5000 Athletes Triumph In IX WAVA World Championships

Turku, Finland Hosts Successful Competition

Following Eugene in staging a World Veterans Championships is like a singer following Pavarotti; a dancer following Barshikov; a scientist following Einstein; a coach following John Wood; a child following a famous parent.

You can be good. Even very good. But few will notice. Those who do will say: “Yeah, it wasn’t bad, but it wasn’t as good as (fill in the blank).”

Such was the situation faced by the organizers of the IX WAVA World Veterans Athletics Championships in Turku, Finland from July 18-28.

They were following an act that virtually everyone had dubbed the “best World Games ever” — the one held in Eugene, Oregon in 1989.

Well, Turku put on a pretty good show.

More than 5000 veteran athletes from 53 nations descended on the picturesque Finnish west coast town of 160,000. They were joined by three or four thousand family members and friends.

The nine days of competition were beautifully organized. The facilities were first class. Official results were flashed on the scoreboard at the main stadium within three minutes of the event, and posted shortly thereafter. The local newspaper carried complete results of each day’s action.

The medical facilities were the finest ever seen at a veterans meet. Except for a few cool days, the weather was sunny and mild. More than 1500 caring and dedicated officials volunteered their services. They handled problems in 20 languages. Each distance runner had his or her own lap-counter. When problems arose, officials were flexible.

Special World Championships Issue

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• Japan to Host 1993 Event — page 9
• Beccalli Re-elected President — page 17
• Results — page 34
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**The National Masters News is devoted exclusively to track & field, long distance running, and race running for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.**

**Some masters events are sponsored by 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 compete in masters events and participate. Some events are limited to ages 40, 50, or 55; please check the schedule for details. Some events may require advance registration. Some require a current TAC card ($7 to $11 per year, depending on the region.)**

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102 World Records Set in Turku

A total of 102 pending world age-group records were set in the IX WAVA World Veterans Athletics Championships in Turku, Finland, from July 18-28.

The total approached the record 124 world marks set in the VIII World Veterans Championships in Eugene in 1989, and surpassed the 92 world records established at the VII World Games in Melbourne in 1987.

Thirty-nine records were set by men; 64 by women. Forty came in track events; 43 in field; 5 in the 5K walk; and 15 in relays.

Three nations — Germany (24), USA (18) and Finland (17) — accounted for more than half the world marks. Soviet competitors set nine records, while U.S. athletes bettered an additional 22 U.S. standards.

U.S. performers picked up 73 individual gold medals, 57 silvers and 42 bronzes — a total of 172, short of the 400 medals achieved in Eugene and the 199 won in Melbourne. In addition, U.S. relay teams garnered eight wins, four seconds and three thirds.

The outstanding caliber of the competition made it difficult to single out one or even a few performances. Breaking it down by division, with an emphasis on U.S. athletes, here's how it looked:

**M40**
Peter Browne of Great Britain successfully defended his title in the 800. Browne pulled away from countryman John Molloy and Finland's Heikki Vakkuri to win in 1:55.94, close to his 1989 winning time of 1:55.20. Later in the week, he won the 400 in 50.48.

• Ken Popejoy of Wheaton, Ill., won the prestigious 1500 with a strong last-lap kick in a strategic 4:02.53.

• New Jersey's Ken Brinker won the 200 (23.35) and took second in the 110 hurdles.

• Finnish Olympian Martti Vainio easily won the 10,000 (29:16.88), a bit off his WR 28:30, set in June. He defeated Mexico's Manuel Vera (29:35.27), who came back to win the 5000 in an outstanding 14:24.

• Milan Tiff repeated his Eugene triumph with a 15.20(49-10 1/4) triple jump, and Billy Smith took second in the 100.

• The USA 4x400 relay team of Robb Bong, Rex Harvey, Brinker, and Smith won in 3:29.05.

• Viktor Semenov of the Soviet Union won both walks.

•Among the M40 Eugene gold medalists missing in Turku were Eddie Hart (100, 200), James King (400, 400H), Stan Drucuy (110H), Stan Whitley (JJ), and Wilson Waigwa (1500, 3000). All were in shape but didn’t make the trip.

**M45**
Ron Mercolina had never made it to a World's Vet meet, but he had been burning European tracks for years. The Dutchman lived up to his reputation, winning the 800 in a near-WR 1:56.42 and the 1500 in a tactical 4:05.82.

• Iowa's Rex Harvey won his second consecutive decathlon gold medal (M40 in Eugene) with an impressive 7831 points, the second-best decathlon performance among all age groups.

• Ireland's John Buckley (1500, 5000, 31:30.42) and Finland's Eero Heman (walks) were the only other double winners in this tough bracket.

• Joe Johnson edged Thad Bell for the 200 gold (23.39) and the 100 silver, while Fred Johnston capped silver in the 110H.

• The Soviet's Mark Gelnov upped the high-jump WR to 1.92 (6-3 1/4).

**M50**
New Zealand's Ron Robertson was anointed the meet's unofficial outstanding athlete of the meet by some spectators after his incredible 10,000 victory over Mexico's Antonio Villanueva. Both men broke Les Presland's world mark of 31:59.6 by nearly a minute. Robertson pulled away to win in 31:01.90, with Villanueva only three seconds behind. Robertson added a WR in the steeplechase (9:43.97) and beat Presland and Oregon's Mike Heffernan in the 10K cross-country.

• Sans Robertson, Villanueva came back to set a WR of 14:55.60 in the 5000, taking an astonishing 36 seconds off Alain Moun's 20-year-old record.

• Germany's Klaus Liedtke set a shot WR of 18.45 (60-6 1/4) and hurled the discus 60.90 (199-9 1/4), close to Al Oerter's world mark.

• Australia's Reg Austin, at age 54, won the 100 (11.88), and 200 (23.55) and 400 (53.63). Look for some M55 records to fall next year. Austin is one of two athletes to win a gold medal in all nine World Veterans Championships. (Jim Vernon is the other.)

• Brazil's Nelson Gomes da Silva, second to Alan Bradford in Eugene's 800, bested Ireland's Frank Hearns in the two-lapper in 2:02.86. He came back to annex the 1500 in 4:18.33.

• U.S. gold medalists were Charlie Miller (100H, 1:50.02), John Dobroth (HJ, 1:78.5-10), and Jerry Dyes (JT, 59.52/195-3). Wally Sokolowski took second in the pole vault.

• Germany's Dieter Zschiesche won both walks.

• Colorado's Hugo Hartenstein was in perfect form, winning the 100 (11.90) and 200 (24.25). He won a third gold by besting all other 100m division winners in the WAVA Age-Graded 100, where each run-

Continued on page 7

Local dancers perform for the athletes at the opening ceremonies in Turku. Photo by Fred Niedermeyer

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National Masters News

September, 1991

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NATIONALS

My Naperville experience was the best I've had at a masters meet. I renewed friendships with competitors I often only at national championships. I also met several new friends I hope to see each year. I laughed more during those six days than I have for a long time.

My biggest disappointment was that I did not get the roommate I requested on the dorm application — Debbie Anderson.

Hugh Adams
Clovis, California

I think that Jerry Dyes' 64.38 M50 throw at the Nationals should have gotten little ink. It was a tremendous effort, and within four feet of the world record.

He has my vote for best performance of the year.

Larry Stuart
Lake Forest, California

At the risk of being labeled a chronic complainer, I must comment on the National Championship 5K race held July 5th at Naperville. After completing the race, I was missed by the finishing line officials. I needed the corroboration of my fellow competitors to prove I was indeed in the race and finished first in my age group. I was given first position with no time because the Accutrack was not working.

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Five Years Ago
September, 1986

- 19th Nationals Draw 761 to New York City
- Canadian Chris McCubbins (30:49) and England's Priscilla Welch (34:27) Finish as Top Masters in Asbury Park 10K
- Boo Morcom Sets PV WR (12:41) for M65s in Brown University Meet
- Rex Harvey, 40, Wins National Decathlon With 6262 Points

Hugh Adams, first in the M50 400H (61.53), National Masters T&F Championships, Naperville, Ill., July 4-7. Photo by Jerry Wojcik

American patch, but only "winners" were worthy of your coverage. I consider that shallow reporting.

Warren Doscher
Largo, Florida

"We personally went to Syracuse to cover the meet and were given the results of the 100 and 1500, but nothing else, despite several requests. We managed to learn the winners of the other events by calling the AT&T hotline, which gave marks of the winners only. We've again requested the complete results, and hope to publish them next month." — Ed.

DATES OF 1992 NATIONALS

Whoever sets the dates of August 6-9 for next year's National Masters T&F Championships forgot to do their homework. That's the weekend of the Olympic Games.

I can't believe the organizers want to force me to choose between these two events.

Why not move to Nationals to the following weekend? That way, the people who attend will be psyched up after a week of thrilling competition in Barcelona.

Stan Chraminski
Seattle, Washington

(Your suggestion is well taken. An effort is being made to see if the meet can be switched. We'll have an answer next month. — Ed.)

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.
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THE LARGEST PRODUCER OF ALUMINUM NAILS IN THE WORLD.
Quoting The Masters Of The Masters

Over the past dozen years, I have had the opportunity to interview many of the best masters distance runners in the world. Here are some of the things they have had to say (age of runner and year of quote in parenthesis).

- “You don’t have to have a burning desire. If you just hang in there, it’ll come back. It’s really tough to get back, though, especially when you’ve put those extra pounds on. It takes quite a bit of time. The most important ingredient is patience.” — Jim O’Neill (63, 1989), who ran a 34:27 road 10K at age 60.

- “I wish I had known what hard training does for your performance when I first took on athletics.” — John Gilmour (68, 1987), holder of many world records from age 55 thru 70+, including a 4:57.1 mile at age 61.

- “I don’t really enjoy racing at a slower standard; even if that standard is recognized as an age record.” — Jack Foster (50, 1982), twice an Olympic marathoner after turning 40.

- “I began to realize around 1987 that I didn’t need to do that much (170 miles a week). I was working 12 or 14 hours a day and never felt fresh. Now, I’m more rested, more balanced (130-140 miles).” — John Campbell (41, 1990), after breaking Jack Foster’s masters marathon record with a 2:11:04 at Boston.

- “I lived in the country when I was a child and we didn’t have a car. So I did a lot of walking and cycling. My diet has always been a good one, mostly fresh foods. Perhaps it’s because I haven’t had much athletic experience and haven’t messed up my muscles around. Maybe my legs are still young.” — Priscilla Welch (39, 1984), about to become embark on a masters career that would include a 2:26:51 women’s masters record.

- “I thought once I did less mileage I’d get fewer injuries. But I still get them. I had a hamstring pull last May, and I seem to have an injury of some sort every year. Maybe it’s age; I don’t know. I try not to worry about my age, although I do know that it takes longer to recover now — especially from races and track sessions.” — Joyce Smith (49, 1986), first masters woman to break 2:30 in marathon.

- “I think age is an individual thing.

If you have a young mind, it helps.” — Kjell-Erik Stahl (40, 1986) after running a 2:12:33 third fastest masters marathon.

- “I know that I cannot run as fast now as I did a few years ago, but I know this only from the race clock. When I am running, I feel just as fast.” — Piet Van Alphen (55, 1986), who ran a 2:22:14 marathon at age 52.

- “I greatly enjoy frequent races. I like the color, the excitement, the recognition, the challenge, the adventure. I like the places I run. And I like the people I can run with.” — Alex Ratelle (58, 1982), who ran a 2:30:56 marathon at age 56.

- “We used to race on the weekend and just fiddle around during the week. It’s a different world now. I quite believe the long, slow stuff you do now is a great foundation for running and is the major difference.” — Derek Turnbull (62, 1989), just before 60th performances of 2:12:62 for 800 meters and 4:28:66 for 1500 meters.

- “I didn’t return to regular exercise of any kind until 1968. Something turned on a switch inside of me that year and I started running again, beginning with about one mile at a time. After moving to Pennsylvania, I shifted most of my running to the track at a neighboring high school, at least when the weather permitted. I thought of running on the roads as something that one does only when ice, snow, or rain prevent track workouts.” — Norm Green (51, 1983), before setting most of his numerous records on the roads.

- “I seem to have hit my peak at 66. I’m finding it more difficult to maintain my times and in most distances I’ve slowed down. This discovery is a shock to my pride, but time eventually wins. I’m trying to reorganize my training to increase my body efficiency. This is the essence of running — to realize one’s potential, to get the most out of one’s physical advantages and one’s mental outlook. So age not withstanding, I mean to meet the challenge ad infinitum.” — Clive Davies (68, 1983), who ran a 2:42:49 marathon at age 66.

- “Hey, I just run because I like to run. I’ve been fortunate and have broken a couple of records, but I’m not interested in traveling all over the country just to set records. My wife and I really don’t care to travel and I like to compare my times with the records, and I’m happy with that.” — Frank Carter (70, 1987) after running a 5:32:44 mile for men 70-over.

- “Most of the top runners seem to run their best times after about ten years of serious training. I think my improvement has been from training whereas a younger runner gets stronger with age as well. Sometimes I wonder if I was 30 now and had eight good years of road running behind me what I could do. But, of course, I’ll never know. I’m running my fastest times ever now and I hope to run faster, but this is only because of the accumulation of training over several years.” — Cindy Dalrymple (40, 1982), as she was beginning a string of 75 consecutive masters victories.

- “I recognized that I had a lot of pent-up energy that wasn’t being expended. I tried swimming but that didn’t work. Then a niece suggested that I try jogging. At first, I thought it was a crazy idea, but then I invested in some tennis shoes and shorts and started out by walking stretches in the sun and running in the shade. I found that I felt better almost immediately and I’ve run just about every day since.” —

Vera, Grayson Steam in the Boilermaker

by JERRY WOCJIK


Second and third masters were Artemio Navarro, Mexico City, 46:27, $600, and Domingo Tibadulza, Reno, Nev., 47:14, $300. Two places in the masters men’s went to Barbara Flutze, Erie, Pa., 56:16, $600, and Nancy Oshier, Rush, N.Y., 56:32, $300.

Top finishers in the 50-plus categories were Fay Bradley, Washington, D.C., 53:44, $400, and Gina Faust, Woodland Hills, Calif., 65:38, $400.

Running well but out of the money were John Dugdale, Danbury, Conn., 555 winner in 56:03, and Gudrun Phillips, NYC, W55 victor with a 68:35.

Winners overall were Utah’s Ed Eystone (44:10) and England’s Jill Hunter (48:19), who collected $3000 for first place and $1000 for bettering the course record (by a full two minutes). The race, which ran every second Sunday in July, had a $25,000 total purse.

The record field was limited to 4100. There were 3646 finishers.
Turosz, Chiavelli Best in Sri Chinmoy Games

from LAHORY BRUMMELL

VICTORY FIELD, FOREST HILLS, N.Y., July 14 — With only two years of track and field competition to her credit, Polish-born Zofia Turosz, 53, swept the women’s field in the 7th annual Sri Chinmoy Masters Games to win the outstanding athlete award with 34 points. Men’s winner was Giorgio Chiavelli, 60, who totaled 20 points.

Turosz and Chiavelli were up against a highly competitive field of 130 athletes ages 45 to 84, who pushed each other to 53 meet records under warm but overcast skies.

Turosz, an established distance runner in her 40s in her native Poland, won acclaim in the U.S. after moving here five years ago, placing first in her age group in the Boston Marathon (3:23) in 1987, and Los Angeles Marathon (3:13) in 1990.

Chiavelli bases his athletic strength on a background of competitive gymnastics, but a fall from improperly secured bars three years ago prompted a switch to track and field.

The games began with a Grand March passed the viewing stand, led by

favoring a sore leg, devoted his 400 field with the long strides of a 25-year-old to win in 53.41, close to his WR of 52.6.

• U.S. athletes won nine bronze medals in this division: Pauling (400), Conner (1500), Phil Mulkey (100H, decathlon), Max Green (20K-W), Phil Conley (UT), Dave Jackson (TJ), Nick Newton (HJ), and Alan Fairbrother (SC).

• The U.S. 4x100 relay team of John Darrell, Matt Brown, Newton and Hartenstein set a new WR of 47.94.

• U.S. athletes in this division won 15 individual medals, more than any other division.

M60

• Germany’s Wilhelm Selzer broke Jack Greenwood’s 400 WR with a sensational 57.36, and added the gold in the 200.

• Italy’s Luciano Accarone set a 10,000 WR of 34:14.88, and lowered Derek Turnbull’s world M60 marathon best of 2:38:42 to 2:38.15.

• Pennsylvania’s Jim Sutton set two U.S. marks with come-from-behind wins in the 800 (2:13.98) and 1500 (4:32.09).

• Germany’s Hermann Straus won the long (5.49/18-0) and triple (13.32/40-1/4) jumps, the latter a WR.

• Indiana’s Hal Higdon, author of The Masters Running Guide, won his fourth world vets gold medal with a 7:42.08 in the 2000 steeplechase. Sixth and seemingly out of it for most of the race, Higdon ran his penultimate lap 20 seconds faster than his early laps to move to fourth. He kept the pressure on, hurling the 36-barriers over the last two laps (he had stepped over them in the early laps to save energy). He took the lead at the final water jump and drew out, raising his hand in triumph at the finish line and kissing the track (his traditional “end-zone” signature). Fellow athletes scurried to his book to re-read the chapter Continued on page 8

USA’s John Poppep goes down a few meters before the finish line in the M60 200 in Turku. Germany’s Wilhelm Selzer (373) won in 26.05, followed by Guyana’s Cliff McPherson (263), Germany’s Heniz Strickstrach (295), Finland’s Lars Ingves (150), Germany’s Manfred Jerichar (far left), and Norway’s Knut Bergesen (far right). Poppep was taken to the hospital as a precautionary measure, but was up and around the next day.

Photo by Bob Watanabe

Fourth Annual

SRI CHINMOY
MASTERS TRACK & FIELD
45 AND OVER

Sunday, September 22, 1991 • University of California, Irvine

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AID: Water, fruit and refreshments throughout day to participants.

Marilyn Mitchell 48, wins the 200 (28.22), in the 7th Annual Sri Chinmoy Masters Games, July 14, Forest Hills, N.Y. Photo by Sri Chinmoy Marathon Team

Overall winners Zofia Turosz, 53, and Giorgio Chiavelli, 60, receive their trophies from Sri Chinmoy (c) at the 7th Annual Sri Chinmoy Masters Games, July 14, Forest Hills, N.Y. Turosz and Chiavelli amassed 34 and 20 points respectively over a field of 103 competitors, ages 45-84.

Photo by Sri Chinmoy Marathon Team

USA’s John Poppep goes down a few meters before the finish line in the M60 200 in Turku. Germany’s Wilhelm Selzer (373) won in 26.05, followed by Guyana’s Cliff McPherson (263), Germany’s Heniz Strickstrach (295), Finland’s Lars Ingves (150), Germany’s Manfred Jerichar (far left), and Norway’s Knut Bergesen (far right). Poppep was taken to the hospital as a precautionary measure, but was up and around the next day.

Photo by Bob Watanabe

Fourth Annual

SRI CHINMOY
MASTERS TRACK & FIELD
45 AND OVER

Sunday, September 22, 1991 • University of California, Irvine

TAC SANCTIONED

DATE: Saturday, September 22, 1991
LOCATION: University of California, Irvine
DIRECTIONS: Take 405 (or 15) to Culver Blvd. south to Campus Drive, right on Campus Drive to Bridge Road, left on Bridge Road to parking lot #8, or 64.
DIVISION: 5 year age division.
ENTRY FEE: First event $10.00, additional events $6.00 each. Includes multi-colored t-shirt. No refunds.
DEADLINE: At entries must be postmarked no later than September 12. Complete entry form information may be phoned in or mailed by September 15. Late entries add $1.00.
AWARDS: Sri Chinmoy Race medals to first three men and women in each event and age group.
AID: Water, fruit and refreshments throughout day to participants.
MASTERS ATHLETE OF THE MONTH

Jack Greenwood

Last month, he shared Sorbothane Athlete-of-the-Month honors with Jim Law and Payton Jordan. This month, Jack Greenwood gets the honor all to himself.

At the IX WAVA World Veterans Athletics Championships in Turku, Finland, the 65-year-old Denver resident set three world M65 records and anchored the USA M65 relay teams to two more world record gold medals.

He won the 100H in 16.30 and the 400H in 45.20, a 102.8% on the masters age-graded scale. Then he avenged his defeat by Law in the 400 at the U.S. Nationals by holding off Law’s closing charge to win in 60.23.

On the meet’s closing day, he anchored the U.S. 4x100 and 4x400 teams to new world M65 marks of 30.21 and 4:49.18, respectively. For good measure, he took home a bronze medal in the 200.

Close behind Greenwood for this month’s honors were:
- Sister Marion Irvine. The 61-year-old California nun was brilliant in Turku as she won four events, setting a new M60 WR in the 10,000 (43:26.17).
- Colorado’s Hugo Hartenstein, who won three gold medals in Turku; the 100 (11.90), 200 (24.25) and the prestigious age-graded 100, where he bested all other 100m winners in 10.55.
- Pennsylvania’s Jim Sutton, who set two U.S. records in the M60 800 (2:13.98) and 1500 (4:32.09).
- Ken Popejoy, 40, of Illinois, who won the M40 1500 in Turku in a tactical 4:02.53.
- Iowa’s Rex Harvey, 45, who won his second consecutive world decathlon gold medal by defeating some very tough European competitors.
- California’s Jim Lytjen, who slashed seven seconds off of a 14-year-old WR with a sensational 2:27.57 in the M70 800 in Turku.
- Warren Utes, 71, of Illinois, who defeated the great John Gilmour in Turku and took Gilmour’s 10,000 M70WR away with a fast 38:23.69. He added a WR of 18:43.61 in the 5000.
- Colorado’s Visha Sedlak, 42, who again broke her own world masters 5K racewalk record with a come-from-behind 24:17.2 in Finland. She later won the 10K road walk in 50:14.

Sorbothane produces lightweight, shock absorbing air-influenced insoles

WHAT WAS YOUR FAVORITE WORLD GAMES?

If you have competed in three or more of the nine WAVA World Veterans Athletics Championships, pick out the ones where you had the best time and let us know.

Below are the nine sites and years. Mark your favorite No. 1, your next best No. 2, and so on. We’ll tally the results, based on a 10-8-7-6-5-4-3-2-1 scoring system and announce the results in a future issue.

1. 1975 Toronto, Canada
2. 1977 Göteborg, Sweden
3. 1979 Hannover, Germany
4. 1981 Christchurch, New Zealand
5. 1983 San Juan, Puerto Rico
6. 1985 Rome, Italy
7. 1987 Melbourne, Australia
8. 1989 Eugene, USA
9. 1991 Turku, Finland

Comments

Optional:
Name
Address
City State Zip Country

Mail to: NNN World Games Poll, PO Box 2372, Van Nuys CA 91404, USA.

WHAT WAS YOUR FAVORITE WORLD GAMES?

102 World Records Set in Turku

Continued from page 1

on “How to Peak,” since an exhausted Higdon had virtually climbed the final barriers in winning the U.S. title on July 7 in a time 30 seconds slower than his Turku effort.

* Other U.S. gold medalists were Bud Held (JT, 54.02/177-3), Jim Gilchrist (HJ, 1.64/5-46), and Jerry Donley (PV, 3.60/11-95).

* John Poppell took silver in the 100, and was in contention for the 200 when he leaned too soon and took a nasty fall a few meters from the finish line. Hitting his head on the track, Poppell was reportedly unconscious for a few minutes. As a precaution, medics took him to the hospital but he was up and about shortly thereafter.

* Michigan’s Chuck Sochor took a third in the 400 behind Setzer and England’s Keith Whitaker, while Del Pickarts got second in the javelin.

M65

* Colorado’s Jack Greenwood dominated his new division, setting three world records in the 400 (60.22), 100H (16.30), and 300H (45.20), and adding a bronze in the 200.

* His arch-rival, Jim Law of North Carolina, who had defeated Greenwood in the 200 and 400 at the U.S. nationals, settled for three seconds in the 100, 200 and 400.

* Germany’s Hugo Schlage impressed with wins in the 100 (12.92) and 200 (26.06).

* Double winners included Finland’s Pentti Saarikoski in the discus (49.92) and hammer (51.76WR); and Finland’s Matti Jarvinen in the long (53.22) and triple (11.11WR) jumps.

* Sweden’s Rune Bergman won three golds: 5000 (17:46.12), 10,000 (37:17.75), and CC (38:37).

* U.S. gold medalists were Joe King (1500, 4:56.31AR) and Bob Mimm (20K-W, 1:35:52). Mimm also took the 5K-W bronze. Other U.S. bronze medal winners were Fred Hisirikoma (100H) and Archie Messenger (800).

* Both U.S. relay teams won. The 4x100 team of Bob Watanabe, Mel Larsen, Greenwood, and Law set a new world standard of 40.21, narrowly edging Germany (30.75). The 4x400 squad of Greenwood, Law, Oscar Harris, and Rudy Valentine squeaked by the Germans, 4:19.18 to 4:19.23, in perhaps the meet’s most exciting relay finish.
102 World Records Set in Turku

Continued from page 8

M70
• Norway's Gudmund Skrøverik set WRs in the LJ (4.98/16-4), and TJ (10.17/33-4½), and had the most points of any decathlete in the meet (8408).
• California's Jim Lytjen slashed seven seconds off Monty Montgomery’s 14-year-old world 800 standard with a 2:27-57. Lytjen also won the 1500 in a U.S. record 5:14-97.
• Warren Utes of Illinois upset Australia's legendary John Gilmour in the 10,000, breaking Gilmour's WR by 26 seconds with a fast 38:23-69. Two days later, Utes set a WR in a 5000 heat in 18:43-61. But he apparently pulled a hamstring in the stretch of the 800 finals and was out of the meet.
• In the 5000 final, Gilmour had things his own way and cruised to an easy win in 19:07-25. The next day, he won the 10K-CC in 41:11, and added a bronze in the 1500.
• Australia's Bernie Hogan, who had announced his retirement from the sport,

Continued on page 10

Australia's Reg Austin with his signature victory arm-raising in the M50 200 in Turku. From left: Oregon's Joe Theilman (8th, 25-32); Finland's Martti Rikkinen (6th, 25-11); Ohio's Harry Toller (5th, 24-75); Finland's Jorma Ehrstrom (2nd, 23-65); Austin (1st, 23-55); Germany's Peter Nitschke (4th, 24-62); Trinidad's Oswald Rogers (3rd, 24-62); Germany's Kurt Pientka (7th, 23-16).

Photo by Bob Watanabe

Japan, Singapore Chosen to Host X and XI WAVA World Veterans Championships

The city of Miyazaki, Japan was chosen to host the X WAVA World Veterans Championships in 1993, while the city-state of Singapore was selected to stage the 1995 event.

The sites were chosen by delegates to the WAVA General Assembly on July 24 in Turku.

Seventeen meet and government officials from Japan came to Turku to present the bid on behalf of the Nippon Masters and the government of the prefecture (state) of Miyazaki. The event will be held in August, 1993. The Japanese are skilled in the staging of track meets and road races, and will roll out the red carpet for the world's veteran athletes. Japan was the only bidder for the 1993 event.

Under WAVA's new policy of choosing a site four years in advance, Singapore presented the only bid for the 1995 meet. A motion to postpone a decision until 1993 was rejected, 38-21. Singapore intends to hold the meet in mid-June.

1991 TAC/USA NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

E.P. "Tom" Sawyer State Park
Louisville, Kentucky
Saturday, October 26, 1991
1200 P.M. EDT

Hosted by Victory Athletic Club
Masoe-Dixon Athletic Club
Metro Parks Track Club

MEN AND WOMEN'S CHAMPIONSHIP COMPETITIONS
INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 55-
TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70-
OPEN 5K RACE AT 11:00 A.M. EDT

AIRCANE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms: Masters Cross-Country Championships
1879 Douglass Blvd.
Louisville, Kentucky 40205

Information:
Gil Clark (502)245-8100
Bob Ulrich (502)595-6822 evenings
Reflections on an Election

So the year-long battle between Cesare Beccalli and Alastair Lynn came to an end on July 24 in Turku with the former winning, 35-49, with two votes going to Fernando Ferreira. Ninety-two WAVA delegates (from a potential of 114 worldwide) plus 14 Council members voted.

Was the long controversy worthwhile? Was this more than a battle between two strong-willed candidates?

The answer is that it was probably inevitable in the development of WAVA.

WAVA consists of traditional athletic associations - most notably in Europe but also in other parts of the world, and also of more free-wheeling associations. The latter are independent of traditional athletic attitudes and are rather difficult to control WAVA's activities, fundamental decisions had to be made.

This is why Lynn threw his hat into the ring. As a long-time competitor and administrator, he felt that, with his veteran experience at the national level and with eight successful years on the WAVA Council, he could be a good candidate for WAVA's different groups. Events proved him to be almost, but not quite, right.

The decision, however, was not the only important event. The WAVA General Assembly which finally made the decision on drug-testing in Veterans athletic.

Second, Lynn was adamant that in a conflict over which association in a given country would be the WAVA affiliate, WAVA should make the final decision, not the IAAF. The IAAF Veterans Committee (supported by Beccalli) wanted drug testing introduced in Turku. Lynn resisted this throughout his campaign. A few weeks before Turku the IAAF and Beccalli accepted his point of view. So, as Lynn had wished, it was the WAVA General Assembly which finally made the decision on drug-testing in Veterans athletics.

Q. Would you run again for President?
A. "Very unlikely. The commitment of time, the expense and the degree of stress are very considerable."

Q. Finally, if you could have foreseen something of the future when you decided to run would you still have decided to be a candidate?
A. "A very short answer to this one...YES!"

102 World Records Set in Turku

Continued from page 9

The scoreboard at the Turku Stadium flashed entries and results within three minutes after the event.

(M80)
*Three men dominated this division: Finland's Ahlu Pajunen captured six golds (100, 200, 800, PV, LJ, TJ); Maryland's Ed Benham garnered five (800, 1500, 5000, 10,000, CC); and Finland's Otto Renvall won three (SP-WR, DT-WR, HT).*

*California's Chick Dalehnen took home three silvers behind Benham in the 1500.*

*Marathoners run by the Aura River in Turku. From left: Finland's Karl-Eric Westman, 45; Germany's Hans Zippel (2nd M60 in 2:48:22); Greece's Panayotis Skoulis (7th M55 in 2:56:22).*

Photo by Bob Watanabe
### PENDING NEW WORLD RECORDS SET IN IX WAWA WORLD VETERANS CHAMPIONSHIPS IN TURKIN, FINLAND - JULY 18-28, 1991

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### ADDITIONAL U.S. RECORDS SET IN IX WAWA WORLD VETERANS CHAMPIONSHIPS IN TURKIN, FINLAND - JULY 18-28, 1991

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### RESULTS

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<td>17.76</td>
<td>Buell Crane</td>
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Calluses

Q. I'm a 53-year-old runner who's very prone to getting calluses. Should I be concerned about this or just ignore it as I always have? Also, a friend of mine said that I might not have calluses at all. Instead, he suggested they might be plantar warts. How can I tell the difference?

A. Calluses are thought to be part of the body's natural protective system, a defense mechanism against pressure trauma and friction. They are usually caused by ill-fitting shoes or an abnormal walking or running pattern.

Plantar warts appear as a small, raised lesion with tiny, black centers. They are quite painful when pinched, and can be differentiated from corns or calluses by simply shaving off the top lesion. If it bleeds, it's a wart.

Calluses, on the other hand, are diffuse thickenings of the outer layers of skin. Usually they are shallow growths that are not the result of trauma of shear forces. Callus formation most often occurs under the ball of the foot or under the heel. In chronic cases, calluses have been superimposed over corns, creating a very painful environment.

Obviously calluses can be eliminated by wearing properly-fitted shoes or using orthotic inserts to correct an unusual walking or running pattern.

Calluses can also be treated by shaving off the outer thick layers with a callus plane and applying topical ointments to soften the skin. For long distance runners, I suggest applying vaseline to the balls of the feet and toes prior to marathons or long runs, and advocate the use of a sock that has a high degree of cotton construction.

(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, MMN, Box 2372, Van Nuys, CA 91404.)

102 World Records Set in Turku

Continued from page 10

The USA's W35 4x400 relay quartet, from left: Jody Murray, Jacqueline Hansen, Kathy Holmstrom, and Irene Thompson.

5000, and 10,000.
• Virgil McIntyre won the HJ and took second in the 400, while LaGrand Nielsen (800) and Dick Lacey (HJ) picked up bronze medals.

M85
• Germany's Alfred Althaus garnered the 1500, 5000 and 10,000.
• New York's Conrad Boas captured the LJ (1.91-6.3) and TJ (4.60-15.1). He added a silver in the 200 and a bronze in the 100.

San Diego's Willard Benton picked up five medals: silvers in the 400, 5000, and 10,000; and bronzes in the 200 and 800.

• Bakersfield's Sing Lum took a silver in the 100.

M90
• India's Murthy Narayana was the star of this division with WRs in the 200 (44.77) and 400 (1:59.76). He also won the 100 (21.44), 800 (5:01.38) and 1500 (10:02.21).

• California's Paul Spangler chased Narayana in four events, but won three uncontested races in the 5000, 10,000 and cross-country for a maximum total of seven medals.

• Idaho's Buell Crane won the HJ (.94), LJ (2.39), TJ (4.64) and DT (17.76).

M95
• India's Joginder Singh was the darling of the media with incredible performances in the 100, shot, discus and javelin. His marks were so good, officials requested further confirmation of his age.

Germany's Herman Strauss wins the M60 long jump in a WR 12.33 (40.5½) in Turku.

Photo by Bob Watanabe

Finals of the M70 200 in Turku. From left: USA's Ed Matthews (3rd, 29.07); Australia's Bernie Hogan (1st, 28.61); Italy's Bruno Sobrero (4th, 29.29). Photo by Bob Watanabe

California's Joan Stratton displays her gold medal and red-nosed Finnish mascot after winning the W35 hammer in 39.10 (128-3).

• Herb Kirk won the 800 and 5000 and took second in the 200.

W35
• Britain's Sally Young impressed in this bracket with wins in the 800 (2:15.69), 1500 (4:33.14) and 5000 (16:53.01).
• Australia's Desley Spencer upset defending champ Jacqueline Apavou in the 100 (12.53), but Apavou evened the score in the 200 (25.55) and won the LJ (5.60-18-4½).

• Californians Joan Stratton (HT, 39.10-128-3) and Karin Smith (JT, 57.94/190-1) won golds over tough European competition.

W40
• Colorado's Viisha Sedlak set a new world 5K walk mark of 18:18, overtaking Australia's Heather McDonald with three laps to go. Sedlak also won the 20K-W (50:14).

• Atlanta's Phil Raschke won the only other U.S. medals in this division, with a winning pole vault (2.90-9-6) and a 100 silver. Raschke broke down near the finish of her 800 race, and was whisked off the track in record time by a bevy of medical personnel. She was out of the meet, and underwent arthroscope surgery when she got home.

• Australia's Judy Daly repeated her Eugene wins in the 800 (2:15.66) and 1500 (4:37.43). Continued on page 13
### OUTSTANDING ATHLETES IN IWW VETERANS CHAMPIONSHIPS

(As selected by the staff of the National Masters News)

<table>
<thead>
<tr>
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### Soviet Training Device Improves Running Speed and Technique

The Speed Charge is a training device developed and used in the USSR. It is the first and only training device to improve speed while making significant gains in technique. Research has shown that using the Speed Charge in training can result in significant gains such as running with weighted belts, sprinting on snow, training on ski lifts, and others.

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- **Energizing sprinting technique**
- **Improves running forward by adding different strategies and conditions.**
- **The Speed Charge can improve an athlete’s running style and training efficiency.**
- **Can improve running times through speed and strength in different conditions.**

**Using the Speed Charge helps to improve:**
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- Speed endurance
- Power

**Speed Charge is especially effective for developing speed in football, basketball, tennis, jumping events, cross-country, running, and others.**

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### New Zealand's Maurice Hinton (left) and Maryland's Tom Sheehan battle in the M50 Cross-Country in Raisio, Finland. Starting up the hill is Australia's David Palm.
**U.S. MEDAL WINNERS IN IX WAVA WORLD VETERANS CHAMPIONSHIPS IN TURKU, FINLAND — JULY 18-28, 1991**

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</table>

Division winners of each 100-meter race competed in the Special WAV-G bowed 100. From left: Kageku Kajb (M45, JPN), Hugo Schigel (M65, GER), Berni Egger (M70, SUI), and Hugo Hartenstein (M55, USA), who won the race in 10.55.

**USA Bronze medal winners in the W50 4x400 relay, from left: Jeannie Hoagland, Yvette Lavigne, Marti Thelman, Madeline Bost.**

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**5000 Athletes Triumph In IX World Championships**

Continued from page 11.

Under the professional direction of Pekka Paakinen, the meet ran flawlessly. Wind readings were immediately published on every sprint and jumping event. The automatic timer never faltered. Spectators could easily follow field-event action by watching the electronic displays at each competition.

Okay, so it wasn’t Eugene. The emotion and the excitement of the 1989 Championships were lacking in Turku. The stands were not jammed with thousands of cheering, clapping spectators, as they were in Eugene.

The citizenry of Turku barely seemed to notice the Games were in town. As in most masters meets, most of the spectators in the stands seemed to be other athletes. (However, Sten-Olaf Hansen, the capable managing director of the Games, said that 5000 tickets had been sold during the week to local fans.)
### U.S. MEDAL WINNERS IN IX WAVA WORLD VETERANS CHAMPIONSHIPS - TURKU

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<th>Gold Silt</th>
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- W35 | 2 | 0 | 0 | 2 |
- W40 | 3 | 1 | 0 | 4 |
- W45 | 0 | 4 | 2 | 6 |
- W50 | 1 | 1 | 1 | 2 |
- W55 | 2 | 3 | 0 | 5 |
- W60 | 7 | 5 | 1 | 13 |
- W65 | 2 | 3 | 4 | 11 |
- W70 | 1 | 4 | 2 | 7 |
- W75 | 0 | 6 | 0 | 6 |
- W80 | 3 | 1 | 2 | 6 |
| Tot. | 23 | 27 | 12 | 62 |

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<td>Masters Age Records</td>
<td>Men's and women's world and U.S. age bets for all track &amp; field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1990. 48 pages. Lists name, age, state and date of record. Compiled by Peter Muddle, WAVA and TAC Masters T&amp;F Records Chairman.</td>
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<tr>
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<td>Single-age factors and standards from age 21 to 90 for men and women for every common track &amp; field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990.</td>
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<td>Masters 5-Year Age-Group Records</td>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more.</td>
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<tr>
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| City | State | Zip |
5000 Athletes Triumph in IX World Championships

Continued from page 14

Because three widely-separated tracks were used instead of two (as in Eugene in 1989 and in Melbourne in 1987), the action was spread out. Many events were thus run simultaneously, so much of the action was missed by even the most dedicated observer. Except for one last-minute switch, none of the distance events were held in the main stadium. And a trip to the secondary venues took up an hour each way.

With most of the announcing in Finnish or in broken English, non-Finnish had to rely on the scoreboard to keep track of what was going on. Many outstanding athletes and former Olympians — such as Tatjana Kazankina of the Soviet Union — went unnoticed by the fans.

But the good far outweighed the bad. Participants enjoyed the camaraderie of their fellow athletes. The main stadium was ringed with a refreshment tent and soft-drink stands. A small wooden structure was constructed the day before the competition and served as a post office. Competitors enjoyed free massages in the four-story school building next to the track which served as the registration, meeting and press areas.

Continued on page 17

Soviet athletes sing Russian folk songs during the 5K race walk at Raisio.
Beccalli Re-Elected President of WAVA

At a 10-hour session of the WAVA General Assembly in Turku on July 24, Cesare Beccalli of Italy was re-elected President in a close vote by the 106 delegates in attendance.

Of the original five candidates, Owen Flaherty of England and Santokh Singh of India withdrew during their two-minute speeches. The final secret vote was: Beccalli 55, Canada’s Alastair Lynn 49, Portugal’s Fernando Ferreira 2.

In other elections:
- Bob Fine of the USA was re-elected Executive Vice-President, 72-34, over Chile’s Jorge Alzamora.
- England’s Bill Taylor was re-elected Stadia Vice-President with 63 votes to 33 for Vadim Marshov of the Soviet Union and 10 for India’s V. Suryanarayana.
- Torsten Carlius of Sweden was chosen Secretary, 68-40, over David Pain of the USA.
- Al Sheahan of the USA was re-elected Treasurer, 83-25, over Pirkko Martin of Finland.
- Jacques Serruys of Belgium ran unopposed for Non-Stadia Vice-President.

In open voting on Constitutional Amendments:
1. A motion by Australia to lower the minimum age for men from 40 to 35 was rejected, 19-84.
2. A motion to raise the minimum age for women from 35 to 40 was withdrawn by the USA.
3. A motion from the floor to increase the maximum amount of delegates per country from five to seven was rejected, 25-75.
4. A motion by Germany, Italy, Norway, Sweden, and Uruguay to include regional participation in the delegate-selection process was postponed, 79-18.
5. A proposal by the USA to let the General Assembly, rather than the Council, decide the amount of athletes’ fees, was turned down, 43-63.
6. A motion by India to elect officers for four years, rather than two, was defeated, 46-56.
7. A motion to have a secret vote on a proposal to add an IAAF member to the WAVA Council lost, 34-61.
   a. A motion to include an IAAF member as a non-voting member on the Council was ruled out of order by the Chair; his ruling was challenged, but affirmed, 52-43.
   b. The main motion by Germany, Italy, Norway, Sweden, and Uruguay to approve an IAAF voting member on the Council passed, 61-21.
8. A motion by the same five countries to limit the Council term of the past-president to two years was accepted, 83-10.
9. A motion to mandate that Council members be active competitors was withdrawn by Singapore.
10. A proposal by Germany, Italy, Norway, Sweden, and Uruguay to use the same regional groupings as the IAAF passed, 77-15.
11. In a secret vote, a motion by Italy, Norway, Sweden, and Uruguay to give both WAVA and the IAAF veto power over transferring an affiliate from one region to another tied, 48-48. The Chair broke the tie in favor of the motion.
12. A comprehensive proposal by Germany, Italy, Norway, Sweden, and Uruguay to give the Council the authority to waive affiliate fees and to give the IAAF more influence in determining WAVA affiliates was approved, 55-29.
13. A motion to let the IAAF and WAVA jointly decide on affiliate disputes was withdrawn by Uruguay.
14. A motion by Germany, Italy, Norway, Sweden, and Uruguay to let the IAAF make the final decision on affiliate disputes was amended by the proposers to let WAVA make the final decision. Passed, 67-30.
15. A proposal by Germany, Italy, Norway, Sweden, and Uruguay to eliminate Section 15 of the Constitution was approved, 78-4.

In open voting on changes to the by-laws:
1. A motion by Germany to base competition on the year of birth, rather than on the current date of birth, was narrowly rejected, 44-47.
2. A motion by New Zealand that in preliminary rounds, athletes who fail the first and second placers shall automatically qualify for the next round passed on a voice vote.
3. A motion by Germany to limit the decathlon to M55 and below, and the heptathlon to W50 and below, was rejected by voice vote.
4. A motion by New Zealand to mandate identifiable uniforms for any athlete on a team passed by voice vote.
5. A motion by New Zealand that only registered members of WAVA affiliates shall be eligible for world records passed, 66-27.

A proposal by Canada to reduce the weights of the M80 and M80 plus throwing events was rejected, 24-57.
7. A motion to change the spacing in the W50 and M70 and 80H from 7m to 8m was withdrawn by Canada.
8. A motion by Indonesia to change the height of the javelin for M50/M55 from 800 grams to 700 grams was defeated, 14-68.
9. A motion by Germany, Italy, Norway, Sweden, and Uruguay to change the procedure for obtaining a Council nomination passed, 91-0.
10. A motion by Chile to give subsidies for regional delegates the right to vote at Council Meetings and in the General Assembly passed, 75-10.
11. An amended proposal that "Random drug testing of athletes shall be sanctioned before or at the World Veterans Championships" passed, 83-6.
12. A proposal to insert "and drug testing" in a section of the by-laws was withdrawn by Norway.

5000 Athletes Triumph In IX World Championships

Continued from page 16

As always, it was astonishing that over 5000 individuals from all walks of life would each make separate decisions to travel to one central spot to compete against others on their own age. The scope of the event was enormous. There were 110 heats, semi-finals and finals in the 100-meter dash. There were 1,253 event entries. The marathon drew nearly 1000 runners. Nearly 24% of the entrants were women.

Free bus service at 40-minute intervals was provided from the main track to the secondary tracks in the suburbs of Raisio and Kaarina. Many participants purchased a city bus pass for 50 finmarks (about $12). Most of the hotels were within a mile of the main stadium — an easy 15-minute walk by the scenic Aura River.

The opening ceremonies could not compare to Eugene, where 10,000 cheering fans welcomed the competitors. For some reason, the Turku organizers abandoned the usual tradition of athletes marching in by age groups. Instead, local dancers performed on the field while the athletes sat quietly in the stands as non-participants.

Women Reject 40 as Minimum Age

By a resounding vote of 42-1, delegates to the WAVA’s Women’s Meeting in Turku rejected a proposal to raise the minimum age for women in World Veterans Championships from 35 to 40.

Later, the U.S.S.R. delegation, which had proposed the Constitutional amendment, withdrew the amendment.

Women’s News
The Deligent Twins

TAC National Indoor Championships. In the last ten years, the meet directors of the TAC National Indoor Championships have had repeated problems providing adequate lap counting, judging, or both for the race walks. This year in Blaine, Minn., incompetent lap counting cheated Gary Null out of a gold medal and a possible American record. His story is typical.

As Gary and the other men checked in for the 3000 meter walk, it became obvious that no arrangements had been made for lap counters. Those in charge hurriedly pulled inexperienced people from the stands to help. As the race progressed, Gary was clearly ahead, but as he came to finish, he was told that he had missed a lap, and was made to walk an extra one. On examining the video of the race later, the mistake became apparent. Nonetheless, the meet director would not acknowledge the error, and Gary was not credited with his time.

TAC National Outdoor Championships. Though the Outdoor Championships have a better record with the walks, this year’s Championship in Naperville, Ill., was singularly horrendous. The 5K had inadequate lap counting as well as peculiar judging, and the 10K women’s road walk had no start line, no starting gun, and no traffic control.

Bill Hanley (Jaye, his wife W50, won the 5K walk and took 2nd in the 10K) reported: "One guy had a clipboard to keep track of all the walkers in the 5K. This involved keeping check of who had lapped whom and how many times. The only one who didn’t have to worry was Jaye. She led from the start so everything was keyed to her. The other walkers received best guesses.

"After the race, when the Chief Judge was asked about some of the DQ calls, he said that if he saw a head bob in a crowd, that it automatically meant the walker was off the ground and illegal. He said he did not need to actually see the walker lifting."

"Then there was the 10K which took place immediately after a thunder and lightning storm let up. When the ladies went onto the street to warm up, the race official announced that they had better get ready because the race was about to begin. They were informed that the starting gun was at the men’s 20K race two blocks away. Almost immediately, a gun shot was heard and the ladies took off from a general area assumed to be the starting line. None was marked.

"There also was no traffic control, and a relatively busy street crossed the middle of the course. After watching several walkers confronting Sunday drivers, I assumed the role of Naperville’s finest and began directing traffic. Only one driver ignored me and in his attempt to speed by, almost smacked a walker."

Solution: If walkers are to be encouraged to go to the TAC Indoor and Outdoor Masters Championships, there has to be some changes. From the meet director’s perspective, road walks present additional problems that regular track and field events do not. However, when a bid is submitted, it is assumed that the meet director is aware of the walks’ requirements. It is this assumption that must be discarded.

In fact, a walker seeking a record goes at his or her own risk. As a minimum solution, it would be advisable to serious competitors to make advanced inquiries about the organization of the race walks.

According to Bev La Veck, the Racewalking Rep to Masters T&F, there have been past proposals to make a short manual of the basic requirements for putting on track and road walks. With such a manual, those making bids for Masters Indoor and Outdoor Championships would be supplied with essential information and be required to include certain provisions for race walks in their bids. This would be a more general solution to current problems and accordingly, involve the RW Committee and Masters T&F working together.

The 1992 TAC Masters Outdoor Championships will be held in Spokane, Wash., and Bev has already traveled the "short 300 miles east of Seattle" to check on the preparations for the walks.

One Hour Postal Racewalk

This issue contains partial results of the Shore AC One-Hour Postal Racewalk for 1990, directed by Jerry Kass. The number of participants, who ranged in age from 8 through 85, was up from 266 in 1989 to 364. Twenty-six states and the District of Columbia were represented.

Olympian Larry Walker, M45, of Canoga Park, Calif., with 12.623m (7 miles, 1485 yards), and Joann Neldico, W45, of Sausalito, Calif., with 11.410m (7 miles, 59y), were the top masters performers.

For complete results, including open results and team scores, contact Kass, the 1991 director, at 18 Rutland Place, Easton, CT 06612. 908/542-1779.

Two Notable Achievements

Viisha Sedlak has won gold medals in the 5K and 10K walks in three consecutive World Veteran Championships (Melbourne, Eugene, and Turku). This year, her winning 5K time of 24:17.2 had an age-graded equivalent of 92.4%; her 10K time of 50:14 has an age-graded equivalent of 90.5%.

Max Green, M55, six months away from turning 60, achieved the highest age-graded score of any American walker in Turku. His 5K time of 24:23.9, had an age-graded equivalent of 92.2%, and his bronze medal winning 20K time of 1:46:34 was an age-graded 93.3%.

Colorado’s Viisha Sedlak, 42, set a new world women’s masters record of 24:17.2 in the 5000-meter walk in Finland.
### Morcom Top Scorer in National Decathlon

**from ROSS GREATHOUSE, Meet Director**

The U.S. TAC National Masters Decathlon/Heptathlon Championships were held along with the 14th Lincoln Track Club Decathlon/Heptathlon, which drew the largest field ever, 53 decathletes and four heptathletes, to Ed Weir track at the University of Nebraska, June 22-23. Forty of the male and three of the female competitors were submasters (30-39) or masters 40+, Twenty-three states were represented.

Boo Morcom, 70, topped all decathletes with a WAVA age-factored 7680, with Phil Mulkey (7139) second, and Rex Harvey (6950) third. The tightest competition came in the M35 age-group, with Jeff Watry, 35, holding off Mark Saltzman, 39, to win by 42 points with a 6447.

In the W40 division, heptathlete Phil Raschker scored 5109, with high scores in the 200 (26.61/925) and hurdles (12.88/848). Donna Ricks, W30, scored 4955.

I must say a special thanks to our many volunteers and especially those who worked long hours both days: my wife, Caryl, my son, Jay, Lynn and Sherri Lightner, Ross Gerding, Ann Ringlein, Mike Johnson, Larry Morrow, Tom Bassett, Don Shoem, Hollis Anderson, and Karen Jones. We could not be successful without the help of our good friend and great decathlete, Rex Harvey. He, his computer, and his guidance were greatly appreciated.

Thank you all for coming to Lincoln. We look forward to seeing you again.

---

### Site Still Needed for '93 Indoor Nationals

A site is still needed to host the TAC Masters 1993 National Indoor Championships, according to indoor coordinator Scott Thornsley. Thornsley has contacted numerous clubs and universities about the possibility of hosting the championships, but so far there has been no interest. While sympathetic, universities are unable to block out an entire weekend at their indoor facilities, and are unwilling to schedule an event so far in advance. Masters clubs have generally shown little interest in hosting the event, citing the financial responsibility inherent in such an event.

Clubs interested in discussing hosting the '93 National Championships should contact Scott Thornsley directly at 20 Colgate Dr., Camp Hill, PA 17011, (717) 737-2385. Bids should be turned in prior to the TAC national convention which meets in New Orleans this December.

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### Cappetta, Hagemann Nab WRs in Boston

**by FREDERICK C. TRESELER III**

The 10th Annual Reebok Boston Masters NEAC Track and Field Championships in Dedham, Mass., on July 13, provided masters with the opportunity to test themselves against great competition and terrible weather conditions. In spite of the continual precipitation, which at times developed into severe downpours, spirits remained high as the athletes ran, jumped, and threw for two world records, one U.S. record, and forty-five meet records.

Cappetta, Belmont, Mass., clocked a W55-59 world record in the "Phil Sirette" 400 with a 65.9. The old record was 66.99 in 1989 by Irene Obera. Libby Hagemann, Marion, Mass., broke the W70-74 world record for the hammer with a 72-6, and the U.S. record for the discus with a 62-8. The hammer record of 57-5 in 1989 had been held by Annchen Reile, and the discus record of 62-6 in 1981 by Edith Mendska.

In the "Jock Semple" Invitational Mile for M40-44, which was announced by 1990 winner and meet record holder Dan Frye, American record holder Al Swenson, Wolcott, Conn., won with a 4:24.4.

This year's meet was again organized by TRACS, Inc., and directed by Fred Treseler and Paige Martini. Through the support of Reebok, TRACS was able to provide each event winner with a Reebok travel bag valued at $45.

On the meet, Carl Hammen, M65 3000 winner in 11:45.3, commented, "As national and world meets for older athletes continue to grow, it becomes more and important to us to find local and regional meets where we can test ourselves in age-group competition without the necessity to spend much travel money. For those of us who believe that age alone is no reason to stop running, it is important to receive recognition for a superior performance, as an incentive to continue our training. I hope that Reebok will continue to support this type of event."
Masters Health and Fitness

by DANIEL HAMNER, M.D.

Slowing Down The Aging Process

It was my good fortune to be a participant in the IX World Veteran's Games in Finland last month. Of special note, the medical team, headed by the renowned sports medicine physician Dr. Martti Kvist, M.D. of the Sports Medical Research unit in Turku, did an outstanding job.

"There were a little more than 1000 visits from all fields coming into the medical unit," said Dr. Kvist. Out of a Veteran's Championship competition with over 5000 participants, that was still a pretty fair number, however, "not all visits were injuries," noted Dr. Sakari Orava, the physician who heads Finland's Olympic Team. The day I interviewed Drs. Kvist and Orava, there were only three serious sports-related injuries; two ruptured Achilles' tendons and one torn anterior cruciate ligament. I would suspect that the marathon event the next day saw a few more minor injuries.

"The majority of injuries came from the 50-60-year-olds," said Dr. Kvist. Both Orava and Kvist agreed that in the 60 and over group the athlete knows himself better and what can be done without injury. With over 61 nations participating, and age categories going beyond 90, the medical team in Turku was quite pleased with the successful outcome of the games.

At the World Championships, I was frequently asked how we can arrest or reverse the process of physically aging. My answer was basically that aging is a genetic-based process—with good genes you are far ahead of the game. We all know this. Next, aging is related to connective tissue damage, usually caused by unbalanced oxygen molecules. Another important factor is that real aging is not noticeable in a fit athlete until the middle to late forties.

After seeing hundreds of runners each month in my office, I've noticed that if a genetically-endowed 40-year-old keeps focused on his training, there is not much difference (even in reflex time) between him and a twenty-year-old. We are continuously seeing 40-year-olds such as John Campbell, George Foreman, Mark Spitz and many others participating in world class competition.

To be more specific, in mankind's aging process, the first change that affects our running ability is noticeable in our late 40s when there is a decrease in oxygen consumption (even with daily training). This is mainly due to decreased elasticity and thickening of the lung tissue. This lung damage is one of the primary factors that causes decreased oxygen uptake by the muscles.

Although there are additional processes going on at the same time with this decrease, let's discuss how we can combat, compensate for, and slow down this connective tissue thinning. One of the most important things we can do is daily stretching, especially those muscles that are involved in respiration, i.e., intercostals, diaphragm, accessory respiratory muscles; e.g., shoulder girdle, etc. We should be sure to get the proper amount of calcium to combat osteoporosis. Additional estrogen may be prescribed by physicians for women who need it. Hyperextension exercises are necessary to strengthen the back muscles to prevent curved backs.

We should try to avoid pollutants—no smoking, of course—and use a moderate amount of caffeine in our daily diets. And we should definitely limit our alcohol consumption. Other pollutants to avoid include fowl air, toxic chemicals and places where you're inhaling fumes. Breathing techniques, including diaphragmatic exercises, are recommended for runners along with a diet containing antioxidants such as vitamins C and E, beta carotene and others. Lastly, continue a moderate-to-heavy exercise program with daily and proper rest and recovery periods.

By the way, in the World Championships, 90-95% of all injuries reported were muscle pulls and minor tears. The 50-60-year-olds who had the most injuries seemed to "over do it." We have to learn that minor limitations do exist now that we are over 50, and we should be more careful. However, despite the limitations we are far ahead of the non-athlete in slowing down—or even reversing the aging process.
5000 Athletes Triumph In IX World Championships

Continued from page 19

however, remember there are no ‘good’ or ‘bad’ cultures — just different ones.

“We hope you have enjoyed your stay and you will return home with happy memories. You and your friends will always be warmly welcomed back to Finland and especially to Turku.”

— Al Sheehan

High Five Run

by MAURY DEAN
Masters only. Four hundred races I’ve done, but the High Five in Highland, Mich., July 6 was a fab first. With the running population orbiting the fantastic forty mark, one wonders why every other race doesn’t sport a Masters-vs.-Masters heat — at least in America’s new 0.1 distance — the 5K. Why “High Five”? It’s one of the few Michigan races over 1000 feet in elevation.

Fifty-two-year-old Dave Armstrong, race director and 5K six-minute miler, showcased the masters of the Detroit area in a three-tiered race which featured an open (Tom Carney, 30, 15:45) a women’s (Kirstie Wink, 19, 18:39) and the masters. Each race drew over 100 runners along a princely promenade. After a tantalizing taste of shade, you swoop out into the sunny, muggy, midsummer 82°F farmland.

Among faster masters, 49-year-old Doug Goodhue took it out with a 5:05 mile split, as the 40-year-old kids gasped up the nasty, little gravel hill. Perhaps three-quarters of a mile is dirt or gravel, so it’s no wimp course.

At the turnaround, our masters race slammed into a no-holds-barred pandemonium. Rich Geppi seized the lead, and Al Sheehan weaved through the pack to challenge Geppi. Lanky Don Balkwell, 44, plunged into bronze-medal territory, as Goodhue’s stumpy surge kept him in command of the M45 runners.

Age-group competition was fierce, with Sheehan vs. Balkwell (M40), Goodhue vs. this scribe (M45), and Knoll vs. Seegert (M50-59) decided by four seconds or less. Herb Seger, 55, is a Michigan masters legend. He has run two-thirds of the way from the Earth to the Moon and back in his lifetime (170,000 miles).

The women’s masters race-in-a-race was close and wide, with Nina Bavio, 45, 20:10, outshining a swift field. In the W40s, per Donna Olson (20:42), Jan Ketchin (20:55), and Maggy Zidar (20:57) battled to the finish line.

Next year, Armstrong is considering five-year age groups all the way up, and a separate women’s masters race, since the women’s race was ageless.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT., ’91

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CIRCUIT HAPPENINGS

Moving into the second half of the Sorbothane-USRAs Masters Circuit, the Rockland Half-Marathon (914-359-5425) is the fifteenth race on the circuit. On September 29, the Pittsburgh Great Race will offer $4600 of its $40,100 prize purse to runners 40 and over. Old Spaghetti Factory is getting involved with road races throughout the country. The Portland-based 27-store chain will be involved with events this fall in Nashville, Indianapolis, Honolulu, Kansas City and Cincinnati. In its third year on the Sorbothane Circuit, the Oklahoma City Mythridia Gardens 10K will be October 5. It will attract over 3000 runners (405-297-2529).

John Campbell's fall marathon. The Toronto Marathon published a $70,000 (Canadian) prize purse and an equal amount in appearance money. The accompanying 10K will feature a $5000 prize purse. For miler John Craig is race director for the Oct. 6 event. Former Sorbothane Circuit member, the Crim Road Race in Flint converted to prize money for 14 years of an appearance money race. $35,000 was divided up. Kudos to Frank Shorter for his 1972 Olympic Marathon victory being named as the greatest moment in U.S. marathon history by MasterCard.

I caught up with Bill Rodgers at the Bis-7 last month. Bill ran very little for two months due to injuries. During that time, he took a three-week trip to South Africa to serve as the commentator for the 56-mile Comrades Marathon. Boston Billy finished third at Bix before John Campbell and Indiana's Gary Romoser. Bix was to have been the long-awaited showdown between Campbell and Mexican phenom Manuel Vera. Race Director Ed Efreich heard a phone call late Friday night saying that Vera was not able to attend. Reports were circulating, however, that Vera was in Finland at the World Championships. $7000 is on the line for masters at the New Haven 20K Road Race on Labor Day. The same day in Chicago, $500 of the $12,000 Park Forest Scenic 10 mile purse for the 40+ category.

California's Laurie Binder is having a phenomenal year. She captured the Bix Road Race in a course record of 39:28. She picked up $1000 for her 52-45 15K win at the Cascade Run-Off in Portland. She also set an American Best of 27:33 for 8K at the Fujitsu Race in San Jose. She also made it three in a row at Peachtree in Atlanta, running 35:04, 23 seconds ahead of Colum- bia's Nancy Grisham. $1000 will go to the first male and female master at the Philadelphia Distance Run this month. After a year's absence due to injuries, Switzerland's Gabriele Arner was runner-up to Binder at the Bix in Iowa, ahead of Pennsyl- vania's Barb Flutize.

Artemio Navarro established a tentative world best for 15K at the Cascade Run-Off, turning in a phenomenal 44:44 nearly a minute ahead of country-mate Vera. Dom- ingo Tidabuza captured third... Three weeks later, Vera turned the tables on Navarro when they ran in an impressive 29:27, 45 seconds ahead Navarro. Dom- ingo Tidabuza, who finished third behind the duo in Cascade, repeated his bronze-medal performance at Peachtree. The three were victorious again two weeks later at the Utica Boilermaker in New York with Vera running 45:52, Navarro 46:27 and Tidabuza in 47:14. Columbia's Grayson, the subject of a feature in the September issue, captured the Boilermaker women's masters division in 55:15 with Flutize one minute behind.

Finland's Martti Vainio, who turned 40 last December, broke the 15-year-old course record at the Wabash 5K running 28:30. 88 this past summer. Vainio was the 1984 Olympic 10K medalist disqualified for a positive steroid test... Looking for a unique feature on the calendar How about the February 16 Ho Chi Minh Marathon in North Vietnam? With promoter Bob Walsh at the helm, the event will have an extensive prize money purse... October 13 is the date for the $7000 USN Stadium in Indianapolis carrying a $33,000 prize purse. No word on how much masters money, but there are few races in the Hooser State with any amount of money, so this is a noteworthy development.

This year's KAZY Marathon in Denver for allocating $30,000 of its marathon purse to masters runners... $1000 of the $15,000 prize purse at the Tulsas 10K for Masters Women on October 14 will go to masters women. A pending world best was run by Domingo Tidabuza at the Fujitsu 8K. He ran 23:43 for a just shy of 5 miles distance. The previous best was set at the Sorbothane USA Masters Circuit Championship two years ago in Naples, Florida by Mario Cuestas in 24:49. The first major championship for the 1992 Sorbothane USA Masters Circuit National Championship comes from Olympian Frank Shorter. The Championship will be held on October 1 in Orlando. Shorter will run every event and officials are anticipating another stellar field. Minimum $2500 purse is guaranteed and many of the additional Grand-Prix age division winners will be determined.

In its third year on the Sorbothane Circuit, the October 30 Tandem-Dayton River Corridor Classic Half-Marathon is consistently ranked among the Midwest's top road races. 1991 is no exception with a third of the $3000 purse dedicated to the masters athletes (513-885-4683). One of the last holdouts as an appearance money race is the Virginia 10-mile on September 20 with a $30,000 appearance budget... Nike's Mike Cook will head up the lead athletes for Reebok. Masters athletes should contact him at 617-341-5000... At my old stomping ground at Brooks, Greg Myer now heads up Athletic and Event Promotions for Brooks at 616-866-5500. Sad to see the Bristol Tennessee Autumn Chase event this month lose its prize money, but the event will still be held and convert to a 5K from a 10K... Early leader on the Circuit Rookie-of-the-Year honors is Indiana's Gary Romoser. He ran a quick 19:29 at the Steamboat 4-mile in Peoria and came back to give John Campbell all he could handle at the Buffalo 4-mile chase in 19:26. Campbell won the chase in 19:07. Priscilla Welch captured Steamboat at 19:44 while Barb Flutize led the women's chase in Buffalo, besting Nancy Osbey by 26 seconds... While in Iowa to announce the Bix last month, I had the chance to catch up with John Campbell. Campbell was being fighting injuries for about 2 months. He's been in New Zealand with his new girlfriend Katie Barta. They just bought a pub in John's hometown and they'll be running that while he travels back and forth to race in America. While there has certainly been speculation as to how much mng money Campbell is making running 28:30:88 this past summer. Campbell was being fighting injuries for about 2 months. He's been in New Zealand with his new girlfriend Katie Barta. They just bought a pub in John's hometown and...
Masters Scene

National

Pam Calvert of Ballwin, MO, should have been credited with a third W4S-49 AR in addition to those in the 400H (41.20) and TJ (19.41) at the Nationals in Naperville, IL, in July. She high jumped 4-4 3/4, erasing Shirley Smith's 4.4 of 1982. Calvert also owns the W4S indoor record (4-4 3/4), which she broke in the '91 Nationals, Blairne, MN, in March.

Marion Coffee of Austin, TX, broke the W50-54 AR for the 300 mvt with a 66.67 in the Nationals in Naperville. The old record of 68.14 was held by Tami Graf.

Fred Waybright, 43, South Charleston, WV, led his Team West Virginia to victory in the National Masters 50 Mile Championships, Columbus, OH, April 7, with a first-place 5:55:40. Hoping for a 5:50, Waybright rolled through the half-way mark in 2:38:11, but warm humid weather took its toll on the field. Virginia Farnam, 53, Columbus, claimed W4S honors with an 11:24:40, when Lynn Nutter, 44, Glencoe, IL, who finished in 10:11:51, did not report a TAC membership. First woman was Debra Moore, (38, 8:11:31) of Cincinnati.

The results of the M65 1500 in the National Senior Sports Classic (August MMN) were incorrect. Please see this month's results section for correct results.

East

Reverend Norm Green, 59, was elected President of the American Running and Fitness Association. He is currently director of the office of Planning Resources for the American Baptist National Ministries in Valley Forge, PA. Green holds numerous age group records in track and road events from 8K to the marathon. Fay Bradley, M.D., a top masters M50 runner from Washington, D.C., was elected to the group's Board of Directors.

Linda Lucas, 41, of Patchogue, Long Island, who was the overall women's winner (3:19) in the 1991 Newday Long Island Marathon, was disqualified by race officials because she was pased by her husband for the entire race. She was upon appeal, declared the winner by a jury composed of local track officials, who reasoned that the TAC pacing rule "could not be a basis of disqualification" because the race was a non-sanctioned event and had "no published terms and conditions."

Tim Smith, M40, won (3:35:34) the Montville Masters 10K, Oakdale, CT, July 7. Ernie Dumas, M40, finished second (3:44:49). Geoffrey Etherington, M60, ran an outstanding 41:23 Jan McKeown, W40, was first woman (41:27).

Gary Null shattered his M45-49 WR for the 1500 RW by 23 seconds with a 5:27.5 in the Garden State AC meet, Randolph, NJ, June 30. Jim Sutton broke Joe King's M50-59AN 1500 AR (4:46.86) with a 4:39.5. Madeleine Bost, W50, earned a good chance at a WR in the PV with a 6:27.3, after enough women's PV stats are compiled. The host Garden State AC took the team championship with a 302 total, with Shore AC second at 125.

Hector Vargas (44, 1:17:27) and Suzanne Rohr (41, 1:33:31), eighth of 227 W40 finishers, were top masters in the NYRRC Westchester Half-Marathon (White Plains to New Rochelle), June 23.

Indiana's Gary Romesser (40, 30:50) and South Carolina's Nancy Grayson each won $750 for masters firsts at the Ashbury Park, N.J. 10K August 10. Nancy Osher (43, NY, 36:12, $400) and Barbara Flutie (45, PA, 36:15) followed Grayson. Complete results next month.

Midwest

Michigan Runner magazine recently named Greg Osmun, 51, Michigan Runner of the Year. His 1990 performances included: 5K - 17:14, 8K - 27:50, 10K - 35:25, 15K - 55:16, 25K - 1:32:53 and marathon - 2:46.05. He set PR's in three events and was first masters finisher in four races. Osmun was also the Grand Rapids (MI) track club Runner of the Year in the 50-59 age group. Other masters awarded that honor were: Mike Pershall, 40-49; Wally Yama, 60-69; Mike Smythe, W40-49; and Mary Namer, 50+.

Mid America

John Campbell notched his 43rd consecutive masters triumph and $1000 with a 35:52 in the Quad City Times Bo 7 Mile in Davenport, IA.


Dennis Reit's first-place M55 discus mark of 157-11 in the Northern Calif. Seniors results (August, p. 35) should have been 117-0.

 Northwest

Ed Lipscomb, Portland, OR, won the M40 PV with a best-of-meet 16-1, Oregon State Games, Portland, July 14.

International


Harry Lambert of Johannesburg, South Africa died on May 24 of prostate cancer. He was 69. Lambert competed several times in the U.S., winning the M55 steeplechase in the U.S. National Championships in Atlanta in 1978.

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December 7-17. 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La., TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 316-261-6050.

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 nationals 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.

December 29. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fla., Phil Patriddle, 337 SW 14th Ave., Boynton Beach, FL 33435.

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


September 21-26. River City Senior Games, Evansville, Ind. 55 +, Steve Parrow, 7 SE Seventh St., Evansville, IN 47708. 812-464-7800.


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


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


October 19. Club West Masters Meet, Santa Barbara, Calif. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805-682-9540.


CANADA


September 8. Ontario Masters Weight Pentathlon, Etobicoke, Ont., M&W-35-80+. Roman Oliszewski, 45 Wellandale Dr., Welland, Ont. L3C7C4. 416/732-9553(b); 734-9574(c).

INTERNATIONAL


September 21-22. San Juan International Meet, San Juan, Puerto Rico. PR Masters Association, P.O. Box 31300, 6th Infantry Station, Rio Piedras, PR 00929-0300. 787-5172.

October 8-20. 3rd Australian Masters Games, Brisbane, Australian Masters Games Hostline: (07) 221-1890.


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


September 26-29. North Carolina Senior Games, Raleigh. 55 +, Sr. residents only. Margot Raynor, P.O. Box 33590, Raleigh, NC 27616. 919/851-5456.

September 27-28. Georgia Golden Olympics, Atlanta. 55 +, Vicki Pilgrim, 878 Peachtree St., NE No. 102, Atlanta, GA 30309. Atlanta, GA 404/894-6558.


November 4. Golden Age Games, Sanford, Fl. 55 +. Golden Age Games, Box 1778, Sanford, FL 32772-1778. 407/330-5657.

Belgium's Gerard Van Nuffelen winning the World Veterans M55 10K Cross-Country Championships in Finland. Van Nuffelen also won the 10K track race in 33:40.67.

ON TAP FOR SEPTEMBER

TRACK AND FIELD

Trackers will descend on Greenville, S.C., for the National Masters 56-Pound Weight Championships on the 21st.

Also during the weekend of the 21st-22nd, a mini-meet (jumps and throws) is scheduled for Kings Point, N.Y.: a decathlon in Thomasville, N.C.; the Sri Chinmoy meet in Irvine, Calif.; and the San Juan International Meet in Puerto Rico. Athletes aged 55-and-older can choose from a host of senior games scheduled throughout the month.

LONG DISTANCE RUNNING

Portland, Ore., hosts the National Masters 24 Hour Championships on the 28th-29th.

Races with masters money prizes on the 2nd include the New Haven 20K, Conn., and the Park Forest Mile, Ill. Races of interest to masters on the 15th include the Chuck Life, Concord, N.H.; Philadelphia Half-Marathon, Erie, Pa.; and Minnesota Masters 15, Edina. The Great Cow Harbor 10K on Long Island and the Prefontaine 10K in Coos Bay, Oreg., are noteworthy races on the 21st. The Rockland Half-Marathon, Orangeburg, N.Y., on the 22nd is a USRA Masters Circuit event.

Options on the 29th range from the Freihofer's Women's 5K, Syracuse, N.Y., to the Great Race 10K, Pittsburgh, Pa., or the Louisiana Masters 5K, New Orleans, or the Duke City Marathon, Albuquerque, or the Portland Marathon in Oregon.

RACEWALKING

The National Masters 40K Championship returns to Crofton, N.J., on the 15th. Every weekend has an event from the 1st through the 29th in distances from the 3K through the 15K.

Franklin Park, Boston Mass. Steve Vaillons, New England AC, P.O. Box 1903 Brookline, MA 02146. 617-466-7300, or John McGrath, Boston X-C Committee, P.O. Box 252, Boston, MA 02113. 617/891-4538.

December 8. TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

EAST

September 2. New Haven 20K, New Haven, Conn. Clifford Babbitt, 5500 Club, 617-466-7300, or Bysiewicz, P.O. Box 1893, New Haven, CT 06508. 203/397-0214(b).

### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

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*Note: Qualifying times for black masters (40+) and masters (50+) are for automatic time; use standard conversion for hand time.*

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

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*Note: Qualifying times for black masters (40+) and masters (50+) are for automatic time; use standard conversion for hand time.*

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

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*Note: Qualifying times for black masters (40+) and masters (50+) are for automatic time; use standard conversion for hand time.*

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

**NAME:**

**AGE-GROUP:**

**ADDRESS:**

**SEX:**

**F:**

**ZIP:**

**CITY:**

**STATE:**

**MEET:**

**DATE OF MEET:**

**MEET SITE:**

**EVENT:**

**MARK:**

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

**CERTIFICATE**

**TAG**

**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 Masters News, P.O. Box 2372, Van Nuys, CA 91404 (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" 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.)*
U.S. MASTERS TRACK & FIELD RANKINGS
(Compiled by Jerry Wojcik, T&F Rankings Chairman)

1991 Indoor 55m/60y

M = Converted 60m time

NAME      TIME      AGE
---      ------    ----
MEN'S 20-39

WILLIAM WHITE  6.39  35
SUSAN MCGUIRE  7.69  38
GLEN HALEY  7.90  38
REN DAVIES  8.06  38
VALERIE CEBE  8.11  38
GARY WRIGHT  8.13  38
STEVE CAWAY  8.16  38

MEN'S 30-49

JON RITTS  10.03  38
KEVIN BURSCH  10.05  38
LUIS ZUMEL  10.16  38
EUGENE DUNLOP  10.20  38
DINIZ HANNAH  10.21  38
ROBERT CLARK  10.23  38
HUGO HARTMANN  10.24  38
EDWARD CARR  10.26  38
TED HARRIS  10.27  38
WILLIAM BROWN  10.28  38

MEN'S 40-59

DOROTHY MILLER  12.00  38
WILLIAM BROWN  12.01  38
JOHN LONG  12.02  38
STEVE CLAVER  12.03  38
DAVID FINCHER  12.04  38
TOM ASHBY  12.05  38

MEN'S 50-59

JOHN QUINN  12.06  38
WILLIAM BROWN  12.07  38
WILLIAM BROWN  12.08  38
JOHN LONG  12.09  38
STEVE CLAVER  12.10  38
DAVID FINCHER  12.11  38
TOM ASHBY  12.12  38

MEN'S 60-69

ROBERT CLARK  12.13  38
HUGO HARTMANN  12.14  38
EDWARD CARR  12.15  38
TED HARRIS  12.16  38
WILLIAM BROWN  12.17  38
DINIZ HANNAH  12.18  38
ROBERT CLARK  12.19  38
HUGO HARTMANN  12.20  38

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NATIONAL MASTERS NEWS
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Van Nuys, CA 91404
National Masters News

SOUTHEAST

Finger Lakes Trail 15K Ithaca, NY, July 21
1. Thomas Toledano 22:40:19
2. Seth Green 24:12
3. David Caglio 25:17
4. Herb Scagni 25:40
5. Fred Rodriguez 25:54
6. Joe Daves 32:12
7. Robertgamma 39:27
8. Dan Flay 47:38
9. Calvin Spafler 57:15
10. Antrogis Johnson 62:38

Town & Country Twilight 3K Miami, FL, July 6
1. Bill Seymour 21:57:07
2. Sharon Chong 22:57:08
3. Wayne Smith 23:16:09
4. Sue McManus 23:32:00
5. M. Chalmers 23:40:01
6. A. Sandberg 23:57:02
7. John Smith 24:14:03
8. Carlos Sanchez 24:32:04
9. Sam Brown 24:49:05
10. Jim Thompson 25:07:06

Southwest

Montville Masters 10K Cornwall, CT, July 25
1. Tim Smith 33:23
2. David Smith 33:24
3. Tim Smith 33:25
4. Tom Lee 33:26
5. Frank Jacobs 33:27
6. Lance McCloud 33:28
7. Charlie Brown 33:29
8. Bob Darr 33:30
9. Larry McDonald 33:31
10. Ron Frazee 33:32

Montville Masters 20K Cornwall, CT, July 25
1. Tim Smith 67:46
2. David Smith 67:47
3. Tim Smith 67:48
4. Tom Lee 67:49
5. Frank Jacobs 67:50
6. Lance McCloud 67:51
7. Charlie Brown 67:52
8. Bob Darr 67:53
9. Larry McDonald 67:54
10. Ron Frazee 67:55

Montville Masters 50K Cornwall, CT, July 25
1. Tim Smith 202:04
2. David Smith 202:05
3. Tim Smith 202:06
4. Tom Lee 202:07
5. Frank Jacobs 202:08
6. Lance McCloud 202:09
7. Charlie Brown 202:10
8. Bob Darr 202:11
9. Larry McDonald 202:12
10. Ron Frazee 202:13

TAC National Masters 50 Mile Championships Columbus, OH, April 7
1. Fred Wybray 5:59:30
2. Fred Wybray 5:59:31
3. Fred Wybray 5:59:32
4. Fred Wybray 5:59:33
5. Fred Wybray 5:59:34
6. Fred Wybray 5:59:35
7. Fred Wybray 5:59:36
8. Fred Wybray 5:59:37
9. Fred Wybray 5:59:38
10. Fred Wybray 5:59:39

SOUTHWEST

Finger Lakes Trail 15K Ithaca, NY, July 21
1. Tom Powers 1:31:37
2. Greg Hahn 1:31:38
3. Joe Daves 1:31:39
4. Fred Rodriguez 1:31:40
5. Herb Scagni 1:31:41
6. Fred Rodriguez 1:31:42
7. Joe Daves 1:31:43
8. Robertgamma 1:31:44
9. Dan Flay 1:31:45
10. Calvin Spafler 1:31:46

High Five Masters 5K Highland, NY, July 21
1. Rich Gage 18:47
2. Al Stevens 18:48
3. Don Rutkowsk 18:49
4. Larry St. Clair 18:50
5. Ron Hofstad 18:51
6. Herb Scagni 18:52
7. Mary Schmitz 18:53
8. Eddie Rieder 18:54
9. Andrew Myer 18:55

Midwest

Metro-Mobco Runners 5K Mt. Clemens, MI, July 24
1. Jesse Knecht 25:05
2. Maggie Davis 25:06
3. Vinutob 25:07
4. Carol Swain 25:08
5. Robertman 25:09
6. Mary Schmitz 25:10
8. Ron Hofstad 25:12

Midwest Runners 3 Mile Mt. Clemens, MI, July 24
1. Ron Hofstad 17:00
2. Carol Swain 17:01
3. Robertman 17:02
4. Mary Schmitz 17:03
5. Beverly Baker 17:04
6. Ron Hofstad 17:05
7. Carol Swain 17:06
8. Robertman 17:07
9. Mary Schmitz 17:08
10. Beverly Baker 17:09

SOUTHEAST

Strawberry Shortcut 5K/10K Greenwood Springs, CO June 16
1. Andy Sischo 16:20
2. David Gogert 16:21
3. Tim Klimish 16:22
4. Walter Shearin 16:23
5. Richard Burgess 16:24
6. Michelle Zera 16:25
7. Mike Cook 16:26
8. Tim Klimish 16:27
9. Walter Shearin 16:28
10. Richard Burgess 16:29

SOUTHEAST

Southwest

Westchester Half-Marathon White Plains to New Rochelle, NY June 23
1. Carlos Guzman 1:21:25
2. Bob Martiz 1:29:05
3. Craig Stewart 1:29:56
4. Andy Massy 2:01:18
5. Dan O’Donnell 2:01:19
6. John Nolan 2:01:20
7. Tom Haggerty 2:01:21
8. Chris White 2:01:22
9. Steve Fillman 2:01:23
10. Mike Fillman 2:01:24

Southwest

WACO, Texas

WACO 9

Continued on next page
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## National Masters News

### SHORT HURLERS

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### September, 1991

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  - Horgan
  - Henshaw
  - Egan
  - Flanagan
  - Colligan
  - Sweeney
  - O'Farrell
  - Cusack
  - Scanlon

- **Long Hurlers**
  - McQueen
  - Nolan
  - Tierney
  - McSweeney
  - O'Sullivan
  - O'Farrell
  - Cusack
  - Flanagan
  - Egan
  - Scanlon

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- **Short Hurlers**
  - Mul (10)
  - Horgan
  - Henshaw
  - Egan
  - Flanagan
  - Colligan
  - Sweeney
  - O'Farrell
  - Cusack
  - Scanlon

- **Long Hurlers**
  - McQueen
  - Nolan
  - Tierney
  - McSweeney
  - O'Sullivan
  - O'Farrell
  - Cusack
  - Flanagan
  - Egan
  - Scanlon
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National Masters News

September, 1991

M5 481000 RELAY Final

1 USA
2 CAN
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5 AUS
6 ITA
7 CAN
8 NZ


High Jump

1. Nikolai Savkin 1.98
2. Evgeni Leppanen 1.90
3. Yury Medvedev 1.89
4. Jan Huigens 1.85
5. Lev Finkelstein 1.84
6. Yuri Galitskiy 1.83
7. M. K. Shapovalov 1.81
8. Willy Hilton 1.80
9. Nikolai Ilizarov 1.80
10. Yury Biryukov 1.79

USSR

1. Konstantin Kuznetsov 1.98
2. Sergey Nizhnik 1.97
3. Alexander Kovalyov 1.96
4. Yuriy Retkun 1.95
5. Viktor Timofeev 1.94
6. Yuriy Dzhioev 1.93
7. Yuriy Shavrov 1.92
8. Yuriy Khordunov 1.91
9. Sergei Kuznetsov 1.90
10. Yuriy Morozov 1.89

Finland

1. Seppo Takala 1.90
2. Hannu Lehtinen 1.89
3. Antti Salmela 1.88
4. Petri Suominen 1.87
5. Jari Aaltonen 1.86
6. Ville Heikkila 1.85
7. Pertti Hame 1.84
8. Pertti Sahlberg 1.83
9. Harri Mikkonen 1.82
10. Jari Kontonen 1.81

Sweden

1. Hasse Englund 1.90
2. Per-Erik Sundberg 1.89
3. Bengt Nilsson 1.88
4. Ulf Ekman 1.87
5. Per-Arne Landgren 1.86
6. Jan-Olof Lindström 1.85
7. Jan-Olof Lilja 1.84
8. Kajanus Koskelo 1.83
9. Pehr Holmberg 1.82
10. Göran Lye 1.81

Ireland

1. Pat Reynolds 1.90
2. John Finnegan 1.89
3. John Lalor 1.88
4. Michael O'Brien 1.87
5. John O'Dea 1.86
6. Brendan O'Connell 1.85
7. Paudie O'Sullivan 1.84
8. Michael O'Reilly 1.83
9. Dermot Carroll 1.82
10. Martin O'Kennedy 1.81

National Masters News

High Jump

1. Nikolai Savkin 1.98
2. Evgeni Leppanen 1.90
3. Yury Medvedev 1.89
4. Jan Huigens 1.85
5. Lev Finkelstein 1.84
6. Yuri Galitskiy 1.83
7. M. K. Shapovalov 1.81
8. Willy Hilton 1.80
9. Nikolai Ilizarov 1.80
10. Yury Biryukov 1.79

USSR

1. Konstantin Kuznetsov 1.98
2. Sergey Nizhnik 1.97
3. Alexander Kovalyov 1.96
4. Yuriy Retkun 1.95
5. Viktor Timofeev 1.94
6. Yuriy Dzhioev 1.93
7. Yuriy Shavrov 1.92
8. Yuriy Khordunov 1.91
9. Sergei Kuznetsov 1.90
10. Yuriy Morozov 1.89

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Huntsman Chemical's
WORLD SENIOR GAMES

OCTOBER 14-25, 1991
ST. GEORGE, UTAH, U.S.A.
in the Heart of America's Great Southwest

People 50 years and above are invited to compete in the following sports:

- Basketball
- Biathlon
- Bowling
- Cycling
- Golf
- Horseshoes
- Racquetball
- Road Races
- Softball
- Swimming
- Table Tennis
- Tennis
- Track & Field

OFFICIAL REGISTRATION/ENTRY FORM

| Entry Deadline: September 25, 1991 |

- Name
- Participant's Signature
- Address
- City, State, Country
- Date of Birth
- Age: Male / Female
- First Sport
- Phone (work)
- Phone (home)
- Zip Code
- Admit 1 Sport (s)
- Name of Spouse (s) attending social functions, but not a sports participant

Please note that for DOUBLES and TEAM SPORTS each competitor must complete this registration form and for TEAM SPORTS must be on a team roster. All participants must sign the enclosed liability waiver and mail it in with payment, or turn it in when you pick up your registration packet at the St. George Hilton Inn.

REGISTRATION ENTRY FEE: $49.00

- Spouse / Guest Fee: $25.00
- BYU Seminar Materials: $10.00
- Lunchen - Green Valley, Oct. 16: $5.00
- Lunchen - Hilton Inn, Oct. 23: $5.00
- Band / Lt. Buffet (per person): $15.00
- Additional Sports Fees:
  - Additional Sport (s) per person: $10.00
  - Golf Greens and Cart Fees (36 Hole Tournament): $49.00
  - Social Golf Greens and Cart Fees (18 Hole Tournament): $35.00
  - Bowling (singles): $8.00
  - Bowling Fees (doubles per person): $8.00
  - Bowling Fees (team per person): $8.00
  - Racquetball (second event) person: $15.00
  - Cycling: $5.00
  - Swimming: $5.00
  - Tennis Social Mixed Doubles (per person): $10.00

TOTAL ENCLOSED

Please make check payable to: WORLD SENIOR GAMES and enclose payment together with completed Registration/Entry Form, including sports section(s) of this form and liability waiver and mail to:

WORLD SENIOR GAMES
1355 South Foothill Drive, Suite 103, Salt Lake City, Utah 84108 - (801) 583-6231

SHIRT SIZE: UNISEX

- Name of Local Newspaper:
- Address:
- City:
- State:
- Zip Code:
- Telephone:

For additional information:
WORLD SENIOR GAMES
Sylvia A. Wunderli, Exec. Dir.
1355 South Foothill Drive, Suite 103
Salt Lake City, Utah 84108
(801) 583-6231

A 20% discount for ALAMO RENT A CAR will be sent with each registration packet.

St. George Hilton Inn
Headquarters for the WORLD SENIOR GAMES

Special Travel Rates
American Airlines

American Airlines is offering a special discounted rate of 40% off their full coach fare for travel to Huntsman Chemical's World Senior Games. The special discount applies to one way/round trip coach travel and is available only through American Airlines or a travel agent. Travel to Las Vegas, NV, must be between October 13-29, 1991.