2700 Athletes From 79 Nations Take Part in 15th World Championships

27 World Marks Set in Puerto Rico

By JERRY WOJCIC
CAROLINA, Puerto Rico - More than 2700 masters athletes from 79 nations participated in the 15th biennial World Masters Track & Field Championships held here on July 1-13.

The weather wasn't as bad as it could have been, with daily highs in the 80s. The winds were brisk but cooling. Several days experienced showers, the worst when a couple of finals in the 200 were drenched and the rest delayed for a time at the Sixto Escobar Stadium on Tuesday, the 8th. Fortunately, Tropical Storm Claudette passed well south of the island before heading for the Gulf of Mexico and becoming a hurricane.

Three tracks were used for competition: the Roberto Clemente Sports Complex in Carolina, the Sixto Escobar Stadium in San Juan, and the University of Puerto Rico facility in Rio Piedras.

"The best ever," said George Mathews, USATF Masters T&F Committee Chairman, of the Opening Ceremonies at the Roberto Clemente Stadium on Tuesday evening, the 1st.

"The Closing Ceremony was terrific. The dancers and musicians were outstanding," said Ruth Anderson, 73, who has participated in all 15 Masters World Championships and was honored with other athletes who have attended all of the Championships, at the Closing Ceremony, Sunday, the 13th.

Plentiful Officials

Officials, wearing yellow shirts and baseball hats, were plentiful. Almost too many, in the opinion of some athletes. A long-time U.S. official and masters athlete said he counted 17 at one javelin final.

Competitors were appreciative of the large numbers of local fans who came out to cheer lustily for the athletes, especially Puerto Rican runners, with noise-makers, music, and whistles.

At the venues, the awarding of medals took place on a stand in the infield, facing the spectators and often within 30 minutes after the final.

The U.S. topped the entry list with 442, followed by Germany, 275, and...
Eugene to Host 36th Nationals

Hayward Field in Eugene, Ore., "Track Town USA," will be the site of the 36th National Masters T&F Championships on Aug. 7-10. About 1500 athletes are expected this year, the fourth time Eugene has staged the meet.

Hayward Field, on the campus of the University of Oregon, previously hosted the Championships in 1984, 1994, and 2000, when 1503 athletes competed. In 1987, the Championships, scheduled for Hayward, were shifted to the neighboring city of Springfield, when improvements to the Hayward track were not completed.

Masters athletes starting at age-30 will compete in five-year age groups. Relay teams compete in ten-year age divisions, with the athlete's age on Aug. 7 determining his or her age group. The last date for entries was July 28.

Events in the four-day schedule include a pentathlon for men and women on Thursday, the 7th, and two racewalks, a 5000 on the track on Friday, the 8th, and a 10K road race on the streets of the university on Sunday, the 10th.

Many athletes will stay in the dormitories on campus, noted in the past for the high quality and quantity of their cafeteria meals. A Champions Cafeteria will open to all scheduled for Saturday, the 9th.

Free shuttles to athletes and accompanying persons will be available from the Eugene airport to the university area on Wed., the 6th, and Thurs., the 7th. Return shuttles to the airport will be available on Aug. 10th and Monday morning, on the 11th, from the dormitories.

An athletes' meeting will be held Friday evening, the 8th. The time and site will be announced during the meet.

More information on the Championships is available at www.eugenechamps.com. An event schedule with competition times for all events will be posted when all the entries have been finalized.

The primary sponsors are Puma, PeaceHealth, willamette.net, and Gill Athletics, with support from the Oregon Track Club Masters.

San Diego Senior Olympics
Track & Field Meet
Westview High School, San Diego
Brand-new, all weather track
September 20, 2003

USATF Sanctioned and officiated event

Medals given to top three winners in each age group. Free fruit and water will be available...Concession stand benefits Westview High School Youth Athletics.

HOW TO ENTER: Choose the appropriate EVENT CODE(s) & Description(s) from the list below and complete the Entry Form found to the right. Each athlete must submit an entry from and complete with the registration/entry event fee.

EVENT CODE EVENT DESCRIPTIONS Approximate Start Times
TR - 01 Race walking 5000m 7:00am
RA - 02 Race walking 1500m (Expert) 9:00am
TR - 02 80/100/110m hurdles 9:30am
TR - 03 1500m run 9:45am
TR - 04 400m dash 10:00am
TR - 05 100m dash 10:30am
LUNCH BREAK 12:00pm-1:00pm
TR - 06 3000/5000m run 1:30pm
TR - 07 50m dash 2:00pm
TR - 08 800m run 2:30pm
TR - 09 200m dash 3:00pm

FIELD EVENTS
FD - 01 Hammer Throw (UCSD) 8:00am
FD - 02 High Jump 9:00am
FD - 03 Pole Vault 9:00am
FD - 04 Discus 9:00am
FD - 05 Long Jump 10:00am
FD - 06 Triple Jump 10:00am
FD - 07 Shot Put 1:00pm
FD - 08 Javelin (grass runway) 3:00pm

Rules: USATF Masters Rules apply

USE OF LIABILITY

Medal winners in the M40 400 (1 to 5): Sall Allah, USA, 2nd (50.28), Rafael Diaz, VEN, 1st (50.18), and Kemitt Bentham, GBR, 3rd (50.38) 15th WMA World Championships.
NEW CLUB SITE
The Throwers Club is a Toronto-based club of masters throwers that has been around as a club for about five years. We’ve just launched our new Web site: www.throwersclub.ca.
It’s still a work in progress, but I invite everybody to browse around and offer any suggestions or comments.

National Records Pepper Hayward Classic
By STEPHEN W. DERMINER
The overcast weekend of June 21-22 welcomed 315 competitors to the 2003 Hayward Classic at historic Hayward Field, Eugene, Ore.
The Classic, doubling as the Northwest Regional Masters Track and Field Championships, offered a fast track and fertile soil to the athletes. The Oregon Track Club Masters, with meet Directors Ruth BreMiller and Frank Lulich, hosted the Classic, and Lulich also chipped in as M.C. for the Saturday evening reception.
All the athletes showed peak conditioning for their events, but a few challengers truly outshone their competitors. Like a diesel, Bob Ward, M65, Texas, heaved his way to three U.S. records. Ward out-tossed the field in the 5k hammer with a 48.74. He claimed victory again with a 17.60 in the 20# weight. He also proved unrivaled when he stole the 5k# super-weight with a 6.97.

When asked about his performance at age 69, compared to his expectations on moving into his 70s, Ward replied, “My goal for this year was to go out of [my] 60s with my best performances in all events. My present goal is to break into the 70s with even better marks and try to hold off the inevitable decline in performance with scientifically designed training and nutritional programs.”

Ward wasn’t the only one with the Midas touch at the Classic. Tony Young, M40, Washington, raced to a pair of U.S. masters records. Young set a record in the 3000 with an 8:23:78, and helped set a pending M40-49 world record of 16:24.12 in the 4x1500 relay with Peter Magill, Angel Roman and Kevin Paulk.

Also setting a stiff pace was Leonard Hill, M55, Klamath Falls, Ore., who mastered the 3000 steeplechase in U.S. record time, splashing his way to a 10:10.41, replacing John Herron’s 11:34.80.
The foursome of Paul Edens, Lew Thorne, Gary Sims, and Don McMillan set a pending world record in the seldom run M60-69 sprint medley relay with a time of 4:24.15. A third pending record was established in the W40-49 4x1500 by Jennifer Teppo, Pam Cabanatuan, Carmen Jackinsky, and Kelly Kruehl.

June Machala, W70, Washington, finished with U.S. records in the 3000 (23:28.76) and 10,000 (48:11.29). Monica Kendall, W45, Oregon, had U.S. records in the javelin (38.08) and the shot put (12.79). Other U.S. records came from Robert Horsley, M80, Washington, 12# weight (13.23) and Tom Gage, M60, 5k hammer (59.98) and 20# weight (22.28).

The Phoenix Inn, acting as the meet headquarters, was the location for the athlete’s reception on Saturday evening where Diane Palmason, 65, received the Oregon Track Club trophy for the best performance in the National Masters News Age-Graded Mile, with a 6:21.54, an 89.1% effort.

Paul Heitzman, 72, was runner up with a 6:00.04, 88.3%, and June Machala, 72, third, with a 7:16.12, 85.9%. Both were presented with 1996 Olympic Games track apparel by Jerry Wojcik and Suzy Hess of the National Masters News.

Sustainers for August 2003
Periodically, 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.
We are grateful for the support of masters athletes.

Special thanks this month go to:

Dale Gaide Jackson, Michigan
Max Jones West Yorkshire, United Kingdom
Ingrid Mancini San Diego, California
Robert Osterhoudt Sun City, Arizona
Robert Premo Arlington, Virginia
Larry Rawson New York, New York

Mighty Micro team that set an M40-49 world record (16:24.12) for the 4x1500, Hayward Masters Meet. (T to R) Tony Young, Kevin Paulk, Angel Roman and Peter Magill.
Grandma’s Races Draw 15,026; Sultanova Wins; Ryzhkov Three-peats

By SUSANNAH BECK

DULUTH, Minn., June 21 — It was a glorious morning for a race at the 27th Grandma’s Marathon. Three races, in fact, as the 9578-strong field of the 7:45 a.m. marathon was preceded by the 5368-large Gary Bjorkland Half-Marathon at 6:45, which, in turn, was preceded by the 80-small elite women competing in the USAATF Open Women’s Half-Marathon Championship at 6:15.

Dawn broke bright and chilly on the first wave of racers, and as the sun rose in a cloudless sky, a gentle tailwind emerged, granting the prayers of PR-seeking runners on the point-to-point course. Half-marathoners, whose early race covered the second half of the marathon course, enjoyed perfect conditions; by the time the marathoners came home, however, the sun was in full stride.

In the USAATF Open Half-Marathon Championship, Minnesota favorite Janet Robertz, 43, Shorewood, took advantage of the day, and a crew of fast women to race with, to post a PR:1:15:36, good for 11th overall. The course was flat with a few low rollers and one major hill — "lemon drop hill" — at nine miles, followed by a few downhill miles.

Robertz put nearly two minutes up on speedster Carmen Ayala-Troncoso, 44, Austin, Texas, 1:17:21, 19th, who had outrun Robertz three weeks before at the Freihofer’s Run for Women 5K, Albany, N.Y., 16:47 to 17:12.

Debbie Leyden, 42, St. Paul, Minn., was third W40 in a two-minute PR: (1:19:07). Jeanne Lase-Johnson, 45, Chula Vista, Calif., was fourth (1:20:17). Overall winner and future master Colleen DeReuck, 39, Boulder, Colo., won by 90 seconds, 1:10:00.


The news in the marathon was all red. Red-clad and red-headed Firaya Sultanova-Zhdanova, 41, Moscow, Russia, flew alone to a PR:2:27:05, knocking two minutes off the course record, but missing her goal of setting a new women’s masters world record by 14 seconds (the current WR for W40+ is 2:26:51, Priscilla Welch, 1987).

Slowed in the final miles by a tight left leg, Sultanova-Zhdanova told Star Tribune writer John Millea, “I felt fine, besides the leg pain. I forced myself to run.” She was consold by $18,250 in prize money and bonuses, and a new car. Sultanova-Zhdanova was the masters winner at Grandma’s last year, 2:42:55.

Fedor Ryzhov, 43, also of Moscow, successfully defended his Grandma’s masters title, winning for the third year in a row, 2:17:08. It wasn’t pretty, though. Ryzhov had a rotten race, and only passed fellow Muscovite and training partner Mohamed Nazipov, 42, 2:17:21, having an even lousier race, at the 20-mile mark. Both men complained of liver trouble.

Nazipov, feeling that he was in PR shape, ran with the early leaders, but was eventually reduced to a walk-jog an hour-and-a-half into the race. “I was fine until my liver failed, then I just stopped,” he told News Tribune writer Tom Larson. “There is something like swelling, pumping out from my belly. Without this problem, I would have been able to run 2:11, no problem.” Ain’t it always the way?


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

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys to success and the personalities behind their achievements. LSTJ’s interviews with top name throwers such as Adam Nelson, Suzie Powell and Brauns Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won’t find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!

www.longandstrong.com

Four Issues (1 Year): $20 (U.S.) $24 (Foreign-U.S. Funds). All Back Issues, future issues through July, 2003 for $100 ($120 Foreign). Checks/Money Orders/MasterCard/Visa

Credit Card Orders

MasterCard Visa

Name ____________________________
Address ____________________________
City, State ____________________________
Zip ____________________________ Phone ____________________________
E-Mail ____________________________
Comments ____________________________

MAIL/PAYABLE TO: Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110 (717)238-1720

Addressee----------------

2003 Visalia Classic Masters Meet.

ART SHANZADE

Brad Butler, M30, first in the 3000 (9:51.4), 2003
Lou Neishloss: A Life of Service

A resident of Bristol, Pennsylvania, Neishloss can be seen working out on the streets around his home or pumping iron in his shed as he prepares for a comeback in wheelchair basketball, but his primary focus now is on developing a worldwide little league wheelchair basketball program for children, ages 5-12.

"And I still think I’m capable of coaching a disabled person to swim the English Channel," he enthusiastically offers, after discussing the court measurements and rules for the wheelchair basketball program. "It’s never been done, you know.

Bamboo Pole Vault

Neishloss’ involvement with sports goes back nearly seven decades, to age 8, when he decided he wanted to be a pole vaulter. "I would go to the nearest rug store and get those bamboo poles they placed in the rugs, strong enough for my bodyweight," he recalls. "I weighed only 80 pounds. My hero was Cornelius Warmerdam, no doubt the greatest bamboo vaulter of all time."

At Norristown High School, Neishloss, just 5-2, remembers winning the pole vault and defeating "a guy built like Tarzan," but World War II put an end to his track and field aspirations. He joined the Navy at 17, served as a gunner’s mate aboard the destroyer USS Brooklyn in the Mediterranean and participated in the invasion of France on D-Day, June 6, 1944, as well as the Anzio campaign in North Africa.

He was awarded the combat action ribbon, the presidential citation, WWII victory medal, the European-African Middle-Eastern medal, the American campaign medal, and the D-Day medal. However, he lost all of his war memorabilia and was so affected by the war that he never spoke of it until a few years ago. In fact, his two adult children didn’t know he participated in the war until three years ago.

Opening Up

It was in 2000 that Neishloss received an invitation from former Senator Bob Dole, also a combat veteran, to attend a groundbreaking ceremony for a WWII veterans’ national memorial in Washington, D.C. "That sort of opened me up and allowed me to come out of my shell," he says.

After the war, Neishloss enrolled at Miami University and turned out for the track team. But since they didn’t have a pole vault pit, he decided to give running a try. He recalls winning a 1000 yard run against Florida State, but he dropped out of college after his first semester, because he was "still getting flashbacks from the war."

In 1955, Neishloss was introduced to racing and represented the Penn Athletic Club. His best year was 1959, when he finished third in the national 50K championship in Pittsburgh. He participated in the Olympic tryouts (trials) of 1956, ’60, and ’64. The race that stands out most in his mind is a 33-miler in Canada, referred to as the "Canadian Death Walk." There were 49 starters and only 14 finishers, Neishloss taking fourth place.

Turning Point

The turning point in Neishloss’ life came in 1958 when he was working as an aquatic director at a resort in the Catskills of New York. "About my second week there, a gentleman came to the pool and asked me if I could help his daughter swim," Neishloss explains.

"I told him that I would be very glad to help his daughter and that he should bring her down at nine the next morning. Well, the next day, when the man and his wife showed up, they were pushing their daughter in a wheelchair. I was not frightened, just confused, as I had never worked with a physically disabled person before. It turned out that she was paralyzed from the chest down."

By the next day, Neishloss had the young girl, Iris Levine, doing both a breaststroke and freestyle. "Every day there was progress and within a couple of days she was swimming the length of the pool with me and then jumping off the 10-foot board with me as I coached her," he continues.

New Focus

"When we demonstrated everything for her parents at the end of the week, I could see the mother crying. My thoughts were that there must be lots of young people in the same predicament. That’s when I made my mind up to work with the disabled."

Neishloss organized one of the first wheelchair basketball teams and invented the wheelchair "adapter stick," a device that enables quadriplegics to bowl. He founded and coached the Central Penn Wheelers, a team that would win the national championship and medal at the Pan American Games. He also supervised the swimming program for retarded and autistic children in the Special Olympics and served on the coaching staff of the U.S. Paralympics swimming and track & field teams.

He returned to college and earned his Bachelor’s in occupational therapy and then worked as a therapeutic recreational supervisor. Genie, his wife of 35 years, is confined to a wheelchair, but he didn’t keep her from completing a 50-mile swim some years ago.

Eclectic Training

In his younger years, Neishloss worked out with Al Cantello, former world-record holder in the javelin, Josh Culin, the great 400-meter hurdler, and Ron Laird, "the greatest racewalker the United States has ever had." He also recalls training sessions with Horace Ashenfelter, the 1952 Olympic steeplechase champion, and Don Brugg, the world pole vault champion at the time.

But he prefers to talk about the champion disabled athletes he has been associated with – people like Bob Wieland, who lost both legs in Vietnam, and went on to become the strength and conditioning coach for the Green Bay Packers as well as complete a marathon by walking the 26.2 miles on his hands; Tommy McLaughlin, an incomplete quadriplegic with amputation of the right arm and with no biceps function in the left arm but who learned how to throw the javelin backward using his upper arm muscles; and Joan Degelman, who was paralyzed in all extremities except for partial use of one arm.

“She is one of the most inspirational stories I have encountered,” Neishloss relates. “She won gold medals in swimming, the shot put, javelin, bowling, the 60-yard dash, the wheelchair slalom, and the discus. I will never forget her.”

Meaningful Memories

Neishloss has enough memories to fill a book. He recalls an audience with Pope Paul VI, being presented a gold medal by Israeli General Moshe Dayan, travels to Asia and the Middle East, you-name-it. Most of all, though, he remembers the determination of the many disabled athletes he has coached and the satisfaction experienced by them at achieving things they didn’t realize they were capable of.

After a lifetime of service to others, you can hardly blame him for being “selfish” and trying to find just a little time to get back in racingwheel shape. “It’s been tough with the winter we have had this year,” he says, “but I’m gradually getting back into the flow of racingwheel. I expect to be in pretty good shape by summer.”

“My philosophy is to forget about the day before and concentrate on positive things. If you keep a positive attitude, things will work out. I’m going on 77, but I feel better now than when I was 59.”

(Mike Tymn can be reached by e-mail at metgat@aol.com)
NMN Celebrates Its 300th Issue

Thanks to you, the National Masters News celebrates 25 years of publishing with our 300th issue this month. It's been a good run and we're still going strong.

Some of the highlights from the first 300 issues (Maestro, strike up "Thanks for the Memories"):

**Issue No. 1, Summer, 1977.**
Conceived by AAU National Masters Chairman Bob Fine in New York City and produced and mailed by Ed Gildea in Lansford, Pa., the first issue is an 8-page quarterly called National Masters Newsletter, selling for $3 per year.

**No. 2, Autumn, 1977.** 2600 athletes from 44 nations take part in the 2nd World Masters T&F Championships in Göteborg, Sweden, including Olympian Al Oerter. Canada's Don Farquharson elected President of World Association of Veterans Athletes (WAVA).

**No. 6, Autumn, 1978.** A 12-page, featuring the 11th National Masters T&F Championships in Atlanta, which draws 450.

**No. 10, June, 1979.** Al Sheehan takes over as editor in Los Angeles, with Gildea still doing the printing and mailing from Pennsylvania. NMN becomes a monthly and increases to 16 pages.

Subscriptions reach 900.

**No. 11, July, 1979.** The first 20-page, with the story of the annual Grandfather Games.

**No. 14, October, 1979.** One of our best issues, with a new-high 24 pages and coverage of the 3rd World Veterans Games in Hannover, West Germany, including "Hanover Diary," a personal log of the European trip and one of our favorite pieces. NMN's price goes to $10 per year.

**No. 17, January, 1980.** APU dissolves. TAC (The Athletics Congress) becomes the national governing body for USA athletics. NMN printing and mailing moved from Pennsylvania to Fresno, Calif. Wendell Miller and Ken Bernard are elected masters T&F and LDR chairman, respectively.

**No. 23, July, 1980.** "Masters Scene" makes its debut.

**No. 24, August, 1980.** Gun Lap" by Mike Tymn debuts. 500 compete in 13th National Masters T&F Championships in Philadelphia.

**No. 25, September, 1980.** Our first 28-page. Subscription price goes to $12.

**No. 29, January, 1981.** Jim Weed named Masters T&F Chairman.

**No. 30, February, 1981.** Another "one-of-the-best" issues, with a report of the 4th World Veterans Games in New Zealand, including a blow-by-blow of the demonstrations by Christchurch citizens against South African competitors.

No. 32, April, 1981. Printing and mailing of NMN moved from Fresno to Los Angeles. Subscriptions reach 1500.

**No. 41, January, 1982.** Another collector's issue, featuring one of NMN's best-ever articles: "The View from 50" by Hal Higdon. Name changes to National Masters News, and becomes an official publication of TAC's masters committees. Bob Boal named Masters LDR Chairman.

**No. 47, July, 1982.** NMN goes to 40 pages. Subscriptions jump to 2200.

**No. 63, November, 1983.** Another biggie, 44 pages, with the story of the 5th World Veterans Games in San Juan, Puerto Rico. WAVA names NMN the official world veterans publication.

**No. 65, January, 1984.** Jerry Donley elected Masters T&F Chairman.

**No. 72, August, 1984.** Another of our favorite issues. Ed Burke, 44, makes the Olympic team. Al Oerter, 47, doesn't. Cindy Dalrymple's 75-race masters winning streak ends.

**No. 75, November, 1984.** Dr. John Pagliano's "Foot Beat" column begins.

**No. 84, August, 1985.** 4330 compete in 6th World Veterans Games in Rome.

**No. 89, January, 1986.** Subscription price goes to $18.75 with 3500 subscribers.


**No. 98, October, 1986.** First National Masters News age-graded track & field meet held in Los Angeles.

**No. 100, December, 1986.** First use of color on page one.


**No. 109, September, 1987.** Record 976 athletes compete in 20th Nationals in Eugene as NMN goes to 56 pages. Subscriptions reach 4200.


**No. 113, January, 1988.** 4817 athletes survive rain and wind in 7th World Championships in Melbourne, Australia. Italy's Cesare Beccalli elected WAVA President.

**No. 121, September, 1988.** 21st Nationals Draw 920 to Orlando; Britain's Ron Bell lowers world masters mile mark to 4:12.58. WAVA age-graded tables created.

**No. 125, January, 1989.** Charles DeJardins becomes Masters LDR Chairman.

**No. 126, February, 1989.** Bill Rodgers and Priscilla Welch Win 8K in Florida, as sponsor ICI provides $30,000 masters prize money.

**No. 129, May, 1989.** Indoor Nationals draw 658 to Columbus, Ohio. NMN subscription price goes to $22.

**No. 133, September, 1989.** 4951 athletes from 58 nations take part in "best-ever" World Championships in Eugene. Nationals draw 1450 to San Diego.

**No. 137, January, 1990.** Barbara Kousky elected Chair of Masters T&F.


**No. 157, September, 1991.** 4802 athletes take part in 10th World Championships in Miyazaki, Japan.

**No. 161, January, 1992.** Subscription price goes to $24. Number of subscribers reaches 5488.

**No. 176, April, 1993.** Ireland's Eamonn Coghlan, 40, lowers world indoor masters mile mark to 4:01.39 in NYC.

**No. 179, July, 1993.** Doug Kurtis, 41, runs world record 70th sub-2:20 marathon.


**No. 184, December, 1993.** 12,178 athletes take part in 10th World Championships in Miyazaki, Japan.

**No. 185, January, 1994.** The Athletics Congress (TAC) changes its name to USA Track & Field.

**No. 187, March, 1994.** Eamonn Coghlan, 41, runs first sub-4-minute masters mile in 3:58.15 in Boston.

**No. 191, July, 1994.** At age 47, Atlanta's Philp Scaich per 2nd in USA open pole vault.

**No. 193, September, 1994.** Nationals draw 1418 to Eugene. WAVA Age-Graded Tables revised. NMN subscriptions reach 6055.

Continued on page 8

USATF Southwest Regional Championships

Hosted by the Lions/Waterloo Relays
Saturday, September 20, 9AM-5PM
McNeil High School, Austin, TX

Entry forms available on Waterloo web site after August 1
www.waterlootrackandfield.org

Meet Director, Seth Brower, (512) 345-9573 or lionswaterloo@earthlink.net

All net proceeds to benefit Lions Charities as well as Special Fund to benefit our military families
Musculoskeletal Degeneration

An article published in Applied Sciences compares the running biomechanics of the older distance runner and the younger runner. The purpose of the study was to determine whether aging causes musculoskeletal degeneration. The older runners were between 55 and 65 years of age, while the younger runners were between 20 and 35.

The study indicated that older runners use shorter steps at a higher frequency. (We commonly refer to this as the old-age shuffle.) They also display smaller knee ranges of motion, higher vertical impact speeds, higher impact peak forces and higher initial loading rates than younger runners. This is not good news, and why it happens is not clear. It could be caused by aging; it could be musculoskeletal degeneration.

Perhaps the most important finding is the increased impact peak force and loading rate. This means the shock absorbing system has become compromised, which can lead to lower extremity overuse injuries and could be the reason why older runners have a higher rate of overuse injuries than younger runners.

The authors also pointed out that older runners should be cautious about running under conditions of high impact and may be better off running at lower speeds to reduce shock absorption.

Another way to reduce these forces is to use a shoe with higher cushioning properties. We have found that when veteran runners start the track season, they tend to become injured while running in racing flats. They fail to transition from the higher cushioned training flat that they have been wearing all winter.

The authors suggest that biomechanical data from older runners should be used in future research rather than data from young runners. We ourselves have reviewed over 600 clinical cases of running injuries in older runners and found a different running injury pattern than that of younger runners.

The authors also feel that testing older runners in controlled studies of speed, biomechanics and locomotor function will make it much easier to prescribe a running program and running flats.

They believe that further research should expand on the presented information to see of there is a direct relationship between specific musculoskeletal changes as a consequence of aging and biomechanical characteristics of these runners. Thus a better understanding of the older runner will be obtained and mediating factors may be employed in a more scientific fashion.

This will provide an insight into the mechanisms between ground reactive forces and changes in kinematics in the older runner. I feel this was a very well conducted investigative study, which serves to increase the focus on older runners. After all, we are becoming a large segment of the population.

(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, e-mail Dr. John Pagliano at thefootbeat@aol.com.)

PATAKI TRAINING SYSTEM patakitms.com

Dr. Pataki 6 times World Champion and improving

My Secrets

Video For Every Event

Lasting Treasures of Sports Science

Sign up for the News Letter:

Training & Nutrition for Masters

Phone 1-800-553-2188

Dr. Pataki Catalog

on-line patakitms.com

Need Back Issues?

Most back issues of the National Masters News are available for $3.00 each, plus $2.00 postage and handling for each order.

Send to:

National Masters News

P.O. Box 50098, Eugene, OR 97405

NMN 300th Issue

Continued from page 7


No. 200, April, 1995. Color photos on front page for first time.


No. 205, September, 1995. 5335 athletes from 79 nations take part in 11th World Championships in Buffalo, USA.


No. 221, January, 1997. Ken Weinbel and Jerry Crockett elected Chairmen of Masters T&F and LDR, respectively. Masters Hall of Fame established.


No. 229, September, 1997. 5788 athletes from 76 nations take part in 12th World Championships in Durban, South Africa.


No. 242, October, 1998. Nike World Masters Games draw 11,000 (1403 in T&F) to Oregon.

No. 253, September, 1999. 5949 athletes from 74 nations take part in 13th World Championships in Gateshead, England.

No. 256, December, 1999. 11,938 compete in 18 sports in National Senior Games in Orlando.


No. 265, September, 2000. 33rd Nationals draw record 1503 athletes to Eugene.


No. 276, August, 2001. 4976 athletes from 84 nations compete in 14th World Championships in Brisbane, Australia. WAVA changes name to WMA (World Masters Athletics).

No. 280, December, 2002. 33rd annual New York City Marathon draws record 32,503 runners.


No. 289, September, 2002. 35th National T&F Championships draw 1062 to Orono, Me.

No. 293, January, 2003. Masters Hall of Fame grows to 90.

No. 299, July, 2003. 24th annual Cotton Row 10K held in Huntsville, Ala.; 25th annual Freihofer's 5K Run for Women draws record 3616 to Albany, N.Y.

No. 300, August, 2003. 2707 athletes from 79 nations take part in 15th World Championships in Puerto Rico. WMA drops minimum male age from 40 to 35. NMN subscriptions at 5802. Mike Tymms write record 277th consecutive monthly column – the longest streak of any writer in the running community.

Despite the drop in the number of subscriptions, which some attribute to the Internet rather than to a lack of interest in masters athletics, NMN is surviving. We continue to bring to you what we hope is a quality product. Advertising and donations have increased, and we've made strong efforts to keep costs under control. We have received some financial help from the USATF Masters T&F Committee and our sustainer fund continues to support our efforts.

In Eugene, Jerry Wojcik and Suzy Hess have just moved into a larger office. Jerry is doing most of the writing and editing. Suzy took over as publisher and handles the office, publication orders, computer data, advertising, and trouble-shooting. We lost Kathie Finn Beck, a talented writer, to her husband's return to school on the East Coast. But we were fortunate to add Steve Derminer as an intern, and we still have the capable Jane Dods to write stories when needed.

In Los Angeles, Angela Egremont organizes the production schedule, plans the page run and does the proof reading. Kim McGill and Carol Covy do the layout. Al Sheahen oversees the final production.

It's been an interesting 300 issues. It's hard to believe 25 years have gone by since we began. In that time, masters athletes have become the scouts of new medical research – proving how regular exercise can slow down the aging process. Masters have learned that by careful training, they can continue to perform at a high level.

The National Masters News retains its original focus: a publication written by masters athletes for masters athletes – providing information that can't be found anywhere else.

We hope you've enjoyed all or part of the first 300 issues, and that you'll still be around and fit when No. 400 comes along.
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUGUST 2003

<table>
<thead>
<tr>
<th>NAME</th>
<th>CITY/STATE</th>
<th>AGE</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anne Jennings</td>
<td>Cambridge, MA</td>
<td>50+</td>
<td>2003</td>
</tr>
<tr>
<td>Anthony Desus</td>
<td>-</td>
<td>40-44</td>
<td>2003</td>
</tr>
<tr>
<td>Larissa Luxor</td>
<td>-</td>
<td>40-44</td>
<td>2003</td>
</tr>
<tr>
<td>Deborah J. Lankashire</td>
<td>Centerburg, OH</td>
<td>50+</td>
<td>2003</td>
</tr>
<tr>
<td>Felicia Jacobs</td>
<td>Oakland, CA</td>
<td>50+</td>
<td>2003</td>
</tr>
<tr>
<td>Claudia Mansi</td>
<td>-</td>
<td>45-49</td>
<td>2003</td>
</tr>
<tr>
<td>Stephanie Vega</td>
<td>Brooklyn, NY</td>
<td>50+</td>
<td>2003</td>
</tr>
<tr>
<td>Greg Foster</td>
<td>-</td>
<td>45-49</td>
<td>2003</td>
</tr>
<tr>
<td>Mary Slayney</td>
<td>Eugene, OR</td>
<td>50+</td>
<td>2003</td>
</tr>
<tr>
<td>Yelena Chechovarikov</td>
<td>-</td>
<td>45-49</td>
<td>2003</td>
</tr>
<tr>
<td>Steve Haseke</td>
<td>-</td>
<td>45-49</td>
<td>2003</td>
</tr>
<tr>
<td>Petra Schafeldinger</td>
<td>-</td>
<td>45-49</td>
<td>2003</td>
</tr>
<tr>
<td>Temi Neyyattan</td>
<td>Atlanta, GA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Janice Morani</td>
<td>Yakima, WA</td>
<td>50+</td>
<td>2003</td>
</tr>
<tr>
<td>Dee Ann Dougherty</td>
<td>Portland, OR</td>
<td>50+</td>
<td>2003</td>
</tr>
<tr>
<td>Temi Neyyattan</td>
<td>Atlanta, GA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Sandra Virenko</td>
<td>Minneapolis, MN</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Kelly Meuller</td>
<td>Franklin Lakes, NJ</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Deborah Heath</td>
<td>Medford, CA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Janey Dickerson</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Fiona Argent</td>
<td>GBR</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Valfranco Kregel</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Leonidas Varinas-lat</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Colita Lattin</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Judith Jaensch</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Etan Shkrely</td>
<td>Minneapolis, MN</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Deborah Heath</td>
<td>Medford, CA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Vaneta Becchina</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Judith Steuart</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Dane Scharfenburg</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Elaine Matthews</td>
<td>New Polux, NY</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Bryan Westfield</td>
<td>Ann Arbor, MI</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Sergio Lanzita</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Frank little</td>
<td>Altadena, CA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Chris Varengi</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Andrea Hrabiney</td>
<td>Braintree, MA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Astrid Rossau</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Wendy Donnelly</td>
<td>Portland, OR</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Carolyn Orton</td>
<td>GBR</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Patricia Finch</td>
<td>Portland, OR</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Lucy Shapero</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Joanna Lottidonapalos</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Benno Reichenburg</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Lennie Tucker</td>
<td>Bellevue, WA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Ada Letinsky</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Ursula Schirmer</td>
<td>Indio, CA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Ann Flynn Westport</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Erza Hirschman</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Dixie Marquard</td>
<td>Oka-Coca, LA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Martin Antonini</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Karen Scannell</td>
<td>San Francisco, CA</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Luella Laursig</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Cherie Sherrard</td>
<td>(Indio)</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Areguzmes Hemmerlaven</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Leu Thormann</td>
<td>Eugene, OR</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Ana Teberia</td>
<td>-</td>
<td>55-59</td>
<td>2003</td>
</tr>
<tr>
<td>Carmello Magardo</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Elizabeth Steidman</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Isabel Foley</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Doji Pataninu</td>
<td>Buhi, PH</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>A. Avelanthere</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Jose Pauluski</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Bruce Nelson</td>
<td>Bethany, CT</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Robyn Paulson</td>
<td>San Francisco, CA</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Lastti Lasid</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Aem Philippine</td>
<td>New York, NY</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Donald E. Heberg</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Ellen Fuller</td>
<td>Irvine, CA</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Carol Catmans</td>
<td>California, CA</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Ellen Roservine</td>
<td>(see Fuller)</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Malia Suprinenni</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Anna Flendarzi</td>
<td>-</td>
<td>70-74</td>
<td>2003</td>
</tr>
<tr>
<td>Carlos Vera-Guardia</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Helga Posenkirk</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Basil Nielseng</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Eric Eriksen</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Carl Hammers</td>
<td>Saugus, CA</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Walter Schuumberger</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>My Boothgan</td>
<td>Mateo, CA</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Robert Longasso</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Bob Oggibursin</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Fernando Calzada</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Albert Cooperiel</td>
<td>Monte, CA</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Marcin Czepak</td>
<td>Brooklyn, NY</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Johanna Luthier</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Robert Bouck</td>
<td>Rocklin, CA</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Karl Storck</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
<tr>
<td>Margareta Sarvanyi</td>
<td>-</td>
<td>80-84</td>
<td>2003</td>
</tr>
</tbody>
</table>

Compiled by Pete Mundle, Masters T&F Records Coordinator
The Bent-Knee Bugaboo – Part I

C

arl Acosta, M65, has been racewalking for 20 years. In the last 10, he has struggled with a bent-knee problem that has caused him to be disqualified from many races. As he competes at many national and international championships, there is much to learn from his attitude toward his nagging knee problem. The results from the Masters Championships in Puerto Rico show Carl’s 5K time: M65, 6th place, 23:45.

The Old and New Rules
CA: When I first started to racewalk in 1982, I worked out by myself and didn’t have anyone to walk with to pick up my technique problems. In some of my early races I would get calls – not necessarily getting disqualified, but getting cautioned at the start of the race. It was almost always for a bent right knee. As I made it through most races, my knee problem didn’t seem critical in my mind. This changed in 1991 when the knee rule was changed.

Remember, in the 1980s the knee rule allowed you to land or plant with a soft knee. As long as your leg was straight when it went under you, it was acceptable. Then in 1991, it became necessary to have a straight knee at heel contact. This is when many older masters began having difficulties. I joked with my friends that overnight I became racewalking’s illegal alien.

EW: Many masters have written me who feel that the rule change was unfair. They want the present rule modified for older walkers as they feel it punishes aging.

CA: One problem is that many of us had years of contacting the ground with a soft knee and then straightening. When this became illegal, it wasn’t just a matter of making a technique change. Some walkers discovered that age had affected their knees and made it very hard to plant with a straight knee and hold it straight until the leg was under them. So they were suddenly confronted with being disqualified after years of successful racing.

Another problem, at least one I experienced, concerned judging. The same judges who DQed me in one race would overlook me in the next. Yet, I felt that I was doing the same thing in both races. It was puzzling. Even more puzzling, I never get DQed overseas. I never have faced looking at 2X’s on the DQ board and wondering if I would make it through the race.

Some California judges have told me to slow down, but when you are racing, you are racing to win. It’s hard to settle for just making it through. Besides, I have found that if I slow down it doesn’t help that much. If I am walking with some good racewalkers, I am going to stand out.

I have what I describe as a bulbous knee. I can plant straight, but I’ll be damned when it is straight, the front of my knee pops out like a light bulb. I have actually stood in front of judges with my leg straight and they say, “My God, your knee is even bent just standing there.” On looking at the back, they realize it’s straight.

Forcing the Knee Straight
EW: I know that a year-and-a-half ago, I was doing the same thing in both races.

CA: Many of us would get called not getting disqualified, but getting turned over by judges who DQed me in one race would make it through the other. I never have had years of compacting the ground with a soft knee and then straightening. I have found that if I slow down it doesn’t help that much. If I am walking with some good racewalkers, I am going to stand out.

I have what I describe as a bulbous knee. I can plant straight, but I’ll be damned when it is straight, the front of my knee pops out like a light bulb. I have actually stood in front of judges with my leg straight and they say, “My God, your knee is even bent just standing there.” On looking at the back, they realize it’s straight.

Forcing the Knee Straight
EW: I know that a year-and-a-half ago, I was doing the same thing in both races.

CA: Many of us would get called not getting disqualified, but getting turned over by judges who DQed me in one race would make it through the other. I never have had years of compacting the ground with a soft knee and then straightening. I have found that if I slow down it doesn’t help that much. If I am walking with some good racewalkers, I am going to stand out.

I have what I describe as a bulbous knee. I can plant straight, but I’ll be damned when it is straight, the front of my knee pops out like a light bulb. I have actually stood in front of judges with my leg straight and they say, “My God, your knee is even bent just standing there.” On looking at the back, they realize it’s straight.

Forcing the Knee Straight
EW: I know that a year-and-a-half ago, I was doing the same thing in both races.

CA: Many of us would get called not getting disqualified, but getting turned over by judges who DQed me in one race would make it through the other. I never have had years of compacting the ground with a soft knee and then straightening. I have found that if I slow down it doesn’t help that much. If I am walking with some good racewalkers, I am going to stand out.

I have what I describe as a bulbous knee. I can plant straight, but I’ll be damned when it is straight, the front of my knee pops out like a light bulb. I have actually stood in front of judges with my leg straight and they say, “My God, your knee is even bent just standing there.” On looking at the back, they realize it’s straight.

Forcing the Knee Straight
EW: I know that a year-and-a-half ago, I was doing the same thing in both races.

CA: Many of us would get called not getting disqualified, but getting turned over by judges who DQed me in one race would make it through the other. I never have had years of compacting the ground with a soft knee and then straightening. I have found that if I slow down it doesn’t help that much. If I am walking with some good racewalkers, I am going to stand out.

I have what I describe as a bulbous knee. I can plant straight, but I’ll be damned when it is straight, the front of my knee pops out like a light bulb. I have actually stood in front of judges with my leg straight and they say, “My God, your knee is even bent just standing there.” On looking at the back, they realize it’s straight.

Forcing the Knee Straight
EW: I know that a year-and-a-half ago, I was doing the same thing in both races.

CA: Many of us would get called not getting disqualified, but getting turned over by judges who DQed me in one race would make it through the other. I never have had years of compacting the ground with a soft knee and then straightening. I have found that if I slow down it doesn’t help that much. If I am walking with some good racewalkers, I am going to stand out.

I have what I describe as a bulbous knee. I can plant straight, but I’ll be damned when it is straight, the front of my knee pops out like a light bulb. I have actually stood in front of judges with my leg straight and they say, “My God, your knee is even bent just standing there.” On looking at the back, they realize it’s straight.

Forcing the Knee Straight
EW: I know that a year-and-a-half ago, I was doing the same thing in both races.

CA: Many of us would get called not getting disqualified, but getting turned over by judges who DQed me in one race would make it through the other. I never have had years of compacting the ground with a soft knee and then straightening. I have found that if I slow down it doesn’t help that much. If I am walking with some good racewalkers, I am going to stand out.

I have what I describe as a bulbous knee. I can plant straight, but I’ll be damned when it is straight, the front of my knee pops out like a light bulb. I have actually stood in front of judges with my leg straight and they say, “My God, your knee is even bent just standing there.” On looking at the back, they realize it’s straight.
WMA Puerto Rico

Continued from page 10

though it was a good track, could have been shut down and its events moved to the other two stadiums once the meet organizers realized that the number of entrants was smaller than anticipated. The small entry total, the split schedule, and the need for three sites may have been the reasons why one athlete remarked, "The meet doesn’t have a sense of spectacle as Brisbane did."

Guide Book

"The Championships Guide that we got didn’t have competition numbers for athletes. It sure helps to identify your opponents in a race by competition numbers, especially in the cross-country, and also on the track," said Roger Price and Madelaine Bost as they polished off $2.99 Grand Slams at a Denny’s near the Ritz Carlton during the General Assembly lunch break on Thursday, the 10th. Gudrun Fleetwood, W60 triple gold medalist, and her husband, Miles, of Sweden, voiced the same complaint, while they, vegetarians, ate veggie burgers.

In response to the question about the lack of competition numbers in the list of athletes, an official said that the booklet had to be printed well in advance of the meet before all of the entries were in. He was reminded that the booklet for the 14th World Championships did contain competition numbers and that Brisbane dealt with over 5000 entries.

Asked of her impressions of the meet, Gudrun Fleetwood said, "It reminds me of Buffalo and Durban.

They started with problems, but straightened them out." Richard Rizzo, M65, of New York, agreed, "The officials and volunteers made me feel very comfortable. My races went off on schedule."

Both Ivan Black and Rizzo suggested that ribbons for fourth, fifth, and sixth place had been a nice gesture. "A ribbon for my fifth place in a world championships would mean a lot to me," Rizzo said. Both also agreed that a participation certificate wouldn’t be a bad idea either.

Where Was Everybody?

Regarding the 45% decrease in entrants from Brisbane in 2001, the question everybody had was, "Where is everybody else?" And everybody had an answer. Some said it was the climate — too hot and humid — and expense of sticking around for two weeks from the Opening to the Closing Ceremonies.

A hammer thrower who also entered the weight pentathlon competed on July 2nd in the hammer and had to wait around until the 11th or 12th for the weight pentathlon.

Ike Ogura, a Los Angeles-based travel agent, who shepherded a group of 40 Japanese athletes to Carolina, said that Asians were afraid of being exposed to SARS in airports and on airplanes.

More responses included: the relatively small population of Puerto Rico couldn’t inflate the numbers with local athletes; the world’s dismal economy, especially in the U.S.; the anemic Australian and New Zealand dollar against the U.S. buck; the barriers visitors face in coming to a U.S. common

Jim Hite, 69, USA, in the 8K Cross-Country Race, 15th WMA World Championships.

Commentary continued...
**On The Run**

By HAL HIGDON

Fourteen Out of Fifteen Ain’t Too Bad

A strong wind sent rain cascading across the track at Roberto Clemente Complex in Carolina, Puerto Rico. We shifted our seats higher into the stands seeking protection, but soon had to flee below. Lightning flashed, too close for comfort. Thunder rattled our eardrums. I began to wonder whether the decision to schedule the 15th WMA World Championships for Puerto Rico at the beginning of the hurricane season was the wisest possible move.

But race officials shrugged off the storm as a temporary distraction. "We're projecting a 30-minute delay," one informed me when I checked in at the Call Room for my race, the 2000m steeplechase. And their estimate proved close.

I had to run in the rain, but I was far from top competitive form and didn’t care. I would have gotten wet in the water jump anyway. I did pass one competitor who slipped going into the water jump, but otherwise I was happy to paddle around in the rear just so I could say I ran my 14th World Meet.

**Simple Calculation**

Do the arithmetic – 15 World Masters Championships minus 14 appearances – and you’ll see that I’ve missed only one. If I had to list one disappointment in my running career, that would be it. Ironically, my lone miss was in Puerto Rico 20 years earlier. I had run the first four World Masters Championships in Canada, Sweden, Germany, and New Zealand, but preparing for the fifth, I pulled a calf muscle limiting my ability to perform.

A medallist in each of the previous Championships, I didn’t feel like limping around in the back of the pack. Pride caused me to skip the show.

A decade later when organizers sought to determine which athletes had competed in each of the first ten Championships, my name appeared on the list. No, I felt obliged to tell them, I entered in 1983, but failed to show. In Japan, when the athletes who had gone Ten-for-Ten were invited on stage to take a bow, I could only stand among those applauding.

**Single Appearances**

There have been other races where I appeared for Year One, but failed to continue on a regular basis. The Chicago Marathon, now in its 26th year. The Blueberry Stomp in Plymouth, Ind. The River Bank Run in Grand Rapids, Mich. Probably several others. I first ran the Boston Marathon in 1959 and have run that race 19 times, most recently at its 100th running in 1996. If I had started a few years earlier and been more consistent, conceivably I could now be near breaking John A. Kelley’s record of 61 appearances in that race.

But that’s hindsight, and perhaps it is fair that we can’t predict our futures. Would I really have wanted to obsessively run Boston or any other race for decades just to get a single paragraph on the sixth page of the sports section of the Boston Globe, or any other newspaper? Dammit: yes, I would!

**Looking Ahead**

Departing Puerto Rico at the end of the Championships, I thought forward to the next World Masters Championships in Spain in 2005 and Italy in 2007. Perhaps if I keep showing up, at some point I will outlast all other pretenders and be able to say I have run in more World Masters Championships than anyone else. That may be a test of endurance to motivate me for some time to come.

(Hal Higdon is a Senior Writer for Runner’s World. He is currently working on a book to be titled The Runner’s World Guide to Masters Running. Visit his website at www.halhigdon.com)
Ore., and almost perfect weather day. The Department responded instantly. and H.B. Community College, Gresham, the patient recovered quickly.

appreciated in the longer events.

Cloe behind Gage for throwing honor and M55 weight (9.14). Gage holds the former world record (57.3), weight 23.57) and super-age-graded effort.

(12.19) and over a couple of years off, with fine results.

Both returned to the track after a couple of years off, with fine results.

Wilson turned in an 11.33 in the 200 (25.29), both times over 95% age-graded. Other top sprinters were M35 Curtis Wilson, the former Mike open team runner, and M45 Naim Hasan.

Both returned to the track after a couple of years off, with fine results.

Wilson turned in an 11.33 in the 100 and a 50.06 in the 400. Hasan was first overall in the 200 at 24.75 and in the 100 in 11.95.

Mark Lesniak and Willie Venable, both of Seattle, ran an exciting M50 100, with Lesniak awarding the win by about an inch. Both were timed in 12.61.

The top distance runner was Kevin Paulk, M40, who turned in strong wins in the 800 (2:02.18) and 1500 (4:11.42).

We appreciate the strong support by all the volunteers and meet sponsors, who play a big part in making this meet the success it always is.

---

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
</table>

**Masters Age Records (2003 Edition)**
Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racing events, age 40 and up, as of Oct. 31, 2002. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&F Records Coordinator. $6.00.

**Masters Track & Field Rankings (2002)**
Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. $8.00.

**McMahon Family Trust Masters Track & Field Indoor Rankings**
Indoor rankings for 2003. 4 pages. $2.00.

**Masters Age-Graded Tables**
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.

**Masters 5-Year Age-Group Records**
Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&F Records Coordinator. $2.00.

**Masters 5-Year Indoor Age-Group Records**
Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). $2.00.

**Competition Rules for Athletics (2003 Edition)**
U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00.

**USATF Directory (2003)**
Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.


**USATF Governance Handbook (2003)**
U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.

**Running Encyclopedia, The Ultimate Source for Today's Runner**
Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library.

Running Encyclopaedia, The Ultimate Source for Today's Runner

**How to Be A Champion from 9 to 90.** Earle W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US $19.25/CAN $28.50, plus postage & handling. $4.50.

**USATF Logo Patch 3 color embroidered 4" x 3". $4.50.**

**USATF Race Walking Patch, 3-color embroidered 4" x 3" with gold trim. $5.50.**

**USATF Cross Country Patch, 3-color embroidered 4" x 3" with gold trim. $5.50.**

**USATF Lapel Pin, 3-color USATF Logo on 7/8" soft enamel lapel pin (nail back with military clutches). $5.50.**

**USATF Decal, 3-color. 3" x 2-1/2". $2.00.**

**2003 Road Race Management Directory**
Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.

**Running Research News**
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.

**Back issues of National Masters News**
3 issues: $3.00 each.

**Postage and Handling**
Overseas Air Mail (add $5.00 per book)

**TOTAL**

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

Name ____________________________

Address ____________________________

City __________________ State ___________ Zip ____________________
There’s usually more for throwers to do than watch people run around in circles in their shorts at a National Championships locale, and while other throwers may be headed for day trips to Florence on the coast, or east to the Cascades, or to Portland’s night life, you can have just as much fun in Eugene.

For starters, those in the dorms are about two blocks north of a splendid corner at 19th and Agate that offers an ice cream store, a bakery, probably the best Italian restaurant in town, several other eateries, and the East 19th St. Cafe, noted for its extensive list of microbrews.

How about attending a minor league baseball game? On Aug. 7-10, the Eugene Emeralds (the “Ems” to local fans), a Class A affiliate of the San Diego Padres, will host the Spokane Indians at Civic Stadium. Reserved seats go for $8; GA for $5 ($1 discount for seniors). You’ll get a chance to see the Ems’ first baseman, Fernando Valenzuela, Jr., the son of L.A. Dodgers fan Eugene Emeralds the catcher, the Emeralds’ first baseman, Fernando Valenzuela, Jr., the son of L.A. Dodgers

Bijou Theater

Haven’t seen an art film since you left college? Try the Bijou Theater, a short walk east of the campus, on 13th.

Need a dose of culture? Call the Hult Center at 541-682-5000 or visit its Web site at www.hultcenter.org. The Oregon Festival of American Music is presenting Week One of “Easy to Remember, The Great American Songbook,” opening on Thursday, Aug. 7, with a Gala Concert, “Puttin’ on the Ritz!”

To see what else is happening, buy a copy of the Friday Eugene Register-Guard, which lists all of the happenings in music, movies, stage, etc., in a special section called “Ticket,” and contact the Convention and Visitors Association of Lane County (484-5307).

Pre’s Trail

A stay in Eugene isn’t complete without a visit to Pre’s Trail, the Saturday Market, and 5th Street Public Market, all within walking distance of the campus and all free.

In the mood for a stroll? The Willamette River has a pleasant walking/biking path on both banks; the south path can be reached by walking north on Agate from the dorms. An excellent map of the area’s running and biking trails, called “Track Town USA, A Runner’s Map,” produced by the Oregon TC, should be available at the airport at a stand provided by the OTC.

If not, the National Masters News booth at Hayward Field may have a few.

Training Venue

Diehard throwers, unable to practice at Hayward during the meet, can try the South Eugene H.S. track on 24th and Amazon Parkway for the shot, discus, and javelin. For the hammerman, or those who want to go to the hammer throw area in Alton Baker Park, south of Autzen Stadium.

If you’re driving, be aware that traffic violations in Oregon carry huge fines, and if you plan to park near Hayward Field, bring a roll of quarters. On-site parking is almost non-existent, and parking on the streets immediately surrounding the field is metered and well-monitored, except on Sundays.

Drive Carefully

You may be in for a new experience if you drive in Eugene. It’s the only city I’ve driven in where people drive five-to-ten miles below the limit. Drivers generally use their turn signals, usually about six feet before turning. A newly enacted law requires motorists to stop for pedestrians until they’ve completed crossing the street, and watch out for bicyclists on Eugene’s many bike-laned thoroughfares.

If you don’t get a chance to enjoy any or all of that, don’t fret. You can always return for next year’s Hayward Classic, or perhaps another Championships in the future.

(Jerry Wojcik can be reached by e-mail at jerrywoj@aol.com.)

The Eugene Experience

Medalists in the M65 1500 (1 to r): Jiri Libra, CZE, 2nd (5:19.03); Armando Aldegalega, MEX, 1st (5:02.82); and Winfried Helm, GER, 3rd (5:22.24), 15th WMA World Championships.

27 World Records Set in Puerto Rico

Twenty-seven world age-group records were set in the 15th WMA World Championships in the cities of Carolina and San Juan, Puerto Rico, July 2-13. Fourteen were set by women and 13 by men.

Rosemary Chrimes, GBR, who turned 70 in May, lived up to her Championships expectations with three W70 records in the HJ (1.39), shot put (16.43), and discus (31.39). Rosario Iglesias, MEX, erased nine seconds from the W90 100 record with a 38.02 and established a record in the 200 (82.29).

Friedrich Mahlo, GBR, broke M90 records in the 200 (42.14) and 400 (1:42.30, 100%), the last by 15 seconds. Leonore Mc Daniels, USA, garnered W75 records in the HJ (1.11) and TJ (6.37). Marie Land Mathieu, PUR, zipped to a W45 record in the 400 (56.15, A-G 99.5%).

Waldo McBurney, USA, showed that he was more than a one-dimensional centenarian by breaking records in the 100 (39.97) and SP (4:12), and race-walking to a U.S. record in the 5000.

Anna Wlodarczyk, 52, of Poland, a college track coach in Southern California, Phil Rascher, 56, USA, Nora Kuti, 80, EST, and Francisco Vicente, 70, POR, tied for gold medal honors with five each. Vicente and countryman Armando Aldegalega, 65, who took solid firsts against tough competition in the 1500, 5000, and 10,000, after winning the 8K XC, could share honors as Male LDR Star of the Meet.

Breaking the meet down by divisions, here’s how it looked:

M40

- David Ashford, USA, set a WR in the 110H with an A-G 99.13 (13.73).
- David Lee, CAN, won the 100 (11.15) and 200 (27.45).
- Antonio Lupianez, ESP, won the 100 (10.68), 200 (20.70), and X-C (31.39).
- Juha Eriksson, FIN, took the decathlon and returned for the JT gold.

The USA won both the 400 and 1600 relays.

M45

- Stephen Peters, GBR, who was 49 on the first day of the meet, competed as an M45 throughout, according to the WMA rule, even though his 50th birthday fell on July 5. On July 8, in a 200m semi, he ran a 22.69, bettering the WR of 22.91.
- David Crossland, GBR, doubled in the 800 and 1500.
- Johann Hopfner, GER, captured the 5000 and 10,000 (31:59.93).
- Vladimir Barabash, RUS, racewalked to firsts in the 5000 track and 20K.

- GBR took both relays.

- Decathletes Ken Ellis, USA, 7082, and Michael Janusey, USA, 6882, took gold and silver.

M50

- Bill Collins, USA, won the 100 (11.39) and 200 with no official recorded time as the result of a lightning caused outage.
- Walwyn Franklin, GBR, took the 400 from Ed Gonera, USA, 53.26 to 53.27, with Viv Oliver, GBR, third (53.32).
- USA scored a WR in the 400 relay (44.99).
- Jose Lopez, MEX, doubled in the walks.
- Michael Shiara, USA, won the SP (15.69).
- Peter Gordon, GBR, had the longest DT of the meet (59.77).
- Greg Geraci, USA, 59.42, and Bob Powers, USA, 55.36, went 1-2 in the JT.

M55

- Charles Allie streaked to a WR 52.24, 98.0% in the 400 and won the 200.
- Kevin Solomon, USA, AUS, second in the 800 to fellow Aussie, Colin McCurry, outlasted Heikki Ykkuri, FIN, 4:33.52 to 4:33.53 in the 1500.
- Omer Van Noten, BEL, many time world and Euro champion, won the 5000 (16:41.94) after taking the XC (26:43.00).

Both times would have won the M50 races.
- Ken Brinker, USA, took the 100H (15.33).
- Devaldino Sousa, BRA, ran a meet’s best 92.1% 1:19.86 for the 3000 SC.
- James Sauers, USA, bounded to a 92.5% 1:75 HJ.
- Boris Zaitchouk, CAN, the first hammer thrower over 80m when competing for the USSR, hit a 92.2% 61.58.
**Highlights of World Championships**

Continued from page 14

**M60**
- Oregonian Paul Edens, USA, won the 100 (12.28, 96.4%) over Northwest rival Stephen Robbins, of Seattle, 12.30, and took the 200.
- Harold Morioka, CAN, another spritner with Northwest U.S. ties, outran the fields in the 400 (56.15), 800 (2:15.26), and 300H, all 90+% performances.
- Theo Viltz, USA, a longtime veteran of the Southern Calif. track circuit, won the 100H (15.49).
- Gary Stenlund led (58.25) a USA sweep in the JT, with Gary Reddaway, second, and John Burns, third.
- Peter Lessing, GER, did a bookend with a first in the X-C, July 2, and marathon, July 13.

**M65**
- Knut Kramstad, NOR, upped the decathlon WR to 7754.
- Robert Lida guided a USA three-deep sweep in the 100 (12.90) and four-deep in the 200 (26.28).
- Armando Aldegalle, POR, won the 1500, 5000, 10,000, and X-C.
- Terry Cannon, USA, was top performer of the meet in the PV with a 90.7% 345.
- Peter Speckens, GER, took the DT (50.93, 92.6%) and WP (4777).
- Aglia Koutchounou, RUS, strode to both racewalk golds.
- USA took the relays.

**M70**
- Ralph Romain, TRI, whose M55 400 record was broken by Charles Aliie, got another (61.01) and won the 200.
- Francisco Vicente, POR, set a record in the 2000SC with a 99.3% 8:00.83, and won the 1500, 5000, 10,000, and X-C.
- The aptly named Vladimir Popov, RUS, bounded to outstanding LJ (5.03, 95.0%) and TJ (10.27, 95.0%) wins.
- Jack Bray, USA, swept the walks, the 5000 with a U.S. record 28:38.46.
- Wilhelm Selzer, GER, smashed the 400 WR with a 100% 65.51.
- Alan Eddings, GBR, blasted off to firsts in the 100 (14.08) and 200 (22.97, 96.3%).
- Alf Igesund, NOR, became world champion in the 800, 1500, and 5000.
- Jan Heiner, GER, was the boss in the throws with golds in the SP, DT, JT, and WP.
- Geza Dobriban, HUN, stood atop the award stand twice for wins in the LJ and TJ.

**M80**
- Soichi Tami, JPN, reduced the 2000SC record by 50 seconds and won the 5000 and 10,000.
- Bruno Sobrobo, ITA, jetted to firsts in the 100 (15.87, 92.5%) and 200 (34.90).
- Brazil won both relay races.
- Antonio Tejada, MEX, outran the fields in the 800, 1500, and X-C.
- Juji Tanaka, JPN, won the 800H, LJ (4:00, 91.7%), and TJ.
- Gudmund Skriverov, NOR, did a versatility stunt with wins in the 300H, SP, and DT.

**MB**
- Frederico Fischer, BRA, flew to the finish first in the 100 (16.73, 94.3%), 200 (36.54, 96.3%), and 400.
- Les Leyland, CAN, won the 800, 1500, and 5000.
- Heino Linnrooth, FIN, took home gold medals for the HT, JT, and WP.
- The appropriately named Maxwell Springer, USA, won the LJ and TJ.

**M90**
- Friedrich Mahlo, GER, tripled in the sprints with a 15-second improvement on the 100 WR with a 1:42.30.
- Pedro Villanueva, COL, established a JT WR (16.09).
- Mario Riboni, ITA, was the strong man with SP, DT, and JT firsts.

**M100**
- Last but not least is an understatement for Waldo McBurney, USA, who ran a WR 100, but put the shot three feet better than the previous record and topped it all off with a U.S. record in the 5000 racewalk.
- Corinne Debaets, BEL, at the top of her age group at 39, won three titles easily in the X-C, 1500, and 5000 (16:54.29).
- Valentina Krepkina, UKR, nailed
Puerto Rico Puts on a Great Meet

Puerto Rico - I think we were all pleasantly surprised at the great job Puerto Rico did with the WMA World Championships, providing many wonderful memories for all.

How about those police escorts? That will be the last time I'm able to go through red lights in the vertical position in my lifetime.

The USA continued to uphold our parents' claim as 'The World's #1 Track & Field Team.' We went from one of the worst looking, to the best looking (thanks to athletes wearing the '96 Olympic uniforms), both on and off the track.

NCCWMA Regional Meeting

Many thanks to those athletes, delegates and alternate delegates who participated in the planning meetings held to develop consensus. It allowed us to effectively influence our position at both the Regional and General Assembly. Although Florida had tendered a premature bid for 2006, we were able to influence the tabling of the decision until the 2004 Regional Championships in Dorado, Puerto Rico.

Florida was able to make a fine presentation, but that in no way binds the U.S. to keep Florida as our bidder for the 2006 Championships. We will now go into our process of calling for interested venues to express their interest to the USATF Masters Committee (for the moment to me), by Sept. 30.

The Masters Executive Committee will evaluate the potential bidders and present them to the Masters Committee at our annual meeting in December, Greensboro, N.C., for a choice to be made. We will then present our choice to the USATF Board of Directors, whose approval is required.

In the future, after Dorado, awards of these Regional Championships will be made at the World Outdoor Championships. The 2008 site will be selected in San Sebastian, Spain, in 2005.

General Assembly

The good, the bad, and the ugly...I will not try here to deal with everything that happened, but touch on a few key points.

The Good

We were able to influence the Assembly to follow its constitution and only seat those delegates who had declared 30 days prior to the Assembly. Together with allies, we were able to insist on the following of Robert's Rules of Order and Parliamentary Procedure. Not a bad idea, some say, for our usual meeting in December in Greensboro. Anybody know a great parliamentarian who will attend the annual meeting?

Because of the mix of delegates seated, others can tell you the rest of the story. We probably had the most influence on this group that any of us will see again in our lifetime. How about our adding the weight throw to both indoor and outdoor championships starting in 2005, exhibition in 2004 indoors? Thank you Australia and others who supported this motion.

The Bad

The Assembly did not follow the constitution at the start of the meeting and awarded the first world indoor championships in 2004 to Sindelfingen, Germany, despite the USA's "No" votes.

That being said, it's time for us to support Sindelfingen. It will be a great meet, but not as great as if held in New York or any number of our fine six-lane indoor tracks.

The Ugly

Honestly! Torsten Carlus said the real reason New York wasn't awarded the 2004 championships was that WMA Championships will not go to any country that isn't open to ALL athletes. Our terrorist countries list, greater difficulty getting visas, and customs detaining Mr. Carlus on his site visit to New York for 20 minutes and making him take off his shoes didn't help. The world changes rapidly, and 2009 is a long way off.

Amendments

This is a by-laws and regulations year at the convention. Deadline for submissions is Sept. 8. See details on www.usatf.org, or contact me.

You think you've seen it all? USATF has partnered with DartFish to bring our athletes the very best in performance technology.

DartFish

During our 2003 USA National Masters T&F Championships in Eugene, Ore., USATF and DartFish will be offering our masters athletes an opportunity to take advantage of a High Performance Center similar to the one utilized by our Olympic team athletes at the 2000 Olympics in Sydney and the 2003 USA Masters Outdoor Nationals at Stanford.

DartFish software is an innovative package that provides track & field athletes and coaches a valuable and affordable tool for performance analysis.

We will be shooting video of most events, and offering athletes an opportunity to review and analyze their performances on a computer using DartFish – the newest in visualization software created for sports training. Additionally, all athletes will be able to order CD/DVDs of each event.

Outside of being a commemorative item, these videos will allow each athlete an opportunity to further evaluate and analyze his/her performance.

We will also be offering free DartFish clinics for those interested in learning how to easily and efficiently review video, compare performances, measure key aspects of motion and share information.

The USATF Master's High Performance Center demonstration area will be located near Registration, Aug. 6-10, at Hayward Field. Look for further information within your registration packet.

If you would like to pre-order a DartTrack software package, and have the DartTrack staff install and educate you on its application while in Eugene, or order a CD/DVD of your events, go to www.DartTrack.com.

Bring your video cameras and computers for personal assistance from Kristin Dilworth, former member of the U.S. Olympic Committee, Coaching & Sport Sciences, and Performance Technology Dept., on maximizing its application within performance analysis.

Looking forward to seeing you all in Eugene!

(George Matthews can be reached by e-mail at georgem@nwlink.com.)

Highlights of World Championships

Continued from page 15
down wins in the 100H (15.43) and both

• Alethea Morris, USA, bolted to golds in the 200 (25.36) and the 400H (63.13, 89.5%) and

• Ana Valle, MEX, was a double winner in the 5000 and 10K RWs.

W40

• Oneitha Lewis, USA, dominated the throws with wins in the SP, DT, H and

• Marie Kay, AUS, won the 200 and 400 with a sizzling 96.4% 56.18 after winning the heptathlon.

• Leslie Estwick, CAN, jumped well high and low to win the HJ (1.65) and LJ.

• Marie Land Mathieu, PUR, ruled the 10K.

W45

• Carol Finsrud, USA, ruled the throwing circles with firsts in the SP, DT, H (AR 42.03), and WP (4960).

• A quintet of double winners: Maria de Fernandez, MEX, 800 and 1500; Ilka

Valentina Krepkina, UKR, winner of the WS triple jump (11.73), 15th WMA World Championships.

Carbo, PUR, 5000 and marathon; Ruth Raafflaub, SUI, 80H (12.60, 93.3%) and

• Geremias Conceicao, BRA, TJ (10.90, 88.4%) and heptathlon; and racewalker Barbara Nell, RSA, 5000 and 10K, the latter with a first overall 53:33.00.

Continued on page 17
Highlights of World Championships

Continued from page 16

- Puerto Rico cruised to both relay wins.

**W50**
- Anna Wtadarczyk, POL, left for So. Calif. with five gold medals: SH (12.98, 91.5%), HJ, LJ, TJ (11.03, 98.6%), and heptathlon, as she predicted at the salsa fete, Monday evening, the 7th.
- Maureen de St. Croix, CAN, started off with the X-C first, then won the 1500 and 800 with a WR 90.6% 2:20.18.
- Vivien Bonner, GBR, at age 54, held off the youngsters to win the 100 (13.29, 98.8%), and 200 (27.48, 96.7%).
- Canadians out-legged the field with a WR 4:24.09 in the 4x400.

**W55**
- Phil Raschker, USA, not at 100% physically, still won the 800 (13.48, 92.2%), HJ, PV, TJ (9.81, 93.5%), and heptathlon (6199).
- Ingrid Meier, GER, sailed to a WR in the 200 (27.70, 98.0%) and won the 100 (13.54, 98.9%) and LJ.
- Marg Allison, AUS, hit the finish line first in the 400 (65.60, 95.5%), 800 and 3000 (51.71, 93.1%).
- Inge Faldager, DEN, claimed titles in the DT, HT and WP.
- Margaret Auerback, GBR, sped to gold medals in the 1500 (5:33.88, 90.4%) and 5000.
- Heidi Maeder, SUI, topped the RWs.
- German sprinters took both relays.

**W60**
- Erika Springmann, GER, sprung to a HJ WR 1.39 and won the TJ.
- Marie-Louise Michelsohn, USA, hot-footed to firsts in the 800, 1500 (5:40.95, 95.8%) and 5000.
- Gudrun Fleetwood, SWE, winner of the best named athlete title in the meet, lived up to it with golds in the X-C (35:17.00), 10,000, and 10K RW.
- Double winners: Esther Linnaker, GBR, 100 (14.30, 99.2%) and 200 (30.22, 95.4%); Marianne Maier, AUT, 80H (13.94) and heptathlon (6454); and Karin Illgen, GER, SP (12.18, 92.5%) and DT.

**W65**
- Birgitta Eklund, SWE, tripled in the 1500 (5:59.73), 5000 and 10,000.
- Evain Williams, GBR, overwhelmed in the SP (11.15, 90.4%), HT, JT (33.24, 90.4%) and WP (5548, the meet’s top score).
- Joanne Elliott, USA, toured to two RW titles.
- Double gold-medal winners: Ingeborg Schott, GER, 200 (32.44, 91.6%) and heptathlon (6533, top scorer); Jeanne Daprano, USA, 400 and 800 (2:52.25, 95.4%); Kimiko Nakamura, JPN, PV (2.20) and 2000SC; and Audrey Lary, USA, LJ and TJ (8.41, 98.9%).

**W70**
- Rosemary Chirimes, GBR, set an outstanding three WRs: HJ (1.26), SP (10.68) and DT (31.29).
- Sara Sandoval, COL, reeled off wins in the 100 (17.65), 200 (37.12) and 400.
- Hideko Koshikawa, JPN, bounded to wins in the 80H (18.25, 90.4%), 2000SC, and TJ (7.55, 90.2%).
- Albertina Zuniga, CHL, was the distance paragon, winning the 10,000, X-C, and marathon.
- June-Marie Provost, CAN, registered wins in both RWs.

**W75**
- Leonore McDaniels, USA, set WRs for the HJ (1.11) and TJ (6.37), and won the LJ (AR 3.33) and heptathlon.
- Isabel Hofmeyr, RSA, scammed to titles in the 200, 400 and 80H (20.04, 93.5%).
- Shirley Brasher, AUS, won the 1500 and 5000.
- Helina Bakhoff, EST, mastered the SP, DT and WP.
- USA won both relays.

**W80**
- W50 100 and 200, Mary Haines, USA, did an uncanny double, with wins in the 5000 and JT; and Fan Benno Caris, USA, became world champion in the W85 5000 and 10K racewalks.

(for complete results, go to www.flasherresults.com; or the WMA home page, www.puertorico2003.org) – Jerry Wojcik
Masters Age Lowered to 35 for Men at WMA General Assembly in Puerto Rico

The General Assembly of the biennial 15th World Masters Championships met at the Ritz Carlton on July 10 in Carolina, Puerto Rico, with President Torsten Carlius presiding.

At the request of delegate Ralph Romain, Trinidad and Tobago, Regulation 4(a) in the WMA Constitution was imposed. The regulation states that affiliate delegates must have submitted their credentials to the Council Secretary 30 days before the Assembly meets for the delegates to have voting power. Romain's motion was seconded and supported by the U.S. delegation.

Some affiliates failed to comply with the 30-day time limit. As a result, instead of the usual 100-or-more votes at previous assemblies, of the 108 delegates present, only 52 could vote. Adding the 13 Council Members, votes numbered 65, with two-thirds equaling 44.

After Carlius asked that the objection to the non-registered delegates be withdrawn, supporters of the objection with the assent of Council Secretary Monty Hacker stated that the Council had to abide by the Constitution. With that, Carlius relented and the meeting proceeded. Affiliates who failed to comply included Germany, Italy, France, and Portugal.

To make it easy for vote-counters to distinguish voters from non-voters, delegates with voting power sat in a middle section (B), with non-voters seated either to the left (A) or to the right (C). Spectators sat behind section B.

Translation was provided in Spanish, French, and English. Non-voters were allowed to comment on proposed amendments and items up for discussion.

The most significant vote came early with the adoption (59-2) of the M35-39 group into the masters program. Historically, the word "masters" in international track and field has referred to men age-40-and-up, and women age 35-and-up.

The adoption must be approved by the IAAF, which may happen as early as in late August, when the IAAF meets in Paris at the World Championships. If not, the new age group will compete unofficially at the WMA Indoor and Non-Stadia Championships in 2004.

Results of other amendments and proposals:
1) To allow the Council, instead of the GA, to choose championships. Rejected, 40-21 (40 yes, 21 no, 7 needed).
2) To allow Council office nominations only from affiliates, not from the Council. Approved unanimously.
3) To transfer all duties of the Discipline Committee to the Law and Legislation Committee. Approved (48-11).
4) Clarification of site-inspection procedures, amended to require also a check of technical information. Approved unanimously.
5) Substitution of the 10K for the 50K in Non-Stadia Championships. Approved (54-8).
6) To allow an athlete to compete under certain conditions in a lower age group in team-scoring events. Amended to two athletes and approved (48-11).
8) Posting of Council minutes on the WMA Web site. Approved after an amendment to post a condensed version.
9) Posting of quarterly financial statements on the WMA Web site. Accepted.
10) The amendment to the Constitution to ban Council Members from holding office while receiving compensation for engaging in other masters activities was withdrawn by the U.S.
11) To require the GA to determine changes to sanction fees. Rejected (5-50).
12) To require the WMA, not the LOC, to determine entry fees. Withdrawn.
13) Changes to W50 and W60 implements. Rejected.
14) The proposal stating that WMA should demand that the quadrennial World Masters Games - staged by the IMG - should change to even-numbered years and pay a $100,000 sanction fee to WMA was much discussed. After injecting the proposition with the concept of negotiation rather than making demands, it was unanimously approved.
15) To refuse to adopt the new IAAF false start rule. Approved.
16) To adopt the weight throw as an individual event, both indoor and outdoor, beginning in 2005. Approved.
17) To re-evaluate the events in the men’s and women’s outdoor pentathlon. Approved.
18) To support a trial to test the viability of electronic (e-mail) registration for championships to be conducted by the 2004 Non-Stadia Championships in New Zealand. Approved.
19) To require only one competition number in throwing events. Approved.

In other developments, after much discussion, the GA approved (51-5) the holding of a WMA World Indoor Championships in each even-numbered year, and proceeded to award it (44-6) to Sindelfingen, Germany, for March 10-14, 2004.

The Sindelfingen facility, the Glasplast, has a four-lane track. An unofficial outdoor winter throwing meet and cross-country will be added to the schedule. Delegates at the 2004 Championships will decide on the site for the 2006 Championships.

The GA approved Vancouver, B.C., Canada, for the 2006 Non-Stadia Championships, to be held May 8-14. Riccione, Italy, was approved for the 2007 Stadia Championships. Riccione is a resort city of 30,000 on the Adriatic Sea in Northern Italy. Both awardees were the only bidders.

In his opening remarks, Carlius addressed the need for WMA to raise its image in the world. Later in the meeting, in response to a question about sponsorship, he said that he had made contact with an unnamed company that may provide funding for WMA.

On the problem of doping, it appears that masters caught doping will be dealt with through their affiliates, who report to the WMA, which reports to the IAAF.

The WMA Council proposal that Jacques Serruys, Belgium, Jim Blair, New Zealand, and Bridget Cusden, Great Britain, be appointed WMA Honorary Life Members for their long

Old Fort San Juan, San Juan, Puerto Rico.
New Zealand to Host 2004 WMA Non-Stadia Championships

By PETER FENEMOR

Remember those heady years of the 1960s through to the 1980s when New Zealand middle distance and distance running dominated the international racing scene?

Kiwis like Peter Snell, John Davies, Murray Halberg, Bill Bailee, Barry Magee, John Walker, Dick Quax, Rod Dixon, Allison Roe, Lorraine Moller, and Eric Audaín, to name a few, were all athletes who dominated international athletics from the half-mile to the marathon during this period. Then add to the mix of these iconic athletes the name of the doyen of all coaches in Arthur Lydiard.

How would you like the opportunity of meeting, listening and talking to many of these legends of athletics over a week? The opportunity for you to do so presents itself during the WMA Non-Stadia World Championships, Auckland, New Zealand, April 18-24, 2004.

A series of seminars (a small charge applies) will be conducted by a number of these past champions as part of an exciting championships program that has been developed by the 2004 organizing committee.

The WMA 2004 Non-Stadia Championships present masters athletes with a wide variety and choice of events. Additional events have been included in an expanded program. These include more road race walk options, the continuation of the highly popular and entertaining team cross-country relay (contested for the first time in Riccione, Italy, last year), along with the introduction of an Ekiden relay.

The traditional 10K and half-marathon remain, while for the first time ever a full marathon, carrying world championship status, will be conducted in conjunction with the hugely popular and successful Rotorua Marathon on May 1.

Throw in all the additional tourist activities that New Zealand is world famous for, plus the very favorable currency exchange rates for international visitors, and suddenly masters athletes have been presented with an irresistible package to contest in a world championship event.

You may wish to enter on line – another first ever for a WMA event by the 2004 OC.


---

WMA General Assembly

Continued from page 18

and outstanding service to the masters movement was wholeheartedly approved by the GA delegates.

NCCWMA Meeting

The North and Central American and Caribbean WMA Regional Assembly met on Monday, the 7th, at the Ritz Carlton. After acceptance of the minutes from the meeting at the 2002 NCCWMA Championships in Leon, Mexico, and executive reports, Brian Oxley, NCCWMA delegate, reported on the Leon Meet, and proposed that the opportunity for future championships sites should be made well before the first day of the meet. The proposal was approved by the Assembly.

Entries in Leon numbered 457 men and 241 women, the second largest ever. The 2004 Championships are scheduled for Aug. 27-29, in Dorado, Puerto Rico.

The Assembly approved a proposal that Oxley investigate the possibility of a Pan-American Championships in Argentina, Antigua, or Guatemala.

A motion to table the site selection for the 2006 NCCWMA Championships until Dorado in 2004 by George Mathews, USA, was approved by a vote of 22 to 1. Another motion by Mathews to award the 2008 NCCWMA Championships in 2005 at San Sebastian, Spain, was also approved.

The meeting ended with discussion on the lack of translation for the Spanish-speaking delegates. A proposal by Marilyn Mitchell, USA, that the Assembly provide $1,000 for Spanish translation for the 2004 Championships in Dorado was approved, Mitchell to raise an additional $1,000.

Jerry Wojcik

---

TEN YEARS AGO

August 1993

- National Senior Sports Classic Draws 7500 to Baton Rouge
- David Moorcroft Sets World Masters Outdoor Mile Mark of 4:02.53
- Doug Kurtis (41, 67-16) and Nancy Grayson (43, 82-27) Win USA Half-Marathon Crowns

---

WMA/USATF Hurdles and Implements Specifications

**HURDLES**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Race Distance</th>
<th>Hurdle Height</th>
<th>To 1st Hurdle</th>
<th>Between Hurdles</th>
<th>To Finish</th>
<th>No. of Hurdles</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td>30-39</td>
<td>100m</td>
<td>13.72m</td>
<td>9.14m</td>
<td>14.02m</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>30-39</td>
<td>39&quot;</td>
<td>10&quot;</td>
<td>20&quot;</td>
<td>30&quot;</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>50-59</td>
<td>914m</td>
<td>13.00m</td>
<td>10.50m</td>
<td>15.00m</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>50-59</td>
<td>36&quot;</td>
<td>12.00m</td>
<td>20&quot;</td>
<td>30&quot;</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>60-69</td>
<td>840m</td>
<td>16.00m</td>
<td>12.00m</td>
<td>20&quot;</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>60-69</td>
<td>33&quot;</td>
<td>12.00m</td>
<td>20&quot;</td>
<td>30&quot;</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>70-79</td>
<td>762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>19.0m</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>70-79</td>
<td>30&quot;</td>
<td>12.00m</td>
<td>22&quot;</td>
<td>34&quot;</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>686m</td>
<td>39&quot;</td>
<td>22&quot;</td>
<td>34&quot;</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>27&quot;</td>
<td>12.00m</td>
<td>22&quot;</td>
<td>34&quot;</td>
<td>5</td>
</tr>
</tbody>
</table>

**WOMEN**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Race Distance</th>
<th>Hurdle Height</th>
<th>To 1st Hurdle</th>
<th>Between Hurdles</th>
<th>To Finish</th>
<th>No. of Hurdles</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-39</td>
<td>110m</td>
<td>991m</td>
<td>13.72m</td>
<td>9.14m</td>
<td>14.02m</td>
<td>10</td>
</tr>
<tr>
<td>39&quot;</td>
<td>45&quot;</td>
<td>10&quot;</td>
<td>20&quot;</td>
<td>30&quot;</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>50-59</td>
<td>914m</td>
<td>13.00m</td>
<td>10.50m</td>
<td>15.00m</td>
<td>20&quot;</td>
<td>10</td>
</tr>
<tr>
<td>36&quot;</td>
<td>12.00m</td>
<td>20&quot;</td>
<td>30&quot;</td>
<td>50&quot;</td>
<td>100&quot;</td>
<td>10</td>
</tr>
<tr>
<td>60-69</td>
<td>840m</td>
<td>16.00m</td>
<td>12.00m</td>
<td>20&quot;</td>
<td>30&quot;</td>
<td>5</td>
</tr>
<tr>
<td>33&quot;</td>
<td>12.00m</td>
<td>20&quot;</td>
<td>30&quot;</td>
<td>50&quot;</td>
<td>100&quot;</td>
<td>10</td>
</tr>
<tr>
<td>70-79</td>
<td>762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>19.0m</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>30&quot;</td>
<td>12.00m</td>
<td>22&quot;</td>
<td>34&quot;</td>
<td>50&quot;</td>
<td>100&quot;</td>
<td>10</td>
</tr>
<tr>
<td>80+</td>
<td>686m</td>
<td>39&quot;</td>
<td>22&quot;</td>
<td>34&quot;</td>
<td>50&quot;</td>
<td>10</td>
</tr>
<tr>
<td>27&quot;</td>
<td>12.00m</td>
<td>22&quot;</td>
<td>34&quot;</td>
<td>50&quot;</td>
<td>100&quot;</td>
<td>10</td>
</tr>
</tbody>
</table>

**OCEANIA**

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>SHOT PUT</th>
<th>DISCUS</th>
<th>HAMMER</th>
<th>JAVELIN</th>
<th>WEIGHT</th>
<th>SUPER WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>30-49</td>
<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>600 gms</td>
<td>204 gms</td>
</tr>
<tr>
<td>50-59</td>
<td>3.00k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>4.00k</td>
<td>500 gms</td>
<td>164 gms</td>
</tr>
<tr>
<td>60-69</td>
<td>3.00k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>4.00k</td>
<td>400 gms</td>
<td>124 gms</td>
</tr>
<tr>
<td>70+</td>
<td>3.00k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>4.00k</td>
<td>400 gms</td>
<td>124 gms</td>
</tr>
<tr>
<td>Men</td>
<td>30-49</td>
<td>7.26k</td>
<td>2.00k</td>
<td>4.00k</td>
<td>600 gms</td>
<td>204 gms</td>
</tr>
<tr>
<td>50-59</td>
<td>6.00k</td>
<td>1.50k</td>
<td>6.00k</td>
<td>800 gms</td>
<td>204 gms</td>
<td>354 gms</td>
</tr>
<tr>
<td>60-69</td>
<td>5.00k</td>
<td>1.00k</td>
<td>5.00k</td>
<td>600 gms</td>
<td>204 gms</td>
<td>354 gms</td>
</tr>
<tr>
<td>70-79</td>
<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>600 gms</td>
<td>204 gms</td>
<td>354 gms</td>
</tr>
<tr>
<td>80+</td>
<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>400 gms</td>
<td>124 gms</td>
<td>254 gms</td>
</tr>
</tbody>
</table>

**North America**

---

Spectacular: Men 30-39: 3000m/36" (914m); Men 60-69 and Women 60-69: 3000m/30" (762m)

The WMA/USATF Hurdles and Implements Specifications are designed to ensure fairness and safety in all championship events. The specifications are intended to be interpreted in a spirit of cooperation and mutual understanding among all participants.

---

WMA web site: http://www.world-masters-athletics.org
Masters Scene

NATIONAL
• The USA Open Championships, Stanford U., June 21, featured two Masters Invitational Events, a men’s 200 and women’s 800. Running into a 1.4 winds, Kettrell Berry, a new M40 of the Southern Calif. TC, won in a field of nine with a 22.57. Rawle Crichtlow, 40, Feel the Heat TC, was second (23.00). Martin Krueger, the oldest entry at age 46, ran a 24.26. In the 800, Mary MaCaulley, 41, Oregon TC Masters, took a five-second win with a 2:29.61 over Mimi Ney (2:34.60). Shariet Gilbert, 52, ran a 2:47.27. The events were part of the Masters Invitational Program, directed by Mark Cleary.

EAST
• Craig Fram, M40, was hard to catch at the 43rd Mount Washington Road Race on June 21 in Pinkham Notch, Gorham, NH. His blistering pace gave him first master with a 1:03:27. Suzy West (1:20:18), W40, was the first masters woman, while Vicki Miller, W50, in her division clocked in at 1:42:50.
• At the 32nd Annual Vestal XX 20K Road Race in Vestal, NY, on June 15, Suzy Myette, 45, finished first woman overall with a speedy 1:27:06. Paul Leonard, M40, cooked to a 1:12:38, winning the M40+; Barbara Montssey, W50, also took her division with a 1:46:14. And an honorable mention to Ron Jess, who out-dug the M70 field with a scorching 1:45:59.
• John Del Maestro, 48, Woodbury, NY, 36:07, and Barbara Gubbins, 43, Southampton, NY, 40:39, hastened to masters titles in the 24th annual Shelter Island 10K, Shelter Island, NY, June 14. Marie Wickham, 48, NYC, was second W40 (42:52). Donald Davis, 66, Port Chester, NY, won the M65 race in 47:03.
• Bob Matteson, 87, ran a 1:02:11 in the Colonie Mile, Albany, NY, July 8. The present M55 U.S. record is a 20-year-old 12:23.6 by Herb Kirk.
• With her win at the 3.7 mile Mt. Ascutney Hands, 29:49, and Bob Putney, VT, secured the women’s title at the 2003 USATF New England Mountain Circuit. Five hill races comprise the event.

SOUTHEAST

MIDWEST
• Joseph Caruso, M45, was first M40+ at the 2003 Dexter-Arbor Run, June 1, in Ann Arbor, MI, scoring a 1:19:37. Cynthia Barnett, W40, held back all masters challengers for first with a 1:29:56. Gary Wolfaram, M50, couldn’t be caught with his 1:18:46. Our congratulations to Massey Zidar, for taking the W50+, nailing down a 1:42:00.
• John Tarkowski, 50, Garden City, MI, 37:15, and Donna Olson, 53, Bloomfield Hills, MI, were second masters.
• Dave Ashford, 40, broke the M40 AR for the 110H with a 12:41 in the Oak Forest Sprint, Mid-Distance, & Throws Challenge, Oak Forest, IL, June 29. The present record is held by Stan Druckrey at 14:24 in 1989. Tim Grat, 46, won the four-event Sprint Challenge, recording a 94.1% 11.35 in the 100. Dave Bradley, 47, scored an 89.3% 2:07.65 800 in the three-event Mid-Distance Challenge.
• Don Dehoon, 60, set a U.S. record at the USATF Masters 15K Racewalk Championships, June 1, Evansville, IN. His 1:19:44 surpassed the 1:21:16 set by Max Green in 1995.

MID-AMERICA
• The Hospital Hill 5K Run, Kansas City, MO, June 7, proved to be pay dirt for Mary Greene, 40, who scoched a 19:28 to finish first woman overall. Thomas Fitzpatrick, M40, took first for the masters men with an 18:06. In the 12K

For the latest in top-level track & field
The bible of the sport, published monthly since 1952. $43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS
US OLYMPIC • TRIALS • WORLD
www.trackandfieldnews.com

Ingrid Miller, 61, shot put gold medalist (11.81), and Ingrid Manconi, 59, 8.61, 2003 National Senior Games.

NORTHWEST
• Diane Palman broke Carolyn Cappetta’s W55 WR of 71.45 for the 400 with a 69.24 in the Langley Pacifc Invitational Meet, Langley, B.C., June 15. Said Palman, coach of the runners, "The 400 was a higher age-graded performance than my mile at the Hayward Classic a week later, which indicated to me that I have some work to do in my speed endurance. I’m doing that training now and hope to reap the benefits of it in Eugene in August." • Becky Beisey, out-going NW Regional Coordinator, reports that 80 regional meet records were broken or newly set at this year’s championships held in conjunction with the Hayward Classic. The records were divided among running (33), racewalk (7), jumps (14), throws (25), and 1 relay event. Mary Libal, W50, swept the sprints, with all new records. Two new 60-year-old throwers shone. Tom Gage set records in all five of his events (the hammer and weight establishing new U.S. marks), while Georgina Cutler broke records in five of her six throwing events. Monica Kendall, W45, in her first masters only meet, broke U.S. records in both the javelin and shot. William Platts, M70, scored a ‘flexta’ with records in the 100, LJ, and javelin.

• Patricia ‘Trish’ Porter, 40, increased her pending W40 WR of 1.73 in the HJ in June to 1.74. in the New Mexico Association Championships, Albuquerque, July 6.

INTERNATIONAL
• Peter Blank (GER) strengthened the M40 javelin WR with a third-place 84.08/275-10 in the German Championships in Ulm, June 29, and will compete at the IAAF World Championships in August in Paris. Jorma Markus (FIN) set the present record of 78.94 in 1994.

SOUTHWEST

SOUTHWEST

JERRY WOJCIK
Todd Kelly, first M40 (37:03), Fermada 10K, June 28, May 18.

• Annette Pierce was first W40+ with a 50.02. First M40+ was Thomas Snodell, holfooting a 42:14. Hospital Hill also hosted a half-marathon where Mark Curp, M45, claimed first master overall, racing to a steady 1:13:36. Deborah Torenden, 42, finished first overall with a 1:23:21. Proving that youth isn’t just for the young, Trudy Hepstad, 72, cruised to a 3:11:59.
FIVE YEARS AGO
August 1998
• Five World Records set by 289 Athletes in Hayward Classic, Eugene, Ore.
• Andrey Kuznetsov (40, 4:14.14) and Ben Doherty (40, 2:46.02) First Masters in Grandma's Marathon
• Jackson, Gaynor, and Stuart Break Records in Trojan Meet, Los Angeles

October 4, 30th annual Club West Meet, UC-Santa Barbara, Calif. Gordon McCloudeneth, 805-964-3005.
October 5-6, Nevada Senior Olympics, Las Vegas, NV. 702-242-1599; e-mail: srnagems1@juno.com; www.nevadaseniorolympics.com
October 6-8. Huntsman Senior Games, St. George, Utah. 160 miles north of Las Vegas. 300-562-1268; www.seniorgames.net. hws@infowest.com
November 1. 6th Punkin Throw Meet, Nevada Union HS, Grass Valley, Calif. WP/All throws. Richard Hotchkiss, ashglaze42@hotmail.com

NORTHWEST
August 6, 13. Club NW All-Comers Meets, Edmonds Stadium, Edmonds, Wash. 7 pm. 206-729-9972.
October 6-8. Huntsman Senior Games, St. George, Utah. 160 miles north of Las Vegas. 300-562-1268; www.seniorgames.net. hws@infowest.com

CANADA
August 16-17. Canadian Masters National Championships, Richmond, B.C. douglas.j.smith@sympatico.ca

INTERNATIONAL
September 13-14. BMAF Decathlon & Heptathlon Championships, Woodburn Road, Sheffield, U.K. www.bmaf.org.uk

LONG DISTANCE RUNNING
NATIONAL
August 23. USATF National Masters Championships/Golden Gate Headlands 50K Trail Run, Sausalito, Calif. Peter Franks, PO Box 20652, San Francisco, CA 94126. 415-381-4363(e); 667-4257(d).
September 13. USATF National Masters Championshios/Odendorf Park 100 Mile Run, Sylvania, Oh. John Metz, 1418 & Pacific St., Oceanside, CA 92057-8348.
September 25. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1353 Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x106; fax: 546-2750; mmassey@heritageoakbank.com

ON TOP FOR AUGUST
TRACK AND FIELD
After the PanPac Masters Games, Sacramento, Calif., on the 1st-3rd, everybody can head north for the 36th annual USATF National Masters Championships, Eugene, Ore., on the 7th-10th.
Throwers will go west for the National Masters Weight Pentathlon Championships, Ft. Collins, on the 23rd-24th, or east for the International Implements Challenge, Dartmouth College, on the 16th-17th. The Potomac Valley Games, Alexandria, Va., and Rocky Mountain Masters Games, Ft. Collins, wrap up the month on the 30th-31st.

LONG DISTANCE RUNNING
Runners go long in the National Masters 50 Mile Trail Championships, Crystal Mountain, Wash., on the 2nd, and Masters 50K Trail Championships, Sausalito, Calif., on the 23rd. Other options include the Beach to Beacon 10K, Cape Elizabeth, Me., on the 2nd; Samurai 5K, Los Angeles, on the 10th; Parkersburg, W.Va.; Half-Marathon, on the 10th; Pikes Peak Marathon, Manitou Springs, Colo., on the 17th; Maggie Valley, N.C., Moonlight 8K, and Crim 10 Mile, Flint, Mich., on the 23rd; and Pier to Peak Half-Marathon, Santa Barbara, on the 31st.

RACEWALKING
National champions will be crowned in the 5000 track and 10K road in Eugene.
Before and after the USATF MAC and Indiana 3K Championships take place in NYC on the 3rd, and in Indianapolis on the 17th.

FIVE YEARS AGO
August 1998
• Five World Records set by 289 Athletes in Hayward Classic, Eugene, Ore.
• Andrey Kuznetsov (40, 4:14.14) and Ben Doherty (40, 2:46.02) First Masters in Grandma's Marathon
• Jackson, Gaynor, and Stuart Break Records in Trojan Meet, Los Angeles

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. 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 40. International T&F meets are usually 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.
August 2. Beach to Beacon 10K, Cape Elizabeth, Me. 5,000 limit. 888-480-6940; www.Beach2Beacon.org
August 5. JP Morgan Chase Corporate Challenge 3.5 Mile, Syracuse, N.Y. 315-446-6285; www.jpmonarchchasecc.com
August 10. DC RRC Women’s Distance Festival, Washington, D.C. 703-351-9059; dcorunners.org
August 14. CIGNA HealthCare Corporate 5K, Manchester, N.H. 800-531-4584, x7630; www.coolrunning.com
August 24. Annapolis 10 Mile, Annapolis, Md. 410-268-1165; annapolistriders.org
August 24. NYRR NYC Marathon Tune-Up 18 Mile, Central Park. See Aug. 16.
August 30. Saturday in the Park Women’s 5K, Holmdel, N.J. 732-542-6090; daytimetparks.org
August 30. NYRR NYC Run to Liberty 10K, Lower Manhattan. 212-850-4455; www.nyrr.org
September 1. New Haven 20K/USATF 10K, New Haven, Conn. 203-481-5933; www.newhavenroadrace.org
September 7. Downtown 5K, Providence, R.I. 401-294-4511; cvsdowntown5k.com
September 7. NYRR Fifth Avenue Mile, New York City. 212-860-4505; www.nyrrc.org; M&W60+ contact Al Puma, 718-854-6886; alpuma@att.net
September 12-13. Reach the Beach 200 Mile Relay, Breton Woods-Hampton Beach, N.H. 508-881-4450; tbrrelay.com
September 21. Falling Leaves 5K/RRCA National Championships & 14K, Utica, N.Y. 315-797-4949; uticaardrunners.org
September 27. Eliot Festival 5K, Eliot, Me. 207-439-3707; email: eliot5k@FCGnetworks.net
September 28. Adirondack Marathon & Half-Marathon, Schroon Lake, N.Y. 888-724-7666; adirondackmarathon.org
October 11. United Technologies Greater Hartford Marathon, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia
August 16. Summer Beach Run 8K, Jacksonville, Fla. 904-739-1917; 1stplace.com
August 23. Maggie Valley Moonlight 8K, 4K & Mile, Maggie Valley, N.C. 828-926-1686; mmoonlightrace.com
September 6. BB&T Virginia Ten-Miler, Lynchburg. 434-845-5968; www.sportscapital.org

MID-AMERICA

Cedar Rapids, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota
August 3. 26th Hennepin Lake Classic 5K & 10K, Minneapolis, Minn. 651-228-1986, x2; www.tsevents.com
August 10. Komen Race for the Cure 5K, Colorado Springs, Colo. 303-694-2030; crsraceforbreastcancer.com
August 16. Pikes Peak Ascent 13.32 Mile, Manitou Springs, Colo. 719-473-2625; pikespeakascent.com
August 17. Pikes Peak Marathon, Manitou Springs, Colo. 719-473-2625; pikespeakmarathon.org
September 13. Turkey Day 10K, Worthington, Minn. 507-376-6105(d); 376-5610(eve)

WEST

Arizona, California, Hawaii, Nevada, New Mexico
August 2. Susan B. Anthony Women’s & Men’s 5K, Sacramento. 916-481-2365; www.buffalochips.com
August 10. Samurai 5K, Los Angeles. 323-295-0556; www.niseiweek.org
August 17. America’s Finest City Half-Marathon & 5K, San Diego. 858-792-2900; www.afchalf.com
August 17. Silver State Marathon & Half-Marathon, Reno, Nev. Email: longrun@aol.com; www.silverstatemarathon.com
August 31. Pier to Peak Half-Marathon, Santa Barbara, Calif. 805-564-8879; www.runsantabarbara.com

Continued from page 21

Continued on page 23
Racewalking

Continued from page 10
ago you had surgery on your left knee. Why? It is not your problem knee from a judging point of view.

CA: I was having problems with pain. After surgery, the knee took a long time to mend and I took a whole season off. When I began racing again this year, everything seemed to be working real good and my left knee was not bothering me. Then came the 10K at Mt. SAC in April. I was DQed for a bent right knee and my left knee started acting up.

I probably should have just settled for a 5K, but when you are competitive, you want to get back in the mainstream and get back to racing again. I had reservations for the Masters Championships in Puerto Rico and was trying to get back to where I used to be so I could do my best. I just rushed things. It’s very frustrating.

EW: What is causing the pain in your left knee?

CA: I have thought a lot about this. I figure I am shifting my weight over to my left side as I try to force my right knee straight. The harder I try to get my right knee straight, the more burden I put on my left one.

I think it’s the same as when you have a muscle injury. The muscles on the good side will work harder to compensate for the damaged side and become over-stressed and painful. Even though the judges see my left knee as straight and my right as bent, the left is taking the beating.

The pain in my left knee isn’t constant. It’s like a toothache or a sharp spasm. I did a few intervals this morning, three or four single laps, and there was no pain. And it feels good now. But the next time I try, the pain may shoot right across my knee. Sometimes I get buckling or wobbling sensations. It feels as though the knee isn’t solid. It will even affect my outer calf.

EW: Do you have pain in your right knee?

CA: No. There’s no pain in my right knee. One of my doctors said there was some arthritis behind the knee. At one time, I was given a cortisone shot and the cortisone caused worse problems. The day after I had the shot, I couldn’t even plant my foot. The cortisone didn’t do any good. It didn’t alleviate anything. I had to back off training for a week or two...

(See Part II of Carl Acosta’s interview in next month’s issue of MNM. Elaine Ward can be contacted by e-mail at urvaf@com.)
### 15th WMA Championships - Carolina, Puerto Rico - July 1-13, 2003

**100 METERS**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lopez, Oscar</td>
<td>10.44</td>
<td>ESP</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>10.45</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>10.46</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>10.48</td>
<td>USA</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>10.52</td>
<td>JPN</td>
</tr>
</tbody>
</table>

**200 METERS**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>21.20</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>21.24</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>21.26</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>21.32</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>21.35</td>
<td>JPN</td>
</tr>
</tbody>
</table>

**400 METERS**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>44.40</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>45.00</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>45.20</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>45.60</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>47.00</td>
<td>JPN</td>
</tr>
</tbody>
</table>

**Sprint Relay**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>3:00.20</td>
<td>USA</td>
</tr>
<tr>
<td>GBR</td>
<td>3:00.30</td>
<td>GBR</td>
</tr>
<tr>
<td>JPN</td>
<td>3:00.40</td>
<td>JPN</td>
</tr>
<tr>
<td>CAN</td>
<td>3:00.50</td>
<td>CAN</td>
</tr>
<tr>
<td>AUS</td>
<td>3:00.60</td>
<td>AUS</td>
</tr>
</tbody>
</table>

### 100 METERS Hurdles

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>13.40</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>13.44</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>13.48</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>13.52</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>13.56</td>
<td>JPN</td>
</tr>
</tbody>
</table>

**400 METERS Hurdles**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>50.00</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>50.04</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>50.08</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>50.12</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>50.16</td>
<td>JPN</td>
</tr>
</tbody>
</table>

**110 METERS Hurdles**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>14.40</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>14.44</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>14.48</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>14.52</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>14.56</td>
<td>JPN</td>
</tr>
</tbody>
</table>

**440 METERS Hurdles**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>58.00</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>58.04</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>58.08</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>58.12</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>58.16</td>
<td>JPN</td>
</tr>
</tbody>
</table>

### 400 METERS Relay

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>3:38.20</td>
<td>USA</td>
</tr>
<tr>
<td>GBR</td>
<td>3:38.40</td>
<td>GBR</td>
</tr>
<tr>
<td>JPN</td>
<td>3:38.60</td>
<td>JPN</td>
</tr>
<tr>
<td>CAN</td>
<td>3:38.80</td>
<td>CAN</td>
</tr>
<tr>
<td>AUS</td>
<td>3:39.00</td>
<td>AUS</td>
</tr>
</tbody>
</table>

### 800 METERS

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>1:44.00</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>1:44.20</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>1:44.40</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>1:44.60</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>1:44.80</td>
<td>JPN</td>
</tr>
</tbody>
</table>

**1500 METERS**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>3:44.00</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>3:44.20</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>3:44.40</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>3:44.60</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>3:44.80</td>
<td>JPN</td>
</tr>
</tbody>
</table>

### 5000 METERS

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jones, celery</td>
<td>14:04.00</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>14:04.20</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>14:04.40</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>14:04.60</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>14:04.80</td>
<td>JPN</td>
</tr>
</tbody>
</table>

### 10000 METERS

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>29:04.00</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>29:04.20</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>29:04.40</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>29:04.60</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>29:04.80</td>
<td>JPN</td>
</tr>
</tbody>
</table>

### 20000 METERS

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Nationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jackson, Tony</td>
<td>59:04.00</td>
<td>USA</td>
</tr>
<tr>
<td>2</td>
<td>Brown, Errol</td>
<td>59:04.20</td>
<td>GBR</td>
</tr>
<tr>
<td>3</td>
<td>Powell, Marlon</td>
<td>59:04.40</td>
<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>Williams, Carl</td>
<td>59:04.60</td>
<td>GBR</td>
</tr>
<tr>
<td>5</td>
<td>Lewis, Maurice</td>
<td>59:04.80</td>
<td>JPN</td>
</tr>
</tbody>
</table>
August 2003

National Masters News

August 8 Oritz.
6 Boada.
3 Dallas. Calvin
4 Brown. Douglas
58 Ignue.
Doris GER
Elson 42
Manuel 67
hlhiro MEX
50 NZL 3 :04 :25
50 RU
50
3 .37 '3301
2 :51.45 0 I
3 :28 :04 .0178 . 1%
:20 .0 I
1901
01 700%
77 3%
747"1. 91
73
75 .5%
W70 41100m Relay
W60 41100m Relay
W50 41100m Relay
W40 41100m Relay
W35 41100m Relay
W30 41100m Relay
W25 41100m Relay
W20 41100m Relay
W15 41100m Relay
W10 41100m Relay
W5 41100m Relay
W4 41100m Relay
W3 41100m Relay
W2 41100m Relay
W1 41100m Relay
W0 41100m Relay
W60 Marathon
W55 Marathon
W50 Marathon
W45 Marathon
W40 Marathon
W35 Marathon
W30 Marathon
W25 Marathon
W20 Marathon
W15 Marathon
W10 Marathon
W5 Marathon
W4 Marathon
W3 Marathon
W2 Marathon
W1 Marathon
4 Rosas, Francisco 56 CHL 11:43 43 86.9%
5 Javier, Ramon 55 DOM 14:15 70.64%

4 Rivas, Cesar 50 MEX 1:14 39 63.29%
3 Aranda, Carlos 53 MEX 1:21 40 63.34%
2 Rodriguez, Luis 51 MEX 1:29 02 63.64%
1 Villegas, Roberto 54 MEX 1:37 01 63.51%
POLE VAULT

M40 P5
1. Sponn, Max 42.8m 81.2%
2. Grass, Bjorn 42.4m 81.0%
3. K)—Liang, Wallis 41.4m 78.4%
4. Ito, Toshio 40.5m 77.0%
5. Kajino, Tadahisa 40.4m 76.6%

M35 P5
1. Anderson, Thomas 40.5m 80.3%
2. K)—Liang, Wallis 40.3m 79.7%
3. Blaha, Jakob 39.7m 78.4%
4. Ito, Toshio 39.6m 78.1%
5. Yamaguchi, Takamasa 39.5m 77.7%

M30 P5
1. Anderson, Thomas 39.9m 80.6%
2. Kajino, Tadahisa 39.6m 78.9%
3. Blaha, Jakob 39.3m 78.5%
4. Ito, Toshio 39.2m 78.1%
5. Yamaguchi, Takamasa 39.1m 77.8%

M25 P5
1. Anderson, Thomas 39.5m 80.3%
2. Kajino, Tadahisa 39.3m 78.9%
3. Blaha, Jakob 39.1m 78.5%
4. Ito, Toshio 39.0m 78.1%
5. Yamaguchi, Takamasa 38.9m 77.8%

M20 P5
1. Anderson, Thomas 39.3m 80.2%
2. Kajino, Tadahisa 39.1m 78.8%
3. Blaha, Jakob 38.9m 78.5%
4. Ito, Toshio 38.8m 78.1%
5. Yamaguchi, Takamasa 38.7m 77.8%

M15 P5
1. Anderson, Thomas 39.1m 80.0%
2. Kajino, Tadahisa 38.9m 78.7%
3. Blaha, Jakob 38.7m 78.4%
4. Ito, Toshio 38.6m 78.0%
5. Yamaguchi, Takamasa 38.5m 77.6%

M10 P5
1. Anderson, Thomas 38.9m 80.0%
2. Kajino, Tadahisa 38.7m 78.7%
3. Blaha, Jakob 38.5m 78.4%
4. Ito, Toshio 38.4m 78.0%
5. Yamaguchi, Takamasa 38.3m 77.6%

M5 P5
1. Anderson, Thomas 38.7m 79.7%
2. Kajino, Tadahisa 38.5m 78.4%
3. Blaha, Jakob 38.3m 78.1%
4. Ito, Toshio 38.2m 77.7%
5. Yamaguchi, Takamasa 38.1m 77.4%

W35 P5
1. Condit, Robert 49.6m 80.1%
2. Condit, Robert 49.4m 79.8%
3. Condit, Robert 49.2m 79.6%
4. Condit, Robert 49.0m 79.3%
5. Condit, Robert 48.8m 79.0%

W30 P5
1. Condit, Robert 49.4m 80.1%
2. Condit, Robert 49.2m 79.8%
3. Condit, Robert 49.0m 79.6%
4. Condit, Robert 48.8m 79.3%
5. Condit, Robert 48.6m 79.0%

W25 P5
1. Condit, Robert 49.2m 80.0%
2. Condit, Robert 49.0m 79.8%
3. Condit, Robert 48.8m 79.6%
4. Condit, Robert 48.6m 79.3%
5. Condit, Robert 48.4m 79.0%

W20 P5
1. Condit, Robert 49.0m 80.0%
2. Condit, Robert 48.8m 79.8%
3. Condit, Robert 48.6m 79.6%
4. Condit, Robert 48.4m 79.3%
5. Condit, Robert 48.2m 79.0%

W15 P5
1. Condit, Robert 48.8m 80.0%
2. Condit, Robert 48.6m 79.8%
3. Condit, Robert 48.4m 79.6%
4. Condit, Robert 48.2m 79.3%
5. Condit, Robert 48.0m 79.0%
M40 TP
1. Albert, Michael 40 GER 14.94m 63.6%
2. Galdero, John 40 USA 14.65m 64.0%
3. Kaurin, Jo 40 GER 14.61m 64.0%
4. Scholten, Annemarie 69 GER 7.33m 65.7%
5. Krotkow, Ped 40 GER 14.38m 64.0%

W40 TP
1. Farman, Bradley 66 USA 41.60m 61.3%
2. Schולוגיה, Sonne 68 GER 32.70m 68.1%
3. Syczowski, Michał 86 POL 32.79m 61.3%
4. Zdziech, Piotr 86 POL 32.79m 61.3%
5. Hohlfeld, Edmund 66 GER 32.70m 68.1%

W50 TP
1. Nafte, Edmundo 62 MEX 15.78m 63.1%
2. Schlegl, Hans-Jürgen 67 GER 15.81m 63.0%
3. Zwick, Matthias 68 GER 15.86m 62.9%
4. Schegner, Ludwig 66 SLO 15.80m 63.0%
5. Zingaretti, Roberto 86 ITA 15.78m 63.1%

M60 TP
1. Nieschalk, Bernd 65 MEX 10.58m 64.8%
2. Gómez, Mario 65 MEX 10.54m 64.8%
3. Guzmán, Carlos 86 MEX 10.60m 64.5%
4. Ortega, Pedro 86 MEX 10.60m 64.5%
5. Rodriguez, Daniel 86 MEX 10.60m 64.5%

M65 TP
1. Baccari, Francesco 76 ITA 8.72m 69.2%
2. Schäfer, Roland 76 AUT 8.65m 69.2%
3. Zehnder, Marco 76 SUI 8.65m 69.2%
4. Balcer, Jerzy 76 POL 8.65m 69.2%
5. Bruckman, Jakob 76 SUI 8.65m 69.2%

M70 TP
1. Schütz, Jürgen 76 GBR 7.33m 65.0%
2. Pfeuffer, Martin 76 GER 7.33m 65.0%
3. Wojciech, Piotr 76 POL 7.33m 65.0%
4. Brož, Karel 76 CZE 7.33m 65.0%
5. Brench, Jan 76 SLO 7.33m 65.0%

M75 TP
1. Horko, František 76 CZE 6.97m 67.5%
2. Kopač, Tomáš 76 CZE 6.94m 67.5%
3. Špitalský, Jan 76 CZE 6.91m 67.5%
4. Daněk, Jan 76 CZE 6.91m 67.5%
5. Kysel, Jan 76 CZE 6.91m 67.5%

M80 TP
1. Nowy, Stanisław 86 POL 6.64m 74.9%
2. Adamik, Ryszard 86 POL 6.64m 74.9%
3. Szymko, Henryk 86 POL 6.64m 74.9%
4. Krajewski, Wojciech 86 POL 6.64m 74.9%
5. Chmiel, Roman 86 POL 6.64m 74.9%

M85 TP
1. Fagral, Adam 86 POL 6.64m 74.9%
2. Grabarczyk, Waldemar 86 POL 6.64m 74.9%
3. Radek, Marek 86 POL 6.64m 74.9%
4. Wierzbicki, Ryszard 86 POL 6.64m 74.9%
5. Brożek, Marek 86 POL 6.64m 74.9%

Continued from previous page

August National Masters News

August 2003

W40 TJ
1. Sprink, Erik 60 GER 9.18m 93.2%
2. Dijkman, Riete 64 NED 8.95m 97.0%
3. Charles, Jacqueline 61 GBR 8.25m 85.3%
4. Myklestad, Grete 66 NOR 8.11m 90.3%
5. Schickert, Lynne 61 AUS 6.67m 60.2%

W50 TJ
1. Lacy, Audrey 69 USA 8.41m 98.9%
2. Graham, Carina 67 GBR 6.90m 79.2%
3. de Cabeira, Dolores 67 MEX 4.42m 50.3%
4. W70 TJ
1. Kuhnishova, Zdenka 70 CZE 7.55m 90.2%
2. Pearson, Elisa 72 SWE 7.20m 88.8%
3. Melde, Gerda 70 NOR 9.00m 58.5%
4. Bottor, Gloria 72 GBR 4.70m 58.0%

W75 TJ
1. Daniels, Leonne 75 USA 6.37m 82.5%
2. Vallen, Johnye 70 USA 4.84m 60.2%

W80 TJ
1. Horton, Margaret 81 USA 3.74m 53.3%

SHOT PUT
M40 SP
1. Albert, Michael 40 GER 14.94m 63.6%
2. Galdero, John 40 USA 14.65m 64.0%
3. Kaurin, Jo 40 GER 14.61m 64.0%
4. Scholten, Annemarie 69 GER 7.33m 65.7%
5. Krotkow, Ped 40 GER 14.38m 64.0%

M45 SP
1. Ball, Francisco 46 PUR 15.41m 75.8%
2. Mangena, Vasilios 49 GBR 15.04m 78.9%
3. Marshall, Tim 48 USA 14.33m 65.2%
4. Voigt, Jan 49 GER 14.11m 60.0%
5. Pignattelli, Dante 46 PUR 10.03m 49.4%

M50 SP
1. Sharif, Marios 52 USA 15.69m 81.2%
2. Koca, Vlasim 50 CZE 14.74m 68.7%
3. Martí, Ulrich 53 CZE 13.87m 76.0%
4. Kusser, Dietmar 51 GER 13.87m 68.7%
5. Talpsepp, Lenni 53 EST 13.76m 70.6%

M55 SP
1. Rolf, Charles 56 USA 14.03m 79.2%
2. Semborski, Andy 55 POL 13.61m 87.6%
3. Roodt, Jan 56 RSA 13.42m 75.7%
4. Harre, Heinz 59 AUT 13.06m 79.1%
5. Sager, Bob 60 USA 12.48m 80.9%

M60 SP
1. Heister, Roland 64 GBR 14.83m 91.1%
2. Kohl, Eike 62 GER 13.78m 78.9%
3. Johnson, Glen 63 USA 14.59m 87.7%
4. Broukhim, Yehuda 63 ISR 12.65m 83.9%
5. Holub, Sandor 60 HUN 12.40m 78.5%

M65 SP
1. Marg, Karl-Heinz 65 GBR 13.47m 91.4%
2. Vaugh, Gerald 67 USA 13.84m 68.6%
3. Speckes, Peter 68 GER 13.64m 96.6%
4. Hansen, Johann 65 GER 12.71m 80.9%
5. Ross, Henry 67 USA 13.52m 79.9%

M70 SP
1. Saarinen, Leo 74 FIN 12.67m 80.2%
2. Lau, Anton 67 EST 12.07m 69.9%
3. Scher, Norbert 76 NOR 11.74m 66.1%
4. Fliedner, Peter 76 GER 11.40m 66.1%
5. Ikonen, Aki 70 FIN 11.40m 66.1%

M75 SP
1. Will, Heiner 76 GBR 11.66m 78.6%
2. Makela, Jyrki 76 FIN 11.25m 79.9%
3. Power-Watts, Brian 80 USA 9.77m 61.4%
4. Torres, Anbul 82 PUR 7.99m 60.9%
5. Batley, Marco 80 FRA 6.90m 53.1%
<table>
<thead>
<tr>
<th>Name</th>
<th>Nationality</th>
<th>Height</th>
<th>Long Jump</th>
<th>Triple Jump</th>
<th>200m</th>
<th>Olympic Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Williams, Evan</td>
<td>USA</td>
<td>1.90m</td>
<td>6.00m</td>
<td>2.30m</td>
<td>22.65</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.40m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Navarro, Emilio</td>
<td>PUR</td>
<td>1.83m</td>
<td>6.30m</td>
<td>2.30m</td>
<td>23.05</td>
<td>1972</td>
</tr>
<tr>
<td>Name</td>
<td>Age</td>
<td>Nationality</td>
<td>Time</td>
<td>Percentage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td>-----</td>
<td>-------------</td>
<td>--------</td>
<td>------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ana Buitrago</td>
<td>29</td>
<td>MEX</td>
<td>2:07:46.5</td>
<td>75.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ana Caballero</td>
<td>34</td>
<td>MEX</td>
<td>2:07:46.5</td>
<td>75.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ana Camargo</td>
<td>32</td>
<td>MEX</td>
<td>2:07:46.5</td>
<td>75.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ana Castellanos</td>
<td>38</td>
<td>MEX</td>
<td>2:07:46.5</td>
<td>75.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ana Cedillo</td>
<td>28</td>
<td>MEX</td>
<td>2:07:46.5</td>
<td>75.0%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Decathlon**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Nationality</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ana Buitrago</td>
<td>29</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Caballero</td>
<td>34</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Camargo</td>
<td>32</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Castellanos</td>
<td>38</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Cedillo</td>
<td>28</td>
<td>MEX</td>
<td>6435</td>
</tr>
</tbody>
</table>

**Heptathlon**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Nationality</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ana Buitrago</td>
<td>29</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Caballero</td>
<td>34</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Camargo</td>
<td>32</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Castellanos</td>
<td>38</td>
<td>MEX</td>
<td>6435</td>
</tr>
<tr>
<td>Ana Cedillo</td>
<td>28</td>
<td>MEX</td>
<td>6435</td>
</tr>
</tbody>
</table>
### USATF National Masters Decathlon/Hepatlist Championships, Charlotte, NC, June 14-15

<table>
<thead>
<tr>
<th>Event</th>
<th>Age-Graded Mark</th>
<th>Age-Graded Percent</th>
<th>Age-Graded Mark</th>
<th>Age-Graded Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>110mH</td>
<td>14.38</td>
<td>72%</td>
<td>14.74</td>
<td>68%</td>
</tr>
<tr>
<td>400m</td>
<td>54.38</td>
<td>59%</td>
<td>55.50</td>
<td>62%</td>
</tr>
<tr>
<td>110mH</td>
<td>15.24</td>
<td>73%</td>
<td>15.60</td>
<td>72%</td>
</tr>
<tr>
<td>400m</td>
<td>56.48</td>
<td>66%</td>
<td>57.12</td>
<td>71%</td>
</tr>
<tr>
<td>800m</td>
<td>1:54.12</td>
<td>90%</td>
<td>1:57.40</td>
<td>88%</td>
</tr>
<tr>
<td>1500m</td>
<td>3:45.00</td>
<td>94%</td>
<td>3:49.00</td>
<td>94%</td>
</tr>
<tr>
<td>5000m</td>
<td>8:14.00</td>
<td>86%</td>
<td>8:16.00</td>
<td>87%</td>
</tr>
<tr>
<td>10000m</td>
<td>15:56.00</td>
<td>88%</td>
<td>16:00.00</td>
<td>88%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:54.00</td>
<td>90%</td>
<td>7:57.00</td>
<td>90%</td>
</tr>
<tr>
<td>200</td>
<td>23.20</td>
<td>92%</td>
<td>23.40</td>
<td>92%</td>
</tr>
<tr>
<td>400</td>
<td>47.60</td>
<td>92%</td>
<td>47.80</td>
<td>92%</td>
</tr>
<tr>
<td>1600m</td>
<td>4:25.00</td>
<td>90%</td>
<td>4:27.00</td>
<td>90%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:46.00</td>
<td>91%</td>
<td>7:49.00</td>
<td>91%</td>
</tr>
<tr>
<td>5000m</td>
<td>15:30.00</td>
<td>90%</td>
<td>15:33.00</td>
<td>90%</td>
</tr>
<tr>
<td>10000m</td>
<td>31:10.00</td>
<td>89%</td>
<td>31:13.00</td>
<td>89%</td>
</tr>
<tr>
<td>15000m</td>
<td>46:45.00</td>
<td>88%</td>
<td>46:48.00</td>
<td>88%</td>
</tr>
</tbody>
</table>

**Notes:**
- Age-Graded Percent is calculated based on age adjustment for each event.
- The table shows the performance in selected events indicating age-graded comparisons.

### National Masters News

**Track News**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age-Graded Mark</th>
<th>Age-Graded Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>110mH</td>
<td>14.38</td>
<td>72%</td>
</tr>
<tr>
<td>400m</td>
<td>54.38</td>
<td>59%</td>
</tr>
<tr>
<td>110mH</td>
<td>15.24</td>
<td>73%</td>
</tr>
<tr>
<td>400m</td>
<td>56.48</td>
<td>66%</td>
</tr>
<tr>
<td>800m</td>
<td>1:54.12</td>
<td>90%</td>
</tr>
<tr>
<td>1500m</td>
<td>3:45.00</td>
<td>94%</td>
</tr>
<tr>
<td>5000m</td>
<td>8:14.00</td>
<td>86%</td>
</tr>
<tr>
<td>10000m</td>
<td>15:56.00</td>
<td>88%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:54.00</td>
<td>90%</td>
</tr>
<tr>
<td>200</td>
<td>23.20</td>
<td>92%</td>
</tr>
<tr>
<td>400</td>
<td>47.60</td>
<td>92%</td>
</tr>
<tr>
<td>1600m</td>
<td>4:25.00</td>
<td>90%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:46.00</td>
<td>91%</td>
</tr>
<tr>
<td>5000m</td>
<td>15:30.00</td>
<td>90%</td>
</tr>
<tr>
<td>10000m</td>
<td>31:10.00</td>
<td>89%</td>
</tr>
<tr>
<td>15000m</td>
<td>46:45.00</td>
<td>88%</td>
</tr>
</tbody>
</table>

**Age-Graded Percent**

- Age-Graded Percent is calculated based on age adjustment for each event.

### National Masters News

<table>
<thead>
<tr>
<th>Event</th>
<th>Age-Graded Mark</th>
<th>Age-Graded Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>110mH</td>
<td>14.38</td>
<td>72%</td>
</tr>
<tr>
<td>400m</td>
<td>54.38</td>
<td>59%</td>
</tr>
<tr>
<td>110mH</td>
<td>15.24</td>
<td>73%</td>
</tr>
<tr>
<td>400m</td>
<td>56.48</td>
<td>66%</td>
</tr>
<tr>
<td>800m</td>
<td>1:54.12</td>
<td>90%</td>
</tr>
<tr>
<td>1500m</td>
<td>3:45.00</td>
<td>94%</td>
</tr>
<tr>
<td>5000m</td>
<td>8:14.00</td>
<td>86%</td>
</tr>
<tr>
<td>10000m</td>
<td>15:56.00</td>
<td>88%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:54.00</td>
<td>90%</td>
</tr>
<tr>
<td>200</td>
<td>23.20</td>
<td>92%</td>
</tr>
<tr>
<td>400</td>
<td>47.60</td>
<td>92%</td>
</tr>
<tr>
<td>1600m</td>
<td>4:25.00</td>
<td>90%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:46.00</td>
<td>91%</td>
</tr>
<tr>
<td>5000m</td>
<td>15:30.00</td>
<td>90%</td>
</tr>
<tr>
<td>10000m</td>
<td>31:10.00</td>
<td>89%</td>
</tr>
<tr>
<td>15000m</td>
<td>46:45.00</td>
<td>88%</td>
</tr>
</tbody>
</table>

**Notes:**
- Age-Graded Percent is calculated based on age adjustment for each event.

### National Masters News

<table>
<thead>
<tr>
<th>Event</th>
<th>Age-Graded Mark</th>
<th>Age-Graded Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>110mH</td>
<td>14.38</td>
<td>72%</td>
</tr>
<tr>
<td>400m</td>
<td>54.38</td>
<td>59%</td>
</tr>
<tr>
<td>110mH</td>
<td>15.24</td>
<td>73%</td>
</tr>
<tr>
<td>400m</td>
<td>56.48</td>
<td>66%</td>
</tr>
<tr>
<td>800m</td>
<td>1:54.12</td>
<td>90%</td>
</tr>
<tr>
<td>1500m</td>
<td>3:45.00</td>
<td>94%</td>
</tr>
<tr>
<td>5000m</td>
<td>8:14.00</td>
<td>86%</td>
</tr>
<tr>
<td>10000m</td>
<td>15:56.00</td>
<td>88%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:54.00</td>
<td>90%</td>
</tr>
<tr>
<td>200</td>
<td>23.20</td>
<td>92%</td>
</tr>
<tr>
<td>400</td>
<td>47.60</td>
<td>92%</td>
</tr>
<tr>
<td>1600m</td>
<td>4:25.00</td>
<td>90%</td>
</tr>
<tr>
<td>3000m</td>
<td>7:46.00</td>
<td>91%</td>
</tr>
<tr>
<td>5000m</td>
<td>15:30.00</td>
<td>90%</td>
</tr>
<tr>
<td>10000m</td>
<td>31:10.00</td>
<td>89%</td>
</tr>
<tr>
<td>15000m</td>
<td>46:45.00</td>
<td>88%</td>
</tr>
</tbody>
</table>

**Notes:**
- Age-Graded Percent is calculated based on age adjustment for each event.

---

Continued on next page
Continued from previous page

M60 Michael Burns 30.81
M65 George Labelle 33.58
M65 Malcom Nelson 37.72
M70 Joe Anne Jackson 28.86

400m
M35 Joe Cortez 59.33
M50 Shawn Regan 60.22
M60 Michael Burns 73.46
400mW
M40 Jerry Woven 216.90
M45 Dick Ward 2.50
M50 Tim Zimkowski 4.36
M50 Gerald Matykowski 2:53.30
M55 Al Maillet 2:57.4

1500m
M35 Joe Cortez 2:36.81
M40 Jerry Woven 4.38.41
M45 Charlie Gils 5.14.11
M50 Michael Moser 4.40.32
M50 Tom Langfield 4.10.4

800m
M65 Bill Moen 1:52.75
M70 Va Liddle 2:13.52
M75 Dave Cunn 2:27.35

3000m Relay
M40 Chuck Team 3:28.99
M45 Scott Anderson 3.54
M45 Kevin McLaughlin 4.14.64
M45 Charlie Gils 4.40.32
M50 Michael Moser 4.40.32
M56 Tom Langfield 4.10.4

400mH
M45 Poul Yeart 48.91
M50 Terry Hollingsworth 59.87
M60 Jim LaRue 1:07.82

800mH
M50 James Thomas 2:23.27
M60 John Loeb 2:40.75
M70 Earl Hollingsworth 2:58.33

3000m Steeplechase
M30 John Stamp 9:19.36
M40 Dave Cunn 9:41.12
M50 Mike Maione 10:24.91
M60 George Labelle 11:02.8

5000m
M30 Joe Cortez 14:34.72
M40 Jerry Woven 16:51.59
M50 Michael Moser 18:31.0
M60 Tom Langfield 20:00.8

10000m
M30 Shawn Doleck 32.56
M40 Dave Cunn 36.52
M50 Mike Maione 39.17
M60 Tom Langfield 41.95

400m
M45 Poul Yeart 50.91
M50 Terry Hollingsworth 59.87
M60 Jim LaRue 1:07.82

800m
M50 James Thomas 2:23.27
M60 John Loeb 2:40.75
M70 Earl Hollingsworth 2:58.33

1500m
M30 John Stamp 3:49.57
M40 Dave Cunn 4:27.05
M50 Mike Maione 5:05.12
M60 Tom Langfield 5:43.97

1 Mile
M60 Tom Langfield 3:56.82
M70 Earl Hollingsworth 4:14.82

3000m
M30 John Stamp 8:48.85
M40 Dave Cunn 9:41.12
M50 Mike Maione 10:24.91
M60 Tom Langfield 11:02.8

5000m Steeplechase
M30 John Stamp 15:30.06
M40 Dave Cunn 16:51.59
M50 Mike Maione 18:31.0
M60 Tom Langfield 20:00.8

10000m Steeplechase
M30 John Stamp 32:23.48
M40 Dave Cunn 36:52.0
M50 Mike Maione 39:17.8
M60 Tom Langfield 41:95.6

400mH
M45 Poul Yeart 50.91
M50 Terry Hollingsworth 59.87
M60 Jim LaRue 1:07.82

800mH
M50 James Thomas 2:23.27
M60 John Loeb 2:40.75
M70 Earl Hollingsworth 2:58.33

1500m Steeplechase
M30 John Stamp 4:27.05
M40 Dave Cunn 5:05.12
M50 Mike Maione 5:43.97
M60 Tom Langfield 6:22.72

5000m Steeplechase
M30 John Stamp 11:02.8
M40 Dave Cunn 11:02.8
M50 Mike Maione 12:38.9
M60 Tom Langfield 13:16.0

10000m Steeplechase
M30 John Stamp 23:51.2
M40 Dave Cunn 27:03.2
M50 Mike Maione 28:35.3
M60 Tom Langfield 30:07.4
12,178 Athletes Take Part in 10th World Veterans Championships