

North American Championships Draw Athletes From 13 Countries

by REX HARVEY

The North and Central American and Caribbean Regional Association of WAVA (NCCWAVA) biennial Championships were conducted Aug. 4-7 at an excellent facility at the Strathcona Track and Field Arena in Edmonton, Alberta, Canada.

A total of 374 athletes competed. Six of the nine NCCWAVA affiliates were represented: Canada 172, USA 106, Mexico 30, Trinidad and Tobago 7, Costa Rica 2, and Puerto Rico 1. The female turnout at these championships was very impressive at 108 or nearly 30% of the total. The very strong delegation from Mexico was organized and lead by Marcelino Contreras, the NCCWAVA Vice President.

Included in the total were 56 guests from seven different countries: Belgium 1, Brazil 1, France 3, Great

Britain 43, Germany 1, India 4, and New Zealand 3. Many of those in the large group from Great Britain had competed the previous week in Scarborough, Ontario at the WAVA Non-Stadia World Championships and had extended their trip to include western Canada. Also included in the total were two non-championship divisions. There were 20 men aged 35-39 and six women aged 30-34. Twenty-one of these 26 were from Canada showing how important this division is for local developmental purposes.

The weather for the meet was generally great except for one day of rain and cold. The meet itself lacked sufficient organization, equipment, and officials. However, almost everyone, especially athletes and friends, pitched in to help in many dif-

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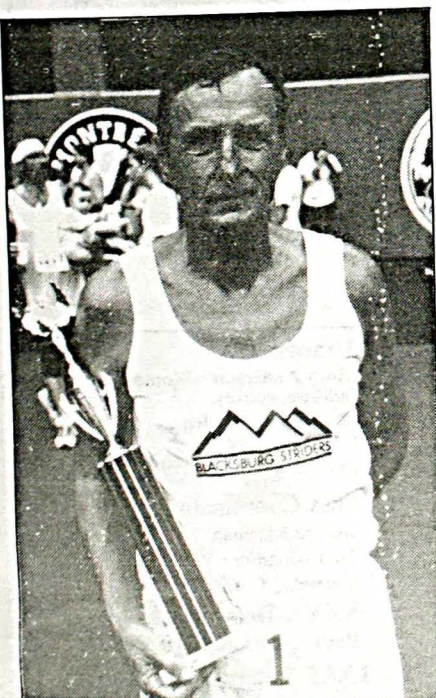
Hosner, 69, First in Bud Light 10K

by HANK KIESEL

Premier masters runner and retired college professor, John Hosner, 69, Blacksburg, Va., won the 16th Annual Bud Light Stadium Run held Aug. 14 in St. Louis, Mo. The 10K race through the streets of St. Louis, with the finish line inside Busch Stadium, features a handicap start based on the runner's age and gender. Hosner's winning time was 29:03 with a 13-minute

handicap. Hosner also placed first in 1993.

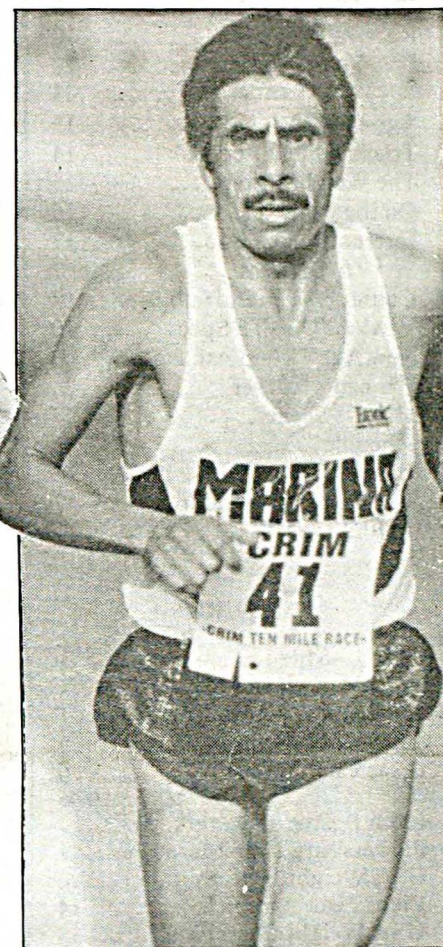
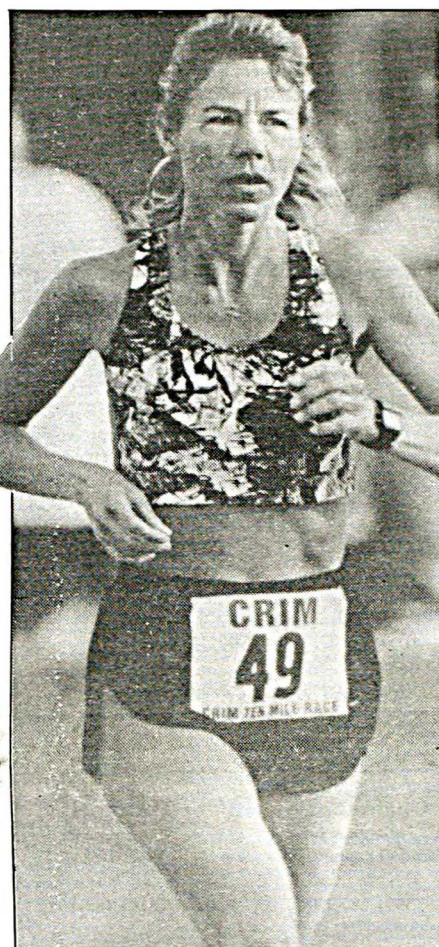
Another premier masters runner, Joy Gilbert, 56, from Cape Girardeau, Mo., was second overall in 31:06 with a 13½-minute handicap. Gilbert edged St. Louisan Leon Fennell, 61, who took third place at 31:09 with an 8½-minute handicap. Bud Light sponsored the Stadium Run and about 1700 runners participated. □



John Hosner, 69, Blacksburg, Va., was the first-place finisher overall (29:03 with a 13-minute handicap); and Joy Gilbert, 56, Cape Girardeau, Mo., placed second (31:06 with a 13½-minute handicap) in the Bud Light Stadium 10K.



Photos by Hank Kiesel



Suzanne Ray (42, 59:33) of Anchorage, Alaska, and Martin Mondragon (40, 49:13) of Mexico win masters titles in the Crim 10-Mile Run. Photos by Victor Sailer

Mondragon, Ray First in Crim

Martin Mondragon, 40, of Mexico, took off with the leaders at the start and raced to a masters first with a 15th-place 49:13, worth \$1200, in the Crim 10-Mile Run, Flint, Mich., Aug. 27. Marathoner Doug Kurtis, 42, Northville, Mich., was second in 52:43, winning \$800.

"It's a good course," said Mondragon through an interpreter. "It's not an easy course, because of all the hills. The weather didn't bother me."

The humidity did affect last year's masters winner, Ric Sayre, 41, of Ashland, Ore., who took third place and \$500 in 53:17.

"Where I come from, it's so dry," Sayre said. "I'm a little disappointed with where I finished."

Kurtis said: "Mondragon was just flying; he ran a remarkable race."

Suzanne Ray, 42, of Anchorage, Alaska, won the masters women's title with a 12th-place 59:33. Karen Blackford, 44, of Ann Arbor, Mich., was second in 61:12. Rae Baymiller, 51, of New York City, was third W40+ in 62:01, an age-graded best for masters women of 90.9%

"The heat wasn't that big a factor," Ray said after the race. "I felt wonderful. I bombed in the last mile last week at Falmouth, but today I finished strong."

Jim O'Neill, 56, of Holland, Ohio, won the M55 race in 54:46 for a best male age-graded performance of 95.1%, better than Mondragon's 93.4%.

Whayong Semer, 65, of Fremont, Ohio, easily won the W65 race in 82:34.

Women's prize money equaled that of the men. □

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NATIONAL MASTERS NEWS

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



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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.

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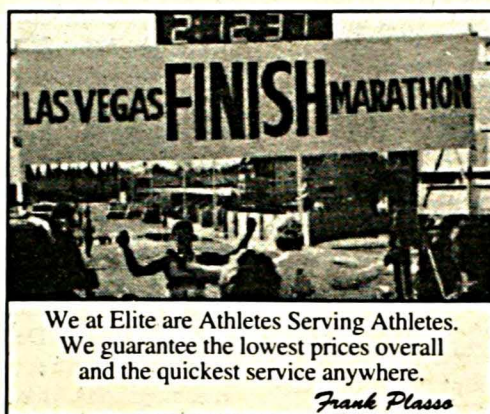
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NATIONALS

I have participated in masters meets for many years and found the National Masters Track and Field Championships at Eugene to be an outstanding one in every sense of the word.

The people conducting the meet carried out their duties with the utmost professionalism. The orientation at the long and triple jumps was exceptional. The officials had a firm knowledge of the events and I was impressed by the deep concern they had for the well-being of the athletes.

In my conversations with other athletes, I heard nothing but praise for those running the meet — a dedication to duty from top to bottom. I am eternally grateful to the volunteers that have been the backbone of the masters program.

Ed Lukens
Skaneateles, New York

I participated in the National Masters Championships at Eugene last week. The events were generally well run and it was a pleasure to participate with so many fine athletes from so many places. The camaraderie was as much a reason to be there as the competition.

I am a racewalker, and feel that racewalking is being run in an archaic manner. In a 2K loop, it is possible for a walker to be disqualified before he sees the DQ board. In 1994, it certainly should be possible to radio the red cards to the board so that a walker can quickly see that he or she is in danger.

In Eugene, we were told that we would be given warnings by a paddle or verbally. This did not happen. I was given one warning, which I appreciated, but after the race, I found that I was given three others without any communication. Of what value is a warning if it is a secret? Either do away with warnings or have the judges issue them so the walkers are aware.

My final gripe is about the inordinate amount of time it took to post the results. More 1920s approach.

Melvin Lees
San Luis Obispo, California

My thanks to the organizers and many volunteers who contributed to the success of the recent National Masters Championships in Eugene. The events went off like clockwork, and, as usual, the accommodations, food and camaraderie were great! So was the weather, and holding the longer races in the cool of the early morning was a good decision!

Thanks again!

Louise Adams
Boulder, Colorado

NORTH AMERICAN REGIONALS

Liz McBlain is to be highly commended for so very successfully conducting the WAVA North American Regional Championships in Edmonton, Alberta, August 4-7. Many thanks to her, as well as the officials and sponsors who made this enjoyable meet possible.

We just returned from this meet and enjoyed the opportunity to visit beautiful Alberta, Canada.

Manuel and Helen White
Helena, Montana

100TH BOSTON MARATHON

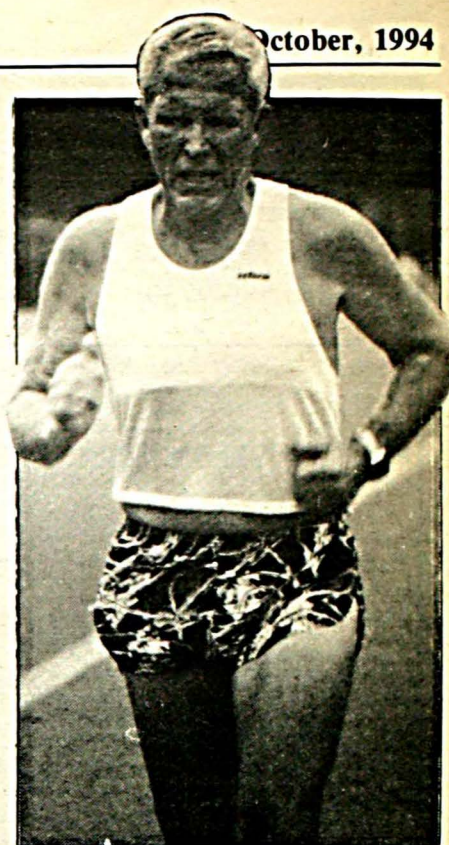
Your report on the 1994 Boston Marathon (May NMN) described it as the 98th running of the event. However, it was actually the 97th, and the celebration for the 100th Boston Marathon rightfully should take place in 1997, not in 1996 as is presently planned by the Boston Athletic Association (BAA).

The discrepancy lies in the fact that the 1918 Boston marathon was cancelled. Clarence DeMar, seven-time Boston winner, said in his autobiography that "after April 19, 1918 had passed with a relay race of service men over the course instead of the marathon . . ."

In Tom Derderian's book "Boston Marathon," the heading for the 1918 event says, simply: "Marathon Cancelled."

"When Congress declared war against Germany," Derderian wrote, "the BAA said they would do everything possible for men in the service. What they did was to cancel their marathon. To support boys who were about to go 'over there' they replaced the two-decade-old marathon with a special . . . relay . . . for servicemen."

Derderian describes that relay in detail, calling it "a publicity stunt," "silly," "clumsy," etc. There were 14 teams, from local Navy and Army camps, of 10 men in each who wore full service uniforms and boots, each



Len Thornton, Fresno, Calif., first M60+ (21:21), Bear Festival 5K, Los Osos, Calif.

Photo by Elaine Rosenfield

man running 2½ miles in what nowadays would be called an Ekiden relay.

Someone should tell the BAA, the Boston Globe, Sports Tours, etc. that the race in 1996 will be the 99th Boston Marathon.

Sooner or later, the truth will out and the 10,000 or so runners planning on competing in 1996 will realize that it won't be the 100th. It might be wisest to have this misunderstanding of what took place on April 19, 1918 corrected now. If left until later, what is now a simple oversight may come to be regarded, by some recompense-seeking individuals, as a deception. That would not be good for the sport.

Max Jones
Leeds, England

MIKE TYMN

Mike Tymn's "Earning A 'Black Belt' in Running" (Sept. NMN) is a
Continued on page 5

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

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Write On:

Continued from page 4

great idea. As a runner who "more or less competes with myself," I would see this as an incentive to try more and do more. Running is a great pastime and this might encourage more people to race.

*Mindee Morning
Kenai, Alaska*

DON'T "WEAVE GARLANDS" WITH USATF LOGO

A 1798 quote prophesies "Posterity weaves no garlands for imitators." Almost two years ago, when USA Track & Field (USATF) unveiled its new triangular logo, no one could foretell the popularity of the unique design. USATF began using its new logo on clothing, medals, banners, membership cards, newsletters, event programs and many other items. It has, unquestionably, become the most recognized — and recognizable — mark in track and field.

Unfortunately, others across the country have opted to imitate USATF's logo, without USATF's permission. Prominent among those imitators have been high schools and colleges, who have oftentimes changed the logo from red, white and blue to their school colors, and also changed the "USA" to their school's name or nickname. In each case that we've been made aware of, USATF has objected to such use of its logo, resulting in the school removing that logo from wherever it appeared (such as on T-shirts or track uniforms).

USATF has made a substantial investment in its trademarks and service marks, and has a duty to protect them. It has registered its triangular logo and its other important marks with the U.S. Patent and Trademark Office in Washington, D.C. As a not-for-profit organization, USATF relies heavily upon royalties received from licensees of its trademarks to support the promotion of track and field activities in the U.S. Unauthorized and unlicensed uses dilute the value and marketability of the logo, and hampers our ability to promote the sport. It hurts us all.

In short, schools and other organizations should be aware that any unauthorized use of USATF's marks or logos, including any variations thereof, is in violation of USATF's rights under both federal and state law, and will result in immediate action by USATF to protect its rights.

If you have any questions about USA Track & Field's mark or logos, please contact the USATF National Office in Indianapolis — (317) 261-0500.

*Mark Springer
USATF Communications Manager
Indianapolis*

NOTES FROM A WEIGHT PENTATHLON

The 1994 USATF Pacific Weight Pentathlon Championships was the first weight pentathlon I have put on. I tried to cover all the bases on scoring

by using three different tables: the Stone/Partridge age-grading, the 1993 WAVA World Championships tables and age-grading, and the 1995 WAVA World Championships age-grading and tables. The week before the meet, I programmed into Lotus the three age gradings.

The first two have the factor of allowing four throws; whereas, the 1995 allows only three. We also had the problem in the weight throw of determining the correct implements, so the over-50 throwers threw both the standard and the new WAVA lighter weights.

The 1994 WAVA tables/age grading is a set formula, and the computer can take it from the metric distance to the point award immediately without looking at a table. When I do another weight pentathlon next year, I will use the 1994 WAVA tables for that reason as well as to get used to the realities that will be faced in Buffalo. Scoring the meet with three sets of tables even with a computer took days to program. It was worth it, however, and I will do it again... (one table).

*Gary Kelmenson
Santa Cruz, California*

TRAINING ADVICE

I would be interested in finding out some of the types of workouts that various athletes use. In visiting with many of them at meets, I find a wide difference in philosophies regarding workout content. For example, some sprinters do a lot of speed work whereas others do little work at top speed. I believe a lot of folks would be interested in the practices of some of the elite athletes.

*Courtland Gray
Dallas, Texas*

(So would we, but, except for the dozen or so training articles which we've published in the last couple of years, many top masters athletes seem to be reluctant to share their training "secrets." If any competitor would like to share his or her training regimen with NMN readers, please send it to NMN, PO Box 2372, Van Nuys, CA 91404. — Ed.)

KUDOS

We read and enjoy NMN as it keeps us up-to-date on veteran athletics, not only in the USA, but worldwide. Your coverage of last year's WAVA Championships in Miyazaki, Japan was outstanding. Keep up the good work.

We hope to have a strong Irish team in Buffalo, N.Y. for the next WAVA Championships in July '95. If the Eugene Games (1989) are anything to go by, we're going to have a great time.

*Nick Corish
Dublin, Ireland*

You do a great job in keeping me and my buddies informed, stimulated and active.

*Lynndon Ruber
Lincolnwood, Illinois*

Chuck McMahon

Chuck McMahon, who competed in masters throwing events for over 25 years, died of cancer at Mercy Hospital in San Diego, September 12. He was 79.

From age 51 to 76, McMahon set eight world and U.S. single-age records in the javelin, shot, discus, and hammer. In 1992, his competitive career ended after he underwent surgery on both knees and received a hip replacement.

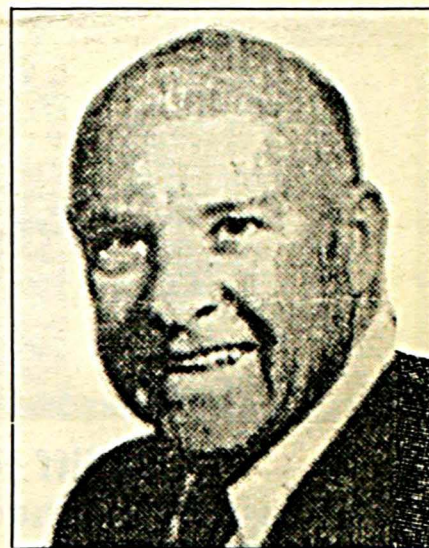
As an Illinois high schooler, he competed in the shot, javelin, hurdles and middle-distance events. In the late 1930s, he won three gold medals and two bronze medals in regional and national AAU competition.

"Once you get hooked on being a competitor, you can enjoy being one the rest of your life," he said.

McMahon built landmark high-rise buildings as a construction manager. In 1961, he directed construction of the 20-story Home Tower in downtown San Diego. In 1965, he was named "Outstanding Professional Engineer of the Year."

He supervised construction of the Anheuser-Busch Brewery in Van Nuys, and an underground garage at Pershing Square in Los Angeles. He taught at San Diego State, UCLA, and the U. of Hawaii.

Jerry Siefert, a fellow M75 competitor, said: "The first masters meet I entered in 1970, Chuck was there. We have competed against each other and



Chuck McMahon

been very good friends ever since then. He will be greatly missed."

McMahon is survived by his wife, Jane. □

FIFTEEN YEARS AGO October, 1979

- South Africans Compete As Rhodesians in World Games in Germany
- WAVA Women's Committee Unanimously Opposes Medal Standards
- "Hannover Diary" Details III World Championships




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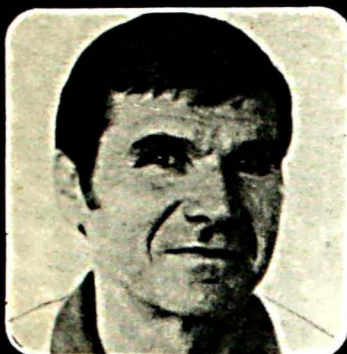


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Third Wind

by MIKE TYMN

Cliff Rigsbee: Most All-Around Fit Grandfather

Cliff Rigsbee has the credentials to qualify as the world's most all-around physically fit person over the age of 40. If not that, he certainly must be the most fit grandfather.

On August 14, Rigsbee, a 41-year-old resident of Honolulu, won the national triathlon championship in the 40-44 age division in Colombia, Maryland. The following week, in the Mrs. T's Chicago Triathlon, said to be the largest triathlon in the world in terms of participation, Rigsbee also came out on top. He's now preparing to defend his 40-44 championship title in the Gatorade Ironman Triathlon in Hawaii on October 15.

Last year, Rigsbee set the Ironman record for over-40 competitors by covering the 2.4-mile ocean swim, 112-mile bike challenge, and the 26.2-mile marathon run in 9 hours, 10 minutes, 47 seconds.

"I'm looking at a sub-9 this year," said Rigsbee, not conceding anything to aging, even though his time last year was not up to his 9:01:34 of the year before, at age 39.

"My run fell apart on me last year," Rigsbee explained, pointing out that he took 3:28:14 to run the marathon compared to a 3:19:20 the year before, "so if I can hold it together on the run this year, I think I can do it."

Born in Corpus Christi, Texas, Rigsbee grew up as a "military brat" at various stations around the world. It was while watching the 1980 Ironman on television that he became interested in the triathlon. He had done a little cross-country running in high school, had attended Idaho State University on a swimming scholarship, and had worked as a bicycle messenger for three years in Seattle. The idea of combining the three activities intrigued him and he set about training for the 1981 Ironman.

Years of Adaptation

Rigsbee finished the '81 Ironman in 12 hours, 5 minutes. The triathlon, especially the Ironman, is not an event in which one peaks in a couple of years. It's a sport that takes years of

adaptation. It took ten years for Rigsbee to fully adapt, as it was in 1991, at age 38, that he emerged as Hawaii's top triathlete, winning the Hawaii Tinman competition (800 swim, 40K bike, 10K run) in near-record time and then going on to win the longer Windward Triathlon, another prestigious event in the 50th State, in record time.

"Until that year, I had my best year in 1988," Rigsbee said. "My '89 and '90 seasons were somewhat disappointing to me. I raced okay, but nowhere near my potential. Around April of '91, I decided that if I wanted to race and do well, I'd have to train more consistently than I had. I wasn't going to have any excuses."

In addition to his Hawaii victories, Rigsbee took second in the 35-39 age group in the nationals and fourth in the worlds. He was named by *Triathlon Today* magazine (now *Inside Triathlon*) as the Triathlete of the Year for 1991.

In 1992, Rigsbee became a grandfather five days before again winning the Hawaii Tinman.

Weight Training Key to Success

While Rigsbee feels that more consistent training has allowed him to stay ahead of Father Time, he also credits weight training. "I think it (weight training) has been the key to my success and improvement since 1991," Rigsbee offered. "I try to do weights three days a week, pretty much all year."

Most of Rigsbee's weight training is leg work, such as extensions, curls, and squats. "I do a little stretch cords for the upper body, primarily for the swim, but I just don't have the time to get in much upper-body work."

In spite of working 40-50 hours a week as a manager for a wholesale restaurant supply company along with a part-time job at a retail running store, Rigsbee somehow manages to find time to put in 20-23 hours a week in preparation for the Ironman and 10-15 hours a week for the shorter



Cliff Rigsbee

events.

While most top triathletes now specialize in either shorter distance events or the Ironman, Rigsbee doesn't. He realizes he'd probably do better if he focused on one or the other but he enjoys both long and short challenges too much to give up one for the other.

Effects of Aging

Rigsbee said he has noticed some effects of aging. "I feel as strong as ever, but I'm not recovering as fast," he said. "I don't know if that's age or the fact that my work schedule has increased and I'm doing a lot more cramming than I used to."

Rigsbee knows that six-time Ironman winner Dave Scott became a masters competitor this year, but Scott is considered a professional and will be in a different category than Rigsbee, still an amateur.

"The competition will be tough enough without Dave Scott," Rigsbee said. "Several others have aged up and the three Germans behind me last year should be right up there. You just don't know how things will go in the Ironman."

Even if he doesn't win his division, it's a good bet that Rigsbee will be the first grandfather to finish. □

Miller Sets World Record at Texas Masters Championships

The Texas Masters Championships were hosted by the Dallas Masters T&F Club on July 16 at Loos Field, Dallas. There were over 150 participants from six states. The highlight of the meet saw Charlie Miller of Bedford, Texas, better his own world record in the M55 100m hurdles with a 15.03.

Accu-Track timing, a wind gauge, and USATF officials were all present to make it an official world record.

Nzau, Filutze Masters Winners in Bix

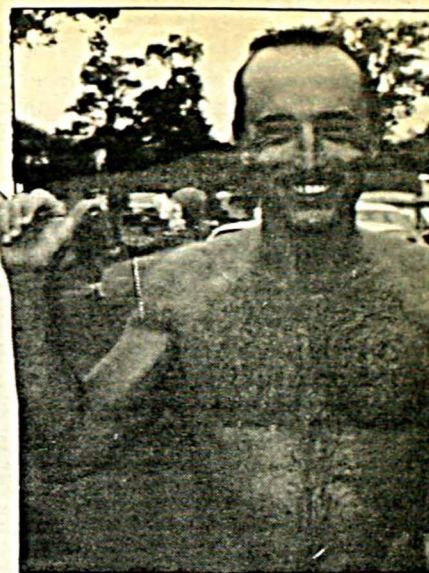
Joseph Nzau, 42, and Barbara Filutze, 48, were masters firsts in the Quad-City Times Bix 7, Davenport, Iowa, July 30. Nzau, a native of Kenya who ran at the University of Wyoming and now spends much of his time in the U.S. coaching and managing other Kenyan runners, beat Bill Rodgers, 46, to the finish by four seconds with a 35:46, the slowest masters winning time since 1987.

The masters race paired former Bix overall winners, Rodgers having taken the titles in 1980 and 1981, while Nzau won in 1983 and 1987.

Gary Romesser, Indianapolis, was third in 35:53. Bruce Mortenson, Minnetonka, Minn., who turned 50 in December and had won the masters races in 1985, '86, and '87, took the M50-59 race by two seconds over Ronn Baker, Omaha, Nebr., with a 39:57.

Filutze, Erie, Pa., followed Suzanne Ray, Anchorage, Alas., for most of the first four miles but passed Ray after the turn to win her second Bix masters championship in 41:46. Kathy Molitor-Barton took second in 42:10, while Ray faded to third with a 42:43.

A record 20,097 runners and walkers started the race, in its 20th year, with about 9400 men and 7800 women finishing. □



Frank Pugliese, 41, flashes a "shaka" sign (A-OK) after placing second in the Kilauea Volcano Marathon Run in 3:09:53, Hilo, Hawaii, July 30. The Mililani resident has completed all 12 marathons run at Volcano National Park.

Photo by Tesh Teshima

TEN YEARS AGO October, 1984

- European Championships Draw 3050
- Barry Brown, 40, Sets U.S. Masters 10K Record of 29:57
- 451 Compete in Pan-American Games in Ottawa
- Ken Inglis (43, 51:30) and Tina Hayward (43, 1:02:10) Win in Crim 10-Miler

Da Silva, Ciavarella Victors in Parkersburg Half-Marathon

Brazilian Joao Da Silva, 40, took the \$1000 top masters prize money with a win in 1:09:44 in the Parkersburg Half-Marathon, Parkersburg, W.Va., Aug. 20.

Last year's winner (1:06:41), Ric Sayre, 41, Ashland, Ore., settled for second and \$500 with a 1:09:56. Sayre gained some consolation with a better age-graded performance of 88.1% over Da Silva's 87.7%.

Runner-up in 1993, Doug Kurtis, 42, Northville, Mich., was third, two seconds ahead of Reno Stirrat, 40, Smyrna, Ga., with a 1:11:17.

Claudia Ciavarella, 45, Arlington, Va., fourth in 1993 (1:26:43), improved on that with a W40+ first in 1:25:30, an age-graded 83.1%.

Lorraine Caldwell, 41, Colorado Springs, finished second in 1:26:55. Maria Gomes, 40, La Mesa, Calif., was third, worth \$250, with a 1:27:45. Masters prize money, five deep, was equal for both sexes.

Suzie Kluttz, 57, Winston-Salem, N.C., took the W55 race easily in 1:44:28.

Weather at the 8:00 a.m. start was sunny and 70°. □

B.A.A. Announces Plans for 100th Boston Marathon

by JACK FLEMING

BOSTON, Mass. — The Boston Athletic Association (B.A.A.) announced plans for the 100th Running of the Boston Marathon on Monday, April 15, 1996. As a result of worldwide interest, a field size of 25,000 athletes is expected for the historic race. The field — for one time only, in celebration of the 100th Boston Marathon — will include a "100th Open Division" consisting of a limited number of non-qualified athletes, in addition to those who meet the current qualifying standards.

The 100th Boston Marathon will feature one start from Hopkinton, Mass. at noon. The existing qualifying times will remain in effect through the 100th Boston Marathon. Those entrants who meet the qualifying standards will start in front of the 100th Open Division, which will be selected by lottery. Access to the start in Hopkinton will be strictly controlled by state and local police.

"We realize that everyone wants to experience the 100th Boston Marathon as it has always been run," said B.A.A. Race Director Guy Morse. "This means one race, one start and one route. The plan will satisfy the largest number of runners and, equally important, will result in the safest race for everyone and the fairest to those runners who have qualified."

The decision for one race and one start was arrived at following a series of meetings with various representatives of the cities and towns along the route, race officials, and the B.A.A. Marathon organizing committee, as well as feedback from hundreds of runners.

"We explored in depth several start options when it became clear that, due to the 100th celebration, the field may be significantly larger than a normal year," Morse said. "Athletes are coming to Boston to celebrate the 100th Running, and the B.A.A. is pleased to extend them the privilege of participation."

Applications for the 100th Boston Marathon will be available following next year's Boston Marathon on April

17. In order to preserve the integrity of the Boston Marathon and to provide continued incentive to those who qualify for the race, applicants who run a qualifying time between October 1, 1994 and December 31, 1995 in a marathon sanctioned by USA Track & Field (or foreign equivalent) over a certified course and have their application completed and postmarked by December 31, 1995, will be entered. Runners not meeting the qualifying standards, who seek to enter the 100th Open Division, may enter the lottery by completing and mailing their application by November 1, 1995. Acceptance will be on a rolling, space available, lottery basis.

Qualifying times are based upon age on April 15, 1996:

Age Group	Men	Women
18-34	3 hrs 10 min	3 hrs 40 min
35-39	3 hrs 15 min	3 hrs 45 min
40-44	3 hrs 20 min	3 hrs 50 min
45-49	3 hrs 25 min	3 hrs 55 min
50-54	3 hrs 30 min	4 hrs 00 min
55-59	3 hrs 35 min	4 hrs 05 min
60-64	3 hrs 40 min	4 hrs 10 min
65-69	3 hrs 45 min	4 hrs 15 min
70 & older	3 hrs 50 min	4 hrs 20 min

During the next several months, additional plans will be released regarding the 99th and 100th Boston Marathons, including further details of the



Claudia Ciavarella, 45, Arlington, Va., W40+ winner (1:25:30), Parkersburg Half-Marathon, Parkersburg, W.Va., Aug. 20.

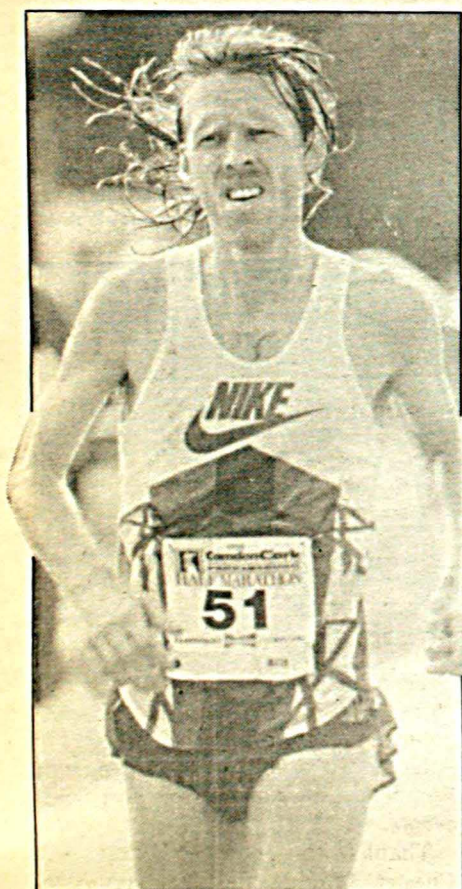
Photo from Parkersburg Half-Marathon



Joao Da Silva, 40, Brazil, M40+ (69:44) winner in the Parkersburg Half-Marathon.

Photo from Parkersburg Half-Marathon

lottery process which will be used for the 100th Open Division. In addition, the B.A.A. will outline plans for other events scheduled in conjunction with the celebration in 1996, the year in which the modern Olympic Games celebrates its centennial in Atlanta. □



Defending masters champion Ric Sayre, 41, Ashland, Ore., takes second (1:09:56) in the Parkersburg Half-Marathon.

Photo by Victor Sailer

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Heel Spurs

Q. I am a masters sprinter. After 25 years of competition, I have developed a rather large heel spur on the calcaneus and Achilles' tendon in the back of my heel. It is most painful between races or after running — especially sprint training. Surgery is becoming a real option as the situation shows no sign of improvement. After such surgery, how long a rehabilitation period can I expect? What about recurrence after training is resumed? Should I just live with it, or perhaps quit running and take up other forms of exercise?

A. Unfortunately, as we get older, the blood supply to the back of the heel and Achilles' tendon decreases up to 60%. This causes a 'brittleness' of the Achilles' tendon and increases the incidence of injury. There are more adhesions, and the tendon becomes less elastic.

This lack of elasticity causes an additional pull of the Achilles' at the back of the calcaneus or heel bone. Some think this additional stress causes a retro calcaneal exostosis, or heel spur, at the attachment of the Achilles' tendon.

The result is a fibrotic tendon inserting into a bony spur. Not a good condition. Couple this with a reduction in the blood supply, and you have a potentially dangerous and painful condition.

Other pundits state that as we get older, we develop arthritic spurs in our

feet and the back of the heel bone is no exception. These spurs rub against the Achilles' tendon and one gets an inflammatory condition or Achilles' bursitis. These are usually quite red and swollen.

Obviously the first attack is to rest the area. Allow it to heal up. This can be coupled with physical therapy to include hydrotherapy (whirl pool) and ultrasound. This increases the blood supply and speeds up the healing process. Also ems or electro stimulation has been shown to help. Avoid excessive stretching as this usually just irritates the inelastic tendon and causes micro tears. If you have to exercise, swimming is a good sport.

The use of a foot orthosis or some type of heel lift will also relieve stress to the rear foot.

In chronic cases, the use of injectable steroids around the spur area can

USA Weight Pentathlon Draws 35 to Michigan

by RODNEY WILSON

Thirty-five men and women, ranging in ages from 25 to 79, travelled from 13 states to take part in the USATF National Masters Weight Pentathlon Championships, September 3, on Ralph King Field at Michigan State University in East Lansing, Mich.

The field will be the site of the 1995 USATF National Masters Track and Field Championships next July 6-9.

The 25 male and 10 female competitors tested their grit, sweat, strength, and mental toughness in competing in five weight events — the hammer, javelin, shot, discus, and weight throw.

Richard Hotchkiss, 55, was the top male point-earner with 4804. He was followed by Len Olsen (63, 4282 pts.), Bill Walmroth (70, 4046), Carl Wallin (52, 3810), and Norm Cyprus (56, 3720).

Vanessa Hilliard, 53, led the women with 3925 points, only one ahead of

Bernice Holland (67, 3924), Joann Grissom (56, 3825), and Dortha Swanson (2756). The 10 women represented a record high 29% of the total participants.

Special thanks go to the many individuals who helped officiate and coordinate the meet: Judi Brown, Michigan USATF Chairperson and MSU Women's T&F Head Coach; Jim Bibbs, Men's Head Coach; F. Lee Slick and family; Mel Buschman; Claude Holland; Rex Harvey; and Lyle McFadden and Melinda Hickman, MSU Assistant Coaches.

Note: any participant who has not turned in his/her survey, please send it to Rodney Wilson, Dept. of Physical Education and Exercise Science, Im Circle Building, Room 1, Michigan State U., East Lansing, MI 48824. These surveys will greatly assist in the study and nationwide promotion of USA Masters Track and Field. □



The West Valley 4x800 M50+ relay team ran a U.S. best 8:47.74 in the USATF Pacific Association Championships, Fremont, Calif., July 16. From left: Dennis Duffy, 51, 2:09.0; Bill McMillian, 54, 2:14.5; Ramsay Thomas, 50, 2:10.1, and Harvey Franklin, 51, 2:14.5, sitting.

reduce bursal swelling and help heal the condition.

If all else fails, a surgical approach is indicated. This usually necessitates an outpatient procedure under a general anesthesia. I recommend excision of the heel spur without disturbing the Achilles' tendon. This is not a long or complicated procedure, but it is a surgical procedure, and you will need to find someone who has had experience in this field. Usually one can return to running in 6-12 weeks following surgery. Swimming is usually allowed after two weeks. □

(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, N.A., Box 2372, Van Nuys, CA 91404.)



Jim Mathis, Tennessee, winning the M55 200 (25.07). Ed Small, New York, finished fourth in 25.78 at the Nationals. Photo by Jerry Wojcik



Female competitors in the USA National Masters Weight Pentathlon.

Photo from Karen Huff

PROFILE

They Call Him the Running Reverend

by DARLENE POLACHIC

Bernie Smith has always loved running. He ran track as a high school student back in Warren, Ohio. He's still running today as a senior. The thing Bernie likes best is that in almost 40 years he's hardly lost more than a second off his best 100 time.

Some refer to Smith as a dynamo. At 62, his energy and enthusiasm are boundless, a definite plus given the constant demand for his services as a freelance minister, songleader, and speaker to schools, young people's and seniors' groups.

On the track, it's no different. "I have a competitive spirit," the Calgary, Alberta, resident admits. "I only began running competitively in 1982 when I was 50. I happened to be in Toronto, Ontario, when a masters meet was on. A friend suggested I enter. I ran the 100, the 400, did the long jump, and emerged with three gold medals. That was it. I was hooked!"

Since then Smith has competed in at least two meets every year, "whenever it hasn't been in conflict with my speaking schedule." Meets have included various Canadian masters championships, Ontario Masters, Cleveland Classics, and the Senior Olympics in Phoenix, Ariz. Bernie runs 100, 200, 400, and does the long and triple jump.

Most often, he's a winner. In 1992

alone, he won 16 gold medals in four meets, set three meet records (32-10½ in the triple jump; 27.0, 200; and 61.03, 400) at the Cleveland Classic, and won the Cleveland Classic trophy for Outstanding Athlete of the Meet.

"I was absolutely overwhelmed when they called my name," the 5-6½, 145-pound Smith confesses. "They presented me with a trophy more than half my size."

In the recent WAVA North American T&F Championships in Edmonton, Smith won M60 silver medals in the 100 (13.07) and 400 (65.84).

Smith definitely doesn't look his 60+ years. Moaned one of his former students, tongue-in-cheek: "It's a sad thing when the teacher looks younger than the student."

A good part of that, Bernie attributes to his unique training program.

"I always wake up about 3:30 or 4:00 in the morning, so I get up and run." When he's at home in Calgary, Smith runs at a nearby athletic park. "I start out by walking around the track, and I use this time for personal devotions. I sing some, praise the Lord some, and pray. Sometimes I'll walk a whole mile before I do some stretches and start running. I spend a minimum of an hour doing serious running. Then I go home and go back to bed."

"I sleep like a log for two good hours. When I wake up, I'm fresh.



Bernie Smith with the Cleveland Classic Athlete of the Meet trophy. Photo by D. Polachic

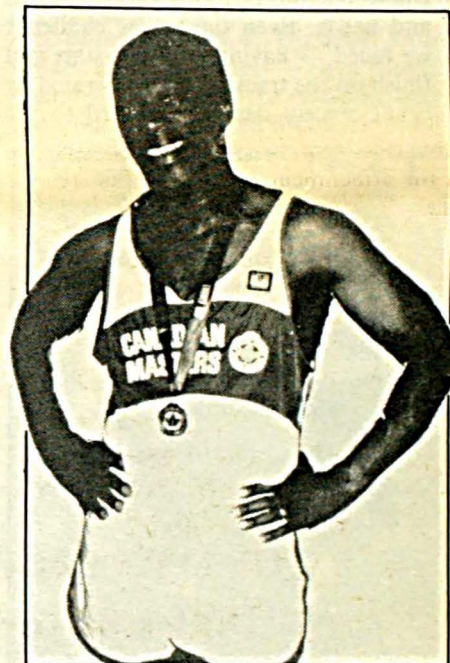
Lunch is a huge salad with whole wheat toast or nuts. Smith raises herbs like mint, camomile, and comfrey in his kitchen garden. "I use the comfrey like lettuce. It's very good for you. I steer clear of junk food like candy bars and soft drinks. They have tons of sugar. My candy is dried apple slices, banana chips, or other dried fruits."

When was the last time Bernie Smith was sick? "I think I had a cold two or three years ago." Headaches? "One about every five years."

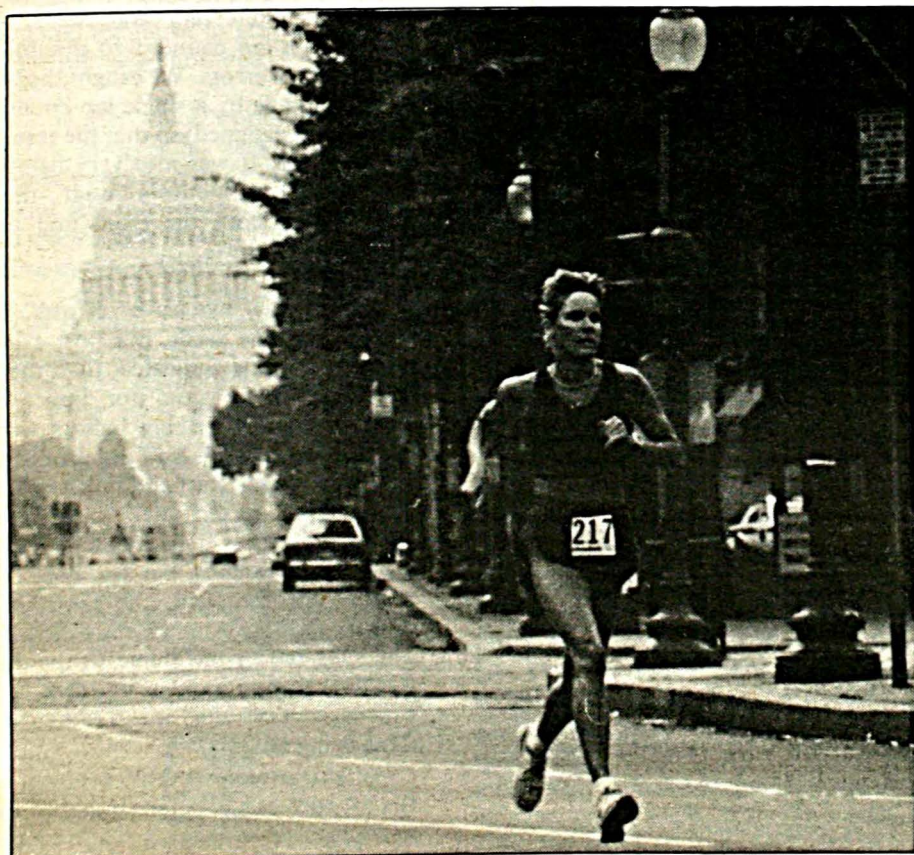
To Smith's mind, good health at any age comes from the absence of junk food in the diet, the right combinations of foods, rest, and exercise. "My heart is a muscle. If I exercise my heart, like any other muscle it will serve me better."

"People get old before their time because they think old," Smith observes. "And they act old. If they need to go four blocks to the store, they drive. They should walk, or run, or ride a bike."

There's nothing even remotely old about the Reverend Bernie Smith's thinking. "As long as the Lord gives me good health, there's no reason why I can't keep competing until 75, at least. Some are still doing it at 80." □



The Running Reverend, Bernie Smith. Photo courtesy of B. Smith



Betty Blank, 41, first masters woman (20:24), NationsBank Olympic Day 5K, Washington, D.C.

Photo by George Banker

There's nothing spiritual about it. I love running. It's my recreation. I've always kept in shape, even before I started competing. I like being able to keep up with the younger guys."

Smith is very particular about his diet. "After my father died of stomach cancer about 10 years ago, I started researching the whole matter of health and diet and food combination incompatibilities. Then my kids gave me a book for Father's Day called *Fit for Life* by Harvey Diamond. Those two things have revolutionized the way I eat."

"You could say I'm a borderline vegetarian. I eat moderate amounts of chicken or fish, but I avoid pork like the plague, and rarely eat most red meats."

Breakfast for Smith is composed exclusively of fruit — and lots of it.

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Masters Racewalking

by ELAINE WARD

Behind the Scenes in Eugene

by LAWRIE ROBERTSON

Lawrie Robertson was the Walks Referee at Eugene and was ably assisted by Bev LaVeck, Racewalk Administrator; Eric Zemper, Meet Officials Coordinator; Barbara Kousky and Tom Jordan, Meet Directors; and Jim Bean, Oregon Association Racewalk Chair. Lawrie has written the following excellent detailed report on the masters championship racewalks in Eugene.

Planning commenced in December 1993 with correspondence from Eric Zemper requesting technical assistance and a checklist for the walking competitions. Bev and I forwarded materials we had developed for the 1992 Masters Nationals in Spokane where we performed duties similar to those assigned to us in Eugene. From that point forward, Bev and Eric exchanged letters covering various details and needs. Even the major challenge we faced — having an event start and finish on the track — was generated by Eric's sincere desire to accord to the

walks equal status with all other events. These efforts indicated that our friends in Eugene clearly recognized that more than 1 in 10 entrants in the meet (156 of 1,350) competed in walking events.

Jim Bean secured the services of a number of walking officials to assist the competition officials with the course set-up, judges' recording, DQ board and lap counting functions. He made sure that we had all of the times critical to administering the event and volunteers who were organized and dedicated to accurate record keeping.

Prior to the competition, Bev and I developed a matrix of judging assignments. We limited most track races to five judges (including the chief judge). We used a system of rotating chief judges so that a number of persons had this experience. Each of our two IAAF judges, Martin Rudow and Darlene Hickman, served as the chief judge for two 5K races and the men's 20K and women's 10K.

What Went Well

First, the outstanding performances must be acknowledged. There were also many inspirational moments, best summarized by an incredible act of sportsmanship by Bob Di Carlo. Jack Bray was walking a beautiful race at a record pace when he was struck by a cramp. Bob caught up with Jack and, rather than taking advantage of Jack's adversity, stayed with Jack and gave him moral support until Jack was able to shake the cramp and resume a true competition between the two of them.



M60-64 racewalkers Paul Kaald (1), Washington, and Leo Rivera, N.Y., in the 20K, USATF National Masters Championships, Eugene, Ore., Aug. 14.

Photo by Jerry Wojcik

Reminder

If you have not subscribed to the USATF Postal Regional/National Racewalking Ladders, now's the time. Many excellent times were made in Eugene. All qualified competitors will be on the ladder, but only those who subscribe receive the ladder updates and the annual awards as well as the newsletter, *Racewalking in the 4 Regions*. For a subscription form, please write Elaine Ward, N.A.R.F., P.O. Box 50312-0312, Pasadena, CA 91115-0312 or call 818-577-2264.

FIVE YEARS AGO October, 1989

- Dave Stewart (41, 51:12) and Priscilla Welch (44, 55:18) Win in Crim 10-Miler
- Norm Green (57, 33:50, 95.7%) is Best in Asbury Park 10K
- Mario Cuevas (1:05:28) and Laurie Binder (1:18:18) Top Masters in Philadelphia Half-Marathon



Bev LaVeck, 58, Seattle, won the W55 5000 racewalk in 28:52.99, while Bob Huppe, 44, Seattle, took the M40 race in 28:43.63, USATF Northwest Regional Masters Championships, Tacoma, Wash., July 23-24.

Photo by Jerry Wojcik

Both men displayed the finest attributes of our sports in putting more value on restoring a competitive situation than winning without regard to the other. My hat is off to Bob!

In covering the seven separate 5K races, we ensured that the chief judge was available following the race to complete the judging paperwork by exempting that judge from judging the subsequent race. Rotating in five to six judges per race among a pool of nine

gave all of the judges some relief from judging the seven back-to-back races. Five judges appear to be the ideal track number as long as the field is 20 or less competitors. For the larger fields, we used six.

Due to the logistics of the 10K and 20K road races with their track start and finish, it was a challenge to get the chief judges for each race in the right place and move the cards to them in the event of a DQ. By using all nine judges, we were able to station three judges on the track during the start and two separate finishes for the 10K and 20K, and six judges on the road loop.

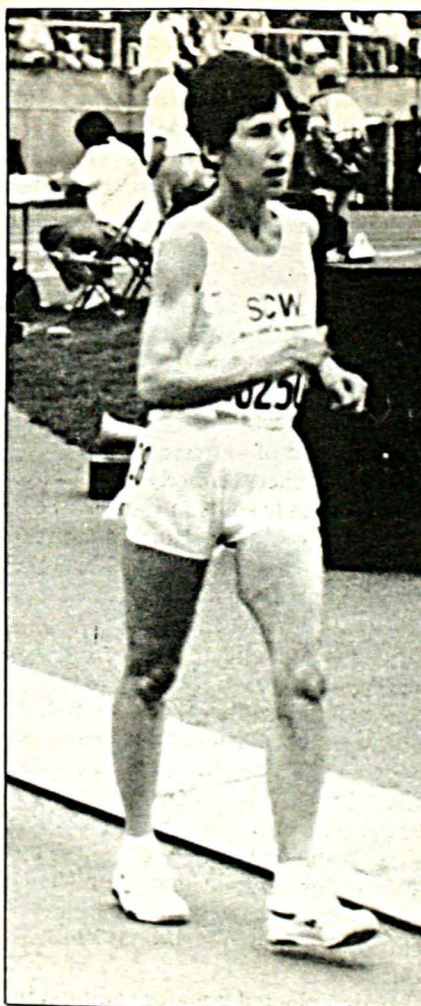
Three card runners on the track and three cyclists on the road ensured that cards moved from the judges to the recorder and DQ board quickly and efficiently. Despite very large fields, we had enough lap counters to minimize the chance of errors. We caught the only errors made by a single lap counter (who was reassigned) so that the results were correct. It was also very helpful having all competitors wear their numbers on both the front and the back of their shirts.

Critique

Despite the extensive efforts to prepare for this event, our post-event critique sessions indicated that there continues to be room for improvement. The most striking factors were the size of the fields and the problems related to a track start and finish with a very large, mixed field and two separate distances. This created not only logistics problems, but also once the women left the field, the remaining walkers were judged far more closely. This may have contributed to the difference in DQs between the men and women, and certainly led to more cautions being issued.

We also experienced the problem in the 5K race of the results going to the announcer prior to being finalized and approved for issuance by the chief

Continued on page 11



Shirley Capps, California, fifth W55 (31:23), 5000 racewalk, USATF National Masters Championships, Eugene, Ore., Aug. 11-14.

Photo by Jerry Wojcik



Speaker's Corner

by MAURY DEAN

South, to Canada

My teaching sabbatical has produced a dizzying blur of road races. Running amok from New Orleans to the Arctic Circle, I've met some of the best masters runners in the U.S.A. To confront my wasted teenage athletic career head on, however, I had to journey, SOUTH, to Canada.

Perhaps your father, too, was born in another country. My dad, John Dean, hailed from Kilwinning, Scotland. At 13, he rode the boat to Windsor, Ontario. He settled just across the river from Detroit, which is north — in Windsor, Ontario, Canada. At 23 he married my mom (from Butte, Mont.) and only that way did he become an American citizen. At Sandwich East High School in 1927, he was captain of the football team, the basketball team, catcher on the baseball team, and held the school record for 25 years with a 10.1 second 100-yard dash. Matter of fact, he once advised me, "Son, never run over 100 yards unless someone's chasing you."

He was a fine powerhouse engineer, a fine provider, and a mid-70's golfer at 50, but his whole life passed him by with the ho-hum feeling his only son was a nice guy, a passable rhythm guitarist, a decent student, and a bit of an athletic klutz.

Though I'd raced in Michigan every summer at our cottage, I'd never garnered the nerve to go south, to my dad's old neighborhood — south to Canada.

No matter which world our parents are in, most of us seek approval. I couldn't buy a varsity letter in high school and this really bugged my dad. No matter how much I tried to get the nerve to run in Canada, I just couldn't do it. I was, in a word, afraid.

Get rational, I told myself. My dad's been gone now for 24 years. Why not run his old neighborhood? There's a race there every couple of weeks. I could have waited to get back in great shape. But no. It was now or never. Coming off a Thursday night race and a Saturday morning race, I decided to try a "6K" in Windsor, Sunday. Kinda dumb, really.

Ascending the Ambassador Bridge from Detroit south to Canada, I remembered all the times I'd gaze up at the blinking "AMBASSADOR" sign

as a snoozy tot in the back seat of our '53 Chevy or '48 Frazer. Even the name "Tecumseh Road," the race place, reminded me of how Dad lost all his Scottish accent, except when he pronounced a word like ROAD, and never rounded the diphthong like an American. The O rolled on forever.

Although Detroit has imploded into a deathscape of snuffed facades, glass-shard fields, and rusted smokestacks, Windsor hasn't changed one iota since 1950. It's a wee bit cleaner and you see the odd casino, but Windsor celebrates its time-warp Brigadoon status with gusto. The "6K" race was held by the Windsor W.R.A.C.E. club and, like all of life's disillusionments, this race turned out to be just another 5K.

We straddled the hot asphalt, bolted at the gun, shot north, and drummed a speedy tattoo of galumphing feet along rusty, long-abandoned railroad tracks. The fast kids asserted their supersonic youth, and the faster master blasters lassoed their speed-tornado and hung on for dear life.

To preserve the illusion of a 6K however, I blasted through the finish chute, shook the hand of the kid who outkicked me, and then burned another 3:30 kilometer against race traffic, making up my own PR for a 6K that never was. In a Windsor neighborhood of yesteryear.

They do races entirely metrically. You get no mile splits in Canada. Fortunately, my old pal Kurt Makowski told me a 3:43 kilometer is a 6:00/mile pace. I went through the 2K mark at 7:00, and then the heat and humidity stormed in. Woomp, there it was.

No records were set there, personally. I won the masters, and I think (I hope) my father would have been proud of me. Locals Martin Denonville (18:10) and Bernie Collins (18:39) copied masters silver and bronze on the sultry simmering streets of Canada's Sun Parlour, Essex County, and Barbara Farrah (24:30) won her gender's gold to also lead the close 45-49 division.

My dad planted a major tradition in winning a race here in 1927. It's a long, long way from 1927 to 1994, but it's still only one generation. We have a bond with the past and the present in the Canadian tropics. To onlookers it

may just be two racers — one running fast and short-distance, and one taking a kilometer or so to get untracked.

My dad took his athletics seriously and he was so proud. I was just a klutz, but I could laugh it off. Like Pagliacci. When I ran my first international race, it wasn't funny. I was grimly serious. Only when Kurt and the W.R.A.C.E. guys found out about my "6K" 5K, then did we yuk it up. I went to Windsor with something to prove. Like John Dean, I was a serious athlete.

The boy from New York didn't let his father down. Though my time wasn't an "A+", my effort was. I think that might be what really matters. □

What Would You Like to See in the National Masters News?

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Masters Racewalking

Continued from page 10

judge and walks referee. In two cases, late DQs were not included in the initial results. Walkers need to realize that in very large fields within very large meets, it is difficult to get 100% accurate walking results out for prompt award presentations. For example, in the 5K we had over 150 competitors spread among only seven races. Since each race immediately followed the preceding race, getting late DQs and the recorder's sheet posted was quite time-consuming.

Recommendations for the Future

Recommendation 1: Since 1 in every 10 participants is in the walk, more attention needs to be given to dividing the road event into three events — the 10K for women, a 20K for men under 55, and a 20K for men 55 and older.

Recommendation 2: The judges strongly recommend that in all future masters' nationals, the men's and

women's races be held separately, that they start and finish on the road (given the large field size), and that the loop be shortened from 2000 meters to 1250 meters.

Recommendation 3: To assist the recorder, entry lists should be provided in numerical order for each race (a simple sorting function on the computer).

Recommendation 4: The ideal loop would be 1250 meters with a single point on the road for starting and finishing the race. This would facilitate competitor splits, even number of laps, lap counting accuracy, and appropriate judging observation (especially for assuring that a caution can be offered more frequently prior to issuing a DQ).

Recommendation 5: No finish results should be submitted to the awards steward or announcer until the chief judge and walks referee sign them off. □

Masters Age Records 1993

(1994 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1993.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1993.
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Age Grading

by MADELINE BOST

Fair Awards in Road Races

Do you care about awards in road races? I pose the question because it's an issue that can lead to a lively discussion about what is fair in the structuring of awards.

After over ten years of competing, and several years of being active in directing races and writing about the sport, I have come to some opinions which I'd like to share with you. Two issues stand out — gender and age divisions.

Let's look at gender first. I charted several New Jersey road races last year to see just who was competing. There's no question — this is a male-dominated sport.

While the numbers varied slightly, on average the ratio was 75% men to 25% women. When we look at the awards do we see this balance reflected? No, we do not.

Across the board, women are winn-

ing an equal number of awards as men, while they compete against a much smaller field of competitors than do the men. This is especially true in the age divisions. On the men's side, there may be only a minute separating first place from third, while the first woman may finish five minutes ahead of the third woman in a 10K race.

In fact, the third woman may get the award by default — there were only three competing in that division. On the other hand, in that same age division there might have been 15 men, thus creating a true competition.

Deeper Awards for Men

The solution is to award deeper on the men's side and even cut off some of

the awards on the women's side. With the aid of a computer, awards could be given based on percentages, as is done in the Prevention Half-Marathon in Pennsylvania.

When road racing first began to develop and they started handing out awards, there were no age divisions — and sometimes no gender divisions either.

As time went on, some folks started to realize that something was amiss. If we only recognize the front runners, we are missing some significant performances by people who are no longer in their peak years, or those who have not yet reached them. The solution? Age divisions.

Recognizing that a runner, no matter how talented, loses speed as part of the aging process, accommodations had to be made for the aging athlete. If anyone doubts that, just look at Eamonn Coghlan's sub four minute mile (3:58.15) at the age of 41.

Rightly heralded as a great achievement for a masters runner, it acutely points out the slowdown of even this elite runner whose prime year's indoor PR is 3:49.78.

Age 49 vs. Age 40

If Coghlan is slowing down, then so are the rest of us older athletes. But what is the rate of that slowdown? That's a hard question to answer and each individual is different. So let's pose the question in a different way. Will a 49-year-old athlete have a chance against a 40-year-old? And should he have to compete against the "youngster"?

Many race directors think he should. And that the 69-year-old should compete against the 60-year-old. We're talking about ten-year age groups in masters competition. Even worse is the "something" and up, often 60 and up, but I've seen races where it's 50 and up. Now, come on! Let's get reasonable.

Two reasons usually offered for these decisions are money and time. Money, because it costs more to go to five-year age divisions. I have an answer for that — in a smaller race where the budget is tight, give less expensive awards.

If the race is larger and better funded, then loosen up on the purse strings and give back to the runners who are supporting your race.

Yes, I know you are trying to raise money for your charity. But remember who you are raising that money from.

Granted, an award ceremony lasts longer if you give out more awards. By the time they get to the older age divisions most of the crowd has disappeared. You can remedy that, too.

Start With Older Groups

Start with the older divisions. To be fair, those folks are the ones who should have the privilege of walking away before the ceremony is over. After all, they are older and shouldn't be made to stand around longer than anyone else. Start with the less populated older groups and it will go quickly enough. When you get to the larger divisions your crowds will still be there.

Now let's look at purse money. If a race is offering prize money three deep to the women, and I believe that they should, then go to five or six deep on the men's side.

Age-Graded Scoring

The only fair way to distribute purse money in the masters divisions is to use age-adjusted scoring. This system uses the computer to adjust the runner's time to equate what he or she would have run in his or her prime years. It puts the 40-year-old runner on a par with the 60-year-old.

We will be seeing it happen this fall at the Run For Life 10K in Morris County where age-adjusted scoring will determine the masters purse distribution. It's a start. □

(Madeline Bost of Ironia, N.J., a road racer and track and field competitor, writes a running column that appears in the Daily Record of Morris County, the Home News in Middlesex County and the Jersey Journal of Hudson County.)

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Paul Quinn, 46, masters winner (29:50), Patriot's Cup Corporate 8K, Fairfax, Va.

Photo by George Banker

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Jerry Cash, winner of the M45 pole vault (14-11), USATF National Masters Championships, Eugene, Ore., Aug. 11-14.

Photo by Jerry Wojcik

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Track & Field Report

by DON AUSTIN, USA Masters
T&F Awards Chairman

Awards Name Change

Each year the outstanding male and female athletes of the year are presented an award by the USATF Masters Track & Field Committee. This is called *The Gwilym Brown Award*.

Who was Gwilym Brown? A poll of members at the 1993 convention in Las Vegas turned up nothing. The national office had no idea. Answers ranged from "her" being a benefactor, to an official or an administrator. With this, the membership voted to change the name of the award.

Bob Fine finally provided the answer:

"Gwilym Brown was a sportswriter for Sports Illustrated. He was a friend of mine, at the time I was the National Chair. He ran but was not a serious competitor. He died in his forties. We selected his name in the hope that Sports Illustrated would create a permanent award. They donated \$50 and that was it. Since no one objected, until recently, to keeping the award in his name, we just let things stand."

The question now is "Who do we name the award after?" There are

several things to consider. I don't believe it should make any difference if the individual is alive or dead, male or female, still competing or not competing, an outstanding competitor or mediocre. Should there be two awards — male and female? How would you feel, say, as a shot putter, about receiving an award named after a distance runner? Or vice-versa?

Probably the main criterion should be that this individual(s) is someone who has contributed to the program.

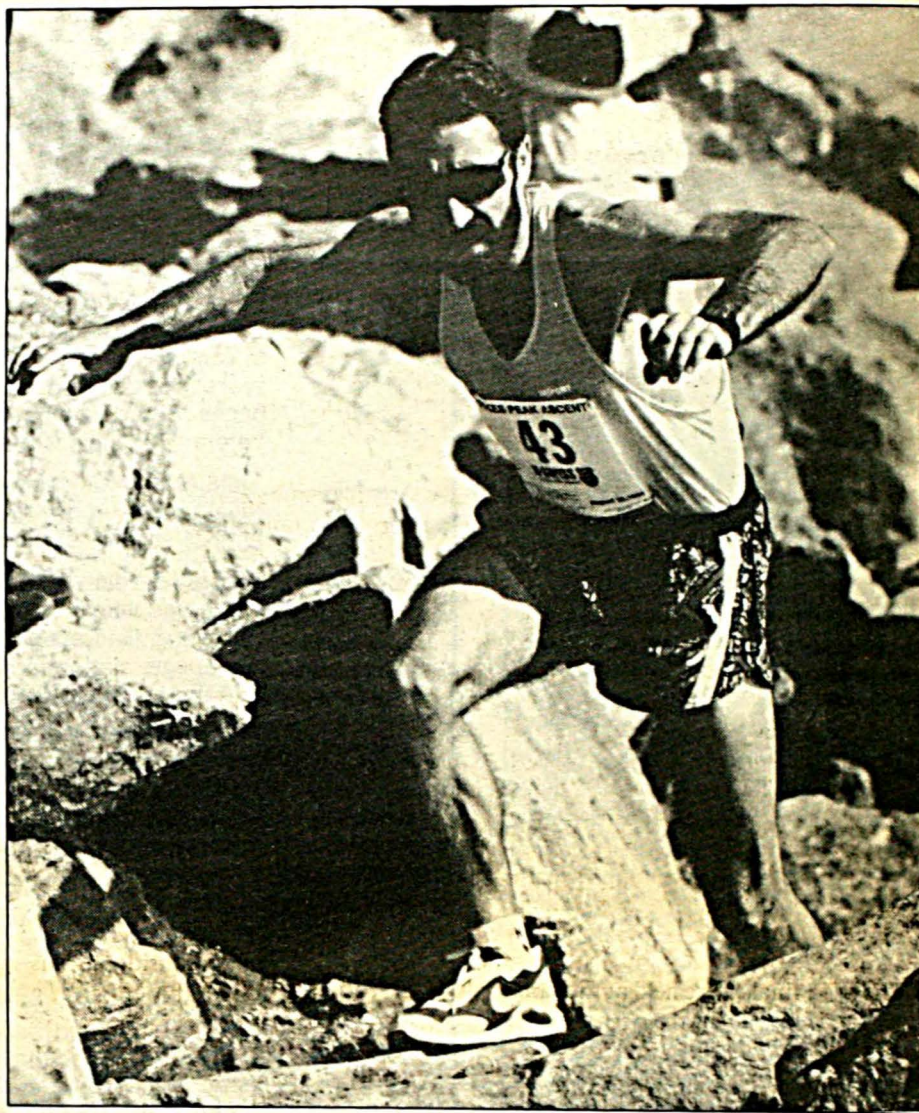
I am sure that many of you can think

of worthy individuals to name this award after.

Please submit the recommended name(s) to me at 3703 Electra Drive,

San Antonio, TX 78218, along with a short explanation as to why he/she should be selected. If available, include a biographical sketch of the individual.

□



Dennis Fowler, M40 winner (2:36:30), Pikes Peak Ascent, August 20.

Photo by Nancy Hobbs

Pikes Peak Ascent and Marathon

Dennis Fowler, 43, Sandy, Utah, and Nancy Stevenson, 40, Denver, were the first masters to finish in Colorado's Pikes Peak Ascent on Aug. 20. Fowler, 19th overall, finished in 2:36:30. Stevenson, with a 2:56:17, left her closest opposition 17 minutes back.

M55 winner Jim Hubbs, 52, Albuquerque, 46th overall, finished with the leaders in 2:56:17. Verne Carlson (61, 3:02:25), Boulder, and Jan Richards (67, 4:32:53), Arlington, Texas, broke age-division records.

Male finishers numbered 1077, while 451 females completed the course.

In the marathon on Aug. 21, Senovio Torres, 40, Cordova, N.M., broke the M40 division record with a fourth-place 3:56:18. Diane Ridgway, 45, Denver, won the W40-and-over race with a 5:53:06. Eckhardt Lemberg, 66, raced to an M65 victory in 6:01:03.

Acevedo Mario Anaya, 45, of Mexico, turned in a stalwart performance over the weekend, taking third in the M45 division in both the ascent (2:58:43) and the marathon (5:00:37).

The race, the final event in the KRDO Colorado Triple Crown of Running, had 510 male and 123 female finishers. □

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The Weight Room

by JERRY WOJCIK

National Masters T&? Championships

I checked out a few of the throwing events at the Nationals in Eugene. First was the W50 javelin on Thursday. It had eight contestants, the largest of the women's divisions, and included at least three top-ranked throwers: last year's winner, Karen Huff, Illinois; Fran Conley, California; and Vanessa Hilliard, Florida.

Huff, off her game, settled for second (27.14/89-0). Conley, hampered by two debatable "flat" javelin calls and a tendency to throw to the far right, took third (25.46/83-6) with just one fair throw. Hilliard, throwing from a stand because of an injury, was fourth. Linda Ticknor, 1994 Northwest Regional Champion, was a somewhat surprising first with a 27.76/91-1. What her approach lacks in style, she makes up for with a fast delivery. A cement discus ring about 60 feet from the toe board should have been better covered to protect implements from having their tips ruined or worse.

The W55 finals were held at the same time, so I got two for the price of one. U.S. record-holder in this division, Becky Sisley, of Eugene, despite a wrapped left thigh, defeated former record-holder Christel Miller, California, on her fifth throw with a 30.02/98-6. Joann Grissom, Indiana, essentially a shot putter and discus thrower, was third. Neither event received live coverage by the announcing crew.

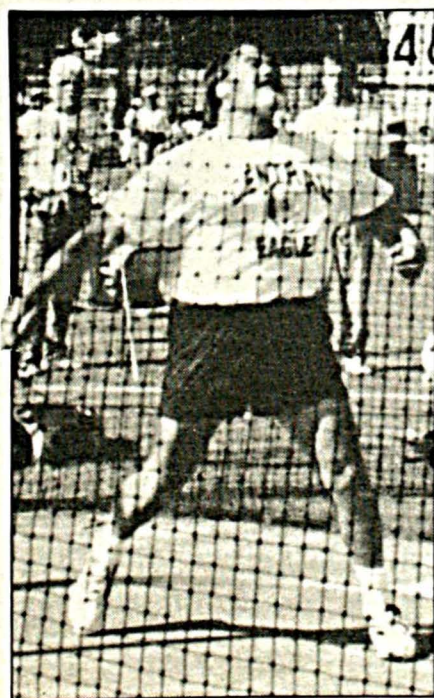
On Friday, I watched the M50 hammer throwers, the most competitive throwers on the scene as evidenced by their grunts, screams and yells, sometimes even when they're throwing. World-record-holder Tom Gage, Montana, was the hands-down winner (62.82/206-1) but tied with George Mathews, Washington, second-best thrower (48.84/160-3), in the yell category. Lloyd Higgins, California, was a near third (47.02/154-3) but ineffective in the yell phase, with a soprano-like yip, not during or after the throw but before it! Higgins later avenged his loss to Gage with a big win in the discus.

I caught another double-header here: the M55 were also in this flight. Richard Hotchkiss was the top thrower (47.04/154-4) and screamer in this group of three more-sedate Californians. Rasal Terhune-Young, who, at about 160 pounds, among the behemoths in this event looks like the guy who gets sand kicked in his face on the beach in the Charles Atlas ads, nevertheless got the distance (42.28/138-8) with three well-executed turns for second-place. I can't recall

hearing any announcement of the competition as it took place.

For the discus on Saturday, I chose my division, M60, which I had not entered because I felt that a potential last place would not enhance my credibility as a columnist. Smart decision. Probably the deepest field of good throwers in the event here, it included veterans like WR-holder Wendell Palmer, Texas; Len Olson, Pennsylvania; and Stew Thomson, California, plus division newcomers Walt Badorek, Oregon; Sam Adams, California; and Len Cohen, New Hampshire. Palmer three-peated but by not all that much, considering his recent WR of 57.60/189-0, with a 52.88/173-6 over Badorek (51.52/169-0). Olsen, on the mend after cancer treatment last year was third (47.48/155-9). Some mention was made of the strength of the field before the event started after I sent a note to the announcing booth, but not much else was heard later.

Sunday found me at the shot put ring with the M40 throwers, a large field of 14, including bona fide putters,



Leonard Rosen, New Hampshire, in the finals of the M60 discus, USATF National Masters Championships, Eugene, Ore., Aug. 11-14. Photo by Jerry Wojcik

a weight thrower or two, and several decathletes. Roger Kamla, Louisiana, who won the discus also in a field of 14, was first with a 14.83/48-8. Bill Leffler, Missouri, finished second (13.54/44-5¼). The event went essentially unnoticed by the announcers.

To be fair, the lack of recognition wasn't the fault of the announcers. They told me they had begged the meet directors to provide spotters on the field to relay field-event information via walkie-talkies to the announcer's booth.

But apparently no volunteers were available for spotting duty. Unfortunately, this is typical of even the best masters meets, where the field events get relegated to the background as the forgotten child. Hopefully, future national masters championships can correct the problem.

From the amount of space above devoted to each event, it's obvious that my interest waned as the meet progressed, but I think you got the message; it's not exactly subliminal.

Next month: "Hopeless in Seattle" or "Throwing the 20-lb. Weight with a Broken Toe." □

Seattle Masters Rescue Weight Championships

by JERRY WOJCIK

The USATF National Masters Weight and Superweight Championships scheduled for Aug. 20 at the U. of Washington in Seattle were relocated on short notice after the site reservation was cancelled. A chain of events starting with the falling ceiling tile in the Seattle Kingdome and the subsequent re-scheduling of a pre-season Seattle Seahawks game from the Kingdome to the university's Husky Stadium on the 20th forced the move.

Fortunately, meet co-directors Ken Weinbel and George Mathews of the Seattle Masters Athletic Club were able to make available "Portlee Field," a piece of land which they had acquired for use from the Port of Seattle and had been converting to a throwing area but had not completed the job when notified of the cancellation.

For throwing the weights, the area served its purpose. Twenty-four men in every age group from M30 through M80, and five women in four age groups took part. In the weight throw championships, Mathews, M50 winner, was the top thrower of the day with the 35-lb., the implement thrown by the M30-59, with a 13.59/44-7. Stew Thomson, M60, California, outdistanced all of the 25-lb. weight throwers (M60-and-over) with a 15.94/52-3¼.

The tightest competition came in the M40 division. Californian Gary Kelmenson won with a 12.67/41-7 in a field of three, all throwing over 40 feet.

Manuel White, 78, Montana, collected a single-age U.S. record of 11.08/36-4¼ with the 25-lb. and another later in the 35-lb. superweight throw with a 7.43/24-4½.

The superweight winners were essentially the same as the lighter throws,



Manuel White, M75, USATF National Masters Weight & Superweight Championships, Seattle, Aug. 20. Photo by Jerry Wojcik

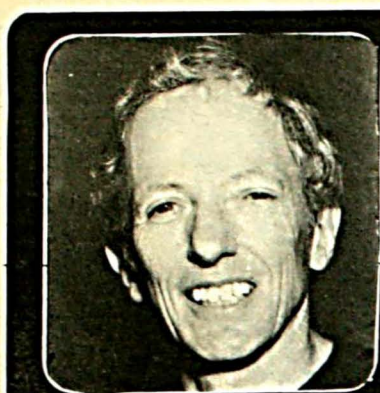
Mathews and Thomson again the standouts. Other notable performances came from Eric Hodgdon, M35, California, 8.51/27-11, with the 56-lb., and White and Leon Joslin, M80, Seattle, 5.61/18-4¾, with the 35-lb.

Among the five women, Sarah Boslaugh, W35, NYC, was the top performer, with a 10.89/35-8¼ in the 20-lb. weight, and 9.19/30-2 in the 25-lb. Debbie Eckhardt, another New

Continued on page 23



Sarah Boslaugh, W35, after releasing the 25-lb. superweight, USATF National Masters Weight & Superweight Championships, Seattle, Aug. 20. Photo by Jerry Wojcik



On The Run

by HAL HIGDON

Eugene Makes You Feel Like A Celebrity

The people of Eugene, Oregon, like to refer to their community as the track and field capital of the world. Maybe so; maybe not. I can think of other cities from Boulder to Oslo that might claim that title. Nevertheless, Eugene knows how to put on an uncommonly fine track meet, as I discovered in August.

I visited Eugene for the National Masters Championships for men and women over age 30. Despite its limited appeal to spectators, masters track continues to grow in appeal to competitors. A record 1400 athletes appeared in Eugene for the nationals. Last fall, 12,000 competed at the world meet in Japan. Next summer, the world's best will convene in Buffalo, N.Y. So great is demand, that 70 per cent of the housing in that community already has been booked.

I had come to Eugene partly as a warm-up for Buffalo, but also because I appreciate the smooth organizational skills — and feeling of celebrity — that Eugene officials bring to an event.

Too often, masters meets are casual affairs. You come. You run. You go home with or without an award. In all honesty, that's how I like it most times. Other times, I appreciate a bit of ceremony. You get just that in Eugene plus more.

For starters, the facility is first class, the same track at the University of Oregon used three times for the U.S. Olympic Trials as well as for the world masters meet in 1989. I appreciate running in the footsteps of great runners.

I arrived in Eugene on a Friday afternoon expecting to run a semifinal heat in the 1500 meters. Because of the numbers, everybody advanced to the finals. I retired to the grandstand and became spectator instead of competitor.

I don't accept that role easily. I sit in the stands and think, "I should be down there." I also feel that if you waste time watching, it drains energy best hoarded for competition.

Thus, on Saturday, I skipped the meet and went downtown to meet a friend for lunch. I also visited the outdoor market, where merchants display wares from t-shirts to jewelry.

Last Bastion of Hippie Movement

Eugene may be the last bastion of the 1960s Hippie Movement. Those who survived seem to have moved to Eugene to grow organic vegetables. Men with belly-length beards. Women with hairy armpits. A bit fatter, a bit more wrinkled, but Eugene Hippies have changed little in 25 years.

Nor have I. I am still running track

meets. Sunday, I reported 90 minutes before my race. Like any big-time meet, you need to declare your intent to start. After doing that, I moved to a side track. Warming up on the main track was forbidden. This was, after all, the Major Leagues, the "Show," not some All-Comers' meet. I jogged, stretched, did some strides, then reported again 20 minutes before my race. I already had numbers front and back of my singlet, but received a third number to attach to my hip. I felt like a signboard.

I sat down and fussed with my shoelaces. Another runner attempted to talk. I am a terrible conversationalist just before I race. He was trying to relax by chatting; I was trying to focus my mind. We were temporarily incompatible.

Anointed Ground

Five minutes before the start, an official led us onto the track and gave us permission to run some strides. This was anointed ground. There were few in the stands, it was daylight, but I had the feeling of jogging under a spotlight. Finally, they called us to the line and fired the gun.

The race was over too quickly: five minutes of running, a little more for me than the others, since I finished well back. At least I had run close to my season best. I shifted to the stands and became a spectator. The spotlight moved on.

While in Eugene, I had done an interview with a former Olympian. He competed into his mid-30s, then realized he would never get any faster. He switched to golf and now has a 5-handicap. He jogs only occasionally. But running was my first love, and it probably will be my last love.

I came to Eugene. I had not conquered, but neither did I feel conquered. I had been treated like a champion. I flew home plotting a new training schedule. I can't wait to run in Buffalo during the summer of 1995. □

(Hal Higdon is a Senior Writer for Runner's World. Though closely challenged in Eugene by other runners, Higdon still holds the American M40 records for 5000 meters and the 3000 meter steeplechase, set in 1972 and 1975.)



Starter Eric Zemper (1) instructs M40 10,000m runners, USATF National Masters Championships, Eugene, Ore., August 11-14.

Photo by Rex Dietderich

Video Tapes of Nationals Available

Four video tapes of the National Masters Track and Field Championships in Eugene, August 11-14, are now available:



Coming off the last turn in the M60 800, USATF National Masters Championships, Eugene, Ore., Aug. 11-14: Ralph Miller #895, Eugene, won in 2:17.51; Ken Luff #0793, Washington, finished second in 2:20.0; Sid Wing, California, was third with a 2:20.09.

Photo by Shirley Dietderich

ships in Eugene, August 11-14, are now available:

1) All men's and women's 100 and 200 finals; both age-graded 100s; all 4 x 100 relays.

2) All men's 400 finals; 400 finals for W40, W35, W30; all 4 x 400 relays; 400H for M30 thru M55.

3) All men's and women's 800 finals; all 4 x 800 relays.

4) All men's and women's 1500 finals.

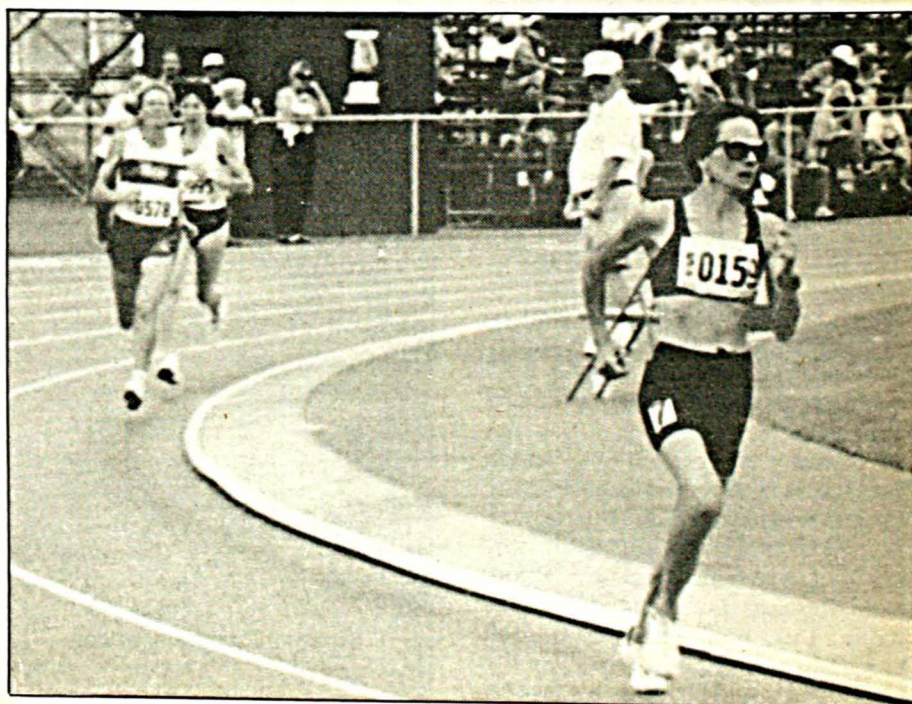
The videos were filmed and edited by Paul Dungan, former masters sprinter and Portland, Ore. resident.

"All these videos have been made to recognize every athlete in each race," Dungan says.

The cost of each video is \$20 (Canada \$22; Great Britain \$25).

Since duplication takes time, please allow four to 10 weeks for your tape(s) to arrive. Dungan promises all orders will be filled.

Send checks or USA money orders to: Paul Dungan, 4016 NE Hazelfern Place, Portland, OR 97232. □



S. Rae Baymiller, New York, leads Doris Heritage, Washington, and Joan Ottaway, California, in the W50 1500, USATF National Masters Championships, Eugene, Ore., Aug. 11-14. Baymiller won in 4:59.34, holding off a fast-closing Heritage, second in 5:01.99, with Ottaway third.

Photo by Jerry Wojcik



International Scene

by AL SHEAHEN,
WAVA Treasurer

WAVA Budget Approved

At its meeting in Buffalo, N.Y., USA, on April 10-14, the WAVA Council approved a budget for the 1994-1995 accounting period. The budget projects estimated revenues of US\$159,300 and estimated expenses of US\$164,700, for an estimated deficit of US\$5,400. However, it's hoped the revenue will be a bit higher, or the expenses a bit lower, so as not to incur a deficit for the period.

Since WAVA's bank balance on December 31, 1993 was \$188,000, approximately the same amount should remain in the account at the end of 1995.

A total of \$44,000 of the estimated \$159,300 in revenues will come from the IAAF. In addition to WAVA's budget, a separate IAAF/WAVA budget, controlled by the IAAF at its Monaco headquarters, will provide \$36,000 over the two-year period for WAVA-related expenses.

Thus, the total IAAF commitment for the 1994-1995 period is \$80,000 — \$40,000 per year.

Among the budget highlights:

1) The largest source of revenue — \$75,000 — is expected from the \$15 WAVA fee required of each entrant to the WAVA World Veterans Championships. Attendance in Buffalo next year is estimated at 5000.

2) Estimated office expenses (phone, fax, etc.) for WAVA officers is budgeted at \$33,000, up 39% from 1992-93. Hopefully, the actual expenses will be less.

3) Financial assistance to the regions will be increased 216% to \$43,000. The Council felt this was an area of critical need. The regions requested funds to help develop veterans programs in third-world nations, to buy computer programming, to purchase equipment, to provide travel expenses to regional and world championships for needy athletes, and to train coaches and administrative help. The allocated amounts vary by region from a high of \$9334 for Europe to \$5333 for South America, Asia and Oceania.

4) The expense for members to travel to the annual Council meetings will be an estimated 22% less than 1992-93, due to lower air fares to Buffalo than to Japan.

5) A new expense of \$9500 was budgeted for travel for four people to a meeting of the Stadia Committee, and three people to a meeting of the Non-Stadia Committee. (The Stadia meeting was held in Buffalo in February, 1994, and was helpful in the planning of the schedule and other technical matters for the 1995 Championships.)

6) Another new expense of \$6000 was budgeted for drug testing. This is to be available for administrative, travel, research or testing expense in addition to the amount budgeted for testing by the Buffalo Organizing Committee.

6) Yet another new expense item of \$5000 was created for travel expenses for at least one Council appointee (not necessarily a Council member) to inspect the facilities of any city which bids for a 1998 or 1999 WAVA Championship. The WAVA representatives will then give an impartial report of their findings to the delegates in Buffalo.

My proposal to the Council which would have enabled the General Assembly to have a greater voice in the budget process was, in effect, deferred until the Assembly meets next year in Buffalo.

Detailed breakdowns of both the WAVA budget and the separate IAAF/WAVA budget are listed on page 19.

Voting Delegates

Also in this issue is an updated list of WAVA affiliates, competitors and delegates, based on the number of participants in Eugene, Turku and Miyazaki (see page 21).

1) The first column shows the number of delegates each affiliate was entitled to in Miyazaki, based on the formula used to determine delegates, as stated in the WAVA Constitution, Section 4(B):

"At the General Assembly, each affiliate shall be entitled to one delegate and also one additional delegate for each 100 of its competitors in the last three World Veterans Athletics Championships (excluding the current Championships), but no affiliate shall be entitled to more than five delegates."

2) The second column shows the number of delegates who actually showed up in Miyazaki and voted. Of the 141 eligible delegates, 99 were there. (Along with 15 voting Council members, the maximum votes that could be cast on any ballot measure was 114.)

3) The next four columns show the

number of competitors from each nation at each of the last three World Championships, and the combined total for each.

4) The next column shows the number of delegates each affiliate is entitled to in 1995 in Buffalo, based on the above formula. As of March 10, the total is 147. (That number will likely increase as new affiliates sign up prior to Buffalo.)

5) Thus, Canada, for example, with a total of 366 competitors in the last three Championships, gets four delegates. Norway, with a total of 219, gets three delegates. Brazil, with 139, gets two. And so on.

Some interesting data can be gleaned from the report:

- The number of affiliates is up to an even 100.

- More than half (50) of the 99 voting delegates in Miyazaki were from Europe.

- Countries adding delegates in Buf-



Willie Loedolff #26, M65, and John Bezuidenhout, M60, raced to a tie (8:24.9), 2000SC, with both winning gold medals, Africa Championships, May 1994, Durban, South Africa.

Photo by Leo Benning



WAVA South American Delegate Jorge Alzamora promoting WAVA activities at a meet in Montevideo, Uruguay.

falo will be: Spain (1), Mexico (1), Brazil (1), India (1), Japan (3), Taiwan (1). Losing delegates will be New Zealand (2).

- Five affiliates which have had no competitors in any of the last three world championships nevertheless cast votes in Miyazaki: Senegal, Aruba, Paraguay, San Marino, and Venezuela. Seven affiliates who cast votes were represented by only one athlete. Two other affiliates had less than five athletes in the last three Championships.

- Larger countries are limited to five delegates and, thus, have proportionately less representation. For example, Germany, Italy and Australia, with a combined total of 2282 participants in the last three championships, are entitled to 14 delegates in Buffalo, a ratio of 163 athletes to one delegate. The 14 countries mentioned above, with a combined total of 13 participants in the last three champion-

Continued on page 19

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9 Months to Go

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XI WORLD VETERANS' ATHLETIC CHAMPIONSHIPS

Countdown to Buffalo

Local Organizing Effort is Under Way

With nine months to go, local organizing efforts were publicly launched on August 23 for the XI WAVA World Veterans Athletics Championships, to be held July 13-23, 1995, in Buffalo, N.Y., USA.

"The World Veterans Championships are the premier international track and field competition for women 35 years of age and over and men 40 years of age and over," said Vito Borrello, executive director of the event. "More than 6000 athletes and another 6000 spectators are expected to come to Buffalo for competitions at the University of Buffalo, Niagara Falls, and the Skylon Marathon Route."

The Championships are co-chaired by Robert Greene, managing partner of Phillips, Lytle, Hitchcock, Blaine & Huber, and Neal Fatin III, president of T R Services Business Telephone Systems.

"Preparations are well under way with 21 members of the local organizing committee and many other volunteers to ensure that the hosting of the Championships will be a success for Buffalo and western New York," said Greene. "Say what you will, there was a positive legacy left by the World University Games — the recognition that Buffalo is now one of the world's leading venues for amateur sporting events."

The World University Games attracted thousands of athletes to Buffalo last year.

Charging Buffalo Logo

Organizers at a press conference unveiled the Championships' logo depicting a charging buffalo and the letters "USA" in red, white and blue.

The logo was designed by Crowley Webb & Associates of Buffalo.

"This logo is an important unifying symbol for all the efforts leading up to and including the competitions next summer," said Fatin. "The charging buffalo serves as a tribute to this region's rich athletic heritage and capitalizes on our investment in facilities and marketing in becoming the amateur sports capital of the U.S."

While operating with a current budget of under US\$1.6 million dollars — compared to the US\$15.2 million spent on the 10th WAVA Championships last year in Miyazaki, Japan and the \$120 million spent on the World University Games — the 1995 Championships are expected to have an economic impact of \$25 million.

About one-third of the Championships' budget will come from athletes' entry fees and housing fees. Another one-third of the budget will be funded by vendors, parking fees, merchandising, and sales of books and programs to athletes. The final one-third of the budget will come from private contributions, corporate sponsorships and public funds. Public funding represents only seven percent of the budget.

Organizers announced the participation of Budget Car and Truck Rental, the Hyatt Regency, the Radisson Hotel & Suites, Stovroff & Taylor Travel Ltd., and the Travel Team as initial



A spectacular aerial view of Buffalo, New York.

Photo by Jim Doane, Jr.

sponsors of the XI WAVA World Veterans Athletics Championships.

"The early support of these sponsors is going a long way toward ensuring the eventual success of the Championships," Borrello said.

No Qualifying Standards

Anyone who meets the age criteria — regardless of athletic skills or past amateur or professional status — is eligible to compete in the Championships. There are no qualifying standards. Past participants include 1972 Olympic marathon winner Frank Shorter, three-time Olympic gold medalist Evelyn Ashford, and four-time Olympic discus gold medalist Al Oerter.

Athletes compete within five-year age groups with gold, silver and bronze medals awarded to the top finishers.

The Championships consist of every common track and field event, plus a 10K cross-country race, a 5K track walk, a 10K (women) and 20K (men) road walk, and a marathon.

The World Veterans Athletics Championships have been held every other year since 1975, and been governed by the World Association of Veteran Athletes (WAVA) in cooperation with the International Amateur Athletic Federation (IAAF). The 1993 Championships in Japan drew athletes from more than 70 countries.

The only other time the Championships were held in the USA was in 1989 in Eugene, Ore., when nearly 5000 athletes from 58 nations participated.

Barry is Meet Director

Dick Barry of the U. of Buffalo will direct the competition. Other key staffers include: Bob Carr, Communications; Richard Gioia, Fundraising; Chris Glenn, Tourism; Dennis Murphy, Hospitality; Daryl Rasuli, Transportation; Virginia Scahill, Medical; Nick Trbovich, Jr., Volunteers; and Harry Shelton, Assistant to Borrello.

Completed in 1993 to host the World University Games, the new stadium at the State University of New York at Buffalo will serve as the primary track and field facility. The other stadium at UB will serve as the secondary stadium; it's about a

12-minute walk (1000 meters) from the main stadium. Free shuttle buses will run between the two venues.

The Skylon Marathon route will be the first USATF-sanctioned course to begin in the United States and end in Canada. The race will start in downtown Buffalo and travel alongside the Niagara River on a flat and fast course that will end on the Canadian side of Niagara Falls.

Site of the last nine USA National Racewalk Championships, the Robert Moses Parkway in Niagara Falls, N.Y. will provide a scenic route for the road racewalks.

Akron Falls Park will provide a challenging cross-country course.

Banquet

A banquet for athletes, guests, local residents and sponsors will be held on Wed., July 19, 1995. The cost before May 15 is US\$30, and \$35 after May 15.

Athletes will be offered a variety of different housing options. Inexpensive housing and meals will be available at the university dormitory complex, which can accommodate up to 3000 people. The Buffalo area offers more than 6400 hotel rooms for a wide range of budgets within 30 minutes of the venues. Buffalo residents will entertain athletes and their families during the Championships.

The fee schedule is as follows (all prices are in U.S. dollars):

WAVA Fee	\$15.00
1st event	30.00
2nd thru 5th events	10.00 each
6th and over	17.00 each
Decathlon, heptathlon, and weight pentathlon	30.00 each

Entry Forms

Athletes from the USA may obtain entry forms from the WVAC at P.O. Box 150, Niagara Square Station, Buffalo, NY 14201-0150. Interested parties may phone Carol Sweeney at 1-716-852-2765; ext. 202, for further information as well. Or fax 1-716-852-0131.

Foreign athletes may obtain entry forms from their respective national governing bodies, or from the above numbers. □

A TOUR TO BUFFALO? YOU BET!

Northwest Event Management will be running a tour to Buffalo which can include discounted airline tickets, accommodations in the university dormitories or the tour hotel, hospitality center, welcome party, tour t-shirt and pin, farewell party, and more.

Because we recognize that many of you will have your own transportation to and/or accommodations in Buffalo, we are also offering an "amenities only" package, where you can enjoy the camaraderie of our great tour members at the hospitality center and social functions, while making travel and housing arrangements on your own.

If you will be needing air arrangements, NEM, Inc. is able to offer 5% off the lowest discounted fare on United Airlines, or we will make your arrangements on other airlines, if you wish. For those needing housing in Buffalo, we have room blocks in the dormitories and the conveniently located tour hotel, the University Inn, across the street from the campus.

Tour costs are still being formulated, but if you would like to be added to the list for more information, write to Buffalo Tour, Box 10825, Eugene, OR 97440. If you know that you would like to be a part of either the amenities only or expanded packages, please enclose \$50 per person made out to "NEM, Inc." This deposit is fully refundable, and does not obligate you in any way.



The Indian delegation parades in at the opening ceremonies in Miyazaki at the World Veterans Championships.

International Scene

Continued from page 17

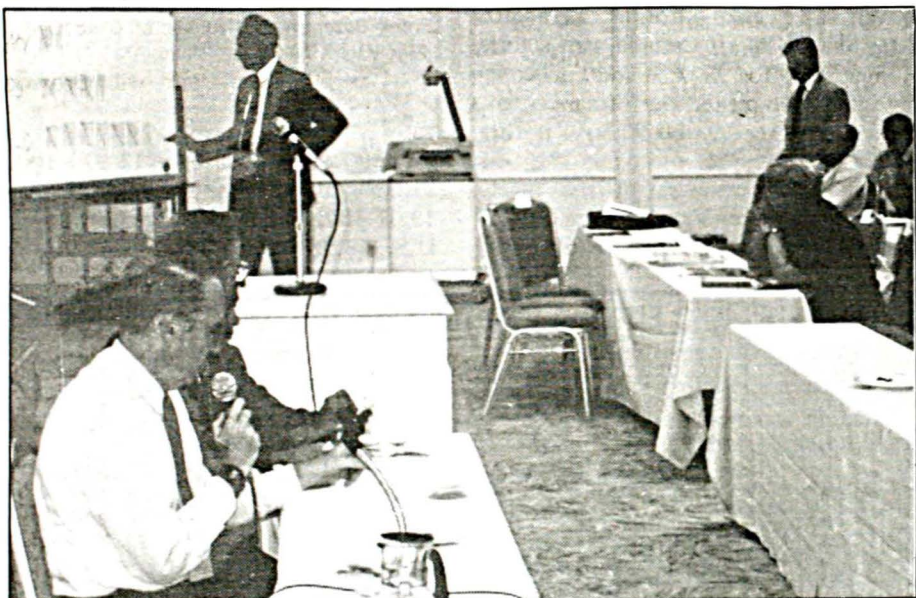
ships, are also entitled to 14 delegates in Buffalo, a ratio of about one to one.

Thus, a delegate from, say, Thailand, has, in effect, 163 times more voting power than a delegate from Germany.

A motion to lessen this seeming unfairness a bit by increasing the max-

imum number of an affiliate's delegates from five to seven was defeated in the General Assembly in Turku in 1991.

If you have any questions or comments about anything in the budget report or delegate report, please contact me, your regional representative, or your national delegate. □



At the WAVA General Assembly meeting in Miyazaki, Charles DesJardins of the USA calls out the votes to WAVA Secretary Torsten Carlus of Sweden in the balloting between Buffalo (USA), Durban (South Africa) and Malmo (Sweden) for the right to host the 1995 WAVA World Veterans Championships. Buffalo won on the first ballot with 58 votes to Malmo's 39 and Durban's 15.

IAAF/WAVA BUDGET

	1994	1995
1) Travel		
Council members authorized by the President to attend Regional Championships:		
Fine - Cali, Columbia	\$1167	
Carlus - Jakarta	2000	
Taylor - Durban, S.A.	2000	
Cesare Beccalli	3333	2500
Cesar Moreno Bravo	2500	2000
Carlus - trips to Monaco	2500	2000
2) WAVA Handbook	3000	
3) Holdover from 1993 budget	1500	1500
4) Olympic Glories		10,000
TOTALS	\$18,000	\$18,000

Submitted by Cesare Beccalli, President



WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF

FINAL APPROVED BUDGET - JANUARY 1, 1994 TO DECEMBER 31, 1995

	ACTUAL 1992-93	BUDGET 1994-95
REVENUES:		
1. IAAF Grant	\$43,600.00	\$44,000
2. Entry fees - Stadia	136,042.50	75,000
3. Entry fees - Non-stadia	14,000.00	14,000
4. Sanction fee - Stadia	15,000.00	15,000
5. Sanction fee - Non-stadia	500.00	1,000
6. Sponsorship	5,000.00	0
7. WAVA Handbook	285.00	300
8. Bank interest	5,488.03	10,000
TOTAL REVENUES	\$219,915.53	\$159,300
EXPENSES:		
1. Office Expense (phone, etc.)		
President (Beccalli)	\$10,839.00	\$12,000
Executive V-P (Fine)	2,900.47	6,000
V-P Stadia (Taylor)	880.20	2,000
V-P Non-stadia (Serruys)	1,500.00	2,000
Secretary (Carlus)	5,604.74	8,000
Treasurer (Sheahan)	1,348.55	2,000
Women's rep (Guschmann)	540.00	1,000
Past-President	93.60	0
	23,706.56	33,000
2. Communications/Statistics:		
Records	1,000.00	1,000
National Masters News	7,200.00	7,200
Bidder's booklet	100.00	0
Computer program	90.00	0
Multi-events Committee	938.24	1,000
Age-graded Committee	596.02	500
	9,924.26	9,700
3. Regional Development:		
Europe	5,600.00	9,334
Africa	.00	7,334
North America	1,800.00	6,333
South America	2,600.00	5,333
Asia	1,800.00	5,333
Oceania	1,800.00	5,333
Computer program	.00	4,000
	13,600.00	43,000
4. Council Meeting (even-year):		
Air fare for Council members	16,764.98	9,200
Daily cash expenses (\$50/day)	2,415.00	3,500
Miscellaneous	.00	200
	19,179.98	12,900
5. Council Meeting (odd-year):		
Air fare for Council members	22,772.45	16,600
Daily cash expenses (\$40/day)	10,600.00	8,400
Presentations to organizers	2,415.61	2,300
Copies	98.80	300
Lunch at General Assembly	1,657.13	1,700
Gifts	299.21	300
Women's meeting	.00	500
Miscellaneous	.00	1,500
	37,843.20	31,600
6. Travel:		
President	415.00	1,500
V-P Stadia	1,419.00	1,200
V-P Non-Stadia	1,799.43	300
Racewalk Judge - Toronto	.00	500
Oceania Rep - Brisbane	.00	600
Governor Matsukata	.00	3,000
Other	1,670.00	0
	5,303.43	7,100
7. Stadia Committee Meeting (four people)	.00	5,500
8. Non-Stadia Committee Meeting (three people)	.00	4,000
9. Drug Testing	.00	6,000
10. Site-Selection:		
1998 (Non-Stadia)	.00	2,000
1999 (Stadia)	.00	3,000
	.00	5,000
11. Miscellaneous:		
Bank charges	208.23	200
V-P Non-Stadia - Gifts	246.57	300
Weight Pentathlon	420.70	200
Walkie-talkies	.00	1,200
Other	1,858.22	5,000
	2,733.72	6,900
TOTAL EXPENSES	\$112,291.15	\$164,700
SURPLUS (DEFICIT)	\$107,624.38	(5,400)
Prepared by Al Sheahan, Treasurer		

North American Meet

Continued from page 1

ferent roles wherever needed and the championships proceeded reasonably well from the cooperative effort. There were a few dedicated helpers and officials who really bit the bullet and worked virtually straight through the meet without food or sleep. They cannot be thanked enough for their heroic voluntary efforts.

Two combined events were held. The outdoor pentathlon, on the first day, attracted 24 men and five women. One of the first official WAVA specified weight pentathlons ever was held with 26 men and eight women reporting for the five throws involved. Long distance running events were the 5K on the track and the 8K cross-country with 47 men and 18 women, and the 15K road race with 40 men and 16 women. In addition to the 3K racewalk on the track, there also was a 10K road walk offered with 29 men and 10 women taking part.

A WAVA grant to the region for an athlete sponsorship program resulted in four people from three countries being able to compete in the championships who otherwise would not have been able to attend for economic reasons. Those sponsored had various portions of their travel expenses covered by the program which required

that a private sponsor or sponsors furnish half of the money, with the other half coming from the WAVA grant. Some sponsors befriended and encouraged their sponsored athletes, while other sponsors preferred to remain completely anonymous. Either way those sponsored greatly appreciated the chance to be there.

Perhaps the most exciting event of the meet was the twins from Mexico, Bernardo and Marcelino Contreras shadowing each other for four laps in the M50 1500 meters. Marcelino finally edged Bernardo by three-tenths of a second who was also closely followed by Rolando Muzzolini of Canada six-tenths back, in an intensely competitive finish. World record holder, Phil Raschker, USA, had extremely bad luck when she slipped while walking out of the pole vaulting pit and injured her ankle. There was amazing competition in the M80 age group with four men head-to-head in the 100 meters and six in the 200 meters. This is more than have competed in some of the world championships.

Karl Trei, M85, was a favorite of the athletes and the press as he took all gold in eight events, including the pentathlon. His busy days were matched by Phil Mulkey, M61, who won five of the 10 events he entered. Liz McBlain, the meet director, took the time to compete in nine events, winning the two horizontal jumps. Silvano Corona,

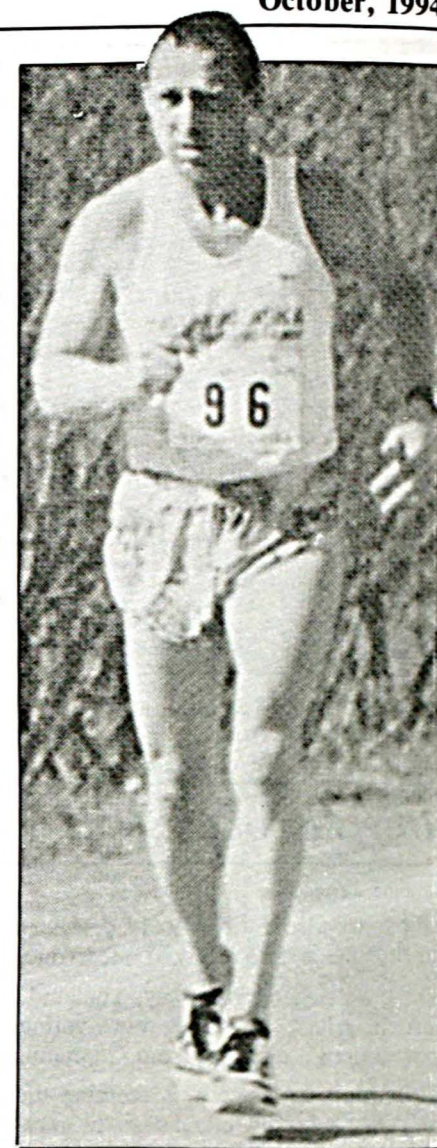
M70, of Mexico competed in six events, winning the 400, 800, 1500 and 8K cross-country. Bernice Holland, W67, of Cleveland, Ohio won the four events she entered, including the weight pentathlon. Joann Grissom, W56, who, like Mulkey and Holland, is a former USA Olympian, won six of the seven events she entered, including the weight pentathlon.

The quality performances of the meet were topped off by Earl Fee, M65, who posted a very fine 2:16.04 800, a 98.28% age-graded performance. He backed that up with a 93.95% performance, running 47.40 in the 300 intermediate hurdles. Sprinter Steve Robins, M51, of the U.S. ran an 11.48 100 for a 96.17% performance level. He also backed that up with a 93.86% 200 in 23.77.

American thrower, Tom Gage, M51, of Montana, turned an excellent 207-9 hammer for a 94.45% rating. Ralph Romain, M62, competing for Trinidad and Tobago, had bad luck in that his 400 came late on a cold and rainy day. However, he still posted a 56.91 for a 94.22% performance level. He also backed that up with a 92.66% 200 performance of 25.87. Phil Raschker W47, before being injured, ran a 12.22 second 80 meter hurdle race for a 93.37% rating. Hurdling specialist, Charley Miller, M57, from Texas, ran his 100 meter hurdles in 15.28 for a 93.32% rating.

World record holder, Harold Morioka, M51, of Canada, ran a fine 400 in 53.60 for 92.66% and backed it up with two other performances of 91.66% in the 200 and 90.80% in the 800.

Other performances in the meet above 90% were: Victor Valles, M57, Mexico, 12.50 100, 91.28%; Bruce Spr-



Frank Bozanich, 50, winner of Chad Ogden 43-mile race on Kodiak Island, AK.

Photo by Ian Fulp

ingbett, M61, U.S., 12.97 100, 91.06%; Bernie Smith, M62, Canada, 13.07 100; and Chuck Sochor, M66, U.S., 13.58 100, 90.35%. □

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	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
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.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH OCT 1994

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ED AUSTIN (REDONDO BEACH, CA)	10-22-29	65-69
STIG BACKLUND (FIN)	10-27-39	55-59
MILTON BASS (RICHMOND, VA)	10-18-19	75-79
RUNE BERGMAN (SWE)	10- 8-24	70-74
CLIFF BLAIR (HOLBROOK, MA)	10-20-29	65-69
TOM BOWMAN (AUBURNDALE, FLA)	10-25-24	70-74
CHUCK CHAPIN (ALBANY, NY)	10-13-44	50-54
TORBJORN DAHL (SWEDEN)	10-29-29	65-69
JOHN DAMSKI (VAN NUYS, CA)	10-11-14	80-84
PERCY DUNCAN (CANADA)	10-19-14	80-84
BILL DYER (PRARIE VILLAGE, KS)	10-21-14	80-84
WILLIAM FRASER (EDINA, MN)	10-30-29	65-69
IRAOLA GARIN (SPA)	10- 2-24	70-74
GILBERT GAUTHIER (FRA)	10-30-34	60-64
KEN JUSDON (PITTSBURGH, PA)	10-12-49	45-49
KOSAKU KANAMORI (JPN)	10-15-14	80-84
JOHN KELLY (SANTA MONICA, CA)	10- 6-29	65-69
MARTI LAIHO (FIN)	10-25- 9	85-89
MARIO LANZI (ITALY)	10-10-14	80-84
TERRY MANNERS (NZ)	10-19-39	55-59
UNTO MATTSSON (FIN)	10-29-29	65-69
HOWARD MCNIECE (LAKEWOOD, CA)	10- 6-19	75-79
RALPH MOUREAU (WINSTON SALEM, NC)	10- 6- 4	90-94
CHARLES OLIVER (US)	10-28-54	40-44
WALTER PALMER (PHILADELPHIA, PA)	10- 7-34	60-64
ROGER PIERCE (ESSEX, MA)	10- 4-44	50-54
GEORGE PUTERBAUGH (LAKE OSWEGO, ORE)	10-24-24	70-74
RICHARD RZEHA (WG)	10-13-29	65-69
JACK SHIELDS (ATLANTA, GA)	10-27-29	65-69
DOUG WORLING (AUS)	10-11-34	60-64
GLORIA FINE (BROOKLYN, NY)	10- 7-29	65-69
KAREN FRANK (CA)	10-15-39	55-59
NORMA HARGER (MUNING, MICH)	10-24-29	65-69
MARION IRVINE (SAN RAFAEL, CA)	10-12-29	65-69
KAREN KING (GLENDALE, CA)	10- 0-39	55-59
ADRIAN LILBURN (PONTE VERDE BCH, US)	10- 7-49	45-49
MARY E. NORCKAUER (BATON ROUGE, LA)	10-23-24	70-74
GERI OWENS (NEW PAITZ, NY)	10-19-34	60-64
PADDY REDDAWAY (WEST LINN, OR)	10- 1-44	50-54
KATE SHARPLES (NORTH BEND, OR)	10-24-49	45-49
MARYLIN WHITE (CA)	10-17-44	50-54
KARIN BORKENHAGEN (WG)	10- 7-39	55-59
SUSANNA CRONJE (RSA)	10-17-44	50-54
DIANNE HUGHES (NZ)	10-29-49	45-49
MARJATTA JARVINEN (FIN)	10-18-39	55-59
LEILI KAAS (URS)	10- 4-34	60-64
SIV LARSSON (SWE)	10-23-39	55-59
KAPITOLINA LOTOVA (URS)	10-27-49	45-49
MARIA MARCIBALOVA (CZE)	10-23-34	60-64
VIVI MARKUSSEN (DEN)	10-24-39	55-59
ELVIRA OZOLINA (URS)	10- 8-39	55-59
ALBERT PUMA (BROOKLYN, NY)	10- 3-29	65-69

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD



LIST BY NATION AND REGION OF AFFILIATE COMPETITORS AND DELEGATES

	No. of Delegates in Miyazaki		Number of Competitors				No. of Delegates Eligible in Buffalo		No. of Delegates in Miyazaki		Number of Competitors				No. of Delegates Eligible in Buffalo
	Eligible/Voting		Eugene 1989	Turku 1991	Miyazaki 1993	Total			Eligible/Voting	Eugene 1989	Tueku 1991	Miyazaki 1993	Total		
EUROPE:															
1 Armenia	1	0	-	-	0	0	1								
2 Austria	1	1	13	34	20	67	1								
3 Belarus	1	0	-	-	5	5	1								
4 Belgium	1	1	25	41	19	85	1								
5 Bulgaria	1	0	2	2	0	4	1								
6 Croatia	-	-	-	-	2	2	-								
7 Cyprus	1	0	1	0	0	1	1								
8 Czech Republic	1	1	-	-	22	22	1								
* Czechoslovakia	-	-	15	51	-	66	-								
9 Denmark	1	1	24	54	15	93	1								
10 Estonia	1	1	-	-	13	13	1								
11 Finland	5	5	116	1115	87	1318	5								
12 France	3	3	79	128	47	254	3								
13 Germany	5	5	341	646	316	1303	5								
14 Great Britain	5	5	256	214	123	593	5								
15 Greece	1	1	11	26	29	66	1								
16 Hungary	1	1	27	35	28	90	1								
17 Iceland	1	0	2	5	1	8	1								
18 Ireland	1	1	32	28	17	77	1								
19 Italy	4	4	73	183	50	306	4								
20 Latvia	1	0	-	-	12	12	1								
21 Lithuania	1	0	-	-	0	0	1								
22 Moldova	1	1	-	-	1	1	1								
23 Netherlands	1	1	14	53	17	84	1								
24 Norway	3	3	80	108	31	219	3								
25 Poland	1	1	7	40	15	62	1								
26 Portugal	1	1	19	27	34	80	1								
27 Romania	1	1	0	11	1	12	1								
28 Russia	1	1	-	-	63	63	1								
29 San Marino	1	1	0	0	0	0	1								
30 Slovakia	-	-	-	-	4	4	-								
31 Slovenia	1	1	-	-	11	11	1								
32 Spain	1	1	19	71	20	110	2								
33 Sweden	5	5	95	339	54	488	5								
34 Switzerland	2	2	56	85	35	176	2								
35 Turkey	1	1	5	12	7	24	1								
36 Ukraine	-	-	-	-	6	6	-								
37 USSR	-	-	6	466	-	472	-								
38 Yugoslavia	-	-	10	7	-	17	-								
Totals - Europe	57	50	1328	3781	1105	6214	58								
*Czechoslovakia was divided into the Czech Republic (now a WAVA affiliate) and Slovakia.															
#USSR was divided into 16 countries, nine of which have become affiliates.															
&Yugoslavia was divided into several sections, one of which -- Slovenia -- has become an affiliate.															
AFRICA:															
1 Algeria	-	-	1	0	0	1	-								
2 Angola	1	0	0	2	0	2	1								
3 Botswana	-	-	2	0	0	2	-								
4 Cameroon	1	0	0	0	0	0	1								
5 Cape Verde	1	1	0	0	1	1	1								
6 Central Africa	1	0	0	0	0	0	1								
7 Chad	1	0	0	0	0	0	1								
8 Congo	1	0	0	1	1	2	1								
9 Ethiopia	1	0	0	0	0	0	1								
10 Gambia	1	0	0	0	0	0	1								
11 Ghana	-	-	1	0	1	2	-								
12 Guinea	1	0	0	0	0	0	1								
13 Kenya	1	0	3	1	2	6	1								
14 Lesotho	1	0	0	0	0	0	1								
15 Mauritania	1	0	0	0	0	0	1								
16 Mauritius	-	-	0	0	2	2	-								
17 Namibia	1	0	0	3	1	4	1								
18 Rwanda	1	0	0	0	0	0	1								
19 Senegal	1	1	0	0	0	0	1								
20 Seychelles	1	0	0	0	0	0	1								
21 South Africa	1	1	-	-	84	84	1								
22 Zaire	1	0	0	0	0	0	1								
23 Zambia	1	0	4	0	0	4	1								
Totals - Africa	19	3	11	8	93	112	19								
NORTH AMERICA:															
1 Canada	4	4	206	100	60	366	4								
2 Costa Rica	1	0	0	0	0	0	1								
3 Dominican Republic	1	0	0	1	1	2	1								
4 El Salvador	-	-	0	0	1	1	-								
5 Honduras	1	0	0	0	0	0	1								
6 Jamaica	-	-	1	1	0	2	-								
7 Mexico	1	1	45	28	39	112	2								
8 Puerto Rico	1	1	12	1	3	16	1								
9 St. Vincent	1	0	0	0	0	0	1								
10 Trinidad & Tobago	1	1	9	6	1	16	1								
11 United States	5	5	2310	474	312	3096	5								
12 Virgin Islands	1	0	0	0	0	0	1								
Totals - No. America	17	12	2583	611	417	3611	18								
SOUTH AMERICA:															
1 Argentina	1	1	3	4	18	25	1								
2 Aruba	1	1	0	0	0	0	1								
3 Bolivia	1	1	0	0	2	2	1								
4 Brazil	1	1	26	9	104	139	2								
5 Chile	1	1	21	16	21	58	1								
6 Colombia	1	1	37	7	8	52	1								
7 Guyana	1	0	1	2	5	8	1								
8 Paraguay	1	1	0	0	0	0	1								
9 Peru	1	1	10	3	1	14	1								
10 Surinam	1	0	0	0	0	0	1								
11 Uruguay	1	1	2	3	1	6	1								
12 Venezuela	1	1	2	2	0	4	1								
Totals - So. America	12	10	102	46	160	308	13								
ASIA:															
1 Brunei	1	1	0	0	4	4	1								
2 China	1	1	0	0	21	21	1								
3 Hong Kong	1	1	0	1	26	27	1								
4 India	2	2	32	45	203	280	3								
5 Indonesia	1	1	11	7	18	36	1								
6 Israel	-	-	2	2	6	10	-								
7 Japan	2	2	74	42	9701	9817	5								
8 Kazakhstan	1	1	0	0	1	1	1								
9 Korea	1	1	4	0	39	43	1								
10 Lebanon	-	-	1	0	2	3	-								
11 Malaysia	1	1	6	7	15	28	1								
12 Maldives	-	-	0	0	2	2	-								
13 Mongolia	-	-	0	0	2	2	-								
14 Myanmar	1	0	0	0	0	0	1								
15 Pakistan	1	0	0	0	0	0	1								
16 Philippines	1	0	35	0	4	39	1								
17 Singapore	1	1	9	9	23	41	1								
18 Sri Lanka	1	1	21	0	16	37	1								
19 Taiwan	1	1	32	28	90	150	2								
20 Thailand	1	0	0	0	1	1	1								
21 Turkmenistan	1	0	-	-	0	0	1								
22 Uzbekistan	-	-	-	-	3	3	-								
Totals - Asia	19	14	227	141	10177	10545	24								
OCEANIA:															
1 Australia	5	5	370	151	152	673	5								
2 Cook Islands	1	0	0	0	0	0	1								
3 Fiji	1	0	0	0	0	0	1								
4 Guam	1	0	0	0	3	3	1								
5 Nauru	1	0	0	0	0	0	1								



Women's Corner

by JOYCE HANNA, MA, MS

Running Through Menopause (And Beyond)

It's hard to believe that women were not officially allowed to run in marathons until 1973. Now, a little more than 20 years later, the number of women running in marathons has grown exponentially. Women born in the 1930s, '40s, and even the early '50s can remember that as schoolgirls we were expected to pitch underhanded, play only half-court basketball, do "girl push-ups" from the knees up, and definitely refrain from running. (It was believed that if we ran we might damage our female organs.) Not surprisingly, the concept of running through menopause was unheard of.

Of course, times have changed. Today, many people would ask, "Why would anyone think they *couldn't* run while they're going through menopause?" It should be stressed that menopause, whether passage is smooth or disorienting, is a process, not an event. The average age for menopausal onset, which is marked by the cessation of menstrual function, is 51 in the United States. One third of a woman's life is now spent post-menopausal — almost the same percentage of time as is spent in the reproductive years.

Mona M. Shangold, MD, co-author of *The Complete Sports Medicine Book for Women* (Simon & Schuster, 1992), states, "The main problems women experience at or after menopause are hot flashes, sleep disturbances, bone loss, heart disease, vaginal dryness, depression, and weight gain. Some of these are due to lack of estrogen and other hormonal changes, and some are due to the aging process. Estrogen therapy can relieve all of these except weight gain. Exercise can prevent or relieve all of these except hot flashes and vaginal dryness. Most women will benefit from estrogen therapy; all women will benefit from regular exercise."

Yet only 15 percent of women over 50 engage in physical activity at a level recommended for better health. What impact does running have on women as they pass through menopause? Judy Mahle Lutter, president and co-founder of the Melpomene Institute, an organization that helps women of all ages link physical activity with better health, reports that Melpomene research substantiates most women's belief that while physical activity is not a guarantee of an easy menopause, it does help even the most difficult menopausal experience.

Physiologically, almost everything that gets worse with aging gets better with exercise. There are three significant physiological benefits that a woman going through menopause can expect to enjoy if she exercises regularly:

- Maintenance of muscle mass and bone density, which reduces the risk of

osteoporosis.

- Maintenance of basal metabolic rate, which helps to maintain a healthy weight.

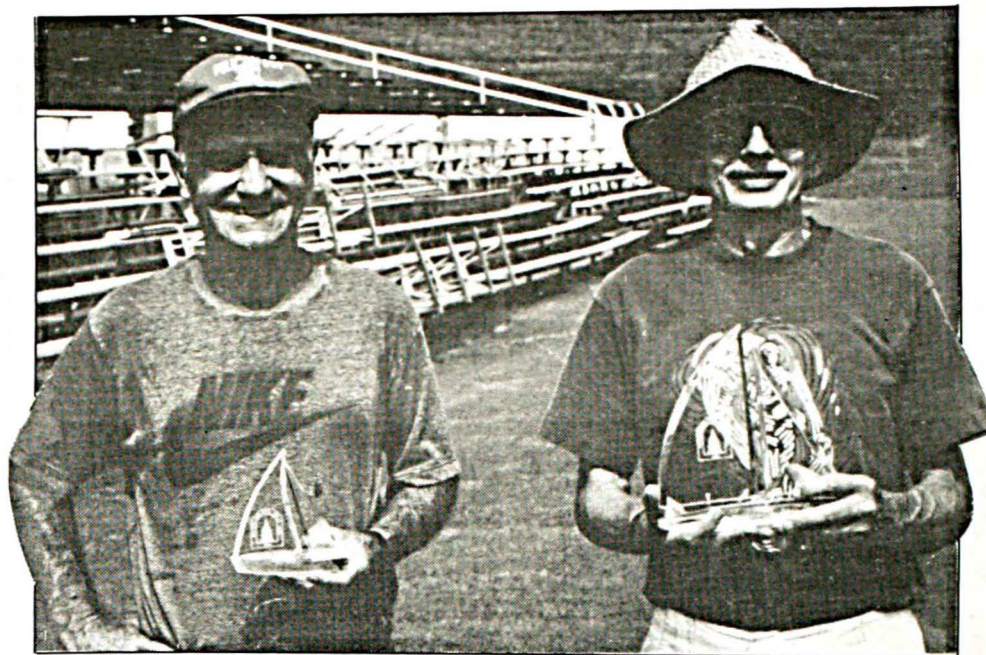
- Stimulation of HDL (good cholesterol), which provides a cardioprotective effect.

Recent studies show that the decline in cardiorespiratory function during menopause is not because of hormonal changes (as previously suspected), but rather because of a decrease in physical activity. And there has been no evidence to indicate that running causes rectal, uterine, or urinary bladder prolapse.

The real benefits of keeping active through menopause, however, might lie in the psychological impact. Exercise can be a powerful factor in a woman's maintaining her sense of identity. Most runners report that the act of running allows them to "center" themselves in a very elemental and uncomplicated manner. This feeling can be especially rewarding at a time when many women feel a loss of control. Running can provide a wonderful opportunity to focus on the positive, preventative aspects of health rather than the deteriorating, remedial aspects.

A woman who continues to exercise while going through menopause can decrease risk factors for coronary heart disease and osteoporosis, and strengthen the pelvic structure. Exercise can also raise self-esteem, improve the quality of sleep, and relieve anxiety, tension, fatigue, and depression. Commitment, a positive attitude, and a healthy style of living are the main ingredients for running well at any age. To quote the National Institute on Aging, "If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the nation." Running just might be the perfect pill to take while going through menopause. □

(Joyce Hanna is an exercise physiologist at Stanford University's Center for Research in Disease Prevention, and a board member of the Fifty-Plus Fitness Association. Reprinted from *NY Running News*, Sept 1994.)



Top M55s, Annapolis, Md., Aug. 28: Kirk Davies (r), 56, Washington Grove, Md., first (68:13), and Bill Elzinga, 56, Columbia, Md., second (69:32).

Photo by George Banker

Pryde, Malloy Log Wins at Annapolis

by JERRY WOJCIK

James Pryde, 41, Bel Air, Md., was fourth overall and first of 460 M40 finishers with a 53:48 in the Annapolis 10 Mile, Annapolis, Md., Aug. 28. His time, an age-graded 86%, erased the masters course record of 53:59.

David Webster, 41, Stevensville, Md., took second place in 56:46. Bennett Beach, 45, Bethesda, Md., was third master and first of 402 runners in his division, with a 59:12. John Benkert, 53, Severna Park, Md., was fifth in 60:23, an 84% age-graded performance.

Rose Malloy, 46, Annapolis, was first W40-and-over and eighth female with an age-graded 83.7% 64:25. Joyce Adams, 40, Reston, Va., took second in 66:29. Claudia Ciavarella, 45, Arlington, Va., was third in 68:02.

Hedy Marque, 77, Alexandria, Va., won the W70+ division race with a 1:36:19.

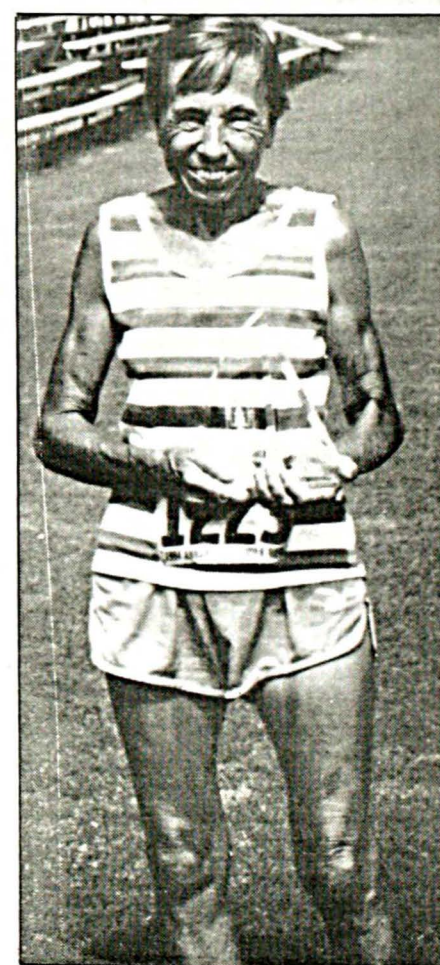
To reflect the performance of masters runners, Pryde and Malloy were presented with special awards.

A change in the course added some hills; temperatures in the 80s and high humidity provided an additional challenge. □



Rose Malloy, 46, Annapolis, Md., first masters woman (64:25), Annapolis 10 Mile, Aug. 28.

Photo by George Banker



Hedy Marque, 77, Alexandria, Va., W70+ division winner (1:36:19), Annapolis 10 Mile, Aug. 28.

Photo by George Banker

Masters Scene

NATIONAL

• The 4 x 800 relay results for the women's teams in the USATF National Masters Championships in Eugene were not published in the September issue. They are in this issue under t&f results. Mike Graham's standing and mark in the M50 SP at the Nationals were incorrect in the September results. Graham, of Texas, should have been credited with a ninth-place 10.50, rather than a 13th-place 9.00.

• The 1994 USATF Convention will be held Nov. 29 to Dec. 3 in St. Louis. Since this is an even-numbered year, amendments to USATF's Rules of Competition will be considered at the convention. Registration packets for the convention are available from Rita or Anne Phillips at USATF (317-261-0500). Registration is \$95 (plus optional functions) before Nov. 1. Hotel reservations can be made by calling the Adam's Mark in St. Louis (314-241-7400). Rates are \$100/single & double, \$100/triple, and \$120/quad per night. The hotel registration deadline is Nov. 8.

• The 1993 median age of finishers in a sample of road races received by the Road Running Information Center increased from 37.2 to 37.5 for men and 33.9 to 34.1 for women compared to 1992.

• The latest American Sports Analysis survey by American Sports Data (ASD) shows over 30 million people ran at least once in 1993, and nearly nine million ran 100+ days last year. These figures have remained consistent for the seven years ASD has conducted the survey, reports USATF's On the Roads (July, 1994).

• According to ASD, 10.9 million runners (36.3% of total runners) had household incomes greater than \$50,000. Running/jogging ranks 6th on the ASD list of frequent sports participation. Criteria for "frequent" participation varies, depending on the sport.

'93 Rank	Sport or Activity	Total Participants	'89 Rank	Criteria #days/yr
1	Fitness Walking	14,077,000	1	100+
2	Basketball	10,174,000	8	52+
3	Fishing	10,149,000	3	25+
4	Softball	9,973,000	4	25+
5	Bowling	9,449,000	2	25+
6	Running	8,822,000	6	100+
7	Free Weights	8,583,000	10	100+
8	Stationary Bike	7,996,000	5	100+
9	Camping (RV)	7,749,000	7	15+
10	Golf	6,516,000	11	25+

EAST

• Sean Doyle (40, 1:18:40) and Ann Davies (47, 1:35:04) were first 40+ to cover the NYRRC Hispanic Half-Marathon course, Central Park, NYC, Aug. 14. Andrew Neidnig, 75, took the M75+ race in 2:15:35. Wen-Shi Yu, 59, won the W55 contest with a 1:48:55. In November, Yu will join the W60 division, won here by Bertha Bellinghausen, 60, in 1:45:47. Doyle returned to Central Park on Aug. 28 to win the M40+ contest in the NYRRC Back To Work 4 Mile with a fourth-place 20:34. Cheryl Ralya, 47, copied his finish with a 25:35 in the women's ranks. Sam Skinner (51, 22:53) and Muriel Merl (68, 36:28) set fast paces in their division wins.

• Sonia Morales, 46, and Bette Vargas, 40, composed the top female team in the Eastern Regional 10K Relay RW Road Championships, Central Park, Aug. 29, sponsored by Park Racewalkers, USA. Each walker did a 5-loop 5K around the park's Great Lawn, first passing off

a baton (in this case, a light, easy-to-carry tongue depressor) to the second walker. Morales passed off to Vargas at 30:56, Vargas finishing in 60:48. Gary Null (49, 24:16), recovering from a hamstring injury, and Taka Amano (44, 49:19) were third team overall. Bob Barrett (60, 27:57) and Herb Zydek (55, 27:57) took the M50-59 race. Twenty-seven teams, some with mixed sexes, started; two were DQ-ed. In the MAC 3K Championships, Central Park, July 10, Null finished second (14:01), and Amano third (14:17) of 55 finishers. Elton Richardson, 55, first W40+, was ninth in 16:24.

SOUTHEAST

• Michael Brown's 226-9 for the M40 win was the best javelin throw of the 1994 National Masters Championships. Brown, a history teacher and track coach from Florida, was in his first masters competition after competing for years in open meets. His best with the new rules javelin is 233-11 in 1986.

• In a close competition for the best age-graded performance in the women's events, Elizabeth Longton, a member of the Nashville Track Club, nosed out Linda Lowery for the gift certificate from Team Nashville Athletic store by recording a 3000 racewalk time of 15:52.1, a 75%. Jim Mathis, still strong as ever at 59 years of age, scored a 92% for his 55.7 in the 400. One of the more outstanding events of the day was the men's mile where Tom Bowden, M50, beat the entire field with a fine time of 4:50.0.

• Fine times were turned in at the Fort Lauderdale Road Runner's Over the Hill 5K, August 20, in Fort Lauderdale. Winning masters were Enrique Alvarez (40, 16:04) and Carol Virga (43, 18:58). Top grand masters were Hector Rodriguez (50, 17:48) and Janet Ross (51, 23:26). In the accompanying 5K RW, John Fredericks (26:28) and Linda Stein (28:20) came out on top.

MIDWEST

• The 15th annual Columbus Marathon, Nov. 13, will feature a prize purse of over \$77,000. All masters runners and all Ohioans will have their times age-graded, using the 1994 WAVA Age-Graded Tables, in separate categories. Prize money will be awarded as follows: 1st \$500; 2nd \$300; 3rd \$200; 4th \$150; 5th \$100, provided by Marathon Oil Co.

WEST

• California's Carlos Valle was first in the M55-59 10,000 (36:07.77) and second in the 5000 (16:54.67) which may seem like modest accomplishments when compared to other performances in the 1994 National Masters Championships in Eugene. However, the fact that he is 59 years old, and never before had participated in a t&f competition, makes his times amazing. On the roads, Valle has broken the single-age record for the 5K and 10K.

• Kevin McCarey, 40, San Diego, was 29th in 72:22 for the M40+ win, America's Finest City Half-Marathon, San Diego, CA, Aug. 21. Pat Devine, 65, took the M65 race in 1:32:54. Marina Jones, 42, Rancho Santa Margarita, CA, was the W40+ titlist with an 83:06. Jane Lesser, 87, was the oldest finisher (3:17:46) of the 5045 who entered. Jim Ryun, Olympian and former mile WR-holder, was second in the M45 division in the adjunct 5K with a 19:41.

• Over challenging hills in 90-degree weather, Ben Byman, 43, won the 2-day 100K on August 27-28 in Colfax, CA, with splits of 5:06:00 and 6:12:01 (totalling 11:18:01). First women's master (and third overall) was Linda Elam, 48. Her splits were 5:32:06 and 6:16:05



Dallas Masters M60-69 400 relay team (54.72) at the Dallas Masters Meet, July 16, from left: Bill Bowers, 67, Bill Pardue, 64, Normal Wells, 63, and Andy Anderson, 65. Photo from Bill Bowers

(totalling 11:48:11). In the accompanying 50K, Jim Bevans, 56, outran all the masters men in 5:13:01, with Mary Kleinbach, 43, leading the women in 5:55:05.

NORTHWEST

• Martin Balding, 57, took first place overall for the third time in the Crater Lake Marathon on August 13. His 3:11:41 put him one minute ahead, although 20 years older, of the second-place finisher in this beautiful mountain race.

INTERNATIONAL

• Shirley Peterson broke the W65 200 WR of 31.65 with a 31.38 in the New Zealand Masters Championships in Wellington, March 25-28. Over 40 New Zealand records fell. Miriam Stanley of Auckland, in her new age group, set records in the shot, discus, hammer, and weight pentathlon.

• The first-ever age-handicap marathon will be held in Valencia, Spain, Feb. 5. Runners will start at different times depending on their age groups, beginning with the women 60-plus at 8:30 a.m. and ending with the men 18-34 at 9:18:55. W40-44 start at 8:58:06; M40-44 at 9:13:12. The contact is S.D. Correcaminos, Pintor Peiro, 10-7-46010 Valencia, Spain; phone 96/369-20-71. Race director is Toni Lastra. Deadline is Jan. 23.

• Sharp-eyed reader Leo Benning of Cape Town points out Jose Waller's Miyazaki medal count (July NMN) was a bit off; that South Africa won 50 medals, not 47, moving the Springboks up to 7th overall. Japan's medal total was 329, says Benning, not 429 as reported. And 15th place overall was Switzerland, not Swaziland.

• Viisha Sedlak, director of the American Racewalk Association, has been appointed to the World Association of Veteran Athletes (WAVA) Women's Committee. The Committee is

dedicated to the development of women's participation and empowerment in the sports of track and field, long distance running, and racewalking. Sedlak is one of nine women from several countries on this committee, which is chaired by Belgium's Hannelore Guschmann. The Committee will next meet at the WAVA World Championships in Buffalo, NY in 1995.

Superweight

Continued from page 15

Yorker, won both events in the W30 division. Suzy Hess, Oregon, won the W50 weight throw title over Barbara Stewart, formerly of New York, now residing in Georgia, but lost the superweight to Stewart. Canadian Estelle Jenkins took two firsts in the W65 division.

The championships were followed by the "Ultra Weight Throw Classic," in which competitors threw the next three heaviest weights for a total of five; for example, the M40 competitors, after throwing the 35-lb. and 56-lb. in the championships, threw the 100-lb., 200-lb., and 300-lb. Age-division places were based on totals adjusted for each implement weight. All who competed were awarded a commemorative paper weight.

Contestants were treated to a free luncheon and received championships T-shirts depicting a classic weight thrower and the Seattle Space Needle. □

TRACK & FIELD SOFTWARE

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Schedule

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

TRACK & FIELD NATIONAL

November 29-December 3. USATF 16th Annual National Convention, The Adam's Mark Hotel, St. Louis, Mo. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317/261-0500.

February 24-26. USATF National Masters Indoor Championships, Reno, Nev. Bill Bowser, U. of Nevada-Reno, Dept. of Athletics, Reno, NV 89557-0041. 702/784-4870.

July 6-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

EAST

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

November 1-3. New Jersey Senior Games. 55+. Open to out-state. Deadline 9/1. Scott Bollwage, c/o Garden State Games, PO Box 6923, Edison, NJ 08818-6923. 908/225-0303.

November 24. Rhode Island Senior Games. 55+. Open to out-state. Deadline November 15. Dolores Casey Bergeron, Rhode Island Elderly Affairs, 160 Pine St., Providence, RI 02903. 401/277-2819.

December 17. Tri-State TC Indoor Holiday Festival. 1 pm. Hagerstown JC. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301/733-6076.

March 19. East Indoor Regional Championships, U. of Delaware, Newark.

SOUTHEAST

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

October 8. Masters Mini-Meet, Vanderbilt U., Nashville, Tenn. 10 a.m. Randall Brady, 615/383-6733.

October 8-9. Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910/476-1228.

December 27. (Tues.). 17th Annual Holiday & Chuck Klehm Memorial Weight Pentathlon, Delray Beach, Fla. Gary England, PO Box 679036, Orlando, FL 32817. 407/273-3282. Deadline 12/23.

WEST

Arizona, California, Hawaii, Nevada

October 8. 22nd Annual Club West Masters Meet, Santa Barbara City College, Santa Barbara, Calif. 9 a.m. Beverly Lewis, 805/969-5851. Gordon McClenathen, 805/964-3005.

October 19-21. Huntsman Senior Games, St. George, Utah. 1-hour drive north of Las Vegas. 50+. Sylvia Wunderli, Huntsman Games, 1355 South Foothill Drive, #103, Salt Lake City, UT 84108. 801/583-6231. Fax: 801/583-5231.

October 30. Crown Valley Senior Games, Rose Bowl, Pasadena, Calif. Bowl to Bowl Walk '94. 5K Racewalk. Road race.

USATF sanctioned. Jim Hanley, Meet Director. Cynthia Vaughan, Walk Coordinator. 818/397-4062.

November 12. Long Beach Senior Olympics, Long Beach, Calif. 55+. Senior Olympics, Long Beach Parks & Rec., 2760 Studebaker Road, Long Beach CA 90815. Deadline Oct. 24. 310/421-9431; 3260.

NORTHWEST

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

October 1. Fall Helena Throws Festival/Weight Pentathlon, White's Field, Helena, Mont. Manuel/Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

INTERNATIONAL

October 2-5. WAVA Asian Regional Championships, Jakarta, Indonesia. Asians only.

July 13-23, 1995. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. WVC, PO Box 150, Niagara Square Station, Buffalo, NY 14201-0150. Phone: 1-716/852-2765; 202. Fax: 1-716/852-0131.

LONG DISTANCE RUNNING NATIONAL

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/673-0778.

October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 16. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

November 6. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 13. USATF National Masters 15K Championships, Schenectady, N.Y. Ed Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

November 19. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

December 4. USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.

EAST

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

October 2. Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.



Steve James, M30 winner in the 5000 (15:29.92), 1994 USATF Northwest Regional Masters Championships, Tacoma.

Photo by Carole Langenbach

October 16. Army 10 Mile. Claudia Ciavarella, PO Box 46594, Washington, DC 20050. 703/614-1551.

October 16. Atlantic City Marathon/10K/5K. Atlantic City, N.J. 609/822-6911.

October 16. NYRRC Women's Half-Marathon/Coed 5K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 23. Marine Corps Marathon. Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 703/640-2225.

October 23. Tri-State TC Age-Group Cross-Country Classic. 12 noon. Hagerstown JC. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301/733-6076.

October 23. Mohawk-Hudson Marathon. Albany, N.Y. Ed Mulheren, 63 Meadowbrook Rd., Watervliet, NY 12189. 518/473-9487.

Continued on page 25

ON TAP FOR OCTOBER

TRACK AND FIELD

A throws meet opens the month on the 1st in Helena, Mont. Two masters perennials — the Club West Meet in Santa Barbara, and the Thomasville Decathlon/Heptathlon — are listed for the 8th, which also has a mini-meet in Nashville.

The Huntsman Senior Games for m&w ages 50+ start on the 19th in St. George, Utah, about an hour's drive north of Las Vegas.

The WAVA Asian Regional Championships open on the 2nd in Jakarta.

LONG DISTANCE RUNNING

Three USATF National Masters Championships are scheduled: marathon (Twin Cities), Minneapolis, and 5K, Syracuse, N.Y., both on the 2nd; and 10K Cross-Country, Canandaigua, N.Y., which is offering team prize money.

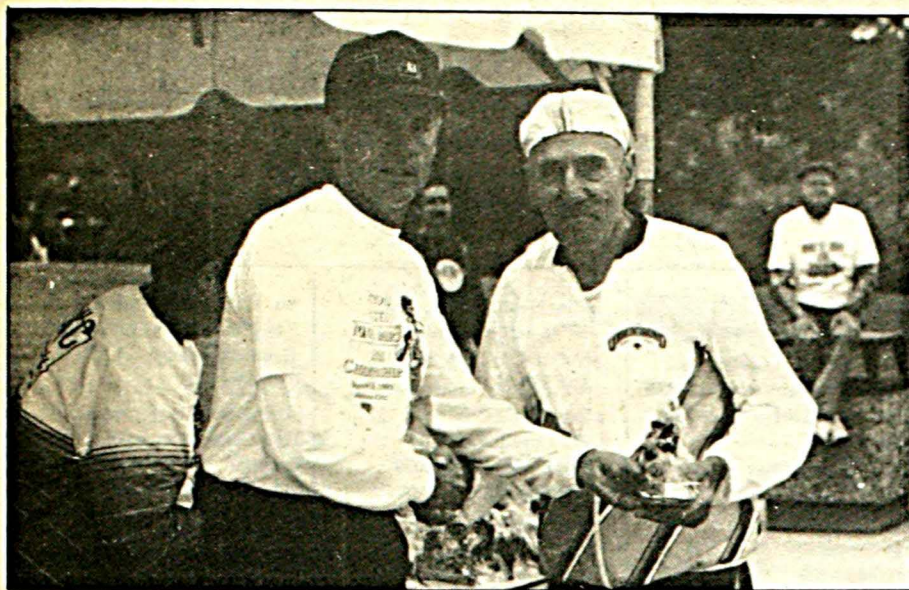
It's a marathoners month, ranging from the St. George in Utah on the 1st, to the Detroit on the 16th, the Marine Corps on the 23rd, and the Chicago on the 30th. Other races of interest include the 5th Avenue Mile on the 2nd; Army 10 Mile, the 16th; and Boston Mayor's Cup Cross-Country, the 23rd.

RACEWALKING

A varied menu this month, starting with the Alongi Classic, Dearborn, Mich., on the 1st. The USATF Masters 1-Hour Championships are hosted by Cambridge, Mass., on the 9th. The 16th shows four events, including a 30K in NYC and an 8K in Las Vegas.



Senior Men PowerBar Relay Teams: West (1st), Southeast (2nd), and East (3rd) being given awards by coordinator Phil Mulkey of PowerBar, at the USATF National Masters Championships, Eugene, Ore., Aug. 13.



Anthony Napoli, 73, Buffalo, N.Y., receives his first-place (43:22) award from Lance Cornman, president, Oklahoma City RC, USATF National Masters 10K Championships. Photo by Jim Smith

Continued from page 24

October 23. Boston Mayor's Cup Cross-Country. M8K/W5K. USATF New England Association, PO Box 1905, Brookline, MA 02146. 617/566-7600.

November 6. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

November 13. USATF New England Championships. 8K masters men's race/W5K. New England Association, PO Box 1905, Brookline, MA 02146. 617/566-7600.

SOUTHEAST

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

October 1. Lejeune Half-Marathon. Dr. Ron Gerughty, Fitness Director, 910/451-5430. Camp Lejeune, N.C.

October 15. Lejeune 15K Cross-Country. Dr. Ron Gerughty, Fitness Director, 910/451-5430. Camp Lejeune, N.C.

November 5. Old Reliable 10K. Butch Robertson, PO Box 1229, Raleigh, NC 27602. 919/829-4843.

November 19. Vulcan 10K. Birmingham TC, PO Box 530363, Birmingham, AL 35253. 205/995-5344.

November 24. Thanksgiving Day 10 Miler, Sperling Center, DeLand. John Boyle, PO Box 1824, DeLand, FL 32721. 904/736-0002.

November 24. Atlanta Marathon. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

December 10. Rocket City Marathon. Harold Tinsley, Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

MIDWEST

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

October 2. Over The Hill TC 5K Cross-Country, University School, Pepper Pike, Ohio. Tim Skoczen, 6368 Brecksville Rd., Independence, OH 44131. 216/524-6693.

October 15. Dayton River Corridor Half-Marathon/5K. Wright Bros., PO Box 9154, Dayton, OH 45409-9154. 513/435-2633.

October 16. Detroit Marathon. Barbara Bennage, 321 W. Lafayette, Detroit, MI 48226. 313/222-6676.

October 30. Chicago Marathon/5K. Marathon, PO Box 10597, Chicago, IL 60610-0597. 1-800-527-3214.

October 30. Wolfpack 5K/20K/50K (USATF Ohio 20K/50K Championships), Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

November 13. Columbus Marathon. Prize money for top five age-graded times for 40+. Joan Riegel, race director, PO Box 26806, Columbus, OH 43226-0806. 614/433-0395.

November 13. Glenkirk's 3rd Annual 8K (4.96 Mi.) Turkey Trot/2 Mile Fitness Walk, Deerfield, IL. USATF certified course. 708/272-5111, X126.

MID-AMERICA

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

October 8. 32nd annual Jackrabbit 15, Prairie Striders TC, Box 267, Brookings, SD 57006. 605/692-2414.

October 9. Denver International Marathon. Denver Marathon, 655 Broadway, Ste. 777, Denver, CO 80203. 303/534-6555.

October 16. St. Louis Marathon, SLTC, 2385 Hampton Ave., Ste. 101, St. Louis, MO 63139. 314/781-3726.

October 30. Kansas City Marathon. Betsy Titterington, 5001 State Line, Kansas City, MO 64112. 816/531-2387.



Chan Robbins, 56, Alexandria, Va., third master (38:38), We Run The World 10K, Washington, D.C. Photo by George Banker

November 6. Omaha Riverfront Marathon. Gary Meyer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 22. Cherry Street Road Mile, Tulsa, Okla. \$10,000 prize money and incentives for masters. Fred Ebrahimi, PO Box 4246, Tulsa OK 74159-0246. 918/744-4222; Fax: 918/749-2444.

November 12. Picayune Fall 10K, Picayune, Miss. Masters money. David Guizerix, 601/798-4881, 504/847-1701 (eve); Don Lee, 504/649-1245 (eve).

November 19. Tulsa Marathon. John Castillo, 5123 S. Detroit Ave., Tulsa, OK 74105. 918/742-4127.

WEST

Arizona, California, Hawaii, Nevada

October 1. 18th annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). 2560 feet descent. St. George Marathon, 86 S. Main St., St. George UT 84770.

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

October 8. America's #1 Challenge '94, U.S. Against Violence, West Los Angeles, Calif. 5K Run and Fun Walk. Police & Firefighting displays. W2 Promotions, 310/828-4123.

October 16. Humboldt Redwoods Marathon/Half-Marathon, Humboldt Redwoods St. Park, Calif. Karen Angel, 351 Roundhouse Cr., Trinidad, CA 95570. 707/443-1220.

October 22. Oracle Run 10K, Oracle, Ariz. Darrell Klesch, 602/896-9328.

October 29. Alhambra Moonlight 8K, Alhambra, Calif. 818/282-8481.

October 30. Marina Breakers Halloween Run, Marina del Rey, Calif. 5K/10K Run & 3K Fun Walk. Costume contest. W2 Promotions, 310/828-4123.

November 5. Big Sur Trail Marathon. Big Sur St. Park, Calif. David Horning, Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415/868-1829.

November 13. Backlot Run of Universal Studios Hollywood, Universal City, Calif. 5K/10K Run, 5K Fun Walk through movie sets. W2 Promotions, 310/828-4123.

November 13. New Times Phoenix 10K. Harvey Beller, 1201 E. Jefferson, Phoenix, AZ 85034. 602/229-1060.

December 11. Honolulu Marathon. Honolulu Marathon Assoc., 3435 Wai'ale'ale Ave., #208, Honolulu, HI 96816. 808/734-7200.

NORTHWEST

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

October 1. St. George Marathon. 13th largest in US, 2800 runners last year. Kent Perkins, Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

October 2. Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97076. 503/226-1111.

November 6. Dream of Roses Women's 10K, Salem, Ore. 503/399-7057.

CANADA

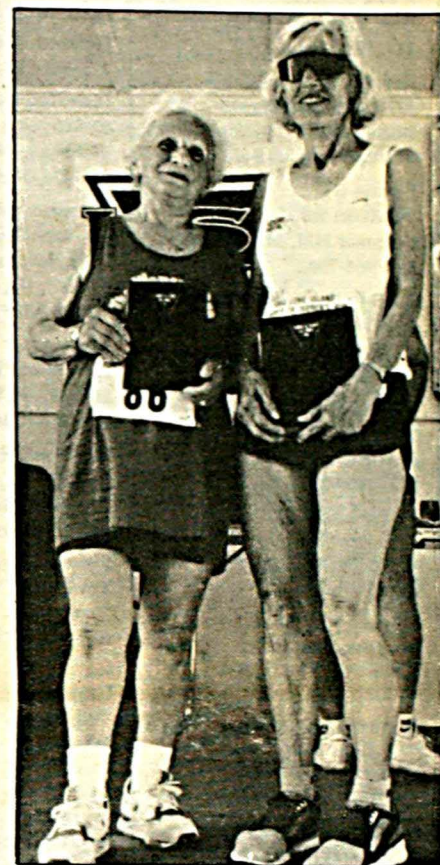
November 6. Ontario Masters 10K Cross-Country Championships, Toronto. M&W 35+. 5-yr. age groups. Doug Smith, 58 Newmarket Ave., Toronto, Ont., M4C 1V9. 416/699-5818.

INTERNATIONAL

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

COMING NEXT MONTH

- USA Long Distance Records
- Results of National Marathon
- Results of National 5K
- Report on Masters Games in Australia
- And Much More



Erna Frank (1) and Althea Wetherbee were the top two W70+ finishers in the Long Island Women's 5K, Jericho, N.Y.

Photo by Mike Polansky

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 1. Alongi International Racewalk Classic, Dearborn, Mich. "Premier walking event in North America." 20K, 10K, 5K, 3K. Separate masters 5K and 10K. Ross Barranco, 3235 Musson Rd., Howell, MI 48843-9057.

October 9. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617/731-9889; 734-6322.

October 9. El Paso 15th Annual International 15K, El Paso to Juarez to El Paso. Open & Masters. 915/833-1231.

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

October 16. North American 8K Championships, Dallas, Texas. Tracey Jo Wilson, meet director, 214/661-WALK.

October 16. Western Regional 8K Championships, Las Vegas, NV. Roberta Boyle, 702/256-6938.

October 16. Western Regional 5K Championships, Denver, CO. Bob Carlson, 303/377-0576.

MASTERS CLUBS

Below is a list of masters & field, long distance running, and race-walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

Boston AA
131 Clarendon St.
Boston MA 02116
617/236-1652

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802

Buffalo Belles and Brawn
Charles La Chiusa
59 Mona Dr.
Buffalo, NY 14226

Central Park TC
7 W. 96th St., #8A
New York, NY 10025
212/864-4217

Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692
716/872-6652 Race Info.

Harrisburg Masters TC
60 Lindsay Lane
Carlisle, PA 17013

Liberty AC
20 Riverview Dr.
Newbury, MA 01951-1807
508/462-9552

Maryland Masters TC
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
412/244-9812

National Capital TC (GNATS)
38 Tindal Springs Ct.
Gaithersburg, MD 20879
301/948-6905

New England Walkers
83 Riverside Ave.
Concord, MA 01742
508/369-7912

New Jersey Striders TC
P.O. Box 742
Madison, NJ 07940
201/822-8085

New York AC
180 Central Park South
New York, NY 10019
212/247-5100

New York Masters Sports Club
5831 Bell Blvd.
Bayside, NY 11364
718/224-3927

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

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Philadelphia Masters
Karl Castor
44 N. Penn St.
Hatboro, PA 19040
215/441-8584

Plainview Old Bethpage RRC
62 Sylvia La.
Plainview, NY 11803
516/433-0919

Potomac Valley TC
c/o John Norton
3706 Howsen Ave.
Fairfax, VA 22030
703/352-3057

Shore AC
22 Addison Road
Howell, NJ 07731-1302
908/363-5426

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413/586-7411

Syracuse Chargers TC
118 Foxcroft Ln.
Fayetteville, NY 13066
315/637-6211

Tri-State TC
Wayne Vaughn
18619 Preston Rd.
Hagerstown, MD 21742

West Pennsylvania TC
RD2, 14400 Winchester Rd.
Trafford, PA 15085
412/372-1986

SOUTHEAST

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
407/499-3370

Greenville TC
P.O. Box 16262
Greenville, SC 29607
808/268-6321

Huntsville TC
c/o Harold Tinsley
8811 Edgehill Dr.
Huntsville, AL 35802
205/881-9077

Miami RC
Tropical Park
7920 S. W. 40th St.
Miami, FL 33155
1-800/940-4RUN

Nashville TC
2709 Linmar Ave. #5
Nashville, TN 37215-1170
615/383-6733

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714

Pony Express TC
P.O. Box 503
Norfolk, VA 23501
Attn: Edward Anthony
804/397-0292

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
804/272-3544

Spartanburg RC
820 Patch Dr.
Spartanburg, SC 29302
803/582-7128

World Elite Track Team
P.O. Box 71022
Marietta, GA 30007-1022

MIDWEST

Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
313/663-9740 (Hot Line)

Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614/890-1309

Midwest Masters T&F Club
633 Sunset Drive
Janesville, WI 53545
608/756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
313/544-9099.

Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

Bob Schul Racing Team
27 E. Dixon Ave.
Dayton, OH 45419
513/293-0123

Victory AC
P.O. Box 6667
Louisville, KY 40206
502/893-6057

Wolfpack TC
4865 Arthur Pl.
Columbus, OH 43220
614/459-2547

MID AMERICA

American Racewalk Ass'n
P.O. Box 18323
Boulder, CO 80308-1323
303/447-0156

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KS 66046

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
2385 Hampton Ave., No. 101
St. Louis, MO 63139
314/781-3926
782-3726 (raceline)

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504
505/983-2144

SOUTH WEST

East Texas T&F Club
3334 S. SW Loop 323, Ste. 128
Tyler, TX 75701
903/561-9511

Dallas Masters T&F Club
1130 E. Parker Rd
Plano, TX 75074
Ray Burrus
817/446-5700

Houston Harriers
P.O. Box 740728
Houston, TX 77274
713/777-6840

Houston Masters Sports Assoc.
4021 Montrose Blvd.
Houston, TX 77006-4956
713/523-5679

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
1459 Verna St.
New Orleans, LA 70119
504/486-8066

Lufkin T&F Club
P.O. Box 1001
Lufkin, TX 75902-1001
409/632-2431

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682

Oklahoma City RC
2408 N.W. 112th Terrace
Oklahoma City, OK 73120
405/752-9097

San Antonio TC
21024 Cedar Br.
Garden Ridge, TX 78266
512/651-5414

South Louisiana Masters TC
P.O. Box 3125
Lafayette, LA 70502-3125
318/984-4934

Tulsa RC
P.O. Box 3304
Tulsa, OK 74101-3304
918/581-8306

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512/458-6010

WEST

All-American TC
8307 Joan Lane
West Hills, CA 91304
818/716-7280

Club West
P.O. Box K
Goleta, CA 93116
805/687-6323

Corona Del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746
310/638-7125

Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739

Elite Health TC
10738 Jefferson Blvd.
Culver City, CA 90230
310/559-9739

Excelsior TC
970 Cordilleras Ave.
San Carlos, CA 94070
415/592-8353

Golden Bay Runners
P.O. Box 2144
Castro Valley, CA 94546
510/881-0330

Golden Gate Racewalkers
3956 Nelson Ct.
Palo Alto, CA 94306
415/493-2652

Great Strides Honolulu
1521 Punahou St., #1002
Honolulu, HI 96822
808/942-9567

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Island Empire Racewalkers
9847 Cedar Ave. Ste. 18
Bloomington, CA 92316
714/877-3548; 824-2336

L.A. Valley AC
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496

Los Gatos AA
P.O. Box 1334
Los Gatos, CA 95031
408/354-7333

Marin Race Walkers
Jack Bray
P.O. Box 21
Kentfield, CA 94904-0021
415/461-6843

Monsoon TC
#3 Hickok Lane
Carson, CA 90745
310/522-0219

No. Calif. Senior TC
3887 18th St.
San Francisco, CA 94114
415/626-8601

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/489-7881

San Diego TC
P.O. Box 7853
San Diego, CA 92167
619/270-SDTC

Santa Cruz TC
P.O. Box 1803
Capitola, CA
408/425-8286

Seniors TC
P.O. Box 3398
Crestline, CA 92325
909/338-5532

Sierra Racewalkers
P.O. Box 513
Carmichael, CA 95609
916/483-2917

So. Calif. Corporate AA
346 Palos Verdes Blvd., #8
Redondo Beach, CA 90277
310/616-1313

Southern Calif. Striders
3180 Camino Arroyo
Carlsbad, CA 92009
619/436-7698

Team Patriots
2301 Hyperion Ave. Suite P
Los Angeles, CA 90027-4711
213/662-1062

Timberwolf T&F Club
P.O. Box 19142
Sacramento, CA 95819
916/489-2708

Trojan Masters TC
1125 Stimson
La Puente, CA 91744
818/917-6289

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/985-9854

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

West Valley TC
P.O. Box 459
San Carlos, CA 94070
510/635-9508

NORTHWEST

Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907/337-8606

Bigfoot Masters
Spokane Community College
N. 1810 Greene St. MS-2050
Spokane, WA 99207-5399

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Pacific Pacers (Racewalk)
6633 N.E. Windemere Rd.
Seattle, WA 98115
206/524-4721

Phidippides RC
P.O. Box 2315
Salem, OR 97308
503/399-7057

Racewalkers Northwest
P.O. Box 1723
Lake Oswego, OR 97035
503/697-2787

RE-TREADS
16016 9th Ave., SW
Burien, WA 98166
206/246-0516

Seattle Masters AC
4103 Hillcrest Ave. S.W.
Seattle, WA 98116
206/938-3895

Snohomish TC
4261 S. 184th
SeaTac, WA 98188
206/433-8868

Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501



Minutes of WAVA North American Meeting

North and Central American and Caribbean Regional Association of WAVA (NCCWAVA)

Executive Committee Meeting Minutes August 4, 1994

The NCCWAVA executive committee was held in Edmonton, Alberta, Canada, and was called to order by its President, Rex Harvey, at 8:56 p.m. Mr. Harvey announced that the purpose of the meeting was to prepare an agenda for the Assembly meeting scheduled for August 5.

Executive Committee members present: Ruth Anderson, Marcelino Contreras, Bob Fine, Don Farquharson, Norm Green, Rex Harvey, and Liz McBlain. There were 13 guests present for some or all of the meeting.

Tasks: Confirm the Assembly meeting room reservation and determine that the space is large enough. Marilyn Mitchell volunteered to handle this task.

A review of the list for delegates and officers revealed the maximum voting potential is 30 persons.

Agenda Items: Confirm delegates present; select scrutineers; Bylaw proposals; authorize President to create a standard contract for championships.

It was decided that the scrutineer selection should be placed just before the elections and that elections should be placed "last" on the agenda. It was also decided that new officers take office at the conclusion of these championships so that current leaders complete their responsibilities here at Edmonton. There was also a discussion about when our NCCWAVA delegate to the WAVA Council should be elected or should take office in order to have an effective voice in the Council.

Possible Bylaw topics mentioned were: age groups, approved medals, standard Assembly agenda, terms of office starting after close of championship. Whether contracts should be fixed or allow for modifications and discretion by the championship director was also discussed, with several supporting a discretionary style.

It was announced that Hannelore Guschmann has made efforts to open the European championships to athletes from other regions. Europe had 3,000 competitors this year, and Asia had 1,200 in its championships. Both regions operate "closed" championships due to their size.

Ralph Romain (Trinidad & Tobago) reported that the 1990 and 1992 championships involved unusual situations. He asked what sanctions could have been applied against either Trinidad or Mexico for any noncompliance with a contract.

Rex Harvey reported that the function of contracts is to clarify expectations. Mr. Contreras reported that the Jalapa contract prepared by David Pain had been very difficult to fulfill. He would have preferred guidelines that allowed room to maneuver. Guidelines or contracts need to specify what must be done and what would be nice to do. It was also recognized that many problems have arisen due to communication difficulties between English speaking and Spanish speaking delegates.

Mr. Fine proposed that the NCCWAVA budget include provision for the President or a designated person to visit the championship site a year

ahead and review arrangements with the championship organizing committee and the race director to work out possible problems.

Mr. Farquharson stated that the WAVA road race contract gave Canadian Masters flexibility whereby they had "wriggle room" on some items, after they negotiated the final draft with the WAVA Council.

More Agenda Items: Sponsorship program report; approval of past expenses; prepare a budget for the next term.

It was reported that the WAVA Council has placed no restrictions on regions receiving donations or corporate funding. Visha Sedlak announced that Ricoh shoe company had 7% of its profits available for funding proposals that deal with women's issues. Any proposals would have to be well prepared and very specific, clarifying what benefit would accrue to the corporation in terms of media exposure.

Raul Mora of Costa Rica stated that NCCWAVA needs someone to communicate results of championships. Mr. Contreras also reported that the sponsorship program needed to help persons with an economic need rather than benefiting elite athletes who can access corporate support. Ms. Sedlak further noted that corporate funding is available but is limited to credible organizations that can provide media exposure. She volunteered to serve on a regional media committee if one were created.

Discussion continued about the matter of tax deductible contributions. Mr. Fine reported that he was the pro forma president of an organization titled Master Sports Association that has 501-C-3 (can receive tax deductible gifts) status in the United States and could be used by NCCWAVA for fund raising purposes. There was general agreement that funds raised be given as lump sums to member countries that need them without restriction on how such countries would use them.

Further Agenda Item: Championship site for 1998. Mr. Harvey reported that no bids have been presented. Ms. Mitchell suggested that a bid procedure needed to require a sign-off by the appropriate masters/veteran sports authority and the municipality before bids are placed on the Assembly agenda. It was reported that Costa Rica had made an informal bid for 1996 on the expectation that the movement would install a new track which was not done consequently Mr. Mora believed Costa Rica was no longer in a position to host a championships.

In response to a question about the benefits to veteran athletics from the Jalapa games, Mr. Contreras stated that he has seen a positive promotional result. There is a desire to have the '98 games in an area which can receive a promotional benefit. Some contacts have been made with Cuba, though it is not yet a WAVA member.

The committee approved the following 2 proposals by Mr. Fine: 1) Available funds will be allocated to the veteran branch of national governing bodies as needed; and 2) if the Assembly meeting on August 5 does not award a 1998 championship, the President is authorized to solicit bids for decision in 1995 at Buffalo.

A request was made that the attendance roster at the end of the Assembly minutes be alphabetized by country and then individual.

Further Agenda Item: Changes

to the NCCWAVA constitution. Ms. Mitchell proposed that Item 8.2 concerning Robert's Rules of Order be deleted. After discussion there was consensus that Robert's Rules are used around the world and have recognized standing in the various countries of our region.

Mr. Harvey noted that at Jalapa Brian Oxley had proposed the addition of a second Vice President and that the offices of President, First Vice President and Second Vice President be under a mandatory rotation among North America, Central America, and the Caribbean. Mr. Harvey also reported that Mr. Oxley indicated last week that he was having some second thoughts about this proposal.

Mr. Harvey noted that the WAVA Delegate from the region would be most effective if he/she could communicate in English. There were some objections from others to the implied discrimination of this viewpoint.

Further Agenda Item: Region support for changes to WAVA Constitution. Ms. Mitchell reported that she had some proposals for the Assembly meeting to consider concerning proposed changes to the WAVA constitution. One of these concerned records. Mr. Harvey stated that NCCWAVA needed to add a records committee to its standing committees. Ms. Mitchell is seeking support from the region members at the 1995 WAVA meeting.

Further Agenda Item: Elections. Adjustments Needed Here in Edmonton: Mr. Harvey invited comments that could assist Ms. McBlain in solving some problems which have arisen. It was proposed that schedules be posted at each of the listed hotels concerning event and transportation schedules. It was reported that 2 Spanish speaking athletes missed their Cross Country event this morning because no one at their hotel or the headquarters hotel knew where the event was being held.

The committee noted that conflicting information about when finals would be held when heats are not needed had been given. It was decided that all finals will be held at the announced final times. Ms. McBlain invited those present to offer their services to the Officials coordinator since absenteeism had left some officiating gaps. Mr. Farquharson volunteered to serve as announcer on Friday. He also shared his embarrassment about problems which have occurred since the bid for these games had been validated by the Canadian Masters Association. He stated that there have been communication problems between the Canadian Masters and the local organization. Ms. McBlain stated that Mr. Farquharson's statement was unfair. After some more discussion it was agreed that race director guidelines need to cover topics from the moment athletes arrive in town (often at the airport) until they leave.

Letter from Eugene: Parts of a communication from Barbara Kousky, who was unable to attend these games, were shared. Ms. Kousky expects between 500 and 800 athletes at Eugene for the 1996 games.

She requested permission to operate the games in 3 days rather than the 4 day schedule used in the recent past.

On motion by Mr. Fine and second by Mr. Green it was VOTED to hold the Eugene championships on a 3 day schedule.

Ms. Kousky also requested that the Eugene organizers have authority to decide the distance of the road race and the walks as well as whether to incorporate the road race into a local event.

On motion by Mr. Fine and second by Mr. Green it was VOTED that the Eugene organizers not be given authority to determine the road race distance nor to place the event with a local event.

On motion by Mr. Fine and second by Ms. Anderson it was VOTED that the non-stadia road walk for males be 10 km in 1996.

Mr. Harvey announced that the dates for the Eugene '96 championships might be the weekend of August 22 if the U.S. championships move to the weekend of August 15. No one indicated an objection to that choice of dates. The meeting was adjourned at 11:24 p.m.

Respectfully submitted:

Norman Green, secretary pro tem

North and Central American and Caribbean Regional Association of WAVA (NCCWAVA)

General Assembly Meeting Minutes August 5, 1994

The NCCWAVA Assembly was held in Edmonton, Canada, and was called to order by its President, Rex Harvey, at 19:40. Mr. Harvey welcomed all present and stated his hope that the championships were going well for each one. Approximately 45 persons attended the meeting.

Introduction of guests: Mr. Harvey introduced Jacques Serruys, WAVA Non-Stadia Vice President; Hannelore Guschmann, WAVA Women's Representative; and Bridget Cushen, who held the Women's Representative position for 10 years.

Certification of Voting Members: Mr. Harvey reminded the audience that each affiliated country is entitled to one vote plus one additional vote for each 50 athletes in the previous 3 regional championships. The roll call of countries produced the following:

Canada:	Jack Castle, Jake Madderson, John Powell, Doug Smith
Costa Rica:	Raul Mora
Mexico:	Jorge Aguirre, Bernardo Contreras, Jesus Haro, Abelardo Lopez, Horacio Reyes
United States:	Charles DesJardins, Marilyn Mitchell, Sandy Pashkin, Phil Raschker

These 14 persons plus the NCCWAVA Council (7 present) result in 21 possible votes. Mr. Harvey then noted that Honduras has recently affiliated with the region (though unable to be represented in Edmonton) and that a representative of Bermuda expressing interest in possible affiliation was present.

Introduction of the NCCWAVA Council:

President: Rex Harvey
Vice President: Marcelino Contreras
Women's Chair: Ruth Anderson
Stadia Chair: Don Farquharson
Multi-Event Chair: Liz McBlain
Walking Chair: Robert Fine
Non-Stadia Chair and Secretary Pro Tem: Norman Green

By-Law Proposals: Mr. Harvey noted that at our last championships in Jalapa a new constitution had been adopted. Until now there have been no By-Laws approved. He invited delegates to offer proposals for any needed By-Laws.

On motion by Mr. Fine and second by Mr. Farquharson the first By-Law was APPROVED by a vote of 12 yes to 4 no with 2 abstentions: NCCWAVA shall use the standard medal design as used in championships before 1992.

The Vice President explained the negative votes from Mexico as expressing a wish to have medals that reflect the uniqueness of each championship location. Ms. Mitchell then asked if a By-Law was needed to provide the secretary a budget and was told that such an item would be handled under budget in the agenda.

On motion by Ms. Pashkin and second by Ms. Mitchell the second By-Law was APPROVED by a vote of 19 yes to 0 no: Newly elected officers and chairs shall take office at the close of the championships where they are elected.

Minutes of Previous Assembly: Mr. Harvey noted that the October 12, 1993 minutes of the Assembly meeting held in Miyazaki, Japan, were distributed to all affiliates, delegates and council members on record.

On motion by Ms. Anderson and second by Mr. Fine the Miyazaki minutes were APPROVED by a vote of 18 yes to 0 no.

Constitution Proposals: Mr. Harvey invited delegates to propose any amendments to the NCCWAVA constitution they desired. None were offered.

Meet Directors Guidelines and Championship Contracts: At the Executive Committee meeting the previous evening it was recognized that guidelines are needed to assist championship organizers. Mr. Fine reminded Mr. Harvey that as President he had the authority to appoint a committee to handle this task. Bill Brobst (USA) suggested that persons responsible for recent championships plus the Stadia and Non-Stadia chairs should be involved. This matter becomes an ACTION TASK for Mr. Harvey. Mr. DesJardins suggested that the task should be completed by the WAVA games in Buffalo next year.

The contract for these Edmonton games was based on the WAVA world games Contract and included items that did not apply. Such a contract indicates to a meet director what is expected. Mr. Fine stated that he was in charge of negotiating the WAVA contracts and that while some items might not apply in the regional contract, it is better to have such items in the document in case a subsequent development makes the item applicable (such as television coverage). Contracts allow WAVA or the region to make a challenge when there is a problem.

Ms. Anderson observed that guidelines cover desirable matters and contracts the binding ones.

Ms. Pashkin proposed that the same individuals working on guidelines also prepare the contract.

Mr. Fine suggested that it is not necessary to have the tasks handled by the same group.

Mr. Green reported that he had prepared a beginning list of Non-Stadia guidelines and had distributed them to all present. He asked for the privilege to

Continued on next page

Continued from previous page
revisit an Executive Committee decision of the previous evening. In that meeting the Executive Committee had approved a vote to deny championship organizers the right to determine the road race distance and the right to include the road race in any non-championship event. Mr. Green then moved and Ms. Anderson seconded to adopt Non-Stadia guideline #2 that would allow the road race distance to be negotiated as well as whether to place the championship road race with an existing local race. Mr. Fine asked to have the question split, and Mr. Green and Ms. Anderson agreed. Mr. Fine also suggested that the matter should be handled as another By-Law.

Mr. Fine presented an argument for mandating a standard distance since it would make record keeping across championships consistent. Ms. Pashkin suggested that road race records apply really to specific courses and are not the same as in track & field. She further suggested that there is need to have flexibility in light of climate conditions in various venues. Mr. DesJardins and Ms. Anderson also spoke in favor of negotiating the distance. On motion by Mr. Green and second by Ms. Anderson a further By-Law was APPROVED by a vote of 17 yes to 1 no. The distance of the NCCWAVA road race event shall be negotiated between the local organizer and the Non-Stadia chair.

There followed extensive discussion about whether the championship road race might be held in conjunction with a non-championship event. Mr. Green stated that he had received new information since Thursday evening and now saw that a championship road race of 72 runners (as registered here in Edmonton) would automatically cause the meet director to lose money on the event. His rationale for offering the option of negotiating the event was to prevent such an automatic loss for the organizer. Mr. Fine noted that we are sanctioning a regional championship and that it should stand alone. Ms. Pashkin stated that we should not force organizers to lose money on our event. Mr. Farquharson observed that a non-championship event could detract from our championship and might involve cash awards that are not permitted by WAVA. Mr. Fine added that holding our championship with another event could require a second contract with the race organizer. Brobst then observed that both Mr. Fine and Mr. Farquharson had offered problems, and yet such problems could be solvable. Ms. Anderson then reflected that some national masters championships in the United States had been held in conjunction with local events and had found their media exposure and quality enhanced by it.

On motion by Mr. Green and second by Ms. Anderson the following By-Law was APPROVED by a vote of 16 yes to 2 no: The NCCWAVA road race may be held in conjunction with a local event as negotiated by the Non-Stadia chair.

Reports by Officers and Standing Chairs:

Women's Chair: Ms. Anderson stated that it had been a privilege to represent the region at Birmingham, Miyazaki, Scarborough, and now here in Edmonton. In all such settings she has sought to encourage women. She invited each affiliate to communicate its interest and stated that if she were not re-elected, she would wish full support to her successor.

Stadia Chair: Mr. Farquharson said that most of his attention since Jalapa has been placed on the Scarborough event of the previous

weekend. To save regional funds, he did not travel to Edmonton earlier in the year though such a trip might have helped to solve some problems.

Vice President: Mr. Contreras expressed his pleasure in working with Mr. Harvey. He noted that the needs of Central American countries are great and that improved communication requires attention. He also noted that Mexico is going through a difficult period, while other nations to its south are in even greater need. He would appreciate any support that might be given. Mr. Harvey congratulated Mr. Contreras for having brought such a large delegation from Mexico to these games.

Walking Chair: Mr. Fine stated that we are the only region having race walk championships across the year. Events at 5k, 8k, 10k, and 15k distances have been held in such venues as Dallas (TX) and Washington (DC). He seeks sponsoring clubs and invited Mexico to host a race walk championship.

Non-Stadia Chair: Mr. Green said that his report was in writing and had been distributed to all present.

President: Mr. Harvey reported that he had represented the region in the WAVA Council and had received Council approval to make the IAAF funding evenly distributed across all regions.

That action increased our biennial allocation from \$1,700 to \$2,300. He further reported that the Miyazaki games had produced \$22,000 that the WAVA Council has allocated for special region projects. His proposal for NCCWAVA was the sponsorship program which had been approved up to \$4,000 subject to matching sponsor dollars. He stated his belief that he had been effective in the Council and noted that he had been deeply involved in technical matters.

Sponsorship Program Report and Possible Changes: Mr. Harvey reported that the Sponsorship Program had received WAVA Council approval in April, 1994. Six sponsors had committed \$1,450. Seven possible sponsors had requested assistance at the combined level of \$4,750. The matching funds allowed \$2,900 of the stated needs to be met. Several more sponsors have indicated support within the past week. As a result, 4 athletes are competing here in Edmonton as sponsors.

Mr. Harvey then reported that the WAVA grant still had about \$2,900 remaining. Bernardo Contreras asked if such funds could be used for Buffalo, with Mr. Harvey responding that the program was limited to NCCWAVA championships.

Ms. Mitchell stated that she wanted to see several changes in this program. She was particularly opposed to sponsors reviewing the pool of sponsors to make their selection. She moved that the program be changed from a sponsorship program to a scholarship program and that world championships travel be included. The motion failed for lack of a second.

Mr. Fine stated his opposition to the concept of selecting athletes for travel funds since it is not possible to declare a young male athlete in one discipline as more deserving than an older female athlete in another discipline. He wanted the selection decisions to remain with each country. He also stated that neither Canada nor the United States needed such assistance.

Viisha Sedlak (USA) observed that any scholarship program directly benefiting individuals would carry far too much legal liability to get corporate funding.

Marcelino Contreras proposed a committee be appointed to establish

criteria for athlete selection. He saw the following as important criteria: 1) athlete competed in the previous 5 national championships and was currently active in the program; 2) athlete had genuine financial need for travel support; and 3) athlete should meet standards of excellence so that the sponsors would not be defrauded.

Mr. Harvey summarized this part of the agenda by noting that he had been the Sponsorship Program Committee. In the future he would like to add 2 persons to the committee.

Further Reports: Multi-Event Chair: Ms. McBlain having arrived late was asked to make a report. She stated that the pentathlon here had 29 men and 5 women, which she felt was a good turnout. The weight pentathlon had even better support with 30 men and 12 women. She likes the concept of offering a pentathlon at our regional championships while the world offers the decathlon and heptathlon.

Treasurer Report: Mr. Harvey asked Mr. Farquharson to bring the report from Jack Loman, treasurer. Mr. Loman was unable to attend these games and has presented his letter of resignation. Mr. Farquharson reported that after receiving \$1,800 from Jalapa and paying some expenditures, the current balance was \$3,184.44 (US).

Approval of Accumulated Expenses: Mr. Harvey reported that on recommendation of the treasurer an effort had been made over the past 2 years to minimize expenses and thus to build the financial balance. We had started the biennium with less than \$200. However, he had been criticized by the WAVA Council for "banking" the IAAF allocation rather than spending it on program. It was now time to honor requests for expense reimbursement.

Mr. Harvey proposed that the region pay the \$270 bill from National Masters News for the Edmonton games advertisement without seeking reimbursement from the games organizer. He further proposed that the region pay the travel expense (\$1,100) for Francisco Corichi to serve here as interpreter and in light of his translating service throughout the past two years.

On motion by Mr. Harvey and second by Mr. DesJardins the reimbursement of \$1,100 for Mr. Corichi was APPROVED by a vote of 20 yes to 0 no.

On motion by Mr. Fine and second by Mr. Castle reimbursement of \$36.68 for postage and phone calls by Ms. Mitchell was APPROVED by a vote of 17 yes to 0 no.

On motion by Mr. Farquharson and after discussion that revealed that WAVA Council was covering the hotel rooms for Mr. Fine, Mr. Serruys, and Ms. Guschmann, and the local organization was responsible for 5 additional rooms, an expenditure of approximately \$500 to cover other officer and chair housing in Edmonton was APPROVED 11 yes to 0 no.

Creation of New Budget: Mr. Harvey reported that the constitution requires the Executive Committee to prepare a budget. The Assembly approved his suggestion that the Executive Committee prepare a budget proposal and submit it for a postal vote.

Report on 1996 Championship in Eugene: Ms. Pashkin shared a letter from Barbara Kousky, who was unable to attend these games due to responsibilities as organizer for the U.S. Masters national championships being held next week. Ms. Pashkin said that Eugene is anticipating hosting the August, 1996, NCCWAVA championships, using Hayward Field, site of the 1989 WAVA world games.

She further described the characteristics of track and field venues and the experience of the organizers in hosting events. Information will be shared with affiliates and advertisements in National Masters News. Mr. Fine reported that NCCWAVA does not yet have a contract covering the Eugene event. He stated that he would present a motion about that issue later in the meeting.

Selection of 1998 Championship Venue: Mr. Harvey stated that there are no active bids on the table. He said that bids will be solicited and the matter deferred until Buffalo in 1995.

On motion by Mr. Green and second by Mr. Fine the Assembly unanimously VOTED to advance its agenda to items 15 and 16 (scrutineers and elections).

Selection of Election Scrutineers: Mr. Brobst and Richard Graves (CAN) were asked to serve as scrutineers.

Elections:

President: Mr. Rex Harvey was nominated by Mr. Fine and elected by acclamation.

Vice President: Mr. Marcelino Contreras was nominated but declined that nomination. Mr. Farquharson was nominated by Bernardo Contreras and elected by acclamation.

Secretary: Ms. Mitchell was nominated by Mr. DesJardins. Mr. Corichi was nominated by Mr. Fine, whereupon Ms. Mitchell withdrew.

There was some question as to Mr. Corichi's eligibility for the office and some discussion thereon. Mr. Harvey, as chair, made the ruling that the nomination was valid because, to his knowledge, the NCCWAVA constitution did not prohibit it in any way. Mr. Corichi was subsequently elected by acclamation.

Treasurer: Mr. Castle was nominated by Mr. Powell and was elected by acclamation.

Stadia Chair: Ms. Mitchell was nominated by Ms. Anderson. Ms. Pashkin was nominated by Ms. Sedlak, whereupon Ms. Mitchell withdrew, and Ms. Pashkin was elected by acclamation.

Non-Stadia Chair: Mr. Green was nominated by Ms. Pashkin and was elected by acclamation.

Multi-Event Chair: Ms. McBlain was nominated by Mr. Powell and was elected by acclamation.

Walking Chair: Mr. Fine was nominated by Ms. Sedlak. Ms. Sedlak was nominated by Ms. Anderson and declined the nomination, whereupon Mr. Fine was elected by acclamation.

Women's Chair: Ms. Sedlak was nominated by Ms. Pashkin. Ms. Anderson was nominated by Mr. DesJardins. Ms. Mitchell was nominated by Bernardo Contreras. The three candidates were invited in alphabetic order to speak briefly. After the presentations Ms. Mitchell withdrew. A written ballot was distributed. The scrutineers reported the election results

as: Ms. Anderson was elected with 11 votes to 10 for Ms. Sedlak.

Proposed WAVA Constitutional / By-Law Changes: Ms. Mitchell stated that she and Ralph Romain had prepared 4 items for action at Buffalo. She wished to have Mr. Corichi translate the items for distribution to affiliates in both Spanish and English; she is inviting each affiliate to consider these items and to support them when they are presented at Buffalo. Mr. Fine stated that since the items had not received validation by this Assembly, they could not be sent in the name of NCCWAVA but would have to be distributed on an individual basis. Ms. Mitchell stated that she would proceed to act within that guideline.

Communications and Fund Raising: Mr. Harvey invited Ms. Sedlak to speak on this topic. Ms. Sedlak stated that in the United States the demographic trends were favorable toward drawing corporate funding of masters/veterans. There is a need for a media kit in conjunction with each championships to expand our 'customer' base. She asked any person with a similar interest to hers to join her on a media committee.

Mr. Harvey told Ms. Sedlak that he desired to have her fully involved in this kind of role.

Other Business: On motion by Mr. Fine and second by Mr. Harvey a further By-Law was APPROVED by 17 yes to 0 no: Any bidder for a championships must sign a contract before the bid is put on the floor for Assembly action.

On motion by Mr. Fine and second by Mr. Lopez the following action was APPROVED 18 yes to 0 no: A contract with the Eugene organizers must be finalized within the next 3 months, and the President is authorized to negotiate that contract.

Mr. Harvey reported a need for a Records Chair in the region. He proposed that the constitution be amended to add a Records Chair to the standing committee chairs. On motion by Mr. Harvey and second by Mr. Castle notice was APPROVED by a vote of 19 yes to 0 no to submit such a constitutional amendment to a postal vote.

Mr. Farquharson proposed and the Assembly expressed its thanks for the way Mr. Harvey had conducted the meeting.

Marcelino Contreras announced that Silvano Corona of Mexico had been the first athlete sponsored and was here to express his thanks. Mr. Corona stated his appreciation for the opportunity to compete in these games. Mr. Contreras further thanks the Executive Committee for its good work.

There being no other business, upon proper motion and second, it was VOTED to adjourn the meeting at 22:10.

Respectfully submitted:
Norman Green, secretary pro tem



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

W30-34					
Karen Johnson	100M	13.48	6-11-94		
W35-39					
Gloria Rawls	1500 RW	7:10.6	6-26-94		
W40-44					
Linda Lowery	80H	14.38	8-14-94		
W45-49					
Mary Lou Platis	Shot Put	25-6	7-17-94		
W50-54					
Mary Robinson	100M	15.5	7-16-94		
Marcia Shapiro	50K RW	6:27.42	5-17-92		
Barbara Steffens	5K	28:35.65	8-12-94		
	10K	60:20	5-22-94		
W55-59					
Joyce Hodges-Hite	1500M	8:13	8-14-94		
	5K	22:49	8-14-94		
	10K	47:46	8-14-94		
Kay Lyons	100M	15.75	8-14-94		
	200M	33.99	8-14-94		

W30-34					
Bailey Harris	400H	57.4	6-11-94		
Chris Larcinese	Discus	150-6	7-29-94		
Jim Watts	400M	51.0	7-09-94		
W40-45					
Paul Germanowski	Hammer	149-6	7-09-94		
David Perrin	110H	17.27	7-10-94		
John Roebuck	200M	24.10	6-18-94		
	400M	52.6	7-23-94		
W45-49					
M. Geoffrey Brown	Discus	131-11	7-06-94		
Thomas F. Carr	Steeple	11:35.1	8-05-94		
Wayne Gripp	100M	11.77	4-09-94		
	200M	24.40	4-09-94		
	400M	53.80	4-23-94		
	800M	2:06.35	7-28-94		
Roger Parnell	Long Jump	5.76	8-14-94		
Craig Shumaker	Shot Put	12.56	6-26-94		

W50-54					
David Denman	200M	25.81	6-25-94		
Ron Jensen	200M	25.94	8-13-94		
Joe A. Johnson	100M	12.30	7-29-94		
Michael Malloy	1500M	4:40	6-29-94		
W55-59					
Dick Glasgow	100M	12.9	5-14-94		
	200M	26.6	5-14-94		
Reed Miller	5000M	18:01.89	7-24-94		
	10,000M	37:40.79	8-11-94		
John Parks	Decathlon	5328 Pts.	7-17-94		
Ed Schmidt	Shot Put	37-4	6-25-94		
R.K.L. Ward	100M	12.8	2-19-94		
	200M	26.3	1-21-94		
	400M	61.5	1-15-94		
W60-64					
James Duncan	Javelin	40.14	9-03-94		
	Pentathlon	3038 Pts.	9-03-94		

Jim Hite	2000 Steeple	9:19	8-14-94		
Kenneth E. Kave	Discus	40.10	9-04-94		
Alan Maxwell	100H	19.6	7-29-94		
Don Shields	100M	13.19	7-21-94		
	200M	27.39	7-28-94		
Glenn Yoder	High Jump	1.47	5-07-94		
W65-69					
Larry Fleischman	Decathlon	5792 Pts.	7-17-94		
Harry Hawke	Hammer	129-2	8-14-94		
Jim Platis	Long Jump	17-11	7-17-94		
	Triple Jump	33-10 1/2	7-17-94		
W70-75					
Troy G. Grove	5K RW	32:10	1990		
Summer Shafmaster	5K RW	31:41	11-21-93		
W75-79					
Gar Schoener	100M	16.05	4-30-94		
Jerry Siefert	Javelin	101-7	7-31-93		
	Javelin	90-4	7-03-94		
	Shot Put	31-1	7-03-94		

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	6:51	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	10-0	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	20-1 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	8.00	7.00	6.00	5.00	4.00	3.00
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: 30-59: 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

	WOMEN											
	1.5K	mile	3k	5k	8k	10k	15k	20k	25K	30k	40k	50k
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:45	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:26	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:16
F90	14:56	16:06	30:36	52:14	1:25:30	1:47:18	2:48:13	3:51:12				
	MEN											
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:55:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-graded time/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)												

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 4 months old. Results that are typed (maximum 28 spaces 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters Championships Eugene, OR; Aug. 14

4x800 Relay
W30-39 East Region (Achievement Unlimited Internat) 11:05.4
W40-49 West Region B 10:14.2
W50-59 West Region A (West Valley & Impala) 11:25.8
(pending U.S. record)

USATF National Masters Weight & Superweight Championships Seattle; Aug. 20

--WEIGHT--
(M30-59 35#; M60+ 25#;
W30-49 20#; W50+ 16#)

M30 Steve Ecklund	6.75
M35 Eric Hodgdon	13.06
Gary Dzuris	7.51
M40 Gary Kelmenson	12.67
Forrest Brouillard	12.33
Paul Brown	12.23
M45 Bobby Dodd	8.86
M50 George Mathews	13.59
Russ Hodge	10.18
Jack Karbens	9.34
M55 Turk Markishtum	7.76
Wayne Cassity	6.57
M60 Stew Thomson	15.94
Frank Miller	12.33
Don Hughes	11.19
Fred Shanaman	10.44
Jerry Wojcik	9.64
M65 Ken Weinbel	12.09
Ward Church	7.70
M70 Walter Jenkins CAN	9.91
Harvey Williams	7.48
M75 Manuel White	11.08
U.S. age-78 record)	
Cy Cysewski	6.37
M80 Leon Joslin	7.65
W30 Debbie Eckhardt	6.93
W35 Sara Boslaugh	10.89
W50 Suzy Hess	5.96
Barbara Stewart	5.55

W65 Estelle JenkinsCAN 5.60

--SUPERWEIGHT--
(M30-59 56#; M60+ 35#;
W30+ 25#)

M35 Eric Hodgdon	8.51
Gary Dzuris	5.66
M40 Gary Kelmenson	8.63
Paul Brown	7.24
Forrest Brouillard	7.22
M45 Bobby Dodd	5.23
M50 George Mathews	8.81
Jack Karbens	4.81
M55 Turk Markishtum	4.99
Wayne Cassity	4.86
Roger Dean	3.27
M60 Stew Thomson	11.98
Frank Miller	9.38
Fred Shanaman	8.42
Don Hughes	8.30
Jerry Wojcik	5.52
M65 Ken Weinbel	9.42
Ward Church	5.61
M70 Walter Jenkins CAN	7.03
Harvey Williams	5.65
M75 Manuel White	7.43
(U.S. age-78 record)	
Cy Cysewski	4.89
M80 Leon Joslin	5.61
W30 Debbie Eckhardt	6.14
W35 Sara Boslaugh	9.19
W50 Barbara Stewart	4.98
Suzy Hess	4.59
W65 Estelle JenkinsCAN	4.18

--Ultra-Weights Classic--

M35 100# Gary Dzuris	2.91
200#	1.19
300#	.57
M40 100# Paul Brown	3.78
200#	1.54
300#	8.0
100# F Brouillard	3.20
200#	1.16
300#	.69
100# Gary Kelmenson	3.68
200#	.90
300#	.40

M45 100# Bobby Dodd 2.84
200# 1.31
300# .69

M50 100# George Mathews 2.91
200# 1.42
300# .74

100# Jack Karbens 2.17
200# .55

M55 100# Wayne Cassity 2.43
200# .73
300# .35

M60 56# Don Hughes 5.17
100# 2.18

200# .76
300# .19

56# Frank Miller 5.11
100# 1.79

200# .54
56# Jerry Wojcik 3.64

100# 1.63
200# .47

56# Fred Shanaman 4.83
M65 56# Ken Weinbel 5.57

100# 2.35
200# .76

300# .46
56# Ward Church 3.46

100# 1.85
200# .65

M70 56# Walt JenkinsCAN 3.88
M75 56# Manuel White 5.37

100# 2.21
200# 1.08

300# .13
M80 56# Leon Joslin 3.01

100# 1.31
56# 2.77

100# 1.44
W35 35# Sara Boslaugh 7.07

56# 3.75
100# 2.02

W50 20# Suzy Hess 5.66
35# 3.49

56# 2.15
20# Barbara Stewart 6.30

35# 3.37
56# 1.94

W65 25# E Jenkins CAN 4.18

USATF National Masters Weight Pentathlon Championships, Michigan State University; September 3

Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
----- 29 & Under -----						
1 Joseph Skrycki		51.42m	11.88m	44.70m	40.90m	16.17m
Age graded mark:		168'08.00	38'11.75	146'06.00	134'02.00	53'00.75
Age graded percent:		51.42m	11.88m	44.70m	40.90m	16.17m
Age: 25	3308	(700)	(599)	(761)	(465)	(793)
2 Denny Miller		31.68m	12.60m	40.44m	28.22m	9.77m
Age graded mark:		103'11.00	41'06.50	132'08.00	92'07.00	32'00.75
Age graded percent:		31.68m	12.60m	40.44m	28.22m	9.77m
Age: 26	2403	(377)	(647)	(671)	(274)	(431)
----- 30-34 -----						
1 Robert Higgins, II		41.72m	13.50m	41.40m	35.24m	11.80m
Age graded mark:		136'10.00	44'03.50	135'10.00	115'07.00	38'08.75
Age graded percent:		41.72m	13.50m	41.40m	35.24m	11.80m
Age: 34	2850	(540)	(698)	(693)	(374)	(545)
2 Charles Truax		28.00m	9.78m	33.18m	38.12m	8.36m
Age graded mark:		85'04.00	32'01.00	108'10.00	125'01.00	27'05.25
Age graded percent:		28.00m	9.77m	33.18m	38.10m	8.36m
Age: 34	2054	(287)	(472)	(527)	(415)	(353)
----- 35-39 -----						
1 Rodney Wilson		16.62m	7.86m	16.10m	32.50m	6.41m
Age graded mark:		54'06.00	25'09.50	52'10.00	106'07.00	21'00.50
Age graded percent:		16.62m	7.86m	16.10m	34.98m	6.66m
Age: 35	1328	(140)	(358)	(200)	(370)	(260)
----- 40-44 -----						
1 Randy Fox		28.20m	8.88m	23.96m	30.84m	8.92m
Age graded mark:		92'06.00	29'01.75	78'07.00	100'08.00	29'03.25
Age graded percent:		31.26m	9.41m	23.96m	36.24m	10.01m
Age: 42	2000	(371)	(450)	(347)	(388)	(444)
----- 45-49 -----						
1 David Stebing		38.38m	12.94m	37.88m	43.08m	11.34m
Age graded mark:		125'11.00	42'05.50	124'03.00	141'04.00	37'02.50
Age graded percent:		47.24m	15.28m	41.40m	55.98m	13.75m
Age: 46	3464	(631)	(807)	(694)	(678)	(654)
2 Hilary George		25.34m	12.04m	36.66m	42.40m	11.92m
Age graded mark:		83'02.00	39'06.00	120'03.00	139'01.00	39'01.25
Age graded percent:		31.18m	14.22m	40.12m	55.10m	14.46m
Age: 46	3137	(369)	(742)	(667)	(664)	(695)

Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
3 Bob Sager		36.14m	11.28m	33.10m	33.06m	11.87m
Age graded mark:		118'07.00	37'00.25	108'09.00	108'05.00	38'11.50
Age graded percent:		41.48m	13.32m	39.30m	42.96m	14.40m
Age: 48	3040	(586)	(687)	(590)	(485)	(692)
4 Rex Harvey		25.82m	10.96m	36.94m	44.60m	10.24m
Age graded mark:		84'01.00	35'11.50	121'02.00	146'04.00	33'07.25
Age graded percent:		31.52m	12.94m	40.44m	57.96m	12.42m
Age: 48	3000	(375)	(664)	(674)	(707)	(580)
5 Gerald Bowersox		26.66m	10.80m	36.38m	32.66m	9.30m
Age graded mark:		87'06.00	35'05.25	119'04.00	107'02.00	30'08.25
Age graded percent:		32.80m	12.75m	39.82m	42.44m	11.28m
Age: 46	2701	(395)	(652)	(661)	(478)	(515)
6 Kasey Cappa		22.42m	9.01m			
Age graded mark:		73'07.00	29'08.00			
Age graded percent:		27.58m	10.67m			
Age: 45	838	(312)	(526)	(0)	(0)	(0)
----- 50-54 -----						
1 Carl Wallin		41.04m	14.60m	34.84m	35.50m	17.23m
Age graded mark:		134'08.00	47'11.00	114'04.00	116'06.00	56'07.25
Age graded percent:		50.96m	17.46m	37.53m	50.70m	19.11m
Age: 52	3110	(677)	(716)	(616)	(572)	(761)
2 Edgar Evans		30.94m	11.26m	35.64m	27.70m	12.00m
Age graded mark:		101'04.00	36'11.50	116'11.00	90'10.00	39'04.50
Age graded percent:		38.42m	13.47m	38.44m	39.56m	13.27m
Age: 53	2880	(406)	(676)	(633)	(436)	(629)
----- 55-59 -----						
1 Richard Hotchkiss		46.28m	13.82m	44.52m	46.30m	16.77m
Age graded mark:		151'10.00	45'06.50	146'01.00	151'11.00	55'00.25
Age graded percent:		63.80m	18.50m	53.52m	72.68m	20.08m
Age: 55	4804	(906)	(1006)	(944)	(730)	(1018)
2 Norm Cyprus		37.34m	10.82m	36.28m	33.00m	14.70m
Age graded mark:		129'01.00	35'06.00	119'00.00	108'03.00	48'02.75
Age graded percent:		54.22m	14.42m	43.62m	51.80m	17.60m
Age: 56	3720	(746)	(754)	(738)	(615)	(875)
3 F. Lee Slick		26.92m	8.74m	23.74m	26.40m	9.15m
Age graded mark:		88'04.00	28'08.25	77'11.00	86'07.00	30'00.25
Age graded percent:		37.10m	11.65m	28.54m	41.44m	10.95m
Age: 56	2446	(465)	(585)	(436)	(463)	(497)
4 Steven Biddinger		27.86m	6.72m	22.10m	16.10m	8.70m
Age graded mark:		91'05.00	22'08.50	72'06.00	52'10.00	28'06.50
Age graded percent:		38.40m	9.22m	26.56m	25.26m	10.41m
Age: 56	2021	(486)	(459)	(397)	(233)	(466)
----- 60-64 -----						
1 Leonard Olson		40.72m	12.66m	48.02m	36.30m	15.60m
Age graded mark:		134'03.00	41'06.50	157'01.00	121'01.00	51'02.25
Age graded percent:		57.14m	17.16m	53.64m	58.64m	18.05m
Age: 63	4282	(795)	(723)	(946)	(717)	(901)
2 Donald Mather		22.48m	8.24m	45.08m	43.18m	9.50m
Age graded mark:		73'09.00	27'00.50	147'11.00	141'08.00	31'02.00
Age graded percent:		31.38m	11.17m	50.36m	68.82m	10.99m
Age: 64	3174	(373)	(666)	(878)	(868)	(499)
----- 70-74 -----						
1 William Walmoth		40.20m	11.29m	32.42m	18.70m	17.92m
Age graded mark:		131'11.00	37'00.50	106'04.00	61'04.00	58'09.50
Age graded percent:		61.86m	16.99m	45.02m	35.68m	21.66m
Age: 70	4046	(874)	(712)	(767)	(383)	(1110)
2 Jacob Stein		31.72m	9.06m	32.54m	27.24m	11.53m
Age graded mark:		104'01.00	29'08.75	106'09.00	89'04.00	37'10.00
Age graded percent:		48.80m	13.63m	45.11m	52.26m	13.73m
Age: 70	3421	(657)	(706)	(771)	(622)	(665)
3 Mel Buschman		23.60m	9.87m	27.42m	26.90m	10.76m
Age graded mark:		77'05.00	32'04.75	89'11.00	88'03.00	35'03.75
Age graded percent:		36.30m	14.85m	38.06m	51.62m	13.00m
Age: 73	3082	(452)	(780)	(625)	(613)	(612)
4 A.U. Ricciardi		30.34m	8.23m	27.28m	22.30m	10.23m
Age graded mark:		99'06.00	27'00.00	89'06.00	73'02.00	33'06.75
Age graded percent:		46.68m	12.38m	37.88m	42.78m	12.36m
Age: 74	2932	(622)	(629)	(622)	(483)	(576)
----- 75-79 -----						
1 Hamilton Morningstar		26.46m	9.74m	28.58m	24.70m	11.25m
Age graded mark:		86'10.00	31'11.50	93'09.00	81'00.00	36'11.00
Age graded percent:		45.18m	16.33m	44.24m	52.08m	14.69m
Age: 77	3547	(597)	(872)	(751)	(619)	(708)
----- 80-84 -----						
1 Angela Nealy		16.96m	7.86m	26.00m	25.24m	7.38m
Age graded mark:		55'08.00	25'09.50	85'04.00	82'10.00	24'02.75

Continued from previous page

Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
----- 50-54 -----						
1 Vanessa Hilliard		39.04m	10.86m	35.16m	25.10m	13.34m
		120'01.00	35'07.75	115'04.00	82'04.00	43'09.25
Age graded mark:		45.96m	13.22m	47.56m	36.50m	17.34m
Age graded percent:		76.61%	61.63%	64.40%	45.64%	90.56%
Age: 53	3925	(845)	(742)	(803)	(600)	(937)
2 Karen Huff		18.60m	7.97m	21.10m	29.64m	6.78m
		61'00.00	32'01.50	69'03.00	97'03.00	22'03.00
Age graded mark:		21.88m	11.92m	28.54m	43.10m	8.81m
Age graded percent:		34.50%	57.56%	38.64%	53.09%	46.03%
Age: 51	2549	(319)	(656)	(435)	(727)	(412)
3 Roslyn Katz		25.32m	7.88m	20.54m	16.82m	9.08m
		83'01.00	25'10.25	67'05.00	55'02.00	29'09.50
Age graded mark:		29.80m	9.59m	27.78m	24.46m	11.80m
Age graded percent:		49.69%	44.72%	37.62%	30.58%	61.64%
Age: 52	2379	(487)	(503)	(421)	(378)	(594)
4 Carol Young		22.82m	7.37m	21.76m	18.10m	9.34m
		74'10.00	24'03.00	71'05.00	59'04.00	30'07.75
Age graded mark:		26.86m	8.99m	29.44m	26.32m	12.14m
Age graded percent:		44.78%	41.94%	39.85%	32.91%	63.41%
Age: 54	2363	(426)	(464)	(452)	(407)	(614)
----- 55-59 -----						
1 Joann Grissom		27.92m	11.28m	26.26m	28.50m	11.10m
		91'07.00	36'11.50	86'02.00	93'06.00	36'05.00
Age graded mark:		36.30m	15.72m	40.14m	47.10m	15.54m
Age graded percent:		60.62%	73.31%	64.35%	58.88%	81.14%
Age: 56	3826	(630)	(909)	(657)	(804)	(826)
2 Dortha Swanson		26.14m	6.96m	18.94m	18.80m	9.98m
		85'09.00	22'10.00	62'02.00	61'08.00	32'09.00
Age graded mark:		34.00m	9.71m	28.94m	31.06m	13.97m
Age graded percent:		56.67%	45.31%	39.20%	38.84%	72.95%
Age: 57	2756	(580)	(510)	(442)	(497)	(727)
----- 60-69 -----						
1 Bernice Holland		27.00m	7.84m	24.94m	22.40m	10.14m
		88'07.00	25'08.75	81'10.00	73'06.00	33'03.25
Age graded mark:		42.86m	14.40m	48.88m	47.80m	13.30m
Age graded percent:		71.43%	67.12%	65.91%	59.77%	69.50%
Age: 67	3924	(774)	(821)	(825)	(818)	(686)

EAST

Empire State Games
Albany, NY; Aug. 5-7

100m		M30 Lewis Jefferson	2:07.5	M50 Paul Stelmasyzyk	64.7
M30 Fred Feaster	11.5	Steve McKenney	2:08.1	M60 George Freeman	59.9
Willie Burnett	11.8	M35 Eric Amering	2:13.8	M70 Donald Kasprzak	75.8
M35 David Cherry	11.3	M40 Morris Morgan	2:16.9	Steeplechase	
Jesse Thomas	11.6	M45 Andrew Christie	2:20.4	M35 Al Schmidt	11:40.8
M40 Edward Goner	11.2	M50 Robert Pike	2:18.7	M40 Wlm. Weigel	11:23.6
Johnnie Thomas	11.7	M55 Clifford Pauling	2:28.7	M45 Thomas Carr	11:35.1
M45 William Overby	11.7	M60 Fritz Schlereth	2:27.0	M50 Robert Pike	12:18.0
Snokey Santillo	11.7	M65 Harold Larkin	2:58.4	M55 Joe Cordero	12:31.6
M55 Thomas Fondy	13.2	M70 Donald Kasprzak	4:12.2	M60 George Freem	9:22.8
Dick Cnapp	13.2	M75+Sidney Zecher	3:38.2	W35 Marln. Brandt	8:23.0
M60 Andrew Branch	12.9	W30 Cynthia Gilda	2:45.5	Eiscus	
M65 Howard MacMillan	14.6	W35 Maureen Kuhn	2:32.2	M30 Jim Nichols	41.16
M70 Blair McFarlane	14.9	W45 Lorraine Vail	2:50.4	M35 Tom Winiecki	37.00
W30 Kelly Etheridge	13.2	W50 Yvonne Rothenber	3:02.0	M40 Raymond Bzibz.	34.46
Wendy Zolner	13.6	W55 Patr. Scheiber	3:20.5	M45 Geoffrey Brown	38.00
W35 Louise Clark	13.0	M60 Helen Bueme	3:19.4	M50 Gary Tocke	10.28
Cath Cornell-McKee	14.4	1500m		M55 Chuck Yost	33.20
W40 Irene Thompson	12.9	M30 Douglas Miller	4:18.2	M60 Lucius Ware	36.40
Sharon Warren	13.8	M40 Michael Hoban	4:33.4	M65 Edward Keene	34.28
W45 Carole Ozark	15.9	M45 Thomas Carr	4:45.6	M70 William Russo	27.06
W50 Jean Preston	16.4	M50 Robert Pike	4:45.0	W30 Mary Doud	26.18
W55 Norma Schilloff	16.8	M55 Bob Milner	4:51.0	W35 Dornetia Dorn	30.88
W60 BJ Sotile	18.4	M60 Bob Brock	5:21.5	W40 Donna Cooley	26.40
Edna Ilyer	19.3	M65 Sandy Bueme	5:52.9	W45 Kathleen Cirin	23.36
W65 Patricia Peterson	17.2	M70 Ed Buckley	6:22.3	W50 K. Balthazarh	14.67
200m		M75+ Sidney Zecher	7:02.2	W55 Norma Schillof	19.24
M30 Mitchell Lovett	22.9	W35 Marilyn Brandt	5:05.4	W60 Edna Ilyer	17.82
Fred Feaster	24.8	W45 Lorraine Vail	5:54.4	Rosalie Gioia	17.80
M35 David Cheery	23.1	W50 Mary Shaver	5:55.6	Hammer	
Jesse Thomas	23.3	W55 Patr. Scheiber	6:25.1	M30 Jim Nichols	40.56
M40 Edward Goner	22.6	W60 Helen Bueme	6:41.6	M35 Geraldo Diaz	38.72
Johnnie Goner	24.5	5000m		M40 Patrick Lynn	43.02
M45 William Overby	24.5	M40 Joseph Chimino	16:46.6	M45 James Alexander	23.82
Robert Micho	25.8	M45 Jim May	17:24.7	M50 John Mac Donald	23.82
M50 Walter Thome	25.5	M50 Bill Steffenh.	18:47.3	M55 Kurt Krastin	26.52
Chuck Lachlusa	25.7	M55 Sam Graceffo	18:31.4	M65 John Sheridan	23.44
M55 Clifford Pauling	26.7	M60 Bob Brock	19:57.2	W30+ Deborah Eckhardt	18.19
Thomas Fondy	27.0	M65 Sandy Bueme	21:07.9	W35 Nancy Lachlusa	21.24
M60 Andrew Branch	26.1	M70 Ed Buckley	22:40.5	W45 Kathleen Cirina	20.04
Fritz Schlereth	26.4	M75+ Sidney Zecher	25:46.8	W50 Valarie Mac Donald	17.98
M65 Howard MacMillan	31.5	W30 Michele Zlemba	19:04.6	Javelin	
M70 Blair McFarlane	31.9	W35 Maureen Kuhn	19:01.6	M30 Ken Switnicki	40.52
W30 Kelly Etheridge	27.7	W45 Mary Casey	22:22.2	M35 Mark Bellanca	44.14
Betty Whitaker	28.3	W50 Mary Shaver	21:06.9	M40 Tim O'Connor	40.72
W35 Louise Clark	27.5	W60 Helen Bueme	24:14.8	M45 Gene Spanneut	40.08
Cath McKee	30.6	10,000m		M50 Dick Realander	28.36
W40 Irene Thompson	26.7	M30 Bob Brenner	34:06	M55 Phil Limpert	30.70
Sharon Warren	29.1	M35 Phil Dilmore	36:21	M60 Richard Holloway	36.82
W45 Lorraine	33.5	M40 Jake Kearney	34:35	M65 John Sheridan	20.94
W50 Jean Preston	36.3	M45 Jim Ascioti	36:39	M70 Edwin Lukens	30.12
W55 Norma Schilloff	40.2	M60 Tom Povlock	44:09	W30 Mary Doud	26.38
W60 BJ Sotile	40.8	M65 Robert Ealy	45:01	W35 Dornetia Dorn	18.04
W65 Patricia Peterson	36.5	M75+ Nate White	49:18	W45 Kathleen Cirina	23.58
400m		W30 Maria Sweeney	40:54	W55 Norma Schilloff	14.78
M35 Ben James	51.6	W35 Jean Quattro.	47:55	M60 Joan Dash	20.64
M40 Horace Hudson	55.0	W40 Cherrie Sears	49:04	Pentathlon	
M45 Alan Taylor	56.8	W45 Chary Griffin	45:44	M35 Rob Doran	1699
Robert Micho	57.4	High Hurdles		M40 Bob Doran	1700
M50 Paul Stelmasyzyk	56.6	M35 John Kapturcw.	18.5	M45 Armond LaFramboise	1832
Walter Thorne	57.5	M45 Michael	18.3	M50 Allan Drew	1615
M55 Clifford Pauling	61.6	M50 Paul Gansle	17.8	M55 Norm Cyprus	1464
M60 Fritz Schlereth	60.6	M70 Edwin Lukens	14.2	5K Racewalk	
M65 Howard MacMillan	76.7	W30 Wendy Zolner	18.2	M30 Glenn Irizarry	32:53
M70 Blair McFarlane	82.1	W35 Cath Cornell-	20.0	M35 Larry Beckerle	26:46
M75+Sidney Zecher	97.3	W40 Irene Thompson	15.1	M40 Thomas Joyce	32:40
		W65 Patri. Peterson	25.0	M45 Bruce Wetherell	36:40
				M50 Thomas Masterson	29:04

Continued from previous page

M45 Ivan Black	11.17
M50 Kirt Vener	10.21
M60 James Stookey	9.68
Jack Lance	8.24
Paul Soraparu	7.40
M65 Tom Rice	7.88
M80 Geo. Braceland	5.15
Shotput (meteral)	
M50 Barbara Stewart	7.50
M55 Dortha Swanson	7.42
M50 Dortha Swanson	5.00
Mary Murphy	5.35
M60 Sharon Good	7.89
M30 Chris Henderson	13.04
M40 Stew Beltz	12.16
Henry Kalnas	9.44
Mike Kalnas	7.30
Mike Sherrill	11.56
M45 Rick Dunphy	11.23
Terry Shuman	9.09
Jerry Toomer	13.50
M50 Larry Pratt	11.23
Joe Kalnas	10.99
Jim Quirk	10.42
Gus Giviskos	10.22
Ken McKenzie	11.48
M55 Ed Bradway	5.63
Bill Murphy	13.17
M60 Ed McComas	12.98
Ray Feick	12.40
Tom Henderson	9.62
Paul Soraparu	8.85
M65 Ned Curran	8.85
Javelin (meteral)	
M55 Dortha Swanson	18.80
M60 Sharon Good	10.60
M30 Rich Cetlin	55.00
Barry Swanson	50.66
Eric Schad	50.42
M35 Steve McNulty	41.26
M40 Steve Pelletier	51.34
Dick McMullin	50.08
Bill McDowell	48.56
Dave Faris	39.06
M45 Ian Percy	50.80
Rich McCurdy	41.12
Paul Lynahan	31.24
M50 George Reynolds	48.98
John Lang	40.94
Ken MacKenzie	30.72
M55 Pat Conley	36.42
Lew Overbeck	31.08
M60 Ray Feick	41.68
Mark Richards	30.22
M65 Tom Rice	27.82
Ned Curran	25.06
M70 John McCarthy	25.64
Discus (meteral)	
M55 Dortha Swanson	20.20
Elly McComas	16.64
M60 Sharon Good	14.38
M30 Chris Henderson	22.62
M35 Tom Talbot, Jr.	38.68
John Kalnas	38.40
Remo Biagioni	31.98
M40 Henry Kalnas	38.40
Dick McMullin	34.46
Stew Beltz	33.38
Mike Sherrill	23.62
M45 Tim Williams	42.74
Terry Shuman	38.80
Ian Percy	35.10
Rich Dunphy	32.80
M50 Larry Pratt	47.17
Gus Giviskos	35.78
George Reynolds	31.88
Ken McKenzie	31.38
John Lang	30.06
M55 Ed Bradway	35.80
Mike Hoffer	30.38
Bill Murphy	15.40
M60 Ed McComas	46.72
Tom Henderson	42.84
Ray Feick	38.42
Ron Noreen	33.50
M65 Manny Herscher	27.14
Ned Curran	25.76
M70 John McCarthy	29.18
M80 Geo. Braceland	20.38

SOUTHEASTTennessee Sportsfest
Chattanooga, TN; June 10-12

100M	
M30 Ron Boyce	10.82
M35 Ervin Smith	10.9
M40 Dave Craig	11.74
M45 Randall Brady	12.80
M50 David Denman	12.72
M55 Jim Mathis	12.28
M60 Bob Alexander	13.21
M65 Charles Baker	15.87
W35 G. Rosman	14.79
W40 Minnie Loftus	14.95
W45 Rosemary Brown	19.21
200M	
M30 Scott King	24.43
M35 Jay Mathis	23.79
M40 Ellis Mayfield	24.04
M45 Randall Brady	25.91
M50 David Denman	25.81
M55 Jim Mathis	25.35
M60 Bob Alexander	28.02
M65 Charles Baker	32.88
M70 Ezra Landers	41.65
W35 G. Rosman	32.05
400M	
M30 Herbert Collins	52.22
M35 Jay Mathis	51.96
M40 Ellis Mayfield	53.60
M50 Frank Downs	1:06.58
M55 Jim Mathis	55.36
M60 B. Alexander	1:07.51
M65 C. Baker	1:13.70
M70 Ezra Landers	1:34.25
800M	
M30 Greg Harris	1:58.46
M35 Gary Jacobs	2:21.52
M40 N. Dodson	2:13.97
M45 R. Lenarduzzi	2:18.63

M50 Bud Joyner	2:44.54
M60 Larry Hall	3:04.81
W55 E. Zerfoss	3:10.12
1500M	
M30 Scott King	4:14.72
M35 Gary Jacobs	4:44.55
M40 Roland Rust	4:35.05
M45 R. Lenarduzzi	4:39.78
M50 Bud Joyner	5:50.38
M55 Mike Jones	5:32.09
M60 F. Lovelace	6:49.62
W30 B. Serodino	5:56.45
110H	
M30 Jim McKenry	17.9
M35 Russell Pickett	25.1
M40 Richard Finnie	18.1
M45 Barry Faust	20.4
400H	
M35 S. Mowery	1:09.28
High Jump	
M35 Russell Pickett	5-2
M45 Barry Faust	4-10
M50 Frank Galbraith	5-4
M55 Lou Vadopya	4-4
M60 Fred Lovelace	3-8
M65 Ed Holmes	4-0
Long Jump	
M30 Andrew Reynolds	20-7
M35 Willie Idlette	20-10 1/2
M45 Barry Faust	12-11 1/2
M50 David Denman	15-4 1/4
M60 Fred Lovelace	10-9 1/4
M65 Charles Baker	11-6 1/4
W30 Jeanette Jiles	10-4
Shot Put	
M35 Bobby Conn	39-1
M40 L. Galloway	39-8 1/2
M45 Kasey Capps	29-5 1/2
M50 M. Finnegan	26-4 1/2
M55 Louis Vodopya	34-10 1/2
M60 John Moll	30-6
M65 Ed Holmes	31-10
W30 Jeanette Jiles	28-6
W40 Diana Vance	21-3 1/2
W50 Alice Tym	23-7 1/4
Discus	
M45 Ralph Sontag	100-3
M50 James Miller	105-10
M55 Louis Vodopya	92-2
M60 John Moll	136-5
M65 Ed Holmes	104-10
W30 Jeanette Jiles	90-7
W50 Alice Tym	56-8
4x100 Relay	
M35 Knoxville	50.95
M40 Chattanooga	53.79
M50 Chattanooga	55.97
W30 Blue City	1:06.67
4x400 Relay	
M50 Chattanooga	5:08.15

Nashville TC Meet
Nashville, TN; July 16

*100m	
M30 Ken Baldwin	11.3
M35 Jay Mathis	11.4
M40 Ellis Mayfield	11.9
M45 Greg Marshall	12.2
M50 Avital Schurr	12.9
M55 Frank Shahrokh	17.1
M60 Bob Alexander	13.4
M65 Jim Roberts	18.9
M75 Wib Ragland	19.2
200m	
W30 Melanie Collins	14.9
W40 Diana Vance	16.7
400m	
M30 Ken Baldwin	22.4
M35 Jay Mathis	23.2
M40 Ellis Mayfield	24.1
M45 Greg Marshall	25.2
M50 Alberto DeOliveira	25.6
M55 Jim Mathis	25.3
M60 Bob Alexander	28.0
800m	
M30 Mark Carver	53.8
M35 Jay Mathis	51.6
M40 Ellis Mayfield	52.9
M45 Al Seale	56.8
M55 Jim Mathis	55.7
M60 Bob Alexander	65.6
1600m	
M30 Mark Carver	2:02.4
M40 Dave Bohm	2:53.2
M45 Jim Woosley	2:25.0
M50 Winston Laine	2:16.1
M60 Fred Lovelace	2:58.1
W55 Evelyn Zerfoss	3:04.8
1 Mile	
M30 John Cobb	4:39.6
M35 Vladimir Drozdoff	5:30.9
M50 Tom Bowden	4:50.0
W55 Evelyn Zerfoss	6:47.1
3000m	
M30 John Cobb	9:36.5
M35 Stan Hollenbeck	9:58.2
M40 Roland Rust	9:35.9
W30 Lauren Hollenbeck	13:40.3
800H	
W40 Linda Lowery	14.6
100mH	
M50 Dave Ellis	16.5
Intermediate Hurdles	
M40 Bill Cheadle	59.2
M50 Alberto DeOliveira	64.1
M65 Bill Daprano	59.1
W40 Linda Lowery	86.1
4x100m Relay	
M30-39 Alabama Sp Strs	45.9
M40-49 Victory AC	49.8

High Jump	
M30 Dave Lyttle	6-0
M45 Kasey Capps	3-9
M55 Dwayne Bolton	4-5
M60 Fred Lovelace	3-6
M65 Ed Holmes	4-0
M75 Wib Ragland	3-8
W40 Linda Lowery	4-2
Pole Vault	
M35 Tom Krebs	11-6
Long Jump	
M30 Brad Davies	18-1 3/4
M35 Tom Krebs	15-5
M55 Dwayne Bolton	13-1
M60 Fred Lovelace	11-0
M65 Bill Daprano	13-0
W40 Linda Lowery	14-7 1/2
Triple Jump	
M55 Dwayne Bolton	27-8 1/2
W40 Linda Lowery	30-1
Shot Put	
M30 Brad Davies	33-2 1/2
M40 Don Denbu	39-8 1/2
M45 Kasey Capps	31-10 1/2
M50 Paul Costa	44-7 1/2
M55 Dwayne Bolton	33-4
M60 Larry Horine	42-9 1/2
M65 Ed Holmes	32-9 1/2
W40 Diane Vance	29-2 1/2
Discus	
M30 Dave Lyttle	157-9
M40 Jim Accardie	104-9
M45 Kasey Capps	92-2
M50 Larry Pratt	162-11
M55 Dwayne Bolton	110-9
M60 John Moll	140-4
M65 Ed Holmes	104-7
W40 Linda Lowery	69-11
W70 Audrey Bergenback	37-5
Javelin	
M30 Brad Davies	148-5
M35 Tom Krebs	101-5
M40 Dan Rhodes	146-0
M45 Kasey Capps	94-1
M55 Dwayne Bolton	83-5
M60 Larry Horine	110-11
M65 Dick Bergenback	102-9
W40 Diane Vance	79-7
W70 Audrey Bergenback	24-4
25# Weight	
M65 Dick Bergenback	34-8 1/2
3000m Racewalk	
M40 Larry Cohen	17:51.5
M60 Fred Lovelace	17:53.7
W40 Elizabeth Longton	15:52.1

MID AMERICANebraska State Senior Olympics
Kearney, NE; August 19-21

50M	
M55 C. Messbarger	7.20
M60 Richard Weiland	7.42
M65 Bob Hall	7.98
M70 Ed Carter	8.05
M75 Lee Todd	8.80
M80 Madeleo Blake	9.21
W65 Mildree Ross	10.28
W70 Lorma Baur	10.73
W75 E. Schneider	19.79
100M	
M55 Howard Weisser	12.95
M60 Richard Weiland	14.36
M65 Charley Salsman	14.86
M70 Ed Carter	15.52
M75 Lee Todd	16.40
M80 Madeleo Blake	18.89
W65 Mildree Ross	20.47
W70 Lorma Baur	20.79
W75 E. Schneider	44.10
400M	
M55 Howard Weisser	60.17
M60 Les Demmel	1:13.27
M65 C. Salsman	1:17.13
M70 H. Holladay	1:35.41
M80 Bill Dyer	1:48.77
W65 Dorothy Ekblad	2:42.87
W75 E. Schneider	3:40.03
800M	
M55 H. Weisser	2:27.60
M60 Les Demmel	2:44.57
M65 M. Buchholz	4:02.47
M70 H. Holladay	3:56.86
M80 Bill Dyer	3:27.83
1500M	
M55 Gary Shubert	5:47.64
M60 Les Demmel	5:40.6
M65 Otto Lohrenz	8:06.10
M70 Al Frisbie	7:44.00
M80 Bill Dyer	7:30.74
5K Road Race	
M55 Dan Klimek	21:05
M60 Les Demmel	21:10
M65 Otto Lohrenz	29:35
M70 Al Frisbie	30:02
M80 Harold Massle	38:03
W55 Carol Buckner	23:55
W60 Jo Ann Hekl	42:08
10K Road Race	
M55 Danny Martinez	42:14
M60 Ron Reichert	46:16
100H	
M55 Ken Clark	36.22
M60 Richard Weiland	21.07
M70 Howard Dewell	26.10
M75 Lee Todd	19.24
M80 Harold Massle	41.73
W65 Ruth Reilly	43.62
High Jump	
M55 Ken Clark	3-8
M60 Bill Butterworth	4-8

M65 Bob Hall	4-2
M70 Reuben Schleifer	3-10
M75 Lee Todd	3-0
M80 Harold Massle	2-3
W65 Ruth Reilly	3-1
Long Jump	
M55 Dan Klimek	9-10 1/2
M60 Glen Brazee	13-10 1/2
M65 C. Salsman	14-6 1/2
M70 Ed Carter	12-7
M75 Lee Todd	9-4
M80 Harold Massle	4-9
W60 Rosalie Hall	8-2 1/2
W65 Mildree Ross	8-1 1/2
Shot Put	
M55 Dan Klimek	26-10
M60 Glen Brazee	33-9
M65 Floyd Jack	35-6
M70 R. Schleifer	35-7
M75 Lee Todd	33-2
W60 Jo Ann Hekl	16-4
W65 Ardell Ebberts	18-7
W70 Lorma Baur	19-3
W75 E. Schneider	10-11
Discus	
M55 Dan Klimek	88-11
M60 Fred Retzlaff	123-7
M65 Harold Kroeker	125-1
M70 Ernest Bauer	99-3
M75 Lee Todd	99-9
M80 Harold Massle	44-3
W60 Jo Ann Hekl	43-9
W65 Dorothy Ekblad	52-7
W70 Lorma Baur	35-2
Javelin	
M55 Dan Klimek	80-6
M60 Richard Weiland	94-3
M65 Jack Floyd	100-1
M70 Howard Dewell	70-2
M75 Lee Todd	90-10
M80 Harold Massle	33-4
W65 Wanda Jack	43-4
1500M Racewalk	
M55 Ken Clark	10:46.00
M60 Dick Weaver	8:42.00
M65 Gilbert Hill	8:59.84
M70 H. Dewell	14:33.22
M75 M. Blake	12:01.92
W65 D. Ekblad	14:17.83
5K Racewalk	
M55 N. Peterson	44:38.27
M60 Dick Weaver	30:54.05
M65 Dick Donley	34:25.10
M70 James Ball	42:11.12
M75 M. Blake	41:18.31

Rocky Mountain Senior Games
Boulder, CO; Sept. 3-4

50M	
M35 Scott Winkel	6.61
Mark Bechtoldt	7.00
Jeff Bilderbeck	7.11
100M	
M40 Jim Ross	6.04
Bob Verti	6.52
M45 Mac Azuogu	6.20
John Stiehl	6.76
M50 Bentz Tozer	6.56
Sam Taylor	6.83
Walter Gibson	6.89
M55 Larry Carter	7.13
Ritch White	7.55
Sanford Platter	7.64
M60 Donald Weis	7.62
Harv DeVries	8.00
Jim Hilger	9.78
M65 H.J. Fischer	8.51
Donald Fuhs	9.67
M70 Alex Silva	8.57
M75 John Davison	7.54
M85 Russell Randall	9.18
W45 Lurline Curran	8.02
100M	
M30 Gerald Owens	11.35
M35 Scott Winkel	12.15
Steve Winkel	12.55
Jeff Bilderbeck	12.83
M40 Jim Ross	1

Continued from previous page

M45 Neal Schuster	2115
M60 James Duncan	3038
Jim Hilger	768
M65 J. Robert Chado	2212
M70 Hugh Hackett	2787
M75 E. Lee Todd	3100
M80 Robert Boal	2583
W40 Charlotte Carter	1985
WEIGHT PENTATHLON	
M45 Tim Edwards	2947
Larry Myers	2280
M50 Rudy Harburg	2767
M55 Bob Humphreys	4053
Tom Wesselowski	3847
Vernon Spencer	3409
M60 Jim Hilger	1873
M65 Harold Kroeker	3646
M70 Hugh Hackett	4018
Dale Buysse	3993
M75 E. Lee Todd	4203
M80 Ross Carter	4214

SOUTHWESTTexas Masters Championships
Dallas, TX; July 16

100	M OPEN Raymond Joe	11.09
	Don Tucker	11.25
	Todd Thompson	12.69
M35 Charles Edwards	11.60	
	Andrew Mason	11.75
	Derrick McBay	12.03
M40 Marion McCoy	11.26	
	Richard Thomas	11.35
	Anthony Santos	11.60
M45 Ed Jones	11.82	
	Clint Harris	12.83
	Tommy Parker	12.86
M50 Courtland Gray	11.7H	
	Sam Taylor	12.7H
	Mike Kendall	12.9H
M55 Wayne Bennett	12.76	
M60 Glen Stone	13.01	
	Norman Wells	14.10
	Bill Pardue	14.24
M65 Andy Anderson	13.70	
	Bill Bowers	13.79
M70 Bob Wingo	15.36	
	Houston Brumit	20.54
M75 J. Paul Jones	14.93	
M80 Fred White	\$16.69	
F30 Debra Salinas	15.45	
F40 Kathy Kettenbeil	14.76	
	Sue Thompson	17.53
F55 Marion Coffee	\$16.66	
200	M OPEN Tony Wells	21.7H
	Anthony Gooden	21.7H
	Raymond Joe	22.2H
M35 Charles Edwards	23.4H	
	Andrew Mason	24.5H
	Derrick McBay	24.9H
M40 Billy Johnson	22.9H	
	Tommy Thompson	23.2H
	Marion McCoy	23.4H
M45 Ed Jones	24.76	
M50 Courtland Gray	25.16	
	Sam Taylor	26.26
	Glen Theriot	27.45
M55 Wayne Bennett	26.16	
M60 Bill Pardue	30.23	
M65 Andy Anderson	28.24	
	Bill Bowers	29.13
M70 John Alexander	30.30	
	Bob Wingo	33.78
M75 J Paul Jones	\$32.34	
M80 Fred White	\$36.21	
W OPEN Jodie Johnson	34.3H	
W30 Debra Salinas	33.8H	
W40 Kathy Kettenbeil	31.53	
	Suzanne Carter	38.47
W55 Marion Coffee	\$37.0H	
400	M OPEN Mike Patterson	52.3H
	Rick Roberts	55.7H
M30 Ed O'Neal	50.4H	
	David McClure	54.7H
M35 Dennis Moore	52.8H	
	Michael O'Malley	53.9H
M40 Tommy Thompson	52.3H	
	Rick Easley	53.2H
	Jim Dolezel	59.4H
M45 Ray Burrus	57.8H	
	Clint Harris	59.2H
	T. H. Wilson	64.9H
M50 Courtland Gray	59.2H	
	John Markas	65.1H
	Troy Scoggins	65.7H
M55 Paul Johnson	57.8H	
	Wayne Bennett	60.0H
	Dan McCormack	62.9H
M60 Lowell Bonifield	69.4H	
M65 Andy Anderson	68.2H	
M70 Bob Wingo	1:18.2H	
	Houston Brumit	2:06.7H
M75 J. Paul Jones	1:25.4H	
M80 Fred White	\$1:29.6H	
W30 Erica Noble	1:09.7H	
W40 Kathy Kettenbeil	1:12.0H	
	Sue Thompson	1:31.4H
W55 Marion Coffee	\$1:28.2H	
800	M OPEN Rick Roberts	2:01.96
	Ked Williams	2:47.1H
M30 David Smith	2:00.73	
	John Walker	2:05.31
M35 Carl Belford	2:01.86	
	Glen Wright	2:04.99

M40 Rick Easley	*2:02.04
Mike McCracken	2:10.77
M45 Kerry Jones	2:09.99
Randy Taylor	2:20.96
Dave Joyce	2:23.17
M50 Troy Scoggins	2:34.97
John Markas	2:38.03
Gib Brown	2:56.39
M55 Dan McCormack	2:20.76
Marv Herring	2:40.66
Bill Toy	2:41.62
M70 Bob Wingo	3:20.01
Houston Brumit	4:54.5H
W O M. Witherspoon	3:25.6H
W30 Erica Noble	2:40.8H
W35 Laura Kearns	2:42.0H
W45 M. O'Loughlin	*3:06.64
1500	
M30 Kurt Siklar	4:16.4H
M40 Mike McCracken	4:38.6H
Dennis Baker	4:41.3H
M45 Randy Taylor	4:31.4H
M50 Gib Brown	6:22.2H
M70 Michel Kagan	6:23.1H
Houston Brumit	9:41.6H
W35 D Lautenslager	*5:00.1H
M Thurmond	6:09.1H
3200	
M O Marcos Villa	*9:37.3H
Ked Williams	13:19.0H
M40 Dennis Baker	10:33.9H
M50 Robert Coffey	*13:34.7H
M70 Michel Kagan	14:50.2H
W35 M Thurmond	*13:44.3H
110 HH	
M30 G. Wright	15.3H
M40 T. Gilliard	*14.7H
100HH	
M50 Courtland Gray	14.46
John Morris	18.53
Terry Morris	21.84
M55 Chuck Miller	*#15.03
M60 Norman Wells	16.9H
Lowell Bonifield	17.8H
400IH	
M30 G. Wright	65.9H
M45 Ray Burrus	*62.5H
M50 John Morris	70.57H
Terry Morris	84.26H
300IH	
M60 L. Bonifield	*51.48
Norman Wells	52.89
W35 C. Carter	*56.90
DISCUS	
M O Thomas Rosvald	*58.16
M30 Tim Tolson	41.14
Rob Key	32.74
M35 Tom Carlson	36.66
Gary Dzuris	28.34
M40 Ed Forrester	36.16
M45 Jerry Brewer	34.74
Jerry Jones	27.14
Richard Mulligan	24.22
M50 John Coniff	46.42
Sheppard Miers	43.42
Jim Goodwin	38.72
M55 John Cantrell	34.00
Cliff Davis	29.56
M60 Wendell Palmer	*54.54
Engle Grow	29.92
M65 Joe Thomas	30.18
Val Smith	26.84
M70 John Alexander	27.74
W35 Carol Finsrud	*52.88
W45 L. Struppeck	*24.37
W55 Dianne Gregg	*13.12
SHOT PUT	
M30 Tim Tolson	10.77
Rob Key	10.34
M35 Tom Carlson	11.23
Cecil Noble	10.51
Gary Dzuris	9.84
M40 Ed Forrester	11.86
M45 Henry Bussey	11.58
Jerry Brewer	10.56
Jerry Jones	9.49
M50 John Coniff	13.60
Sheppard Miers	12.52
Don Dansereau	11.60
M55 John Cantrell	12.28
Cliff Davis	9.60
M60 Wendell Palmer	13.96
Engle Grow	10.56
M65 Val Smith (8#)	11.16
Joe Thomas "	10.88
W35 Carol Finsrud	*12.64
W45 L. Struppeck	*9.47
W55 Dianne Gregg	5.70
JAVELIN	
M30 Tim Tolson	40.94
Gary Winsett	39.40
M35 Tom Carlson	42.64
Cecil Noble	41.44
Gary Dzuris	34.06
M40 Rick Easley	44.80
M45 Warren Wilkie	50.90
M50 Gene Johnson	32.20
Gib Brown	31.60
Monroe Ashworth	24.60
M55 John Cantrell	32.78
M60 Wendell Palmer	32.48
Engel Grow	32.10
M65 Val Smith	29.84
Joe Thomas	19.84
W40 Suzanne Carter	14.80
W45 L. Struppeck	*28.98
LONG JUMP	
M30 Brent Bultemeier	5.90

M35 Allen Blaylock	6.25
Tom Carlson	5.02
M40 Richard Thomas	6.81
Anthony Santos	5.83
Michael Mitchell	5.56
M45 Ed Jones	6.15
Tom Witherspoon	4.23
M50 John Morris	4.17
Mike Kendall	4.15
M55 Charles Richard	5.41
George Jageman	3.90
John Cantrell	3.63
M60 Lowell Bonifield	4.42
Glen Hoffman	3.05
M65 Val Smith	3.76
M70 Adolph Hoffman	3.68
TRIPLE JUMP	
M30 Brent Bultemeier	12.12
M35 Allen Blaylock	9.37
M40 Jim Dolezel	10.17
M50 Troy Scoggins	8.63
M55 Charles Richard	11.18
Cliff Davis	8.07
W40 Charlotte Carter	8.22
HIGH JUMP	
M30 Brent Bultemeier	1.98
Greg Wright	1.93
Tom Garzillo	1.58
M40 Jim Dolezel	1.58
Michael Mitchell	1.32
M50 Mike Kendall	1.37
John Morris	1.32
Terry Morris	1.32
M55 Cliff Davis	1.37
George Jageman	1.27
M60 Lowell Bonifield	1.32
Glen Hoffman	1.22
M65 Joe Thomas	0.94
M70 Adolph Hoffman	1.17
W30 Erica Noble	1.42
POLE VAULT	
M O David Vaughan	3.05
M35 James Fountain	4.27
M40 Don Lee	3.96
Jim Dolezel	3.20
M45 Larry McIntyre	3.66
Dan Jones	3.35
M50 Steve Warr	2.80
M55 George Jageman	2.44
M60 Glen Hoffman	2.29
M65 Joe Thomas	1.26
M70 Adolph Hoffman	2.44
1600M RACE WALK	
M45 Norm Frable	17:34.8
M50 Jim Horton	9:07.9
J. Stonecipher	9:53.1
Barry Davis	11:14.9
M55 Bob Skaen	10:01.2
Carl Mills	10:11.5
M60 W. Donaldson	13:29.9
W40 Kathy Hausen	11:26.0
W45 Kathy Frable	18:29.4
Patty Mills	11:22.3
W50 S. Rodemaker	18:53.4
W60 D. Skremettia	18:53.4
Evans Gay	13:11.9
W65 J. Nightengale	10:30.5
W75 Fan Beno	11:57.8
4x100 Age Graded Relay	
Atlanta TC (Santos, McCoy	
Johnson, Gilliard)	41.16
Austin Track Club	43.31
Dallas Masters	44.71
Lufkin	49.61
* New Meet Record	
** New World & American &	
Meet Record	
All times FAT unless noted	
All distances & heights in	
meters.	

West Texas Senior Sports Classic
Lubbock; Aug. 17-20

50		
M50	John Morris	06.51
	Mike Kendall	06.56
	Billie Durham	06.57
W50	Eva Martinez	09.38
	Mary Morrison	11.06
M55	Frank Newby	07.04
	Bill Roger	08.45
	John Cantrell	08.58
W55	Doris Stalcup	10.71
M60	Bill Hearne	06.83
	John Stalcup	08.54
	Jack Thompson	13.27
M65	Andy Anderson	06.83
	James Means	11.05
F65	Peggy Henninger	10.63
	Loy Donley	11.87
M70	Robert Wingo	07.40
	Chet Henninger	07.82
	Donald Watson	07.95
M75	Wade Alexander	07.91
	Chano Rivera	09.91
M80	Frank Pye	14.29
100M		
M50	John Morris	12.59
	John Markas	12.84
	Mike Kendall	13.03
W50	Eva Martinez	19.12
M55	Norman Hodde	13.43
	Bufe Morrison	14.21
	Dee Pena	14.46

M60 Bill Hearn	13.56
Jack Thompson	17.95
M65 Andy Anderson	13.12
James Means	23.50
W65 Peggy Henninger	22.34
M70 Robert Wingo	14.91
Chet Henninger	16.03
Donald Watson	16.38
M75 Wade Alexander	16.10
Chano Rivera	19.36
M60 John Stalcup	3:11.55
W60 Mary Guinn	4:40.38
M70 Robert Wing	3:41.62
Donald Watson	4:17.09
Houston Brumit	5:05.68
M75 Chano Rivera	4:24.09
Marvin Shetlar	5:12.80
200	
M50 John Morris	26.04
John Markas	27.57
Mike Kendall	28.72
W50 Eva Martinez	42.55
M55 Norman Hodde	28.81
Bufe Morrison	30.20
Dee Pena	30.56
M60 Bill Hearne	29.13
Jack Thompson	41.81
W60 Mary Guinn	56.34
M65 Andy Anderson	27.37
Red Childers	43.30
James Means	52.67
M70 Donald Watson	39.68
Houston Brumit	44.55
M75 Chano Rivera	43.35
Felix Hilburn	45.72
400	
M50 John Morris	1:01.72
Robert Guajardo	1:04.31
John Marks	1:05.24
W50 Eva Martinez	1:50
M55 Norman Hodde	1:01.34
Dee Pena	1:17.84
Bill Roger	1:24.58
M60 Jack Thompson	1:39.38
W60 Mary Guinn	2:09.46
M65 Andy Anderson	1:06.96
James Means	2:41.59
M70 Robert Wingo	1:28.34
Donald Watson	1:39.56
Houston Brumit	2:16.96
M75 Chano Rivera	1:56.31
Marvin Shetlar	2:09.27
800	
M50 Troy Scoggins	2:36.50
Robert Guajardo	2:42.36
Mike Kendall	2:49.90
W50 Eva Martinez	3:45.50
M55 Gary Schmidt	2:41.37
Bill Roger	3:01.99
James Bone	3:32.06
1500	
M50 Robert Guajardo	5:33.68
Mike Kendall	6:15.27
Larry Sava	8:07.22
W50 Eva Martinez	7:39.58
M55 Gary Schmidt	5:39.58
Bill Roger	6:11.19
James Bone	7:15.58
M60 John Stalcup	6:49.89
W60 Mary Guinn	9:02.01
M70 Robert Wingo	8:03.42
Donald Watson	8:51.32
Houston Brumit	11:10.52
M75 Chano Rivera	8:56.01
HIGH JUMP	
M50 Jerry Whitten	4'00"
Larry Sava	3'08"
M55 John Cantrell	4'06"
Bufe Morrison	4'04"
Bill Roger	4'02"
M60 Richard Hein	4'08"
Martin Heard	4'04"
Jim Dollittle	4'04"
M65 James Means	4'02"
Doug Cochran	3'08"
M70 Adolph Hoffman	4'00"
Houston Brumit	3'04"
POLE VAULT	
M50 Jerry Whitten	5'00"
M60 Jim Ddoolittle	7'06"
M70 Chet Henninger	7'06"
Adolph Hoffman	7'00"
LONG JUMP	
M50 Mike Kendall	12'07"
M55 Bufe Morrison	12'05"
John Cantrell	11'02"
Frank Newby	11'01"
M60 Bill Hearne	14'00"
Richard Hein	13'10"
Martin Heard	12'05"
M65 James Means	11'05"
Doug Cochran	09'03"

W65	Peggy Henninger	5'07.5"
	Loy Donley	03'10.7"
M70	Adolph Hoffman	12'01.5"
	Houston Brumit	07'10.2"
W70	Addie Mae George	4'09.2"
M75	Wade Alexander	11'05"
	Chano Rivera	08'06.2"
SHOT PUT		
M50	Kenneth Matney	40'01"
	Bo Minnis	36'03"
	Robert Guajardo	29'03"
M55	John Cantrell	41'00"
	Bufe Morrison	31'02.5"
	Bill Roger	26'01"
W55	Doris Stalcup	17'08.0"
M60	Richard Hein	38'08.5"
	Jerry Fairley	31'06.0"
	John Stalcup	24'08.5"
W60	Florence Morris	13'10.5"
M65	James Means	31'03"
	Doug Cochran	28'01.5"
	Red Childers	24'03.5"
W65	Myrl Gorey	19'03.0"
	Patsy Whipple	16'09.0"
	Loy Donley	16'06.5"
M70	Ross Morris	39'11.0"
	James Robins	26'11.5"
	Houston Brumit	21'11.5"
W70	Addie Mae George	16'09.0"
M75	Wade Alexander	28'05.5"
	Erroll Riewerts	22'05.0"
	Leldon Miller	21'11.5"
M80	Joe Jack Pearce	26'03.5"
	Frank Pye	17'08.0"
DISCUS		
M50	Kenneth Matney	111'08.0"
	Bo Minnis	88'08.0"
	Larry Sava	78'07.0"
M55	John Cantrell	110'00"
	Bufe Morrison	86'05.0"
	Bill Roger	77'05.0"
W55	Doris Stalcup	33'03.0"
M60	Richard Hein	106'10.0"
	Jerry Fairley	86'04.0"
	Jim Dolittle	68'10.0"
W60	Florence Morris	21'01.0"
M65	Doug Cochran	96'10.0"
	James Means	85'01.0"
	Red Childers	62'07.0"
W65	Loy Donley	37'04.0"
	Myrl Gorey	30'03.0"
	Patsy Whipple	29'00.0"
M70	Ross Morris	104'10.0"
	James Robbins	56'02.0"
	Houston Brumit	48'10.0"
W70	Addie Mae George	34'05.0"
M75	Wade Alexander	56'00"
	Erroll Riewerts	53'08"
	Fred Ogden	47'08"
M80	Joe Jack Pearce	66'03"
	Frank Pye	39'09"
JAVELIN		
M50	Larry Sava	88'02"
	Mike Kendall	85'02"
	Carl Graham	48'00"
M55	John Cantrell	111'08"
	Bufe Morrison	102'11"
	Bill Roger	84'11"
W55	Doris Stalcup	43'05"
M60	Jerry Fairley	86'04.5"
	Jim Dolittle	67'11.0"
	John Stalcup	56'10.0"
M65	Doug Cochran	82'11"
	James Means	61'07"
W65	Myrl Gorey	30'05"
	Loy Donley	28'04"
	Patsy Whipple	24'10"
M70	Houston Brumit	50'11"
	James Robins	50'03"
W70	Addie Mae George	29'02"
M75	Wade Alexander	60'01"
	Leldon Miller	45'07.5"
	Marvin Shetlar	37'10"
M80	Joe Jack Pearce	48'06"
	Frank Pye	33'06.5"

WEST

California Senior Games
Sacramento, CA; June 3-5

100M

M50	Joe Johnson	12.55
	David Naylor	12.95
	Raymond Annis	13.49
M55	Richard Martin	12.38
	Bobby Thomas	12.72
	Charles Kirkby	13.02
M60	Richard Young	13.67
	C. Genigeorgis	13.95
	Ben Rivera	14.23
M65	Vern Regier	13.42
	E. Kennamore	13.82
	Ed Dowell	16.20
M70	Frank Toner	14.87
	David Kaplan	18.00
	John Stirling	22.23

Continued from previous page

M65 Rick deGregorio	29-71
Don Sagner	29-00
Spido Webb	23-03
M70 Jerry Silsdorf	28-03
M75 Hal Cronkhite	29-71
Glen Cooley	25-71
M80 Ross Carter	37-10
Bob Boucke	16-101
W50 N. Halverstadt	26-61
W55 V. Maulfair	20-11
W75 Ivy Browne	15-41
Discus	
M50 Bob Evans	122-31
Tyrone Nelson	80-00
M55 James Hart	131-09
Robert Buckman	115-11
Kenneth Carper	83-01
M60 Walter Badorek	168-01
Dennis Rietz	102-111
John Vatsula	83-01
M65 Rick deGregorio	98-09
Spido Webb	82-02
M70 Jerry Silsdorf	66-03
M75 Glen Cooley	78-00
Hal Cronkhite	76-02
M80 Ross Carter	125-05
Bob Boucke	63-07
W55 V. Maulfair	57-10
W75 Ivy Browne	31-01
Javelin	
M50 Tyrone Nelson	79-07
M55 Robert Buckman	105-11
Wayne Roberts	80-11
R. Sanchez	79-31
M60 George Lawry	77-21
M65 Spido Webb	50-01
M70 Jack Ralls	79-08
M75 Glen Cooley	65-11
M80 Bob Boucke	49-00
W55 V. Maulfair	46-10
W60 E. Brannigan	48-00

Sky Jumpers Pole Vaulting Championships

Atascadero, CA; Aug. 6	
M35-44 Kevin Moody	14-0
Eddie Seese	12-6
M45-54 Greg Miguel	14-0
Steve Morris	14-0
Mike Morris	13-0
M55-64 Terry Cannon	11-6

Muscle Beach Shot Put Classic

Venice Beach, CA; Aug. 27	
16#	
M30 Joe Prokop	14.11
Eric Givens	7.49
M35 Carl Marshall	9.13
Kevin Meskow	7.99
M40 Chris Forno	11.50
M45 Bob Evans	7.12
21#	
M30 Joe Prokop	11.69
M35 Kevin Meskow	6.41
M40 Chris Forno	9.73
4kg	
W35 Janet Waldrop	5.93

California State Senior Games

San Diego, CA; Sept. 10	
50M	
M50 John Chacon	7.05
David Boston	7.14
Charley Loftis	7.18
M55 Ed Oleata	7.02
Richard Glasgow	7.26
Bob Greer	7.36
M60 Bruce Springbett	7.04
Johnnie Perea	7.54
Archie Vickers	7.70
Floyd Gibbons	7.48
Paul Bambrook	8.05
Taki Nagao	8.14
M70 Milton Silverstein	7.70
Raymond Spencer	8.08
John Stirling	8.23
M75 Rod Parker	7.79
Bob McDonald	8.10
Alfred Guidet	8.26
M80 Albert Morrow	9.40
Leland McPhie	9.49
Cleo Allen	10.04
W50 Heather Laporte	8.68
Sandy Whitmyer	9.68
Bertha Thomas	13.76
W55 Kathy Bergen	7.85
Fei-Mei Chou	9.07
Nina Wood	9.62
W60 Marjorie Moore	9.35
Ellen Brannigan	9.70
Dorothy Wisswell	10.61
W70 Po Adams	11.04
W75 Helen Robinson	12.95
W80 Bessie Mercer	16.40
Bettie MacInnes	18.00
100M	
M50 John Chacon	13.04
Charley Loftis	13.09
David Boston	13.41
M55 Ed Oleata	12.54
Richard Martin, Jr.	12.99
Bob Greer	13.36
M60 Bruce Springbett	13.01
Ignacio Guarin	13.72
Fred Gunther	14.07
M65 Floyd Gibbons	13.79
Ruben Melgosa	14.77
Paul Bambrook	14.86

M70 Milton Silverstein	14.23
John Cleveland	15.56
John Stirling	15.85
M75 Rod Parker	14.63
Conrad Shuck	15.16
Bob McDonald	15.58
M80 Cleo Allen	20.71
Antonio Provost	22.85
W50 Heather Laporte	16.18
Bertha Thomas	21.23
W55 M. Cooper-Ongly	15.81
Fei-Mei Chou	16.61
Marianne Heidecke	28.63
W60 Marjorie Moore	18.26
Melba Autry	18.38
E. Brannigan	18.99
W65 Peggy Ewing	20.72
Gerda Ader	21.89
Po Adams	22.55
W75 Helen Robinson	27.51
W85 M. Salisbury	1:02.51
200M	
M50 Charley Loftis	27.44
Terence Rowan	27.69
Edward Miller	30.97
M55 Charles Kirkby	26.38
Richard Martin, Jr.	26.71
Bob Greer	27.73
M60 Bruce Springbett	27.00
Fred Gunther	29.01
Ignacio Guarin	29.04
M65 Louis Beadle	29.71
Ruben Melgosa	30.32
Jim Selby	31.97
M70 Felix Jumonville	32.04
Robert Wingo	32.73
Frank Toner	32.81
M75 Rod Parker	30.46
Conrad Shuck	32.94
Clarence Killion	35.49
M80 Cleo Allen	46.24
W55 M. Cooper-Ongly	33.72
Jeanne Hoagland	34.83
Fei-Mei Chou	35.78
W60 Marjorie Moore	42.75
W65 Peggy Ewing	45.57
W70 Po Adams	49.00
W75 Helen Robinson	1:10.74
400M	
M50 Curtis Thomas	1:08.66
Edward Miller	1:09.81
M55 Charles Kirkby	58.61
Mike Dunn	1:10.13
Allan Mercer	1:12.49
M60 Bill Anderson	1:05.35
Fred Gunther	1:06.21
Ignacio Guarin	1:08.93
Ruben Melgosa	1:05.28
Jim Selby	1:07.11
Louis Beadle	1:09.63
M70 F. Jumonville	1:12.68
R. Spencer	1:13.38
Robert Wingo	1:14.13
M75 Rod Parker	1:10.00
Bob McDonald	1:27.53
W55 M. Cooper-Ongly	1:20.32
Patricia Willis	1:54.28
W65 Peggy Ewing	1:40.19
W70 Po Adams	1:44.29
800M	
M50 Fred Mascorro	2:28.89
Edward Miller	2:52.41
M55 Robert McAlpine	2:20.51
Francisco Siaz	2:23.98
R. Rosenberg	2:47.17
M60 Bill Anderson	2:37.26
Robert Culling	2:39.05
Glenn Delisle	3:09.73
M65 Louis Beadle	2:36.36
Jim Selby	2:36.98
Bob Holmes	2:45.60
M70 Robert Wingo	3:19.80
John Rodriguez	3:58.30
M75 Harold Elrick	3:36.70
W55 Jeanne Hoagland	2:58.04
M. Cooper-Ongly	3:08.34
Gerry Martin	4:14.53
W65 Peggy Ewing	3:59.95
Coralee Thomson	4:11.08
W70 Gerry Davidson	3:48.97
1500M	
M50 Dave Brandland	4:47.79
Fred Mascorro	4:59.50
Patrick Rusnell	5:15.55
M55 Francisco Siaz	4:52.20
Don Garsh	5:30.80
M60 Robert Culling	5:23.45
Larry Lamay	5:56.12
Glenn Delisle	6:31.08
M65 Milo Sather	6:05.96
C. Von Geldern	7:37.06
M70 Avery Bryant	5:53.09
Ray Gil	6:36.64
Karel Zabloudil	7:09.20
M75 Donald Dilworth	6:31.71
Harold Elrick	7:22.00
W55 Jeanne Hoagland	6:02.50
Gerry Martin	8:08.16
Patricia Willis	8:38.69
W60 Dorothy Stock	6:31.88
Dolores Vinton	8:05.50
Marjorie Moore	10:02.25
W65 Peggy Ewing	7:56.45
W70 Gerry Davidson	7:36.63
Po Adams	7:52.73
2000M STEEPLECHASE	
M60 Roger Martin	9:41.81
Phillip Johnson	10:20.44
Thomas Ross	10:40.56
M70 Avery Bryant	9:14.55
M75 Donald Dilworth	9:47.15

3000M STEEPLECHASE	
M50 Dan McCaskill	12:18.42
Edward Miller	14:04.63
M55 Chuck Serpas	14:47.59
HIGH JUMP	
M60 Robert Fitzpatrick	4-031
Sam Teaford	4-031
Andy Machen	4-011
M65 Charlie Sarver	3-071
Taki Nagao	3-011
M70 Richard Warren	4-031
Burl Gist	4-031
John Stirling	4-011
M75 Robert Wells	3-091
Clarence Trahan	3-051
Charles Roloff	3-051
M80 Bob Boucke	3-031
W55 Fei-Mei Chou	3-031
W60 Marjorie Moore	3-051
W80 Bettie MacInnes	2-071
POLE VAULT	
M55 Ed Oleata	12-06
Chuck Serpas	9-00
R. Fitzhugh	8-00
M60 Johnnie Perea	8-00
R. Fitzpatrick	7-06
Robert Harms	7-06
M65 Thomas Harney	7-001
M70 John Cleveland	9-001
Jim Johnson	7-06
M75 Jim Vernon	7-06
LONG JUMP	
M50 Terence Rowan	15-071
Jean Tanseau	15-64
Tony Easton	13-041
M55 Carlos Cota	14-111
Robert Ferrier	13-01
Edward Perry	12-09
M60 Johnnie Perea	15-001
Archie Vickers	14-051
Edward Martin	13-081
M65 Paul Bambrook	12-101
Taki Nagao	11-061
M70 John Stirling	12-34
M. Silverstein	11-111
Jim Johnson	11-081
M75 William Morales	11-051
Clarence Trahan	11-05
Robert Wells	10-05
M80 Leland McPhie	9-081
Bob Boucke	7-091
M85 W. McFadden	6-031
W55 M. Cooper-Ongly	11-05
Fei-Mei Chou	9-07
W60 Marjorie Moore	10-021
Ellen Brannigan	8-74
Dolores Vinton	8-051
W65 Peggy Ewing	7-011
W70 Adele McCormick	5-051
Po Adams	5-051
SHOT PUT	
M50 George Chappell	13.15
Ronald Wade	10.52
Wayne Cassidy	10.15
M60 Donald Demars	10.68
Andy Machen	9.36
Russell Cook	9.26
M65 Harry Hawke	12.75
Charlie Sarver	10.16
Robert Howe	9.47
M70 George Brown, Jr.	11.76
John Rafto	9.70
Jerry Silsdorf	8.67
M75 Aaron Cronkhite	10.19
Jerry Siefert	10.06
Art Sherman	8.35
M80 Bob Boucke	9.11
Leland McPhie	8.15
M90 Earl Salisbury	5.55
M95 Thomas Lane	3.16
W50 Ray Van Dintner	8.62
Connie Sarver	7.86
Penny Gudel	6.78
W55 Mary Herse	7.93
Patricia Willis	5.73
W60 Barbara Racine	6.20
W70 Adele McCormick	5.92
Renee Roloff	5.59
W85 Marilla Salisbury	2.63
DISCUS	
M50 Lloyd Higgins	168-04
M. Woodward	138-02
Ronald Damschen	119-08
M55 Ronald Wade	102-08
Oscar Melendez	76-04
M60 Edward Martin	122-07
Lee Brown	113-01
Don Neuman	103-02
M65 Harry Hawke	155-05
Edward Martin	122-07
Charlie Sarver	121-06
M70 Wilbur Thompson	122-11
John Rafto	80-10
B. Power-Waters	80-07
M75 William Morales	100-06
Charles Roloff	79-05
Art Sherman	74-04
M80 Bob Boucke	68-02
M85 W. McFadden	52-05
M90 Earl Salisbury	53-05
Philip Farman	23-04
M95 Thomas Lane	27-06
W50 Connie Sarver	69-11
Ray Van Dintner	64-06
Fei-Mei Chou	48-07
W60 Barbara Racine	54-07
W65 Berty Nebenzahl	30-03
W70 Adele McCormick	47-07
Renee Roloff	46-09
Ruth Talley	41-111
W80 Berta Gray	30-11

JAVELIN	
M50 Steve Wordell	38.28
M. Woodward	34.32
Tony Easton	26.54
M55 Philip Fehlen	40.44
Edward Perry	32.48
Lawrence Tiffin	23.64
M60 Z. Preswodek	41.46
Edward Martin	36.86
Lee Brown	32.42
M65 Robert Anderson	20.16
M70 John Rafto	27.98
Jack Ralls	21.40
B. Power-Waters	17.92
M75 William Morales	35.20
Jerry Seifert	27.28
Charles Roloff	23.46
M90 Earl Salisbury	10.92
Philip Farman	5.54
M95 Thomas Lane	7.98
W55 M. Heidecke	8.18
W60 Ellen Brannigan	15.34
W65 Berty Nebenzahl	8.34
W70 Adele McCormick	19.18
Renee Roloff	16.46
Ruth Talley	12.60
W80 Berta Gray	8.18
W85 Marilla Salisbury	5.82

NORTHWEST

Montana Senior Olympics

Kalispell, MT: June 21-23

M60	Darwin Grimm	8.15
	G. Boifeuillet	8.90
M65	Grant Twitchell	9.31
	George Butchko	10.40
M70	Bernie Alt	11.26
W60	Sally Porcarelli	13.17
100M		
M50	Craig Nicholson	19.72
M55	Kenny Fike	13.83
	Merv Armstrong	13.84
	Nyles Spurlock	15.12
M60	Darwin Grimm	13.31
	David Cady	13.85
	Ronald Muth	14.62
M65	Grant Twitchell	15.28
	George Butchko	16.28
	George Cross	17.13
M70	Don Saunders	14.40
	Bernie Alt	15.78
M75	Don Burroughs	15.37
W60	Sally Porcarelli	21.28
W65	Betty Heil	19.65
	Flora Wong	23.62
200M		
M55	Kenny Fike	28.40
	Merv Armstrong	28.50
	Nyles Spurlock	31.74
M60	Darwin Grimm	28.60
M65	Jim Moorehead	29.68
	Rodney Brown	30.73
	Grant Twitchell	31.00
M70	Bernie Alt	44.34
M75	Don Burroughs	35.33
W50	Janet Cosgrove	43.69
W60	Nessie Hollicky	39.03
	Sally Porcarelli	47.88
W65	Flora Wong	49.28
400M		
M55	Kenny Fike	1:34.69
	Merv Armstrong	1:11.60
M60	David Cady	1:03.40
	Ross Thomas	1:22.70
M65	Jim Moorehead	1:07.44
	Rodney Brown	1:08.41
	C. Jannings	1:28.90
W60	Nessie Hollicky	1:36.56
	Sally Porcarelli	1:49.00
W65	Flora Wong	1:51.19
800M		
M50	D. McFadden	2:45.60
	Craig Nicholson	3:12.00
M55	Kenny Fike	2:28.78
M60	Ross Thomas	3:20.09
M65	Jim Moorehead	2:44.81
	Rodney Brown	2:47.09
W60	Nessie Hollicky	3:20.90
W65	Flora Wong	4:27.80
1500M		
M50	Dick Hembd	5:13.60
M55	Kenny Fike	5:24.20
M60	Don Jelinek	6:09.47
W50	Ursula Grady	7:38.56
W55	Martha Yale	8:21.43
W60	Nessie Hollicky	7:13.40
100H		
M60	Thomas Reed	29.90
M65	Tom Malov	23.45
1500M RACEWALK		
M50	Lew Savik	7:28.38
	Max Lauder	9:55.67
M60	Udo Grady	9:04.14
	Don Sibigroth	9:39.21
	Reed Thomas	9:41.43
M65	L. Reistroffer	9:49.36
	Bill McClaron	9:50.05
	C. Jannings	11:15.69
M70	Ted Berreth	13:03.65
W50	Bonnie Albert	12:53.56
W55	Martha Yale	10:35.37
W60	Lois McClaron	11:05.00
	Sally Porcarelli	11:09.25
W65	Ruth Anderson	11:03.00
	Ann Hayes	11:19.40
5000M RACEWALK		
M50	Lewis Savik	28:19.53
	Max Lauder	36:37.00

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M50 Harold Morioka, CAN 2:08.55	M55 Fidel Diaz, MEX 29:02.50	M50 Burt Morrow, USA 19.55	David Ellis, USA 14-03%	Jim Flowers, CAN 26-09	W75 Betty Jarvis, USA 49-01
Bern. Contreras, MEX 2:13.46	Ken Ogden, USA 34:25.30	M85 Karl Trei, CAN 20.32	Horacio Reyes, MEX 12-11%	Agapito Rocha, MEX 22-05%	M40 Edward Daniels, USA 132-08
Marc. Contreras, MEX 2:20.75	M80 Richard Graves, CAN 34:47.30	W45 Phil Raschker, USA 12.22	Victor Valles, MEX 15-06%	Garry Bachman, CAN 37-11%	M45 Alain Boscaratto, FRA 148-02
M55 Bill McIlwaine, CAN 2:15.57	Jim Hite, USA 37:58.10	W45 Michael Hill, USA 14.10	Paul Kniivila, CAN 14-11%	Walter Jenkins, CAN 31-04%	Bob Sager, USA 121-04
John Lasko, CAN 2:22.05	Alan Byers, GBR 38:06.10	W50 Liz McBlain, CAN 14.31	Ray Fitzhugh, USA 14-07	C. Rodriguez, MEX 24-02%	Tim Edwards, USA 94-01
Ossie Rogers, TRI 2:30.72	M65 Ken Crooke, GBR 38:03.80	M50 Marlene Sachs, USA 16.13	Phil Mulkey, USA 16-03%	Manuel White, USA 32-05	Tom Gage, USA 207-09
M80 Doug Kyle, CAN 2:41.85	Milo Sather, USA 40:38.40	Barbara Stewart, USA 18.07	James Stookey, USA 15-11%	Aleks Upmalis, CAN 31-05%	W. Gentleman, GBR 161-06
Pablo Bustos, MEX 2:45.26	D. Farquharson, CAN 46:25.60	100M HURDLES	Bernie Smith, CAN 15-00%	Ham Morningstar, USA 29-04%	George Mathews, USA 158-07
Robert Heseltine, NEW 2:49.66	M70 Silvino Corona, MEX 34:43.70	M50 David Ellis, USA 18.88	Dan Daniels, CAN 13-02%	Karl Trei, CAN 22-08%	Eero Outinen, CAN 115-10
M65 Earl Fee, CAN 2:16.04	John Burton, USA 38:48.00	Aleberto Duarte, BRA 18.91	Jorge Aguirre, MEX 13-00%	Wendy Dunsford, GBR 34-05%	Len Olson, USA 134-09
Ken Crooke, GBR 2:47.03	John Houlden, CAN 39:18.20	M55 Charley Miller, USA 15.28	Donald Saunders, USA 13-04	V. Fuchshuber, CAN 18-07%	Max Woarley, CAN 134-08
Milo Sather, USA 3:01.55	M75 Donald Dilworth, USA 43:21.30	M80 Phil Mulkey, USA 17.87	Harry Thompson, CAN 11-11%	Sarah Boslaugh, USA 34-04%	Wendell Palmer, USA 125-01
M70 Silvino Corona, MEX 2:43.96	R. Dudley Healy, USA 53:43.80	M65 Jorge Aguirre, MEX 20.73	Silvino, Corona, MEX 9-09%	Julie Wiedis, USA 20-05	Agapito Rocha, MEX 57-05
Arthur Wilson, CAN 2:53.93	W35 Anne Lippitt, GBR 34:18.80	Jim Flowers, CAN 21.54	Ham Morningstar, USA 8-08%	U. Hohenberg, GER 42-11%	Walter Jenkins, CAN 122-06
Harry Thompson, CAN 2:56.81	Carol Zawaski, CAN 41:12.30	110M HURDLES	Ron Linsdell, CAN 9-01%	Debi Heit, CAN 20-01%	M75 Manuel White, USA 102-06
M75 Jay Sponseller, USA 2:57.13	W40 G. Pridham, CAN 31:28.80	M40 Richard Reinhart, CAN 28.46	Karl Trei, CAN 9-11%	Meena Joshi, IND 20-01%	Aleks Upmalis, CAN 92-01
Donald Dilworth, USA 3:13.87	Jan O'Shea, CAN 39:09.40	M45 Tyrone Lewis, ST 16.53	Sarah Boslaugh, USA 13-09	Joyce Thomas, TRI 35-03	Ed Purgalis, CAN 77-09
M80 Hans Weickardt, CAN 3:20.58	Cathy Tedford, CAN 47:14.90	M45 Steve Shuster, USA 22.05	Wenda St.Germain, CAN 12-05	Yvonne Mitchell, TRI 30-06%	Wendy Dunsford, GBR 110-11
Dudley Healy, USA 3:34.41	W45 Felicity Garland, GBR 33:50.10	Neal Kashman, CAN 24.61	Julie Wiedis, USA 10-09%	Liz McBlain, CAN 30-01	W35 Sarah Boslaugh, USA 104-05
W30 Jennifer Fisher, BER 2:19.24	Ingrid Zukowski, CAN 37:33.40	300M INTERMEDIATE HURDLES	Jan O'Shea, CAN 12-07%	Barbara Stewart, USA 22-01	W40 U. Hohenberg, GER 126-06
Lynda Holden, CAN 2:26.98	W50 Bridget Cushman, GBR 41:52.00	M60 Phil Mulkey, USA 49.70	Gaylene Pridham, CAN 13-06	Laurie Rothrock, USA 25-06	Meena Joshi, IND 96-00
W35 Janet Christ, CAN 2:25.91	Yvonne Miles, GBR 44:38.60	M65 Earl Fee, CAN 47.40	Liz McBlain, CAN 14-01	Joann Grissom, USA 38-03%	Debi Heit, CAN 78-03
Sher. Robertson, USA 2:31.38	W55 J. Hodges-Hite, USA 41:30.50	Charles Sochor, USA 49.00	Michael Hill, USA 13-09%	Dorthea Swanson, USA 27-01	Yvonne Mitchell, TRI 86-04
Esther Rosales, MEX 3:01.23	W60 Holly Visser, GBR 36:16.20	M75 M. Morningstar, USA 1:34.90	Ruby Neumann, CAN 11-05	Carol Kyle, CAN 23-11%	Liz McBlain, CAN 67-01
W40 Gaylene Pridham, CAN 2:27.19	Eileen Quinton, GBR 40:03.90	M80 Burt Morrow, USA 1:22.00	Marlene Sachs, USA 13-01%	Mae Turek, CAN 29-09%	J. Hill-Hudgins, USA 62-06
W45 Avril Douglas, CAN 2:30.00	Betty Norrish, GBR 48:13.00	W50 Suren Vinay, IND 1:44.60	J. Charles, GBR 13-00%	Sae Polk, USA 25-01%	Laurie Rothrock, USA 76-05
Judy Warick, CAN 2:40.87	W65 Joselyn Ross, GBR 39:11.90	W60 Ruth Carnier, CAN 1:10.40	Edith Gray, CAN 11-05%	Ikuko Fitzhugh, USA 12-05%	Yvonne Miles, GBR 69-04
Cath. Roberts, CAN 2:42.14	Ruth Anderson, USA 45:00.00	W65 Johnny Valien, USA 1:41.50	Joann Grissom, USA 11-03%	Bernice Holland, USA 25-04%	Barbara Stewart, USA 58-04
W50 Judy Willmott, CAN 3:03.16	Betty McQuarrie, CAN 46:52.10	400M INTERMEDIATE HURDLES	Kanwar Santosh, IND 1:41.50	Margaret Hinton, USA 22-03%	Joann Grissom, USA 94-05
W55 Bertha Guereca, MEX 3:09.04	Hester Wicks, GBR 50:00.00	M45 Tyrone Lewis, ST 1:02.64	M45 Tyne Lewis, ST 1:18.61	Mary Wixey, GBR 10-05%	Dorthea Swanson, GBR 74-02
J. Hodges-Hite, USA 3:10.59	15K Road Race	F. Machado, CAN 1:18.61	Jesus Anaya, MEX 1:18.61	Margaret Hinton, USA 9-09%	Sal Polk, USA 88-01
Shirley Smith, CAN 3:31.71	M35 Jose Reyes, MEX 53:54	David Olsen, CAN 59:43	Harold Morioka, CAN 1:01.58	TRIPLE JUMP	Betty Jarvis, USA 53-08
W60 Nannie Hollicky, CAN 3:08.72	Duncan Banks, CAN 59:48	Duncan Banks, CAN 59:48	Aleberto Duarte, BRA 1:02.99	M40 Ron Thompson, CAN 39-06	JAVELIN
Ruth Carrier, CAN 3:09.66	M40 Stefan Fekner, CAN 51:30	Hilario Aguilano, MEX 52:10	Bruce Charles, GBR 1:11.55	Russ Regier, CAN 38-06%	M40 M. Finkbeiner, CAN 165-00
W65 Joselyn Ross, GBR 3:10.57	Hilario Aguilano, MEX 52:10	Chris Tye, CAN 52:52	Merv Armstrong, CAN 1:17.46	Steve Dolezel, USA 32-10%	Patrick Hessel, CAN 152-00
Betty McQuarrie, CAN 3:33.06	M45 John Ivory, CAN 52:01	Anthony Garland, GBR 58:09	W30 Jennifer Fisher, BER 1:05.00	Paul Kniivila, CAN 33-03	Rick Easley, USA 151-08
W70 Hazel Cameron, CAN 3:28.87	Anthony Garland, GBR 58:09	Ray Leonard, CAN 59:45	W35 Holly Dreger, CAN 1:18.40	Norm Reynolds, CAN 30-04%	Dennis Chandler, USA 178-05
Carol Peebles, USA 4:31.76	Ray Leonard, CAN 59:45	M50 Rolando Muzzolini, CAN 56:11	W45 Cath. Roberts, CAN 1:18.40	James Stookey, USA 34-02%	Bob Sager, USA 116-00
W80 Ivy Granstrom, CAN 5:04.44	M50 Rolando Muzzolini, CAN 56:11	Ken Cairns, CAN 1:05:18	Liz McBlain, CAN 1:25.10	Phil Mulkey, USA 31-03%	James McDonald, CAN 109-01
1500M	M55 Fidel Diaz, MEX 53:14	Tony Rotherham, CAN 1:05:46	2000M STEEPLECHASE	M65 Jorge Aguirre, MEX 28-11%	W. Gentleman, GBR 128-02
M35 Scott Robertson, CAN 4:15.70	Jose Reyes, MEX 53:54	Herminio Solano, CRC 1:00:17	M80 Ronald Johnson, NEW 9:27.44	W70 Harry Thompson, CAN 21-10	M55 Joe Keshmiri, USA 168-09
Jose Reyes, MEX 4:39.10	David Olsen, CAN 4:49.00	Morris Aarbo, CAN 1:01:18	Jim Hite, USA 10:03:01	M85 Karl Trei, CAN 21-08%	Rudy Houg, USA 136-06
David Olsen, CAN 4:49.00	Nigel Watts, CAN 4:16.10	M60 Norman Green, Jr., USA 55:50	William Brobst, USA 10:16.17	Sarah Boslaugh, USA 29-04	Eero Outinen, CAN 112-08
W40 Nigel Watts, CAN 4:16.10	William Doherty, GBR 4:34.90	Donald Busch, CAN 1:02:40	M65 Luis Torres, PUR 9:22.21	Janet Christ, CAN 28-05%	Wendell Palmer, USA 174-06
Ray Curran, GBR 4:34.90	M45 Randy Taylor, USA 4:33.20	Richard Graves, CAN 1:04:48	M75 D. Dilworth, USA 10:14.82	Julie Wiedis, USA 24-01%	Walter Badorek, USA 167-04
M45 Randy Taylor, USA 4:33.20	John Ivory, CAN 4:35.30	Ken Crooke, GBR 1:10:03	W35 Holly Dreger, CAN 8:33.23	Liz McBlain, CAN 27-11	Len Olson, USA 149-06
G. Thompson, CAN 4:37.40	M55 Ken Crooke, GBR 1:10:03	Eddie Nymen, GBR 1:24:36	W45 Judy Warick, CAN 8:27.17	Judy Warick, CAN 27-08%	W. Garrahan, USA 134-01
M50 Bern. Contreras, MEX 4:53.20	M70 John Burton, USA 1:12:26	M75 Cyril Tobias, CAN 1:32:30	W50 Suren Vinay, IND 15:50.13	Michael Hill, USA 27-07%	Art Jagger, CAN 107-01
Marc. Contreras, MEX 4:53.20	John Houlden, CAN 1:14:50	M80 Doug Smith, CAN 12:36.67	M80 Kanwar Santosh, IND 14:59.07	Barbara Stewart, USA 26-09%	Don Tavalacci, USA 100-05
M. Muzzolini, CAN 4:53.80	M75 Cyril Tobias, CAN 1:32:30	G. Spelsberg, CAN 13:11.11	3000M STEEPLECHASE	Suren Vinay, IND 18-04%	Garry Bachman, CAN 103-07
M55 John Lasko, CAN 5:13.40	M80 Doug Smith, CAN 12:36.67	M45 John Pickard, CAN 13:26.67	M35 Peter Bertles, CAN 13:21.26	W55 Joann Grissom, USA 24-10%	Walter Jenkins, CAN 83-07
Ken Ogden, USA 5:19.60	M40 Doug Smith, CAN 12:36.67	Bruce Suffield, CAN 11:21.65	M40 Doug Smith, CAN 12:36.67	W60 Kanwar Santosh, IND 16-10%	C. Rodriguez, MEX 68-08
Morris Aarbo, CAN 5:21.00	M75 Cyril Tobias, CAN 1:32:30	Steve Kashman, CAN 14:12.66	M45 John Pickard, CAN 13:26.67	W65 Johnny Valien, USA 18-06%	Manuel White, USA 112-10
M80 Doug Kyle, CAN 5:45.00	W35 M. Thompson, CAN 58:30	4X100M RELAY	W40 June Rainey, CAN 1:15:36	W70 Mary Wixey, GBR 20-00%	Aleks Upmalis, CAN 82-09
Jim Hite, USA 6:19.30	W40 June Rainey, CAN 1:15:36	M40 USA 48.15	Cathy Tedford, CAN 1:26:32	Margaret Hinton, USA 19-03%	Ed Purgalis, CAN 78-11
M. Stoketolny, CAN 6:49.40	W45 Laurie Murray, CAN 1:02:41	M40 North Caribbean 49.13	Laure Murray, CAN 1:02:41	M35 G. McCulloch, CAN 35-10%	M80 Milo Lightfoot, USA 77-08
M65 Earl Fee, CAN 5:04.90	W50 Bridget Cushman, GBR 1:19:47	MEX 50.43	Pauline Rich, GBR 1:08:56	M40 Edward Daniels, USA 35-02	W30 Wendy Dunsford, GBR 106-09
Ken Crooke, GBR 5:56.10	W55 F. Escobedo, MEX 1:13:00	M50 USA/GBR 48.78	W45 Laurie Murray, CAN 1:02:41	Bruce Lange, CAN 33-01%	Angela Nealy, USA 104-05
Luis Torres, PUR 6:02.70	W60 Eileen Quinton, GBR 1:25:53	Edmonton "B", CAN 54.88	W50 Silvino Corona, MEX 5:51.90	Dennis Chandler, USA 39-10%	Ursula Hohenberg, GER 149-00
M70 Silvino Corona, MEX 5:51.90	W65 Joselyn Ross, GBR 1:25:53	Alberta/BC, CAN 56.21	Arthur Wilson, CAN 6:22.10	Bob Sager, USA 37-08%	Debi Heit, CAN 72-03
Arthur Wilson, CAN 6:22.10	W70 Hester Wicks, GBR 1:28:05	M30 MEX/CAN 1:04.96	Gerald Cunningham, GBR 6:24.00	Marek Glowacki, CAN 129-05	Meena Joshi, IND 61-03
Gerald Cunningham, GBR 6:24.00	W80 Ivy Granstrom, CAN 2:01:26	M40 USA 48.15	Hans Weickardt, CAN 7:12.80	W. Gentleman, GBR 128-02	Joyce Thomas, TRI 112-03
M80 Hans Weickardt, CAN 7:12.80	3000M RACEWALK	M40 Ontario South, CAN 51.36	Dudley Healy, USA 7:44.00	M55 Joe Keshmiri, USA 168-09	Ruby Neumann, CAN 92-03
Dudley Healy, USA 7:44.00	M35 Jesus Escobar, MEX 13:16.00	Alberta/BC, CAN 56.21	Howard West, CAN 13:53.00	Rudy Houg, USA 136-06	Yvonne Mitchell, TRI 85-06
Howard West, CAN 13:53.00	M40 Jose Alba, MEX 16:26.00	M40 Edmonton, CAN 3:55.70	W35 M. Thompson, CAN 4:56.40	Wendell Palmer, USA 174-06	Liz McBlain, CAN 67-01
W35 M. Thompson, CAN 4:56.40	M45 Jose Salas, MEX 14:07.30	Saskatchewan, CAN 4:02.20	Janet Christ, CAN 5:02.00	W35 Sarah Boslaugh, USA 95-07	Marlene Sachs, USA 86-03
Holly Dreger, CAN 5:11.30	M40 Jose Salas, MEX 14:07.30	M50 MEX 4:09.50	Holly Dreger, CAN 5:11.30	Ursula Hohenberg, GER 149-00	Laurie Rothrock, USA 62-09
W40 Gaylene Pridham, CAN 5:03.60	M45 Gildardo Pineda, MEX 14:07.30	Edmonton "B", CAN 4:30.50	W50 Kathy Owens, CAN 6:57.60	W45 Ursula Hohenberg, GER 149-00	W55 Joann Grissom, USA 94-10
W45 Kathy Owens, CAN 6:57.60	M40 Jose Alba, MEX 16:26.00	W30 Sask./Alberta, CAN 5:03.06	W50 Judy Willmott, CAN 6:30.10	Debi Heit, CAN 72-03	Dorthea Swanson, USA 58-05
W50 Judy Willmott, CAN 6:30.10	M45 Jose Salas, MEX 14:07.30	W40 Edmonton, CAN 5:03.82	Bridget Cushman, GBR 6:58.70	W45 Ursula Hohenberg, GER 149-00	Gwyn Heseltine, NEW 47-08
Bridget Cushman, GBR 6:58.70	M40 Jose Salas, MEX 14:07.30	W50 Ontario/BC, CAN 5:36.26	Yvonne Miles, GBR 7:08.50	W45 Ursula Hohenberg, GER 149-00	Mae Turek, CAN 66-02
Yvonne Miles, GBR 7:08.50	M45 Jose Salas, MEX 14:07.30	HIGH JUMP	W55 F. Escobedo, MEX 6:16.10	W45 Ursula Hohenberg, GER 149-00	Sal Polk, USA 54-05
W55 F. Escobedo, MEX 6:16.10	M40 Jose Salas, MEX 14:07.30	M35 Walter Dixon, CAN 6-03%	J. Hodges-Hite, USA 6:37.00	W45 Ursula Hohenberg, GER 149-00	W65 Bernice Holland, USA 75-09
J. Hodges-Hite, USA 6:37.00	M40 Jose Salas, MEX 14:07.30	Terry Krahn, CAN 5-07	Shirley Smith, CAN 7:09.40	W45 Ursula Hohenberg, GER 149-00	Margaret Hinton, USA 59-01
Shirley Smith, CAN 7:09.40	M40 Jose Salas, MEX 14:07.30	Jim Stelfox, CAN 6-00%	W60 Nannie Hollicky, CAN 6:37.60	W45 Ursula Hohenberg, GER 149-00	W75 Betty Jarvis, USA 40-07
W60 Nannie Hollicky, CAN 6:37.60	M40 Jose Salas, MEX 14:07.30	Russ Regier, CAN 5-07	Ruth Carrier, CAN 6:37.70	W45 Ursula Hohenberg, GER 149-00	
Ruth Carrier, CAN 6:37.70	M40 Jose Salas, MEX 14:07.30	Antonio Gomez, MEX 5-10%	Betty Norrish, GBR 9:19.60	W45 Ursula Hohenberg, GER 149-00	
Betty Norrish, GBR 9:19.60	M40 Jose Salas, MEX 14:07.30	John Hawkins, CAN 5-10%	Joselyn Ross, GBR 9:30.00	W45 Ursula Hohenberg, GER 149-00	
Joselyn Ross, GBR 9:30.00	M40 Jose Salas, MEX 14:07.30	Horacio Reyes, MEX 4-04%	D. Brechbuehl, CAN 7:28.60	W45 Ursula Hohenberg, GER 149-00	
D. Brechbuehl, CAN 7:28.60	M40 Jose Salas, MEX 14:07.30	Harry Forest, CAN 3-08%	Carol Peebles, USA 10:04.30	W45 Ursula Hohenberg, GER 149-00	
Carol Peebles, USA 10:04.30	M40 Jose Salas, MEX 14:07.30	Ray Fitzhugh, USA 4-06	W80 Ivy Granstrom, CAN 10:04.50	W45 Ursula Hohenberg, GER 149-00	
W80 Ivy Granstrom, CAN 10:04.50	M40 Jose Salas, MEX 14:07.30	James Stookey, USA 4-11		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Phil Mulkey, USA 4-11		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Max Woarley, CAN 4-04		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Jorge Aguirre, MEX 4-04		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Dan Daniels, CAN 4-06		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Manuel White, USA 3-08		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Wib Ragland, USA 3-06%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Milo Lightfoot, USA 3-08		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Karl Trei, CAN 3-05%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Lynda Holden, CAN 4-11		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Sarah Boslaugh, USA 4-03%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Julie Wiedis, USA 3-09%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Phil Raschker, USA 4-11		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Liz McBlain, CAN 4-07		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Michael Hill, USA 4-03%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Marlene Sachs, USA 4-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Suren Vinay, IND 2-11%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Edith Gray, CAN 4-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Carol Kyle, CAN 3-11%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Kanwar Santosh, IND 3-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Johnny Valien, USA 3-05%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Margaret Hinton, USA 3-05%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Mary Wixey, GBR 3-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	POLE VAULT		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	M35 Rich Petrich, CAN 13-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Tyrone Lewis, ST 11-11%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Steve Kashman, CAN 7-08%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Ed Oleata, USA 11-05%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Phil Mulkey, USA 8-00%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	William Brobst, USA 7-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Manuel White, USA 6-02%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Ham Morningstar, USA 6-02%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Phil Raschker, USA 7-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Joy MacDonald, USA 7-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Barbara Stewart, USA 7-01%		W45 Ursula Hohenberg, GER 149-00	
	M40 Jose Salas, MEX 14:07.30	Margaret Hinton, USA 4-03%		W45 Ursula Hohenberg, GER 149-00	

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Age graded percent:	67.25%	40.27%	80.07%	40.21%	71.47%
Age: 46	2703	(591)	(422)	(638)	(437)
5 Tyrone Lewis		5.55m	FOUL	24.98	21.80m
STV		18'02.50		w: NWI 71'06.00	
Age graded mark:		6.68m		22.88	23.86m
Age graded percent:		74.70%		86.19%	33.56%
Age: 45	2550	(739)	(0)	(797)	(345)
6 Neal Schuster		4.15m	37.28m	28.92	22.56m
USA		13'07.50	122'04.00	w: NWI 74'00.00	
Age graded mark:		5.00m	48.46m	26.49	24.70m
Age graded percent:		55.85%	50.48%	74.45%	34.73%
Age: 46	2364	(382)	(566)	(486)	(361)
7 Ron Hunt		4.58m	23.34m	29.62	15.14m
CAN		15'00.50	76'07.00	w: NWI 49'08.00	
Age graded mark:		5.51m	30.32m	27.13	16.56m
Age graded percent:		61.64%	31.60%	72.69%	23.31%
Age: 49	1915	(483)	(304)	(438)	(208)
8 Rigoberto Soto		3.92m	17.14m	30.75	14.96m
MEX		12'10.50	56'03.00	w: NWI 49'01.00	
Age graded mark:		4.72m	22.28m	28.17	16.36m
Age graded percent:		52.76%	23.21%	70.02%	23.03%
Age: 47	1517	(330)	(192)	(365)	(205)

Age: 50-54					
1 Bruce Selby		4.71m	24.86m	27.12	25.74m
CAN		15'05.50	81'07.00	w: NWI 84'05.00	
Age graded mark:		6.07m	35.50m	23.98	27.76m
Age graded percent:		67.87%	36.99%	82.26%	39.04%
Age: 53	2805	(602)	(377)	(695)	(421)
2 Bruce D Charles		4.83m	31.12m	26.58	20.28m
GBR		15'10.25	102'01.00	w: NWI 66'06.00	
Age graded mark:		6.22m	44.44m	23.50	21.86m
Age graded percent:		69.60%	46.31%	83.94%	30.76%
Age: 52	2803	(635)	(507)	(739)	(307)
2 Horacio Reyes		4.25m	24.32m	29.39	21.44m
MEX		13'11.50	79'09.00	w: NWI 70'04.00	
Age graded mark:		5.47m	34.74m	25.99	23.12m
Age graded percent:		61.24%	36.19%	75.91%	32.52%
Age: 53	2134	(475)	(366)	(525)	(331)
3 Jack White		4.03m	24.86m	30.04	25.34m
CAN		13'02.75	81'07.00	w: NWI 83'02.00	
Age graded mark:		5.19m	35.50m	26.56	27.32m
Age graded percent:		58.07%	36.99%	74.27%	38.43%
Age: 50	1913	(419)	(377)	(481)	(412)
4 Harry Forest		3.08m	17.20m	34.73	18.68m
CAN		10'01.25	56'05.00	w: NWI 61'03.00	
Age graded mark:		3.96m	24.56m	30.71	20.14m
Age graded percent:		44.38%	25.60%	64.24%	28.33%
Age: 53	1282	(199)	(223)	(212)	(275)

Age: 55-59					
1 John Ross		4.94m	41.94m	26.88	27.32m
GBR		16'02.50	137'07.00	w: NWI 89'07.00	
Age graded mark:		6.81m	65.82m	22.94	32.84m
Age graded percent:		76.12%	68.59%	86.01%	46.20%
Age: 56	3679	(769)	(826)	(791)	(521)
1 Ed Oleata		4.77m	31.58m	26.03	34.58m
USA		15'07.75	103'07.00	w: NWI 113'05.00	
Age graded mark:		6.57m	49.56m	22.21	41.58m
Age graded percent:		73.50%	51.64%	88.82%	58.47%
Age: 57	3555	(713)	(582)	(862)	(697)
2 Merv Armstrong		4.43m	29.40m	28.53	26.82m
CAN		14'06.50	96'05.00	w: NWI 88'00.00	
Age graded mark:		6.10m	46.14m	24.34	32.24m
Age graded percent:		68.26%	48.08%	81.04%	45.35%
Age: 55	2904	(608)	(532)	(663)	(509)
3 Norm Reynolds		4.47m	23.74m	27.78	22.92m
CAN		14'08.00	77'11.00	w: NWI 75'02.00	
Age graded mark:		6.16m	37.26m	23.70	27.56m
Age graded percent:		68.88%	38.82%	83.23%	38.76%
Age: 55	2816	(621)	(403)	(720)	(417)
4 Ray Fitzhugh		4.34m	30.28m	32.93	26.30m
USA		14'03.00	99'04.00	w: NWI 86'03.00	
Age graded mark:		5.98m	47.52m	28.10	31.62m
Age graded percent:		66.87%	49.52%	70.21%	44.47%
Age: 59	2000	(582)	(552)	(370)	(496)

Age: 60-64					
1 Phil Mulkey		5.34m	37.34m	28.87	45.38m
USA		17'06.25	122'06.00	w: NWI 148'10.00	
Age graded mark:		7.87m	59.34m	23.75	50.70m
Age graded percent:		87.97%	61.82%	83.03%	71.30%
Age: 61	3356	(1027)	(728)	(716)	(885)
2 Ronald Johnson		4.03m	25.06m	31.24	30.12m
NZL		13'02.75	82'03.00	w: NWI 98'10.00	
Age graded mark:		5.94m	39.82m	25.70	33.64m
Age graded percent:		66.39%	41.49%	76.73%	47.32%
Age: 62	2820	(574)	(440)	(548)	(537)
2 William Brobst		3.41m	23.72m	34.54	25.98m
USA		11'02.25	77'10.00	w: NWI 85'03.00	
Age graded mark:		5.02m	37.68m	28.42	29.02m
Age graded percent:		56.18%	39.27%	69.40%	40.82%
Age: 64	1969	(386)	(409)	(349)	(445)

Age: 65-69					
1 William Daprano		3.92m	30.94m	30.14	31.16m
USA		12'10.50	101'06.00	w: NWI 102'03.00	
Age graded mark:		6.18m	54.02m	23.80	38.80m
Age graded percent:		69.14%	56.29%	82.88%	54.58%
Age: 67	2951	(626)	(648)	(711)	(640)
2 Dan Daniels		3.93m	22.98m	30.67	26.40m
CAN		12'10.75	75'05.00	w: NWI 86'07.00	
Age graded mark:		6.19m	40.12m	24.22	32.88m
Age graded percent:		69.31%	41.80%	81.45%	46.24%
Age: 65	2835	(628)	(444)	(673)	(521)
3 Jim Flowers		3.77m	19.96m	33.42	25.64m
CAN		12'04.50	65'06.00	w: NWI 84'01.00	
Age graded mark:		5.94m	34.86m	26.39	31.92m
Age graded percent:		66.49%	36.31%	74.75%	44.91%
Age: 66	1990	(574)	(368)	(494)	(502)

Age: 85 & Over					
1 Karl Trei		3.17m	20.30m	43.52	19.00m
CAN		10'05.00	66'07.00	w: NWI 62'04.00	
Age graded mark:		6.78m	54.38m	26.87	38.78m

Women's Outdoor Pentathlon

Name	Points	80LH	HJUMP	SP	LJUMP	800R
Age: 45-49						
1 Phil Raschker		12.42	1.57m	8.45m	5.36m	2:38.41
USA		w: NWI 5'01.75	27'08.75	w: +1.0		
Age graded mark:		13.29	1.91m	10.35m	6.65m	2:21.08
Age graded percent:		91.87%	91.81%	48.29%	88.45%	80.01%
Age: 47	4617	(1081)	(1119)	(552)	(1056)	(809)
Age: 50-54						
1 Marlene Sachs		15.91	1.27m	8.79m	4.05m	2:59.24
USA		w: NWI 4'02.00	28'10.25	w: +1.1		
Age graded mark:		16.40	1.64m	10.70m	5.40m	2:32.65

Age graded percent:	74.48%	78.88%	49.89%	71.81%	73.95%
Age: 50	3355	(666)	(783)	(575)	(671)
2 Jacqueline Charles		16.85	1.21m	7.31m	3.75m
GBR		w: NWI 3'11.50	23'11.75	w: +0.6	
Age graded mark:		17.37	1.56m	8.90m	5.00m
Age graded percent:		70.33%	75.16%	41.49%	66.49%
Age: 52	2577	(555)	(689)	(458)	(559)
Age: 55-59					
1 Monica Tang-Wing		18.27	1.24m	7.08m	3.82m
TRI		w: NWI 4'00.75	23'02.75	w: +0.6	
Age graded mark:		17.74	1.71m	9.88m	5.47m
Age graded percent:		68.86%	81.58%	46.09%	72.90%
Age: 58	3228	(516)	(867)	(522)	(691)
Age: 65-69					
1 Johnnye Valien		19.51	1.06m	5.84m	3.52m
USA		w: NWI 3'05.75	19'02.00	w: +0.3	
Age graded mark:		16.48	1.65m	10.72m	5.83m
Age graded percent:		74.12%	79.10%	50.00%	77.53%
Age: 69	3316	(657)	(795)	(577)	(798)
Age graded percent:		75.84%	56.66%	73.41%	54.54%
Age: 85	2513	(762)	(654)	(457)	(640)

Weight Pentathlon Men Age Graded Results, Aug. 7

Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
----- 35-39 --(Non Championship Division)						
1 Vlad Dzavik		33.58m	9.43m	28.80m	32.64m	8.72m
CAN		110'02.00	30'11.25	94'06.00	107'01.00	28'07.50
Age graded mark:		33.58m	9.43m	28.80m	35.12m	9.06m
Age graded percent:		40.33%	42.48%	40.49%	36.60%	36.24%
Age: 37	2064	(408)	(451)	(441)	(372)	(392)
----- 40-44 -----						
1 Edward Daniels		40.98m	10.29m	32.60m	28.22m	11.33m
USA		134'05.00	33'09.25	106'11.00	92'07.00	37'02.25
Age graded mark:		45.44m	10.90m	32.60m	33.38m	12.72m
Age graded percent:		54.59%	49.14%	45.84%	34.77%	50.88%
Age: 42	2600	(601)	(540)	(516)	(347)	(596)
2 Bruce Lange		19.76m	9.70m	28.54m	38.90m	7.31m
CAN		64'10.00	31'10.00	93'08.00	127'07.00	23'11.75
Age graded mark:		21.90m	10.28m	28.54m	46.00m	8.20m
Age graded percent:		26.32%	46.32%	40.13%	47.93%	32.82%
Age: 44	2034	(222)	(502)	(436)	(530)	(344)
3 Brian Berquist		19.18m	10.10m	28.82m	35.64m	7.01m
CAN		62'11.00	33'01.75	94'07.00	116'11.00	23'00.00
Age graded mark:		21.26m	10.70m	28.82m	42.14m	7.87m
Age graded percent:		25.55%	48.23%	40.52%	43.91%	31.48%
Age: 41	1980	(212)	(528)	(441)	(473)	(326)
----- 45-49 -----						
1 Rex Harvey		22.48m	11.31m	36.04m	44.52m	10.84m
USA		73'09.00	37'01.25	118'03.00	146'01.00	35'06.75
Age graded mark:		27.66m	13.35m	39.46m	57.86m	13.15m
Age graded percent:		33.23%	60.16%	55.48%	60.28%	52.62%
Age: 48	2983	(313)	(689)	(654)	(706)	(621)
2 Bob Sager		36.46m	10.84m	30.38m	32.48m	12.25m
USA		119'07.00	35'06.75	99'08.00	106'07.00	40'02.25
Age graded mark:		44.88m	12.80m	33.26m	42.22m	14.86m
Age graded percent:		53.90%	57.66%	46.77%	43.98%	59.47%
Age: 46	2968	(592)	(655)	(529)	(474)	(718)
3 Tim Edwards		28.62m	10.11m	32.64m	32.52m	9.56m
USA		93'11.00	33'02.00	107'01.00	106'08.00	31'04.50
Age graded mark:		35.22m	11.94m	35.72m	42.26m	11.59m
Age graded percent:		42.31%	53.78%	50.25%	44.04%	46.41%
Age: 46	2624	(435)	(603)	(578)	(475)	(533)
4 Ron Chmielewski		22.10m	9.63m	28.18m	28.44m	8.78m
CAN		72'06.00	31'07.25	92'05.00	93'04.00	28'09.75
Age graded mark:		27.20m	11.37m	30.84m	36.96m	10.65m
Age graded percent:		32.67%	51.22%	43.38%	38.51%	42.62%
Age: 45	2233	(306)	(568)	(481)	(398)	(480)
----- 50-54 -----						
1 George Mathews		47.34m	12.58m	31.42m	34.28m	17.49m
USA		155'04.00	41'03.25	103'01.00	112'06.00	57'04.75
Age graded mark:		58.80m	15.04m	33.88m	48.96m	19.38m
Age graded percent:		70.61%	67.78%	47.66%	51.01%	77.53%
Age: 51	3706	(823)	(792)	(541)	(573)	(977)
2 William Gentleman		49.96m	10.41m	36.74m	28.02m	13.70m
GBR		163'11.00	34'02.00	120'06.00	91'11.00	44'11.50
Age graded mark:		62.04m	12.45m	39.62m	40.02m	15.18m
Age graded percent:		74.52%	56.09%	55.73%	41.70%	60.73%
Age: 54	3346	(877)	(634)	(657)	(442)	(736)
2 Marek Glowacki		35.22m	11.81m	37.92m	37.70m	12.28m
CAN		115'07.00	38'09.00	124'05.00	123'08.00	40'03.50
Age graded mark:		43.74m	14.12m	40.90m	53.84m	13.60m
Age graded percent:		52.54%	63.63%	57.52%	56.10%	54.43%
Age: 53	3284	(573)	(736)	(683)	(646)	(646)
----- 55-59 -----						
1 Richard Hotchkiss		46.76m	13.87m	44.28m	42.28m	16.91m
USA		153'05.00	45'06.25	145'03.00	138'08.00	55'05.75
Age graded mark:		64.46m	18.48m	53.24m	66.36m	20.24m
Age graded percent:		77.42%	83.30%	74.87%	69.14%	80.99%
Age: 55	4721	(917)	(1005)	(938)	(834)	(1027)
2 Eero U Outinen		32.62m	10.38m	30.62m	FOUL	
CAN		107'00.00	34'00.75	100'05.00		39'03.75
Age graded mark:		44.96m	13.83m	36.82m		14.34m
Age graded percent:		54.01%	62.34%	51.78%		57.38%
Age: 57	2599	(593)	(718)	(600)	(0)	(688)
----- 60-64 -----						
1 Len Olson		41.18m	12.45m	45.82m	37.78m	17.17m
USA		135'01.00	40'10.25	150'04.00	123'11.00	56'04.00
Age graded mark:		57.50m	16.87m	51.18m	60.04m	19.87m
Age graded percent:		69.07%	76.05%	71.99%	62.55%	79.49%
Age: 63	4344	(801)	(905)	(895)	(738)	(1005)
2 Wendell Palmer		41.22m	13.32m	45.34m	35.58m	15.95%
USA		135'03.00	43'08.50	148'09.00	116'09.00	52'04.00
Age graded mark:		57.56m	18.05m	50.66m	56.54m	18.46m
Age graded percent:		69.14%	81.37%	71.23%	58.91%	73.84%
Age: 62	4274	(802)	(978)	(884)	(686)	(924)
3 Ray Felick		35.40m	12.53m	35.40m	37.20m	14.80m
Age graded mark:		49.44m	16.98m	39.54m	59.12m	17.12m
Age graded percent:		59.38%	76.54%	55.62%	61.59%	68.52%
Age: 62	3806	(667)	(912)	(655)	(725)	(847)
4 James Rothrock		30.46m	12.39m	33.72m	41.10m	13.90m
USA		99'11.00	40'07.75	110'07.00	134'10.00	45'07.25
Age graded mark:		42.54m	16.79m	37.66m	55.32m	16.08m
Age graded percent:		51.09%	75.69%	52.98%	68.05%	64.35%
Age: 61	3676	(554)	(900)	(617)	(818)	(787)
5 Udo Grady		39.40m	10.72m	35.60m	23.78m	14.25m
CAN		129'03.00	35'02.00	116'09.00	78'00.00	46'09.00
Age graded mark:		55.02m	14.53m	39.76m	37.78m	16.49m
Age graded percent:		66.09%	65.49%	55.93%	39.37%	65.97%
Age: 60	3402	(760)	(761)	(660)	(410)	(501)

Continued from previous page

6 Max Woerle	39.80m	9.72m	34.54m	28.10m	14.20m
CAN	130'07.00	31'10.75	113'04.00	92'02.00	46'07.25
Age graded mark:	55.58m	13.17m	38.58m	44.64m	16.43m
Age graded percent:	66.76%	59.38%	54.27%	46.52%	65.74%
Age: 64	3401	(769)	(678)	(636)	(510)
7 Donald Levesque	29.90m	8.23m	32.02m	18.26m	14.03m
USA	98'01.00	27'00.00	105'01.00	59'11.00	46'00.50
Age graded mark:	41.76m	11.15m	35.76m	29.02m	16.23m
Age graded percent:	50.15%	50.27%	50.31%	30.23%	64.95%
Age: 62	2756	(541)	(555)	(579)	(796)
8 Phil Mulkey	31.32m	12.73m	39.56m	DNS	DNS
USA	102'09.00	41'09.25	129'09.00		
Age graded mark:	43.74m	17.25m	44.20m		
Age graded percent:	52.53%	77.76%	62.15%		
Age: 61	2252	(573)	(929)	(750)	(0)
----- 65-69 -----					
1 Art Jaggo	28.98m	9.76m	34.12m	25.36m	9.06m
CAN	95'01.00	32'00.25	111'11.00	83'02.00	29'08.75
Age graded mark:	44.92m	14.74m	42.50m	44.28m	11.33m
Age graded percent:	53.95%	66.39%	59.77%	46.13%	45.32%
Age: 68	3105	(593)	(774)	(716)	(504)
----- 70-74 -----					
1 Walter Jenkins	35.82m	9.04m	24.24m	25.20m	12.88m
CAN	117'06.00	29'08.00	79'06.00	82'08.00	42'03.25
Age graded mark:	55.12m	13.60m	33.66m	48.36m	15.56m
Age graded percent:	66.20%	61.29%	47.33%	50.38%	62.28%
Age: 73	3324	(761)	(704)	(537)	(564)
----- 75-79 -----					
1 Manuel White #413	28.90m	10.28m	31.74m	30.76m	13.43m
USA	94'10.00	33'08.75	104'02.00	110'11.00	44'00.75
Age graded mark:	49.36m	17.24m	49.12m	64.86m	17.54m
Age graded percent:	59.28%	77.70%	69.09%	67.57%	70.17%
Age: 78	4128	(666)	(928)	(852)	(811)
2 Hamilton Morningstar	25.24m	9.65m	30.06m	23.40m	11.31m
USA	82'10.00	31'08.00	98'07.00	76'09.00	37'01.25
Age graded mark:	43.10m	16.18m	46.52m	49.34m	14.77m
Age graded percent:	51.77%	72.94%	65.43%	51.41%	59.09%
Age: 77	3514	(563)	(862)	(798)	(579)
3 Ed Purgalis	26.36m	8.55m	23.46m	28.52m	10.01m
CAN	86'06.00	28'00.75	77'00.00	93'07.00	32'10.25
Age graded mark:	45.02m	14.34m	36.32m	60.14m	13.07m
Age graded percent:	54.07%	64.63%	51.07%	62.65%	52.30%
Age: 77	3289	(594)	(749)	(590)	(740)

Weight Pentathlon Women Age Graded Results

Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
----- 34 & Under --(Non-Championship Division)-----						
1 Wendy Dunsford		32.50m	10.37m	28.42m	17.48m	10.04m
GBR		106'07.00	34'00.25	93'03.00	57'04.00	32'11.25
Age graded mark:		32.50m	10.37m	28.42m	17.92m	12.15m
Age graded percent:		54.17%	48.34%	38.47%	22.41%	63.46%
Age: 34	2399	(547)	(554)	(433)	(250)	(615)
----- 35-39 -----						
1 Sarah Boslaugh		27.90m	10.29m	27.60m	20.88m	11.59m
USA		91'06.00	33'09.25	90'07.00	68'06.00	38'00.50
Age graded mark:		28.12m	10.29m	27.60m	24.32m	15.10m
Age graded percent:		46.89%	47.97%	37.36%	30.42%	78.90%
Age: 38	2585	(453)	(548)	(417)	(370)	(797)
----- 40-44 -----						
1 Debi Heit		22.80m	8.13m	18.76m	21.06m	7.52m
CAN		74'10.00	26'08.25	61'06.00	69'01.00	24'08.25
Age graded mark:		25.38m	8.68m	19.86m	27.88m	10.55m
Age graded percent:		42.33%	40.51%	26.91%	34.87%	55.13%
Age: 43	2066	(394)	(443)	(275)	(437)	(517)
2 Meena Joshi		6.08m	17.90m	13.72m	8.95m	
IND		19'11.50	58'09.00	45'00.00	29'04.50	
Age graded mark:		6.49m	18.96m	18.16m	12.56m	
Age graded percent:		30.29%	25.68%	22.72%	65.62%	
Age: 41	1457	(0)	(302)	(259)	(255)	(641)
----- 45-49 -----						
1 Yvonne Mitchell		25.88m	7.81m	25.92m	19.14m	8.06m
TRI		84'11.00	28'11.00	85'00.00	62'09.00	26'05.50
Age graded mark:		31.84m	10.79m	31.02m	28.80m	12.18m
Age graded percent:		53.09%	50.34%	42.02%	36.00%	63.61%
Age: 49	2667	(533)	(581)	(482)	(454)	(617)
2 Liz McBlain		20.56m	8.80m	19.50m	19.58m	8.38m
CAN		67'05.00	28'10.50	64'00.00	64'03.00	27'06.00
Age graded mark:		25.30m	10.78m	23.34m	29.46m	12.66m
Age graded percent:		42.17%	50.29%	31.61%	36.83%	66.14%
Age: 46	2424	(392)	(581)	(338)	(466)	(647)
----- 50-54 -----						
1 Laurie Rothrock		22.16m	7.64m	21.40m	17.48m	8.04m
USA		72'08.00	25'00.75	70'02.00	57'04.00	26'04.50
Age graded mark:		26.08m	9.30m	28.94m	25.42m	10.45m
Age graded percent:		43.49%	43.36%	39.19%	31.78%	54.58%
Age: 52	2236	(409)	(484)	(442)	(390)	(511)
----- 55-59 -----						
1 Joann Grissom		29.20m	11.67m	20.76m	24.04m	11.23m
USA		95'10.00	38'03.50	68'01.00	78'10.00	36'10.25
Age graded mark:		37.98m	16.29m	31.72m	39.72m	15.72m
Age graded percent:		63.30%	75.98%	42.96%	49.67%	82.09%
Age: 56	3608	(667)	(948)	(495)	(662)	(836)
2 Dortha Swanson		25.82m	7.37m	18.86m	18.50m	8.55m
USA		84'08.00	24'02.25	61'10.00	60'08.00	28'00.75
Age graded mark:		33.58m	10.29m	28.82m	30.58m	11.97m
Age graded percent:		55.97%	47.98%	39.03%	38.22%	62.50%
Age: 57	2651	(571)	(548)	(440)	(488)	(604)
3 Gwyn Heselstine		19.78m	6.76m	14.94m	12.92m	7.31m
NZL		64'11.00	22'02.25	49'00.00	42'05.00	23'11.75
Age graded mark:		25.72m	9.43m	22.84m	21.34m	10.23m
Age graded percent:		42.88%	44.01%	30.92%	26.69%	53.44%
Age: 56	2034	(401)	(492)	(329)	(314)	(498)
4 Barbara Dunsford		22.50m	7.15m	11.42m	10.54m	6.80m
GBR		73'10.00	23'05.50	37'06.00	34'07.00	22'03.75
Age graded mark:		29.26m	9.98m	17.44m	17.42m	9.52m
Age graded percent:		48.78%	46.55%	23.63%	21.78%	49.71%
Age: 58	1933	(477)	(528)	(232)	(241)	(455)
----- 60-64 -----						
1 Sal Polk		22.82m	7.08m	18.10m	15.36m	6.69m
USA		74'10.00	23'02.75	59'04.00	50'05.00	21'11.50
Age graded mark:		32.78m	11.33m	31.26m	28.84m	8.15m
Age graded percent:		54.66%	52.88%	42.33%	36.06%	42.58%
Age: 64	2483	(553)	(617)	(486)	(455)	(372)
----- 65-69 -----						
1 Bernice Holland		28.16m	7.87m	23.70m	20.74m	8.22m
USA		92'05.00	25'10.00	77'09.00	68'00.00	26'11.75
Age graded mark:		44.70m	14.45m	46.26m	44.26m	10.78m
Age graded percent:		74.50%	67.38%	62.63%	55.34%	56.34%
Age: 67	3696	(815)	(824)	(777)	(749)	(531)
----- 75-79 -----						
1 Betty M Jarvis		16.22m	5.44m	14.78m	11.20m	5.08m
USA		53'02.00	17'10.25	48'06.00	36'09.00	16'08.00

Age graded mark:	31.42m	13.14m	36.82m	30.86m	7.73m
Age graded percent:	52.37%	61.26%	49.87%	38.59%	40.38%
Age: 79	2694	(524)	(737)	(593)	(347)

LONG
DISTANCE
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.

EAST

NYRRC Equalizer 10K

Aug. 6; NYC

(finish times are handicap, not actual)

1 Luis-Antonio Flores	52:28.47
2 Mike Wilson	28:59
3 James Fillis	29:09
4 Marv Turetsky	29:21
5 Julio Aguirre	29:33
6 Wayne Pizarro	29:51
7 Mark Selwyn	29:56
8 David DeSoto	30:04
9 Mike Goldman	30:26
10 Mike Galasso	30:31

1 Deborah Grossman	38:28:53
2 B Bellinghausen	60:29:24
3 Helene Hines	29:41
4 Ellen Cohen	30:27
5 Terri Sonenclar	37:31:35
6 Wendy Silverstein	40:32:04

NYRRC Hispanic

Half-Marathon

Central Park, NYC; Aug. 14

Overall	
Raul Puente, 29	1:11:01
Ana Rios 33	1:25:08
M40 Sean Doyle	1:18:40
Primitivo Garcia	1:25:30
Louis Calvano	1:25:36
M45 Jack Waitz	1:27:55
Mike Wilson	1:31:05
Ed Barry	1:34:03
M50 Sam Skinner	1:23:20
Gary Muhrock	1:28:36
Luis-Antonio Flores	1:29:03
M55 Peter Kellner	1:32:31
Philmore Brewer	1:33:39
Jose Mendez	1:35:55
M60 Leon Arango	1:37:55
Ken Jones	1:42:26
George Reilly	1:43:39
M65 Hector Pacheco	1:43:04
John Corrigan	1:48:00
Joe Burns	1:49:51
M70 Wm Coyne	2:00:29
Sab Kolde	2:07:32
Wallace Cutler	2:09:17
M75+Andrew Neidig	2:15:35
Wilfredo Rios	2:23:55
Charles Feldman	2:36:07
M40 Wendy Silverstein	1:37:54
Teiko Schultz	1:39:53
Amy Bahrt	1:41:08
M45 Ann Davies	1:35:04
Lee Saroken	1:42:40
Marjorie Kos	1:47:27
M50 Susanna Beltrandi	1:51:37
Melanie Benvenue	1:55:54
Susan Sternheimer	1:56:38
M55 Wen-Shi Yu	1:48:55
Billie Moten	2:23:06
Ceil Laikind	2:23:12
M60 Bertha Bellinghausen	1:45:47
Lisa Praskins	1:50:55
Rosa Nales	2:01:02
M65 Daisy Klein	2:45:46
M70+Althea Wetherbee	752:49:06

Long Island 5K

Heckscher State Park, NY
Aug. 15

Overall	
Steve Wlefer	25:58
Linda Bohman	30:38
M35 John McGorey	27:49
Steve McKnight	28:45
M40 Dan Brach	27:22
John Lupski	28:30
Dennis Nee	29:11
M45 Jim Walsh	28:05
Dave Oakley	29:26
Kieran Kelly	29:48
M50 Maury Dean	28:54
Bob Pike	29:24
Dan Badalament	30:34
M55 Jose Mendez	32:23
Ed Schulte	33:21
M60 Paul Ketcham	35:21
Rich Bloom	37:25
M65 Colin Harris	34:52
John Sullivan	35:22
M70+Pete D'Iorio	43:05
Sid Platt	43:47
M35 Sue Iaccino	30:59
Waltrand Leitner	34:29
M40 Diane Gordon	31:57
Diane Schubert	33:57
Jane Faraldi	34:36

Carl Burnett Memorial 4 Mile

Hempstead, NY; Aug. 20

Overall	
Trevor Murray	18:29
Sandra Natal	22:52
M35 John Williams	21:08
M40 John Lupski	22:06
Ray Harris	24:20
M45 Steve Hill	25:01
C Campbell	26:47
M50 Maury Dean	22:12
Ed Wilson	25:07
M55 Tom Bartha	27:49
M60 Siegfried Kreye	33:31
M70 George Dennis	38:32
M35 Jean Ferguson	34:17
M40 Michelle Nero	26:59
M45 Carolyn Moore	28:13
Annie Perry	30:10

NYRRC Back To Work 4 Mile

Central Park; Aug. 28

Overall	
Hamid Boujlid	19:54
Susan Doyle	24:30
M30 Eugene Kabacinski	35:20:45
Ed Bridge	20:46
M40 Sean Doyle	20:34
Keith Brown	21:36
Nick Caswell	22:23
M45 Joe Porcaro	22:56
Bill Hart	23:55
Julio Aguirre	23:56
M50 Sam Skinner	22:53
Pat Cosgrove	23:51
Jack Brennan	24:52

Continued from previous page

2. Juan Yanes	27:05
3. Bob Cella	29:31
M40 Mike Mason	29:54
Donald Matuszak	32:06
Dana Sanders	33:21
M50 John Timmons	35:36
Jap Caplen	36:15
Alton Harnage	36:29
M60 Murray Glaser	32:35
John McClacian	33:11
Willis Ross	35:31
M70+ Sumner Shafmaster	33:24
Jerome Kaufman	34:36
Christopher Lorenzo	35:48

Overall Women's Masters

1. Linda Stein	28:20
2. Elizabeth Nelson	29:37
3. Vivian Johnson	32:04
W40 Roswitha Sidelko	35:09
Audrey O'Brien	37:05
Belinda Mall	38:22
W50 Kay Cella	35:10
Diana Dettmering	36:04
Patricia Baran	36:12
W60 Marcia Shafmaster	35:33
Ruth Perraud	35:54
Anne Sorrelle	36:50
W70+ Vivian Jeffers	39:46
Trudy Byer	51:28

MIDWEST**Wolfpack 20 Miler****Ohio USATF Championships
Columbus, OH; Mar. 27**

Overall	
Kevin O'Grady	2:05:28
Robin Ruf	2:30:49
M40 Bob Kneisel	2:23:48
Dave Thompson	2:25:36
Steve Bush	2:35:11
Howard McAllister	2:43:07
M45 Gary Evans	2:22:35
Glenn Reeser	2:28:11
David Linn	2:50:11
M50 Leonard Fisher	3:11:22
M55 Peter Reynolds	2:42:17
Dennis Allison	3:19:10
M60 Jerry Haddock	3:15:42
Glenn Jividen	3:25:18
W40 Pam Spencer	3:11:25
W50 Barb Jerman	3:15:42

Wolfpack 50 Miler**Ohio USATF Championships
Columbus, OH; Mar. 27**

Overall	
Al Zeller	6:20:43
Debbie Jones	8:12:20
M40 Robin Fry	6:53:46
Ken Burge	7:37:48
Phil Freeland	7:48:18
M45 Al Zeller	6:20:43
Frederick Davis	8:00:02
Martin Yecies	9:19:59
David Hughes	9:22:40
M55 Norm Roof	7:39:55
Andrew Lovy	12:44:00
M60 Dick Good	10:33:42
W40 Debbie Jones	8:12:20
W45 Charlotte Gerkin	8:56:25

Ellen's 5K**East Lansing, MI; July 24**

Overall	
Kevin Ward	15:52
Karen McClachie	18:29
M35 Bob Pettibone	16:51
M40 Jon Kermiet 2nd	16:13
M45 Ken Rowe	16:58
M50 Maury Dean	17:42
M55 Harry Tellman	18:08
M60 Norm Eastman	18:45
M65 Jim Forshee	20:11
W35 Dorianne Carroll	19:19
W40 Sharl Sexton	21:14
W45 Rhonda Tahagishi	27:36
W50 Ellen Nitz	21:10
W60 Eliz Anderson	31:13

Midsummer Night's 5K**Novi, MI; July 28**

Overall	
Jeff Martin	15:38
Nancy Schubring	19:16
M35 Chuck Block	16:17
M40 Bob Cvenyros	17:37
M45 Bill Anderson	20:13
M50 Maury Dean	17:38
M60+Jim Beall	19:54
W35 Marie Osborne	22:25
W40 Martha Ritchie	20:42
W45 Jan Valade	23:33
W50 Mary Lynn Ponto	26:44
W50+Loree Gila	24:32

Grand Blanc Festival 5K**Grand Blanc, MI; July 30**

Overall	
Matt Vernie 15	16:34
Becky Duda 24	18:05
M35 Michael Gould	18:08
Tom Adams	18:15

M40 Michael Manor	17:39
Robert Perry	18:13
M45 Bill Stratton	21:48
Joseph Griffin	21:57
M50 Maury Dean 51	17:32
Ed Skrelunas	18:39
M55 Richard Noteboom	22:56
Marvin Dipzinski	23:17
M60 Darrell McKee	21:07
M65 Larry Lauletta	26:00
W35 Mel Trowbridge	20:03
Rebecca Pettengill	24:20
W40 Carol Ray	24:11
Michelle Crandell	24:16
W45 S M Huggler	24:11
Norma Shue	24:56
W50 Pamela Lovell	22:01
Nancy Teel	24:01
W55 Diane Dipzinski	24:19
W65 Charlotte Williams	27:21
Racewalkers Top 40+	
DeWayne Butterworth 47	30:41
Diane Jerichow 42	33:13

**Parkersburg Half-Marathon
Parkersburg, WV; Aug. 20**

Overall	
Godfrey Kiprotich	1:03:10
Nadia Prasad	1:11:55
M40 Joao Da Silva	1:09:44
Ric Sayre	1:09:56
Doug Kurtis	1:11:07
Reno Stirrat	1:11:09
Vladimir Krivoy	1:12:36
Richard Banning	1:13:10
Allen Choma	1:13:12
Jim Scheckel	1:15:47
Don Slusser	1:17:32
Tim Reed	1:18:45
M45 Terry McClusky	1:14:50
Dan Giner	1:17:57
Dale Leeper	1:19:26
Keith Matthews	1:20:50
Terry Heany	1:22:04
M50 Tom Dooley	1:18:26
Peter Warner	1:24:02
Raymond Renaud	1:28:00
Larry May	1:28:04
Liam Ryan	1:29:36
M55 Jerry McGath	1:19:30
Fay Bradley	1:20:00
Ron Rohrer	1:22:50
Wayne Wheeler	1:30:49
Daniel Cook	1:36:22
M60 Burr Grim	1:26:06
Jack Cagot	1:35:36
Clay Baker	1:36:11
Carl Trimmer	1:40:48
Donald Hammond	1:41:45
M65 Jim Blount	1:38:22
Rich Lamermyer	1:40:58
Matt Norris	1:41:02
Edmond Peters	1:49:12
Larry Nolan	1:49:44
M70 Lou Lodovico	1:47:24
Harry Kirsch	1:53:31
Ken Robinson	1:59:35
Ray Coval	2:07:51
Cecil Shearhart	2:08:55
W40 Lorraine Caldwell	2:26:55
Maria Gomes	1:27:45
Elaine Wilmoth	1:31:16
Betty Blank	1:31:52
Eileen Telford	1:32:47
Susan Mortakis	1:34:43
Bobbi Hackman	1:37:35
Sandy Padgett	1:41:01
W45 Cla. Ciavarella	1:25:30
June Schlabach	1:28:29
Jeannie Rice	1:40:17
Loretta Toms	1:44:06
Carole Schottma	1:46:43
Jean Pitchford	1:47:58
Cathryn Tooker	1:49:20
W50 Elizabeth Ervin	1:37:00
Pauline Niilend	1:39:51
Deb Bramlage	1:50:52
Barbara Jerman	1:52:17
Jean Fry	1:52:18
M55 Susie Kluttz	1:44:28
Wilma Lang	1:53:55
Caro Westerman	1:57:07
Barbara Ramsey	2:01:22
Barb Scarbro	2:06:21
W60 Ellen Lipscomb	2:03:13
Myrtle Tourtlot	2:31:15
Eleanor Longwell	3:15:33
W70+Margaret Hagerty	4:34:32

Overall

M40 Michael Manor	17:39
Robert Perry	18:13
M45 Bill Stratton	21:48
Joseph Griffin	21:57
M50 Maury Dean 51	17:32
Ed Skrelunas	18:39
M55 Richard Noteboom	22:56
Marvin Dipzinski	23:17
M60 Darrell McKee	21:07
M65 Larry Lauletta	26:00
W35 Mel Trowbridge	20:03
Rebecca Pettengill	24:20
W40 Carol Ray	24:11
Michelle Crandell	24:16
W45 S M Huggler	24:11
Norma Shue	24:56
W50 Pamela Lovell	22:01
Nancy Teel	24:01
W55 Diane Dipzinski	24:19
W65 Charlotte Williams	27:21
Racewalkers Top 40+	
DeWayne Butterworth 47	30:41
Diane Jerichow 42	33:13

Crim 10 Mile**Flint, MI; Aug. 27**

M40 Martin Mondragon	49:13
Douglas Kurtis	52:43
Ric Sayre	53:17
Allen Choma	53:29
Terry Elsey	54:33
Ron Falck	54:45
Ronnie Ensing	57:09
Earl McWilliams	57:26
Paul Krebsbach	57:31
Mike McGlynn	57:44
Gary Wolfram	57:51
Matthew Savage	58:24
M45 M45 Walter Herrala	56:20
Randy Bulla	57:13
P T Deladurantaye	58:12
Ronald Ruffin	58:13
Tony Eddy	59:16
David Cuevas	59:40
James Carter	60:45
Xavier Cook	61:07
Tim Flues	61:34

Daswell Campbell	61:58
M50 Douglas Goodhue	60:18
Richard Ferguson	61:02
Frank Wilson	61:32
James Carlton	62:02
John Rogucki	62:16
Robert Penilo	62:41
Ken Raymond	64:21
John Farah	64:33
M55 Jim O'Neill	54:46
Paul Griffin	63:58
Ed Skrelunas	64:55
Bill Parrott	65:56
Ralph Judd	66:24
James Matherley	67:14
M60 Larry Nicholson	66:18
Jerry Francis	70:16
Ralph Palmer	70:58
Darrell McKee	72:15
Robert Daly	72:51
M65 James Beall	69:38
James Forshee	70:34
John Kolmetz	73:36
M70+Marlynn Bandlow 72	80:48
Nathan Pack 71	87:39
Jim Parker	89:07
Joe Thornburg 77	93:32
W40 Suzanne Ray	59:33
Karen Blackford	61:12
Carol Poenisch	63:06
Glenda Slaymaker	63:52
Nathalie McCoy	66:22
Elizabeth Doyle	69:10
Bonnie Alanson	69:32
Jane Seidel	69:55
W45 Theresa Mahr	61:54
Teresa Ashworth	71:04
Ginny Papper	72:14
Kathleen Gina	72:35
Barbara Heys	72:44
Nina Bovio	73:58
W50 Rae Baymiller	62:01
Judy Carroll	72:00
Pat Roselli	75:32
Pam Lovell	77:43
Karen Bell	80:30
W55 Merion Knight	80:24
Joan Gary	82:16
Diane Dipzinski	84:11
Sharon Sowell	85:01
W60 Jean Horne	80:26
Rayma Dixon	84:15
Lavon Gula	88:17
W65 Whayong Semer	82:34
June Ely	1:46:09
W70+Edith Farias 70	97:48

MID AMERICA**Bix 7 Mile****Davenport, IA; July 30**

Overall	
Benson Masya	31:56
Tecla Lorupe	36:02
M40 Joseph Nzau	35:42
Bill Rodgers	35:46
Gary Romesser	35:53
Terry Stewart	38:15
Raul Deanda	38:44
Steve Wollay	38:49
John Walters	39:01
M50 Bruce Mortensen	39:57
Ronn Baker	39:59
Terry VanNatta	40:16
Fay Bradley	40:36
Don Van Dell	42:12
Ron Brault	42:49
M60 Larry Engel	47:27
Tim Smedena	48:12
Charles Stinson	50:14
Richard Kowalski	50:27
Fran Riley	51:08
M70+Deno Tulini	57:45
Bryant Goodall	57:46
Jonathan Skinner	61:01
Joe Anholt	70:33
W40 Barbara Filutze	41:46
Kathy Molter	42:10
Suzanne Ray	42:43
Anne McIllece	45:42
Vickie Fifield	46:04
Peggy Pate	46:06
W50 MaryJo Feeney	50:56
Kathy Sager	51:35
MaryJane Pratt	52:35
Judy Teeple	56:45
W60 Lois Gilmore	57:30
Donna Gully	62:21
Eleanor Wallace	64:59
W70+Phillie Suchman	100:35
Lillian Cederstrom	101:35
Jane Rouse	103:23

Rossville River Run 8K**Rossville, KS; Aug. 13**

Overall	
Dan Boyle	26:10
Marla Rutter	31:42
M30 Ross McDaniel	28:28
M35 Jay O'Neill	27:44
M40 Bill Randall	30:00
M45 John Stambaugh	34:04
M50 Ron Grauer	30:13
M55 Clay Lang	36:28
M60 Ridge Shannon	40:10
M65 Gerald Witten	37:24
W30 M.K. McGeary	40:25
W35 Marge Brander	40:43
W40 Jane Greene	47:57
W45 Diane Pointer	43:02

**16th Annual Bud Light Stadium Run
St. Louis, MO; Aug. 14**

PLACE	NAME, AGE	HANDICAPPED TIME	HANDICAP (MINUTES)
1	John Hosner, 69	29:03	13.0
2	Joy Gilbert, 56F	31:06	13.5
3	Leon Fennell, 61	31:09	8.5
4	Gary Holda, 42	31:29	3.0
5	Christopher Owen, 15	32:04	3.0
6	Jack Gentry, 66	32:07	11.5
7	Adam MacDowell, 15	32:14	3.0
8	Jason Zieren, 19	32:18	1.0
9	Bernie Candy, 28	32:19	4.0
10	Mark Hosler, 47	32:23	4.0
11	Larry McMahon, 43	32:39	3.0
12	Michael Fussner, 19	32:46	1.0
13	Gordon Benfield, 41	32:46	2.5
14	Mike Schultz, 32	33:04	1.0
15	Ed Heidbrier, 40	33:14	2.5
16	Chuck Van Arsdale, 50	33:17	5.0
17	Neil Ackerman, 48	33:20	4.5
18	Mike Toolen, 49	33:25	4.5
19	Matt Jenkins, 19	33:32	1.0
20	Wayne Shook, 38	33:33	2.0
21	Bill Hendey, 55	33:35	6.0
22	Dick Hessler, 52	33:49	5.5
23	Louis Gassmann, 37	34:08	2.0
24	Wayne Wheeler, 55	34:24	6.0
25	Jim Norval, 57	34:28	6.5
26	Glen Wiese, 42	34:34	3.0
27	Doug Gillam, 26	34:34	0.0
28	Erin Rodas, 19	34:35	1.0
29	Jack Bellmer, 44	34:37	3.5
30	Jim Harris, 39	34:45	2.0
31	Jason Holroyd	34:48	1.5
32	Joseph Bozarth, 66	34:54	11.5
33	Jeff Morgan, 38	34:55	2.0
34	Greg Chapuis, 16	35:00	2.5
35	Matt Lindaman, 24	35:06	0.0
36	Steve Lawrence, 24	35:08	0.0
37	Mike Nelson, 13	35:09	4.5
38	David Bond, 44	35:09	3.5
39	James Faulkner, 45	35:10	3.5
40	Terry McDowell, 35	35:12	1.5
41	Tyler Seaman, 17	35:19	2.0
42	Charles Stinson, 60	35:20	8.0
43	Mark Lawler, 47	35:25	4.0
44	Mike Beisner, 42	35:25	3.0
45	Bill Fancher, 38	35:26	2.0
46	Gail Ford, 41F	35:28	6.5
47	Sean Hess, 12	35:31	5.5
48	Steve Jones, 17	35:32	2.0
49	Harold Salmon, 54	35:33	6.0
50	Carol Lampe, 41F	35:36	6.5
51	David Whitlock, 50	35:36	5.0
52	Mark Hollingshead, 43	35:37	3.0
53	Marvin Zeman, 46	35:41	4.0
54	Bill Schmitt, 72	35:50	15.0
55	Ed Tulin, 13	35:50	4.5
56	Robert Lugge, 40	35:51	2.5
57	Paul Patterson, 42	35:52	3.0
58	David Sechrest, 41	35:52	2.5
59	John Arnold, 50	35:53	5.0
60	Brian Gleason, 37	35:55	2.0
61	Eric Weidman, 28	35:57	0.0
62	Robert Dycus, 37	36:00	2.0
63	Derek Redmore, 56	36:01	6.5
64	Juan Arias, 25	36:03	0.0
65	Brian Eaves, 22	36:05	0.5
66	Ken Gilbert, 38	36:07	2.0
67	Dave Gentry, 53	36:07	5.5
68	Dan Wilson, 44	36:08	3.5
69	Char Sibiga, 36F	36:09	5.5
70	Bruce Beard, 35	36:10	1.5
71	Brent Williams, 16	36:12	2.5
72	Renzo Dreon, 53	36:12	5.5
73	Bob Ybarra, 43	36:14	3.0
74	Scott Fera, 41	36:19	2.5
75	Jeff Eklund, 43	36:23	3.0
76	Patrick Boyle, 32	36:24	1.0
77	Terry Holman, 30	36:54	0.5
78	Bryan Martinelli, 34	36:26	1.5
79	Walt Eversman, 57	36:30	6.5
80	Jim Carney, 57	36:31	6.5
81	Bill Stewart, 59	36:36	7.5
82	Matt Schwidde, 18	36:38	1.5
83	Eric Wiegmann, 18	36:41	1.5
84	Wayne Self, 48	36:45	4.5
85	Andrew Bucci, 21	36:46	0.5
86	Jackie Corn, 51F	36:53	10.5
87	W.R. Van Bokkelen, 48	36:54	4.5
88	Ryan Goebel, 17	36:56	2.0
89	John Munch, 56	36:56	6.5
90	Cary Conner, 32	36:58	1.0
91	Jim Worley, 50	36:58	5.0
92	Peter Stauffacher, 58	37:00	7.0
93	Terry Linhardt, 46	37:01	4.0
94	Don Kinnison, 44	37:03	3.5
95	Rick Robenstine, 38	37:04	2.0
96	Joe Vujnich, 38	37:06	2.0
97	Roxanne Robinson, 23F	37:08	3.5
98	Jim Duke, 52	37:09	5.5
99	Byron Lichtes, 38	37:09	2.0
100	Bob Schwister, 51	37:11	5.0

Continued from previous page
 W30 Anne Greenfield 38:40
 W40 Barbara Turner 35:43
 W50 Ruby Chaney 35:44
 W60 Rita Williams 43:08

WEST

**America's Finest City
 Half-Marathon
 San Diego, CA; Aug. 21**

Overall
 Pat Muturi 21 63:33
 Roselli Machado 25 74:44
 M40 Kevin McCarey 72:22
 Adalberto Mendoza 78:08
 James Walton 78:24
 Octavio Chavira 79:01
 Charles Otero 82:16
 M45 Don Ocan 80:32
 Athol Barton 81:26
 Juan Cardenas 82:09
 Mike Griffith 82:10
 Tom Carras 83:21
 M50 Tim Rostegge 81:08
 Charles Adair 83:45
 Mike Mahler 83:46
 Chuck Long 88:02
 M55 Pete Corralz 87:43
 Jerry Albert 88:10
 Tom Morrow 89:53
 Francisco Saiz 90:56
 M60 Bob Mangrum 94:05
 John Murphy 95:57
 Warren Osborn 98:10
 M65 Pat Devine 92:54
 Jim O'Neil 94:15
 M70+Joe Cusic 70 1:52:13
 Jack Smothers 70 1:54:34
 W40 Marina Jones 83:06
 Mary Ryzner 87:34
 Dana Denson 91:43
 W45 Cynici Calvin 1:35:06
 Juan McCoy 1:40:13
 Christine Young 1:40:57
 W50 Diane Eastman 1:36:25
 Josie Chalmers 1:47:34
 Sandy Madden 1:49:17
 W55 Suzanne Murphy 1:37:33
 Barbara Valastro 1:49:00
 W60 Rebecca Zambrano 1:59:44
 Faith Ramirez 2:11:47
 W65 Doris Gordon 2:09:35
 Maeann Garty 2:27:24
 W70+Mary Storey 70 2:02:22
 Ron Kroeker 18:17

E J Strand 23:28
 Andy Belcher 23:53
 M55 Ken Ogden 19:45
 Joe Dana 20:32
 Ray Wold 21:55
 John Keston 18:50
 Jim Moon 21:04
 Al Opliger 22:40
 W35 Kristine Walton 22:16
 Louise Gsell 22:46
 Ann Fish 23:57
 W40 Patti Brown 25:05
 Patty Pearson 29:17
 Jomarie Guastello 29:33
 W45 Kathy Bliss 22:24
 Arlene Hotelling 24:23
 Jane Fernandez 24:48
 W50 Jan Bickett 28:41
 W55 Jeanne O'Rourke 30:08
 Wanda Jeppersen 32:46
 W60 Jane Brown 32:23

**Butte To Butte 10K
 Eugene, OR; July 4**

OVERALL
 Art Smith 30:05
 Nicole Woodward 34:02
 M40 Ed Spinney 33:03
 Robert Towne 36:04
 Rick Barbero 36:13
 Dan Neal 36:18
 M45 Ron Ackerman 37:30
 Fred Pietrzak 37:51
 Dave McJunkin 38:23
 M50 Ken Osher 40:01
 Jack Olson 40:20
 Ronald Harris 41:01
 M55 Rich Northrup 39:53
 Ken Ogden 42:00
 Jacques Bowman 42:07
 M60 John Hepner 39:26
 M65 Bill Mcchesney 43:16
 M70 Linn Spaulding 59:27
 M75+ Mariner Orum 58:21
 W35 Alice Moffitt 40:04
 Deborah Knapp 41:55
 Kim Ward 44:01
 W40 Jane McCleery 42:38
 Wendy Dame 44:59
 W45 Pam Turner 43:08
 Sharon Gerl 43:27
 W50 Nini Monroe 49:35
 W55 Alice Rose 47:40
 Jane Dodds 53:40
 W60 Marcia Mcchesney 62:45
 W65 Barbara Nichols 89:47
 W70 Jane Brown 71:40

**Turkeyrama 8K
 McMinnville, OR; July 9**

M40 Michael Delisle 28:34
 Larry Warner 30:17
 Jay Honkins 32:26
 M50 David Eddy 32:11
 Bob Kiever 32:21
 Jerry Milton 36:01
 M60 John Keston 30:38
 Carl Bainter 38:43
 Ken Weidkamp 46:23
 W30 Kathy Nichols 28:41

Sandy Nevis 29:59
 Meg Cooke 31:25
 W40 Laura Caldwell 29:16
 Mary Ann Peterson 33:51
 Nancy Oswald 39:25
 W50 Suzzie Carleson 34:53
 Jane Dods 39:53
 Patricia Bowman 49:31

CANADA

**Mental Health 5K
 Windsor, Ontario, Canada
 July 31**

M40 Martin Denonville 18:10
 Bernie Collins 18:39
 R C Lamore 21:04
 M45 Len Fuerth 20:11
 Len Dupuis 20:30
 M50 Maury Dean 17:47
 Kurt Makowski 19:15
 M55 Herb Seegert 21:49
 Domenico Ricci 21:54
 M60 Colin Barrett 22:18
 George Gaines 22:45
 M70+Elef Vaccratiss 34:28
 George Matisz 38:11
 W40 none
 W45 Barbara Farrah 24:30
 Chris Fuerth 25:27
 W50 Libby Burke 28:40
 Carolyn Millar 40:18

RACE WALKING

**ATC Masters T & F Meet
 5K RW (Judged)
 Atlanta, GA; June 11**

M35 Ronald McCrary 35:25.4
 M40 Mark Danford 26:30.9
 M45 Dan Strohl 30:07.7
 M50 Jim Norvill 31:07.7
 M60 Charles Cohn 35:32.4
 M65 Carl Pirkle 37:48.1
 W30 Christine Chapple 26:21.2
 W40 Arlette Berlin 31:20.1
 W45 Sandra Culver 36:44.6

**Georgia State Games
 5K RW (Judged)
 Atlanta, GA; July 24**

M30 Keith Luoma 23:51
 M35 Jim Kelly 29:41
 M40 Bohdan Bulakowski 23:11
 M45 Gary Lanagley 28:14
 M50 Ron Potecote 29:44
 M55 Jim O'Donnell 33:59
 M60 Joe Rogers 31:47
 M65 Carl Pirkle 37:00
 W30 Connie Betts 34:37
 W35 Patty Voyles 29:27
 W40 Rita Calahan 36:05
 W45 Sandra Culver 37:03
 W50 Cathy Wallace 35:05
 W60 Betty Gray 43:09

**Eastern Regional 10K Relay
 (Two 5Ks); RW Road
 Championships**

Central Park, NYC; Aug. 29

Overall
 Lukaj Szela 19 (21:11) &

Wojciech Szela 19 (42:42)
 Sonia Morales 46 (30:56) &
 Bette Vargas 40 (60:48)
 M40 Gary Null 49 (24:16) &
 Taka Amano 44 (49:19)
 M50 Bob Barrett 60 (27:57) &
 Herb Zydek 55 (55:49)

M60 Len Scheer 69 (34:10) &
 Marvin Goldenberg 67 (64:45)
 M70+Mn Smuckler 80 (41:34) &
 Queenie Thompson 71 (80:18)
 W40 Morales & Vargas
 W50 Maria Cox 52 (31:06) &
 Sandie Carpenter 54 (64:55)

U.S. MASTERS TRACK & FIELD RANKINGS
 (Coordinated by Jerry Wojcik, T&F Rankings Chairman)

**1994 Indoor Shot Put
 Compiled by Sally Polk**

NAME	MARK
AGE 30-34	
Mark Heckel	47-4 1/2
Nick Mitchell	42-9
Tom Flinn	41-7 1/2
Jay Swett	40-2
Gerardo Diaz	39-2
Malcom Burks	38-8
Chad Carmack	38-7 1/4
Michael Durham	37-8
Gleason	37-6
Bob Shelton	36-6
Brad Davis	36-3
Kevin Gleason	33-9
Glenn Evelyn	33-8 1/2
Mike Axtel	33-7
George Bardin	33-6 1/2
Jim Taylor	32-10
Dave Talcott	32-5 1/2
Russ Watson	31-10 1/2
Frank Makozy	31-0
Jeff Helton	30-5
Duncan Payne	29-9 1/4
Donnie Vaugh	28-2 1/4
Vance Rogers	27-4 1/2
C Klem	25
Eric Bonapart	20-8
G Nickerson	17-3

AGE 35-39	
Karl Swanke	48-0
R Meindl	47-9 1/2
Bill Wolverson	46-2 3/4
Dupuis	46-2
Ken Ellis	39-3
Bob Hartman	37-8
Don Filkens	36-11 1/2
S Jensen	36-9 1/2
Nick Helfrich	34-8
Jeff Watry	34-6
Glen Evelyn	34-1
C Polakowski	33-07
Russ Hinson	31-9 1/2

AGE 40-44	
Roger Kamla	47-11 1/4
J Sinters	44-8
Rich Dunphy	40-4 1/2
L Wilson	40-2 1/2
Jim Accardie	39-3 1/2
Bob Green	38-5
Norm Bower	37-1 1/2
Rex Harvey	36-11 1/2
Russ Baker	36-3
Gary Kastin	36-2 1/4
Rick McMullin	35-4 3/4
Ed Fox	35-9
Allen Ray	34-8
Bill Hanson	34-3
Ed Daniels	34-4
Bob Feeney	33-7 1/2
Dick Oriley	33-4
Peter Mitchell	32-10 1/2
Frank Monroe	32-4 3/4
Jim Alexander	31-11
John Buckley	31-4
Charles Bernar	31-3
Tom Carr	29-9
P Malone	29-5
Ronald Leffler	29-1 1/2
A La Framboise	27-0
Timothy Fuehre	25-5
Larry Ryan	24-4
Jim Woosley	22-11 1/2

AGE 45-49	
Tom Gage	50-9 1/2
Chuck Chapin	45
Robert Head	44-9 1/2
Dick Stowell	44-4 3/4
Gary Bills	43-7 1/4
Krause	41-4
W Owen	41-2 1/2
Rich Dunphy	39-7 3/4
Rex Harvey	38-7 3/4
George Matthew	38-1/4
Bob Sager	37-7 1/4
Nick Nichols	37-6
Mike Grisco	36-7
Daniel Labelle	35-8
Ed Fox	35-5 1/2
Palmer Sweet	34-9 1/2
Frank Monroe	34-2
J Hess	33-8
Tim McGough	31-11
Ray Starnes	31-3
Henry Hopkins	31-1
Larry Kirk	25-11
J Meisner	25-8
Danny Ziemba	25-4 1/2
N Schuster	23-7 1/2

AGE 50-54	
Carl Wallin	50-9 1/2
Robert Harvey	43-6 1/2
Berry	43
Sheppard Miers	42-11
Glenn A Johnson	42-7
Steve Rogers	42-0
Paul Morrone	41-9 1/4
Bob Becker	40-4 1/2
Mike Valle	38-7
Bill Angus	38-3 1/4
Ronald Predovich	38
Wilson Wade	36-10
Dan De Wale	36-4
Hans Ehrnstrom	35-5 1/4
Chuck Yost	35-5
Bill Angus	35-4
Jim Pauli	35-3
G La Belle	34-6
John Sloan	33-8
R Strader	33-6 3/4
Barry Kline	33-5
George Label	33-4
Carl Klehm	31
Arnold Harti	30-11 3/4
Alfred Schroth	25-8
L Schiavo	25-1 1/2
Dave Connolly	20-5

AGE 55-59	
Tom Wisselowsk	42-8 1/2
Richard Deere	41-5 1/4
B Warren	37-8 1/2
Andy Larabee	36-11
Chuck Yost	36-7 1/4
B Kemp	35-10
W Czarny	35-3
Haller	35-0
D Amery	34-11
B Warren	34-7
Lou Vodopya	33-5 1/2
Dale Lance	33-5
Charlie Miller	32-10
Jim Peterson	32-9
Kurt Krastin	32-8 1/2
Bill Murphy	32-3 1/2
H Herrington	32-2
Rex Hane	31-2
J Barton	30-11
Jerry Anderson	29-6
J Richardson	29-3 1/2
F Lee Slick	28-11 3/4
Nick Palladino	27-5
Plato Toulaitos	25-10
John Darrell	25-6
Morton Hahn	22-7

AGE 60-64	
Phil Mulkey	48-11 1/2
Engel Grow	42-11 1/2
Ray Feick	42-7 1/4
Tom Henderson	42-6
Len Olson	42-3 1/4
Pay Cartensen	40-8
Bill Garrahan	38-5
L Smith	38
Ned Curran	35-1 1/4
P Augsbarger	35
Harvey Lewellen	34-11
Denver Smith	33-2 1/2
Paul Soraparu	32-4 1/4
C Trinker	32-4
Walter Diggs	31-2
David Vachon	30-8 1/2
George Taylor	30-4
Bill Bergen	29-9
Russle McDaniels	28-2
Ned Curran	28-2
John Darrell	25-6

AGE 65-69	
Phil Brujka	41-8 1/2
Gilcrest	41-4
Jim Gilcrest	39-7
Vince Sempronio	36-2 1/4
Norb Weckstein	34-5 1/2
Don Grey	33-7 1/2
Buck Bradberry	32-5
Denver Smith	32
A Jackson	31-6 1/2
George La Cava	31
Jim Moorhead	30-3 3/4
Ken Weinbel	29-11 1/2
Fred Hersimake	29-5
K Yahiro	28-9
Al Jankola	28-2
E Failor	27-6
Jacob Stein	26-3 1/2

AGE 70-74	
Scott Herman	42-3 1/2
Don Cumley	39-4
Arnold Scott	36-11 3/4

AGE 75-79	
Manuel White	36-6 3/4
Ham Morningstar	33 3/4
Murray Oguss	31-8
Eugene Wood	31
Jack Hageman	30-2 1/4
M Lightfoot	26-10 1/2
Fred Praeger	25-11

AGE 80-84

Ken Withee	30-4
Claude Hills	27
Clark	9-6

AGE 85-89

Burt DeGroot	22-9 3/4
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AGE 90-94

Everett Osack	15-10
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AGE 30-34

Barbara Smith	36-5 1/2
Angela Nealy	25-11
Bogni	24-8
Debbie Eckhardt	23
Pat Dentzier	19-4

AGE 35-39

Nancy La Chiusa	20-3/4
S Kapturowski	19-7 1/2

AGE 40-44

Lorraine Tucker	31
Nancy Livergood	21-1/2

AGE 45-49

Lorraine Tucker	31-4 3/4
Johnnie- Hudgins	30-1
Michael Hill	29-8 1/2
Phil Raschker	26-3
Marlene Sachs	25-10
M Platis	20-8

AGE 50-54

Joann Grissom	38-8 1/4
K Huff	30-4 1/2
Roslyn Katz	25-11
Essie Kea	25-6 1/2
Marti Theilman	24-5
Barbara Stewart	23-7 1/2
Ann Carter	20-4 1/2

AGE 55-59

Anne Cirulnick	31-2 1/2
Cristel Miller	26-9 3/4
Rachael Lyga	22-7
Fei Mei Chou	21-11 1/2
J Emery	12-10

AGE 60-64

Sally Polk	25-11
M Bobowski	23-11
Chris McKennie	23-6
Dorothy Pavaci	23-2 3/4
L McDaniels	21-11 3/4
S Stiegelmier	20-1 1/2
Finely	17-7
Geraldine Young	17-5 1/2
Ruben	14-8

AGE 65-69

Bernice Holland	28-9 1/2
L Mc Daniel	21-9
M Holland	19-9 1/2
Mary Norckauer	19-8 3/4
O'Connor	18-7
Jos Sullivan	18-3 1/4
McGowan	16-4
P Petersn	16-3 1/4

AGE 70-74

Libby Hagemann	22-11 1/2
Melanie Reske	20-1
L Bauer	17-9 1/2

AGE 95-99

Margaret White	11-11 1/2
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