



Jane Hutchison, 47, Webb City, Mo., first woman (37:56), USATF National Masters 10K Championships, Oklahoma City, Sept. 25, receiving award from Lynn Draper, director, Jim Thorpe Association. Photo by Jim Smith

Owens, Hutchison Win National 10K

by JIM SMITH

Earl Owens, 44, of Ga., clobbered the field with a swift 32:06 victory in the USATF National Masters 10K Championships (Jim Thorpe 10K), Oklahoma City, Sept. 25. Ignacio Jimenez, 44, Tenn., in 33:43, and Donald Bergan, 40, Tex., in 33:54, fought it out for second and third.

Jane Hutchison, 47, Mo., won easily in the masters women's race with a

37:56.

Norman Green, Jr. (61, 36:08), Pa., again demonstrated his racing dominance with an age-adjusted 28:44 (93.5%). Bill Olrich (58, 35:50), Ky., apparently recovered from injury, won his age-group race handily and placed second age-graded with a 91.5%. He was followed closely by Owens (91.2%) and Mike Heffernan (53,

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300 Compete in California Senior Games

About 300 track and field athletes, age-30-and-up, took part in the California State Senior Olympics, Sept. 18-19, in La Jolla, Calif.

Amid perfect weather and the first-class, nine-lane facility at the University of California San Diego, athletes

tuning up for the World Veterans Championships in Japan were in peak form:

- Fresno's Hugh Adams swept the M50 100 (12.63), 100H (15.31) and 400H (62.52).

- Arizona's Cliff Bedell took the M55 800 (2:18.42) and 1500 (4:48.79).

- Canada's Harold Morioka won the M50 400 (52.16) and 800 (2:02.08), both close to the world M50 world records.

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Navarro Best in U.S. Marathon

by JERRY WOJCIK

Artemio Navarro, 43, Mexico City, took the men's masters victory with a ninth-overall 2:17:50 in the USATF National Masters Marathon Championships, held along with the Twin Cities Marathon in Minneapolis on Oct. 3.

Paul Cummings, 40, Lehi, Utah, in his first marathon since becoming a master a month ago, was 13th in 2:20:14. Doug Kurtis, 41, Northville, Mich., practically unbeatable as a master this year, finished third

(2:23:03).

Ryszard Marczak, 47, of Poland, captured the M45-division race with a 2:25:17. Mike Heffernan, 53, Portland, Ore., won the M50 contest in 2:37:15. Fay Bradley, 55, Washington, D.C., was the M55 gold medalist in 2:41:35.

Other division winners were James Schliesma (60, 3:10:10), Jefferson, Iowa; Max Jones (66, 3:07:49), of England; and Warren Utes (73, 3:12:44), Park Forest, Ill., in the

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Filutze Wins in Central Fidelity 8K

from KATHRINE SWITZER

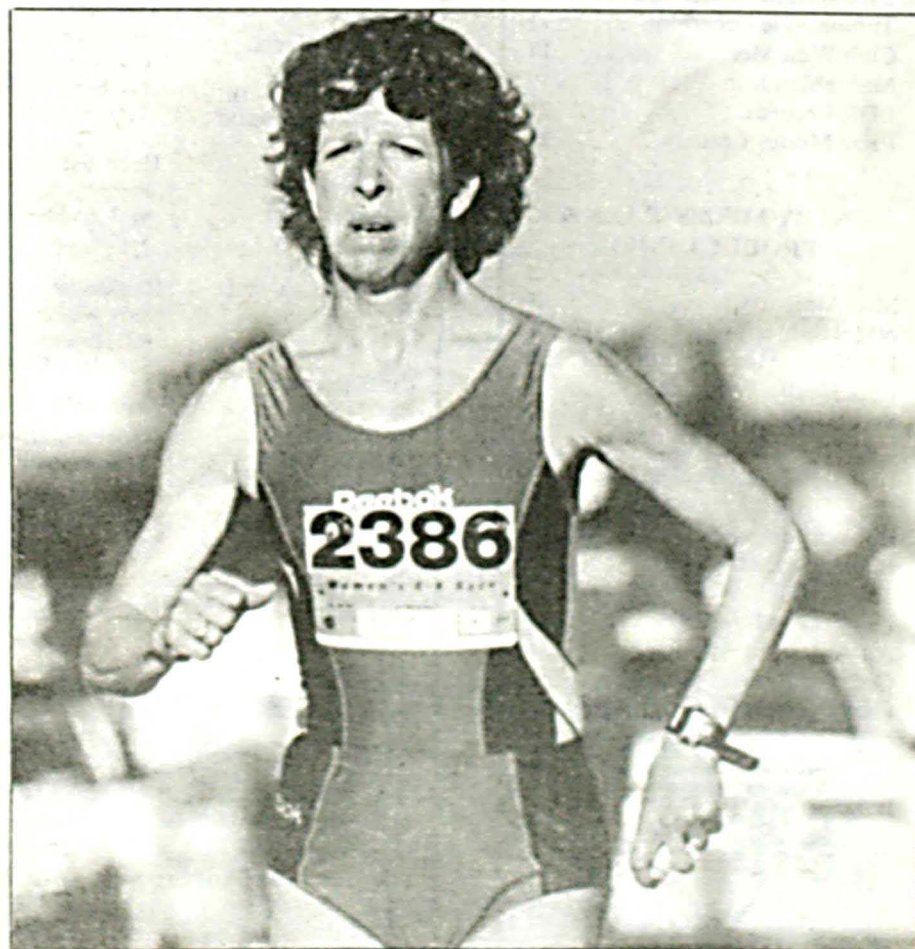
Barbara Filutze, 47, Erie, Pa., won over a competitive masters field with an outstanding 15th-place 28:03 in the Central Fidelity Women's 8K, Alexandria, Va., on Sept. 12. The time, 23 seconds below her pending U.S. W45-49 record, also put her at the top of the masters age-graded prize money list. Her 28:03 at age 47 equals an age-graded 94.7% performance, worth \$1000.

Bernardine Portenski, 44, Wellington, New Zealand, third master with a

28:18, took the second-place age-graded prize of \$800 with a 91.8%. Hedy Marque, of Alexandria, at 76 the oldest runner, took third age-graded honors and received \$600 for her 91.6% (40:44).

Jane Hutchison, 47, Webb City, Mo., garnered the fourth age-graded award of \$500 for a 90.4% (29:24). Newcomer Diana Tracy, 40, Hermosa Beach, Calif., who almost caught Filutze at the end with a 28:06, took

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Barbara Filutze, 47, Erie, Pa., first masters woman in a U.S. W45 record 28:03, Central Fidelity Women's 8K, Alexandria, Va., Sept. 12.

Victor Sailer/Agence Shot

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- New Long Distance Age-Group Records

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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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Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Cassell, Executive Director.

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: *National Masters News*, P.O. Box 16597, No. Hollywood, CA 91615.

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Judith Hine, 44, New Zealand, finished in 29:29, Central Fidelity Women's 8K, Alexandria, Va., Sept. 12.

Photo by George Banker

Fidelity 8K

Continued from page 1

the fifth prize of \$500 with an 89.8% performance. A total of \$4425 masters prize money was paid down to the 12th-best age-graded performance.

Large posters of the masters age-graded tables and prize money at the pre-race clinics and in the elite suite allowed athletes to calculate what they had to run to finish in the money.

To enable runners in each age group to know what was happening competitively, every group wore color-coded numbers front and back, e.g., 40-44 hot pink, 45-49 green, etc. Of the color coding, Portenski, in the W40-44 group, said, "When the first pink one passed me, I said, 'Oh, I'm tired,' but when the green one passed me, I found some extra in reserve!"

Official timers, including Chuck DesJardins of the USATF Masters LDR Committee, and the athletes thought the age-grading system of awarding prize money was fair and, as arranged, competitive.

The masters team title went to the Pegasus Pride trio of Claudia Ciavarella, Linda Banning, and Marilyn Segal. The open title went to the New Zealand team, despite two of its members, Portenski and Judith Hine, being masters. □



Hedy Marque, 76, Alexandria, Va., on her way to a pending single-age record 40:44, Central Fidelity Women's 8K, Alexandria, Sept. 12.

Photo by George Banker

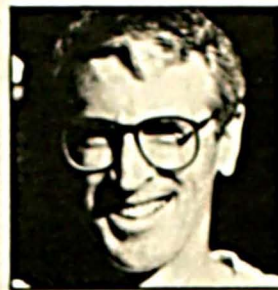
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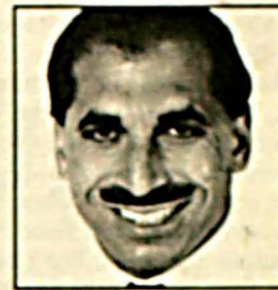
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NATIONAL MASTERS 10K

The 1993 USATF National Masters 10K Championships in Oklahoma City was my first exposure to the legends who came for the race. And my life has been enriched because of it.

I met not only runners whose names, photos and stories have filled running publications for years, but I also met runners from around the country who are more talented than I would have imagined, about whom I had heard nothing. The experience caused me to re-evaluate my goals and my perspective on running.

Fellow Oklahoma City Running Club members who hosted runners in their homes reported their delight in learning of training techniques and race experiences of the great ones.

If you haven't spent an evening visiting with Dr. Paul Spangler, you simply haven't done it all, yet. He is such a pleasant and interesting gentleman — well-read, funny, articulate. He has endless stories and anecdotes to recount his 94 years, and is an inspiration to all who hear him.

To all who participated, thank you for coming to run with us. Thank you for enriching our lives, inspiring us, sharing with us, challenging us. Y'all come back again real soon. 'Ya hear?

Roger Foster
Oklahoma City, Oklahoma

GO METRIC

I'm delighted to read in NMN that

the USA has, at last, joined the rest of us in the athletic world and is now running indoors in metric.

It reminds me of Sergei Bubka's comment when he first vaulted 6.10 meters: "That one is for the Americans," a remark which was lost on the Europeans who don't recognize 6.096 meters as 20 feet.

The bad news is that USA daily newspapers haven't heard of the change which the French revolutionaries introduced 200 years ago, and persist in acclaiming Bubka's vaults as, for instance, 20-1 1/4 instead of the actual 6.13 meters.

If that jump had been measured in the imperial system — which even the British, who invented it, have now abandoned for track and field — then it would not have counted as a new world record.

I suggest NMN take the lead and, from now on, report jumps, throws and vaults only in metric. No need to go overboard and give athletes' heights and weights in meters and kilograms, of course, but if you start now the big daily newspapers may follow by the time Atlanta 1996 arrives.

Otherwise, the thousands of foreigners reading about the Olympic Games will not understand the 19th century-type numbers which are now used in the USA to denote field performances.

Max Jones
Leeds, England

SENIOR OLYMPICS

I just received my October issue of *National Masters News*, reading it completely in two days. My only regret is that the *News* comes out only once a month.

While reading over the Letters to the Editor section, I noticed the letter from John McCarthy who mentioned your failure to list the top six placers at the Senior Sports Classic held at Baton Rouge in June. I can understand McCarthy's frustration at seeing the reduced list of place finishers, especially when he saw the results of the USA T&F Meet held in Provo during August which sometimes listed the top ten in some events as well as having better pictorial displays. Since the Baton Rouge meet had 3000 performers and the Provo meet had only 997 performers, many would think the coverage should be somewhat more equal.

Having been in Baton Rouge and seeing what a difficult time the Senior Sports press had in reporting the accomplishments of the 7000 participants (They were 2-3 days behind with information provided to the local newspapers by June 18), I am sure that the information given to the *National Masters News* is exactly what was printed. Keep up the good work.

Ben Clark
Mesa, Arizona

STANDING LONG JUMP

Several other sprinters with whom I have spoken this year have indicated that they no longer compete in the long jump because of fear of injury. Some state, however, that they would be quite willing to participate in the standing long jump if that once-popular event were included in more meets.

May I suggest that directors consider adding this event to their programs?

Dr. Frederick Hale
Detroit Lakes, Minnesota

CANCER SURVIVOR NETWORK

In November, 1992, I underwent surgery for breast cancer, followed by an aggressive program of chemotherapy. My recovery has been steady, and of course slower than I'd like. As Jim Law has told me, I've had to become well-acquainted with my new training partners, Patience and Prudence.

A very big part of my hope and encouragement and returning strength, I believe, has been due to the unconditional and loving support shown by so many of you. It's hard to express what it has meant to me, but I wanted to let as many of you as possible know of my gratitude. Thank you all so much.

If there are other cancer survivors out there who would like to network, I'd love to hear from you.

Lucy Anne Brobst
6072 Currutuck Road
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919-261-3068

KUDOS

The Senior Games have changed my life. In three-and-a-half years, I've gone from 215 lbs. with a bad heart to 170 lbs. as a happy, healthy 80-year-old. Now I look forward to the next meet; rather than sitting, watching TV, doing nothing.

I encourage every Senior to get involved, and thank all the volunteers and sponsors who offer this great opportunity to all Seniors.

Bob Boucke
Walnut Grove, California

Al Sheahen's announcing adds much to the quality of our National Masters meets. Not only is his speaking voice clear and resonant, but his knowledge of the athletes and the records heightens interest in the various events.

The *National Masters News* is the main publication I look forward to each month. As each issue comes out, I pore over the results of meets and road races to see who is doing what (occasionally shocked to spot someone in my age group covering a 5K, 10K, or half-marathon in blazing time).

I also regularly enjoy Mike Tymn's articles along with coverage of the important races.

Thanks for your vital contribution to the cause of the masters programs.

Joe King
Alameda, California

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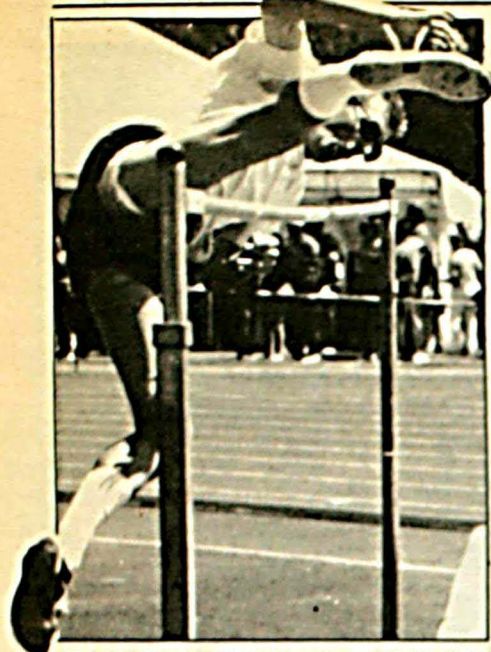
Seven Join NMN Sustainers

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, and in-depth schedule section, and more.

Special thanks this month go to:

David Brown, Jr.
Billy Gaedke
Timothy Jordan
Stan King
James Lytjen
John Nyhan
John Williams

Whittier, California
Clovis, New Mexico
Elk Grove, California
Beverly Hills, California
Susanville, California
Cambridge, Massachusetts
Mission Viejo, California



Charlie Rader, M45 high jump (1.83/6-0), California Senior Olympics, San Diego, Sept. 17-19. Photo by Don Rose

300 Tracksters

Continued from page 1

• Del Pickarts captured the M65 javelin (158-7).

• Linda Mantynen came close to the W45 800 U.S. mark with a 2:26.72, and added a 1500 win (4:57.89).

• Stan Whitley continued his amazing season with M45 wins in the 100 (11.28), 200 (22.57), and 400 (51.89).

Even though the sprinters and hurdlers were allowed a false start without being DQ'd, there was only one false start in the whole meet.

California Governor Pete Wilson spoke at the opening ceremonies at the stadium, praising the competitors for their dedication to physical fitness. Olympians Bruce Jenner and Peter Vidmar joined in the festivities.

Johnny Mann wrote a song for the occasion, which was sung by the outstanding Point Loma Nazarene Choir. There was plenty of food and other amenities for the participants. During the following week, athletes competed in 26 other sports.

Led by meet director David Hall, the former governor of Oklahoma, the organizers will stage the event again next year, and plan to bid for the 1997 National Senior Sports Classic. □



Bill Morales, first M75 javelin (38.50/126-4) California Senior Olympics, San Diego, Sept. 17-19. Photo by Don Rose

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Hercules Still Unchained at 67

Age hasn't shackled Steve Reeves, the former Mr. Universe who went on to star in the movies and is best remembered for his lead roles during the 1950s in *Hercules*, *Hercules Unchained*, and *The Giant of Marathon*.

Now 67, Reeves maintains a very active lifestyle, including working out an hour-and-a-half daily.

The former bodybuilder was in Honolulu recently, and I had the opportunity to talk with him about his fitness regimen and the way that he has dealt with aging.

"I start about 6 a.m. every morning, five days a week, sometimes six, and powerwalk for 35-45 minutes. After that, I go into the gym for about 30 minutes, then finish up with about 15 minutes of various stretching exercises in the pool," Reeves, who maintains a 14-acre ranch north of San Diego, outlined his program.

He added that he usually bikes a hard 25 miles on Saturdays and occasionally puts in a 10 miler on Wednesdays.

Hollywood Beckons

Born in Montana, Reeves took up bodybuilding at age 16 while living in Oakland, Calif. In his first four months of training, he put on 30 pounds of muscle. That was before steroids came onto the scene. At 21, 6-foot-1 and 192 pounds, he won the 1946 Mr. America contest. The following year, he captured Mr. World title, and two years later, at age 24 and by then weighing in at around 215, he was Mr. Universe. Soon thereafter, he was discovered by Hollywood.

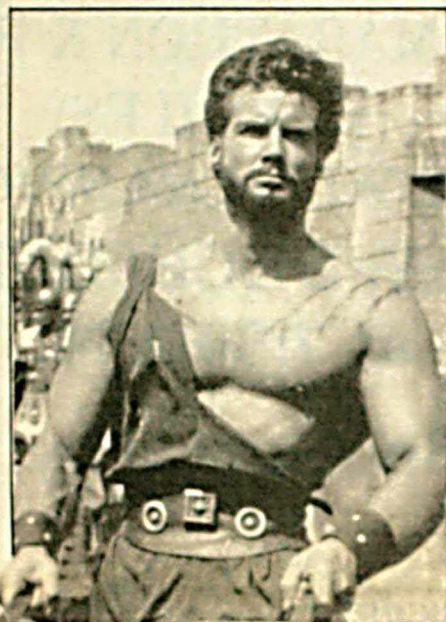
"I stopped working out seriously after I won my last contest and started working toward the movies," Reeves said. "I had to lose weight rather than gain weight for the movies. It was about 25 years after that, before I started doing anything again."

Reeves said that he tried running, but that it bothered his knees. He took up biking at age 55 and continued to improve in strength and endurance until he was 63. "Being able to stay with guys 35 and 40, actually staying ahead of them going up hills and things like that, was quite satisfying," he said. "But at 63 I went back to riding horses again."

Develops Powerwalking

It is powerwalking, however, that Reeves finally settled on as the best aerobic workout for himself. In fact, he is credited with having developed it. He wrote a book on the activity eight years ago.

Powerwalking involves walking with



Steve "Hercules" Reeves

weights strapped to the body. "The object is to get your heart rate above normal. If you're in any kind of shape, you need the weights to do that to get some benefit out of the walking," he explained.

Reeves recommends gradually working up to 20 percent of a person's body weight. "You use 10 percent of your body weight as a weighted belt, five percent in each hand, and the other five percent on your legs. That includes your boots."

Now tipping the scales at right around 200 pounds, Reeves carries 40 pounds during his walks — 20 around the waist, five-pound dumbbells in each hand, and two-and-a-half pound leg weights over his heavy boots.

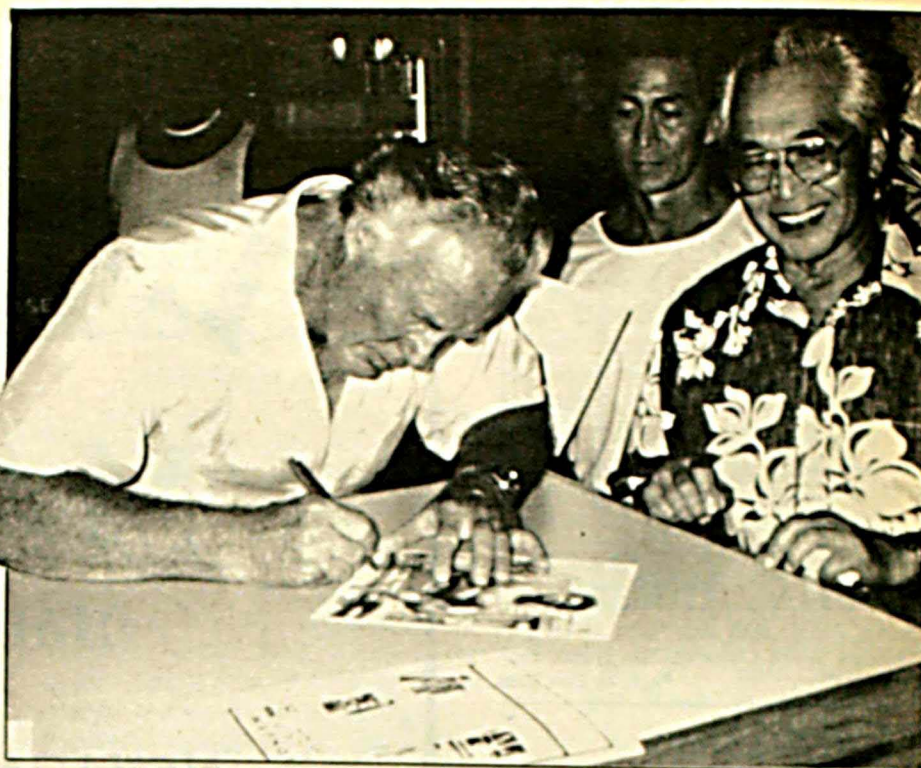
"The technique of powerwalking is that you walk very, very erect and you swing your arms in a pendulum type motion," he explained. "You don't pump them as you would in say 'heavy hands' or something like that. You just accentuate your natural arm and leg movements."

Reeves said that he hasn't monitored his heart rate in a long time, but that he's pretty sure he's getting it up close to maximum.

"The other thing is that you should use rhythmical breathing," he said. "I breathe in three steps and out three steps."

Gym Workouts

In the gym, Reeves prefers to work with pulleys and on a 10-station



Steve Reeves autographs photo for Tommy Kono, Olympic diver from Hawaii.

Universal machine rather than with free weights, as he once did. "I mainly use the wall pulley," he said. "I find it more convenient and better, because you get a smoother movement all the way up and down. With free weights, the first quarter is too easy, the middle is just right, and the finish is too easy again. I like the movement of pulleys. You get better development in a shorter period of time that way or you maintain your fitness in a shorter period of time, whichever you're looking for."

Can't Gauge Strength Loss

Asked if he can gauge how much strength he has lost to the years, Reeves said that he can't. "Back when I was training for competition, things were different," he said. "At that time we didn't go for just one-rep bench presses. I'd go for maybe 15 reps with a very wide grip, collar to collar. I always believed that if you wanted to be wide, you have to think wide, work wide, and train wide. Everything I did was wide."

In effect, Reeves was saying that he never tested himself in single all-out lifts when he was younger, so that he

doesn't know what he was capable of. He remembers using 110-pound dumbbells in each hand for incline bench presses, which he says he invented, but since he no longer uses free weights he doesn't know what he might be able to handle now.

He recalls really testing himself just one time, when he turned 60. He then did 1,000 repetitions with 200 pounds on the Universal leg press.

No Special Diet

Reeves said he follows no special diet, but that he has "always eaten well, including lots of fruits and vegetables."

After his morning workout, he's ready for a full day of tending to his avocado and orange trees, as well as his stable of Morgan horses.

He definitely appears to be a man without shackles. □

Sayre First Overall in Founders 8K

by TOM BURNHAM

Ric Sayre, 40, Ashland, Ore., was the overall winner in the Founders Day 8K, in Ashland on September 6, with a masters course record 26:06 on the tough 8K course, bettering the old record of 27:29 held by Gene Solomon of Eugene, Ore.

Pim Reitsman, 40, Medford, Ore., was the W40+ winner with a seventh-place 38:08.

World record hurdler Dan Bulkley, 76, Phoenix, Ore., broke his 1992 M70-79 course record of 45:09 with a 43:31. Mel Shine, 84, Medford, Ore., established an M80+ record with a 59:44. This year's event included a 5K fitness walk. □



Ric Sayre, 40, Ashland, Ore., on his way to a first overall in a masters course record 26:06, Founders Day 8K, Ashland, Sept. 6.

Photo from Founders Day 8K



John Hosner, 68, Blacksburg, Va., first-place finisher (29:11 with a 12½ minute handicap), in the Bud Light Stadium 10K, St. Louis, Oct. 2 photo by Hank Kiesel

Hosner Wins Bud Light Stadium 10K

by HANK KIESEL

Premier masters runner, John Hosner, 68, Blacksburg, Va., won the 15th Bud Light Stadium Run held Oct. 2 in St. Louis, Mo. The 10K race through the downtown streets of St. Louis, with the finish line inside Busch Stadium, features a handicap format based on runner's age and gender. Hosner's winning time was 29:11 with a 12½ minute handicap.

Last year's winner, Jack Gentry, 65, Rogers, Ark., was second in 29:20 (11 min. handicap). Ignacio Jimenez, 44, of Jackson, Tenn., was third in 29:32 (3½ min. handicap).

The Bud Light event is gaining popularity for runners outside the St. Louis area. Of the 1700-plus entrants, 15 states were represented outside Missouri and Illinois.

The top 150 finishers received trophies, and all participants got baseball tickets to Saturday's Cardinals-Phillies game courtesy of the Sponsor, Bud Light. □



Bill Schmitt, (#17), 71, Godfrey, Ill., and Ernie Hirschfeld, 66, Pacific, Mo., trophy winners in the Bud Light Stadium 10K, St. Louis, Oct. 3. The race, through the streets of St. Louis and finishing inside Busch Stadium, features a handicap format based on runners' age and gender.

Photo by Hank Kiesel

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THE FOOT BEAT

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

Leg Cramps

Q. I am a masters runner and try to run 20 miles per week . . . I take Vitamin E and Fosfree tablets. Sometimes it works, sometimes it doesn't. I am 56 years old, 39 of which have been working standing at a machine. After I start walking or running my calves start to get hard and ache and feel like they want to cramp. I have stopped running and walking as much as before. Can you give me some advice?

A. Your leg cramps are very difficult to cure. They seem to increase with age and may be related to your vascular system or some type of nutritional deficiency. Your standing at work for 39 years is surely a factor in straining and traumatizing your calf muscle (known as the Gastro Soleus Complex). Hard concrete working surfaces and poor support shoes are factors in the development of calf cramps.

That your calves cramp near the end of exercise may indicate that there is some type of vascular insufficiency. The lack of blood supply to the calf muscle may be causing Ischemia (lack of oxygen to the muscle) and may be causing your cramping. I would advise a consultation with your internist or vascular specialist. You may also wish to add nutritional supplements to your diet.

Calf cramping may also be caused by certain foot and leg biomechanical ab-

normalities. Those with a condition known as Equinus Foot Deformity have a very tight heel cord which may cause excessive calf cramping. You may wish to have this examined by your local foot specialist.

Calf stretching exercises are recommended before and after exercise. These are relatively easy to perform and take very little time. This will stretch the calf muscle and increase the blood supply to the area. These exercises may be found in a book called



Report from Britain

by **ALASTAIR AITKEN**
of *Athletics Weekly*

Undoubtedly, Nigel Gates, who was 40 on May 18, had been the U.K.'s outstanding runner this last summer. He achieved a British vets 10K record of 29:43 in June, and won the National Veterans 10 Mile Championships in 50:14 in Wales. Stateside, he won the



Harold Morioka, Canada, tied the world record for the M50-54 400 with 51.80, USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

Stretching by Bob Anderson.

Obviously, a good walking shoe is necessary; one with at least 1/2 inch of support under the heel and a rigid heel counter for additional support.

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

Cascade 15K in Oregon, beating Levisse of France and Nzau of Kenya. About his performance, he says, "Right through my career, 70 miles a week has been the number of miles I train a week, and that is the amount I am happy and healthy on."

Forty-five-year-old Stephen Moore won his second 55 miles London to Brighton, Oct. 3 in 6:07:22. Although not as fast as last year, it was a tactical race, and he beat three South Africans to do it, going away from last year's non-veteran leader, Russell Crawford, on the Ditchling Beacon at 44 miles. The second veteran and seventh was local Brighton runner Sam Lambourne in 6:49:53. Over-35-runner Hillary Walker was first veteran woman in 7:23:46. She and the rest of the field started as Big Ben struck 7 o'clock a.m. □

1994 Masters Games Set for Brisbane

Thousands of masters athletes from all corners of the globe will converge on Brisbane, Australia, next year to participate in the "World Masters Games."

From September 26 to October 8, 1994, more than 12,000 athletes will participate in 30 sports, from athletics to lawn bowling to water polo.

Competition will be staged in five-year age groups, generally starting at age 30 for most sports. Themed nights, mardi gras and dinners are all planned.

During the Games, the Australian Sports Medicine Federation will host an international conference. The Games are supported by the Australian Sports Commission, the Queensland Government and the Brisbane City Council. □

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Miller, Martin Post Masters Victories in Cow Harbor 10K

by MAURY DEAN

Undaunted by soggy, sodden puddles and slip-slide oil slicks, Jerry Miller (34:21) and Kathy Martin (40:08) stormed to decisive masters victories on Sept. 18 at Cow Harbor, N.Y. This seacoast stomp through Northport, Long Island, is, according to sixth-place finisher Joe Lemay, the "toughest 10K in the USA."

For Miller, it was a tremendous victory. How many times have you over-trained while approaching a new age group, and had to dump your whole year because you tore or sprained or pulled something, and you had to feel that slow slogging and plodding was just peachy-keen? Jerry had all the injuries at 40. At 41, he's back where he should be, with the top L.I. masters.

Most incredible masters performance in L.I.'s premier 10K? Marion Stanjones, of course. Now at the speed limit (55), Marion proved that she had no speed limit with a magnificent 42:50, for third masters, just behind super Sue Curtis (42:32).

Upper division road warriors, too, enjoyed fantastic times. John McManus, 70 and 44:48, won his division by 15 minutes in a deep field. John Sullivan (44:14) barely outleaned Mike Reidy (44:15) to cop 65-69 honors, while swift Britisher Mel Cowgill (38:29) bested Richard Murphy (38:34) in the 55-59 crew.

The Cow Harbor finish banner stands aloft just ten feet from 50s literary lion Jack Kerouac's last stand — Gunther's Pub. This drizzle-dappled, whaling-town misty morning, we all shared Kerouac's (*On The Road*) road. Cow Harbor's James St. Hill (mile 2) gets the moan and groan, cuss-

agonizing Waterside St. upswamp (mile 4 to 5½) that takes your breath away. A tidal wave of faster masters besieged Waterside St., but the hill won, dashing our 35:59.9 dreams with its mega-mountain majesty. (OK, OK, I exaggerate just a wee bit.)

Just out of the top five W40+ money were the magnificent efforts of 48-year-old Hilary Boucher (44:17) and Laura Schay (45:21).

As demographics edge upward, and we runners in our 70s and 80s hang on to our semi-beloved sport, we celebrate the triumph of masters running. And we can assume that half the finishers (3200 in this 10K) were over 40.

Cow Harbor may not have had the sheer numbers of the L.I. Half & Marathon in May, but it's certainly world-class in post-race parties, thanks to Jim Mahoney and his masterful Northport Running Club. □

Records Fall at KELfield

by JERRY WOJCIK

A good turnout of throwers, from ages 30 through 80, showed up for the grand opening of KELfield in Santa Cruz, Calif., on September 18. KELfield is a throwing facility constructed on private property owned by Gary Kelmenson, an M40 thrower, who hopes to establish the site as a center for throwers of all ages.

Joe Keshmiri broke the U.S. M55-59 record of 13.56/44-6 in the shot put, held by Hal Smith and Jim Hart, with a 15.36/50-4 3/4. Stew Thomson erased Joe Chadbourne's U.S. M60-64 hammer of 50.28/164-11 with a 52.27/171-5.

Jim York, who turned 80 in June, established a single-age WR of 22.61/74-2¼ with the 5kg hammer and broke the single-age record for the 16-lb shot, with a 6.94/22-9¼.

Joan Stratton, W40, threw the hammer 39.60/129-11, and javelinist Fran Conley, W50, hit the 28.24/92-8 mark.

Participants included Ken Weinbel and George Mathews, both of Seattle. □

U.S. Marathon

Continued from page 1

M70+ division, in which Bill Brobston, 80, Saugerties, N.Y., ran a 4:28:01.

Bernardine Portenski, 44, Wellington, New Zealand, won the W40-and-over race with a sixth-place 2:41:25, leaving second to Suzanne Ray, 41, Anchorage, Alaska, 13th in 2:46:22, and third to Carol Virga, 42, Delray Beach, Fla., 17th in 2:49:59. Last year, Portenski finished second to Sharlet Gilbert, who won the W40+ contest with a 2:40:19.

Diane Stoneking, 45, Edina, Minn., triumphed (2:58:46) in the W45 race. Karen Bestul, 51, won easily in 3:16:45, as did Wen-Shi Yu, 58, Kew Gardens, N.Y., with a 3:23:26. The remaining winners were Barbara Robinson (60, 3:41:56) Nahant, Mass., and Billie Murphy (65, 5:21:59), Roy, Wash.

Navarro, with an age-graded 96.2%, was the best M40+ performer, followed by Marczak at 93.7%, and Cummings at 92.7%. Among the W40+, Portenski had the best age-graded time, worth a 92.4%, with Ray second, as in the race, at 90.5%.

Running in perfect marathon weather — 50°, clear with some late cloudiness, light breeze — 5122 entrants finished. With those conditions, officials expected fast winning times, but the race became a tactical one, with Ed Eyestone, 32, overall winner in 2:13:34, and Lisa Weidenbach, 31, first female in 2:33:38.

The race was conducted under the auspices of the Twin Cities Marathon, Patricia Goodwin, board of directors president. Health Partners was the primary sponsor. □

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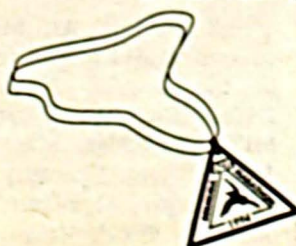
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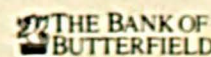
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Bohdan Bulakowski - Poland's Loss, America's Gain

Bohdan Bulakowski was the Polish National Champion six times. He placed 7th in the 1980 Olympics in the 20 kilometer walk and competed for Poland on six World Cup teams. His best times are: 10K at 40:40; 20k at 1:22:45, and 50K at 3:53:04. At age 41, he competed at the World Veterans Games in Turku, Finland and placed 2nd in the 20K racewalk. This past summer in Provo, Utah, at age 43, he placed first in his age division in both the 5K and 20K.

In addition to his athletic career, Bohdan Bulakowski was National Coach for the Polish racewalking team. As national coach, his responsibilities included both programming and training athletes for international competition. In the Barcelona World Cup in 1989, the Polish team placed seventh. One of his female athletes, Beate Kaczmarek, placed 17th in the Women's 10K at the Barcelona Olympics in 1992. Since he has been in this country, he has coached Andrzej Chylinski, Dave McGovern and Dana Yarbrough of our national team and masters gold medal winner, Paul Johnson (M55).

(When necessary, Adam Pawlik acted as translator for Bohdan.)

EW: There are many masters athletes coming into racewalking. Some are injured runners who love competition and want to continue competing; others simply enjoy walking and want to become faster. How do you approach new racewalkers?

BB: First, I interview them and ask questions about their age and background. How interested are they in racewalking? What are their goals? Have they ever trained? How long have they trained? What are their PRs? How is their health? This way I can find out where to start in developing a program for them because there has to be continuity, a steady progression. Everything has to be tailored to the individual. There is no group formula.

One of our fundamentals of training is to monitor the heart rate every single day. We have our athletes take their pulse the first thing in the morning when they wake up. When you do this, you know how well your body has recovered from your workout or race the day before, and what kind of workout you can do that day. Also, we check the heart beat after an athlete finishes training. We keep everything in a log book. As new walkers condition, their heart rate drops. Just as the muscles of the legs strengthen and work more efficiently, so does the heart.

We also use the heart rate for different levels of training. We have four levels of walking: Walk 1, Walk 2, Speed Work and Racing. If your workout calls for Walk #1, your heart rate is targeted at a specified range; for example, between 120 to 140 for younger masters and between 110 to 130 for older masters. If your workout calls for Walk #2, your heart rate is targeted at a faster pace ranging around 150 to 160 for younger masters

and 140 to 150 for older masters.

Of course, there are outside factors such as temperature, humidity, and elevation that affect the heart rate. And it is necessary to make appropriate adjustments. If you go to an altitude training camp, the first day your heart rate will be higher than normal and will gradually drop over the following days. After about 10 to 12 days in the altitude, you can start doing good, solid training as your body will be completely acclimated, but for the first 10 days you should concentrate on slow technique workouts.

EW: What is a general overall workout schedule you might make for an athlete with a goal to race at a major competition in August?

BB: January through March would be for basic training. This would be a period for long distance workouts to build a solid foundation for speed. If you do not do long distance training, you are not going to be able to perform at a high level of endurance and speed. Someone coming into a program with a great deal of experience and in excellent condition would have a different program than someone who was coming back from an injury or just taking up racewalking after several years away. The length of time of the workout and the distance walked depends on the athlete.

If someone has a problem with bent knees, we do not recommend running. We don't recommend running if you have any kind of technique problem. You run only if you have solid technique.

In a week of basic training, there is always one day off for rest and recovery. Here is an example of a typical week. Monday, rest; Tuesday, Walk #1; Wednesday, easy running, moderate heart rate; Thursday, Walk



Bob Novak, M40 racewalker, USATF Northwest Regional Championships, Eugene, Ore.

Photo by Jerry Wojcik

#1; Friday, short workout of rhythms and speed; Saturday, Walk #1; Sunday, easy running moderate heart rate.

You can substitute another type of activity such as cross-country skiing, swimming, or light weight training for running. Most sports are okay substitutes during this period. If you have the opportunity to go to a swimming pool after training, this is a good way to relax the muscles. Don't do laps; just do ten minutes of easy, relaxed swimming.

During this period of basic training, it is important to stay within the heart rate range for Walk #1. If you go faster, then you are, in fact, accelerating and doing Walk #2 and are working out at a different level. For example, if you are 50, your heart rate range is probably between 120-140 for Walk #1. If you walk at a 150 heart pace, you are actually doing Walk #2 which is closer to the speed of competition and your body is reacting more like it does during competition. Walk #1 is the basic walk for building a solid foundation. Walk #2 is a middle process between basic training and racing. If you do Walk #2 instead of Walk #1, you lose the physiologic benefits of training at Walk #1.

Continued on page 20

U.S. 5K Racewalk Championships

by JANE DODS

Many of America's best racewalkers assembled in Kingsport, Tenn., on Sept. 18 to compete in the USATF National Masters 5K Racewalk Championships. Bobby Baker, racewalk director, stated that this was the first time such an event was held on a road course; all past masters championships were held on tracks.

The elite racewalkers were out in force, making competition keen up front. Don DeNoon, 50, of Carbondale, Ill., was right up there with the best of them taking first place in 21:40, just 15 seconds behind the overall winner. DeNoon was a world-class racewalker as a young man, but stopped competing in 1974. Having resumed the sport two years ago, he is well on his way to world-class status once more.

Another outstanding performance was that of the women's masters winner, Sally Richards-Kerr, 41, of Evergreen, Colo. Like DeNoon, she also captured an amazing second place overall in 24:13.

Judging was apparently very strict. Out of a total of 98 competitors, 30 were disqualified. □



Ed Kousky, M50 winner, mile walk (7:34.18), USATF Northwest Regional Championships, Eugene, Ore.

Photo by Jerry Wojcik

McGaw, Richardson Best in 1-Hour Racewalk

Phil McGaw, 43, Milton, Mass., covered 11,612 meters for top honors in the USATF National Masters 1-Hour Racewalk Championships at MIT, Cambridge, Mass., on Oct. 3. Joe Light, 46, Westerly, R.I., was second with 11,601m, and Brian Savilonis, 43, Princeton, Mass., third with 11,447m.

George Conway, 90, Milton, Mass., set a national M90-94 record of 6797m. Elton Richardson, 54, was first

W40-and-over with 10,202m, which broke the U.S. W50-54 record. Nancy Lee Whitney, 57, Silver Springs, Md., strode to second with 9661m.

Helen Lonnroth, 67, Sterling, Mass., the oldest female competitor, finished with 7699m.

The USATF/New England hosted the event. First-place-finisher McGaw served as director. Ten judges were present on the course. □

PROFILE

Jerry Donley

by RAYMOND McCAFFREY

In the clear, cool cusp of morning, as fog lifts from the mountains and daylight takes hold, a lone figure raises a spear toward the heavens, pauses briefly, then lowers it toward a target and begins to run.

The figure — a slender, bespectacled man — takes deliberate strides and deep breaths as he races forward until, suddenly, he exhales sharply and thrusts the spear into his mark.

The spear bends on impact, but the man retains his grip, and then — in a blinding instant — he is catapulted upward and begins to fly. His toes address the sky as he rises higher and higher. Then, just as he clears an obstacle — a slender crossbar — gravity grips him and slaps him back toward the ground. He lands in a bed of soft foam and bounces up with a contented look.

"That's 11 feet," Jerry Donley says. "That would have won the world championship. The person that was in second place was 10 feet, 10 inches. My winning height was 11 feet, 10".

Specifically, Donley won the pole vault competition — at the World Association of Veteran Athletes world championships in Turku, Finland, July, 1991. Though 63, Donley looks 20 years younger as he bounds down a runway at the Air Force Academy's track and field complex. He aborts this jump at the last second. "I wasn't comfortable coming in," he explains.

Comfort? Donley ticks off what he's aiming for: good balance, good position, taking exactly 18 steps to run exactly 120 feet before vaulting. He compares it to hitting a golf ball straight. "If your swing is out at all, you're going all over the place; and if your step is off, you've got some real troubles."

But the analogy breaks down slightly. At the end of the golf swing one simply observes the direction of one's shot; at the end of Donley's 18 steps he must jam his pole into a metal box, absorb the impact in his arms and shoulders and then ride the rippling wave upward. "I guess there are a lot of people who don't think that makes an awful lot of sense," he says. "You're going to take a jolt. You're going to take some hard falls."

Through the years, Donley has broken his wrist and his collarbone and even caught his nose on the cross bar. He's now recovering from a leg injury. Why does he do it? "I don't know. Well, I don't think I can say there's anything you particularly like about it. It just fits my personality."

Personality? Donley talks about one coach who gave up recruiting great



Jerry Donley, M60, first (3.60), Meinhard Kirm, second (3.30), and Martin Kuttman, third (3.20), WAVA Championships, Turku, Finland, 1991.

athletes for the vault — they did well at the beginning but never improved. He preferred good athletes who were — well — a little goofy, the types that would charge a brick wall. Guys like Donley, who started vaulting while a fifth-grader at Castle Rock Elementary School. "I'm not naturally strong. I can't run long distances. I wasn't good at basketball. I was too small to play football. I swim like a tank."

But by the time he was a 6-foot, 115-pound high school senior, he was his school's best vaulter by virtue of clearing 10 feet, 10 inches. At Beloit College in Wisconsin, he gained another 35 pounds and topped 13 feet, 9 inches his senior year. "And that, of course, is the end of it."

Following the conventional wisdom that all but the sainted few give up strenuous sports at 21, Donley enrolled at the University of Michigan Law School. He wasn't the best student, but vaulting had taught him to work diligently. He came to practice law in Colorado Springs and make a life with his wife, Dorothy, and their three sons.

By the time he was 40, he felt gravity weighing on him: He lacked the energy to keep up trial work. So he took up jogging and aerobics to get into shape. Then his sons started pole vaulting and Donley tried to explain the theory; finally he decided to show them. "And I started getting off the ground."

He was 44 and flying again. Donley read about the burgeoning masters program — about 5,000 men and women competed in the 1991 championships, some in their 90s — and in 1975 he took second at the world

Continued on page 15

35 Records Smashed at 24-Hour Championships

from JOHN WHITE

Sylvania, Ohio, was the site of the USATF National Open and Masters 24-Hour Championships, Sept. 18-19. A total of 166 runners competed on the 1.1224-mile Orlander Park loop course, starting Saturday noon.

The women's open and masters champion was 47-year-old Sue Ellen Trapp, Fort Myers, Fla., running without close competition and finishing third overall. Trapp accomplished the stunning feat of adding more than two miles to the national open women's record. Her performance of 145.2871 miles surpassed the mark of 143.0849 set by the legendary Ann Trason in the 1989 championships. Trason is arguably the best woman ultrarunner in the world today. Nevertheless, this is the third time during the past 13 years that Trapp has captured a 24-hour record.

This race demonstrates rather convincingly that ultrarunning is primarily a masters event. In the men's race, masters captured 17 of the first 20 places, while masters women took seven of the top ten places.

The top masters men were Roy Pirrung, 45, Sheboygan, Wisc., the former open and masters record holder, with 143.8313; John Ryder, 44, LaPorte, Ind., with 139.3787; and Robin Fry, 41, Columbus, Ohio, with 136.8763.

Helen Klein, 70, Rancho Cordova, Calif., became the oldest woman in the world to surpass 100 miles with her



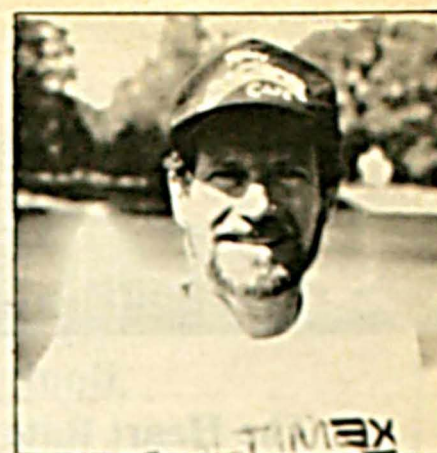
Helen Klein, 70, Rancho Cordova, Calif., established seven ultra-distance records with 102.7398 miles, National Masters 24-Hour Championships, Sylvania, Ohio, Sept. 18-19.

Photo by John White

Raschker Nets Four Records at Gainesville

by JERRY WOJCIK

Phil Raschker, 46, Sorbothane's co-athlete of the month in the October issue, continued her attack on world and U.S. records, bettering four in the USATF Southeast Regional Masters Championships in Gainesville, Fla., Sept. 5. Raschker, of Marietta, Ga., broke her W45-49 world record of 2.84/9-4 in the pole vault with a 2.95/9-8, and bettered the single-age U.S. records in the high jump, long jump, and triple jump.



Roy Pirrung, 45, Sheboygan, Wisc., first M40+ (143.8313 miles) and third overall, USATF National 24-Hour Championships.

Photo by John White



Sue Ellen Trapp, 47, Ft. Myers, Fla., after obliterating the U.S. record for the 24-hour road race with 145.2871 miles.

Photo by John White

102.7398, and established national age-group records for 25K, 20 miles, 50K, 50 miles, 100K, 12 hours, and 100 miles. Edson Sower, 77, Yuma Ariz., is the oldest man known to have competed in a 24-hour run. He established first-time-ever M75 records at all distances beyond 100K.

The success of this event was attributable to Tom Falvey and Dave Payette of the host Toledo Roadrunners Club. The race featured a revolutionary computer scoring system designed by Todd Herzog of Paradigm Technologies. The system utilizes bar-coded tags that permit an unlimited number of participants in an ultrarun. Dan Brannen, chairman of the National Ultrarunning Subcommittee, heaped praise on both the race organizers and the new scoring system. □

Ninety-two All-American masters performances were recorded. Eleven Florida resident records also fell.

Entrants included athletes from Philadelphia, Virginia, and Ohio, as well as from the region. In addition to offering competition for men and women ages 30-and-over, the meet included athletes from ages 19 through 29.

The Florida Athletic Club outscored the Atlanta TC, 236 to 114, for team honors. □



Book Review: The Heart Rate Monitor Book

by BARBARA ERSKINE

In 1991, Sally Edwards, at 44 years of age, won the Masters Division of the Ironman Triathlon. Not only was she at the top of the age bracket for that group, 40-44, but also she started the marathon in 4th place, behind by 25 minutes.

She's a remarkable woman and elite competitor; but, even so, that performance was exceptional. She credits her win to the assistance of a gadget which isn't new, but is high-tech: a heart rate monitor. So convinced is she of the value of the information the monitor provides that she has written a book on the subject, aptly named *The Heart Rate Monitor Book* (1992, Polar Electro Oy, \$12.95).

With unabashed enthusiasm, Sally, in her personal, chatty style, describes all the benefits of using a monitor for exercisers of any age or ability. Although she has been athletic most of her life and is comfortable with intense competition, the monitor provides specific information she uses to improve her performance in training and racing. If it can help someone so highly trained, it should be valuable for the average athlete.

Most of us do our workouts on either the perceived exertion scale or pulse rate. However, both these methods are very imprecise. Perceived exertion is a function of the mind and can be influenced by too many variables, such as fatigue, stress, financial worries. Pulse rate, in clinical studies, has varied by as much as 17 beats per minute from heart rate. In non-research situations, such as your daily run or bike ride, taking your pulse to judge exertion is even more erroneous.

A heart rate monitor measures individual cardiovascular and physiological response to exercise. In beats per minute, it indicates the efficiency of your body — how much energy is required to pump the blood through the heart. Because response to training is individual, what is a high level of intensity for one person might be moderate for another. The monitor allows each person to pick the intensity desired for any given day and achieve that, whether in a group or exercising alone.

Sally believes, "Racing with a wireless telemetry heart rate monitor can be worth milliseconds in a sprint, minutes in a marathon, and hours in an ultra. Training with a heart rate monitor can mean hundreds of calories burned; many pounds of fat lost; and shorter, more motivated and enjoyable workouts. It provides the means to accelerate the athlete's learning curve of

self-understanding and fine-tune the athlete's ability to consciously adjust his or her body rhythm."

It directly links the mind with the body, by providing feedback to the mind on how the body is doing. The monitor gives constant measurements of the heart's response to physiological variables such as caffeine, moods, attitudes, stress. If your heart rate increases to maintain a set pace because the weather is hot or you are fatigued, you'll know, immediately, whether you are exceeding your training limits and can adjust your intensity accordingly.

This is great news. You can compete in any group or activity, yet be constantly aware of how you personally are doing. Sally's experience in the Ironman gives us a fine example of this strategy.

She finished the swim exactly in the time of her race plan. She kept steady on the bike at 155-160 bpm, even though many cyclists passed her. As she changed to running shoes and moved the monitor from the handlebars to her wrist, she took off at a 172 bpm pace for the marathon in 4th place. By the half way point, she was in 2nd place, but still 10 minutes behind. That meant Sally would have to run almost a minute per mile faster than the leader to catch her. By mile 21, her mind began to issue negative thoughts. Her monitor showed 155 bpm — she had allowed her mind to slow her down. Painfully, she picked up the pace to 172 bpm and took the lead at mile 22.

"I did it. I won. It (the heart rate monitor) allowed me to monitor the status of my mental attitude and physical stamina, to control it and coax myself towards victory."

Why does Sally, at 44, care about winning, her heart rate, a trophy? Her book is a statement of the meaning of life for this champion masters athlete. "... experience it for yourself. Go feel what it's like to reach so deeply inside that you brush against your core Self. Go win and go lose, but never stop learning about the world, and about yourself." And take your heart rate monitor with you. □

(Barbara T. Erskine, *Books for Runners*. For information or a free catalog, contact her at The CAVU Company, 386 Portlock Road, Honolulu, HI 96825-2027.)



Vice-President Al Gore and U.S. Solicitor General Drew Days, after the Nike Capital Challenge Three Mile, Washington, D.C., Sept. 15.

photo by Ken Heinen

As Congressional Pace Finally Speeds Up, Top Administration Figures Run for Their Lives

from JEFF DARMAN

Vice-President Al Gore was among the many prominent Washingtonians gathered on a beautiful Wednesday, Sept. 15 morning in Washington, DC's East Potomac Park for the 13th running of the Nike Capital Challenge Three Mile. Seven hundred runners on 140 teams took part, including scores of senators, congressmen, and administration appointees such as new Director of the FBI Louis Freeh and his Deputy Floyd Clarke, Secretary of HUD Henry Cisneros, Office of Management and Budget Deputy Director Alice Rivlin, Solicitor General of the United States Drew Days, Co-Chair of the President's Council on Physical Fitness and Sports Tom McMillan, ABC Nightline's Ted Koppel, CBS's Bill Plante and Susan Spencer, and NBC's Bob Hager.

On hand as official "whistle blower" and starter was former New York Marathon winner Priscilla Welch, 48, who jumped in at the back of the pack after sending the field on its way.

Teams had to be captained by a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality or professional print journalist, and each VIP had to finish the course for their team to count.

The purpose of the Nike Capital Challenge is to raise money for the D.C. Special Olympics and to determine who is fittest: the legislative branch, the executive branch, the judicial branch, or the media that covers them.

Competition in the highly sought after and prestigious Best and Worst Team Name categories was again intense. Worst team name honors went to the "Joy of Tax" from the Tax Analysts team, with "Just Deaux It" (Senator John Breaux) winning best team name.

As always, the race had a festive air with the Howard University Show Time Marching Band entertaining runners pre-race and as they finished. Race officials dressed as Abraham Lincoln and George Washington "worked" the race crowd and appeared on TV. Signs lined the start area with slogans such as, "Sam Nunn's Health Care Plan, 'Don't Cough! Don't Sneeze!'"

Tennessee Representative Bart Gordon regained his title as fastest man in Congress running 17:59. Senator Don Nickles (R-OK) defeated 10-time Senate Champ Max Baucus (D-MT) with a come-from-behind finish, edging Baucus by two seconds (21:25 to 21:27). First time participant HUD Secretary (former San Antonio Mayor) Henry Cisneros was the first Independent Agency Head (23:32). Vice-President Al Gore finished in 23:39, along with his daughter, Karenna. Tipper Gore finished in 26:20.

Jim Hage of the Bureau of National Affairs was the open winner (14:21), and Laura Scofea of the Department of Labor team was first woman (17:29). Fastest overall team, Runners Whirled, the visiting quintet from Emmaus, Pa., (*Runner's World Magazine*) nipped Congressional Quarterly in the journalism division. Fastest individual journalist was Jim Hage, who beat several-time winner Dick Keil of the AP.

The Nike Capital Challenge again highlighted the ability of many of the nation's busiest leaders to stay fit, and raised \$9000 for the D.C. Special Olympics. Challenge sponsor, Nike, and contributing sponsor, the Principal Financial Group, donated \$4000 in the names of the winners, as well as paying all race expenses. All entry fees went to the District of Columbia Special Olympics. Principal's Chairman and Chief Executive Officer, Dave Hurd was among the finishers. □

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Statement of Ownership Management and Circulation

1a. Title of Publication. National Masters News. 1b. Publication No. 0744216. 2. Date of Filing: 9-30-93. 3. Frequency of Issue: Monthly. 3a. No. of Issues Published annually: 12. 3b. Annual Subscription Price: \$24.00. 4. Publication Mailing Address: P.O. Box 2372, Van Nuys, CA 91404. 5. General Business Office Address: 6320 Van Nuys Blvd., Suite 207, Van Nuys, CA 91401.

6. Publisher: A. Sheahen, 6200 Hazeltine Ave., Suite R, Van Nuys, CA 91401. 7. Owner: Al Sheahen, same address. 8. Bondholders, Mortgages and Other Security Holders: None. 9. Not Applicable.

10. Extent and Nature of Circulation: Average no. copies each issue during preceeding 12 months: A. Total No. Copies (net press run) 7400. B. Paid Circulation 1) Through dealers 30; 2) Mail Subscription, 5712. C. Total Paid Circulation, 5742. D. Free Distribution, Complimentary, Promotion 1633. E. Total Distribution 7575. F. Copies Not Distributed: 1) Office Use, left over, spoiled 25; 2) Return from News Agents: 0; G. Total 7400.

Actual No. Copies of Single Issue published Nearest to Filing Date: A. Total Copies: 7200. B. Paid Circulation: 1) Through dealers: 30; 2) Mail Subscription 5746. C. Total Paid Circulation: 5776. D. Free Distribution, Complimentary, Promotion, 1399. E. Total Distribution: 7175. F. Copies Not Distributed: 1) Office use, left over, spoiled, 25; 2) Return from News Agents: 0; G. Total: 7200.

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Masters Health and Fitness

A Profile of the Masters Track and Field Athlete

by RUSSELL LAMAR ACEA

(Russell Acea is a masters athlete who lives in Seattle. His research paper: "A Profile of the Masters Track and Field Athlete" was accepted for presentation at the annual meeting of the Northwest American College of Sports Medicine. In a two-part series, NMN presents excerpts from that paper. The first part cites various surveys on older athletes researched by Acea. Part two reveals the results of Acea's own survey of 94 masters track and field athletes at six masters meets in 1991.)

With aging, there is a general decline in physiological measurements. Aerobic capacity, muscular strength, movement speed, and lean body weight all decrease, while percent body fat increases. The decline in these measurements begins somewhere in the mid-20s and is called the aging curve.

However, a growing number of researchers who have tested individuals from age 20 to 95 believe that a portion of the deterioration seen in aging curves is caused by less activity in older individuals, and not just by aging itself; that people who maintain active lifestyles slow down the fitness decline seen in typical aging curves.

What is not known with certainty is to what extent these aging factors can be slowed by those who consistently exercise throughout their lives. More studies need to be done by sport scientists before this issue is clarified.

Changes with Aging

As most people age, the amount of body fat becomes easier to accumulate. Excess body fat can lead to overweight problems and increased health risks. Researchers have shown that exercise is a well-documented factor in controlling body fat.

Heath et al. (1981) compared 16 highly-trained masters athletes, ages 50-72, with 16 young athletes, ages 18-27. The two groups were matched based on similar training regimens. Eighteen untrained middle-aged men were also compared as a control group in which nine were identified as overweight, average age 50; the other nine were lean, average age 52.

Significant differences were found between the masters athletes and the untrained middle-aged men in percent body fat. The young athletes had 9.3% body fat; the masters athletes 9.8%; the lean untrained men 14.2%, and the overweight men 20.4%.

However, in a study by Kavanagh and Shephard (1990) on 756 masters competitors in various sports, lean body mass remained relatively constant for both men and women until ages 70-79, when it decreased 4.3kg and 4.5kg, respectively, a significant decline. This study contrasted with other surveys which found gradual decreases in lean body mass with aging.

Pollock (1987) studied 24 masters track athletes during a 10-year period. All 24 continued their aerobic training, but only 11 were still competitive and training at the same intensity. Pollock found slight increases in body fat with both groups although total weight remained about the same. Pollock concluded that strength training may be necessary to maintain lean weight with age.

In a 1988 study by Kavanagh, where questionnaires were answered by 1688 athletes of various sports, weight training was not as popular with masters athletes as was endurance training. Weight training was done by 30% of the men and 31% of the women, while endurance training was done by 72% of the men and 81% of the women. It may be that the elderly are not performing weight training exercises as much as they should be in order to maintain current muscle mass.

It is clear from sport science research that sedentary patterns in the life of the aging individual can lead to undesirable changes in body composition. Body fat percentages increase while

	n	age	height (cm)	weight (kg)	body fat, %
Young athletes	16	22	175.8	65.2	9.3 ± 1.8
Masters athletes	16	59	173.0	63.3	9.8 ± 1.2
Untrained	9	50	175.3	85.0	20.4 ± 2.6
Lean untrained	9	52	174.8	69.1	14.2 ± 2.2

Many researchers agree with Heath's study that trained men have a lower body fat content than untrained individuals of the same body weight and age.

lean body mass decreases. Active lifestyles by aging individuals seem to have some influence in slowing down some of these undesirable changes in body composition. □

Vo2 Max Drops Less With Training

Many researchers have tried to answer the question of how much exercise is needed in order to produce positive physiological results. Sport scientists report that in healthy, non-competing men, Vo2 max declines about 9% per decade after age 25.

But Pollock et al. (1987) found aerobic capacity remained virtually unchanged over a 10-year period with 11 middle-aged men who had maintained their training regimens and competitive habits in track & field. During the initial testing, the average Vo2 max of the 11 men measured 54.3 ml/kg/min. At the follow-up study 10 years later, the average had declined to only 53.3. With a predicted decline of 9% in Vo2 max per decade, the expected result should have been approximately 49.4 ml/kg/min.

In a study by Kavanagh and Shephard (1990), 756 masters athletes of various sports (mainly runners, swimmers and cyclists) were tested for Vo2 max levels.

They found an average decline in Vo2 max of 13.0 ml/kg/min from the 30-39 age group to the 60-69 group (49.1 and 36.1, respectively). This drop amounts to an 8.8% decline per decade, a figure close to the expected 9% decline rate. This finding contradicts Pollock and other researchers who found that Vo2 max declined at a lesser rate with masters athletes.

Since Kavanagh & Shephard did not segregate athletes by sport and event, it is not possible to find out whether there were similar declines in the aerobic capacity of track athletes consistent with the entire masters athlete population.

Nevertheless, it seems apparent from the majority of studies done on masters track and field athletes that continual training in the sport assists in curtailing the expected decline in aerobic capacity with aging. □

— Russell Acea

Sri Chinmoy Games Draw 120

by LYNN SCOTT

One hundred and twenty men and women athletes, ages 40 and older, gathered on an ideal, cool day in Long Beach, Calif., for the 6th annual Sri Chinmoy Masters Games.

Stewart Thomson, 60, Atascadero, Calif., again broke the U.S. M60-64 hammer record since turning 60, with a 50.76/166-6. Carol Johnston, Whittier, Calif., 81, vaulted to a single-age



Stewart Thomson, M60, winds the hammer, Sri Chinmoy Games, Long Beach, Calif., Sept. 12. Photo by Nibir Cole



Carol Johnston, 81, with official Durdam Rocherolle, after vaulting to a single-age world record 7-8, Sri Chinmoy Games, Long Beach, Calif., Sept. 12.

Photo by Nibir Cole

world record of 2.34/7-8.

Dave Douglass, 60, Los Angeles, a faithful supporter of these games from their inception, participated in seven events, taking two firsts.

Members of the Sri Chinmoy Marathon Team athletic organization came from all over California to host the event and be inspired by the masters athletes. They provided free fruit, drinks, and snacks all day, which the athletes appreciated.

For further information about next year's event, the contact is Bigalita Egger, race director, (310) 645-0271. □

Owens, Portenski Win in Philadelphia

by JERRY WOJCIK

Earl Owens, 44, Dunwoody, Ga., took the 40-and-over contest with a



First master Earl Owens, 44, Dunwoody, Ga., in 1:08:54, Philadelphia Half-Marathon, Sept. 19.
Photo by George Banker

45th-place of 7000 runners in 1:08:54 at the Philadelphia Half-Marathon on Sept. 19. Owens, of the Atlanta TC, met little competition in his division, with Carlos Roa, 40, Jamaica, N.J., second (1:10:16) and Chuck Moeser, 41, Herndon, Va., third (1:10:42).

Norman Green, Jr., 61, Wayne, Pa.,



Louise Fairfax 42, Tasmania, second W40+ (1:18:27), Philadelphia Half-Marathon, Sept. 19.

Photo by George Banker



First M55 Tony Cerminaro (l), 57, Jermyn, Pa., in 1:18:10, and second Michael Hayney (r), 55, Camden, N.J., with Jay Land of sponsor Wissahickon Water, Philadelphia Half-Marathon, Sept. 19.
Photo by George Banker

broke Gaylon Jorgensen's U.S. M60-64 record of 1:17:04 of 1989, with a 1:16:55.

Bernardine Portenski, 43, New Zealand, ran a sizzling 1:16:42 for tenth female. Louise Fairfax, 42, Tasmania, was 14th (1:18:27), and Nancy Grayson, 43, Northville, Mich., 15th (1:18:48).

The best age-graded masters performance came from S. Rae Baymiller, 50, NYC, who finished 21st female in 1:19:40, an age-graded 95.3%, breaking Shirley Matson's W50-54 U.S. record of 1:19:51 of 1991.

Priscilla Welch, 48, Boulder, Colo., and England, won the W45 race with a 1:25:15.

Heavy rains on Saturday moved on by Sunday morning, leaving conditions at 57°, 77% humidity, and winds at 10 mph. □

TEN YEARS AGO November, 1983

- V World Veterans Games Draw 1935 to San Juan; 40 World Records Set; Problems Mar Successful Event
- 782 Compete in National T&F Championships in Houston
- Antonio Villanueva, Cindy Dalrymple Top Masters in El Paso 15K

Profile

Continued from page 11

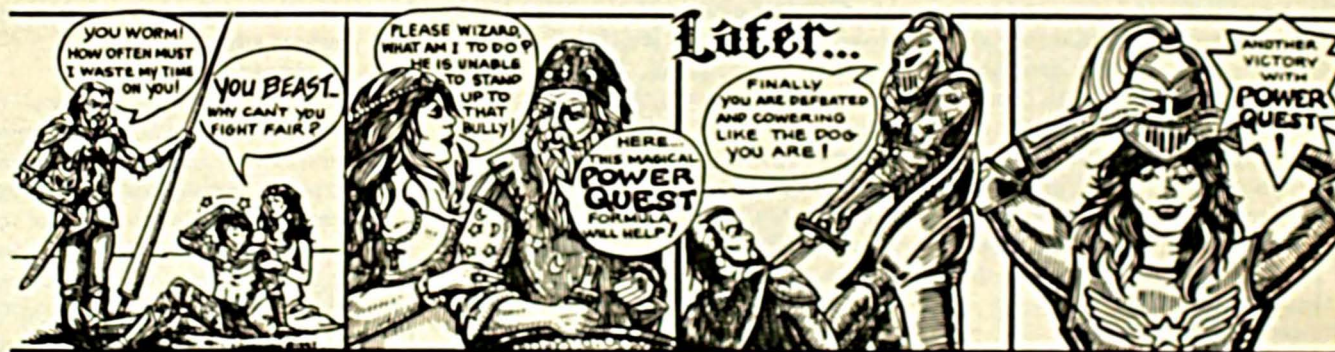
championships. He has won his age division almost every year he has competed, and been the national chairman of the United States Masters Track and Field Committee.

As he stands in the cool morning air, Donley easily lists what he enjoys about competing — how it slows the aging process, how he and Dorothy have seen the world. But emotion strangles his words as he struggles to describe the beauty of the vault, that blatant defiance of gravity.

"If it's a good technical vault, there's no stress, no strain, no jar," he says. "There's nothing but coming back, taking off into the air..."

"I'm in heaven." □

(Reprinted from the Colorado Springs Gazette-Telegraph).



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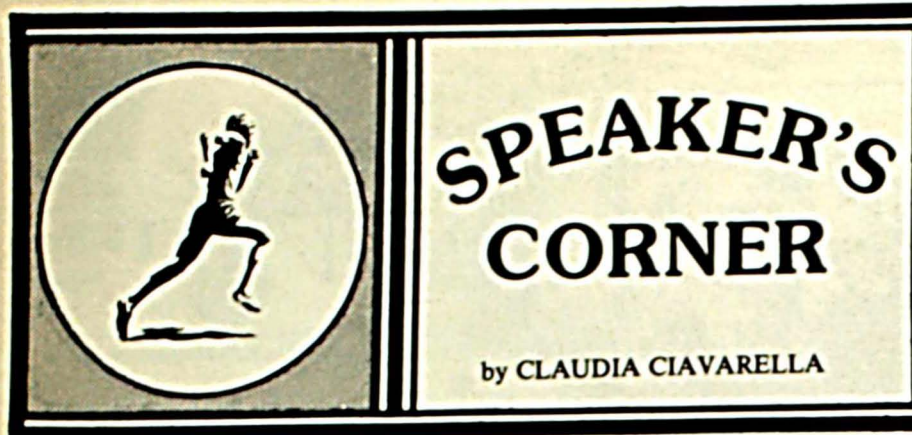
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The History of Masters Long Distance Running — Part II

(The History of Masters Long Distance Running — Part I, by Claudia Ciavarella, was published a year ago. Part II was scheduled to follow, but the manuscript was mysteriously lost, deep in the bowels of NMN's offices. In a house cleaning last month, behold... it reappeared. We humbly apologize for the delay, and present it now as originally written. — Ed.)

"Masters athletes keep the race honest," so says Scott Keenan, the Race Director of Grandma's Marathon. Clearly impressed by the masters runners he has dealt with, Keenan is well-qualified to speak. The first six elite athletes he signed on for his 1992 race were over forty.

Keenan believes that the masters athletes serve his race well because they are more loyal to events that they enjoy and they attract local runners to participate. "Masters are committed to coming back if they like your event — open elites are often more selective." Bringing in Doug Kurtis for his race (who won as an open athlete) automatically enhanced his field. According to Keenan, "Masters strengthen the overall field...especially when they have the ability to finish in the open."

Keenan likes the fact that his masters athletes rarely, if ever, let him down. "They have that added experience, which usually guarantees that they will run the times they say they can run." Besides knowing what they're capable of running, masters usually run smarter. They pace themselves based on conditions. "I don't know too many masters runners who drop out of races. When I bring in masters, I know that they'll finish and run times that are virtually guaranteed."

Rodgers and Shorter

Clearly, there has been a fairly rapid evolution in the sport since the match-up between just-turned-forty Rodgers and Shorter. Prize purses for the over forty division have been increasing, and most major races have a travel and expense budget for elite masters. But the evolution is far from complete. In masters competition there are shades of grey — as many different viewpoints on how, how much, and even whether athletes should be rewarded — as there are athletes, race directors and officials.

Like Keenan, Dick Mattia, the Elite Athlete Coordinator for the Utica Boilermaker 15K, is strongly in favor of rewarding masters performances with prize purses that are equitable in comparison to the open division. The race has consistently drawn a top-quality masters field over the past

several years. Utica is one of the few major races that breaks the masters age divisions into the over-fifty group, with separate prize money.

Mattia believes that the tough competition that exists in masters racing is a natural progression: "What we are seeing is simply athletes who are coming of age." He credits the ICI Masters Circuit with helping to get people thinking about masters running. "The timing was right...there were already a lot of good quality people out there." Utica was on the circuit for three years — it paid off for the race as well as the athletes. The quality of the fields improved significantly, which led to the increased prize purses. In last year's race, prize money was raised across the board, even in the senior category.

Charlotte Observer Races

Although the Charlotte Observer 10K and Marathon does not yet pay prize money to the over fifty age groups, they do offer one of the largest and deepest masters purses in the sport. Don King, Promotional Director with the Observer, says that masters are the most important age group in many races — not only in the Observer 10K, but in other races in the Charlotte area. King stresses that "the average forty or fifty year old runner in Charlotte doesn't care about big name runners, especially in the open." But they do care about their peers, the other runners their age who provide support and make up the greatest percentage of the field.

As the running population ages, King sees two major developments occurring: one, sportswriters will also be aging, so they will pay more attention to the older athlete and two, new language will be adopted to provide for the older runner, much like cycling terminology. In the future, King sees the term 'master' being replaced with designations for each ten-year



Top M50-59, Glen Brenner 5K, Washington, D.C., from left: Dick Hipp, Columbia, Md., 3rd (19:53); Bernie Gallagher, Rockville, Md., 2nd (18:11); and Fay Bradley, Washington, D.C., 1st (17:18).

Photo by George Banker

category, from forty through eighty.

Julia Emmons, Race Director of the Peachtree Road Race 10K, agrees with Keenan, Mattia and King that masters competition is a viable part of any event. Describing her 40,000+ race as a "citizens race," Emmons says that she is honored by the elite fields that Peachtree attracts. She is particularly proud of the master athletes who are in "...their second season of greatness." Emmons supports substantial prize purses for masters because she believes that the trend that began in the 80s with the popularity of Rodgers, Campbell, Welch, Schlau and others is going to continue well into the next century. She likens masters runners to actors, as opposed to movie stars, saying that "...someone who is just beautiful or handsome can't play character roles." It's up to the older athletes to provide the level of maturity and commitment that younger athletes may lack.

Age-Graded Scoring

There are those supporters of masters competition who, in the spirit of fairness, look to age-graded scoring to recognize overall winners. Races have been scored using this system for years in Oklahoma, led by Joe McDaniel, who was very much ahead of his time. The Tulsa Run 15K is one of the few major national races that scores masters runners in this manner. Race Director Stan Austin says that in the four years they have done age-graded scoring there have been few complaints. "For someone over fifty, this is the only fair way to score. This allows an Ed Benham, who is a remarkable athlete, to finish as third master overall."

The Twin Cities Marathon is well-known for its age-graded scoring, as well as the substantial masters prize purse. Executive Director Patricia Goodwin credits former Race Directors Jack Moran and Skip Burke with having the foresight to recognize that masters running would be a significant part of the sport in future years. In the 1989 race, 2,000 out of the 6,000 participants were over forty. "Masters athletes are treated fairly at our race. We do the age-grading in five year age

groups, plus this year (1992) we are offering a \$5,000 bonus for the masters course record," said Goodwin. Everyone is given the opportunity to be recognized.

Will age-grading become more popular in the future? It's difficult to know for sure, but it would appear to be a logical progression. If not age-grading, then perhaps recognition of older age groups, particularly in races where there is prize money. Barb Filutze, who was one of the pioneers in the sport, would like to see more age groups developed. For someone such as Barb, who is still running extremely well, this would be an incentive. "Competition is getting harder; the field is growing, but we don't want to stop competing. We just need more incentive to race," comments Filutze.

Twin Cities Best Masters Race

Norm Green agrees with Barb, but he leans more toward age-graded scoring. He would like to see more races follow Twin Cities' example, which he describes as the "best race in the country for masters." Green brings up another issue: masters athletes wearing numbers on their backs to designate age group. Although this is a requirement in TAC championships and has been tried with limited success at a few major races in the past, it is not being done with any regularity at the present time. With new athletes moving into the masters category seemingly every month, this may become common practice.

A sport in transition, in a state of evolution, makes for wildly divergent opinions. Where is the sport going and how is it going to get there? Scott Keenan believes that masters running is "...very strong, and prize money will continue to increase in years to come." Harold Tinsley would like to see another masters circuit, but he doesn't feel that TAC will supply "the necessary people to do the work to get a circuit going." In defense of TAC, Chuck DesJardins, Chair of the Masters Long Distance Running Committee, agrees that the sport would benefit from a circuit "...but everyone

Continued on page 20

Wolfpack Throwing Classic Held

by JIM PEARCE

The 12th annual Wolfpack Throwing Classic was held in Columbus, Ohio, on Sept. 12. Joan Grissom, 55, Indianapolis, throwing in a new age-group this year, set U.S. W55-59 records in the 3k shot (12.32) and 3k hammer (31.54). Grissom also set single-age records in the weights.

Len Olson, 62, Poyntelle, Pa., was selected to receive the 1993 Buckeye Throwing Award for his "iron man" performance, which included the weight pentathlon and six individual events, plus three single-age records. Other single-age records went to Bernice Holland, 66, Cleveland, Ohio, and Frank Furniss, 86, Marion, Ohio.

Everett Hosack, 91, Cleveland, Ohio, was the oldest entry and first M90 athlete to compete in the Wolfpack Classic.

Weather conditions were excellent, with unseasonably cool temperatures in the 70s, slightly overcast skies, and a favorable wind. □



Bob Jordan, San Francisco, M65 400 winner (76.76), Club West Meet, Santa Barbara, Oct. 2, appears to be saying, "It's my turn at last," after finishing second to Jock Jocoy in the 100 and 200.

Photo by Beverley Lewis

Santa Barbara Hosts Club West Meet

from BEVERLEY LEWIS

The 20th annual Club West Masters Meet at UC-Santa Barbara on Oct. 2 drew its usual large number of athletes, many from out-of-state, who posted several records and excellent times.

Stew Thomson, 60, Atascadero, Calif., lengthened Joe Chadbourne's U.S. M60-64 record of 164-11 for the 5kg hammer with a 168-10.

John Whittemore, 93, Montecito, Calif., established a single-age world record (44-2) for the 4kg hammer and broke single-age world records in the javelin (31-5), shot (14-4), and discus (37-8). Phil Fehlen, Carlsbad, Calif., high jumped to an age-58 world record 5-7¼.

Eddie Hart, 44, Pittsburg, Calif., 1972 Munich Olympic gold medalist in the 4x100 relay, romped to an easy victory in the 100 with an 11.55.

The Track & Field Trophy for highest points was won by Sam Flory, 61, Inglewood, Calif., for his 20 point total. He also shared the Track Trophy with Stan Whitley, 47, Alta Loma, Calif., both scoring 15 points. Bob Boucke, 80, Walnut Grove, Calif., was the winner of the Field Trophy with a 19-point tally.

Jim Minah, Seattle, Wash., won the Hubbell-Herrmann Hammer Heave Trophy, awarded to the best thrower

over age 70. Gunnar Linde, Venice, Calif., took home the Ray Williams Memorial Trophy for the best 5000 time by a runner age 60 and over, for the second consecutive year, with a sparkling 20:16.

The meet was co-sponsored by Club West and the City of Santa Barbara Parks and Recreation Dept. Lloyd Albright was the meet director. Dave Reynolds was the starter. □

FIVE YEARS AGO November, 1988

- Bill Rodgers, 40, Sets U.S. Masters 10K Record of 29:47 in Davenport, Iowa
- Joan Ulyot Sets U.S. W45 Marathon Mark of 2:47:39 in St. George, Utah
- Bob Schlaue, 40, Wins Stamford, Conn., Marathon Overall in 2:20:41
- Barry Brown, 44, is First 40+ in 1:08:55 in Philadelphia Half-Marathon
- Kjell-Erik Stahl Runs 2:19:59 to Win Twin Cities Marathon Masters Title

Olson, Grissom Best With the Weights

by JERRY WOJCIK

The USATF National Masters Weight Pentathlon Championships drew 24 contestants including six women, to Woodstock, Ill., for the event on Sept. 25.

Len Olson, 61, with four marks worth 850 or better, was the top point-getter with 4262. Phil Brusca, 66, bolstered by a 906-point 12.53 (age-factored 17.04) mark in the shot was the second-best thrower at 4098.

Joann Grissom, 55, led the women, with a 3864 total, fattened by a 928-point 11.48 (15.61 age-factored) shot put. Betty Jarvis, 78, was second best woman at 3308.

Top original marks (before age-factoring) in the five events were 14.09 in the weight by Olson; 43.06, javelin, Don Mather, 63; 13.17, shot, Olson; 43.90, hammer, Norm Cyprus, 55; and 47.38, discus, Mather.

The event was hosted by Chuck Klehm. □

Thomasville Decathlon/Heptathlon

by BILL BUSBY

Under near-perfect weather conditions, the eighth annual Thomasville Fall Decathlon and Heptathlon was contested by 21 male competitors, ages 11 to 81, and a surprisingly large group of seven female competitors, whose ages ranged from 11 to 61, in Thomasville, N.C., Sept. 11-12.

The meet ran very smoothly both days because of the efforts of a veteran volunteer officiating crew, several of whom have worked the meet every year for the past eight years. Two high jump pits and three pole vault runups were used to speed up the two most time-consuming events.

Outstanding performances were turned in by Denver Smith, 67, whose 7378 score is a world single-age record; Phil Mulkey, 60, with a tremendous 7789; and Rex Harvey, 47, with yet another 7000+ score (7040).

Phil Raschker, W45, had an im-

pressive 6027 points in the heptathlon. She was pushed to her score by competition from Nicole Hudson, 23, a training partner and three-time Atlantic Coast Conference heptathlon champion.

In addition to his athletic ability, Harvey brought his computerized scoring program and equipment, which made accurate results available almost immediately after the 1500 concluded on Sunday. This was appreciated by all, especially the meet director. □

COMING NEXT MONTH

- Stories, photos and results of 10th WAVA World Veterans Championships in Miyazaki, Japan

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV. 1993

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JIM BOWERS (SANTA ROSA, CA)	11-6-38	55-59
LOUIS CHARBONNEAU (FRA)	11-22-3	90-94
ROBERT COOPER (DAVIS, CA)	11-7-23	70-74
ALVAN CORWIN (ROLLING HILLS, CA)	11-5-23	70-74
AGUSTINHO FERNANDEZ DIAZ (SPA)	11-5-38	55-59
DONALD DONNELLY (SAN DIEGO, CA)	11-23-28	65-69
HENRY FAIRBANK (DURHAM, NC)	11-9-18	75-79
NOLAN FOWLER (COOKEVILLE, TN)	11-3-13	80-84
MOHAMED GAMMOUDI (TUN)	11-2-38	55-59
PETER HIGGINS (GB)	11-16-28	65-69
JOSEF KURZ (FRG)	11-18-38	55-59
JAMES LAUT (OXNARD, CA)	11-2-28	65-69
O. LUBBE (WG)	11-8-13	80-84
DAVID MARCUS (LAGUNA HILLS, CA)	11-9-8	85-89
RUBEN MELGOSA (SACRAMENTO, CA)	11-24-28	65-69
FRANTISEK MIROVSKY (CZE)	11-10-13	80-84
CLIFFORD MURRAY (GUY)	11-13-28	65-69
MILTON NEWTON (INGLEWOOD, CA)	11-6-33	60-64
RUSSEL NIBLOCK (VANCOUVER, WASH)	11-11-13	80-84
ROBERT O'RAFFERTY (GB)	11-10-13	80-84
BOB PERRY (ENCINO, CA)	11-11-28	65-69
BOWER RAYMOND (PITTSBURG, PA)	11-19-23	70-74
ATTILIO ROSSETTI (FRA)	11-8-3	90-94
GEORGE SHEEHAN (RED BANK, NJ)	11-5-18	75-79
GERHARD TILMANN (WG)	11-13-38	55-59
VICTOR ZWOLAK (WILMINGTON, DE)	11-30-38	55-59
JOAN ANGOTTI (SYRACUSE, NY)	11-11-53	40-44
NOLA BRUHN (SEATTLE, WA)	11-20-28	65-69
SARAH COOTS (US)	11-2-38	55-59
MARIE FRIEND (US)	11-6-43	50-54
JACQUELINE HANSEN (SANTA MONICA, CA)	11-20-48	45-49
CATHY HARGUS (SAN DIEGO, CA)	11-22-18	75-79
MARJORIE HUNT (ANAHEIM, CA)	11-21-18	75-79
JACKIE JONES (SALINE, KS)	11-28-28	65-69
CATHERINE SMITH (RENO, NEV)	11-4-33	60-64
ADA THOMAS (TAMALPA, CA)	11-6-13	80-84
KATHERINE WALL (OR)	11-7-48	45-49
ULRIKE BRUNS (EG)	11-17-53	40-44
SEVETLANA BUZASI (HUN)	11-18-38	55-59
CHRISTEL FRANZEN (WG)	11-11-28	65-69
BERTA HIELSCHER (WG)	11-17-8	85-89
MARJORIE HOCKNELL (GB)	11-15-43	50-54
HELGARD HOUBEN (WG)	11-5-43	50-54
EDITH HUBER (WG)	11-23-28	65-69
GLORIA JACKSON (GB)	11-12-33	60-64
KAIJA JORTIKKA (FIN)	11-23-23	70-74
ELZBIETA KRZESINSKA (POL)	11-11-33	60-64
KARIN LARSSON (SWE)	11-16-23	70-74
COLLEEN MILLS (NZ)	11-23-33	60-64
NADEZ OLIZARENKO (URS)	11-27-53	40-44
RIGNOR OSTERLUND (DEN)	11-5-43	50-54
NELL DU PLESSIS (RSA)	11-17-23	70-74
ILSE PLEUGER (WG)	11-19-23	70-74
INGA POLAKOVA (URS)	11-15-33	60-64
ANNEGRET SCHRAMM (WG)	11-16-43	50-54
JOANNE SMALLWOOD (GB)	11-12-43	50-54
MARY THOMSON (CAN)	11-30-28	65-69
KAREN YEWER (GBR)	11-11-43	50-54
GEORGE SHEEHAN (USA)	11-5-18	75-79

MASTERS SCENE

NATIONAL

• A recent survey of centenarians (age 100+) asked what were their secrets of long living. The replies: 1) Optimism; 2) Commitment; 3) Activity; 4) Adaptation to Loss.

• If you need a quick answer to a nutrition question, call 1-800-366-1655. This toll-free number is staffed by registered dietitians from the National Center for Nutrition and Dietetics, a branch of the American Dietetic Association, between 10 a.m. and 5 p.m. Eastern Time, Monday through Friday. Recorded messages on a changing list of topics are also available 24 hours day.

• Big Brothers/Big Sisters of America is currently piloting an intergenerational project in eight cities across the country, involving senior citizens working with elementary school-age children. For more information, call Robert Christian, (215) 567-7000.

EAST

• Nick Rose, 43, Great Britain, defeated new master Paul Cummings, 40, Lehi, UT, 30:04 to 30:22, Pittsburgh Great Race 10K, Sept. 26. Cummings, an NCAA champion and top U.S. distance competitor for 15 years, expressed hopes of being the first M40+ to break the 4-minute mile, after he competed as an M35 in the 1993 USATF Masters Championships in Provo. John Bermingham, 42, Edmonton, CAN, finished third in 30:28. Fay Bradley, 55, Washington, DC, ran 34:11 for ninth M40+.

Barbara Filutze, 47, Erie, PA, in 34:54 took the W40+ first by 13 seconds from Bernie Portenski, 44, New Zealand.

• Tom Carter (41, 15:49), Johnson City, NY, and Joan Butler (43, 19:09), Cazenovia, NY, were top masters in the Syracuse Festival of Races, a separate men's and women's 5K, Oct. 3. Coincidentally, both placed 21st in their events. Ray Kneer, 51, Summerhill, NY, ran an excellent 16:34 to win among M50-54, while Nancy Frisillo, 50, New Hartford, NY, took the W50-54 race in a super 19:34. Strong, gusty winds plagued runners throughout the race, which was sponsored by the Syracuse TC with the cooperation of the City of Syracuse and Syracuse U.

• Sumner Shafmaster, 70, strode past all the 60-year-olds to take first place in 55:04 in the M60+ category at the Coconut Grove 5-Mile Race Walk, Miami, Oct. 2. Linda Stein, 46, led the masters women in a fast 47:29.

• S. Rae Baymiller, 50, NYC, outpaced the W40+ in 5:28 to win the masters division of the Fifth Avenue Mile, Oct. 15. Al Swenson, 46, Wolcott, CT, led the masters men across the line in 4:22.3, with Vic Heckler, 51, Chicago, taking first in the M50+ division in 4:33.4.

• Gloria Brown, 61, Grand Island, NY, broke the U.S. W60-64 record of 1:37:04 by Helen Dick in 1989, with a 1:33:59 in the Sauerkraut 20K, Phelps, NY, Aug. 7. Ray Kneer, M50, Summer Hill, NY, was eighth of 544 runners with a masters win in 1:11:51.

• Ralph Romain, 61, of Trinidad, bettered his pending 54.6 and Jack Greenwood's 57.64 M60-64 WRs with a 54.2 in the Potomac Valley TC Championships, Arlington, VA, Sept. 5. James Carmine, 50, posted a pending U.S. record of 14:04.3 for the 3000RW. The old record of 14:43 was held by John Elwarner. The recipients of the Potomac Valley meet's "Mickey" Desmond Memorial Outstanding Athlete trophies were Ed Matthews, 73, Allen, MD, who won five events, and Lorraine Tucker, 46, Hartsdale, NY, who also took five firsts.

• Lawrence Torella (44, 1:14:05) and Ann

Davies (46, 1:28:58) strode to masters firsts in the NYRRRC Staten Island Half-Marathon, Sept. 19. Sam Skinner (50, 1:15:29) and Zofia Turosz (55, 1:32:24) posted notable division wins.

• David Dunne, 41, Ridgewood, NY, logged a second overall 1:13:52, Rockland Half-Marathon, Orangeburg, NY, Sept. 26. Inge Weissaupt, 45, Waldwick, NY, was fifth female in 1:38:27. Finishers numbered 644 of 930 entries, despite a heavy downpour up until the start of the race, which served as the NY RRCA State Championships.

• The Women's Center is the most comprehensive resource for women and families in the Washington, D.C. area. The Center provides psychological, professional, legal, and financial counseling; education and referral services to more than 60,000 people per year. The Center can be used as a source — for statistics, information, comments, and observations. For assistance, call Virginia Marshall at (703) 281-4928.

• On Sep. 19, Earl Owens of Georgia was first masters finisher in the Philadelphia Distance Run half-marathon. His time of 1:08:54 was an age 44 American record and was an age-graded equivalent of 1:03:18 (93.9%). Owens also holds the age 43 half-marathon record of 1:08:55 run in the 1992 PDR. This was Owens' seventh American record set during the last year.

MIDWEST

• Jim O'Neil, 54, of Ohio, slashed to a masters first with a 32:27 in the Blade 10K, Toledo, OH, Sept. 26. Debbie Wagner, W40, a three-time winner, the last in 1990, was top W40+ and fourth in 36:42, with Terry Mahr, W40, sixth (36:55). Jim Forshee cut through his competition in 39:41 for the M65 win.

MID AMERICA

• Dick Wilson, 61, Lawrence, KS, finished first of all M50+ runners, with an M60-64 state record 38:07, Leawood Labor Day 10K.

• Sally Richards-Kerr, W40, Evergreen, CO, was first in the North American Masters Women's 15K RW Championships, Albuquerque, Sept. 5, with a U.S. age-group record 1:20:06. The former record of 1:21:46 was set in 1991 by Visha Sedlak. Steve Petrakis, M40, Albuquerque, won the men's title in 1:20:34.

• Some 130 masters athletes took part in the Rocky Mountain Games, Boulder, CO, Sept. 4-5. A total newcomer to masters t&f, Brady Walker, a lean 6-7 resident of Utah, scored 4586 points in the weight pentathlon, the best performance since the games began. Dr. Allen Cohen, 45, of Arizona, captured the Herb Anderson Durability Award by competing in 14 events, plus the regular and weight pentathlons.

• Rob Whetham (41, 50:18) and Diane Stoneking (45, 59:56) were winners in the Minnesota Masters 15K Championships, in Edina, Sept. 19. Stoneking's time took 1:42 off the Minnesota W45 record and gave her second place in the "age-graded" competition, in which the runners' times are "handicapped" by subtracting the Minnesota record for their age/sex group. First in that category was Lloyd Young, whose 64:43 was 3:33 under Bill Andberg's M70 mark, set in 1983.

SOUTHWEST

• Tom Thompson, 41, posted meet records in the 100 (10.5), 200 (22.7/age-graded 20.9), and 400 (54.5/49.3) in the Waterloo Relays, Pflugerville, TX, Sept. 11.



Bill Olrich, 58, of Kentucky, receiving his first-place (35:50) award from Lance Cornman, president, Oklahoma City RC, USATF National Masters 10K Championships, Sept. 25.

Photo by Jim Smith

Owens, Hutchison Win Masters 10K

Continued from page 1

34:25), Ore., with a 90.9%.

Age had its day with Susie Hughes, 86, Tex., posting a 1:22:15, and legendary Paul Spangler, 94, Calif., finishing in two hours and three

WEST

• Sam Hajj (42, 1:14:13), San Diego, and Marina Jones (41, 1:23:43), Rancho Santa Margarita, CA, hastened to 40+ victories in the America's Finest City Half-Marathon, San Diego, CA, Aug. 15. Tim Rostege, 53, posted a solid age-graded 87.2% in winning the M50 race in 1:19:14. The 5011 participants included TV talk show host Oprah Winfrey, who, five months ago, began training for a 10K, but increased her mileage when she discovered that the only race in San Diego, the city she had selected for her debut, on that date was a half. Winfrey, 38, has a marathon as her ultimate goal, probably next year in Chicago, where her show is based.

• The 160 entrants in the Northern Calif. Seniors Classic, UC-Berkeley, Sept. 12, included athletes from Alaska and Hawaii. Irene Obera, 59, broke single-age U.S. records in the 100 (14.80) and 200 (30.18). Joe King, 67, with an 11:19.9, and Boyce Jacques, 66, with an 11:27.1, broke U.S. single-age records in the 3000. Joy Upshaw Margerum, 32, Hawaii, won the 100H in 15.95. Jim Loftus, 43, Alaska, had the day's best 800 time (2:02.1).

• John Pennel, 53, the first man in history to clear 17 feet in the pole vault, died of liver cancer in Los Angeles, Sept. 26. Pennel set eight world pole vault records between 1963 and 1969, including a career-best 17-10 1/4 in 1969. He was hired as the vice president of Mills Sports in Atlanta earlier this year to help promote the 1996 Olympics.

• The L.A. Valley Athletic Club will award the first "Dr. Robert Watanabe Trophy" to a deserving Southern California athlete at the club's annual brunch, Nov. 14. The judging will be guided by "the love and philosophy of the masters movement as felt by Dr. Watanabe and as he lived his life and dedicated it to masters track and field," said George Simon, LAVAC President. The winner will be announced in the December NMN.

• David Pain, 71, of San Diego, was featured in a big spread in the *Los Angeles Times*, Sept. 16. Dubbed "the godfather of grandfather jocks," Beverly Bette's story tells how Pain founded the U.S. masters track and field program. Pain was active in organizing the California State Senior Olympics in La Jolla, Sept. 17-26. Sidelined from running by knee injuries, Pain has become a national-class cyclist in his age group.

minutes. Dr. Spangler, the guest of the Oklahoma City RC, captivated the large Friday evening pasta dinner gathering with a robust and articulate speech entitled "Life Styling for Health and Zestful Longevity." Spangler promised Lance Cornman, the club president, "I'll be back again for your 10K in 1999 when I'm 100 years old!"

Perhaps the most popular aspect of this well-orchestrated event was the provision of "hospitality hosts," offered by the local running club. Jim Smith, race coordinator, invited a number of celebrated masters, and many took advantage of the lodging and transportation services.

Several out-of-state runners, including Charles De Jardins of the USATF Masters LDR Executive Committee, enjoyed a "so-long, come back" dinner Saturday evening, compliments of club members.

"A quality championships was our major goal," said Cornman, "and I think we nailed it." □

INTERNATIONAL

• Kevin Wilkinson, M40, took first place from Raymond Lees, M40, by about a minute with a 2:28:37, British Veteran Athletic Federation Marathon Championships, Stone, Staffordshire, GB, Oct. 3. Denise Hodgesteger, W40 was first woman vet in 3:01:19, followed by Catherine Nevin, W35, in 3:09:26. Geoffrey Oliver took the M60 race with a crackling 2:54:55, and Pat Trickett won the W70 race, beating 65 younger men and women of the 166 finishers, with a 3:48:14.

• England's Will Morgan is gathering material for a book on the history of track relays. "Apparently it all started in the USA with a race in Berkeley in 1883," Morgan notes. "The 1893 Penn Relays was the first time a baton was used." Morgan is looking for someone who ran for the USA in the pre-World-War II Olympics, particularly any of the men or women who ran in the 1936 relays. If you know of anyone, please contact Morgan at 159 Marsh Lane, Erdington, Birmingham, B23 6JA, England.

• Eamonn Coghlan, 40, raced to a 4:04.7 mile in Belfield, Ireland, July 27. A strong, gusty wind made conditions less than optimum for Coghlan's attempt to run a sub-four mile. Several thousand fans turned out for the race.

schedule

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



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

TRACK & FIELD NATIONAL

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

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

EAST

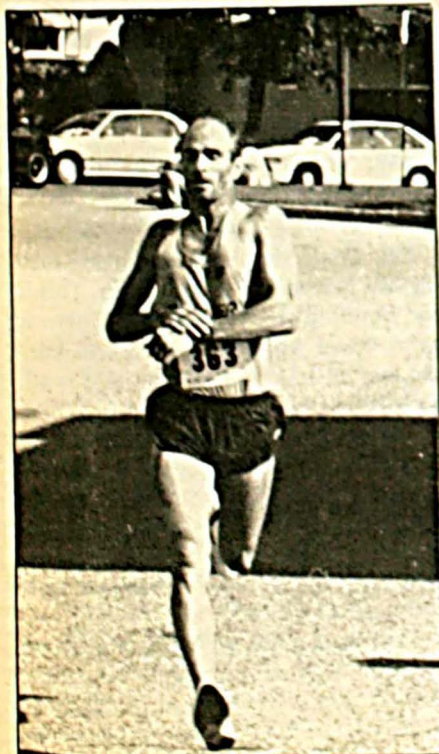
Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

December 12. Philadelphia Masters Indoor Development Meet & 4x400 relay. Haverford College. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807.

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

January 7. 25th Dartmouth Relays. Leverone Field House, Hanover, N.H. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.

January 16. Brown U. Masters Indoor Championships, Providence, R.I. Send SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.



Dan Brach, 42, second overall, Maccabiah 5K, Plainview, L.I., N.Y., Sept. 12.

SOUTHEAST

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

November 7-11. Golden Age Games. 55+. Chris Usry, PO Box 1298, Sanford, FL 32772. 407/330-5796.

November 29-December 5. Gulf Coast Senior Games. 55+. Barbara Shapiro, PO Box 1061, Bradenton, FL 34206. 813/745-3062.

December 4. USATF-South Carolina Weight Pentathlon Championships, Francis Marion U. John W. Snaden, Florence TC, 926 Sherwood Dr., Florence, SC 29501-5539. 803/665-4396.

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

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

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

MIDWEST

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

January 15. Athlete's Foot Masters Indoor Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

MID-AMERICA

June 17-19. US National Senior Open, 55+. Washington U., St. Louis. No local qualifying required. USNSSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO. 314/878-4900.

WEST

Arizona, California, Hawaii, Nevada

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

November 27. Stanford Throws Series #22, Stanford U. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

December 11-12. Winter Decathlon/Hep-tathlon. Andy Sythe, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/985-4666.

December 18. Stanford Throws Series #23, Stanford U. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

INTERNATIONAL

July, 1994. Oceania Regional Championships, Fiji.

August 4-7. North American Regional Association of WAVA Championships, Edmonton, Alberta, Canada. Liz McBlain, 403/438-2911, meet director. Games

Chairperson, Bruce Thomas, PO Box 51030, Edmonton, Alberta T5W5G5. 403/474-8928.

September 4-October 8, 1994. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999.

LONG DISTANCE RUNNING NATIONAL

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

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

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

EAST

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

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

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

November 20. Syosset Spring For ASPIRE, Syosset, N.Y. Mike Polansky, 62 Sylvia Lane, Plainview, NY 11803. 516/433-0919.

November 28. NYRRC Pete McCordle Memorial 15K Cross-Country, Van Cortlandt Park, Bronx. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

Masters Score High in Maccabiah Run

by MIKE POLANSKY

It was a big day for masters runners on Sept. 12 in Plainview, N.Y., as the over-40 set captured four of the first nine places in the Maccabiah 5K. Forty-two-year-old Dan Brach led the masters contingent with a strong 15:49, as second overall. Jerry Miller, third overall, followed in 16:38, with Jim Walsh, sixth (16:47), and John Lupski, ninth (17:02).

The top W40+ was 40-year-old Diane Gordon, fourth woman in 19:32. Anna Thornhill was second with a very impressive 20:13 at age 53.

Nearly 400 runners crossed the finish line in the run, which was conducted under the auspices of the Plainview-Old Bethpage RRC, and directed by Sue Polansky. The entire proceeds were turned over to the U.S. Committee of Sports for Israel, to help send the U.S. team to the Maccabiah Games in Israel.

"This is an event that was just plain fun to be part of," observed Polansky. "We're really pleased that so many masters runners participated, and that they did so well. Masters running is a big part of our club's overall program, so it was really gratifying to see the support this event received from the masters running community." □

ON TAP FOR NOVEMBER

TRACK AND FIELD

This month offers a respite between the outdoor and indoor season. Some senior games (55+) activity is available in the warmer climates.

LONG DISTANCE RUNNING

USATF National Masters Championships abound, with the 15K in Schenectady, N.Y., on the 7th, and the 8K cross-country in Boston and the 25K in San Diego, both on the 20th. The rest of the schedule, despite some notable regional races, is dwarfed by the NYC Marathon on the 14th.

RACEWALKING

Offerings include a 5K in Central Park, NYC, on the 28th.

USATF extends an invitation to all interested parties to attend the 15th National Convention, starting on the 30th, at the Miracle in the Desert — Las Vegas.

December 5. Brian's Run 10K. Brian's Run, PO Box 2440, West Chester, PA 19383. 215/251-5401.

Continued on page 20



Diane Baxter, 40, fourth woman (19:32), Maccabiah 5K, Plainview, L.I., N.Y., Sept. 12. Photo from Mike Polansky

Continued from page 19

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

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

November 19-21. Vulcan 10K Weekend. Birmingham TC, PO Box 360044, Birmingham, AL 35236. 205/995-5344.

November 21. Miami Runners Half-Marathon/5K Run & RW, Palmetto HS. Miami RC, 7920 S.W. 40th St., Miami, FL 33155. 1-800-940-4RUN.

November 25. Thanksgiving 10 Miler. John Boyle, Alta Vista, Box 1824, Deland, FL 32731. 904/736-0002.

November 25. Atlanta Marathon/Half-Marathon. Atlanta TC, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9065.

December 5. First Tennessee Memphis Marathon. Masters money. Memphis Marathon, PO Box 84, MO-8, Memphis, TN 38101. 1-800/489-4040, x4726.

December 11. Rocket City Marathon. Masters money. Harold Tinsley, race director, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

December 12. Phoenix American Baby Boomer 5K & RW, Coconut Grove, Fla. 5:30 p.m. Masters money. Miami RC, 7920 S.W. 40th St., Miami, FL 33155. 1-800/940-4RUN.

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

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

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

November 25. Turkey Trot 10K, Detroit. Ed Kozloff, Motor City Striders, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

MID-AMERICAColorado, Iowa, Kansas, Minnesota,
Missouri, New Mexico, N. Dakota, Nebraska,
S. Dakota

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

November 21. St. Louis Marathon. St. Louis TC, 2385 Hampton Ave., St. Louis, MO 63139. 314/781-3926. SASE.

SOUTHWESTLouisiana, Mississippi, Texas,
Arkansas, Oklahoma

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

November 20. Tulsa Marathon. John Castillo, 5123 S. Detroit Ave., Tulsa, OK 74105. 918/742-4127.

November 21. Holiday Classic 10K, Gretna, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

December 5. Dallas White Rock Marathon. Masters money. 214/528-1290.

December 18. Texas Trail 50 Mile/50K, Huntsville. Norm Klein, director, Texas Trail Runs, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

December 18. Larry Fuselier 25K. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

WEST

Arizona, California, Hawaii, Nevada

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

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

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

December 5. California International Marathon, Sacramento. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916/983-4622.

December 12. Fiesta Bowl 10K. Rob Wallach, 6102 N. 16th Ave., Phoenix, AZ 85016. 602/277-4333.

December 12. Honolulu Marathon. HM Assn., 3435 Waialae Ave., Rm 208, Honolulu, HI 96816. 808/734-7200.

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

January 15. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

January 16. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00/M90 110:00/W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/W70 75:00/W75 90:00/M80 100:00. See Jan. 15 above.

February 5. 28th Las Vegas Marathon/Half-Marathon/5-Person Marathon Relay. Masters money. Las Vegas Marathon, Al Boka director, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

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

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

November 27. Seattle Marathon/Half-Marathon. Bill Atwell, PO Box 31849, Seattle, WA 98103. 206/547-0885.

CANADA

November 27. Canadian Cross-Country Championships, Vancouver, BC. Masters 8K. Running Room, 1519 Robson St., Vancouver, BC V6G-1C3. 684-9771.

INTERNATIONAL

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

January 14-16. Bermuda International Race Weekend (marathon/half-marathon/mile). The Bermuda Marathon Secretary, PO Box DV397, Devonshire DV BX, Bermuda. 809/238-2333.

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

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

Speaker's Corner

Continued from page 16

is suffering now with the economy."

Others agree that the state of running in general, particularly as it is affected by the economic climate, is obviously having an impact on masters competition. Mike Greehan, Advertising Director for *Runners World*, feels that once the running community can generate enough overall interest in track and field, interest in masters competition will follow. Creigh Kelley, race director, agent and member of the Men's LDR Committee, believes that in today's economy what is needed besides "strong leadership" is a more business-oriented approach. Says Kelley, "A bold, aggressive marketing re-think is needed. Sponsors need to see the value. If there is no prize money, they don't see the value."

Value of Prize Money

Sponsors recognize the value of prize money. They also recognize the value of heroes. Like Alberto Salazar and Joan Samuelson in the early 80s, masters heroes can create excitement in the sport. Phil Bellan, Promotions Director with Power Food, talks about John Campbell who has been featured in ads for Power Bars for the past two years. "We felt it was a good move to sponsor John. Because of John, masters running became more important, so Power Bars became more popular. We felt that John was some-

one to whom the average forty or fifty year old runner could relate." Bellan believes that the sport hasn't peaked yet, and that in the future we will see the evolution of prize purses for grand masters.

So where are we now? Most definitely in a state of flux; the sport is in transition. Where we are depends on with whom you're talking, what part of the country you're in, what question you've asked. There are no easy answers; nothing is sure. But overall, it would appear that masters running is healthy, with a promising future.

Gary Lance, Race Director of the Maggie Valley Moonlight 8K, announced last year that the prize purse would be equal for open and masters. Lance expresses disbelief that "no one has ever protested the inequality in prize purses in the past." Insisting that he doesn't want to create a controversy, Lance is more than willing to defend his position. "Why shouldn't the masters make as much money as the open runners?" he asks. "Of course they're not running as fast physiologically; it's almost impossible (with a few exceptions). But in actuality, they're probably even more amazing athletes." Perhaps Gary's race may set a new standard for masters purses in the future. Only time will tell...We'll all be watching. □

Masters Racewalking

Continued from page 10

During this period, you gradually increase the length of the workouts, so in January the basic training is shorter than in March. You build up week after week, gradually increasing time and mileage toward a higher level of effort. However, you have to be patient. It is important to take your time and not try to leap ahead of your body's readiness.

EW: Are there any sports that you do not recommend for serious racewalkers?

BB: We would not recommend any heavy weight lifting, jumping or sport with a high injury risk. A general rule is to avoid anything that puts extra stress on the muscles.

November 28. Park Racewalker Annual Holiday Gran Prix 5K #1, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

December 4. USATF-South Carolina 10K Racewalk Championships, Francis Marion U. John W. Snaden, Florence TC, 926 Sherwood Dr., Florence, SC 29501-5539. 803/665-4396.

December 12. Park Racewalker Annual Holiday Gran Prix 5K #2, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

December 19. Park Racewalker Annual Holiday Gran Prix 5K #3, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

EW: Do you recommend any particular calisthenics or warm-up exercises before a workout?

BB: Walkers should do sit-ups every day, starting with a small number and working up to 100 a day. You need to have strong abdominal and back muscles. We also do warm-ups with drills and technique exercises. In fact, the day before a race, we just do a longer than usual warm-up of drills and technique exercises.

EW: You do not mention anything about competition during this three-month period?

BB: There should be no racing during this period. No competition. This is for building the foundation. There is some speed work once a week to keep the fast muscles in tone, but that is all.

When April comes, it is time to think about competition. It is important to choose a race at the end of the month to check yourself out and see how you are doing. Therefore, starting in April, you begin a different type of training. You have built your foundation, now you need to go forward.

(The next issue of NMN will be on the next level of training for competition. If you are interested in coaching with Bohdan Bulakowski, you can contact him through Bill Barnes, c/o Mountain Harbor, P.O. Box 807, Mt. Ida, AR 71957 (501) 867-1200.) □

National Long Distance Running Records and Bests

Compiled by USA Track & Field Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111 Tel: (805) 683 5868

Key to Codes:
 R = Ratified record
 U = Unratifiable, cannot be ratified
 P = Pending - application or more information needed

D = Proof of birthdate needed
 40+ a/c = All-comer's Masters Record (non U.S. citizen)
 a = Performance possibly aided by wind and/or slope, not eligible for record

MASTERS MEN

DIST	TIME	GRPREC	NAME	AGE	HSTATE	RCODE	RSTATE	RDATE
All-Comer's Records (non-U.S. citizens)								
5 km	13:56	R	JOHN CAMPBELL (NZL)				FL	021491
8 km	23:13		NICK ROSE (GBR)				VA	032192
10 km	29:00	R	JOHN CAMPBELL (NZL)				MA	040990
10 km	29:00	R	PIERRE LEVISSE (FRA)				AL	032992
12 km	36:18		PIERRE LEVISSE (FRA)		CO		CA	051493
15 km	44:14	P	PIERRE LEVISSE (FRA)				OR	062992
25 km	1:16:58		ARTEMIO NAVARRO (MEX)				MI	050992
10 mi	47:55	R	JOHN CAMPBELL (NZL)				MI	052990
half mar	1:02:28	R	JOHN CAMPBELL (NZL)				PA	091490
marathon	2:14:33	R	JOHN CAMPBELL (NZL)				CA	030391

Men 40-44

5 km	14:46	R	JIM PEARSON	40	FL		FL	061089
5 km	14:36	P	DOUG BELL	41	CO		MN	103092
8 km	23:51	R	BILL RODGERS	40	MA		IN	052498
10 km	29:57	R	BARRY BROWN	40	NY		NJ	081884
10 km	29:48	U	BILL RODGERS	40	MA		IA	100188
10 km	29:50a	R	TRACY SMITH	42	CA		LA	040487
12 km	36:29a		GARY ROMESSER	41	IN		IN	050992
12 km	37:19	R	LARRY ALMBERG	43	WA		WA	050990
15 km	45:58	R	BILL STEWART	40	MI		FL	020583
20 km	1:03:58	R	LARRY OLSEN	40	MA		MA	031587
20 km	1:03:07		BILL RODGERS	44	MA		CT	090792
25 km	1:21:24		DOUG BELL	41	CO		MN	091392
30 km	1:38:25	R	BRUCE MORTENSON	41	MN		MN	100985
50 km	3:00:00	R	JEFF WALL	40	CA		CA	110892
50 km	2:59:36a	R	BRUCE MORTENSON	44	MN		MN	102298
100 km	6:38:21	R	BERND HEINRICH	41	VT		IL	100481
10 mi	49:46	R	BARRY BROWN	40	NY		DC	033185
20 mi	1:42:08	R	BARRY BROWN	40	NY		MN	050384
50 mi	5:10:13	R	BERND HEINRICH	41	VT		IL	100481
100 mi	13:15:50	R	ROY PIRRLING	40	WI		NY	040189
half mar	1:06:25	R	BARRY BROWN	40	NY		VT	091684
half mar	1:05:06a	P	BILL RODGERS	43	MA		TX	010691
marathon	2:17:02	R	KENNETH JUDSON	40	PA		AL	120990
marathon	2:15:15a	R	BARRY BROWN	40	NY		MN	050384
12 hr	144,840 m	R	ROY PIRRLING	40	WI		NY	040189
24 hr	247,876 m	R	ROY PIRRLING	42	WI		GB	020390

Men 45-49

5 km	15:18	R	BARRY BROWN	45	FL		FREEPORT (BAH)	022490
5 km	14:34a	R	STEVE LESTER	45	UT		UT	092498
8 km	24:32	P	BILL RODGERS	45	MA		MA	041093
10 km	30:50	P	BILL RODGERS	45	MA		OH	051693
10 km	30:10a	R	STEVE LESTER	45	UT		UT	070498
10 km	31:08	R	SAL VASQUEZ	45	CA		CA	080485
12 km	38:47	R	STEVE LESTER	45	UT		WA	050188
15 km	47:28	U	SAL VASQUEZ	45	CA		ROSS	031885
20 km	1:05:48		LARRY OLSEN	46	MA		CT	090693
25 km	1:22:24	R	DAN CONWAY	47	WI		MN	091486
30 km	1:39:18	R	BILL RODGERS	45	MA		HAMILTON (CAN)	032993
30 km	1:42:33	R	MIKE HEFFERNAN	46	OR		MN	101296
50 km	3:10:15	U	MEL WILLIAMS	46	VA		VA	040184
100 km	8:08:25	P D	JAMES EDMONSON	47	CA		CA	042190
100 km	8:22:29	R	LARRY WEBSTER	49	WA		WA	042483
10 mi	51:41	U	SAL VASQUEZ	47	CA		CA	011887
20 mi	1:49:10	R	JIM BOWERS	45	CA		MN	050384
20 mi	1:49:10	R	DAN CONWAY	45	WI		MN	050384
50 mi	5:29:44	U D	ROGER ROULLER	47	GA		IL	101385
100 mi	14:58:34	U D	DON JEWELL	46	NY		QUEENS	110784
half mar	1:08:05		BILL RODGERS	45	MA		KANSAS CITY	050693
half mar	1:09:15	R	OSCAR MOORE	45	NJ		PHILADELPHIA	091883
marathon	2:25:50	U	JIM BOWERS	45	CA		DYERVILLE	101484
marathon	2:21:32a	R	JIM BOWERS	45	CA		DULUTH	061684
marathon	2:26:46	R	JOHN BRENNAN	45	CA		EUGENE	091381
12 hr	105,098 m	U D	STEPHEN DERENZO	46	CA		OAKLAND	112888
24 hr	231,474 m	P	ROY PIRRLING	45	WI		SYLVANIA	091893

Men 50-54

5 km	15:38	R	SAL VASQUEZ	51	CA		DAVIS	112391
8 km	25:31	R	SAL VASQUEZ	50	CA		LOS ALTOS	012590
8 km	25:23	P	JIM O'NEILL	52	OH		ALLEN PARK	082390
10 km	31:48	R	RAY HATTON	50	OR		PORTLAND	052392
12 km	38:08a	P	SAL VASQUEZ	50	CA		SACRAMENTO	042290
12 km	40:07	U	HAL HIGDON	51	IN		CHICAGO	101182
15 km	49:24	R	NORM GREEN	53	PA		PORTLAND	062395
20 km	1:05:50	R	NORM GREEN	50	PA		WASHINGTON	052983
25 km	1:24:12	R	NORM GREEN	51	PA		WASHINGTON	052784
30 km	1:46:42	U	NORM GREEN	51	PA		NEW YORK	121783
50 km	3:19:33	R	JOHN L. SULLIVAN	53	MA		WASHINGTON	031392
100 km	7:38:43	R	JOHN L. SULLIVAN	54	MA		CHICAGO	100392
10 mi	52:53	R	NORM GREEN	50	PA		WASHINGTON	032783
20 mi	1:51:44	R	NORM GREEN	52	PA		MINNEAPOLIS	052084
50 mi	5:35:03	R	TED CORBITT	50	NY		NEW YORK	101670
100 mi	17:19:00	R	DON JEWELL	50	NY		QUEENS	092488
100 mi	17:02:54	U D	HERB FRED	53	TX		HOUSTON	021983
half mar	1:09:30	R	NORM GREEN	52	PA		PHILADELPHIA	091684
marathon	2:25:45a	R	JIM O'NEILL	50	OH		LAS VEGAS	025489
marathon	2:25:11	R	NORM GREEN	51	PA		LINCOLN	050681
marathon	2:25:51	U	NORM GREEN	52	PA		SAN DIEGO	120384
24 hr	214,042 m	R	DON JEWELL	50	NY		QUEENS	092488
48 hr	342,790 m	P D	JIM DRAKE	52			SACRAMENTO	010293

DIST TIME GRPREC NAME AGE HSTATE RCODE RSTATE RDATE

Men 55-59

5 km	16:09a	U	JIM BROWNFIELD	55	CA		FONTANA	CA	040487
5 km	16:38	R	NORM GREEN	57	PA		DELAND	FL	020488
8 km	26:35a	U	RAY HATTON	56	OR		EUGENE	OR	060487
8 km	27:00	R	NORM GREEN	57	PA		NAPLES	FL	011390
10 km	32:22	R	NORM GREEN	56	PA		KENTFIELD	CA	052389
10 km	32:55a	R	NORM GREEN	57	PA		PITTSBURGH	PA	052489
12 km	44:02	P	DAVID PITKETHLY	55	WA		PORT TOWNSEND	WA	051891
12 km	45:21	R	KONRAD BALD	57	IL		ITASCO	IL	102986
15 km	50:45	R	NORM GREEN	56	PA		WASHINGTON	DC	032788
20 km	1:08:07	R	NORM GREEN	56	PA		MEDFORD	OR	040389
25 km	1:29:54	U	RAY HATTON	56	OR		EUGENE	OR	091387
30 km	1:46:33	R	NORM GREEN	56	PA		CLARKSBURG	CA	111388
50 km	3:28:47a	R	ROBERT BECKER	56	MO		DULUTH	MN	102885
50 km	3:56:15	U	CONRAD CARR	56	MN		BROOKLYN PARK	MN	110781
100 km	9:22:01	P	BILLY PURCELL	55	TX		DALLAS	TX	011892
10 mi	54:28	R	NORM GREEN	55	PA		WASHINGTON	DC	032788
20 mi	1:57:26	P	NORM GREEN	56	PA		MINNEAPOLIS	MN	101490
50 mi	5:53:08	R	ALEX RATELLE	57	MN		CHICAGO	IL	100481
100 mi	22:04:37	U D	RICHARD COZART	58	FL		ATLANTA	GA	091888
half mar	1:10:23	R	NORM GREEN	56	PA		PHILADELPHIA	PA	062387
marathon	2:33:49	R	NORM GREEN	56	PA		LINCOLN	NE	092188
marathon	2:27:42a	R	NORM GREEN	56	PA		MINNEAPOLIS	MN	101187
24 hr	185,656 m	P D	NORM ROOF	56	OH		SYLVANIA	OH	091893

Men 60-64

5 km	17:00	R	JIM O'NEIL	61	CA		CARLSBAD	CA	092186
8 km	28:15	U	JIM O'NEIL	60	CA		SAN DIEGO	CA	071485
8 km	28:26a	R	ALEX RATELLE	61	MN		PLYMOUTH	MN	062486
10 km	34:27	R	JIM O'NEIL	60	CA		ALAMEDA	CA	090485
12 km	47:27	R	JOE POWERS	60	IL		ITASCA	IL	100485
12 km	44:40a	U	PATRICK DEVINE	60	CA		LOS ANGELES	CA	042389
12 km	46:38	P	GEOFFREY ETHERINGTON	61	CT		SOUTHINGTON	CT	071980
15 km	54:20		NORM GREEN	60	PA		TAMPA	FL	022783
15 km	54:23	R	CLIVE DAVIES	62	OR		PORTLAND	OR	062578
20 km	1:15:15		NORM GREEN	60	PA		NEW HAVEN	CT	090782
20 km	1:17:29	R	PATRICK DEVINE	60	CA		MEDFORD	OR	040389
25 km	1:35:27	U	JIM O'NEIL	61	CA		EUGENE	OR	092786
25 km	1:36:20	R	ALEX RATELLE	62	MN		MINNEAPOLIS	MN	091486
30 km	1:59:22	R	PATRICK DEVINE	60	CA		VENTURA	CA	021289
50 km	3:48:54	U	FRANK PALWELS	62	OR		ROSEBURG	OR	041881
50 km	3:45:55a	R	ALEX RATELLE	64	MN		DULUTH	MN	102388
100 km	8:58:04	P	RAY PIVA	64	CA		SAN FRANCISCO	CA	042091
10 mi	57:48		NORM GREEN	60	PA		WASHINGTON	DC	040483
10 mi	58:55	R	JOHN HOSNER	60	VA		WASHINGTON	DC	033185
20 mi	2:08:51	R	JIM FORSHEE	60	MI		MINNEAPOLIS	MN	101286
20 mi	2:03:16	P	GAYLON JORGENSEN	61	NV		MINNEAPOLIS	MN	101480
50 mi	6:24:18	U	FRANK PALWELS	60	OR		PORTLAND	OR	102978
50 mi	6:56:06	R	FRED NAGELSCHMIDT	62	CA		FOUNTAIN VALLEY	CA	122788
100 mi	19:59:10	U D	ROBERT JOHNSON	62	FL		ATLANTA	GA	091888
half mar	1:17:04	R	GAYLON JORGENSEN	60	NV		PHILADELPHIA	PA	091789
marathon	2:42:44	R	CLIVE DAVIES	64	OR		PORTLAND	OR	102978
24 hr	182,473 m	P	BOB MESSERSMITH	60	CA		SYLVANIA	OH	091893

Men 65-69

5 km	18:21	R	WARREN UTE	65	IL	PARK RIDGE	IL	090389
8 km	29:45	R	CLIVE DAVIES	67	OR	PORTLAND	OR	052383
10 km	35:52	U	CLIVE DAVIES	66	OR	PORTLAND	OR	052382
12 km	44:11	U	CLIVE DAVIES	67	OR	PORTLAND	OR	050983
15 km	56:16	R	CLIVE DAVIES	65	OR	PORTLAND	OR	062981
20 km	1:20:53	U	NORMAN BRIGHT	66	WA	WASHINGTON	DC	052278
20 km	1:25:02	R	PAUL REESE	66	CA	MEDFORD	OR	041287
25 km	1:41:39	R	ALEX RATELLE	66	MN	MINNEAPOLIS	MN	091486
30 km	1:58:12	R	CLIVE DAVIES	66	OR	PORTLAND	OR	020482
50 km	4:10:34	R	VICTOR HARKOFF	65	IL	SEATTLE	WA	010585
100 km	13:44:08	P	FRANK RODRIGUEZ	65	CA	SAN FRANCISCO	CA	040591
100 km	15:03:46	R	GEORGE KNOX	69	OH	COLUMBUS	OH	041281
10 mi	1:02:07	R	WARREN UTE	69	IL	PARK FOREST	IL	090489
20 mi	2:14:29	P	ALEX RATELLE	66	MN	MINNEAPOLIS	MN	101480
50 mi	7:27:10	R	FRED NAGELSCHMIDT	65	CA	FOUNTAIN VALLEY	CA	051980
100 mi	23:03:25	U	WULFREDO RIOS	68	NY	QUEENS	NY	060785
half mar	1:21:53	U	CLIVE DAVIES	65	OR	LAKE OSWEGO	OR	060880
half mar	1:20:29a	R	JAMES TALLEY	65	CA	FONTANA	CA	041886
half mar	1:23:50	R	MICHAEL BERTOLINI	65	NJ	PHILADELPHIA	PA	051585
marathon	2:42:49	R	CLIVE DAVIES	68	OR	EUGENE	OR	091381
24 hr	156:00h m	P D	DICTINO MENDEZ	68	NY	SYLVANIA	OH	091889

DIST	TIME	GP/REC	NAME	AGE	STATE	RCODE	STATE	RCODE	DIST	TIME	GP/REC	NAME	AGE	STATE	RCODE	STATE	RCODE
Men 75-79																	
5 km	21:12	R	ED BENHAM	76	MO	CLEARWATER	FL	020584	50 km	3:32:34	R	SANDRA KIDDY	47	CA	TALLAHASSEE	FL	121783
8 km	34:21	R	ED BENHAM	76	MO	LIVERPOOL	NY	002986	100 km	7:59:59	R	SANDRA KIDDY	46	CA	CHICAGO	IL	100362
10 km	43:24	R	ED BENHAM	75	MO	WASHINGTON	DC	002583	10 mi	59:15	P	BARBARA FLUTZE	46	PA	FLINT	MI	002582
10 km	42:42a	R	EUGENE KELLER	75	OH	PITTSBURGH	PA	002489	20 mi	2:10:13	P	MARY WOOD	45	CO	MINNEAPOLIS	MN	101490
12 km	1:01:24	P	DUTCH BENEDETTI	75	CA	SAN GABRIEL	CA	072890	20 mi	2:11:26	R	KAREN SCANNELL	46	CA	MINNEAPOLIS	MN	002094
15 km	1:06:34	R	ED BENHAM	75	MO	WASHINGTON	DC	100362	50 mi	6:09:09	R	SANDRA KIDDY	47	CA	COLUMBUS	OH	040184
20 km	1:30:10	R	ED BENHAM	75	MO	WASHINGTON	DC	002583	100 mi	15:12:54	R	SANDRA KIDDY	49	CA	TALLAHASSEE	FL	121485
25 km	1:56:18	R	ED BENHAM	75	MO	RALEIGH	NC	110682	half mar	1:19:23	U	SHIRLEY MATSON	47	CA	HAYWARD	CA	101488
30 km	2:29:00	R	ED BENHAM	76	MO	SUGARLAND	TX	120785	half mar	1:24:57	R	DOROTHY STOCK	47	CA	CORONADO	CA	070482
50 km	5:03:38	R	ED BENHAM	77	MO	WASHINGTON	DC	100364	marathon	2:45:11	R	BARBARA FLUTZE	45	PA	MINNEAPOLIS	MN	100681
10 mi	1:12:13	R	ED BENHAM	76	MO	WASHINGTON	DC	040184	marathon	2:44:30a	P	MARY WOOD	45	CO	LAS VEGAS	NV	002091
20 mi	2:42:38	U	ED BENHAM	77	MO	GREENBELT	MD	122264	12 hr	127:77m	R	SANDRA KIDDY	49	CA	TALLAHASSEE	FL	121485
50 mi	11:22:44	R	BEN MOSTOW	78	IL	CHICAGO	IL	100481	24 hr	233:81m	P	SUE ELLEN TRAPP	47	FL	SYLVANIA	OH	001883
half mar	1:37:51	R	ED BENHAM	75	MO	WILLIAMSBURG	VA	031383	Women 50-54								
marathon	3:34:42	R	ED BENHAM	76	MO	WASHINGTON	DC	110683	5 km	17:28	R	SHIRLEY MATSON	50	CA	CARLSBAD	CA	041491
marathon	3:33:27	U	ED BENHAM	77	MO	SAN DIEGO	CA	120284	8 km	28:56	R	SHIRLEY MATSON	50	CA	PALO ALTO	CA	032491
24 hr	128:24m	P D	EDSON SOWER	77	AZ	SYLVANIA	OH	001953	10 km	35:57	R	SHIRLEY MATSON	50	CA	ORLANDO	FL	030291
Men 80-84																	
5 km	22:26	U	ED BENHAM	80	MO	CHICAGO	IL	041786	12 km	46:14a	R	SHIRLEY MATSON	51	CA	SAN FRANCISCO	CA	032982
5 km	25:02	R	JOHN OVERTON	81	AZ	PHOENIX	AZ	072687	12 km	44:56	P	SHIRLEY MATSON	52	CA	SPOKANE	WA	002093
8 km	36:35	R	ED BENHAM	81	MO	VIRGINIA BEACH	VA	031889	12 km	45:43	R	SHIRLEY MATSON	52	CA	SAN FRANCISCO	CA	001883
10 km	45:28	R	ED BENHAM	80	MO	ASSBURY PARK	NJ	000687	15 km	49:51	R	WILMA PARKER	53	WA	SPOKANE	WA	002087
12 km	1:03:55a	U	MEL SHINE	80	CA	SACRAMENTO	CA	042589	15 km	54:34	R	SHIRLEY MATSON	50	CA	JACKSONVILLE	FL	032491
12 km	1:09:05	U	CYRIL WOODS	81	OR	PORTLAND	OR	000583	20 km	1:22:36	R	GINA FAUST	50	CA	VALENCIA	CA	021488
15 km	1:07:00a	U	ED BENHAM	81	MO	CUMBERLAND	MD	100888	25 km	1:45:14	R	MARGARET MILLER	54	CA	VENTURA	CA	032080
15 km	1:07:22	R	ED BENHAM	83	MO	WASHINGTON	DC	040791	30 km	2:00:41	R	SHIRLEY MATSON	50	CA	CLARKSBURG	CA	111190
20 km	1:33:56	R	ED BENHAM	81	MO	MEDFORD	OR	040889	50 km	4:15:12	U	MATLEE CHRISTMAN	53	IL	EAST PEORIA	IL	123084
25 km	2:23:43	R	MAX POPPER	80	NY	NEW YORK	NY	100283	100 km	10:58:31	R	JOAN BAKER	50	TN	TALLAHASSEE	FL	121485
10 mi	1:13:23	R	ED BENHAM	81	MO	WASHINGTON	DC	040289	100 km	10:34:15	U	MARTY MARICLE	52	CA	SAN FRANCISCO	CA	041986
20 mi	4:18:00	U	NOR WELCH	84	CA	CLARKSBURG	CA	111879	100 km	10:51:16	P	MARGE DUNLAP	54	CA	SACRAMENTO	CA	021383
50 mi	12:13:35	U	BEN MOSTOW	80	IL	CHICAGO	IL	100283	100 km	9:43:27a	R	MAE HORNS	54	MN	DULUTH	MN	102288
half mar	1:40:30	R	ED BENHAM	81	MO	ORLANDO	FL	121088	10 mi	1:03:48	R	MARION IRVINE	53	CA	STOCKTON	CA	010883
marathon	3:43:27a	R	ED BENHAM	80	MO	MINNEAPOLIS	MN	101187	20 mi	2:19:59	P	JOAN ULLYOT	50	CA	MINNEAPOLIS	MN	101490
marathon	4:17:51	R	ED BENHAM	84	MO	MINNEAPOLIS	MN	100681	20 mi	2:28:15	U	WEN-SHI YU	51	NY	MINNEAPOLIS	MN	101286
Men 85-89																	
5 km	28:25	P	GIFTON JOLLEY	85	GA	ROME	GA	120582	50 mi	8:24:00a	R	MAE HORNS	52	MN	LITTLE MARAIS	MN	102586
5 km	31:05	R	WILLARD BENTON	87	CA	CARLSBAD	CA	041491	half mar	1:19:51	R	SHIRLEY MATSON	50	CA	MODESTO	CA	040791
8 km	47:03	U	PAUL SPANGLER	85	CA	PALO ALTO	CA	031785	marathon	2:50:28	R	SHIRLEY MATSON	50	CA	MINNEAPOLIS	MN	100681
10 km	58:50	R	PAUL SPANGLER	85	CA	RALEIGH	NC	000384	24 hr	141:224m	P D	JANET DELUCIA	51	MI	SYLVANIA	OH	001883
13 km	1:32:00	R	PAUL SPANGLER	85	CA	EL PASO	TX	101384	Women 55-59								
20 km	2:07:49	U	PAUL SPANGLER	85	CA	SACRAMENTO	CA	032584	5 km	19:38	P	GINA FAUST	55	CA	GARDENA	CA	062882
30 km	4:39:30	R	PAUL SPANGLER	89	CA	CLARKSBURG	CA	111388	8 km	32:01	R	JOYCE GASKIN	55	TX	HOUSTON	TX	032182
20 mi	3:44:31	U	PAUL SPANGLER	86	CA	CLARKSBURG	CA	111785	10 km	39:59	U	MARGARET MILLER	55	CA	BEVERLY HILLS	CA	120881
half mar	2:26:48	U	MAX POPPER	85	NY	BROOKLYN	NY	031289	12 km	52:57	R	MELBA HATCH	57	MI	ITASCA	IL	100485
marathon	5:21:51	U	PAUL SPANGLER	85	CA	SAN DIEGO	CA	120284	12 km	52:03a	U	MARION IRVINE	58	CA	SAN FRANCISCO	CA	041088
Men 90-94																	
5 km	40:32	R	LLOYD WALTERS	91	MT	TUCSON	AZ	012682	15 km	1:03:28	R	MARGARET MILLER	58	CA	EL PASO	TX	101384
8 km	56:10	R	PAUL SPANGLER	91	CA	PALO ALTO	CA	032580	20 km	1:28:03	R	WEN-SHI YU	56	NY	NEW HAVEN	CT	090291
10 km	1:14:49	R	PAUL SPANGLER	90	CA	PARAMOUNT	CA	012580	20 km	1:29:22	R	MARGARET MILLER	58	CA	SACRAMENTO	CA	032584
marathon	9:23:25a	R	PAUL SPANGLER	92	CA	NEW YORK	NY	110381	25 km	1:52:48	R	MARY STOREY	55	CA	VENTURA	CA	030280
MASTERS - WOMEN																	
All-Comer's Records (non U.S. citizens)																	
5 km	16:20	R	HEATHER MATTHEWS (NZL)			ALBANY	NY	060389	30 km	2:21:32	R	MARGARET MILLER	60	CA	SACRAMENTO	CA	021383
8 km	26:28	R	PRISCILLA WELCH (GBR)		CO	WASHINGTON	DC	051489	50 km	4:39:48	P	MYRA RHODES	60	CA	YAKIMA	WA	042582
10 km	32:25	R	PRISCILLA WELCH (GBR)			PHOENIX	AZ	000285	100 km	11:30:58	P	RUTH ANDERSON	64	CA	SAN FRANCISCO	CA	042190
15 km	49:38	R	PRISCILLA WELCH (GBR)			JACKSONVILLE	FL	030985	100 km	13:01:43	R	HELEN KLEIN	60	KY	CHICAGO	IL	100283
half mar	1:13:07	R	PRISCILLA WELCH (GBR)		CO	PHILADELPHIA	PA	091586	10 mi	1:10:17	R	HELEN DICK	60	CA	ENCINO	CA	061885
marathon	2:31:14	R	PRISCILLA WELCH (GBR)		CO	CHICAGO	IL	102686	20 mi	2:32:16	R	MARGARET MILLER	60	CA	MINNEAPOLIS	MN	101286
Women 40-44																	
5 km	16:37	R	LAURIE BINDER	44	CA	DAVIS	CA	112381	50 mi	9:01:38	U	HELEN KLEIN	60	CA	SACRAMENTO	CA	021984
8 km	27:35	R	LAURIE BINDER	43	CA	SAN JOSE	CA	061591	half mar	1:29:57	R	MARION IRVINE	62	CA	WEOGT	CA	102091
10 km	34:08	R	FRANCIE LARRIEU SMITH	40	TX	NEW YORK	NY	061293	marathon	3:15:30	R	HELEN DICK	60	CA	CHICAGO	IL	102184
10 km	34:17	R	CAROL MCLATCHIE	41	TX	MOBILE	AL	032793	24 hr	133:668m	P D	SARAHN MOCK	62	OH	SYLVANIA	OH	001883
10 km	33:41a	R	BARBARA FLUTZE	41	PA	PITTSBURGH	PA	092787	Women 60-64								
10 km	34:24	R	GABRIELE ANDERSEN	43	ID	ORLANDO	FL	031189	5 km	22:36	P	JAN RICHARDS	65	TX	DALLAS	TX	101882
12 km	42:13	P	NANCY GRAYSON	42	MI	LANSING	MI	060882	5 km	22:44	R	HELEN DICK	65	CA	GARDENA	CA	070880
12 km	42:38	R															

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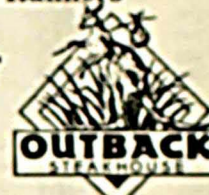


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Prize Money Leaders 1993 Masters Men

RANK	NAME	ST/N	1993 \$	#
1	Kurtis, Doug	MI	\$95,300	11
2	Lopez, Luis	CRC	\$15,050	4
3	Rose, Nick	GBR	\$11,725	10
4	Charbonnel, Jean-M	FRA	\$10,500	2
5	Tibodulle, Domingo	COL/NV	\$9,200	4
6	Walton, Wilson	KEN/TX	\$7,400	9
7	Lawson, Pierre	FRA/CO	\$6,950	8
8	Nesau, Joseph	KEN/WY	\$6,400	9
9	Belche, Kasse	ETH/MN	\$4,900	5
10	Vera, Manuel	MEX	\$4,700	5
11	Bernie, Tom	NZL	\$3,850	2
12	Navarro, Antonio	MEX	\$3,700	6
13	McMullen, Charles	NY	\$2,800	4
14	Rodgers, Bill	MA	\$2,075	6
15	Gates, Nigel	GBR	\$1,900	3
16	Pommeser, Gary	IN	\$1,750	4
17	Smead, Chuck	CO	\$1,500	5
18	Mosayev, Leonid	RUS	\$1,500	1
19	Schlu, Bob	SC	\$1,400	4
20	McLeod, Mike	GBR	\$1,250	1
21	Mendez, Badol	TN	\$1,200	2
22	Bayre, Rio	OR	\$1,200	1
23	Vargas, Miguel	MEX	\$1,000	1
24	Unidentified Runner	NA	\$950	3
25	Tibodulle, Domingo	COL/NV	\$850	3
26	Gomez, Rodolfo	MEX	\$800	1
27	Rubio, Jose Luis	NA	\$750	1
28	Owens, Earl	GA	\$700	2
29	Vigil, Pablo	CO	\$700	3
30	Klecker, Barney	MN	\$550	2
31	Kneer, Ray	NA	\$500	1
32	Palmer, Rick	NA	\$500	1
33	Holde, Gary	IL	\$500	1
34	Meltzmaker, Pete	MT	\$400	2
35	Wilson, David	MI	\$400	1
36	Kittler, Bruce	FL	\$300	2
37	Menzies, Nick	NJ	\$300	1
38	Campbell, John	NZL	\$300	1
39	Nasser, Darrell	NA	\$300	1
40	Rushmer, Alan	GBR	\$300	1
41	Rubin, Simon	NA	\$300	1
42	Becker, Bob	NA	\$300	1
43	Williams, Bobby	MO	\$300	1
44	Pino, Manuel	NA	\$300	1
45	Beil, Doug	CO	\$250	2
46	Mascel, Paul	NY	\$250	1
47	Bednarski, John	NA	\$250	1
48	Dicane, John	NA	\$250	1
49	Popejoy, Ken	IL	\$250	1
50	Warham, Scott	IN	\$250	1
51	Korman, Jerry	ME	\$250	1

Prize Money Leaders 1993 Masters Women

RANK	NAME	ST/N	1993 \$	#
1	McLachlan, Carol	TX	\$15,300	19
2	Portanaki, Bernadine	NZL	\$10,800	1
3	Larrieu-Smith, Françoise	TX	\$7,800	9
4	Grayson, Nancy	SC	\$7,750	9
5	Bondarouchuk, Irina	RUS	\$7,000	8
6	Flutts, Barbara	PA	\$5,750	7
7	Gareau, Jacqueline	CAN	\$5,000	9
8	Virgo, Carol	FL	\$4,500	4
9	Blackford, Karen	MI	\$3,800	3
10	Hine, Judith	NZL	\$2,500	4
11	Bourgeois, Carla	HOL	\$2,500	2
12	Rosen, Anna	GBR	\$2,250	1
13	Banderson, Danielle	GBR	\$2,000	1
14	Melton, Shirley	CA	\$1,800	9
15	Cleaveland, Claudia	TN	\$1,800	3
16	Ray, Suzanne	AK	\$1,700	4
17	Marshall, Zina	GBR	\$1,500	1
18	Dodge, Candy	CA	\$1,500	1
19	Sinder, Laurie	CA	\$1,350	9
20	Hutchison, Jane	MO	\$1,250	9
21	Kidd, Christlene	IL	\$1,000	3
22	Hall, Shari	NA	\$1,000	1
23	Coker, Lori	CA	\$800	2
24	LaGore, Diane	CAN	\$700	2
25	Nalepa, Ruth	TX	\$600	2
26	Fairfax, Louise	AUS	\$600	1
27	Ottaway, Joan	CA	\$525	2
28	James, Marlene	NA	\$500	1
29	Fairfax, Louise	NZL	\$500	1
30	Lampson, Catherine	SC	\$500	2
31	MacHardy, Karen	FL	\$500	3
32	Walsh, Priscilla	GBR/CO	\$500	1
33	Hallman, Lena	NA	\$500	1
34	Tracy, Diane	CA	\$500	1
35	Blackstone-Wolfe, Rob-CT	CT	\$500	2
36	Ray-Smith, Andrea	NA	\$500	1
37	Fennell, Patricia	NA	\$400	1
38	Jordan, Janet	OR	\$400	1
39	Bowman, Jessie	TX	\$350	2
40	Giles, Mary	MI	\$300	2
41	Madson, Diane	NA	\$300	1
42	Wade, Cathy	IL	\$300	1
43	Witrow, Marge	NA	\$300	1
44	Francis, Sue	NA	\$300	1
45	Bjornum, Barbara	MI	\$300	1
46	Shaw, Christi	NA	\$300	1
47	Brenner, Cindy	NY	\$300	1
48	Lynn, Laura	CAN	\$300	1
49	Wasson, Pamela	IN	\$300	1
50	Lampo, Carol	NA	\$300	1
51	Corso, Jane	NA	\$300	1
52	Murray, Laurie	NA	\$300	1

DIST	TIME	GAP/REC	NAME	AGE	STATE	R CODE	R STATE	R CODE
Women 70-74								
5 km	34:38	R	GERRY DAVIDSON	70	CA	CARLSBAD	CA	041491
8 km	38:46	R	HEDY MARQUE	74	VA	ALEXANDRIA	VA	051002
10 km	50:01	U	PAT DIXON	70	OR	EUGENE	OR	051388
12 km	1:01:57	R	ALGENE WILLIAMS	70	IL	ITASCA	IL	100586
15 km	1:22:55	R	ELLEN MCCOY	70	MN	EDINA	MN	002300
18 km	1:46:21	R	HEDY MARQUE	74	VA	ALEXANDRIA	VA	042802
20 km	2:09:22	R	PAT DIXON	70	OR	MEDFORD	OR	040889
25 km	2:18:20	P	GERRY DAVIDSON	70	CA	SAN DIEGO	CA	112391
25 km	2:51:54	R	BESS JAMES	73	CA	VENTURA	CA	001982
30 km	2:59:22	R	ELLEN MCCOY	70	MN	DULUTH	MN	052591
10 mi	1:20:33	R	HEDY MARQUE	74	VA	WASHINGTON	DC	101361
20 mi	3:25:58	U	MAVIS LINDGREN	71	CA	CLARKSBURG	CA	111576
half mar	1:58:27	R	MARCI TRENT	70	AK	ANCHORAGE	AK	052888
half mar	1:57:31a	R	ALGENE WILLIAMS	72	IL	LAKE COUNTY	IL	042488
marathon	4:09:04	P	GERRY DAVIDSON	70	CA	SAN DIEGO	CA	120891
marathon	4:11:54a	R	MARCI TRENT	70	AK	NAPA	CA	031388
marathon	4:30:24	R	ELLEN MCCOY	70	MN	MINNEAPOLIS	MN	101430
24 hr	165:343m	P	HELEN KLEIN	70	CA	SYLVANIA	OH	001903
144 hr	600:285m	P	HELEN KLEIN	70	CA	SACRAMENTO	CA	010593

DIST	TIME	GAP/REC	NAME	AGE	STATE	R CODE	R STATE	R CODE
Women 75-79								
5 km	27:17	R	ANNE CLARKE	77	IL	PARK RIDGE	IL	082287
8 km	45:46	R	ALGENE WILLIAMS	75	IL	CHICAGO	IL	031391
10 km	53:40	U	LEONA LUGERS	75	MI	HOLLAND	MI	001182
12 km	1:08:21	R	ANNE CLARKE	76	IL	ITASCA	IL	100885
15 km	1:29:33	R	ANNE CLARKE	75	IL	TAMPA	FL	020885
15 km	1:19:27a	R	HEDY MARQUE	75	VA	ALEXANDRIA	VA	042593
20 km	1:52:57	U	LEONA LUGERS	77	MI		MI	052684
25 km	2:49:48	R	LEONA LUGERS	79	MI	GRAND RAPIDS	MI	051386
30 km	4:04:24	R	BESS JAMES	79	CA	VENTURA	CA	021289
10 mi	1:22:34	P	HEDY MARQUE	75	VA	WASHINGTON	DC	101192
half mar	2:06:34a	R	ALGENE WILLIAMS	75	IL	ZION LAKE BLUFF	IL	042891
half mar	2:14:15	U	ANNE CLARKE	76	IL	CHICAGO	IL	063886
half mar	2:26:24	R	ANNE CLARKE	77	IL	CHICAGO	IL	061487
marathon	4:41:45a	U	IDA MINTZ	75	IL	LAKE BLUFF	IL	042881
marathon	4:49:58	R	ANNE CLARKE	76	IL	CHICAGO	IL	102385

DIST	TIME	GAP/REC	NAME	AGE	STATE	R CODE	R STATE	R CODE
Women 80-84								
5 km	29:23	R	ANNE CLARKE	80	IL	PARK RIDGE	IL	020389
8 km	52:00	U	ANNE CLARKE	81	IL	PARK RIDGE	IL	000891
10 km	56:14	U	LEONA LUGERS	80	MI		MI	052387
15 km	1:39:44	R	RUTH ROTHFARB	80	FL	AHWAUKEE	AZ	112381
20 km	2:26:34	U	RUTH ROTHFARB	80	FL	WASHINGTON	DC	030882
30 km	4:13:32	R	MAVIS LINDGREN	81	CA	CLARKSBURG	CA	111388
10 mi	1:43:17	P	ANNE CLARKE	80	IL	ELGIN	IL	052690
half mar	2:23:54	P	ANNE CLARKE	80	IL	HIGHLAND PARK	IL	061030
half mar	2:19:23a	P	ANNE CLARKE	80	IL	LAKE COUNTY	IL	042590
marathon	5:10:04	R	IDA MINTZ	80	IL	CHICAGO	IL	102385

DIST	TIME	GAP/REC	NAME	AGE	STATE	R CODE	R STATE	R CODE
Women 85-89								
5 km	40:26	P	SUSIE HUGHES	85	TX	DALLAS	TX	101892
5 km	37:32a	U	MARY AMES	85	CA	FONTANA	CA	041688
5 km	43:00	R	RUTH ROTHFARB	87	FL	ALBANY	NY	080389
10 mi	3:29:08	R	RUTH ROTHFARB	90	FL	WASHINGTON	DC	042592
8 km	1:03:01	U D	SUSAN CONROY	80	IL	CHICAGO	IL	031289
10 km	1:16:55	U	RUTH ROTHFARB	87	MA	BOSTON	MA	101388
half mar	3:23:06	U	MARY AMES	85	CA	LOMPOC	CA	061888
marathon	6:53:50	R	IDA MINTZ	85	IL	CHICAGO	IL	102385

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

W30-34
Patricia A. Golus High Jump 4-10 7/10/93

W40-44
Sally Focacci 20K 1:57.45 1/10/93
Deborah Jamieson 1500M 5:21.7 9/12/93

W50-54
Carol A. Young Discus 77-6 7/31/93
Wt. Throw 27-2 7/31/93
Shot Put 26-5 7/31/93

W55-59
Ginny Baker High Jump 3-6 1/4 6/06/93
Triple Jump 21-6 8/11/93

M30-34
Steve Hable Pole Vault 14-6 7/10/93
Scott R. King 3000M 9:14.08 5/22/93
800M 1:57.92 8/11/93

M35-39
James P. Fountain Pole Vault 14-9 6/05/93
Joe Smith Triple Jump 13.75 8/12/93

M40-44
Dale A. Wilcoxson Discus 134-2 6/26/93

M45-49
Gary E. Bell 200M 24.9 7/17/93
Ray Burrus 400 Hurdles 63.67 8/13/93

M50-54
Michael Harrington Discus 45.16 5/01/93
Mike Hollier Javelin 142-11 6/26/93
Ron Jensen 400M 58.27 8/11/93
100M 11.86 8/12/93
Bob Osterhoudt Pentathlon 2714 8/11/93

M55-59
Nate Byrd Short H 18.46 8/22/93
Larry D. Carter High Jump 5-1 5/22/93
Stan King 200M 27.01 5/30/93

M65-69
Tom Delany 100M 13.8 6/16/93
200M 28.7 6/27/93
100 Hurdles 18.4 6/27/93
High Jump 4-4 6/27/93
Long Jump 4.49 7/25/93
Long Jump 4.10 8/11/93
Pentathlon 3172 8/12/93

Marv Woodbury



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	69:00
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	6-3/4	5-9/8	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-4	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	39-4 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-1 1/2	24-7 1/2	22-4	20-4	18-4	
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	
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56Wt.	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: 7.26kg (16lb); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
6) Hammer: 30-49: 7.26kg (16lb); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.
7) Javelin: 30-49: 800g; 60+: 600g.
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

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

WOMEN

1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:29	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	30:09	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:02	1:11
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:28	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42 4-8	1.35 4-5 1/2	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6 1/2	1.02 3-4 1/2	.97 3-2 1/2	.92 3-0 1/2	.89 2-11	.84 2-9
PV	2.70 8-10 1/2	2.40 7-10 1/2	2.10 6-11	1.80 5-11	1.50 4-11	1.20 3-11	1.10 3-7 1/2	1.00 3-3 1/2	0.90 2-11	0.80 2-7 1/2	0.70 2-3 1/2
LJ	5.00 16-5	4.60 15-1	4.25 13-11 1/2	3.90 12-9 1/2	3.55 11-8	3.20 10-6	2.85 9-4 1/2	2.60 8-6 1/2	2.35 7-8 1/2	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-2 1/2	8.60 28-2 1/2	7.80 25-7 1/2	7.18 23-7	6.40 21-0	5.70 18-8 1/2	5.20 17-1	4.70 15-5	4.20 13-9 1/2	3.80 12-5 1/2
Shot	10.30 33-9 1/2	9.30 30-6 1/2	8.40 27-7	7.70 25-3 1/2	7.95 26-1	7.20 23-7 1/2	6.50 21-4	5.80 19-0 1/2	5.25 17-3	4.70 15-5	4.25 13-11 1/2
Jav	29.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6 1/2	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

TRACK & FIELD RESULTS

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

NATIONAL

USATF National Masters Weight Pentathlon Championships, Woodstock, IL, Sept. 25
Original distance - ODis, Weight throw - WT, Points - pts, Javelin - JT, Shot put - shot,
Hammer - HT, discus - DT, Age factor distance - ageD

Name	WT	JT	SHOT	HT	DT	Points
Angela Healy F 32	7.24	20.61	20.61	41.3	7.36	396
D. Eckhardt F 33	6.72	18.32	18.32	36.2	7.78	429
Patrick Burns M 40	11.12	11.12	54.0	35.65	40.38	496
Bob Sager M 45	11.72	12.32	62.0	35.20	44.70	560
Virgil Johnson M 50	8.70	9.96	45.7	11.82	16.19	53
Karen Huff F 51	7.04	7.76	42.7	22.00	33.00	652
Edgar Evans M 54	9.60	10.99	53.1	23.78	32.57	373
S. Biddinger M 55	6.84	8.32	33.1	15.40	23.71	214
Norm Cyprus M 55	11.90	14.48	75.7	34.38	52.94	672
Bob Varren M 55	9.46	11.51	56.6	24.13	37.16	447
Joann Grisson F 55	11.24	12.79	76.7	23.80	39.74	762
Robert E. Kempf 60	11.84	13.96	72.5	26.77	40.69	501
Pay Garstensen 61	12.51	14.75	77.4	28.09	42.69	531
Len Olson M 61	14.09	16.62	88.3	41.11	62.48	791
Jan Smit M 62	11.35	13.38	68.9	24.78	37.66	455
Donald Nather M 63	9.66	11.39	55.8	43.06	65.45	827
Sally Polk F 63	7.99	9.39	47.7	17.62	32.94	450
Ken Weinbel M 65	10.22	12.62	64.0	17.90	29.89	328
Phil Brucsa M 66	13.04	16.11	85.3	34.60	55.76	1033
A. U. Ricciardi M 73	9.13	10.93	52.7	20.79	38.46	467
H. Morningstar M 74	8.50	10.67	50.9	23.18	48.21	608
Betty Jarvis F 78	8.22	11.60	69.4	11.08	29.36	387
E. Dennison M 81	7.80	10.93	49.4	19.17	41.62	515
Leon Jarvis M 81	8.53	11.45	56.2	16.75	36.37	435
George Schember 51	13.2					
Larry Slaski 43	13.3					
Sandy Rederer 50	14.2					
Mark Richards 63	14.8					
Jilliam Kelly F46	15.0					
Carla Convery F73	20.8					
Cindy Weare F30	22.4					
Larry Colbert 56	25.3					
Alby Williams 53	25.5					
Larry Slaski 43	27.1					
Clarence Inge, Sr. 40	28.0					
Ed Yelding 44	29.4					
Ken Paul 40	31.6					
Cindy Weare F30	52.7					
Tony Belcher 40	51.4					
Spencer Robinson 39	54.5					
Larry Colbert 56	56.4					
Michael Mutek 41	58.0					
Dion O'Mara 35	58.8					
Curtis Davis 35	58.7					
Larry Slaski 43	59.0					
Steve Sedlako 36	59.5					
Bruce Michael 41	62.6					
J.J. Wind 43	66.7					
Ed Yelding 44	67.0					
Roland Elliott 57	57.3					
Lynn Davis F37	68.5					
Buzz Burek 44	70.0					
Jilliam Kelly F46	75.4					
Bill Osburn 69	85.8					
Anthony Huff 35	2:08.1					
Spencer Robinson 39	2:11.2					
Dion O'Mara 35	2:11.8					
Gordon Smith 34	2:14.8					
Ken Paul 40	2:30.8					
James Scarborough 35	3:00.0					
Mile						
Paul Zink 45	4:39.6					
Wilhelm Anderson 37	4:41.9					
Curtis Davis 35	4:45.2					
Dion O'Mara 35	4:46.8					
Ted Poulos 31	4:49.0					
Matthew Smith 30	4:51.7					
Kerry Lanham 38	4:57.8					
Pat Good 36	4:59.2					
Michael Mutek 41	5:06.2					
John Muldoon 38	5:07.0					
Dan Kornhauser 37	5:34.2					
J.J. Wind 43	5:40.0					
Ken Paul 40	5:50.2					
Roland Elliott 57	5:54.7					
Richard Wilmer 50	6:17.0					
James Scarborough 35	6:43.7					
Bernard Gelb 62	8:06.8					
Joy Chambers F46	8:15.3					
Chandra Chaudhari 32	9:41.6					
Ted Poulos 31	9:55.3					
John Rusinko 33	10:05.6					
J.J. Wind 43	10:32.2					
Danvers Long 50	10:37.2					
Matthew Smith 30	10:43.4					
Win Rincon F33	10:51.3					
Don Welch 52	11:12.6					
holand Hill 54	11:39.7					
Philip Davis 35	12:17.0					
James Scarborough 35	12:21.8					
Valerie Meyer F34	14:50.1					
Bill Osburn 69	14:57.7					
Bernard Belb	16:13.6					
Short Hurdles						
Mark Richards 63	20.1					

EAST

Dartmouth Field Event Meets
Hanover, NH; July 24

Shot Put

12# Bud Atwood 59 26-0

16# Don Filkins 39 39-4

12# Carl Wallin 51 43-6

16# Jay Swett 33 43-5

Discus

1.5k Bud Atwood 59 54-6

2k Don Filkins 39 120-0

2k Jay Swett 33 114-8

Hammer

16# Carl Wallin 51 134-3

August 8--

Shot Put

16# Luke Hotte 46 43-6

16# Carl Wallin 51 47-0

Discus

2k Ed Daniels 41 97-8

1k Denise Houseman 31 102-9

2k Luke Hotte 46 114-4

Hammer

4k Denise Houseman 31 131-6

16# Luke Hotte 46 113-6

16# Carl Wallin 51 141-8

16# Ed Daniels 41 134-6

August 15--

Shot Put

16# Don Filkins 39 39-4

4k Denise Houseman 31 35-7

16# Al Neville 49 37-5

16# Luke Hotte 46 42-0

16# Carl Wallin 51 47-10

Discus

2k Al Neville 49 107-0

1k Denise Houseman 31 104-4

2k Luke Hotte 46 112-10

2k Don Filkins 39 122-2

Hammer

16# Luke Hotte 46 111-1

4k Denise Houseman 31 130-1

16# Al Neville 49 126-4

16# Carl Wallin 51 138-7

August 22--

Shot Put

6k Bob Harvey 50 42-4

6k Cliff Blair 63 40-6

16# Carl Wallin 51 47-5

6k Carl Wallin 51 52-1 3/4

Discus

2k Ed Daniels 41 106-7

1.5k Bob Harvey 50 122-4

Hammer

16# Ed Daniels 41 129-4

16# Cliff Blair 63 135-5

6k Bob Harvey 50 112-3

16# Carl Wallin 51 135-10

35# Weight

Carl Wallin 51 47-8 1/2

Cliff Blair 63 43-11 1/2 (single-age WR)

Potomac Valley TC Meet

Alexandria, VA; Aug. 8

100

Spencer Robinson 39 12.3

Lonnie Crittenden 42 12.3

Alby Williams 53 12.3

Larry Colbert 56 12.6

Ralph Romain 61 12.6

Mike McDaniel 47 12.6

Brian Riely 38 12.8

Clarence Inge, Sr. 40 12.8

Potomac Valley Games

Alexandria, VA; Sept. 5

100

K30 Paul Buccard 11.4

Darryl Watson 12.0

K35 Thomas Jones 11.2

Eddie Mose 11.7

John Mahell 11.7

M40 Garry Crawford 11.5

Robert Bowen 11.7

M45 Melvin Fields 12.4

Mike McDaniel 12.5

M50 Larry Colbert 12.4

Bob Taylor 13.0

M50 Lawrence Greco 64 14.3

William Bergen 65 15.1

M70 Ed Matthews 73 14.4

M30 Anita Wilson 33 14.1

Deborah Parker 30 15.1

M40 Patricia Thomas 49 17.1

M50 Marilyn Mitchell 50 14.8

M60 Pat Nessley 65 17.4

Lucy Anne Brobst 60 18.8

200

K30 Paul Buccard 23.7

Jerry Edmondson 25.7

M35 Thomas Jones 22.9

John Mahell 24.0

Eddie Mose 24.2

M40 Garry Crawford 23.6

Robert Bowen 24.5

Jeffrey Hughes 24.5

M45 Melvin Fields 26.2

Bernie Noeller 27.1

M50 Larry Colbert 26.1

Ralph O'Neal 27.4

M50 Henry Mays 63 28.4

Lawrence Greco 64 30.4

William Bergen 65 31.2

M70 Ed Matthews 73 30.8

Charles McGarvey 70 34.0

M30 Lynne Davis 37 30.4

Deborah Parker 32.5

M40 Lorraine Tucker 46 29.3

M50 Marilyn Mitchell 30 30.6

M60 Pat Nessley 65 37.2

M70 Carla Convery 73 50.1

400

K30 Steve Nearman 54.2

Tim Major 60.4

M35 Thomas Jones 54.0

Michael Kennedy 58.7

M40 Tony Belcher 52.1

Robert Bowen 55.5

M45 Melvin Fields 57.2

Ray Burrus 57.6

M50 Larry Colbert 56 54.5

Ralph O'Neal 51 61.2

M60 Ralph Romain 61 54.2

M70 Ed Matthews 73 74.4

Chas. McGarvey 70 80.2

M30 Irene Thompson 39 62.9

Deborah Yurth 30 64.2

Lynn Davis 37 67.5

M40 Nancy Rice 43 67.2

800

K30 Steve Nearman 33 2:00.9

John Mornini 39 2:04.6

M40 Al Logie 2:07.0

Norman Thomas 2:13.8

M45 Paul Zink 2:06.2

Gary Rust 2:09.0

M50 Ken Baker 56 2:17.0

Continued from previous page

Short Hurdles	
M40 Tom Gilliard	14.65
M60 Phil Mulkey	16.03
Rudy Enders	18.94
Bill Gentry	19.73
M65 Gordon Seifert	20.33
M70 Tom Kennell	17.12
M35 Irene Thompson	18.71
M45 Phil Raschker	13.05

Long Hurdles	
M60 Phil Mulkey	48.7
M50 Ann Carter	67.0

High Jump

M40 Steve Harkins PA	1.91
Tim Heikkila	1.86
Pat Crandall	1.57
Jim Dolezel	1.52
M55 Sammy White	1.83
M60 Phil Mulkey	1.42
M65 Jim Gillcris	1.54
Gordon Seifert	1.47
M75 Don Hull	1.27
M45 Phil Raschker	1.52

Pole Vault

M40 Jeff Kingstad	4.42
Johnnie Dye	3.66
M45 Joe Johnston	3.66
M50 Nels Siverson	3.66
Charles Polhamus	3.35
M60 Phil Mulkey	2.13
M65 Gordon Seifert	2.44
M45 Phil Raschker	W2.95

Long Jump

M30 Sam Porter	6.70
Lerwood Rance	6.40
M40 Cleveland Smith	6.80
Tom Santos	6.10
Jim Dolezel	5.14
M50 Thomas Kindel	4.14
M55 Nemour Delaneville	4.53
M60 Phil Mulkey	5.11
Rudy Enders	4.78
Warren Doescher	4.41

M65 Frank Hayes	4.48
M70 Tom Kennell	4.50
M75 Don Hull	2.34
M35 Irene Thompson	4.85
M45 Phil Raschker	5.00

Triple Jump

M30 Stan Porter	10.73
M40 Tony Santos	11.88
Pat Crandall	11.37
Jim Dolezel	9.74
M55 N Delaneville	9.80
M60 Phil Mulkey	10.90
Rudy Enders	9.67
M70 Tom Kennell	8.00
M75 Don Hull	4.87
M45 Phil Raschker	9.64
M50 Ann Carter	7.30

Shot Put

M40 John Schou	12.32
M45 Tom Park	8.13
M50 Larry Pratt	13.83
Charles Fennelle	11.80
Jerry Arline	10.86
M55 Edward Fass	10.89
M60 Phil Mulkey	13.62
Ed Roy	11.42
M65 Jim Gillcris	12.13
Ed Holmes	9.78
M75 Tom McDermott	9.43
Don Hull	7.48
M90 Everett Hosack	4.57
M55 Erika Messner	9.17

Discus

M40 John Schau	29.65
M45 Kent Dickinson	29.11
M50 Larry Pratt	49.17
Jerry Arline	38.64
Chas Fennelle	33.08
M55 Ed Fass	40.33
M60 Phil Mulkey	45.04
Ed Roy	34.18
M65 Jim Gillcris	43.18
Ed Holmes	32.74
M75 Tom McDermott	30.07
Don Hull	18.60
M90 Everett Hosack	12.19
M55 Erika Messner	26.00

Hammer

M50 Jerry Arline	36.30
Chas Fennelle	30.70
M60 Phil Mulkey	33.28
M75 Tom McDermott	36.35
Don Hull	32.23
M55 Erika Messner	22.69

Javelin

M35 Alfredo Rossi	56.26
M40 Don Torok	46.65
M50 Jerry Arline	36.76
Chas Fennelle	21.86
M55 Chas Duckworth	49.30
M60 Phil Mulkey	42.27
Rudy Enders	37.58
Frank Laudano	31.66
M65 Jack Shields	51.24
Bill Daprano	29.40
Gordon Seifert	24.64
M70 Gordon Nordgren	25.25
G Nordgren 800g	25.80
M35 Irene Thompson	18.60
M45 Phil Raschker	21.32
M55 Erika Messner	22.54

5000m Racewalk

M30 Don Tesiero	30:27.0
M45 Paul Alvord	29:52.3
Steve Feith	31:23.6
M55 Sterling Kerr	27:45.7

8th Thomasville Fall Dec Decathlon Scoring Results

Thomasville HS Thomasville, NC, Sep. 11

(corrected to 1991 WAVA Standards, 1993 WAVA Age-Factoring, 1985 IAAF Scoring)

10-14 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M	
1	Frank Makory (PA)	12.44	5.29	8.93(16)	1.64	56.70	19.17	(110/39)	26.00(2.0)	2.10	37.48(8000)	0:00.0
SCORE: 3992*AGE:34			17-4 1/4	29-3 1/2	5-4 1/2	85-3 1/2	6-10 1/2	122-11 1/2				
		12.45	5.29	8.93	1.64	56.71	17.36		26.00	2.10	37.48	0:00.0
		565	439	422	496	532	587		386	159	406	0

15-19 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M	
1	Stephen Virkel (PA)	12.5	5.38	8.42(16)	1.52	57.81	19.21	(110/39)	27.14(2.0)	3.40	41.18(8000)	4:48.7
SCORE: 5352*AGE:35			17-7 3/4	27-7 1/4	4-11 3/4	89-1/2	11-1 3/4	135-1 1/4				
		12.41	5.77	8.95	1.61	56.13	16.64		28.62	3.63	44.38	4:41.5
		573	537	423	472	554	662		437	517	506	671

20-24 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M	
1	Richard Watson (LA)	14.3	4.97	9.78(16)	1.52	64.43	21.89	(110/39)	30.38(2.0)	2.80	39.30(8000)	5:15.6
SCORE: 4735		AGE:41	16-3 1/2	32-1	4-11 3/4	99-8	9-2	128-11				
			13.78	5.70	11.07	1.70	60.49	20.47	34.02	3.22	46.20	4:57.1
			344	523	550	544	397	313	544	411	533	576

25-29 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M		
1	Rea Harvey	(OW)	12.46	5.52	12.07(16)	1.64	57.73	18.23	(110/39)	36.64(2.0)	3.50	42.82(8000)	5:44.9
SCORE: 7040		AGE:47	18-1 1/4	39-7	5-4 1/2	120-2 1/2	11-5 3/4	140-5 3/4					
			11.48	6.75	14.55	1.93	52.33	16.23		43.78	4.33	55.40	5:13.1
			757	755	762	740	710	707		742	711	669	487

30-34 AGE GROUP RESULTS

SCORE: 5402	AGE:49	17-3	30-6 3/4	5-2 3/4	87-2 1/4	10-9 3/4	101-4 1/2					
		12.55	6.43	9.99	1.88	58.20	17.63		27.30	4.08	39.98	5:17.8
		547	682	485	696	476	560		412	640	442	462
3 Bill Busby	(NC)	13.82	4.98	10.62(6)	1.48	66.47	17.51 (100/36)	32.96(1.5)	3.40	41.02(8000)	0:00.	
SCORE: 5081	AGE:49	16-4	34-10	4-10 1/4				108-1 1/2	11-1 3/4	134-6 3/4		

35-39 AGE GROUP RESULTS

4 Johnston Ewing (TN)	14.07	4.45	8.35 (6)	1.52	64.73	19.91	(100/36)	26.66 (1.5)	3.10	28.10 (8000)	5:49
SCORE: 4700	AGE: 49	16-7	27-4 1/2	4-11 3/4	87-5 1/2	10-2				92-2 1/4	
		12.96	5.44	8.95	1.79	58.68	19.06	27.38	3.83	36.36	5:17
		475	469	423	619	459	427	413	570	390	463

40-44 AGE GROUP RESULTS

PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M		
1	Bill Angus	(VA)	13.11	5.54	10.77(6)	1.52	63.12	17.08	(100/36)	27.88(1.5)	3.10	33.28(8000)	5:16.
SCORE: 6605	AGE: 50		18-2	35-4	4-11 3/4				91-5 1/2	10-2	109-2		
			11.71	7.21	12.60	1.89	55.13	16.35		31.18	4.11	47.64	4:36.
			709	864	643	705	594	694		488	648	554	706

45-49 AGE GROUP RESULTS

			12.35	6.33	13.65		1.74	62.04	18.73		41.64	2.91	45.90	6:03
			584	659	707		577	346	456		698	335	528	252
55-59 AGE GROUP RESULTS														
PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M	20000M	50000M

50-54 AGE GROUP RESULTS

			12.77	5.80	11.26		1.78	64.10	18.68		35.14	3.40	42.18	6:11
			508	544	562		610	284	461		566	657	474	219
60-64 AGE GROUP RESULTS														
PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M	20000M	50000M

55-59 AGE GROUP RESULTS

SCORE: 7769 AGE: 60												
		10-8	45-10 1/4	4-10 1/4	137-9 1/2	11-1 3/4	119-8 1/2					
		11.71	7.48	18.70	2.05	53.42	15.19	47.82	5.16	56.28	5:46	
		709	930	1019	850	664	827	825	960	682	323	
2 John Copp	(NY)	14.0	4.52	9.02(5)	1.40	71.2	19.36	(100/33)	31.70(1.0)	2.10	27.38(600M)	7:46
SCORE: 5532 AGE: 63												
		14-9 3/4	29-7	4-7	104-	6-10 1/2	89-9 3/4					

60-64 AGE GROUP RESULTS

3 Bill Brobst	(NC)	16.31	3.35	7.76(5)	1.24	77.9	23.62	(100/33)	27.48(1.0)	1.80	21.56(6000)	6:46	
SCORE: 3936	AGE: 63	10-11	3/4	25-5	1/2	4-3/4		90-1	3/4	5-10	3/4	70-8	3/4
		13.61	4.93	10.38		1.71	62.69	21.24		31.28	2.73	33.30	5:25
		370	369	508		552	326	258		490	293	346	424

65-69 AGE GROUP RESULTS

1 Denver Smith	(OH)	14.53	4.62	9.22(5)	1.40	69.5	17.83	(100/33)	39.04(1.0)	2.70	31.90(6000)	6:50
SCORE: 7378	AGE:67	15-1 3/4	30-2 3/4	4-7			128-1		8-10 1/4	104-7 3/4		
		11.66	7.26	13.74	2.05	53.30	14.87		48.60	4.38	52.92	5:12
		719	876	714	850	669	865		841	725	632	489
2 Gordon Bullock	(NY)	14.79	3.83	8.74(5)	1.53	61.3	21.81	(100/33)	35.48(1.0)	2.42	27.42(6000)	7:46.6

70-74 AGE GROUP RESULTS

		11.42	6.02	13.03		2.23	49.24	17.55	36.82	6.22	41.36	4:28
		769	591	669		1021	850	568	600	479	462	754
3 Donald Grey	(DE)	17.78	3.12	8.42(5)	1.16	94.3	00.00	(100/33)	24.59(1.0)	2.20	00.00(6000)	0:00.0
SCORE: 2894	AGE:66	10-2 3/4	27-7 1/4	3-9 1/2	80-8	7-2 1/2	0-					
		14.26	4.90	12.55	1.70	72.28	0.00		30.60	3.57	0.00	0:00.0
		276	363	640	544	94	0		476	501	0	0

80-84 AGE GROUP RESULTS

80-84 AGE GROUP RESULTS												
PL	AGE	NAME	RES.	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M
1	Bob	Boal	(NC)	18.9	2.74	5.90(4)	1.16	104.0	21.5	(80/30)	17.73(1.0)	1.30 15.96(6000) 8:23.6
SCORE: 4860 AGE:81				8-11	3/4	19-4	1/4	3-9	1/2	58-2	4-3	52-4 1/4
				13-10	5	34-11	27	2-00	45-4	18-22	33-28	2-44 13-14 8-23

**USATF Gulf Assn. Masters
Championships
Pasadena, TX; Aug. 28**

100	
M30 Bill de Loach	11.8
M35 Daniel Stagg	11.0
M40 David Partridge	13.5
M45 Bob Sebesta	12.4
M50 I James Cawley	13.0
M55 Mack Stewart	13.3
M60 Sammy Mc Whirter	16.6
M65 Bob Shannon	18.8
M70 Margaret Hinton	17.8
200	
M30 Bill de Loach	24.0
M35 Daniel Stagg	23.1
M40 Walden Curry	24.0
M45 Bob Sebesta	25.2
M50 Richard Pomeroy	28.5
M55 Mack Stewart	26.5
M60 Bob Shannon	41.5
M65 Sandie Lambert	28.9
M70 Debbie Reyna	35.5
M75 Carol Harmon	38.5
M80 Sadie Greenman	42.3
400	
M30 Raymond Oglesby	49.2
M40 Billy Smith	52.9
M50 Jim Yarbrough	65.7
M55 Mark Stewart	60.7
M60 Shannon Fontinel	65.9
M65 Nancy Fontenot	85.9
M70 Sadie Greenman	83.4
800	
M30 Raymond Oglesby	1:54.1
M35 Ken Yanowski	2:08.2
M40 Clint Harris	2:23.5
M45 Gene Timberlake	2:09.7
M50 Don McCormick	2:19.5
M55 Mack Stewart	2:17.2
M60 Shannon Fontinel	2:30.4
M65 Sandie Lambert	2:26.0
M70 Debbie Reyna	2:54.1
M75 Sadie Greenman	3:24.6
1500	
M30 Gordon Thomas	4:10.2
M35 Lane Carnes	4:36.4
M40 Mike McCracken	4:31.9
M45 Craig Lee	4:47.5
M50 Dan McCormick	4:52.5
M55 Ino Cantu	4:50.3
M60 Debbie Reyna	5:43.4
M65 Carol Harmon	6:18.0
M70 Sadie Greenman	8:16.2
5000	
M30 Joe Flores	15:40.0
M35 Nath Ighadaro	18:57.2
M40 Mike McCracken	18:33.6
M45 Duane Ross	20:48.1
M50 Ino Cantu	18:46.0
M55 Laurie Shaffer	17:06.1
M60 Donna Stearns	19:00.5
Short Hurdles	
M30 Jeff Browner	16.0
M35 Doug Ming	18.1
M40 James Cawley	16.5
High Jump	
M30 Jeff Browner	5-10
M35 Ken Thomas	5-4
M40 Adolph Hoffman	4-0
Pole Vault	
M30 Mark Fisher	14-0
M35 Don Arnold	12-0
M40 Steve Warr	9-6
M45 Adolph Hoffman	9-0
Long Jump	
M30 Sherman Taylor	19-2 1/2
M35 Ken Thomas	19-9 1/2
M40 R V Breidback	15-2
M45 Herb Stein	17-2 1/2
M50 Jim Yarbrough	12-11
M55 Adolph Hoffman	11-1 1/2
M60 Sandie Lambert	15-10
M70 Margaret Hinton	10 1/4
Triple Jump	
M35 Herb Stein	31-2 1/2
M40 Sandie Lambert	28-5 1/2
Shot Put	
M30 Charlie Simon	34-6 1/2
M35 Doug Ming	32-0
M40 Fred Perry	39-10
M45 John Conniff	37-9
M50 Sammy Mc Whirter	31-6 1/2
M55 Adolph Hoffman	33-10
M60 Sandie Lambert	30-2
M70 Margaret Hinton	20-6 1/2
Discus	
M30 Mike Spencer	107-1
M35 Glen Hayes	103-0
M45 Herb Stine	71-11
M50 John Conniff	156-5
M55 Sammy Mc Whirter	108-4
M60 Adolph Hoffman	96-8
M65 Sandie Lambert	80-9
M70 Margaret Hinton	48-7
Javelin	
M30 Charlie Simon	151-3
M35 Coy Akers	144-11
M45 Herb Stein	98-6
M50 Larry Silver	116-2
M55 Mack Stewart	105-6
M60 Gordon Norgran	91-1
M65 Sandie Lambert	77-11
M70 Margaret Hinton	53-3
1500 RW	
M35 Bob Watson	6:51.0
M40 Roger Book	6:51.1
M45 Donald Lindsay	8:14.8
M50 Bob Duzan	8:56.9
M55 Leslie Eaton	9:37.4

**Oklahoma State Sr. Olympics
Tulsa; Sept. 24-26**

100	
M55 Dale Lance	13.21
M60 Jack Pritchard	14.45
M70 Foster Johnson	16.65
M80 Brownlee Smith	19.30
M55 Sue Tunnickliff	19.21
M60 Jo Campbell	20.18
M65 Marvane Greene	19.89
M70 Hulda Hudson	26.25
200	
M55 Dale Lance	27.22
M60 Trevor Snell	29.64
M65 Bill Bowers	30.25
M70 Foster Johnson	32.42
M80 Brownlee Smith	44.20
M55 Sue Tunnickliff	43.29
M60 Jo Campbell	45.64
M65 Ivy Woodard	46.45
400	
M55 Dale Lance	1:06
M60 Trevor Snell	1:11
M65 Sam Taylor	1:20
M70 Ruth Trowbridge	1:40
M55 Ivy Woodard	2:03
800	
M55 Donald Antie	2:47
M60 Sidney Hughes	3:05
M65 Sam Taylor	3:07
M70 Ross Walzer	3:05
M55 Maryann Wagner	3:15
M60 Joan Whitmire	3:47
1500	
M55 Donald Antie	5:45
M60 Sidney Hughes	6:36
M65 Nocus McIntosh	6:44
M70 Ross Walzer	6:40
M55 Maryann Wagner	8:16
M60 Joan Whitmire	8:18
High Jump	
M55 Dale Lance	5-2
M60 Richard Hein	4-8
M65 Billie Jamison	4-2
M70 Doc Bennett	3-10 1/2
M55 Elizabeth Asekun	3-2
M65 Jane Soeten	2-10
Pole Vault	
M55 Dale Lance	11-6
M60 Chuck Crawford	8-1
M70 Bob Warwick	7-0
Long Jump	
M55 Dale Lance	18-4 1/2
M60 Randall Lindsay	10-3
M65 Gene Crabtree	11-10
M70 Bob Warwick	11-8 1/2
M55 Sue Tunnickliff	10-3
M60 Ruby Gooden	7-1
M65 Jane Soeten	8-1 1/2
Shot Put	
M55 Gary Collins	43-5
M60 Engel Grow	43-11
M65 Robert Brousseau	47-1 1/2
M70 A.T. Richeson	41-3
M80 Frank Beck	29-5
Discus	
M55 Wayne Sullivan	98
M60 Richard Hein	115-1
M65 Ed Hooker	155-5
M70 A.T. Richeson	112-10 1/2
M80 Frank Beck	61-5
M55 Sue Tunnickliff	73-1
M60 Wanda Jack	48-3
M65 Laura Downum	63-8 1/2
Javelin	
M55 Gary Collins	109-5
M60 Herman Cochran	105-6
M65 Robert Brousseau	104-8
M70 James Graham	53-6
M80 Dick Swan	46-8
M55 Sue Tunnickliff	84-7
M60 Wanda Jack	41-4
M65 Laura Downum	44
1500 RW	
M55 William Boggs	8:49
M60 Guenter Bode	10:06
M65 Dick Donley	9:39
M70 Ross Walzer	10:16
M85 Dolph Raney	12:57
M55 Ruth Trowbridge	9:05
M60 Shirley Brownlee	11:11
M65 Joan Benear	12:02
M70 Alyce Pate	12:09
5000 RW	
M55 Cecil Kilpatrick	33:28
M60 David Pidgeon	37:16
M65 Dick Donley	33:37
M55 Janet Mason	34:37
M60 Shirley Brownlee	40:26
M65 Joan Benear	45:49
5K Road Race	
M55 Donald Antie	19:24
M60 Steve Blanchard	18:29
M55 Sue Neil	26:01
M60 Joan Whitmire	27:47
M65 Opal Alexander	28:00
10K Road Race	
M55 Donald Antie	41:16
M60 Richard Mitchell	46:48
M65 Gene Henson	47:14
M70 Fisher Lewis	51:03
M55 Phyllis Durham	54:36
M60 Joan Whitmire	1:01:04
M65 Opal Alexander	58:05

WEST
**Stanford U. Throws Meet #19
Stanford, CA; Aug. 28**

Shot Put	
M35 Eric Hodgdon	41-1
M40 Dave McKenzie	48-4 1/2
Gary Kelmenson	35-8 1/2
M55 Gary Dawson	28-7
Hammer	
M35 Eric Hodgdon	126-6
M40 Dave McKenzie	206-5
Gary Kelmenson	130-9
M55 Gary Dawson	112-3
Discus	
M40 G Kelmenson	107-9
M55 Joe Keshmiri	165-2
Gary Dawson	93-6
M60 Stu Thomson	160-3
Hammer	
M35 Eric Hodgdon	129-1
Mike Venning	117-0
M40 Gary Kelmenson	126-4
M55 Gary Dawson	104-5
M60 Stu Thomson	AR166-4
Javelin	
M35 Eric Hodgdon	109-3
M40 G Kelmenson	118-3
M55 Gary Dawson	86-2
Weight Throw	
M30 Dave Swan	57-11
M35 Eric Hodgdon	40-7 1/2
Mike Venning	38-3/4
M40 G Kelmenson	38-7 1/2
M55 Gary Dawson	22-1

Sri Chinmoy Masters
T&F Meet
Long Beach, CA; Sept. 12

100	
M40 Mike Black	12.0
Don Perkins	12.9
M45 Sheridan Groves	12.1
Leroy Chippis	12.2
M50 Walt Butler	11.7
William Edwards	12.4
M55 Kenneth Dennis	11.8
Milton Newton	12.1
M60 Clifford McPherson	12.7
Hugh Cobb	12.9
M65 Barney Phillips	13.9
Ted Leonard	14.2
M70 Thomas Pico	15.4
George Simon	16.2
M75 Alfred Guidet	15.7
Bert Morrow	17.0
M85 Ken Carmine	18.7
M45 G Rocherolle	17.3
M60 Magdalena Kuehne	16.2
200	
M40 Mike Black	25.2
Prabesh Liske	28.0
M45 Don Parker	23.9
Anthony Badaux	25.2
M50 Alan Olson	25.4
William Edwards	26.8
M55 Kenneth Dennis	25.4
M60 Cliff McPherson	27.1
Samuel Flory	27.9
M65 Barney Phillips	29.9
Ted Leonard	30.6
M70 George Simon	33.7
Thomas Pico	40.4
M75 Alfred Guidet	33.3
M45 G Rocherolle	35.6
M50 Jeanne Carter	32.2
M60 Magdalena Kuehne	35.3
400	
M40 Phillip Nesin	63.8
David Powell	1:16.9
M45 Anthony Badaux	56.9
M50 Don Parker	53.2
Allen Olson	56.2
M55 Jesse Carrington	1:04.2
M60 Sid Wing	60.2
Will Robinson	1:05.3
800	
M40 Nolan Smith	2:01.1
Chris Evans	2:06.1
M50 Robert McAlpine	2:24.1
M55 Jim Bevins	2:23.3
Jesse Carrington	2:29.7
M60 Sid Wing	2:17.9
M65 Harold Willis	2:58.4
M75 Pete Ganahl	3:16.2
M45 Bonnie Frankel	2:42.3
1500	
M40 Dan Hirst	5:20.4
M50 Dick Jones	4:56.2
Luigi Schiavo	6:03.9
M55 Jim Bevins	5:18.0
M60 Efrain Sanchez	5:37.8
Ray Archibald	6:31.4
M65 Gunar Linde	5:18.4
Harold Willis	6:08.3
M45 Debby Jamieson	5:21.7
3000	
M40 Bob Becker	9:15.6
David Anster	9:20.1
M50 Dick Jones	10:29.0
M55 Bruce Lin	11:20.8

M50 Efrain Sanchez	12:15.2
M55 Avery Bryant	13:06.5
M40 Marina Jones	11:23.2
Short Hurdles	
M45 Sheridan Groves	18.1
Cornelius McCormick	20.4
M50 Fred Butler	14.3
Fred Niedermeyer	16.2
M55 Alvin Henry	15.4
Ray Fitzhugh	22.0
M60 Dave Douglass	18.8
M70 George Simon	16.0
Robert Hunt	17.2
Chuck McPate	18.7
M80 Bert Morrow	19.1
Long Hurdles	
M45 Sheridan Groves	47.3
M60 Will Robinson	49.9
Al Sheshen	52.2
M70 Robert Hunt	1:04.2
M75 Pete Ganahl	1:05.6
M80 Bert Morrow	1:12.4
2000SC	
M40 Cheryl Kincaide	14:16.5
3000 SC	
M40 Don Robinson	12:35.9
David Powell	15:14.0
M50 Luigi Schiavo	14:07.9
M55 Jim Bevins	12:11.4
M55 Avery Bryant	13:49.5
4x100 Relay	
Sheridan Groves, Running	50.4
Horse, Don Perkins,	
Leroy Clippis	
High Jump	
M45 Jorge Birnbaum	1.53
William Start	1.48
M50 Herman Pettegrove	1.53
M55 Phil Fehlin	1.65
Milton Newton	1.60
M60 Dave Douglass	1.32
Robert Perry	1.07
M65 John Cleveland	1.27
M70 Vic Jones	1.17
Chuck McPate	1.17
M75 John Damski	1.17
M75 Pete Ganahl	1:12
Jim Vernon	1:02
M55 Mary Herse	1:02
Pole Vault	
M55 Ray Fitzhugh	2.75
Hal Smith	2.29
M65 John Cleveland	2.75
M75 Jim Vernon	2.59
M80 Carol Johnston	2.34
Long Jump	
M40 John Kuehne	5.99
Don Perkins	4.64
M45 William Start	4.81
Larry Baldwin	4.76
M60 Dave Jackson	5.15
Ed Martin	4.35
M70 James Pico	3.08
M45 Latanya Glass	3.92
Triple Jump	
M40 Running Horse	12.46
Alfred Cain	8.36
M45 Frank Reilly	11:52
M55 Alvin Henry	10:44
M60 Dave Jackson	10:87
M75 John Damski	7.65
M45 Latanya Glass	7.92
M60 Magdalena Kuehne	7.33
Shot Put	
M40 Dennis Green	11.02
M45 Frank Reilly	12.98
M50 Arthur Altschiller	9.70
Luigi Schiavo	7.46
M55 Hal Smith	12.92
Ray Fitzhugh	9.24
M60 Mike Devlin	11.32
Walter De Roethne	7.36
M70 Thomas Pico	10.16
Chuck McPate	8.36
M40 Janet Wilson	10.58
Cheryl Kincaide	5.90
M50 Karen Huff	9.18
M55 Mary Herse	7.48
Patty Devlin	5.04
M80 Edith Mendyka	5.58
Discus	
M45 Frank Reilly	45.66
Douglas Fulbright	36.84
M50 Lloyd Higgins	52.98
Michael Woodward	44.94
M55 Ray Fitzhugh	29.40
Bob Eldridge	26.16
M60 Stewart Thompson	45.78
Ed Martin	37.86
M55 Donald Rorer	31.80
M70 Wilbur Thompson	38.90
Chuck McPate	22.22
M55 Ken Carmine	26.34
M40 Janet Wilson	43.36
Cheryl Kincaide	19.22
M50 Karen Huff	19.38
M80 Edith Mendyka	11.38
Hammer	
M50 Mike Woodward	37.60
Abe Sheinker	29.28
M60 Stewart Thompson	50.76
Dave Douglass	34.10
M55 Mike Devlin	32.06
Robert Perry	17.00
Javelin	
M40 Ron Rook	35.86
M45 Frank Reilly	47.94
M50 Steve Wordell	38.18
Dave Nuttall	37.88
M55 Phil Fehlin	42.80
Al Smith	35.68

M60 Ed Martin	38.50
Mike Devlin	37.80
M55 Donald Rorer	30.86
M55 Ken Carmine	23.80
M45 Latanya Glass	20.88
Liz Lanterna	17.38
M50 Karen Huff	25.10
M55 Patty Devlin	18.82
M60 Magdalena Kuehne	18.72
M80 Edith Mendyka	13.24
5000 RW	
M80 John Hamstead	30:01
M50 Nap Chandler	33:09
M80 John Kelly	29:23
Walter De Roethne	39:43
M40 Cheryl Kincaide	37:02
Darann St. James	39.40
M45 Jolene Steigewalt	29:16
Marian McCarty	41:41
Eva Duboff	35:37
Mary Herse	39:45

**Northern California
Seniors Classic
Berkeley; Sept. 12**

100m	
M30 Alan Tucker	11.66
William Long	11.75
Dayne Jones	11.98
M35 Chris Arnold	12.68
Mike Simmons	13.03
M40 Warren Spikes	11.84
Maurice Valentine	12.57
Frank Demby	12.63
M45 Win Ewert	12.28
Ray Yeck	12.30
Paul Raymond	12.37
M50 Bill Brobst	13.59
Frank Bonham	13.68
M55 Martyn Adamson	12.77
Dick Martin Jr	13.17
Bob Fuller	13.92
M60 Marion Sanchez	13.64
Ed Manougian	

Continued from previous page

M70 Bob Stone	23.26
Jerry Silsdorf	21.52
M80 Bob Boucke	22.10
M85 Burt DeGroot	21.20
W55 Cherrie Sherrard	21.90
Fei-Mei Chou	18.72
W65 Shirley Dietderich	18.58
Hammer	
M35 Eric Hodgdon	36.54
M40 Gary Kelmenson	39.61
M50 Mike Parker	24.98
M55 Jim Hart	38.46
Steve Biddinger	24.42
M70 Jerry Silsdorf	23.48
Bob Stone	23.22
M80 Jim York	23.56
Bob Boucke	19.20
M85 Bob Ullsh	18.10
Javelin	
M35 Lou Vasu	39.04
M40 Tony Grant	57.14
M45 John Gallen	21.54
M50 Gary Reddaway	49.06
John Burns	48.22
M55 Don Rose	39.96
Wayne Roberts	26.49
M70 Rick Hustace	17.96
M80 Bob Boucke	15.22
S Thompson	12.10
W35 Margaret Dixon	26.64
W65 Shirley Dietderich	19.56

KELfield Grand Opening Meet
Santa Cruz, CA; Sept. 18

Shot Put	
M30 John Morris	14.75
Marty Martinez	11.90
M35 Eric Hodgdon	12.94
M40 Gary Kelmenson	10.69
M50 George Mathews	13.08
Mike Parker	11.90
M55 Joe Keshmiri	AR15.36
Gary Dawson	9.10
Don Hughes	8.71
M65 Ken Weinbel	8.97
M70 Bob Stone	7.37
M80 Jim York 80 16#	WR6.94
W40 Joan Stratton	10.68
Discus	
M30 Dave Debus	44.50
John Morris	40.84
M40 Gary Kelmenson	32.34
Mike Parker	32.78
M55 Joe Keshmiri	52.22
Gary Dawson	29.30
M60 Stew Thomson	52.48
M65 Jack Morrill	20.50
W40 Joan Stratton	35.92
Hammer	
M30 Dave Debus	60.30
Marty Martinez	40.01
M35 Mike Venning	38.50
Eric Hodgdon	36.84
M35 Mike Venning	38.50
M40 Gary Kelmenson	41.75
M50 George Mathews	52.08
Denny Faler	27.76
Mike Parker	24.70
M55 Gary Dawson	35.15
Don Hughes	26.51
M60 Stew Thomson	AR52.27
M65 Ken Weinbel	32.67
Jack Morrill	25.91
M70 Bob Stone	23.19
M80 Jim York 80 5kg	WR22.61
W40 Joan Stratton	39.60
Javelin	
M40 Gary Kelmenson	34.50
Mike Parker	27.30
M55 Phil Conley	46.54
Gary Dawson	26.10
W50 Fran Conley	28.42
Weight	
M30 Dave Swan	17.66
Dave Debus	16.65
Marty Martinez	11.88
M35 Eric Hodgdon	12.14
Mike Venning	11.09
M40 Gary Kelmenson	11.76
M50 George Mathews	14.15
Denny Faler	10.43
M55 Don Hughes	8.73
Gary Dawson	7.30
M65 Ken Weinbel	10.44
Jack Morrill	8.38
M70 Bob Stone	7.37
M80 Jim York	6.44
W40 Joan Stratton	11.90

California State Senior
Olympics
San Diego; Sept. 18-19

100m	
M30 James Reymante	13.58
M40 Ron Beadle	12.02
John Tomashke	12.61
M45 Stan Whitley	11.28
Vladimir Vybosok	11.99
M50 Hugh Adams	12.63
Terrence Keeney	12.88
John Chacon	12.91
M55 Ken Dennis	12.46
Milt Newton	12.58
M60 Hugh Cobb	13.69
Walt Turner	13.80
Floyd Gibbons	13.94
M65 Jack Joco	14.59
John Cleveland	15.18
M70 Milt Silverstein	14.18
-- Benedict	15.08

M75 Conrad Shuck	15.04
Bob McDonald	15.04
M80 Bert Morrow	17.29
Cleo Allen	21.02
M85 Ken Carmine	18.89
M90 William Hall	29.37
W35 Wendy Jacob	14.05
W40 Deborah Robinson	14.61
W50 Marilyn Ongley	15.62
W55 Fei Mei Chou	16.43
W60 Marj Moore	18.49
W65 Johnnie Valien	17.19
Shirley Dietderich	18.61
W70 Gerda Ader	22.03
W85 Marilla Salisbury	43.90
W90 April Thomas	nta
200m	
M40 Herman Castille	25.13
John Tomashke	26.20
M45 Stan Whitley	22.57
Tony Badaux	26.03
Jorge Birnbaum	27.00
M50 Alan Olson	26.03
Richard Caveglia	27.99
M55 Dick Glasgow	27.65
M60 Hugh Cobb	28.71
Ignacio Gwarin	29.23
M65 Jack Joco	30.80
M70 Milt Silverstein	29.34
M75 Conrad Shuck	31.62
Alfred Guidet	35.01
M80 Bert Morrow	42.63
M85 Ken Carmine	39.70
W35 Wendy Jacob	29.89
W40 Deborah Robinson	31.19
W50 Marilyn Ongley	33.23
W55 Fei Mei Chou	35.37
W60 Marj Moore	40.99
W65 Shirley Dietderich	40.59
W85 Marilla Salisbury	nta
400m	
M30 Tony Krainik	55.56
M35 Kirby McMillan	55.87
M40 Herman Castille	54.36
M45 Stan Whitley	51.89
Anthony Badaux	56.42
M50 Harold Morioka	52.16
Dennis Duffy	55.74
M55 Ken Ogden	63.53
Jerry Greenspan	72.50
M60 Bob Feaster	68.52
Ignacio Gwarin	70.07
M65 John Cross	83.34
M70 Bob Wingo	72.97
Felix Jumonville	73.92
M80 C A Provost	1:28.58
W50 M50 Marilyn Ongley	76.65
W65 Johnnie Valien	84.92
Sumiye Onodera	89.12
W85 Marilla Salisbury	4:23.50
800m	
W35 Kirby McMillan	2:09.70
M40 Herman Castille	2:08.57
Jack Pipkin	2:14.58
Wayne Morris	2:17.82
W45 Lee Fitzgerald	2:10.50
Juan Cabeza	2:13.86
M50 Harold Morioka	2:02.08
Dennis Duffy	2:11.77
W55 Cliff Bedell	2:18.42
Ken Ogden	2:24.03
Jim Bevins	2:27.76
M60 Carl Ellsworth	2:34.47
Marshall Haraden	2:38.02
M65 Louis Beadle	3:48.42
M70 Bob Wingo	3:11.60
Harold Elrick	3:26.77
M75 Pete Ganahl	3:30.07
W30 S KneeshawRucker	2:18.91
W45 Linda Mantymen	2:26.72
W50 Marilyn Ongley	3:13.22
W55 Dixie Madsen	3:15.31
W60 Peggy Ainslie	3:19.03
W70 Gerry Davidson	3:41.86
W85 Marilla Salisbury	9:07.9
1500m	
M35 Steve Churchill	4:43.13
M40 Randall Kilpatrick	4:37.40
Wayne Morris	4:49.00
M45 Juan Cabeza	4:34.72
M50 Richard Jones	4:52.75
Rollie Cavaletto	5:03.35
M55 Cliff Bedell	4:48.79
Jim Bevins	4:57.08
Ken Ogden	4:59.45
M60 Carl Ellsworth	5:16.16
Marsh Haraden	5:29.59
Bob Holmes	5:50.59
M65 Avery Bryant	5:42.56
M70 Harold Elrick	7:08.82
M90 William Hall	12:35
W30 S KneeshawRucker	4:48.39
Sheryl Garcia	5:14.69
W40 Marina Jones	5:16.36
W45 Linda Mantymen	4:57.89
W55 Dixie Madsen	6:39.77
W60 Peggy Ainslie	6:35.63
Dorothy Stock	6:48.82
W65 Sumiye Onodera	7:10.63
W70 Gerry Davidson	7:34.33
W85 Marilla Salisbury	12:49.8
Short Hurdles	
M40 Edward Longauer	15.56
M45 Fred Johnston	16.14
Sheridan Groves	18.39
M50 Hugh Adams	15.31
M55 Alvin Henry	15.55
M60 Dave Douglass	19.25
Bill Pardue	19.59
M70 Ray Spencer	16.15
Richard Bennett	18.73
Bob Hunt	21.57

Long Hurdles	
M45 Sheridan Groves	65.28
Fred Johnston	67.10
M50 Hugh Adams	62.52
Bob Morgan	65.97
M55 Jim Mayer	1:42.21
M60 Al Sheashen	51.27
Bill Pardue	53.88
Dave Douglass	58.60
M70 Ray Spencer	57.85
Bob Hunt	63.44
M75 Pete Ganahl	66.71
M80 Bert Morrow	83.63
Steeplechase	
M40 Mike Cour	11:21.47
Dan Hirst	12:49.18
M45 Don Chadez	11:39.14
M50 Dick Jones	11:50.36
M55 Jim Bevins	12:32.25
Peter Kopkowski	16:34.34
M65 Avery Bryant	8:49.56
M60 Roger Martin	9:14.81
M70 Tom Edwards	11:26.28
W40 Marina Jones	9:00.69
Cheryl Kincaide	13:10.29
4x100m Relay	
Adams/Pannanale/McMillan/Castille	50.56
High Jump	
M35 D E Stones	1.93
Mike Franz	1.77
M45 Charlie Rader	1.83
M55 Phil Fehled	1.67
Milt Newton	1.67
M60 Clifton Alexander	1.37
Dave Douglass	1.37
W55 Fei Mei Chou	3-5
W60 Marj Moore	3-5
W65 Johnnie Valien	3-5
Pole Vault	
M40 Jim Curran	11-0
M50 Gary Isham	9-6
M55 Ray Fitzhugh	8-6
Bob Fitzpatrick	7-0
M60 Dave Douglass	7-6
Bob Holmes	7-6
M65 John Cleveland	9-6
M70 Dick Bennet	7-9
Tom DeVaughn	7-6
M75 Jim Vernon	8-0
Long Jump	
M35 Kirby McMillan	4.23
M40 John Kuechle	6.05
Don Perkins	5.44
M45 Joe Miyoshie	4.02
Bill Wood	4.73
M50 Terry Rowan	4.82
Jim Swayze	4.80
John Chacon	4.59
M55 Al Henry	5.17
Ray Fitzhugh	4.34
M60 Ray Arnold	4.71
Paul Bambrook	4.31
Walt Turner	4.30
M65 Dewey Vroom	4.31
Tak Nagao	4.02
M70 Jim Johnson	3.54
Johnny Gibson	3.49
Frank Benedict	3.44
M75 Bill Morales	3.82
Clarence Trahan	3.66
M80 Bob Boucke	2.65
W45 Barbara Stratton	2.69
W50 Marilyn Ongley	3.19
W60 Marj Moore	3.22
W65 Johnnie Valien	3.43
Triple Jump	
M45 Bill Wood	---
M55 Al Henry	11.18
M60 Dave Jackson	11.48
M65 Dewey Vroom	8.72
M75 Clarence Trahan	7.66
M80 Bob Boucke	4.35
M85 Win McFadden	5.33
W45 Barbara Stratton	6.80
Shot Put	
M30 Mike Hall	10.48
M35 Scott West	13.62
M45 Doug Fulbright	11.23
M50 Dennis McCraven	13.26
Robin Paulsen	11.70
David Archambault	10.42
M55 Jim Hart	13.20
Geo Chappell	13.19
Don Jeisy	13.04
M60 Harry Hawke	12.32
Don DeMars	12.03
Don Feaster	12.02
M65 Mike Orlich	11.89
Charlie Sarver	9.97
M70 Geo Brown	9.83
Jerry Silsdorf	8.85
M80 Bob Boucke	9.04
Burt DeGroot	6.90
Earl Salisbury	5.74
W40 Cheryl Kincaide	5.67
W55 Mary Herse	6.91
W70 Renee Roloff	4.96
W85 Marilla Salisbury	6.51
Discus	
M30 Mike Hall	29.20
M45 Doug Fulbright	36.60
Doug Fisher	36.18
M50 Lloyd Higgins	52.72
Mike Woodward	43.96
Ron Damschen	34.06
M55 Jim Hart	40.68
Don Jeisy	36.66
Macneal Black	34.52

M60 Harry Hawke	46.88
Dave Douglass	31.54
M65 Mike Orlich	38.56
Bill Bangert	36.50
Chas Sarver	35.84
M70 Wilbur Thompson	38.22
John Beckett	28.60
Brian Power-Waters	24.02
M75 Bill Morales	31.74
M80 Bob Boucke	21.28
M85 Ken Carmine	26.56
Ed De Groot	21.64
M90 Phil Farman	6.80
W40 Janet Wilson	42.16
W55 Fei Mei Chou	18.58
W65 Shirley Dietderich	17.90
W70 Renee Roloff	15.20
W80 Berta Gray	10.36
W85 Dixie Madsen	15.96
Hammer	
M45 Ed Arcaro	149-5
M50 Mike Woodward	125-9
M55 Jim Hart	118-8
M60 Dave Douglass	116-9
M65 Bill Bangert	128-1
M70 Tom De Vaughn	91-10
Jerry Silsdorf	77-1
M80 Bob Boucke	67-1
M85 Ed De Groot	55-0
Javelin	
M60 Ed Martin	41.04
Zbyszek Przewodek	38.30
M65 Del Pickarts	48.34
M70 Robert Sheard	32.38
M75 Bill Morales	38.50
Chas Roloff	24.08
M80 Bob Boucke	15.50
M85 Ken Carmine	22.75
Burt De Groot	14.90
M90 Phil Farman	7.31
W55 Dixie Madsen	19.23
W65 Shirley Dietderich	20.63
W70 Renee Roloff	18.09
W80 Berta Gray	9.28
W85 Marilla Salisbury	6.51

Club West Masters Meet
Santa Barbara, CA; Oct. 2

50	
M30 Dwayne Jones	6.55
Joe Makovics	6.90
M35 John Arbogast	7.42
Eddie Hart	6.25
Thierry Boucquey	6.69
William Veazey	7.04
M45 Ray Yeck	6.70
Sheridan Groves	6.80
Joseph Miyoshi	6.91
M55 Martyn Adamson	6.96
Roger Tsuda	7.16
Marcel Cote	7.40
M60 Sam Flory	7.43
Mark Richards	8.00
Frank Kishi	8.04
M65 Peter Escobar	7.69
Jack Joco	7.83
M70 Chuck McPate	8.77
George Simon	22.90
M75 Clarence Killion	8.21
M80 Ted Hatlen	9.52
W35 Karen Vaughn	8.35
100	
M30 Dwayne Jones	12.16
Riddie Hall	12.16
Lafe Fowler	12.17
M35 Rob Sands	12.12
James Bonilla	12.12
Steve Morsa	13.15
M40 Eddie Hart	11.55
Thierry Boucquey	12.34
Don Perkins	12.48
M45 Stan Whitley	11.43
Raymond Yeck	12.35
Sheridan Groves	12.48
M50 Ron McKnight	14.11
Herbert Pendleton	14.36
M55 Martyn Adamson	12.81
Roger Tsuda	13.67
Marcel Cote	14.03
M60 Sam Flory	13.91
John Cauldwell	14.72
Frank Kishi	15.21
M65 Jack Joco	14.67
Bob Jordan	14.74
Tom Miller	15.86
M75 Clarence Killion	15.97
W30 April Thomas	19.21
W35 Karen Vaughn	15.65
200	
M30 Dwayne Jones	24.15
Rob Lenderink	25.13
M35 Rob Sands	23.87
Neal Bojko	25.68
James Bonilla	26.69
M40 Mike Black	25.35
Frank Deiby	25.65
William Veazey	26.74
M45 Stan Whitley	23.03
Raymond Yeck	25.05
Frank Reilly	26.00
M50 Herb Pendleton	29.26
Roger Tsuda	27.39
Marcel Cote	28.53
M60 Sam Flory	28.47
Frank Kishi	28.63
M65 Jack Joco	30.20
Bob Jordan	31.28
Tom Miller	33.47
M75 Clarence Killion	33.64
Pete Ganahl	38.72
W35 Karen Vaughn	32.93
W40 Judy Ace	30.75

400	
M30 Rob Lenderink	54.30
M35 Neal Bojko	56.39
M40 William Veazey	58.79
Edward McCalley	60.60
William Waldron	64.91
M45 Stan Whitley	51.82
Drew Stevick	59.30
M50 Terrence Keeney	59.89
M55 Martyn Adamson	58.23
M65 Bob Jordan	76.76
W40 Judy Ace	67.64
800	
M30 Rob Lenderink	2:04.67
M35 Mark Cleary	2:07.69
M40 David Salazar	2:04.18
Chris Evans	2:

Continued from previous page

M45 Pat Shober	15-8%
M50 Bob Gent	14-8
M60 Darrold Skartvedt	14-7%
M65 Ray Ryan	8-4%
M75 Lew Luehrs	6-3/4
W30 Sally Chapman	13-10%
W45 Caroline Cooney	8-8-3/4
Triple Jump	
M50 Hank Matthews	22-1
M65 Ray Ryan	17-0
Shot Put	
M40 Dwight Miles	40%
M50 Hawk Matthews	35-7%
M75 Lew Luehrs	23-11
W30 Sue Boggs	26-7%
W45 Sue Hinz	26-7%
Discus	
M30 James Jesernig	145
M40 Dwight Miles	123-11
M45 Tom Lees	98-6
M50 Jack Miller	113-11
M60 Darrold Skartvedt	130-11
M75 Lew Luehrs	63
W45 Sue Hinz	87-1%
Javelin	
M30 Patrick Kane	112-7
M50 Robert Gent	112
M75 Lew Luehrs	55-2
W45 Sue Hinz	59-9
3000 RW	
M40 Judy Lees	22:43.5
W45 Bessie Kolva	25:21.4
W55 Bev La Veck	17:20.1
5000 RW	
M30 Craig Haugard	32:52.0
M45 Tim Marsh	33:04.5
M55 Don Fountain	33:06.9
M65 Arthur Clevenger	37:26.7

Montana State Sr. Olympics
Kalispell, Aug. 27-29

60	
M50 G Boilevillet	8.87
M65 Jim Moorehead	9.09
W50 Alice DeCosta	13.05
100	
M50 Merv Armstrong	13.83
M60 G Boilevillet	14.91
M65 Jim Moorehead	13.90
M70 Robert Hinkle	17.38
W50 Alice DeCosta	22.34
W60 Flora Wong	21.50
W65 Mavis Lorenz	17.06
200	
M50 Merv Armstrong	28.61
M65 Jim Moorehead	29.60
M70 Robert Hinkle	39.94
400	
M50 Merv Armstrong	1:07.38
M65 Jim Moorehead	1:06.03
M70 Bill Knuppel	1:23.32
800	
M50 David McPayden	2:43.55
M55 Ken Curtiss	2:47.60
M65 R Czarapata	3:49.41
W55 Mary Czarapata	3:13.02

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.

NATIONAL

USATF National Masters
24-Hour Championships
Sylvania, OH; Sept. 18-19

Overall	miles
Kevin Setnes 39	160.4263
Sue Ellen Trapp 47	145.2871
M40	
John Ryder	IN 139.3787
Robin Fry	OH 136.3763
Gary Fortune	MI 133.9319
M45	
Roy Pirrung	WI 143.8313
Ed Dodd	NJ 126.9707
Ron Grimes	IN 125.9635
M50	
Richard Sitter	PA 118.2010
Dick West	MI 110.4197
John Simon	OH 102.7821
M55	
Norm Roof	OH 115.3613
Jim Barnes	AL 105.0269
M60	
Bob Messersmith	CA 113.3837
Robert Horner	TX 108.2188
James Bailey	GA 99.4951
M65	
Dictino Mendez	NY 96.9948
Burt Carlson	MN 84.1800
M70	
Howard Henry	IN 75.2008
M75	
Edson Sower	AZ 79.6904
W40	
Debbie Jones	IL 119.6802

1500	
M50 David McPayden	5:47.46
M55 Ken Curtiss	5:51.88
M60 Don Jelinek	6:10.22
M65 Mary Czarapata	6:59.94
M70 Flora Wong	8:26.81
5000	
M50 Paul Littlehead	26:13.13
High Jump	
M50 Lloyd Clark	4-2%
M55 Charles Jannings	4%
M70 Tom Regan	3-8%
M75 Manuel White	3-8%
Pole Vault	
M55 John Diggs	10-0
M65 Don Grosh	9-0
Long Jump	
M50 G Boilevillet	14-1%
M65 Jim Moorehead	14-0
M65 Mavis Lorenz	11-3
Triple Jump	
M50 Merv Armstrong	28-6-3/4
M65 Jim Moorehead	30-9%
M70 Robert Hinkle	18-10%
Shot Put	
M55 Charles Jannings	28-10
M70 Jack Hines	26-3-3/4
M75 Manuel White	35-5%
M65 Betty Heil	20-4
Discus	
M50 Lloyd Clark	116-3
M65 Don Tavolacci	105-7
M70 Robert Hinkle	88-8%
M75 Manuel White	121-3
M65 Betty Heil	47-6
M65 Mavis Lorenz	67-5
1500 RW	
M50 Lewis Savik	7:51.19
M60 Ken Chono	10:05.72
M70 Theodore Berroth	12:55.09
W50 Alice DeCosta	13:33.69
W55 Martha Yale	10:27.63
W60 Ruth Anderson	11:11.00
W70 Wilma Fender	12:49.00
5000 RW	
M50 Lewis Savik	28:44.13
M60 Ken Chono	34:55.00
M70 Theodore Berroth	44:36.00
M75 Phil Wright	45:28.00
W55 Martha Yale	37:23.00
W60 B A Burch	44:43.08
W70 Wilma Fender	44:36.00
5K Road Race	
M50 David McPayden	20:22
M55 Ken Curtiss	20:33
M60 Don Jelinek	21:11
M70 Will Metz	21:25
M75 Henry Loble	29:28
W50 I Boudewijn-Wolf	22:46
W55 Sally Porcarelli	25:56
W65 Flora Wong	30:18
W70 Val Ellingsen	35:40
10K Road Race	
M50 Don Jelinek	44:08
M70 Will Metz	44:24
W50 I Boudewijn-Wolf	49:27
W55 Sally Porcarelli	55:15

USATF National Masters 10K
Championships
(Jim Thorpe 10K)

Oklahoma City, Sept. 25

Overall			
Peter Schouw	28	31:19	
Liz Scanlon	22	37:24	
M40			
Earl Owens	GA	32:06	
Ignacio Jimenez	TN	33:43	
Donald Bergan	TX	33:54	
Bill Weeks	OK	35:23	
Roland Rust	TN	35:43	
M45			
Greg Owings	OK	35:13	
David Bowden	FL	37:05	
Mick Midkiff	CT	37:58	
Robert Maddy	OK	38:21	
Ron Kuykendall	OK	39:08	
M50			
Mike Heffernan	OR	34:25	
Chuck Keating	MA	35:52	
Martin Jones	CA	37:49	
Lewis Chandler	OK	38:45	
Lance Cornean	OK	39:22	
M55			
Bill Olrich	KY	35:50	
Larry Worth	TX	37:36	
Lee Wilcox	KS	38:59	
Chas Des Jardins	VA	46:58	
Glenn Sharp	OK	48:23	
M60			
Norman Green Jr	PA	36:08	
Dick Wilson	KS	39:16	
Geo Vernosky	MD	40:05	
Jim Campbell	OK	40:13	
M65			
Jack Gentry	AR	40:41	
Jerry Crockett	OK	42:14	
Logan McGinness	KS	42:50	
Jack Rector	OK	47:10	
M70			
Anthony Napoli	NY	43:22	
Jim Smith	OK	44:40	
Carl Hammen	FL	45:37	
M75			
Dudley Healy	NJ	55:08	
M80			
Bob Boal	NC	68:28	
M90			
Paul Spangler	CA	2:00:03	
W40			
Martha O'Rourke	OK	39:29	
Marcia Dowling	MD	39:58	
Donna Spencer	TX	40:23	
Barbara Beeman	OK	41:06	
Pam Bell	OK	43:55	
W45			
Jane Hutchison	MD	37:56	
Margaret Davis	KS	47:37	
Carole Langenback	WA	62:52	
W50			
Ruth Nalepa	TX	39:49	
Bonnie Allison	OK	46:45	
W55			
Kathy Hoffitt	OK	50:24	
W60			
Ruth Anderson	CA	54:53	
W65			
Susie Hughes	TX	82:15	

USATF National Masters
1-Hour Championships
Cambridge, MA; Oct. 3

Meters			
M40			
Phil McGaw	MA	11612	
Brian Savilonis	MA	11447	
Robert Ullman	NH	10657	
M45			
Joe Light	RI	11601	
Chas Mansbach	MA	9797	
George Lattarulo	MA	9469	
Tom Reisz	MA	8892	
M50			
Thomas Knatt	MA	10353	
Bob Auction	NH	10143	
John Micavich	MA	9690	
Ron Kramer	MA	8995	
Mike Hoffer	RI	8959	

USATF National Masters 10K
Championships - Sept. 25
Combined Sex, Age-Graded Results

PL	NAME	AGE	ST	GROSS	ADJUSTED
1	Norman Green	61	PA	36:08	28:44
2	Bill Olrich	58	KY	35:50	29:23
3	Earl Owens	44	GA	32:06	29:29
4	Mike Heffernan	53	OR	34:25	29:34
5	Anthony Napoli	73	NY	43:22	30:03
6	Jane Hutchison	47	MO	37:56	30:25
7	Ignacio Jimenez	44	TN	33:43	30:58
8	Jack Gentry	65	AR	40:41	31:00
9	Chuck Keating	52	MA	35:52	31:04
10	Ruth Nalepa	50	TX	39:49	31:08
11	George Vernosky	63	MD	40:05	31:13
12	Dick Wilson	61	KS	39:16	31:14
13	Logan McGinness	68	KS	42:50	31:32
14	Jim Smith	71	OK	44:40	31:44
15	Larry Worth	55	TX	37:36	31:44
16	Donald Bergan	40	TX	33:54	31:58
17	Jim Campbell	61	OK	40:13	31:59
18	Greg Owings	45	OK	35:13	32:08
19	Jerry Crockett	65	OK	42:14	32:11
20	Martha O'Rourke	43	OK	39:29	32:37
21	Carl Hammen	70	FL	45:37	32:48
22	Lee Wilcox	55	NY	38:59	32:54
23	David Bowden	48	FL	37:05	33:08
24	Bill Weeks	41	OK	35:23	33:09
25	Martin Jones	50	CA	37:49	33:17
26	Duke Kern	42	OK	35:49	33:20

M55			
Paul Schell	MA	10250	
Berno Stein	NY	9278	
Joe Buocciaglia	CT	8322	
M60			
William Lonnroth	MA	7489	
M65			
John Gray	MA	9463	
Cervin Robinson	NY	9052	
Harold Thornley	MA	8590	
M70			
John O'Brien	TX	8067	
M90			
George Conway	MA	6797	
M45			
Meg Ferguson	RI	9612	
Evelyn Bandlow	MA	9293	
Barbara Currier	MA	8579	
Mary C Hess-Hoffer	RI	8099	
Priscilla Frappier	MA	8042	
M45			
Olga Figueroa	NY	9296	
Donna Goguen	MA	8049	
M50			
Elton Richardson	NY	10202	
M55			
Nancy Lee Whitney	MD	9661	
Beth Young-Grady	IN	9210	
Jeanne Shepardsen	MA	8990	
M60			
Lorelei Ruben	MA	7373	
Joan Gilson	MA	6755	
M65			
Helen Lonnroth	MA	7699	

USATF National Masters
Marathon Championships
(Twin Cities Marathon)
Minneapolis, MN; Oct. 6

Minneapolis, MN; Oct. 6		
Overall		
Ed Eyestone, 32	2:13:34	
Lisa Wiedenbach, 31	2:33:38	
M40		
Artemio Navarro	2:17:50	
Paul Cummings	2:20:14	
Doug Kurtis	2:23:03	
Leonard Hill	2:23:24	
Luis Lopez	2:23:46	
Rob Whetham	2:29:37	
John Bednarski	2:30:30	
Mark Nelsen	2:31:18	
Luis Rubio	2:33:54	
Julian Ramirez	2:37:54	
Terry Stewart	2:38:14	
John Kann	2:41:47	
Joseph Denny	2:42:02	
Charles Possin	2:43:07	
Doug Suker	2:45:21	
James Pikala	2:46:27	
Richard Vorick	2:46:52	
Lynn Geffre	2:47:19	
Scott Wareham	2:48:06	
Wayne Drealan	2:48:15	
Eric Bergh	2:48:26	
John Naslund	2:49:40	
Jack Ankrum	2:49:52	
John Cretzmeyer	2:50:00	
John McDonald	2:50:36	
Thomas Ledin	2:50:56	
Jamps Jacobsen	2:53:32	
Thomas Jones	2:54:02	
Dean Swanson	2:54:28	
Keith Kowalsky	2:54:39	
M45		
Ryszard Marczak	2:25:17	
John Emmons	2:39:32	
Don Mathieu	2:45:13	
Leon Clegg	2:46:53	
Roger Rode	2:50:44	
John Jenk	2:52:36	
Wayne Waitatne	2:53:01	
Richard Letourneau	2:53:12	
Larry Ridgeway	2:53:35	
Woody Paylor	2:53:41	
K.J. Marinoff	2:53:52	
Larry Ochsendorf	2:56:07	
JC Hoffman	2:56:38	
Hal Gensler	2:56:39	
Warren Stucki	2:57:21	
Paul Jensen	2:57:24	
James Bailie	2:58:32	
Sandy Wetherhold	2:59:12	
Joseph Carlson	3:00:37	
Rick Lottie	3:01:06	
Gary Frosch	3:02:00	
Dave Schwanke	3:03:19	
Steven Jackson	3:03:27	
Rob Johnson	3:04:10	
C. David Gelly	3:04:15	

Continued from previous page

Jill Mottus	MD 38:10
Charlotte Edwards	VA 38:26
Rita Quickie	PA 40:25
W60 Doralie Segal	VA 45:02
Anna Cumming	MD 53:58
W65 Kay Morrison	MD 46:06
Harriet Cohen	VA 53:41
Vesta Downer	VA 59:52
W70 Jacqueline Buhman	MD 75:19
W75 Hedy Marque	VA 40:44
Margaret Santora	VA 75:20

Age-Graded Prize Money List

Barbara Filutze 47	\$1000
28:03/26:34-94.7%	
Bernadine Portenski 44	\$800
28:18/25:58-91.8%	
Hedy Marque 76	\$600
40:44/37:19-91.6%	
Jane Hutchison 47	\$500
29:24/26:34-90.4%	
Diana Tracy 40	\$400
Priscilla Welch 48	\$300
30:01/26:47-89.2%	
Judith Hine 44	\$250
29:29/25:58-88.1%	
Catherine Lempesis 42	\$200
29:14/25:35-87.5%	
Diane Palmason 55	\$150
32:50/28:33-87.0%	
Jacqueline Gareau 40	\$100
29:28/25:14-85.6%	
Claudia Clavarella 44	\$75
30:39/25:58-84.7%	
Nancy Frisillo 50	\$50
32:20/27:14-84.2%	

Cow Harbor 10K

Northport, NY; Sept. 18

Overall	
Tesasa Bekele	29:30
Kate Fonshell	34:25
M40 Jerry Miller	34:21
John Lupski	35:21
Joe Wynne	36:10
Dennis Nee	36:12
Bob Moritz	36:24
Jeff Goldman	36:34
Mike Kelly	36:58
M45 Steve Conroy	36:20
David Glass	37:42
Mike Baxter	38:23
Bob Magliola	39:03
M50 Maury Dean	36:12
Jim Wharton	39:13
Pat Sarubbi	39:58
Ed Wilson	40:26
M55 Mel Cowgill	38:29
Richard Murphy	38:34
Hilton Goring	40:08
M60 Rick Bloom	44:35
Mal Bertram	44:38
Mike Daly	44:54
M65 John Sullivan	44:14
Mike Reidy	44:15
M70 John McManus 70	44:48
Matt Leberbaum 75	59:59
W40 Kathy Martin	40:08
Sue Curtin	42:32
Jane Faralri	43:42
W45 Jacque Gons	43:57
Hilary Boucher	44:17
Laura Schay	45:21
W50 Rosemary Riccardi	47:58
Ann Fahy	50:59
W55 Marion Stanjones	42:50
Wen-Shi Yu	42:50
W60 Lya Kilian	56:11
W65 Andrea Weetman	65:04
W70 Althea Wetherbee	74:64:04
Ann Gilmore 73	76:19

Philadelphia Half-Marathon

Philadelphia, PA; Sept. 19

Overall	
Lucketz Swarthool 27	1:01:26
Colleen DeReuck 29	1:10:26
M40 Earl Owens	1:08:54
Carlos Roa	1:10:16
Chuck Moeser	1:10:42
Daniel Brach	1:10:56
Jim Scheckel	1:12:01
Chris Mason	1:12:08
Mike McAlle	1:12:11
Gary Fanelli	1:12:24
Alan Oman	1:12:55
Mark Sepkowski	1:13:50
M45 J L Seymore	1:12:42
Hector Chavez	1:17:32
Carl Wagner	1:17:47
Roy Carl	1:17:52
Phil Benson	1:19:00
Bob Straus	1:19:29
Tom Guthrie	1:19:59
M50 Mario Gonzalez	1:15:15
Bobby Dannelley	1:16:27
Gabriel Bernal	1:17:28
Ed Doherty	1:18:01
Keith Gaunt	1:19:09
Dan Hamner	1:19:34
Mike Mangano	1:20:39
M55 Tony Carminaro	1:18:10
Mike Hayney	1:19:01
Herb Townsend	1:19:14
James Planagan	1:24:39
Kent Sabin	1:27:51
M60 Norm Green Jr	1:16:55
Frank Dudley	1:28:52
Perry Silverman	1:31:34
M65 Dick Snedeker	1:33:00

Phil Mongillo	1:38:43
Bart Holm	1:43:47
M70 Dudley Healy 79	1:51:29
George Blynn 74	1:57:28
(7th) Harry Polites 83	2:39:28
W40 Bernie Portenski	1:16:42
Louise Fairfax	1:18:27
Nancy Grayson	1:18:48
Sandra Mewett	1:21:34
Sally Brent	1:24:12
W45 Priscilla Welch	1:25:15
Rena Hart	1:31:01
Joy Hampton	1:34:17
Noel Relyea	1:34:26
Marilyn Freeley	1:34:51
W50 S Rae Baymiller	1:19:40
Erlene Michener	1:27:42
Madeline Bost	1:36:43
Carole Lelli	1:39:31
W55 Wen-shi Yu	1:35:06
Rita Alles	1:38:23
Tuppen Young	1:51:38
W60 Janet Glassman	1:46:40
Lois Filreis	1:54:25
Nancy Ammermuller 2:13:52	
W65 Mary Oppenheimer 2:16:32	
Bertha McGruder 2:41:17	
W70 Becky Yencharis 74:23:51	
Althea Jureidini 75:25:20	

NYRRRC Staten Island

Half-Marathon

Staten Island; Sept. 19

Overall	
Nick Riviere 28	1:08:36
Jennifer Reda 24	1:21:22
M40 Lawrence Torella	1:14:05
Sammy Sanchez	1:15:23
Kevin O'Connor	1:16:41
M45 Vince Gaines	1:15:18
Hector Vargas	1:17:01
Hal Stern	1:21:06
M50 Sam Skinner	1:15:29
Justino Valentin	1:26:25
Julio Lugo	1:27:40
M55 Philmore Brewer	1:27:50
Francis McAneney	1:37:24
M60 Arnie Green	1:30:19
Hector Pacheco	1:38:11
M65 John Corrigan	1:37:42
Art Kolb	1:53:24
M70 Santee Tallia	1:50:25
Peter Mahta	1:51:04
Wallace Outler	1:51:12
M75 Wilfredo Rios 76	2:20:16
George Jaffe 78	2:21:15
W40 Barbara Anderson	1:29:04
Amy Bahrt	1:35:13
Laura Osorio	1:37:58
W45 Ann Davies	1:28:58
Flora Flores	1:39:29
Jillian Lazaridis	1:42:06
W50 Carol Johnston	1:41:41
Patty Lee Palmalee	1:43:16
Laurie Baker	1:49:30
W55 Zofia Turosz	1:32:24
Philippe Marielle	1:47:39
W60 B Bellinghausen	1:44:21
Thelma Wilson	1:51:24
W70 Juanita Goldman 70:27:53	
Finishers: 1117m/332w	
Weather: sun/70s/breezy	

Pittsburgh Great Race 10K

Pittsburgh, PA; Sept. 26

Masters Men	
Nick Rose	43 GB 30:04
Paul Cummings	40 UT 30:22
John Birmingham	42 CAN30:28
Frank Lewis	45 CAN31:31
Carlos Roa	40 NY 32:36
Ronnie Knepper	42 PA 33:47
Don Slusser	41 PA 33:52
J L Seymore	48 NJ 34:05
Fay Bradley	55 DC 34:11
Dennis Kollai	45 OH 34:25
John Walsh	41 NY 34:26
Masters Women	
Barbara Filutze	47 PA 34:54
Bernie Portenski	44 NZ 35:07
Louise Fairfax	40 AUS36:05
Karen Mitchell	42 PA 40:09
Maureen Pope	41 PA 41:16
Nancy Grayson	43 MI 41:56
Pat Koester	48 PA 42:09
Judy Carroll	51 OH 42:10
Rose Scheid	52 PA 42:19
Deborah Seippel	41 NY 42:45

USATF New England 5K

Manchester, NH; Sept. 26

Overall	
Eric Morse 28	14:29
Lisa Senatore 30	16:18
M40 Bruce Butterworth	15:39
Phil Riley	15:48
Tom Carroll	16:00
Cliff Matthews	16:09
Henry Finch	16:10
M45 Laurence Olsen	15:26
Jerry Learned	16:15
Bob Hall	16:17
Summer Brown	16:19
Montserrat Bourgois	16:21
M50 Doug MacGregor	16:27
James Laurent	17:10
Doug Kenefick	17:27
Gabriel Bernal	17:35
M55 Bill Spencer	18:14
George Bisson	18:40
Stu Thurston	20:07

M60 Joe O'Connor	20:25
E D Cox	24:40
Richard LeClerc	27:54
M65 George Banahan	42:05
W40 Rebecca Stockdale-Woolley	18:13
Molra Durnin	18:38
Susan Maslowski	18:57
Paula Holm	19:21
W45 Mary Ryzek	20:06
Pat Foltz	20:22
Diane McLaughlin	20:36
W50 Carrie Parsi	20:23
Mary Bart	21:45
Regina Wright	22:28
W55 Marlene Yarnetti	22:38
Sandra Hayes	24:18
Nancy Cox-Lund	24:57
W60 Berna Finley	26:36
Janet Newell	29:58
W65 Rose Doucet	49:01

Niagara District USATF

Cross-Country Championships

(M8K/W5K)

Newark, NY; Sept. 26

Overall	
Dennis Cullinane	25:56
Stacy Prey	18:53
M40 Rick Hoebeke	28:11
Joe Contario	29:18
Brian Dodge	29:34
Joe Chimino	29:39
Jim Boyle	29:43
M50+Jerry Smith	30:06
Don Solarek	32:47
Dick Telarico	34:19
Masters Team	
Cats AC Rochester	9
Blade Runners Batavia	17
W35+Carolyn Eich	20:25
Patti Ford	20:30
Belinda Connor	21:07
Kathy Brown	22:05
Jane O'Donnell	23:26

Rockland Half-Marathon

Orangeburg, NY; Sept. 26

M40 Dunne David	1:13:52
Douglas Carter	1:17:51
Carlo Santos	1:18:06
Tom Cusimano	1:23:01
Ted Tryet	1:23:16
M45 Michael Hugick	1:25:13
John Dohol	1:26:05
Richard Andrew	1:27:10
Steven Yurgel	1:27:42
M50 Joe Salerno	1:23:04
Richard Sinko	1:27:28
Ramon Ruiz	1:27:55
M55 Mario Meza	1:33:55
Cliff Davis	1:38:39
Jerry Kirschner	1:41:16
M60 Joe Burns	1:36:36
Bernard Berson	1:49:26
M65 Jerry Olitt	1:57:50
W40 Lynne Bird	1:54:18
Liz Vonwurm	1:54:39
Marilyn Zavidow	1:55:44
W45 Inge Weissaupt	1:38:27
Arlene Decker	1:48:27
Beatriz Corderi	1:50:42
W50 Edith Jones	1:45:43
Christiane Garino	1:46:07
Miriam Kaminer	2:03:50

Syracuse Festival of Races 5K

Syracuse, NY; Oct. 3

M40 Tom Carter	15:49
Larry Camp	17:12
Kevin Morrisroe	17:32
Gabe Yankowitz	17:36
Francis Verdoliva	17:41
Ed Frisillo	17:19
Jim May	17:39
Don Masterson	18:02
M50 Ray Kneer	16:34
Dave Winn	19:10
Jack Bubb	20:57
M55 Sam Graceffo	18:06
Rene Willett	20:53
M60 Wally McRae	20:13
Don Field	21:26
M65 Howard Rubin	19:58
Tom Brown	27:24
M70 Nate White	23:38
Bob Samson	25:49
W40 Joan Butler	19:09
Belinda Connor	19:38
Chary Griffin	20:54
W45 Kathy Brown	19:41
Eliz Bugbee	20:19
Margaret Henry	21:44
W50 Nancy Frisillo	19:34
Mary Shaver	20:59
M55 Margaret Betz	20:08
Mary Ann Russ	23:58
W60 Lois Bell	25:02
Bertie Argyris	27:49
W65 Nancy Auster	27:31
W70 Marsha Tillson	27:53

Upstate New York

Cross-Country 3 Mile

Rochester; Oct. 3

Overall	
Chris Reed	14:49
Beth DiCantis	17:18
M 40 Pat Monahan	16:14
Brian Dodge	16:28
Bill McMullen	16:39

M50+Jerry Smith	16:45
Don Solarek	18:21
W35+Anne Forbes	18:10
Andrea Burke	19:34
Masters Men Teams	
Blade Runners Batavia	6
Cats AC Vets	25

Yankee Runners 5K

Cross-Country

Byfield, MA; Oct. 10

M40 Tom Carroll 43	16:41
Phil Riley 42	17:00
Bob Hall 47	17:27
M50 Chuck Keating 52:18:27	
Jim Laurent 50	18:31
Kirk Randall 52:19:25	
M60+Dick Sullivan 60:23:10	
W40 Pat Robinson 40	21:28
Paula Holm 40	22:48
W50 Mary Harada 58	26:25
M40+ Team:	
Greater Lowell RR	87:38
Cambridge Sports	88:59

Fifth Avenue Mile

New York City, Oct. 15

Men (40-49)	
Al Swenson 46	4:22.3
Harold Nolan 44	4:22.6
John Serrao 44	4:23.1
Roger Gutzwiller 40	4:35.5
Salih Talib 48	4:37.4
Vincent Gaines 46	4:40.3
Carl Cappello 43	4:41.3
John Samore 43	4:43.4
Hugh Sweeney 49	4:48.4
Bill Pape 45	4:50.0
Robert Pertak 42	4:57.4
Richard Hamner 48	4:57.6
John Mauritz 47	5:03.9
Men (50-59)	
Vic Heckler 51	4:33.4
Sid Howard 54	4:47.5
Dan Hamner 53	4:49.2
Neil Doherty 52	5:05.2
Brian Farney 50	5:21.8
Women	
S Rae Baymiller 50	5:28.0
Diane Ditchfield 40	5:30.3
Mary Ryan 46	5:38.8
Marie Roach	5:39.1
Ann Makoske 48	5:40.0
Sue Curtis	5:43.7
Wendy Cappello 40	5:56.9
Judy Anker 42	6:05.8
Diane Hawkins 42	6:20.2

SOUTHEAST

FIU/Texaco Ecology 5K

Miami, FL; Sept. 3

Chris Halliwell 19	16:25
Melanie Hawke 28	19:27
M40 Dale Parfitt	16:56
Alan Miller	17:17
Jorge Vargas	18:35
M45 Bob Marren	18:18
Alan Silbert	19:26
M50 Matt Cucchiara	18:06
Bill Adams	18:49
M55 Ben Mathews	19:05
Roberto Cabberra	20:19
M60 Benedicto Cepero	23:01
M65+Joel Matos 67	22:46
Ron Storm 71	24:47
W40 Patti Dye	21:03
Janita DeLaCruz	25:41
W45 Susan Harrison	26:29
W50 Jan Ross	22:45
W55 Dottie Sywenki	31:56
W60 Marian Snider	37:50
W65+Helen Weiss 66	31:41
Blanche Waldman 70	45:33

Lejeune Half-Marathon

Lejeune, SC; Oct. 2

M40 Sammie Simons	1:17:23
M45 Ed Morris	1:29:36
M50 Joe Wetherington	1:26:41
M55 Neville Wood	1:24:15
M60 Lee Cooper	1:33:58
M65 Domenick Irrera	1:57:26
W40 Marsha Jensen	1:46:19
W45 Judy Pats	1:36:23

Continued from previous page

George Sivanich	1:13:43	Gerri Cummings	1:26:23
Ron King	1:22:29	Marsha Berry	1:32:14
J M (Jim) Hershey	1:33:41	Anne A Methany	1:42:37
M70 Lloyd Young	1:04:43	Judy Cronen	1:08:17
John C Burton	1:09:12	Audrey Schroeder	1:09:06
Howard A Brady	1:29:44	Judy Burich	1:24:44
John S Engebretson	1:48:29	Joyce Pfaff	1:25:02
M80 Paul W Werner	1:34:06	Debbie Monchamp	1:25:47
W35 Nancy J Marquette	58:27	Mary Jo Permeth	1:28:30
Karen Ladig	1:02:58	Suzanne Hedstrom	1:36:13
Mary Loving	1:06:34	W55 Phyllis Kahn	1:22:32
Nancy Anderson	1:10:59	W60 Diane M Goulett	1:25:12
Ellen Richter-Norgel	1:13:28	Cecile Miller	1:26:47
Katy Sears Lindblad	1:18:21	W65 Mary Lou Carlson	1:24:12
Nancy Maloney	1:20:31	W70 Betty Haleon	1:50:16
Denise Sylvestre	1:23:07		
Deb Conley	1:24:00		
Karen Brindley	1:25:47		
Vanessa Spark	1:26:24		
W40 Gwen Kobervig	1:05:27		
Barbara A Arveson	1:06:01		
Mary Heather McMunn	1:10:21		
Linda Schissel	1:11:10		
Irene Kilanowski	1:18:20		
Diane Jahne	1:18:25		
Nannette Greenfield	1:19:31		
Dena B Moran	1:20:27		
Jeanne LaHore	1:21:12		
Paula Callies	1:23:57		
Julienne Sprint	1:28:05		
Barbara Christenson	1:29:02		
Diane M Anderson	1:30:12		
Linda Serhorn	1:30:13		
Barbara McGonigal	1:31:50		
Linda Sandell	1:37:08		
Kathy Dahl O'Dell	1:37:09		
W45 Diane Stoneking	59:56		
Francine LePage	1:04:08		
Karen Johnson	1:20:13		
Becky Wardell-Gaertner	1:21:26		
Susan McAllister	1:25:37		

15th Annual Bud Light Stadium Run 10K
St. Louis, Oct. 2

PLACE	NAME, AGE	HANDICAPPED	HANDICAP	ACTUAL
1	John Hosner, 68	29:11	12.5	41:41
2	Jack Gentry, 65	29:20	11.0	40:20
3	Ignacio Jimenez, 44	29:32	3.5	33:02
4	Dick Wilson, 61	29:43	8.5	38:13
5	Melissa Sapa, 13F	30:29	7.0	37:29
6	Leon Fennell, 61	30:40	8.5	39:10
7	Gordon Benfield, 40	31:13	2.5	33:43
8	Dan Rooney, 33	31:17	1.0	32:17
9	Dave Daum, 41	31:34	2.5	34:04
10	Larry McMahon, 42	31:46	3.0	34:46
11	Mark Mosler, 46	31:49	4.0	35:49
12	Ernie Hirschfeld, 66	31:50	11.5	43:20
13	Dick Hessler, 52	32:02	5.5	37:32
14	Mike Toolen, 48	32:15	4.5	36:45
15	Verdy Halamecek, 33F	32:25	4.5	36:55
16	Richard Ebel, 48	32:26	4.5	36:56
17	Dennis Wallach, 36	32:29	1.5	33:59
18	Doug Pohlman, 33	32:30	1.0	33:30
19	Ed Altman, 11	32:31	6.5	39:01
20	Bill Schmitt, 71	32:36	14.5	47:06
21	Marion McMull, 65	32:51	11.0	43:51
22	Louise Robin, 25F	32:55	3.5	36:25
23	Paul Auloin, 48	33:07	4.5	37:37
24	Joe Bozarth, 65	33:07	11.0	44:07
25	Don White, 42	33:08	3.0	36:08
26	Darrell Mielke, 30	33:09	0.5	33:39
27	Neil Ackerman, 47	33:10	4.0	37:10
28	Bernie Candy, 45	33:11	3.5	36:41
29	Michael Nelson, 12	33:12	5.5	38:42
30	Wayne Wheeler, 54	33:15	6.0	39:15
31	Ed Tulin, 12	33:21	5.5	38:51
32	Frank Tate, 43	33:31	3.0	36:31
33	Renzo Dreon, 52	33:38	5.5	39:08
34	Gholam Peyman, 55	33:41	6.0	39:41
35	Larry Ziegler, 48	33:44	4.5	38:14
36	Dave Worful, 48	33:53	4.5	38:23
37	Vernon Bradshaw, 59	33:57	7.5	41:27
38	Tony Murray, 52	33:58	5.5	39:28
39	Wayne Shoak, 37	33:59	2.0	35:59
40	Curt Larson, 39	34:01	2.0	36:01
41	Louis Gassmann, 36	34:06	1.5	35:36
42	Carol Bellora, 46F	34:10	8.0	42:10
43	Stephen Salerno, 25	34:10	0.0	34:10
44	Derek Redmore, 55	34:12	6.0	40:12
45	Mike Frigerio, 31	34:13	0.5	34:43
46	Don Kinnison, 43	34:16	3.0	37:16
47	Pam Campbell, 35F	34:18	5.0	39:18
48	David Eastwell, 35	34:20	1.5	35:50
49	Jim Norval, 56	34:20	6.5	40:50
50	Tom Eagleson, 33	34:22	1.0	35:22

WEST

Chai 5K
Beverly Hills, CA; Aug. 8

M50 Nelson Crader	19:17
Bob Weiner	21:24
M55 Martin Cooper	20:54
Bill O'Donnell	20:59
M60 Leroy Carter	21:24
M65 Saul Rosenzweig	26:49
M70+Bddie Lewin	23:49
Paul Davis	26:53
M50 Clarice Filardi	24:29
Pat Rudolph	26:19

W55 Margaret Roberts 29:32
Peggy Tullio 31:39
W60 Janis Straubergs 34:24
W65 Helen Dick 23:56
W70+Grace Davidson 33:06
Hilde Kuttan 49:45America's Finest City
Half-Marathon
San Diego; Aug. 15

Overall	
Alfredo Viguera 30	1:04:32
Maria Trujillo 33	1:16:17

M40 Sam Hajj	1:14:13
Bob Wallace	1:15:11
Barry Schaeffer	1:15:40
Don O'cana	1:17:34
Juan Sandoval	1:18:28
Adalberto Mendosa	1:18:34
Andy Mackay	1:20:50
M45 Tom Carras	1:21:43
William Humes	1:22:27
J R Cardenas	1:23:18
Harold Maher	1:24:12
Arthur Lahah	1:25:18
Larry Huffman	1:25:37
M50 Tim Rostegge	1:19:14
Bill Gracey	1:26:06
Mike Sanchez	1:26:32
Conrad Will	1:26:53
M55 Jerry Albert	1:30:18
Frank Vasquez	1:31:53
Ramon Sandoval	1:32:05
Clarence Hunter	1:35:04
M60 Carlos Ruiz	1:35:44
Frank Perrone	1:38:33
Bill McAliffie	1:43:03
M65 Phillip Hall	1:44:14
Harold Ritchey	1:48:57
M70+Jim McOwen	71 1:37:41
Jack Smothers	71 1:53:42
M40 Marina Jones	1:23:43
Ana Harris	1:26:56
June Gessner	1:32:18
M45 Mary Leivers	1:34:48
Ann Walker	1:36:48
Rochelle Wilson	1:39:06
M50 Yvette LaVigne	1:35:23
Ursula Rains	1:43:05
M55 Maxine Tomisser	1:56:29
Sally Byram	2:02:25
M60 Rebecca Zambrano	1:56:57
Trudy Pietrolungo	2:16:54
M65 Mary Storey	2:02:44
Doris Gordon	2:08:29

Sacramento Half-Marathon/
Marathon
Sacramento, CA; Oct. 3

M40 Chris Enfante	1:16:45
Mike Wilhelm	1:19:22
Ron Mellor	1:19:38
M45 Tim Frawley	1:19:54
Arnold Utterback	1:26:03
Ken Martin	1:26:45
M50 Jerry Lyster	1:27:31
Isaac Melo	1:30:53
Web Chadwick	1:32:14
M55 Steve Galvan	1:34:20
Bob Peterson	1:40:22
M60 Tom Marshall	1:42:51
Mack Martinez	1:47:14
M65 Ruben Vigil	1:31:00
Bob Burns	1:56:13
M70+Bill Redmond	2:10:11
W40 Anne Veling	1:31:05
Jeannie Blakeslee	1:47:12
Nancy Huber	1:48:14
W45 Cynel Calvin	1:35:54
Toni Belaustegui	1:36:39
Jackie Walker	1:45:42
W50 Rusty Barnett	1:40:51
Louise Walters	1:42:17
W55 Chiyo Shingo	1:57:45
W60 Liz Demonte	1:58:08
W65 Peggy Ewing	2:13:51
-Marathon-	
M40 Rae Clark	2:45:50
M45 Craig Newport	2:58:35
M50 Floyd Whiting	3:06:29
M55 Ron Vertrees	3:47:37
M60 Gordon Hall	3:39:23
M70+Geo Billingsley	3:57:36
W40 Jan Level	3:50:00
W45 Joyce King	4:23:00

NORTHWEST

Founders Day Lithia
Park 8K
Ashland, OR; Sept. 6

Overall	
Ric Sayre 40	26:06
Theresa Walton 22	32:02
M40 Ric Sayre	26:06
John Thomas 42	29:34
Fred Pietrzak 46	31:24
M50 Ed Hagerman 55	32:36
Jim Cruickshank 50	32:53
Rich Northrup 55	33:15
M60 Bernard Scherrer 61	36:28
Bill Stowell 65	37:56
M70 Dan Bulkley 76	43:31
Bill Hutchison 73	43:38
M80+Mel Shine 84	59:44
W40 Pim Reitsman 40	38:08
Doris Segner 49	41:23
W50 none	
W60 Daisy Roberts 62	44:26

Spirit of Springfield 12K/5K
Springfield, OR; Sept. 12

--12K-- Overall	
Kevin Barclay 40:41	
Karla Nash 51:09	
M40 Terry Robinson	46:18
M45 Larry Wilson	47:38
M50 Martin Gorman	44:41
M55 Mike Barrett	51:47
M60 Frank Wyse	59:36
M65 Bill McChesney	49:42
M70 Larry Smith	77:46
M75+Marriner Orum	71:39

RACE WALKING

Potomac Valley/USATF
15K Racewalk Championships
Alexandria, VA; Sept. 5

Alan Price 46	1:25:56
Jim Wass 41	1:28:25
Sal Carrallo 62	1:34:04
Claude Le Tien 46	1:37:11
Beth Alvarez 48	1:44:19
Bill O'Reilly 67	1:47:44
Pat Nesley 65	1:49:18
Joan Schindel 75	1:55:19

North American Masters 15K
RW Championships
Albuquerque, NM; Sept. 5

M40 Steve Petrakis	1:20:34
Dave Gwynn	1:35:44
M45 Norm Frable	nta
Peter Armstrong	1:28:29
Pat Bryan	1:33:19
M50 Alan Yap	1:22:20
John Knifton	1:32:34
Herb Koffler	1:48:12
M55 Pres Donaldson	1:34:53
Arvid Rolfe	1:37:52
Ken Backer	1:38:14
M60 Gordon Albury	1:43:52
David Davies	1:44:20
Robert Dodson	1:44:44
M65 George Garon	1:51:09
M75 Richard Stark	1:54:00
W40 Sally Rich'ds Kerr	1:20:06
Eliza Walbridge	1:30:40
Pat Cooper	1:32:58
W45 Kathy Frable	1:36:10
Shelly Koffler	1:46:59
W50 Susan Johnson	1:42:45
Cleo Boyd	1:50:05

Golden Gate Racewalkers 10K
Oakland, CA; Sept. 12

W40-49 Sally Focacci	55:53
Sandy Womack	58:59
Pam Thornton	60:31
Carolyn Nash	76:04
W50-59 JoAnn Nedeico	55:26
Lori Coppola	70:39
Marg. Seewerker	74:15
Pat Draves	78:12
W60-69 Rhoda Dawson	75:59
Shirley Parlan	77:25
Grace Moremen	82:07
M40-49 Skip Bockoven	56:15
M50-59 Kirk DeFord	55:51
John Schultz	57:04
Chuck Marut	58:22
Jim Fisher	64:08
Charles Woods	65:42
Gary Bower	69:20
Ralph Wheeler	73:45
M60-69 Jack Bray	52:08
Bill Moreman	60:44
Jon Borset	71:58

USATF National Masters
5K Race Walk Championships
Kingsport, TN; Sept. 18

Overall	
Allen James	21:25.41
Victoria Herrero	22:20.01

M40 Ray Pankhouser	22:20.54
Bohdan Bulawowski	22:45.02
Gene Harrison	28:46.52
Ross Barranco	29:25.01
John Evans	29:43.68
M45 Norman Frable	25:08.82
Fred Bonnett	25:57.00
Gene Opheim	26:15.02
James Norvill	29:56.27
John Hess	31:42.74
M50 Don De Noon	22:40.85
James Carmine	24:08.30
Bobby Barker	29:41.98
Paul Curtis	33:46.70
Murvin Sheets	37:08.32
M55 Paul Johnson	25:34.12
Kenneth Harrison	36:25.69
M60 Joe Rogers	30:52.85
Ann Lewis	36:55.60
M65 John Staden	36:43.41
M70+Jack Hunter	35:19.07
Joseph Solomon	40:51.70
W40 S. Richards-Kerr	24:13.53
Ediz. Longton	26:51.89
Martitia Beach	30:03.79
Rosemary Wiles	32:41.63
Rita Osborne	35:05.97
W45 Kathleen Frable	29:01.59
Ginny Jones	32:34.70
Barbara Helmer	38:21.78
Hertha Page	42:09.43
M50 Lois Dicker	30:09.97
Marilyn Bellamy	36:32.53
Ardoye Plosser	40:41.55
M55 B. Young-Grady	31:30.58
Joyce Curtis	36:28.40
Joyce Manis	36:47.02
W60 Betty Gray	41:18.69
W70+Virginia Coltrane	44:04.83

MAC 5K Racewalk
Championships
Central Park, NYC; Sept. 19

Overall	
Marc Varsano 28	21:39
Kaisa Ajaye 30	25:55
M40 Gary Null 48 2nd	23:03
Taka Awano 43	25:05
Franco Pantoni 47	25:06
M50 Herbert Zydek 55	27:17
Bob Barnett 59	27:46
M60 Gerwin Robinson 65	30:12
Leo Rivera 61	31:12
M70+Frank LaMorte 72	32:35
W40 Sonia Morales 45	30:08
Ana San Antonio 42	30:20
M50 Maria Cox 51	31:24
Rhoda Green 59	31:49
M60 Joan Rowland 67	33:40
Vivian Lowery 69	37:36
M70+Paul Mann 71	44:00
W Campbell 74	44:41

Delaware Sr. Olympics
Dover, DE; Oct. 2

1500 RW	
M55 Edward Gawinski	7:58.80
John Starr	8:14.57
M60 George Steinmetz	13:45.12
M65 Dorothy Foster	10:55.75

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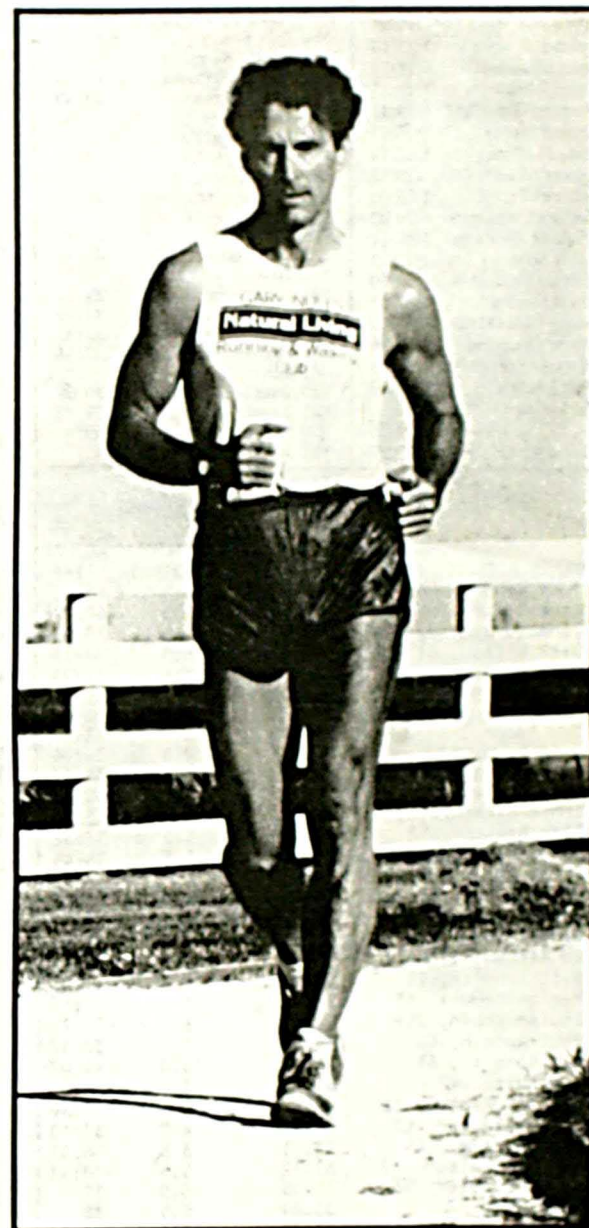
QUEENIE THOMPSON

'93 TAC Multirace National Champ
71 years young

THELMA WILSON

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Two things each of these highly devoted athletes have in common, they are serious about achieving true fitness - and they wouldn't think about starting a workout without preparing with a glass of GARY'S GREEN STUFF.



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