert Morrow	18.94

<b>300m Hll</b>	
M60 Al Sheahan	56.20
M65 Phillip Johnson	1:04.95

<b>400m Hll</b>	
M35 Roger Drumm	1:02.70
M40 Ken Stone	1:05.55
Andy Hecker	1:10.06
M50 Sheridan Groves	1:06.54
Jorge Birnbaum	1:15.20
M55 Bill Knocke	1:05.20

<b>5000m</b>	
W35 Susan Abramian	23:23.28
W55 Heleno Gerundo	25:09.38
M30 Henry Gabreyllan	17:11.30
M40 Steve Blum	16:03.49
John Tuttle	16:39.24
Dave Cook	19:22.34
M45 David Leara	17:50.97
M55 Rob Petrovich	20:42.02
M60 Ray Archibald	23:17.88
M65 Pat Devine	21:18.48
James Selby	22:52.90
Pete Mundle	28:58.32
M65 Arnie Gaynor	12.72
Harry Hawke	11.78
Carlos Martinez	10.29
Hal Wallace	9.90
Don Hegberg	9.81
M70 Ed Chenoweth	11.34
M75 Jerrie Siefert	9.21

<b>Long Jump</b>	
W35 Elaine Iba	4.76
W40 D. Vargas	3.51
W45 Kay Sparks	2.64
W60 Ellen Brannigan	2.81
W65 Magda Kuehne	3.25
M35 Derek Brown	6.31
Lavell Davenport	6.24
Bill Henry	5.51

M50 Ron Salupo	57.28
Rob Russell	57.72
M55 Gary Sims	1:05.24
Fred Hartman	1:07.30
M60 Ross Dunton	1:10.82
M65 Sid Wing	1:04.72
James Selby	1:06.67
Al Escobosa	1:11.64
Louis Beadle	1:12.35
Bob Hunt	1:37.96

<b>Triple Jump</b>	
W35 Elaine Iba	9.00
W65 Magda Kuehne	7.56
M35 Lav. Davenport	14.19
Bill Henry	10.82
M40 Andy Hecker	10.19
M45 Milan Tiff	14.17 AR
M70 Dewey Vroom	8.10
M75 Charles Mercurio	7.78

<b>High Jump</b>	
W35 Karen Vaughn	1.27
W45 A. Steeklenburg	1.42
W65 Shirley Kinsey	0.97
W70 Johnnie Valien	0.97
M35 Timothy Jones	1.57
Nikos Mourtos	1.37
M40 Jason Meisler	1.82
M45 Charlie Radar	1.82
Mike Cates	1.47
M50 Roberto Pozzi	1.67
Jorge Birnbaum	1.47
M55 Azvie Perry	1.37
M60 Nick Newton	1.52
M75 Walt Dahlin	1.32 AR

<b>Pole Vault</b>	
W30 Allison Jesse	3.20
W65 Shirley Kinsey	1.63
M40 Doug Sparks	4.12
M45 Steve Morris	4.12
M50 Daniel Borrey	4.12
M55 Terry Cannon	3.36
M60 Ray Fitz	2.40
M70 Don Roser	2.30
M75 Walt Dahlin	2.21
M85 Carol Johnston	2.21 WR

<b>Discus</b>	
W40 Svetl. Yesayan	35.58
W60 Ellen Brannigan	17.12
M35 James Barry	35.12
M40 Val Olotoa	37.50
James Kerman	37.16
Bill Gardner	36.82
M45 Mike Deller	40.84
Mike Nash	34.92
Jim Cordes	27.58
M50 David Pena	32.98
M55 Jae Marino	38.84
Den. McCraven	37.48
Tom Poole	35.08
M60 Bob Humphries	47.42
Alan Rosen	39.54
Doug Cronin	35.42
Bob Eldridge	30.86
Walt DeRothe	24.52
M65 Harry Hawke	43.54
Arnie Gaynor	42.84
Don Hegberg	38.56
Hal Wallace	34.36
Charles Martinez	32.42
M70 Dewey Vroom	29.52
Walt Atcheson	25.46
M75 Bob Hunt	25.58
Walt Dahlin	21.16
Jerry Siefert	19.54
Pete Allen	17.80

<b>Hammer</b>	
M45 Mike Deller	47.06
Al Cain	29.04
M60 Bob Humphries	45.44

<b>Javelin</b>	
W35 Susan Abramian	34.72
Karen Vaughn	19.28
W60 Ellen Brannigan	16.40
M35 Sam Dagmadjian	36.80
M40 Bill Gardner	50.48
M45 Ron Rook	36.82
Make Cates	35.84
M50 David Pena	40.90
Richard Rook	29.68
M55 Jae Marino	31.32
M60 Delos Eyer	35.30
Chuck Coutts	33.02
M65 Don Hegberg	27.54
M70 Del Pickarts	44.64
Ed Chenoweth	31.72
Don Roser	31.08
M75 Jerrie Siefert	26.34

<b>Shot Put</b>	
W35 Shellie Banks	9.18
W40 Svetl. Yesayan	11.42
Debbie Vargas	7.90
W70 Johnnie Valien	6.07

M45 John Kuehle	5.70
M55 Paul Madwin	3.18
M60 Dick Richards	5.54
Delos Eyer	3.85
M65 Vincent Salce	4.03
Phillip Johnson	3.78
M70 Dewey Vroom	3.91
Richard Warren	3.86
M80 Clarence Trahan	3.36

<b>Triple Jump</b>	
W35 Elaine Iba	9.00
W65 Magda Kuehne	7.56
M35 Lav. Davenport	14.19
Bill Henry	10.82
M40 Andy Hecker	10.19
M45 Milan Tiff	14.17 AR
M70 Dewey Vroom	8.10
M75 Charles Mercurio	7.78

<b>High Jump</b>	
W35 Karen Vaughn	1.27
W45 A. Steeklenburg	1.42
W65 Shirley Kinsey	0.97
W70 Johnnie Valien	0.97
M35 Timothy Jones	1.57
Nikos Mourtos	1.37
M40 Jason Meisler	1.82
M45 Charlie Radar	1.82
Mike Cates	1.47
M50 Roberto Pozzi	

## Continued from previous page

M60 Andrej Rzepecki	45.50
M70 Johan Botha	29.76
M75 A. Carnie	24.76
M80 L. Wale	23.60
M85 Claude Sterley	21.10
M95 Sonja Van Tonder	22.46
M40 Johanna Labuschagne	28.64
M45 Mari Westhuizen	32.70
M50 Jana Rzepecka	27.44
M55 Anette Grobler	20.38
M60 Naomie Van Lill	21.04
M65 Suzanne Malherbe	16.40
M80 Ethel Paveley	10.84

## HAMMER

M40 Hans Barnard	34.54
M45 J. Roodt	43.98
M50 Zol Van Den Berg	36.64
M55 H. Rohde	28.32
M60 Andrej Rzepecki	48.46
M70 Johan Botha	26.32
M75 A. Carnie	23.24
M85 Sonja Van Tonder	21.14
M40 Riona Steenkamp	27.12
M45 Vera-May Clayton	30.96
M50 Kitty Van Der Merwe	24.32
M55 Anette Grobler	31.72
M60 Naomie Van Lill	25.42
M65 Suzanne Malherbe	22.74
M80 L. Wale	17.60
M85 Claude Sterley	23.68

## JAVELIN

M40 Terseus Liebenberg	65.44
M45 J. Vorster	43.70
M50 L. Van Der Merwe	52.12
M55 Wilfred Mwalwanda	51.82
M60 C. English	38.94
M75 A. Carnie	14.96
M80 L. Wale	22.50
M85 Claude Sterley	15.26
M35 Annett Van Schalkwyk	36.20
M40 Janse Van Rensburg	27.86
M45 Mercia Ferreira	26.02
M50 Kitty Van Der Merwe	21.62
M55 Hella Kuppe	25.58
M60	
Naomie Van Lill	22.70
M65 Suzanne Malherbe	19.90

## DECATHLON

M40 Pieter Williams	5559
M45 Johan Allers	6073
M55 Rudy Bosch	5372
M60 Albert Smith	5575
M65 Andy Heine	6332

M70 Al Van Zyl	6411
M35 Loesje De Beer	3665
M45 Stephanie Van Rooyen	4811

## WEIGHT PENTATHLON

M40 Terseus Liebenberg	3269
M45 J. Roodt	3372
M50 Theunis Naude	2920
M55 H. Rohde	3290
M60 Andrej Rzepecki	4279
M70 Johan Botha	2719
M75 A. Carnie	2742
M80 L. Wale	3030
M85 Claude Sterley	3238
M35 Sonja Van Tonder	1747
M40 Rachelle Boardman	2310
M45 Bertha DuPlessis	2310
M55 Penny England	2709
M60 Naomie Van Lill	3370
M65 Suzanne Malherbe	3085

## 5K RACE WALK

M40 Ollie Mundell	22:46
M45 Mike Whitmore	24:54
M50 Zol Van Den Berg	28:14
M55 Jurgen Spencer	24:22
M60 H. Rosouw	28:26
M65 Martin Slabbert	28:56
M70 George Hazle	31:31
M75 Rowland Rogers	36:59
M80 Bob Goodwin	45:30
M35 J. Cunningham	32:09
M40 Barbara Nell	24:59
M45 Hester Van Den Berg	26:12
M50 Cynthia Van Spronsen	30:12
M55 Lindsay Hatz	30:52
M60 Eunice De Bruyn	32:42
M65 Pamela Bass	35:23
M75 Eileen Johnston	40:44

## 20K WALK

M40 Ollie Mundell	1:38:26
M45 Coli Van Blommestein	1:43:35
M50 Zol Van Den Berg	2:02:26
M55 Jurgen Spencer	1:49:47
M60 Peter Hatz	1:53:07
M65 Martin Slabbert	2:14:20
M70 George Hazle	2:12:33
M75 Rowland Rogers	2:42:48

## 10K WALK

M35 Lill-Ann Krieger	57:36
M40 Karen Davies	50:12
M45 Hester Van Den Berg	54:10
M50 Patay Clemmans	59:23
M55 B. Lubbe	1:10:50
M60 Eunice De Bruyn	1:06:14
M65 Pamela Bass	1:13:04
M75 Eileen Johnston	1:39:28

Nessi Hollicky	23:37
Ann Kahl	24:03
Dorothy Wilhelmsen	24:14
W70 Agnes Reinhard	24:08
Louis Akers	25:07
Nancy Smalley	25:50
Shirley Goff	26:15
W75 Millie Bolton	28:29
Elain Geyer	29:56
Samia Doro	30:46
W80 Louise Martin	35:56
Mary Haines	37:03
Frances Smith	38:33
W85 Ivy Granstrom	38:22
Eleanor Pease	47:02

Weather: 69deg/h44%/sunny

## -10K-

M50 Don Rossman	35:53
Don Baker	37:25
John Soltis	38:12
Ron Magee	38:39
Mike Vasquez	40:47
M55 Jerry McGath	34:19
David Mellady	36:02
David Graham	36:19
Bill Harding	36:23
Marshall Jones	36:41
Bobby Kincaid	37:00
John Pelton	37:01
Wally Brawner	37:18
Charles Gray	37:36
Dick Ward	37:49
James Hill	38:54
Jerry Levasseur	39:47
M60 Fred Dice	37:26
Richard Silva	37:47
Ross Westley	38:34
Lee Walton	39:02
Donald Lein	39:25
Jack Whitcomb	40:30
Carl Trimmer	40:34
Sam Idrogo	40:51
Ken Ogden	40:57
George Mathes	41:24
M65 Joe Fernandez	37:15
Paul Heitzman	38:09
Dale Goering	41:09
Arturo Melendez	41:16
Foster Doty	41:55
Tom Cooka	42:27
Jim Lynch	42:34
Virgil Love	42:46
M70 Pat Gallagher	44:43
Bill Carey	45:17
Phil Mongillo	45:24
Will Talley	46:40
Gian Sahota	46:43
Dennis Egle	47:04
M75 Oscar Burris	44:13
Will Metz	44:33
Ned Bennett	50:36
Edgar Morgan	53:12
M80 Ed Vuolo	53:16
Dudley Healy	53:22
Goryun Nigogosyan	58:41
M85 John Pianfetti	98:43
W50 Octavia Childress	45:36
Barbara Bloom	46:40
Donna Sims	48:13
Ileta Coley	48:31
W55 Louise Walters	42:16
Zofia Turosz	43:03
Rusty Barnett	44:40
Heide Moebius	48:54
Willy Moolenaar	49:45
Jan Parke	50:16
W60 Lupe Parsons	46:26
Tami Graf	47:22
Charlotte Belless	48:02
Yoshiko Takahashi	48:06
Barbara Boltz	50:03
Maureen Murphy	50:04
W65 Marge Ferris	44:36
Marge Hoffman	47:51
Dorothy Bradley	48:21
Nessie Hollicky	50:28
W70 Agnes Reinhard	51:29
Kay Morrison	57:32
Pepper Davis	58:12
W75 Elain Geyer	62:43
Samia Doro	66:32
Val Ellingsen	67:13
W80 Louise Martin	76:02
Mavis Borthick	79:47
Mary Haines	86:32
W85 Ivy Granstrom	86:38

## Freihofer's Women's 5K/Indy

## Life Circuit Race

## Albany, NY; May 31

## Overall

Elva Dryer	15:29
Lynn Jennings	15:30
Cheri Goddard	15:32
W40 Ruth Wysocki	AR16:06
Jane Welzel	16:28
Joan Benoit Samuelson	16:31
Regina Joyce	17:05
Kimberly Campo	17:35
Claudia Kasen	17:57
Honor Fetherston	18:02
Mary Lammi	18:05
Kim Halliday	18:34
Marge Bellisle	18:42
Eileen Troy	19:05
Charlotte Thomas	19:16
Sharon Vos	19:29
Denise Herman	19:42
Shirley Woodford	19:52
W45 Terry Mahr	18:31
Catherine Lempesis	19:15
Claudia Piepenburg	20:08
Nonie Hudnall	20:24
Jan Vermilye	20:27
Elaine Lutzker	20:59
Kathy Ambrosio	21:14
Jean Queal	21:28
Coreen Steinbach	21:41
Martha DeGrazia	22:01
Cecily Dexter	22:06
Anna Dickerson	22:06
W50 Joan Ottaway	18:19
Mary Ryczek	20:06
Susan Gustafson	20:11
Nancy Frisillo	20:36
Jayne Zinke	20:53
Candi Schermerhorn	21:07
Laura Clark	21:55
Carol Hansen	22:18
Carolyn Lemmon	22:53
Sherry Dixon	23:38
W55 Shirley Matson	18:51
Carrie Parsi	20:38
Marilyn Grissom	21:43
Regina Wright	23:26
Marge Rajczewski	23:56
Doris Baier	24:32
Sakiko Claus	26:50
Asieh Shayegani	27:36
W60 Wen-Shi Yu	23:30
Anny Stockman	24:20
Geri Owens	25:04
Eleanor Fleming	25:50
Mary Harada	26:34
Sally Rusby	26:37
Janet Kolod	27:07
Eiko Bogue	30:42
W65 June Machala	22:07
Sylvia Weiner	25:34
Dolores Quinn	27:52
Pat Van Galen	28:53
Bertha McGruder	30:35
W70 Ani Rak	31:50
R. Tumidajewicz	32:05
W75 Althea Jureidini	40:29

## Freihofer's Run For Women 5K

## Age-Graded Masters Results

Name	Age	Time	A-G
Ruth Wysocki	40	16:06	15:20
Jane Welzel	42	16:28	15:28
Shirley Matson	56	18:51	15:32
Joan Ottaway	53	18:19	15:33
Joan Samuelson	40	16:31	15:44
June Machala	66	22:07	16:16
Regina Joyce	40	17:05	16:16
Terry Mahr	48	18:31	16:28
Kimberly Campo	41	17:35	16:36
Carrie Parsi	58	20:38	16:38

## Run For Freedom 5 Mile &amp; Mile

## Newark, NJ; May 12

## -5 Mile-

## Overall

Amilcar Duarte	38	25:14
Jean Chodnicki	37	29:52
M40 Peter Hughes	5:53	
Frank Tone	30:01	
Chas Slaughter	30:17	
M45 Jaine Fonseca	28:42	
Bill Warzenski	31:14	
John Piccoli	31:18	
M50 Victor Cruz	30:04	
Sid Howard	30:06	
David Fernandes	52:34:45	
M60 John Kopil	62	32:56
Richard Wilde	62	37:15
M70+Dudley Healy	83	51:23
Vince Carnevale	80:55:04	
W40 Mary Gallagher	34:19	
Paula Dickson Taylor	34:29	
Susan Hughes	37:55	
W45 Peggy Klecha	40:03	
Pansy Randell	57:08	

## Run For Youth 5K

## Plantation, FL; April 5

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## Overall

## LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

## U.S. National Senior Sports Classic 10K (May 24) &amp; 5K (May 26); Tucson, AZ

## -5K-

M50 Guy Berthiaume	16:27
Alex Silverman	16:53
Don Rossman	17:01
Don Baker	17:25
Lou Sariego	17:44
John Soltis	17:47
Ron Dombrowski	19:07
Mike Vazquez	19:22
Gary Coley	19:22
M55 Jerry McGath	16:35
David Mellady	17:10
Bill Harding	17:21
John Pelton	17:24
David Graham	17:25
Ray Kunselman	17:32
Marshall Jones	17:34
Dick Ward	17:36
Wally Brawner	17:39
Bobby Kincaid	17:48
M60 Richard Silva	17:43
Fred Dice	18:16
George Mathes	18:34
Carl Trimmer	19:06
Ken Ogden	19:09
Don Lein	19:10
Samuel Idrogo	19:13
Roy Nelson	19:16
David Bertke	19:35
Orville Kremmer	19:52
M65 Paul Heitzman	17:38
Joe Fernandez	18:00
Walter Gale	19:12
Carl Ellsworth	19:26
Tom Cooka	19:49
Dale Goering	19:50
Arturo Melendez	20:01
Foster Doty	20:03
Virgil Love	20:04
Jim Lynch	20:08

M70 Fred Frost	18:59
Pat Gallagher	20:59
Bill Carey	21:15
Phil Mongillo	21:24
Eugene Nink	22:08
Winn Talley	22:09
John Baird	22:23
Ken Arnett	22:33
M75 Will Metz	21:03
William Tribou	22:17
Ned Bennett	22:52
Larry Johnson	24:12
Francis Albaugh	24:57
Edgar Morgan	25:04
M80 Edmund Vuolo	24:56
Jesse Jolly	27:30
Joe Thornburg	28:26
Dudley Healy	28:53
Max Springer	29:31
M85 Anthony Denardis	36:32
John Pianfetti	39:00
W50 Josephine Marchetti	18:55
Octavia Childress	21:29
Bonnie Theall	21:33
Barbara Bloom	21:52
Ileta Coley	22:02
Linn Smith	22:41
W55 Yvette Lavigne	19:36
Louise Walters	20:15
Zofia Turosz	20:45
Sue Fletcher	21:07
Rusty Barnett	21:38
Willy Moolenaar	22:04
Carolyn Wilson	22:06
Heide Moebius	23:11
W60 Lupe Parsons	21:50
Yoshiko Takahashi	21:54
Janet Freeman	21:57
Mary Melehan	22:13
Tami Graf	22:15
Ruth Heidrich	22:32
Beverly Eggert	22:59
Charlotte Belless	23:03
W65 Marge Ferris	21:23
Marge Hoffman	22:57
Dorothy Bradley	22:58



## SOUTHEAST

## Run For Youth 5K

## Plantation, FL; April 5

## Overall

## Overall

## Overall

Continued from previous page  
George Washington Pkwy. 15K  
Mt. Vernon, VA; April 20

<b>Overall</b>	
Sergei Shalomeyev 29	46:31
Lyubov Belavina 24	52:43
M40 Tom Stevens	48:44
Michael Bressi	50:22
Jon Thoren	54:02
M45 Chuck Moeser	49:27
Jack Barrar	56:57
Tim Morgan	57:40
M50 Reuben Beauchamp	54:58
Alan Roe	58:48
Chris Riley	58:59
M55 Fay Bradley	54:18
Gerry Ives	57:07
Mal O'Hagan	61:00
M60 George David	67:36
Bruce Moose	75:29
M65 Larry Dickerson	1:04:23
Don Trilling	1:48:03
M70 Bill Morrison	1:18:30
Abe Schwartz	1:30:17
W40 C VenturaMerkel	59:40
Pat Donohue	64:20
Linda Sheimo	68:34
W45 Susan Humphries	62:45
Linda Mills	66:24
Val Campbell	67:04
W50 Lynne Hays	73:27
Tina Olson	79:41
Joyce Ploeger	79:49
W55 Sharon Dolan	64:38
Janice Stoodley	67:56
W60 Jeanette Chambers	84:59
Shirley Sullivan	91:05
W75 Hedy Marque	85:05

News Sentinel Expo 10K  
Knoxville, TN; May 24

<b>Overall</b>	
Kevin Odiorne 24	30:01
Stacy Snyder 24	36:05
M40 Philip Rowan	32:30
Mark Friedrich	33:05
Dan Hyde	33:49
Dan Kolb	35:31
Hank Brown	37:25
M45 Jim Freid	37:32
Glen Farr	38:30
Jeff Christian	38:58
M50 Harry Purdy	39:03
Lynwood Wagner	39:14
William Orr	39:19
M55 Royce Sayer	41:04
Rick Erdmann	41:51
Richard Davis	43:56
M60 Malcolm Gillis	39:57
Paul Barrette	46:46
Charlie Engle	48:27
M65 Jack Gough	47:04
Roger Richards	48:48
Bill Kleber	53:37
M70+Joe Conrad 70	52:24
Ed Nicholson 75	54:39
W40 Molly Gerke	44:11
Sally Evenden	44:28
C Maxwell-Port	44:31
W45 Alendia Vestal	39:26
Jacquelin Price	49:31
Gwyn Baker	50:30
W50 Linda Mize	48:58
Barbara Winters	52:02
Janice Hicks	52:41
W55 Marie Ulmer	48:39
Lilly Hall	53:09
Judy Kirchoffer	64:10
W60 Wendy Williams	51:46
Patti Reece	53:39
Micky Mabee	58:41
W65 Jean Dilworth	59:26
Nyta Wall	65:38

Memorial Day Classic 5K  
Weston, FL; May 26

<b>Overall</b>	
Matt Novack	16:14
Kimberly Halliday	18:45
M40 Don Dore	17:36
Steven Barraco	17:41
Frederick Franklin	17:53
M45 Patrick Smith	19:29
Gustavo Schmidt	20:42
Jan Bellows	20:59
M50 Anthony Roque	17:21
Al Shamoun	19:52
Ed Krieling	20:46
M55 Bill Adams	22:06
David Worley	22:40

Danny Goodman	24:12
M60 Aaron Ouanana	22:03
Benny Cepero	22:22
Jim Richardson	25:24
M65 Ren Williams	23:43
Henry Sanchez	33:52
George Bowkeer	41:14
M70+Richard Marshall	30:58
W40 Mary Sorrell	23:31
Lynn Suhler	24:05
Cindy Long	24:??
W45 Patty Nichols	23:30
W60 Lois Balafas	27:53

Memorial Day Family Affair  
5 Mile

Boca Raton, FL; May 26

<b>Overall</b>	
Andrew Greenidge 32	26:48
Micky Reeger 28	28:16
M40 Michael Jesselnick	30:09
Moises Virelles	32:32
Thomas Goddard	32:58
M45 George Grosheim	31:57
Michael Reed	32:01
Larry Byrne	32:12
M50 Ed Ruby	34:53
Frank Gay	36:25
Doug Schooler	36:44
M55 Bill Springer	30:21
Gerry Miller	41:30
John Fullmer	42:20
M60 Tom Dye	37:06
James Lamb	42:58
Hugh Strachan	45:02
M65 Thomas Gewant	41:46
Jean Karle	45:02
Louis Iannucci	56:23
M70+Carmelo Crupi	41:48
Ivan Paris	48:27
W40 Barbara Thomas	39:58
Robin Coates	41:38
Teresa Durando	43:43
W45 M A Loescher	43:51
Sherry Fleming	45:08
Elena Mullen	49:15
W50 Gill Lively	44:25
Eileen Gottlieb	46:17
Bonnie Gaffin	59:17
W55 Elizabeth Scarry	41:38
Marte Montex	45:03

WZYP Cotton Row Run 10K  
Huntsville, AL; May 26

<b>Overall</b>	
Godfrey Siamusiye 24	29:57
Alina Ivanova 28	35:13
<b>M40</b>	
Valery Svetogor	RU 33:00
Phillip Rowan	NC 33:10
Terry Daniel	AL 34:04
Stann Vernon	CO 34:42
Joe Francica	AL 35:41
William Martin	TX 37:23
Clint Jones	AL 37:46
Alfred Smith	AL 38:35
Mark Stevens	KY 38:47
Rich Rodenhausen	AL 39:24
<b>M45</b>	
Duane Wolff	KY 38:53
Gary Grace	AL 40:52
Iman Majid	AL 42:14
Tommy Springer	AL 42:14
Jack Foster	TN 42:16
James Carroll	TN 42:25
Rod Thompson	AL 42:28
George McDermott	AL 42:36
Steve Stanley	AL 42:58
Joe Ritch	AL 43:09
<b>M50</b>	
Jim Worthey	AL 38:02
Carl Nicholson	AL 38:37
Jim Upton	AL 39:36
Doug Starkey	TN 39:54
Dick Franklin	AL 39:55
Don Wallace	AL 40:34
Steven Annan	AL 43:19
Bill Knox	LA 43:37
Lee Williams	AL 44:34
Ed Boyles	TN 44:48
<b>M55</b>	
Andrew Sherwood	GA 41:12
Dean Godwin	SC 42:42
David Washington	AL 43:57
Golden Bertram	AL 45:52
Bobby Jackson	AL 46:01
Paul McCain	AL 46:31
Ted Hegenbarth	AL 46:34
Ray Fanning	AL 47:56
Bryan Miller	AL 49:01
Roland McKenzie	AL 49:03
<b>M60</b>	
Malcolm Gillis	AL 41:25

Bob Fucci	AL 44:19
Dave McKim	GA 45:12
Robert Alt	TN 45:20
Paul McCaleb	TN 46:15
Cecil Hester	AL 46:16
Raymond Mattle	AL 46:26
Kelly Stinson	AL 47:18
James Whitt	AL 48:04
Charles Terrell	AL 50:03
<b>M65</b>	
Ben Morton	AL 44:24
Jack Gough	FL 47:03
Gresh Downs	AL 47:58
Richard McCrady	AL 48:15
Roger Richards	AL 51:58
Bill Chubb	AL 54:31
Mark Wheat	AL 56:39
B.P. Daniel	GA 58:17
Floyd Batchelder	AL 58:23
Michael Dooley	AL 65:16
<b>M70</b>	
Joe Conrad	FL 53:41
Thomas Cantrell	AL 54:16
Herb Johnson	AL 55:11
Kenneth Robinson	TN 56:53
John Laughlin	TN 60:26
Gene Simonson	AL 60:35
Jay Grove	AL 65:31
Ken Reed	AL 66:23
Phil Curry	AL 67:22
Ernest R Ritch	AL 68:17
<b>F40</b>	
Tatiana PozdniakovaRU	35:47
Joyce Deason	LA 39:38
Victoria Crisp	TN 39:48
Molly Gerke	VA 44:08
Cathy Henry	AL 46:59
Mimi Hughes	TN 48:13
Jeanneane Hazleton	AL 48:51
Cathie Johnson	TN 49:45
Kathy Gray	AL 49:49
Maureen Higgins	AL 50:23
<b>F45</b>	
Judith Hine	GA 39:00
Sarah Grace	AL 47:55
Pamela Duke	AL 50:16
Pamela Marshall	AL 50:49
Judy Melton	TN 51:40
<b>F50</b>	
Lynda DePaulis	TN 51:40
Mary Thompson	SC 52:07
Barbara Murphy	AL 52:55
Vivian Hammond	AL 53:53
Janet Lowe	TN 55:05
<b>F55</b>	
Anne Park	AL 53:26
Barbara Sosebee	AL 58:48
Jackie Clark	AL 59:06
Dot Richter	AL 59:23
Betty Byrne	AL 60:45
<b>F60</b>	
Yoshiko Setser	AL 53:07
Barbara Meyer	AL 54:19
Marion Kowalski	IL 58:27
Claudia Highfill	AL 60:08
Christine Hearn	AL 65:03
<b>F65</b>	
Joann Long	AL 57:36
Betty Dooley	AL 68:42

Bay-to-Bay 7.5 Mile  
St. Petersburg, FL; June 1

<b>Overall</b>	
Muchapiwa Mazano 23	38:04
Kim Bruce 34	45:39
M40 Steve Mikles	43:29
Bill Knapp	43:45
Rick Clark	NTA
M45 Royston Dillon	43:49
Bob Dozoretz	45:20
Jim Larkin	46:38
M50 David Hurley	46:50
Metayer	49:44
Charles Gervasi	50:26
M55 Roger Roullier	45:17
Joe Burgasser	45:54
Luis Varga	51:47
M60 Jim Larson	52:15
Bob Palsa	55:29
Dick Ruzicka	56:17
M65 Jack Gough	55:00
Jim Blount	56:22
Tom Depenbrock	1:01:19
M70 Gus Prince	1:01:09
Carl Hammen	1:07:40
John Malley	1:19:37
M75+Millard Shumate	NTA
Jim Ward	1:28:06
Ted Wendt	1:39:49
W40 Peg Elmer	52:48
Tina Pontoni	54:32
Barbara Frye	54:52
W45 Kathy Gruber	52:02
Janice Scott	53:26
Debbie White	54:02
W50 Dottie Foster	56:01
Pat Cohen	58:56
Sandra Rodolf	1:03:30

W55 Anne Dougherty	1:06:10
Anne Paradise	NTA
Cathy de Haan	1:13:05
W60 Ann Tibbets	1:13:00
C Depenbrock	1:19:47
Rose Hage	1:19:51
W65 Carolyn Hoffman	1:20:36
Jackie Yost	1:24:33
Ann Reidelbeger	1:42:00

Run 'Fer The Hills 10K  
Gatlinburg, TN; June 7

<b>Overall</b>	
Lazarus Nyakerara 21	29:20
Karolina Szabo	34:41
M40 Craig Young	32:08
Valery Svaytor	32:23
Tom Stevens	32:38
M45 Henry Rono	35:56
Don Etheridge	38:37
Guy Giles	39:21
M50 Scott Barrow	37:12
Bill Orr	38:57
M55 Jim Lockhart	43:30
Coye Blankenship	44:21
M60 Paul McCaleb 63	44:28
Bob Bradley 67	46:51
M70+Walter Collins 79	64:40
Max Springer 83	66:25
W40 Marietjie Ceronio	39:01
Victoria Crisp	39:30
W45 Alendia Vestal	39:15
Judith Hine	39:21
W50 Mary Preisel	42:01
Linda Mize	49:33
W55 Joanne Jordan	55:59
W60 Wendy Williams 64	51:49

MID-AMERICA

Lincoln Marathon/Half-Marathon  
Lincoln, NE; May 4

<b>Marathon</b>	
<b>Overall</b>	
Timothy Jones 36	2:23:15
Roxi Erickson 34	2:46:35
M40 Cuevas-Cardona	2:38:54
Rick West	2:44:32
Julio Velez	2:46:53
Charles Locke	2:47:11
Hector Sanchez	2:49:47
M45 Dallas Workman	2:33:29
Michael Zeigle	2:39:18
Max White	2:46:19
Robert Buman	2:52:40
Terry Hubler	2:55:19
M50 Gary Julin	2:50:58
R Fernandez	3:08:38
Homer Hastings	3:09:03
Harvey Kunz	3:09:07
Stanley Allen	3:10:21
M55 Tom Adair	3:07:50
Russell Poulin	3:19:30
John Ohnesorge	3:31:13
Clay Mottaz	3:35:10
Ray Stevens	3:36:52
M60 George Stump	3:44:10
Jerry Sombke	3:55:21
John Ryan	3:56:54
Jerry Murphy	3:57:33
Gary Shubert	4:00:49
M65 Rex May	3:50:23
Marvin Metzger	4:02:42
Pete Norman	4:48:52
Jesse Delgado	4:57:45
Wayne Kozak	5:19:42
M70 Sigurd Daehnke	4:55:35
M75 Clarence Osborn	6:34:56
M80 Chuck McFerron	5:56:04
W40 Marla Rhoden	3:02:18
Robin Seymour	3:21:50
Loretta Ulibarri	3:34:42
Gail Leedy	3:34:48
Paula Lindahl	3:37:38
W45 Cindie McKenna	3:52:35
Helene Blaustein	3:53:12
C A Anderson	4:24:04
Gwen Boone	4:34:29
Diane Power	4:36:47
W50 Anne Mediros	3:32:52
Connie Friend	4:05:59
D A Aydelott	4:11:21

BarbaraAdkins	4:23:08
JoyceVannier	4:24:23
W55 Linda Breen	3:59:27
Valdene Ranum	4:01:08
Donna Noonan	5:12:15
Ella Fennessy	5:30:04
W65 Marilyn Haase	5:35:51
Mary Erlich	5:39:36
W75 Doris Chandler	6:37:52

Half-Marathon  
Overall

Aaron Johnson 21	1:07:46
Renee Kruse	1:16:00
M40 Dave Johnson	1:10:41
Rick Terhune	1:17:02
Gary Bredehoft	1:21:41
M45 Kent Oglesby	1:21:27
Ralph Miller	1:21:49
Bill Engert	1:22:15
M50 Bob Kapke	1:19:34
Rick Jackson	1:34:54
Larry Davison	1:25:28
M55 Ronn Baker	1:27:33
E Dondlinger	1:31:03
Robert Morrison	1:34:03
<b>M60 (results unreadable)</b>	
M65 Gene Harding	1:41:51
Ivan Goering	1:57:12
Robert Brown	2:01:07
M70 Jack Boyer	2:28:37
Robert Thomas	3:11:31
M75 Bob Christian	2:24:29
W40 A Wickstrom	1:29:57
Annette Mahony	1:36:33
Debra Graham	1:39:31
W45 Bea Sides	1:42:10
Judy Cox	1:46:07
M Buckstein	1:48:35
W50 Karen Bestul	1:33:18
Margie Rogers	1:45:11
Cathy Day	1:45:36
W55 ShirleyBoden	2:01:29
Judi Harding	2:03:44
Jane Monk	2:05:45
W60 Rita Weber	1:55:35
Fritzi Hazelrigg	2:09:55
Beth Sinner	2:40:47
W65 Trudy Nepstad	3:15:52
Mary Schroeder	3:20:42
W70 Mary Otte	2:45:54
B Barnawell	3:02:44
Dorothy Ekblad	4:10:22

NationsBank River Run 10K  
Wichita, KS; May 10

<b>Overall</b>	
Jimmy Heard 28	29:12
Libby Hickman 32	33:02
<b>(Masters places based on age-grading)</b>	
<b>-Top Masters Men-</b>	
Name	Age Time A-G
Fay Bradley	59 35:31 29:32
Dan Lawson	41 31:46 30:32
Paul Heltzman	66 39:26 30:34
Doug Clark	40 31:41 30:40
Dick Wilson	

Continued from previous page

Fred Pruett	1:14:32
Don Sears	1:15:52
Sidney Wright	1:16:36
Clarence Osborn	1:19:22
M80 Fred Primrose	1:40:10
Ed Schlitt	1:41:30
James Dugan	1:51:37
Chauncey Beagle	1:54:22
Joseph Selbst	2:04:45
M85 John Hilgert	1:41:17
M90 William Royal	1:54:17
W40 Jane Welzel	35:29
Regina Joyce	36:58
J Gareau	40:02
Nancy Stevenson	40:49
Lynn Mavis	41:38
L Fawcett	42:08
Jenny Weber	42:38
Julie A Bergman	43:11
Terri Dick	43:42
P Zimmerman	43:45
W45 Petty Muhn	40:45
Jan Hughes	42:57
Edie Stevenson	43:19
Barbara Holzman	44:00
Bogie Bogner	44:57
Cheryl Beckwith	45:08
Diane Ridgway	45:23
Cindi Toepel	45:42
Dee Dee Beard	45:51
L Rugenstein	46:11
W50 Marilyn Stapleton	42:10
Maria Verdejo	45:13
L Andes-Georges	46:25
Jean Garlie	47:21
Olga Hnizdil	49:13
Merle Hines	49:18
Barbara Rossi	50:17
C Delongchamp	50:24
W55 Judy Moir	49:09
Betty O'Leary	49:33
Eli Diamant	50:08
Sharon Connolly	50:16
Mary DeMattia	50:30
Caroline Luttrull	51:20
Marnie O'Brian	52:26
Jean Dinwiddie	52:54
W60 Libby James	48:39
Anne Gini	52:13
Gertie Holtslag	53:09
M Potocnik	55:37
G Siekmeier	57:25
Jackie Clough	58:23
W65 M J Sheehan	1:00:50
M Christman	1:01:05
Dolores Logan	1:01:13
Arlene Ruark	1:03:26
N Chamberlin	1:04:16
M Cockerham	1:06:19
W70 Jo Kieser	59:20
Helen Kotris	1:09:08
E Brownstone	1:11:30
Alene Park	1:14:15
Shirley Griffin	1:16:29
W75 Gerry Wilson	1:22:40
E McMenamin	1:31:12
E Summers	1:33:48
June Vinyard	1:36:52
Jean Anstine	1:39:23
W80 Ione Smith	1:45:10
G Demaree	1:45:38
V McConnell	1:48:26

**SOUTHWEST**Bank of Mississippi  
Gum Tree 10K  
Tupelo, MS; May 10**Overall**

Zack Kuniyha	28:54
Svetlana Vasilieva	33:05
M40 Brad Pace	31:59
D O'Connor	32:17
Tom Aspel	33:21
Jerry McGath	36:02
Stan Hollenbeck	36:18
M45 Jim Freid	36:51
Larry Jackson	36:55

Al Waddell	37:52
Bill Barner	41:14
Johnny Arledge	41:30
M50 Carl Nicholson	36:53
Marris Johnson	36:57
Marvin Hemphill	37:49
Dick Franklin	38:00
Ralph Wallace	38:03
M55 Andrew Sherwood	38:04
Marshall Jones	38:36
Dick Wood	39:37
Dave Deruiter	41:23
Marth Eubank	41:37
M60 Malcolm Gillis	40:12
Bob Fucci	42:15
Dave McKim	42:26
Cecil Hester	44:52
Charles Petersen	45:54
M65 Ben Morton	43:16
Jack Gough	44:59
Roger Richards	47:36
Simon Rainwater	51:29
John Hudson	52:19
M70+John Laughlin	58:15
Gene Simonson	58:42
Jay Grove	1:02:09
G Cunningham	1:16:39
Jack Kirby	1:35:44
W40 Nancy Grayson	38:00
Judith Hines	38:04
Vicki Crisp	39:06
Joyce Deason	39:04
Carole Smith	39:06
W45 Marcie White	43:17
Kathleen Thayer	51:30
Judy Melton	51:53
Margaret Fikes	52:50
Lucy Waters	53:11
W50 Sherry Rhodes	47:52
Bonnie Partridge	51:34
Gloria Walker	55:28
Diane Harrington	58:01
Bobbie Steiner	58:57
W55 Elizabeth Watkins	48:59
Dot Richter	57:46
Betty Davis	58:25
Betty Long	1:02:52
Georgia Owen	1:15:18
W60 Yo Setser	51:20
Alice Clouse	1:33:10
J Monaghan	1:34:41
Mavis Bull	1:38:13
W65 Claydeen Allen	1:00:44
Frances Gooszen	1:26:06
Jane Kirby	1:36:00
Mary Riley	1:36:31
Janice Sartor	1:37:09
M70+Joyce Gravlee	1:17:56
Edna Masula	1:28:24
Estelle Dillard	1:35:05

**WEST**Jimmy Stewart Relay Marathon  
Los Angeles, CA; April 30

(Teams of 5 according to cumulative age; each runner runs 5.2 miles)

**Seniors Men 200-249:**

Lexus of Glendale 3:07:52

Litton Industrie GCS#53:39:55

**Seniors Women 200-249:**

NuBasinBluesLadies1 3:36:28

LA LeggersHotFlashes3:44:49

NuBasinBlues1FulCup3:56:01

**Seniors Mixed 200-249:**

NuBasinBluesHoward 3:24:31

LA LeggersIntrepid II 3:54:48

**Super Seniors Men 250-324:**

The Generals 2:58:24

Super Joggers 3:07:55

NuBasinBluesEarHairs3:09:41

SuperSeniorsWomen250-324:

NuBasinBluesLadies2 4:00:52

SuperSeniorsMixed250-324:

Super Roadrunners 3:46:32

Teledyne #3 3:53:49

Cacique Team #4 4:07:30

Golden Seniors Men 325-375:

Carlsbad's Winners 3:05:21

GoldenSeniorsWomen325-375:

Feeble Five 4:47:06

**NORTHWEST**Lilac Bloomsday 12K  
Spokane, WA; May 4**Overall**

Lazarus Nyakeraka 21	34:19
Kim Jones 39	40:34
M40 Steve Jones	37:01
Ted Jaleta	38:20
Miguel Tibaduiza	38:46
Antoni Niemczak	39:56
Bob Boland	40:22
M45 Doug Bell	39:13
Bob Bendeditti	41:46
John Naslund	44:17
Bob Barbero	44:18
Mark Mochon	44:26
M50 Jeff Corkill	41:15
Stephen Lester	41:39
Dan Bonogofski	44:48
Joseph Nelson	46:22
James Fiorito	46:37
M55 Joe Machala	44:37
Mike Donoghue	48:00
Raymond Pearson	48:17
Grant Smith	48:45
Ken Kniveton	49:19
M60 Bart Haggin	50:51
Kenneth Wendt	51:19
Robert ruggeri	51:55
Lee Parker	52:34
Edward Rockwell	53:26
M65 Ron Hart	57:57
Ralph Riddick	1:02:35
Fred Freeman	1:10:55
Yoshitaki	1:04:15
Roger Haug	1:04:42
M70 Lenn Dompier	59:13
Jack Townshend	1:02:02
Sid Smith	1:05:50
Tom Sheehan	1:06:42
Otto Rosenhall	1:08:11
M80+George Bolden	1:04:46
Wilbur Inks	1:20:02
Frank Howard	1:24:38
F Edgerton	1:50:54
Andrew Leaming	1:51:21
W40 Regina Joyce	45:37
Gaylene Pridham	46:47
K Estep-Thomas	48:38
Theresa Caspell	48:49
Jean Grammer	49:42
W45 Suzanne Ray	47:07
Kathleen Slinger	50:10
Sally King	50:26
Wanda Kelley	50:44
Ann Bell	51:40
W50 Jayne Alkana	54:18
Judy Paine	56:10
Nancy Kress	57:57
Sharon Harkrader	58:23
Cass Newell	1:00:17
W55 Angie Tann	59:48
Shirley Weaver	1:00:26
Shirley Chovanak	1:03:03
Ethel MacDonald	1:03:25
W Kardong	1:03:37
W60 Sylvia Quinn	55:57
Carolyn Woodbury	57:42
Joanne Kruger	1:02:13
Joan Pribnow	1:04:45
Wilma Parker	1:07:18
W65 June Machala	57:17
Inge Hendron	1:07:05
Eileen Fawcett	1:08:48
M Johnson	1:11:07
Virginia Sutphin	1:12:36
W70 Billie Smith	1:19:54
Lois Hatch	1:21:48
Billie Murphy	1:24:45
Imelda Patterson	1:29:43
Mary Bemis	1:30:03
W80+Mabel Klein	1:32:02
Cleda Laing	1:58:40
Grace Libby	2:04:25
Maggie Harrison	2:11:19
Lois Robinson	2:21:07

Salt Lake City Classic 10K  
Salt Lake City, UT; May 31

M40 Mark Dickey	33:55
Brent Kartchner	34:59
Kevin Murphy	35:06
M45 Ray Workman	34:57
Tony Grappo	37:48
Tom Calame	39:28
M50 Stephen Lester	35:11
Mark Bromberg	40:44
Leonel Aloama	42:19
M55 Paul Peacock	38:37
Cary Howard	41:06
Darrell Natter	41:44
M60 J G McBride	41:24
John Cushing	43:11
Duff Woodhouse	48:17
M65 Dewain Jenkins	52:07
Tom Gregory	55:40
M70 Sid Smith	55:34
W40 Debbie Hanson	41:05
Heidi Hadley	44:56
Susan Shultz	46:06
W45 Kathy Bardsley	46:43
Miki Karg	47:17
Shirley Whitworth	49:29
W50 Alice Wynn	45:36
Susan Daynes	46:54
Sandra Davies	54:12
W55 Dixie Mathis	51:17
Betty Dance	55:08
Roberta Hallstrom	57:35
W60 Elfriede Schmitt	52:57
Winnie Nelson	70:08
W65 Judy Bullough	58:02
Joy Reganthal	61:10
Velma Earl	61:53

**CANADA**Mundy Masters Mile  
Coquitlam, BC; June 1

Age	Name	Time	A-G%
42	Dave Reed	4:32.3	88.1
48	Peter Ladner	4:47.0	87.5
44	A Naezgaard	4:41.7	86.6
56	Herb Philips	5:12.3	85.9
60	StephenOdwin	5:24.2	85.8
60	Jim Thompson	5:26.3	85.3
40	Brian Blamey	4:37.4	85.2
41	DaveMcGivern	4:40.3	85.0
45	Deb Collum	5:27.2	84.5
40	Ken Bell	4:41.1	84.1
55	Barry Adams	5:16.3	84.1
44	Dave Huxley	4:50.6	83.8
55	Phil Crawford	5:19.4	83.2
67	Frank Kurucz	6:00.9	83.0
40	DebEerkesDov	5:19.9	82.9
46	GwynWoodson	5:39.2	82.3
49	Jerry Ewen	5:11.5	81.2
51	Bob Gardiner	5:17.1	81.1
67	FL Montgomery	7:10.7	81.0
41	Alex Seres	4:57.2	80.1

**INTERNATIONAL**European Veteran 10K & Half-  
Marathon Championships  
The Hague, Netherlands  
May 31-June 1

--10K--	
M40	
Nigel Gates	GBR 30:56
Jef Eyckmans	BEL 31:26
Mike Girvan	GBR 31:27
M45	
Alex Gonzales	FRA 31:09
FernandoDiazPerez	ESP 31:29
Mike Hager	GBR 31:31
M50	
Reinhard Liebold	GER 32:52
Martyn Rouse	GBR 33:20
Frank Reilly	IRE 33:43
M55	
Les Presland	GBR 33:52
A Heijdens	HOL 33:54
Phil Lancaster	GBR 34:06
M60	
Anatolyi Prizyaznuk	UKR 34:08
Frans VanDerErre	BEL 36:09
GerrardVanNuffelen	BEL 36:27
M65	
Gennadi Demin	RUS 37:17
John Roberts	GBR 39:54
Julien Charles	FRA 39:57
M70	
Karel Urbanek	CZE 39:33
Vassili Matveev	RUS 41:42
Gerrit DeBacker	BEL 42:23
M75	
Premysl Dolensky	UKR 49:06
Saveli Samoilenko	UKR 51:16

M80	
Gerald Cuning	GBR 52:47
Otto Ludzuweit	GER 53:01
M85	
Ludovit Majoros	SLO 65:51
W35	
Mags Greenan	IRE 36:37
Geeske Jansen	HOL 36:43
Diane Toygeman	BEL 37:13
W40	
Irene Casdtets	FRA 37:23
Tilly VanDeLaar	HOL 38:18
Els Roovers	HOL 38:59
W45	
Felicity Garland	GBR 38:46
Ursula Harms	GER 39:32
Emily Dowling	IRE 39:55
W50	
Els Raap	HOL nta
AnneMarie Pruede	FRA 39:17
Roswitha Schaeffler	GER 39:51
W55	
Christin Fuchs	GER 40:58
Corrie Keijsres	HOL 41:38
Marlis Schoder	GER 41:43
W60	
Edeltrau Pohl	GER 41:09
OdetteMaisonGross	FRA 45:09
Margaret Petak	AUT 45:26
W65	
Eileen Quinton	GBR 48:25
Beth DePreter	--- 48:54
W70	
Nina Naoumenko	RUS 51:52
Hester Wicks	GBR 66:38
W75	
Despina Petre	ROM 73:51
--Half-Marathon--	
M40	
Nigel Gates	GBR 68:16
Mike Girvan	GBR 68:20
Gerry Kiernan	IRE 69:25
M45	
Klaus Urbchat	GER 70:45
Albert Rungger	ITA 70:54
Jan DeLange	HOL 71:06
M50	
Jaap ValentGoed	HOL 72:18
Ignaz Veith	ITA 73:51
Hermann Schaiter	ITA 74:50
M55	
Peter Lessing	GER 73:55
Joachim Adomeit	GER 74:13
Phil Lancaster	GBR 78:03
M60	
Anatolyi Prisyaznuk	UKR 76:02
Manuel Rosales	ESP 76:17
Harry Clayton	GBR 82:05
M65	
Gennadi Demin	RUS 82:52
Bill McBrinn	GBR 85:42
Pierre Duboes	FRA 89:07
M70	
Karel Urbanek	CZE 89:08
Vassili Matveev	RUS 96:29
Gerrit DeBacker	BEL 96:44
M75	
Premysl Dolensky	CZE 1:51:09
M80	
Andre Osselaer	BEL 2:03:22
M85	
Ludovit Majoros	SLO 2:51:41
W35	
Silvia Lencia	ESP 79:54
Sandra Edwards	GBR 81:02
VeronikaKienbiehl	AUT 82:59
W40	
Magda VanMol	HOL 82:19
Irene Casdtets	FRA 85:15
Rita Lanwer	GER 86:14
W45	
Ann Kearney	IRE 83:40
MarieKetelstegers	BEL 84:31
Jana Chalupta	CZE 84:59
W50	
Anne Pruede	FRA 87:52
JacquelinBeelen	BEL 90:59
Margaret Auerback	GBR 92:09
W55	
Plonie Scheringa	HOL 92:04
Marlis Schroder	GER 92:36
Annie Wentzienx	GER 96:33
W60	
Edeltrau Pohl	GER 97:27
O MaisonGrosse	FRA 1:41:01
W65	
Beth DePreter	BEL 1:46:35
Eileen Quinton	GBR 1:51:04
W70	
Nina Naoumenko	RUS 2:01:48

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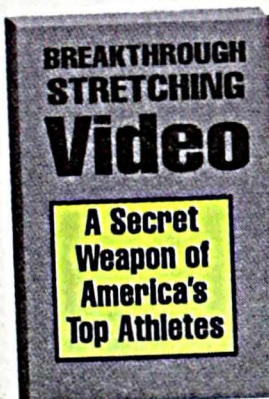
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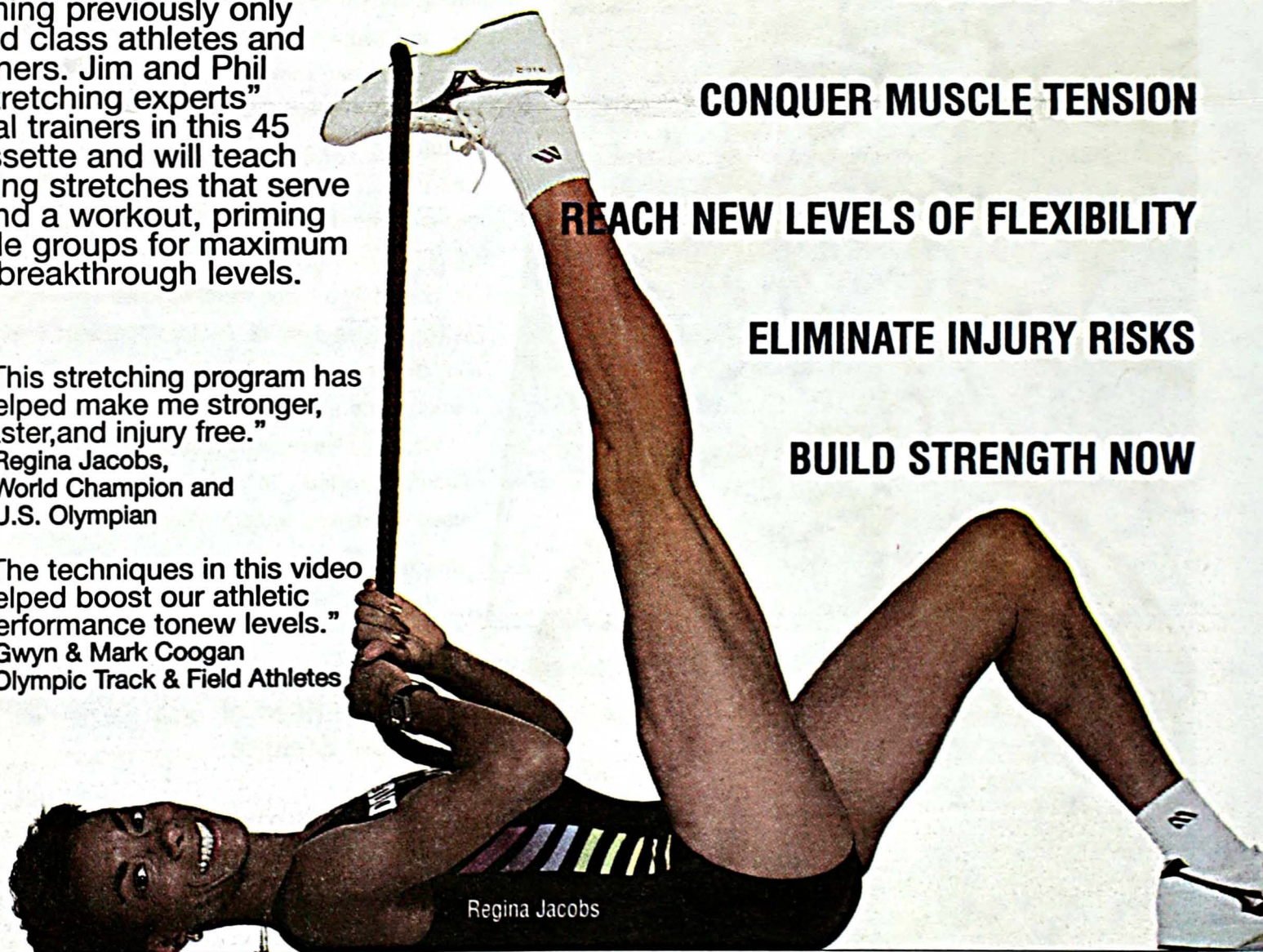


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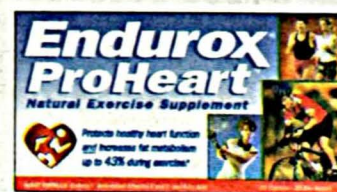
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Printed in U.S.A.