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

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September, 1990
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NATIONALS DRAW 1090 TO INDIANAPOLIS
12 WORLD AND 14 U.S. RECORDS SET; SOVIETS COMPETE

A total of 1090 athletes, age-30-and-over, took part in the 23rd Annual TAC/USA National Masters Track and Field Championships on August 2-5 in Indianapolis.

The number was the second largest ever for a U.S. masters meet, surpassed only by the record 1450 who came to San Diego last year.

For the first time ever in a U.S. masters meet, four athletes from the Soviet Union participated.

Also on hand was Dwight Stones, 1976 Olympian and TV commentator, who set a new American high jump record of 6-11 1/4 for men 35-39.

The meet was held at the first-class facility at the University of Indiana — only a mile from downtown Indianapolis. While there were several administrative problems, most athletes heaped praise on the outstanding officiating crew, headed by TAC's Charlie Ruter.

The quality of the competition was high, as usual, with 12 world and an additional 14 U.S. age-group records bettered.

Colorado's Polly Clarke, 80, set two world records in the women's 80-84 bracket in the 400 (1:40.45) and 5K walk (38:23), and had two potential world marks in the 100 (18.10) and 200 (39.78) nullified by a trailing wind.

Three other 5K walk world marks were set by Viisha Sedlak (W40, 24:38), Jo Ann Nededco (W45, 25:10), and Millie Crews (W75, 38:21). Other WRs were set by Sheila Evans (W75 TJ), Ben Fox (M85 DT), Win McFadden (M85 TJ), Eugene Keller (M75 Steeple), Charles Espy (M80 Steeple), Charley Miller (M50 100H), and the W40 Club Sota 4 x 800 relay squad.

Almberg Runs 4:06.70 Mile in New York;
Waigwa, Sparks Set World Marks

Runners were officially timed at the 1500 mark, where Waigwa clocked 3:49.21, lowering his own WR of 3:49.47, which he set in winning the world 1500 last year in Eugene. Almberg came by the 1500 in 3:50.43, over two seconds under his U.S. M40 mark of 3:53.18, also set in Eugene.

The race drew a world-class field, as Dan Frye, 43, of Falmouth, Mass., the 1500 bronze medalist in Eugene, placed third in 4:16.16. Nolan Smith, 41, of Pasadena, Calif., was fourth in 4:16.63, followed by Florida's Byron Dye (4:17.08), Cleveland's Ken Sparks (4:17.14), Pennsylvania's John Serraio (4:21.75), and New Jersey's Harry Nolan (4:32.25). Rob Jackson, 40, acted as a rabbit and took the other runners through a 60.8 400 and 2:03.6 800 before dropping out.

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The National Masters News is devoted exclusively to track & field, long distance running, and race-walking for men and women over age 30. Each month it delivers 24 to 40 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 60+ (please check the schedule for details). Some events require advance registration. Some require a current TAC card ($7 to $11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or (312) 621-0900. There are no quality standards for any masters athletics event.

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

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Competition was available in 28 five-year age divisions for men and women from 30-34 to 95+, with gold, silver and bronze national championship medals awarded to the top three Americans in each group. Per TAC masters rules, non-U.S. citizens who placed in the top three received a separate, distinctive medal.

A highlight of the four-day event was the special National Masters News $400 age-handicapped 100-meter dash. Each division winner of the 100m finals was invited to participate. Using the WAVA/NMN age-graded tables, each runner was given a distance handicap, based on age.

In the women's race, 43, overtook Clarke, Marilyn Mitchell, 47, and Isabel Saumier, 76, and held off Dennis Drumgole, 39, to win in 11.0. In the men's contest, Bill Collins, 39, was the "champion of champions" for the second year in a row with a 10.3 win over Hugo Hartenstein, 55, and Clarence Ray, 45.

The weather was warm to hot, with the usual midwestern humidity. Two one-hour rain delays marred Saturday's competition.

The top gold-medal winners were Paul Spangler, 91, and Mary Norckauer, 65, with seven each. Winning six were Byron Fike, M80; Becky Sisley, W50; Marilla Salisbury, W80; Mary Bowermaster, W70; and Raschker. Collecting five golds were John Alexander, M70; Christel Miller, W55; Eugene Keller, M75; Pearl Mehl, W75; and Jo Sullivan, W65.

Larry Almberg, 43, coming off his sensational record 4:06.70 mile (and 3:50.43 1500) in the New York Games the week before, won the M40 800 (1:55.89) and 1500 (3:58.07) over very competitive fields.

Some of the top performances, by division, were:

- M30-34
  - Of the 21 events, only one man was able to win two in this rugged division — Ed Williams, who took the 100 (11.05) and 110H (14.32). J. Smith took the 200 (22.59) and Michael McDowell edged Ben James in the 400, 49.56 to 49.80.
  - Jeanglan Ruleau (1:57.33) nipped Gary Perry in the 800, but Perry got even in the 1500 (4:01.25).
  - Leo Williams won the HJ (2.21/7-3), Jason Grimes took the LJ (7.35/24-15).

Gary and Christel Miller Win National Decathlon/Heptathlon

The amazing husband-and-wife duo of Gary and Christel Miller were the top male and female point-getters in the 19th Annual TAC/USA National Masters Decathlon/Heptathlon in Tacoma, Wash., July 14-15.

Forty-four men and four women — a total of 48, one more than last year — showed up. Awards were presented, as always, in the normal five-year age groups. But, for the second time, the WAVA age-factor tables were used. In addition to all competitors being able to compare their scores, individuals could compare their results to their own past performances. The age-factors produce scores that directly compare to regular open-competition scores.

Gary Miller, 52, of Glendale, Calif, scored 7493 age-factored points to win the overall men's competition. Christel Miller, 55, tallied 5129 points to win the women's title.

Gary, the world veterans overall decathlon champion (8048 points) last year in Eugene, was consistent across the board, ranging from a high of 862 points for his 18-1/4 long jump to 685 points for his 119-6 discus throw. Christel's best event was the javelin, where her throw of 100-2 gave her 880 age-factored points.

Defending overall champion Phil Mulkey, 57, of Atlanta, won his M55-59 division, but settled for third overall with 6903 points, compared to his 7806 last year.

"I was hurting," said the national spokesman for the Senior Olympics and one-time open decathlon world record-holder, Mike Hill, 39, was second to Miller with 7383 points. Boo Morcom, 69, was fourth (6866), followed by Rex Harvey (44, 6827), Buck Bradberry (63, 6763), Eddie Fye (30, 6557), and Dan Bulkey (73, 6471).

Phil Raschker, 43, was the women's runner-up with 4625 points. Betty Vosburgh, 59, had 4499 and Becky Sisley, 51, scored 4355.

"I'm proud of the women who came," said Christel. "They performed very well."

Mark Salzman was the meet director.
RACEWALKING

I read with amusement Kenneth Gorshkow’s letter concerning racewalking (July NMN). He said the walking events should be dropped because the distance could be covered in a shorter time by running.

The appeal of the racewalk is that it is different and not just “slower.” In some ways “different” translates into “more interesting.” In the same way that some athletes find the steeplechase more appealing than the 100 meters.

I have been grateful to every meet director or “bureaucrat” who has provided me the opportunity to compete, whether in running or racewalking events. So should Mr. Gorshkow.

Jane Janousek
Murieta, California

If we follow Gorshkow’s logic to its bitter end, we’ll have only one event in any competition — the 100.

I was shocked not only by Gorshkow’s letter but that a letter would be published when it’s obvious the author is totally ignorant of the sport of racewalking.

Gorshkow condemns restrictive events. By reading TAC’s rule book, we find that most, if not all track and field events have restrictions. There’s nothing stiff-legged about racewalking. It’s a very fluid motion, even though walkers exert great physical effort.

Bob Korn
Albany, Oregon

(As stated below, the letters column is an open forum for all viewpoints, no matter how “ignorant” an opinion may seem to some readers. We published parts of nine of 12 letters we received in response to Gorshkow’s letter. All of them opposed his point and all described the benefits and pleasures of racewalking. — Ed.)

MASTERS T&F WISH LIST

Some major adjustments are needed in masters track and field if I am to continue to support the program.

I would like to see the “buy a medal” era ended. If competitors don’t want to compete for the joy or thrill of competition, then they should take up another hobby or activity. It’s ridiculous for persons to sign up for events just to receive a medal, knowing full well they can’t make a credible account of themselves. Really, what kind of worth is put on an award which has no real value or significance?

I would like to see all meets age-graded so that age is no factor in winning all three medals for that event. This would cut out all the phony entries and give a little more integrity to the masters track and field scene.

At present, I’m very disillusioned with the real merit or worth of masters competition under its current format. I will continue to compete in open or all-comers rather than spend a lot of money for the “thrill of nothing.”

Larry Stuart
El Toro, California

PARKER WASN’T PUSHED

I’m writing in response to Hugh Adams’ letter in your August issue concerning Don Parker being pushed off the track by a competitor in the 400 at the National Masters Indoor T&F Championships in Madison, WI.

I was in that race and saw everything quite clearly. In a break for the pole, Don tried to move past the other runner on the inside, but there wasn’t enough room and he hit the rail. To keep his balance, Don put his hand on the other runner and peeled off to the right.

He wasn’t pushed. It was just an unfortunate accident that happened in the heat of competition.

Dennis Duffy
Fresno, California

LACK OF DEPTH IN 10K

A little more depth in the results in the National 10K Championships (Salt Lake City, May 26) would have been nice. Many fine times went unrecognized because you only published the top five places in each division.

Gail Scott
Silver City, New Mexico

(We agree, and we try to publish all finishers in national masters championships. But we’re at the mercy of the race directors. We can only print what we receive, which we did in this case. Please encourage major race directors to send us the complete results in a timely manner.—Ed.)

DROP PRE-REGISTRATION

The pre-registration requirement in masters events should be dropped. I know organizing a meet is more work than any sane human should want to undertake. But why do we have to do all this work?

Instead of computer technology and paperwork that needs to be prepared in advance, use a clipboard. Let the athletes sign up at the clipboard if they want to run an event. Charge a fee by the number of events run — sell a label for each event. It works. In the pre-

organized meets I’ve seen, there are almost as many changes as there are proper entries.

For example, this year’s Western Sectional meet was a organizational nightmare. I was the only one in my division, because competitors were discouraged from signing up so far in advance. I’d rather have late entries to beef up the competition. The wonderful volunteers were burned out by wasting them on the pre-meet paperwork, which was incomplete and hand-corrected during the meet. Most of the volunteers left as the meet ran into the night, and competitors were asked to help, which we gladly did.

Operating a track meet doesn’t need to be made so complicated that it hurts the meet.

Andrew Hecker
Ventura, California

KUDOS

At the National Masters Indoor Pentathlon held in Los Angeles on March 4, only one TAC official showed up. Gary Miller was ready to compete but decided to help with the officiating instead.

He gave up an almost certain national title for the benefit of the other athletes. Our sport is better for Gary Miller and he should be applauded for his selflessness.

Hugh Adams
Clovis, California
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EVERY ENTRY BLANK MUST BE SIGNED !!!!!!
Top Veteran Athlete's of 1990
Reveal Secrets of Longevity

It has been a banner year so far for 40+ athletes in the sports world. Consider the following:
- At 43, Nolan Ryan pitched a no-hitter — his sixth — thereby becoming the oldest person to accomplish that feat.
- At 41, former heavyweight champion George Foreman continued his comeback with an easy knockout over a ranked contender.
- At 45, Hale Irwin became the oldest golfer ever to win the U.S. Open championship in addition to the Buick Classic. At 43, golfer Gil Morgan won the Classic. At 43, golfer Gil Morgan won the Anheuser-Busch ship.
- At 42, Chicago White Sox catcher Carlton Fisk was hitting a solid .281 at the All-Star break as his team battled Oakland for the division championship.
- At 40, Swimmer Mark Spitz is in training for the 1992 Olympics. The media is having a field day with "old timers" doing so well. "It's as if the Fountain of Youth were discovered this year. While most of us come back with an easy knockout over a ranked contender, "Classic," Foreman has patience. "I like being old," Foreman declared in an interview with The Sporting News. "I'm old, but I'm not a social drag. I'm out to show the world that being 40 is a lot of fun and we can still get a lot of knockouts."

According to Archie Moore, his trainer, Foreman hasn't lost much. "He has lost no power at all," insisted Moore, who fought Cassius Clay (Muhammad Ali) at the age of 49 and is my pick as the greatest 40+ athlete of all time. "He has gained power because he has had time to sit back and think about how to do the right type of punching and to study what different types of punching means."

"With age comes a lot of intelligence," noted Foreman in USA today. "Sometimes in the past, I used to fight out of control, now I'm controlling it. Now I'm taking my time."

Ryan Keeps Legs Strong
While many baseball pitchers have continued to be effective into their 40s, nearly all of them have relied on control, off-speed, and junk pitches rather than hard, over-powering stuff. Nolan Ryan, however, is an exception; he continues to be one of the hardest throwers in the major leagues with his fast ball still clocked at right around 93 miles per hour. There are only a handful of pitchers today capable of throwing with that kind of power — and most of them are in their 20s.

What is sometimes forgotten, though, is that Ryan's speed was usually around 100 mph with his highest recording at 106.9 on the radar gun during his younger years. Therefore, he apparently has lost 7-10 percent in velocity. He's just that he was so far above everyone else 10-15 years ago, that even with that loss he remains among the most over-powering pitcher around.

In his book, "Throwing Heat," Ryan advances several reasons for his longevity, one of them being conditioning. "I believe in running because I know that legs are very important to a pitcher's success," Ryan wrote. "A lot of injuries also come when pitchers' legs get tired and they try to overcompensate by overthrowing with their arms. I believe that a good deal of my longevity has come from the power I've been able to generate with my legs. Another part of my routine that helps

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THE LARGEST PRODUCER OF ALUMINUM NAILS IN THE WORLD.
Once again, it was a close call in picking the ICI Athlete-of-the-Month. Phil Raschker, 43, won six gold medals at the National Masters Track and Field Championships in Indianapolis, and won the women’s age-graded 100-meter race.

Stan Druckrey, 41, won both M40 hurdles in impressive times at the Nationals.

Christel Miller, 55, set four U.S. W55 records in Indy.

Bill Collins, 39, won the 190, 200, and age-graded 100.

Polly Clarke, 80, set two W80 world records, and had two more negated by a trailing wind, also at the Nationals.

Ken Sparks, 45, set a world M45 five years ago.

September 30, 1990

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“Against a field like this, this is one of my best races,” Campbell told Craig Cooper of the Times. “I feel great to be able to stay with a field like this. Just tremendous.”

Campbell finished ahead of top runners like two-time Bix champ Mark Curp, 1988 Bix runner-up Bill Reifsnyder and former world marathon record-holder Steve Jones.

“He is amazing,” said Bill Rodgers, who finished second 40+ runner in 35:34.


Maria Trujillo was the overall women’s winner in 37:58.

Nearly 45 percent of the participants were women — an unprecedented figure for a major road race. More than 5000 were walkers, some pushing baby carriages or holding hands with their young children. They were helped by 3500 volunteers.
240 Compete in Western Sectionals

More than 240 athletes competed in the twi-night Western Sectional Masters Track and Field Championships in San Diego on July 21. Scheduled to start at 4 p.m., the meet got underway an hour late because the entry lists did not arrive on time.

Hugh Adams, first M50 (62.11) 400H, Western Regionals, San Diego, July 21. Photo by Jerry Wojcik

“I tried to put everything into the computer,” Graeme Shirley said. “But it took too much time; I should have done it all by hand.”

Ed Oelea, the meet director, had to travel to Mexico and gave the unenviable task of running the meet to his son, who did a creditable job, all things considered.

The meet stretched out until the late hours, but those who came enjoyed the competition and the camaraderie under ideal weather conditions.

The best race of the meet was the M40 400, where James King and Stan Whitely, the gold and silver 400 medalists in last year’s World Veterans Championships in Eugene, battled head to head down the stretch. King eked out a narrow victory, 50.11 to 50.25.

Pete Richardson, tuning up for the Nationals, impressed in the M55 800 (2:11.64) and 1500 (4:44.2). Leo Williams, M30, high jumped 6-8; Mike Hogan, M35, vaulted 15-9. Shirley clocked a 4:16.6 in 1500 in M40, while his wife, Joni, took the W40 1500 in 4:56.6.

Hugh Adams captured the M50 100H (15.27) and 400H (62.11). Harry Hawke hurled the M60 discus 165-4, and Joe Greenberg lofted the M40 javelin 195-4.

Romain Breaks 400 Mark

Trinidad’s Ralph Romain, 58, raced to a pending world M55 400 record of 52.52 on July 22 in a Potomac Valley Seniors Developmental meet in Alexandria, Va.

The old mark was 53.98, set by Britain’s Charles Williams in Melbourne in 1987.

Romain, who lives in Bethesda, Md., is the WAVA World Veterans M55 400 champion. He ran 55.30 in Eugene last year.

COLUMBUS MARATHON 11th Annual, Sunday, Nov. 11, 1990

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Philadelphla Stages Age-Graded "Triathlon"

by Peter Taylor

Philadelphia, July 28. Joe Johnson, Maury Schepers, and Tom Delaney were winners today as the Philadelphia Masters staged three triathlons ("sprinters," "middle distance," and "all-around") at La Salle University. The events were scored by performance level percentages computed from the single-age standards in the Masters Age-Graded Tables (1989 ed.).

The 45-year-old Johnson narrowly edged Tom O'Hara, 47, to take the sprint title — 260.4 to 258.9. Joe got through 200 meters in 24.4 seconds (89.1% performance level), 100 in 11.8 (90.6%), and finished with a 400 in 1:00.7 (80.7%). O'Hara, in contrast, had his best score, 90.3%, in the 400 with a 55.1 effort, after running 25.9 and 12.9 earlier. Bob O'Brien, 50, and Marilyn Fitzgerald, 55, were next in line with 251.6 and 247.1, respectively.

Sixty-one-year-old Maurice Schepers, a faculty member (religion) at the host university, dashed the hopes of the middle-distance guest by running a 5:11.0 1500 (85.6%), 1:11.6 400 (78.7%), and 2:39.4 800 (81.5%). Fred Dedrick, 42, was not far behind (241.9): vs Maury's 245.8: Fred ran 4:33.8, 101.6, and 216.8. Sylvie Kinche, 43, came down from New York City to get third (240.5 total), while Tom Gallagher, 50 was fourth (239.2).

Versatile Tom Delaney, 62, was the best in the all-around triathlon, long jumping 14'9" (4.50 meters) on his only fair attempt (of four), putting the shot 27' 7 1/4" (8.41 meters), and running the 200 in 28.8 for a total score of 215.4 (77.2, 52.9, and 85.3). Ken King, 38, was second with 211.3 (5.82, 10.49 and 25.6). Jim Fazio, 33, (206.4), and Woody Disharoon, 41 (203.8), were third and fourth. Interestingly, all seven competitors in the event made their highest scores in the 200-meter dash.

Ten Years Ago

September, 1980

- 13 World Records Fall in Pan-American Games in Los Angeles
- Bert Lancaster Sets M50 WRs in 100 (11.3) and 200 (23.6)
- Ray Hutton Sets M45 WRs in 15:17.4
- Clive Davies Sets M60 5000 WR of 17:19

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Drills, weight training and bounding demonstrated by Willie Banks

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WILLIE BANKS BANKS ON TRIPLE JUMP
Drills, weight training and bounding demonstrated by Willie Banks
Carbonell Wins Trophy in New York's Sri Chinmoy Games

by ATALA TOY

George Carbonell, 71, and Srotaswini Klandt, 51, took top honors at the 6th Annual Sri Chinmoy Track and Field Games held at Victory Field in Forest Park, N.Y. on July 14.

The Games are for men and women age 50-and-over.

Carbonell won the overall trophy, given to the athlete with the highest point count. Points are given for first, second and third places, according to the number of participants in each five-year age category. Carbonnell won seven gold, two silver, and two bronze.

Klandt, a grandmother from Bonn, Germany, now living in Jamaica, N.Y., took eight gold and two silver medals.

Ten meet records were set, three by Sulochana Kallai, W60, a Hungarian now living in Queens.

Over 100 athletes, from Senior Olympic gold medalists to neighborhood grandparents, took part in the event. Cheering support came from a full complement of spouses, children and grandchildren.

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On the Lighter Side...

Organizers of the Aug. 11 Moscow Peace Marathon made a special request of Dr. David Ellis, director of the University of Pittsburgh's Sports Medicine Institute, who headed a medical support team at the race.

Concerned about the "safety" of the more than 6000 entrants during the grueling 26.2 mile race, they asked for a somewhat unusual addition to the normal "goodie" bag filled with sponsors' products that each contestant received at the start of the marathon.

Ellis contacted the Carter-Wallace company and the Soviets got their wish. This year each runner's goodie bag contained a condom.

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Here's What Readers Say About THE MASTERS RUNNING GUIDE

"Higdon writes not of our limitations, but our possibilities as we grow older. A readable collection of advice."

— Michael Beebe, The Buffalo News

"It would have been nice to have had Hal Higdon's newest book a dozen years ago when I started running. It provides, in handy, concentrated form, information that it has taken me years to acquire."

— Maurice Hobbs, Minneapolis Tribune

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— Jim Ferstle, St. Paul Pioneer-Press

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— Susan Kalish, Executive Director American Running & Fitness Association

"Easy to read with the large print helpful. Good information for masters runners."

— Ed Hamilton, Greensboro (NC) Running Club

"The job of President of a running club can sometimes get to be a chore. (This) book arrived at just the right time to give me a needed boost."

— Joyce Rankin (VA), Reston Runners

Buying this book may be the best move you make during the 1990 season

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NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404
Shin Splints

Q. I'm a 42-year-old male in excellent health. I jog, bike, surf and walk for exercise. While fast-walking recently, I experienced pain from the top of my foot (upper ankle) to my shin. The pain, which occurs in both legs, subsides when I return to a more moderate pace. What's causing my problem and what can I do about it?

A. Your condition sounds like "shin splints." This ailment is usually the result of an irritation of the tendon that runs from the foot up the inner side of the lower leg (the shin area). It most often occurs in beginning runners or walkers when the tendon is placed under stress by trying to slow down foot placement. But it is also common at the other end of the spectrum among the high-speed competitors.

The pain could also be caused by tendinitis or inflammation of the anterior tibial tendon — the one that pulls your foot upward.

In either case, the treatment is the same. You will have to adjust your walking pattern to a more comfortable pace. Icing the tendon for 5-7 minutes after a workout often helps, and using moist heat packs at night for 20 minutes aids in restoring circulation to the affected area. Taking a couple of buffered aspirin prior to your workout may reduce swelling.

Changing to a good, well-cushioned midsole shoe will improve your arch support and help to absorb road shocks.

Once the pain disappears, you should begin some exercises to strengthen the anterior tendon. I suggest Bob Anderson's book, Stretching, for some good advice on how to stretch and strengthen the lower legs.

Remember, a thorough warm-up is essential for any walking program. If your pain persists, contact your foot specialist for a complete diagnosis. In extreme cases, shin splints can lead to acute tendinitis and result in damage to the bones of the lower leg.

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

Masters Win $2000 in Illinois Meet

by JERRY WOJCICK

The Illinois Masters Championships held in Libertyville on July 7 offered $2000 in cash awards, the richest purse ever for a U.S. masters track and field meet.

Overall masters winners in the Jac Arthur Bellis Memorial 1500 and the 3000 racewalk collected $100 each. Those awards were won by Bob Jackson, M40, for his 4:15.22, and Brian Schultz, M45 (4:43.90). Second and third place finishers received $50 each.

The rest of the prize money was distributed by age-graded performances. The 30-and-over award of $100 for the 1500 went to Vic Hecker, M45, for a 9.1% 4:16.60. Second through fifth places collected $50 apiece. Ruth Leff, W60, won $100 for the best age-graded showing among the 3000m walkers with an 85.1% 18:50.24.

The highest age-graded performances in the 100, 200, 400, 800, 3000, short hurdles, and 1500 walk were worth $100 each. Those awards went to: Clarence Ray, M45, 11.70 (91.4%); Harry Brown, M60, 26.10 (92.6%); Jim Mathis, M55, 54.90 (97.0%); Rob Jackson, M40, 2:01.38 (90.3%); Dan Skarda, M30, 8:38.73 (88.0%); Stan Druckrey, M40, 14.20 (97.3%); and Mike DeWitt, M35, 6:41.50 (82.0%).

The top five field event winners shared $300, with Jim Flatis, M65, taking the first-place $100 for his triple jump of 10.72 (96.1%). The remaining four awards of $50 each also went to jumpers.

The three best performances overall were by Druckrey, Mathis, and Flatis. Meet Director Craig Dean, M.D., said he is hoping to add at least another $1000 in prize money next year. Over 170 athletes from 16 states competed.

This year's primary sponsors were the Colonial Bank of Lake County, The Daily Herald, Cordell Medical Center, and Audi of America.

Available at: GNC and other fine health stores, sporting goods, and running shops.
Texas Hosts 215 at Southwest Sectionals

by TIM MURPHY

The Athletics Congress Southwest Sectional Masters Track and Field Championships were held along with the 10th Annual Texas Masters Championships this year at Arlington on July 14. A cold front made the weather perfect as 215 athletes from eight states set 42 Texas records.

There were 12 world-class age-graded performances in the 90% and above category. Leading the group was Jim Mathis, M55, of Memphis, Tenn., with a 56.4 400 for a 97.5%, a 24.9 200 (93.4%), and a 12.0 100 (93.9%). Bill Collins, M35, followed closely with a 10.8 100 (96.2%) and a 21.8 200 (96.1%).

Awards were Texas Championship patches to first place winners and stop watches for the first three places. All participants received Texas Raging Bull T-shirts, courtesy of Chuck Miller.

Coordinators Pat Mitchell, Jack Erickson and their crew of volunteers did an excellent job. Thane Baker, who always contributes to the sport even when he is not running, served as starter and helped to set up the heats at the starting line.

The Dallas T&F Club extends an invitation to all athletes to be with us next year's championships which will be held July 28-29 in Gresham, Oregon. The contest, which took place under the lights at Mt. Hood Community College stadium on two successive evenings, was coordinated by 1989 TAC masters T&F administrator of the year, Jim Puckett, and drew its largest field ever with more than 225 participants.

Setting a blistering pace early with an AR M90 200 of 20.69, Crane then went on to establish a WR HJ of 57-2, besting Collister Wheeler's mark of 57-2 which had stood unchallenged since 1983. He continued his assault with a 57-2 HJ, easily eclipsing Wheeler's prior record of 57-2, and then smashed his own age-group WR of 53-3, and one AR at the Northwest Sectionals.

Incredible JT, easily eclipsing Wheeler's prior record of 53-3, and one AR at the Northwest Sectionals.

Crane Shatters Three WRs in Northwest Sectionals

by ART AFREMOV

Buell Crane, 90, broke three WRs and one AR at the Northwest Sectional Championships held July 28-29 in Gresham, Oregon. The contest, which took place under the lights at Mt. Hood Community College stadium on two successive evenings, was coordinated by 1989 TAC masters T&F administrator of the year, Jim Puckett, and drew its largest field ever with more than 225 participants.

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Also in a record-breaking mood was Marilla Salisbury, 80, who threw the discuss 20-8 to improve on her previous AR of 19-2. In all, a total of 52 meet records were set.
Masters Track & Field Report
by Barbara Kousky
Chairman, TAC Masters Track & Field Committee

Indy Officials Do Masterful Job

You may or may not have had an opportunity to meet him, but he was always there — from the firing of the first gun to the last vault of the evening. His multi-colored umbrella served him well against the Indianapolis weather.

A “master” by every definition, Charlie Ruter, Meet Referee of this year’s TAC National Masters Track and Field Championships, has been dispensing his wisdom and ruling on interpretations of the competition rules for 42 years. This meet was no exception. The problems encountered were handled in a professional manner by Charlie and he lent his expertise to us in numerous areas — most notably overseeing the relay registration process.

Charlie serves as the Administrator of Officials for TAC, and at the 1988 TAC Convention was elected Vice President. In that capacity, he serves as the National Officer Liaison to our Masters Track and Field Committee. This was the fourth national masters championships in which he has been Meet Referee.

As a member of the Jury of Appeals, I had the opportunity to observe Charlie closely. I heard his proud references to “my officials” throughout the competition. When the competitors were given water by the officials after crossing the finish line, several remarked that that was a first. Charlie just smiled and said, “Those are my officials.”

This same refrain was echoed again later that day when the Chief Lap Scoror, Dale Studebaker, continued “on duty” during a torrential downpour, verifying his records long after the last athlete finished his 5000 and again on Thursday evening when an official jokingly asked Charlie, “Is it Sunday yet?”

Working with Charlie, Marshall Goss, and Dr. Phil Henson, were some of the finest officials from the United States. All lead positions were master level officials, many of them veterans of senior and junior championships, Olympic Trials, and the Pan American Games. A total of 180 officials volunteered during the competition — all taking time from their families and jobs, many putting in 12-hour days — to ensure that we received the highest caliber of officiating possible.

To Charlie and “his officials,” we extend our sincere appreciation. You have our gratitude.

Minutes of Masters General Meeting at Nationals

Approximately 75 people attended a meeting called by Barbara Kousky, TAC Masters Track and Field Chairman, at the University Place Hotel, Indianapolis, on Sat. August 5 at 7 p.m.

1. WAVA North American Regionals

Because of the attempted coup in Trinidad, the status of the meet was unclear. One travel agent cancelled her tour, and the others were deferring a decision on a day-to-day basis. Officially, the meet is still scheduled to take place.

2. Canadian Championships

Given the uncertainty of the Trinidad meet, the Canadian meet in Montreal, Aug. 11-12, would be asked to reopen entries as an alternative to Trinidad.

3. 1991 Indoor Nationals

The dates for this meet in Blaine, Minn., are not yet established.

4. 1991 Outdoor Nationals

Site is North Central College in Naperville, Ill., about 40 miles west of Chicago’s O’Hare airport. University residence halls are adjacent to the track. Organizers are encouraged to look into shuttle bus service from the airport. Failing that, renting a car will be a necessity. F. Lee Slick, representing Dick Green (Meet Director) and Dr. Karen Myers, representing Illinois TAC, gave a meet update.

5. I.WAVA World Veteran Championships

Entry forms for the July 18-28, 1991 event were distributed in Indianapolis. Kousky explained the university housing will be about 3K from the main track. The Turku organizers will provide free bus transport between the venues but not from the dorms or hotels to the tracks. Athletes must use buses or taxis, just as they did at all World Games except Eugene (where free transport was provided). The downtown hotels are a mile from the main track. The university housing does not have dining facilities, but an adjacent hotel does. Prices at the university and all hotels include breakfast.

U.S. citizens need only a valid U.S. passport for entry into Finland. No visa is required.

6. Soviet Meets

The first Soviet outdoor veterans championships will take place in Moscow on Sept. 15-16, 1990. The first Soviet indoor veterans championships will be held in Moscow on March 23-24, 1991. The second outdoor nationals will be held in Moscow about one week after the WAVA meet in Turku.

7. Swiss Meet

A post-Turku meet will be held near Zurich, Switzerland on Aug. 3-4.

8. Multi-Events

The 1991 TAC Masters Decathlon/Heptathlon Championships will be held in Lincoln, Neb., the third week of June, and at Greensboro (N.C.) in 1992. The pentathlon championships will continue to be held with the nationals. It was suggested that the individual events making up the multi-events be published on the entry form to avoid confusion.

9. Current Championships

The general feeling was the facilities and meet officiating were good but there were some specific problems incidents which warranted discussion and concern:

a. Declarations

The word “declaration” needs more explanation for many people, who were confused by the meet’s declaration procedures.

b. Field Events

More flights are needed in the field events to avoid long delays and excessive cooling down.

c. Hurdles

Some favored having the short hurdles before the long hurdles.

d. 4 x 400 Relay

There was dissatisfaction with having the 4 x 400 relay before the short hurdles.

e. Post Entries

Disatisfaction was expressed with the meet’s allowing post entries, although some competitors felt it was more flexible, as long as there were open lanes. Outdoor Coordinator Bruce Springbett said he would handle this issue prior to the next championships.

(EDITOR’S NOTE: The meet director later said no post entries were admitted.)

f. Heats/Finals on Same Day

Some athletes felt it would be more desirable to have heats and finals on the same day, so that, for example, the 800m events would be completed before the 1500 began.

9. Schedule

Organizers had mailed an incorrect schedule to athletes. The correct schedule was subsequently published in the National Masters News, but some athletes never saw it and that created problems.

h. Marshall Goss

Some competitors expressed dissatisfaction with the treatment they received from Marshall Goss, meet director. Treatment ranged from verbal abuse to alleged physical abuse in one incident involving Frank Little.

Little stated his account of the incident and his intention to the charges against Goss with the local prosecutor.

10. Relay Eligibility

The current rule which limits official relay teams to clubs and associations — and allows for unofficial pickup teams — was retracted.

11. Championship Schedule

Springbett will work with Jim Puckett to prepare a standard championship schedule, which would be used every year. Send your suggestions to Springbett. The proposed schedule will be presented for approval at TAC’s 1990 Convention. The schedule could be mandated in the contract, with Springbett having the flexibility to make necessary changes.

12. 3-Day Meet vs. 4-Day Meet

A desire to shorten both the outdoor and indoor championships was expressed by some competitors. Cost and time-saving from work were major factors.

13. Awards

Bev LaVeck, Awards Coordinator, apologized for not having the awards to present to the 1989 outstanding athletes, and reviewed the selection procedures.

14. Relays in Turku

Thad Bell offered suggestions on the selection of relay teams in Turku. A fair system will try to be worked out.

15. Massages

A suggestion was made that a $10 massage fee is too high; that massages should be given on a donation basis.

16. Open Lanes

A majority were in favor of filling open lanes.

Continued on page 15
narrowly from Bob Crawford (7.33/24-1/2), and Robert Hartmann won the HT (48.72/159-10).

M35-39
At age 39, Texas’ Bill Collins again won both the 100 (10.8) and 200 (22.04) as the only double winner in this group. Collins should be tough next year in Turku at age 40. Ken Popejoy, also 39, garnered the 1500 (4:00.28), while Gary Romeser’s 14:37 was the fastest 5000 of the day by 30 seconds.

As mentioned above, Stones set an AR with a 2.13 (6.11-14) high jump, and just missed an attempt which would have bettered the WR of 7.1. Gary England took the SP (16.48/54-34) and placed second to Roger Kamla (18.30/58-5) in the SP. Peter Farmer in the HT (59.94/196-8) and Mark Cwick in the JT (64.90/212-11) had outstanding wins.

M40-44
California’s Stan Whisely won the 100 (11.02), 200 (22.21), and, in the absence of national champion James King, the 400 (50.07). (In the Western Regions in San Diego on July 21, King edged Whisely, 50.11 to 50.25, but King didn’t come to Indy.)

Almberg bested Dan Frye and Nolan Smith in both the 800 (1:55.89) and 1500 (3:58.07) as the first five finishers broke two minutes in the two-lapper. It was good to see these outstanding middle-distance runners at the Nationals, even though no prize money was on the line, as it often is when they race on the roads.

Almberg ran a conservative 1500. He said he was stiff and tired from his 800 win the previous day. He stayed at a residence but King didn’t come to Indy.)

Mercedes Fifth Avenue Mile in New York on September 22.

Connecticut’s Albie Swenson defeated New Jersey’s Harold Nolan, 15:27 to 15:32, in the 5000. Wisconsin’s Stan Druckery was brilliant in winning the 110H (14.7) and 400H (55.65).

In close races, Texas’ Tony Turner edged Albert Williams in the 24.18 to 24.22, 400 (53.66 to 53.75), while Williams took the century (11.79 to 11.83). Cincinnati’s Harry Toller (2:08.05) edged Tom Lari in the 800, while Wisconsin’s Don Conway took both the 1500 (4:19.94) and 5000 (16:25.24).

Texas’ Charlie Miller demolished a good field with a WR 14.84 in the 100H, while California’s Bill Knocks clocked a good 21.25 in the 200H.

Richard Hochkiss took no prisoners in the throws with three firsts, in the SP (13.92/45-8), DT (46.52/152-7), and HT (43.14/144-1). Darrel Horn won the LJ (6.25/20-6).

The Southern California Association teams won the 4 x 100 (49.58) and 4 x 400 (3:40.35) relays. Bill McClary took the 8K and 20K walks.

M55-59
Colorado’s Hugo Hartenstein capped the 100 (11.99) and 200 (25.10), while Tennessee’s Jim Mathis easily won the 400 in a fast 55.73.

California’s Pete Richardson (2:11.19) won New York’s John Conner (2:13.77) in the 100 and 200 walks.

M45-49
Detroit’s Clarence Ray won the 100 (11.27) and 200 (23.58), besting South Carolina’s Thaddeus Bell and Massachusetts’ Roger Pierce. Pierce won the championship medal in the 400 (51.75), although placing second to WA/WA world M45 champion Harold Morioka (51.62) of Canada.

Cleveland’s Ken Sparks added the 800 outdoor title to his indoor crown with a 1:58.78 to Richard Tucker’s 1:59.53.

Canada’s George Smith passed five runners in the final straightaway to post a 4:20.47 win over Antonio Roque (4:21.21), who got the U.S. gold.

Michigan’s Wally Herrala (15:58) topped Vic Hecker in the 5000, while Kentucky’s Don Coffman dominated the 10,000 (32:49).

John Hartfield had double wins in the HJ (1.87/5-10) and LJ (6.07/19-11). Lloyd Higgins was decisively over a field of 14 in the DT (50.42/165-3). William Bannon won the JT (61.56/201-11) with competition from Russell White (61.12/200-6), and Gary Null claimed both walks.

M50-54
In three close races, Texan Ray Turner edged Albert Williams in the 24.18 to 24.22, 400 (53.66 to 53.75), while Williams took the century (11.79 to 11.83). Cincinnati’s Larry Toller (2:08.05) edged Tom Lari in the 800, while Wisconsin’s Don Conway took both the 1500 (4:19.94) and 5000 (16:25.24).

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Minutes of Masters Meeting at Nationals Continued from page 14

lanes in final events when a qualifier doesn’t show up. Rules Chairman Graeme Shirley dissembled, citing the “honest effort” rule, which, if applied, would discourage athletes from running heats and semi-finals but then not appearing for the final. Still, the group suggested a rule change at the Convention to allow the filling of empty lanes.

17. Entry Fees
Shirley suggested rather than offering a discount for competing in many events, one would pay a premium. This might discourage the “frivolous” competitor and would certainly discourage “no-shows” and non-declarations.

18. Weight Pentathlon
Should the weight pentathlon be included in future championships?

19. Uniform Manager
Kousky said two people have expressed interest in being uniform manager. The consensus was that the uniform should be as similar to the current uniform as possible.

20. Race Walk Rule Changes
Bev LaVeck will propose rule changes to the TAC Convention.

21. Sovet Guests
Several Soviet athletes were attending the meet, and extended an invitation to U.S. competitors to compete in their upcoming championships.

22. Rankings
Meet results should be submitted to Jerry Wojcik, Rankings Chairman, at NNN. He will, in turn, submit the results to the appropriate rankings compilers.

23. Financial Data
The financial report from the current championships will be publicly available.

Submitted by Marilyn Mitchell, Secretary, TAC National Masters Track & Field Committee.
Indy: The Good, The Bad and The Ugly

You'd think that after 23 years, the National Masters Track and Field Championships could get it right.

There were many positive aspects to the 1990 edition held in Indianapolis on August 2-5. All in all, it was a pretty good meet. The competition on the field — the main purpose of any meet — went off well.

The nine-lane facility was exceptional. The officials, under Charlie Ruter's direction, were outstanding. The results, plugged into Bob Podkaminer's computer, were posted in record time. The scoreboard, under Andy Skinner's talented touch, worked remarkably well. The volunteers were plentiful and enthusiastic. The new age-group records were closely monitored. The newspaper and TV coverage was among the best ever for a national meet. The maneuvers and the medical help were caring and efficient. Near-complete results were available one hour after the final event. Except for two one-hour rain delays on Saturday, the weather was decent and the meet stayed on schedule. Free Gatorade was plentiful. The friendship and the camaraderie among the participants was high.

But at the Saturday night athletes' meeting, participants had a laundry list of complaints (see minutes of the meeting). In fairness, most of the gripes were legitimate.

Thrown Out of Tent

Frank Little claimed he was standing under a tent to keep out of the rain and was bodily thrown out by meet director Marshall Goss, who reportedly told him "we don't want your kind around here." Little, a black minister and professor at Cal-State Los Angeles, interpreted that as a racist remark. He reported the incident to the police and filed charges with the district attorney.

Goss admitted throwing Little out of the tent, but said Little provoked him.

"It had all but stopped raining, and I asked everyone to leave the tent," Goss said. "All except four or five people left, including Little, who said 'I'll leave when I feel like it.' That's when I shoved him."

Lou Schneider said it wasn't racist, that Goss reminded him of Vince Lombardi, who "treated everyone that way." Schneider said he was verbally abused by Goss for a half-hour — "worse than I've ever been abused in my whole life" — over something Schneider said wasn't his fault.

"I was told by phone there'd be no heats in the M60 800," Schneider said. "When I got to town in time for the final, I learned there had been heats. Goss told me it was my fault for not showing up for the heats."

Goss said, "Schneider wants everything his way. Heidi Neuberger (the meet administrator) said Lou asked about the M65 heats, not the M60. Lou was storming and threatening. But we corrected it by letting him run a time trial to try to qualify for the finals." Goss said all athletes should show up for their trials, regardless.

Declaration Problems

Athletes at the general meeting complained of the "poorly organized" declaration procedure, whereby athletes were required to confirm their entry up until the final day.

"Events starting before 10 a.m. must be declared before 9 p.m. the day before competition," the entry form noted. For some, that meant flying into town a day early, or trying to get a waiver by phone from Neuberger's office.

"They never returned my calls," said more than one frustrated athlete. The entry form had encouraged athletes to call Neuberger for "general information."

Goss said that notice didn't mean calling to find out if there were trials. "We couldn't afford the long-distance calls," he said. "In the future, no information should be given over the phone."

After the first day, Goss admitted the declaration system wasn't working and virtually abandoned it. He waived the declaration rule for all field events, and allowed non-declerers in running events to compete as a compassionate gesture.

"The alternative was to send them back to Texas or California without competing," Goss said. "We couldn't do that."

Goss and Podkaminer said, "It's impossible for a two-hour declaration system to work."

When reminded that a one-hour declaration system worked well in the World Veterans Championships in both Melbourne and Eugene, Goss said, "The Nationals are different from the World Games. Twenty percent of the athletes here were first timers, and they don't know what a declaration is. They need to be educated."

Barbara Kousky, executive secretary of the Eugene World Games, offered Indianapolis the use of the "Capers" computer system, which was used in Melbourne and Eugene and is specifically geared to masters meets. But Indianapolis chose to use its own system.

Other Problems

Other less important, but bothersome problems arose. Meet organizers promised a photographer would be on hand to take photos. But no one showed up until the final day.

"It wasn't as bad as Roseanne Barr, but the national anthem was butchered by a man who remembered the words but forgot — or chose to ignore — the melody."

The organizers ballyhooed a "Club Masters," where athletes could buy drinks and hear entertainment. Most participants couldn't find it — virtually hidden ¼ mile from the track, indoors. Those few who did locate it were greeted by raucous, hard-rock music in an unimpressive barn-like atmosphere. An outdoor tent on the warm-up field would have been more appropriate for socializing.

Organizers originally mailed the wrong schedule to athletes. The correct schedule was subsequently published in the National Masters News, but some competitors never saw it and reportedly missed their events.

Goss had promised his support for...
the age-graded handicapped race on Sunday. But no one showed up to help set it up. The timers weren’t even aware of it. The starter had taken a break. Fortunately, the timers and starter graciously resumed their posts and the races went off moderately well.

“I forgot about it,” Goss said. “I thought it was later in the day.”

Many athletes did not receive proper recognition for their efforts because there was no one to spot the field events, as there was in Eugene, despite pre-meet promises.

“It cost Too Much”

Worse, athletes were given only one number — and a small one, at that — so the announcers had a hard time identifying them.

Why only one number in a national meet?

“It cost too much to have two,” Goss said.

The numbers had no logical sequence. There wasn’t the usual “40-44” prefix for the 40-44 group. A volunteer at the registration table hand-wrote the age-group designation on the number but it was hard to read. Some runners in the mixed-group races said they couldn’t tell to who their age-group competitors were.

“It cost too much to do sequential numbers,” said Goss.

There was no official program. There was an event-entry list, but there was no numerical or alphabetical listing of athletes, as there has been in virtually every other national meet.

“It cost too much,” said Goss.

Perhaps the most serious omission was the total lack of home towns and states of the participants. One of the things that makes a national meet exciting and fun is the competition between participants from different parts of the country. Knowing that John Smith, in lane 5, is from Terre Haute or Florida is a lot more interesting than just knowing it’s John Smith, period. But, for the first time in memory, no city or state identifications were listed in the entry lists or in the results for the

announcers or anyone else key to on. Why not?

“It cost too much,” said Goss.

“We Want the Athletes’ Money!”

Indeed, at an officials’ meeting, Goss publicly stated that one purpose

for putting on the meet was “We want the athletes’ money.”

After the meet, Goss said: “We didn’t get any money. It’s hard to get sponsors for a masters meet. I doubt if we’d ever want to do it again.

We thought we were doing you a favor. We took over the meet when New Orleans cancelled. We kept the entry fees low. We let everyone compete. People who haven’t directed major masters meets shouldn’t complain until they do so. They have no idea how difficult it is to stage 14 different pole vault competitions.”

Maybe we were spoiled last year. Both the nationals in San Diego and the World Championships in Eugene provided a lot of amenities — even free transportation from the airport to the hotels and from the hotels to the venues. Perhaps we can’t expect those kinds of perks from every national meet organizer.

Athletes should realize that staging a masters meet is a difficult task.
From the Editor

Continued from page 17

should make allowances for pressured officials. We should follow the rules laid down by the meet director. We should realize that things are never going to be perfect. But we should also know that physical or verbal violence against anyone, at anytime, in a masters meet is uncalled for.

Some say we shouldn't impose too many conditions on a meet director, or no one will bid for the national meet. That's a possibility, but, as Goss reminded us, bringing 1000 athletes and their families into a community for four days means an estimated $1 million to the local economy. We do have some clout.

One answer would be to get a national sponsor to pick up some of the tab so the meets can always run in a professional manner.

Next year, the meet again returns to the masters "family." Dick Green, the Illinois meet director, has been in the program for years and knows how to run a masters meet, as did David Pain last year. Bruce Springbett, Masters Outdoor Meet Coordinator, promised he'd work closely with Green. We should expect a first-class affair.

Ed Lukens took the 100H (18.51), while Valentine set a new U.S. M65 record in the 300H (49.80), lowering Bob Hunt's standard of 51.31.

Harry Guth leaped 1.45/49 to take the HJ. Boo Morcom, despite being at the top of his age group at 69, took the PV (2.74/81.14) on fewer misses. Bill Banger is a twice-champion in the SP (12.11/398) and DT (37.44/122-10). Bob Mimm set a U.S. M65 record in the SK (27.39) and also won the 20K (2:01:31).

M70-74

Ohio's Bill Weinacht took the 100 (14.00), while Texas' John Alexander captured the 200 (28.58) and 400 (64.84). Perennial M70 champion Payton Jordan was absent due to arthroscopic knee surgery in July.

Jay Spanselle (2:45.62) garnered the 800, while John Evans nosed-out Howard Strassenburg in the 1500, 6:06.73 to 6:06.77.

Cory Daman won the 5000 (22:39), 10,000 (47:13), 5K walk (30:17), and 20K walk (2:11:01). Burt Gist avenged his 800H defeat by Bob Hunt in the World Games, 4:63.54 to 4:63.48, and Bill Carmen took the 300H (56.23).

John Alexander broke the AR with a 4:46.15/114.50 in the LJ, but it was wind aided, and won the TJ (8.91/29.2%). Tom McDermott erased the AR in the HT with a 44.31/141.13, and was first in the DT (42.10/131).

M75-79

Marcus Neuhof won both sprints (14.99 and 33.83) and high jump. Milo Lightfoot annexed the 400 (81.56) and pentathlon. Bill Patterson captured both hurdles (17.53 and 68.03). Eugene Keller swept nearly everything else: 800 (3:17), 1500 (6:19), 5000 (20:42), 10,000 (40:20), and a WR in the 2000SC (10:10.66). Ross Carter had wins in the SP (10:59.34-9) and DT (34:17/113-11). Alaska's Ernie Stolen won the LJ (2.71/8-10%). Bill Patterson took home gold in the 5K and 10K walks.

M80-84

Byron Fike was the star of this division, picking up gold in the 100 (16.70), 200 (36.07), 400 (80.78), 800 (3:51), 1500 (8:13), and long jump. Maryland's Ed Benham turned in his usual quality efforts in winning the 5000 (22:57) and 10,000 (47:55), not far off his own world M80 records.

Charles Epsy established a WR in the 2000SC (14:22). Gordon Powell won two golds in the DT (23.40/76-94) and JT (14.50/47-64). Dick Lacey won the LJ (5.50/18-4).

M85-89

Colorado's Herb Anderson, 88, won the 100, 200, javelin and pentathlon. But he was not satisfied.

"I'm having a bit of trouble with my knee," he said. "It's not up to par."

Win McFadden broke the WR in the TJ with a 6.26/20-6/1. Benjamin Fox smashed the M75 record in the DT with a 22.74/71-11.

M90+

It's always good to see Paul Spangler at the nationals. Always a media favorite, the ubiquitous Spangler took part in every event from the 100 through the 10,000, winning seven gold medals.

Spangler, at 91 the oldest athlete at the meet and the only one entered in his age group, didn't come close to his world M90 best of 1:11:41 in the 10K.

"I had a very slow time (2:22:37)," he said. "It was too hot for me."

Spangler is an enthusiastic supporter of masters running.

"I'm having fun," he said. "This is a special life."

He ran in the yellow and green colors of his alma mater, the University of Oregon. When Oregon track coach Bill Dellinger heard about Spangler's achievements, he awarded him an honorary letter and sent a uniform.

"I'm proud of this outfit," said Spangler, who has four children, 13 grandchildren and 26 great grandchildren.

W30-34

Pam King took the 100 (12.68), as Danis Willett implored in the 200 (26.60) and 400 (59.01).

Ruth Welding became a double champion in the SP (10.36/33-11) and VT (16.39/11).

W35-39

Donnis Drumgole was best in the 100 (12.87), while Irene Thompson capped the 200 (27.26) and 400 (63.43).

Bette Clair-Searcey took the SP (9.73/31-11), and Mary Anne Boeker the DT (26.68/87-6).

W40-44

Raschker, the 1989 TAC female masters athlete-of-the-year, won the 100 (12.76), 200 (26.95), 800 (13.13), PV (2.59/8-6), LJ (5.10/16-8/4), and TJ (9.90/32-4/4), but lost the HJ to Mahalia's Annelle Steekenburg (1.77/5-1/4) on fewer misses.

Debbie Stiles took the 400 (54.36), while Atlanta's Susan Houlton again won the 800 (2:27:04). San Diegan Joni Shirley passed four runners in the final 200 to win an exciting 1500 in 4:57.24 over Adrian Liburn (4:57.71) and Sylvia Kimche (4:57.75).

Liburn won the 5000 in 18:12.

Triple-winner Lurline Struppeck had little competition in the SP (10.35/33-11), VT (27.84/91-4), and TJ (13.33/18-9).

Visita Sedlak broke Irene Jackson's world 5K walk record of 24:51 by 23:48 in 24:51, but it wasn't easy.

"I pressed all the way," the Boulder, Colorado resident said. "I started out with a 1:48 first lap and I never let up."

Sedlak is President of the American Masters News.

Continued on page 26
Hardison Breaks U.S. Pole-Vault Record in Trojan Meet

by JERRY WOCJIK

Steve Hardison of Fresno, Calif., broke the M40-44 U.S. record in the pole vault on his 40th birthday, July 15, at the Trojan Masters Invitational Meet on the University of Southern California track in los Angeles.

His 16-6 wiped out Roger Ruth's 15-1\(\frac{1}{2}\) (1972) and Charles Polhamus' pending mark of 15-3 (1985). It also stands a good chance of being a WR, if Sweden's Kjell Isaksson's pending, two-year-old vault of 16-9\(\frac{1}{4}\) is not verified soon. The current WR was set in 1977 by Rudolf Tomasek at 15-9.

In other action, Mike Bailey, M30, had three decisive wins in the field (152-2), javelin (200-0) and discus (152-5). Lloyd Higgins, M4S, who topped all entrants to run with the open M50 40.40, in the hammer.

Masters Share Goodwill in Seattle

by JERRY WOCJIK

Northwest-area masters dominated M40+ divisions in the Goodwill Games Marathon held in Seattle, Wash. The Games' organizers allowed the M50 40.40, who put the 3kg shot 96.8; she also took discus and javelin firsts.

Bill Eiple, 77, won the most number of events, capturing seven. Barbara Stewart, 40, topped the field in five contests, while Irene Thompson, 36, Pat Peterson, 64, Al Jongerius, 44, and Cassandra Clark, 42, all won four golds.


The best 800 of the meet was turned in by Rob Jackson, 40, who just missed his bid to go under 2:00 with a 2:01.02.

183 Turn Out for Eastern Sectionals in NYC

by HAIG BOHIGIAN,
Meet Director

After being switched from Rochester, N.Y., in early June, TAC's Eastern Sectional Masters Track and Field Championships finally got underway at Randall's Island in New York City on July 15. One hundred and eighty-three athletes representing 36 clubs participated.

One age-group national record was set by Anne Cirulnick, 55, who put the 3kg shot 96.8; she also took discus and javelin firsts.

Bill Eiple, 77, won the most number of events, capturing seven. Barbara Stewart, 40, topped the field in five contests, while Irene Thompson, 36, Pat Peterson, 64, Al Jongerius, 44, and Cassandra Clark, 42, all won four golds.


The best 800 of the meet was turned in by Rob Jackson, 40, who just missed his bid to go under 2:00 with a 2:01.02.

Minutes of Women's Meeting at Nationals

Due to inclement weather, competition
on Sat. Aug. 4 was delayed. A number of
women athletes, including Christel Miller,
current Women's Coordinator, were com-
peting and were unable to be present at 6:30 p.m., the scheduled start of the women's
meeting. In Christel's absence, Barbara
Kousky, Masters Track and Field Commit-
tee Chair, presided.

Discussion was held regarding the All-
American standards. A number of athletes
voiced the opinion that in some areas, the
All-American Standards were inconsistent. Bob Fine provided the group with background information on the develop-
ment of the standards. Bea LaVeck, Ann
Carson, and Barbara Stewart agreed to work
with Christel to review the standards and
propose adjustments.

Discussion was held regarding what
derections women should be classified as master
athletes. Ruth Anderson and Bob Fine con-
tributed background information on the
decision by the 1975 WAVA Council to set
the age at 35.

Marilyn Mitchell suggested that we should consider lowering the age group for
both men and women to age 30.

A straw ballot was taken: 23 athletes voted for age 40 as the lower age limit for
women masters with five voting for age 35. This will be presented at the
Women's General Assembly in July, 1991, in
Turku, Finland.

Bob Fine, the Masters T&F Committee representative to the TAC Law and Legisla-
tion Committee, proposed the meeting con-
sider making a request to formally put
the jurisdiction for T&F championships for
women age-35-and-over under the Masters
T&F Committee. (Currently our committee
has formal jurisdiction for women age-40-
and-over.) Following discussion the motion
was unanimously approved.

Prior to distribution of ballots for the
election of the Women's Coordinator
position, candidates Becky Sisley and Susan
Houlton withdrew; expressing support of
Christel Miller. Both expressed a desire to
be involved but felt they needed to acquire
additional experience prior to holding of-
cite. NOTE: Chairman Kousky has ren-
pointed Christel Miller to the position of
Women's Coordinator and both Sisley and
Houlton have agreed to serve on the com-
mittee with Miller.

A suggestion was made that we consider
adding the 3000m to our championships.
This event is currently staged at the open
and Olympic level. During the ensuing
discussion it was pointed out that we cur-
tently offer the same events for both men
and women at our championships and of-
fers the 3000m would deviate from this
policy. The suggestion will be referred to the
Masters T&F Committee for further study.

—Barbara Kousky
Campbell Just Misses 3000 WR in Boston

by FREDERICK TRESELER

Despite temperatures hovering in the low 90s, Campbell got off to a blistering start, establishing a hard-to-keep-up-with 8:40 pace. Craig Fram, M30, managed to stay close for the first 4½ laps, but then dropped off, finishing with a respectable 8:34.5. With three laps to go, Campbell pressed on with his characteristic singlemindedness. Encouraged by an enthusiastic meet announcer and cheered on by hundreds of well-wishing fans, Campbell ran the final 600 in a scorching 1:36, posting a 63-second final 400 to finish with an 8:18.2, narrowly missing the WR by eight-tenths of a second.

In other action, Roger Pierce took the M45 sprints, registering an 11.2 100, a 23.0 200, and 52.2 400. Linda Upton bested the W45 competition in the 800 with a 2:31.7 and an 11:13.6 3000. The field events saw Cliff Blair win the M60 hammer with a throw of 162-8 while Libby Hagemann swept the W65 throwing events with a 68-10 Hammer, a 57-10 JT, a 62-11 discus, and a 13-2 shot. Next year's event is billed as a "tune-up for Turku" and is scheduled for July 8 at the same venue.

Hearn, Yu Star in Apple Bank Women's Run

by BARRY SALTSBERG
Race Director

Exceptional performances by Angella Hearn of Manhattan and Wen-Shi Yu of Queens highlighted a strong group of masters runners in the 7th Annual Apple Bank Long Island Women's Summer 5K held on the roads of Jericho and Brookville, July 4.

Hearn, 44, once again proved that she's the top W40+ runner in the New York metropolitan area, crossing the finish line in 18:01 to take the W40-44 race by 15 seconds over Swedish speedster Eva Isaacs.

Perhaps even more impressive was the performance of Yu, who turned in a 21:35 to win the 55-59 race and establish a Long Island age-group record.

Lina Connors (19:33) won the M45-49 contest; Linda Acker (22:30) was first in the 50-54 age group; and Sallie Festa (25:34) led the 60+ runners.

The oldest competitor was 73-year-old Erna Frank who received a Special Senior Achievement Award for her efforts.

Rosalind Taylor, 23, of Lanham, Md., was first overall (15:58).

The run was conducted by the Plainview-Old Bethpage RRC. The lead sponsor was The Apple Bank for Farming New York.

Niagara Falls Hosts National 10K Racewalk

by JERRY WOJCIC

The TAC/USA National Masters 10K Racewalking Championships were held on July 7 in Niagara Falls, N.Y. The site was the same, but unlike 1989 when entrants were hampered by heat and high humidity, conditions this year were nearly perfect on the 2K-loop course with temperatures in the low 60s and little wind.

The 40-44 winners were Bob Keating (46:34) of Nashua, N.H., and Julie Ritter (52:50) of NYC. Firsts in the 45-49 category were recorded by Vicky Sipes (49:08) of Detroit, and Virginia Scales (57:32) of Banning, Calif.

The 50-54 races went to John Elwarner (49:06) of Sterling Heights, Mich., third M40+ overall, who led a division sweep of the first four places by Detroit-area walkers, and to Jill Latham (59:46) of Panorama City, Calif., Larry Green (53:20) of Sumter, S.C., and Rhoda Green (62:52) took the 55-59 contest.

The remaining division winners were 60-64 — Dr. Moshe Myrowitz (58:26) of Bangor, Me., and Joan Rowland (65:20) of NYC; 65-69 — Robert Mimm (58:46) of Willingboro, N.J., and Sage Cowles (69:54) of Minneapolis; and 70+ — A. Cokely Daman (60:42) of Virginia Beach, Va.

The race was sponsored by Blue Cross of West New York and conducted by the host Niagara Walkers Club under the supervision of meet director Dave Lawrence.

180 Masters at Tennessee Meet in Knoxville

by DEAN WATERS, Meet Director

Beautiful weather greeted the 180 participants in the Fort Sanders Tennessee Masters Track and Field Championships, June 22-23, at the University of Tennessee's Tom Black track in Knoxville. The record number of athletes was a pleasant surprise since the meet confronted with the newly-installed Tennessee State Games. Participation was helped significantly by the 25 members of the Bob Schull Running Club of Dayton, Ohio.

Vernon Cheadle, 80, ex-chancellor of the University of California at Santa Barbara and a resident of that city, happened to be vacationing in the area, registered late, and left with a U.S. M50-84 discus record of 97-6. The ex-Cheadle.

Continued on page 28
Why I Decided To Run for President

As you read in my report in last month's issue of the WAVA Council meetings in Turku in June, 1990, the Council nominated me to stand for President of WAVA at the General Assembly next year in Turku. The purpose of this article is to let you know why I decided to run for President.

History of WAVA-IAAF

The history of the WAVA-IAAF relationship has been well described by Don Farquharson's "A Brief History of Veteran Athletics" published in the WAVA Handbook. After Adrian Paulen, then President of the IAAF, had observed the WAVA Championships at Gothenburg, Sweden, in 1977, the IAAF gave the newly formed WAVA the right to hold such events, provided the events were confined to women 35 years and over, and men 40 years and over.

WAVA, through the efforts of activists in many countries and including people willing to give their time and order for their cities to host these events, developed dramatically through the years. To be fair, in many cases, assistance was given by the local IAAF affiliate but the success required the drive and imagination of the activists. Without them the Veterans' movement would not have happened.

IAAF Shows Interest

In 1984, the IAAF started to show direct interest in this Veterans movement. It formed a Veterans Committee with Hans Skaset as Chairperson and composed of WAVA people. This committee, as chronicled in Farquharson's history, held several meetings and was then replaced by a new committee, under Skaset, with some WAVA people and also members from outside WAVA. This new committee has met three times and Hans Skaset visited the Eugene WAVA Championships. The IAAF Veterans' Committee has no authority over WAVA but functions as a link between the WAVA Council and the IAAF.

The 1989 meeting of the IAAF Veterans Committee was held in Barcelona. Since then, the IAAF has taken a more active role and has sent letters to all of its affiliates in countries where there is no WAVA affiliate, suggesting that they might join WAVA in order to help them represent Veteran activities in a greater number of countries — an admirable objective.

2) A major proposal from Beccalli, which if accepted, would have given the IAAF the right, after 1991, to decide which organization in a given country would be the WAVA affiliate in the event of a dispute between two Veteran organizations — as sometimes happens. At Turku, a number of the Council members, including myself, felt very strongly on this issue and Beccalli withdrew his proposal.

No Surrender of Rights

Although there are other contributory factors, this is the main issue which led to my decision to stand for the Council's nomination for WAVA President. I cannot accept that the President of any organization could propose the surrender of one of the fundamental rights of an organization — the right to decide on its own members.

It is also puzzling as to why the IAAF should wish to go to this extreme position, which would effectively make WAVA no more than a department within the IAAF. Partnership is one thing. The voting representative mentioned above gives the IAAF an opportunity to influence the WAVA Council's decisions. But to go to the next step is to open the door to the possible betrayal of activists who created WAVA. There are WAVA affiliates who are independent of their national IAAF affiliate (although possibly on reasonable terms with them) and it would be wrong for WAVA to abdicate this right of decision regarding affiliates.

I am not opposed to the IAAF. I am opposed to WAVA being governed by one person. I am opposed to a WAVA President proposing fundamental changes without first consulting the WAVA Council or General Assembly. I am opposed to a WAVA President who even considers surrendering WAVA's sovereignty.

NOTE: During the next year, the National Masters News will make available equal space to candidates competing for office at the WAVA General Assembly next July in Turku, Finland. The first article — presented on this page — is by Alastair Lynn, candidate for President. Other candidates are invited to submit similar statements.

Personally, I am in favor of this action, and indeed, President Cesare Beccalli and I jointly drafted the letter sent to these countries by the IAAF.

Private Meeting With IAAF

Apart from the meeting of the Veterans Committee in Barcelona, Beccalli also had a private meeting with the IAAF. The results of this meeting were contained in a letter sent to all WAVA affiliates from Beccalli late last year. This letter had a covering note from me in order to emphasize that his proposals were subject to approval by the WAVA General Assembly in 1991. To me, final submission to the WAVA General Assembly is all-important.

This letter, you will recall, contained a number of proposals supported by Beccalli. Among the major ones were:

1) A suggestion which led to the following resolution being accepted by the WAVA Council to be put to the General Assembly in 1991 if requested to do so by the IAAF.

"It is the position of the WAVA Council that if the IAAF wishes to have a voting representative on the WAVA Council then the WAVA Council will propose the relevant constitutional amendment to the WAVA General Assembly."

This was agreed unanimously by the WAVA Council. I support this proposal fully as it recognizes a true partnership between WAVA and the IAAF — between the pioneers of veterans athletics and an organization — the IAAF — which can help the sport spread worldwide.

Build a Partnership

I am in favor of working closely with the IAAF. I am in favor of building a partnership with the IAAF to open the doors of veterans athletics to thousands of participants throughout the world. I am in favor of building a better, stronger, world-wide veterans movement with countries from all over the globe.

I have extensive competition and administrative experience in our sport (see resume on this page) at the club, national, and international level, plus experience gained by living on two continents.

To summarize: There are many reasons why people wish to hold office in organizations such as WAVA. My reasons are simple:

I am running for President because I want to cooperate in a true partnership with the IAAF to bring participants from throughout the world into the Veterans' program.

I am running for President because I believe in open communication between the President, the Council, the General Assembly and the membership world-wide.

I am running for President because I don't feel it is right or proper for a WAVA President to act on his/her own without the approval of the Council or the General Assembly, to the detriment of WAVA.

I am running for President because WAVA needs a strong President to conduct fair and efficient meetings and to move our program in a positive direction.

And, I am running for President because I love the sport I have participated in and enjoyed since my boyhood.

For these reasons I ask for your support at the WAVA General Assembly in Turku on July 24, 1991.

Curriculum Vitae — Alastair Lynn

• Born in Scotland in 1930, ran my first serious race in 1947 and have been an enthusiastic competitor ever since ...
• Considerable competition and administrative experience at University and in the highly-developed United Kingdom track & field club system ...
• Competed as a Veteran since 1970 at club, national and international levels in track, road and cross-country events ...
• Emigrated with my wife and three daughters to Canada in 1972 and became a Canadian citizen in 1978; I am Senior Vice-President of a marketing research company in Toronto ...
• Active in administration of the Canadian Masters Athletic Association since 1976, President for four years ...
• Elected Treasurer of WAVA in 1983 and re-elected in 1985 ...
• Developed WAVA's finances and created an open reporting policy so that the WAVA affiliates were informed in detail of revenue and expenses ...
• Elected Secretary of WAVA in 1987 and re-elected in 1989 ...
• Developed the Secretary's function so that strong lines of communication were achieved with the WAVA affiliates and with cities involved in the WAVA Championships ...
• With the Treasurer, Al Sheahan, worked to make the WAVA General Assembly a smooth running and fair meeting.

I therefore present myself as a candidate for President of WAVA, having extensive competition and administrative experience at the club, national and international levels; this experience gained on two continents. ☐
DECLINE:

Despite unseasonably cold weather and rain, the British Veterans Athletic Federation Championships went off as scheduled in Glasgow, Scotland, on July 14-15. The meet, which had more than 500 entrants, included competitors from the U.S., New Zealand, and Canada as well as Great Britain.

Many athletes arrived at the magnificent new sports complex only to discover that they had either missed their event or that it had been switched to a different day. Organizers had failed to notify participants of the changes.

Another area which blighted competition for many athletes was the unavailability of proper implements for the throwing events. In effect, this negated the possibility of records. There were, thankfully, no repiti-

Awards were based on the number of entries and the achievement of the BVAF merit standard established for the event in five-year age groupings. For example, the athlete who finished first automatically received a medal; but the second and third place finishers only received awards if they met the standard for that event.

Ron Taylor, who earlier in the week set the M55 world age record for the 200 with a 23.37 at the VII WAVA European Track and Field Championships in Budapest, Hungary, was only able to post a 23.6 in the same event — still the fastest time recorded for any 40+ entrant. Taylor also registered a 12.2 in the 100. George McNeill, 43, turned in an impressive 11.6 to win the M40 100.

Although no world records were broken, Colin Shafo set a British M55 record in the 100H with a blistering 15.8. Other British athletes performing well were John Potts, M45, with a 2:00.6 800 and a 4:03 1500; Mike James, M40, with a 7.15m long jump; and Judy Vernon, W40, with a 13.3 100.

Former American naval officer, Bill Guy, won the M60 100 (13.2) and 200 (27.1). Also making a strong showing was Maryland’s Ed Mathews, M70, who posted a 14.5 and 30.1 in the same events. Lorraine Tucker from Hartsdale, N.Y., won the gold in the W40 javelin.

In other contests around the country, veteran Alun Roper won the open Billy Hancock Trophy road race with a 2:21 on July 27 at Neath. Harry Temp-
14 World Records Set in Budapest

by MARTIN DUFF of Athletics Weekly

The NEP stadium in Budapest, Hungary, was the setting for the VII WAVA European Track and Field Championships where 14 world records were broken.

The contest, held from June 30 to July 7, expected over 3000 athletes to compete, including more than 700 Soviets, but a lot of them simply did not show up. Of the Soviets that did attend, most preferred to be known as Latvians or Lithuanians, etc. but certainly not Russians!

However, the Eastern bloc contribution was pretty formidable, with Hungarian Istvan Major leading the way with an M40-44 high jump WR of 2.07, immediately followed by an M45-49 HJ WR of 1.96 by Max Chelnov of Russia. Janis Zirsis of Russia could not match his M40 new javelin throw of 71.10 in the Eugene World Games but still threw the new javelin 68.80.

Russian Oleg Djatlov threw the M40 hammer out to 71.60 using four turns, and provided a real exhibition of Soviet throwing.

Finn Stig Balklund set two M50-54 WRs, first in the long jump (6.66), and then, on his only jump, tripled out to 14.07. Countryman Tap Taavitsainen was the best long jumper overall with a new M45-49 WR of 7.07.

Peter Browne of Great Britain had an easy route with three wins in the M40 400, 800, and 1500, plus a 50.66 leg in the winning 4x400 relay.

For the women, West Germany's Karen Von Riewel was dominant with

The VII WAVA European Track and Field Championships in Budapest the following week.

Britain's Diane Underwood, a former tri-athlete, won both the W35 10K (36:02) and 25K (95:54) races. Joselyn Ross of Britain was in top form to take the W60 10K in 43:37.

Tony Simmons was an easy M40 winner in the 25K in 79:27 on a re-measured course.

The 10K club team championship went to Britain's Barnet and District team (1:48:26), and Great Britain captured the international team gold with a 1:38:45 total.

The 25K club winner was Belgium's RRC squad (4:08:26), which also took the international trophy.

Van Noten Repeats in Belgium

by MARTIN DUFF of Athletics Weekly


Competition standards were generally lower, due to the talent drain caused by the VII WAVA European T&F Championships in Budapest the following week.

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Welcome to TURKU ÀBO Finland

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Dixon Hypes a 4-Minute Mile

S
ome people are suggesting that Rod Dixon might be the Don King of road racing. With covers on Running Time, Runner's World, and the most anxiously awaited birthday since Princess Di's first child, Rod Dixon has put Rod in the hospital and it remains to be seen when he'll attack the road racing scene for the last 3 years.

Many skeptics among the runners, themselves, including John Campbell, Bill Rodgers and others, had to chuckle because they've known Dixon for years. Nobody is a better promoter for years than a two-year Zealander, but Rod apparently had second thoughts about that technological 4-minute wonder.

Most impressive, however, is the ability once again for the Masters movement to steal the thunder from the entire running scene. Last spring it was John Campbell breaking Jack Foster's record. The last several months, the major story in the sports has been Dixon's approach of 40 and the 4-minute mile barrier.

Hopefully, the open division athletes and circuits such as ARRA are taking notes on how the masters have dominated the road racing scene for the last three years, I applaud Rod Dixon regardless of the amount of hype, as Rod has been in the open division and will soon be a real player in the masters division.

The story in 1990 certainly has to be John Campbell continuing to dominate the masters, Rodgers' maintaining the usual consistency and newcomers like Navarro from Mexico and the steady likes of Bob Schlafl, Dave Stewart, Larry Almberg, and others still pressing the front ranks.

Good Luck to Bill

While Bill Rodgers has done a tremendous amount to further the Masters Circuit, another Bill has been equally instrumental. ICI's Bill Adams is a man who stepped forward three years ago and inspired ICI's two-year national masters Circuit by awarding Bill the number "1" to wear at this year's event on January 12, 1991.

The field is going to shape up as another star-studded cast and we are hopeful of the first meeting between Rodgers, Campbell, Dixon, and Navarro, as well as many other great names. We also are inviting three of the sport's legendary names who will be inducted into the Hall of Fame this fall. They are the first-ever sub-4 minute indoor miler Jim Beatty; Olympian Rick Wohlhuter; and 5-time world cross-country champion and coach great Dow's Brown Heritage.

Tibaduiza and Grayson Taking Charge of Sorbothane Circuit

Winter Park FL. July 30 — Domingo Tibaduiza has maintained his lead position in the Sorbothane/USRA Masters Circuit despite mid-circuit surges by veterans Wilson Waigwa and John Campbell. Nancy Grayson continues to walk away from the women's field.

Having just turned 40 in April, Columbia, South Carolina's Grayson has earned impressive victories at the Superplace Good Health 10K; continued on page 25.

Domingo Tibaduiza 11/2

Sorbothane/USRA Masters Circuit Point Standings (9 races)

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
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<tr>
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<td>Waigwa</td>
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Having just turned 40 in April, Columbia, South Carolina's Grayson has earned impressive victories at the Superplace Good Health 10K; continued on page 25.
Celebrity runner in a series of mile races on historic Motor Mile in Greenville, SC. American miling legend Jim Ryun will be on hand as the celebrity runner in a series of mile races on the historic Motor Mile in Greenville. Contact (407) 647-2918... The Budweiser "Know When To Say When" SK will be back for its second year in Philadelphia on New Year's Weekend, December 30th. Budweiser is considering a nationwide series by the same name in 1991... Virginia 10-miler, one of the only appearance-only races left in the country, will be held September 22nd in Lynchburg. It's still a great event although not an easy course... The Foundation 30K has put the race in jeopardy. Lack of funding has put the race in jeopardy. Circuit officials are negotiating with another race to keep the circuit at 24.

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Masters Scene

East
- A Philadelphia Masters team broke the U.S. M50-59 record for the distance medley relay (440, 880, 1320, mile) in 11:49.0 on July 25 in Philadelphia, PA. Breaking the mark of 12:03.3, set by the New Orleans TC last October, the squad was composed of Dawson Pratt (54, 58.7), Larry Harvey (51, 2:16.8), Jim Sutton (59, 3:37.4), and Norm Green (58, 4:56.2).
- Dennis Fulton (32-42) and Angela Hearn (36-25) were first 40+ in the Shelter Island 10K on Long Island, NY. June 9, Hearn, fourth woman, broke Bobbi Rothman's masters course record of 36:59. Olympic gold medalist Frank Shorter was second in 32:53. Jeannie Whiting, who didn't cross the starting line until 40 seconds after the gun, was top W40+ (55:37).
- Mike Riley, M40, paced the M40+ in the Pennsylvania Avenue Mile, Wilmington, DE, June 5, with a 4:30 on the slightly downhill course. Earline Miecher, W45, had the best W40+ time (5:26).

Midwest
- Don Gammie, 59, had the best age-graded masters time of 14:51, based on his finishing time of 18:18, in the Lou Cox Memorial 5K, Dayton, OH. July 6. First masters were Dan Sekera, M40 (16:17/15:03), and Iris Black, W45 (18:10/17:03). First grandmasters (50+) were Ron Rohrer, M50 (17:30/15:24), and Clare Brock, W50 (22:48/19:04).

Mid America
- The Minnesota Masters 15K in Minneapolis-St. Paul on September 23 will offer $1500 in age-graded awards, thanks to the sponsorship of ICI and Blue Cross. CI's Bill Adams, in one of his last acts before leaving the company, donated $1000 to race director Jack Moran's event. Age-graded prizes will be based on age-group records.
- Gail Scott, of Durango, CO, is moving to Silver City, NM. The U. S. masters women's marathon record holder was first 40+ woman at the San Francisco Marathon in 2:54:33, winning $500.

SOUTHEAST
- Ralph Summarlin, M55, a dentist from Hustonville, KY, won an Accutrack timed race in 11:65 for the 1000 (0.05 +) in the Nashville TC masters meet, July 14, in Nashville, TN. The M55-59 WR is a hand-timed 11:6, held jointly by Payton Jordan (1973) and Alfred Guidet (1974).
- Don Rose, 45, of Colorado Springs, CO, won the M40+ title with a 16:03 overall 34:59 (1265 finishers) in the Colorado Springs 10K, July 15. Adrian Lillborn, 51, of Ponte Vedra Beach, FL, ran 38:14 to upset Judy Felhauer, 42, of Colorado Springs for the W40+ first.

West
- While Bill Bangert,ustin, CA, was taking gold medals in the M65 shot and discus at the '90 Nationals in Indianapolis, her daughter, Mary Ann, 38, won a gold in the discus and a silver in the shot. Mary Ann, a wife and mother of three boys, is a singer and artist in New Meile, MO, and won a national championship in the discus in 1982. Bangert promised Mary Ann a trip to Turkey for the World Veterans Games '91 if she medaled at the Nationals. (Start saving now, Bill.) Both of them used a discus that belonged to Dan Aldrich, the several-time U. of California chancellor and WR holder, who passed away earlier this year after a years-long battle with cancer. The discus was given to Bill by Aldrich's wife, Jean.
- The California Senior Olympics IV will be held in Palm Springs from October 26 to November 4. Executive Director Ben Green expects more than 2000 athletes, ages 50 and up, to compete in fifteen events, including track & field, swimming, 10K, bowling, basketball, etc. Prizes will be awarded in five-year age divisions. Athletes can qualify in the meet for the U. S. National Senior Olympics on June 28-July 3, 1991, in Syracuse, NT.
- Ross James, multi-world-veteran-championship gold medalist, was looking forward to turning 80 this year, and going after some W80 records. But she had a stroke last autumn and was hospitalized for 49 days. The doctor has told her she can't run again, which has depressed her, to say the least. Her 81st birthday is September 5, and you can wish her well by writing 400 Angela Way: San Jacinto, CA 92583.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

Track & Field National

November 27 - December 1. 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.

July 4-7. 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill. (Near Chicago). Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

East

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

September 1. 15th Annual Virginia State Championships, Lannigan Field, Charlottesville, Va. Karen Beaver, P.O. Box 5096, Charlottesville, VA 22901.


September 7-9. New Jersey Senior Games, Trenton. 55+. Ray Funkhauser, P.O. Box 2766, Trenton, NJ 08607, 609/292-9787.


September 9-16. Granite State Senior Games, Concord, N.H. 55+. Ray Lacasse, Division of Elderly Services, 6 Hazel Dr., Concord, NH 03301. 603/271-4642.


SouthEast

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


September 28-29. Georgia Golden Olympics, Atlanta, 55+. Vicki Pilgrim, Georgia Division of Health, 878 Peachtree St., NE 30308, Atlanta, GA 30309. 404/894-4651.

October 11-13. Mississippi Senior Olympics, Gulfport. 55+. Noble C. (Bo) Bowden, Hancock Bank, One Hancock Plaza, P.O. Box 4019, Gulfport, MS 39502. 601/468-4843.

November 13-18. Good Life Celebration Games, St. Petersburg, Fla. 55+. Shirley Lewis, P.O. Box 12288, St. Petersburg, FL 33738. 813/392-9934.

November 4-10. Golden Age Games, Sanford, Fl. 55+. Jim Jernigan, P.O. Box 1788, Sanford, FL 32742. 407/330-5600.

December 29. Don Pierotti Memorial Weight Pentathlon, Atlantic HS, Delray Beach, Fl. Phil Partridge, 2000 W. 32nd St., Holland, MI 49423.

MidWest

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

September 3. Columbus Senior Olympics, Bexley High, Columbus, Ohio. 55+. Recreation & Wellness Office, Leo Vassenoff Jewish Center, 1125 College Ave., Columbus OH 43209. 614/321-2731.


Mid-America

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


SouthWest

Louisiana, Mississippi, Texas.


West

Arizona, California, Hawaii, Nevada, New Mexico, Utah.


Golden Age Games

Sanford, Florida

November 4-10, 1990

More than 2,000 athletes over age 55 will compete in the 1990 Games. Over 26 different events held at this 16th Annual Event.

P.O. Box 1778
Sanford, FL 32772-1778
(407) 330-5687

Additional information and details can be obtained by calling 358-21-503526 or faxing 358-21-503526.

Long Distance Running National


September 29-30. TAC/USA National Masters 24-Hour Championships, Portland, Ore. Phil Edmunds, Director, P.O. Box 591, Wilsonville, OR 97070. 503/682-1151.

October 6. TAC/USA National Masters Marathon Championships, St. George, Utah. Kent Perkins, 86 S. Main St., St. George, UT 84770. 801/628-5088.

October 7. TAC/USA National Masters 5K Cross-Country Championships, Syracuse, N.Y. Naite White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/307-6211.

October 14. TAC/USA National Masters 50K Championships, Muncie, Ind. $1650 masters money equally divided ($150/$75/$50) among 40s, 50s, 60s, Jan Gilbert, P.O. Box 1032, Muncie, IN 47305. 317/288-4448.

October 27. TAC/USA National Masters 100K Championships (also 8-person relay, all divisions), Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN Continued on page 28
# National Masters News

**September, 1990**

180 Masters at Tennessee Meet

Continue from page 20

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**EAST**


September 15. Great Cow Harbor 10K, Newport, N.Y. RRCA Eastern Regional Championships. SAUCE to 10K, P.O. Box 1101, Northport, NY 11768.

September 16. Ereesibility Marathon, Erie, Pa. Pete Ogden, P.O. Box 1906, Erie, PA 16407, 814/899-4774.


September 16. 22nd Chubb Life Run 10 Mile/5K, Concord, N.H. SAUCE to Chubb Life Run, One Granite St., Concord NH 03301. Linda Frawley 603/226-5298.

September 16. NYRRC Women’s Half-Marathon, Central Park, NYC. NYRRC, P.O. Box 89th St., New York, NY 10128, 212/860-4455.

September 17. Mercedes Mile On Firth Ave., NYC. NYRRC, P.O. Box 89th St., NY, NY 10128. 212/860-4455.


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**SOUTHEAST**

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


September 3. Brandon Running Association Labor Day 5K, Brandon, Fla. Al In-\n
The October Special

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**WEST**

Arizona, California, Hawaii, New Mexico, Utah.


September 7. Pidram Real Estates 1K, 5K, Irvine, Calif. Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648, 714/541-5417.

September 15. Pico Rivera Sunset 10K, Pico Rivera, Calif. 5:00 p.m. Pico Rivera Run, P.O. Box 1016, Pico Rivera, CA 90606.


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**MIDWEST**

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


September 25. 8K, 16K, 22nd. Marin Headlands 10K Race, S. San Francisco, Calif.

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**MID-AMERICA**

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


September 27. City of Lakes 25K/RRC National 25K Championships, Minneapolis, Minn. MPLS Park & Rec Board, 210-4th Ave S., Minneapolis, MN 55415, 612/348-2226.


September 23. 2nd annual Alamo Alumni 5 Mile, Dallas. BBK Limited, The Quarry at DTC, 7935 E. Prentice Ave., #100, Englishwood, CO 80111. 303/741-3587.


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**SOUTHWEST**

Louisiana, Mississippi, Texas.


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**CANADA**

Montreal International Marathon, Quebec. Marathon International of Montreal, Quebec, Box 1570, Succ. B. Montreal, Quebec Canada H3B 3L2. 514/879-1027.


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**INTERNATIONAL**


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**RACE WALKING**


September 29. Twin Cities Marathon, Minneapolis, MN. Masters News P.O. Box 1016, Pico Rivera, CA 90606.

September 30. Portland Marathon, Portland, Oregon. Les Smith, P.O. Box D, Beaverton, OR 97005. 503/226-1111.

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

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

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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<td>32:03</td>
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<td>3:59</td>
<td>4:30</td>
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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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<th>35-39</th>
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DEADLINE

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

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME
SEX: M  F
CITY
STATE ZIP
MEET DATE OF MEET
MEET SITE
EVENT:

HURDLE WEIGHT
HEIGHT OF IMPLEMENT

CERTIFICATE

PATCH

TAG

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

#### 23rd TACUSA National Masters Championships

- **Dates:** August 25
- **Location:** Indianapolis, IN
- **Format:** Track and Field

#### Field Events:
- **Pentathlon:**
  - Final: 8000 M Run 30-34 M
  - School: Section 1
  - 1st Place: Final
  - 2nd Place: Final
  - 3rd Place: Final

#### Track Events:
- **100 M Dash:**
  - School: Section 1
  - 1st Place: Final
  - 2nd Place: Final
  - 3rd Place: Final

#### Statistics:
- **Section 1:**
  - **100 M Dash:**
    - Final: 8000 M Run
    - School: Section 1
    - 1st Place: Final
    - 2nd Place: Final
    - 3rd Place: Final

#### Additional Notes:
- **Final:**
  - **Discus:**
    - 1st Place: Final
    - 2nd Place: Final
    - 3rd Place: Final

---

**Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.**

---

**NATIONAL MASTERS NEWS**

---

**SEPTEMBER, 1990**

**DISCUS 35-39 M**

- **Final:**
  - 1st Place: 38.48
  - 2nd Place: 38.04
  - 3rd Place: 37.60

**100 M Dash 40-44 M**

- **Final:**
  - 1st Place: 30.59
  - 2nd Place: 30.43
  - 3rd Place: 30.20

**400 M Dash 30-34 M**

- **Final:**
  - 1st Place: 51.14
  - 2nd Place: 51.14
  - 3rd Place: 51.14

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**continued on next page**
## National Masters News

### September, 1990

<table>
<thead>
<tr>
<th>Section</th>
<th>Masters</th>
<th>Events</th>
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<td>2</td>
<td>200 M</td>
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<tr>
<td>3</td>
<td>800 M</td>
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<tr>
<td>Mike Brown</td>
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<td>4:32.13</td>
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<td>John Doe</td>
<td>50</td>
<td>4000 M</td>
<td>8:24.32</td>
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<td>Jane Doe</td>
<td>50</td>
<td>10,000 M</td>
<td>27:31.45</td>
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Continued on next page
September, 1990
National Masters News

Continued from previous page

100 M DASH 75-UP

MILDRED WILLIAMS 75 3.86
BUD GUNDERSON 75 3.90
PAMELA KESLING 75 3.96
Ruth Sopchick 75 3.98
JUNE KESLING 75 4.02
KATHY SPALDING 75 4.04
SUSAN IRELAND 75 4.06
KATHRIEN BLAIR 75 4.08
I. L. SMITH 75 4.09
RUTH SUNDQUIST 75 4.12

JAVELIN 75-UP

Judy Bold 75 37.60
Janet Edwards 75 37.62
Geraldine Holcomb 75 37.64
Faye Henry 75 37.66
Carolyn Sisson 75 37.68
Pat Alcorn 75 37.70
Mary Wilson 75 37.72
Edna Goodwin 75 37.74
Doris Johnson 75 37.80
Donna Cook 75 37.82

LONG JUMP 75-UP

Anna Davis 75 1.99
Doris Ruggles 75 1.99
Joan Lockhart 75 2.00
Elizabeth Mallon 75 2.01
Barbara Caudle 75 2.02
Mary Bailey 75 2.03
Dorothy Sprague 75 2.04
Grace R. Grant 75 2.05
Laura Grant 75 2.06
Beverly Johnson 75 2.07

HIGH JUMP 75-UP

Carolyn Edwards 75 4.50
Joyce Ditsch 75 4.52
Jeanne Grant 75 4.54
Lillian B. Smith 75 4.56
Joan Patterson 75 4.58
Lucille Williams 75 4.60

SHOT PUT 75-UP

Phyllis D. Hovde 75 17.00
Susan M. Johnson 75 17.02
Barbara L. Cooper 75 17.04
Marcia L. Dyer 75 17.06
Jeanne E. Church 75 17.08
Betty J. Millman 75 17.10

DISCUS 75-UP

Dorothy Beer 75 14.00
Evelyn Schreiber 75 14.02
Sandra Smith 75 14.04
Elsie Rollins 75 14.06
Sandra Wanner 75 14.08

FIRE HOSE PUT

Carolyn Ross 75 15.00
Martha Robinson 75 15.02
Dorothy Caudle 75 15.04
Joyce Cline 75 15.06
Pat Angel 75 15.08

RELAY 4 X 100

North Carolina TC 105.60
Houston Elite 105.62
Greater Rochester 105.64
Club Elite TC 105.66
Beekin North 105.68
Dayton Masters 105.70
Atlanta TC 105.72

4 X 100 RELAY M-30-39

Houston Elite 42.71
Greater Rochester 44.01
Club Elite TC 45.31
Beekin North 45.82
Dayton Masters 46.01
Atlanta TC 46.03

4 X 100 RELAY M-50-59

Southwestern Calif. Assoc. 49.98
Over The Hill TC 55.87

4 X 100 RELAY M-60-69

Los Angeles Valley AC 53.78
Dallas Masters 55.00

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<table>
<thead>
<tr>
<th>National Masters News</th>
<th>September, 1990</th>
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</thead>
</table>

**DEATH EASTERLUND**

**PINAL**

**IUCHARD SCOTT**

**51st VAULT 65-69**

**JIM POOLE**

**Club**

**4:18.50**

**OVER**

**DECATHLON MIDWEST**

**So. Cal. Striders**

**11:34.13**

**4 X 800 RELAY M40-49**

**D.A.C.**

**Terry Johnson**

**8:18.16**

**Nobleville**

**8:21.17**

**Manatee Area TC**

**8:19.17**

**Paris Pacers**

**9:03.38**

**Unattached team**

**8:10.91**

**4 X 800 RELAY M50-69**

**So. Cal. Striders**

**11:14.13**

**4 X 800 RELAY M40-49**

**Club Sota**

**10:56.52WR**

<table>
<thead>
<tr>
<th>SW Walk</th>
<th>30-34 M</th>
</tr>
</thead>
<tbody>
<tr>
<td>FINISH</td>
<td>Rando Borden <strong>34</strong></td>
</tr>
<tr>
<td>1ST</td>
<td>Cory Blythe <strong>33</strong></td>
</tr>
<tr>
<td>SW Walk</td>
<td>35-39 M</td>
</tr>
<tr>
<td>FINISH</td>
<td>Lance Martinez <strong>38</strong></td>
</tr>
<tr>
<td>1ST</td>
<td>Gene Harrison <strong>39</strong></td>
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<tr>
<td>2ND</td>
<td>Stephen Christel <strong>39</strong></td>
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<td>Bill Ross <strong>41</strong></td>
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<tr>
<td>1ST</td>
<td>Dean Lalonde <strong>37</strong></td>
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<td>Norman Frable <strong>42</strong></td>
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<td>Gary Mull</td>
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<tr>
<td>1ST</td>
<td>Scott Lunsford</td>
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<td>2ND</td>
<td>Paul Albert</td>
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<td>Robert Campbell</td>
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<td>Brenda Eickmann</td>
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<td>Michael Adams</td>
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<td>Larry Green</td>
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<tr>
<td>1ST</td>
<td>Thomas Mann</td>
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<td>2ND</td>
<td>Robert DiCarlo</td>
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<tr>
<td>3RD</td>
<td>Lynn Tipton</td>
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<td>Bob Thaler</td>
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<tr>
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<td>Charles Deuser</td>
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<tr>
<td>3RD</td>
<td>William Fett</td>
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<tr>
<td>4TH</td>
<td>John Snider</td>
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</tbody>
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**BILL COLLINS** M55 10.3
**Hugo Harternat M55 10.5
**Dennis Rege M55 10.9
**Bill Weinacht M70 11.0
**Lauren Fitch M80 11.9
**Paul Spangler M90 12.4
**Phil Raschner M40 11.0
**Donna Drummole 11.3
**Marvin Mitchell M45 11.4
**Isabel Saumer M45 11.4
**Polly Raley M45 11.7
**Jo Sullivan M65 12.0
**Mary Patterson M65 12.1
**Mary Bowserman M70 12.9

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**100 M DASH 30-34 W**

| FINISH | 1111:13:44 |
| 1ST | Donna Drummole M35 11.3 |
| 2ND | Joan Butterfield M35 11.3 |
| 3RD | Betty Black M35 11.3 |
| 4TH | Kathy Gerling M35 11.3 |
| 5TH | Lila Wosley M35 11.3 |
| 6TH | Mary Patterson M35 11.3 |
| 7TH | Susan Wiltse M35 11.3 |
| 8TH | Lela Sanders M35 11.3 |
| 9TH | Nagoya Kondo M35 11.3 |
| 10TH | Mary Bowler M35 11.3 |

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**5000 M RUN 35-39 M**

| FINISH | 14:37.62 |
| 1ST | Jimmy Fichter M40 16:37.62 |
| 2ND | Fred Huijgens M40 16:37.62 |
| 3RD | John Beyer M40 16:37.62 |
| 4TH | Robert Kissinger M40 16:37.62 |
| 5TH | Kathy Hest M40 16:37.62 |
| 6TH | Lorna Wilson M40 16:37.62 |
| 7TH | Liza Wilson M40 16:37.62 |
| 8TH | Linda Stilwell M40 16:37.62 |
| 9TH | Marla O'Brien M40 16:37.62 |
| 10TH | Jeannie Mccall M40 16:37.62 |

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**100 M DASH 35-39 W**

| FINISH | 10:00.30 |
| 1ST | Connie Starks M40 10:00.30 |
| 2ND | Mary Starks M40 10:00.30 |
| 3RD | Mary Starks M40 10:00.30 |
| 4TH | Mary Starks M40 10:00.30 |
| 5TH | Mary Starks M40 10:00.30 |
| 6TH | Mary Starks M40 10:00.30 |
| 7TH | Mary Starks M40 10:00.30 |
| 8TH | Mary Starks M40 10:00.30 |
| 9TH | Mary Starks M40 10:00.30 |
| 10TH | Mary Starks M40 10:00.30 |

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**20K WALK**

| FINISH | 1:48:55 |
| 1ST | Dwayne Smith M40 1:48:55 |
| 2ND | Robert Kissinger M40 1:48:55 |
| 3RD | Charles Deuser M40 1:48:55 |
| 4TH | Bill Weinacht M70 1:48:55 |
| 5TH | Linn van der Linden M70 1:48:55 |
| 6TH | Mary Patterson M65 1:48:55 |
| 7TH | Mary Bowserman M70 1:48:55 |
| 8TH | Susan Wiltse M35 1:48:55 |
| 9TH | Nagoya Kondo M35 1:48:55 |
| 10TH | Mary Bowler M35 1:48:55 |

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**4 X 800 RELAY M35-39**

| FINISH | 7:28:43 |
| 1ST | Mark Eichler M40 7:28:43 |
| 2ND | Bob Thaler M40 7:28:43 |
| 3RD | Robert Kissinger M40 7:28:43 |
| 4TH | Charles Deuser M40 7:28:43 |
| 5TH | Bill Weinacht M70 7:28:43 |
| 6TH | Mary Patterson M65 7:28:43 |
| 7TH | Mary Bowserman M70 7:28:43 |
| 8TH | Susan Wiltse M35 7:28:43 |
| 9TH | Nagoya Kondo M35 7:28:43 |
| 10TH | Mary Bowler M35 7:28:43 |
1990 TAG MASTERS MEETINOPS CHAMPIONSHIPS

Curtis HS Stadium, Tacoma, WA 16-1800, 1990, Meet Directors: Robert Whitt (Scores are actual. Results are from applying 1990 U.S. 500 yard Age Group factors and using the 1985 IAAF Scoring Tables)
SOUTHEAST

Nashville TC Open/Masters, Meet Nashville, TN July 14

100m
R30 Carlton Ward 11.32
R30 Larry Liddell 11.35
R30 Larry Newman 11.49
R35 Bils Smith 10.99
Bill Cheadle 11.53
Steve Keena 11.55
M40 Kuznetsoff Asbell 11.78
M50 Barry Bertram 12.98
M60 Mecklenburg 13.18
M70 Titus 29.9
M70 Howard Mitchell 29.8
M70 Hattie Schoneker 20.3

300m
R30 Larry Newman 24.54
R30 Larry Liddell 26.78
R30 Louis Delacy 26.86
R35 Bils Smith 25.58
Curtis Callihan 28.30
M40 Barry Bertram 27.82
M50 Bilstoll Curry 28.32
M60 Ralph Mussmann 25.18
T 500m
Vickiトラ 29.50
Ed Redditt 31.51
355 Annette Theta 30.87

400m
R30 Bill Hopp 36.71
R30 Larry Liddell 36.81
R30 Louis Davis 38.08
R35 Bils Smith 43.13
M40 Jim Rose 42.31
M40 John Rose 43.34
M50 Bobby Low 45.29
M60 Louis Schneider 46.49
M70 Ed Good 45.82

500m
R30 Larry Liddell 54.34
R30 Louis Davis 52.45
R30 Larry Newman 52.87
M40 Bils Smith 51.16
M40 Bob Bosley 51.55
M50 Paul Buerkle 51.77
M60 Bils Hopp 51.05
M70 Ralph Hopp 51.61

600m
R30 Louis Schneider 53.94
R30 Bils Smith 53.47
M40 John Rose 52.98
M50 Larry Stoko 53.00
M60 Louis Schneider 52.20
M70 Hattie Schoneker 53.00

800m
R30 Louis Schneider 1:55.06
R30 Bils Smith 1:52.98
M40 Stan Stewart 1:52.95
M50 Bob Bosley 1:52.91
M60 Ed Good 1:52.67
M70 Hattie Schoneker 1:55.02

1000m
R30 Louis Schneider 2:06.97
R30 Bils Smith 2:06.33
R35 Bils Smith 2:06.27
M40 Larry Liddell 2:04.41
M50 Paul Buerkle 2:04.31
M60 Louis Schneider 2:05.97
M70 Hattie Schoneker 2:07.87

1500m
R30 Louis Schneider 3:51.56
R30 Bils Smith 3:52.01
M40 Larry Liddell 3:52.54
M50 Bob Bosley 3:54.14
M60 Louis Schneider 3:56.44
M70 Hattie Schoneker 3:58.56

3000m
R30 Louis Schneider 7:06.58
R30 Bils Smith 7:05.79
M40 Larry Liddell 7:02.54
M50 Bob Bosley 7:05.75
M60 Louis Schneider 7:06.14
M70 Hattie Schoneker 7:10.27

5000m
R30 Louis Schneider 13:42.23
R30 Bils Smith 13:40.71
M40 Larry Liddell 13:39.54
M50 Bob Bosley 13:41.65
M60 Louis Schneider 13:43.68
M70 Hattie Schoneker 13:46.76

10000m
R30 Louis Schneider 26:27.81
R30 Bils Smith 26:23.95
M40 Larry Liddell 26:27.78
M50 Bob Bosley 26:30.48
M60 Louis Schneider 26:32.54
M70 Hattie Schoneker 26:35.50

15000m
R30 Louis Schneider 39:12.18
R30 Bils Smith 39:10.83
M40 Larry Liddell 39:11.82
M50 Bob Bosley 39:14.35
M60 Louis Schneider 39:16.60
M70 Hattie Schoneker 39:19.13

20000m
R30 Louis Schneider 51:57.83
R30 Bils Smith 51:54.38
M40 Larry Liddell 51:56.90
M50 Bob Bosley 52:00.56
M60 Louis Schneider 52:03.38
M70 Hattie Schoneker 52:06.94

4000m
R30 Louis Schneider 94:13.65
R30 Bils Smith 94:09.11
M40 Larry Liddell 94:09.73
M50 Bob Bosley 94:12.43
M60 Louis Schneider 94:14.80
M70 Hattie Schoneker 94:17.23

8000m
R30 Louis Schneider 188:27.30
R30 Bils Smith 188:22.82
M40 Larry Liddell 188:23.87
M50 Bob Bosley 188:26.50
M60 Louis Schneider 188:28.90
M70 Hattie Schoneker 188:31.33

10000m
R30 Louis Schneider 220:39.80
R30 Bils Smith 220:34.31
M40 Larry Liddell 220:35.34
M50 Bob Bosley 220:38.00
M60 Louis Schneider 220:40.38
M70 Hattie Schoneker 220:42.81

16000m
R30 Louis Schneider 332:47.50
R30 Bils Smith 332:41.60
M40 Larry Liddell 332:42.60
M50 Bob Bosley 332:45.20
M60 Louis Schneider 332:47.60
M70 Hattie Schoneker 332:49.95
Eight Annual North Coast Relays
Married, Ohio April 21

2000m IV
The Davies 8:10.44

1600m
LINDA CUPPY 8:59.5

800m
KAKI STREET 2:07.29

400m
DELA SMITH 54.29

100m
DAVID HARTIN 11.09

50m
JOHNNY MESSER 5.79

400m Hurdles
DALLAS CROCKETT 57.05

1600m Steeplechase
WILLIAM KNOX 4:46.25

5000m Mutui
DONALD ELLIS 13:54.3

4000m
DANIEL SHELTON 8:10.44

3000m Walk
REID COTTON 11:40.55

800m Walk
PAUL REEVES 2:23.9

4000m Relay
GIL BLACKBURN 8:15.11

1600m Steeplechase
DONALD WRIGHT 4:26.35

5000m Walk
DONALD WRIGHT 13:54.3

4000m Relay
GIL BLACKBURN 8:15.11

3000m Walk
REID COTTON 11:40.55

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Illinois Masters Championships
Libertyville, July 7
Age-Graded Performances

Illinois Masters Championships
Libertyville, July 7
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT. 1990

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<th>AGE GROUP</th>
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