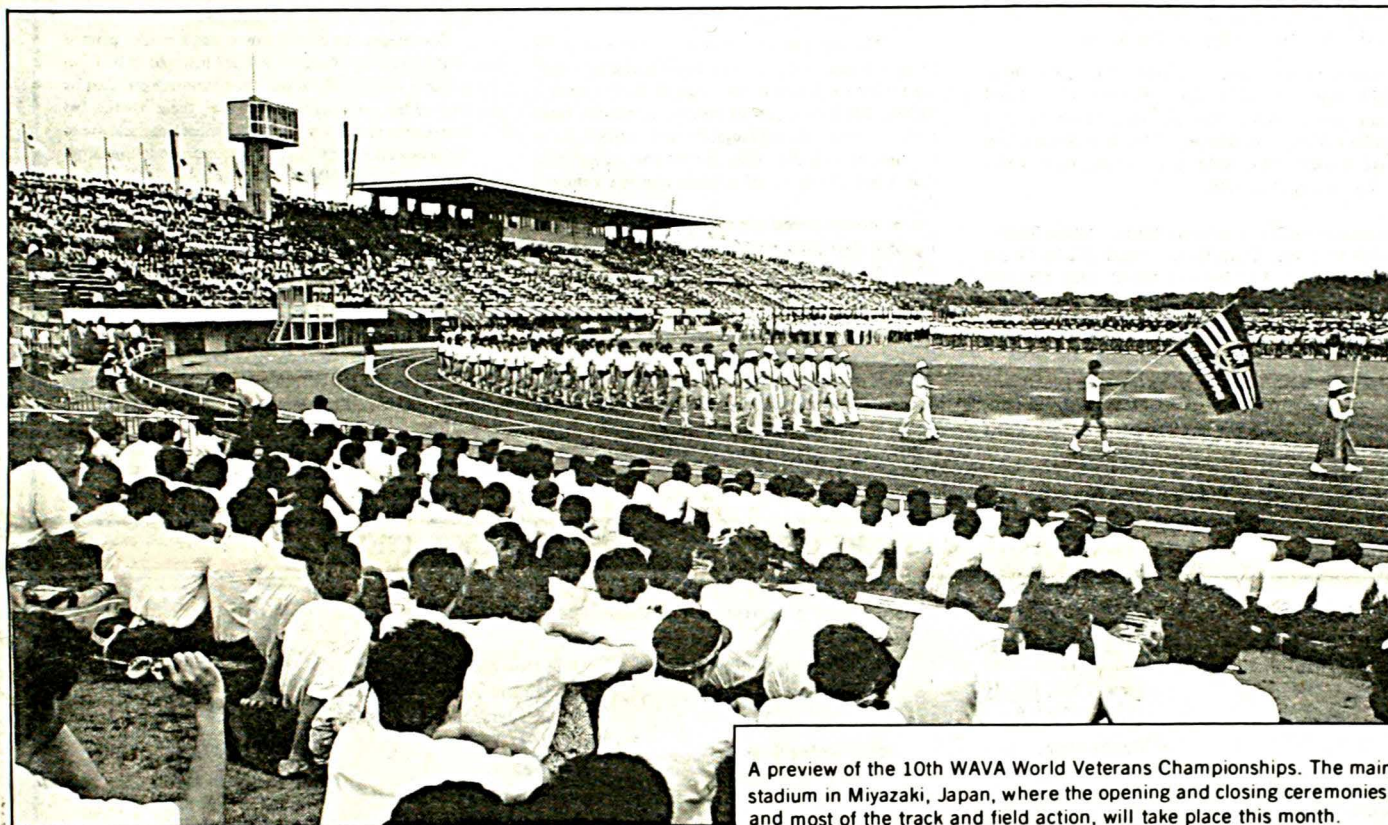


Record 12,102 Athletes From 77 Nations Enter 10th World Veterans Championships



A preview of the 10th WAVA World Veterans Championships. The main stadium in Miyazaki, Japan, where the opening and closing ceremonies, and most of the track and field action, will take place this month.

Miyazaki to Host Spectacular Event

With the addition of 214 late entries, a record total of 12,102 veteran athletes from 77 nations have entered the 10th WAVA World Veterans Athletics Championships this month in Miyazaki, Japan.

It will easily be the largest World Veterans Championships ever held, more than doubling the previous high of 4817 participants in Melbourne in 1987, and exceeding the previous high of 57 nations represented in Eugene in 1989.

Another 7000 family members and friends will descend on the town of 290,000 on Kyushu island in southwestern Japan, bringing an economic impact to the area of about US\$50 million.

The final entry total was bolstered by 51 entries from Russia, as well as a smattering of sign-ups from other nations, many from the area of the former Soviet Union.

The number of USA entrants is 313 — 229 men and 84 women.

Competition will be held in the traditional five-year age groups, beginning at age 40 for men and age 35 for women. The action will begin on Thursday, October 7 with the Decathlon/Heptathlon and 10,000-meter finals. Opening ceremonies are set for October 9. Then, action continues through Sunday, October 17, with off days on Tuesday, the 12th, and Thursday, the 14th.

Olympians to Compete

Several Olympians have been invited to the event, including:

1) Frank Shorter (45, USA) in the 10,000 and cross-country. Shorter won Olympic marathon medals in 1972 (gold) and 1976 (silver).

2) Evelyn Ashford (36, USA) in the 100 and 200. Ashford won Olympic gold medals in 1984 (100 and 400 relay), 1988 (400 relay), and 1992 (400 relay).

Record Turnout for National Decathlon Championships

by JOHN WHITE

The 1993 USATF National Masters Decathlon/Heptathlon Championships drew 57 men and eight women — the largest participation ever — to Upper Arlington High School in Columbus, Ohio on July 10-11.

The athletes came from 25 states and Canada with Tom Light of Chuglak, Alaska coming the farthest.

The meet competition was based on 1989 WAVA Age-Grading and the 1985 IAAF Scoring Tables.

Three multi-event marks exceeded the current world age-group records. Phil Mulkey, 60, of Marietta, Ga., scored an amazing total of 8347 points, breaking his own world M60 mark of 8254 points garnered at the Kansas Relays in April. Boo Morcom held the old record. In principle, these scores can be compared with Dan O'Brien's current world record of 8891 points.

Heptathletes Phil Raschker, 46, also of Marietta; and Leonore McDaniels, 65, of Virginia Beach, Va., smashed

Continued on page 11



Gold medalists in the 1993 USATF National Decathlon Championships, Columbus, Ohio, July 10-11: (from left) Bill Angus, M50, Salem, Ohio; Rex Harvey, M45, Cleveland Heights, Ohio; and Denver Smith, M65, Louisville, Ohio.

Photo by Irene Smith

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NATIONAL MASTERS NEWS

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

Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Managing Editor: Sylvia Stoller
Contributing Editor: Jane Dods
Circulation Manager: Katie Williams
Advertising Manager: Open
Production Manager: Carol Covey
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: Road Running Information Center
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Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Carl Hammen (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Tim Murphy (TX), Bob Stone (CA), Pete Taylor (PA), Mike Tymn (HI), John White (OH), Maury Dean (NY).

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Photographers: Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Synder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel (MO).

Creative Art: Eugene Paasinen, Herb Parsons

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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.

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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 USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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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NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

TRACK & FIELD

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Barbara Kousky
 5319 Donald St.
 Eugene, OR 97405
 (503) 687-8787

Secretary:

Marilyn Mitchell
 330 E. 46 St. #4C
 New York, NY 10017
 (212) 697-8216

Weight Events:

Chuck Klehm
 1218 North Route 47
 Woodstock, IL 60098
 (815) 338-2880

Regional Coordinators:

East:
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 225 Hunter Ave.
 North Tarrytown, NY 10591
 (914) 631-1547

West:

Hugh Cobb
 3180 Camino Arroyo
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 (619) 436-7696

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Law Chairman:
 Bob Fine
 3250 Lakeview Blvd.
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 (407) 499-3370

Multi-Events:

Rex Harvey
 160 Chatham Way
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 (216) 446-0559

Rankings:

Jerry Wojcik
 P.O. Box 2372
 Van Nuys, CA 91404

Team Manager:

Sandy Pashkin
 301 Cathedral Pkwy. No. 6U
 New York, NY 10026
 (212) 666-8603

Mid-America:

Tom Thorne
 525 Oak Ridge Dr.
 Neosho, MO 64850
 (417) 451-7417
Southwest:
 Danny Thiel
 1459 Verna St.
 New Orleans, LA 70119
 (504) 486-8066

WAVA Delegates:

Barbara Kousky,
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 Marilyn Mitchell
 Alternates:
 1) Sandy Pashkin
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Women's**Representative:**

Christel Miller
 1740 Grandview Ave.
 Glendale, CA 91201

Rules Coordinator:

Graeme Shirley
 11212 Via Carroza
 San Diego, CA 92124
 (619) 455-4440

LONG DISTANCE RUNNING

Chairman:

Charles Des Jardins
 5428 Southport Lane
 Fairfax, VA 22032
 (703) 250-7955

Secretary:

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 4261 S. 184th Street
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Championships:

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 32 Summit Rd.
 Riverside, CT 06878
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 (address above)
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 P.O. Box 1824
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Vice Chairman Women:

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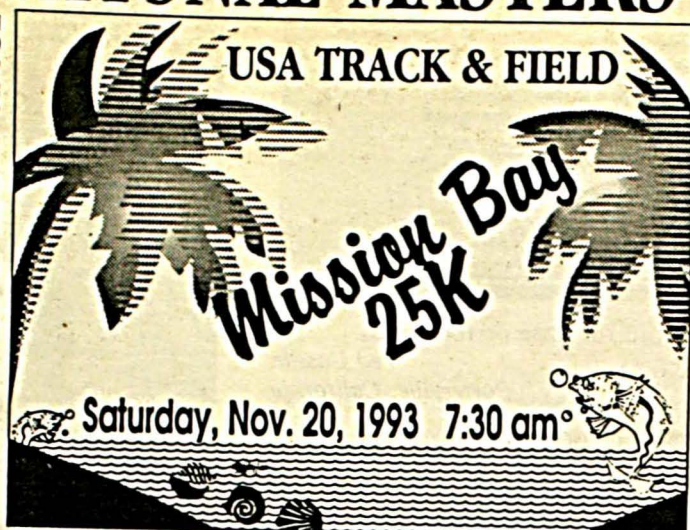
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NATIONAL MASTERS 25K CHAMPIONSHIP

ROAD RACE & RELAY RACE



Saturday, Nov. 20, 1993 7:30 am

For the 27th time

the SAN DIEGO TRACK CLUB

presents this 15.6 mile race on a flat, fast course around Fiesta Island. After the 25K, enjoy freshly baked muffins from Souplantation and fresh fruit.

↑ ↑ ↑

GRAND PRIZE DRAWINGS

- 2 nights for 4 people at the Travelodge SeaWorld/Sports Arena area.
- 1 night* for 2 people at the San Diego Marriott Hotel & Marina next to Sea Port Village. *Restrictions apply.

↑ ↑ ↑

↑ RACE FEATURES

USAT&F National Masters Championship, USAT&F Sanctioned Event, Quality T-Shirts, flat, fast, record breaking course. Aid stations with water and ERG.

↑ DRAWINGS

Dinner and/or gift certificates from Benihana, John's Waffle Shop, Movin' Shoes, Salmon House and many more!

↑ SPECIAL RELAY DIVISION

Relay shall consist of 5 runners. The first 4 runners will run 3 miles and the fifth runner will run the last 3.6 miles for a total of 15.6 miles. Exchange zones will be at 3, 6, 9, & 12 mile marks. Awards will be given to 1st and 2nd place relay, regardless of composition.

↑ DIVISIONS

Runners: Men and Women under 19, 19-29, 30-34, 35-39, etc., through 95+. Racewalk: male & female winner.

↑ AWARDS

\$50 awarded to overall Open Male and Female Winner. \$50 to 1st Masters Male and Female finisher with the best Age Graded Performance. Awards to top three in most divisions, varying at Race Director's discretion and based on pre-registered entries. USAT&F medals and patches to top three men and women Masters USAT&F

competitors, in 5 year age divisions from 40 years to 95 years old. USAT&F Team medals & patches to 1st, 2nd & 3rd place qualified team finishers. Masters Teams consist of 10 Year Age Division for M40 and M50 and 5 score; 3 score in all other divisions.

↑ LODGING

Travelodge SeaWorld/Sports Arena is offering a special discounted rate of \$40 (up to 4 people in a room) for this event. They also offer free airport shuttle and will provide free shuttle to and from the race site. Call (619) 226-3711 for reservations and refer to the special rate code of NMC.

↑ ENTRY PROCEDURE

Send entry form, check & stamped, self-addressed envelope before 11/8 to the address below. Registration material will be returned only to entries received by 11/8. All masters competitors competing in the National Master's Championship must include their current **USAT&F Registration number on the entry form to be eligible for awards and records.** Registration for San Diego-Imperial USAT&F (\$11) will be available day of race.

↑ ENTRY FEE

SDTC Members \$8 or Discount Activity Card. Non-Members: \$12. Add \$2 for entries postmarked after November 8 or day-of-race. \$7.00 for optional, beautifully

designed T-Shirt (only guaranteed through 11/12 postmark)

RELAY FEE: \$30 for 5 person team - no individual fee required. All participants must complete & sign individual entry forms.

25K TEAM FEE: \$25 Team fee plus individual entry. Day-of-race entry permitted. Masters Teams (Clubs) must be USAT&F registered and must include current USAT&F number on entry form.

↑ DAY OF RACE

Registration and late-entry packet pick-up from 6:00 am - 7:15 am. Race walk competition begins at 7:00 am.

↑ INFORMATION

(619) 292-6132

↑ COURSE

Starts and finishes on NW side of Fiesta Island. Includes loop on path to De Anza Cove and back. Markers every mile. Water and ERG at start, finish, and every 2-3 miles. Certification CA88067RS

COURSE OPEN RECORDS:

1:17:30 (Ed Mendoza)
1:26:50 (Sylvia Mosqueda)

COURSE MASTERS RECORDS:

1:25:25 (Graham Parnell)
1:36:25 (Laurie Binder)

↑ RESULTS

Will appear in San Diego Running and National Masters News.

Travelodge

SPORTS ARENA



Souplantation



ENTRY FORM:

Make check out to SDTC Mail with SASE to: Joni Shirley, Race Director
11212 Via Carroza, San Diego, CA 92124

USAT&F REGISTRATION NO. _____

Team/ Relay Name: _____

Are you a U.S. Citizen? ☐ Yes ☐ No

USAT&F-Registered Club name or No.: _____

Your Name (first) _____ (last) _____		Bib. No. _____
Age on Race Day _____	Sex (Check One) <input type="checkbox"/> M <input type="checkbox"/> F	
Check One: <input type="checkbox"/> Run <input type="checkbox"/> Walk	SDTC Member? (Circle) Y / N	
City of Residence _____	SDIAC Member? (Circle) Y / N	

Street Address _____

Zip _____ Phone: _____ Born: _____ month / _____ day / _____ year

\$ Enclosed: _____ Entry fee + _____ Late fee + _____ T-Shirts = _____ Total

I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this event, including but not limited to those caused by the terrain, weather, condition of the athlete, vehicles, other participants and lack of hydration. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims for damages, for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or to any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run in favor of SDTC, USAT&F, City of San Diego, County of San Diego, and all promoters, sponsors, officials and any individuals or entities in any way connected with this event even though their liability may arise out of negligence or carelessness on their part.

Athletes who participate in this competition will be subject to formal drug testing in accordance with USAT&F rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. Some prescriptions and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at (800) 223-0393.

Signature _____
(Parent if entrant under 18)

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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NATIONALS IN PROVO

Congratulations to the organizers and participants in the USA National Masters Track and Field Championships in Provo, Utah.

Special thanks, as well, to the officials who contributed their time and energy to a pleasurable event.

However, there was one awkward situation. Like previous years, the men's pentathlon was doomed to ragged staging. While the facilities in Provo (and other sites of this meet) are generally excellent, they can't cope with the simultaneous needs of the pentathlon along with competitors in other events.

In Provo, the throwing zones overlapped so it was not possible to conduct competitions at the same time in all areas. There were lengthy waiting times for all competitors in the field areas. The result was akin to a four-lane road that has been narrowed to two lanes — competitive traffic came to a standstill.

We should either: 1) hold the event at a different venue, perhaps even at a different time; 2) hold it one day prior to the start of all other events; 3) start it earlier in the day, with more time between age groups.

I am extremely appreciative of the work of the organizers and officials. I hope my comments will be taken constructively by those who perform the advance planning for future national meets.

Andrew Miller
Fairfield, Connecticut

I'm sure that most who were in Provo would like to see that superb setting be part of the rotation of sites for future nationals.

Has there been a national meet without at least a few glitches in scheduling, timing, lap counting, etc.? Getting 1000 athletes through their events smoothly is never a fail-safe operation, unless the budget allows for backup support every step of the way — and a crystal ball that works, too.

To the general praise for the officials, I would add highest marks for the announcers, always the key to a meet's atmosphere. Great job.

For the suggestion box: 1) admission should be free for the public. Any other means of funding the meet would be preferable. The more noise the better. 2) Day-one open events should, of course, be those which wouldn't conflict with pentathlon activity, if that's at all possible.

Bill Forsyth
Albuquerque, New Mexico

(Editor's note: Please see Rex Harvey's "Speaker's Corner" on page 17 for a thorough discussion of the day-one scheduling problems.)

Congratulations again to Al Sheahan for an outstanding job as announcer for the USA National Masters Track & Field Championships in Provo, Utah.

As editor and publisher of National Masters News, this athlete is a class act and his efforts are truly appreciated. Age-Graded, he would break the

record for these performances.

Ted Ensslin
Porterville, California

My humble thanks to the good people of Provo and Brigham Young University, the officials and administrators of the 1993 USATF National Masters Championships, but most of all, to my fellow comrades in arms and legs who all made my four days at the meet extremely memorable.

Mike Boudreaux
Metairie, Louisiana

It's great to be winning races and feeling good about it. I sincerely admire the runners who shoot for PRs and the joy they show when they come close or surpass it. It felt great to see the happy face on Al Sheahan when he topped his PR and placed in the 300-meter hurdles in Provo.

We're all shooting to win medals, but it is truly a small part of the whole competitive scene. Doing better than our best and staying healthy are the big factors.

It was sheer delight to see Bruce Springbett back in action and looking super after his bypass operation. Amazing! It is a real tribute to his determination.

I enjoy the competition, but I love the camaraderie.

Marion A. Sanchez
Hayward, California

WAVA PRESIDENT'S REPORT

There are a number of comments which can be made regarding Cesare Beccalli's Presidential report. I shall, however, restrict myself to five so that I do not take up too much space in your excellent publication.

1. "A year of great confusion." The issues were so fundamental to WAVA that it was essential to discuss them



NMN columnist Hal Higdon, Michigan City, Ind., in the M60 5000, USATF National Masters Championships, Provo, Utah, August 11-14.

Photo by Jerry Wojcik

publicly. "Back room" politics has never been my style and it was right and proper that all athletes in WAVA understood the implications of Beccalli's IAAF stance.

I would remind Beccalli that his win in Turku was by a very small margin, particularly in view of the fact that one of the IAAF's "top guns" — August Kirsch of the IAAF Council — was in Turku supporting Beccalli in the days preceding the election.

2. The more WAVA becomes integrated into the IAAF the more we are at risk of our policies being controlled by the IAAF Congress instead of the WAVA General Assembly.

3. Cesare Beccalli's arithmetic is very inexact. We had 70 Affiliates at Turku — not the "about 50" he quotes. Assuming his "about 100 now" is correct the increase is around 30. However, out of this number, nine have evolved from the break-up of the USSR (an affiliate in Turku) so that the true increase is approximately

Continued on page 5

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Write On

Continued from page 4

twenty. Hence Beccalli's extremely loose use of figures makes the IAAF connection seem much better than it is in reality.

4. He refers to the IAAF Veterans' Committee. This committee is entirely composed of males. Bridget Cushen, who has represented women on the WAVA Council in a most excellent fashion for ten years, raised this bias with the Chairperson of that Committee and Beccalli. The matter was ignored by them. I do not see how any fair minded delegate, man or woman, can vote for a WAVA President who ignores the tremendous contribution of women veterans to our movement!

5. I am pleased to see that Owen Flaherty is running for President. Owen's contribution in his year as WAVA Secretary was tremendous in terms of intellect and innovation.

I hope that the many people who voted for me in Turku (and those who didn't) will vote for Owen Flaherty to be the next President of WAVA.

Alastair Lynn

WAVA Honorary Life Vice President
Toronto, Canada

The issue of WAVA's relationship to IAAF was settled at Turku, so this year's election of the WAVA President can focus on the relative merits of the two candidates—Owen Flaherty and Cesare Beccalli.

When Flaherty was WAVA Secretary in 1986, he sent out questionnaires to the WAVA affiliates to obtain information on their Presidents, Secretaries, Treasurers and Women's Representatives.

Beccalli replied for WAVA's Italian affiliate at that time, IMITT, saying that he was President. As to the Secretary, Treasurer and Women's Representative, Beccalli said that IMITT did not have such officers as these services were provided to IMITT by a division of Beccalli's company.

In other words, Beccalli was not only President of IMITT, he was also Secretary, Treasurer and Women's Representative. Clearly, he alone ran veteran athletics in Italy at that time. So who nominated Beccalli for the WAVA Presidency in 1987? Presumably, Beccalli nominated himself.

Beccalli has been a divisive President of WAVA. He has succeeded in alienating half of the membership. Flaherty has no such drawbacks. He is not identified with only one half of WAVA. Flaherty can repair the damage done by Beccalli.

Henry Morrison
Edinburgh, Scotland

I have no intention of taking any initiative towards removing from the WAVA constitution the seven amendments which were adopted in Finland, and which will inevitably, bring

WAVA closer to IAAF. Nor would I encourage others to do so.

Owen Flaherty
Alicante, Spain

MIYAZAKI SCHEDULING

I'm concerned to find a serious conflict in the scheduling of the M55 100 and 400 in Miyazaki.

The semifinals and finals of the M55 100 are in Stadium 1 at 9:40 and 12:20, respectively, but the first heat of the M55 400 is in Stadium 3 at 11:40. Thus, it will be impossible for any M55 100 and 400 competitor to run both events.

In most other age groups, the 400 events don't start until after the 100 finals. This would be more logical for the M50 and M55 events, even though it is still expecting a lot for older runners to complete two 100s and two 400s in a single day.

I hope something can be done about this problem.

Martyn Adamson
San Francisco, California

WIND READINGS SUSPECT

Remember those incredible negative gale-force winds the sprinters and hurdlers faced at last year's National Championships in Spokane? And remember how our brave sprinters and hurdlers muscled their way to World and American records anyway (not to mention a flock of PR's)?

Well, they're baaack! At the National USATF Junior Championships held there this past June, the Junior Men faced negative winds of -3.0, -3.0, & -4.3 in the 100, 200, & Hurdles. The Junior Women had it even worse with -7.0, -4.8, & -6.0 respectively.

Anyone even vaguely familiar with wind-readings will recognize these as near tornadic-levels. And yet, just as in our own National Championships, almost all of the runners achieved PR's. Once again I submit that while I haven't the foggiest idea wherein lies the error, the error does indeed exist.

This fact remains: There is absolutely no way one can run personal record times for themselves with this kind of wind-tunnel readings. Either re-check the equipment or have someone with a better understanding of mathematics do the reporting.

Phil Mulkey
Marietta, Georgia

TEN YEARS AGO October, 1983

- 350 Compete in Western Regionals in Los Gatos, CA
- Norm Green Sets M50 Half-Marathon Mark of 1:12:09 in San Diego, CA
- NMN Letters Unanimously Oppose Ban of South Africans



M50 discus throwers on the Victory stand in Provo. From left: Lloyd Long (NJ, 6th), Gerry Moro (CA, 5th), Richard Hotchkiss (CA, 4th), Larry Pratt (DE, 3rd), Glenn Passey (WA, 2nd), Lloyd Higgins (CA, 1st in 56.48m/185-4).

Photo by George Clark

SENIOR SPORTS CLASSIC

Two years ago, I wrote to you complaining that you didn't publish the sixth place finisher in the 1991 Senior Sports Classic in Syracuse.

Well, you did it again. You only published the first five from the 1993 event in Baton Rouge.

When we're competing against the best of 50 states — 4th through 6th place ribbon status should be treated

equally or not at all.

John McCarthy
Waymart, Pennsylvania

KUDOS

I enjoyed Maury Dean's July articles (Same Racing Faces? and Hit the Road, Jack).

Barbara Hennig
Springfield, Massachusetts

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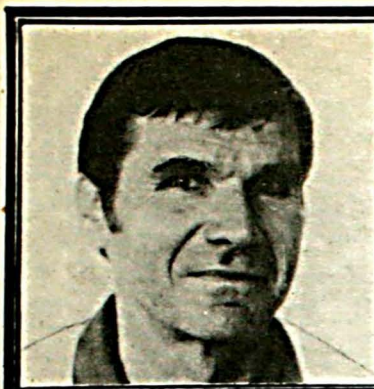
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Third Wind

by Mike Tymn

When in Japan, Do as the Japanese Do

If you're headed for Miyazaki, Japan, for the WAVA World Athletic Championships, October 7-17, you should consider preparing for more than your track & field events.

You might want to practice some football drills, such as run and cut movements to avoid getting hit by some of Japan's kamikaze taxi drivers, or some offensive lineman's charges should you get caught up in a Japanese train station. You should practice your squatting in the event you encounter Japanese-style toilets, and perhaps develop some finger dexterity in case you are forced to eat with chopsticks.

If you've been to Japan before, you probably know what to expect, although some things may have changed since your last visit. I lived there for several years during the 1960s and have been exposed to a strong Japanese influence in Hawaii for the past two decades. However, since things have changed over there, I decided to get some tips for those going to Japan from Clark Hatch, a fitness entrepreneur who lived in Japan for 15 years and now spends about two months out of every year there while looking in on his fitness centers. Six of his 52 worldwide fitness centers are located in Japan.

What to Expect

Hatch said that October is the best time of the year for track competition in Japan. The temperatures in Miyazaki, which is in the southern part of Japan and has a semi-tropical climate, should be in the upper 60s or low 70s. You'll see palm trees there and quite a few golf courses.

Hatch said to expect a well-organized event. "When the Japanese undertake something like that, it becomes a real national product," he explained. "They do everything within their power to be efficient. It's a source of national pride with them. You can look for all of the officials to be in immaculate uniforms. They're just so methodical in their preparation for something like this. It'll be just like the Olympics, I can assure you."

Don't expect the Japanese competitors to be anything less than 100-percent ready. "They take it very seriously," Hatch said. "I don't think you'll find any of the Japanese athletes competing just to have fun, as many Americans do. It's pretty much an obligation for them to try to excel. Doing their best is a number one priority."

Running Is Peaking in Japan

As I found out last year, when some 18,000 Japanese showed up for the Honolulu Marathon, the running and fitness movement seems to be peaking in Japan. A Japanese running magazine editor informed me that there are an estimated six to seven million runners in Japan.

Hatch agreed that there are more runners now than ever before in Japan, but he sees the growth slowing significantly. As in the United States, the young people are not joining in the fitness movement.

As is clear from the thousands of Japanese participating in the Honolulu Marathon over the past six or seven years, the Japanese are much more subdued and not likely to give boisterous demonstrations in victory as so many Americans do.

"But most of them understand the American ways," said Hatch. "There's nothing wrong with strutting your stuff, but be a little humble on the victory stand."

Bowing is the Custom

Although bowing is a Japanese custom much like the handshake in our country, Hatch mentioned that the Japanese don't expect Americans to bow. However, if you want to brighten some faces and make some friends, you might try bowing, especially if the person is your elder. Don't mistakenly assume that bowing is a sign of subservience, or that there is anything nationalistic connected with it. It is simply a manner of greeting and showing respect. If you want to congratulate a competitor and don't remember the Japanese word (O-Mede-To), a bow is a nice substitute.

The general rule is: The older the person, the more respect he or she deserves and the deeper you bow. Competitors older than you, even if you beat them, rate generous bows.

Some Do's and Don'ts

According to Hatch, the Japanese are very big on exchanging pins, patches, singlets, and race t-shirts. He recommends taking at least a half-dozen such items to exchange, or to just give to a host or race official to show your appreciation.

Tippling is something you simply do



The annual October Festival at Miyazaki Shrine, also known as Jimmu-Sama, embodies the essence of Miyazaki.

not do in Japan, and that includes hotel employees and taxi drivers. "If you try to tip someone, you'll probably embarrass him," Hatch said.

Also, don't attempt to bargain for any goods in the Japanese marketplace. Expect to pay the listed price, which you'll probably find quite high compared to prices for comparable goods in the United States.

Making Yourself Understood

A very large percentage of the Japanese population speaks some English, but if you talk too fast, or if you are from points between Texas and Georgia, or if you are from New England and speak with a Kennedy-like dialect, you might not be understood, and the person you're speaking to may very well indicate to you that he or she doesn't understand English at all. If you have the time, especially when asking directions, Hatch recommended writing down in a brief sentence what you have to say or ask, as most Japanese read English better than they can grasp the spoken word.

"When it comes to asking directions," Hatch said, "the Japanese will bend over backwards to show you around. It doesn't hurt to carry a map along to overcome any language barrier."

Although a crash course in Japanese probably won't do you any good at this time, Hatch recommended learning just five or six words, including Good Morning (Ohayo-go-zai-mas), Good Day (Kon-nichi-wa), Thank you (Domo Ari-gato), I'm sorry (Go-men-asai), and Pardon me (Sumi-sen). If you can't remember any of those, just

bow your head, and you'll communicate any one of them.

More Tips

Drugs of any kind, including even inhalants, that might enhance performance are much frowned upon by the Japanese, according to Hatch.

Don't be afraid to drink the water in Japan. "There are a lot of places in Asia where you shouldn't drink the water at all, but in Japan all the city water is potable," Hatch offered. "What's more, the sanitation is very high standard. You can go in any small restaurant and eat safely."

If you do end up in one of those train stations or in a large crowd of some kind where there is a lot of shoving or pushing, don't mistake that for rudeness, Hatch advised. "It's a matter of survival," he said, laughing. "There are so many people in the train stations that if you don't force your way in, you might not get on the train. Many of the people are commuting two hours to or from work, and they have to be forceful in situations like that. As a rule, the Japanese are very courteous people."

Spaghetti is Popular

If you're not into Japanese cuisine, Hatch said that spaghetti is a very popular dish almost anywhere in Japan. Other popular dishes among Americans in Japanese restaurants are curry rice and hash rice.

As a final thought, Hatch said: "If you want to enjoy yourself over there, be positive and curious, and don't criticize. Don't try to change the way they do things by telling them that we don't do it that way in the States. Do it their way." □



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-----ENTRY FORM-----

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GRAND CIRCLE TRAVEL



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Heel Bursitis

Another condition which is becoming an up-and-comer in the field of veteran athletics is heel bursitis. We have all suffered from this in some degree or another over our running careers.

Heel bursitis is a bump of bone on the back of the heel. This is usually in the area where the Achilles' tendon attaches.

This condition is usually initiated by an ill-fitting shoe whose heel counter rubs up against the back of the heel causing an irritation and inflammation.

In this area there is a small bursa which sits between the Achilles' tendon and the heel bone. When this is ir-

ritated it becomes inflamed and swollen. Most athletes with a lick of sense will abandon the offending shoes, but most, in an attempt to save money, will continue along with the irritant shoe and aggravate an already bad condition.

Usually, the change to a non-irritating shoe is sufficient. If this does not relieve the situation, a heel cup may be attempted. The use of an orthosis for those who hyperpronate may



John Whittemore, 93, (r), recently named Masters Athlete of the Year by the Santa Barbara Hall of Fame, is pictured showing his huge display of medals to friend, Jimmie Whitney. Whittemore, long time resident of Santa Barbara, has won trophies and medals over the past 20 years in not only track and field but also swimming and tennis. He'll be competing October 2, in the annual Club West Meet in Santa Barbara.

Photo by Beverley Lewis

be tried. If the condition persists, the use of an injectable anti-inflammatory is recommended.

Other conservative methods include icing the area after workouts and, perhaps, the use of physical therapy, such as ultrasound.

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. □

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MASTERS ATHLETE OF THE MONTH

Phil Mulkey and Phil Raschker

This month's Sorbothane Masters-Athlete-of-the-Month award is divided between two outstanding and versatile performers — Phil Mulkey and Phil (Philippa) Raschker.

Mulkey, 60, won seven gold medals at the National Masters Track and Field Championships in Provo, Utah, August 11-14, in the M60 100-hurdles, high jump, pole vault, long jump, triple jump, shot put, and pentathlon.

Raschker, 46, the U.S. female masters track and field athlete of the year in 1992, won nine events in the W45 100, 200, 80-hurdles, high jump, pole vault, long jump, triple jump, pentathlon, and age-graded 100. This summer, she set W45 world records in the high jump (5-3) and pole vault (10-3¼).

Mulkey and Raschker were the top scorers overall in the National Masters Decathlon/Heptathlon championships, July 10-11, in Columbus, Ohio. They live and train together in Marietta, Ga.

Runners up (using the new WAVA age-graded tables) were:

- **Jim Mathis**, 58, of Tennessee, with three strong age-graded wins at the Nationals in the M55 100 (12.32, 94.6%), 200 (25.06, 94.4%) and a near-WR 54.60 (97.0%) in the 400.

- **Stan Whitley**, 47, of California, with three U.S. wins in the 100 (11.17, 96.5%), 200 (22.59, 96.8%), and 400 (50.39, 95.5%).

- **Jim Law**, 67, of North Carolina, with three triumphs in Provo in the 100 (13.04, 96.0%), 200 (26.21, 97.6%), and 400 (61.84, 93.5%).

- **Stan Druckrey**, 45, of Wisconsin, with a U.S. M45 record 14.84 in the 110H (97.8%), a 55.79 win (95.4%) in the 400H, and runner-up to Whitley in the 200 (22.61, 95.4%).

- **Bill Weinacht**, 76, of Ohio, with Utah wins in the 100 (14.21, 96.6%), 200 (29.65, 95.3%), and in the age-graded 100 (10.36).

- **Marion Sanchez**, 61, with triumphs in four events in Provo: 100 (12.61, 94.5%), 200 (26.21, 92.4%), 400 (59.54, 91.4%), and 300H (44.39, 95.6%). Sanchez won two more golds in the relays.

- **Bill Collins**, 42, of Texas, with wins in the 100 (10.96, 96.1%) and 200 (22.19, 95.4%).

- **Harold Morioka**, 50, of Canada, with a double-win in the 200 (23.79, 93.7%) and 400 (51.80 WR, 95.7%).

- **Chuck Sochor**, 65, of Michigan, with wins in the 400 (61.31, 92.3%) and 300H (48.05, 92.7%).

- **Ken Popejoy**, 42, of Illinois, with

a middle-distance double in the 800 (1:55.93, 95.4%) and 1500 (4:02.60, 92.8%).

- **Vic Heckler**, 51, of Illinois with a triple in the 800 (2:07.31), 1500 (4:29.23) and 5000 (17:01).

- **Dan Bulkley**, 75, of Oregon, with four golds in the 300H (55.92), 800 (2:50.72), 80H (16.74), and 2000SC (9:54).

- **Larry Stuart**, 55, of California, with the best single age-graded performance in the Nationals — 98.8% — with a javelin throw of 59.34 (194-8).

- **Jim Gilchrist**, 65, of Florida, with a 1.62 (5-3¼, 97.6%) high jump.

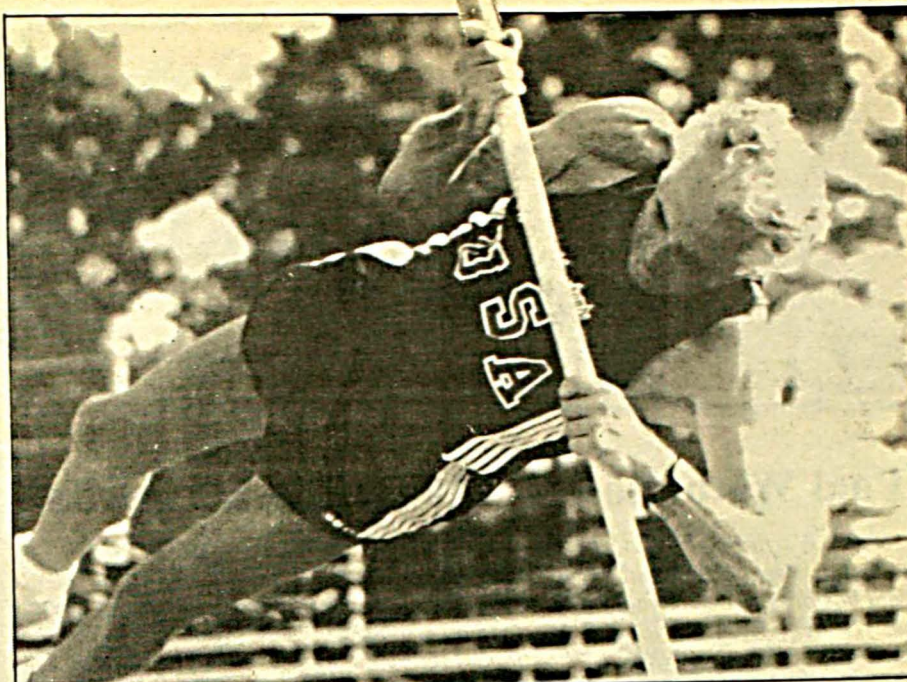
- **Greg Miguel**, 46, of California with a 4.71 (15-5½, 96.5%) pole vault.

- **Jim Barrineau**, 38, of Kansas, with a 2.14 (7-0, 96.0%) high jump.

- **Tom Gage**, 50, of Montana, with a 62.38 (204-8, 92.5%) hammer throw.

- **Don DeNoon**, 50, of Illinois, with U.S. record wins in the 5000 walk (22:48, 91.6%) and 20K walk (1:35.19,

Continued on page 12



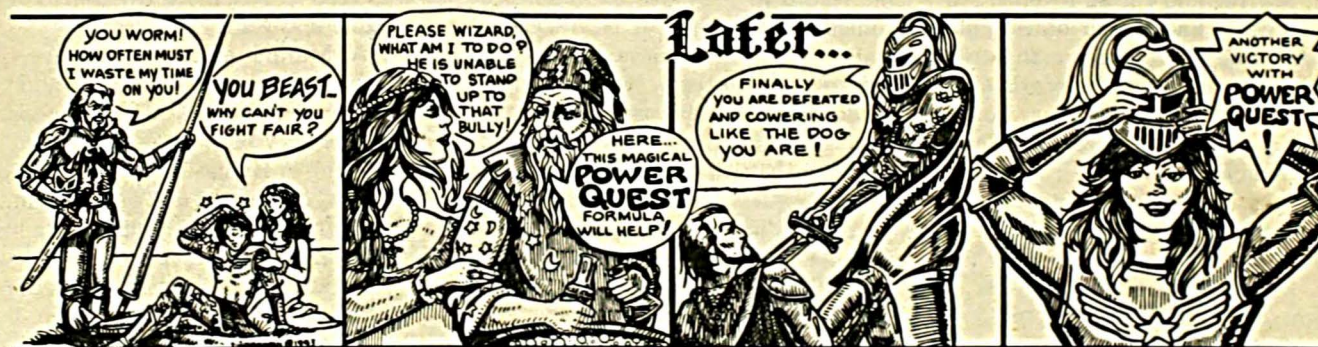
Phil Mulkey

Photo by Sports Pix



Phil Raschker (left) receiving the 1992 award for USA masters female track and field athlete of the year from Barbara Kousky, USATF Masters Chairman.

Photo by Jerry Wojcik



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MASTERS RACEWALKING

by ELAINE WARD

Paul Warburton — The English Connection

(Paul Warburton, a fine racewalker in his own right, is a feature writer for Athletics Weekly, England's track and field publication. With a journalist's eye, Paul has observed racewalking throughout the world and interviewed many Olympic, IAAF World Cup and World Championship medal winners. After the Barcelona Olympics, NMN carried Paul's interview with Jose Marin, who at age 41, finished 9th in the 50K with a time of 3:58.41, walking the 30+ miles at a pace of 7:41. In the following interview, Paul discusses Gary Little, Marin and other masters of lesser renown, and explores the conventional wisdom about aging and distance.)

EW: Don DeNoon, America's top 50-year-old master, and Gary Little, 51, New Zealand's wonder, will meet in Miyazaki this October in the 20K. If both athletes are in top form, it should be a very exciting contest. There has been speculation as to whether Gary has made all his extraordinary record times on legitimate courses with the required judging. Can you comment on this?

PW: Let me establish a little background here. My friend, Graham Seater — Seats as he is known to everybody — is the New Zealand racewalking team manager. Seats was one of the New Zealand Team members with Murray Day in the 1986 Commonwealth Games in Edinburgh. Seats, Murray and I lived together, so we all got to know each other quite well. After he became team manager, I met him in San Jose at the World Cup in 1991, and we started talking. Pointing to a hardened, bronzed man, Seats said, "Watch this guy."

The guy he was referring to was Gary Little. I thought that Gary was essentially there just to make up the team, but when he started to walk, I thought differently. His leg speed is phenomenal. He has this turnover which is absolutely blinding; it is like a whirring type of vision, and when I first saw him, he was just warming up. It strikes me that Gary is a man who is supremely fit. He can walk a very straight line and does not seem to be at all inefficient. If anything, his one problem has been that the longer the race, the less quality in the eventual result. This is surprising for a 51-year-old. For example, in his 20K best, his half way split was the masters 10K record of 42:20. However, he ended up with a 20K of 86+ minutes; so he slowed considerably in the second 10K. He was very disappointed with this.

The conventional idea is that the older you get, the better you are at longer distances. Gary has done a 3K at 12:05.2 on the Christchurch 400-meter track with judges. So, I am quite happy to believe that his times are as

legitimate as anyone else's. Keep in mind that the New Zealand authorities are very stingy about sending people to any kind of international meet. They have a long tradition of winners. If you wear that famous, all black, kiwi shirt, and you are going to a major Games, they fully expect you to make finals or preferably win medals.

I think they had a team of eight or nine at the 1984 Olympics here in Los Angeles. When you consider that Britain sent a team of 150 track and field athletes, and New Zealand sent eight, you can probably guess that the eight people who made the team were there deservedly. The New Zealand qualifying time for the '84 Olympics was 84 minutes. When you consider the Olympic record in 1984 was 83 minutes or something like that, a New Zealand walker had to come close to the record just to make the team. New Zealanders tend to send people only when they have obtained the highest standards, ridiculously high in effect. So you can probably guess when Gary has done his best times, he has probably done them because he needed to do them. And he has fully deserved his place on any team he has been on, which now amounts to two different Lugano or IAAF Racewalk World Cups.

EW: Is he showing any signs of slowing?

PW: He looked pretty whacked out on the last lap of the Monterey World Cup 20K last April, but there again, so did just about everybody else. It looked very tough for him, and his time was 1:41:13, but I don't think Monterey is a good guide as to whether he is slowing down. His goal is to make the New Zealand Commonwealth Team next year. He wants to go to Vancouver as part of the 30K team, and probably 30K would be ideal for him. It is not too short or too long. I think he has every opportunity of making it, but he needs to do a 2:14 to 2:15 to even qualify for the team. When you consider that Murray's New Zealand record is 2:15:07 when he was in his early 20's, you can probably guess that



Max Green, Taylor, Mich., second M60 5000 racewalk (26:18.31), USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

Gary is going to have to work at it. But because of his personal circumstances, he does have the opportunity to make it, and he has the advantage of not being burned out yet. He has only been in the sport just over five years.

EW: You did a wonderful article on Marin which was well received by all who read it. Are there any other comparable masters racewalkers?

PW: Marin is an exception at age 42. He still maintains a regime and a mileage which allows him to compete with the very best. How he does it, I don't know. He has been at it for over 20 years, day in and day out. It sounds almost treadmill-like to me, but he has gained much success from it.

Off the top of my head, I don't think anybody quite equates with Marin, but there would be plenty if they wanted to give it a second try. I suppose the other Spaniard, Jorge Llopart, the silver medalist in the 1980 Moscow Olympics, would be another. He was born in February 1952, so he is 41. He missed out on an Olympic Team place in 1992 by less than 2 minutes. He was 4th in a 50K team qualifier with a time of 3:48 to 3:49. Marin and Llopart are still very much in the fray.

As I reported in my article on Marin, the amusing thing about Marin and Llopart is that they each have a camp of walkers, and the camps are very competitive. For example, the Olympic gold medalist, Daniel Plaza, is coached by Jorge Llopart. Valentin Massana, who was DQ'd at the last moment in Barcelona and was the gold medalist in the World Championships, is coached by Marin. They have others who are not quite as famous yet, but you can

probably guess that they are going at each other hammer and tongs.

The Russians, in particular, could produce a number of outstanding masters walkers if they wanted to. Vladimir Golubnitshi and Semjenov competed in Turku; however, most of the Russians seem to disappear pretty quickly. They either go into administration or simply disappear out the back door. I have always thought that the Russians had a pretty tough regime, and they do some crazy, mad things. Maybe it is the life style they have. For example, Andrey Perlov and Alexandr Potashov finished hand-in-hand in the 1992 World Championships in Tokyo. They crossed the 50K finish line together, although the IAAF gave it to Potashov. Apparently, they did things such as train 30K a day for five or six days, and at the end of each day, managed to knock back half a bottle of vodka each. I think the Russians have lived hard and played hard. Then there is Mikhail Schennikov, world indoor champion three or four times, world Lugano Cup winner twice, and winner of umpteen other awards. He didn't have a particularly good race in Barcelona, and in the days that followed the 20K, whenever I would see him, he was puffing away in a big cloud of capitalist tobacco. I wonder if some of these top Russians have the stomach or the fight to go on, past their ultimate best, into masters competition.

EW: You were commenting that Gary Little seemed to reverse the conventional wisdom about age and distance, and excel in the shorter distances at 50. Yet, on the other hand, I heard that Maurizio Damilano deliberately started walking longer distances, particularly as comparative youngsters like de Benedictis began pushing up.

PW: The conventional wisdom is the same in track and field, generally. The sprinters or the middle distance people always traditionally move up, so that the 1500 meter runner becomes a 5000 meter runner and then maybe a 10,000 meter — even a marathon runner. But the thing about walkers that I have noticed is that at the very top, they are probably likely to be able to walk a 5K as well as a 50K. I have never quite worked out why people such as Ronald Weigel can walk a 5K in 18:43 and still do a 50K in 3:45 at the age of 34. By and large, when walkers are at the very top, they seem to be able to take in stride whatever the distance is.

Damilano announced his retirement at age 36, last September, on a world record 30K time, but the times he set en route to that 30K record were nothing short of outstanding. His 5K, 10K and 20K splits were all excellent. In fact, he set a world best for the 2-hour mark. Considering that he finished the 30K in 2:01, his range is fairly extensive.

I don't think there is much evidence to suggest that walkers do need to move up, unless they are as lazy as I am, and basically can't hack the speed work any longer when it hurts; and it does hurt to go out and do that kind of

Continued on page 11

Don Johnson Dies

In Miyazaki there will tragically be one less recipient of the award for participating in all 10 WAVA World Veterans Championships.

Don Johnson was one of only 24 athletes who had competed in all nine previous World Games. But he died of bone cancer in New Jersey on August 25 at the age of 76.

"The hormone Lupron had brought his P.S.A. blood score back to normal," wrote Alan Wood in *The Master Walker*. But it came back stronger than ever. Leg-swelling and a jump in the score were the first tip-offs, and other symptoms followed. The cancer went to his bones, and he entered the hospital for radiation treatments on August 4. But asthma developed to complicate matters, and in just three weeks he was gone.

"Johnson was one of the most beloved and respected people in our sport. He was quiet and unassuming, to the point that one week before the end, he didn't even want me to print that he was in the hospital."

Johnson was a member of state championship high school track teams in the mid-30s. He was an outstanding middle-distance runner for the Shore Athletic Club.

"He rose to first lieutenant in the Army Air Corps in World War II, navigating dangerous missions in the Pacific," wrote Elliot Denman in *The Asbury Park Press*. "He married, was father to son Greg and daughter Karen, and rose through the civilian ranks at Fort Monmouth, from apprentice instrument maker to full-blown engineer whose concepts contributed much to the success of the U.S. helicopter."

A collapsed lung prompted him to take up walking, and he went on to set age records from the 1500 to 50K.

"He found time, too, to serve as designer and certifier of many of the racing courses so busily used today in the Shore area," Denman wrote.



Don Johnson (#627)
Photo by Al Zacharka

But it was the World Veterans Championships that was his special love, that stirred his competitive juices, that served as his personal Olympics. He won medals, individual and team, at virtually all the World Games.

"Long-time teammate and traveling companion Bob Mimm knew Don as a man who had friends in every corner of the planet," Denman wrote. "Whither he'd wander, virtually every continent included, there would be a 'Hi, Don' from a friendly face."



Denver Smith, receiving 1993 USATF National Decathlon Championships medal, M65 division, from Meet Director John White, Columbus, Ohio.

Photo by Irene Smith

Masters Racewalking

Continued from page 10

hard, hard endeavor. I think if you are lazy, you can move to longer distance better than you can actually travel at speed.

EW: How do you see the masters movement in England?

PW: In England, unfortunately, it is growing. It seems a strange thing to say, doesn't it? But racewalking in England, quite frankly, is at an all time low. It isn't due to lack of effort on the part of the people in charge; although their efforts are limited by the times and emphasis. We desperately need a major success in a major racewalk. I am talking about the Halcyon days of the '60s when people such as Don Thompson were winning gold in Rome, and Paul Nihill, Ken Matthews, and Roger Mills were champions. With these names, racewalking attracted fields of 200 to 300 walkers. Even our top races these days very rarely attract 100. In fact, our top field this year, so far, has been 89 in any one single race. When you compare this to fields of 200 to 300, you can see that things are on an ebb.

One of the problems is that although people have stayed in the sport — and there is a hard, knotty core — these walkers have all become masters; so

that now, the open races often are won by masters without anybody else being in it. A famous race like the Belgrave Seven is an example. This race is held every November, usually the third Saturday. In the past, the winners have been walkers of international caliber leading fields of 200 to 300 walkers. However, in the last race, of the first 15, there were only four people who weren't masters. So the masters thing is quite healthy in Britain, but there isn't the developing talent coming up.

We need to do three things in Britain to promote the sport: (1) We need to channel some effort into producing a major medal winner; (2) We need to have a walk division in the London Marathon, as sixteen million people see the marathon on the Sunday morning in April when it takes place; (3) We need to really push to make a walk part of the League track and field competitions in Britain. League competition is very, very strong. We need to have a 3K or 5K walk as part of a League event.

If two of these three happened, new energy might come into walking. However, at this point, masters walking is quite healthy, but that is not what people would say about the general state of walking in Britain. □

Record Turnout for Decathlon Championships

Continued from page 1

the world records for their respective age groups. Raschker tallied 6031 points to better the current W45 record of 5670 set by F. Kummerle-Volk of Germany in Turku, Finland, in 1991. McDaniels' 4805 points topped the W65 mark of 4499 set by Australia's Gwen Davidson in Eugene in 1989.

A total of 31 individual-event meet records were set, including six by Mulkey, five by Raschker and McDaniels, four by Dan Buckley, 76, of Phoenix, Ore., and three by Claude Hills, 81, of Flourtown, Penn. Raschker's 1.60 high jump is a new W45 WR, while Liz McBlain (45) cleared 1.47 in the high jump for a new W45 Canadian mark.

As successful as this meet appeared, it was nevertheless marred by a horrendous wind and rain storm that caused a two-hour delay on the afternoon of the first day. The wind was so strong and sudden that the accutrack scaffolding was blown over, striking a meet official. Fortunately, her back and foot injuries appear to be healing well.

Next to Mulkey in the decathlon scoring were Dale Lance (55, OK, 7627); Denver Smith (67, OH, 7298); Rex Harvey (47, OH, 7259); Buckley (6938); Ken Ellis (35, OK, 6997); Eddie Eye (33, NE, 6895); and Al Brenda (65, CA, 6809). Behind Raschker and McDaniels was Sande Lambert (35,

TX, 4623).

The meet was hosted by the Wolfpack TC and the Ohio USATF Officials Committee, the same group that conducted the National Indoor T&F Championships in 1989 and 1992.

The site and date of next year's event will be decided at the USATF annual convention in Las Vegas, December 3. □

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Masters Health and Fitness

Nobody is Bulletproof

by JACK BOYD

During August 1990, I was completing my final preparations to compete in the Canadian Masters Track and Field Championships to be held in Montreal. I was feeling fit, for a 56-year-old decathlete. My discus was flying well and my 400-meter time was good, for me.

As I completed the organ donor card on my driver's license, I was thinking that it was quite possible I might be killed trying to drive to Montreal, but someone could get another 50 years use out of my heart. Life is full of surprises.

Awakened from Sleep

At 1:00 a.m. I was awakened from a deep sleep by the discomfort of indigestion. It was bothersome enough that I rose, took two antacid tablets and walked around a bit. When this failed to clear up the problem, I proceeded to do a series of bending and stretching exercises in an attempt to get rid of the gas.

Every time I lay down again, it came back as bad as ever — not a severe pain, just discomfort. I was rather proud of not waking my wife, and I continued exercising until about 5:30 a.m. Finally, the process seemed to have helped; the problem abated, and I was able to sleep for about an hour before going to work.

Having a Heart Attack

Since it is difficult to get a doctor's appointment on short notice, and I was about to leave for Montreal, I popped into the emergency department of a local Sudbury hospital to see if they could give me a more effective medicine for the indigestion. They conducted an EKG and did some bloodwork, then informed me I was having a heart attack. I was admitted to a critical care unit where I spent four days. While the championships were being run, I was lying in my cot with a stop watch in my hand, mentally competing in the six events I had entered.

I had none of the normal factors that make one a candidate for cardiac problems — obesity, smoking, high blood pressure, sedentary lifestyle, diabetes and family history of heart disease. Despite this, subsequent tests showed that for years my system had been silently building up with cholesterol —

two main cardiac arteries were reduced by 50%, another by 80%. A piece of this material flaked off an artery causing a blockage which later cleared by itself, but not before the blood and oxygen supply to the heart was reduced, and I had a grade-3 heart attack. My cardiologist informed me that if I had not been fit, the incident would have happened sooner, would have been more severe, and my recovery would not be so good.

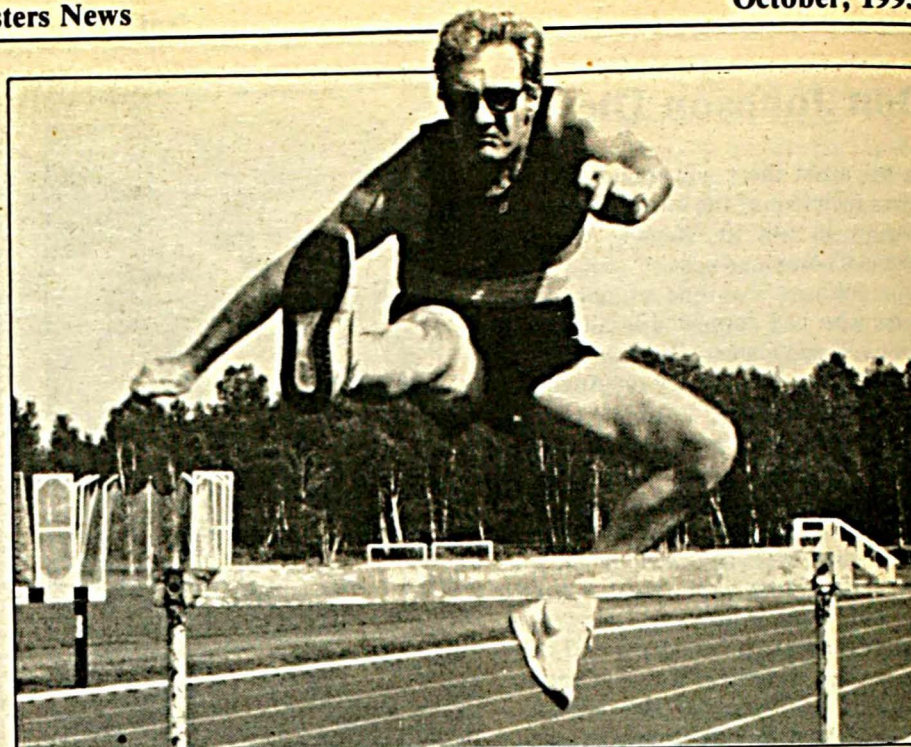
No More Decathlons

What does it mean to have permanent, irreversible damage to the heart muscle? I am not allowed to compete in decathlons any more, no sprints, no explosive events. After a carefully monitored recovery, I am allowed to do light weight training and to jog providing I keep my pulse below 153 beats per minute. I am presently running about 12 to 15 miles per week. I am allowed to compete in the discus and high jump.

I strongly believe in having goals to work towards. Sitting in the critical care unit I made a promise to myself, "I am going to compete at the World Championships in Finland, in some event." In August 1991, I was able to finish a respectable 20th in the discus at the IX World Championships. Last season I won the M55 Canadian Championship in the discus and even had a lifetime personal best at an interclub meet in September 1991. I feel just fine — but then I felt fine before the 1990 seizure happened.

Get Help Immediately

What can you learn from this? If you experience any of these symptoms, get medical help immediately. If a blockage is treated within two hours of its onset, it is quite likely that it can be cleared by medication with no damage to the heart whatsoever. Get a cholesterol check annually and keep track of your results for comparison. Your doctor may be competent, but



Jack Boyd

nobody has as big a stake in your health as you do. Like me, you have to live with your mistakes. Of the 50,000 Canadians who die from heart attacks annually, nearly two thirds never make it to the hospital, choosing to believe that the pain will go away. Sound

familiar? Others accept the possibility of a heart attack, but continue with chores or errands just to "finish up."

Remember the immortal words of Al Capone, "Nobody is bulletproof." He went on to prove it. I did too. Don't you. □

U.S. Ultra Teams Score Well in World Championships

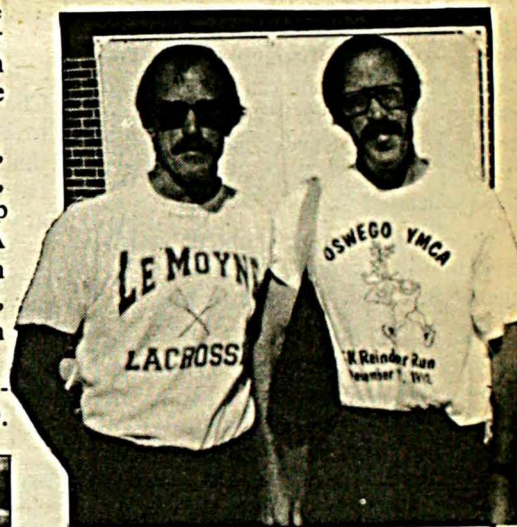
by RUTH ANDERSON

In the 4th IAU 100K World Challenge, Torhout, Belgium, August 7, held under the patronage of the IAAF, U.S. athletes performed their best competitive placings. The women were third of ten national teams; the men fifth of 23.

All six men and six women finished, with Sue Ellen Trapp, 46, Fort Myers, Fla., in 8:17:62, scoring in the top three for the second time on the USA women's team. She was also third in her age group. Debbie Peebles, 41, Tyler, Texas, ran 8:25:36, placing fifth for the team.

Rae Clark, 40, Camino, Calif., placed fifth for the men's team in 7:44:19.

Only one of the 12 team members was under 30 years old.



Double Trouble for officials at East Regionals, Syracuse, NY, July 25. Identical twins Don and Dan Masterson competed in the 800.

Photo by Evelyn White

Mulkey and Raschker

Continued from page 9
92.1%).

• Nick Rose, 41, with a masters win (46:00, 93.8%) in the Utica Boiler-maker 15K.

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George Cohen, M50, sprinting to a 2:14.40 finish in the 800, Trojan Meet, Los Angeles, July 11.

Photo by Jerry Wojcik

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Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

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MASTERS TRACK & FIELD REPORT

by JERRY WOJCIK
Masters T&F Rankings Coordinator

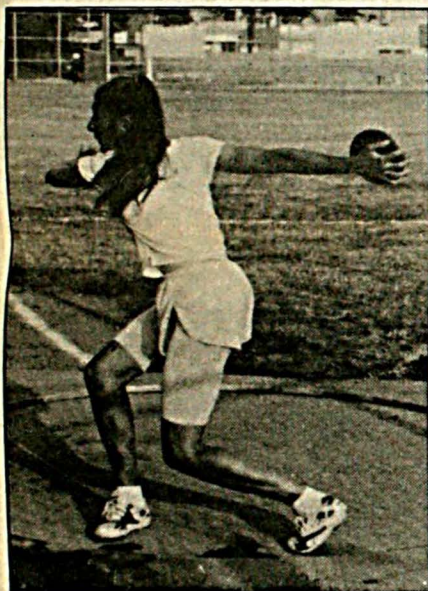
Rankings Report

With the publication of the indoor pole vault in the September issue, all of the rankings for the 1993 indoor season have been printed. The indoor weight marks will be combined with the outdoor throws and published in the 1993 rankings book.

Changes in the 1993 indoor rankings will be published in the December issue.

Compilers for the 1993 outdoor season are listed below. Please forward your best marks, if they were not published in the NMN, after your season is over.

Marks sent to me or the NMN in-



Ranjana Ghose, 42, was the best woman athlete in the Sri Chinmoy Masters Games, Queens, N.Y.

Photo by Adarini

stead of the appropriate compilers will not be forwarded. All marks, including those made in open competition, should have some form of verification. 100, 200, 400, 1500, 5000, 4x100, 4x400 relays:

Larry Patz, RFD #1, Box 435, Con-toocook, NH 03229

800:

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

3000, 10,000:

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

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

LJ:

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

SP:

Sally Polk, P.O. Box 71, Sandia Park, NM 87047

Mile, both hurdles, SC, PV, DT, HT, JT, WT, 56#:

Jerry Wojcik, 240 N. Adams #10, Eugene, OR 97402

Decathlon, heptathlon, pentathlon:

Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124

5000 (track & road) racewalk,

10K & 20K racewalks:

Bev LaVeck, 6633 N.E. Windemere, Seattle, WA 98115. □

Aloha State Games Draw 7000 to Hawaii

by JANE DODS

Despite a problem with sponsorship, the Aloha State Games went on as scheduled and were a great success. This Olympics-style sports festival drew nearly 7000 athletes.

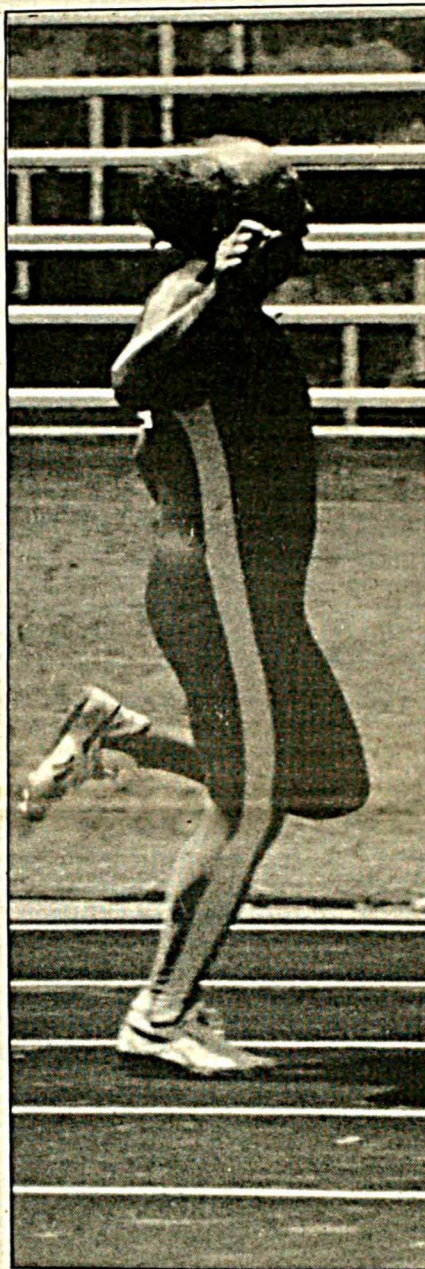
The track and field portion of the games took place June 12-18 at the

University of Hawaii, Manoa. Jack Karbens, the director, was pleased to note the vast majority of the 400+ entrants were over 30 and appeared to thoroughly enjoy the competition.

Excellent marks were recorded in all age-groups. Duncan Macdonald, M50, sped to a 2:04 victory in the 800; the M30 James Ferrigno TC 4 x 400 team tore up the track in 3:25.00; and Steve Feith, M45, racewalked the 3000 in 18:07.5 for a gold medal.

On the women's side, Pat McLachlan, W50, heaved the shot 30-9½ to easily win her division; Robyn Calhoun, W50, sprinted to a 14.54 in the 100; and Adeline Crocker, W80, quickly stepped out to a 29:16.8 in the 3000 racewalk.

The 1994 games are set for June 10-19. □



Tim Murphy, Irving, Texas, won the M70 50m (7.35) and 100 (13.94), at the Senior Games, Kerrville, Texas.

Photo from Tim Murphy

New Jersey Meet Draws Over 200

by SANFORD KALB

More than 200 men and women competed in the New Jersey T&F Championships, June 6, under sunny skies at Monmouth College, West Long Branch. Highlights of the meet included blind athlete Rich Ruffalo, M40, winning the javelin (129-4), and placing third in the shot and discus.

Mike Pascuzzo, M30, high jumped 7-0. Ray Funkhouser, M40, won the 5000 racewalk in 21:39.

Jim Manno, M70, tripled in the dashes. Libby Hagemann, W70, won the hammer throw (21.16), weight, and javelin. □



Peggy Pollack, W30, hit the 52.5 mark in the shot and 147-6 with the discus, Stanford Throws Meet.

Photo by Gary Kelmenson

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The Throwers' Forum

by LARRY STUART

In response to an inquiry from Rod Lamb of Oklahoma City about weight training for throwers:

Weight lifting is not the most important factor when you're a masters athlete, mainly because it's extremely difficult to train your muscle groups as you grow older. If you lifted weights prior to masters competition, you will be a leg up on most masters athletes. However, it's important to do certain weight training exercises to prevent injury while throwing at any level.

1) I recommend sprinting to strengthen your legs and build explosion. I do my sprinting on grass, running criss-crosses at 100 yards. Do what feels good at $\frac{3}{4}$ speed, trying to increase your efforts each sprint.

2) Light-weight reps to stretch muscles rather than build size. Three sets per exercise twice a week is enough. Use a weight that will tire you out at ten to fifteen reps. Don't try to

break your personal best on each exercise, this will happen by itself over a period of workouts. Believe me, you will be surprised.

3) Pullovers from a bench are probably the best overall exercise to build good explosive muscles and stretch muscle groups, which are very important when you're throwing an implement. When I was throwing my best in open competition I was doing pullovers



Sandy and John Tucker, Lexington, Va., after John competed in the M40 division, USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

at over 250 lbs. which explains why I threw 281-11 back in 1971. Don't try that much weight but do lots of pullovers, and you will improve greatly.

To have good rhythm and explosion is very important, and to accomplish this you need to be very flexible. This is something very rare in most throwers. I would concentrate on building flexibility and explosion. Most people equate long throws with large size and strength. However, flexibility and arm speed are the factors which separate the good throwers.

I hope this will give you a different slant on your weight training efforts.

✻

(Larry Stuart won the 1993 USA National Masters M55 javelin in Provo with a throw of 59.34 meters (194-8). He holds the world javelin record for M55 (63.74 in 1993), M50 (65.76 in 1988), and M45 (72.80 in 1984). He lives and trains in El Toro, Calif.)



Sid Wing, M60, finishing the 800 in 2:20.69, Trojan Meet, Los Angeles.

Photo by Jerry Wojcik



Suzie Kluttz was top W55 in 1:40:22 in the Parkersburg Half-Marathon.



Malcolm Gillis was top M60 in 1:23:07 in the Parkersburg Half-Marathon.

Grayson Repeats Win

Sayre Beats Kurtis in Parkersburg

by JERRY WOJCIK

Ric Sayre, 40, Ashland, Ore., handed Doug Kurtis, 41, a rare (for Kurtis) masters defeat in the Parkersburg Half-Marathon, Parkersburg, W. Va., on August 15. Sayre ran a 1:06:41, one second over Gary Romesser's 1992 masters course record, for an easy win. Kurtis, Northville, Mich., finished in 1:09:00, 40 seconds better than his fourth-place masters time last year.

Earl Owens, 43, Dunwoody, Ga., was third in 1:10:36. Fay Bradley, 55, Washington, D.C., won the M55 race with a sparkling 1:21:17.

In the W40+ race, Nancy Grayson, 43, Northville, Mich., retained her title with a 1:20:32, over a minute slower than her 1992 time of 1:19:17.

Catherine Lempesis, fourth in 1992, moved up two places for second with a 1:23:22. Suzie Kluttz, 56, Winston-Salem, N.C., ran a 1:40:22 to win the W55 contest by 17 seconds.

Sayre and Grayson both collected \$1000. Camden-Clark Memorial Hospital served as the coordinating sponsor, as it has since 1987. Dorsey Cheuvront, Jr., was the race director. The weather at the 8 a.m. start was sunny and 70°. □

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Nationals Age-Graded

by PHIL MULKEY

How would the "Best of the Best" fare in direct competition with one another? Age-grading results show just that. The purpose of age-grading is to level the playing field (or running, jumping and throwing areas) so that all performers are brought to a common factor that allows us to compare any age performance against all others of any age.

It can show how the marks of some of the great men and women competing in the upper age brackets are able to out-perform many of the seemingly "superior" performances of the younger set. It offers a system of fairness for recognition in all perfor-

mances on a level with today's top nationally and internationally ranked open athletes.

We picked the top six in each event. There was only one double winner, Don Denoon, M50, who won both walks — and by big margins. Decathlete Phil Mulkey, M60, didn't win any one event but did take three silvers and ended up placing in the top six in eight events. In fact, only three gold medal winners were able to place in more than two events (Stan Whitley, M45; Marion Sanchez, M60; and Jim Law, M65).

It was a great "paper" competition with many of the events being extremely close, while others were won by incredibly broad margins. And unless we do age-grading, appearances can fool

us. Take a look at the high jump. Former Olympian, Doug Nordquist, M30, a one-time 7-9 jumper, cleared a beautiful 6-11. He didn't even qualify for the top six. James Barrineau, M35, cleared a terrific 7-0. He didn't beat Jim Gilchrist, M65, who jumped 5-4. In fact, it wasn't even close. Barrineau, a previous 7-5 jumper, was graded at 7-5. Gilchrist's effort was graded at 7-9, 97.9% of "perfect." It was the second highest single-event percentage of the meet and enabled him to beat his closest opponent by 3.7%, or a four inch margin. Will Nordquist and Barrineau be able to jump as high as Gilchrist at his age? I can't say. However, they have another thirty years to practice.

Want to know who are the best

hurdles and sprinters in the Nation? The best jumpers and throwers? The best distance runners and walkers? Read on.

Who had the toughest time winning? Three of the contests went to margins of less than 1/10th of one percent. M45 Druckrey barely squeaked by M60 Mulkey in the high hurdles (2/100th of a second). M65 Law stayed ahead of M45 Whitley in the 200 by 3/100th. M40 Popejoy outlasted M40 Spinney in the 1500 by only 3/10 seconds.

Some of the athletes were so dominant in their event that winning was not a problem. M50 Burke out-hammered M60 Thompson by almost 40 feet (15.4%). Pole vaulter M45

Continued on page 31

1993 AGE-GRADED NATIONAL USATF MASTERS CHAMPIONSHIPS - PROVO, UTAH

100
:10.29 STAN WHITLEY (M45)
:10.34 Bill Collins (M40)
:10.41 Steve Robbins (M50)
:10.58 Bill Weinacht (M75)
:10.65 Jim Law (M65)
:10.68 Marion Sanchez (M60)

200
:20.36 *JIM LAW (M65)
:20.39 *Stan Whitley (M45)
:20.41 *Stan Druckrey (M45)
:20.65 Bill Collins (M40)
:20.77 Bill Weinacht (M75)
:21.03 Ben James (M35)

400
:44.37 *JIM MATHIS (M55)
:44.53 *Stan Whitley (M45)
:45.19 Chuck Sochor (M65)
:45.58 Jim Law (M65)
:45.59 Fred Sowerby (M40)
:45.81 Ed Small (M55)

800
:1:47.21 RALPH MILLER (M60)
:1:47.64 Ken Popejoy (M40)
:1:48.27 Nolan Smith (M40)
:1:49.99 Sid Wing (M60)
:1:50.37 Vic Heckler (M50)
:1:50.70 Fred Sowerby (M40)

1500
:3:46.27 KEN POPEJOY (M40)
:3:46.57 Ed Spinney (M40)
:3:51.16 Nolan Smith (M40)
:3:54.16 Paul Hertzman (M60)
:3:54.31 Ralph Miller (M60)
:3:54.62 Joe King (M65)

5000
:14:48.65 RIC ROJAS (M40)
:14:58.70 Vic Heckler (M50)
:15:13.51 Norman Roper (M35)
:15:14.27 John Brennand (M55)
:15:19.12 Joe King (M65)
:15:31.47 Darrell Natter (M55)

10,000
:31:12.71 BEN BROCHWELL (M45)
:31:20.77 Charles Williams (M60)
:31:43.14 John Brennand (M55)
:31:54.44 David Pitkethly (M55)
:32:03.66 Norman Roper (M35)
:32:47.58 Brian Fernie (M55)

Steeplechase
:8:49.24 DAN BUCKLEY (M75)
:9:39.57 Ian Cumming (M40)
:9:54.09 Avery Bryant (M65)
:10:10.01 Mike Persak (M50)
:10:15.27 Jim Bevins (M55)
:10:21.07 Syve Ottaway (M40)

High Hurdles
:13.36 *STAN DRUCKREY (M45)
:13.38 *Phil Mulkey (M60)
:13.67 Colin Williams (M40)
:13.84 Clarence Trinkner (M60)
:13.91 Marion Sanchez (M60)
:14.11 Chuck Miller (M55)

Intermediate Hurdles
:48.02 *MARION SANCHEZ (M60)
:48.35 *Dan Buckley (M75)
:48.51 *Stan Druckrey (M45)
:48.62 *Chuck Sochor (M65)
:50.19 Lee Blount (M60)
:50.96 Phil Mulkey (M60)

High Jump
:7-9 1/2 *JIM GILCHRIST (M65)
:7-5 1/2 *James Baurineau (M35)
:7-2 1/2 Phil Fehlen (M55)
:7-2 1/2 Brady Walker (M70)
:7-2 Phil Mulkey (M60)
:7-2 Richard Richardson (M60)

Pole Vault
:18-7 1/2 *GREG MIGUEL (M45)
:16-7 1/2 Tom Rauscher (M45)
:16-7 Gary Hunter (M35)
:16-7 Robert Olsen (M35)
:16-5 1/2 Paul Babbitts (M30)
:16-5 1/2 Phil Mulkey (M60)

Long Jump
:26-6 1/2 *MEL LARSEN (M65)
:24-11 1/2 Richard Thomas (M40)
:24-8 1/2 Ed Lukens (M70)
:24-5 1/2 Phil Mulkey (M60)
:24-2 Ken Medley (M50)
:24-2 Ed Jones (M45)

Triple Jump
:54-9 1/2 ED LUKENS (M70)
:51-0 1/2 Phil Mulkey (M60)
:49-4 Mike Lariza (M35)
:48-7 1/2 Ken Winters (M50)
:48-7 1/2 Joe Smith (M35)
:48-4 1/2 Charles Obye (M70)

Shot Put
:61-4 JOE KESHMIRI (M55)
:58-5 1/2 Phil Mulkey (M60)
:55-7 Wendell Palmer (M60)
:53-9 Ray Feick (M60)
:53-4 1/2 Len Olsen (M60)
:52-7 1/2 Jim Hart (M55)

Discus
:208-9 *LLOYD HIGGINS (M50)
:208-0 *Wendell Palmer (M60)
:192-8 Joe Keshmiri (M55)
:186-2 Phil Mulkey (M60)
:174-2 Glenn Passey (M50)
:173-11 Larry Pratt (M50)

Hammer
:243-6 *TOM GAGE (M50)
:204-5 Stew Thompson (M60)
:191-2 Bill McWilliams (M55)
:188-9 Tom McDermott (M75)
:180-10 Jim Minah (M70)
:175-8 Wendell Palmer (M60)

Javelin
:299-10 *LARRY STUART (M55)
:281-3 *Del Pickarts (M65)
:264-0 *Ralph Roylance (M65)
:246-6 *Bill Duckworth (M55)
:245-11 *Jack Shields (M60)
:244-3 *Ed Morland (M45)

5K Walk
:20:23.13 DON DENOON (M50)
:21:32.27 Jack Bray (M60)
:21:50.47 Max Green (M60)
:21:54.32 Jim Cummins (M50)
:22:29.55 Al Sturni (M70)
:22:54.36 Vic Snipes (M50)

20K Walk
:1:25:41 *DON DENOON (M50)
:1:33:48 Max Green (M60)
:1:34:03 Jack Bray (M60)
:1:38:49 Robert Mimm (M65)
:1:41:16 Don Gladding (M70)
:1:41:56 Paul Johnson (M55)

*Would have placed in top six in USATF Open National T&F Championships in Eugene

NATIONAL OUTDOOR	AGE	ACT. PERF.	AGE GR. %	AGE GRAD
100 METER DASH				
Phil Raschker	45	12.85	91.83%	11.74
Irene Thompson	35	12.94	86.57	12.45
Lorraine Tucker	45	13.66	86.38	12.48
Deby Swezey	40	13.35	86.07	12.52
Louise Clark	35	13.07	85.85	12.56
Donna Settles	40	13.54	84.86	12.70

200 METER DASH				
Phil Raschker	45	26.81	90.12	23.94
Donna Settles	40	26.95	86.68	24.90
Irene Obera	55	30.23	86.24	25.02
Irene Thompson	35	26.86	84.25	25.61
Carolyn Cappetta	55	31.19	83.58	25.82
Lorraine Tucker	45	28.96	83.43	25.86

400 METER DASH				
Carolyn Cappetta	55	68.82	87.52	54.65
Deedee Grafius	40	60.57	86.81	55.10
Theresa Haynes	35	58.25	86.80	55.10
Donna Settles	40	60.85	86.41	55.36
Donna Nielsen	35	60.42	83.68	57.16
Irene Thompson	35	60.68	83.32	57.40

800 METER RUN				
Linda Upton	50	2:32.12	86.95	2:09.86
Deedee Grafius	40	2:21.75	86.47	2:10.59
Rae Baymiller	50	2:33.28	86.29	2:10.86
Cathy Love	35	2:17.64	86.07	2:11.20
Joan Sterrett	35	2:17.74	86.00	2:11.29
Linda Mantynen	45	2:27.97	85.91	2:11.44

1500 METER RUN				
Linda Mantynen	45	5:06.99	84.82	4:34.08
Ruth Nalepa	50	5:20.52	84.54	4:35.01
Rae Baymiller	50	5:20.65	84.51	4:35.12
Linda Upton	50	5:21.51	84.28	4:35.86
Diane Palmason	55	5:40.35	83.46	4:38.58
Deedee Grafius	40	5:01.66	83.23	4:39.34

5000 METER RUN				
Ruth Nalepa	50	20:00.16	82.74	17:22.22
Louise Adams	70	25:27.00	81.66	17:35.31
Janet Jordan	40	19:33.57	78.39	18:19.99
Sarah Babbitt	55	23:44.99	72.98	19:40.60
Mimi Baranowski	45	21:51.30	72.75	19:45.02
Thelma Wilson	60	25:29.25	71.87	19:59.24

10000 METER RUN				
Janet Jordan	40	39:41.83	80.32	37:12.49
Debbie Hanson	35	39:36.44	77.81	38:24.20
Kim Ruppert	35	40:47.32	75.55	39:32.92
Mimi Baranowski	45	44:54.34	73.64	40:34.88
Thelma Wilson	60	52:02.89	73.20	40:48.97
Evelyn Zerfoss	55	51:03.53	70.70	42:18.13

100/80 METER HURDLES				
Phil Raschker (Pent)	45	12.32	90.10	13.60
Deby Swezey	40	11.78	89.81	13.66
Michael Hill	45	15.08	73.61	16.65
Christel Miller (Pt)	55	16.56	73.19	16.74
Irene Thompson	35	18.19	70.92	17.27
Marlene Sachs (Pent)	45	15.89	69.86	17.54

400/300 METER HURDLES				
Leonore McDaniels	65	74.28	76.17	69.53
Carol Asam	30	77.51	70.13	75.48
Ann Carter	50	68.11	68.58	77.17
Debbie Stiles	40	86.22	68.55	77.22
Julie Seely	30	80.24	67.75	78.14

2000 METER STEEPLECHASE				
Kim Ruppert	35	8:20.58	75.93	7:54.10
Cheryl Kincaide	40	15:03.39	44.64	13:26.37

LONG JUMP				
Phil Raschker (Pent)	45	17'07"	88.03	21'05.5"
Mavis Lorenz	65	12'06"	83.37	20'04.5"
Leonore McDaniels	65	12'02.5"	81.40	19'11"
Deby Swezey	40	16'03.75"	76.19	18'07.5"
Lorraine Tucker	45	14'06"	72.46	17'08.5"
Margaret Hinton	70	9'09.75"	70.69	17'03.5"

TRIPLE JUMP				
Phil Raschker	45	35'05.25"	88.82	43'05"
Leonore McDaniels	65	24'11.25"	83.98	41'01"
Joann Grissom	55	26'02.25"	75.71	37'00.25"
Lucy Anne Brobat	60	22'07"	70.35	34'04.75"
Sarah Boslaugh	35	31'09.5"	70.32	34'04.25"
Josephine Sullivan	65	19'09"	66.52	32'06.25"

HIGH JUMP				
Leonore McDaniels	65	4'01.5"	95.45	6'06.25"
Phil Raschker (Pen)	45	5'03"	93.02	6'04.25"
Christel Miller	55	4'01.5"	83.44	5'08.5"
Margaret Hinton	70	3'03.75"	82.11	5'07.25"
Michael Hill	45	4'04.25"	77.33	5'03.75"
Johnnie Valien	65	3'03.75"	76.52	5'03"
Josephine Sullivan	65	3'03.75"	76.52	5'03"

POLE VAULT				
Phil Raschker	45	9'10"	103.81	12'04.5"
Leonore McDaniels	65	5'03"	76.19	9'01"
Barbara Stewart	50	6'02.75"	70.90	8'05.5"
Lucy Anne Brobat	60	4'09"	61.70	7'07"
Shirley Kinsey	60	3'07.25	46.81	5'08.75

SHOT PUT				
Joann Grissom	55	39'10.5"	84.38	54'2.5"
Bernice Holland	65	26'05.75"	69.27	44'06"
Joan Stratton	40	36'07.5"	66.39	42'08"
Margaret Hinton	70	22'04.25"	65.04	41'09.25"
Lurline Struppeck	45	31'03.25"	61.80	39'08.5"
Karen Huff	50	32'03"	61.75	39'08"

DISCUS				
Carol Finsrud	35	159'08"	78.55	170'01"
Janet Wilson	40	144'07"	75.57	163'07"
Monette Branson	40	143'04"	74.92	162'02"
Bernice Holland	65	77'02"	61.65	133'05"
Joan Stratton	40	113'05"	59.31	128'05"
Joann Grissom	55	88'00"	58.11	125'09"

JAVELIN				
Mavis Lorenz	65	86'04"	83.58	181'03"
Bernice Holland	65	82'09"	80.09	173'09"
Lurline Struppeck	45	114'05"	77.29	167'07"
Christel Miller	55	94'10"	73.00	158'04"
Karen Huff	50	105'06"	72.96	158'03"
Lorraine Tucker	45	96'05"	65.15	141'03"

HAMMER				
Joan Stratton	40	128'09"	76.19	149'11"
Brenda Bloomfield	50	114'01"	73.62	144'10"
Joann Grissom	55	99'01"	70.98	139'08"
Betty Jarvis	75	59'6.25"	66.20	130'04"
Sal Polk	60	81'03"	64.84	127'07"
Anne Cirulnick	55	78'06.5"	56.26	110'08"

5000 METER WALK				
Sally Richards-Kerr	40	24:52.14	89.07	23:28.88
Joann Nedelco	50	27:43.58	85.42	24:29.77
Ruth Eberle	60	30:21.04	84.73	24:41.05
Elton Richardson	50	28:22.63	83.46	25:04.27
Donna Cunningham	45	27:33.96	82.95	25:13.54
Cindy Paffumi	35	26:33.09	81.16	25:46.57

10000 METER WALK				
Sally Richards-Kerr	40	50:50.00	88.46	48:17.50
Ruth Eberle	60	61:50.00	84.45	50:36.26
Joann Nedelco	50	57:06.00	84.18	50:45.71
Elton Richardson	50	57:21.00	83.81	50:59.05
Gayle Johnson	40	53:45.00	83.66	51:03.75
Donna Cunningham	45	55:40.0	83.38	51:15.14



SPEAKER'S CORNER

by REX HARVEY,
USATF Masters Multi-Event Coordinator

Pentathlon Should Be a Priority

The outdoor pentathlon is an increasingly popular event. Its mix of events allows a "different" type of athlete to excel compared to other multi-events. For many years, it was held in conjunction with the national masters outdoor championships. But an experiment in the mid-80s broke it out as a separate championship.

It was moderately successful, but many participants lobbied for it to be placed back with the outdoor championships. The main reasons were so they could travel less and also so they could participate in the rest of the meet activities. This is possible because the pentathlon is not as exhausting as the decathlon/heptathlon which remain a separate championship.

These participants were even willing to spend an extra day to get the two back together. So, in 1989, the pentathlon was again added to the permanent outdoor championship schedule. It was placed on its own day (usually Thursday) ahead of the rest of the meet (usually Friday, Saturday, and Sunday) to ensure that it did not interfere with the rest of the meet, and so it could serve as a good tune-up for officials and administrators.

Takes 12 Hours Now

In the five years since, other events have been creeping back into the pentathlon day. In fact, so many events have been sneaked back in that it now takes over 12 hours to complete the pentathlon.

This is unacceptable. We are killing off performances, interest, and possibly even people when 80-year-olds are kept out in the sun for that long.

Officials are also being overworked. The first day of a meet should be a "break-in" period for officials, not a "kill-off" period with three long days still in front of them.

Some people are even getting the idea that the pentathlon is interfering with the other events when, of course, the exact opposite is true.

Track is Free

The pentathlon uses the track relatively little (men: 200 and 1500; women: hurdles and 800). So it's free most of the time for preliminary or other events. However, the philosophy must be that the multi-events have strict priority over all other events, not because they are more important, but because they must be done in order. Any delays build on each other all through the day. Some people went six hours this year without completing two

events.

Multi-event heats and flights tend to be small; specialist heats and flights tend to be large. It's better to have a specialist wait a half-hour once in the day than to have the multi-eventer wait an hour several times.

Certain field events do not interfere much with the pentathlons. Only women (usually only about 10 people) shot put and high jump so those areas are empty most of the day. Pole vault pits are empty all day unless they share long jump runways, which is often the case.

Hammer Not Compatible

The hammer throw is not compatible with the pentathlon. It is usually thrown from the same rings as the discus. And even when it's not, the landing areas are sometimes common with the discus or javelin, and sometimes both.

This year's meet director stated in the athletes' meeting that the problem causing the pentathlon to run long was caused by 35 or 40 more participants than he had planned for. This was a little surprising, because there was actually only one more participant than last year. In Spokane, there were 63 men and seven women. In Provo, 62 men and nine women.

The men's numbers should remain fairly constant, while the women's numbers should slowly increase.

Multi-events, being the "ultimate test," are very popular with more and more participants. Let us, please, conduct those competitions as quickly and efficiently as possible in order to give those participants a chance to perform as well as possible.

Specialists would not expect, and would not tolerate, repeated delays in the middle of their competitions. Multi-eventers certainly feel the same way.

The "pentathlon" day of the national championships would welcome other events if it would help out the meet schedule, but not at the cost of many extra draining hours on the track. It is too hard on both athletes and officials. □

Pikes Peak Ascent and Marathon Draws 2600

by JANE DODS

The faithful, plus a few newcomers, once again converged on Manitou Springs, Colo., on August 20-21 for the 38th annual assault on Pikes Peak.

The 13.4 mile ascent, which took place on Saturday, drew 1800 runners. The 60-65° temperature at the start cooled significantly to a wind-chilled 35° at the 14,110-foot summit. Dennis Fowler, 42, Sandy, Utah, was the first master to reach the top in 2:38:12. Virginia Egger, 40, Telluride, Colo., led the women up the hill in 3:00:22. A fine age-division performance (3:18:12) was recorded by Dale Goering, 63, of Santa Fe, N.M.

The 26.2-mile marathon on Sunday drew 800 runners (up from 13 in 1956). Leading the masters men in this brutal round-trip was Jerry Martinez, 42, Velarde, N.M. (4:09:24). On the women's side, Deborah Wagner, 42, Droper, Utah, was the victor in 4:54:31. An exceptional performance was also turned in by Verne Carlson, 60, Boulder, Colo. (4:56:51). □



Liz Szawloski, Marblehead, Mass., W60 1500 (6:21.92), USATF National Masters Championships, Provo, Utah, August 11.14.

Photo by Jerry Wojcik



New USA Track & Field Warm-up--Content: Shell: color panels 100% nylon, white panels 100% polyester taffeta. Lined: 65% polyester/35% cotton thermal jersey. Profile: Lined, full-zip jacket with USA zipper pull, striped rib-knit collar, cuffs, and waistband, zippered side pockets, USA Track & Field graphic treatments on the back and chest, and an embroidered NIKE corporate logo in the chest. Lined, pull-on pant with rib cuffs, leg zips, and zippered side pockets. md-xl.....\$149.00 \$125.00
Team USA Sweatshirts--embroidered USA logo, sm & lg only.....\$60.00 \$39.00
Team USA Caps--white, adjustable.....\$12.00 1/\$9.50 2/\$17.50 3/\$25.50
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THROWN FREE

--by William Oscar Johnson
and Anita Verschoth with Wolfgang Schmidt
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10th WAVA Championships Number of Participants by Country

EUROPE:	Men	Women	Total
1 Austria	12	8	20
2 Belgium	10	9	19
3 Belarus	4	1	5
4 Croatia	2	0	2
5 Czech Republic	20	2	22
6 Denmark	12	3	15
7 Estonia	7	6	13
8 Finland	69	18	87
9 France	38	9	47
10 Germany	211	105	316
11 Great Britain	85	39	124
12 Greece	27	2	29
13 Hungary	18	9	27
14 Iceland	1	0	1
15 Ireland	12	5	17
16 Italy	40	10	50
17 Latvia	11	1	12
18 Moldavia	0	1	1
19 Netherlands	8	9	17
20 Norway	22	9	31
21 Poland	12	3	15
22 Portugal	33	1	34
23 Romania	1	0	1
24 Russia	42	9	51
25 Slovakia	1	3	4
26 Slovenia	8	3	11
27 Spain	15	5	20
28 Sweden	32	22	54
29 Switzerland	26	9	35
30 Turkey	5	2	7
31 Ukraine	5	0	5
Total	789	303	1092

AFRICA:	Men	Women	Total
1 Cape Verde	1	0	1
2 Congo	1	0	1
3 Ghana	1	0	1
4 Kenya	2	0	2
5 Namibia	0	1	1
6 Nigeria	1	0	1
7 South Africa	49	34	83
Total	55	35	90

NORTH AMERICA:	Men	Women	Total
1 Canada	37	23	60
2 Dominican Rep.	1	0	1
3 El Salvador	0	1	1
4 Mexico	27	12	39
5 Puerto Rico	3	0	3
6 Trinidad/Tob.	1	0	1
7 USA	229	84	313
Total	298	120	418

SOUTH AMERICA:	Men	Women	Total
1 Argentina	7	11	18
2 Bolivia	0	2	2
3 Brazil	62	42	104
4 Chile	15	6	21
5 Colombia	3	5	8
6 Guyana	5	0	5
7 Peru	1	0	1
8 Uruguay	1	0	1
Total	94	66	160

ASIA:	Men	Women	Total
1 Brunei	4	0	4
2 China	13	6	19
3 Hong Kong	15	12	27
4 India	131	44	175
5 Indonesia	6	12	18
6 Israel	4	2	6
7 Japan	8130	1542	9672
8 Kazakhstan	1	0	1
9 Korea	34	6	40
10 Malaysia	12	2	14
11 Maldives	2	0	2
12 Mongolia	1	1	2
13 Philippines	0	4	4
14 Singapore	19	4	23
15 Sri Lanka	16	0	16
16 Taiwan	74	16	90
17 Thailand	1	0	1
18 Uzbekistan	2	1	3
19 Unknown	2	0	2
Total	8467	1652	10119

OCEANIA:	Men	Women	Total
1 Australia	102	50	152
2 Guam	1	2	3
3 New Zealand	36	29	65
4 Noumea	1	0	1
5 Tonga	1	0	1
Total	141	81	222
77 TOTALS	9845	2257	12102



0 Months To Go Countdown to Miyazaki

12,102 to Compete in Japan

Continued from page 1

3) Kenji Kinishara (52, Japan) in the marathon. Kinishara competed in three Olympic marathons (1964; 1968, when he won the silver medal; and 1972).

4) Yekeshi So (40, Japan) in the marathon. So ran two Olympic marathons (1980 and 1984, when he was fourth).

5) Juri Tararak (47, Estonia) in the high jump, in which he won the 1972 gold in Munich.

6) Tatyana Kazankina (41, Russia) in the 1500. She won gold medals in 1976 (800, 1500) and 1980 (1500). She still holds the official women's world records at 1500 (3:52.47 in 1980) and 3000 (8:22.62 in 1984). (Two Chinese women, Qu Yunxia and Wang Junxia, bettered those marks, respectively, in China last month.)

Camaraderie

While the competition is the reason for the whole affair, the best experience for most participants in Miyazaki will be meeting and making friends with people from all over the world. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year, they will be staged by the X World Veterans Champion-

ships Organizing Committee, under the leadership of Miyazaki's Governor Suketaka Matsukata, Meet Director Hidenori Kawasaki, General Affairs Director Shoichi Chuman, and hundreds of other government officials and volunteers from the Miyazaki community.

"We are literally working day and night, seven days a week, to ensure the meet's success," said Chuman.

A press conference was held on September 7 to announce the total entries, competing Olympians, and other highlights of the Games.

Miyazaki is gearing up for the biggest gathering of tourists in its history. Many activities have been planned with the veterans in mind.

Lighting 'the Flame

On October 8, the Veterans' Flame will be lit in Heiwadal Park. Traditional Japanese spectacles such as NOH plays and Yogagura (a sacred dance performed in Miyazaki) will be held.

Optional sightseeing tours are available to introduce various aspects of Miyazaki.

"We hope to entertain the athletes while exposing them to Japanese culture," Kawasaki said.

The Championships are the first to be held in Asia.

"Miyazaki prides itself in offering some of Japan's best tourist attractions," said Matsukata. "The world's largest 'ocean dome' has recently opened. We are confident that participants

will be able to enjoy the resort and tourist attractions between their competitions."

Facilities

The track and field events, 5K racewalk, and the finish of the marathon will be staged in Miyazaki Sports Park, a 15-minute ride from downtown. The main stadium can accommodate 31,000. Next to it is a 300-meter cinder practice track; next to that is a throwing field. A few minutes walk away is a new 400-meter track, built especially for this event.

Thus, all the track and field action will be within the Park, creating a wonderfully festive atmosphere. The marathon will begin downtown, wind through the city and continue on a flat, traffic-free road along the Pacific Ocean. The cross-country will be held in Saito City, a 40-minute ride from Miyazaki City. Runners will complete two loops of a 5K course set in a hilly park. There are some 350 meters of road in each lap, so runners are advised not to wear spikes.

The road walk course will be a 2.5K circuit on a flat road along the coast.

Transportation

Free shuttle buses will transport athletes and their families from the Park to the downtown hotel area. On October 4, 5, and 6, a free shuttle bus will make four return trips between Miyazaki Airport and the city center. Miyazaki also has good public bus and train systems which can be used.

Interpreters

More than 500 volunteer interpreters have been trained in English, French, Spanish, and German. In addition, a force of professional interpreters will be on hand to help with any language difficulties that may arise.

Opening Ceremony

More than 15,000 are expected to attend the opening ceremony, which will include a 100-member brass band, a 600-member women's choir, a Usutaiko Dance performed by 500 elementary school children, and marching by 200 high school students.

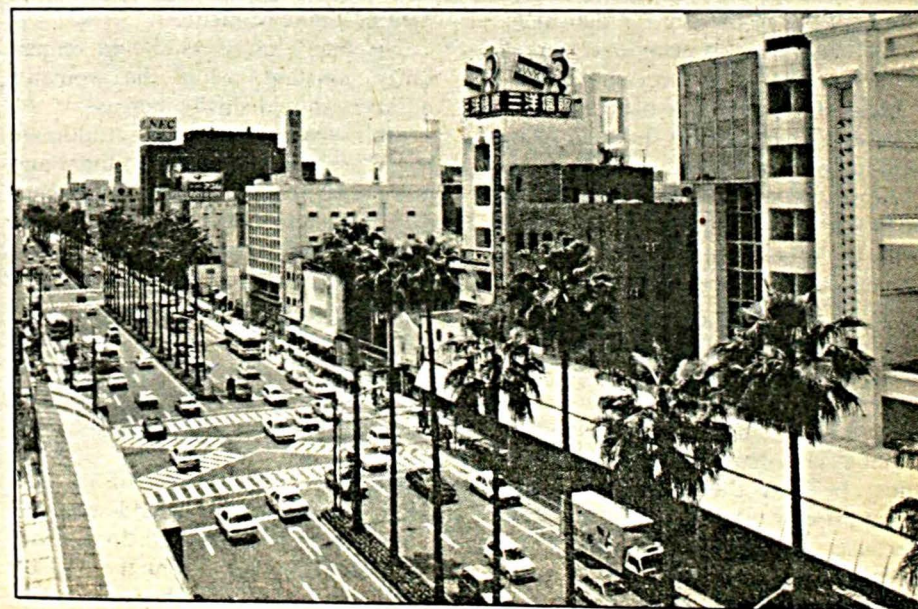
Special Awards

A special award will be given to

Continued on page 19

Competition Schedule

Oct. 7 (Thur.)	Decathlon, Heptathlon, 10,000 m
8 (Fri.)	Decathlon, Heptathlon, 10,000 m Celebration of the Lighting of the Veterans' Flame
9 (Sat.)	Track & Field Competition, Opening Ceremony
10 (Sun.)	Track & Field Competition, Cross-Country
11 (Mon.)	Track & Field Competition, Road Walk
12 (Tue.)	Non-Competition Day Regional Meeting Women's General Meeting Stadia and Non-Stadia Committee Meetings
13 (Wed.)	Track & Field Competition
14 (Thur.)	Non-Competition Day WAVA General Assembly
15 (Fri.)	Track Competition
16 (Sat.)	Track Competition, Party
17 (Sun.)	Relays Marathon Closing Ceremony



Tachibana-dori is the main street in Miyazaki City. A green-belt of Washington Palms surrounds the department stores, specialty shops, and souvenir stands which form the biggest shopping center in Miyazaki Prefecture.

WAVA Amendments Proposed

Following are proposed amendments to the WAVA Constitution and By-Laws. The WAVA General Assembly will vote on these amendments in Miyazaki on October 14.

(The number of the section in the Constitution to which the amendment applies is listed on the left.)

Voting cards will be distributed for the Constitutional Amendments. Voting on by-laws will be done by voice or hand vote.

Proposed Amendments to WAVA Constitution:

4D. Requires a two-thirds vote to amend the Constitution.

4H. Prohibits a defeated motion from being reintroduced at the next Assembly.

4J. Prohibits anyone found guilty of any offense under by-law 7 from serving as a delegate during the suspension period.

4K. Permits substitutes for regional delegates upon written verification from the regional president.

4L. Clarifies voting eligibility. Each delegate of an affiliate shall be a member of that affiliate. There shall be no proxy voting.

5. Changes Council quorum from five to nine members.

8B. Limits voting in Women's Meeting to actual delegates.

9. Adds to standing committees: 1) Organizing Advisory Committee; 2) Law and Legislation Committee; 3) Doping Committee.

9a. Moves Records Committee language to By-Laws; changes number of members from three to 10.

Other proposals:

1) Adopt the weight pentathlon as an official event beginning in 1994 — hammer, shot, discus, javelin, heavy weight.

2) Hold 20K road racewalking championships for men and women in the WAVA Non-Stadia Championships, and eliminate road walk from Stadia Championships; a British proposal would change the men's distance to 30K.

3) Hold cross-country championships, now held with Stadia championships, with IAAF championships. Proposed distances: men 10K; women 7K.

4) Determine an athlete's age by year of birth, rather than by date of birth.

Championship Sites

Also to be decided at the General Assembly will be the sites for the 1995 and 1997 WAVA Stadia Championships, and the 1994 and 1996 WAVA Non-Stadia Championships.

Bidding for the 1995 event are Buffalo (USA), Malmo (Sweden), and Durban (South Africa). Bidding for 1997 will be the two losers from 1995, plus Concepcion (Chile) and Kuala Lumpur (Malaysia).

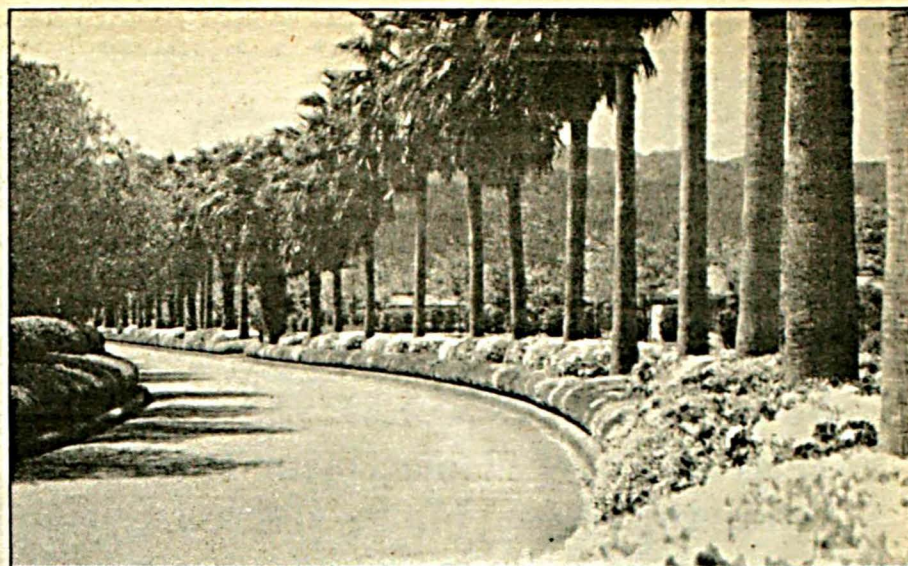
Toronto (Canada) and Brugge (Belgium) will each bid unopposed for the 1994 and 1996 Championships, respectively.

Election of Officers

Elections will be held for two offices: President, where incumbent Cesare Beccalli (Italy) is being challenged by Owen Flaherty (Great Britain); and Vice President, Stadia, where incumbent Bill Taylor (Great Britain) is being opposed by Vadim Marshev (Russia).

The other four incumbents, Bob Fine (Executive Vice-President), Jacques Serruys (Vice-President, Non-Stadia), Torsten Carlius (Secretary), and Al Sheahen (Treasurer), are running unopposed.

One other election will be held. The Women's Delegate will be selected at the Women's Meeting on October 12. □



In Miyazaki Sports Park, the different heights of trees supposedly show the musical scale of the Prefectural anthem. Under the palms, azaleas bloom.

Countdown to Miyazaki

Continued from page 18

athletes who have participated in all 10 World Veterans Championships.

Cafeteria

A cafeteria will be set up in the Park, offering meals to athletes and the public.

Farewell Party

A farewell party will be held on Saturday, October 16 at the Miyazaki Kanko Hotel — all you can eat and drink for 3000 yen (US \$28) — featuring Shishimai, a Japanese lion dance.

Publicity

During the event, an amateur radio room will be set up at the Park, so that information can be broadcast both inside and outside Japan.

Medical Aid

All costs of medical treatment received in Japan must be borne by athletes, themselves, excluding treatment received at the first aid stations in the Sports Park.

U.S. Team Meetings

U.S. Team Manager, Sandy Pashkin, will hold daily meetings for all U.S. participants beginning October 7, about one hour prior to the first event of the day. Athletes are urged to check the message board and attend the daily briefings. Throughout the competition, Pashkin will be stationed in the main stadium in an area above the finish line. Look for the USA banner and flag.

Relay Teams

Relays (4x100, 4x400) are limited to one team per country. The selection process varies from country to country. U.S. relay teams will likely be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Miyazaki. Relay selections and practice times will be posted on the message board.

Sections

The 5000 and 10,000 runs, steeplechases, and 5000 track walks may have seeded sections based on estimated performances. The faster sections will go last. Overall best times from all sections will determine the age-group winners.

In the field events (except the high jump and pole vault), age groups with large entries will be divided into flights with three trials each. The top eight performers will advance to the finals

Continued on page 20

NOMINATIONS TO THE WAVA COUNCIL

PRESIDENT:

- ☐ *Cesare Beccalli, Italy (i)
☐ Owen Flaherty, Great Britain

EXECUTIVE VICE-PRESIDENT:

- ☐ *Bob Fine, USA (i)

VICE-PRESIDENT, STADIA:

- ☐ Vadim Marshev, Russia
☐ *Bill Taylor, Great Britain (i)

VICE-PRESIDENT, NON-STADIA:

- ☐ *Jacques Serruys, Belgium (i)

SECRETARY:

- ☐ *Torsten Carlius, Sweden (i)

TREASURER:

- ☐ *Al Sheahen, USA (i)

WOMEN'S DELEGATE

- ☐ Barbara Dunsford, Britain
☐ Marilyn Mitchell, USA

To be chosen by the Women's Committee. Other nominations may be made in Miyazaki.

*Nominated by the WAVA Council
 (i) = incumbent

Election takes place on Oct. 14 at the meeting of the WAVA General Assembly in Miyazaki

PRESIDENT:

Cesare Beccalli
 P.O. Box 76
 37010 Assenza di Brenzone
 (Vr) Italy

EXECUTIVE

VICE PRESIDENT:

Bob Fine
 3250 Lakeview Blvd.
 Delray Beach, FL 33445
 USA

VICE-PRESIDENT (Stadia):

Bill Taylor
 17 Poplar Farm Close
 Milton-under-Wychwood
 Oxford, OX7-6LX
 Great Britain

VICE PRESIDENT (Non-Stadia):

Jacques Serruys
 Postbox 7
 B8000, Brugge, Belgium

SECRETARY:

Torsten Carlius
 Smalandsgratan 25
 S-25276 Helsingborg, Sweden



TREASURER:

Al Sheahen
 P.O. Box 2372
 Van Nuys, CA 91404
 USA

PAST-PRESIDENT:

Don Farquharson
 269 Ridgewood Road
 West Hill, Ontario
 M1C 2x3 Canada

WOMEN'S Delegate:

Bridget Cushen
 156 Mitcham Road
 West Croydon,
 Surrey, England

IAAF Delegate:

Cesar Moreno Bravo
 Camino a la Piedra del
 Comal No. 24 Col. Tepepan
 16020 Xochimilco, D.F.
 Mexico

DELEGATE OF: NORTH AMERICA

Rex Harvey
 160 Chatham Way
 Mayfield Heights, OH 44124
 USA

SOUTH AMERICA

Jorge Alzamora
 P.O. Box 685
 Santiago, Chile
 FAX: 56-2-696-5006
 Phone: 56-2-621-1417

ASIA:

Hari Chandra
 #24-12 Block 44,
 Marine Crescent, Singapore

EUROPE:

Hans Axmann
 Eichendorffstrasse 2
 D-8800 ANSBACH
 Germany

OCEANIA:

Jim Blair
 43 Emslie Road
 Pinhaven, Upper Hutt
 New Zealand

AFRICA:

Col. Pascal Mackonguy
 BP 1222 Brazzaville
 Rep Pop Du Congo



Does Hormone Replacement Therapy Contravene IAAF Doping Control Rules?

Drug testing is now, sadly, necessary in international veteran athletics. Hormone Replacement Therapy is now widely prescribed to women of menopausal age, but what is its status within the IAAF Doping Regulations? I brought this question to Professor Arne Ljungqvist, Chairman of the IAAF Medical Committee. He said that there are several treatments available such as estrogens, progestogens, and gonadotrophins (e.g., Tibolone).

In relation to the doping regulation in sports, estrogen and progestogen therapy prescribed to women would be allowable. However, because of its reported anabolic activity, it is suggested that Tibolone not be used, and an alternative treatment be sought where possible.

If you are in any doubt, you are advised to contact your sport's governing body.

Wearing Clothing on the Legs in Race Walk Competition

Under our By-Laws, entries to our World Track & Field Championships are not subject to prior achievement of qualifying standards. The majority have had no previous international experience, and, unfortunately, in one instance at our Championships, a competitor was totally unaware of IAAF Rule 139

on Clothing, which states: "The competitors must not wear clothing which could impede the view of the judges." She insisted on competing in the walk in a loose fitting track suit and was disqualified.

However, with modern clothing which is light and fits snugly, the wearing of tights would be allowed if they did not impede the view of the judges. Certainly tights would be allowed during cold weather conditions or for any other good reason such as those situations where cultural or religious requirements dictate the wearing of clothing. These tights should not be of a design that could present visual problems to the judges. Solid colours are preferable; camouflage-type designs should be avoided. □



Opening ceremony at the 14th All Japan Masters Athletics Championships in Kobe.

Photo by Saeko Matsuo

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

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.

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.

Countdown to Miyazaki

Continued from page 19

with three more jumps or throws.

Advancement from Heats

In track events from 1500 down, heats will be run, if necessary. In accordance with a new WAVA rule, at least two competitors will advance from each heat to the next round.

Medals

Medals will be awarded for the first three finishers in the individual events and the first three teams in the non-stadia and relay team events.

Medal standards will apply in all events except the non-stadia events, women's steeplechase, hammer throw, pole vault, triple jump, and for all athletes over age 90. In all other events, the last place finisher, where there are three or fewer competitors in an event, must meet the medal standard.

Commemorative medals and participation certificates will be given to

all participants.

Awards — Team Events

In team scoring and relay events, an athlete may move down an age group subject to declaration by 5:00 p.m. the day before the race. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3rd in their team event. Teams will be formed by country. Marathon, road walks, and cross country will be scored on aggregate times by teams of the first three of each country to finish in each 5-year age group.

National Uniforms

In the WAVA World Veterans Championships, everyone competes as an individual, not as a member of a national team. While there will be national team scoring in the relays, marathon, cross-country and race walks, WAVA has always downplayed the nationalism that surfaces at the Olympic Games. In the opening ceremonies, athletes have traditionally paraded in by age groups, not by nations. Athletes may wear a uniform of their choice — either a national uniform, club uniform, or favorite T-shirt.

However, per a new WAVA rule, anyone wishing to score as a member of a team must wear a uniform clearly identifying the country he/she is representing. Moreover, the Miyazaki community is encouraging the wearing of national uniforms in the streets and around the town so residents will know

NUMBER OF PARTICIPANTS IN WAVA WORLD CHAMPIONSHIPS

Year	Site	Athletes	#
1 1975	Toronto	CAN	1408 29
2 1977	Göteborg	SWE	2750 44
3 1979	Hannover	GER	3126 42
4 1981	Christchurch	NZL	2400 44
5 1983	San Juan	PUR	1935 48
6 1985	Rome	ITA	4330 48
7 1987	Melbourne	AUS	4817 52
8 1989	Eugene	USA	4754 57
9 1991	Turku	FIN	4802 56
10 1993	Miyazaki *	JPN	12086 72

* Preliminary #No. of nations

Continued on page 21

PROFILE

Ruth Ryan at the Plate

by MARILYN J. MITCHELL

Ruth Ryan aka Mrs. Nolan Ryan, frequently seen on the Race for the Cure circuit, is becoming known as a good, solid masters runner. She was one of the 5500 women recently taking part in the Advil Mini-Marathon 10K race in New York City on June 12. Typical of the many women masters runners in the U.S.A., she did not compete in running in high school or college because there were rarely competitive running programs in place for women at that time.

Out-of-shape and lacking energy after the birth of a third child, Ruth was encouraged by husband, Nolan, to go out running. The first day, she ran past three houses in her neighborhood and quit, she was so out of breath.

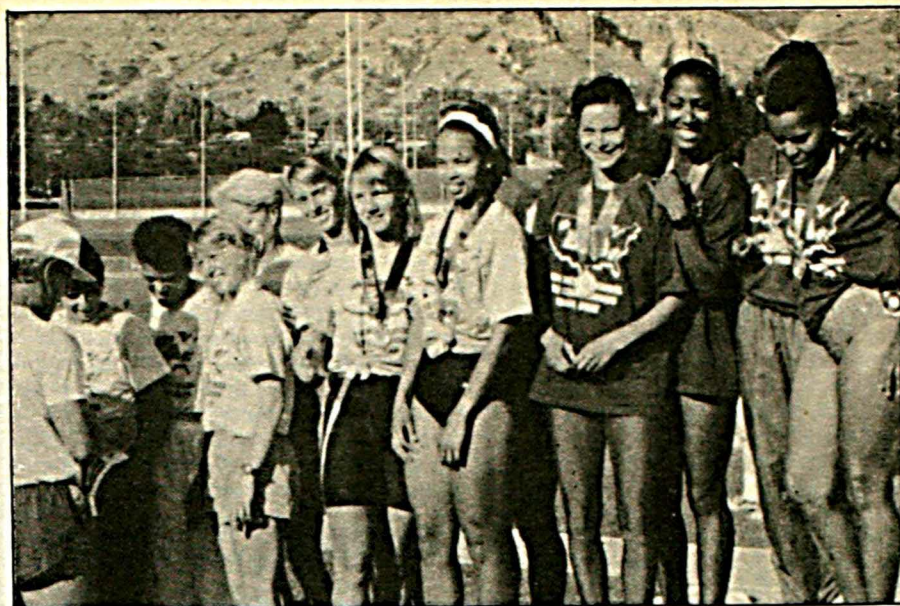
But Nolan told her to go out and run the following day, which she did. She ran a bit farther than she had the first day, and ran a bit farther each day thereafter.

She was well on her way. "Ever since I was thirty-years-old, I have been running, and I love it," she said.

Forty-four years old, trim and fit, Mrs. Ryan has been concentrating upon 5Ks, 10Ks and fun runs. She devised her own training program, which consists of increasing the distance a bit each time she trains and instinctively taking off a couple of days (recovery days) before resuming training. Five days a week she alternates jogging for fitness with aerobic exer-



Nolan and Ruth Ryan



Phil Mulkey presents medals to the winning Junior Women's Regional Relay Teams, USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

cise, biking, walking and gym workouts. "A lot of the time I work out in hotel fitness centers or at ball parks. At home I have a Life Cycle and a Stair Master."

Daughter Wendy, a 16-year-old All-District athlete in volleyball and basketball who also excels in softball, flew in from Hawaii via Texas for the race the day before. She was tired, but happy that she finished in 1:06.44. Although a fine athlete, Wendy does not place running high on her agenda and runs very few races. Ruth says that she and Wendy run in order to spend time together.

The New York Road Runners presented a surprised Ruth with racing bib number 34 (her husband's baseball jersey number) at a press conference prior to the race. Ruth was slightly disappointed that she did not beat last year's time of 54+. After the race, she said, "I'm happy that I finished in less than an hour... I wanted to beat last year's time, but I didn't. But that's okay. Even though I wanted to do it, I was unable to train hard. I'm not a competitive runner, but more of a fitness runner." Her 57.21 finish placed her well within the top third of the finishers. □

Countdown to Miyazaki

Continued from page 20
where athletes are from.

WAVA Meetings

Several important meetings will take place during the Championships, many of which are open to everyone (see meeting schedule).

General Assembly

Everyone is invited to attend the WAVA General Assembly Meeting on Thursday, October 14 at a downtown hotel. Only delegates may vote, however. Contact your national delegate if you have an opinion on some item of business. (The U.S. delegates are Ruth Anderson, Jerry Donley, Norm Green, Barbara Kousky, and Marilyn Mitchell. Alternates are Sandy Pashkin, Christel Miller, and Pete Mundle.)

Time Difference

Miyazaki is 13 hours ahead of New York and 16 hours ahead of Los Angeles. Thus, when it's 10:00 p.m. on Tuesday in Los Angeles, it's 2:00 p.m. on Wednesday in Japan.

Currency Exchange

Competitors are advised to bring either U.S. dollars or Japanese yen to Miyazaki as only a limited number of currencies can be exchanged there. Japan is a cash society and most purchases are paid for in cash.

Jet Lag

You can't avoid tiredness and jet lag, but you can make things easier if you: 1) take your shoes off; feet tend to swell during flight; 2) don't eat or drink too much; 3) get off at transit stops; walk around; 4) stretch your legs by standing on tip-toe; 5) do deep breathing exercises; 6) exercise in any way possible.

Results

The results of the Championships will be published in either the November or December issue of the *National Masters News*. A complete Results Book, available in December, can be purchased in Miyazaki for 1000 yen (U.S. \$9.50).

Gifts

The Japanese have made an art of gift giving. Even the most modest gift is beautifully wrapped and presented with a special grace. If you are asked to visit someone's home, an appropriate gift would be flowers or a wrapped gift of liquor. You may wish to bring small, light, souvenir items from your home town to exchange with new friends.

Useful Phrases

Good morning: Ohio Go-zy-mus.
Hello/Good day: Ko-nee-chee-wa.

Continued on page 22

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH OCT. 1993

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GORDON ALBURY (SANTA FE, NM)	10-29-28	65-69
ALFRED ALTHAUS (WG)	10-30-3	90-94
L. A. BATT (GB)	10-18-13	80-84
CHARLES BOOTH (AUS)	10-1-3	90-94
PAT DEVINE (SAN PEDRO, CA)	10-10-28	65-69
HAROLD ELRICK (NATIONAL CITY, CA)	10-11-18	75-79
WILLIAM FLOERKE (SHAWNEE MISSION, KS)	10-30-43	50-54
JAMES HARTSHORNE (ITHACA, NY)	10-11-23	70-74
RICHARD HOTCHKISS (GRASS VALLEY, US)	10-29-38	55-59
JOHN JOHA (HONOLULU, HI)	10-4-18	75-79
HOLGER JOSEFSSON (SWE)	10-24-18	75-79
WILLI KALBERMATTER (SUI)	10-2-38	55-59
PERCY KNOX (EDWARDS, CA)	10-28-33	60-64
GEORGE MASON (CAN-EL CERRITO, CA)	10-26-43	50-54
HANS MEISELBACH (WG)	10-18-28	65-69
TERRY MERRITT (WILKES-BARRE, MA)	10-26-38	65-69
DON SLEEMAN (ANN ARBOR, MI)	10-8-38	55-59
LEWIS SMITH (BOSTON, MA)	10-2-28	65-69
ILPO SOPANEN (FIN)	10-15-33	60-64
JOHN STOWERS (HOUSTON, TX)	10-10-28	65-69
GUDMUND STRAUMF (NOR)	10-30-18	75-79
WALTER STREUBEL (WG)	10-12-8	85-89
ANTON TESIJIA (AUS)	10-29-13	80-84
RAMSAY THOMAS (CATONSVILLE, MD)	10-29-43	50-54
WILLIAM WALMROTH (SOUTHFIELD, MI)	10-17-23	70-74
MITCH WILLIAMS (LA)	10-19-23	70-74
DEBBIE ANDERSON (TERRE HAUTE, IN)	10-17-48	45-49
LINDA BURKE (SAN GABRIEL, CA)	10-0-38	55-59
MIDGE BURKHEAD (OAKLAND, CA)	10-27-18	75-79
MARIE HENRY (WESTWOOD, CA)	10-6-23	70-74
ANNE JOHNSON (OLIVENHAIN, CA)	10-21-28	65-69
JUNE KELLER (ASHLAND, OH)	10-12-48	45-49
GLORIA NEIGHBORS (US)	10-2-28	65-69
BELVA NORINS (VENTURA, CA)	10-0-33	60-64
UNA MARIE PIERCE (SAN DIEGO, CA)	10-29-38	55-59
RUTH WATERS (SAN CARLOS, CA)	10-10-33	60-64
BARBARA BROOKES (GB)	10-22-38	55-59
CORNELIA BURKI (SUI)	10-3-53	40-44
DORIS DREWING (WG)	10-13-28	65-69
PAM GRAHAM (NZ)	10-7-48	45-49
RENATE GUETTLER (WG)	10-28-43	50-54
JEAN HULLS (GBR)	10-8-38	55-59
MAEVE KYLE (EIR)	10-6-28	65-69
IRJA LAINE (FIN)	10-28-48	45-49
MARGIT MARKO (HUN)	10-13-43	50-54
ANNETTE MCNEILL (AUS)	10-26-48	45-49
JANINA PAKSYTE (URS)	10-19-28	65-69
MARGARET PETERS (NZ)	10-18-33	60-64
THELMA SELLS (AUS)	10-5-23	70-74
SILVINA DE SILVA (BRA)	10-31-48	45-49
RIET JONKERS SLEGERS (HOL)	10-4-43	50-54
GRETE WAITZ (NOR)	10-1-53	40-44

MASTERS SCENE

NATIONAL

• **Eileen Lawrence**, 40, Kenmore, NY, was first (2:07:43) of ten in the hot and humid USATF National Masters Women's 20K Racewalk Championships, Albany, NY, August 15. **Nancy-Lee Whitney**, 57, Silver Springs, MD, took second (2:18:13). **Bob Keating**, 46, Nashua, NH, was first (2:12:40) of 12 in the men's 25K championships. **Brian Savilonis**, 43, of Massachusetts, followed for second (2:22:22). **Charles Brush**, at 70 the oldest walker, finished in 3:20:57. The USATF Adirondack Association hosted the event. A certified team of eight judges monitored.

• In the September issue, p. 10, **Max Gould** of Canada was listed with an "extraordinary" performance for the 50K RW at 5:50:37. His time should have been an even more extraordinary 4:50:37.

EAST

• **Carlos Roa**, 40, NYC, took first of 308 M40-44 runners, with a 32:59, in the Asbury Park 10K, NJ, August 14. **Harold Nolan**, 46, Navesink, NJ, followed in 33:06 for the M45 victory. **Zofia Turosz**, 55, Hartford, NJ, romped to the W40+ victory in 41:09. Despite temps in the high 70s and humidity of 95%, 2700 of 3300 finished.

• **Atlaw Belilgne**, 48, was first overall with an adjusted time of 25:24 in the NYRR Equalizer 10K, Central Park, August 8. **Luis-Antonio Flores**, 51, was second (28:09), and **John McManus**, 70, third (28:21). **Laurie Baker**, 50, was second (32:01), behind **Yumi Tomoda** (31:31:17), with **May Chou**, 57, third (33:17). 535 males and 232 females checked in for the race. A week later, in the NYRR Hispanic Half-Marathon, Central Park, **Tom Hart** (47, 1:11:58) and **Ann Davies** (46, 1:31:11) logged 40+ firsts.

• **Marian Stanjones**, W55, hurried to the W40+ win in 20:43, Entenmann's 5K, Brentwood, NY, August 23. **Dennis Nee**, M40, won the M40+ title in 17:07.

• **Nick Rose**, 41, England, defeated **Wilson Waigwa**, 44, Kenya, by one second, with a 34:14 in the masters contest, Falmouth, MA, 7.1 Mile Race, August 22. **Artemio Navarro**, 43, Mexico, was third (34:26). First U.S. runner was **Larry Olsen**, 46, Millis, MA, in 36:05. **Francie Larrieu**, 40, Dallas, TX, took the W40+ race in 39:42 from Canadian **Jacqueline Garreau** (41, 41:09) and Alaskan **Suzanne Ray** (41, 41:11).

• **Carlos Roa**, 40, negotiated the NYRR Back To Work 4 Mile, Central Park, August 29, in 20:55 for masters honors. **S. Rae Baymiller**, 50, was 11th of 334w and first W40+ with a 24:46.

• **Larry Olsen** (46, MA, 65:46, \$500) led all masters in the New Haven Labor Day 20K. **Luis Lopez** (44, 66:18, \$250) was runner-up. **Barbara Filutze** (47, PA, 74:27, \$1400) topped the W40+ field.

SOUTHEAST

• **Dale Parfit**, 44, Lantana, FL, outkicked **Alan Miller**, 44, Cooper City, FL, in the last half mile to win with a 17:00 in the Over The Hill Masters 5K, Cooper City, August 21. **Sharon Beale**, 46, Fort Lauderdale, won the women's race in 20:08. First Grandmasters (50+) were **David Compton**, 51, Boynton Beach, FL, in 17:55, and **Barbara Boutin**, 58, Pompano Beach, FL, with a 27:01.

• **Miriam Gordon** broke the age-66 U.S. record for the 3000 track RW by almost four minutes with a 20:01, while **Bob Fine** erased the age-62 U.S. record with a 16:15 in the USATF Florida 3000 Championships, Miami, August 22.

• **Wilson Waigwa** (44, KEN/TX, 23:43, \$2400), topped a strong masters field including **Nick Rose** (41, ENG, 24:06, \$1500), **Doug Kurtis** (41, MI, 24:51, \$1000), and **Doug Bell** (42, CO, 24:54, \$800) in the Maggie Valley, NC, Moonlight 8K, August 28. The 40+ women were led by **Barbara Filutze** (47, PA, 28:42, \$2400), **Carol McLatchie** (41, TX, 29:00, \$1500), **Diana Tracy** (40, CA, 29:50, \$1000), and **Judith Hine** (44, NZL/GA, 30:28, \$800), in the 887-finishers race in the Smoky Mountains.

MIDWEST

• **Dwight Stones**, former world high-jump record-holder, will attempt to become the first over-40 athlete to clear seven-feet in the World High Jump Classic, in Chicago, February 26. The Classic is the only single-event track meet in the USA, employing a format popularized in Europe. World record-holder **Javier** of Cuba will be the featured participant.

• **Ric Sayre** (40, OR, 50:54 \$1200) was 1st 40+ in the Crim 10-Mile, August 28, in Flint, MI. **Suzanne Ray** (41, AK, 59:22) took W40+ honors. **Wally Herrala** (48, MI, 55:30) and **Priscilla Welch** (48, CO, 64:30) won M45 and W45 honors, respectively. Over 13,000 runners of all ages competed in the race and other associated races which comprise the Crim Festival of Races, now in its 17th year.

SOUTH WEST

• Corrections to the Southwest results, August issue: USATF SW Championships, June 5, PV M35 **Ken Ellis**, 15-6; **Jim Fountain**, 14-9; Ponca City Classic, June 12, PV M35 **Ken Ellis**, 13-6, M40 **Jim Dolezel**, 9-0.

NORTHWEST

• **Tom Gage**, 50, Billings, MT, was the outstanding performer in the Montana Masters Meet, Bozeman, July 30-31, with an age-graded 93.2% for his 197-6 HT. **Alfred Funk**, 79, Bozeman, ran the 1500 in 6:04.9, after a 22:47 5000, at 4900' altitude. Thirty-eight of the 58 participants won medals, based on the meet's unique set of medal standards.

• **Martha Mendenhall**, 34, who won the USATF W30 pentathlon in Provo in August, received a five-column spread with photo in her hometown *Federal Way*, WA News, August 19. The mother of three, in only her second nationals, told sports editor **Rob Huff**: "I trained all winter long with long distance work, then when the season came along, I started interval training." A week before the nationals, she suffered a stress fracture, and was told by her doctor not to go. "But I couldn't bear missing the meet, so I taped the leg real well and it held up. Now I'm in a cast, but I'm happy; I did what I wanted to do."

INTERNATIONAL

• Norway's **Grete Waitz** turns 40 October 1. Will she compete on the masters circuit? Not likely. "I'm very happy with what I've achieved," Waitz told the *San Francisco Chronicle*. "There's nothing out there for me. My times will be slower . . . and I don't feel I need the recognition that could come from the masters ranks. And I don't need the money (from race purses); I can make a lot more doing other things."

• **Carla Beurskens**, 41, won the women's race overall in 54:32 in the Heerlen, Holland 10-miler, August 29.



The second athletic sports field in Miyazaki's Sports Park.

Countdown to Miyazaki

Continued from page 21

Good evening: Kom-ban-wa. Thank you: Domo arigato. Yes: Hi. No: Ee-ah. Excuse me, please: Soo-me-massen. Pleased to meet you: Haji-me-mash-tay.

Weather

The average high in Miyazaki in October is 75°F (24°C); the average low is 57°F (14°C). The typhoon season has passed. There is a 19% chance of rain daily, so bring an umbrella.

Japanese Culture

Japan is a fascinating, exciting and absorbing place to visit. Its history is rich. Its people are warm, soft-spoken, polite, and friendly. They have great respect for older people, which is one of the reasons the Championships have attracted so many participants, and why the Miyazaki community will roll out the red carpet for its visitors.

"We are hoping to stage a grand event that will linger in the memories of all who come to Miyazaki," Kawasaki said.

When speaking to people in Japan, it is considered most polite to call them by their last name followed by the word "san." When greeting people, a handshake is not the normal custom in Japan, but is acceptable from a foreigner. The Japanese custom is a slight bow from the waist. Since most Japanese can read English with more fluency than speak or understand it when spoken, you can often communicate better by printing what you wish to say.

While women have traditionally been relegated to the status of second-class citizens, the situation is slowly changing. Women are beginning to branch out from their normal roles as housewives and teachers, into political, business, and scientific careers.

The Japanese work ethic is legendary; 12 hour days are the norm for most male office workers, who often

skip earned vacations to stay on the job. But that behavior, too, is slowly changing, as more Japanese companies and workers see more leisure time as beneficial to the companies, the workers' families, and to society, in general.

In a tremendous political upheaval earlier this year, **Morihiro Hosokawa** became Japan's first prime minister in 38 years who does not represent the Liberal Democratic Party. Although the yen is up 20 percent against most currencies this year, the economy is in the same recession affecting the rest of the world.

The Japanese are too polite to discuss the subject, but there may be some hidden resentment against the U.S. dropping two atomic bombs in 1945. U.S. intelligence reports made available this year bolster the view that Japan was willing to surrender as early as three months before the bombs obliterated Hiroshima and Nagasaki, and that the bombs were dropped "as a warning to Moscow, not to save thousands of American lives by making an invasion of Japan unnecessary," according to historian **Gar Alperovitz**. There are memorial shrines in both cities that will be on the sight-seeing list of many tourists.

A characteristic of the Japanese that is a legacy of their traditional culture — and also contributes to personal security — is a high degree of honesty. Honesty was formerly taught as the only way of life. While it is no longer taught as it was in the feudal age with the same dedication, it remains strong enough to make Japan a favorite destination for foreign travelers.

"We are anticipating warm exchanges of friendship with overseas visitors," Matsukata said. "We hope you will have the chance to deepen your understanding of Japan by this face-to-face, direct contact with the people of Miyazaki and the culture of Japan." □

—Al Sheahen

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.



November 30-December 4. USATF 15th National Convention, Riviera Hotel, Las Vegas. USATF, PO Box 120, Indianapolis, IN, 46206-0120. 317/261-0500.

TRACK & FIELD NATIONAL

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia, Mo.

August 11-14, 1994. 27th USATF National Masters Championships, Eugene, Ore.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

October 7-9. Maryland Senior Olympics, Baltimore, Md. 55+. Dr. Robert Zeigler, Towson Center, Rm 318, Towson St. U., Baltimore, MD 21204. 301/830-3163.

December 18. Tri-State TC Indoor Holiday Festival. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

SOUTHEAST

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

October 9. Nashville TC Mini-Meet. Vanderbilt U. Randall Brady, 109 Linmar Ave., Nashville, TN 37215. 615/383-6733.

October 26-November 6. South Florida Senior Games. Suzanne Broucek, Ft. Lauderdale Parks & Rec., 301 N. Andrews Ave., Ft. Lauderdale, FL 33301. 305/761-5394.

December 27. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. 8 a.m. Randall Cooper, 222 N.E. 22nd Lane, Delray Beach, FL 33444.

January 23. USATF Southeast Regional Masters Indoor Championships, Murfreesboro, Tenn. Randall Brady, 615/383-6733.

WEST

Arizona, California, Hawaii, Nevada

October 1-15. Nevada Senior Olympics. 55+. Marilyn Loudon, PO Box 70863, Las Vegas, NV 89170. 702/229-6307.

October 2-9. San Bernardino Senior Olympics. 55+. Cynthia Brooks, 600 W. Fifth St., San Bernardino, CA 92410. 909/384-5363.

October 2. Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

November 13. Senior Olympics, Long Beach, Calif. 55+. Windi Snellen, 310/421-9431.

NORTHWEST

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

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah (1 hour drive from Las Vegas). 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA

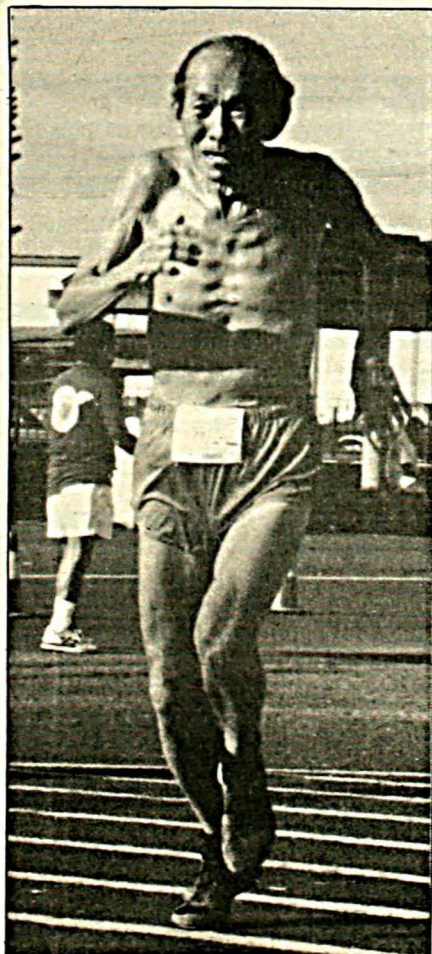
August 4-7, 1994. WAVA North American Regional Championships, Edmonton, Canada.

INTERNATIONAL

October 7-17. 10th WAVA World Veterans Athletic Championships, Miyazaki, Japan. M40+, W35+. World Veterans Championships, - 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-984-32-3376; Fax: 81-985-31-1153.

July, 1994. Oceania Regional Championships, Fiji.

September 24-October 8, 1994. World Masters Games, Brisbane, Australia.



Naoto Inada placed second (53:26) in the Wahiawa Pineapple Run 6.75 Miles, Honolulu.

Photo by Tesh Teshima

LONG DISTANCE RUNNING NATIONAL

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Tom Sawyer State Park, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207-5003. 502/897-3772, or Bob Ullrich, 502/459-6820.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

October 3. Freihofer's 5K for Women, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 10. Tri-State TC Age-Group Cross-Country Classic. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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ON TAP FOR OCTOBER

TRACK AND FIELD

The 10th WAVA World Veterans Athletics Championships open on the 7th and run through the 17th in Miyazaki, Japan. LDR and RW events are also included. About 12,000 entrants are expected.

Two popular meets are scheduled in the U.S., the Club West, Santa Barbara, on the 2nd, and the Huntsman's Chemical Senior Games, St. George, Utah, on the 20th-22nd.

LONG DISTANCE RUNNING

Two USATF Masters Championships are listed — the marathon in the Twin Cities, Minneapolis, on the 3rd, and the 10K Cross-Country, Louisville, on the 31st. The month offers a full and diverse menu, ranging from the 5th Avenue Mile, NYC, on the 2nd, to the Chicago Marathon on the 31st.

RACEWALKING

Two championships here also — the 1-Hour/2-Hour, Cambridge, Mass., on the 3rd, and the 30K, Atlanta, Ga., on the 31st.

1993 USATF NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

the third year for this successful meet in Louisville, KY

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, October 31, 1993
11:00 AM EST



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



MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS
INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+
TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

KENTUCKY 5K CROSS-COUNTRY CHAMPIONSHIPS AT 10:00 AM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms
Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40241

Information:

E. P. "Tom" Sawyer State Park (502)426-8950 days
Bill Nault (502)897-3772 evenings
Bob Ullrich (502)459-6820 evenings

Continued from page 23

October 10. Yankee Runner 5K Cross-country. Separate masters race. David Abusamra, Governor Dummer Academy, Byfield, Mass. 01922. 508/462-8672 (7-9 pm); 465-1763 X83.

October 10. Connecticut Senior Olympics 10K & RW, Bridgeport, 55+. Senior Olympics, U. of Bridgeport, 120 Waldemere Ave., Bridgeport, CT 06601. 203/576-4722/576-4242.

October 11. Tufts 10K. Andrew Mrusek, Conventures, Inc., 250 Summer St., Boston, MA 02210. 617/439-7700.

October 16. Oyster Bay 5K, Oyster Bay, N.Y. Mike Polanski, 62 Sylvia Lane, Plainview, NY 11803. 516/433-0919.

October 17. Army 10 Miler. SASE to Army 10 Miler, PO Box 46594, Washington, DC 20050-6594.

October 17. Atlantic City Marathon/Half-Marathon/5K/10K. Boardwalk RC, PO Box 2181, Ventnor, NJ 08406-0181. Barbara Altman, race director, 609/822-6911.

October 17. Nute Ridge Half-Marathon, Farmington, N.H. Masters money. Farmington Parks & Rec., Town Hall, Farmington, NH 03835. 603/755-2405.

October 17. NYRR Women's Half-Marathon/Coed 5K, Central Park. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 24. Cape Cod Marathon. Washington, DC. MC Marathon, PO Box 188, Quantico, VA 22134. 703/640-2225; 690-3431.

October 24. Cape Code Marathon. Falmouth TC, PO Box 699, West Falmouth, MA 02574. 508/548-0348.

October 31. Rhode Island Marathon. Mark Levine, Richmond Sq., Suite 315W, Providence, RI 02906. 401/351-2556.

November 7. USATF New England 8K Cross-Country Championships, Franklin Park, Boston. Separate masters race.

November 14. New York City Marathon. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

SOUTHEAST

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

October 17. Richmond Newspapers Marathon. DeWayne Davis, PO Box 32333, Richmond, VA 23293. 804/649-6738.

November 14. Old Reliable 10K. Butch Robertson, PO Box 1229, Raleigh, NC 27602. 919/829-4843.

MIDWEST

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

October 10. Fox Cities Marathon, Appleton, Wisc. Marathon, 835 Valley Rd., Menasha, WI 54952. 414/954-6790.

October 10. Over The Hill Cross-Country, Univ. School, Pepper Pike, Ohio. Donna Mann, 28791 Clark Dr., Wickliffe, OH 44092. 216/585-1663; Jeff Gerson, 216/382-2656.

October 16. Bowling Green 10K. Rick Kelley, PO Box 1802, Bowling Green, KY 42102. 502/782-3600.

October 17. Motor City Marathon, Detroit. Edward Kozloff, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

October 17. Louisville Marathon. Gill Clark, PO Box 36452, Louisville, KY 40233. 502/456-8160.

October 17. Dayton River Corridor Half-Marathon/5K. Masters money. DRC, Wright Brothers, PO Box 9154, Dayton, OH 45409-9154.

October 24. Columbus Marathon. Marathon, PO Box 26806, Columbus, OH 43226. 614/433-0395.

October 30. Ohio USATF 20K/50K Championships, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/459-2547.

October 31. Chicago Marathon/5K. Chicago Marathon, 214 W. Erie, Chicago, IL 60610. 312/951-0660.

November 13. Illinois/USATF Cross-Country Championships. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. 708/833-7303.

November 14. Ohio/USATF Cross-Country Championships, Cincinnati. M8K/W5K. Scott Brooker, Timberjack Way, West Chester, OH 45069. 513/860-2253.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

October 2. 1993 Chickasaw Festival. c/o Johnston County CoC, 101 South Capitol, Tishomingo, OK 73460. 405/371-2175.

October 3. Twin Cities Marathon, Minneapolis-St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 3. Denver International Marathon. Denver Marathon, 655 Broadway, Suite 777, Denver, CO 80203. 303/534-6555.

October 24. Columbus Marathon. P.O. Box 26806, Columbus, OH. 614/433-0395.

October 31. Kansas City Marathon/10K. Betsy Titterington, 5001 State Line, Kansas City, MO 64112. 816/531-2387.

November 7. Omaha Riverfront Marathon/10K. Gary Meyer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

October 23. Cherry Street Mile. Masters money. SASE to Fred Ebrahimi, PO Box 4246, Tulsa, OK 74159-0246. 918/744-4222.

October 30. Tulsa Run 15K. \$3000 masters. Stan Austin, One Williams Center, Box 2400, Tulsa, OK 74102. 918/588-2850.

November 13. Crescent City Fall 10K. Bill Burke, 8200 Hampson St. #217, New Orleans, LA 70118. 504/861-8686.

WEST

Arizona, California, Hawaii, Nevada

October 2. 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

October 2. Sacramento Marathon. Ron Sturgeon, PO Box 995, Dixon, CA 95620. 916/678-5005.

October 9. Juan In A Million 5K. Masters money. Ed Preciado or Eileen Brown, 700 East Charleston Blvd., Las Vegas, NV 89104. 702/385-1281.

October 17. Humboldt Redwoods Marathon/Half-Marathon, Weott, Calif. Karen Angel, 351 Roundhouse Creek Rd., Trinidad, CA 95570. 707/442-6463.

October 23. Marina Breakers 5K/10K, Marina del Rey, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

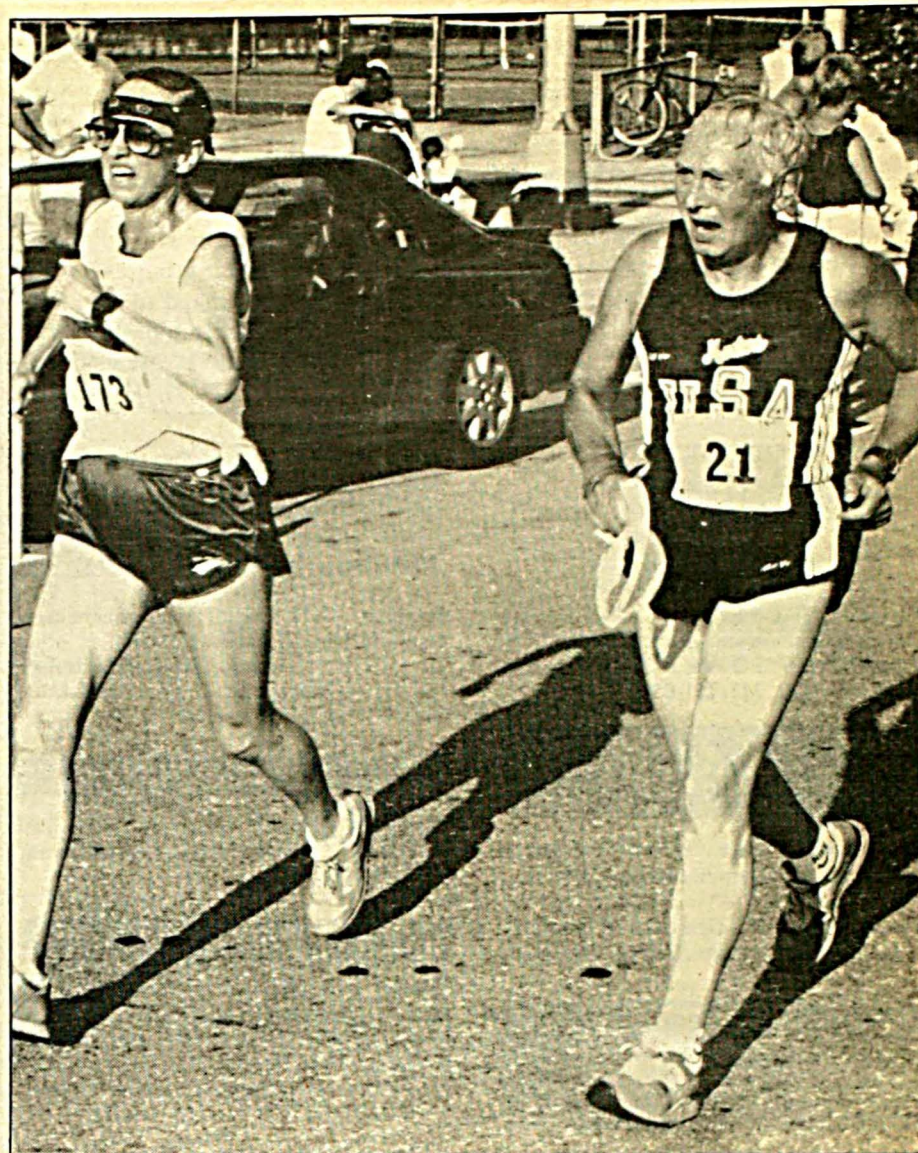
October 30. City of Alhambra 8K. Elinor Fong, 111 S. First St., Alhambra, CA 91801. 818/284-4905.

November 7. Back Lot 5K/10K, Universal City, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

November 13. Time Of Your Life Masters 5K, Anaheim, Calif. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

November 14. New Times Phoenix 10K. Harvey Beller, 1201 E. Jefferson, Phoenix, AZ 85034. 602/229-1060.

December 18. 27th Annual Las Vegas "Mini" Marathon (Half Marathon & Relay). SASE to Bill Callanan/Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269. Fax 702/878-1038.



It's not unusual to see two competitors challenging each other in a sprint to the finish at a road race, but it may be slightly unusual when their combined ages total 135 years! That's exactly what happened at the June 27 Long Island Police Appreciation 5K, as 61-year-old Cecele Miller outlegged 74-year-old Bill Benson at the finish. Miller won the W60 race (27:42.9), while Benson, less than a second behind, won the M70+ title.

Photo from Mike Polansky

NORTHWEST

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

November 7. Dream Of Roses 10K. Phidipides RC, PO Box 2315, Salem, OR 97308. 503/399-7057.

CANADA

October 2. Canada vs USA Cross-Country Challenge, Mundy Park, Coquitlam, B.C., Canada. John Woodcock, 1833 Walnut Crescent, Coquitlam, B.C. V3J7T4. 604/939-1324.

INTERNATIONAL

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-153.

November 6. Rosarita Beach Holiday 5K/10K/5K Walk, Baja California, Mexico. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764.

908/222-9080.

October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

October 16. MAC 30K Championships, Central Park, NYC. Stella Cashman, Park Racewalkers, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

October 17. One-Hour RW, Williams HS, Alexandria, Va. 9 a.m. Sal Corallo, 703/243-1291.

October 23. Picayune Fall 10K/5K RW, Picayune, Miss. Masters money. David Guizerix, 601/798-4881 (d); 504/847-1701 (e).

October 23. 2nd Annual Bowl To Bowl Walk, Rose Bowl, Pasadena, 5K USATF, 5K unjudged, 1.7 mile recreational, men, women, children, Jim Hanley, director. Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena, CA 91103. 818/397-4064; 397-4062.

October 30. Art Keay Memorial 10K RW, Toronto, Ontario, Canada. Ontario Racewalkers, 260 Town Centre Rd., Suite 103, Markham, Ontario L3R 8H8 Canada. Jan Donovan, 416/470-7009.

October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

November 6. Racewalk Clinics, Los Angeles. Technique 10 am; racing 2 pm. Viisha Sedlak, coach. ARWA, 303/447-0156; Elaine Ward, 818/577-2264.

November 6. WAVA National American, Centre, 20K Championships, Darlington, S.C.

CANCELLED

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

W30-34					
Robin Welch	100M	13.4	7/17/93		
	200M	27.6	7/17/93		
W35-39					
Baiba Cunard	Shot Put	32-5	8/01/93		
W40-44					
Debby Jamieson	5000K	21:10	5/22/93		
	800M	2:37.7	7/01/93		
Nancy Klepack	Long Jump	15-11	7/10/93		
W45-49					
Bonnie Lynn Frankel	800M	2:41.6	8/01/93		
W50-54					
Betsy Kay Robinson	Shot Put	24-0	7/29/93		
M35-39					
Keith Petranek	Pole Vault	4.27	7/10/93		
M40-44					
Mark Gershon	Long Jump	5.87	6/20/93		
Patrick E. Malone	Pentathlon	2651	5/30/93		
Richard McMullin	Javelin	175-11	6/27/93		
Sam Strickland	Javelin	174-6 1/2	5/29/93		
M45-49					
Wayne Gripp	200M	24.0	5/01/93		
	100M	11.4	6/25/93		
	800M	2:06.1	7/22/93		
	400M	52.92	7/29/93		

Thomas Light	Decathlon	5405	7/10-11/93		
Allen Glenn Roy	Decathlon	5374	7/10-11/93		
M50-54					
Jerry C. Arline, Sr.	Pentathlon	3310	6/19/93		
Bob Brewer	Hammer	127-8	6/19/93		
	1500RW	7:27.1	2/19/93		
	3000RW	14:49.1	6/12/93		
	5000RW	25:30.34	7/17/93		
	1 MileRW	7:37.92	7/18/93		
Kingsley Clarke	400M	58.31	8/11-15/93		
	800M	2:15.18	8/11-15/93		
Lionel Y. H. Low	Triple Jump	34-3	6/12/93		
Robert C. Lund	200M	25.7	6/12/93		
	400M	58.1	6/12/93		
	800M	2:15.3	6/12/93		
Kenneth Matney	Shot Put	44-2	8/20/93		
Allen P. McDaniel	800M	2:15.19	5/12/93		
Bob Morgan	400 Hurdles	66.80	8/13-16/92		
	400M	57.5	5/15/93		
M55-59					
Joseph DeLuca	Shot Put	11.30	5/22/93		
Robert E. Miller	200M	25.7	7/21/93		
Ted Oviatt	Steeplechase	13:05.0	5/15/93		
	Pentathlon	2619	6/19/93		
Norman Saucedo	1 Mile	5:22.1	8/21/93		

M60-64					
Irwin F. Bernstein	400M	62.6	7/25/93		
	800M	2:28.8	7/25/93		
John Cauldwell	Triple Jump	30-0 1/4	6/12/93		
James Duncan	Long Jump	4.48	5/22/93		
	Pentathlon	2931	8/06/93		
Morren Greenburg	200M	28.2	7/31/93		
Alan Maxwell	100 Hurdles	19.0	7/09/93		
Ken Napier	1 Mile	5:24.8	8/21/93		
Jack Pritchard	100M	13.5	6/26/93		
Jan Smit	568 Weight	4.78	7/23/93		
Clerence Trinkner	Pentathlon	2929	8/11/93		
M65-69					
Walter C. Atcheson	Steeplechase	9:52.68	7/17-18/93		
Raymond F. Maloney	Javelin	122-7	7/10/93		
M75-79					
Fred Sandoy	1500M	6:50.99	6/05/93		
	5000M	23:38.3	6/05/93		
Gar Schoener	100M	15.1	6/20/92		
	100M	15.9	6/29/92		
	100M	16.1	7/25/92		
	100M	16.5	8/30/92		
M80-84					
William Andberg	800M	3:46.0	7/27/93		
	1500M	7:35.6	7/27/93		
M90-94					
George L. Conway	1 MileRW	13:13.9	1/16/93		
	10K RW	89.55	7/10/93		

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	7:01	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	9-10	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-4 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35/Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25/Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56/Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-49: 800g; 60+: 600g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			
WOMEN													
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:02	1:11
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e., no runners)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
1 Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42 4-8	1.35 4-5½	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6½	1.02 3-4½	.97 3-2½	.92 3-0½	.89 2-11	.84 2-9
PV	2.70 8-10½	2.40 7-10½	2.10 6-11	1.80 5-11	1.50 4-11	1.20 3-11	1.10 3-7½	1.00 3-3½	0.90 2-11	0.80 2-7½	0.70 2-3½
LJ	5.00 16-5	4.60 15-1	4.25 13-11½	3.90 12-9½	3.55 11-8	3.20 10-6	2.85 9-4½	2.60 8-6½	2.35 7-8½	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-2½	8.60 28-2½	7.80 25-7½	7.18 23-7	6.40 21-0	5.70 18-8½	5.20 17-1	4.70 15-5	4.20 13-9½	3.80 12-5½
Shot	10.30 33-9½	9.30 30-6½	8.40 27-7	7.70 25-3½	7.95 26-1	7.20 23-7½	6.50 21-4	5.80 19-0½	5.25 17-3	4.70 15-5	4.25 13-11½
Jav	39.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20M.t.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Championship Decathlon Scoring Results Upper Arlington HS, Columbus, OH July 10-11

(corrected to 1991 WAVA Standards, 1989 WAVA Age-Factoring, 1985 IAAF Scoring)

30-34 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M
1	Eddie Fye	(NE)	11.7	6.04	11.98(16)	1.83	52.2	15.4	(110/39)	38.92(2.0)	4.40	51.80(800M)	4:43.0
SCORE:	6895	AGE:33	19-9 3/4	39-3 1/2	6-	127-8 1/4	14-5	169-11 1/4					
2	Doug Porter	(WA)	12.0	5.98	11.28(16)	1.77	53.5	15.4	(110/39)	35.14(2.0)	4.50	53.60(800M)	4:55.7
SCORE:	6579	AGE:31	19-7 1/4	37-	5-9 1/2	115-3 1/4	14-9	175-10					
3	Jim Eckenrode	(GA)	12.0	6.87	10.11(16)	1.83	51.1	16.3	(110/39)	35.14(2.0)	3.10	36.64(800M)	4:34.3
SCORE:	6242	AGE:30	22-6 1/4	33-2	6-	115-3 1/4	10-2	120-2 1/2					
4	Michael Durham	(GA)	12.1	6.53	12.14(16)	1.92	57.0	16.0	(110/39)	31.20(2.0)	3.70	50.46(800M)	6:08.1
SCORE:	5951	AGE:32	21-5	39-9 3/4	6-3 1/2	102-4 1/4	12-1 1/2	165-6 1/2					
5	Nike Davidson	(IN)	11.7	6.08	10.69(16)	1.80	51.4	16.7	(110/39)	34.72(2.0)	2.70	39.76(800M)	4:53.8
SCORE:	5888	AGE:30	19-11 1/4	35-3/4	5-10 3/4	113-10 3/4	8-10 7/4	130-5 1/4					
6	Steven Mills	(OH)	13.3	5.40	9.35(16)	1.71	62.4	18.6	(110/39)	23.62(2.0)	3.80	38.92(800M)	5:32.3
SCORE:	4541	AGE:34	17-8 1/2	30-8	5-7 1/4	77-5 3/4	12-5 1/2	127-8 1/4					
7	Duncan Payne	(NY)	12.8	4.74	8.66(16)	1.56	59.1	19.2	(110/39)	20.72(2.0)	2.90	28.46(800M)	5:07.3
SCORE:	4068	AGE:32	15-6 1/2	28-4 3/4	5-1 1/4	67-11 1/2	9-6	93-4 1/4					
			12.85	4.83	8.76	1.59	58.23	19.30		20.74	2.97	30.16	5:04.1
			494	350	411	457	475	407		286	350	301	537

35-39 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M
1	Ken Ellis	(OK)	12.3	5.77	11.84(16)	1.83	54.0	15.5	(110/39)	36.84(2.0)	4.70	44.98(800M)	5:21.5
SCORE:	6897	AGE:35	18-11	38-10	6-	120-10 1/4	15-5	147-6 3/4					
2	Bill Lawson	(IA)	12.3	6.13	12.90(16)	1.77	55.2	17.7	(110/39)	39.94(2.0)	4.00	49.02(800M)	5:07.2
SCORE:	6694	AGE:36	20-1 1/4	42-3 3/4	5-9 1/2	131-1 1/4	13-1 1/4	160-9 3/4					
3	Jeff Watry	(VI)	12.7	5.76	9.98(16)	1.80	56.0	16.4	(110/39)	33.82(2.0)	3.40	44.12(800M)	4:44.9
SCORE:	6211	AGE:38	18-10 3/4	32-8 3/4	5-10 3/4	110-11 1/4	11-1 3/4	144-9					
4	Tim Stamp	(IA)	12.7	5.68	10.18(16)	1.71	00.0	0.0	(110/39)	0.0 (2.0)	0.0	0.0 (800M)	0:00.0
SCORE:	2343	AGE:35	18-7 1/2	33-4 3/4	5-7 1/4	0-	0-	0-					
			12.49	6.08	10.85	1.82	0.00	0.00		0.00	0.00	0.00	0:00.0
			558	604	537	644	0	0		0	0	0	0

40-44 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M
1	Brant Tolson	(VA)	12.7	5.34	10.67(16)	1.74	58.2	17.7	(110/39)	32.50(2.0)	3.80	41.58(800M)	5:16.7
SCORE:	6320	AGE:43	17-6	35-	5-8 1/2	106-7 1/2	12-5 1/2	136-5					
2	Russell Acoe	(WA)	12.2	5.22	7.40(16)	1.53	55.5	16.6	(110/39)	25.36(2.0)	3.10	31.40(800M)	4:50.7
SCORE:	5772	AGE:40	17-1 1/2	24-3 1/4	5-	83-2 1/4	10-2	103-					
3	Bob Workman	(TX)	12.7	4.69	8.71(16)	1.47	58.5	17.2	(110/39)	29.00(2.0)	2.60	42.44(800M)	5:18.1
SCORE:	5388	AGE:40	15-4 1/2	28-6 3/4	4-9 3/4	95-1 1/2	8-6 1/4	139-2 3/4					
4	Bob Green	(SC)	12.2	4.71	11.39(16)	0.00	56.2	18.6	(110/39)	31.32(2.0)	3.20	38.08(800M)	5:19.1
SCORE:	5268	AGE:44	15-5 1/4	37-4 1/4	0-	102-9	10-5 3/4	124-11					
5	Steve Caus	(CAN)	00.0	0.00	0.00(16)	0.00	0.0	0.0	(110/39)	0.0 (2.0)	0.0	0.0 (800M)	0:00.0
SCORE:	0	AGE:41	0-0	0-0	0-0	0-	0-	0-					
			0.00	0.00	0.00	0.00	0.00	0.00		0.00	0.00	0.00	0:00.0
			0	0	0	0	0	0		0	0	0	0

45-49 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M
1	Rex Harvey	(OH)	12.0	5.63	11.40(16)	1.65	57.9	17.9	(110/39)	37.58(2.0)	4.10	45.74(800M)	5:52.6
SCORE:	7259	AGE:47	18-5 1/2	37-4 3/4	5-4 3/4	123-3 1/2	13-5 1/4	150-3/4					
2	Ray Starnes	(IN)	12.0	5.45	9.34(16)	1.50	57.3	18.8	(110/39)	24.50(2.0)	2.80	30.12(800M)	5:15.5
SCORE:	5990	AGE:48	17-10 1/2	30-7 1/2	4-11	80-4 1/2	9-2	98-9 3/4					
3	Bill DeHorn	(USA)	13.3	5.32	9.63(16)	1.65	61.9	18.5	(110/39)	29.50(2.0)	3.20	41.40(800M)	6:00.4
SCORE:	5972	AGE:46	17-5 1/4	31-7	5-4 3/4	96-9 1/4	10-5 3/4	135-9 3/4					
4	Tom Light	(AK)	13.8	5.01	7.91(16)	1.59	61.2	20.3	(110/39)	21.38(2.0)	3.30	35.08(800M)	5:21.9
SCORE:	5405	AGE:45	16-5	25-11 1/4	5-2 1/2	70-1 1/2	10-9 3/4	115-1					
5	Allen Ray	(OH)	13.3	4.98	11.12(16)	1.47	66.7	20.3	(110/39)	30.50(2.0)	3.10	43.92(800M)	6:37.5
SCORE:	5374	AGE:46	16-4	36-5 3/4	4-9 3/4	100-3/4	10-2	144-1					
6	Bill Siart	(CA)	14.0	4.75	8.90(16)	1.47	70.4	21.6	(110/39)	24.36(2.0)	2.80	31.02(800M)	6:26.9
SCORE:	4394	AGE:46	15-7	29-2 1/4	4-9 3/4	79-11	9-2	101-9 1/4					
7	John Ewing	(TN)	14.0	4.36	7.31(16)	1.50	65.7	0.0	(110/39)	21.88(2.0)	0.0	0.0 (800M)	0:00.0
SCORE:	2724	AGE:49	14-3 1/2	23-11 3/4	4-11	71-9 1/4	0-	0-					
			13.13	5.23	8.69	1.75	58.20	0.00		25.80	0.00	0.00	0:00.0
			446	427	407	585	476	0		383	0	0	0

50-54 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M
1	Bill Angus	(OH)	12.8	5.18	10.23(6)	1.53	61.5	16.4	(100/36)	30.58(1.5)	3.00	34.56(800M)	5:15.7
SCORE:	6554	AGE:50	16-11 3/4	33-6 3/4	5-	100-3 3/4	9-10	113-4 1/2					
2	James Cavley	(TX)	12.7	5.13	9.40(6)	1.62	61.9	16.4	(100/36)	31.20(1.5)	3.10	37.06(800M)	6:08.1
SCORE:	6429	AGE:50	16-9 3/4	30-10	5-3 3/4	102-4 1/4	10-2	121-7					
3	Jeff Loubet	(NM)	12.7	4.80	9.53(6)	1.47	64.8	15.9	(100/36)	28.40(1.5)	3.30	35.46(800M)	6:14.1
SCORE:	6080	AGE:50	15-8 3/4	31-3	4-9 3/4	93-2	10-9 3/4	116-4					
4	Tom Thorne	(MO)	13.5	4.86	10.36(6)	1.56	64.6	17.0	(100/36)	33.78(1.5)	3.00	38.80(800M)	6:19.7
SCORE:	6050	AGE:50	15-11 1/4	33-11 3/4	5-1 1/4	110-9 3/4	9-10	127-3 1/2					
5	David Ayers	(VA)	13.6	4.54	9.34(6)	1.35	62.7	18.6	(100/36)	32.48(1.5)	3.20	31.84(800M)	5:16.8
SCORE:	5779	AGE:51	14-10 1/2	30-7 1/2	4-5	106-6 1/2	10-5 3/4	104-5 1/2					
6	John Sloan	(OH)	14.5	4.06	9.71(6)	1.20	71.9	20.5	(100/36)	29.74(1.5)	2.40	39.00(800M)	6:21.2
SCORE:	4444	AGE:53	13-3 3/4	31-10 1/4	3-11	97-6 3/4	7-10 1/4	127-11 1/4					
7	Henry Hopkins	(IN)	13.4	5.23	10.87(6)	1.59	64.6	0.0	(100/36)	34.46(1.5)	0.0	0.0 (800M)	0:00.0
SCORE:	3979	AGE:50	17-1 3/4	35-7 3/4	5-2 1/2	113-1/2	0-	0-					
8	Dave Marovich	(OH)	14.7	3.86	10.84(6)	1.26	81.7	23.7	(100/36)	26.36(1.5)	2.00	31.30(800M)	8:54.6
SCORE:	3329	AGE:50	12-7 3/4	35-6 3/4	4-1 1/2	86-5 3/4	6-6 1/2	102-8 1/4					
			13.43	4.93	12.41	1.55	69.48	22.95		29.64	2.57	42.88	7:45.6
			397	369	631	426	149	154		457	257	484	5

55-59 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M
1	Dale Lance	(OK)	12.7	5.35	9.86(6)	1.56	63.3	15.2	(100/36)	34.26(1.5)	3.40	44.04(800M)	6:29.2
SCORE:	7627	AGE:55	17-6 1/2	32-4	5-1 1/4	112-4 3/4	11-1 3/4	144-5 3/4					
			11.31	7.31	12.02	2.03	51.57	13.91		41.10	4.67	67.82	5:25.0
			793	888	608	831	744	986		687	810	856	424
2	Bill Jankovich	(WI)	13.2	4.67	8.77(6)	1.26	65.6	22.2	(100/36)	24.54(1.5)	2.70	29.80(800M)	6:01.2
SCORE:	5458	AGE:59	15-3 3/4	28-9 1/4	4-1 1/2	80-6	8-10 1/4	97-9					
			11.75	6.38	10.69	1.64	53.44	20.22		29-46	3.71	45.88	5:01.6
			701	670	527	496	663	332		453	538	528	550
3	Ray Fitzhugh	(CA)	14.8	4.62	9.55(6)	1.44	74.0	22.2	(100/36)	31.34(1.5)	2.60	29.18(800M)	0:00.0
SCORE:	4737	AGE:58	15-1 3/4	31-3 3/4	4-8 1/2	102-9 3/4	8-6 1/4	95-8 3/4					
			13.15	6.31	11.65	1.87	60.27	20.22		107-60	3.57	44.92	0:00.0
			443	655	585	687	404	332		616	501	514	0
4	Rex Hane	(IN)	14.6	3.94	9.22(6)	1.20	82.7	22.2	(100/36)	29.70(1.5)	1.40	26.22(800M)	7:19.9
SCORE:	3836	AGE:55	12-11	30-2 3/4	3-11	97-5 1/4	4-7	86-1/4					
			12.98	5.38	11.24	1.58	67.34	20.22		35.64	1.92	40.36	6:07.3
			471	457	560	434	198	332		577	125	447	235
5	Don Zimmerman	(IN)	15.4	3.94	7.91(6)	1.20	75.7	22.6	(100/36)	27.36(1.5)	2.70	21.80(800M)	0:00.0
SCORE:	3788	AGE:57	12-11	25-11 1/4	3-11	89-9	8-10 1/4	71-6 1/4					
			13.67	5.38	9.65	1.56	61.65	20.58		32.82	3.71	33.56	0:00.0
			360	457	465	434	359	305		520	538	350	0
6	Harold Herrington	(TN)	14.8	4.10	0.00(6)	0.00	0.0	0.0	(100/36)	0.0 (1.5)	0.0	0.0 (800M)	0:00.0
SCORE:	945	AGE:58	13-5 1/4	0-	0-	0-	0-	0-		0-	0-	0-	
			13.15	5.60	0.00	0.00	0.00	0.00		0.00	0.00	0.00	0:00.0
			443	502	0	0	0	0		0	0	0	

Continued from previous page

USA Track and Field National Masters Heptathlon Championships

Upper Arlington HS, Columbus, Ohio, July 10-11

(corrected to 1991 WAVA Standards, 1989 WAVA Age Grading, and 1985 IAAF Scoring)

Place	Age	Score	Name	Res.	Hur.	HJ	SP	200M	LJ	JT	800M
Invitational Group											
1.	5273 W22	Nicole Hudson	(GA)	14.7	1.86	11.84	26.3	5.08	43.16	2:32.8	
				850	1054	651	751	581	728	658	
W30-34 Age Group											
1.	3982 W31	Jana Sipes	(PA)	18.0	1.56	9.90	29.8	4.59	38.58	2:49.7	
				502	736	548	517	477	706	496	
W35-39 Age Group											
1.	4623 W35	Sande Lambert	(TX)	16.0	1.41	9.20	28.0	5.01	23.50	2:25.9	
				786	644	525	718	671	443	836	
W45-49 Age Group											
1.	6031 W46	Phil Raschker	(GA)	12.2	1.60	7.49	26.3	5.15	24.28	2:36.8	
				1015	1158	497	1009	937	582	833	
Guest 4408 W45 Liz McBlain (Can)											
				14.8	1.47	8.89	32.6	3.94	22.48	2:54.6	
				641	953	614	530	508	532	630	
2.	3964 W49	Marlene Sachs	(VT)	14.9	1.25	7.96	31.6	3.77	20.26	2:53.1	
				628	632	536	597	454	471	646	
3.	2644 W46	Carolyn McCormick	(TX)	15.4	.96	5.11	31.9	2.87	10.76	3:06.0	
				566	275	302	576	200	211	514	
W65-69 Age Group											
1.	4805 W65	Leonore McDaniels	(VA)	19.3	1.23	6.34	35.43	3.72	14.30	3:50.4	
				517	1158	572	719	868	477	494	
2.	3811 W67	Johnnye Valien	(CA)	21.5	1.05	5.78	37.1	3.07	14.74	3:49.5	
				326	806	510	616	559	494	500	

EAST

USATF/New Jersey Championships

West Long Branch, June 6

100m	
M30 Rich Washington	11.4
Remo Biagioni	11.4
M35 Tom Jones	10.8
M40 P G Felton	12.0
M45 Rab Hagin	12.1
M50 Bob Williams	12.4
M55 Matt Brown	12.9
M60 Alex Johnson	12.9
M65 Tom Delaney	13.8
M70 Jim Manno	14.9
W30 Beryl Frederick	13.1
W35 Cheryl Alston	14.5
W40 Brenda Brooks	14.7
W55 Marilyn Fitzgerald	14.9
W60 Nancy Ammermuller	16.3
200m	
M30 Bill Hughes	25.1
M35 Tom Jones	22.3
M40 P G Felton	24.2
M45 Paul Henry	25.0
M50 Bob O'Brien	27.2
M55 Matt Brown	26.7
M60 Alex Johnson	26.5
M65 T Delany	28.8
M70 Jim Manno	32.0
W30 Kelly Etheridge	28.1
W35 Cheryl Alston	31.3
W40 Brenda Brooks	31.8
W60 Nancy Ammermuller	35.5
400m	
M30 Bill Hughes	52.9
M35 Jim Easter	52.2
M40 Bill Krieger	54.1
M45 Paul Henry	55.1
M50 Bob Williams	59.7
M55 John McDonald	60.6
M60 Hal Smith	69.6
M65 Bob Naylor	67.9
M70 Jim Manno	74.6
W30 Kelly Etheridge	65.8
W45 Eliz Ireland	87.5
W55 Marilyn Mitchell	76.7
W60 Nancy Ammermuller	82.3
800m	
M30 Paul Peacock	2:07.7
M35 Pat Forkins	2:08.1
M40 Tom Ryan	2:08.4
M45 Tom Mahon	2:17.7
M50 Tom Cannon	2:18.8
M55 Ken Baker	2:21.6
M60 Irwin Bernstein	2:30.6
M70 Jim McGilvray	3:38.2
M75 Dudley Healy	3:24.9
W35 Mimi Dipietro	2:19.7
W50 Marilyn Ryder	3:27.7
W55 Marilyn Fitzgerald	3:07.7
1500m	
M30 Phil Gibbons	4:14.2
M35 Pat Forkins	4:14.2
M40 Tom Ryan	4:24.5
M45 Tom Mahon	4:40.2
M50 Dave Gerridge	4:55.4
M55 Ken Baker	4:54.0
M70 Jim McGilvray	7:19.8
M75 Dudley Healy	6:43.3
W30 Janice Morra	4:46.6
W35 Mimi Dipietro	4:50.3
W40 L McCarthy Pascuzzo	5:43.6
W50 Marilyn Ryder	7:02.7
5000m	
M30 John McFadden	16:25.0
M35 Chris Peters	16:08.0
M40 Mark Sepkowski	15:59.0
M45 Harold Nolan	15:46.0
M55 Gere Chase	18:34.0
M60 Chris Pappas	24:50.0
M75 Dudley Healy	24:30.0
W30 B Brennan-Moldoch	18:58.0
W35 Michele Kirsh	23:19.0
W40 Barbara Johnson	25:23.0
W45 Lois Brown-Butcher	24:20.0

Short Hurdles

M30 Leon Devero	15.1
M35 Mark Monti	15.6
M40 Steve Harkins	17.6
M50 Nate Byrd	18.4
M55 Leon Trout	16.5
M65 Tom Delaney	18.9
W40 Brenda Brooks	15.1
W45 Michael Marie Hill	17.1

Long Hurdles

M30 Kevin Dee	61.7
M35 Keir Delaney	90.9
M55 John McDonald	56.3
M60 Jack Lance	63.4
4x100m Relay (mixed ages/men)	
Garden State AC	45.2
NJ Striders "A"	47.6
4x400m Relay (mixed ages/men)	
Phila Masters	3:54.6
NJ Striders "A"	4:43.1
4x400m Relay (mixed ages/women)	
Team Running Store	5:29.0

High Jump

M30 Mike Pascuzzo	7-0
M35 Kurt Schroeder	6-0
Ed Fern	6-0
M40 Steve Harkins	6-6
M50 Jerry Sullivan	4-3 1/2
M55 John McDonald	4-8
M65 Tom Delaney	4-2
W30 Julie Wiedis	3-8
W40 Johnnie Hill-Hudgins	4-2
W45 Michael Marie Hill	4-4
Pole Vault	
M35 Dan Gold	9-6
M50 Jeff Tindall	11-11
M60 George Taylor	4-10

Long Jump

M30 Greg Foster	7.10
M35 Rochvale Hudson	5.61
M40 Mark Gershon	5.51
M45 Chas Thorson	4.82
M50 Hans Gordon	5.53
M55 Leon Trout	4.95
M60 Quinto Biagioni	4.07
M65 Tom Delaney	4.24
M70 Eddie Coyle	2.09
W30 Julie Wiedis	2.72
W40 Nancy Klepack	4.67

Triple Jump

M30 Greg Foster	14.74
M40 Mark Gershon	10.94
M50 Bob O'Brien	9.01
M55 Mort Hahn	6.29
M60 Jack Lance	7.38
M70 Eddie Coyle	5.90

Shot Put

M30 Glenn Thompson	15.66
M35 Bill Wolverton	13.33
M40 Henry Kalnas	12.31
M45 Rich Dunphy	11.63
M50 Joe Kalnas	11.50
M55 Larry Platt	11.36
M60 William Barken	10.82
M65 Alfred Jankola	8.58
M70 Eddie Coyle	8.37
W30 Yancy Munoz	7.65
W35 Judy Newton	7.40
W40 Carol Long	6.80
W45 Johnnie Hill-Hudgins	9.12

Discus

M30 Kevin Dee	115-5
M35 Tom Talbot	124-1
M40 Henry Kalnas	115-9
M45 John Abbott	129-10
M50 Larry Pratt	160-8
M55 Sam Rufford	104-1
M60 Quinto Biagioni	119-11
M65 Alfred Jankola	89-9
M70 John McCarthy	101-0
M75 Jack Hageman	94-2
W30 Yancy Munoz	71-3
W35 Cheryl Alston	66-11
W40 Carol Long	47-0
W45 Marie Lake	64-10

Hammer

M30 Mike Bersch	46.34
M40 John Casanassina	43.07

M50 Hans Ehrnstrom	35.51
M60 Pay Carstensen	41.33
M65 Lev Mozhaev	38.00
M75 Eugene Bradford	17.57
M80 Paul Narcessian	24.71
W70 Libby Hagemann	21.16

Javelin

M30 Kevin Dee	128-8
M35 Dan Goia	144-8
M40 Richard Ruffalo	129-4
M45 Dennis Chandler	185-0
M50 John Lang	129-10
M55 Bob Balderston	141-10
M60 George Taylor	94-1
M65 Al Jankola	67-4
M70 John McCarthy	89-1
M75 Gene Wood	58-8
W30 Julie Wiedis	62-10
W45 Johnnie Hill-Hudgins	58-2
W70 Libby Hagemann	55-9

Weight

M30 Mike Bersch	10.87
M40 John Casanassina	12.52
M50 Hans Ehrnstrom	10.76
M60 Pay Carstensen	12.70
M65 Lev Mozhaev	11.49
M75 Eugene Bradford	6.11
W70 Libby Hagemann	7.64
5000m Racewalk	
M30 Cliff Mimm	24:30
M35 Pat Grimes	30:11
M40 Ray Funkhouser	21:39
M45 Jack Lach	26:57
M50 James Carmines	24:45
M55 S Summerhayes CAN	26:45
M65 Bob Mimm	28:22
W35 Gloria Rawls	28:14
W40 Phyllis Hansen	26:01
W45 Sandy Rubel	33:53
W60 Anne Rigassio	40:21

Sri Chinmoy Masters Games

Queens, NY, July 10

100m	
M40 Rick Lapp	11.28
M45 Bhashwar Hart	11.53
M50 Richard Jones	11.90
M55 Ed Small	12.37
M60 John Darrell	13.89
M75 Carl Zavas	13.90
W40 Ranjana Ghose	13.76
W45 Lorraine Tucker	13.22
W50 Srotaswini Klandt	20.39
W55 Paula Kleinman	24.59
W60 Sulochana Kallai	18.84
W65 Pramoda Vacher	21.98
200m	
M40 Sakshat Flowers	24.50
M45 Ron Johnson	24.11
M50 Julio Marin	26.50
M55 Ed Small	25.58
M60 John Darrell	29.40
W40 Ranjana Ghose	28.65
W45 Lorraine Tucker	28.32
W50 Srotaswini Klandt	44.88
W55 Chameli Herdes	71.60
W60 Sulochana Kallai	44.13
W65 Pramoda Vacher	55.00
400m	
M40 Rick Lapp	53.40
M45 Bhashwar Hart	55.64
M50 Delfido Davila	68.02
M55 Cliff Pauling	61.99
M60 John Darrell	68.68
M65 John McManus	72.23
M40 Betty Clair	67.55
W45 Karen Ellis	86.92
W50 Srotaswini Klandt	1:48.17
W60 Sulochana Kallai	1:40.40
800m	
M40 Virendra Gauthier	2:08.93
M45 Ben Grundstein	2:28.95
M50 Sid Howard	2:13.80
M55 Bob Gooden	2:25.55
M60 Al Puma	3:04.82
W45 Betty Clair	2:42.69
W45 Mary Ryan	2:42.94
W50 Srotaswini Klandt	4:32.56
W60 Sulochana Kallai	4:01.10

Mile

M40 Virendra Gauthier	4:55
M45 Ben Grundstein	5:45
M50 Luis Flores	5:36
M55 Witold Bialokur	5:14
M60 John Darrell	7:26
W40 Diane Ditchfield	5:57
W45 Hladini Wilson	7:23
W55 Srotaswini Klandt	10:12
W60 S Kallai	9:14
3000m	
W40 Lahory Brummell	12:57
W45 Hladini Wilson	15:01
W55 S Klandt	21:52
W60 S Kallai	18:33
5000m	
M40 Virendra Gauthier	17:30
M45 L Guachichulcha	17:45
M50 Luis Flores	17:59
M55 Phil Brewer	21:00
M60 Ross Grasso	23:52

High Jump

M40 Ivan Black	5-1
M45 Rudra Tamm	4-3
M50 Delfido Davila	4-1
M55 Haig Bohigian	4-1
M60 Paul Soraparu	4-1
W40 Marie Beretey	4-0
W45 Lorraine Tucker	3-9
W50 Sandy Pashkin	3-7

Long Jump

M40 Rick Lapp	6.07
M45 Rudra Tamm	3.46
M50 Mel Miller	4.09
M55 Haig Bohigian	3.88
M60 John Darrell	3.88
M70 Hillar Saareste	3.59
W40 Marie Beretey	4.38
W45 Lorraine Tucker	4.65
W70 Pearl Auerbach	1.78
W80 Sylvia Swartz	1.52

Shot Put

M40 Mike Fortunato	9.04
M45 Dick Dunphy	11.27
M50 August Kauffman	11.48
M55 Louis Capano	10.19
M60 Martin Kintish	11.35
M65 Martin Busch	7.78
M70 Mario Minafra	6.70
W40 Betty Clair	9.78
W45 Shantishri McGrath	6.09
W50 Srotaswini Klandt	5.87
W55 Chameli Herdes	1.67
W60 Chris McKenzie	6.13
W70 Pearl Auerbach	5.86
W75 Rose Ruston	6.25
W80 Sylvia Swartz	5.39

Discus

M40 M Fortunato	30.36
M45 Wlodz Tomczak	35.03
M50 Giulio Romano	31.00

Continued from previous page

Triple Jump	
M35 Steve Platt	10.01
M40 Ivan Black	11.15
M50 Klet Vener	10.56
M60 Jim Stookey	10.25
M65 Jack Doorlay	7.93
M70 Ed Coyle	6.29
M75 Sparks Sorlein	8.80
Shot Put	
M30 Al Russo	11.30
M35 Jim Craig	12.17
M40 Henry Kalas	12.26
M45 Rick Dunphy	12.03
M50 Larry Pratt	13.36
M55 Jay Edwards	11.62
M60 Ray Feick	12.76
Len Olson	12.54
M65 Al Jankola	8.51
M70 Ed Coyle	8.39
M75 Champion Goldy	7.90
M90 Everett Hosack	4.94
M30 Denise Jones	7.09
M35 Irene Thompson	8.19
Neysa Westman	7.09
M45 Johnnie Hill Hudgins	9.18
M50 Roslyn Katz	7.43
M60 Joan Dash	7.43
Discus	
M30 Al Russo	36.70
M35 Tom Talbot	36.98
M40 Jim Williams	39.94
Henry Kal	37.16
M45 John Abbott	37.20
Terry Shuman	35.10
M50 Larry Pratt	49.24
Gus Givskos	33.46
M55 Jay Edwards	32.64
M60 Len Olson	43.66
Tom Henderson	40.96
M65 Art Harris	27.52
M70 John McCarthy	28.62
M75 Champion Goldy	25.26
M35 Lorraine Sibilia	20.78
M50 Roslyn Katz	20.16
M55 Joan Youngs	20.38
M60 Joan Dash	16.18
Javelin	
M30 Kevin Richardson	53.18
Eric Schad	53.24
M35 Nick Helfrich	39.16
M40 Bob Sing	63.82
Dick McMullin	53.70
M45 Ed Fox	38.60
M50 Geo Reynolds	45.92
Hans Ehrnstrom	40.04
M55 Pat Conley	35.15
M60 Ray Feick	39.84
Len Olson	35.66
M65 Al Jankola	23.60
Art Harris	23.50
M70 John McCarthy	26.08
M30 Julie Wiedis	19.64
M35 Irene Thompson	27.60
M50 Roslyn Katz	18.54
M55 Joan Youngs	21.42
M60 Joan Dash	20.42
Weight Throw	
M40 Mike Sherrill	12.66
M50 Hans Ehrnstrom	13.59
M60 Len Olson	13.12
Ray Feick	12.47
M65 Al Jankola	9.10
M70 Paul Eberhardinger	7.91
M90 Everett Hosack	4.59
M50 Roslyn Katz	9.27

MIDWEST

The Masters Return
To Illinois Meet
Libertyville, July 10

100m	
M30 Rob Robinson	12.70
M35 Mike Skoflanc	12.40
M40 Gerry Krainik	11.90
M45 Jim Lee	12.20
M50 Dennis Buss	12.30
M55 Pierre Dobrovolsky	12.70
M60 Harry Brown	12.70
M65 Chuck Sochor	13.20
M70 Lee Farmer	13.90
M75 Mel Flachs	17.40
M35 Lynn Latoria	14.80
M40 Claudia Masterson	17.20
M55 Roddie Larsen	17.20
M60 Helen Hess	23.00
200m	
M30 Joe Schwieterman	24.3
M35 Bob Zahn	24.0
M40 Gerry Krainik	23.3
M45 Jim Lee	24.4
M50 Dennis Buss	25.3
M55 Don Amery	27.9
M60 Harry Brown	26.4
M65 Chuck Sochor	27.2
M70 Lee Farmer	29.1
M75 Mel Flachs	36.3
M35 Lynn Latoria	30.1
M40 Claudia Masterson	37.1
M55 Roddie Larsen	35.7
M60 Helen Hess	48.2
400m	
M30 Tony Krainik	55.0

M35 Alvin Smith	56.0
M40 Dan Connors	55.0
M45 Drew Jackson	59.0
M50 Don Mowles	63.0
M60 Mario Bertolani	88.0
M65 Chuck Sochor	61.0
M75 Mel Flachs	93.0
M30 Angie Krainik	68.0
M35 Sherree Robertson	64.0
M40 Tricia Scully	79.0
M50 Terry Untz	2:25
M55 Roddie Larsen	81.0
M60 Helen Hess	1:48
800m	
M30 Dick Kennedy	2:02
M35 Glenn Drakeley	2:41
M40 Jerry Feldhausen	2:09
M45 Stan Mathes	2:06
M50 Vick Heckler	2:08
M55 Ernie Tracy	2:38
M65 Chuck Sochor	3:09
M75 John Williams	6:09
M35 Sherree Robertson	2:31
M40 Tricia Scully	2:53
M45 Renata Miskinis	3:03
M50 Terry Untz	5:26
M55 Boots Wodek	3:29
M75 Algene Williams	4:53
M80 Anne Clarke	5:12
1500m	
M30 Dan Skarda	4:12
M35 Phil Gayter	4:25
M40 Darryl Johnson	4:27
M45 Alex Posner	4:40
M50 Vic Heckler	4:22
M55 Ernie Tracy	5:16
M60 Ted Pasquesi	7:24
M65 George Rasch	7:15
M75 John Williams	12:06
M40 Ellie Johnson	6:39
M45 Carol Cooke	5:45
M50 Renat Miskinis	5:51
M75 Algene Williams	9:00
3000m	
M30 Dan Skarda	9:10
M35 Jim Ramig	10:51
M40 Darryl Johnson	9:25
M45 Alex Posner	10:08
M50 Ron Thomas	10:17
M55 Ernie Tracy	11:10
M65 George Rasch	15:27
M70 Joe Schmidt	15:53
M30 Joy Gayter	10:52
M35 Peg Cronin	13:49
M45 Carol Cooke	12:21
M75 Algene Williams	18:08
M80 Anne Clarke	20:21
Short Hurdles	
M30 Joe Schwieterman	15.40
M35 Bob Zahn	15.70
M40 Stan Druckrey	14.80
M45 Johnnie Meisner	18.00
M50 Bruce Mills	18.40
M60 Clarence Trinkner	16.40
M65 Chuck Sochor	19.30
M70 Mel Buschman	23.40
Long Hurdles	
M40 Stan Druckrey	57.05
4x100m Relay	
Male Team	47.7
(Blueford/Rewolinski/Wright/ G Krainik)	
Co-Ed Team	66.0
(Gand/Miskinis/Johnson/ Snider)	
4x400m Relay	
Male Team	4:05
(Muskat/Schwieterman/Jackson/ Whitemore)	
Female Team	5:46
(Wodek/Johnson/Scully/ Snider)	
Co-Ed Team	4:52
(Cooke/Packel/Johnson/ Miskinis)	
High Jump	
M30 Rob Robinson	1.73
M35 Bob Zahn	1.68
M45 Johnnie Meisner	1.73
M50 Larry Gardner	1.57
M55 Mike Murphy	1.32
M60 Dick Richardson	1.57
M60 Clarence Trinkner	1.42
M65 Eugene Hess	1.27
M70 Mel Buschman	1.17
M45 MaryLou Platis	1.01
Pole Vault	
M30 Steve Hable	4.42
M35 Keith Petranek	4.27
M40 Pat Malone	2.74
M45 Ed Greene	3.05
M55 Joe Griffin	nha
M60 Tom Hinkes	3.05
Long Jump	
M30 Chuck Truax	3.96
M35 Mike Skoflanc	5.52
M40 Jim Hawkins	4.98
M45 Johnnie Meisner	5.05
M50 Larry Gardner	4.56
M55 Don Amery	4.02
M60 Clarence Trinkner	4.42
M65 Ken Yaihiro	4.10
M70 Mel Buschman	3.53
M75 Mel Flachs	3.04
M45 MaryLou Platis	3.00
Triple Jump	
M30 Chuck Truax	9.08
M35 Warren Jacobsen	10.17
M40 Jim Hawkins	9.44
M45 Johnnie Meisner	11.12
M50 Larry Gardner	9.02
M60 Clarence Trinkner	9.05
M65 Ed Fallor	7.63

M70 Mel Buschman	6.38
M45 MaryLou Platis	5.22
Shot Put	
M30 Bob Kuschner	10.96
M40 Matt Byrnes	14.12
M45 Tim Seifert	13.00
M50 Scott Berry	12.03
M55 Don Amery	10.56
M60 Harvey Peters	11.62
M65 Phil Brusca	12.67
M70 Mel Buschman	9.87
M35 Ruth Welding	10.30
M40 Claudia Masterson	6.43
M45 MaryLou Platis	6.08
M50 Karen Huff	9.41
Discus	
M30 Chuck Truax	32.85
M40 Jerry Senters	39.73
M45 Lee Englund	39.35
M50 Carl Mooney	44.16
M55 Everett Hardy	39.07
M60 Don Mather	44.58
M65 Phil Brusca	40.57
M70 Mel Buschman	26.51
M35 Ruth Welding	34.40
M45 MaryLou Platis	22.60
M50 Karen Huff	19.80
Javelin	
M30 Chuck Truax	43.89
M35 Gregory Davis	51.47
M40 Walt Kuc	45.19
M45 John Hess	31.37
M60 Dick Richardson	32.36
M65 Phil Brusca	36.31
M70 Mel Buschman	26.56
M35 Ruth Welding	25.06
M45 MaryLou Platis	15.08
M50 Karen Huff	27.68
1500m Racewalk	
M40 Marcus Selwyn	8:34
M45 Steve Feith	8:34
M50 Don Mowles	6:46
M60 Don Sibigroth	9:36
M65 Al Goldman	10:03
M70 Joe Schmidt	10:07
M35 Terri Krentz	8:34
M40 Lynn Tracy	8:20
M45 Diane GrahamHenry	8:17
M50 Barb Welsh	9:09
M55 Joyce Decker	8:24
3000m Racewalk	
M40 Marcus Selwyn	17:59
M45 Steve Feith	17:58
M50 Don Mowles	14:29
M60 Jim Bagby	14:29
M35 Terri Krentz	17:48
M40 Lynn Tracy	17:20
M45 Diane GrahamHenry	17:09
M50 Barb Welsh	19:14
M55 Joyce Decker	17:26
M80 Anne Clark	24:12

MID AMERICA

Rocky Mountain Masters Games
Boulder, Colorado, Sept. 4-5

500M	
M39 ZAHN, BOB	6.66
100M	
M43 DOLEZEL, JIM	6.94
M45 VERTI, BOB	6.69
M45 STIEHL, JOHN	6.95
M46 STEINMETZ, MIKE	7.01
M47 BONG, ROBB	6.61
M50 ROBBINS, STEPHEN	6.52
M51 GIBSON, WALTER	6.98
M51 LECCINSKI, DENNIS	7.54
100M	
M51 STARR, TOM	7.44
M52 SCHURR, AVITAL	6.99
M54 JURGENS, BOB	8.80
M55 LANCE, DALE	7.00
M56 DICKLEY, BILL	7.60
M56 ROTH, JIM	7.95
M59 HILGER, JIM	9.80
M65 COHEN, ALAN	8.08
M66 SOCHOR, CHUCK	7.61
M69 SILVA, ALEX	8.14
M74 DAVISON, JOHN	7.74
M77 PRAEGER, FREDERICK	9.49
M78 TODD, LEE	8.77
F35 SCHOENTHALER, SERENA	7.72
F44 CURRAN, LURLINE	8.43
F56 LARSEN, RODDIE	9.14
F57 SANCHEZ BISHOP, RAQUEL	10.68
F61 DUGAN, JOAN	8.16
100M	
M34 MAKOTY, FRANK	12.63
M34 MARCHAND, EDWARD	12.37
M34 MATHIS, JAY	11.69
M38 DAVIS, WILBERT	13.76
M39 ZAHN, BOB	12.09
M40 CHEADLE, BILL	12.09
M43 DOLEZEL, JIM	12.69
M43 VERTI, BOB	12.04
M45 STIEHL, JOHN	12.88
M46 STEINMETZ, MIKE	12.68
M47 BONG, ROBB	12.11
M51 GIBSON, WALTER	12.11
M51 STARR, TOM	12.84
M52 SCHURR, AVITAL	12.74
M54 ARNOLD, ED	14.40
M54 JURGENS, BOB	14.24
M55 KIRKPATRICK, RONALD	12.83
M55 LANCE, DALE	13.25
M56 CARTER, LARRY	13.76
M56 DICKLEY, BILL	14.49
M58 MATHIS, JIM	12.57
M64 SCOTT, RICHARD	15.10
M65 COHEN, ALAN	15.12
M66 SOCHOR, CHUCK	13.50
M68 KATZMAN, NORMAN	14.99
M69 SILVA, ALEX	15.70
M74 DAVISON, JOHN	14.53
M77 PRAEGER, FREDERICK	17.41
M78 TODD, LEE	16.91
F35 SCHOENTHALER, SERENA	14.19
F40 BRUMMOND, JAN	16.07
F43 BLENDEN, RENE	15.84
F44 CURRAN, LURLINE	15.35
F56 LARSEN, RODDIE	17.44
F61 DUGAN, JOAN	16.12
F79 MEHL, PEARL	23.43

200M	
M33 WINSTON, STEVE	23.27
M34 MARCHAND, EDWARD	25.08
M34 MATHIS, JAY	23.62
M39 ZAHN, BOB	24.67
M40 CHEADLE, BILL	24.19
M43 DOLEZEL, JIM	25.85
M45 STIEHL, JOHN	26.66
M46 STEINMETZ, MIKE	27.45
M47 EIDINGER, GEORGE	28.23
M52 SCHURR, AVITAL	26.25
M55 KIRKPATRICK, RONALD	25.76
M56 CARTER, LARRY	28.74
M56 DICKLEY, BILL	30.49
M65 COHEN, ALAN	32.25
M66 SOCHOR, CHUCK	28.41
M68 KATZMAN, NORMAN	30.32
M69 SILVA, ALEX	35.57
M74 DAVISON, JOHN	31.54
F35 SCHOENTHALER, SERENA	28.91
F36 JORDAN, KATHY	33.69
F40 BRUMMOND, JAN	34.66
F43 BLENDEN, RENE	33.08
F44 CURRAN, LURLINE	32.55
F56 LARSEN, RODDIE	36.88
F57 SANCHEZ BISHOP, RAQUEL	44.00
F79 MEHL, PEARL	51.07
400M	
M34 MARCHAND, EDWARD	56.11
M43 COHAN, DAVID	67.01
M43 DOLEZEL, JIM	62.30
M47 BONG, ROBB	54.82
M55 KIRKPATRICK, RONALD	56.24
M60 LUFF, KENNETH	60.87
M62 BLACK, ERNIE	74.84
M65 COHEN, ALAN	80.21
M66 SOCHOR, CHUCK	65.88
M68 KATZMAN, NORMAN	69.09
M69 SILVA, ALEX	77.72
F32 KINNEY, KATE	64.83
F36 JORDAN, KATHY	87.14
F43 BLENDEN, RENE	72.49
F44 CURRAN, LURLINE	76.98
F55 PALMASON, DIANE	69.71
F79 MEHL, PEARL	114.92
800M	
M31 ALESCH, LAWRENCE	02:03:56
M33 HELD, JOH	02:07:28
M36 DAVISON, MIKE	02:33:17
M40 RADEMACHER, DENNIS	02:09:43
M42 UNDERWOOD, JEFF	02:30:99
M43 MCCracken, MIKE	02:10:38
M47 EIDINGER, GEORGE	02:25:24
M51 LINN, GEORGE	02:29:34
M56 EVAN, ROBERT	02:33:94
M60 LUFF, KENNETH	02:22:15
M62 BLACK, ERNIE	02:47:28
M65 COHEN, ALAN	03:33:16
M66 SOCHOR, CHUCK	02:43:61
F43 BLENDEN, RENE	02:55:21
F55 PALMASON, DIANE	02:44:55
F71 ADAMS, LOUISE	07:05:82
F79 MEHL, PEARL	10:02:34
1500M	
M35 GREEN, FRANK	19:53:11
M58 FRANKS, RAY	21:54:0
M60 MCCracken, JOHN	27:18:14
M71 KINS, CHARLES	27:13:14
F39 DUNCAN, JOAN	26:21:18
F40 OBRIEN, SANDRA	23:34:11
F55 PALMASON, DIANE	21:09:16
F71 ADAMS, LOUISE	26:20:13
F79 MEHL, PEARL	40:28:18
500M	
M59 STRAUTINS, VILMARAS	31:11
M61 STORIE, GERALD	30:40
M68 TINNERHAUS, KLAUS	30:26
M70 MOSKOVIT, LEONARD	36:45
M71 WRIGHT, SIDNEY	34:26
M75 CHANNELL, HOWARD	31:12
F63 WILLIAMS, JACKIE	32:13
100H	
M55 LANCE, DALE	15.59
M64 SCOTT, RICHARD	20.24
M65 COHEN, ALAN	25.86
M66 SOCHOR, CHUCK	19.32
110H	
M30 RUTKOWSKI, STEVE	16.48
M34 MAKOTY, FRANK	18.49
M39 ZAHN, BOB	15.92
M40 CHEADLE, BILL	16.66

Continued from previous page

LONG JUMP	
M35 Peter Polson	6.50*
M40 Colin Williams	6.10*
M45 David Harris	1.37
M50 Mike Wilhite	4.49
M55 Wayne Skartwed	4.12
M60 Bill Wright	4.46
M65 Floyd Jack	2.81
M70 Bill Carter	3.89
M75+ H.B. Smith	2.24
W45 Doris Wheeler	2.17*

TRIPLE JUMP

M30 Eddie Taylor	10.53
M40 Jim Dolezel	10.37
M45 Kenneth Hogan	8.60
M50 Mike Wilhite	8.61
M55 Wayne Skartwed	7.65*
M60 Bill Boyce	7.41
M70 Doc Bennett	7.23*

HIGH JUMP

M35 Ken Ellis	5-9*
M40 Jim Dolezel	4-10
M45 Jim Johnson	5-4*
M50 Sam Penning	4-6
M55 Wayne Skartwed	4-0
M60 Bill Boyce	4-2*
M70 Doc Bennett	3-11
W45 Doris Wheeler	3-4

POLE VAULT

M35 Ken Ellis	14-0
M40 Jim Blevins	11-0
M50 Eugene Wheeler	9-6
M60 Bill Boyce	8-0*

(*Denotes new meet record)

The Runner Summer Track Series

Oklahoma City, Aug. 3

100m	
M35 Brooks Wright	12.91
Mark Bravo	13.62
M40 Colin Williams	11.92
Jim Dolezel	12.01
W35 Betty Sadler	16.89
400m	
M35 Brooks Wright	58.73
M40 Colin Williams	54.15
W35 Betty Sadler	1:19.36
1500m	
M30 John May	4:30.91
M35 Mark Bravo	4:25.28
M50 Ed Winn	5:55.82
W35 Betty Sadler	5:28.92
3000m	
M30 John May	10:12.27
M35 Mark Bravo	9:57.23
Ed Winn	13:36.14
110mH	
M35 Ken Ellis	15.26
M40 Colin Williams	14.21
Pole Vault	
M35 Ken Ellis	12'8"
M40 Jim Dolezel	16'8"
W55 Sue Tunnick	11'1"

West Texas Senior Sports Classic

Lubbock, August 18-22

100m	
M50 Steve Ireland	13.07
M55 Wayne Bennett	12.25
M60 Bill Pardue	13.51
M65 Jack Paslay	17.33
M70 Chet Henninger	15.76
M80 Frank Pye	29.30
M55 Doris Stalcup	nt
W65 Peggy Henninger	22.04
200m	
M50 Steve Ireland	26.89
M55 Jimmy Weaver	25.52
M60 Bill Pardue	28.64
M65 Jack Paslay	39.3
400m	
M50 Robert Guajardo	60.15
M55 Paul Johnson	58.6
M60 John Stalcup	84.27
M65 Jack Paslay	90.91
M80 Frank Pye	3:11.34
1500m	
M50 Troy Scoggins	5:44.57
M55 Tony Antista	5:52.51
M60 Luke Oliver	6:19.26
M65 Tom Bowser	6:29.19
High Jump	
M60 Roy Morgan	4-4
M65 Doug Cochran	3-8
M70 Chet Henninger	7-6
Long Jump	
M50 Jerry Whitten	10-5 1/2
M60 Bill Hearn	12-5 1/2
M65 Doug Cochran	10-3 1/2
M70 Dick Brown	8-9
M75 Wade Alexander	12-7 1/2
W65 Peggy Henninger	6-5 1/2
Shot Put	
M50 Ken Matney	44-2
M60 James Means	27-3
M65 Doug Cochran	29-7
M75 Wade Alexander	30-9 1/2
M65 Loy Donley	11-10 1/2
Discus	
M50 Ken Matney	107-8
M60 Roy Morgan	109-10
M65 Doug Cochran	107-10
M75 Leldon Miller	58-2
W65 Loy Donley	38-2
Javelin	
M50 Larry Sava	66-9
M60 Roy Morgan	106-9
M65 Doug Cochran	107-6
M70 Chet Henninger	75-3
M75 Wade Alexander	52-6

W55 Doris Stalcup	28-0
W65 Loy Donley	31-0
W70 Addie Mae George	31-9
5K Road Race	
M50 Bob Guajardo	21:17
M60 John Stalcup	25:45
10K Road Race	
M50 Bill Mayfield	59:39
M55 Martin Harms	50:33
M60 Hugh Haynes	57:01
M65 Jack Paslay	53:43

WEST**Aloha State Games**

University of Hawaii, Manoa

June 12, 13 & 18

100m

M30 Forika McDougald	11.00
M35 Elijah Thomas	11.64
M40 Joe Keill	11.88
M45 David Walker	12.20
M50 Clement Chun	13.44
M55 Stanford Kuroda	14.18
M60 Richard Elwell	15.99
M65 Bob Voegel	31.93
M70 Johnson Lau	18.53
W30 Alberta Davis	15.18
W35 Jennifer Battle	15.59
W40 Robyn Calhoun	14.54
W45 Della Suarez	20.43

200m

M30 Forika McDougald	23.12
M35 Elijah Thomas	24.75
M40 Willie McMillan	26.80
M50 Clement Chun	28.85
M55 Stan Duroda	30.72
M60 Johnson Lau	39.99
W30 Vivian Tobias	33.02
W35 Ethel Guerrero	35.18
W40 Robyn Calhoun	31.50
W45 Della Suarez	20.43

400m

M30 Mark Elwell	53.19
M35 Elijah Thomas	57.45
M40 Roger Vargas	1:13.41
M45 John Bush	58.90
M50 Jack Karbus	1:03.7
M55 Stanford Kuroda	1:09.28
M60 George Ishiki	1:22.86
M70 Naoto Inada	1:23.63

800m

M35 Jim Youngquist	2:12.96
M40 Duncan McDonald	2:04.17
M45 Ron Pate	2:16.37
M50 Jon Kunitake	2:32.85
M55 Ken Monica	2:40.13
M65 George Ishiki	3:13.61
M70 Naoto Inada	3:09.00

1500m

M30 Kraig Lysek	4:37.19
M35 James Youngquist	4:30.68
M40 Derek Goudge	5:06.90
M45 Wayne Joseph	5:15.48
M50 Jon Kunitake	5:13.90
M55 Ken Monica	5:20.99
M60 Richard Elwell	6:35.80
M65 George Ishiki	6:30.75
M70 Naoto Inada	6:06.70

3000m

M35 James Youngquist	9:45
M40 Derek Goudge	11:08
M45 Ron Pate	10:33
M50 John Kunitake	11:22
M55 Bob Henniger	14:26

Short Hurdles

M30 Derek Bolds	22.01
M40 Larry Luehrs	19.86
M45 Robert Larson	20.82
M50 Michael Dudock	22.65

Long Hurdles

M45 Robert Larson	1:15.29
M50 Michael Dudock	1:34.95

4x100m Relay

M30 James Ferrigno TC	47.90
M40 Hawaii Masters TC	48.78
M50 Hawaii Masters TC	53.93
M70 Hawaii Masters TC	1:25.16
W30 Faerber's #1	1:02.87
W60 Faerber's Flyers	1:25.67

4x400m Relay

M30 James Ferrigno TC	3:35.00
M50 McDonald/Pate	4:06.03
M50 Hawaii Masters TC	4:39.64
W30 Faerber's Flyers	5:40.90
W60 Faerber's Flyers	6:41.53

High Jump

M30 Bill Rothmeier	5-10
M35 Taras Chepurny	5-6
M40 Larry Luehrs	5-2
M45 Robert Bloom	3-10
M50 Nathan Alwhi	4-10
M55 Clement Chung	(tie)
M65 Bob Voegel	3-2
M70 Ken Wheeler	3-10
M75 Lew Luehrs	3-4

Pole Vault

M30 Bill Rothmeier	10-6
M35 Steven Benson	11-0
M40 Larry Luehrs	10-6
M50 Nathan Alwhi	9-6
M55 Braxton Norton	7-0

Long Jump

M30 Teavalki Vaa	19-6
M35 Henry Dutro	17-5 1/4
M40 Larry Luehrs	17-6
M45 Courtland Pang	14-5
M50 Clement Chung	15-11
M55 Standard Kuroda	13-4

Triple Jump

M30 Teavalki Vaa	37-10
M35 Steven Benson	34-10
M40 James Gaddis	30-1

M45 Robert Larson	32%
M50 Lionel Low	34-3
Shot Put	
M30 Peter Hay	41
M35 Dale Carstensen	38-1
M40 Scott Brooks	37-1
M45 Mike McCrory	28-10 1/2
M50 Mel Kaonohi	38-7
M60 Braxton Norton	36-9
M70 Ken Wheeler	29-7 1/2
M75 Lew Luehrs	23-1 1/2
M50 Pat McLachlan	30-9 1/2

Discus

M30 Julius Hudson	129-4
M35 Greg Smith	116-8
M40 Douglas Nakoa	116-5
M50 Jack Karbens	105-2
M60 Ed Van Pelt	145-2
M70 Ken Wheeler	94-9

3000m RW

M35 Larry Aviles	19:02.6
M40 Gordon Chang	20:41.6
M45 Steve Feith	18:07.5
W30 Wei Lee-Yonamine	20:40.4
W35 Blessing Joao	19:40.5
W45 Stephanie Char	21:52.5
W50 G. DeBenedetti	23:29.2
W80 Adaline Crocker	29:16.8

Stanford Throws Series #18

Stanford U, CA; July 17

Shot Put

M30 Ron McKee	56-4 1/2
M35 Eric Hodgdon	41-5
M40 Gary Kelmenson	36-7

Discus

M30 John Garvey	147-8
M40 G Kelmenson	114-4

Hammer

M30 Dave Debus	197-10
M35 Eric Hodgdon	126-3
M40 G Kelmenson	130-9

Stanford Throws Series #19

Stanford U; August 7

Shot Put

M30 Dave Swan	41-8 1/2
M40 Gary Kelmenson	35-11 1/2

Discus

M30 John Garvey	141-9
M40 G Kelmenson	111-7

Hammer

M30 Marty Martinez	123-0
M35 Mike Venning	108-0
M40 G Kelmenson	130-10

Javelin

M30 Lou Vasu	122-7
M40 G Kelmenson	120-1

Weight

M30 Dave Swan	56-6
M35 Mike Venning	33-8 1/2
M40 G Kelmenson	38-5 1/2

Bay Area Pole Vault

Championships

Soquel, CA; August 22

M40 Jim Williams	14-6
Eddie Seese	13-3 1/2
M45 Greg Miguel	15-0
Bruce Hotaling	12-9 1/2
Roger Werne	12-3 1/2
Joe Miyoski	11-9 3/4
M75 Jim Vernon	8-6 1/2

NORTHWEST**15th Montana Masters**

Track and Field Meet

Bozeman, MT; July 30-August 11

100 (Auto times in 1/100's)

max wind +.97mps	
M30 Robert Harley	12.84
M35 Mike McLeod	11.54
M40 Steve Gardner	12.77
M45 Russell Acea	12.41
M50 Keith Connell	13.22
M55 Keith Bearlusk	12.67
M60 Bob Sager	15.52
M65 Duane Horton	15.44
M70 John Diggs	14.2
M75 Dave Cady	17.2
M80 Ken Chomo	13.9
M85 Jim Moorhead	16.6
M90 Clarence Trahan	13.85
M95 Marsha Hamilton	16.08
M100 Pat Poelman	16.60
M105 Betty Grizzle	16.9
M110 Havis Lorenz	16.9

200 max wind +1.2mps

M30 Scott Benson	28.7
M35 Simon Hale	24.8
M40 Steve Gardner	25.8
M45 Pat Connell	26.9
M50 Duane Horton	28.3
M55 Dave Cady	29.8
M60 Jim Moorhead	29.1
M65 Marsha Hamilton	28.0
M70 Lorra Hitzkus	29.5

Short Hurdles +.37mps

M30 Dave Susanj	17.7
M35 Mike McLeod	15.8
M40 Russell Acea	17.1
M45 Marsha Hamilton	17.8

400

M30 Scott Benson	1:04.4
M35 Bill Buster	1:05.1
M40 Bill McIlwaine	58.2
M45 Dave Cady	1:09.5
M50 Jim Moorhead	1:05.8
M55 Lorra Hitzkus	1:05.5
M60 Betty Grizzle	1:16.4

Long Hurdles

M30 Russell Acea	1:00.3
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800

M30 S Marshall-Pryde	2:07.1
M35 Simon Hale	2:10.2
M40 Bill McIlwaine	2:20.8
M45 Jim Moorhead	2:32.2
M50 Alfred Funk	3:00.4
M55 Betty Grizzle	3:15.6

1500

M30 Shaun M-Pryde	4:14.5
M35 Ron Banovich	4:14.8

M35 Simon Hale	4:20.6
David Vaughn	4:29.3
M40 Jim Hatcher	4:25.3
Bill Buster	5:34.2
John Dewitt	5:20.2
Leon Shearman	5:20.5
M75 Alfred Funk	4:04.9
M55 Kay Neuman	8:08.8

5000

M30 Tom Raunig	15:07.8
Tom Banovich	15:55.1
M35 David Vaughn	17:10.8
Charles Steele	19:42.3
M40 Jim Hatcher	14:43.6
M45 John Dewitt	20:19.4

Continued from previous page

14 Dixon Hemphill 68	6:19
15 Andy Buechele 50	6:34
16 David Mabry 58	6:41
19 Bill Osburn 69	7:25
22 Frank Luff 71	8:21
23 Bud Averitt 73	9:01
24 Henry Heymann 73	9:30
5000m	
1 Dan Murphy 29	15:31.14
4 Ric Banning 40	16:35
8 Paul Quinn 45	17:34
16 J J Wind 43	18:43
18 Doug Wham 40	18:49
19 Jim Medas 49	18:50
21 Jim Derham 51	19:07
25 Randy Washburn 48	19:47
29 Larry Dickerson 62	21:07
30 Andy Buechele 50	21:08
32 Dixon Hemphill 68	21:38
33 David Mabry 58	21:41
36 Tom Kurihara 57	22:08
49 Frank Luff 71	28:44
50 Bud Averitt 73	30:34
51 Henry Heymann 73	30:35

Asbury Park 10K
Asbury Park, NJ; August 14

Overall	
Simon Karori 33	28:22
Wilma Van Onna 28	32:52
M40 Carlos Roa	32:59
David Dunne	33:45
Don McNeal	34:12
Nick Caswell	34:26
Bob Hermes	34:48
Mark Vernacchia	35:11
Vincent Shaw	35:31
Rolando Castro	35:35
M45 Harold Nolan	33:06
Ilerb Tolbert	35:28
Roy Carl	36:04
Bill Chawner	36:38
Tom Mahon	37:03
Peter Carsino	37:05
M50 Sam Skinner	34:37
Victor Cruz	36:09
Pat Cosgrove	36:29
George Wittman	38:07
Frank Hopper	38:33
M55 Gene Chase	38:16
Mel Cowgill	40:01
Fred Zuleger	40:35
James Smith	40:44
M60 Frank Dudley	41:18
Robert Robbins	41:41
Gunter Erich	42:05
Isaiah Solero	43:07
M65 John Hosner	41:42
Jack Harr	46:21
Mario Cavallo	48:14
M70 John McManus 70	47:12
Santee Tallia 70	51:13
Fred Ely 78	51:56
M40 Susan Curtis	42:28
Jane McGraw	43:54
Linda Kranick	44:41
C Tarantino	44:43
M45 Lulu Wechsler	49:30
Kathy Albosta	49:41
Cathy Pillet	49:46
M50 Madeline Bost	44:45
Carole Lelli	45:05
C Di Giambattista	46:25
M55 Zofia Turosz	41:09
Marion Stanjones	43:26
Rita Alles	45:30
M60 Lois Filreis	52:20
Nancy Ammermuller	54:53
Melva Murray	59:34
M65 Helen Dempsey	57:46
Trudy Schmidt	67:18
M70 Althea Weatherbee74	64:15
Markie Stover 72	81:34

Hispanic Half-Marathon
Central Park, NYC;
August 15

Overall	
Charlie Bevier 33	1:09:42
Eileen BarnesCorley34	1:22:39
M40 Sammy Sanchez	1:18:12
Kevin O'Connor	1:19:11
David Francis	1:19:14
M45 Tom Hart	1:11:58
Vince Gaines	1:19:16
Hector Vargas	1:19:18
M50 Sam Skinner	1:17:25
Luis Flores	1:22:25
Dan Klein	1:23:22
M55 Alan Fairbrother	1:31:41
Philmore Brewer	1:33:55
M60 Juan DeLeon Cruz	1:33:36
Joe Burns	1:36:57
M65 Phil Mongillo	1:40:18
John Corrigan	1:46:00
M70 Bill Coyne	1:58:17
Francis Kwaku	1:59:15
M75-Wilfredo Rios 76	2:20:32
M40 Suzanne Rohr	1:34:05
Amy Bahrt	1:39:24
M45 Ann Davies	1:31:11
Carol Ann Zanon	1:39:55
M50 PattyLee Parmalee	1:43:39
M55 Wen-Shi Yu	1:49:39
M60 Helena Close	2:11:08
M65 Bertha McGruder	2:30:53
M70-Althea Weatherbee74	2:32:41
Finishers: 1530m/531w	
Weather: 79°/h64°/wN7mph	

Falmouth 7.1 Mile
Falmouth, MA; August 22

M40 Nick Rose	GBR 34:14
Wilson Waigwa	KEN 34:15
Artemio Navarro	MEX 34:26
Manuel Vera	MEX 35:07
Jerry Kiem	IRE 35:53
M45 Larry Olsen	MA 36:05
Paul Thompson	PA 42:31
Tom Sbarra	MA 43:53
David Baker	MA 44:07
Dick Knight	BER 44:49
M50 James Laurent	RI 40:43
Dan Badalamenti	NY 43:52
Bob Reagan	MA 44:09
Bob Gusmini	MA 44:23
Bob Soldani	MA 46:46
M55 Bill Riley	MA 42:13
Mike Mullo	MA 47:14
John Saarinen	MA 47:20
M60 Joe Fernandez	MA 42:31
Bud Pauling	NY 48:34
Dan McCarthy	MA 50:40
M40 Francie Larrieux	TX 39:42
Jackie Garreau	CAN 41:09
Suzanne Ray	AL 41:11
M45 Peggy Couper	BER 49:07
Donna Derba	MA 50:41
MaryAnne Leahy	NY 52:12
M50 Wendy Burank	MA 56:23
Elizabeth Scarry	FL 57:15
Beverly Savage	MA 57:33
M55 Eliz Jazowski	MA 56:23
Jeannette Cyr	CT 58:51
Betty Kelly	CT 58:56
M60 Mary McCauley	RI 58:28
Pat Burke	62:31
M65+Dottie Gray	MO 67:52
Ani Rak	OH 72:00

Entenmann's 5K
Brentwood, NY; August 23

M40 Dennis Nee	17:07
Jack Porzio	17:35
Steve O'Shaughnessy	17:59
M45 Dave Oakley	17:29
Rodhames Delgado	17:39
M50 Maury Dean	17:31
Tony Venesina	21:27
M55 Dick Murphy	18:27
John Boyle	18:49
M60+Bert Jablon	22:57
Peter Paul D'Iorio	24:50
M40 Estella Clasen	20:48
Jane Faraldi	20:59
Brenda Seidner	21:10
M45 Hilory Boucher	21:45
Vida Hattenbach	26:54
M50 Rosemary Riccardi	23:13
Ann Fahy	27:08
M55 Marion Stanjones	20:43
M60+Althea Wetherbee72	30:33
Judith Williams	35:36

NYRR Back To Work 4 Mile
Central Park, NYC; August 29

Overall	
Alan Kasay 21	19:29
Gillian Beschloss 34	22:36
M40 Carlos Roa	20:55
Nick Caswell	21:40
Bob Hermes	21:47
M45 Art Hall	21:20
Atlaw Belilgne	21:31
Vincent Gaines	21:48
M50 Sam Skinner	22:02
Pat Cosgrove	23:01
Manfred Konrad	23:02
M55 Witold Bialokur	24:54
Mike Goldman	25:05
Alan Fairbrother	25:34
M60 Arnie Green	25:19
Ken Jones	25:48
Frank Dudley	26:27
M65 Bill Fortune	25:40
Geo Thompson	30:10
M70 John McManus	---
Wallace Cutler	31:44
M75+James Keeney 77	33:37
Wilfredo Rios 76	38:08
M40 Amy Bahrt	27:34
Kathy McIntyre	29:02
J m Seltzer	29:14
M45 Ann Makoske	26:16
Marilyn Greeley	27:48
Roberta Brill	29:25
M50 S Rae Baymiller	24:46
Laurie Baker	29:11
PattyLee Parmalee	30:20
M55 Zofia Turosz	26:20
Wen-Shi Yu	29:23
M60 Melva Murray	38:22
Dolly Finkelstein	39:22
M65 Arlene Kernis	42:30
Bertha McGruder	42:52
M70+Althea Wetherbee74	40:27
Juanita Goldman 70	44:45
Finishers: 639m/334w	
Weather: 75°/h66°/wNE6mph/clr	

SOUTHEAST
Miami Runners Tropical
50 Mile/50K
Miami, FL; August 14

--50 Mile--	
1 Dana Stetson	36 7:15:38
3 Art Sarakas	46 7:53:53
5 Mike Glem	45 8:16:50
8 Garry Cendes	40 9:59:11
9 Garry Hoover	55:12:11:47
1 Pat Dixon	W58 9:28:04

--50K--

1 Ben Mathews	55 4:18:50
2 Al Barter	56 4:59:36
4 Stu Glem	48 6:17:34
Dennis Marsella	42 7:15:32
7 Sig Kurz	64 7:55:40

Full Moon Frolic 8 Mile
DeLand, FL; August 14

Overall	
Kevin Butler 30	42:51
Kim McCollum 27	56:09
M40 Rudy Muler	52:50
Alan La Motte	52:58
M45 Terry Hayden	47:25
Jack Wicks	52:39
M50 Jim Wharton	53:51
Phil Little	56:50
M55 Tony Manduca	64:42
Wilfred Larm	70:44
M60 Jim Blount	51:53
M75 Dick Fortier	84:18
M40 Patty Dye	58:24
Jane McCrossan	7:16
M45 Carol Hafner	61:04
M55 Jean De Baum	81:44
M65 Audrey Jacobson	1:41:23
M70 Elaine Geyer	85:16

Over The Hill Masters 5K
Cooper City, FL; August 21

Overall	
Dale Parfitt 44	17:00
Alan Miller 44	17:15
Richard Bohrer	17:26
Grand Masters (50+)	
David Compton 51	17:55
M40 Rolando Cabrera	17:49
M45 Dan Healy	17:29
M50 Matt Cucchiara	18:09
M55 Joseph Singer	20:02
M60 Art Merkle	21:57
M65 Wesley Reuter	23:03
M70+Carmelo Crupi	24:15
Overall Women	
Sharon Beal 46	20:08
Betty Lou Murphy	21:53
Suzanne Staples	22:45
Grand Masters (50+)	
Barbara Boulton 58	27:01
M40 Sandra Henchy	23:24
M45 Yvonne Richardson	25:15
M50 Evelyn Hayes	29:36
M65 Helen Weiss	31:01

--Racewalk--

Overall	
Dale Nelson	26:25
Elizabeth Nelson	29:19
Grand Masters (50+)	
John Lee	30:17
June Ranofsky	33:29

Education Finishes First 5K
Port Charlotte, FL
September 4

Overall	
Samir Perez (15)	17:17
Tina Pontoni (36)	19:16
M40 Michael Varnum	19:01
Donald Collette	19:33
A. Paderewski	21:13
M45 Tom Bedford	18:52
Otis Fesler	19:05
Eddie Johns	19:09
M50 R. Quevillon	17:34*
Ed Gantner	26:09
M55 Pierce Powers	20:36
Ben McNally	21:20
John Bradford	23:51
M60 Kent Wiley	21:53
Robert Tedford	23:48
William Waters	30:25
M65 Myron Meyer	20:44
John Hickey	24:51
B. Sindledacker	25:23
M70 Carl Hammen	21:33+
William Neely	27:20
Harry Campbell	36:06
M40 Donna McKenna	22:26
Judy Sharpe	45:11
M45 Rita Kramer	24:44
Karen Sanford	36:25
O. de Arriba	58:34
M50 Diane Leach	23:30
Valerie Wilson	23:42
Patricia Hollett	30:57
M55 Chickie Fink	47:08
Janice Lewis	56:34
M60 Vera Jones	30:36
M65 Erma Hickey	25:48
*Best time, 2nd overall	
+First win in new age group, second best time	

MIDWEST
Parkersburg Half-Marathon
Parkersburg, WV; August 15

M40 Ric Sayre	1:06:41
Doug Kurtis	1:09:00
Earl Owens	1:10:36
Allen Choma	1:10:56
Richard Banning	1:12:25
Gary Romesser	1:12:24
Jim Sheckel	1:13:41
Charles McMullen	1:14:09
Don Slusser	1:15:08
Dale Leeper	1:16:48
M45 Terry McCluskey	1:15:53
Dan Giner	1:16:17
Fred Waybright	1:17:18
Carl Hatfield	1:19:03
Steve Hlabursky	1:19:51

M50 Ron Rohrer	1:21:00
Gene Ruckman	1:23:37
Richard Hall	1:23:57
Charles Gray	1:25:37
Danny Place	1:25:52
M55 Fay Bradley	1:21:17
Jerry McGath	1:21:59
Dick Ruzicka	1:26:58
Jim Larson	1:29:22
Ron Chrichton	1:30:40
M60 Malcolm Gillis	1:23:07
Charles Rose	1:24:43
Jack Cagot	1:32:12
Jack Gough	1:34:43
Jim Roser	1:35:50
M65 Lou Lodovico	1:36:45
Matt Norris	1:38:54
Joe Kileen	1:42:39
Walter Oton	1:45:32
Harry Kirsch	1:46:22
M70 Jack McClain	2:02:38
Campbell Neel	2:28:59
Louis Cinci	2:29:09
M40 Nancy Grayson	1:20:32
Catherine Lempesial	2:23:22
June Schlabach	1:26:01
C. Ciavarella	1:26:43
Sue Green	1:28:00
Pam Waybright	1:33:40
April Cupwill	1:34:04
Betsy Weikle	1:39:02
Deborah Young	1:39:56
Debbie Buckles	1:41:42
M45 Judith Bugyi	1:31:04
Anne Yarbrough	1:31:32
Merle Hines	1:44:11
Judy Melton	1:47:02
Margo Haren	1:47:30
M50 Elizabeth Ervin	1:43:22
Barbara Jernan	1:46:08
Constance Martinez	1:47:49
Janice Hicks	1:48:20
Deborah Bramlage	1:50:32
M55 Susie Kluttz	1:40:22
Judith Asmus	1:57:38
Jean Hogan	2:00:26
Barbara Scarbro	2:03:38
Faun Peters	2:09:45
M60 Mary Woodring	2:06:40
Myrtle Tourtlot	2:21:08
Elsie Staats	2:47:47
M65 Doris Holman	2:29:19
Julia Jones	2:36:58
M70 Margaret Hagerty	2:34:39

Crim 10 Mile
Flint, MI; August 28

Overall	
Alejandro Cruz	25 MEX 47:05
Lynn Jennings	33 NH 52:53
M40 Ric Savre	40 OR 50:54
Luis Lopez	44 CA 52:12
Joe Nzau	52:14
Gary Wolfram	42 MI 53:48
Randy Bates	41 MI 55:17
M45 Wally Herrala	48 MI 55:30
M40 Suzanne Ray	41 AK 59:22
Karen Blackford	MI 60:12
Jacq. Gareau	40 CAN 60:35
Nancy Grayson	43 MI 61:11
Linda Leonard	43 MI 64:52
M45 Priscilla Welch	CO 64:32
Vickie Putnam	45 MI 67:33
Barbara Heys	46 MI 71:55
M50 Judy Carroll	51 OH 70:32

MID AMERICA
St. Louis TC Series
St. Louis, MO;
June 8

M30 Kenny Cook	4:36
Jon Delano	4:47
M35 Rick Fernandez	5:11
M40 Dan Sebben	4:54
Jim Pannebecker	4:57
M45 Mike Toolen	5:10
M50 Orlyn Skrien	5:27
Steve Cottle	5:28
M55 Bill Stewart	5:39
M60 Leon Fennel	5:36
M65 Bob Logue	7:13
M30 Wendy Halamecek	5:01
M35 Carol Keller	6:24
M40 Donna Springer	7:29
M45 Carol Bellora	6:04
M50 Carol Peluso	6:56
M65 Dottie Gray	8:21

Continued from previous page

SOUTHWEST**Muscular Dystrophy 5K**
Tulsa, OK; August 6

Overall	
Wes Brown	14:43
Suzy Hunt	17:37
M40 Tom Lloyd	16:54
M45 Bob Anderson	16:46
M50 Bobby Bomer	18:07
M55 Fred Dice	18:31
M60 Steve Blanchard	18:24
M65 Jack Gentry	19:22
M70+Jim Smith	21:45
W40 Martha O'Rourke	18:48
M45 Trudy Calloway	20:11
W50 Judy Bomer	26:10
W55 Kathy Moffitt	24:09
W60 Joan Whitmier	27:39
W65+Opal Alexander	28:17
Racewalk Overall	
Jim McFadden 54	25:16
Linda Brown 52	31:15

WEST**Avila Pier 5K****Avila Beach, CA; August 21**

Overall	
Ivan Huff 34	14:45
Katy McGarry 21	19:14
M40 Frank Hutchinson 40	16:14
Louie Quintana 40	18:01
M50 Larry Jamison 51	18:25
Jim Casper	18:57
M60 Chas Penrose 61	21:32
Ted Locker 66	23:49
M70+Joe Norris 75	24:17
W40 Charlotte Coyes 41	23:30
Dale McVay 41	23:30
W50 Jeanette Locker 54	24:37

Bear Foot 5K**Los Osos, CA; August 29**

Overall	
Sean McCormick	16:01
Jennifer Massengill	21:02
M40 Frank Hutchinson	16:16
Louis Quintana	17:47

M50 Larry Jamison	19:13
M60+Len Thornton	21:21
W40 Charlotte Coyes	23:39
W50 Ellen Kanthack	29:05
W60+D Helphingstine	53:45

INTERNATIONAL**IAU 100K World Challenge****Torhout, Belgium; August 7**

USA Men's Team (5th of 23)	
Bryan Hacker 29	6:54:44
Joe Perske 37	7:10:26
Sean Crom 37	7:15:35
Kevin Setnes 39	7:16:39
Rae Clark 40	7:44:19
Clement Grum 37	7:52:39
USA Women's Team (3rd of 10)	
Kris Clark Setnes 33	8:01:50
Ellen McCurtin 31	8:16:33
Sue Ellen Trapp 46	8:17:02
Lorraine Gersitz 38	8:20:09
Debbie Peebles 41	8:25:36
Daniele Charniak 32	8:41:39

Western Province 10K**Championships****Cape Town, S.A.; August 14**

M40 Eddie Hendricks	31:04
James Bhana	33:06
Danie Malan	33:22
M50 Clive Gaunt	36:25
Carl Hendricks	38:20
M60+Leo Benning	40:33
Solomon Ross	43:40
W40 Nancy Will	38:20
Jean Hann	39:00
W50 Care Davies	47:02
W60+Jane Geldenhuys	50:05

RACE WALKING**USATF National Masters****Women's 20K/Men's 25K****Racewalk Championships****Albany, NY; August 15**

--20K--	
W40 Eileen Lawrence	2:07:43
M J Mudar	2:32:35

Priscilla Frappier 24	2:43:28
Martha Libby	2:48:36
W45 Olga Figueroa	2:18:27
Linda Queipo	2:21:07
W50 Lois Dicker	2:18:53
W55 Nancy-Lee Whitney 24	2:18:13
Beth Young-Grady	2:21:07
W60 Joan Presser	2:34:39
--25K--	
M40 Brian Savilonis	2:22:22
Bob Novak	2:31:15
Robert Ullman	2:34:25
Ross Barranco	2:54:59
M45 Bob Keating	2:12:40
Dick Incremona	2:37:25
M50 Herb Zydek	2:35:55
Pat Bivona	2:43:56
M55 Dave Romansky	2:34:57
Bernard Kaufman	2:57:10
M60 Mike Michel	2:52:25
M70 Charles Brush	3:20:57

W40-49 Team	
Indiana Racewalkers	7:14:13
(Figueroa/Young-Grady/Presser)	
M40-49 Team	
New England Walkers	7:09:27
(Keating/Savilonis/Ullman)	

USATF/Florida 3K Racewalk
Championships
Miami; August 22

Overall	
Eric Schmook 28	14:03
Sara O'Bannon 31	16:33
M45 Javier Olondo	19:18
M60 Robert Fine	16:15
M65 Sumner Shafmaster	19:42
M70+Ron Storm 71	19:25
W45 Linda Stein	16:55
W50 Mary King	21:29
W55 Anne Dawn	20:23
W60 Marcia Shafmaster	21:08
W65 Miriam Gordon	20:01
W70+Ruth Usatorres 76	28:27
(certified 1/2 mile track; 6 USATF certified judges)	

Nationals Age-Graded

Continued from page 16

Miguel went over the top of M45 Rauscher two feet (10.1%). And M75 Buckley got home more than 50 seconds ahead of M40 Cumming in the steeplechase (8.0%). M55 Larry Stuart wasn't all that dominant in winning his event, the javelin, because M65 Del Pickarts managed to stay within 18 feet (6.3%).

Phil Raschker dominated the women's overall age-graded National Championships as surely as she dominated her own W45 division in the actual meet itself. (Why aren't we surprised?) She led all performers with six victories and one silver. Leonore McDaniels won a pair with the high jump and long hurdles, and Sally Richards-Kerr won both walks.

Once again the value of the age-grading becomes apparent with the classic example of former Olympian hurdler, Debbie Swezey, and her W40 record-equaling 80 meter high hurdle race which graded 89.9% for a 13.66 time. Raschker bettered the W45 U.S. record and graded 90.1% for 13.60. Who would have thunk it?

The team title went to the solid performances of the W40s. Raschker, with her individual efforts bringing 41 points to the W45s, pushed them into second spot 83 to 74. McDaniels' 26 points brought her W65 team to fourth.



Marion Higgins celebrates her 100th birthday. At age 88 she captured 3 Senior Olympic medals.

Photo by Shirley Dietderich

The tightest wins were 3/10ths of one percent: W45 Raschker over W40 Swezey in the high hurdles and W45 Mantynen over W50 Nalepa in the 1500. The biggest margins of victory went to W35 Ruppert getting home 5 1/2 minutes ahead of M40 Kincaide (31.1%) in the steeple, and W45 Raschker vaulting a full meter over the top of W65 McDaniels (27.7%). □
(Editor's note: the performances were calculated using the 1989 WAVA age-graded tables. The WAVA Council has approved the new, revised 1993 tables, which will be published in the near future.)

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