

NATIONAL MASTERS NEWS

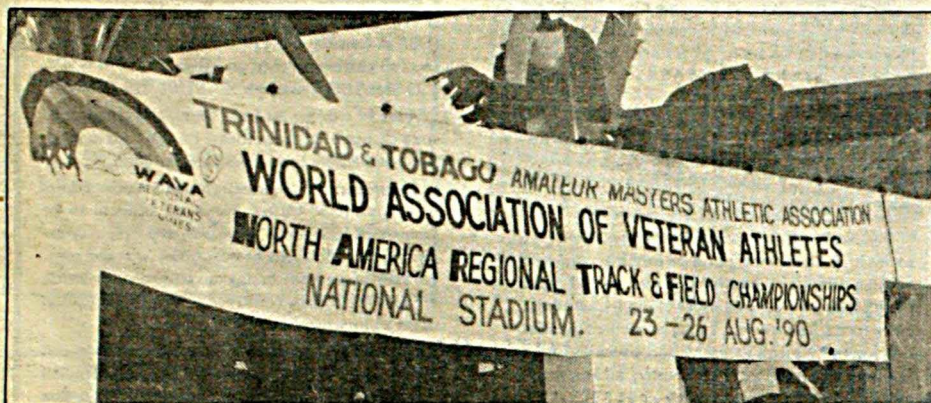
The official world and U.S. publication for Masters track & field, long distance running and race walking.

146th Issue

October, 1990

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Coup Attempt Fails to Halt North American Meet



Meet banner outside Normandie Hotel, meet headquarters, WAVA North American Regional Championships, Trinidad & Tobago, August 23-26. Photo by Linda Pain

Trinidad Meet Successful Despite Unrest

by DAVID PAIN

With such an idyllic tropical location, who would have imagined a coup attempt to take over the national government in Trinidad less than one month before the WAVA North American Track and Field championships were to take place in Port-of-Spain?

On July 27, the infamous coup attempt was made by a charismatic

religious leader and a handful of radical, Muslimeen followers. For five days the nation was held hostage as government buildings and top-level government officials were seized. But the coup lacked popular support, the hostages were released, and the aggressors meekly surrendered.

The perpetrators are now incarcerated awaiting various charges of murder, arson, illegal seizure of

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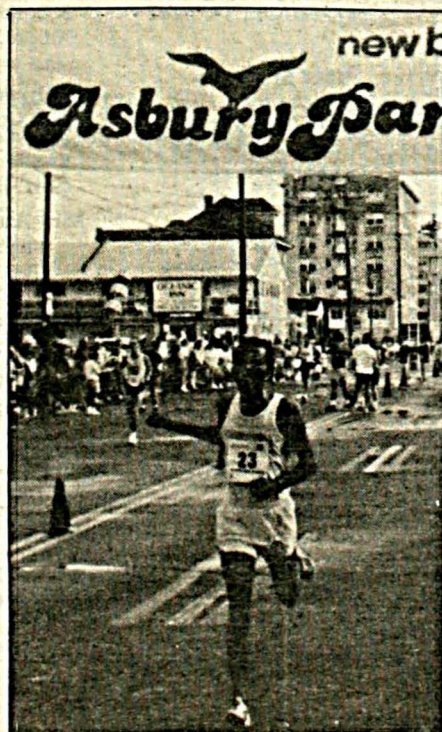
Asbury Park 10K Draws 4500

ASBURY PARK, NJ — Despite gray skies, warm temperatures, and 90% humidity, the 10th Annual Asbury Park 10K Classic got underway August 11, with 4554 entrants competing for more than \$10,000 in prize money.

The masters take alone was worth \$1,750 with most of that going to John Campbell, 41, for his first place showing. The determined New Zealander stayed among the top five runners through the first four miles of the race before finally dropping off the pace to finish seventh overall with a 29:11.9. Also turning in respectable marks were Gotham's Atlaw Belilgne (M45, 32:10), Baltimore native Anthony Grier (M40, 31:55), and Harold Nolan (M40, 32:24.8) from Navesink, N.J.

By early afternoon, most of the gray clouds had disappeared for the women's races. Erie, Pa.'s Barbara Filutze won top masters honors with a 35:46.7, good enough for 14th overall.

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Atlaw Belilgne, 45, takes first place in the M45 division with a 32:10.0 at the Asbury Park 10K Classic in Asbury Park, N.J. on August 11. Photo by Keith Quarles



New Zealand's John Campbell, 41, (left), keeps up with the lead pack in the Crim 10-mile road race in Flint, Mich., August 25. Campbell raced to a world masters best of 47:55, good for fifth place overall. Photo by Victah Sailer/Agence Shot

Campbell Conquers Crim

New Zealander Steams to a World Masters 10-Mile Best of 47:55 in Flint, Mich.

by JERRY WOJCIK

Undaunted by Midwestern heat and humidity (72° with 80%), New Zealander John Campbell, 41, showed again that he is not ready to relinquish the title of the king of masters distance runners, with an unofficial masters world best of 47:55 for 10 miles in the Bobby Crim Road Race in Flint, Mich., on August 25.

Campbell, looking strong and sensational, ran with the front pack until the 9½ mile mark, when Texan Ken Martin (31, 47:44) kicked to a lead no one could close.

Campbell's fifth-place left other notable M40+ pretenders to his throne minutes behind. Bill Rodgers, 42, of Sherborn, Mass., finished 12th overall (50:29); Domingo Tibaduiza, 40, of Reno, Nev., settled for 15th (51:01); and Wilson Waigwa, 41, of Kenya, ended up 26th (52:50).

Jim O'Neill, 52, of Holland, Ohio, with a 53:27, ran well enough to finish ahead of younger masters knowns like Pete Hallop (43, 54:31) of Ann Arbor, Mich.; Pat Monahan (45, 55:03) of Toronto, Canada; Ken Sparks (45, 55:11) of Chagrin Falls, Ohio; and Bob

Schlau (42, 55:34) of Charleston, S.C. The closest M50-and-over runner behind O'Neill was James Parker, 68, of Waterford, Mich., who finished 133rd in 59:06.

Laurie Binder, 43, of Oakland, Calif., took the W40+ race with a ninth overall 58:34. Theresa Mahr (41, 59:13) finished 11th in 59:13. Uta Pip-pig (24, 53:56) of Colorado was first.

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NATIONAL MASTERS NEWS

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



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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking 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 come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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

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Campbell Conquers Crim

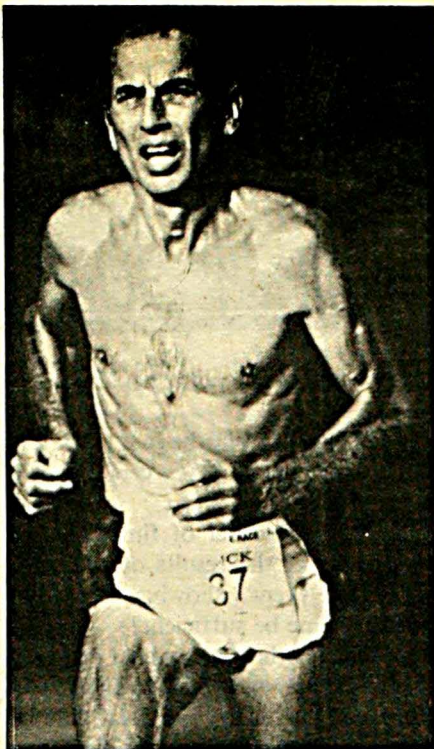
Continued from page 1

Finishers numbered 4437 of 5206 registered. In all, 10,602 runners participated in the Crim Festival of Races and Walks.

Lois M. Craig was the event director. □

Five Years Ago October, 1985

- 700 Compete in Nationals in Indianapolis
- Belilgne, Madeira Top Masters in Asbury Park
- Boo Morcom Tops U.S. Decathletes in San Diego



The "other" Jim O'Neill, 52, from Holland, Ohio, races to a 53:27 in the Crim 10-mile in Flint, Mich., to win the M50-54 division.

Photo by Victah Sailer/Agence Shot



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Margie Withrow, 64
U.S. Masters, 1989
Outdoor 1500
7th: 7:03:07

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Roy Earl, 40

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NATIONAL T&F CHAMPIONSHIPS

I would like to thank all the people who organized, directed, and worked at the 1990 Outdoor Championships in Indianapolis to make it the great meet that it was.

Despite all the obstacles, it was a real feat to run a program like this. Getting water off the track after it rained and decisions made on the spot by workers showed that the very best were there to make this meet so great.

A special thanks to the starters, who were so efficient all meet long, giving detailed instructions before each race and showing so much compassion.

I have the same glow and feeling from the 1990 Outdoor as I have for the 1989 Eugene meet.

Director, organizers, workers, thanks for a wonderful time.

Chuck Sochor
Gowen, Michigan

Throwers are usually treated like second-class citizens at most Florida meets. At one event I attended, the discus throwers had to throw off the grass of a baseball field!

That's why the Nationals in Indianapolis were such a pleasure. Although I was unhappy with my distances in the discus and shot put, the events were run superlatively. The conditions were excellent and the personnel did a terrific job.

Phil Brady
Naples, Florida

I am a longtime reader of NMN, and for the last few years I've been trying to figure out why the times in the distance events at the Nationals were so terrible in the younger age groups.

I recently turned 40 and think I've found the answer. The entry fees cost as much as an airplane ticket!

The meet organizers do not pay any expenses for the better runners and don't even provide them with a complimentary room.

Why should I waste my time — and hard-earned money — running against a weak field, and be broke after the race?

Jeff Hlinka
Brecksville, Ohio

At the National Championships in Indianapolis, I lost my wallet. Some kind and honest master runner thoughtfully returned it to the press box. The good samaritan did not leave his name so I was not able to thank him properly. Someone mentioned that they thought he was from Minnesota.

So, if you're reading this in Minnesota, you have my heartfelt thanks.

Jay N. Sponseller
Naples, Florida

ALL-AMERICAN CERTIFICATION

I am writing for information concerning All-American certification for master runners.

(1) Can a master runner qualify for certification from competing in a road race?

(2) Must the course be TAC certified?

(3) Must the event be in a track and field meet on a TAC certified 400 meter track?

(4) Will the order of finish for the road race, or the results of the track and field event, showing the competitor's time be sufficient?

(5) What other documents attesting to the competitor's time, other than name of meet, meet site, and date of event, will be required for certification?

Ray Rayl
Evansville, Indiana

(To qualify for All-American status, all that is required is that your performance must meet, or exceed, the standards for excellence in your age-group — and you must submit a copy of the results from the event in which you achieved the standard or indicate where the results have been published. If you cannot obtain a copy of the results, a letter from the race director will be sufficient. Courses do not have to be TAC-certified, and the event may be track & field, long distance running or racewalking. Currently, there are no established standards of excellence for long distance running beyond 10K. — Ed.)

KUDOS

I was certainly pleased to find that I was one of the recipients of a \$50 check from the Liberty Road & Track Club for having one of the top five field event performances in the "Masters Return To Illinois" meet at Libertyville on July 7. I have never received a cash award in 45 years of competition, and since I don't want the ghost of Avery Brundage haunting me, I am endorsing this check to the National Masters News as a sustaining contribution.

The meet was an excellent event and much thanks should be given to Craig Dean and the wonderful (and numerous) volunteer officials. Only flaw — we needed a second porta-potty.

I would also like to nominate Dick Green for the administrator-of-the-year award. He and his wife June, have contributed so much time and money to make the Illinois Grand Prix program so successful. It has provided master athletes with a fine series of competitive opportunities. We all greatly appreciate what they have done.

Richard Richardson
Decatur, Illinois

First, I want publicly to express my thanks for being named ICI U.S.

12 Join NMN Sustainers

Each month NMN publishes a list of "sustainers," those who help the National Masters News and the masters athletics program by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Our thanks this month goes to:

Harold Morioka	Surrey, B.C.
Bob Hunt	Anaheim, CA
Thomas A. Bartlett	Northfield, MA
Bill Schultz	Simi Valley, CA
Richard O. Donley	Tulsa, OK
Edward B. Curran	Vienna, VA
Leonard E. Tritsch	Portland, OR
Haig Bohigian	N. Tarrytown, NY
Richard D. Richardson	Decatur, IL
Mieczyslaw Pisz	Lisbon, NH
Bill Alman	Cupertino, CA
Jim Law	Charlotte, NC

Masters Athlete-of-the-Month. This award is especially gratifying to me since having reached the top of my age group, I had pronounced 1990 as my year to be "philosophical." ICI is to be commended for sponsoring this monthly award which, because age-grading is an important focus, significantly broadens the range of masters athletes whose performances are formally acknowledged.

Second, I want to pass on the \$100 associated with the ICI Award to NMN in support of its fine work. Masters athletics desperately needs organs like NMN in order to survive and then, to thrive.

Jim Law
Charlotte, North Carolina

L.A. TIMES EMBARRASSED

I agree that the L.A. Times should be embarrassed for printing an article about Richard Roodberg, 62, who claimed to have run 2:34 in this year's L.A. Marathon by training solely on his home exerciser (May NMN).

I challenge Roodberg to a race anywhere from 10K to a marathon. Never mind that I'm in an older age group. If he defeats me, I'll donate \$1000 to a charity of his choice. He will also receive my apology for calling him a phony. I don't expect to be hearing from him.

Jim O'Neil
San Diego, California

NATIONAL ANTHEM

I could not help responding to your remark about the singing of the National Anthem at the Nationals.

He might not have sounded that good to you, but I saw him give it his best. It sounded pretty impressive to me and to the athletes around me.

Instead of the singer butchering the National Anthem, as you wrote in your article, you might just have butchered somebody's confidence and goodwill.

Shame on you. I hope to hear him sing at many more meets to come.

Annelies Steekelenburg
Malibu, California

Continued on page 9

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The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$22. Subscribe now.

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Nieves, Morcom Top Masters at Brown

by KEN CASTRO

Some fine post-Nationals performances were recorded at the Brown University Invitational meet held in Providence, R.I., on August 12.

Angel Nieves, M40, entered 10 events and took golds in the 110H, 100, LJ, and JT. Rhode Island's Robert "Sparks" Sorlien won the M70 200 (34.0) and TJ (28-5½).

Boo Morcom, M65, long-jumped 16-8½ and pole vaulted 10-0. Ginny Bogni, W30, of Vermont scored an impressive triple win in the throws with a 72-6 hammer, a 58-4 discus, and a 24-7½ shot put. □

Congress Okays "Senior Olympics"

An agreement has been reached between the U.S. National Senior Sports Organization and the U.S. Olympic Committee allowing USNSO to use the words "Senior Olympics" as part of the identification of its national games.

As part of the agreement, the national games will be called "The U.S. National Sports Classic — the Senior Olympics," according to Ellen Conant, USNSO President.

by PETER TAYLOR
COLLEGEVILLE, PA, August 18. Edwin Lukens broke one American age-68 record today as the Philadelphia Masters Track Association returned to the Ursinus College campus for its annual outdoor invitational. Hitting 33-0 on both his third and fourth attempts in the triple jump, Lukens finished far ahead of Fred White's previous standard of 30-1.

Len Olson, 59, from Centerville, Va., had a good day, throwing the 2kg discus 111-2½ to better Daniel Aldrich's prior American age-59 record of 110-2.

Other competitors included Claude Hills, 78, who ran the 110H in 22.8 to

Lukens Sets Age Marks at Ursinus Meet

break Herb Anderson's single-age WR of 25.7; Jerry Wible, M75 (200, 35.9); Tom Delany, 62 (HJ, 4-8); and Maury Schepers, 61 (1500, 5:17.1).

Versatile Barb Stewart, one of the few female competitors, entered three W45 events, running the 100 in 15.1,

and leaping 12-7 in the LJ and 24-5 in the TJ. Fred Feaster won the M30 200 (22.6) and 400 (51.8), while Ron Mannon copped the M35 division with marks of 23.4 and 52.3. M45 Joe Johnson had a nice 100/200 double with times of 11.6 and 23.9. □



The Philadelphia Masters distance medley team set an M50-59 WR of 11:49.0 at the Germantown Academy in Germantown, Pa. on July 25. Pictured left to right are Dawson Pratt, 54 (440, 58.7), Larry Harvey, 51 (880, 2:16.8), Jim Sutton, 59 (1320, 3:37.4), and Norm Green 58 (1 mile, 4:56.2).

Photo by Jim Hodge



El Mostafa Nechchadi used **PAINZONE** on his tired legs before winning the 1989 Philadelphia Distance Run.

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Three-Story Shoes Not For Me

Remember the nursery rhyme about the old woman who lived in a shoe and had so many children she didn't know what to do? If that old gal had lived in a modern-day training shoe, she'd be living in luxury. Heck, she'd be able to house at least a dozen kids within the heel alone. If she had chosen a *Nike* shoe, she'd have had a big picture window on the ground floor.

Like that old woman who lived in the shoe, I don't know what to do. I can't run in a three-story shoe. What ever happened to good old basic running shoes?

The problem is that I'm in a minority, and you've no doubt read lately how some shoe companies ignore minority groups. Pronators and heel strikers are in the majority. I'm neither. I supinate slightly and land on my forefoot. My idea of a good training shoe is one with very little heel, a curved last, and good support on the front part of the shoe — all the way to the very front of the toe, not sloped down to the toe. When I'm standing in them, my toes should be pointed up and be an inch or so above my heels, just as if I were standing in a pair of track shoes.

When I try to run in a pair of those pillows they now turn out, I labor inefficiently and do not enjoy running. Moreover, my knees ache afterward.

Best Shoes Are Discontinued

Every time I find a training shoe made for those of us in my minority group, they discontinue the model after a year or so. Although it didn't completely satisfy my needs, the *Adidas Torsion 5000* was a shoe I could run comfortably in. It, however, has been discontinued. A shoe "expert" for one of those mail-order places told me the *Torsion 9000* was pretty much the same. I took his word for it, mailed off a check for \$82, ran a half-mile in my new shoes, turned back, and haven't worn them since. They're *not* the same.

I think my minority group is bigger than the shoe manufacturers realize. It's just that most people in the group don't know what they need in the way of a shoe. They're brainwashed into thinking they need a shoe with three stories in the heel and only one story in front. I suspect that there have been many who have given up running simply because they can't run comfortably in their shoes, or because they have developed knee problems from wearing them.

Much of my training in recent years has been done in racing flats. However, the racing shoes don't have

enough frontal support for training purposes, and I've been forced to do most of my training on grass to avoid impact injuries. The problem with this is that there is not that much in the way



My all-time favorite racing shoe, Nike Country Canvas, circa 1970. Narrow and white, with a blue swoosh on the sides, weighing only 5 oz. with cardboard-thin bottoms and no other support. Photo by Mike Tymn

of grassy courses readily available to me. I need a little variety in my running. As a result, I'm finding it more and more difficult to maintain an interest in running.

Leave Well-Enough Alone

Why do the shoe companies think they have to keep coming out with something different? Why can't they stick with a basic running shoe? The best running shoes I've ever had were those made 20 or 30 years ago. My all-time favorite was the *Adidas kangaroo-skin* model with crepe soles, made during the late '50s. Of course, that was before the kangaroo was an endangered species.

Another favorite of mine was the old red and white *New Balance* with corrugated black soles, circa 1960. That was back when you had to order them by mail and send the manufacturer a tracing of your foot. The only problem with that shoe, as I recall, was that

when it rained, you'd slip and slide on the slick floor inside the shoe.

Canvas Shoes

My all-time favorite racing shoe was called the *Nike Country Canvas*. I believe it was the first *Nike* shoe made, turned out during the early 1970s. It was a narrow, white shoe with a blue swoosh. It had cardboard thin bottoms with no other support, weighed only five ounces, and looked like a track shoe without spikes. Although it was intended as a cross-country shoe, this model was used by some road runners of the early '70s including myself. There wasn't a whole lot to choose from back then.

To me, those vintage *Nikes* were the perfect racing shoe — light, minimal support, streamlined, and white. They fit like a glove. Wearing such a shoe makes me feel fast. As a result, I run faster. Whenever I have tried a wide, box-toed shoe with pillows on the bottom, I feel like a plodder and run like one.

White Shoes Are Faster

I'm not sure why white shoes appeal to me. Maybe it goes back to the early 1950s, when I was running for the Alameda (California) High School track team and saw a pair of white track shoes for the first time. They were worn by a state-champion sprinter/hurdler/broad jumper named Monte Upshaw of rival Piedmont High School. He looked so flashy, and so fast in those white shoes. I guess I'm not the only one who thought that way, because it wasn't long afterward that nearly everyone began wearing white track shoes instead of the standard black.

I still have a pair of *Nike Country Canvas*. Until a few months ago, they remained unused. I had held on to them as something of a collector's item, although I had in mind using them for just the *right* race. That race finally came along. It was the annual Norman K. Tamanaha Memorial 15K in Honolulu. I won the inaugural race in 1978 and had won my age-division every year I had run it since then, setting the M40-44 record in 1979, the M45-49 record in 1982, and the M50-54 record in 1987.

But this year my undefeated age-class record in the race was at stake. There was a new "kid" in the M50-54 division, and he had been beating me by narrow margins in the preceding months. I needed an extra edge. I had to take at least three years off my time.

Those vintage *Nikes* seemed to be the answer. I figured they would give me at least 30 seconds and that would make the difference between winning and losing.

Aching Calves

I was wrong! Although I felt fast and fluid while keeping pace with my rival for half the race, I began to struggle during the second half as my calves

slowly tightened. Over the final two miles, my calves were so knotted that I was on the verge of quitting. But I finished, losing by 41 seconds.

I could hardly walk the rest of that day, or for the next three days. I was unable to run for nearly a week because my calves had been so traumatized by the lack of shoe support.

I recall having tight calves following races wearing that model shoe in the '70s, but nothing like I experienced this year. Maybe my 53-year-old muscles aren't quite as resilient. Maybe I should have slowly broken them in — my calves, that is — before the race.

Those beautiful white racing shoes, now just a little soiled and worn, have gone back into the box and onto the closet shelf. They'll remain there until just the *right* race comes along.

But it's going to have to be a much shorter race!

In the meantime, I've somehow got to find a *real* training shoe so that I can maintain an interest in running. Please *Nike, Adidas, Asics, New Balance*, and all the rest of you shoe companies — please don't forget about those of us in the minority. □



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Track & Field Rankings Report

by JERRY WOJCIK, TAC Masters
T&F Rankings Coordinator

Rankings for the 1990 indoor 200, mile, and pole vault appear in this issue. The pole vault rankings, compiled by Tom Rauscher of New York and Robb Bong of Colorado, include marks from December 1989 indoor meets.

The 1990 outdoor track & field rankings are currently being assembled. If your best 1990 marks in an outdoor event have not appeared in NMN by the January 1991 issue, send them with verification (meet, date, site, or an official's signature or a reproduction of the results from another publication) to the compilers listed below. It would be helpful if you converted any field event marks in feet and inches to meters before sending them to the compilers.

Send outdoor marks for track & field events (including the outdoor mile) NOT listed below to NMN. Do not send marks for a listed event because they will not be forwarded to the compilers.

At the Nationals in Indianapolis, I discovered that many athletes knew nothing about rankings but became very interested once the process was explained to them. Athletes who introduce new masters to the program should inform them of how rankings are compiled and about other aspects of the movement, such as how records, which have nothing to do with rankings, are verified; what the WAVA/TAC implement specifications are; and other fine points of masters track & field.

Send Your Best Marks to:

100, 200, 400, 5000, 4x100 relay, 4x400 relay, discus, hammer:

Larry Patz, RFD No. 1, Box 435 Con-
toocook, NH 03229

800:

William Benson, 6 Eton St., Valley
Stream, NY 11581

1500:

Jerry Feldhausen, 1524 Biemeret St.,
Green Bay, WI 54304

10,000:

John Dickey, 9128 N. Swan Circle,
Brentwood, MO 63144-1145

Shot Put:

Allan Neville, 123 Mountain Rd., Con-
cord, NH 03301

Javelin:

Thomas Flack, 4525 Fawn Trail,
Loveland, CO 80537

High jump, triple jump:

Charles Mercurio, 4927 West 123 Pl.,
Hawthorne, CA 90250

Pole vault:

Tom Rauscher, 85 Sunset Blvd., Pitts-
ford, NY 14534

Long jump:

Robb Bong, 420 Silver Saddle Rd.,
Monument, CO 80132

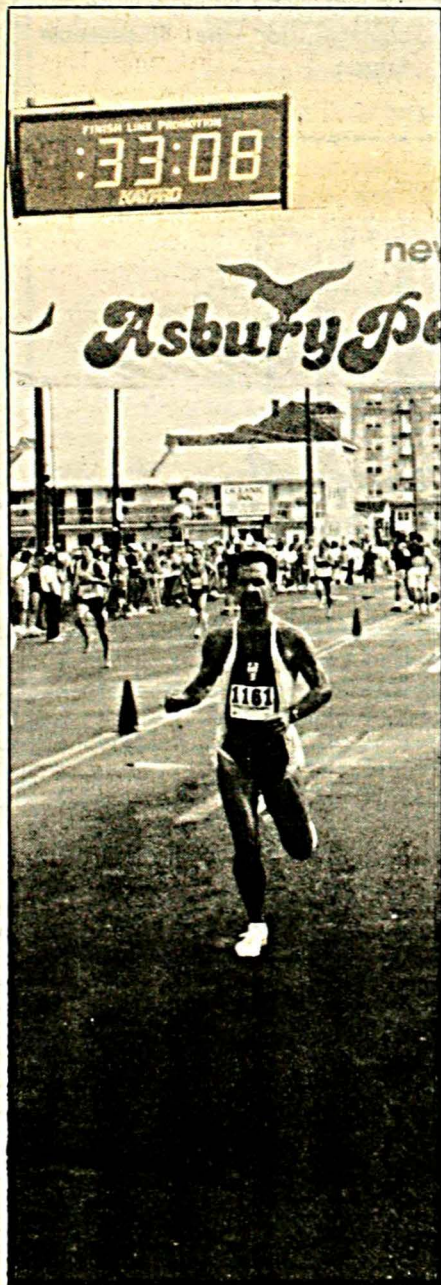
If your event is not listed above,
send your marks to NMN with all
documentation. □

Asbury Park 10K Draws 4500

Continued from page 1

Second place money went to Nancy Oshier, 42, of Rush, N.Y., who followed close behind Filutze with a 35:48.4. Winning their divisions were Marilyn Greeley (W45, 40:01.1), Anna Thornhill (W50, 39:42.5), Wen-Shi Yu (W55, 44:14.7), Toshiko d'Elia (W60, 44:42.9), Lucille Mancini (W65, 57:52.3), and Althea Jureidini (W70+, 1:09:19.7).

British-born Steve Jones (M35, 28:45.6) and Christine Pfitzinger (31, 33:12.4) were the overall winners. □



Philip Kircher crosses the finish line with a 4th place M40 (33:09.6) at the Asbury Park 10K Classic held in Asbury Park, N.J. on August 11. Photo by Keith Quarles

Read The Reviews

Here's What Readers Say About THE MASTERS RUNNING GUIDE

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

—Michael Beebe, *The Buffalo News*

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

—Maurice Hobbs, *Minneapolis Tribune*

"I generally stay away from endorsing books, but this one is worth making an exception for."

—Jim Ferstle, *St. Paul Pioneer-Press*

"I prefer books that will teach me something and that will assist me in improving my running. (This one) seems to touch that chord."

—Susan Kalish, *Executive Director
American Running & Fitness Association*

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

—Ed Hamilton, *Greensboro (NC) Running Club*

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

—Joyce Rankin (VA), *Reston Runners*

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

Yes! I want to order _____ copies of Hal Higdon's new work, THE MASTERS RUNNING GUIDE. Please send to:

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MASTERS ATHLETE OF THE MONTH

Ralph Romain

At first, it looked like John Campbell, 41, would again be the ICI Masters Athlete-of-the-Month off his sensational world masters 10-mile best of 47:55 — a 99.4% age-graded performance — at the Crim Road Race on August 25.

But at the North American Masters Track and Field Championships the same day in Trinidad & Tobago, Ralph Romain, 58, the world M55 400-meter champion, raced to an astonishing 53.55 in the one-lapper — an incredible 102.6% on the age-graded scale.

It's the highest age-graded mark ever established by anyone, anytime, and indicates the tables may have to be revised next year.

Romain's time bettered the world M55 400-meter mark of 53.98, set by Great Britain's Charlie Williams at the World Veterans Championships in

Melbourne in 1987.

Romain is a native of Trinidad & Tobago who works for the U.S. government in Washington, D.C. His younger brother, Dave, is an outstanding runner in northern California.

Romain will receive \$100 for his efforts — compliments of ICI.

Previous month winners were Dave Stewart, Gabriele Andersen, Campbell, Don Parker, Jim Law, and Larry Almberg.

Congratulations to Ralph Romain — the ICI Masters Athlete-of-the-Month. □

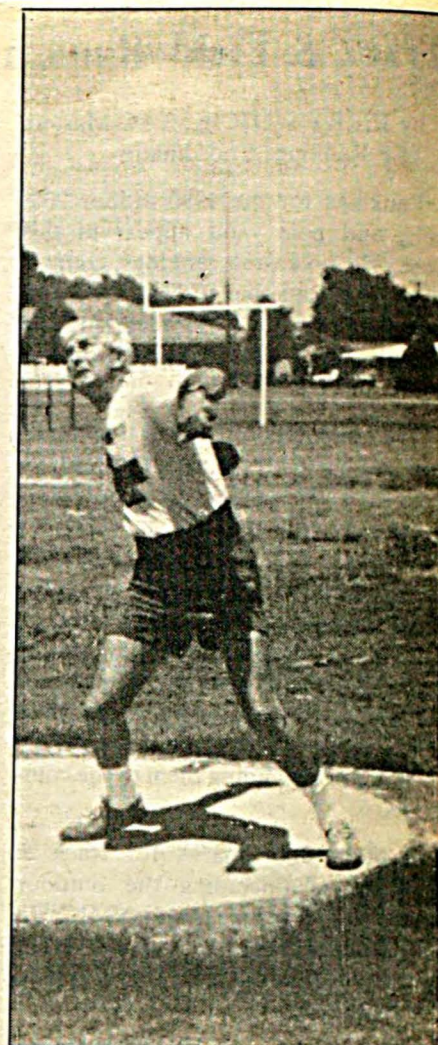
Hand Times OK for WRs

Contrary to the report in the August issue of NMN, hand times *are* acceptable for world track & field age-group records, and, following the TAC/USA Convention in November, *may* be OK for U.S. records, as well.

NMN reported WAVA and TAC had decided to require automatic timing for record purposes. That's only partially true. TAC did, but WAVA didn't.

TAC Masters T&F Records Chairman Pete Mundle said he would try to convince TAC's Records Committee to withdraw the U.S. requirement at next month's convention in Seattle.

Thus, in all likelihood, records set with hand timing will be acceptable for the foreseeable future.



Wendell Palmer of Pampa, Texas, broke the age-58 AR for the 2 Kg discus (134.0) and the WRs for the 1.5 Kg. (166-1) and the 1 Kg. (185.0), in Texas.

CHARLOTTE

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JAN. 5**

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Address Or Box																													
City										State Or Province										Zip		U.S. 5 digits		Canada 61					
Area Code										Phone										Nation (if not U.S.)									

CIRCLE gender: Male Female

CIRCLE if wheelchair entry: Yes

CIRCLE T-shirt size: S M L XL

CIRCLE event: [Fun run/walk] [Marathon] [Open 10K] [Masters 10K]

Personal record for race entered: _____

NOTE: Open 10K awards and recognition only for 39 and under; Masters 10K awards and recognition only for 40 and over.

ENTRY FEES	Marathon	10K	Fun Run
Postmarked Nov. 30 or before.....	\$15	\$12	\$10
Postmarked Dec. 1-Dec. 21.....	20	15	12
Race-day no mailed registrations after Dec. 21.....	25	20	15

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MAIL TO
Charlotte Observer Marathon,
Box 30294, Charlotte, NC 28230

Entry fee (fees on this order form are nonrefundable) \$
Tickets: [Carb-Up Dinners @ \$7] [Lunch With Champions @ \$7] \$
Mail Jan. 6 Observers @ \$3 each to address above \$
TOTAL REMITTANCE \$

Lunch with the Champions with Bill Rodgers and others on Fri., Jan. 4: \$7 prepaid by Dec. 21; \$8 at door. Carb-up party Fri. night, Jan. 4: \$7 prepaid by Dec. 21; \$8 at door. Race-results newspaper: \$3 for a Jan. 6 Observer mailed to you.

READ AND SIGN. WAIVER OF LIABILITY: In submitting my entry, I acknowledge that I fully appreciate and assume the risks of participating on a course with vehicular traffic even when the course is policed, the risks of endangering my health, the risks of injury, the risks of liability against The Charlotte Observer, the Knight Publishing Company, the City of Charlotte and all other sponsors and producers named and unnamed, their representatives and successors even if liability arise out of carelessness or negligence. WAIVER OF REFUND: I acknowledge that my registration fee will not be refunded if I change my mind about participating or if the race is canceled because of circumstances beyond the control of the race committee and sponsors. WAIVER FOR PUBLICITY: I grant permission to all of the foregoing to use for legitimate newsworthy or promotional purposes any visual likeness of me taken during or about the same time of this event. RULES AGREEMENT: I agree to abide by the rules of road racing of The Athletics Congress and to submit to interpretations of those rules and subsequent rulings by the race committee.

Entrant's/Adult's Signature

Parent or guardian must sign if participant is less than 18 years old.

Date

FEATURES

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OPEN AWARDS: \$34,000

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MASTERS AWARDS: \$16,000

1-7: \$2,250-1,000-250-200-150-100-50

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Write On Continued from page 4**OPEN LETTER TO DAVID PAIN**
(WAVA North American Delegate)

We, the undersigned, request full refunds of the registration and bus fees on behalf of all registered competitors who did not attend the WAVA North American Regional Meet in Port-of-Spain, Trinidad (August 23-26). The conditions under which the meet took place were not the conditions to which we agreed when we paid the fees and made travel arrangements, i.e., 30 dead, 300 wounded, personal safety concerns, a curfew, a changed meet schedule, no electronic timing, etc.

When the coup in Trinidad continued several days past the original July 27th incident, in which the Prime Minister and several members of Government and Parliament were taken hostage, it was clear that the Trinidad Government did not have matters under control. This was further indicated when the Prime Minister and another hostage were shot by the rebels, with the other hostage later dying of his injuries. When, in addition to the insurgents' bombings, the general populace took to burning and looting businesses and buildings, it was very obvious that there was a general breakdown of law and order. Without taking sides with any of the political factions involved, it was clearly not the ideal destination resort.

We feel that at this point David Pain (and other relevant official decision-makers) should have made the decision to cancel the meet, to have given a full refund of fees to registered competitors (perhaps requesting that they donate the fee back to the meet organizers to help pay out-of-hand expenses which had already been disbursed), that WAVA similarly set up an emergency fund to make up the difference to the meet organizers so that they would not suffer any losses, and that the meet be awarded to Trinidad next time, in order to give the Trinidadians a chance to demonstrate their ability to put on a world-class event.

By the scheduled meet date (August 23rd), the coup was officially over but:

1. the curfew was still in effect from 7:00 p.m. to 7:00 a.m. and most of us felt that this did not represent good-value-for-money for a vacation. The curfew was later extended to 9:00 p.m. after the meet commenced and is still in effect.

2. plane schedules were — and still are — sporadic at best. Most of the travel industry, including tour operators and cruise lines, cancelled tour packages and scheduled stops in Port-of-Spain and this moratorium is still in effect (8/31/90).

3. there were varying degrees of fear among the registered American and Canadian competitors, i.e., fear of terrorist threats against North Americans, fear of threats to personal safety, fear of food shortages. For many this was to have been a family vacation and we

Continued on page 26

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1989. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1989 U.S. outdoor track & field, 5-year age-group rankings. 52 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$6.00	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & 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 May 1, 1989. \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of July, 1990. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1990) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	TAC/USA Directory (1990) Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1990. 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. \$39.00.	\$ _____
_____	TAC/USA Patches. Embroidered, 4" x 3". \$2.50	\$ _____
_____	U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50	\$ _____
_____	U.S. Track and Field Team Lapel Pins. Cloisone enamel, 1 1/2" x 5/8", bar pin with safety catch. \$5.00.	\$ _____
_____	Masters Running '89 Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahen and others. \$1.95.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
_____	Back Issues of National Masters News Issues: _____, _____, _____ \$2.25.	\$ _____
	Postage and handling	\$ 1.00
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

Send to: National Masters News Order Dept.
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1990 National Masters Championships

I read with much interest the article in the September 1990 National Masters News about "The Good, The Bad and The Ugly."

It is always great to read about the good. It is helpful to hear the bad. However, the ugly is always hard to take for both sides.

We were more than happy about the way the Podkaminer Computer Program worked. It plugged into our scoreboard and gave a touch of class to the meet (I believe that this was the first national meet to have the heats, results, and information on an electronic scoreboard). We hope that most of the athletes enjoyed this aspect of the meet.

The volunteers were reported to be plentiful and enthusiastic. This is what we have worked toward since the first International Meet of 1982 held in this stadium. We have strived to create

both plentiful and enthusiastic officials with a knowledge of the sport.

Thanks for the positive mention of the work completed by the records clerk. It has always been our intention to complete this task in a professional manner. It would be beneficial for the National Masters Committee to put together a records-form packet to put in the local organizers hands well ahead of the meet.

We were most happy to maintain a schedule that allowed the athletes to participate at scheduled times except for a couple of field events (javelin and

pole vault, delayed by heavy rain). However, the athletes and officials did a more than noble job at staying with those competitions.

We were happy that the medical staff and masseurs received an excellent grade. They are very professional and organized to the last detail. We hope that all were treated as the Masters they are.

Dwelling on the bad will never help. However, looking at the facts of the bad may help the meets of the future and our experiences may make us aware of how to handle or eliminate them. Let us speak to each and make some suggestions.

Declaration Problems:

Let's look at the declaration process of the past meets and then what we tried to accomplish at the meet. First, declaration processes have not been used in the past. Heats (when used or needed) have been seeded from the total entries in each event with seeded sections in some events (400m - 800m - 1500m). It was the feeling of the Masters Committee that because of no shows, scratches, etc. the best athletes did not always get into the finals. Therefore, it was the Committee's wish that we try a declaration process much like the one used in Eugene's World Championships.

We were excited for we have, for many years, used a system that allowed declarations to within one hour of competition. With a two-hour declaration limit, we would be able to seed and post heats within 30-45 minutes. That would allow the athletes time to know which heat and lane assignment they had before reporting to the clerking area.

It became apparent from day one, that the athletes did not understand or could not follow the declaration process set forth. Therefore, the Masters Committee needs to set up a process that would become standard so that the athletes will be familiar with the declaration process (remember that this will take some time to establish).

I am sure that it can and did work in Eugene where the athletes were a more captive group. The "Capers" program is a very good program that can do the declaration process, but we know that with our trained and professional operators the Podkaminer Program was best for us. It gave quick results, seeding was most excellent and it is compatible with our scoreboard. We just needed the declaration process followed.

Scheduling Problems:

We the management do admit that the wrong schedule was printed in the first mailing. However, it did not appear under the heading "Tentative Schedule of Events, final scheduling will be published and posted 8/1/90." We sent all participants meet information and a final schedule upon receipt of entry (only four individuals called with an uncontrollable scheduling problem). We must and will take some

blame for poor editing of the first mailing. We tried to correct the problem as soon as possible and ran corrected entry forms in two issues of the *National Masters News*.

Age Graded 100:

I did promise help with the Age-Graded 100 on Sunday. It was scheduled between its sponsor and myself to happen after all events were completed. Again, many things took place after our scheduling of the event. The sponsor did not like the schedule developed at the National TAC Convention in Washington, D.C. and wanted a change in the schedule. He contacted the meet administration and obtained a change. I very well could have been informed of the change, but to this day do not remember it. If this was an oversight on my part I trust everyone will accept my apology.

There were other problems that became apparent with this type of event. 1) The sponsor asked that we raise \$1000 for prize money or that he would come up with the money. 2) A national promoter came into town to raise the money and contacted a sponsor we had already procured and because of this contact we lost the sponsorship. Again, we had agreed to the Age-Graded 100 and should have given it equal time. I might suggest that a competition policy be developed as to special events with prize money, who should finance it, when should the competition take place, etc.

Why One Number?

This was just a decision that we made to maintain our budget. True, it's only a small item but many large meets are conducted with just one number. We were not playing to an overflow crowd and only races of 5000m and over could have duplicate numbers. It was suggested by the announcer that we have room to place the age group, which we did. However, we were not aware that the age-group numbering was as important as it seemed to have been to some people. I think that all participants were or should have been aware of who they were competing against, since the age group prefix was placed on each number and most participants know one another.

"It Cost Too Much"

I did make the statement that it cost too much several times when questioned by the Editor of *National Masters News*. I stated several times that we had developed a projected budget based on several incomes — entry fees, sponsorships, National Masters contributions, sales of souvenir items, etc. It became apparent that we would not meet our projected budget due to several reasons: 1) sponsorship was down because of lack of time to secure a national sponsor due to our late acceptance of the meet from New Orleans; 2) The National Masters Committee did not contribute as in the past — it has been stated by some that only the two meets held in Indianapolis

Continued on page 15

STILL GOING STRONG



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Margaret Lee
2:16:48 in
Hawaii, May



On The Run

by Hal Higdon

Integrity Important To Age-Group Runners

On my way to a win in the 500 Festival Mini-Marathon last May, Gaylord Davis got in my way. Not that Davis tripped me, but the effect was the same. The runner from Indianapolis, who competes in my age group (55-59), wasn't even on the course that day. It was Davis' failure to follow the rules that got in the way.

It's not nice to steal someone's age-group award. I had gone to Indy mainly to race Dick Wilson, another Indianapolis runner, and winner of his age group at the Mini eight years in a row. Pretty impressive. One of Wilson's wins was over me. Naturally I wanted revenge.

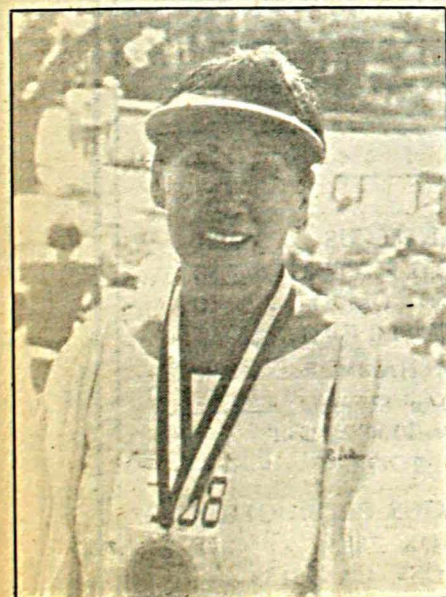
Nothing personal. It's like your buddy takes a couple of bucks at poker with a flush over your straight and you can't wait to get the bum back at the table to get even.

So I headed to Indy to go *mano-a-mano* with Wilson, but with a drenching rain and 10,000 other runners on the 13-mile course from Monument Circle to the Speedway, I never spotted Dick. After finishing, I dallied on the line and saw Ken Long, a local race consultant.

"Has Dick Wilson finished yet?" I asked.

"Haven't seen him," said Long.

Less than a minute later, along came Wilson. He said I had passed him with several miles to go. Wilson seemed disappointed to see his string snapped, but said politely: "If I had to get beat, I'm glad it was by you." Faced with such grace in defeat, I almost felt guilty in victory.



Margaret Lee, 70, set a W70+ course record of 2:16:48 in the Windward Half-Marathon in Hawaii, May 20. Photo by Tesh Teshima

That was before I learned about Gaylord Davis.

Several months after the race, I received my medal in the mail. It was for second place! I checked the results booklet and found Gaylord Davis listed as winner. Gaylord *Who*?

I was suspicious that Davis might be another John Bell. Bell was the Marion, Indiana industrialist who was listed as the winner of the 40+ division at the 1986 New York City Marathon until officials reviewed videotapes and discovered he had passed none of the checkpoints. Later research uncovered the fact that Bell had been recording progressively faster times for four years at both the Boston and New York Marathons. Nobody caught him until he reached too high. After a hearing, The Athletics Congress stripped Bell of his card.

But my suspected Indy impostor could have been another Norm Green. Green was the 49-year-old Baptist minister from Wayne, Pennsylvania, who ran an unbelievably fast 2:31 in the Philadelphia Marathon — in only his *second* road race. Sounded suspicious to me for an unknown, but Green was legit, as he proved with subsequent age-group victories. Green had been training for ten years, but had never entered a race.

Was Gaylord Davis a John Bell or a Norm Green? I called Ken Long and asked him to check.

Long reported that Davis owed his allegiance to Bell. "He gave his number to his son," explained Long. It was *Bret Davis*, 31, who beat me, not his father who was in my age group. Switching numbers is against the rules — it's like marked cards in poker. That had happened once before at the Mini. Some guy ran the race wearing his girlfriend's number, then sent her to collect the cash prize. Long had uncovered that fraud, too.

Davis eventually called, not to apologize, but to agree to return the medal. "I told Bret not to go through the finish chute," he alibied. By then,

it was a month after publication of the results. I said nothing, but wondered whether he would have reached higher, like Bell, if not spotted by Long.

Baseball officials pontificate about "the integrity of the game," when one of theirs is caught gambling or snorting cocaine. Same with running. Integrity is at stake. Stealing a medal will hardly win you a place on the FBI's Most Wanted list, but a lot of age-groupers motivate themselves by competing among their chronological peers. Sure, it's important to us — that's why we get upset at skewed results. Playing with a marked deck ain't fair.

Yet I hate to hassle race organizers, because putting together a 10,000-runner event also ain't easy. The Mini organizers might decide age-group awards are too much bother and eliminate them. For several years, Ken Long has fought to expand the 500 Festival Mini-Marathon awards from ten- to five-year age groups. I don't want to undo his work by seeking revenge, or causing too much of a fuss.

With war threatening in the Middle East, should we worry about a conflict between old men over who won what medal? Probably not. I didn't admonish Davis, the Indy impostor, when he called. I simply hung up the phone and later contacted The Athletics Congress and 500 Festival Associates requesting that Gaylord and Bret Davis be suspended from future competition.

Again, it's nothing personal. I just don't want to see them in my way again. □



George Feinstein, 76, 1st M75 (25:43), San Gabriel River 3-Mile, July 4, South El Monte, Calif. Photo by A. Martinez

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Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Delayed Onset Muscle Soreness (DOMS)

Q. I am a 42-year-old runner. About 12 hours after running a long race, my muscles — especially the hamstrings — become extremely sore and painful. Why does it take so long before I begin to experience any pain, and what can I do to prevent it from happening again?

A. The condition you are describing is a common ailment, especially among masters long distance runners and marathoners who have recently completed a competitive run. Known as DOMS (Delayed Onset Muscle Soreness), the athlete will generally experience pain and soreness about 8-10 hours after activity.

At this point, the discomfort is usually mild, but often progresses in severity, reaching a peak of intensity in 1-3 days. Most of the pain is concentrated in the stomach muscles, hamstrings, and in the front thigh and shin areas.

There has been a lot of research done on this problem — most of it non-conclusive. Some studies believe that the pain is caused by excessive exercise

and pounding, which causes fragile tissues to tear. But the "torn tissue" theory doesn't explain why it takes so long to feel the pain. Normally, if you tear a tissue, it hurts at the time of the injury.

Other theories attribute DOMS to localized muscle spasms or an increase in fluids in the lower leg area. When the sore muscles are slowly stretched, the spasms are relieved and the fluid is

dispersed, providing some relief from the pain.

But the most obvious cause of DOMS appears to be downhill running. This kind of running magnifies the intensity of muscle contractions, contributes to tendinitis, and aggravates knee problems.

Although most DOMS problems could be eliminated by stopping downhill racing completely, that is not always possible for the competitive runner because most road race courses are not totally flat.

For the athlete who suffers from DOMS and still wants to continue long distance running over hilly courses, my advice is to stop downhill racing until the pain subsides. Then prepare for your next race with a training regimen that includes some downhill runs for a few minutes each week. Make sure the incline is only about 10%. This type of training will allow the muscles to gradually adapt to the stress, and help alleviate a recurrence of DOMS.

As with all persistent pain, a thorough diagnosis by a physician is often in order. In addition, you should not overlook the basics of injury-free athletics — good training shoes, proper stretching techniques, and a gradual training program. □

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



Gene Steiner, 55, oldest finisher and first M50-59 (10:32:38), Rocky Mountain 50 Mile, Cheyenne, Wyo.

Photo from Brent Weigner



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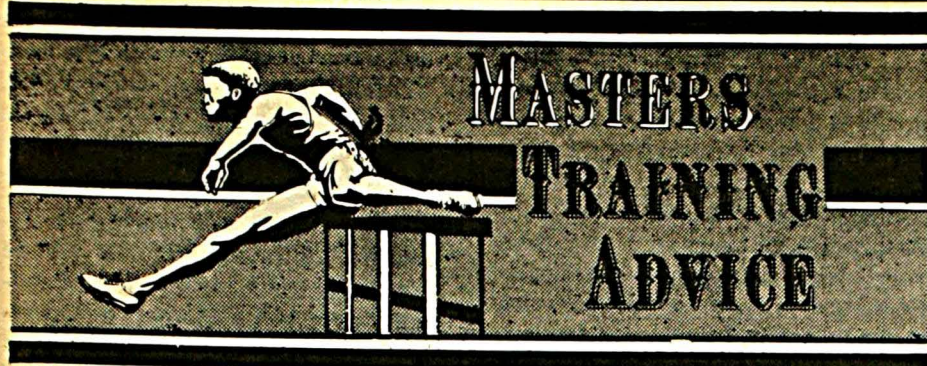
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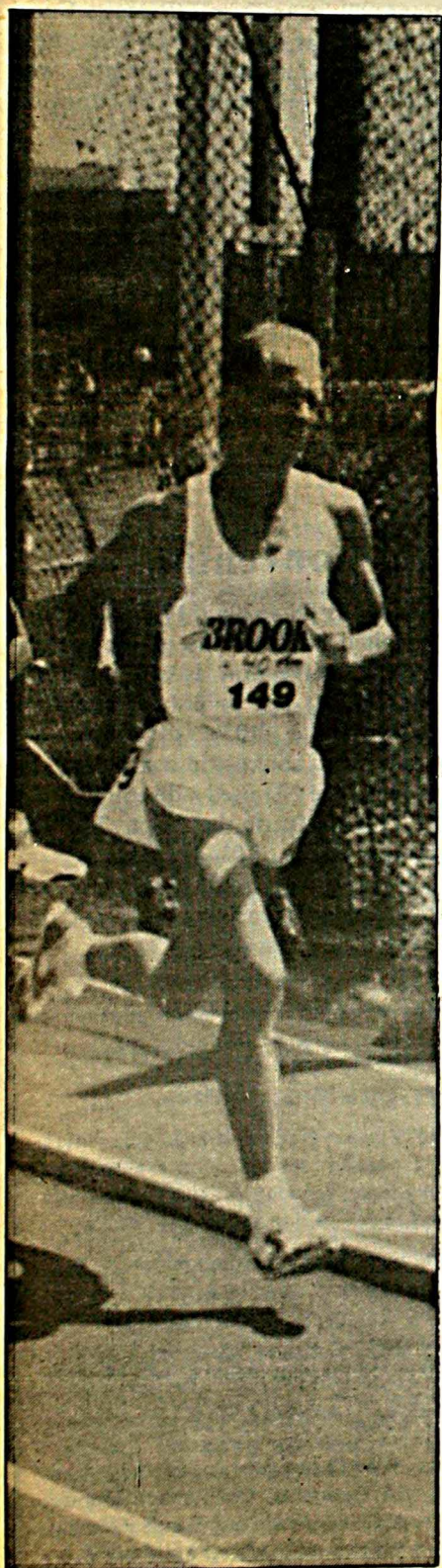
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Larry Almborg

Talk about a masters sub-4-minute mile and the names that usually creep into the conversation are Rod Dixon, John Campbell, Wilson Waigwa, and Domingo Tibaduiza. But so far, none of them has come as close this year as the often-overlooked Larry Almborg.

At 43, instead of slowing down, Larry is actually getting faster with each passing year. When Larry was in college, he ran the mile in 4:10 — now, more than 20 years later, he beat the pack in the July 29 New York Games by turning in an astounding 4:06.70 in the Runner's World Masters Mile, the fastest world mark in 1990.



Larry Almborg

How does he do it? That's why we called him at his home in Ellensburg, Wash., to find out. He was more than happy to take time out from painting his house to talk about the training schedule that has helped to catapult him into the ranks of the top masters runners.

Low Mileage

"I believe in a gradual training program," he said. "It's taken me a whole year to reach this level of conditioning. It's important to have patience... to go slowly... and to set performance goals that are attainable."

According to Almborg, low mileage has contributed to his longevity. "I'm not rundown or burnt out," he recently told reporter Marc Bloom of *The New York Times*. "I have a lot of life left in my legs because I try to keep my total distance down to 40 or 50 miles a week."

He also tries to vary his workouts. Some days it's weight training and calisthenics — others it's drills and working on his form. "I like to keep my training program interesting," Almborg noted. "Once boredom sets in, I change my routine and try different techniques. Anything to keep running fun."

Pool Training

One of Larry's favorite training regimes is pool running. At least once or twice a week, he follows his weight training session with several energetic sets of deep-water runs.

"Normally, I like to do four repetitions of two minutes and ten seconds each with a 20-second rest in between," he told NMN. "That comes out to about a half-mile for each set. I run as hard as I can, and I use the strength of my body to keep me upright in the water. I know some runners rely on a float to keep them up, but I think that defeats the whole purpose of the workout — which is strength and endurance."

Almborg feels that pool running has helped to keep him relatively injury-free because the water eliminates most of the stress and pounding on the joints.

"Pool work has also improved the range of motion in my quadriceps and hips," he said. "My stride is a little longer and my running is a lot more fluid."

Had Achilles Problem

Since the former marathoner began running the mile three years ago, his only major physical problem has been with his Achilles tendon. Most of the trouble seems to have been the result of over-training in spikes. Now, he does most of his speedwork in flats and gradually adds the spikes a few weeks before a race.

"I'll do the sprints in training flats, then on alternate days work in the spikes," he told us. "I never do more than one or two miles at a time in the spikes. And for walking around, I've switched to a volleyball type of shoe with a lower heel. So far my strategy seems to have worked and my Achilles problem is a thing of the past."

Speedwork

Before a big race like the New York Games, Larry concentrates on speedwork. One of his mid-week routines is to run 300s in sets of four. Each 300 is followed by a 100 recovery with a ¼-mile jog between sets.

"I give myself a goal with each set," he remarked. "For example, the first set I try to do in 47 seconds, the second in 45, and the third in 43." Then he laughed. "But sometimes it doesn't always work out the way you plan it. Often my times get higher instead of lower with each set."

Another speedwork technique, which he usually saves for the

COMING NEXT MONTH:

- W. MacDonald Miller Returns
- Profile of Pat Peterson
- Decathlon Records
- Masters Stride Analysis
- Canadian T&F Championships
- And more

weekends, is what he calls "30-30s." He likes to do 8 to 12 200s in 30 seconds each with a 100 jog in between.

Gradual Training

"Even though my total mileage is relatively low, my workouts are very strenuous," he cautioned. "My training schedule isn't for everyone — it took me a long time to get to this point, and I got there slowly."

"I don't believe in over-doing things because that only leads to injury. And, when I'm hurt, I don't do anything until I'm well again. Working through the pain is not part of my philosophy." □

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Daily Training Schedule — Larry Almborg

- Monday** 1 ½-mile jog. 8x200 sprints on a track with a 1-minute rest between each, followed by another 1 ½-mile jog.
- Tuesday** 5-mile run in the morning. Another 5-mile road run in the evening with several short accelerations.
- Wednesday** Morning: 1) weight training plus calisthenics; 2) pool running; 4 repetitions of 2:10 with a 20-second rest between each; 3) 3 sets of 4x300s with a goal time of 47, 45, and 43 seconds respectively. Recovery is a ½-mile jog between sets.
- Evening: a track workout of 200, 400, 600, 800, 600, 400, and 200 with a 1-minute rest between each, followed by 3x200s.
- Thursday** 9-mile road run.
- Friday** Weight training and calisthenics in the morning. Sets of 8-12 200s in 30 seconds each with a 100 jog between sets. In the evening, drills such as bounding, skipping, knee lifts, etc.; works on form and running mechanics.
- Saturday** 9-mile road run.
- Sunday** 7-mile road run, followed by 4x150y sprints with 250y jogs between each.

Total Mileage for the week: 40-50 miles.



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Convention Schedule

On this page is the tentative schedule for our Masters Track and Field Committee for TAC's Annual Convention in Seattle on November 26-December 1. Not included are the Wednesday and Saturday TAC general meetings nor the numerous administrative and special committee meetings in which your delegates will participate.

THE ATHLETICS CONGRESS/USA TWELFTH ANNUAL NATIONAL CONVENTION NOVEMBER 26-DECEMBER 1, 1990 • SEATTLE, WASHINGTON				
PLEASE PRINT — COMPLETE ALL ENTRIES				
LAST NAME	FIRST NAME	INITIAL	TAC ASSOCIATION or AMATEUR SPORTS ORGANIZATION	
STREET ADDRESS		CITY	STATE	ZIP
I WILL BE ATTENDING THE CONVENTION AS (Check One Only) <input type="checkbox"/> TAC Delegate <input type="checkbox"/> TAC Alternate <input type="checkbox"/> Amateur Sports Organization Delegate <input type="checkbox"/> Athlete Representative Delegate <input type="checkbox"/> National Committee Representative <input type="checkbox"/> Observer				
CONVENTION PACKAGE — \$65.00 Consists of the following: Registration Package Wednesday Night Social (Pottlatch Hospitality) Thursday Awards Luncheon Friday Night Jesse Owens Award Banquet Sponsored by Atlantic Richfield Company				
SUSTAINING MEMBER PACKAGE — \$85.00 Consists of the following: Registration Package Wednesday Night Social (Pottlatch Hospitality) Thursday Awards Luncheon Friday Night Jesse Owens Award Banquet Sponsored by Atlantic Richfield Company 1990 Sustaining Membership Includes Membership Card, 1991 Directory, 1991 Competition Rules For Athletics, subscription to The Athletics Record and TAC/USA Sustaining Member Lapel Pin.				
IMPORTANT The following fees are in effect for all registrations postmarked after October 15: Convention Package \$75.00 Sustaining Member Package \$95.00				
Mail BOTH COPIES of this form and CHECK to: TAC/USA NATIONAL CONVENTION P.O. BOX 120 INDIANAPOLIS, IND. 46206				
Make checks payable to: THE ATHLETICS CONGRESS/USA				
Fees submitted with this Registration: Convention Package \$ Sustaining Member Package \$ TOTAL FEES SUBMITTED \$				
<small>NOTE: The yellow copy of this form will be returned to you as an acknowledgement. Each attendee must pick up his or her own packet at the Convention Registration Desk. There will be no exceptions.</small>				

THE ATHLETICS CONGRESS/USA TWELFTH ANNUAL NATIONAL CONVENTION NOVEMBER 26-DECEMBER 1, 1990				
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<small>To reserve accommodations, check appropriate room category box below and enclose check or money order for first night's deposit, made payable to Seattle Sheraton Hotel & Towers, or guarantee to a major credit card (American Express, Carte Blanche, Diners Club, Master Charge, VISA, or En Route). To hold room after 4 p.m., please guarantee to a major credit card. Reservations not guaranteed are subject to 4 p.m. cancellation.</small>				
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Seattle Sheraton Hotel & Towers — (206) 621-9000				

The convention schedule is always full, and there are generally scheduling conflicts where the delegates have to decide which meeting is the most important. I urge you to look at the agenda items and to contact committee members (listed in NMN) or your Association delegates and give them your input. In addition, the suggestions received at the athletes' meeting at the indoor and outdoor championships will be acted on during our meetings.

As your chair and representative, I serve as a member of the TAC Executive Committee, as does our Masters LDR chair, Charles DesJardins.

On September 8-9, we again participated in an Executive Committee Meeting in Chicago (the sixth this year). The reorganization of the TAC National Office was the main item on the agenda. Charles and I both agree that while the demands on our time are greater than ever before, this is a very important and exciting time for us to be involved.

If our sport and our organization is to succeed and continue to grow, we (all factions in TAC) must work together. We see the reorganization as an important element in moving our sport into the '90s. The reorganization clearly defines areas of responsibility which will make it easier for both committees to interface with the National Office.

TAC to Hold 12th Annual Convention

The Athletics Congress' 12th Annual National Convention will be held from November 26 to December 1, 1990, at the Seattle Sheraton Hotel in Seattle, Wash.

On this page are:

- 1) Convention Registration Form
- 2) Hotel Reservation Form

If you need additional registration forms or hotel reservation cards, please contact TAC, P.O. Box 120, Indianapolis IN 46206 (317-261-0481.)

The new structure approved by the Executive Committee was recommended by a Subcommittee headed by Dr. Evie Dennis. Serving with Dr. Dennis were Jimmy Carnes, Herman Frazier and Julia Emmons.

Ollan Cassell will remain as Executive Director. Assisting him will be two senior staff, a Director of Administration and a Director of Operations. The Director of Administration will direct day-to-day functions of the Federation in the absence of the Executive Director.

Both the Masters T&F Committee and the Masters LDR Committee will deal primarily with the Director of Operations, who is the national office liaison with the sports committees as well as with the Athletes Advisory Committee. The Operations Director will be responsible for the management control of all TAC events and the drug control program. Reporting to Operations will be an Events/Projects Coordinator and an Athlete Services/Development Coordinator, who will carry out routine functions as needed.

Working closely with the Executive Director, the Director of Administration will oversee the marketing, promotion, public relations, and the administrative affairs of the Federation. Three coordinators will report to this Director: the Marketing and Promotions Coordinator; the Public Information and Media Relations Coordinator; and the Chief Financial Officer.

Tentative Schedule of Masters T&F Committee at TAC Convention in Seattle, Wash.

The following schedule has been set for the Masters Track and Field Committee meetings. Additional sessions will be added if needed. All meetings are open to delegates and any interested persons. A full convention schedule is available from the TAC/USA National Convention Committee, P.O. Box 120, Indianapolis, IN 46206.

Tue. Nov. 27	9:00 a.m. - 12 noon (Executive Committee)
	6:00 p.m. - 11:00 p.m.
Wed. Nov. 28	8:30 p.m. - 11:00 p.m.
Thu. Nov. 29	8:30 a.m. - 11:30 a.m.
	2:30 p.m. - 6:00 p.m. (Joint meeting with Masters LDR Committee)
Fri. Nov. 30	9:00 a.m. - 12 noon

Agenda items include Budget, Awards, Standardized Championship Schedule, Committee Reports, TAC Elections, Uniforms, WAVA Delegates, Competition Manual, Drug Testing, Rule Changes, Site selections, Sectional Reports, Long Range Planning, World Championships, Team Managers, Sponsorship, and Coaching for Masters.

NAACP Supports Little

The Indianapolis branch of the NAACP has agreed to assist Frank Little in the assault and battery charges he filed in Marion County against Marshall Goss, meet director of this year's National Masters T&F Championships.

Little, an M45 sprinter, charged he was thrown out of a tent into the rain at the track by Goss, who also made a remark Little considered racist.

Dr. A.D. Pinckney, President of the Indianapolis NAACP, in a letter to TAC president Frank Greenberg, said: "We will follow the charges filed by Dr. Little... to see that they are processed completely and competently."

Pinckney said Little is a "cultured, well-educated gentleman, and

dedicated teacher... who was totally unprepared for the type of treatment he received."

The letter called for Goss' dismissal as a TAC official and said "if he is present as a TAC official at any future track meet in Indianapolis, the NAACP will make every effort to picket the event."

Pinckney added that the NAACP was also writing to the President of Indiana University and "asking that he be dismissed from the university."

When contacted at his office in Bloomington, Goss said he would have no comment other than the statements he made in this month's *Speaker's Corner* column. TAC is investigating the matter. □

Speaker's Corner

Continued from page 10

(1985 & 1990) received no financial support from the National Masters Committee (this was in no way a big problem as the contribution is not in the form of a national sponsor).

We knew that it was our responsibility to secure the finances to conduct the meet in a professional way. Therefore, cuts had to be made in areas that we felt were not as important or had not worked well in the past. Budget items such as official's party, transportation, tenting, dual and series numbers, etc. were cut or eliminated. We tried to maintain as many of the projected personal items as possible. We were contacted by the announcer and informed that he had announced all the national meets except the 1985 meet in Indianapolis and wished to announce the 1990 meet. He stated that he had received travel, lodging and a substantial honorarium from other meet managers. We agreed to pay his travel and lodging. The honorarium was based on the outcome of the budget. He was to act as the head announcer with 3 to 5 assistants. It was our understanding that, as head announcer, he would use the assistants to best fit the situation and that one would be assigned as a field aid. This was not done. The head announcer was receiving a substantial amount of remuneration and no other official was receiving anything.

Along with the announcing came other demands, a table to advertise the National Masters News. All other products which were sold or displayed had to become a sponsor. A decision should be made ahead of time by the meet sponsor if exceptions are to be made and it is doubtful if preference should be given to one person or group.

"We Want the Athletes' Money"

This statement was never stated to the participating athletes. In fact, the

statement was made in an officials' meeting and not at any news media meeting. The actual statement went something like this, "I hope that you all will have a great time in Indianapolis, spend as much as you can, make the athletes feel good, we want them to spend their money, too." I feel that nearly everyone attending the officials' meeting enjoyed the jest of the statement and made light of it as it was intended. In fact, the officials' meeting was held with most head officials in attendance and some other officials who had arrived early.

The meeting covered each and every thing with all excellent intentions of putting on the very best National Masters Championship for the athletes.

With the above clarification I would hope that no one should believe that anyone was out to "get" someone. The fact that an official was at the meeting who is also a writer and chose to see negative implications to statements made in jest in no way makes that writer's interpretation correct.

The "ugly" claimed by Frank Little-Hinckson was viewed differently by each in attendance and reminds us that situations always have many perceptions that are not always what they seem to be and the motivations are even more difficult to judge. Therefore, it would not be to anyone's advantage at this time to enter into a long verbose debate over who said what, when, or what implications were meant by each.

In summary, educate about the declaration process, clarify the announcer needs, look at the budget items and obtain a total commitment for all priorities from the National Masters Committee. The 1990 Indianapolis Committee pledges our continued support to Dick Green and his committee for a first class meet in 1991. □

Much Ado About Running

by JANE DODS

Ashland, Oregon, best known for its annual Shakespeare Festival, was the scene of an extremely well-produced race on Labor Day - thanks to Tom Burnham, Race Director, and the Southern Oregon Sizzlers. The Bard, himself, could not have wished for a more beautiful day.

One hundred seventy runners completed the very challenging course, which began in beautiful Lithia Park, shot quickly downtown past the

Elizabethan Theater, and then climbed back through the park, ending with a great downhill sprint to the finish.

Overall winners were Tracy Garrison (26:38) and Leslee Parr (33:34).

Masters runners conducted themselves smartly, breaking course records in four age-groups: M40 Gene Solomon (27:29); M50 Mike Barrett (32:19); M60 Bill Stowell (35:46); and W50 Jane Dods (41:20).

Burnham said that next year he may come up with special masters awards; put this race on your schedule. □

Campbell Wins Buffalo 4-Miler

by JIM NOWICKI

New Zealand's John Campbell, 41, took home \$1000 for easily winning, overall, the 10th Subaru Buffalo 4-mile chase in front of a record crowd of 12,000 in Buffalo, N.Y. July 21.

Campbell finished in 18:31, 24 seconds in front of Steve Schadler, 25. The time is a world masters best for the 4-mile distance.

"You're never too old," he said. "I'm running faster now than I was 21 years ago. I'm being more cunning then when I was younger. I'm not doing a lot of stupid things."

Nancy Oshier of Rush, N.Y. ran 22:28 to break her own women's

masters mark.

A record 1456 runners entered the race; 1261 finished. □

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The Director's Corner

by DEAN REINKE

Tibaduiza & Grayson Lead USRA Rankings

Domingo Tibaduiza and Nancy Grayson were leaders of the Sorbothane/USRA Masters Circuit at the half-way point of the 23-city circuit. Tibaduiza's victory at the Main Course Challenge has put him ahead of John Campbell. Grayson, newly turned master this last April, has been dominating the women's division as we move into the second half of the season.

Off a world-best at the Boilermaker and Crim Road Race, Campbell continues to amaze at every stop on the circuit and remains in hot pursuit of Tibaduiza who also has other masters close on his heels. Hamilton, who's currently in fourth place, has had an excellent season and will be among the front runners at the Naples Championships in January. Fifth-place Earl Owens of Atlanta started off the season strong, but was sidelined by an injury. Bob Schlau, who won the inaugural Sorbothane/USRA Masters

Circuit in 1988, is in sixth place and has a good chance to move up with a strong showing at the longer distances this fall. Last year's Circuit Champion Wilson Waigwa and 1988 Individual Circuit Champion Bill Rodgers, 3rd and 7th place respectively, should also be deciding factors when the Grand Prix Championship is determined at season's end.

The individual 5-year age groups are also very competitive. Ken Sparks, 45, continues to rewrite the record books

from the mile through the marathon and is battling Barry Brown for the M45-49 title. Washington, DC's Fay Bradley leads the M50-54 division, while Gina Faust of California appears headed for her third consecutive W50-54 circuit championship.

Defending Sorbothane/USRA Masters Circuit Champion Bill Fortune has his hands full in the M60-64 age group, with Herb Chisholm and Dick Benson pushing him hard. Last year's M65 champ, John McManus, will have to have a strong second half to overtake challenger John Hosner of Virginia.

The Sorbothane Cup Age-Graded Points Program competition is getting very interesting. Campbell, by virtue of his Crim Road Race World Best, has the top age-graded performance and leads the pack. Nancy Grayson, 42, has a commanding lead in the women's division. Barbara Filutze, coming off her performance at Asbury Park, has the best women's individual age-graded effort at 91.75%. Sorbothane provides \$100 weekly to a local charity in each circuit city in the name of the top male and female Sorbothane Cup Age-Graded performances.

The second half is a busy one as we move closer to Naples, Florida, and the third edition of the Sorbothane/USRA National Masters Grand Championship — the culmination of the 1990 Sorbothane/USRA Masters Circuit. We are very pleased to have selected the Vanderbilt Inn and The La Playa as the official hotels. The weekend will kick off with the annual circuit press luncheon on Friday, January 11. Packet pickup and late registration will occur that afternoon and the pre-race

pasta party will be held on Friday evening.

Saturday, January 12, the masters will once again run separate from the open division of the Naples Open 8K. Saturday night will be the third annual circuit banquet where the \$10,000 Grand Prix purse for the Sorbothane/USRA Masters Circuit will be distributed. This year's circuit purse has been decided by the Executive Committee of the Sorbothane/USRA Masters Circuit and will be awarded as follows:

Men (40-44) 1st-\$2500, 2nd-\$1500, 3rd-\$1000, 4th-\$750, 5th-\$500, 6th-\$250, 7th-\$100. Women 1st-\$1000, 2nd-\$500, 3rd-\$250, 4th-\$100, 5th-\$50, (45-49) 1st-\$250, (50-54) 1st-\$250.

All remaining individual 5-year age-group winners from M55-70+ and W45-70+ will receive \$100 each. All athletes interested in participating should contact Dean Reinke & Associates, 400 No. New York Avenue, Suite 102, Winter Park, FL 32789, Phone (407) 647-2918, Fax (407) 647-0433.

CIRCUIT HAPPENINGS

The second half of the season will include three Western events and provide significant opportunities for athletes to accumulate points. The next five Sorbothane/USRA Masters Circuit events are as follows: September 29-Hardee's Southern Jubilee Run. This 5K run in Macon, GA, will feature Bill Rodgers and several Southeastern athletes. Contact (407) 647-2918... October 6-Myriad Gardens Run 10K, Oklahoma City. While the purse has been cut back, the competition will still be strong as ever. Contact Jeannie Giles, (405) 842-4141, for athlete information... Nashville Music City Championship 5K. New to the circuit in 1990, this also is the

Continued on page 17

1990 POINT STANDINGS SORBOTHANE/USRA MASTERS CIRCUIT (After 12 Races)

40-44 Men		65-69 Men		54-59 Women	
Domingo Tibaduiza	45/5	John Hosner	15/3	Wen Shi Yu	14/3
John Campbell	40/4	John McManus	13/3	Jeanette Chambers	7/2
Wilson Waigwa	32/4	Charles Dotson	5/1	Gloria Brown	6/2
Ken Hamilton	26/3	Dan McCarthy	5/1	Anny Stockman	5/1
Earl Owens	24/3	Ralph Ratcliff	5/1	Ann Williams	5/1
Robert Schlau	21/3				
Bill Rodgers	19/2				
Richard Hoebeke	11/3				
Carl Hatfield	10/1				
Gary Hoss	10/1				
45-49 Men		70+ Men		60-64 Women	
Barry Brown	19/4	Corey Daman	5/1	Joanne Long	5/1
Ken Spark	18/3	Sam McNeely	5/1	Susan McDavid	5/1
Hickey Lackey	8/2	Nathaniel White	5/1	F. Phelan	5/1
Allan Rushmore	5/1	Frank Coughlan	5/1	Betty McNeely	5/1
Glenn Jarrell	5/1	Ed Burnham	5/1	Kate Washman	5/1
50-54 Men		40-44 Women		65-69 Women	
Fay Bradley	13/3	Nancy Grayson	38/4	Willie Albea	5/1
Robert McAndrews	11/3	Laurie Bender	20/2	Mary Otte	5/1
Gerald Tilley	5/1	Linda Cash	18/2	Lucille Mancini	5/1
Sam Stone	5/1	Linda Banning	17/2	Teresa Ramirez	5/1
Jim O'Neal	5/1	Nancy Wieszczak	16/2	Edith Farias	5/1
54-59 Men		45-49 Women		70+ Women	
Jay Sturdivant	12/3	Claudia Ciavarella	16/2	Louise Martin	5/1
Jim Thomas	5/1	Kathy McIntyre	13/2	Athea Jureidini	5/1
J. Koward	5/1	Gavrielle Anderson	10/1	Marjorie Piscopo	5/1
Norman Green Jr.	5/1	Barbara Filutze	10/1	Tave Sieger	5/1
Oleg Morozov	5/1	Katie Vandergraff	10/1	Mary Sarvis	5/1
60-64 Men		50-54 Women			
Bill Fortune	19/4	Gina Faust	15/3		
Dick Benson	18/3	Susie Kluttz	14/3		
Herb Chisholm	14/3	Mimi Alevera	5/1		
Joe Fernandez	5/1	Judith Flannery	5/1		
Jack Gentry	5/1	Marilyn Potter	5/1		



SORBOTHANE AGE GRADED RANKINGS (After 12 Races)

<u>Overall Men</u>			
John Campbell	41	Crim	.9906
John Campbell	41	Utica	.9765
Warren Utes	70	Chicago Classic	.9717
Wilson Waigwa	41	Arvida World Class	.9685
John Campbell	41	SuperPlace	.9611
Jim O'Neal	52	Crim	.9607
John Campbell	41	Asbury Park	.9589
Norman Green	58	Asbury Park	.9558
Domingo Tibaduiza	40	Hospital Hill	.9519
Bill Rodgers	42	Crim	.9465
<u>Overall Womens</u>			
Barbara Filutze	44	Asbury Park	.9175
Laurie Bender	42	Crim	.9124
Gabrielle Andersen	44	Shamrock	.9058
Nancy Oshier	42	Asbury Park	.9032
Theresa Mahr	41	Crim	.8959
Laurie Binder	42	Arvida World Class	.8928
Linda Cash	40	Hospital Hill	.8813
Nancy Grayson	40	Utica	.8810
Jane Hutchinson	44	Hospital Hill	.8810
Heeri Bodelid	45	Utica	.8806

SORBOTHANE CUP AGE GRADED POINT STANDINGS (After 12 Races)

Mens		Womens	
John Campbell	41	Nancy Grayson	40
Domingo Tibaduiza	40	Laurie Bender	42
Wilson Waigwa	41	Linda Cash	40
Ken Hamilton	41	Susie Kluttz	53
Bob Schlau	42	Elizabeth Ervin	48

The Director's Corner

Continued from page 16

site of the National 5K Open Championship. Contact (615) 833-4124 for athlete information... October 14-Tandem Dayton River Corridor Classic Half-Marathon. For years, one of the Midwest's top events, it's in its first year on the Sorbothane/USRA Masters Circuit. Contact (513) 885-4683 for athlete information... San Antonio Marathon, November 11th. John Pernell & Company do a terrific job. (512) 732-1332.

Yes, that was John Campbell on the awards stand at Asbury Park, dominating the masters as usual, but also being competitive among the open runners... Canadian Dave Stewart is back running and looking for a second-half circuit comeback. Don't count him out come Naples... The Charlotte Observer Marathon and 10K has increased its purse to \$60,000. Masters men and women champions in the marathon and 10K will receive \$2250 a piece. There's over \$16,000 in prize money dedicated to masters... Bill Rodgers again won the masters division of the Charleston Distance run in West Virginia on Labor Day weekend... Priscilla Welch has been scarce on the U.S. road racing scene as she's prepping for a major effort in New York this fall... It appears Bob Schlauf is headed for Chicago and its \$5000 first place prize purse later this month.

The local running club officials in Hilton Head are thinking about resurrecting that cancelled event in December or February... John Campbell finished fifth overall in a World Best 47:55 for 10 miles at the Crim Road Race. Laurie Binder won the women's masters and finished ninth overall in 58:34... Former University of Kentucky stand-out Paul Baldwin finished among the top five at the Crim. Look for Baldwin more and more on the national road racing scene... Officials at the Dallas-based Komen Foundation have announced plans for a nationwide Race For The Cure running series for women. Their events in DC and Dallas last year attracted over 15,000 runners.

Traveling gypsy John Campbell appears headed for West Palm Beach or another Florida locale to make his permanent home... Campbell's fellow Kiwi, Rod Dixon, fully recovered from his pneumonia, is looking to get back into competition this month... 45-year-old record setter Ken Sparks of Cleveland is now teaching at Cleveland State and Kent State fulltime and serving as a consultant with the hospital he left. The bottom line is that Sparks will probably be training even harder than he already is, so keep the record-book pages open.

ESPN's Running & Racing Coordinator Hal Rothman will be working with the Grand Bahamas and Gainesville Road Races in putting together their fields. Hal's wife, Bobbie, is one of the top women masters and three years ago graced the cover of The Runner Magazine... Domingo Tibaduiza defeated a stellar field including Wilson Waigwa and John Custe in Denver's Main Course Challenge. Nancy Grayson topped the women's division... Canada's Ken Hamilton captured the New Haven 20K Road Race masters division on Labor Day... The Capital Trail Run, cancelled earlier, has been resurrected and will be held on Saturday, December 1, in Raleigh and remains a members of the Sorbothane/

USRA Masters Circuit... Charlotte will be the home of the first annual South Park Turkey Trot, which organizers hope to make a strong regional event and lead in to the Charlotte Observer Marathon Weekend... Marathon month coming up appears to be as exciting as ever. \$27,500 will be distributed in masters money at the Twin Cities Marathon, October 14, in Minneapolis. The Chicago Marathon, October 28, will disburse \$18,700 to those 40 and over. New York City will offer \$12,000, while Columbus, site of the men's TAC open championship, will distribute \$4,000 to masters, November 11... Gabriele Andersen has been injured most of the summer, but will be back on the roads within the next 30 days... The Bowling Green Classic 10K will distribute \$500 to the first

place master at its October 13th event... Mazda has joined the Detroit Free Press as shared-title sponsor of that city's marathon, October 14... November 14th Old Reliable Run in Raleigh will feature \$4,000 masters purse... Vulcan Run in Birmingham one week later, November 17, offers \$1800 in masters' money.

Kudos to Bill Burke and his San Diego Marathon contingent for their master prize structure. Every first place finisher in each 5-year age group from 45-69 receives \$50. \$1000 will be distributed to the overall masters male and female winner... Michael Peyton's Baby Boomer Race is in jeopardy with the pull-out of Magnavision. No word on the restructured prize money for the controversial December race... Spokesperson Bill Rodgers reports that Alamo's

3-race series will double in size in 1991... Frank Shorter will appear at the February Cow Town Marathon and 10K Weekend in Fort Worth as featured speaker and celebrity runner... Ken Hamilton and Pennsylvania's Barb Filutze pocketed \$2100 for their masters win at Maggie Valley 8K in late August. Finishing second was masters newcomer Tony McManus of New Zealand who was just three seconds back. Tony won the Park Forest 10-mile in Chicago a week later with a 52:26... Larry Almborg, fresh off his American best of 4:06.7 in the New York Games ran a 24:17 to finish 6th overall and take first place masters at the Nordstrom 8K in Portland... TAC/STATS reports that the number of finishers in 5K races grew 33% in 1989 from the previous year. □

3rd Annual



National Masters Grand Championship

Join the sport's best in **Naples, Florida** on **January 12, 1991** for the 3rd edition in what is annually the best masters field ever assembled - the culmination of the **1990 Sorbothane/USRA Masters Circuit**. Participants will run the 8K course for a masters prize purse, including the season-ending \$10,000 Sorbothane/USRA Masters Circuit Grand Prix.

Among those who have competed in the past include some of Masters running greatest names. These include Bill Rodgers, Jim Ryun, Frank Shorter, Priscilla Welch, Barry Brown, Wilson Waigwa, Bob Schlauf, Dave Stewart, Barbara Filutze, Nancy Oshier, Gabrielle Anderson, Graziella Striuli, Laurie Binder, Norm Green, Ed Benham, Jane Hutchison, Mario Cuevas, Domingo Tibaduiza, Hal Higdon and many more.

The **Sorbothane/USRA Masters Circuit National Masters Grand Championship** is part of the **NAPLES RUNNING & FITNESS WEEKEND**. The weekend includes an open 8K run, 5K family Healthwalk, pre-race clinic and expo. Race headquarters will be the spectacular oceanfront Vanderbilt Inn on the Gulf of Mexico.

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(804) 481-5090

March 24
Myrtle Beach Classic 10K
(803) 497-2451

May 28
Charleston Marathon 8K
(304) 345-2511

May 28
Cotton Row Run 10K
(205) 861-5807

June 3
Hospital Hill Half Marathon
(816) 561-1065

June 3
Superplace Road to Good Health 10K
(508) 339-5454

July 8
Ulrich Boltermaker 15K
(315) 797-6929

July 15
Chicago Distance Classic 20K
(302) 243-2000

July 22
Arvida Fiesta 5K
(714) 496-3550

August 11
Asbury Park 10K
(201) 531-4156

August 25
Crim Road Race 10 Mile
(313) 235-3396

September 3
Main Course Challenge
(303) 741-3587

September 23
Rockland Half-Marathon
(914) 359-5425

September 29
Harden's Southern Jubilee Run
(912) 744-6731

October 6
Myriad Gardens Run 10K
(405) 842-4141

October 6
Music City Championship 5K
(615) 833-4124

October 14
Dayton River Corridor Classic
(513) 885-4683

November 11
San Antonio Marathon
(512) 732-1332

November 24
Seattle Half Marathon
(206) 525-1295

December 1
Capital Trail Run 10 Mile
(919) 990-1298

December 8
WZYP Rock City Marathon
(205) 861-9077

January 5, 1991
Charlotte Observer Marathon 10K
(704) 379-6896

January 12
Sorbothane/USRA National Championship
Naples, FL
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OFFICIAL REGISTRATION FORM

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Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE the United States Running Association, Sorbothane, the City of Naples, Dean Reinke & Associates, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event.

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WHICH EVENT ARE YOU ENTERING?

- ☐ Sorbothane/USRA Masters Circuit National Masters Grand Championship
☐ Naples Open 8K
☐ 5K Family Healthwalk

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Street Address

City State Zip Code

Are You a U.S. Citizen?

Yes ☐ No ☐

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International Scene

by CESARE BECCALLI,
President of WAVA

A Choice Between Two Philosophies

I was elected President of WAVA in Melbourne in 1987 and re-elected in Eugene in 1989. On both occasions, I presented a program for cooperation with the IAAF. Recently, at the last IAAF Congress (Barcelona, Spain, Sept. 1989), WAVA was acknowledged as the only body in the world to organize veteran athletics. This is certainly a milestone in our evolution.

Despite this success, some members of the WAVA Council do not agree with the way in which the IAAF/WAVA relationship has been handled. For this season, I have been in the minority on some Council votes, and am not the Council's nominee for President at the next election.

This division of opinion within the Council creates difficult management problems which I do not feel were reflected in the Secretary's report (August NMN). The purpose of this article is to give you full and detailed information in an objective manner based upon facts and situations which can easily be substantiated.

1. Nominations

The Secretary writes that nominations were carried out "in accordance with the Constitution and past practices." True, but never before have we had a situation where two members of the Council were running for the Presidency. The Constitution permits nominations but does not imply any obligation to do so.

Although not required by the Constitution or By-Laws, there was no notice to the Council as a whole. Most of the Council was not aware that the Secretary was seeking the Council's nomination for President. Since notice was not given to all of the Council members, it meant that feelings of their constituencies could not be polled prior to the vote.

Two members of the Council were not present — Hans Axmann, representative of about 30 European countries; and Pascal Mouassiposo, African delegate. It would have been much fairer if the nominations were made at Turku in 1991. Those members who disagree with the current policy could have had their position registered in the minutes of the Council meetings, and then organized support for their candidate for the Presidency, with the backing of those WAVA affiliates which they believe hold a similar view.

2. Recognition of Affiliates

One issue raised was the question of the recognition of affiliates. In principle, there is agreement that, at the present time, the determination of who is affiliated with WAVA is a decision for WAVA to make.

But, we are in the midst of delicate negotiations with the IAAF. To fight for a principle that could not be followed in the future does not help these negotiations. Therefore, here are the reasons why, in the future, the IAAF should make the eventual decision regarding which body should

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

represent veterans athletics in a country:

a. WAVA hasn't and, of course, can't ask the IAAF to be given any authority over a National Governing Body (NGB) member of the IAAF.

b. An NGB wishing to prevent WAVA's existing affiliate from future veterans activity at a national level has many ways of doing so, most easily by starting its own official veteran's branch. Most NGB's have access to greater technical and financial resources than any independent veteran's organization. Such a situation would not be in the best interests of WAVA. Therefore, each independent WAVA affiliate should be warmly encouraged to promote, as soon as possible, good relations with their respective NGB. Many current WAVA affiliates, as well as many eastern European, South African, Asian and western European countries, are functioning independently, but in cooperation with the IAAF/NGB.

c. Only in the case of unavoidable conflict between our existing affiliate and the NGB is there a potential problem. But, in this case, the only way for WAVA to have authority with an IAAF/NGB is through WAVA's general agreement with the IAAF.

These are the reasons why the IAAF must be given the final decision.

There will, however, be a procedure to follow, in the case of a dispute:

a. Our standing affiliate will first continue to be recognized as the national veterans authority.

b. A written request by an IAAF/NGB to become a WAVA affiliate, where there is presently a WAVA affiliate, shall be sent to WAVA, the WAVA Regional Council, and the IAAF Secretariat. WAVA will work with the IAAF in reaching a solution, with the clear policy of having the WAVA standing affiliate become a full member of the IAAF/NGB.

c. In the event a solution cannot be reached, the IAAF Veterans Committee (which includes several WAVA officers) or a WAVA/IAAF special commission will intervene.

d. If a solution is still not reached, the IAAF Council will make the final decision, while remaining respectful of the principles and autonomy of WAVA.

I sincerely believe this is the only way we can proceed to maintain WAVA's interests, which would also be acceptable to the IAAF.

It must be clearly understood that the ultimate objective is to have the Veterans program integrated within the IAAF, with WAVA having the authority and the autonomy to administer the program.

The final authority cannot be denied. This matter must be approached with a reasonable attitude and in the

Continued on page 24

Curriculum Vitae — Cesare Becalli

- Born in Milano, Italy, in 1934.
 - I was employed as the National Product Manager in one of the largest chemical companies in Europe. From 1983 to date I have become a consultant in the plastic industry, and also organize sporting events.
 - I have been a competitor in many sports: cycling, judo, boxing, swimming and sailing. I started competing in athletics in 1971, first in road races and then in track events from 200 to 800 meters.
 - In 1975, I was the only Italian competitor at the 1st World Masters Championships Toronto. I have been a competitor in many national and international veterans meetings and in the 2nd and 4th WAVA World Championships. Due to a serious knee injury, I have been forced to cease competitions since 1982.
 - Upon returning home from Canada in 1975, I founded the Italian Masters International Track & Field Team (IMITT), which has been a WAVA affiliate since 1977. I have served as President of the Organizing Committee of the WAVA World Championships in Rome, 1985. I have organized and served as Director of 13 national championships, including indoor and outdoor track meets, distance races and road walks.
 - Together with Roland Jerneryd, I formed the European Veterans Athletic Association (EVAA) in Viareggio, Italy, in 1978, where I also organized the 1st European Veterans Championships. I was the President of the Organizing Committee of the VIEVAA Championships in Verona in 1988.
 - I was elected the first EVAA President and was reelected every term until I resigned upon being elected WAVA President.
 - I have been a member of the original IAAF Veterans Committee since its inception.
 - In addition to Italian, I speak English, French and Spanish.
 - I have personal ties with the President, many members of the Council, the General Secretary of the IAAF, as well as with many Presidents and General Secretaries of national governing bodies throughout the world.
 - Since my election in Melbourne in 1987, many successful negotiations have been carried out: the road racing community (IGAL) has merged with WAVA; the relationships with the IAAF have resulted in the IAAF officially sanctioning our Championships in Eugene; at the same time, the IAAF did not sanction the Masters Games held in Denmark in 1989; the IAAF, at its expense, will assist us in drug testing; the WAVA/IAAF negotiations have culminated in the official recognition of WAVA by the IAAF Congress in Barcelona in 1989; the IAAF has indicated they would welcome the participation of veterans in their national athletic federations, thus giving veterans the opportunity to influence the entire operation of athletics throughout the world.
- WAVA is in the midst of the most important and delicate period in its existence. My experience as the WAVA President, as an organizer of veterans events, as a competitor, together with my knowledge of the IAAF structure and the rapport that I have established with them, can best serve the needs of WAVA at this time. This election is a referendum on the success of our negotiations to date and the direction in the future. Your support is needed and appreciated.

— Cesare Beccalli



9 Months To Go

Countdown to Turku

Competition Schedule Announced

The IX WAVA World Veterans Athletics Championships will be held in Turku, Finland, from July 18-28, 1991. More than 5000 athletes from over 60 nations are expected to participate.

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the event. The only requirement is to be at least the minimum age.

The Finnish organizers are expert at staging track and field competitions and should put on a first-class affair. For the first time ever, a sizeable number of athletes from Eastern European nations will attend. More than 1000 athletes from the Soviet Union, alone, are expected to attend.

The tentative competition schedule and the WAVA meeting schedule are

listed in the middle pages of this issue so you can plan your itinerary. The entry deadline is April 15, 1991. The entry form will be published in the *National Masters News* early next year.

Meanwhile, reliable sources say housing will be at a premium in Turku, so it would seem judicious to make your hotel reservations early.

There are at least six U.S. travel agents offering low-cost accommodations and tour packages to Turku. All of them have an advertisement in this issue. Each is offering post-meet tours. Some will also process your entry to save you the conversion charge.

Two masters meets are scheduled for the week following the Championships: 1) the Soviet National Veterans Championships in Moscow, to which there may be low-cost accommodations and train travel from Turku to Leningrad to Moscow; and 2) the annual Baden meet near Zurich, Switzerland, an excellent event in which many athletes competed following the Rome World Games in 1985. Consult the travel agents for details of both events and tour packages.

One factor which may discourage

some people from going to Finland is the cost. The dollar is down 20% against the Finmark in the past year. Food costs are double what they are in the U.S. The housing costs will be higher than promised by the Finnish organizers when they presented their bid last year in Eugene.

But the tour packages arranged by the U.S. travel agents are as moderately priced as possible. All things considered, it should be a trip worth taking. □



Start of W45 1500 race in XII Indian National Veterans Athletic Championships, May 3-5, at Lal Bahadur Stadium, Hyderabad.
Photo from V. Suryanarayana

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**IX WORLD VETERANS
CHAMPIONSHIPS IN TURKU**

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Book before November 1 to avoid probable airfare increase

SNUG HARBOUR TOURS 1372 Broadway, Suite 902,
New York, NY 10018 attn: Diana Schneider
Telephone: (212) 391-5611 Fax (212) 704-0376

**Reliability you've grown to trust . . .
serving the Masters for over eleven years**

920 Attend Indian Nationals

from V. SURYANARAYANA,
IVAF Secretary

The XII Indian National Veterans Athletic Championships held May 3-5 at Lal Bahadur Stadium in Hyderabad drew 920 men and women from 16 IVAF-affiliated states.

Despite near-cyclonic rains and winds on the opening day, the rest of the meet went off well, with keen competition and many new national records.

The Andhra Pradesh State Veteran Athletes Association hosted the event and provided free transport, accommodations, and board for all participants.

Tamilnadu state won the men's championships with 203 points, and Maharashtra claimed the women's with 91. Over 175 athletes met qualifying standards set by the IVAF for selection to the Indian team to attend the WAVA Asian Regional Championships in Malaysia, November 9-11. □

1200 Compete in Japan Championships

from YUJI WATANABE

The 11th Japan Masters Track and Field Championships — "the festival of lifelong sports" — was held under clear skies in the Oze Sports Garden in Yamanashi Prefecture (state) on August 23-26.

Sponsored by the Fuji Fire & Marine Insurance Co., the event drew more than 1200 athletes.

Masami Okazaki set a new M85 world record with a 22.28 discus throw to better Buell Crane's mark of 20.47. Forty-six new Japanese national records were established.

"The number of members in the Nippon Masters Athletic Union is increasing rapidly," said Kiyoshi

Konoike, meet director. "Excitement is building in anticipation of Japan's hosting the 1993 World Veterans Championships."

At the closing ceremonies, the Nippon Masters flag was passed from a representative of Yamanashi Prefecture to one from Miyazaki Prefecture, where next year's 12th Championships will be held.

Miyazaki is the site chosen by Japan to bid for the 1993 World meet. If the bid is successful, the Miyazaki event next September will be a preview of the World Games. Athletes from throughout the world are invited to attend. NMN will publish schedule info as soon as available. □

**IX WORLD VETERANS CHAMPIONSHIPS
IX WORLD VETERANS CHAMPIONSHIPS
TURKU, FINLAND — JULY 18-28, 1991
TRAVEL TOGETHER AND SAVE!!!**

Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters race walker. Optional: local tours in Finland, Norway and Sweden.

Package will cover to and from all destinations in USA, Canada, Central and South America.

Please write to Paul Geyer for all information which is now available and will be sent to you immediately. Time is running out to get select reservations for Turku. Don't wait. Do it now!

SKI & TRAVEL INTERNATIONAL, INC.
P.O. Box 630096, Miami, FL 33163



NEXT STOP—FINLAND!

Go with the "Turku '91 Tour"
to the IX World Veterans' Championships
Turku, Finland
July 18 to 28, 1991

Picturesque Turku is the second largest city in Finland and home of the legendary Paavo Nurmi. Ancient castles, a bustling seaport, and a fervent interest in track & field make Turku a superior venue for the next World Championships.

To enhance your enjoyment of the Turku experience, Eugene World Games Co-Directors Barbara Kousky and Tom Jordan have organized the "Turku '91 Tour". They will put their experience to work for you, so that you can concentrate on the essentials: competition and recreation.

THE TURKU '91 TOUR WILL INCLUDE:

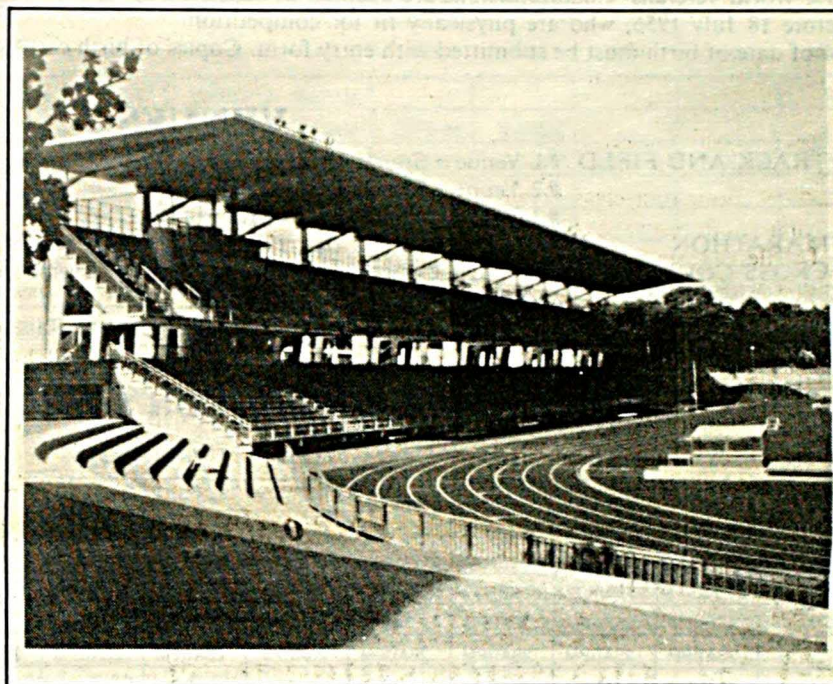
- Round-trip airfare from Los Angeles or New York, with departure from an airport near you at a slightly greater or lesser cost depending on location. (Primary departure date — 7/16/91).
- 12 nights accommodation at prime lodging in Turku, including a choice of First Class or Dormitory housing. Both housing categories include breakfast.
- Transportation by deluxe motorcoach from Helsinki to Turku and return, plus all transfer and portage fees.
- Training advice and clinics by Mike Manley, 1972 Olympian and 1989 World Veterans' Championships Silver Medalist in the steeple. Mike coaches over 30 runners, and can help you get the most out of your training.
- Tour Accessories, including exclusive "Turku '91" t-shirt and lapel pin.
- Entry Processing, to ensure smooth entry into the IX Championships and to save you currency exchange charges.
- Post tours and flexible return will be available for those who wish to take advantage.

After two site visits to Turku, we can tell you that the Finnish organizers are going to put on a first-class competition. The main venue is the impressive Sports Park, right in the heart of Turku. Housing is at a premium and we have reserved space in the prime hotels offering convenience and the best value for your money. All of our Turku '91 hotels are within walking distance of the Sports Park, and we have obtained rooms in the scarce dormitory housing a short bus-ride from the venues.

The "Turku '91 Tour" offers the convenience, camaraderie, and personal attention of group travel, with the freedom to enjoy the Turku experience to the fullest.

TOUR COST (per person, double occupancy)

We estimate that the tour will cost from \$1995 for tour members opting for hotel accommodations, and from \$1695 for those choosing dormitory housing. An exact figure for the tour will depend on the rise or fall of the U.S. dollar against the Finnish *markka*, and your airport of origin in the U.S. (You may arrange for your own air transportation to Turku and return, and deduct \$819 from the tour cost.)



Space on the "Turku '91 Tour" will be limited to 150 persons, and over 80 have already signed up and sent in deposits. We urge you not to delay in joining the tour.

DEPOSITS

Our deposit schedule is based upon the deposits required of us by the Turku organizers and the airlines.

To join the "Turku '91 Tour", a \$500 per person deposit is required to hold your space(s) until December 15, 1990.



TURKU '91 TOUR

Send your deposit(s) to Northwest Event Management, Inc., Box 10825, Eugene, OR 97440.
Telephone: 503-687-1989 FAX: 503-687-1016

Enclosed please find my deposit for \$ _____ for _____ persons to reserve space on the "Turku '91 Tour".

My check is enclosed. If you prefer to use a major credit card please contact us direct.

Name _____

Address _____

City, State, Zip _____

Home Phone _____ Work Phone _____

IX WORLD VETERANS C

JULY 18—28, 1991

COMPETITION ENTRY REQUIREMENTS

ALL ENTRIES MUST BE RECEIVED BY APRIL 15, 1991. Official entry forms or photocopies must be used. Confirmation of entry will be sent within 30 days of receipt. If confirmation is not received by May 31, 1991, contact Organizing Committee by FAX +358-21-503 106.

Copies of the Official Competition Entry Form may be obtained by contacting SPORTS TRAVEL INTERNATIONAL, LTD. Payment may be made directly to Turku in Finnmarks, or in U.S. Dollars to SPORTS TRAVEL INTERNATIONAL, LTD. Specific information available on request.

AGE REQUIREMENTS

The IX World Veterans' Championships are open to all men born on or before 18 July 1951, and all women born or before 18 July 1956, who are physically fit for competition. Proof of date of birth must be submitted with entry form. Copies of birth certificate or passport will be accepted.

VENUES

TRACK AND FIELD #1 Venue - Sports Park of Turku, Turku

#2 Venue - Raisio Field, Raisio

#3 Venue - Kaarina Field, Kaarina

MARATHON

The Marathon is a flat, fast course, closed to traffic.

CROSS COUNTRY

The Cross Country is a fast course with several short steep hills, grass and bark chip surface.

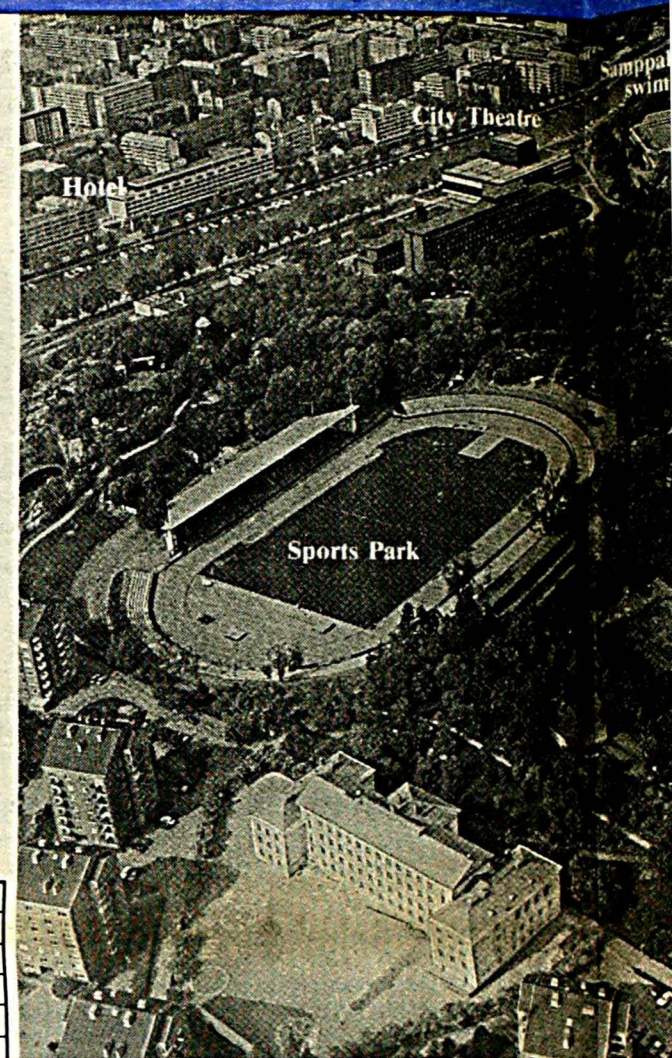
ROAD WALK

The Road Walk is a flat course adjacent to Raisio Field.

PRELIMINARY COMPETITION SCHEDULE-WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
100 sf	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM			
100 f	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
200 sf	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM					
200 f	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
400 sf	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM						
400 f	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
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800 f	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
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2K Steeple f	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM
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10000 f	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
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100H f	1SUN/AM											
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5000 WALK f	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
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LONG JUMP f	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
TRIPLE JUMP f	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
SHOT PUT q&f	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
DISCUS q&f	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM
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JAVELIN f	1SAT/AM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM
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SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES DEFINITIVE SCHEDULE IN COMPETITORS' HANDBOOK UPON ARRIVAL



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San Diego, CA 92

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IX WORLD VETERANS' CHAM CALENDAR OF EVEN

July 16	WAVA Council Meeting
July 17	WAVA Council Meeting
July 18	Heptathlon and Decat Hammer Throw
July 19	Heptathlon and Decat Hammer Throw Women's General Mee Opening Ceremony
July 20	Start of Track & Field
July 22	Non-Competition Day Regional Meetings Stadia and Non-Stadia International Paavo Nu
July 24	Non-Competition Day WAVA General Assemb Competition Banquet
July 28	Marathon Relays Closing Ceremony

CHAMPIONSHIPS

TURKU FINLAND



U.S. Masters International Track Team



--- WANTED ---
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CLASSY REUNION

200 North Americans went to Europe with the U.S. Masters International Track Team in 1972.

We are returning to FINLAND in 1991 for WAVA IX, TURKU. Join USMITT for the celebration!

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Phone (619) 225-9555 FAX (619) 225-9562

PRELIMINARY COMPETITION SCHEDULE-MEN

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M90+
100 h	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	SAT/AM	1SAT/AM	1SAT/AM					
100 sf	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM			
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5000 WALK f	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
10K CC	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM
MARATHON	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
HIGH JUMP f	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM
POLE VAULT f	1SUN/AM	1SUN/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
LONG JUMP f	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
TRIPLE JUMP f	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM
SHOT PUT q&f	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/PM	1SAT/PM	1SAT/PM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
DISCUS q&f	2THUR/AM	2THUR/AM	2THUR/PM	2THUR/PM	2THUR/PM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM
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DECATHLON	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM
JAVELIN f	1SUN/AM	1SUN/AM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
HAMMER f	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM
400 m RELAYS	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
1600 m RELAYS	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM

SUBJECT TO CHANGE UPON NUMBER OF ENTRIES DEFINITIVE SCHEDULE IN COMPETITORS HANDBOOK IN PACKET UPON ARRIVAL

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WORLD VETERANS' CHAMPIONSHIPS

CALENDAR OF EVENTS

Council Meeting
 Council Meeting
 and Decathlon
 row
 and Decathlon
 row
 General Meeting
 ceremony
 Track & Field Competition
 Competition Day
 Meetings
 Non-Stadia Committee Meetings
 Paavo Nurmi Games
 Competition Day
 General Assembly
 Banquet
 ceremony

The International Scene Continued from page 19

spirit of cooperation.

This resolution, together with the relevant amendments to the Constitution and By-Laws, will be submitted for the approval of the next Assembly.

3. IAAF Funding

The Council approved the following resolution: "The acceptance, or rejection and disposition of any funds received from the IAAF is subject to approval from the WAVA Council."

Later, the Secretary wrote the WAVA Council members that it is very surprising that the IAAF has suspended the subsidy because of this resolution. It is surprising that this resolution only applies to IAAF funds. Why not to any source of income?

At the IAAF Congress in Barcelona, many national delegations were enthusiastic about joining WAVA. I informed them they must complete an application form and pay an annual fee. They had no objection to the form, but most delegates objected to the fee, reasoning that the IAAF had just recognized WAVA as part of the IAAF athletic family and, as IAAF members, why should they have to pay an additional fee to compete in veterans athletics?

To promote new affiliations, which has been one of the strongest reasons for cooperation with the IAAF, and to maintain the good will generated in Barcelona, I met with Hans Skaset, Chairman of the IAAF Veterans Committee; John Holt, IAAF General Secretary; and, later, with Holt's assistant, Mark Horley.

I proposed that the IAAF should give WAVA an annual subsidy of US\$15,000 to replace WAVA's affiliation fee income. They agreed, in principle, subject to the approval of the IAAF.

It is important to note that the total WAVA affiliation fees actually come to less than US\$5000. The US\$15,000 took into account new affiliates, IAAF administrative support to WAVA, and the proposed cancellation of any WAVA Regional affiliate fees.

In no way does this subsidy violate the WAVA Constitution or By-Laws. The cancellation of affiliation fees would be a proposed amendment for the next General Assembly. Meanwhile, WAVA, instead of billing each of its affiliates, would simply receive a subsidy from the IAAF to cover the normal affiliation fees and have some left over for over general purposes.

At Turku, some Council members argued that some WAVA affiliates could feel discriminated against if they were required to continue to pay affiliate fees, while IAAF members would not pay.

So I proposed WAVA consider the IAAF subsidy as paying all affiliation fees. Some Council members rejected this procedure and said only the WAVA Council can decide how to use

the money received from the IAAF. The motion was approved after a hasty vote, 6-5 (with one abstention).

I entirely agree that only the Council can decide how to use any income. But I still don't understand why the Council didn't decide to take some dollars from the IAAF subsidy to pay the affiliation fees, then deposit the rest.

On the contrary, another motion was immediately approved which effectively means that I have been instructed to accept for the next two years US\$15,000 annually from the IAAF. In essence, we as WAVA accept an unconditional grant from the IAAF; we want the money but not the conditions. I presented this proposal to the IAAF to which they answered that the subsidy should be suspended and that the WAVA attitude was against any spirit of cooperation. I share their view.

4. Drug Testing

When the matter of drug testing was placed on the agenda in Turku, I suggested we consult the IAAF before taking a position on this matter. The Secretary felt there was no reason to wait as WAVA should not accept directions from the IAAF.

The Council voted that: "Drug testing cannot be implemented at the WAVA World Veterans Championships in Turku in 1991."

When I reported the action of the Council to the IAAF, the unanimous position of the IAAF Veterans Committee was:

- Doping control is an international sporting law accepted by all international federations and without which no championships could be recognized or authorized.

- The IAAF reserves the right to test all those athletes who belong or are affiliated to IAAF members.

- In the event that WAVA or the local organizing committee would hinder doping controls at the WAVA Championships in Turku, the IAAF would consider speaking to the Finnish sports authorities to stop the Championships. I find the IAAF perfectly justified.

I also brought this question up at the European Veterans General Assembly in Budapest. The delegates present unanimously (but one only) agreed that drug testing should be implemented. At the VII European Veterans Championships, drug testing was accepted and carried out without any problem.

Consequently, I have given directions to the Turku Organizing Committee that the IAAF must be given a facility for random drug testing, under the international rules. Further details will follow after I consult with WAVA members throughout the world.

The Secretary writes in his report that "we must know more about medications that may contain banned substances... cost of testing... the WAVA

Coup Attempt Fails to Halt Championships Continued from page 1

government property, and other felonies. The attempted coup also triggered short-term rioting, looting of commercial establishments and indiscriminate acts of arson in downtown Port-of-Spain. The neighboring island of Tobago was not involved.

In an effort to restore law and order, the government declared a state of emergency, and the police imposed a strictly enforced nationwide curfew, which in the weeks following was gradually relaxed.

Trinidad-Tobago had not seen the likes of this since 1970 when an unsuccessful black power takeover was attempted. The country has been at-

tempting to recover from the financial reverses suffered after the oil boom days evaporated in the early 1980's. There has been high unemployment as well as disenchantment with some of the high-handed fiscal policies of the current party in power.

Extensive Damage

A pre-meet tour of Port-of-Spain disclosed the damage to the police headquarters which was gutted by a car bomb and subsequent fire. The Red House (Parliament building) was pockmarked by gunfire, windows were broken and, worst of all, a portion of the building where the rebels had

Continued on page 25



Traditional steel band entertains masters at closing reception.

Photo by Linda Pain

Assembly must first approve ..." and, later, "we did not flippantly say we did not want controls at Turku... the WAVA Council will submit to the next General Assembly a proposal to introduce a by-law authorizing drug testing..."

It would have been better for the Council to instruct me to stress the problem of medications with the IAAF; in other words, to consult the IAAF before taking a position. The problem of medications has been thoroughly researched by the IAAF.

It was clearly indicated in Turku that the cost of this program will be borne by the IAAF. Without accepting the principle of drug testing, the Championships will not take place. To state that WAVA does not accept directions from the IAAF in matters of such a basic nature is ridiculous and, perhaps, dangerous.

Therefore, it was my duty and responsibility as President to ensure that our main event takes place, together with the survival of our Association.

We can't wait for the Assembly to first approve drug testing. It may be that the Assembly will not agree, but I do not think it is responsible for the Council to create this kind of conflict and then retrospectively ask the Assembly to agree.

The Secretary said "if Cesare had put this point firmly at the IAAF Veterans Committee (i.e. to introduce a bylaw for drug testing after Turku), the IAAF would have reacted in another way."

But we are talking about Turku, not later events. WAVA is required to be in conformity with the standing sporting law. I hope that this is clear.

5. South Africa

The Secretary neglected to mention in his report that David Pain, nominated by the Council to serve as WAVA Secretary, suggested a letter be written to the IAAF supporting the participation of South Africans in WAVA competitions. The Secretary also stated categorically that he and others would have voted against sending the letter.

The facts are as follows:

- Pain asked to read the South African letter to the Council.

- My first reaction was to prevent him from doing so, because I felt that the consequent proposal could be to ask support for their participation.

- David said I had no right to prevent a Council member from raising any issue whatsoever.

- I apologized and let him read his letter.

Continued on page 28

Coup Attempt Fails to Halt Championships Continued from page 24

stored half a dozen bodies during the five days still reeked of death. Selected stores in the downtown area of Port-of-Spain were totally demolished by fire with gutted interiors framed by half-standing walls and grotesquely twisted steel beams. Some of the stores had reopened at new locations, and the business district was teeming with shoppers when we toured the area.

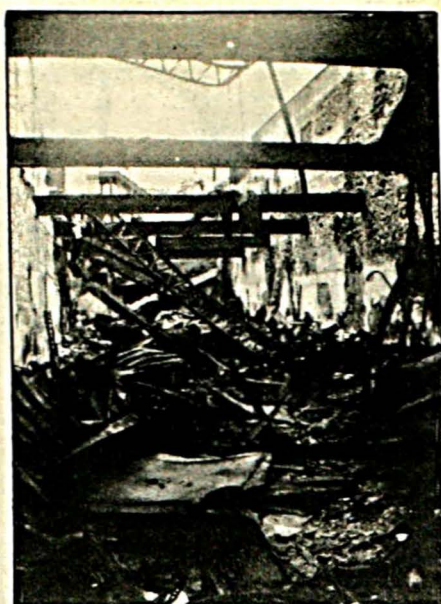
In spite of the incident, both WAVA leadership and the Trinidad Organizing Committee decided to delay a decision to cancel the event. This proved to be a wise choice because the situation improved markedly in a very short period of time. In fact a press conference conducted by the Organizing Committee a week prior to the championships met with unanimous local approval when it was announced that the games would proceed as scheduled. Since this was the first major public event to take place in Trinidad subsequent to the incident, it did much to re-establish public confidence. As the result of the announcement, the Commissioner of Police further liberalized the public curfew to 9:00 p.m.

Conducting a track meet when a nation is still suffering from the trauma of such an incident and working within severe curfew limitations was not an easy task. However, in times of national emergency, people frequently band together and overcome such difficulties. That was the case with the organizers. Zeno Constance, the Meet Director, was somehow able to get the National Stadium dressed up, loose track repaired, and the meet underway on schedule.

Not all went well, however, as the photofinish camera was inoperable, resulting in hand-held timing. The scoreboard was not utilized and — worst of all — the race numbers ordered from the states were lost somewhere in the Trinidad-Tobago postal system. A Carnival type of opening ceremony had to be scratched as the traditional steel bands had been unable to rehearse because of the curfew limitation, and the organizers were forced to cut back on expenses due to cancellations by competitors. In spite of this, a modest opening ceremony was conducted in which the participants by nation marched accompanied by a smart military band and were greeted by the National Minister of Sports, Mrs. Jennifer Johnson. During the march past, we observed representatives from Trinidad and Tobago, Venezuela, Guyana, Uruguay, Aruba, Virgin Islands, Puerto Rico, Mexico, Australia, Canada, and the USA, by far the most nations to participate in our regional championships to date.

225 Defected

Initially nearly 400 entries had been received and good competition in all age divisions seemed assured. However, many entrants defected, and only an estimated 175 actually com-



Fire-gutted building typical of arson damaged business district, Port-of-Spain, Trinidad & Tobago. Photo by Linda Pain

peted, which weakened the competition considerably.

Previously cancelled air transport to Trinidad materialized, albeit via different routing, the hotels were operating, local transport was provided by the Organizers, the food was good and plentiful, and there were plenty of diversions for the non-athletically inclined.

The Hotel Normandie held a rousing closing reception at which the participants danced to an 11-piece Trinidad steel band and consumed quantities of Trinidad's ubiquitous rum punch and soundly booed those in absentia.

The Normandie Hotel owner and general manager, Chris Chin Lee, as the financial backer of competition, displayed considerable courage in proceeding with the event in spite of a potential financial loss. He also had a full staff on hand to properly service his in-house guests. To be able to keep his restaurant open after curfew hours, he housed his staff who were also available to provide early breakfasts to the competitors. As a result, those who stayed at this hotel experienced little, if any, inconvenience from the 9 p.m. curfew.

Cross-Country

Competition began on Thursday, August 23rd. We observed the cross-country venue located about a one-hour drive from Port-of-Spain. The 8K rolling course consisted of two loops around a golf course and a sojourn out into the cane fields. It was warm and very humid. All 11 competitors (of 23 entrants) suffered not only from the heat but also from a very wet course complete with a muddy stream to negotiate. Last finisher, mud splattered Don Farquharson, 65, of Canada, missed the markers at least twice and on one occasion had to hitch a ride back to the course. The event was well-organized by the local road running club, which also presided over

Continued on page 29

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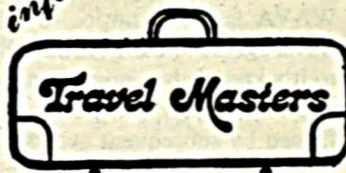
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Write On

Continued from page 9

did not wish to jeopardize the safety of family members.

4. the meet organizers had not been candid vis-a-vis the safety issue, as Marilyn Mitchell had had reports as early as February/March concerning assaults against tourists and had questioned Tony Harford, one of the meet organizers, via telephone in the spring. Even though he denied that any such incidents had taken place, she to this day receives continued similar information which attributes the problems to Trinidad government layoffs and high unemployment. As a result, she requested at the TAC National Indoor meet in March 1990 that continual bus service be made available from the stadium to the hotels for this reason, as well as to facilitate the competition.

5. many corporations, based upon security reports and briefings, refused to let their personnel travel to Port-of-Spain and this moratorium also still exists in many cases.

Why are we arriving at vastly different conclusions than did David Pain, based presumably upon the same publicly available information? When a State Department Advisory is in effect, American carriers are obliged to refund a customer's money or substitute another trip at the request of the customer with no cancellation penalties. Why did David Pain feel justified in disregarding the concerns of the State Department, the travel industry, and a number of U.S. corporations? Why did he disregard the concerns of his running constituency? We should like to suggest that we think that David operates under a conflict-of-interest, given his relationship to a California travel agency, and that perhaps his decisions are not necessarily in the runners' best interests.

Ken Brinker, USA; Gary Bell, USA; Thaddeus Bell, MD, USA; Stella Cashman, USA; Peter Crombie, Australia; Donnis Drumgole, USA; Lionel "Gil" Guillemette, USA; Morton Hahn, USA; Sydney Howard, USA; Elga Meri, Canada; Yancy Munoz, USA; Pat Peterson, USA; Alan H. Pollack, Australia; Jutta Riegel, Canada; Joan Rowland, USA.

REPLY TO OPEN LETTER

Due to the courtesy of the *National Masters News*, I have received a copy of the "Open Letter to David Pain WAVA North American Delegate." My first reaction was to ignore the accusations since the writers did not have the courtesy to send the letter directly to their WAVA representative but chose to complain only to the *National Masters News*. Notwithstanding this breach of common courtesy, I will respond.

The general thrust of the complaint is that due to the temporary breakdown of law and order in Trinidad and Tobago, "Pain and other relevant of-

ficial decision makers" should have cancelled the meet. In response, I should point out it was not WAVA's meet to cancel. Only the Organization Committee could make that decision. WAVA's only prerogative was to withdraw its sanction of the meeting.

The Organizing Committee, with the concurrence of principal WAVA officers determined that the meet should not be cancelled in that there was no justification for cancellation. I gave the organizers the option of cancelling if they wished provided all entry fees were to be refunded. By the time the meet occurred, the social and political situation in Trinidad and Tobago had substantially stabilized see North American Report, this issue, page 1); namely: International flights to and from Port-of-Spain had been resumed, albeit on a revised basis due to the curfew. All hotels were operating normally. The curfew had been reduced to 9:00 p.m. to 5:00 a.m. and law and order had been restored.

During our two-week stay in Trinidad and Tobago, to my knowledge, no competitor who went was assaulted or hassled in any way. We were courteously greeted and dealt with in the most friendly manner. This was in marked contrast to the criminal assaults which our master athletes were subjected to while in San Juan, Puerto Rico at the World Championships in 1983, and the all too frequent criminal assaults which occur daily in our major U.S. cities.

In fact, we walked through the most ravaged part of the shopping district of Port-of-Spain and received only friendly and courteous treatment. One young man, a complete stranger, took us in tow and showed us about the area including the gutted police headquarters and damaged parliament building. In talking to several people in the business district, we were told repeatedly how many of the news reports were highly exaggerated and there had been no food or medicine shortage. The food in my hotel was excellent.

We, of course, cannot account for other people's subjective fears for their own safety. A check with the U.S. State Department on August 6 indicated that no traveler's advisory was in effect at that time. On August 8, WAVA issued a notice to all known travel agents and others that there was, to it's knowledge, no reasonable threat to public safety. This position was confirmed by subsequent events.

With respect to continuous bus service to and from the stadium, WAVA was assured it would be provided, and it was. A bus schedule was posted and, to our knowledge, no one was stranded as a result. Few, if any, competitors felt that it was necessary to rent a car because the bus and cab service was more than adequate. Contrary to published reports to be wary of venal cab drivers, I found them quite courteous.



Chris Chin Lee (1), meet sponsor, and Zeno Constance, meet director, WAVA North American Regional Championships.

Photo by Linda Pain

At the airport and cruise ship terminals, rates to specific locations were posted. Hotel staff quoted appropriate taxi rates.

Because of the liberalized curfew hours, I did not receive specific complaints that the hours seriously handicapped having a good time although Trinidad's traditional night clubs were closed due to the curfew.

A masters meet schedule is based upon the assumption of a specific number of entries and is, and was in this case, announced as a "Tentative Meet Schedule." The revised schedule

published in the July issue of NMN was the result of known entries at the time, and to correct some omissions. Anyone associated with a masters meet must be aware of the fact that the final schedule is largely dictated by the number of entries and, of necessity, is usually revised.

I take special offense at the implication that I have special connections with a "California Travel Agency" and therefore a conflict of interest. This canard has been floating about for years. My interest in a travel agency was terminated more than 11 years ago. All decisions regarding Trinidad were made after consultation with several of WAVA's regional board and were concurred in by them. In determining whether to withdraw WAVA's sanction, equal consideration was given not only to the safety and interests of the athletes, but also concern for the meet organizers, and the travel agents who had cooperated with WAVA in publicizing the event.

I believe WAVA's handling of the matter was even handed and completely vindicated by the situation as it existed in Trinidad and Tobago. As pointed out in my article, the meet had its short comings, a major one being the defection of those who had entered but failed to show for reasons which proved to be unfounded.

David H.R. Pain,
WAVA North American
Regional Delegate
San Diego

Continued on page 27

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT., 1990

ATHLETE(RESIDENCE)	BIRTHDATE	AGE GROUP
HELENE BEDROCK(CLIFFSIDE PARK,NJ)	10- 6-35	55-59
NANCY CUNNINGHAM(CONWAY,AZ)	10-30-55	35-39
LYNDA DRAKE(HOUSTON,TX)	10-13-40	50-54
JUDY FOX(SUNNYVALE,CA)	10-22-40	50-54
DOROTHY KELLEY(NEW YORK CITY NY)	10-23-35	55-59
IDA MINTZ(GLENCOE,IL)	10-15- 5	85-89
DONNA RADIGAN(PA)	10- 9-35	55-59
CAROL STEELE(US)	10-16-30	60-64
DAISY WONG(BURBANK,CA)	10- 5-35	55-59
JENNIFER WRIGHT(INDIO,CA)	10- 5-35	55-59
DENISE ALFVOET(BEL)	10-13-35	55-59
AGNES BLOM(BEL)	10- 2-30	60-64
EDNA DUNDAS(AUS)	10-18-50	40-44
ISOLDE FISCHER(WG)	10-22-35	55-59
PAT ANN GALLAGHER(GB)	10- 4-45	45-49
ASTRID KLAESSON(SWE)	10- 8-35	55-59
LORE KLITSCH(WG)	10-20-20	70-74
CORRY KONINGS(HOL)	10-16-40	50-54
YVONNE MILES(GB)	10-11-40	50-54
LUCIANO ACQUARONE(ITA)	10- 4-30	60-64
RICHARD BREDENBECK(INDEPENDENCE,OH)	10- 1- 5	85-89
HUGO DEGROOT(EL TORO,CA)	10-23-15	75-79
ROBERT EMMERLING(MANHATTAN BEACH,CA)	10- 5-35	55-59
HELMUT FACKLER(WG)	10-11-30	60-64
JAMES GALLUP(HONOLULU,HI)	10-15-35	55-59
ROGER HUGUES(FRA)	10-21-40	50-54
VEIKKO JAVANAINEN(FIN)	10-31-25	65-69
HERB KIRK(BOZEMAN,MT)	10- 2-95	95-99
JIM MANNO(ORADELL,NJ)	10-10-20	70-74
RICHARD NORDQVIST(TALENT,ORE)	10-25-25	65-69
WILL ROBINSON(THOUSAND OAKS,CA)	10- 7-30	60-64
HAGUES ROGER(FRA)	10-21-40	50-54
RICK RYCKMANN(ARLINGTON,TX)	10- 4-40	50-54
MARION SANCHEZ(SAN LORENZO,CA)	10- 7-30	60-64
STEPHAN SEYMOUR(HOLLYWOOD,CALIF)	10- 4-20	70-74
DOUG SHAW(SANTA BARBARA,CA)	10-20-45	45-49
GULAB SINGH(IND)	10-13- 5	85-89
DENVER SMITH(OH)	10- 2-25	65-69
HAL SMITH(TARZANA,CA)	10- 3-35	55-59
JOHN TANSLEY(NORWALK,CALIF)	10-21-35	55-59
STAN THOMPSON(HONOLULU,HI)	10- 9-10	80-84
LEN THORNTON(CA)	10-26-30	60-64
JOHN WALKER(LAS VEGAS,NV)	10- 8-20	70-74
JOE WEHRLY(ENCINO,CALIF)	10- 2-15	75-79

Report from Oceania

by CLEM GREEN

Australia is now a full member of the WAVA Oceania Regional Association; so are the Cook Islands, by way of the IAAF.

The 5th WAVA Oceania Games will commence on November 2. Color patches to differentiate age groups will be used, as New Zealand has done for many years. There is no reason why WAVA could not adopt similar colors for World Championships.

Oceania disagrees with WAVA's decision to drop the 10K road race from the World Championships schedule and to hold World LDR Championships in even-numbered years. It's too expensive for the not-so-affluent nations — such as those in Oceania, South America, Africa and Asia — to have non-stadia events each year. The VIII WAVA Games in Eugene included a 10K road race which was applauded as a successful event with hundreds of runners.

The WAVA General Assembly was apparently hoodwinked when voting on the 1991 Games in Turku; as accommodation costs are well over the presenter's promise. We are unimpressed by the Organizing Committee excuses for accommodation cost increases as this major point should have been thoroughly researched before bid time. This should be avoided in the future.

The Stadia Committee is to be commended for recommending a special 100m age-graded race in Turku which will reveal the real champions. Perhaps WAVA could make more of this approach as to veteran champions.

Australia's Gus Theobald, 93, was tragically killed when hit by a vehicle while crossing the road. Theobald owned many single-age racewalk records.

The Central Australian Masters Games will be held from October 13-20 in Alice Springs. □

Write On Continued from page 26

N. AMERICAN CHAMPIONSHIPS

When I got on the plane in San Juan, Puerto Rico there was a young girl sitting in the pilot's seat. "That girl's just playing, isn't she?" I asked the stewardess. "No," was the reply, "she'll be flying you to Trinidad."

I popped my head into the cockpit and said, "Little girl, before we go down the runway I want you to give the controls back to your daddy." All three crew members began to laugh, and I thought, "Well, if they can be relaxed on this trip, maybe I also should be."

When I arrived in Port-of-Spain in Trinidad, I saw the damage caused by the revolution and decided to stay close to my hotel up one of the canyons away from the city. Shortly after my arrival, as I stood in my spacious and immaculate room, there was an explosion. A large mud slide had smashed a

retaining wall, missing my bed by 32 meters. I decided to go back to the city and take my chances. There were parks and a zoo and lots of joggers. A few space-age buildings were going up, but most of the homes were turn-of-the-century, in good shape except for paint. One especially caught my eye. It looked as though Queen Victoria had commissioned Salvadore Dali to design it and he had some helpful hints from "Crazy" Guggenheim. It had four large red minarets, incredible lacy woodwork and many stained glass windows, a real dream house.

The track meet had only about 300 contestants and at the end of four days we all were family. The officials were very strict but so pleasant that even "Huggable" Ham Morningstar could find no fault and returned to the USA with 50cc of unused venom still in his fangs. Ham and I stood shoulder to shoulder representing the excellent legion of multi-athletes that never left the states. We also kept the folks laughing as we good-naturedly threw barbs at one another. Skippy Clark also kept the crowd in a good mood as she bubbled and danced around the track. Liz McBlain put on a series of clinics as she dashed about collecting medals.

In my 60 years as coach and athlete I have been involved with hundreds of meets; this was the most joyous of all. If you weren't in Trinidad with us, then you missed something very, very splendid.

Boo Morcom

Wilmot Flat, New Hampshire



M70 Shot put winner Gorcharan Singh, XII Indian National Veterans Athletic Championships, May 3-5, Hyderabad.

Photo from V. Suryanarayana

■ 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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IX WORLD VETERANS CHAMPIONSHIPS

JULY 18 - JULY 28, 1991

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B. 1st Class: Scandic Turku	\$1,688.00
FROM NEWARK	
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The airline is SAS considered one of the finest and safest. The hotels are the Hamburger Bors, a deluxe 5 star hotel and the Scandic Turku, a 3 star first class hotel. Both located within easy access of all competition.

2. For those interested in airfare only or hotel accommodations only, the cost is as follows:

Airfare Only (includes departure tax)	
A. LAX - Helsinki - LAX	\$1,065.00
CHI - Helsinki - CHI	\$ 925.00
NEWARK - Helsinki - NEWARK	\$ 895.00
(R.T. Bus transportation Helsinki to Turku - \$45.00/person)	
Hotel Only (12 Nights)	
B. Hamburger Bors:	\$865.00/ person
Scandic Turku:	\$725.00/ person

(Above rates are per person based on double occupancy.)

Unlike our tour to Australia in 1987, the Scandinavian countries represent more of a challenge in putting a group tour together because of the short tourist season that falls in the summer during the World Veterans Games. We have a limited number of rooms blocked at each hotel (25) and airline seats (100) and if you are interested, we must obtain a deposit from you to hold space as soon as possible.

WILLIAM ADLER/SHEILA NEWTON
1801 Ave. of Stars #1136
Los Angeles, Ca. 90067

Telephone (213) 557-2422

I/we _____ are going to Turku to attend the IXTH World Vet Championships. Enclosed please find \$_____ (\$150.00 per person deposit plus \$25.00 per person non-refundable registration fee) for _____ persons to hold reservations until April 15, 1991 when the full balance is due and payable. Please make checks payable to ADLER/NEWTON GROUP TOUR.

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Airline/Hotel Only NO. 2. A. _____ B. _____ Departure City _____



Report from Britain

from MARTIN DUFF of *Athletics Weekly*

Two major veterans road race championships were held in August: the ten mile in the town of Oswestry on the Welsh border on the 5th, and the half-marathon in Southampton on the 19th.

Many British veterans contested both meetings, with Zina Marchant, who turned 40 on September 30, capturing both women's events in the excellent times of 57:09 and 75:18 — personal bests — over tough courses. In hot weather (75°), Marchant outpaced Priscilla Welch (W45, 58:35) and

Diane Underwood (W35, 59:06), in the 10-miler. Joselyn Ross took the W60 title in 73:01.

Behind Marchant in the half-marathon were Ann Ford (W35, 77:00) and Paula Fudge (W35, 77:12).

Peter Banks took the M40 race in 52:29 from George Meredith, while Les Presland collected the M50 in 55:19, before breaking the world M50 best for the track 10,000 on August 21 at Reading, Berkshire, with a 31:59.6.

Mike Hurd, now back to full fitness, completely dominated the half-marathon to win by two minutes in 67.26 from Alun Roper (69:14) and new veteran Ahmed Amraoui. Barry Watson, former Olympian, took the M45 in 71:10, and Alan Hughes was outstanding in the M60s with an 80:09.

Running in the English Women's National 10 Mile Championships at Erewash near Derby, September 2, Marchant again improved on her personal best by over a minute with a 55:58 for third overall, while Welch improved to 57:10 for seventh. In the adjunct men's race, Ian Elliott, M40, was the veterans first in 51:50. □

Ten Years Ago October, 1980

- Toshiko d'Elia Becomes First Woman Over 50 to Break 3 Hours (2:57:25) in Marathon
- 1200 Compete in XIII World Veterans LDR Championships in Glasgow, Scotland
- 3000 Spectators View Pan-American T&F Meet in San Juan

WAVA/TAC Hurdles and Implements Specifications

HURDLES					
WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					
MEN					
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
30-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.00k	1.50k	6.00k	800 gms.*	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

*Either "old" or "new" javelin may be used

The International Scene

Continued from page 24

- He did so, and asked the Council to approve sending the letter to the IAAF on behalf of WAVA.

- I ruled this proposal out of order, as it would have violated the Constitution.

- David challenged my ruling. His challenge was defeated, 5-5.

He still wrote the letter on a personal basis. It should be obvious that those who were really intending to vote against sending the letter had just to vote for the decision of the Chair, not for David's challenge.

A member of the Council should avoid writing these kinds of letters, particularly when he is nominated to serve as Secretary. People can not ignore that he is a WAVA officer writing about an important WAVA issue.

Conclusion

It is essential to understand that these disputes do not just involve persons or a contest for the Presidency of WAVA between two individuals.

It is far more important than the candidates seeking the office. We are confronted with a choice between two completely different philosophies and negotiating positions. The future evolution, and even the existence of WAVA, is now at stake.

I believe the route proposing total independence is impractical, dangerous and will prevent WAVA from becoming a truly world-wide body as it hopes.

The Secretary, now nominated by the Council to serve as WAVA President, declared in his letter to affiliates: "I'm not opposed to the IAAF." Certainly not. But it is one thing to state a principle, another to know how to carry out a difficult policy, trying to always keep the right balance between the WAVA interests and that part of

the IAAF authority which we can not refuse.

The examples outlined above concerning the nominations — the recognition of affiliates, the IAAF fund, the drug testing, and the South Africans — should show that one can trust the good faith of these new candidates, but certainly not their skill, particularly when it concerns negotiations with the IAAF.

The rejection of IAAF authority is nonsensical; we should seek a functional autonomy which will be eminently more achievable and which is also the wish of the IAAF.

I will present myself as a candidate for the Presidency of WAVA in Turkey. Proposals to amend the Constitution and By-Laws to make this policy and objective feasible will be submitted for the approval of the Assembly.

I warmly suggest you approve, because I strongly feel that this is the way for WAVA to go. Also, I'm convinced that this is the policy which the Assemblies in Melbourne and Eugene indicated we should follow.

Nevertheless, I'm prepared for the possibility that a democratic vote of the Assembly could state that we have to adopt another line, totally or partially. But that would be no reason to vote for another President. I fully guarantee that as long as I'm the WAVA President, the WAVA's policy will be respectful of the decisions of the Assembly, whatever they may be.

I'm available for any further clarification.

I look forward to seeing you, together with a lot of new participants, at the next WAVA World Championships and General Assembly. Thank you for your attention and keep yourself fit. □

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Contact President

Coup Attempt Fails to Halt Championships Continued from page 25

the half-marathon run on city streets Sunday morning.

Bob Fine, 59, Regional Race Walk Chairman, and his wife, Gloria, officiated and assisted in organizing the 5K track walk and the 10K and 25K road walks. As the first event on the four-day program, the 5K walk had some timing and result problems which eventually were sorted out. The Sunday road event on a 6.5K out-and-back course was conducted on a city street early Sunday morning. The Trinidadians were inexperienced in race walking and were grateful for the assistance and guidance they received from the Fines.

Norm Green, 59, Regional Nonstadia Chairman, who has worked hard to promote regional LDR events, once again demonstrated his dominance in the M50s as he ran an excellent 34-minute 10K on the track as overall winner under very hot and humid conditions. He also won the half-marathon.

Some of the performances were substandard, partially due to the weather but also due to the lack of competitive fields. Exceptions were Boo Morcom, 69, and Zeno Constance, 62. Boo, in his heat of the pentathlon 200, gave a never-say-die performance as he challenged and pushed ahead of a much younger competitor. Trinidad's Constance gave age-group world-class performances in the 100,

200 and 400 despite his demanding duties as meet director and the stresses imposed during the prior month.

Romain Betters WR

Also outstanding was lanky Ralph Romain, 58, of Trinidad who ran a hand timed 53.35 400 without any serious competition.

A truly remarkable performance in the 5K by Lenore Marvin, 70, of Canada in 23:58 under adverse weather conditions may qualify as a new world age-group record. The old mark of 24:52 is held by Pat Dixon of Oregon.

Somewhat surprising was the minimum of gripes, although there were some, about the manner in which the meet was conducted. Perhaps more complaints were mitigated in the realization by the competitors of the problems the meet organizers had been forced to overcome, and by the friendliness and gracious manner of the officials — characteristic of the Trinidadians.

Following the conclusion of the meet, some competitors visited other Caribbean islands or took cruises.

Others took the short 12-minute flight to Tobago, a beautiful and relatively undeveloped island much as the Hawaiian Islands must have been prior to WWII.

Although the meet had some serious deficiencies, the principal organizers, Constance and Chin Lee, expressed a desire to be given another opportunity in the future to demonstrate their ability to present a major masters meet under more favorable circumstances. They vowed to bid once again for the WAVA Regional Championships. □



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188 Compete in Berkeley

The 8th Annual Northern California Seniors Track and Field Classic drew 188 athletes to Berkeley on September 8.

WAVA age-graded tables were used to award \$100 and a plaque to each of four top athletes:

Jim Law, 64, came all the way from North Carolina to pick up the men's track award with his 400 in 59.49 (97.7%). Shirley Matson, 49, won women's track honors with her 1500 in 5:00.0 (89.6%).

Field-event laurels went to Ross Carter, 76, for his shot put of 12.08 (94.2%) and to Christel Miller, 55, for her high jump of 4-2 (84.1%).

In honor of the late speedster, Harry Koppel, his widow, Juliette, made a donation to the meet for the establishment of two, new special awards: best performance in the 100 by a woman and by a man.

Using the age-graded tables (which equalize everyone's age) to determine the two participants that ran at their optimum speed, plaques were awarded to Eddie Hart (41, 11.11, 94.4%) and Margaret Dixon (36, 13.40, 84.1%).

Paul Warner, President of NCSTC, and his crew did the age-graded figuring. The meet was ably directed by Jim Johnson. □

MASTERS SCENE

EAST

• Overlooked among the many fine marks in the Eastern Indoor Sectional Championships in New Jersey in May was Marilyn Fitzgerald's W55-59 200 AR of 32.1.

• Masters firsts in the NYRRC Reservoir 5K,



Mary Wood, 45, battles the rough terrain to turn in a 3:08:03 first-place mark in the Aug. 25 Pikes Peak Marathon in Manitou Springs, Colo. Photo by Nancy Hobbs

Central Park, NYC, August 5, were **Atlaw Beligne** (45, 15:57) and **Anna Thornhill** (50, 19:20). **Ruben Cordon** (57, 17:55) won his division race by 2½ minutes, and **Wen-Shi Yu** (55, 22:29) continued her dominance in the W55 age-group.

• **William Hart** (41, 1:16:51) was first M40+ and 18th of 1260m in the Hispanic Half-Marathon, Central Park, August 19. Most men's age-group races were won by large margins, most notably the M55, won by **Ruben Cordon** (1:20:23), 13 minutes ahead of second place. **Ann Davies** (43, 1:30:10) was first W40+ and sixth of 391w. Closest masters contest of the day was in the W45, taken by **Jillian Lazardis**, 45, in 1:47:12, with **Susanna Beltrandi**, 47, back at 1:47:24, and **Alice Bruck**, 46, third in 1:47:45.

• **Mark Sepkowski**, 41, of Somerset, NJ, bolted to the lead at the gun and was never challenged in winning (21:33.30) the Masters Two-Light 4-Mile, hosted by the Mercer Street Striders, Easton, NJ, August 19. **Anthony Cerniaro**, 54, Scranton, PA was second (22:36.54). **Vickie Ruger**, 41, Allentown, PA, captured the W40+ first (25:51).

• **Sam Skinner** (47, 22:16) and **Slyvie Kimche** (43, 24:47) took younger masters runners to task, with 40+ wins in the NYRRC Back-To-Work 4 Mile, Central Park, August 26. **Ramon Ruiz** (50, 23:51) and **Anna Thornhill** (50, 24:52) were no slackers to winning their division titles.

• **Carl Wallin**, World Veterans M45 shot gold medalist in Eugene, is back coaching field events at Dartmouth. In January, he will again direct the annual Dartmouth Indoor T&F Meet, which features masters competition. Wallin had resigned his post earlier this year due to problems with the administration, but a groundswell of public support from the students and the community persuaded him to return under better conditions. "It's nice to be appreciated," he said.

SOUTHEAST

• **Jim Pearson**, 41, of Lakeland, FL turned in a 25:21 to take the first masters prize of \$250 in the Echo Run for Others 8K held in Tallahassee on August 18. Finishing first in the women's division was **Adrian Lilburn**, 41, with a 30:10. Second place \$100 prizes went to **Brian Bartosik** (M40, 26:55) and **Judy Greer** (W40, 31:40), with \$50 third place awards to **Mae Cleveland** (W50, 34:53) and **Doug Alred** (M40, 27:07).

• **Eileen Eliot**, 46, breezed to an easy victory in the Miami Runners Club Tropical 50-Miler held August 11. Shaving 13 minutes off her last

year's winning time, Eliot turned in an impressive 7:28:32 for a 5th place overall finish. "I was pretending it was 100 miles and I was playing little tricks," remarked the perky English teacher. "I just told myself that I was going to run the first 50 hard." **Laura Barter**, 43, of Ft. Lauderdale placed second (9:06:14) in the women's division with W40 **Joyce Forward** turning in a third place 9:47:14.

• **Paul Geyer**, M70, was the third, not fourth, U.S. finisher in the 20K walk at the Nationals last month in 2:19:22. (Second-place **Max Gould** is from Canada).

• **Larry Frederick**, 41, of Charlotte, NC, set a state M40-44 record in winning (26:01) his division in the Dilworth Jubilee 8K, which was also the RRCA South Region Championships, in Charlotte, August 11. **Peter Klopfer**, 60, Durham, NC, took the M60-64 race with another state record (32:51). **Andrea Pease**, 41, Marietta, GA, placed first W40+ in 32:12, and **Nancy Parker**, 54, of Dunwoody, GA, finished with the leaders to win (32:33) the W50-54 race. Masters team winners were the men's Charlotte TC and the women's Atlanta TC.

MIDWEST

• **Joann Grissom** broke her W50-54 SP AR with a 41-0 in the White River State Park Games in Indianapolis, her home town, July 13-15.

MID AMERICA

• **Jerry Martinez**, 40, of Velaverde, CO, was the first master (4:10:37) to finish the 35th running of the Pikes Peak Marathon, Manitou Springs, CO, August 26. **Deborah Wagner**, 40, of Draper, UT, was second woman overall (4:51:11), despite being hampered by blisters on the downhill. **Ruth Anderson**, 61, Oakland, CA, won the W60 race in 7:15:09. Runners battled winds that gusted to 70mph as they neared the summit. **Bill Oberling** (40, 2:40:59) of Crested Butte, CO, and **Mary Wood** (45, 3:08:03) of Montrose, CO, topped the masters contingent in the Pikes Peak Ascent (13.4 miles) on August 25.

SOUTH WEST

• Finishing with a 15:52, **Dr. Pat Hambrick** outpaced the pack in the Louisiana Masters Classic 5K held in New Orleans on August 26. **Royce Mills** took the women's crown with a 21:12.

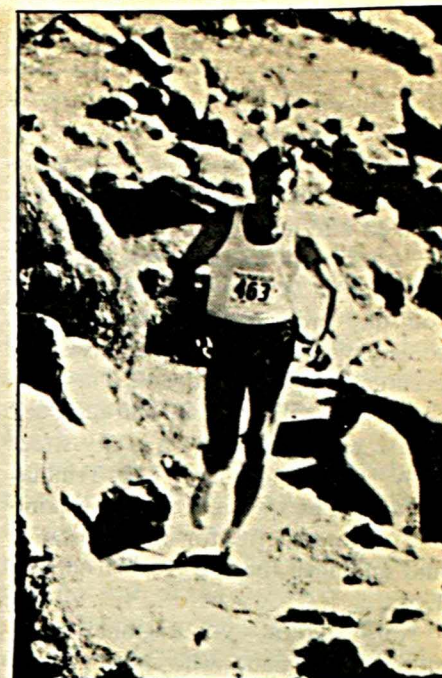
• **M50 Ronnie Banks** of Wichita, KS, had meet top times with wins in the 200 (23.58) and 400 (53.93), in the Tulsa Spikes Meet, Jenks, OK, August 4.

WEST

• After a disabling bout of viral pneumonia, **M40 Rod Dixon** is slated to make his comeback in the Infiniti California Mile to be held in San Francisco on October 7. The New Zealander is expected to pose a serious challenge to three-time winner, **Steve Ferraz**, on the grueling course which climaxes with a 300-ft climb up Nob Hill.

• **William Strachan** (40, 1:13:51) and **Phil Brant** (45, 1:15:27) were first two masters in America's Finest City Half-Marathon, San Diego, August 19. **Al Hitt**, 86, was the oldest finisher in 1:55:22, an age-group AR. **Sandra Marshall** (42, 1:25:43) won the W40+ race. **Mary Storey**, 66, hurried to the W60-69 win in 1:54:26.

• **Alfreda Iglehart**, a 40-year-old UCLA professor, was first woman overall for the second straight year with a PR 3:01:15 in the Santa Monica Marathon, August 26. **Rich Kirschner** (M45, 2:50:14) won the M40+ title. **Fred Ortega** (M40, 1:13:12) and **Merle Heimberg** (W40, 1:27:36) were 40+ firsts in the half-marathon. **Helen Dick**, 66, won the W60 division in 1:45:42. In the 5K, masters leaders were **Paul Marcel** (M40, 16:26) and **Terry Goodreau** (W40, 20:47). **Ed Stotsenberg**, 76, won the M70+ division, in which **Jacob Bishin**, 89, finished ninth (44:18).



Bill Oberling finishes first (M40 2:40:59) in the rocky Pikes Peak Marathon held Aug. 25 in Manitou Springs, Colo. Photo by Nancy Hobbs

NORTHWEST

• **Kathy Howe** of Carlisle, UK, while vacationing in the Pacific NW, chalked up five W40+ wins, starting with an overall women's first in the Oregon Masters 10K Championships with a 40:04 at Lake Oswego, and ending with an 18:33 in Seattle, August 25, in the Valley Health 5K.

• **Ed Granchalek** (M40, 34:55) of Monroe, WA, and **Jane Treleven** (W40, 39:41) took 40+ firsts with age-graded bests of 81.8% and 80.3% respectively in the Pacific Northwest/TAC Masters 10K Championships/Zoo Run, Tacoma, WA, August 11. **Ronald Brinton** of Tacoma won the M50 race handily in 39:59, and **Billie Murphy** of Roy, WA, took the W60+ race in 48:55.

• The 12th Montana Masters Meet on August 24-25 in Bozeman drew 85 participants. World Vets hammer champ **Tom Gage**, 47, threw 190-0. TAC 5000 champ **Bill Foulk**, M55, ran a 4:46.0 1500 at the 4900-foot elevation. World 5000 champ **Al Funk**, 76, clocked a 2:55.7 800 and a 6:08.2 1500.

INTERNATIONAL

• **Peter Crombie**, M45, of Australia waltzed to a meet's best 23.16 200 and won the 400 in 53.60 in the San Juan Masters Championships, Puerto Rico, August 18-19. **Gregoria Angulo** of Puerto Rico paced the 5K RW with a 30:56, while **Stella Cashman**, W45, of the U.S. led all women in 31:03. Puerto Rico's **Luis Velez**, who topped all throwers in the M60-64 HT at the Nationals in Indianapolis, won his division with the event's best mark of 41.08.

• World Vets M50 800 Champion and world record-holder (2:00.4) **Alan Bradford**, 51, of Australia, turned in an excellent 73:32 in the Gold Coast Marathon, finishing just 90 seconds behind M45 winner **Peter Connolly**. **Jan Rayner**, W45, was the 1st over-40 female in 1:29:18.

• **Harry Ward** was 1st 40+ in 2:30:21 in the Mita Perth Marathon in Australia, July 29. **Karen Gobby** (37, 2:43:57) was first women's vet. Perth's world champion **John Gilmour**, 71, clocked 3:05:54, but had set his sights on being the first over-70 runner to break three hours. He was on target for the first 20 miles but faded near the end. "I'll be back to try it again," he said.

• The Australian Veterans are spending \$10,000 on a computer which will facilitate the processing of entries, the seeding and drawing-up of heats, as well as processing results in several formats to satisfy the media and the results book.

• The 1991 Australian Veterans T&F Championships will be held in Canberra during the Easter weekend (March 28-31). □



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schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



TRACK & FIELD NATIONAL

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

March 23-24. TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.

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

EAST

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

October 4-6. Maryland Senior Olympics, Baltimore, 55+. Robert Ziegler, Towson St. U., Baltimore, MD 21204. 301/830-3163.

SOUTHEAST

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

November 13-18. Good Life Celebration Games, St. Petersburg, Fla. 55+. Shirley Lewis, P.O. Box 12288, St. Petersburg, FL 33733. 813/892-1521.

November 4-10. Golden Age Games, Sanford, Fla. 55+. Jim Jernigan, P.O. Box 1788, Sanford, FL 34210. 407/330-5600.

December 29. Don Pierotti Memorial Weight Pentathlon, Atlantic HS, Delray Beach, Fla. Phil Partridge, 2060 W. 32nd St., Holland, MI 49423.

MID-AMERICA

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

October 21. Kansas Big Guys Classic III, Lawrence, Kansas. Gary England, Rm. 43, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

SOUTHWEST

Louisiana, Mississippi, Texas.

October 11-13. Mississippi Senior Olympics, Gulfport. 55+. Noble C. (Bo) Bowden, Hancock Bank, One Hancock Plaza, P.O. Box 4019, Gulfport, MS 39502. 601/868-4483.

October 25-27. Mississippi Golden Games. Bo Bowden, P.O. Box 4019, Gulfport, MS 39502. 601/868-4483.

WEST

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

October 6. 17th annual Club West Masters Meet, Santa Barbara Community College, Santa Barbara, Calif. Club West, P.O. Box 1059, Goleta CA 93117. Lloyd Albright, 805/682-9540.

October 24-26. Huntsman Chemical World Senior Games, Dixie College, St. George, Utah. 50+ (See entry form in July and August issues). Ken Christensen, 840 So. 400 E. #4, St. George, UT 84770. 801/628-5201.

October 27-28. Palm Springs Senior Olympics, Palm Springs, Calif. 50+. Ben Green, 555 N. Palm Canyon, Palm Springs, CA 92262. 619/323-5689.

INTERNATIONAL

November 2-6. 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

November 9-11. WAVA Asian Regional Championships, Kuala Lumpur, Malaysia. Asians only.

November 11. Guyana Masters Games, Georgetown, Guyana. Complete T&F program. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana.

November 24-27. South American Veterans Championships, Montevideo, Uruguay. CAVU, Canelones 982, 11000 Montevideo, Uruguay. South Americans only.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

August 2-4. Soviet Union Veterans Championships, Moscow. Vadim Marshhev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

LONG DISTANCE RUNNING NATIONAL

October 6. TAC/USA National Masters Marathon Championships, St. George, Utah. Kent Perkins, 86 S. Main St., St. George, UT 84770. 801/628-3088.

October 7. TAC/USA National Masters 5K Cross-Country Championships, Syracuse, N.Y. Nate White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

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

October 27. TAC/USA National Masters 100K Championships (also 8-person relays, all divisions), Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014.

November 3. TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Don Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/545-9242.

December 2. TAC/USA National Masters 8K Championships, Steilacoom, Wash. Gerry Evanson, 506 Main St., Steilacoom, WA 98388. 206/756-8494.

EAST

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

October 7. Delaware Distance Classic 5K/15K, Wilmington, Del. Distance Classic, 1 Embury Ct., Newark, DE 19711. 302/234-0918.

October 7. NYC Marathon Tune-Up 25K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 14. 7th Annual Great Northern 10K/Fun Run, Revere, Mass. Great Northern Mfg. Corp., P.O. Box 9107, Chelsea, MA 02150. 617/284-4444; 1-800/258-6245 (ask for Tony Jr. or Sal).

October 14. Yankee Runner Cross-Country, South Byfield, Mass. Masters race at 10:30 a.m. David Abusamra, Governor Dummer Academy, Byfield, MA 01922. 508/465-1763, X83; 462-8672 (7-9 p.m.).

October 14. Women's Running Festival, East Greenbush, N.Y. Diane Barone, HMRRC, 44 Gilligan Rd., E. Greenbush, NY 12061. 518/477-8087.

October 14. Belmont Plateau Autumn Classic 5 Mile X-Country, Philadelphia. M&W 30-85+. Special awards for best M&W age-graded performances. Peter Taylor, 3120 School House Ln. (J-A9), Philadelphia, PA 19144. 215/842-3807 (9-11:30 p.m.).

October 14. Stamford Marathon, Stamford, Conn. Marathon, 880 Canal St., Stamford, CT 06904. 203/359-1248.

October 14. The Army Ten-Miler, Washington, D.C. SASE to Army 10-Miler, P.O. Box 46594, Washington, DC 20050-6594.

Continued on page 32

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Atlantic HS, Delray Beach, FL Dec. 29
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Continued from page 31

October 14. New York Woman 4 Mile, Central Park, NYC. NYRRC, Dana Miller, 9 E. 89th St., New York, NY 10128. 212/860-4455; 382-5845.

October 21. Nissan Maryland Marathon, Baltimore, Md. Marathon Festival, P.O. Box 11394, Baltimore, MD 21239. 301/882-5455.

October 21. Richmond Newspapers Marathon, Richmond, Va. SASE to O. DeWayne Davis, Richmond Marathon/13.1, PO Box C-32333, Richmond, VA 23293.

October 28. Mohawk-Hudson River Marathon, Schenectady, N.Y. Lee Wilcox, M-ERM, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

October 28. Cape Cod Marathon, Falmouth, Mass. Courtney Bird, P.O. Box 699, W. Falmouth, MA 02574. 508/548-0348.

October 28. MAC X-C Championships, Van Cortlandt Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

November 4. New York City Marathon, New York, N.Y. Fred Lebow, NYRRC, P.O. Box 881, FDR Station, New York, NY 10128. 212/860-4455.

November 4. Marine Corps Marathon, Washington, D.C. P.O. Box 188, Quantico, VA 22134. 703/640-2225.

SOUTHEAST

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

October 6. Music City 5K, Nashville, Tenn. Sorbothane/USRA Masters Circuit. 615/833-4124, or Dean Reinke & Associates, 407/647-2918.

October 14. Coconuts Festival 5/10K. Michael Peyton, Miami Runners Club, 7920 S.W. 40th St., Miami, FL 33155. 305/227-1500 or 800/940-4786.

October 21. Pompano Five Mile, Pompano, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 305/463-1232.

MIDWEST

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

October 14. Tandem-Dayton River Corridor Half-Marathon. Dayton, Ohio. Masters money. Ray Olfky, T-DRC, Wright Brothers, P.O. Box 9124, Dayton, OH 45409. 513-885-4821.

October 21. Detroit Free Press Marathon, Detroit, Mich. Pam Weinstein, 321 Lafayette Blvd., Detroit, MI 48231. 313/222-6676.

October 28. Wolfpack Fall Classic 5K/20K/50K & Ohio TAC 20K/50K/RR/RW Championships, Columbus, Ohio. John White, 4865-Arthur Pl., Columbus, OH 43220. 614/459-4547.

October 28. Old Style Marathon, Chicago, Ill. Tim Murphy, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

October 28. Rogaine 5K, Chicago, Ill. Held along with Old Style Marathon.

November 4. TAC Midwest Masters 5K Cross-country Championships, Airport



Barbara Zamparelli winning (2:05:58) the W60 race in the Windward Half-Marathon in Hawaii. Photo by Tesh Teshima

Golf Course, Columbus, Ohio. John White, 614/459-2547.

November 10. Ohio TAC Masters X-C Championships, Lancaster. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-4547.

November 11. Columbus Marathon, Columbus, Ohio. \$5700 in masters money. Kathy Kehres, 6290 Busch Ave., Columbus, OH 43229. 614/433-0395.

MID-AMERICA

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

October 6. Myriad Gardens 10, Oklahoma City, Okla. Sorbothane/USRA Masters Circuit. 405/842-4141, or Dean Reinke & Associates, 407/647-2918.

October 14. Twin Cities Marathon, Minneapolis. Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480. 612/341-8400.

October 27. Tulsa Run 15K, Tulsa Okla. Stan Austin, Tulsa Run, P.O. Box 2400, Tulsa, OK 74102. 918/588-2431.

November 4. Omaha Riverfront Marathon, Omaha, Nebr. John Thomas, 502 N. 40th St., Omaha, NE 68131. 402/558-9076.

SOUTHWEST

Louisiana, Mississippi, Texas.

October 6. Sun Carnival Bud Light International 15K, El Paso, Texas/Juarez, Mexico. Masters money. El Paso Sun Carnival, 2609 N. Stanton, El Paso, TX 79902. 915/533-4416.

October 20. Race For The Cure, Dallas, Texas. Natalie Weinberger/Jean Millet, 6820 LBJ Freeway, Ste. 130, Dallas, TX 75240. 214/980-8841; 363-5883.

October 28. Redmen Run Half-Marathon/5K, Nacogdoches, Texas. Masters money. Jim Harrison, P.O. Box 630527, Nacogdoches, TX 75963. 409/569-0192.

November 3. Dallas White Rock Half-Marathon, Dallas, Texas. Gene Millet, DWRH-M, 7021, Prestonshire Ln., Dallas, TX 75225. 214/363-5883.

November 11. San Antonio Marathon, San Antonio, Texas. Sorbothane/USRA Masters Circuit. 512/732-1332, or Dean Reinke & Associates, 407/647-2918.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

October 6. 2nd Annual L.A. Philharmonic/Reebok 5K/10K/Noteables Walk, Griffith Park, Los Angeles. Philharmonic Affiliates, Volunteer Cottage, P.O. Box 1951, Hollywood, CA 90078. 213/828-4123; 818/889-2660.

October 7. Sacramento Marathon, Sacramento, Calif. Ron Sturgeon, P.O. Box 995, Dixon, CA 95620. 916/678-5005.

October 7. Infiniti California Mile, San Francisco. SASE to ICM, P.O. Box 2417, Mill Valley, CA 94942. 415/383-0314.

October 7. Silver State 15K/5K (PA/TAC Championships), Sparks, Nev. Bill Meister, P.O. Box 21171, Reno, NV 89515. 702/852-5037.

October 13. Fourth Annual Chrysalis Run for the Homeless, Griffith Park, Los Angeles, Calif. Susan Romick, Chrysalis, 702 S. San Pedro, Los Angeles, CA 90014. 213/623-9394.

October 14. Irwindale 5K/10K, Irwindale, Calif. Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

October 21. Humboldt Redwoods Marathon/Half-Marathon, Weott, Calif. Karen Angel HRM, P.O. Box 214, Arcata, CA 95521. 707/442-6463.

October 27. Bellflower Liberty 5K/10K, Bellflower, Calif. George Sturtz, City of Bellflower, 16600 Civic Center Dr., Bellflower, CA 90706-5494. 213/866-7550.

October 27. City of Alhambra Moonlight 8K, Alhambra, Calif. Elinor Fong, 111 So. First St., Alhambra, CA 91801. 818/570-5544.

October 28. 2nd Annual Alamo Alumni 5 Mile, San Francisco, Pamakid RC, PO Box 27557, San Francisco, CA 94127. 415/681-2323.

November 4. Baby Boomer West 10K, Phoenix, Ariz. Separate masters race. Ken Hopes, Ariz RR, P.O. Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

November 11. Foundation 30K, Sacramento, Calif. Sorbothane/USRA Masters Circuit. 916/631-5603, or Dean Reinke & Associates, 407/647-2918.

INTERNATIONAL

November 3. Rosarito Beach Holiday 5K/10K, Rosarito Beach, Baja California, Mexico. SASE to: Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

November 4. International X-Country, Amphilla Bedford, England. D.J. Rose, 42 Woodstock Rd., Bedford MK 404JY. (O) 234-56570.

November 18. AAA Veterans 10K Road Championships, Barnsley, Yorkshire, England. Barnsley 10K, 9 Richard Road, Darton, Barnsley, Yorkshire, 575, SNP.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

RACE WALKING

January 1 to December 31. Shore AC One-Hour Postal Racewalk. Five-year age

ON TAP FOR OCTOBER

TRACK & FIELD

The 17th edition of the Club West Masters Meet in Santa Barbara opens this month on the 6th, followed later by the Kansas Big Guys Classic III in Lawrence on the 21st, and the three-day Huntsman Chemical World Senior Games in St. George, Utah, starting on the 24th. Other senior meets (50+ or 55+) are scheduled for Baltimore, Md., on the 4th; Gulfport, Miss., on the 11th; and Palm Springs, Calif., on the 27th.

LONG DISTANCE RUNNING

This month, TAC/USA National Masters Championships come in varied lengths and locales: marathon, St. George, Utah, on the 6th; 5K cross-country, Syracuse, N.Y., on the 7th; 50K, Muncie, Ind., on the 14th; and 100K, Duluth, Minn., on the 27th.

On the 6th, masters vying in the Sorbothane/USRA Masters Circuit will contest in the Myriad Gardens 10K, Oklahoma City, and the Music City 5K, Dayton, Ohio, and on the 14th, in the Tandem-Dayton River Corridor Half-Marathon in Ohio.

Other races of interest for masters include the Los Angeles Philharmonic/Reebok 5K/10K and the El Paso 15K on the 6th; the Sacramento Marathon on the 7th; the Twin Cities Marathon in Minneapolis, the Stamford Marathon in Connecticut and the Great Northern 10K in Massachusetts on the 14th; the Detroit Free Press Marathon on the 21st; and the Old Style Marathon in Chicago on the 28th.

RACEWALKING

TAC/USA Championships will be decided in the 30K in East Meadow, N.Y., on the 7th, and the one-hour in Cambridge, Mass., on the 14th. The North American Masters 20K Championships in Midland, Texas, on the 21st includes a 5K and free RW clinics. □

groups thru 85+. Gerald Kiss, 18 Rutland Place, Eatontown NJ 07724. 201/542-1779.

October 7. TAC/USA National Masters 30K, Racewalk Championships, East Meadow, N.Y. Gary Null, 200 W. 86th St., #17A, New York, NY 10024. 212/362-0658.

October 14. TAC/USA National Masters One-Hour Racewalk Championships, Cambridge, Mass. Philip McGraw, 158 Blue Hill Ave., Milton MA 02186. 617/898-1806.

October 21. No. American Masters 20K RW Championships Midland, Tx. 35+ women; 40+. 5-year age groups. TAC certified course. Also open 5K and 20K. Free clinics. Jim Bozzell, 3 Stutz Ct., Midland, TX 79705-4927. 915/682-9145.

CLASSIFIEDS

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WOMEN

RUNNING FOR DOLLARS

All statistics compiled by The Competitive Road Racer, P.O. Box 1765, Brookline, MA 02146 (617) 893-8383

U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1990 Indoor 200m Rankings Compiled by Jerry Wojcik

M30-34	
1 Artego James	22.96
2 Val Barnwell	23.23
3 Jim Bonilla	23.25
4 Ken Fews	23.41
5 R Crawford	23.5
6 A Juanes	23.7
7 N Allbritton	23.9
8 Jay Mathis	24.0
9 Gerald Jones	24.2
10 Remo Biagioni	24.2
11 Fred Feaster	24.4
12 Bill Jones	24.42
13 Bob Sands	24.46
14 Dom St. Jean	24.5
15 B Lammers	24.6
16 Frank Makozay	24.67
17 Jeff Messer	24.7
18 J Cooksey	24.8
19 A Parker	24.83
20 Allan Harden	24.91
21 Kevin McCarragher	25.01
22 Terry O'Connell	25.1
23 A Belonger	25.1
24 Nick Mitchell	25.14
25 Don McNeil	25.3
26 Jim Busby	25.4
27 Dave Mitchell	25.5
28 Lamont Wilson	25.5
29 Tom England	25.57
30 Neal Bojko	25.77
31 Ken Castro	25.9
32 — Chollish	26.1
33 John Cellerman	26.3
34 Greg Troy	26.5
35 Dave Quier	27.7

M35-39	
1 John Brooks	23.15
2 Tom Thompson	23.57
3 Willard Thompson	23.65
4 A Mathews	23.8
5 Tom Revolinski	23.88
6 Alfonso Walton	23.91
7 Horace Hudson	24.0
8 Ed Brown	24.1
9 T Neuens	24.4
10 Bob Burnett	24.5
11 Bob Bowen	24.58
12 Reid Pershing	24.6
13 Max Blueford	24.6
14 Bill Cheadle	24.7
15 A Walton-Pierce	24.8
16 D Hodge	25.3
17 Ken Bauersfeld	25.3
18 Shawn Regan	26.00
19 Greg Grund	26.6
20 Dallas Gains	28.2

M40-44	
1 Stan Druckrey	23.11
2 Charles Allie	23.84
3 Bob Zimmerman	CAN24.05
4 Marion McCoy	24.17
5 R Harvey	24.4
6 Roger Assink	24.6
7 R G MacDonald	24.7
8 Walt Johnson	24.8
9 Tyrone Carlis	24.88
10 Glen Johnson	24.97
11 Joe Kopka	25.0
12 Jasper Royal	25.1
13 William Overby	25.1
14 Bert Peters	25.12
15 P Caldon	25.4
16 David Lamm	25.45
17 Ralph Wallace	25.47
18 Phil Fenton	25.8
19 Jim Vickers	25.84
20 J Miller	25.9
21 T Henderson	26.08
22 David Larson	26.1
23 Angel Nieves	26.1
24 Lloyd Hathcock	26.2
25 Jim Crutcher	26.3
26 Bob Ihne	26.5
27 Mike Augeri	26.7
28 Mike Billman	26.8
29 B Noeller	27.07
30 John Stiehl	27.1
31 Noah Perlis	27.3
32 Charlie Teubner	27.4
33 Ed Howard	27.5
34 Abdulkarim Ahmad	27.7
35 W Ewing	27.8
36 Bob Stevens	28.1
37 John Buckley	28.7
38 Robert Melor	28.8
39 Jerry Plate	30.14y
40 Peter Moegofian	30.8

M45-49	
1 Roger Pierce	23.4
2 Harold Morioke	CAN23.82
3 D Besich	24.4
4 M Marvin	24.5
5 Thad Bell	24.54

6 John Hess	24.6
7 Tom Toscano	25.0
8 Robert Trigo	25.6
9 Gary Patterson	25.67
10 Ross Jensen	25.84
11 Larry Gunn	25.91
12 Avital Schurr	25.91
13 Tony Alfieri	26.1
14 Nick Gailey	26.14
15 Randall Clevon	26.14
16 L Wright	26.2
17 Dhamiri Abayomi	26.4
18 Rab Hagin	26.6
19 G Ballard	27.2
20 Caleb Brown	27.3
21 James Brady	27.5
22 John Blakely	27.6
23 Jim Bantum	27.6
24 David Connolly	27.7
25 Carl Koernen	27.75
26 R Aranda	27.9
27 M Marvin	27.9
28 Wesley Foote	28.1
29 Mas Chihaya	28.31y
30 Jim Hess	28.8

M50-54	
1 Roy Turner	24.20
2 Charlie Miller	24.63
3 Larry Colbert	25.13
4 Bob Williams	25.3
5 Ed Small	25.5
6 Paul Dorsey	25.64
7 Gil LaTorre	25.85
8 R Rizzo	26.2
9 Charles Dudley	26.53
10 John Haugo	26.62
11 Grover Coats	27.0
12 P Stopoulos	27.3
13 Gary Henum	27.68
14 Terry Pliner	27.75
15 Joe Hember	27.93
16 B Mills	28.1
17 C Townsend	28.17
18 Dave Galligoni	28.2
19 Phil Plant	28.3
20 Jim Demma	28.32
21 R Smith	28.4
22 C Townsend	28.6
23 Phil Surette	28.7
24 Bruce Gilbert	28.9
25 Dave Ellis	29.1
26 Ed Kent	29.5
27 Jim Pascoe	29.54
28 G Haroux	29.8
29 George Coleman	29.9
30 Ray Williams	30.3

M55-59	
1 Hugo Hartenstein	24.94
2 Jim Mathis	25.3
3 Cliff Pauling	25.70
4 Paul Johnson	25.79
5 Milton Newton	26.41
6 Bob Keegan	26.90
7 Rich Barretta	27.0
8 Jim Ware	27.41
9 Harry Brown	27.5
10 Dick Lindsey	27.6
11 Don Benton	27.64
12 Joe Healer	27.75
13 Leon Trout	28.2
14 Troy Banks	28.5
15 Reggie Smith	28.6
16 D Lewis	28.8
17 J Darrell	29.2
18 Earl Mege	29.65
19 J Robinson	30.1
20 G McGinnis	30.1
21 Ralph Summerlin	30.5
22 Hal Mayhew	30.86y
23 Ray Eiland	31.31
24 Tom Morris	31.60
25 Tom Talbott	31.9

M60-64	
1 Jim Law	26.45
2 Harry Brown	26.5
3 Chuck Sochor	26.76
4 Andy Anderson	27.8
5 Gene Harte	28.06
6 Gordon Seifert	28.24
7 Willie Blackmon	28.4
8 Bob Watanabe	28.43
9 Tom Brooks	28.9
10 Ross Mitchell	28.9
11 Ed Cox	29.3
12 H MacMillan	29.7
13 Robert Naylor	30.0
14 Jack Greenwald	30.4
15 Don Walsh	30.89
16 Ed Matthews	31.02
17 Carl Orndoff	31.42
18 Kelsey Brown	31.5
19 D Brown	32.4
20 Bill Townsend	32.9

M65-69	
1 Mel Larsen	27.87
2 Tim Murphy	28.89
3 Ed Goddin	29.20
4 Vern Mattson	30.6
5 J W Pierson	30.7
6 Sam Media	30.83
7 Oscar Harris	30.9
8 Walt Dahlin	30.97

9 Tom Lacey	31.54y
10 G Rajcevic	34.2
11 J Platis	34.7
12 Bob Warwick	37.61

M70-74	
1 John Alexander	29.33
2 Angelo Oliver	33.2
3 Sparks Sorlien	34.7
4 Claude Hills	35.11
5 Emil Balz	37.77
6 W Ragland	38.1
7 Paul Jones	38.5

M75-79	
1 Barry Ives	32.8
2 M Lightfoot	33.61
3 Fred White	34.2
4 Mel Flachs	35.17
5 Ray Edwards	35.4
6 Jerry Wible	36.01
7 Leslie Thomas	36.3

M80-84	
1 Byron Fike	36.9
2 Fred d'Elia	39.1
3 Don Ernst	42.0

M85-89	
1 Konrad Boas	42.51
2 Arling Pitcher	46.1

W30-34	
1 Susan Krogstad	28.1
2 Sue Tallard	28.34
3 Martha Lutz	30.5
4 Melinda Miller	31.2
5 Karen Rapallo	31.6

W35-39	
1 Irene Thompson	27.5
2 Lou Bloxom	30.6
3 Martha Brown	32.4
4 Diane Sherrer	34.9
5 Barb Blaszk	35.2

W40-44	
1 Phil Raschker	27.30
2 Lorraine Tucker	28.91
3 Jennifer Pinto	29.0
4 K Walton-Pierce	29.32
5 Pam Duncan	29.89
6 D Corey	33.5
7 B Lindsburg	33.6
8 Mary Platis	34.8
9 Julie Chihaya	35.83y
10 Claire MacBride	37.5

W45-49	
1 Marilyn Mitchell	29.64
2 Mary Luker	30.39
3 Marlene Sacha	31.0
4 Penny Danielson	32.57
5 Cathy Primmer	32.89
6 K Gottschalk	34.5
7 H Samuelson	34.9

W50-54	
1 VanderVleuten	CAN33.08
2 Susan Redfield	33.2
3 Rachel Lyga	35.69
4 Marion Coffee	36.87

W55-59	
1 Marilyn Fitzgerald	32.1
2 Betty Vosburgh	34.09
3 Fei-Mei Chou	34.92
4 Marjorie Moore	37.10
5 Liz Szawloeki	38.5

W60-64	
1 Mary Patterson	35.12
2 C Peet	44.7

W65-69	
1 Jos Sullivan	39.47
2 G Meadows	39.6
3 Flo Berry	40.89
4 Carol Peebles	43.61

W70-74	
1 Marjorie Smith	46.4
2 Ernestine Yeomans	52.3

W75-79	
1 Millie Crews	45.73
2 Pearl Mehl	46.61
3 Vivian Nelson	57.7

1990 Indoor Mile Rankings Compiled by Jerry Wojcik

M30-34	
1 Don DiDonato	4:19.0
2 Marc Novak	4:21.3
3 Steve Gallagher	4:26.6
4 Matt Sukeforth	4:33.0
5 Richard Smith	4:34.8
6 Bob McNary	4:35.8
7 John Stanley	4:37.3

8 Walt Berkowicz	4:39.0
9 D Cooper	4:41.2
10 John Metz	4:41.3
11 Brian Boyer	4:41.9
12 Kris Wernstedt	4:42.2
13 Greg Burrell	4:43.0
14 Don Fredericks	4:45.2
15 Rich Crowley	4:45.3
16 John McInerney	4:46.9
17 Chuck Browley	4:47.4
18 Doug Haas	4:48.0
19 Mike McDowell	4:48.6
20 D Kennewurf	4:52.9
21 D Henderson	4:55.3
22 Russ Patton	4:58
23 Al Felenchak	4:59.8
24 Vince Walls	5:01.6
25 Richard Cleary	5:01.9
26 G Pizzoferrato	5:02.2
27 Larry Hart	5:04.9
28 Sheldon Frisby	5:06.0
29 S Okrend	5:11.2
30 Joe Hoffman	5:13.1

M35-39	
1 Duane Green	4:37.8
2 Phil Kron	4:40.8
3 John Enswiler	4:41.2
4 Gary Tompkins	4:41.2
5 Doug Black	4:43.2
6 Rich Durban	4:43.8
7 Charles Lutz	4:43.8
8 Joel Hoffsmith	4:46.0
9 Dennis Mellish	4:46.0
10 S Falk-Pederson	4:48.6
11 Ed Castaneda	4:52.0
12 Glenn Powell	4:53.0
13 Bob DeYoung	4:54.4
14 Herman Richards	4:58.4
15 Dan Wisniewski	4:58.7
16 Dan Gorrell	5:02.1
17 Russell Floyd	5:04.7
18 Bob Caplin	5:11.7
19 John Buhring	5:13.3
20 Mike Fogle	5:16.8

M40-44	
1 Dave Stewart	CAN4:15.4
2 Larry Alberg	4:17.3
3 Willem Waigwaik	4:17.5
4 Mike Boit	4:18.0
5 Byron Dyce	4:19.6
6 Dan Frye	4:20.3
7 Steve Ruckert	4:25.1
8 Albin Swenson	4:28.3
9 Ron Bell	4:28.5
10 John Serrao	4:30.0
11 Bill Robinson	4:33.9
12 Jim Andrews	4:34.1
13 John Dwyer	4:34.5
14 R Hoebeke	4:36.2
15 Archie George	4:36.7
16 Harry Nolan	4:40.3
17 Fay Bradley	4:40.8
18 Henry Finch	4:40.9
19 Rich Bayko	4:41.4
20 Jim Ryan	4:42.3
21 Paul Zinic	4:42.5
22 Clyde Goode	4:43
23 Terry Haebecker	4:44.0
24 Jay Wind	4:44.1
25 Fred Dedrich	4:45.5
26 Ben Brockwell	4:45.7
27 Bruce Albert	4:45.8
28 Bill Fanning	4:47.7
29 Bob Weiner	4:48.7
30 Larry Purtell	4:49.1
31 Ed Poirier	4:49.9
32 Jim Brady	4:50.0
33 Jim Shank	4:51.5
34 Herb Engman	4:54.9
35 John Saylor	4:56.0
36 Don Fish	4:56.2
37 Dan Peterson	4:56.3
38 Kent Ogleby	4:56.9
39 Bob Richey	4:57.5
40 Tim Shay	4:58.1
41 Bob Huddle	4:59.9
42 Kip Keino	5:00.4
43 Dave Rossiter	5:01.1
44 Ron Niblett	5:01.6
45 Dave Block	5:02.3
46 Phil Riposo	5:02.9
47 Paul Brown	5:03.6
48 Dale Ladd	5:05.5
49 H Bigelow	5:06.2
50 Larry Fried	5:09.5

M45-49	
1 Derck Frechette	4:46.5
2 Paul Perry	4:50.4
3 Vic Heckler	4:53.8
4 Frank Davis	4:56.0
5 J Lashbrook	4:56.6
6 Jack Wilson	4:56.9
7 John Cederholm	4:57.8
8 Jerry McFadden	5:04.8
9 Bob Bennett	5:06.3
10 Tom Gallagher	5:11.8
11 Robert Clasen	5:13.3
12 Larry Simmons	5:20.7
13 Dennis Phillips	5:25.3
14 Ron Grave	5:25.8
15 Pat Keane	5:25.9

M50-54	
1 Willie Kay	4:46.3
2 Sid Howard	4:50.3
3 Bob Milner	5:00.3
4 Harold Hatch	5:09.2
5 Walley Brawner	5:24.2
6 Ron Greathouse	5:32.6
7 Dick Fiala	5:43.3
8 John Robinson	5:55.9
9 Dick Sutton	5:59.0

M55-59	
1 John Conner	4:53.3
2 Jim Sutton	4:55.8
3 Gordon Walker	5:20.5
4 Charles Collins	5:38.0
5 John Keat	5:39.6
6 Phil Steel	5:47.9
7 Melvin Miller	5:49.0
8 Larry Dickerson	5:54.0
9 Monroe Allen	6:03.7
10 Fran Riley	6:07.0
11 Rich Kowaleki	6:07.0

M60-64	
1 M Schepers	5:26.8
2 Roger Whalley	6:02.3
3 John O'Sullivan	6:03.3
4 Vic Twomey	6:15.4
5 Dick Bloom	6:30.0
6 Jerry Nolan	6:38.2

18 Henry Finch	4:40.9
19 Rich Bayko	4:41.4
20 Jim Ryun	4:42.3
21 Paul Zinic	4:42.5
22 Clyde Goode	4:43

W65-69
Renee B. Roloff Javeline 64-3 6-3-90

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 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.)

TRACK & FIELD RESULTS

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

EAST

Brown Masters Track and Field Invitational
Providence, RI; August 12

*Meet Record

100 METERS

M30	Phil Hazard	11.6
	Pete Winder	12.0
	Matt Haley	12.3
	Chris Hinds	13.6
M35	Perahing Reid	11.7
	Ken Castro	12.6
	Bob Noyes	13.3
	Lou Miller	14.5
M40	Angel Nieves	12.4
	Dennis Newton	12.5
M45	Roger Pierce	11.9
	James Brady	13.1
	Dave Connolly	13.1
	George Brophy	13.6
	Charles Varnet	13.6
M50	John Whelan	12.6
	Rich Rizzo	12.7
M55	George Scott	14.4
	Giorgio Chiavelli	14.8
M60	Don Knapp	14.8
M70	Vern Mattson	14.4*
	Angelo Oliver	15.0
	Sparks Sorlien	16.0
M75	Jerry Wible	17.6
	Joe McCluskey	20.6
M80	Loletta Darden	14.3
	Marie Beretey	14.4*
M85	Ann McGowan	21.1
M90	Carmella Harris	20.2*

200 METERS

M30	Phil Hazard	24.5
	Pete Winder	24.8
	Chris Hinds	28.1
M35	Perahing Reid	24.6
	Ken Castro	25.8
	Bob Noyes	27.8
	Lou Miller	32.5
M40	Bob Micho	25.3
	Angel Nieves	28.5
	John Buckley	29.0
M45	Roger Pierce	25.4
	James Brady	26.4
	Dave Connolly	26.9
	Bob Chinchillo	27.8
	Rich Rizzo	25.7
	Dave Galligani	27.6
	Tony Daponte	28.2
M55	Fred Schlereth	27.0
	Dave Hanson	31.0
	Giorgio Chiavelli	31.1
	Larry Patz	31.9
	Dick Klein	32.5
M60	Don Knapp	30.7
M70	Sparks Sorlien	34.0
M75	Jerry Wible	36.7
M80	Kate McKenna	31.7
M85	Ann McGowan	49.5

400 METERS

M30	Frank Mortimer	52.8
	Matt Haley	54.5
	Chris Hinds	61.9
M40	Bob Micho	55.9
	Bob Burke	57.2
	Mike Conway	57.7
	Brad Johnson	62.2
	Roger Pierce	53.7
M50	Bob Chinchillo	61.0
	Rich Rizzo	55.8*
	Dave Galligani	61.0
	Phil Surette	65.1
	Fred Schlereth	58.0
	Art Conso	69.4
	Dick Klein	76.2
M60	Bill Carman	72.8*
M70	Jerry Wible	83.5
M80	Kate McKenna	69.3
M85	Ann McGowan	1:49.5*

800 METERS

M30	Rick Smith	2:01.3
	John Berit	2:20.8
M35	Jerry Hassard	2:06.9
	Steve Viegas	2:14.5
M40	Bob Caplin	2:23.1
	Don Masterson	2:06.1*
	Isiah Shalom	2:20.2
	Fred Bertelsen	2:31.8
M50	Art Conso	2:19.7
M55	Jim Keat	2:50.4
	Jack Myhan	2:52.7
M60	Arnold Heardon	2:19.9
	John More	3:16.3
M65	Carl Hansen	2:44.3*
M70	Jim McGilvray	3:22.0*
M75	Jerry Wible	3:24.1*
M85	Lydia McIntosh	2:47.7

MILE

M30	Andy Barnes	4:30.0
	Jon Berit	5:16.2
M40	Larry Purtell	4:42.6
	Curtis Bryant	4:59.6
	Bob Caplin	5:03.9
M45	Salih Talib	4:41.9
	Bob Cisani	6:30.9
M60	John More	7:29.0
M65	Carl Hansen	6:01.4
M70	Jim McGilvray	7:43.3

5,000 METERS

M30	Ron Robillard	16:28.0
M40	Brad Johnson	18:38.8
M45	Bob Cisani	21:18.0
M50	Ned Price	21:16.1
M55	Jim Keat	21:01.1
	Jack Myhan	22:18.5
	Vin Pandetti	22:18.9
M60	John More	24:00.3

HIGH JUMP

M30	Stan Obenhaus	5-8
M40	Bob Burke	5-2*
	Angle Nieves	4-10
	John Buckley	4-4
M45	James Brady	4-10
	Charles Varnet	4-10
	George Brophy	4-6

POLE VAULT

M30	Mark Straverman	15-6*
M40	Art Kadish	12-0*
	Angel Nieves	9-0
M45	Bob Morcom	10-0
	Ted Ille	3-10*
	Vern Mattson	3-8

LONG JUMP

M30	Greg Petrosian	24-1 3/4
	Kevin Mulcahey	19-4 1/2
M35	Ed Gray	19-1
	Ken Castro	17-1 1/4
	Bob Noyes	16-3 1/2
M40	Angel Nieves	18-7
	Bob Burke	18-6 1/4
	Pete Riggins	17-10 3/4
	John Buckley	15-7
M45	Bill Masuck	16-10 1/4*
	Sig Ogun	16-2
	Charles Varnet	15-9 3/4
	Dave Connolly	14-10 3/4
	Isiah Shalom	11-4 1/2
M50	Jerome Willis	14-3 1/2
	John Whelan	17-4 1/2
M55	Frank Lapointe	14-9 1/4*
	Giorgio Chiavelli	13-1/2
M60	Bob Morcom	16-8 1/2*
	Vern Mattson	14-2 1/4*
	Armando Ricciardi	12-8 3/4
	Sparks Sorlien	12-8 1/2
M65	Virginia O'Connor	5-9 1/4*
	Libby Hagemann	8-6 1/2
	Ann McGowan	8-5 1/4

TRIPLE JUMP

M30	Kevin Mulcahey	40-5*
M40	Peter Riggins	34-10 1/2
	Angel Nieves	28-1 1/2
M45	Bill Masuck	33-6*
	Sig Ogun	30-9 1/2
M50	Jerome Willis	35-11
M55	Frank Lapointe	29-3*
M60	Sparks Sorlien	28-5 1/2
	Vern Mattson	27-4
M65	Virginia O'Connor	12-6
	Libby Hagemann	16-10

JAVELIN

M30	Karl Swanke	169-10
	Don Boggis	161-0
M40	Angel Nieves	133-7
	John Buckley	130-7
M45	Bob Marshall	155-8*
	Bob Harvey	121-3
	George Brophy	119-6
	Dave Connolly	83-7
	Frank Hall	67-4
M50	Pat Conley	124-4
	Bob Decker	115-6
M55	Jerry Sullivan	94-10
	Robert Beale	149-3*
	Martin Kintish	112-8
	Tom Jackson	104-9
	George Scott	86-8
	Giorgio Chiavelli	84-0*
M60	Rich Holloway	125-0*
	Bill Garrahan	115-6
	Dick Klein	110-5
M65	Don Knapp	89-11

SHOT PUT

M30	Jack Hagemann	60-2
	Joan Youngs	67-1
M35	Amy Hicks	70-6
M40	Virginia O'Connor	37-3
M45	Libby Hagemann	57-5*
	Jeanne Berlepsch	53-4

HAMMER THROW

M30	Karl Swanke	119-9
M35	Ed Clark	102-1
	Mike Sherrill	100-6
M40	Harold Krause	123-7
	Don Koch	78-11
M45	Bob Gouley	118-6
	Bob Harvey	111-3
M50	Bob Decker	134-7*
M55	Martin Kintish	96-7
	Tom Jackson	85-8
	George Scott	76-4
M60	Cliff Blair	155-4*
M65	Greg Battick	104-2
M70	Walter Slovenski	118-6*
	Armando Ricciardi	70-1
	Paul Marcellian	85-5
	Joe McCluskey	54-8
M80	John Baker	67-5*
M85	Virginia Bogni	72-6*
M90	Joan Youngs	65-0*
M95	Amy Hicks	63-7*
M100	Virginia O'Connor	32-4*
M105	Libby Hagemann	68-8

SHOT PUT

M30	Karl Swanke	46-5
	Don Boggis	34-6
M35	Ed Clark	42-4
M40	Harold Krause	39-10
	Angel Nieves	37-7
	Dan Koch	34-4 1/2
	John Buckley	33-4
M45	Bob Harvey	39-5
	George Brophy	32-11
M50	Paul Choquette	43-3 1/2
	Bob Decker	42-2 1/2
	Jerry Sullivan	28-8

DISCUS

M30	Karl Swanke	120-2*
	Matt Haley	119-10
	Don Boggis	107-5
M35	Ed Clark	124-1
	Mike Sherrill	87-7
M40	Harold Krause	112-9
	John Buckley	95-7
	Angel Nieves	94-7
	Dan Koch	93-2
M45	Bob Harvey	110-9
	George Brophy	90-4
M50	Bob Decker	124-10
	Jerry Sullivan	83-0
M55	Martin Kintish	135-3*
	Tom Jackson	101-4
	Bob Lord	98-1
	George Scott	85-3
M60	Bill Garrahan	141-11*
	Cliff Blair	126-10
	Rich Holloway	101-10
	Roger Leveille	63-4
M65	Bob Morcom	108-9
	Greg Battick	92-5
M70	Jack Hagemann	94-5
M75	Joe McCluskey	60-2*
M80	Virginia Bogni	58-11*
M85	Joan Youngs	59-7
M90	Amy Hicks	85-8
M95	Virginia O'Connor	46-4
M100	Libby Hagemann	62-3
M105	Jeanne Berlepsch	49-10

5,000 METER WALK

M30	Andy Bartszak	27:21.3
M35	George Scott	30:13.8*
	Wayne Nicoll	31:07.0
M40	Phil O'Connell	35:13.3*
	Al Drapeau	38:11.6
	Stu Corning	39:37.4
M45	Theodore Ille	36:51.5
	Bob Mulliken	37:43.5
M50	Ray McPeck	38:17.4
M55	George Conway	41:35.4*
M60	Andrew McBroom	49:13.9
M65	Eileen Ille	36:17.7*
M70	Eileen Drapeau	40:27.3
M75	Nancy Delaney	42:59.1
M80	Lois Mulliken	42:44.6

Philadelphia Masters Outdoor Invitational, Ursinus, Collegeville, PA August 18

100m

M30	Rick Jeffers	11.6
	Rich Mitchell	12.6
M35	Phil Conzentino	11.8
	Ross Donolow	11.9
M40	William Corsey	11.9
	Robert Beale	12.2
	Phil Felton	12.6
	John Borden	13.5
	Bill Graf	15.8
M45	Joe Johnson	11.6
	Rab Hagin	12.0
	Richard Queeney	14.7
M50	Irv Heath	13.0
M55	Bob Keegan	12.5
	Joe Hemler	12.9
	Leon Trout	13.3
M60	Tom Delany	13.4
	Mark Richards	14.3
	Bob Parsons	19.9
M75	Claude Hills	16.6
	Jerry Wible	17.6
M80	Donald Ernst	18.1
M85	Barbara Stewart	15.1
M90	Caroline Richards	22.4

110m hurdles

M75 (30")	Claude Hills	22.8
M55 (33")	George Taylor	23.7

100m hurdles

M35 (36")	Mark Johnson	14.8
M55 (36")	Leon Trout	16.3
M60 (33")	Tom Delany	18.3
	Bill Townsend	19.6
	Mark Richards	20.7
M65 (33")	Ed Lukens	18.6
M30 (33")	M.E. Malloy	21.3

200m

M30	Fred Feaster	22.6
	Rick Jeffers	23.7
	Frank Makozy	24.0
	Jim Fazio	24.9
	Rich Mitchell	25.5
	Michael Howard	25.8

M35	Ron Manion	23.4
	Tyrone Gordon	24.0
	Ross Donolow	24.3
	Phil Conzentino	24.9
	Karl Castor	26.0
M40	Phil Felton	24.8
	Jim Wilkerson	25.2
	Bill Graf	27.3
	Carl Grossman	27.7
M45	Joe Johnson	23.9
	Rab Hagin	24.9
	Tom Hartman	26.2
	Larry Simmons	27.5
	Rich Queeney	31.0
M50	Irv Heath	27.4
	Larry Suid	31.6
	Joe Hemler	27.1
	Leon Trout	27.4
M60	Tom Delany	27.8
	Mark Richards	30.3
	Ray McKeeman	33.4
M75	Jerry Wible	35.9
	Claude Hills	35.9
M80	Donald Ernst	38.8

400m

M30	Fred Feaster	51.8
	Frank Makozy	53.3
	Michael Howard	57.7
	Rich Mitchell	1:00.3
	Warren Fisher	1:01.0
M35	Ron Manion	52.3
	Mark Johnson	59.6
M40	Tim Dickens	56.1
	Robert Beale	56.4
	Phil Felton	57.4
	Jim Wilkerson	57.4
	Carl Grossman	1:01.8
M45	Tom O'Hara	55.5
	Tom Hartman	1:03.0
	Rich Queeney	1:11.9
M50	Larry Suid	1:12.6
M55	John Blood	1:08.7
	George Taylor	1:22.2
M65	Ed Cunningham	1:27.0
M75	Jerry Wible	1:21.6

800m

M30	Michael Howard	2:23.4
M35	Karl Castor	2:10.9
	Russ Patton	2:11.9
	Harold Jenkins	2:12.2
	Greg Hanson	2:20.7
M40	Fred Dedrick	2:18.3
	George Sanders	2:23.2
	Sam Miller	2:42.4
M60	Maurice Schepers	2:42.4
M65	Ed Cunningham	3:28.8
M75	Jerry Wible	3:27.6

Continued from previous page

1600m	
M30 Tim Bailey	5:18.2
M40 Randy Mullen	5:16
M45 Chet Starn	5:09
3200m	
M30 T Vierheller	12:14
M40 Randy Muller	11:55
M45 Chet Starn	11:18
High Jump	
M30 Jeff Biggs	5-6
M35 Dave Handwerk	5-4
M40 Allen Ray	5-0
M50 John Sloan	4-0
M60 Alfonso Wilson	4-2
Long Jump	
M30 Tim Bailey	12-0
M40 Allen Ray	15-4½
M50 John Sloan	11-9
Shot Put	
M30 Jeff Biggs	40-1
M40 Allen Ray	42-3
M50 John Sloan	35-3½
M60 Rich Clarke	38-1½

Michigan Senior Olympics
Rochester, August 12-14

1500m	
M55 Alvin Ravenscroft	5:11.4
Ted Fasing	5:12.0
M60 Richard Butler	6:45.0
Alvin Dasen	7:56.0
M65 Francis Green	6:51.0
Paul Zylstra	8:01.0

5K RR

M55 Larry Nicholson	26:30.9
M Yamauchi	26:59.3
M60 Jerry Johncock	28:54.2
Kingsley Sears	31:51.1
M65 Paul Zylstra	39:26.5
M70 John Evans	32:49.0
10K RR	
M55 Larry Nicholson	37:47.2
Edward Hardy	44:41.4
M60 Jerry Johncock	40:15.5
Kingsley Sears	47:13.2
M65 Paul Zylstra	56:06.5
M70 John Evans	48:22.6
Don Fleck	58:56.7
M75 Don Pope	1:07.53

1500mRW

M55 Paul Reynolds	9:04.0
Joseph Stoyack	10:38.0
M60 Chuck Carbajo	9:00.0
William Caunt	9:33.0
M65 Jerry Jerome	9:40.0
Paul Zylstra	10:01.0
M70 Rich Eckhardt	9:39.0
Hercules Renda	9:42.0
M75 John Kovas	10:11.0
Louis Kashdaw	12:01.0
M80 John Charlie	10:03.0
Herbert Steele	11:18.0
M85 Julius Spielberg	11:49.0
5000mRW	
M55 Paul Reynolds	32:36.5
James Vetter	32:57.2
M60 Chuck Carbajo	32:06.9
William Caunt	33:28.6
M65 Jerry Jerome	33:49.1
Adelbert Bishop	34:53.0
M70 Rich Eckhardt	33:56.1
Hercules Renda	35:49.8
M80 John Charlie	45:54.5
M85 Julius Spielberg	41:04.0

MID AMERICA

St. Louis Senior Olympics
St. Louis, MO; June 2-6

(Several events rained out)

100m	
M55 Vern Schewe	13.4
Lowell Bonifield	13.8
Tom Pontius	14.1
M60 Peter Kronberg	13.9
Bob Hewitt	15.1
Jay Luttrell	15.2
M65 Paul Saunders	13.0
Chuck Murphy	14.9
Jack Haelele	15.0
M70 Erich Dahl	15.2
Francis Hitchell	16.0
Bob Tillay	16.3
M75 J C Byers	17.1
Benjamin Thomas	17.6
Wilbur Ott	18.2
M80+Emmett Bennett	18.3
Paul McDowell	19.6
M60 Irene Schankman	17.6
Dottie Gray	17.9
Pat Craze	19.3
M55 Jane Clarkson	16.0
Barbara Banks	19.3
Mary Wilson	21.9
M65 Lavina Haelele	16.8
Flo Berry	18.5
P Bailey-McCarthy	20.9
M70 Carl Convery	19.8
Susie Nevergold	23.18
Anne Geiner	26.31
M75 Lucille Monroe	18.8
Millie Crews	20.2
Mary Parsons	23.4
M80+Anna Ward	26.3

200m

M55 Vern Schewe	28.5
Richard Strinni	29.4
L Bonifield	29.6
M60 Peter Kronberg	29.0
Irv Siegel	29.7
Jay Luttrell	32.3
M65 Paul Saunders	28.2
Jack Haelele	31.4
Chuck Murphy	32.3
M70 E Dahl	32.0
Chuck Whitney	34.7
Ham Morningstar	35.2
M75 J C Byers	37.1
Bill Gray	44.9
M80+E Bennett	39.0
Myron Bishop	46.4
M55 Jane Clarkson	34.1
Audrey Sullivan	41.6
Vera Whiteside	43.2
M60 Dottie Gray	38.5
Irene Schankman	39.1
Pat Craze	45.9
M65 L Haelele	38.1
Flo Berry	42.9
P Bailey-McCarthy	44.8
M70 Margaret Bills	43.6
Carla Convery	46.4
Susie Nevergold	50.5
M75 Lucille Monroe	40.3
Millie Crews	43.7
Mary Parsons	51.1
M80+Anna Ward	58.4
Eliz Kavelaske	71.5

800m

M55 Leon Fennell	2:27.8
Richard Strinni	2:40.2
Al Smith	2:45.3
M60 Joe Bell	2:47.9
Hank Kiesel	2:52.8
Jim Marcantonio	2:59.1
M65 Paul Schmidt	2:50.9
Pat Gallagher	2:52.8
Paul Heires	3:13.0
M70 Erich Dahl	3:09.4
Neal Emerson	3:12.6
Larry Patterson	3:19.7
M75 J C Byers	3:56.1
Alfred Scott	5:10.0
Stoke Westcott	5:39.2
M80+Emmett Bennett	3:46.9
John Pianfetti	4:05.6
M55 Audrey Sullivan	3:28.4
Vera Whiteside	3:49.8
M60 Dottie Gray	3:24.1
M65 P Bailey-McCarthy	4:06.9
M70 Bernice Thorton	4:28.2
Susie Nevergold	4:28.9
M80+Millie Crews	4:58.4

1500m

M55 Leon Fennell	4:56.6
Al Smith	5:35.6
Jim Weaver	5:42.2
M60 Jack Griswold	5:18.4
Hank Kiesel	5:37.5
Joe Bell	5:37.7
M65 Pat Gallagher	5:39.4
Paul Schmitt	5:54.2
Paul Heires	6:40.1
M70 Erich Dahl	6:33.7
Neal Emerson	6:33.8
Larry Patterson	6:44.8
M75 Harry Inukai	9:01.3
Alfred Scott	10:33.5
Ed Hoffman	10:35.5
M80+Emmett Bennett	7:54.7
John Pianfetti	8:04.6
Paul McDowell	9:32.0
M55 Audrey Sullivan	6:53.7
Mary Wilson	8:20.8
Ruth Schneider	8:34.5
M60 Dottie Gray	7:13.3
M65 P Bailey-McCarthy	8:29.7
M70 Bernice Thorton	9:05
M75 Millie Crews	10:04.1
M80+Anna Ward	11:43.2

5000m

M70 Larry Patterson	24:16
Charles LeBrell	25:17
Erich Dahl	25:53
M75 Stoke Westcott	43:44
M80+John Pianfetti	28:25
John Dietiker	41:23
Ahrend Muehring	46:32
M55 Mary Specking	25:21
Audrey Sullivan	25:34
M60 Dottie Gray	25:27
M65+P Bailey-McCarthy	32:24
10,000m	
M55 Leon Fennell	37:00.54
Al Smith	45:22.54
Jim Weaver	46:17.98
M60 Pat Gallagher	42:36.03
Robert Kent	45:22.54
H Martinelli	48:45.09
M65 Paul Heires	50:31.66
Francis Dorsey	53:14.46
Ken Hutkins	60:57.76
M70 Neal Emerson	52:47.46
Chas LeBrell	54:00.38
Harry Kublin	59:02.68
M75 Stoke Westcott	61:00
Oliver Bohlman	65:00
M55 Mary Specking	51:39
Audrey Sullivan	53:37
M60 Dottie Gray	53:14
Betty Benkert	54:20
M65 P Bailey-McCarthy	66:44

Shot Put

M55 Stan Zak	36-0
Herb Beutel	35-1½
Larry Dunphy	34-11
M60 Phil Brusca	41-2
Wm Brazelton	34-3½
Ray Schumann	34-3½
M65 Fritz Nilsson	38-11
Bill Bandle	31-8½
August Tellatin	30-2½
M70 Bruce McDonald	33-10½
Ham Morningstar	31-7
Wm Moehl	31-0
M75 Ernest Dennison	31-6½
Milton Slemmens	27-1
Ward Parker	26-11½
M80+Joe Nawrocki	26-6
Mike Calvin	24-7½
E Bennett	22-7½
M55 Jerry Lamprecht	19-5½
M60 Babette Marks	24-4
Mary Jane Miller	23-7
Dorothy Hassler	21-11
M65 P Bailey-McCarthy	22-9½
Helen Tendler	22-9
Flo Berry	19-8
M70 Helen Stephens	26-2½
Carla Convery	16-8½
Jean Slemmens	15-6½
M75 Claire Vieth	18-9
M80+Carolyn Clark	14-4

Discus

M55 Vera Whiteside	64-5
June Jordan	50-1
C DeRienzo-Webb	46-4
M60 MaryJane Miller	61-2
Evelyn Schmitt	58-6
Peg Lampert	47-0
M65 Flo Berry	44-1
Harriet Sargent	40-5
Maybelle Cage	40-4
M70 Helen Stephens	58-10
Carla Convery	37-6
MaryJane Jansen	36-1
M80+Carolyn Clark	36-11
Eliz Kavelaske	30-1

Javelin

M55 Tom Pontius	109-3
Wade Lemons	103-7
Joe Gusic	96-7
M60 Phil Brusca	131-6
Dave Norton	130-5
Bill Brazelton	123-7
Ed Hoff	95-8
Paul Saunders	87-11
Lyle Ludwig	83-0
M70 Bruce MacDonald	100-4
Chris Christy	100-0
Marvin Bank	98-0
M75 Ward Parker	72-4
Harry Kennedy	72-0
Wilber Ott	64-7
M80+Joe Nawrocki	55-0
Vernon Kennedy	52-6
Gene Maloney	37-2
M55 Vera Whiteside	58-7
June Jordan	46-0
C DeRienzo-Webb	32-2
M60 MaryJane Miller	78-7
Peg Lampert	59-0
Alpha Finklang	30-11
M65 Harriet Sargent	44-10
Flo Berry	41-2
Maybelle Cage	37-0
M70 Helen Stephens	53-8
Libby McCants	38-10
Carla Convery	38-9
M75 Millie Crews	33-9
Clair Vieth	33-0

1500mRW

M55 Gene Hall	9:07.3
Fred Adams	9:38.9
Wes Purtee	10:04.7
M60 Justin McCarthy	9:29.2
Wm Miller	9:52.7
Jim Marcantonio	10:10.9
M65 Bob Schnurbusch	9:32.9
Robert Lusskin	9:41.3
Vinson Freeman	9:56.4
M70 Erich Dahl	9:26.1
Cliff Gouge	9:33.9
Eldon Scholl	10:03.7
M75 J C Byers	10:47.2
Harry Inukai	11:14.2
Bernard Pisciotall	12:15
M80+Al Nellis	12:20.7
Emmett Bennett	13:11.9
Carey Brown	13:20.7
M55 Ruth Eberle	8:44.5
Maurine Lia	9:08.0
Doris Liberman	9:48.4
M60 Iren Schankman	10:45.0
Carol Wehling	10:51.1
Jean Wasser	11:08.7
M65 P Bailey-McCarthy	10:05.1
Lucy McGartland	11:49.2
Carmelo Africano	12:31.4
M70 Imogene Watkins	10:04.9
Marie Kotowski	12:42.8
M75 Lucille Monroe	10:55.1
Millie Crews	10:55.3
Mary Parsons	12:08.4
M80+Anna Ward	13:13.2

St. Louis TC Series
St. Louis, MO

--June 14--

1500m	
M30 Bret Roman	4:22.2
Jon Delano	4:28.5
Rick Fernandez	4:31.3
M35 Tim McAllister	4:16.1
Steve Anderson	4:24.8
Dan Sebben	4:25.9
M40 Gordon Reiter	4:29.7
Dave Gocken	4:31.3
Bob Bellora	4:31.7
M45 Robert Goodrich	4:40.5
Steve Cottle	5:00.1
Orlyn Skrien	5:02.5
M50 Derek Redmore	4:58.4
John Munch	4:59.5
Jim Carney	5:18.1
M55 Bill Stewart	5:06.0
Al Smith	5:27.4
Jim Valentine	5:38.6
M60 Carl Schaeffer	5:26.3
Joe Bell	5:45.3
Hank Kiesel	5:47.8
M65 Paul Schmitt	5:50.5
M70 Charles Lebrell	7:06.7
M30 Karin Beach	5:25.6
Alison Wardein	5:46.9
Leona Daher	5:56.1
M35 Joan Fromme	6:19.5
Toni Clogston	6:31.4
Cathy Johnson	6:38.2
M40 Debbie Stiles	5:28.1
Carol Bellora	5:30.5
Gail Taylor	6:30.4
*W45 Carol Peluso	6:14.8
Cheryl Simmons	7:19.0
M50 Donna Nagel	6:51.0
M55 Audrey Sullivan	6:52.4
M65 P Bailey-McCarthy	8:58.6

--June 21--

800m	
M30 John Delano	2:10.8
Rick Fernandez	2:15.1
John Kirwan	2:17.4
M35 Steve Anderson	2:08.5
Dave Weinstein	2:10.0
Dan Sebben	2:11.3
M40 Gordon Reiter	2:07.6
Dave Gocken	2:10.1
Bob Bellora	2:12.5
M45 Gary Carr	2:07.4
Robert Goodrich	2:15.2
Steve Cottle	2:15.3
M50 John Munch	2:27.7
Jim Carney	2:33.9
Harold Dix	2:37.9
M55 Leon Fennell	2:24.2
Bill Stewart	2:29.8
Al Smith	2:39.8
M60 Carl Schaeffer	2:38.0
John Rossio	2:39.1
Hank Kiesel	2:41.3
M70 Charles Lebrell	3:29.5
M30 Leona Daher	2:43.5
Alison Wardein	2:50.2
M35 Joan Fromme	3:03.8
Toni Clogston	3:14.3
M40 Carol Bellora	2:39.7
Gail Taylor	3:12.3
Alison Bourey	3:28.0
M45 Carol Peluso	3:02.6
Cheryl Simmons	3:48.8
M50 Donna Nagel	3:22.9
M65 Dottie Gray	3:28.0
P Bailey-McCarthy	4:21.2

--June 28--

400m	
M30 Jon Delano	59.0
Tim Pains	61.1
Kevin Seelman	63.3
M35 Dave Weinstein	57.2
Steven Traynor	57.6
Steve Anderson	58.1
M40 Gordon Reiter	55.2
Marty McClintock	56.1
Dave Gocken	58.7
M45 Gary Carr	55.2
Steve Cottle	60.5
Robert Goodrich	64.9
M50 John Munch	65.2
Jack Skilling	68.9
Jim Carney	69.2
M55 Leon Fennell	65.4
Jim Valentine	73.0
Barney Barnes	75.4
M60 John Rossio	65.6
Carl Schaeffer	69.7
Joe Bell	70.9
M65 Paul Schmitt	85.4
M30 Karin Beach	71.3
Leona Daher	72.0
Alison Wardein	73.5
Kate Higgins	69.8
Cathy Johnson	81.9
Joan Fromme	82.8
M40 Carol Bellora	69.2
Gail Taylor	81.5
Alison Bourey	89.3
M45 Carol Peluso	82.5
M50 Donna Nagel	95.3
M55 Audrey Sullivan	91.3
M65 Dottie Gray	87.6
P Bailey-McCarthy	1:50.6

Colorado/TAC Masters
Championships, Rangville
High School - July 14

100m	
M18 WELSH, CHRIS	11.5
M25 OWENS, GERALD	11.2
M30 ROGERS, DAVID	11.3
M38 ANDREWS, PHILLIP	13.9
M44 BONG, ROBB	11.6
M55 WHITE, RITCH	14.5
M61 FISCHER, H.J.	13.4
M68 PARKS, WAYN	14.2
M65 KATZMAN, NORM	14.3
M71 DAVISON, JOHN	13.7
M74 PRAEGER, FRED	16.5
M87 ANDERSON, HERB	20.0
F57 DUGAN, JOAN	16.4
200m	

Continued from previous page

***** 100M *****	
M30 SIEMERING, ROBERT	11.83
M36 ZAHN, ROBERT	12.01
M38 FREDERICK, PAUL	12.62
M44 BONG, ROBB	11.70
M40 VERTI, BOB	11.96
M40 BATTAGLIA, JOHN	12.04
M40 BRYANT, EARL	12.22
M46 LUPLOW, DAVID	12.82
M48 STARR, TOM	13.42
M50 NIEDERMEYER, FRED	12.44
M53 MILLER, CHARLEY	12.69
M52 KIRKPATRICK, RON	12.69
M52 HORTON, DWAYNE	13.33
M51 ARNOLD, ED	13.79
M55 HARTENSTEIN, MUGO	11.95
M56 CISNEROS, HECTOR	13.97
M58 SUMMERLIN, RALPH	14.26
M55 WHITE, RITCH	14.48
M61 ALBURY, GORDON	12.78
M62 MONAKER, BILL	13.55
M61 FISCHER, HJ	13.56
M61 COHEN, ALAN	14.88
M68 KATZMAN, NORMAN	14.59
M68 PARKS, HAYDON	14.69
M66 HAEFLE, JACK	14.75
M67 GOLDSMITH, MAX	14.86
M65 BUTCHKO, GEORGE	16.58
M71 DAVISON, JOHN	14.05
M70 HACKETT, HUGH	15.71
M74 PRAEGER, FREDERICK	17.04
M80 BENNETT, EMETT	17.45
M88 ANDERSON, HERB	20.67
F30 CAPRYE, POLLY	14.17
F36 JONES, CHRIS	13.95
F36 LONGHECKER, KATE	14.05
F49 PIKE, BARBARA	16.72
F58 DUGAN, JOAN	15.79
F57 THOMPSON, LOTS	17.32
F64 PETERSON, PATRICIA	16.48
F66 HAEFLE, LAURINA	16.54
F76 MEHL, PEARL	21.59

***** 200M *****	
M30 SIEMERING, ROBERT	23.70
M34 ROBINSON, MARCUS	24.99
M32 GREEN, WOODY	26.34
M36 ZAHN, ROBERT	24.36
M38 UNDERWOOD, JEFF	28.5
M44 BONG, ROBB	23.71
M40 BRYANT, EARL	24.72
M40 AYERS, DAN	26.70
M46 LUPLOW, DAVID	25.9
M48 STARR, TOM	27.4
M46 BENSTON, STRIDER	28.7
M52 KIRKPATRICK, RON	25.1
M50 NIEDERMEYER, FRED	25.2
M53 MILLER, CHARLEY	25.3
M51 ARNOLD, ED	28.62
M55 HARTENSTEIN, MUGO	25.17
M56 CISNEROS, HECTOR	28.52
M61 ALBURY, GORDON	26.35
M61 FISCHER, HJ	28.51
M61 COHEN, ALAN	30.48
M65 KATZMAN, NORMAN	29.63
M68 PARKS, HAYDON	29.75
M67 GOLDSMITH, MAX	30.46
M71 DAVISON, JOHN	30.11
M74 PRAEGER, FREDERICK	36.04
M80 BENNETT, EMETT	36.16
M88 ANDERSON, HERB	46.38
F30 CAPRYE, POLLY	29.28
F36 JONES, CHRIS	29.13
F49 PIKE, BARBARA	33.96
F58 DUGAN, JOAN	35.75
F64 PETERSON, PATRICIA	35.89
F61 ANDERSON, SHELLEY	36.77
F76 MEHL, PEARL	46.75

***** 400M *****	
M32 HEAD, GREGORY	53.06
M30 SCHNEBECK, DOUG	56.15
M44 BONG, ROBB	52.60
M40 SIMONS, DAVID	55.19
M40 BRYANT, EARL	57.42
M46 EIDINGER, GEORGE	61.69
M40 AYERS, DAN	63.26
M46 BENSTON, STRIDER	58.34
M48 STARR, TOM	64.19
M47 LOUBET, JEFF	67.10
M52 KIRKPATRICK, RON	56.10
M56 CISNEROS, HECTOR	64.09
M61 ALBURY, GORDON	62.79
M61 COHEN, ALAN	70.01
M65 KATZMAN, NORMAN	68.82
M70 ALEXANDER, JOHN	63.47
M80 BENNETT, EMETT	91.99
M88 ANDERSON, HERB	2:09.63
F30 CAPRYE, POLLY	71.77
F36 JONES, CHRIS	68.00
F76 MEHL, PEARL	1:42.30

***** 800M *****	
M31 SHAFER, RAY	2:00.60
M34 HAAS, DOUG	2:08.32
M32 HEAD, GREGORY	2:10.29
M32 GREEN, WOODY	2:18.43
M39 UNDERWOOD, JEFF	2:20.70
M44 EIDINGER, GEORGE	2:20.42
M46 BENSTON, STRIDER	2:32.67
M52 KIRKPATRICK, RON	2:23.24
M56 CISNEROS, HECTOR	2:26.94
M55 WHITE, RITCH	3:10.14
M61 COHEN, ALAN	3:16.20
M65 KATZMAN, NORMAN	3:02.98
M80 BENNETT, EMETT	3:33.83
F49 PIKE, BARBARA	2:43.25
F63 KIPP, BARBARA	3:41.93
F68 ADAMS, LOUISE	3:27.46
F76 MEHL, PEARL	3:47.65

***** 1500M *****	
M34 HAAS, DOUG	4:33.49
M32 GREEN, WOODY	5:05.68
M46 BENSTON, STRIDER	4:47.21
M55 WHITE, RITCH	5:22.06
M61 COHEN, ALAN	6:36.41
F37 PILNER, MARY	5:27.07
F63 KIPP, BARBARA	7:48.54
F68 ADAMS, LOUISE	7:06.47
F76 MEHL, PEARL	8:12.01

Rocky Mountain Masters Games Pentathlon Boulder, CO; September 1									
		L. J.	JAV	200m	DIS	1500m			
John Alexander	70	4.57	24.77	27.9	31.79	6:48.8			
Mike Hill	39	6.58	53.42	23.9	39.12	4:48.3			
Hugh Hackett	70	4.04	34.12	32.2	36.06	8:26.0			
Fay Bradley	52	4.98	27.37	27.0	25.64	4:41.2			
Emmett Bennett	80	3.02	13.20	37.3	21.17	7:58.3			
Frank Bowles	69	3.66	30.79	32.8	28.22	7:18.3			
Hector Cisneros	56	4.51	26.36	28.5	26.52	6:11.5			
Jeff Bilderbeck	34	5.94	47.39	25.1	33.21	5:23.9			
Allen Cohen	61	3.76	28.92	30.0	29.69	6:11.6			
Ham Morningstar	73	3.38	29.60	39.6	31.28	9:50.7			
Scott Hall	32	5.11	33.70	27.1	32.20	5:54.6			
Bob Block	46	3.40	25.72	36.2	19.95	7:05.4			
		L. J.	JAV	200m	S. P.	800m			
Charlotte Carter	37	3.81	17.15	30.6	6.95	2:59.6			

Rocky Mountain Masters Games Weight Pentathlon Boulder, CO; September 1-2									
		JAV	DISC	HAM	S. P.	35/25#			
Curt Lackey	33	34.45	32.80	22.50	9.88	9.56			
Ron Broce	43	34.69	33.34	25.34	11.30	9.02			
Bob Sager	42	29.02	29.97	22.82	11.92	8.64			
Russ Murphy	52	27.23	26.79	26.05	9.05	11.18			
Tom Wesselowsky	55	22.55	36.13	32.70	12.79	10.12			
Vern Spencer	55	25.92	32.12	27.10	9.26	8.93			
Ken Weinbel	62	23.24	28.39	28.88	9.38	9.39			
Dale Buysse	69	28.86	28.05	18.73	10.82	9.81			
George Butchko	65	30.16	19.12	10.29	7.91	8.45			
Glen Burgess	66	25.78	33.18	23.31	11.38	11.62			
Tom Flack	71	29.77	31.04	23.80	11.48	7.18			
Fred Praeger	74	16.94	24.15	21.05	8.62	5.45			
Margaret Fox-Hall	31	17.24	38.81	21.06	11.11	6.90			
Pamela Harrell	30	14.45	19.87	13.35	6.31	4.22			

***** 5000M *****	
M32 GREEN, WOODY	19:33.0
F41 SEDLAK, VITISMA	21:49.9
F68 ADAMS, LOUISE	26:07.1

***** 100M HH *****	
M53 MILLER, CHARLEY	15.09
M56 CISNEROS, HECTOR	18.87
M65 HIRSHAKI, FRED	19.52
F64 PETERSON, PATRICIA	20.20

***** 110M HH *****	
M30 SCHNEBECK, DOUG	16.12
M36 ZAHN, ROBERT	15.84
M47 LOUBET, JEFF	17.21

***** 300M HH *****	
M55 HIRSHAKI, FRED	60.85

***** 400M HH *****	
M30 SCHNEBECK, DOUG	58.08
M46 BENSTON, STRIDER	71.34
M56 CISNEROS, HECTOR	73.92

***** HIGH JUMP *****	
M34 HAAS, DOUG	4-8
M36 ZAHN, ROBERT	6-8
M46 BENSTON, STRIDER	4-6
M52 HORTON, DWAYNE	5-0
M53 CARTER, LARRY	4-10
M58 WHITE, HAROLD	4-10
M55 WHITE, RITCH	3-10
M61 COHEN, ALAN	3-8
M62 WALLACE, HAL	3-6
M65 HIRSHAKI, FRED	4-6
M65 BOWLES, FRANK	3-10
M65 BUTCHKO, GEORGE	3-6
M73 MORNINGSTAR, HAM	4-1
M73 RAGLAND, WIS	4-0
F58 DUGAN, JOAN	3-8
F64 PETERSON, PATRICIA	3-4

***** POLE VAULT *****	
M47 LOUBET, JEFF	12-2
M54 HAMILTON, RUSTY	9-6
M56 CISNEROS, HECTOR	7-6
M60 DONLEY, JERRY	11-6
M65 HIRSHAKI, FRED	8-0
M73 MORNINGSTAR, HAM	6-3

***** LONG JUMP *****	
M30 SIEMERING, ROBERT	19-6
M38 FREDERICK, PAUL	17-2 1/4
M47 LOUBET, JEFF	18-2 1/2
M46 LUPLOW, DAVID	17-8
M54 STOPOLOS, PETE	18-0 1/2
M51 ARNOLD, ED	15-0 1/4
M53 CARTER, LARRY	14-10 1/2
M58 WHITE, HAROLD	14-10
M55 WHITE, RITCH	12-8 3/4

***** LONG JUMP (cont) *****	
M60 DONLEY, JERRY	14-7 1/4
M60 BARTENFELD, THOMAS	14-1 1/4
M65 HIRSHAKI, FRED	14-2 1/4
M65 BUTCHKO, GEORGE	12-6
M70 HACKETT, HUGH	13-3
M71 DAVISON, JOHN	13-1 1/2
M73 MORNINGSTAR, HAM	8-10
M74 PRAEGER, FREDERICK	8-7 3/4
M80 BENNETT, EMETT	9-6
M88 ANDERSON, HERB	6-8 1/2
F30 CAPRYE, POLLY	13-8 1/4
F30 HARRELL, PAMELA	9-6 3/4

***** TRIPLE JUMP *****	
M53 CARTER, LARRY	28-11 3/4
M55 WHITE, RITCH	24-7
M61 COHEN, ALAN	25-5 1/2
M65 HIRSHAKI, FRED	30-0 1/4
M70 HACKETT, HUGH	23-11 1/2
M73 MORNINGSTAR, HAM	23-3 1/2
M88 ANDERSON, HERB	15-9
F37 CARTER, CHARLOTTE	27-3 1/4

***** SHOT PUT *****	
M33 LACKEY, CURT	32-5
M36 DAHLBERG, GREGG	39-1 1/4
M42 SAGER, BOB	39-1 1/4
M43 BROCK, RON	37-1
M48 HAMBRIK, RON	32-10 1/4
M46 BENSTON, STRIDER	25-4 3/4
M52 MURPHY, RUSSELL	29-8 1/4
M54 HAMILTON, RUSTY	28-13 1/4
M55 WESSELOWSKY, TOM	41-1 1/2
M55 SPENCER, VERN	30-4 3/4
M59 EIGHTY, JACK	29-2 1/4
M64 ORLICH, MICHAEL	44-4 3/4
M62 WALLACE, HAL	39-8 3/4
M61 BRAZELTON, BILL	33-2
M62 WEINBEL, KEN	30-9 1/4
M66 BURGESS, GLENN	37-4
M69 BUYSSE, DALE	35-6
M69 SADOFSKY, STANLEY	34-4
M65 HIRSHAKI, FRED	32-3
M69 BOWLES, FRANK	27-4 1/2
M65 BUTCHKO, GEORGE	25-11 1/2
M71 FLACK, TOM	37-8
M73 MORNINGSTAR, HAM	34-0 3/4
M74 PRAEGER, FREDERICK	28-3 1/2
M76 CARTER, ROSS	40-2 3/4
M88 ANDERSON, HERB	16-13 1/4
F30 HARRELL, PAMELA	20-8 1/2
F37 CARTER, CHARLOTTE	22-9 3/4
F37 PATTON, ANNETTE	22-10
F68 MCGINNITY, BETTYE	19-7

***** DISCUS *****	
M36 DAHLBERG, GREGG	124-2
M38 FREDERICK, PAUL	107-1
M43 BROCK, RON	109-4
M42 SAGER, BOB	98-4
M47 LOUBET, JEFF	93-6
M48 HAMBRIK, RON	90-1
M46 BLOCK, BOB	65-5 1/2
M52 HORTON, DWAYNE	114-9
M54 HAMILTON, RUSTY	99-5
M52 MURPHY, RUSSELL	87-10
M55 WESSELOWSKY, TOM	118-6
M57 KING, STU	111-10
M55 SPENCER, VERN	105-4
M62 WALLACE, HAL	144-7
M64 ORLICH, MICHAEL	127-6
M61 BRAZELTON, BILL	101-0
M61 COHEN, ALAN	97-4
M62 WEINBEL, KEN	93-1
M69 SADOFSKY, STANLEY	128-2
M65 TAVELACCI, DON	111-8
M65 HIRSHAKI, FRED	106-0
M66 BURGESS, GLENN	105-8
M65 BUTCHKO, GEORGE	98-11
M69 BUYSSE, DALE	92-0
M70 HACKETT, HUGH	118-4
M70 ALEXANDER, JOHN	104-3
M73 MORNINGSTAR, HAM	102-3
M71 FLACK, TOM	101-10
M74 PRAEGER, FREDERICK	79-2 3/4
M76 CARTER, ROSS	114-4
M80 BENNETT, EMETT	66-8 3/4
F58 DUGAN, JOAN	73-13 1/4
F57 FEATHERSTON, JUDY	64-1
F37 PATTON, ANNETTE	48-6 1/4
F68 MCGINNITY, BETTYE	47-10 1/2
F87 HANN, KATH	17-0 1/4

***** HAMMER *****	
M33 HAUGAARD, N. CRAIG	55-0 3/4
M42 SAGER, BOB	74-10 1/2
M52 MURPHY, RUSSELL	85-5
M55 WESSELOWSKY, TOM	107-3
M55 SPENCER, VERN	88-11
M62 WEINBEL, KEN	94-9
M61 COHEN, ALAN	61-2 3/4
M66 BURGESS, GLENN	76-5 3/4
M71 FLACK, TOM	78-1
M74 PRAEGER, FREDERICK	69-0 3/4
F31 FOX-HALL, MARGARET	68-1 1/4

***** JAVELIN *****	
M33 LACKEY, CURT	113-0
M33 HAUGAARD, N. CRAIG	88-6
M42 PETITO, ROCCO	183-5
M47 THATCHER, TERRY	156-6
M48 HAMBRIK, RON	133-6
M46 BLOCK, BOB	84-4
M51 COCKREHAM, WALTER	143-8
M52 MURPHY, RUSSELL	89-4
M58 WHITE, HAROLD	125-10
M56 CISNEROS, HECTOR	86-6
M55 SPENCER, VERN	85-0
M61 BRAZELTON, BILL	131-0
M61 COHEN, ALAN	94-10
M62 WEINBEL, KEN	76-3
M65 TAVELACCI, DON	103-0
M69 BOWLES, FRANK	101-0
M65 BUTCHKO, GEORGE	96-4
M66 BURGESS, GLENN	84-7
M69 BUYSSE, DALE	43-3 3/4
M70 HACKETT, HUGH	111-11
M71 FLACK, TOM	97-8
M73 MORNINGSTAR, HAM	97-1
M74 PRAEGER, FREDERICK	55-7
M80 BENNETT, EMETT	49-10 1/2
M86 ANDERSON, HERB	38-4 3/4
F30 MARRELL, PAMELA	47-5

Continued from previous page

M45 George Mason-46	2:03.2
Mike Ackley-46	2:09.2
Phil Nemir-47	2:19.6
M40 Steve Ferraz-43	2:04.4
Searcy Barnett-43	2:05.3
M35 Reggie Mason-35	2:08.2
Ray Sibley-36	2:16.1
Foots Williams-36	2:19.4
Pete Davalos-38	2:29.6
M30 Harold Holmes-32	2:21.3

1500M - Women

W55 Barbara Robben-56	6:49.8
W45 Shirley Matson-49	5:00.0
W30 Joan Case-31	5:08.7
Ch-E Mehmedbasich	5:44.2

1500 - Men

M65 Rex Dietrich-66	6:17.1
Carl Reiterman-69	8:18.6
M60 Boyce Jacques-63	5:16.6
Rich Laine-60	5:18.6
Harcel Wraison-	5:43.0
Ed Mahany-60	7:07.0
M55 Pete Richardson-	5:06.7

Peter Todd-56	5:30.3
M50 Jim Bevins-54	5:05.0
M45 Harvey Franklin-	4:17.8

Michael Ackley-46	4:42.4
Phil Nemir-47	4:45.0
M40 Searcy Barnett-43	4:32.3
M35 Ray Sibley-36	4:52.4
M30 Chris Case	4:19.7

M65 Rex Dietrich-66	13:26.8
Carl Reiterman-69	17:23.7
M60 Rich Laine-60	11:37.1
John Pickett-62	12:20.2
Fred Nielson-64	12:22.0
Abraham Szoke-60	13:05.8
Don Anhorn-63	13:10.7

M55 Tom Marilla-34	10:59.1
Peter Todd-55	11:37.3
Bruce Carradine-57	12:13.1
M50 Jim Bevins-52	10:35.2
Jim Turner-50	10:44.8
Wm Cattanese-52	10:48.4
Skip Marquard-52	12:54.2

M40 Jim Hampton-44	9:34.6
Don McCaskill-49	10:04.9
Ross Bogert-44	10:19.5
Paul McKee-46	12:56.3
Rich Govi-38	9:10.8
Perry Linn-39	9:33.5
Ray Sibley-36	10:17.9
Peter Davalos-38	10:46.3

M65 Rex Dietrich-66	13:26.8
Carl Reiterman-69	17:23.7
M60 Rich Laine-60	11:37.1
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Abraham Szoke-60	13:05.8
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Rich Govi-38	9:10.8
Perry Linn-39	9:33.5
Ray Sibley-36	10:17.9
Peter Davalos-38	10:46.3

M50 Rich Hotchkiss-51	5'10"
M40 Ed Baskauskas-40	5'8"
Pole Vault	
M70 Dick Bennett-70	7'
M55 Don Gray-55	10'4"
M50 Gary Miller-52	12'2"
M45 Wm Busby-46	12'8"
Dan Borrey-45	12'8"
M40 Greg Miguel-43	14'8"
Ed Seese-40	13'8"
Joe Miyoshi-43	11'8"

Long Jump - Women	
W70 Ruth Talley-70	2.30
W55 Crystel Miller-55	3.65

Men	
M80 Wilfred Bigelow-80	3.15
Bob Ulsh-83	2.54
M75 Clarence Trahan-75	3.84
John Satti-76	3.59
M70 Richard Bennett-70	3.22
M60 Jim Warren-67	4.11
Bob Higginbotham-64	4.20
M55 Paul Williams-55	5.48
Ray Graves-56	4.82
Dave Douglass-58	4.37

M50 Darrell Horn-51	6.36
Gary Miller-52	5.66
Robert O'Brien-51	4.94
L. Onamatapoeia-53	4.82
Jack Hill-52	4.81
M45 Alan Hunken-46	5.72
M40 Angel Cachinero-42	6.34
Joel Eckels-41	5.72
M30 Mike Lariza-34	6.46
Jim Scileny-33	3.71

Triple Jump	
M80 Bob Ulsh-83	6.02
M75 John Satti-76	6.98
M50 Leg. Anamatapoeia-53	9.37
M40 Angel Cachinero-42	F
M35 Ricardo Quilantang-36	8.69
M30 Mike Lariza-34	13.93
Jim Scileny-33	7.31

Shot - Women	
W55 Crystel Miller-55	8.70
W35 Antoin. Walker-37	9.54

Men	
M75 Ross Carter-76	12.08
Jim York-77	9.86
Bob Boucke-77	9.76
Leon Joslin-78	9.04
M70 Manuel White-74	10.79
Hal Cronkhite-72	10.45
Hy Booth-72	9.76
Rick Hustace-71	9.00
Rich Mack-72	7.82
M65 Stan Sadofsky-69	9.55
Jerry Silsdorf-67	8.24
John Kilbuck-69	7.03
M60 Mike Orlich-64	13.06
M55 Gary Miller-52	8.70
Dennis Rietz-56	10.91
Dave Douglass-58	9.26
M50 Rich Hotchkiss-51	13.63
Jim Hart-54	13.46
Carl Meyer-52	13.36
John Ross	12.25
M45 Wm Busby-46	9.93
M30 Jim Scileny-33	7.16

Discus - Women	
W70 Ruth Talley-70	13.30
W60 Shirley Dietrich-63	18.86
W55 Crystel Miller-55	19.86
W50 Lorraine Coppola-50	18.78

Men	
M75 Ross Carter-76	35.34
Leon Joslin-78	27.82
Bob Boucke-77	23.66
M70 Manuel White	39.46
Hy Booth-72	37.86
Hal Cronkhite-72	26.74
Bob Stone-70	26.86
Richard Mack-72	20.28
M65 Stan Sadofsky-69	38.40
John Kilbuck-69	26.08
Jerry Silsdorf-67	22.70
M60 Mike Orlich-64	40.22
M55 Dave Douglass-58	29.12
Dennis Rietz-56	35.18
M50 Richard Hotchkiss-51	46.81
John Ross-52	44.96
Jim Hart-54	43.62
Karl Mayer-52	41.30
M46 Mike Moravec-45	38.16
M30 Jim Scileny-33	22.24

Hammer	
M80 Bob Ulsh-83	23.80
M75 Jim York-77	26.28
Leon Joslin-78	22.82
Bob Boucke-77	19.60
M70 Bob Stone-70	27.36
Manuel White-74	27.28
Rick Hustace-71	24.72
M65 Jerry Silsdorf-67	19.22
M55 Dennis Rietz-56	31.88
Dave Douglass-58	29.36
M50 Rich Hotchkiss-51	44.32
Jim Hart-54	38.18

Javelin - Women	
W70 Ruth Talley-70	17.54
W60 Shirley Dietrich-63	24.06
W55 Crystel Miller-55	28.72
W50 Fran Conley-50	31.18
W35 Antoinette Walker-37	22.36

Men	
M75 Bob Boucke-77	18.12
M70 Manuel White-74	40.10
Rick Hustace-71	27.02
Jack Ralls-70	26.04
Bob Stone-70	22.66
Richard Mack-72	22.26
M65 John Kilbuck	27.28
Jerry Silsdorf-67	17.72
M55 Phil Conley-56	48.90
Don Rose-55	44.22
Dennis Rietz-56	34.98
M50 Rich Hotchkiss-51	51.88
Karl Mayer-52	44.70
Steve Wordell-50	41.72
Martyn Adamson-52	38.82
M40 Bob Powers-41	51.64
Drew Stevick-42	48.54
Joe Miyoshi-43	37.72
Alan Feia-44	36.16
M35 Skip Butler-36	52.08
M30 Jim Scileny-33	36.82

High Jump	
M30 4'8"	Paul Cohen
M35 5'6"	Bill Monro
M40 5'6"	Earl Hanson
M50 4'4"	John Diggs
M60 4'4"	John Bolten
M65 4'4"	Arnold Scott
3'10"	George Cross
4'1"	Tom Regan
3'9"	Manuel White
3'9"	Gene Harn
W30 5'0"	Shelley Hayler

	Jerry Silsdorf-67	17.72
M55	Phil Conley-56	48.90
	Don Rose-55	44.22
	Donna Rose-56	31.22

Continued from previous page

Hammer	
M45 John Kasperski	32.06
M50 Fred Cechl	33.86
M55 Max Woerle	35.78
M60 Gus Giagnogloy	34.78
M65 Peder Nielsen	26.88
M70 Ed Purgalis	30.50
M75 Ian Hume	30.06
M80 Wm Koski	25.00
W35 Kimberley Kasperski	23.22
W50 June Meyer	23.38
W60 Mary Thomson	20.92
Javelin	
M35 Mike Finkbeiner	49.92
M40 Keith Heidorn	37.36
M45 John Kasperski	34.44
M50 Fred Pamentor	43.00
M55 Alf Sundin	36.30
M60 Helmut Lange	37.14
M65 Peder Nielsen	27.60
M70 Ed Purgalis	31.62
M75 Ian Hume	27.96
M80 Karl Trei	22.26
W50 June Meyer	24.24
W60 Mary Thomson	15.36
Weight	
M40 Imrich Kiraly	9.19
M45 John Kasperski	10.14
M50 E Yla-Outinen	8.42
M55 Alf Sundin	9.06
M60 Helmut Lange	12.83
M65 Peder Nielsen	10.03
M70 Aleks Upmalis	9.24
M75 Ian Hume	8.34
W35 Kim Kasperski	6.10
W50 June Meyer	9.50
W60 Mary Thomson	8.92
W65 Helgi Pedel	7.11
5000mRW	
M55 S Summerhayes	28:23.5
M60 Sal Brancaccio	28:18.0
M65 Peter Fellows	34:48.9
M70 Max Gould	31:20
M75 George Peterson	38:13.1
W55 J-Provost	32:18.3
W60 Ruth Leff	33:10.9
10K Road Race	
M35 Tim Murphy	33:11.2
M40 Gaetan Breton	36:16.1
M45 Brian Drewett	36:37.2
M50 Jim Pascoe	42:50.6
M55 Dave Wallace	37:34.2
M60 Ron Carroll	53:31.2
M65 Gelbhaar Kurt	40:00.8
W40 J Murphy-Walker	41:05.7
W45 Sheila Morisawa	58:44.3
W50 Jeannie Ward	53:01.7
W55 Jean Horne	44:38.5
W65 Hazel Cameron	49:03.0

INTERNATIONAL**XV Mexican Masters
National Championships
Aguascalientes, July 20-22**

100m	
M30 Pedro Montoya	11.6
M35 Ricardo Villa	12.0
M40 Roberto Gonzalez	11.5
M45 Abelardo Suarez	12.5
M50 Victor Valles	12.0
M55 Sergio Ovando	13.7
M60 Pacundo Luna	13.8
M65 M Pattio	13.9
M70 Roberto Higuera	14.7
M75 Manuel Munoz	17.8
W30 Nora Sumayer	14.5
W35 Hilda Ruiz	13.8
W40 Isa Cabrera	16.0
W45 Virginia Delgado	16.1
W50 Brenda Pensado	16.2
W55 Guadalupe Mendoza	18.1
W60 Martha Munoz	19.1
W65 Catalina Rodriguez	20.7

400m	
M30 Jose Duarte	53.00
M35 Ricardo Rios	56.05
M40 Roberto Gonzalez	51.07
M45 Juan Alarcon	58.00
M50 Francisco Martinez	59.07
M55 Sergio Cruz	62.02
M60 Silvino Corona	71.04
M65 Miguel Flores	79.08
W30 Nora Sumayer	70.10
W35 Hilda Ruiz	67.01
W40 I Martinez	79.00
W45 Virginia Delgado	79.00
W50 Brenda Pensado	81.03
W55 Guadalupe Mendoza	93.07
W60 Martha Munoz	98.07

800m	
M30 Gildardo Garcia	2:06.3
M35 Jose Guadiana	2:05.3
M40 Alfredo DeLeon	2:07.1
M45 B Contreras	2:12.2
M50 Fidel Mendez	2:15.5
M55 Sergio Cruz	2:25.8
M60 Jose Aguilar	2:34.6
M65 Miguel Flores	2:56.9
M70 D Castillo	3:47.9
W30 Nora Sumayer	2:41.0
W35 Guadalupe Avila	2:48.8
W45 Lucia Quiroz	2:45.2
W50 G Carreon	3:00.9
W60 A Sandoval	3:23.7

3000m	
W40 Delia Fuentes	13:05.0
W50 Fidelia Patino	13:05.1
W60 Audelia Sandoval	14:48.0
W65 C Rodriguez	16:21.0
5000m	
M30 Arnulfo Espinoza	16:32.0
M35 Jose Naranjo	15:58.0
M40 Jesus Velazquez	16:44.0
M45 Daniel Silva	17:44.0
M50 Ignacio Sarvide	17:53.0
M55 Severino Benzor	19:37.0
M60 Javier Uribe	18:56.0
M65 A Hernandez	21:12.0
M70 Demetrio Castillo	27:32.0
M75 Manuel Calvo	32:20.0
10,000m	
W30 S Velazquez	42:36.3
W35 Refugio Millan	54:03.7
W40 Jovita Benitez	47:25.7
W50 Eva Hernandez	56:56.4
400mH	
M30 Adolfo Meza	67.3
M35 Ricardo Villa	65.6
M40 Luis Loranca	62.5
M45 Claudio Martinez	76.7
Steeplechase	
M30 Pedro Cleto	10:38.3
M35 Eladio Teran	12:40.7
M40 Pedro Martinez	11:36.5
M45 Rodolfo Morales	12:34.4
M50 Albino Cazares	8:00.1
M55 F Lopez	9:24.4
M60 Ruben Lomeli	9:39.9
High Jump	
M30 Pedro Tapia	1.37
M35 Mario Torres	1.61
M40 Jose Telles	1.37
M45 Humberto Nunez	1.42
M50 Alberto Diaz	1.32
M55 Isaias Lopez	1.22
W30 Carmen Peralta	0.98
W35 Nora Garcia	1.15
Long Jump	
M30 Jesus Nieto	5.15
M35 Victor Rivera	5.70
M40 Roberto Gonzalez	5.29
M45 S Paniagua	4.38
M50 Victor Valles	4.41
M60 Silvino Corona	3.68
M75 Manuel Gonzalez	3.36
M80 Mariana Gonzalez	3.06
W35 Yolanda Escobar	4.29
W40 Issa Martinez	3.04
W55 Dolores Amoroz	2.90
W60 Aida Amoroz	2.22
Triple Jump	
M30 Pedro Tapia	10.77
M35 Mario Torres	11.03
M40 R Gonzalez	9.98
M45 S Paniagua	9.31
Discus	
W30 Ana Garcia	31.62
W35 Laura Aguinaga	41.10
W40 C Sastres	22.46
W45 Socorro Gamboa	15.78
W50 Marina Castro	17.94
W55 Dolores Amoroz	14.66
W60 Maria Gamboa	14.96

**San Juan Masters
Championships
San Juan, Puerto Rico;
August 18-19**

100 MTS. MEN	
HECTOR BAEZ	11:36
VICTOR NAVARRO	11:70
ANATOLIO RAMIREZ (DR)	11:83
35-39	
RENE GRAHAM	11:89
PEDRO LANDRAU	11:99
S. MICHEL JR. (DR)	12:48
40-44	
SANTOS DELGADO	11:41
CONRADO DAVILA	11:83
GARY BELL (US)	11:96
45-49	
W. PICORELLI	11:47
PETER CROMBIE (AUS)	11:49
HUMBERTO MEDINA	50:54
50-54	
RUBEN DIAZ	12:20
JAMES O'HARA (US)	12:43
CELESTINO ANDRADE	12:82
55-59	
OVIEDO DE JESUS	12:37
JULIO ALTIERI	12:83
JESUS GALVEZ (DR)	13:60
60-64	
FELIX ARCHEVAL	13:64
LUIS CANO GANDIA	15:43
65-69	
JOSE LUIS UBARRI	12:92
DAVID ROHENA	13:86
RAUL GONZALEZ	15:86
70-74	
BILL WEINACHT (US)	13:60
SANTOS PIETRI	16:36
ANTONIO GONZALEZ	20:98

75-79	
GIL GONZALEZ	15:13
J. ORTIZ OQUENDO	17:82
SAMUEL VAZQUEZ	18:88
100 MTS. WOMEN	
FEDERICO CORDERO	25:39
30-34	
LUCRESIA MARTI (DR)	14:22
MARIA SOTO	14:45
LISSETTE SANTIAGO	15:47
40-44	
ENEIDA ROSARIO	16:81
45-49	
TRINIDAD OQUENDO	15:70
55-59	
EMILIA MORALES	18:26
MYRTA REYES	19:74
60-64	
IRMA VELEZ	17:63
CARMEN COTTO	20:94
GLADYS LOPEZ	21:07
200 MTS. MEN	
30-34	
ANATOLIO RAMIREZ (DR)	23:67
HECTOR BAEZ (DR)	23:78
VICTOR NAVARRO	24:22
35-39	
ABRAHAM LEON	23:91
NESTOR RIVERA	25:99
LEONARDO BAEZ	26:16
40-44	
SANTOS DELGADO	23:91
GARY BELL (US)	24:83
PEDRO JUAN PAGAN	25:33
45-49	
PETER CROMBIE (AUS)	23:16
WILFREDO PICORELLI	24:34
HUMBERTO MEDINA	25:31
50-54	
RUBEN DIAZ	25:20
ALAN POLLOCK (AUS)	25:53
BOB O'BRIEN (US)	26:10
55-59	
OVIEDO DE JESUS	25:14
PEDRO PACHECO	27:13
JULIO ALTIERI	27:30
60-64	
LUIS CANO GANDIA	32:13
JOSE LUIS UBARRI	27:19
DAVID ROHENA	28:66
70-74	
BILL WEINACHT (US)	29:10
SANTOS PIETRI	34:79
75-79	
GONZALEZ JULIA	32:55
J. ORTIZ OQUENDO	38:85
SAMUEL VAZQUEZ	41:34
80-90	
FEDERICO CORDERO	52:64
400 MTS. MEN	
30-34	
PABLO COLON	53:17
ANATOLIO RAMIREZ (DR)	54:53
STANLEY SALABERRIOS	55:29
35-39	
NESTOR RIVERA	57:47
BASILIO BERNIER	57:75
40-44	
SANTOS DELGADO	52:83
VICTOR IRIZARRY	55:69
GARY BELL (US)	56:40
45-49	
P. CROMBIE (AUS)	53:60
HUMBERTO MEDINA	57:63
CANDIDO AGOSTO	1:02:00
50-54	
ALAN POLLOCK (AUS)	57:19
BENITO PINTO (DR)	1:01:88
TEDDY COLON	2:16:81
55-59	
FELIX ALEMAN	1:05:86
JESUS GALVEZ	1:10:39
HERIBERTO LUGO	1:12:45
60-64	
JOSE SALGADO	1:08:92
LUIS ARROYO VELEZ	1:09:33
65-69	
DAVID ROHENA	1:12:03
70-74	
BILL WEINACHT (US)	1:14:53
SANTOS PIETRI	1:25:46
SAMUEL VAZQUEZ	2:05:06
75-79	
GIL GONZALEZ	1:22:34
J. ORTIZ OQUENDO	1:41:05
80-	
RAMON CORDERO	2:31:60
FEDERICO CORDERO	
400 MTS. WOMEN	
35-39	
CARMEN DIAZ BURGOS	1:09:40
45-49	
TRINIDAD OQUENDO	1:19:84
50-54	
ELISA MARTINEZ	1:32:29
800 MTS. MEN	
30-34	
PABLO COLON	2:02:43
ANIBAL MONTES	2:07:82
35-39	
J. (YOYO) ORTIZ	2:22:64
RONALD YELTON (US)	2:33:69
40-44	
HECTOR HERNANDEZ	2:31:68
50-54	
ALAN POLLOCK (AUS)	2:30:69
TEDDY COLON	5:08:60
55-59	
L. ALVAREZ (DR)	2:45:70
SERGIO MICHEL (DR)	3:01:50
HERIBERTO LUGO	3:25:40
60-64	
LUIS H. TORRES	2:40:17
JOSE SALGADO	2:47:95
75-79	
JOSE ORTIZ OQUENDO	4:31:50
80-	
RAMON CORDERO	5:60:59
90-	
FEDERICO CORDERO	5:51:50
800 MTS. WOMEN	
35-39	
CARMEN DIAZ BURGOS	2:44:40
40-44	
MARITZA SANTINI	4:23:58
45-49	
TRINIDAD OQUENDO	3:10:59

1500 MTS. MEN	
30-34	
JOSE R. HERNANDEZ	4:23:50
ANIBAL MONTES	4:41:45
35-39	
J. (YOYO) ORTIZ	4:16:64
ABRAHAM LEON	4:33:09
ROLAND YELTON (US)	5:21:31
40-44	
JOSE A RIVERA	4:54:09
PEDRO I. PAGAN	4:54:53
45-49	
ESTEBAN FIGUEROA	4:43:02
STAN EDLSON (US)	4:58:49
EDUARDO DIAZ BURGOS	5:17:18
50-54	
SID HOWARD (US)	4:52:41
ROBERTO BONILLA	5:48:12
JUAN LANCARA REYES	6:35:49
55-59	
LUCIANO ALVAREZ (DR)	6:00:30
HERIBERTO LUGO	6:36:79
EFENDI ORTIZ TORO	7:44:11
60-64	
LUIS HUMBERTO TORRES	5:19:09
GREGORIO ANGULO	5:33:33
JOSE SALGADO	5:39:41
65-69	
ROBERT MIMM (US)	6:06:96
70-74	
DON JOHNSON (US)	6:53:17
1500 MTS. WOMEN	
35-39	
CARMEN DIAZ BURGOS	5:39:57
40-44	
CARMEN GOMEZ	7:04:87
MARITZA SANTINI	8:52:
45-49	
TRINIDAD OQUENDO	6:28:16
STELLA CASHMAN (US)	7:18:43
5000 MTS. MEN	
30-34	
FREDDY EVANGELISTA	17:18
35-39	
JUAN ACEVEDO	21:22
RONALD YELTON (US)	21:55
HECTOR OQUENDO	24:24
45-49	
ANGEL LUIS MANZANO	18:25
STAN EDLSON (US)	19:25
50-54	
GILBERTO ROBLES	20:25
JOSE RODRIGUEZ	20:58
JUAN LANCARA REYES	25:16
55-59	
DUJARDIN MORENO	20:29
HERIBERTO LUGO	25:09
60-64	
GREGORIO ANGULO	20:23
JOSE LUIS ALONSO	21:

Continued from previous page

M35	Robert Bowen	USA	10.66
	Gary Gould	T&T	11.04
	Stephen Taft	T&T	11.31
	Lennox Sealey	T&T	11.38
	Glenroy Wilkinson	T&T	11.75
M40	Herman Reyes	T&T	11.52
	Herm Lightbourne	T&T	11.63
	Gustavo Alzugaray	URA	11.90
	Jose Guarisma	VEN	12.18
	Alfredo Ponti	VEN	12.31
M45	Paulo Purity	BRA	11.34
	Harold Morioka	CAN	11.88
	Lloyd Cordner Jr	T&T	12.14
	Kenrick Hercules	T&T	12.27
	Vonrick Peterson	T&T	12.75
	David Walker	T&T	12.79
	Winston Charles	T&T	13.00
	Lancelot Alcindor	CAN	13.03
M50	Oswald Rogers	T&T	12.08
	Carl Douglas	T&T	12.20
	Dan Roberts	T&T	12.50
	Roy Riley	T&T	12.59
	Dan Laurence	T&T	13.08
M60	Zeno Constance	T&T	12.68
	Sergio Higuera	MEX	13.14
	Ulric Monroe	T&T	14.18
M65	Carlton Samuel	T&T	14.92
M70	Robert Higuera	MEX	14.06
	Jay Sponseller	USA	14.63
	P G Wilson	T&T	16.93
M75+	Perry Duncan	CAN	14.29
	Gerry Wibble	USA	16.75
	Brahm Sookoor	T&T	18.44
W30	Wendy Jacob	T&T	13.77
	Cheryl McKenna	T&T	15.28
	Eliz Ashford	T&T	15.36
W35	Trinidad Castillo	VEN	13.46
	Claire Hutchinson	T&T	16.88
W40	Joyce Thomas	T&T	13.52
	Lynette Jones-Pina	VEN	13.93
	Eulalia Thomas	T&T	14.59
W45	Irma Riley	T&T	nta
W50	Monica Tang Wing	T&T	14.52
W55	Josefina DeSchultz	VEN	13.92
	Mary Moore	USA	16.49
W60	Martha Munoz	MEX	18.16
	Lucia Camejo	VEN	20.72
800m	J F Rosario	T&T	2:03.20
	Anthony Price	T&T	2:06.20
	Aubrey Vanderstoep	GUY	2:09.63
	D Guarigato	VEN	2:23.10
M35	Stephen Taft	T&T	2:02.39
	Oscar Lewis	T&T	2:10.94
	Harwood	T&T	2:14.18
M40	V Rodriguez	VEN	2:04.24
	Errol Thomas	T&T	2:10.49
M45	Vic Benjamin	GUY	2:04.22
	B Contieras	MEX	2:05.21
	M Contreiras	MEX	2:11.51
	E Stanley	GUY	2:12.17
M50	Roy Riley	T&T	2:13.66
	Louis Best	T&T	2:14.45
	Jon Lomax	USA	2:15.90
	O Rogers	T&T	2:21.87
M55	Harry Janssen	ARU	2:18.41
	Oscar Gonzales	MEX	2:21.28
M60	Wes Brown	USA	2:31.58
	Ron Welch	USA	2:35.72
M70	Jay Sponseller	USA	2:43.81
	P Wilson	T&T	5:01.78
M75	Jerry Wible	USA	3:18.28
W35	Maria De Acosta	VEN	2:37.40
	Dopna Nichols	CAN	3:23.06
W40	Liz McBlain	CAN	2:46.77
W45	Lenore Marvin	CAN	3:35.88
1500m	Anthony Appoy	T&T	4:10.55
	F Rosario	VEN	4:14.50
M35	Oscar Lewis	T&T	4:30.66
	Des Marshall	GUY	4:52.60
	Jan Westmaas	T&T	5:06.98
M40	Vic Rodriguez	VEN	4:19.02
	Vince Pascal	T&T	4:26.33
	Ivan Jimenez	VEN	4:29.56
	Errol Thomas	T&T	4:36.26
M45	B Conteras	MEX	4:27.41
	Errol Otley	T&T	4:31.41
	M Contreiras	MEX	4:31.85

8K Cross-country Run

M55	Gordon Boyd	CAN	51:56
	Rudy Steinfeld	CAN	63:31
M70	Don Dillworth	USA	51:12
5K RW			
M40	Gildaro Pineda	MEX	25:10
	George Cuffy	GUY	27:25
M50	Richard Oliver	USA	27:57
M55	Robert Fine	USA	31:19
	Bernard Kauffman	USA	32:13
M65	Queenie Thompson	USA	39:22.3
	Jean Cotner	—	42:35.2
W70	Lenore Marvin	CAN	34:12.6

11th All-Japan Masters Championships
Yamanashi, August 25-26

100m			
M30	Shigeru Takaoka	11.40	
M35	Yutaka Akada	11.37	
M40	Kouzou Kaibara	11.92	
M45	Shigeo Yakushiji	12.05	
M50	Ryosuke Isurumaki	12.15	
M55	Akio Tanaka	12.89	
M60	T Kawashima	13.14	
M65	Hideya Yamazaki	13.21	
M70	Shigehiko Zaibe	14.94	
M75	Noboru Saitou	15.46	
M80	Tokutaro Sano	17.30	
M85+	Iwamoto	18.14	
W30	Kumiko Tanaka	13.77	
W35	Yumiko Shimoyoi	13.93	
W40	Fumiko Akamine	13.76	
W45	Kiyo Harima	14.52	
W50	Reiko Nariishi	14.57	
W55	Midori Yamamoto	14.57	
W60	Nobue Irie	16.40	
W70+	Fumi Yamada	20.6	
200m			
M30	Y Kawahara	22.4	
M35	Yutaka Akada	22.9	
M40	Kozo Kaibara	23.7	
M45	Motomi Ikehata	24.7	
M50	R Tsurumaki	24.4	
M55	Masahiro Sunami	25.7	
M60	T Kawashima	26.7	
M65	Hideya Yamazaki	27.72	
M70	Gentarou Watanabe	30.75	
M75	Fumitaka Yamada	32.51	
M80	Tokutaro Sano	38.24	
M85	J Iwamoto	39.68	
W30	Kumiko Tanaka	28.20	
W35	Masae Yoda	28.24	
W40	F Akamine	28.54	
W45	C Nakamura	29.62	
W50	Reiko Nariishi	29.87	
W55	Midori Yamamoto	30.48	
W60	Nobue Irie	34.03	
W70+	Kikue Teshima	46.1	
400m			
M30	Toru Adachi	56.97	
M35	Yoshitaka Jyoma	51.24	
M40	Akiharu Doita	54.87	
M45	Yoyichi Abo	56.01	
M50	S Kabayashi	57.77	
M55	Hidehiko Higo	59.03	
M60	Tetsuo Kawashima	60.90	
M65	Hisagi Tamoto	65.50	
M70	Gentarou Watanabe	71.50	
M75	F Yamada	75.73	
M80	T Morimoto	91.59	
800m			
M30	Kenji Fujii	2:06.7	
M35	J Minegishi	2:07.0	
M40	T Aoyanagi	2:03.0	
M45	Yoyichi Abo	2:04.6	
M50	Naotoku Kusuda	2:12.2	
M55	Hidehiko Higo	2:16.7	
M60	Morio Watanabe	2:26.5	
M65	Goro Kawasaki	2:35.6	
M70	Ken Nakatani	2:42.1	
M75	Kosaku Kanamori	2:54.1	
M80	Miharu Ueda	3:38.9	
W30	Shinobu Kurosaki	2:21.9	
W35	H Watanabe	2:32.2	
W40	Yaeo Noguchi	2:42.8	
W45	M Nishikawa	2:34.7	
W50	Naruyo Miyamichi	2:50.8	
W55	Setsuko Adachi	2:52.0	
W60	Sadako Okamoto	3:20.6	
W70+	Kikue Teshima	4:30.0	
1500m			
M30	Akio Kanda	3:59.7	
M35	Iko Kawamoto	4:09.9	
M40	T Aoyanagi	4:15.4	
M45	M Shibuya	4:16.0	
M50	Takeo Komatsu	4:33.2	
M55	Shinobu Migita	4:41.6	
M60	Y Takeuchi	4:52.4	
M65	Y Tamita	5:11.2	
M70	Izo Sato	5:36.4	
M75	Kosaku Kanamori	5:55.9	
M80	Masao Konno	6:21.6	
M85+	Ryota Matsuda	10:01.3	
W30	Shinobu Kurosaki	4:47.3	

W35	Hiroko Watanabe	5:01.0
W40	Hisae Okuhara	5:24.5
W45	M Nishikawa	5:10.0
W50	Y Nishihara	5:45.5
W55	Toshiko Sakurai	6:00.1
W60	Sadako Okamoto	6:28.0
W70+	Kamee Yamada	12:10.8

5000m			
M30	Yukio Kurosaki	16:32.5	
M35	Iko Kawamoto	15:49.0	
M40	M Watanabe	15:45.5	
M45	Masayuki Shibuya	16:19.8	
M50	Takao Aida	16:37.1	
M55	Shinobu Migita	17:05.1	
M60	Yoshio Endo	18:10.2	
M65	Y Miyuchi	19:29.7	
M70	Izo Sato	21:57.7	
M75	Kosaku Kanamori	22:38.6	
M80	Masao Konno	23:49.1	
W30	Shinobu Kurosaki	17:51.8	
W35	H Watanabe	18:56.2	
W40	Eiko Ishii	21:11.5	
W45	M Nishikawa	19:04.4	
W50	N Miyamichi	21:26.0	
W60	Sadako Okamoto	24:29.5	

Short Hurdles			
M30	Daisuke Mihara	16.94	
M35	Kiyoto Kawashima	15.30	
M40	K Kuroiwa	16.55	
M45	Katsuyoshi Otani	18.27	
M50	Motonori Tazumil	16.00	
M55	Fumio Kuroki	17.31	
W30	Kazuyo Kimura	18.10	
W40	Miyoko Maeda	15.53	
W45	C Nakamura	14.52	
W50	Takako Nara	15.80	
W55	M Yamamoto	17.19	

4x100m Relay Men			
Mori 58, Akada 37, Doi 63, Suzuki 42			46.89

4x100m Relay Women			
Tanaka 30, Yoda 35, Kawasaki 31, Akamine 40			52.30

High Jump			
M30	Hideyuki Tanaka	1.50	
M35	Kenichi Enjyoli	1.96	
M40	Yoshito Imabashi	1.75	
M45	Noboru Utsugi	1.50	
M50	Kiyoshi Tajima	1.60	
M55	N Higashi	1.55	
M60	Takeshi Oikawa	1.50	
M65	Kiichi Yamuchi	1.35	
M70	Takuro Miura	1.35	
M75	Iwao Fujinawa	1.29	
M80	Kunio Hosokawa	1.00	
W30	Tamami Yagi	1.55	
W35	Sumie Kato	1.35	
W40	Reika Yamamoto	1.25	
W45	Kiyoko Ogawa	1.30	
W50	Teruko Suzuki	1.20	
W55	Kazuyo Yokoi	1.15	
W60	Haruko Koshya	1.05	

Pole Vault			
M30	Yoneto Tanaka	3.50	
M35	Y Takazawa	4.20	
M40	F Miyabe	4.00	
M45	K Minobe	3.40	
M50	Hitoshi Kouno	3.01	
M55	Hideo Taguchi	3.30	
M60	Sueo Kobayashi	3.10	
M65	Saichi Kiuchi	2.71	
M70	Tomo Tanose	2.20	
M75	M Morita	2.20	

Long Jump			
M30	Y Kawahara	6.51	
M35	Hideyuki Hata	6.47	
M40	Yoshito Imabashi	6.32	
M45	Masaharu Akaishi	5.96	
M50	Kiyoshi Tajima	6.04	
M55	Noriro Aibe	5.56	
M60	I Miyashita	5.14	
M65	T Inamori	4.61	
M70	Tomo Tanose	4.25	
M75	Masazumi Morita	4.34	
M80	Kinjo Hosokawa	3.34	
W30	Tamami Yagi	5.06	
W35	Sumie Kato	4.89	
W40	Akiko Ohya	5.25	
W45	Fukue Arita	4.34	
W50	Midori Kuratsu	4.35	
W55	Kazuyo Yokoi	3.46	
W60	T Fukushima	2.96	

Triple Jump			
M30	Masato Kobayashi	12.09	
M35	Masanori Ito	13.55	
M40	Yoshito Imabashi	13.29	
M45	Yoshio Akama	11.97	
M50	Hiroshi Matsumoto	11.97	
M55	Noriro Aibe	11.89	
M60	N Yamamoto	10.63	
M65	K Koana	9.12	
M70	Z Ogasawa	9.19	
M75	Masazumi Morita	9.51	
M80	Kinjo Hosokawa	7.18	
W30	Kazuyo Kimura	9.91	
W35	Masae Yoda	11.01	
W40	Mitsuko Yano	8.62	
W45	Chieko Nakamura	10.24	
W50	Midori Kuratsu	9.30	
W55	Kazuyo Yokoi	7.29	
W60	Tomiko Oyama	6.61	

Shot Put			
M30	Y Funabiki	12.57	
M35	N Ishida	13.14	
M40	K Matsumoto	13.29	
M45	Hiroshi Yamada	11.87	
M50	Y Sugata	14.23	
M55	Masaaki Hamada	11.33	
M60	Takao Takano	11.07	
M65	Matsuo Sasaoka	10.02	
M70	Takashi Yokota	10.10	
M75	Takeo Nonaka	9.65	
M80	Saburo Ozawa	7.57	
M85	Masami Okazaki	7.52	
W35	S Niozaka	8.68	
W40	Kiyomi Diwa	11.02	
W45	Motoko Narushima	11.36	
W50	Tomoko Shinjyo	9.61	
W55	Sachiko Tani	7.41	
W60	Keiko Fukazawa	7.66	
W65	Isuzu Tsujii	8.35	
W70+	Masayo Konoiko	6.86	

Discus	
M30	Yasushi Inoue 33.04
M35	Shyunichi Senda 34.60
M40	K Matsumoto 37.06
M45	Miseo Terada 34.08
M50	Minoru Noda 41.76
M55	Akiyoshi Nakao 36.48
M60	Takao Takano 36.82
M65	Susumu Irino 37.86
M70	Takashi Yokota 30.18
M75	Takeo Nonaka 28.54
M80	Yukio Kouno 21.52
M85	M Okazaki 22.28
W30	Yuko Urata 34.72
W40	Kiyomi OIwa 31.46
W45	Yasu Abe 26.90
W50	Sumiko Imoto 26.10

Continued from previous page

Roger Price	33:51.1
Jack Fultz	34:11.4
Thomas Hall	34:23.0
Barry Firestone	34:54.2
M45 Atlaw Belighe	32:10.0
Barry Brown	32:50.0
Sam Huckel	34:57.0
Samuel Skinner	35:01.4
Pat Cosgrove	35:07.0
George Wittman	36:39.9
Roy Carl	36:42.9
Jeff Martin	36:56.6
David Sauls	36:58.8
Julio Lugo	37:37.6
M50 Gabriel Bernal	33:59.7
Fay Bradley	34:14.0
Herb Lorenz	34:29.4
Jim Filis	36:31.7
Dan Hamner	36:38.0
Victor Cruz	37:20.1
Mel Cowgill	38:18.1
John Weatherly	38:25.4
James Sherman	38:45.1
Victor Antonio	38:56.2
M55 Norman Green, Jr.	34:20.5
Jay Sturdevant	38:23.6
Alex Kasten	38:37.8
Clifford Gerenz	39:11.5
Douglas Rowlett	40:04.3
John Crawford	40:59.1
Charles Clark	41:26.3
Wm. Phelan	42:56.0
Douglass Kelley	43:11.4
Wm. Gillette	43:31.7
M60 Bill Fortune	37:49.7
Ralph Aquino	41:27.4
Hal Smith	43:16.1
George Wodicka	43:25.8
Joseph Simonte	45:20.8
Joseph Paoletti	47:10.6
Mario Cavallo	47:13.0
John Noon	47:57.9
John Cornforth	48:30.9
Jake Landes	49:42.1
M65 John Hosner	39:03.7
John McManus	41:10.1
Robert Henning	43:32.8
Lester Ridings	44:12.2
David Resnikoff	46:51.0
Jack Pennington	47:39.7
Robert Thompson	48:20.3
Don Sill	50:28.1
Dominick Morea	53:27.9
Frank Whitty	55:07.1
M70 Fred Ely	45:56.0
Joe Makar	46:41.4
George Sheehan	48:21.6
Vincent Carnevale	48:27.2
Bill McDonough	49:57.3
Dudley Healy	50:01.4
Robert Hull	1:00:36.0
Steven Nagy	1:00:55.9
Alan Poole	1:06:32.6
Pat Kilpatrick	1:06:41.0
M80 Harry Polites	57:07.2
Max Popper	1:07:46.7
W40 Barbara Filutze	35:46.7
Nancy Oshier	35:48.4
Nancy Grayson	36:30.3
C. Ciavarella	36:50.9
Angela Hearn	37:30.1
Jan Vermilye	38:32.2
Kathy McIntyre	38:56.2
Sylvie Kimche	39:12.1
Betty Conover	40:43.8
Jan McKeown	40:49.6
W45 Marilyn Greeley	40:01.1
Carole Lelli	41:31.8
Nancy Pristilo	44:54.9
Carol Johnston	45:27.6
Marjorie Kos	46:32.6
Carolyn Langford	47:24.9
Angela Conte	48:03.3
Melody Joliat	48:57.3
Carol Zeman	48:59.6
Julia Emmons	49:12.8
W50 Anna Thornhill	39:42.5
Ann Diaz	41:51.6
Cindy Clark	43:16.1
Zofia Turosz	44:05.3
Helen Valent	44:53.8
Ellen Quinn	45:31.7
R. Fredenthal	46:40.4
Joan Bondell	47:41.8
Rita Alles	48:12.6
Pat Wieder	48:29.4
W55 Wen-Shi Yu	44:14.7
Thelma Wilson	49:59.5
N. Ammermuller	51:35.9
J. Chambers	52:25.4
Melva Murray	52:30.2
Kirsten Holman	57:51.2
S. Pettijohn	1:00:06.7
Denise Kitchell	1:02:27.9
M. Frankenbach	1:04:14.4
Naomi Kelley	1:04:44.1
W60 Toshiko Delia	44:42.9
Agnes Reinhard	51:34.7
Dot Farley	56:31.1
Helen Dempsey	1:01:22.1
Beryl Pfizer	1:01:29.5
Else Sprague	1:06:48.9
Bertha McGruder	1:07:56.9
Jan Appoloni	1:08:23.3

W65 Lucille Mancini	57:52.3
Trudy Schmidt	1:06:11.5
Marie Stover	1:18:06.3
W70 A. Jureidini	1:09:19.7
A. Salmini	1:25:42.1

Mercedes Mile Qualifier No. 3
Central Park, NYC
August 18

Mike Wilson	44 4:39
Mike Blake	40 4:49
Kevin Smith	44 4:55
Gabriel Bernal	51 4:55
Seth Kaminsky	50 4:58
Robert Colton	50 5:03
Daniel Hamner	50 5:07
Salih Talib	45 5:07
Robert Burke	42 5:10
Alan Fairbrother	54 5:20
Alberto Ocampo	50 5:22
Gene Carbine	54 5:24
Clifford Pauling	55 5:26
Steve Klein	44 5:35
John McManus	67 5:52
Joseph Collins	45 5:56
Joseph Simonte	62 6:25
Henry Schwartz	50 6:38
Frank Miele	51 6:41
Mary Rosado	40 5:57
Johana Carter	41 6:12

Mercer Street Striders
Masters Two-Light 4 Mile
Easton, PA; August 19

M40 Mark Sepkowski	21:33.30
Craig Reynolds	22:37.70
Mark Brunner	22:38.51
Dave Rehring	22:40.32
Joel Pasternak	22:41.80
M45 Dennis Kesolitz	23:37.45
Bill Cooper	24:32.47
Ron Ayre	25:21.56
Jerry Zinner	25:32.67
John Thompson	25:50.15
M50 Tony Cerminaro	22:36.54
Vic Cruz	22:51.55
Vince Korfmann	24:46.81
M55 Alex Kasten	24:24.77
Ben Muckenhaupt	27:21.35
Dom Grillo	27:23.65
M60 Burdell Faust	27:33.83
Oddvar Ask	27:39.79
Dave Dougherty	28:13.10
M70+Ernest Leh	34:25.42
Albert Booth	36:55.99
W40 Vicki Ruger	25:51.59
Kathy Koberlein	30:08.08
Barb McKee	31:14.41
W45 Kathy Engle	33:31.01
W50 Celeste Fondaco	29:10.53
Hazel DeReamus	32:19.17
Joan Williams	33:35.34

Hispanic Half-Marathon
Central Park, NYC
August 19

Overall	
Carlos Roa 37	1:09:14
Lisa Vaill 27	1:19:17
M40 Wm Hart	1:16:51
Cary Frederick	1:18:17
Hector Vargas	1:18:37
M45 Sam Skinner	1:18:26
Julio Lugo	1:25:03
Benny Kim	1:27:48
M50 Gabriel Bernal	1:18:31
Ramon Ruiz	1:25:53
Peter Kellner	1:28:41
M55 Ruben Cordon	1:20:23
Cliff Gerenz	1:33:01
Leon Arango	1:33:59
M60 Bill Fortune	1:28:41
Joe Burns	1:35:38
John Corrigan	1:36:52
M65 Lester Ridings	1:43:17
William Coyne	1:44:00
Terence McGinnis	1:47:30
M70 Andrew Neidig	1:45:58
Wilfredo Rios	1:46:58
Vince Carnevale	1:54:24
W40 Ann Davies	1:30:10
Nannette Gonnella	1:36:45
Lynda Benedetti	1:38:19
W45 Lillian Lazaridis	1:47:12
S Beltrandi	1:47:24
Alice Bruck	1:47:45
W50 Wen-Shi Yu	1:40:43
Edith Jones	1:46:38
Joan Bondell	1:54:25
W60 Muriel Merl	2:00:21
Diane Delaware	2:09:46
Joan Fisher	2:21:32
finishers: 1260m; 391w. 78°	
87Zh, w SW 7mph	

Back-To-Work 4 Mile
Central Park, NYC
August 26

Overall	
David Clark 28	20:18
Susan Foster 34	23:59
M40 Houmid Said	25:17
Kevin Lowry	25:25
Bob Almodovar	25:43

M45 Sam Skinner	22:16
Colman Gardiner	24:27
Sherman Warner	25:26
M50 Ramon Ruiz	23:51
Alan Fairbrother	23:53
Robert Denison	28:09
M55 Ruben Cordon	23:59
Cliff Pauling	24:25
Cliff Gerenz	25:11
M60 William Fortune	24:16
George Thompson	26:26
Joe Burns	27:02
M65 John McManus	25:58
Wallace Cutler	31:13
Frank Lamorte	34:06
M70 Vince Carnevale	32:23
Roberto Renny	33:10
Wilfredo Rios	33:44
W40 Sylvie Kimche	24:47
Mary Rosado	26:37
Jean Perry-Wolf	27:05
W45 Jessie-Lea Hayes	26:44
Ruth Greher	32:38
Nancy Youngbeck	32:48
W50 Anna Thornhill	24:52
Edith Jones	28:56
Nancy Fraser	30:37
W55 Thelma Wilson	31:48
Esther Marcus	32:20
Ruth Kassanga	40:44
W60 Toshiko d'Elia	29:05
Daisy Klein	36:45
Arlene Kernis	41:08
W70+Althea Jureidini	44:26
Mayme Bdera 75	55:06
Finishers: 491m; 277w	
sunny, 73°, 83Zh	

SOUTHEAST

Miami Runners
Tropical 50
Miami; August 11

50-Mile	
M40 Joseph Melanson	7:23:32
Arthur Sarakas	7:36:50
M45 Bob Boeder	7:39:58
John Holmes	7:45:24
M50 Jerry Ptak	9:31:08
W40 Eileen Eliot	7:28:32
Laura Barter	9:06:14
Joyce Forward	9:47:14
50K	
M40 Jim Teague	4:58:17
Richard Lum	5:03:19
M45 Dave Cranor	4:48:56
M50 Stan Grabowski	4:50:37
Larry Forster	4:57:09
Gerald Schomp	8:30:25
M55 Tommy Dixon	5:28:44
W40 Peg Miller	5:11:41
W70 Ruth Usalorres	10:07:50

Dilworth Jubilee 8K/RRCA
South Region Championships
Charlotte, NC; August 11

Overall	
Alan Drosky 25	24:09
Anita Detamore 29	29:49
M35 Phil Rowan	24:35
Bob Becker	26:15
Joe Denny	27:30
M40 Larry Frederick	26:01
Wayne Yarbrough	27:14
Tracy Peugh	27:25
M45 Mickey Lackey	28:35
Marris Johnson	28:49
Bob Edminston	30:17
M50 Loyd Hoke Jr	29:17
John Dunkelberg	29:28
Richard Watson	30:26
M55 Charles Rose	29:53
Jimmy Davis	32:49
Toby Transou	33:59
M60 Peter Klopfer	32:51
Kenneth Helms	34:10
Edwin Lewis	39:12
M65+Charles Dotson	35:07
E B Lloyd	39:43
Arnold Hecht	43:14
W35 Bonnie Poore Long	31:46
Sue Cullen	32:35
Judy Osborn	35:40
W40 Andrea Pease	32:12
Anne Mansfield	32:20
Carolyn Spillman	32:43
W45 Anna Moore	33:18
Betty Duteau	36:44
Diane Delaware	36:48
W50 Nancy Parker	32:33
Marj Peterson	41:34
W55 Martha Klopfer	34:54
Dot Jones	53:06
W65+Margaret Hagerty	51:33

Echo Run for Others 8K
Tallahassee, FL
August 18

Overall	
Herb Willis, 30	24:17
Stephanie Bassett, 24	27:51

M40 Jim Pearson	25:21
Bryan Bartosik	26:55
Doug Alred	27:07
M45 Phil Gibbs	28:43
George Palmer	31:27
Dennis Barton	31:59
M50 Dorian Osborne	29:57
James Hanlon	31:57
Rex Cleveland	32:17
M55 Sam Turnbull	31:54
Bob Rubenowice	35:01
Tom Dye	35:58
M60 Jack Tebo	40:43
Richard Powers	41:32
Thomas Conklin	42:59
M65 Charles Yates	47:35
M70 Charlie Washington	45:53
Wil Yarn	48:44
M75 Casey Cason	84:58
W40 Adrian Lilburn	30:10
Judy Greer	31:40
Carol Winger	37:57
W45 Lynn Nihlen	40:55
Bonnie Kelly	41:48
Jerilyn Collins	44:53
W50 Moe Cleveland	34:53
Mary Clark	44:32
Beth Novinger	45:55
W55 Margarete Deckert	37:56

MIDWEST

Metro-Macomb Runners 2 Mile
Mt. Clemens MI; August 22

Overall	
Steve O'Neill 19	10:02
Michelle Jack 16	14:58
M40 John Wegrzyn 48	11:05
George Gambert 42	11:39
Tim Klinkhamer 44	12:12
Ron Bork 42	14:53
Glen Dimmler 42	15:27
M50 Darrell McKee 56	12:20
Herb Seegert 54	12:34
Jerry Bohanon 53	12:39
John Kahl 55	13:17
M60+Paul Zylstra 68	17:09

Bobby Crim 10 Mile
Flint, MI; August 25

Overall	
Ken Martin 31	47:44
Uta Pippig 24	53:56
M40 John Campbell	47:55
Bill Rodgers	50:29
D. Tibaduiza	51:01
Paul Baldwin	52:49
Peter Hallop	54:31
Robert Schlaue	55:34
Tyrene Griffin	56:05
Buzz Wynbeck	57:06
P. Deladurantaye	57:31
John Russell	57:44
Paul Nilsson	58:13
Roger Hoke	58:59
Jim Howe	59:23
Michael McGlynn	59:24
Bill Demars	59:36
Xavier Cook	59:46
Gregg Miller	59:51
David Cuevas	59:54
Tom Steiger	1:00:15
Richard Davis	1:00:30
Roger Kinne	1:00:44
Pat Monahan	55:03
Ken Sparks	55:11
Walter Herrala	59:01
Douglas Goodhue	59:47
Yaduo Dorlin	1:00:25
Ellis Boal	1:01:22
Bill Robson	1:01:26
Nicholas Papas	1:01:39
Robert Marty	1:02:04
Robert Penilo	1:02:27
Paul Faulkner	1:02:58
John Farrah	1:03:25
M50 Jim O'Neill	53:27
Edvin Skrelunas	58:29
Andre Tocco	59:43
Gregory Osman	1:00:53
James Fitch	1:01:29
Sam Celin	1:02:07
Lloyd Laubach	1:02:23
James Priestap	1:02:54
M55 Norman Eastman	1:02:15
Larry Nicholson	1:04:42
Edward Hardy	1:05:25
Robert Daly	1:07:27
James Campbell	1:07:58
M60 James Forsee	1:03:48
John Kolmetz	1:06:31
Jack Hoskins	1:12:43
Robert Sener	1:13:01
Archie Attarian	1:13:47
Richard Benson	1:07:16
Chuck Davey	1:13:56
Marilyn Bandlow	1:17:10
Howard Shelp	1:20:45
Ralph Barnowski	1:24:42
M70 Fred Dye	1:22:11
Joe Thornburg	1:27:09
James Ramsey	1:51:48
Joseph Abbas	2:09:31
M40 Laurie Binder	58:34
Theresa Mahr	59:13
Laura Lynn	1:01:00
Karen Hubbard	1:01:43
Judith Dell	1:05:30
M45 Mary Dunlap	1:13:25
G. Tunningley	1:14:04
Ana Copsey	1:16:01
Pat Roselli	1:17:01
Betty Debose	1:17:49

W50 Ellen Nitz	1:15:48
Marion Kowalski	1:20:32
Peg O'Flynn	1:21:05
Toby Pulliam	1:21:20
Sharon Sowell	1:24:39
W55 Wen Shi Yu	1:11:55
Rayna Dixon	1:17:18
Gloria Brown	1:17:58
Annette Hardy	1:28:20
Chris Swanson	1:29:49
W60 Sener Whayong	1:14:28
Georgina Dillon	1:48:39
R. Feldhahn	1:54:41
Belen Dziwura	2:00:02
Rose McCourt	2:08:24
W65 Edith Farias	1:27:15
Loretta Shehan	1:27:17
Stella Klebba	1:46:01
W70+ Mary Sarvis	2:17:30

Continued from previous page

M45	J. Provenzano	17:28
	Larry Schleuter	19:34
M46	Eugene Jones	19:08
	Mo Emory	21:41
M47	Jerry Foreman	17:12
	Charlie Lagarde	19:47
M48	Mike Vidros	20:11
	Buster Matthews	20:36
M49	Ed Strong	20:16
	Garry Longaker	23:06
M50-52	Mike Witkin	17:30
	Ron Tocci	17:40
M53-55	G. Peyman	18:19
	J. Johnson	22:28
M56-59	Don Lee	20:43
	C. Wimberley	21:11
M60	Henry Gaudet	21:39
	Douglas Joyce	21:48
M65	Arthur Gassen	28:14
	Dub Langlois	29:18
M70	Louis Cole	34:45
	Mike Dahmer	39:25
W40-43	Jackie Canales	23:02
	Lois Corrett	25:10
W44-47	Gail Brown	25:30
	M. Glaeser	31:20
W48-50	Irene Putfark	26:37
	P. Boudreaux	27:32
W51-54	C. Johnson	26:46
	Marva Anderson	27:19
W55	Marilyn McConnell	28:15
	Loretta Simon	43:02
W60+	E. Van Battum	24:42
	Doris Schmidt	34:51

1 Mile

Overall		
Art Zais	5:08	
Betty Barberot	6:40	
M40-49		
Philip Shuler	5:23	
Milton Steen	5:24	
M50-59		
Don Lee	5:28	
Bob Anderson	6:01	
M60+		
Dudley Gautreaux	6:22	
W40-49		
Jackie Canales	7:58	
Janet Earhart	7:59	
M50-59		
Marva Anderson	7:46	
M60+		
Mary Norchauer	8:29	

WEST

Northern California
Masters Games 5-10K
Palo Alto, August 3-12

5K		
M45	Paul Engle	22:53
	Jim Scileny	28:23
M50	Tim Jordan	16:55
	James Turner	18:34
	Sam Vandenburg	18:57
	Chuck Thompson	20:17
	John McCallis	22:04
M55	George Herd	17:49
	John Bramfitt	21:13
	Jon Baumgartner	21:50
M60	Ira Karp	22:55
	Don Anhorn	23:17
M65	George Ohlsen	26:18
	Terry McGovern	26:30
M70	Don Mullenix	28:01
	Saul Lissauer	28:13
M45	Kaye Donnelly	22:43
M50	Male Hewitt	22:09
M55	Ruth Bort	25:02
	Jeanne Feaster	28:55
M60	Kee Kee Koh	29:48
10K		
M45	Robert Johnson	38:09.0
	Ed Classen	39:48.1
	Steven Rooks	42:42.6
	Paul Engel	49:53.2
	Lee Hecht	54:38.0
M50	Tim Jordan	36:06.4
	Jim Turner	39:19.6
	Bill Backrack	39:53.1
	Warren Yeend	45:23.3
	G. Glendenning	44:48.6
M55	George Herd	36:57.3
	Peter Todd	44:11.4
	John Bramfitt	44:32.7
	Ed Reyna	44:56.8
	J. Baumgartner	46:32.7
M60	Rick Thomas	49:58.8
	Ira Karp	50:14.9
	Don Anhorn	50:30.1
	Walter Bort	56:47.6
M65	Terry McGovern	52:47.0
	George Ohlsen	58:01.3
M70	Tom McGee	55:17.9
	P. Delfausse	56:08.5
	Don Mullenix	59:34.0
	Saul Lissauer	1:01:29.5
M75	Tertius Chandler	59:39.3
M45	Candice Gaudian	53:16.8
	C. Wheeler	58:05.9
M50	J. Richardson	52:54.1
	Halle Hewitt	56:23.5
M55	Ruth Bort	51:04.4
	Cindy Baxter	53:25.3
	B. Callison	55:50.9
M65	Kee Kee Koh	1:05:56.8
M70	J. Thompson	1:02:20.3

America's Finest City
Half-Marathon
San Diego, CA; August 19

Overall		
Jose Chuela	29	1:04:38
Laura LaMena	23	1:13:00
M40 Wm Strachan	40	1:13:51
Phil Brant	45	1:15:27
F Menchaca	40	1:15:51
Jim Gelsomini	41	1:16:11
Steve Myhr	44	1:17:01
Gary Penn	43	1:17:23
Tony Gerardi	43	1:18:36
Juan Cabeza	47	1:19:05

M50	Tim Rostegge	50	1:18:21
	John Corrales	53	1:22:28
	R Navarrette	51	1:24:40
	Jerry Albert	53	1:25:01
	R Alvarez	50	1:27:44
	Andrew Forman	50	1:28:54
	Jim McDade	57	1:29:08
M60	Wally Evertz	61	1:28:51
	Dick Robinson	60	1:32:00
	Ken Oliver	60	1:33:35
	Jim McCon	68	1:34:21
	Louie Ojeda	66	1:41:25
M70	Wayne Zook	73	1:41:59
	Eddie Lewin	74	1:47:45
	Al Hitt	86	1:55:22
W40	Sandra Marshall	42	1:25:43
	Mary Leivers	44	1:29:47
	Kathy Loper	48	1:29:57
	Jan Sandoval	40	1:35:33
	Kerry Tabler	40	1:36:21
W50	Eileen Pue	50	1:31:44
	Irene Olberz	56	1:31:44
	Judy Martin	54	1:51:40
	Zinn Etta	52	1:57:51
	M Tomisser	53	1:59:32
W60	Mary Storey	66	1:54:26
	a Hollenberg	60	1:59:36
	Maeann Garty	62	2:10:01
W70+Eliz	Vainerman	71	2:45:55

Santa Monica Marathon/
Half-Marathon/5K
Santa Monica, CA; August 26

--Marathon--

Overall

Jasen Mayeroff	21	2:31:55
Alfreda Iglehart	40	3:01:15
M40 Jim Pellon		2:56:47
Terry Cammack		2:57:29
Mike Victor		3:10:28
Jeff Padilla		3:12:35
Steve Schlenderin		3:20:24
M45 Rich Kischner		2:50:14
Hivaro Pena		3:04:33
Mauro Rodriguez		3:23:55
Bill Frick		3:30:28
Bob King		3:32:29
M50 Gordon Watson		3:14:37
Wayne Fong		3:29:11
Bob Norton		3:29:16
Ken Calvin		3:42:21
Paul Straub		3:43:02
M60 F Nagelschmidt	66	3:20:38
Tom Edwards	68	3:59:29
Parker Tshako		4:02:11
W40 Marygail Brauner		3:10:46
Ellen Lowe		3:12:13
Liz Snyder		3:49:31
Sandra Tripp		3:54:06
W45 Nancy Mustard		3:30:01
Pat Brumalow		3:50:35
Sharon Kerson		4:54:17

--Half-Marathon--

Overall

Paul Zimmerman	29	1:07:16
Kathy Kanes	28	1:20:31
M40 Fred Ortega		1:13:12
Jussi Hamalainen		1:14:33
Mark Hemphill		1:17:33
Tom Williams		1:18:20
Arthur Jimenez		1:18:31
M45 Ramon Cuevas		1:24:21
Wayne Mitchell		1:25:07
Ed Moore		1:27:12
Hoddy Rupp		1:28:15
Lynn Borland		1:28:34
M50 Georg Kingsley		1:22:54
John Rudberg		1:23:39
Ron Navrett		1:24:10
Ron Pattinson		1:25:01
Antonio Gonzalez		1:26:53
M60 Pat Devine		1:28:53
Peter Peracek		1:29:31
Edward Berman		1:31:38
Jon Racely		1:37:21
Bob Koch		1:38:32
M70+Eddie Lewin		1:48:39
Dutch Benedette	75	1:53:53
Cyril Amitin		1:56:17
Clyde Alling		1:57:10
Fraser MacMinn	76	2:01:23
W40 Merle Heimberg		1:27:36
Sue Harmon		1:34:15
Linda Fodo		1:37:41
Connie Bouchard		1:40:05
Cathy Kaspersky		1:40:06
W45 Wendy Watson		1:35:18
Karin Handsaker		1:39:47
Sue Cooper		1:41:01
Lisa Allen		1:41:16
Linda King		1:41:29
W50 Miwako Shinohara		1:42:13
Barb Vallastro		1:46:39
Rita Gilmore		1:48:49
Chris Matso		1:50:01
Carolyn Leacock		1:50:42
W60 Helen Dick	66	1:45:42
Clair Aukerman		2:46:12
Laura Bertram		2:58:17

--5K--

Overall

Darren Sand	21	15:37
Mary Tracey	30	18:01
M40 Paul Marcel		16:26
James Sackett		17:29
Jack McDowell		18:34
Ernesto Davila		18:34
Larry Garcia		18:53

M45	Neil Doherty	17:36
	Miguel Mendez	18:19
	Albert Allen	20:52
	Bob Hanneman	22:02
	Gary Wallach	22:38
M50	Jesse Cook	19:38
	Ted Oviatt 56	19:51
	Leroy Carter 58	20:33
	Vic Gainer 56	20:34
	Phillip Maren 55	20:42
M60	Larry Banuelos 66	20:36
	Marcel Diraison	20:44
	George Burnett	21:20
	Craig Nason	24:06
	Don Alexander	24:09
M70+	Ed Stotsenberg 76	24:21
	Charles Waugh	26:45
	Julian Myers	28:14
	Bill Vira	30:12
	9. Jacob Bishin 89	44:18
W40	Terry Goodreau	20:47
	Catherine Owen	21:39
	Barbara Spatz	23:02
	Becky Parker	24:04
W45	Carmen Connolly 48	22:19
	Sandy Shockey 48	23:09
	Martha Darby 45	25:04
W50	Joan Jeter	21:01
	Marjorie West 58	25:50
	Carol Forster	26:42
W60	Selma Mehman	32:33
	Marcia Rudoff	43:39
	Greta Hayes	47:45
	Caroline Murray 69	53:48
W70+	Lucille Adnev 77	40:46

NORTHWEST

Zoo Run/TAC Pacific
Northwest Masters 10K
Championships
Tacoma, WA; August 11

Overall		
John Idstrom		33:21
Jennifer Robertson		37:41
M40 Ed Granchalek		34:55
John Payne		36:48
Greg Chapman		37:26
Perry Rose		38:49
Melvin Pick		41:11
M45 David Williams		35:36
Ron Taylor		36:06
James Gaul		37:30
Randy Knox		41:30
Gary Liddick		46:01
M50 Ron Brinton		39:59
Bob Brown		42:11
William Sokolik		47:59
M55 Robert Reed		41:51
Joe Tucci		44:57
Roy Bueler		48:12
M60 Orris Larson		53:36
M65 Hank Neighbors		58:21
W40 Jane Treleven		39:41
Lynn Rose		45:37
Carolyn Curles		52:28
W45 Beth Pederson		55:50
Judi Martin		57:52
Kay Gilliland		58:47
W50 Valerie McLeod		65:28
Mary Ann Winters		65:32
Marvinna Crawford		66:04
W55 Wilma Parker		50:51
JoAnn Sisul		72:01
Delores Borda		72:33
W60+ Billie Murphy		48:55
390 finishers		

Founders Day 8K
X-Country
Ashland, OR; September 3

Overall		
M30 Larry Katz		27:39
M40 Gene Solomon		27:29*
M50 Mike Barrett		32:19*
M60+Bill Stowell		35:46*
W30 Leslee Parr		33:34
W40 Doris Segner		39:44
W50 Jane Dods		41:20*
W60+Betty Gillette		50:08*
*race record		

INTERNATIONAL

British Veterans Athletic
Federation 10 Mile
Championships
Oswestry; August 5

M40 Peter Banks	52:29
George Meredith	52:40
Dic Evans	52:44
M45 Graham Woolton	54:36
John Bolton	54:40
Martin Duff	55:12
M50 Les Presland	55:19
Alan Penn	56:51
Ken Peers	57:01
M60 Willie Marshall	60:51
M65 Harry Tempam	64:04
M70 Bob Brierley	72:34
M75 Vic Plank	95:54
W35 Zina Marchant	57:09
Diane Underwood	59:06
Janet Kelly	59:28

W40 Barbara Kirk	63:40
Sheila Smith	70:08
W45 Priscilla Welch	58:35
Mary Chippendale	66:06
W50 Pam Jones	71:43
W60 Joselyn Ross	73:01

British Veterans Athletic
Federation Half-Marathon
Championships
South Hampton; August 19

M40 Mike Hurd	67:26
Alun Roper	69:14
Ahmed Amraoui	69:30
M45 Barry Watson	71:10
Les Davis	71:30
Grahame Woolton	72:05
M50 Peter Marshall	74:31
Peter Andrews	75:15
Mike Turner	77:32
M55 Phil Hampton	76:17
Mick Ward	79:13
M60 Alan Hughes	80:10
Steve Charlton	82:10
Laurie Forster	83:24
M65 David Robinson	92:02

W35 Zina Marchant	75:18
Ann Ford	77:00
Paula Fudge	77:12
W40 Anne Roden	80:15
Felicity Sperte	83:32
Karen Bowles	86:34
W45 Pauline Rich	88:31
W50 Pam Jones	92:55
W55 Jean Palmer	97:14
W60 Joselyn Ross	96:32
W65 Pat Trickett	102:08
Jose Wallis	105:05

English Women's National 10
Mile Championships
Erewash, Derby; September 2

Overall		
Andrea Wallace	55:12	
W35 Zina Marchant	55:58	
Bronwin Cardy-Wise	58:09	
W40 Felicity Sperte	62:59	
W45 Priscilla Welch	57:10	
M40 Ian Elliot	52:06	
M45 Graham Astill	54:47	
M50 Alan Penn	56:30	
M55 Derek Beckett	64:39	
M60 Dave Holt	73:24	

RACE WALKING

Paradise Race Series
Hollywood, FL
July 21

<u>5K Racewalk</u>		
M40	John Fredericks	25:47
	Allan Menzer	32:21
	David Stein	38:26
M45	Brian Mair	29:38
	Gene Rogers	33:59
	Jay Caplen	34:11
M50	Ray Woodland	34:09
M55	George Frederick	36:29
	Leslie McKinnes	41:04
M60	Sigmund Kurz	32:42
M65	Charles Poladian	30:12
	Raleigh Doyle	55:23
W40	Linda Stein	29:55
	Linda Smith	34:15
	Milka Vargas	38:55
W45	Pam Rousseau	40:44
	Elaine Schwartz	55:22
W50	Anne Dann	33:59
W55	Judie Manulkin	33:52
	Beverly Beavers	38:20
	Jacqueline Balma	41:37

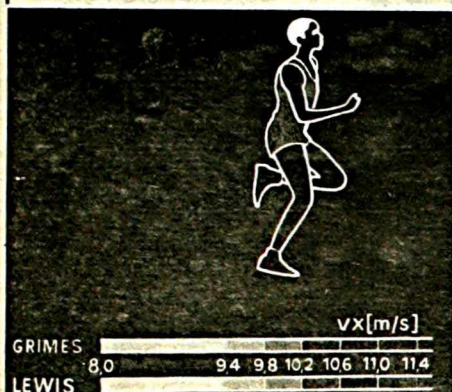
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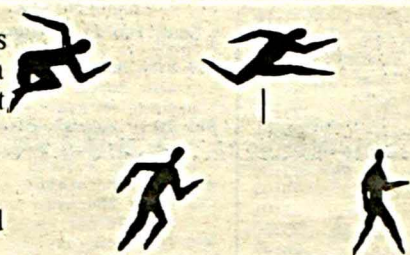
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- * 1990 Dr. Pataki USA Masters National Champion! Gold in Shot Put and silver in Discus!

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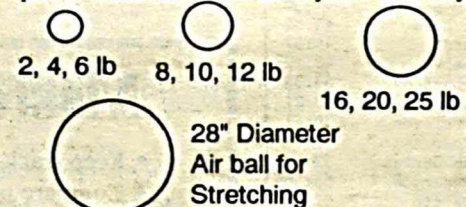


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