Masters Celebrate Silver Anniversary

1000 to Compete in 25th Annual Nationals in Spokane

This month, the U.S. masters track and field program celebrates its 25th anniversary. It was in 1967 when the first "masters miles" were organized by David Pain. In 1968, Pain staged the first national masters meet in San Diego. After six straight years there, the national championships have moved around the country to different sites.

This year's meet — dubbed the 25th annual TAC/USA National Masters Track and Field Championships — will be held on August 13-16 in Spokane, Wash., a city of 186,000. More than 1000 participants from over 40 states are expected to attend. The meet returns to the Northwest region for the first time since 1987, when over 900 athletes competed in Oregon. The Spokane weather should be dry and in the mid-80s.

Competition will be held in five-year age groups for both men and women from age 30-34 to age 95+. There are no qualifying standards to enter the meet, except to be at least age 30.

The entry deadline was July 13 with the final deadline July 31. No late entries will be accepted in Spokane, except possibly for relay teams, which may sign up on the day of the relay if lanes are available.

Awards to First Six
The first three U.S. finishers in each event will receive TAC's official Championship medal, along with an attached medal identifying this year's site and date. Fourth through sixth placers will receive ribbons. U.S. national winners will also receive a TAC championship patch. Foreign placers will receive duplicate awards.

A welcoming ceremony will be held at the stadium on Friday at 7 p.m. Following that, an athletes' party will be held at the meet-headquarters Sheraton Hotel at 9 p.m. Organizers will provide free beer, free Pepsi, and free snacks. A no-host bar will also be available.

In other action, Ed Spinney, ran a 2:31.84, sure to put her in the top three in the rankings for 1992. Gene Solomon and Paul Zitzelsberger dueled for M40-44 distance honors, with Solomon winning the 1500, 4:09.12 to 4:09.37, and Zitzelsberger taking the 5000, 15:54 to 16:01.

A closing ceremony will take place at the stadium on Sunday at 4 p.m.

Transportation
All major airlines fly into the Spokane airport. Amtrak and Greyhound have daily service. The major hotels will provide free van transportation from the airport to their hotels. For others, a taxi or rental car is an option.

Continued on page 8

Bulkley, Joslin Set Records at Hayward

Fred Brandenfels leaps over the last 100m hurdle to win the M55 race in 19.60 in the Hayward Classic. Photo by Jerry Wojcik

by JERRY WOJCiK
The Hayward Classic Track and Field Meet drew a record 230 men and women athletes from age 30-and-over from the Northwest, plus entrants from California, Canada, and even Florida to Eugene, Ore., on June 20-21. The meet also served as the Oregon TAC Championships.

Using probably the best track and field venue in the country, athletes broke one world, two U.S., and 46 meet age-group records. Daniel Bulkley lowered the M75-79 world record for the 300m hurdles to 57.73 (old record 60.78, Gonzalez, 1989). Leon Joslin, 80, set new U.S. M80-84 standards in the shot put with a 9.22m (8.45m, Maconaghy, 1989) and discus with a 31.20m (27.84m, De Groot, 1987). Becky Sisley, meet director, reserved enough energy to break the U.S. age-53 record in the javelin with a 30.92m, and Joslin upped the single-age U.S. hammer best to 23.04m.

Thirty of the meet records went to men and 16 to women.

In other action, Ed Spinney, ran a 1:59.07 for the M35 gold, while Julie Trigueiro, W45, ran the best women's 800 in 2:31.84, sure to put her in the top three in the rankings for 1992. Gene Solomon and Paul Zitzelsberger dueled for M40-44 distance honors, with Solomon winning the 1500, 4:09.12 to 4:09.37, and Zitzelsberger taking the 5000, 15:54 to 16:01.

Ed Lipscomb, M40, finished with a 4.70m in the pole vault. Don Cumley beat a strong M70 field in the shot put with an 11.99m, but lost to Gerald Cysewski (33.76m) in the discus by two inches. Kathy Picknell-Gelhausen, 31.20m.

Continued on page 8

Levisse Big Hit in Peoria

Pierre Levisse, 40, of France on his way to the masters victory, with an 11th-place 18:23, Steamboat 4 Mile, Peoria, I1. Photo by Clay Shaw

by JERRY WOJCiK
Pierre Levisse, 40, of France defeated a tough M40-44 field, with an 11th-overall 18:23 to win the masters title in the Steamboat 4 Mile in Peoria, Ill., on June 20. Nick Rose, 40, of England chased him well but ended eight seconds behind, followed by Charlie McMullen, 40, 19:22; Ken Newby, 23:00.

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Kurtis, Gilbert
Top Masters in Grandma's Marathon
by SCOTT KEENAN
Doug Kurtis, 40, of Northville, Mich., finished 17th overall in 2:23:47 to capture the men's masters division in Grandma's Marathon in Duluth, Minn., on June 20. Kurtis, who won the race three years ago, was forced to settle for the masters title due to a nagging hamstring.

"Running as a master, I'm not worried about someone beating me," he told reporter Chris Miller of the News Tribune. "I just want to run under 2:20. Today, because of the hamstring, I had to back off. It was just very bothersome, and I was forced to be conservative."


In the women's division, Sharlet Gilbert, 41, of Richmond, Calif., finished first master in 2:38:00, followed by Barbara Albay, 45, from Erie, Pa., finishing second in 2:52:48, followed by Sharon Miller of the Road Runners Club, Albany, N.Y., June 6.

[Image 0x0]
AGE-GRADED TABLES

I have some questions about the age-graded tables:
1) On what are the open-class and age standards based? Many are near or on the record world but some are not. (They are based on the potential world record for each age/event.)
2) How are the age factors calculated? I note that the 400m slows the fastest with age compared to other running events.
(From world records and past performances of all age groups.)
3) How are the All-American Standards set? It’s curious that the men’s standards are set at about 85% scores while the women’s standards are at about 75% scores. Is it the aim to have about 25% of clients in each event per year? (Yes.)
4) Are the women’s AA standards more lenient because there are fewer U.S. women competing in track events while the standards are international? (Yes.)

I greatly enjoyed Jim Smith’s article (June), which advocated using age-graded standards for those races. However, I believe that our basic priority is for race directors to treat all five-year-age groups equitably with regard to prize money.
Only after this is achieved, should we try for some “frosting on the cake” in the form of recognizing the top three performers, etc. I would hate to see the transfer of the “loot” to the top three age-graded performers, while the bulk of the masters still receive only trinkets.

Herb Chisholm
Alexandria, Virginia

MALE MENOPAUSE

About my mid-forties I noticed a weakness in my legs while running. Over the next six years, my athletic ability declined steadily.
I finally went to my doctor last fall and had a thorough physical exam. All of my tests were normal — except for my testosterone level.
I have just started testosterone therapy, and about five days after a shot, I regain my strength.
Ten days later my strength starts to weaken and I need another shot. The doctors say that with time there will be less up and down in the cycle.

Although male menopause is relatively rare, I wanted to share my experience with other masters athletes who might have the same symptoms and are chalking it up to “aging.” The process can be reversed if you seek the proper medical treatment.

Douglas Rustad
Santa Rosa, California

WAVA COUNCIL MEETINGS

In May, my wife Lily and I went to Miyazaki, Japan, to inspect hotels on behalf of our travel agency, Alouette Travel, to promote our masters tour to the WAVA Championships in 1993. We went at the same time as the WAVA Council, and it was an eye-opener for us.

Although I have served on many...
track and field committees over the years, I have never before encountered such dedication and hard work as that shown by the WAVA Council Members.

They often worked from 8 a.m. to 8 p.m. with only a short break for lunch. It certainly is no holiday for them. They earned our respect and I applaud their efforts.

I must add the Japanese are excellent hosts, and we were very impressed with their courtesy and generosity. We are looking forward to the World Championships in October, 1993.

Ken Richardson
Maple Ridge, British Columbia

HISTORY OF LDR
There was one minor error in Claudia Ciavarella's otherwise fine article (July NMN) on the history of U.S. masters long distance running. She quotes Ed Kozloff as recalling that the 1974 National AAU Masters Cross-Country Championships on Belle Isle in Detroit were attended by "only seventeen people."

Ed must have been talking about a local masters race. The nationals were held in Detroit in 1971 and '72. The 1974 nationals were in Long Beach, Calif.

Other than that tiny discrepancy, the article was excellent. Hol Higdon
Michigan City, Indiana

INDOOR NATIONALS
This is a belated thank you to Jim Pearce, meet director of the 1992 National Indoor Championships in Columbus, Ohio. Jim and his dedicated cadre of workers made it possible for us to enjoy a magnificent meet.

There were over 100 officials — 11 of which were picked to officiate at the Olympic Trials. Many were there from 7 a.m. to 9 p.m. or later each day, with no reimbursement for their services or mileage. I hope enough of us took the effort to thank them for their time.

The facility was excellent — across the street from meet headquarters. The hotel was kind enough to leave rooms open for those wishing to change after their competition.

Finally, I'd like to thank Jim for the many times he called on me to discuss issues before making final decisions. If you felt the entry fees were too high, I'll take the heat, as I advocated raising them this year.

This is the second time Jim has hosted our national indoor meet, and if we're lucky, he might do it again. For his role as meet director, and for his involvement in masters track and field throughout the years, I nominate him as "Administrator of the Year."

Scott Thornesly
National Masters Indoor Coordinator

SOUTH AFRICAN MASTERS
At long last it looks as though South African sports will be back in the world arena. I think sports will help get our people to move even closer together, although the path is not all that smooth.

Progress has certainly been made, and we all look forward to more unity, cooperation, friendship, and happiness.

Leo Benning
Capetown, South Africa

Athletes from Sweden, Finland, Poland, Austria, Germany, and the Middle East helped make the 17th Annual South African Championships a huge success. I was the only entrant from the U.S., and competed wearing the U.S. team uniform that we wore in Australia.

I found the South Africans to be nippy, congenial people. They are good sportsmen, and I think they would do a great job of conducting the 1995 WAVA Games.

Bill Bangert
Tustin, California

PROUD TO BE A MASTER
As I graduate from the M70-74 bracket, I look back fondly on the last five years of competition. In my wildest imagination, I never thought I'd be able to win some national, and even world, championships.

I was injured last summer and couldn't compete, so I'm really looking forward to coming back. I'm warning all the guys in my new age group — look out!

Dan Bulkley
Phoenix, Arizona

ATHLETE OF THE MONTH
I am truly honored to be chosen as the Sorbothane Athlete-of-the-Month for June. I am also very grateful for all the kind remarks I have received regarding my decision to "hang up the spikes" at the end of this year.

I am looking forward to seeing all of my friends at the Nationals in Spokane.

Payton Jordan
Los Altos, California

Phil Brusca hams it up after debuting as a new M65 with a first in the shot (41.0), St. Louis Senior Olympics, St. Louis, Mo., May 24. Photo by Hank Kiesel

Paul Schmitt (2:48.6) edges Ernie Hirschman (2:48.9) for the M65 win in the 800, St. Louis Senior Olympics, St. Louis, Mo., May 24. Photo by Hank Kiesel

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[Table of Masters Age Records 1991]
Among the dozens of files I maintain for research purposes is one simply titled “Versus.” The file contains around 60 clippings, including the following from our sports sections:

Olympic Gold vs World Record

“A lot of people say the Olympic gold is the ultimate. But if I win and score 300 points less than my PR, I won’t be happy. If I had a choice, it would be the world record. I would rather be listed as the guy who scored the most points.” — Dan O’Brien, former American decathlete.

“The gold is like a son or daughter — never to be taken away. A world record can be like a lost lover you are loved but can never have. It’s a test of faith.” — John Smith, coach and former 440 star.

1500 vs Mile

“To be honest, I probably prefer the 1500. I’m a bit younger than some of the other guys and maybe the mile has lost a little of its mystique.” — Steve Cram, world record-holder in the mile.

“I have always felt there are two types of milers, the 800-miler type and the miler-5000 type. I am the latter, so I always felt my chances were better to set a world record for the mile rather than the 1500 because I’m a stronger runner and not a speed runner.” — Sydney Maree, American record-holder at the 1500.

1500 vs 5000 (& 10,000)

“If I had to assign a values to races I’d say that the 1500 is the greatest, the most beautiful of distances, the 5000 is the toughest and the 10,000 is the easiest. No, I must insist: the 10,000 is nothing at all.” — Said Aouita, world record-holder at 1500.

“I don’t like it (5000) or the time it takes to train for it. Economically, it’s better to be the tenth-ranked miler than being ranked second in the 5000.” — Steve Scott, American record-holder in the mile.

Mile vs Marathon

“If you want to run, then run a mile. If you want to experience another life, run a marathon.” — Emil Zatopek, 1952 Olympic marathon winner.

“Tough runs are a half-marathon. The way you dominate a marathon is by not being up front.” — Steve Moneghetti, top Australian distance runner.

“Half-marathons are relatively easy. The thing about the marathon is that when you get past 20 or 22 miles you start using muscle tissue. That’s the tough part.” — Mark Carp, former American record-holder in the half-marathon.

American vs European Tactics

“Tough runs are a half-marathon. The way you dominate a marathon is by not being up front.” — Steve Moneghetti, top Australian distance runner.

“Tough runs are a half-marathon. The way you dominate a marathon is by not being up front.” — Steve Moneghetti, top Australian distance runner.

American vs European Track Meets

“Tough runs are a half-marathon. The way you dominate a marathon is by not being up front.” — Steve Moneghetti, top Australian distance runner.

American Joggers vs English Joggers

“Tough runs are a half-marathon. The way you dominate a marathon is by not being up front.” — Steve Moneghetti, top Australian distance runner.

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Seven Records Set in Raleigh

by JERRY WOJCICK

The 22nd annual Southeastern U.S. Master Track and Field Meet, with its large schedule of events, was held on May 1-3 in Raleigh, N.C. In addition to the usual offerings, this meet has two weight throws, two pentathlons, a 10K road run, and a 20K road walk.

Twenty of the third day, two world and five U.S. age-group records had fallen. Pat Peterson, 66, broke her own W65 WR of 79.32, set in 1991, for the 300mH with a 76.90. Leonore McDaniels, 64, upped the W60 high jump WR of 1.23, set by C. Wipperst, Germany, in 1989, to 1.24 (AG 92.5%).

Bernice Holland celebrated her February entry into the W65 group outdoors with three U.S. records: shot put, 8.70 (Mary Bowmawer, 8.05, 1986); discus, 25.60 (Harriet Boyd, 19.42, 1989); and javelin, 25.16 (Edith Mendyka, 22.34, 1976).

In the hammer, Betty Jarvis, 76, increased her U.S. W75 record of 17.24, set in 1991, with a 17.80. Olympic walk qualifier, Ray Funkhouser, 41, clocked a U.S. record, 22:19 (AG 89.5%) in the 5000 walk.

David Besthers, 38, outpointed the pentathlon field with 2407, while Len Olson, a recent M60, topped the weight pentathletes with 2839.

Thomas Hare, 48, posted the best time (35.50) of the entire 10K road run field. Robert Mimm, 67, was the best age-graded performer (83.00%) in the 20K road walk with a 2:00:51.

Ray Fulghum and Dale Smith were directors and organizers of the meet, held on the North Carolina State U. campus.
Levisse Big Hit

Continued from page 1

Popejoy, 41, 19:52; and Gary Romesser, 41, 20:01.

Judith Hine, 43, won the masters women's race in 23:29, with Que Harbor, 41, second in 24:07.

The best performance of the race came from Warren Utes, 71, who blazed to a 23:50 to win the M70+ contest. A total of 2142, (1535 men and 607 women) finished.

In the lesser-attended 15K, Allan Rushmer, 48, of England ran a 14th-overall 51:40 for the top masters performance (AG 89.4%). Gary Townsend (40, 56:45) and Christina Kidd (40, 60:55) were masters firsts. Six hundred runners finished, 494 men and 106 women.

The event was under the direction of Joy Kessler.

Palmer Sets Discus Record in Southwest Regionals

by TIM MURPHY

Wendell Palmer, 60, of Pampa, Texas, established a new U.S. M60 discus record with a phenomenal throw of 174-3 in the TAC/Southwest Regional Championships held June 6 at SMU in Dallas, Texas. Palmer's mark eclipsed the U.S. standard of 174-1 set by Dan Aldrich in 1980. He also had wins in the shot put (43-51), hammer (127-31), and javelin (220-1).

Betty Jarvis, 76, joined in the record-breaking spirit by surpassing her own pending W75 U.S. mark of 56-6 1/4 in the hammer with a heave of 57-11. Jarvis also topped the W75 field in the javelin (42-6), discus (56-1), and shot (17-5).

The meet featured more than 250 entrants (150 masters) from 10 states, and was directed by a small, efficient staff headed by John Pritchett, Tony Deatherage, president of the Dallas Masters Track Club, who just showed up to watch because of a pulled hamstring, was enlisted to run the finish line and did a fine job.

Mr. Jordan Returns to Los Gatos

by JERRY WOJCIK

Payton Jordan, 75, of Los Altos, Calif., continued to whittle away at the M75-79 world records for the 100 and 200 with a 13.40 (AG 98.6%) and 28.10 (AG 99.6%) in the TAC/Pacific Track and Field Championships, Los Gatos, Calif., June 15. Jordan, with earlier marks of 13.48 and 28.3, both under the world records held by Josiah Packard, should reduce any previous bests when he faces national competition in the Championships in Spokane, Wash., August 13-16.

In the 1500, Vicki Bigelow lowered Margaret Miller's U.S. W55-59 record of 5:20.0 to 5:14.2 (AG 90.4%).

Stookey, Tucker and Hills Win in Philly

by PETER TAYLOR

Jim Stookey, Lorraine Tucker, and Claude Hills were age division winners in the Philadelphia Masters 100-long jump-200m "Rapid Triathlon" at St. Joseph's U. outdoor facility.

Stookey, 62, put together three excellent performances, sprinting the 100 in 13.4, soaring 5.34 in the long jump (AG 91.6%), and taking only 26.9 seconds in the 200 (AG 91.4%). Alex Johnson, 59, was next in line in the men's "Blue Division" (ages 30-69), with marks of 12.9, 4.86, and 26.6, while 64-year-old Ed Cox placed third with a 13.3 100, 4.03 long jump, and 27.9 200.

Lorraine Tucker, an affable and talented 45-year-old sprinter from the New York City area, ran the 100 in 13.5 seconds, the 200 in 28.1, and long jumped 4.53. Claude Hills, 80, sprinted the 100 in 17.0, the 200 in 38.3, and long jumped 3.29 to win the men's Gold Division (70+) unopposed.

Five Years Ago

- Ken Dennis Sets Two M50 WRs (100/11.2, 200/22.9) in Northern California Seniors Classic
- Phil Raschker Breaks W40 100 WR (11.9) and Sets U.S. W40 High Jump Mark of 5-0
- Payton Jordan (M70, 26.8, 200), Tom Patalsis (M65, 35-2, TJ), and Del Pickarts (M60, 183-8, TJ) Smash WRs in SCATAC Meet

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Pierre Levisse

This month's Sorbothane Masters Athlete-of-the-Month is Pierre Levisse, the amazing 40-year-old Frenchman now living in Boulder, Colo., who has dominated the U.S. masters road racing scene this year.

Since coming to the U.S. earlier this year, Levisse has won masters titles in the:
- International Veterans 8K Cross-Country in Boston, March 20, (23:05).
- Sallie Mae 10K in Washington, D.C., April 12 (29:33; 96.7% age-graded).
- Bay to Breakers 7.1 miler in San Francisco, May 17 (36:44; 97.3% AG).
- Hospital Hill Half-Marathon in Kansas City, Mo., May 31 (64:44; 97.3% AG).
- Steamboat 4-miler in Peoria, Ill., June 20 (18:23).
- Cascade Run Off 15K, Portland, Ore., June 28 (44:14; 99.0% AG).
- Boilermaker 15K in Utica, N.Y., July 12 (45:09).

Levisse's only loss was by three seconds to Kenya's Joseph Nzau in the Peachtree 10K in Atlanta, July 4 (29:09 to 29:12).

Sorbothane produces lightweight, shock-absorbing air-infused insoles which can be found at most sporting goods stores. Sorbothane sponsors the athlete-of-the-month award every other month in NMN. For his efforts, Levisse will receive $100 from Sorbothane.

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Bulkley, Joslin Set Records

Continued from page 1

W30, topped all discus throwers with a 157-3.
Bob Brewer, M50, 29:58, and Judy Heller, W45, 30:14, were best masters in the 5000 racewalk.

Besides the fine track, athletes were treated to competent announcers, on-site results after each attempt in the field events, track results on the scoreboard seconds after each race, watermelon, ice water, and tons of officials (five for the hammer throw). The Eugene Register-Guard printed results after each day.

Experienced officials and volunteers (WAAYA championships, Pacific 10 championships, and more) numbered over 200.

In addition to the supply of officials, the community provided support by buying event-sponsorship at $50 per, for which the sponsor received exposure in the meet program and on the track. The Oregon Masters Track Club added its expertise.

The Valley River Center, a large, modern shopping complex in Eugene donated $1500, and the Valley River Inn provided shuttle services, reduced room prices, and a room and food for the Saturday night reception.

Unseasonable heat (mid-90s) for Eugene created relatively few problems — a hammer thrower experienced heat exhaustion, and the 5000m runners and walkers needed water dousing.

This may be the best masters meet, excluding some nationals, that I have attended in my 18 years as a master. After 25 years, the masters movement should expect more meets like this, so if you can't find one, try this meet next season.
Jordan, Johnston Set WRs in SCATAC Championships

by CHRISTEL MILLER
Meet Director

Payton Jordan continued his phenomenal string of record-breaking performances by shattering Josiah Packard's world M75 200 mark of 29.5 with a blistering 28.18 in the SCATAC District Championships and Pentathlon held June 20 at Occidental College in Los Angeles. Jordan's age-graded performance was an incredible 99.4%.

Carol Johnston obliterated the world M80 pole vault standard of 6-6¼ held by the U.S.'s Bob Macconaghy with a vault of 8-3. Johnston's mark also bettered the pending WR of 7-7¼ by Ahiti Pajunen of Finland. In the M45 200, Stan Whitley tied the current world standard of 22.3 by George Rhoden of Jamaica, while setting a new U.S. mark in that event.

Other record setters included M70 Tom Patsalis with an 80mH WR of 14.4 and a U.S. mark of 32-1¼ in the TJ; and Burt de Groot with an M85 U.S. discus record of 77-2¼.

Bob Watanabe, M65, staging a remarkable recovery from cancer, ran a 14.98 100 to capture his division. Other noteworthy sprinting performances were turned in by Patsalis, M70 (100, 14.25), and out-of-stater Clifton McKenzie, M35 (400, 47.97).

Although attendance was down slightly for this year's event—especially among female competitors—the meet was a resounding success thanks to the untiring efforts of TAC officials and volunteers.
Masters Marathoners

As many masters racewalkers enjoy competing in marathons, this section of NMN is going to periodically feature unusual and unique masters and outstanding marathoners. The first in this series is by Pat Carroll, a Commander in the US Navy, presently stationed with her husband in Iceland as part of the Iceland Defense Force. In 1989, Pat won the women’s masters racewalk in the Los Angeles Marathon in a time of 4:20:22 at age 39. This article will feature her experiences in the Bangkok Marathon in November 1991, and the London Marathon in April 1992 as described in her letters to me.

Bangkok Marathon

When the race began at 5:00 a.m. near the Grand Palace, there was little fanfare. There were few women and I was the only racewalker. We headed out over a river and the course was rather flat. We passed a group of girls handing out yellow ribbons on a rubber band. “Aemento of the race,” I thought. I saw everyone taking one to put on an arm. I tried to do the same, but the band was too big so I held it in my hand. Eventually the ribbon came off, but I held on to the rubber band.

The city was waking up as we returned to wind our way along the streets. Smells of food and incense were quite prevalent, and as I was feeling fine, the different smells didn’t bother me. We passed another group of kids handing out pink ribbons. As I was on the outside, I didn’t bother to pick one up. An older gentleman, who had been running with me for quite awhile, went back to get one for me. He stayed with me until the finish line and made sure I had water and sponges. I was never alone.

As we got closer to the finish line, the traffic was very heavy and we had to stop the traffic ourselves to cross streets. We ended up going along the sidewalks with the pedestrians and all sorts of vendors selling snakes and other exotics. I finished with a time of 2:49:45. The two rubber bands I had collected were taken from me, and it was then that I realized the yellow and pink ribbons marked check points. I received the medal awarded to those who finished in less than six hours. There was water and Pepsi, but no food.

All in all, it was a well-organized marathon. The Bangkok Marathon is billed as one of the most exotic in the world, and probably it is. That people are very warm and friendly. Though I had a memorable and enjoyable experience, I’m not sure the Bangkok Marathon is for everyone. I would recommend it only for someone who is looking for adventure in an Asian country, but don’t go to Bangkok for PRs. To enter the Bangkok Marathon, contact Running Around the World, 45 Montana Drive, Monterey, CA 93940, 408-373-7506.

London Marathon

My training here in Iceland is not what I would like it to be. In short, the weather is terrible. It is usually windy, rainy and cold. To maintain motivation, my husband and I entered the London Marathon. We committed to it in December when the weather was getting really bad, and in December, January, and February we did all of our training in the gym on the base.

It was difficult because there were only three treadmills in the gym and we were limited to 35 minutes per session unless there was no one waiting. We were able to start biking at the end of February when the temperature was in the 20s and the wind was 25kts or greater.

In March the weather improved enough to get some decent workouts on the road; however, the maximum distance I completed was only 13 miles. I hoped it would be enough to get me through the London Marathon on April 12.

In London the weather was overcast with the temperatures in the mid-50s. There was not much wind. The race started at 9:30 a.m. in Blackheath. There was a full of about 24,000 people. When the starting gun went off, nobody in my area moved for seven minutes. It took a total of 11 minutes just to get to the start line. The course was extremely scenic and historic. Some of the sights were Greenwich, Cutty Sark, the London Bridge, the Tower of London and Buckingham Palace. The course ended on Westminster Bridge in sight of Big Ben.

The course seemed mostly downhill. There were a few places where the road was cobblestone and the footing a bit tricky. The support was excellent. There was bottled water at every mile and Gatorade at every other mile starting at about the seven-mile mark.

Empty bottles littering the course presented minor problems.

I wore a singlet and shorts and was quite comfortable as long as I was moving. I did a couple of places along the water, the wind picked up, but didn’t last. It started to drizzle when I reached the 22-mile mark, but that didn’t last either.

During the race I saw only two other racewalkers, one male and one female. There wasn’t a racewalk division, which I found surprising since the British are into walking, but it was encouraging to hear some of the spectators applaud and say “very well” or “very good” in a very proper British accent. There was great entertainment along the way.

Racewalking Pros and Cons

MIYAZAKI SCHEDULE

In reviewing the “tentative” schedule for the WAVA Championships in Miyazaki, I am alarmed by the fact that the 10K and 20K road walks have been scheduled before the 5K track walk and, there is only five days between the two events.

A distance race requires a period of recovery, especially in the case of masters athletes. Placing the 10K and 20K walks before the 5K is a tremendous disservice to the competitors who enter both events.

I realize scheduling a track and field event of this magnitude is awesome, but I believe that the organizers should try to provide the best possible conditions for the athletes.

I truly hope something can be done to rectify this situation.

Richard Oliver
Studio City, California

(Prior to meeting with the Japanese, the WAVA Organizing Advisory Committee spent many hours creating a proposed schedule. When the meetings took place in Japan in May, the Japanese said neither of their two tracks would have lighting.

That severely inhibited the scheduling of events. To permit trial heats in the shorter distances, and to enable doubling in the 5K, 10K, cross-country and marathon, the only available time and place to hold the 5K walk was on the secondary track on Saturday, October 16th. Holding the 5K walk will tie up one track for the entire day.

Please understand that our committee spent 16 hours just discussing the schedule among ourselves. Then, three days were spent with the Japanese.

In addition, most competitors have little hope of winning an individual medal at any of the walking distances. However, many have a good chance of winning a team medal in the road walks. The argument was advanced that it would be better for most of the athletes to be fresh for the event in which they could best help their team and have the best chance for an award.

Quite frankly, I think five days rest is enough. In our national championships, there is only one to two-and-a-half days rest. I have competed in all the World Championships and have found that, for me, it doesn’t make any difference in terms of relative performance as to which distance is held first.

It is impossible to satisfy all the competitors in creating a schedule of events. The action that was taken regarding the walks was not done frivolously. — Bob Fine, WAVA Executive Vice-President.)
by MAURY DEAN

This dominance of the male masters division with a sizzling masters course record of 23:32 in the Fifth Annual Fuji­
held June to a sixth-overall finish. however, was the fine 19:19 turned in the Hellgate hillstompers race,
August, 1992 National Masters News page 1.1

Archie relled under the big Hellgate Bridge of hellions of Hellgate back to reality.

Ecuadoran Luis Guichichulca (17:33). who scrambled to shelter under the
The bronze went to one of NYC's finest masters vets, 44-year-old
younger runner, Ernesto Ayala,

Levisse, who finished seventh overall,

29:12) his
handed Frenchman

29:27), Nick Rose (40, 29:45), and

Nzau, Grayson Top Masters

In Peachtree 10K

Joseph Nzau, 40, of Kenya, topped a deep masters field to finish 11th overall
(29:09) in the Peachtree 10K, held in Atlanta, Ga., on July 4. The spindly-legged runner, who sports a goatee, handed Frenchman Pierre Levisse (40, 29:12) his first masters defeat, and soundly defeated the remaining competition of Artemio Navarro (42, 29:27), Nick Rose (40, 29:45), and Manuel Vera (41, 29:51). In the women's contest, Nancy Grayson of Columbia, S.C., took home the $1500 masters prize with a 35:02. She was followed by Alaskan Suzanne Ray (40, 35:47), and Carol McLaughie (40, 36:01) of Texas. □
Cuboid Syndrome

I am a 60-year-old runner. Recently, my doctor diagnosed me as suffering from Cuboid Syndrome. What is that, and what can I do to alleviate the pain on the outside and bottoms of my feet?

NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLASSIC

DATE: 13 September 1992
PLACE: EDWARDS FIELD, UNIVERSITY OF CALIFORNIA, BERKELEY, CA. OFF FREEWAY 80, TAKE UNIVERSITY AVE. EAST TO EDWARDS RIGHT TO TRACK AND WALKING ON TRACK. PARKING ON CITY STREETS IS FREE ON SUNDAY
FACILITIES: POLYURETHANE TRACK AND RUNWAYS - 1/4 SPIKES. CONCRETE RINGS.
COMPETITION: OPEN, SUB-MASTERS & MASTERS (MASTERS AND SUB IN 5 YR. GROUPS.). MEET DIRECTOR DISCRETION MAY CONSOLIDATE GROUPS. ALL EVENTS ARE FINALS.
SANCTIONED: TAC OPEN & T & F RULES ENFORCED EXCEPT: STARTING BLOCK USE IS OPTIONAL, 400G AND 600G JAVELINS MAY NOT BE PLANTED
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ENTRY FEES: $10 FOR FIRST EVENT, $8 FOR NSC Inspection, and $6 FOR EACH ADDITIONAL EVENT. $20.00 FOR RELAY FORMS (MUST BE PAID FOR BY CLU'S AND MUST BE CHECKED PAYABLE TO NOR CAL SENIORS T.C. AND SEND TO JIM JONSON, 1026 MURCHISON DRIVE, HELM, CA. 94030 PHONE: (415) 697-1889
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FIELD EVENTS:

ENTRY FEES:

8:30 HAMMER THROW ALL
10:30 DISCUS ALL
11:15 SHOT ALL
12:00 LONG JUMP ALL
1:30 HURDLE ALL
2:15 JAVELIN ALL

TRACK EVENTS:

ENTRY FEES:

10:30 3000M
11:00 800M
11:30 100M/60-69
1:00 4X100 RELAYS
1:15 100M
1:30 200M
1:45 400M
2:00 800M
2:15 800M
3:00 400/600 HURDLES
3:15 200M
3:45 1500M
4:15 OPEN, MEN 50-49
4:45 5K
5:15 4X200M, ALL GROUPS

APPLICATION: PLEASE PRINT N. F. CLUB ADDRESS

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1992 TAC

TOTAL AMOUNT ENCLOSLED

MAKERS MUST BE SIGNED: I HAVE READ ALL RIGHTS THAT I OR MY HEIRS OR ASSIGNS MAY HAVE AGAINST THE NOR CAL SENSORS T.C. OR FROM OR PARTICIPATING IN THIS EVENT. I DECLARE THAT MY HEALTH IS SUITABLE TO PARTICIPATE IN THIS EVENT

SIGNED:

"ATHLETES WHO PARTICIPATE IN THIS COMPETITION MAY BE SUBJECT TO PAYMENT OF DANGEL SATISFYING IN ACCORDANCE WITH TAC RULES AND TAC RULES. ATHLETES FOUNO POSITIVE FOR BANNED SUBSTANCES OR WHO REFUSE TO BE TESTED, WILL BE DISQUALIFIED. MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE AT (800) 233-0393."

August, 1992

National Masters News

Masters Racewalking

Continued from page 10

along the way and, at the end, there were a space blanket, a finisher’s medal, water, and a finisher’s bag containing a T-shirt and some goodies. It was well-run and well-organized.

We entered the marathon through Marathon Tours and were not pleased with the service. The fee was ridiculous, 50 pounds or about US $80.00. There are so many people who want to enter that the entry fee can be high and foreigners can be charged a higher fee than the “locals”. We had tried to enter directly, but were told that we had to submit an application and the fee prior to December 31. Our names would be placed in the lottery to be drawn on the 31st. Despite the high fee, we decided to go with Marathon Tours since our entry was guaranteed.

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

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Photo by Nancy Hobbs

DEADLINE

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

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Athletes Meeting at National Championships

The Spokane Organizers have been working very diligently to provide us with an excellent National Championships this year. In addition to the competition, athletes will be invited to a hosted party on Friday evening following the competition. At TAC Executive Meetings, including telephone conference calls, and the most recent meetings held during the summer, we have been working toward fulfilling the requirements of our goal. Recent articles in Longevity Magazine, Modern Maturity, and U.S. News and World Report, have prompted an average of 4-5 inquiries per day from all parts of the United States. These results are not marketing our program to the youth and sub-master athletes. In addition to providing additional competition opportunities for everyone, it helps to offset the expenses of the meet, as many athletes had to check in one day before their event. Otherwise, heats will be drawn with the athletes included and expected to compete.

At the Convention, several delegates reported on their success of combining masters competitions with youth and sub-master athletes. In response to suggestions from members, we will make a concentrated effort to place articles/information on our program in areas where they will better inform the younger age groups of our sport. As we enter the 1990s, we are working toward fulfilling our goal. We are working toward fulfilling the requirements of our goal. Recent articles in Longevity Magazine, Modern Maturity, and U.S. News and World Report, have prompted an average of 4-5 inquiries per day from all parts of the U.S. requesting information on our program. The majority of correspondents appear to be in the 50+ age groups.

Continued has been expressed that we are not marketing our program to the younger athlete, including sub-masters and pre-sub-masters. In response to suggestions from members, we will make a concentrated effort to place articles/information on our program in areas where they will better inform the younger age groups of our sport.

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For non-competitors, admission to the stadium will be $2 per day, or $6 for a four-day pass. Proof of age and TAC membership is required of all attendees. No Massages will be available at the stadium for a nominal donation. No Massages will be available at the stadium for a nominal donation. Results will be posted promptly. Local newspaper and TV coverage is expected.

No "Declarations"
The "declaration" procedure used in the last two national meets (where athletes had to check in one hour before their event) will not be in effect in Spokane. Any participant who plans to skip the meet or to scratch from an event should notify the organizers prior to the start of competition. Otherwise, heats will be drawn with the athletes included and expected to compete.

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On The Run

by Hal Higdon

Pain Got Masters Track Moving

A lot of runners take age-group competition for granted. Dare a race organizer not offer awards three-deep in five-year age categories through the 70s and he'll hear rumbles of discontent. The world track championships for athletes over 40 regularly attract 5000 or more. The running world wonders who will be the first master to break four minutes for the mile.

Thus, it seems strange that the masters movement is barely a quarter-century old. That point was brought home to me when I received an invitation to attend a party for David H.R. Pain's 70th birthday and the 25th anniversary of the U.S. Masters.

Pain is the one who got the masters movement moving. A San Diego attorney, he found he had too little time to play handball, which required finding courts and recruiting partners. He started jogging, but missed the competition.

Beginning in 1952, handball began offering national championships for “masters” over 40, eventually adding “grand master” (over 50), and “super masters” (over 60). Pain thought this would work for runners too. In 1966, he asked a local track promoter to add a masters mile to his meet; the following year, Pain organized a full-scale track and field meet.

When I first heard about the masters meet, I was in my mid-30s and thought it would never interest me. I had “retired” from competition on the national level and, although I planned to keep running, I was content to trot along toward the middle of the pack and let younger runners worry about winning.

Nevertheless, in 1971, there I was in San Diego lining up to run 10,000 meters at Pain’s meet, which had been recognized as a national championship by the Amateur Athletic Union.

My opponent was Peter Mundle, who had dominated the distance events at previous meets. Peter jumped into an early lead. I spent the middle laps catching him. Then we sprinted the last lap with me barely outleaning him at the finish.

I was hooked.

It was the thrill of competition with an age equal. Ironically, Peter and I were not age-equals. I had just turned 40; he was over 45. It would be several years before ten-year age brackets divided into five-year brackets.

Runners in other countries noticed the success of our masters meet. In 1972, Pain organized a tour of masters athletes to run a series of track meets in Europe, beginning in London. It proved a resounding success, attracting

A Home for Masters Memorabilia

by DAVID PAIN

For some time we have been considering how to collect, preserve and present for public display the history and memorabilia of a most remarkable epilogue in sport — the development of age-group athletics.

The past 25 years have seen masters athletics expand to virtually every developed nation worldwide, urged on and promoted by such organizations as the World Association of Veteran Athletes (WAVA) and publications such as the National Masters News.

Despite this remarkable growth, little, if anything, has been done to preserve the early record and achievements of these athletic pioneers.

Recently, the San Diego Hall of Champions, a nonprofit sports museum devoted to preserving the history of sport, has expressed interest in developing an entire section devoted to masters athletics, including not only items of historical interest, but also a library of statistical data, records, and writings to be made available to scholars and researchers seeking information on fitness and its relation to the aging process.

More details on the project will be announced soon.

Masters Track and Field Report Continued from page 14

by-product of the time spent has been the networking with other committee chairs and TAC staff. As a member of the Committee, I serve on the Strategic Planning sub-committee, whose duties include looking at a four-year financial plan for TAC. My long-distance counterpart, Charles DesJardins, is serving as an ex-officio member of the Special Committee for Development of Executive Director Performance Standards.

As expected, most of the time spent during TAC Executive Meetings is not directly related to any one committee. Instead, we are dealing with a number of issues, some of which make the sports pages; others are equally important, but not to the general public.

The Bylaws state that the Executive Committee shall discharge the duties of the Board of Directors between Board meetings. We are also charged with the responsibility of acting on reinstatement requests; most of them associated in one way or another with doping violations. We may accept, deny, or modify the recommendation. In this capacity, we are serving as the final jury. It is not a job that I particularly enjoy, but one I accept as part of my responsibilities.

In many cases it is not easy, as was the case with the Butch Reynolds decision. While you may or may not agree (and I heard from both sides on the issue) with the decisions made by the TAC Executive Committee, one thing was made perfectly clear: "The USOC, national and international bodies must work together to set worldwide drug-testing standards, jurisdiction and resolution procedures," said Frank Greenberg, TAC President.

While I cannot answer questions regarding specific cases, I'm more than happy to respond to questions, criticisms, and suggestions.
Ken Popejoy
by MARILYN MITCHELL

It was a very emotional Ken Popejoy whom we saw on national television at the Olympic Trials in New Orleans. Popejoy, 41, the U.S. and world M40 1500-meter champion, was embracing Jim Spivey right after Spivey qualified for the Olympics with a first-place finish in the 1500.

But what was Popejoy doing in this most improbable scene? Coaching? Well, yes. Ken, who lives in Wheaton, Ill., met Jim in 1986 in Indianapolis at the Pan Am Games and was invited to a party at Jim’s house. Ken follows Big Ten milers closely, and together, was invited to a party at Jim’s house.

When Spivey moved to Bloomington, Ind., to prepare for the 1987 World Championships, he asked Mike Durkin for coaching help. Durkin (Illinois) and Popejoy (Michigan State) were Big Ten running rivals 20 years ago. Durkin, now a Chicago lawyer, agreed to coach Spivey with the condition that Popejoy shared coaching duties.

Popejoy, an attorney specializing in real estate development, has also been a volunteer North Central College (IlI.) cross-country coach for 11 years, taking them to two NCAA Division III championships, with eight seconds and a third.

Durkin supplies Spivey’s written workouts, planning and strategy.

Popejoy does the fine-tuning and actual workouts with Jim. A normal week includes two track interval workouts and two serious road or trail runs, with Jim and Ken running 90% together.

Since Durkin gets a bit nervous during competition, Popejoy accompanies Spivey to the races. Ken will be present for the August 3, 6, and 8 rounds of the men’s 1500 in Barcelona.

Popejoy feels there are five to six people capable of medaling in the event, and the plan is for Jim to be one of them by following the Durkin/ Popejoy plan. Ken continually tells Jim that he is “...a 32-year-old in a race of young milers in their 20’s who have great leg speed. Don’t run the kids’ race; have the courage to take the lead at 1/2 mile and hit it and hit it hard.”

Popejoy says Spivey doesn’t have the same lightning kick he used to, but where he used to be tentative and nervous, he is now stronger than ever before.

“By taking the lead and having the courage to hold it, he can expect to get at least medal in Barcelona,” Popejoy said.

How does Popejoy handle being a lawyer, husband, father and world-class masters runner? “First, the support and sponsorship of Nike, which provides allowances and some performance bonuses for his own running. Next, with understanding legal partners and family members who give him emotional support and allow him time for his running and coaching. The coaching is currently taking from 15 to 25 hours a week.

Has this affected Ken’s training? Well, it’s probably of higher-quality, training with a runner of Spivey’s caliber.

The future? Ken will be back home for a couple of days after the Olympics and will fly to Spokane to defend his 1500-meter title in the National Masters Championships. He anticipates one more year of masters competition, culminating in the WAVA Championships next year in Miyazaki, and then possible retirement.

He has three children (ages five to 13) and wants to spend more time watching and supporting them in their accomplishments as they grow and mature.

Ken’s fellow masters athletes with him, Durkin and Spivey the best of luck in Barcelona.

Rascher Sets Pole Vault WR in Tennessee

from DEAN WATERS,
Meet Director

The fifth annual Tennessee Masters Track and Field Championships at the University of Tennessee, Knoxville, May 29-30, produced one world and one U.S. age-group records.

Phil Rascher, 45, Atlanta, Ga., pole vaulted 9-4 to break the W45-49 world record, and Betty Voshburgh, 60, Atlanta, ran a 32.49 200, below the W60 national record of 33.3 set in 1982 by Josephine Kolda.

Ken Popejoy, 41, streaking to a masters mile first (4:17.99), Mobil One Invitational, Fairfax, Va.

Victor Sailer/Agence Shot

Track & Field Rankings Report

by JERRY WOJCICK, Masters
T&F Rankings Coordinator

The rankings for the indoor 55m/60y dash, 3000, long jump, and 3000 racewalk appear in this issue. The remaining indoor events to be published are the 400 and pole vault; should they be ready for the September issue. The indoor weight marks will be combined with outdoor weight throws and published in the 1992 rankings book.

The first group of corrections to the 1992 outdoor rankings are also in this issue. When sending corrections, be sure to state your age group and the event.

Compilers for the 1992 outdoor track & field season are listed below. Please forward your best marks, if they are not published in the NMM, after your season is over. Marks sent to me or the NMM instead of the appropriate compilers will not be forwarded. All marks, including those made in open competition, should have some form of verification.

100, 200, 400, 1500, 5000, 4x100
4x400 relays:
Larry Patz, 435, Concord, NH 03301
800:
William Benson, 6 Eton St., Valley Stream, NY 11581
3000, 10,000:
John Disey, 9128 N. Swan Circle, Brentwood, MO 63144-1145
HJ, TJ:
Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250
PV:
Tomlinson Rauscher, 85 Sunset Blvd., Pittsford, NY 14534
LJ:
Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132
M, both burleson, SC, SP, DT, HT, JT, WT, decathlon, heptathlon, pentathlon, and 1500, mile, 3000, 5000 track walks:
Jerry Wojcik, 774 Blueridge Dr., Santa Maria, CA 93455.

The meet was opened to contestants 20-years-and-older in an attempt to provide a bridge between less-serious-than-world-class college athletes and masters track and field. Although this didn’t cause a large entry of the sub-30-year-olds, the eight athletes who took advantage of the meet enjoyed the competition and provided excitement.

Officiating by the Knoxville TC and Officials Association under Lowell Charlton, assistant meet director, and computer-produced individual and team results by Bill Cain, Oak Ridge TC, kept the meet moving on schedule and competitors well-informed.

The team championship went to the Knoxville TC with 193 points, followed by the World Elite TC (164), and Nashville TC (103). Fourteen clubs were represented.
International
Scene
by CESARE BECCALLI,
President of WAVA

Report from the President

The WAVA Council met in Miyazaki, Japan on May 21-25. All 15 Council members were present. Both our own meetings — discussing only WAVA matters — and those with the Japanese organizers were very successful.

Our discussions were held with a spirit of union, friendship and cooperation. After the dangerous break which occurred at our last Council and Assembly meetings in Turku, everyone should be pleased to learn that our political crisis seems to be over.

Procedures for Affiliation

The financial support from the IAAF was confirmed, so that WAVA affiliation fees at the world and regional level are cancelled. A new affiliation form was approved by the Council; it will be sent to all standing affiliates shortly. Affiliates should simply complete the form and return it. No further action need be taken. It will be valid for 1992-93.

The WAVA Secretary will write to each regional association informing it as to which countries in its region are affiliated to WAVA. (Regions are based on the IAAF groupings.) No country may be affiliated at a regional level if not previously accepted as a WAVA affiliate.

IAAF Relationship

The IAAF/WAVA office in London is already operating. Our direct correspondent there is Mr. Mark Horley. Thanks to his cooperation, the new WAVA Handbook — with the WAVA constitution and by-laws in five languages — will soon be available.

To all countries where a WAVA affiliate does not yet exist, the IAAF will send an invitation and WAVA application form to the country's national athletic federation.

Regional Financial Support

Regional (Continental) Veterans Associations will be given financial support by WAVA/IAAF. (Editor's note: see July issue, p. 17, for details.)

Drug-Testing

Random drug testing will be implemented in Miyazaki.

By-Law Changes

The Council made some minor modifications to the by-laws which will be printed in the Handbook. Anyone may discuss these at next year's General Assembly.

1995 Championships

Singapore withdrew its bid to host the 1995 WAVA World Veterans Athletics Championships. Cesar Moreno, the new WAVA Council member who is also a member of the IAAF Council, checked the situation at the IAAF meeting in Toronto at the end of May. He reported that Maurice Nicholas (an IAAF Council member and Asian General Secretary) has expressed the desire that the new WAVA Championships be held in Asia. It is our intention to accommodate this request, subject to the availability of suitable facilities.

373 in South African Championships

by LEO BENNING

The South African Masters Track and Field Championships were held May 8-9 in Krugersdorp near Johannesburg. The entry of 373 athletes was the largest ever and included at least 12 participants from other countries, including Australia, Germany, and the USA.

Twenty-four S.A. records were broken or established and two equalled. The best performance of the meet was probably that of Trevor Brown, M35, who won the 800 in 1:56.64 and the 1500 in 4:00.61, for S.A. records. Not far behind was the exciting black sprinter, B. Tlapu, M35, who won the 100 (11.21), 200 (22.26), and 400 (48.43), leaving his opposition far back.

Helen Rothman, W60, won the 10K road walk in 1:00:34, a S.A. record.

Monty Hacker, M55, scored a double in the 100 (12.58) and 200 (25.14), while Stan Wald, M45, a world road walk in 1:10:41, left his opposition far behind was the exciting black 100 200.

In the hammer throw, Helen Searle, New South Wales, set a W50 world record of 43.30. Two potential world bests, after more records were recorded, were produced by Tina Smit, W65, Tasmania, 2000m steeplechase (12:44.78), and Ruth Frithe, New South Wales, W80, triple jump (5.33).

Fifteen national records included a 47.63 in the 300mH by M60 Quentin Anthony, Australian Capital Territory; a 42.76 discus throw by M65 Rudi Hochreiter, Victoria; and 1:10:41 by Tom Daintry, Victoria, in the M80 10K road walk.

Nearly 500 athletes returned to Hobart, the site of the 1985 Australian Championships.

WAVA/TAC Hurdles and Implements Specifications

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*Either "old" or "new" javelins may be used.
Masters National News

NATIONAL

- Purchasers of domestic airline tickets may be eligible for rebates for flights taken between Jan. 1, 1988 and June 30, 1992. How do you file a claim? First, write to: Airline Antitrust Litigation, P.O. Box 209, Philadelphia, PA 19107. Just ask them to put you on the mailing list.

- Karin Smith, 36, winner of the W35 javelin at the WAVA Championships last year in Finland, has been named to the U.S. Olympic team because she is one of only three U.S. women who have met the Olympic qualifying standard.

EAST

- Rosemary Ricardi celebrated her 50th birthday with a 23:17 in the Smithtown Days 5K. L.J., June 6. Cindy Bermudez (W40, 20:57) and Maury Dean (M45, 17:12) were top masters.

- Frank Shorter, 44, a Middletown, NY, native, was first 40+ in 33:57 in the Orange Classic 10K, June 14. Now a resident of Boulder, CO, Shorter admitted that his responsibilities as commentator for every race - this year's downtime - are going to affect his performance.

SOUTHEAST

- Omitted from the Florida TAC Masters Championships results, May 18, in the July issue was the M30+ T.1, won by Joe De Luca, with an All-American 10:42; Nemour Delaneauville, was second at 9:65.

- Chuck Moeser, 40, Herndon, VA, held off Steve Rowker, 42, Westminster, MD, to win the M age group race. L.J., June 6. Cindy Bermudez (M40, 33:38), Cliff Clark, the race's founder, set aside his administrative hat to finish in 39:26. Grete Waltz, 30, won the M50+ race in 33:40. In the 80s group, the W500 2000 meters, was won by an 82:39 woman.

SOUTHWEST

- Wendell Palmer, 60, Tampa, TX, broke the single-age mark for the 2K discus with a 131.1, and the WR for the 1.5K with a 157.1. Cuttie, Classic Class, OK, May 30.

- John Alexander, 72, broke the U.S. M70-74 100y record (3:4, Ivers, 1983) with a 12:34 in the Oil Capital Meet, Andrews, TX, June 13.

MIDWEST

- Dan Sekeral, 45, produced the best 40+ master's performance in 11:39 in the M50+ T.1, won by Ken Prior (17:41) and Jean Hopkins (24:22).

Masters National Championships

- The Indian National Veterans Athletic Championships held in Madras, April 10-12, drew 1400 competitors from 20 affiliated states. The organizing committee of the Tamilnadu Veterans Athletic Association arranged for free accommodations and subsidized meals. Sri Jaginder Singh of Punjab, competing as an M100, threw the discus 16.30m and javelin 18.20m. The overall team championship went to the team from Kerala state.

- After six years of publication, the Australian Veteran Athlete magazine is calling it quits. A new publisher rescued the publication over a year ago, but has now thrown in the towel. "The publishers could not solicit enough advertising to continue," said editor Mike Hall, "and could not obtain financial support from the national body, so we had no choice but to cease production."
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 2372, Van Nuys, CA 91404.

**SOUTHEAST**

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

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


September 26. Florida Circuit Meet, Tampa. 5-yr. age groups from 18 to 80 - SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/931-8997.


**MIDWEST**

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


**MID-AMERICA**

Colombia, Kansas, Minnesota, Missouri, Nebraska, South Dakota

August 13-16. Rocky Mountain Senior Games. 55+. Roger Jansch, P.O. Box 607, Kearney, NE 68847. 208/827-2375.

August 21-23. Nebraska Senior Olympics. 55+. Roger Jansch, P.O. Box 607, Kearney, NE 68847. 208/827-2375.

Some readers provide additional support to the National Masters News, and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


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

August 8. Foottcoll College Throws Series, Los Altos, Calif. 35+ and hammer moved to Stanford. Footcoll College, c/o Gary Kelmenson, 2301 Friesland Court, Santa Cruz, CA 95062. 408/477-2020(h).


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

**NORTHWEST**

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


August 5-8. Idaho Senior Games, 55+. John Kirk, P.O. Box 2048, Boise, ID 83701. 208/353-2553.


October 20-23. Huntsman Chemical's World Senior Games, St. George, Utah. 50+. Sylvia Wunderli, Executive Director, 3355 So. Foottcoll Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

**INTERNATIONAL**


October 9-12. WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 8595, Santiago, Chile. 621-1417. Fax: 01 56 2 469 5006.


October 24-25. Hong Kong Veterans International Meet. M&F375 +. AVOHK, International Meet, 111/21/3104, Central Hong Kong.

November 30-December 6. VI WAVA

**ON TAP FOR AUGUST TRACK AND FIELD**

The silver anniversary of U.S. masters track & field will be celebrated in Spokane, Wash., for a fourday run starting on the 13th. Nearly 1000 competitors ages-30-and-over are expected. Soon after, those with pluck, luck, and bucks will head for the WAVA North American Regional Championships, opening on the 19th for a five-day stint in Vera Cruz, Mexico.

Before those dates, athletes can hone their skills in TAC Regional Championships in NYC and Wauconda, Ill., and the Midwest Masters Meet, Huntington, W.Va., on the 1st, followed by a meet in Dayton, Ohio, on the 8th.

The schedule shows senior meets (55+) throughout the country; the XXV Olympics continue through the 9th.

**LONG DISTANCE RUNNING**

The National Masters 10 Mile Classic and Midwest Master's 5K will be decided at the Bobby Crim Race, Flint, Mich., on the 22nd.

Other major races are the Asbury Park 10K, New Jersey, on the 8th; Parkerbury Half-Marathon, W.Va., 15th; America's Finest City Half-Marathon, San Diego, and the Falcon Run, Massachusetts, 16th; the Milk Run, Peak Run, 22nd and 23rd; and Magazine Valley 5K, North Carolina, 29th; and marathons in Santa Monica, San Francisco, and Nevada, 30th.

**RACEWALKING**

The national 5000 track championships and 10K/20K road championships will be held with the &f nationals in Spokane.

Ed Bakuska, MS40, leaps over the last hurdle for a 1.7.19. 1991 Club West Masters Meet held at Santa Barbara. This year’s meet will be held on October 3.

Photo by Jerry Wojcik
LONG DISTANCE RUNNING NATIONAL

August 1-October 31. RRCA Women’s Distance Festivals. RRCA-sponsored races throughout the country. SASE to Women’s Distance Festival, RRCA National Office, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.


September 7. TAC/USA National Masters 20K Championships, New Haven, Conn. John Bylsiewicz, P.O. Box 1893, New Haven, CT 06508. 203-597-0214.

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

November 8. TAC/USA National Masters 5K Country-Cross-Championships, Columbus, Ohio. John White, 4863 Arthur Place, Columbus, OH 43220. 614/255-2547.


MIDWEST

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


MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, South Dakota


WEST

Arizona, California, Hawaii, Nevada


August 2. Redwoods Running Camp, UC-Santa Cruz, Calif. Roy Benson, 5600 So. High St., North, Atlanta, GA 30342. 404/255-6234.

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


August 30. City of San Francisco Marathon. Mark Winitz, 415/948-0618; Peter Tatum, 415/371-2421.

August 30. Santa Monica Marathon, Cultural & Rec. Services Division, 2600 Ocean Blvd., Santa Monica, CA 90405. 213/458-11.

August 30. Silver State Marathon. Bob MacMahan, P.O. Box 21171, Reno, NV 89515. 702/862-3006.

August 30. Sunset In The Park 2.8 Mile/4.8 Mile Country-Cross. 6:00 p.m. SASE to: Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5471.


INTERNATIONAL


September 27. Berlin Marathon. Berlin, Germany. P.O. Box 7008, Boston, MA 02129. 617/242-7845.

RACE WALKING

August 9. Mack 3K Championships, Central Park, NYC. Park Walkers Club, c/o

Sri Chinmoy Masters Track & Field 40 and Over

Please check September issue of NMN for reprint of complete entry form or send a SASE to: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. No. 202, Culver City, CA 90230. Any questions, please call 310/645-0271.

Sri Chinmoy
Culver City, California
May 30. From I to r: Julia McCormick
(51, 14:55). Jane Kuhl (29, 15:29), Marge Moore (59, 19:01) and Fei-Mei Chou Lee (57, 16:47). Photo by Thelma Rubin
## 1992 Indoor 55m/60y

Compiled by Larry Fett

### Men's 30-34

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**August, 1992**

**National Masters News**

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**Men's Field**

- **45-49**: John Petrie
- **50-54**: Tim Garrett
- **55-59**: George Krupsky
- **60-64**: Jimmy Johnson
- **65-69**: Tom Cope
- **70-74**: Jack Johnson
- **75-79**: Bill Cooper
- **80-84**: Jerry Collins
- **85-89**: Bob Kennedy
- **90-94**: Malay Bulluck
- **95-99**: Victor Zajac
- **100-104**: Donald Moodie
- **105-109**: Thomas Johnson
- **110-114**: George Krupsky

**Women's Field**

- **45-49**: Susan Johnson
- **50-54**: Mary White
- **55-59**: Linda Brown
- **60-64**: Carol Smith
- **65-69**: Sue Thomas
- **70-74**: Eliza Brown
- **75-79**: Mary Cooper
- **80-84**: Betty Parkinson
- **85-89**: Jane Brown
- **90-94**: Malay Bulluck
- **95-99**: Victor Zajac
- **100-104**: Donald Moodie
- **105-109**: Thomas Johnson
- **110-114**: George Krupsky

**Relays**

- **4x400**: Team A
- **4x800**: Team B
- **4x1500**: Team C

**National Masters News**

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- **80-84**: Betty Parkinson
- **85-89**: Jane Brown

**Relays**

- **4x400**: Team A
- **4x800**: Team B
- **4x1500**: Team C
### Track & Field Results

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2½" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

#### New Jersey TAC Masters Championships

**Long Branch, May 31**

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#### Masters Championships

**Randalls Island, NY, June 6**

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### New York City Masters

**Carnegie Hall, June 29**

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### Adirondack Association/TAC

**Championships, Albany, NY, June 20-21**

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**August, 1992**

**National Masters News**

**Continued from previous page**

**SOUTHEAST**

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SOUTHWEST
Ponca City Track Classic
Ponca City, OK: May 30

High Jump

- Jeff Hensley - 6'10
- Brian Zawacki - 6'10
- Robert Smith - 6'10
- Larry Johnson - 6'10
- Jeff Ratliff - 6'10

Long Jump

- Adam Hensley - 26'11
- Adon Brunschweig - 26'11
- Brian Zawacki - 26'11
- Robert Smith - 26'11
- Larry Johnson - 26'11

TAC Southwest Regional Championships
Dallas, TX: June 6

High Jump

- Jeff Hensley - 6'10
- Brian Zawacki - 6'10
- Robert Smith - 6'10
- Larry Johnson - 6'10
- Jeff Ratliff - 6'10

Long Jump

- Adam Hensley - 26'11
- Adon Brunschweig - 26'11
- Brian Zawacki - 26'11
- Robert Smith - 26'11
- Larry Johnson - 26'11

TAC Mid-America Regional Championships
Lincoln, NE: June 28

High Jump

- Jeff Hensley - 6'10
- Brian Zawacki - 6'10
- Robert Smith - 6'10
- Larry Johnson - 6'10
- Jeff Ratliff - 6'10

Long Jump

- Adam Hensley - 26'11
- Adon Brunschweig - 26'11
- Brian Zawacki - 26'11
- Robert Smith - 26'11
- Larry Johnson - 26'11
Continued from previous page

August, 1992
National Masters News

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**National Masters News**

August, 1992

**NORTHWEST**

**Senior Sports Festival** Seattle, WA; June 6

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<td>57.74</td>
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<td>Howard Reis</td>
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<tr>
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<td>Hure</td>
<td>Long Jump</td>
<td>8.08</td>
<td>Hure</td>
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**Note:** This is a partial representation of the table. The full table is not available in the provided image.
### International Australian Athletics Championships

**Hobart, Tasmania; April 15-20**

<table>
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<tr>
<th>Event</th>
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<td>200m</td>
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<tr>
<td>400m</td>
<td>J. Horan</td>
<td>45.67</td>
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<tr>
<td>800m</td>
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</tr>
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<td>1500m</td>
<td>J. Horan</td>
<td>3:44.22</td>
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<td>S. Siverson</td>
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August 1992
National Masters News


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

**NAME:** ____________

**AGE-GROUP:** 

**ADDRESS:** 

**SEX:** ____________

**F**  

**CITY:** ____________

**STATE:** ____________

**ZIP:** ____________

**MEET SITE:** ____________

**DATE OF MEET:** ____________

**EVENT:** ____________

**MARK:** ____________

**HURDLE HEIGHT:** ____________

**WEIGHT OF IMPLEMENT:** ____________

**CERTIFICATE** □  

**PATCH** □  

**PATCH TAG** □

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

---

**U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEASUREMENTS**

**M30-34**

**M35-39**

**M40-44**

**M45-49**

**M50-54**

**M55-59**

**M60-64**

**M65-69**

**M70-74**

---

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

Event: **55-59**  

**M30-34**  

**M35-39**  

**M40-44**  

**M45-49**  

**M50-54**  

**M55-59**  

**M60-64**  

**M65-69**  

---

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

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

Event: **55-59**  

**M30-34**  

**M35-39**  

**M40-44**  

**M45-49**  

**M50-54**  

**M55-59**  

**M60-64**  

**M65-69**  

---

**CERTIFICATE** □  

**PATCH** □  

**PATCH TAG** □

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

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

Event: **55-59**  

**M30-34**  

**M35-39**  

**M40-44**  

**M45-49**  

**M50-54**  

**M55-59**  

**M60-64**  

**M65-69**  

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**CERTIFICATE** □  

**PATCH** □  

**PATCH TAG** □