

NATIONAL MASTERS NEWS

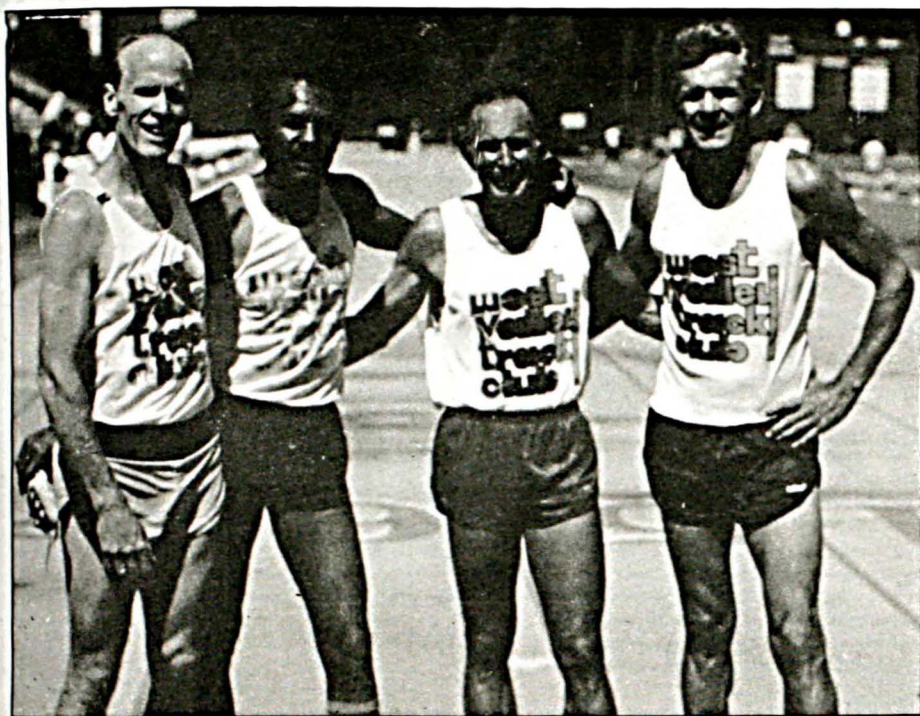
USA Masters Track & Field News

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

195th Issue

November, 1994

\$2.50



From left: Dennis Duffy, Harvey Franklin, Ramsay Thomas, Bill McMillian of the West Valley Track Club, after setting a new world M50-59 record of 8:45.88 in the 4x800 relay. Photo by Don Rose

World M50 4 × 800 Record Set

by JOSEPHINE KOLDA

The weather was perfect and the officials did a top job at the Northern California Seniors Track & Field Classic, Sept. 10, at the U. of California, Berkeley.

The West Valley Track Club squad of Dennis Duffy, Harvey Franklin,

Ramsay Thomas and Bill McMillian, set a new world M50-59 4x800 relay record of 8:45.88. The old record was 8:47.74, set by a team from Holland in 1992.

Stan Whitley, 48, clocked world-class performances in the 100 (11.27)

Continued on page 20

Fred Lebow Loses Last Race



At Gracie Mansion (Mayor's Residence), seated: Fred Lebow; standing, left: Allan Steinfeld, NYC Mayor Rudolf Giuliani.

Photo from NY Roadrunners

by MARILYN J. MITCHELL

NEW YORK. Shortly after noon, October 9, Fred Lebow, Chairman of the New York Road Runners and father of the modern marathon, lost his finest race at age 62 — his battle against brain cancer.

Director of the New York City Marathon since its 1970 inception, Lebow is credited with taking the race from a four-loop romp within Central Park to a five-borough race with live television coverage and a worldwide feed.

Using his own \$300 to fund that first race, Lebow is further credited with taking the New York Road Runners Club from 270 to more than 31,000 members, the largest such organization of its kind in the world. The Road Runners Club puts on a race almost every weekend of the year.

Last year, with the cancer in remission for two years after the 1990 diagnosis, Lebow fulfilled his greatest wish — running in the marathon which

Continued on page 3

Kurtis, Ray Win Marathon Titles

Mexico's Artemio Navarro, 42, now based in Denver, successfully defended his masters title with a seventh-overall 2:18:04 in the Twin Cities Marathon in Minneapolis, Oct. 2.

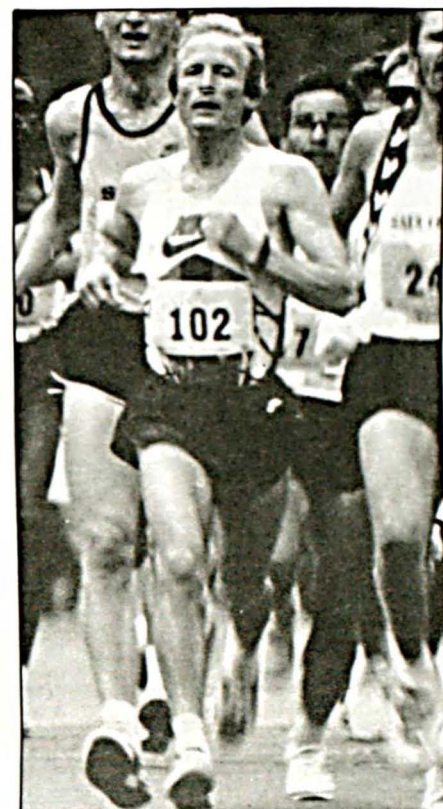
Doug Kurtis, 42, of Northville, Mich., finished second 40+ in 2:20:00, and claimed the USA National Masters Championship, winning \$4500.

Suzanne Ray, 42, of Anchorage, Alaska, won the women's masters title for the third straight year, in 2:45:36, collecting \$4000.

The best age-graded percentage in the race (97.6%) was turned in by Poland's Ryszard Marczak, 49, with a time of 2:21:11. Next was Sweden's Kjell Erik-Stahl (48, 2:21:09, 96.9%), Navarro (96.1%), Kurtis (93.4%), Russia's Yozi Mikhlov (41, 2:20:19, 92.6%), and Norm Green (62, 2:49:06, 91.3%).

New York City's S. Rae Baymiller, 51, had the best female masters age-graded effort with a 2:51:44 (91.3%). Next was New Zealand's Bernardine Portenski (45, 2:47:34, 88.6%), Ray (87.5%), and New Zealand's Judith Hine (45, 2:50:41, 87.0%), who is now based in Marietta, Georgia.

Continued on page 5



Doug Kurtis (#102) runs with the leaders en route to winning the USA Masters Marathon title. Photo from Scott Schneider

McMullen, Filutze Take USA 5K

by DAVID OJA

Charlie McMullen, 43, Rochester, N.Y., and Barbara Filutze, 48, Erie, Pa., took the masters titles in the USATF National Masters 5K Championships in Syracuse, N.Y., October 2.

Filutze clocked 17:54, which gave her the best age/sex-graded time among all masters of 14:20, and earned her \$700 in addition to \$500 as the first 40+ woman.

Second-best age/sex-graded performer was Margaret Betz, Conklin, N.Y., who ran a U.S. age-58 best of 19:47, which equated to an age-graded time of 14:22, good for a \$500 prize. Betz has developed a fondness for the course, having set U.S. women's age 56, 57, and 58 records here.

McMullen's time of 15:43 was one second behind Canadian Dave Reed, 40, who was ineligible for the USA title. McMullen won \$500.

All told, \$5000 was awarded to masters runners — \$2000 going to the

Continued on page 16



Charles McMullen, 43, wins (15:43) USATF National Masters 5K Championships, Syracuse, N.Y., Oct. 2. Photo by B.M. Theobald

INSIDE

• New USA Long Distance Records — Pages 23-25

CONTENTS

DEPARTMENTS

USATF Officers	2
Ten Years Ago	3
Letters to the Editor	4
NMN Sustainers	4
Five Years Ago	5
Third Wind	6
Training Advice	7
Fifteen Years Ago	7
The Foot Beat	8
Racewalking	10
Speaker's Corner	11
Age-Grading	12
Track & Field Report	14
The Weight Room	15
On the Run	16
International Scene	17
WAVA/USATF Specs	19
Masters Scene	20
Schedule	21
New Age-Group Athletes	22
LDR Records	23
All-American Standards	26
Results	27

FEATURES

National Marathon	1
National 5K	1
Berkeley Meet	1
Fred Lebow	1
New Haven 20K	3
Minnesota 15K	8
Fifth Avenue Mile	8
Pittsburgh Marathon	8
Club West Meet	9
Sri Chinmoy Games	9
St. George Marathon	9
National 40K Racewalk	10
Capital Challenge	11
Convention Agenda	14
National 24-Hour Run	16
World Masters Games	17
Oceania Championships	18
USA/GBR Decathlon	18
South Africa	18
Eamonn Coghlan	19
Cow Harbor 10K	19

ENTRY FORMS/RACE & PRODUCT INFO

Las Vegas Marathon	3
NMN Subscription Form	4
National Indoor Meet	5
Masters Training Clinic	7
Dartmouth Relays	9
Las Vegas Mini-Marathon	11
Age-Graded Tables	12
Hy-Tek	12
Publications Order Form	13
Classifieds	13
T&F Rankings Book	15
CW Tees	20
Track & Field News	25
Quito, Ecuador	25
All-American Application	26
Elite Health Products	36



NATIONAL MASTERS NEWS

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

Some masters events are sponsored by 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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Fred Lebow

Continued from page 1

he created, and he did it in 5:32:34. He was accompanied by Grete Waitz, who was catapulted to worldwide fame by her win in her first marathon, the 1978 New York City Marathon, where Fred Lebow used her for the rabbit, thinking a track runner would not know enough about pace to be the winner.

Last week Waitz said that her running that 1992 marathon with Fred was one of her three most memorable and gratifying events during her running career. Over the years, the two became true friends and Waitz last week took Lebow a bouquet of ten roses — one for each of her nine New York City Marathon victories and one for the marathon which they ran together.

On October 23 Lebow was inducted into the USATF Hall of Fame as the 151st member in the Class of 1994. The breakfast press ceremony took place, appropriately, at New York City's Tavern On the Green at the finish line of the New York City Marathon in Central Park, with Larry T. Ellis, President of USATF making the formal presentation of the plaque and ring. The remainder of the 1994 class will be selected later this year and inducted in a December ceremony at the St. Louis USATF convention. The Marathon's sponsors hosted an evening dinner in Lebow's honor at Chemical Bank World Headquarters to mark his induction and the 25th year of the city's marathon.

One of the major influences behind the running boom in this country, Lebow was a great contributor to masters running, being one of the early proponents of age-group running. The president of the Road Runners, Allan Steinfeld, called Fred the "PT Barnum of the sport." He created the Advil Mini-Marathon, the oldest and most prestigious women only distance race, the Fifth Avenue Mile, and the Empire State Building Run-up, where invited runners, including masters, run up

1550 steps of New York's Empire State Building for prize money.

Born Fischl Lebowitz, an orthodox Jew in Romania, Lebow survived the Second World War Nazi occupation in his country and, along with his family, escaped to the West. He went to the Fashion Institute of Technology and entered the garment trade, where by all accounts he was extremely successful. In an attempt to develop more stamina for his favorite participatory sport, tennis, he started running and, as they say, the rest is history. Lebow himself ran 69 marathons in more than 30 countries.

Funeral services were private, but the public was invited to join the New York Road Runners Club for a memorial tribute at the New York City Marathon finish line in Central Park at 12:30 p.m. on October 12. Here, everyone joined hands and crossed the finish line together in a symbolic promise to carry Lebow's dream of the five-borough New York City Marathon far into the future. In lieu of flowers, the family has requested contributions be made to the Fred Lebow Endowment Fund, Memorial Sloan-Kettering Cancer Center, Box E, 1275 York Avenue, New York, NY 10021. Steinfeld has assumed the position of Chairman of the New York Road Runners.

It will be strange to no longer see the trademark running cap and running suit, to hear the thick East European accent, or to laugh at the wry sense of humor. Fred, we love you and we shall miss you. □

TEN YEARS AGO November, 1984

- Barry Brown Sets U.S. Masters Marathon Record of 2:15:14
- Norm Green Sets U.S. M50 Marathon Mark of 2:26:05
- Twin Cities Marathon Gives \$20,000 Prize Money to Masters

Kurtis, Stockdale-Wooley Win in New Haven

Masters favorite Doug Kurtis, 42, of Northville, Mich., ran true to form with



Joseph Nzau, third-place master (66:45), New Haven 20K, Sept. 5. Photo by Bill O'Brien

a 65:34 victory in the New Haven Labor Day 20K, New Haven, Conn., Sept. 5.

Kurtis took the race by 14 seconds from Richard Banning, 41, Alexandria, Va., with Joseph Nzau, 45, Schenectady, N.Y. third in 66:45.

Last year's winner (65:46), Larry Olsen, 47, Millis, Mass., was fourth in 66:54 but could take solace with the best age-graded masters performance of 91.0%.

John Dugdale, Danbury, Conn., at the top of his division at age 59, also topped the M50-59 entrants with a 76:39 win. Jay Sturdevant, 63, Ridgefield, Conn., took the M60-69 race with an 89:18.

Race conditions were almost perfect with temperatures in the 60s and sunny skies. Runners encountered winds at the Long Wharf part of the course.

Rebecca Stockdale-Wooley, 43, Chaplin, Conn., winner of the USATF National Masters Half-Marathon in June, was the first masters woman in 74:36. She had her own solution to the wind, "I just picked out a big man and ran behind him."

Jo Marchetti, 51, Newington, Conn., won the W50-59 contest in 83:51.

In addition to the 20K, which drew 2100 runners, the day's events included a 5K and a children's race, for a total of 4100 participants.

Primary sponsors were New Haven Savings Bank, Miles Homes, and the City of New Haven. □



Rick Banning, 41, Alexandria, Va., second M40+ (65:48) on the left, with race director John Bysiewicz (center), and M40+ first (65:34) Doug Kurtis, 42, Northville, Mich., New Haven, Conn., 20K, Sept. 5. Photo by Bill O'Brien




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AGE GROUPS FOR OLDER RUNNERS

One of the problems facing older runners today is the failure of many race directors and sponsors to include age categories for 60+ runners.

All too often, senior runners are lumped together in an "over-50" category. This means many older runners are effectively "out of the running" before they even reach the start line.

The New England 65-Plus Runners Club has been active in attempting to rectify this situation by developing bet-

ter understanding of and appreciation for older runners.

The Club points out that an inevitable fact of aging is that the physical capacity of the body diminishes. Regardless of how rigorously an older runner trains, his pace-per-mile will slow as he ages. A 65-year-old running a 5-mile race at an 8-minute-per-mile pace is the equivalent of a 30-year-old running a 5:30 pace.

Like their younger counterparts, older runners enjoy the competitive spirit of racing. But they wish to change the system that pits them

against runners who are sometimes 15, 20, or even 30 years younger.

Many road races are organized to raise money for various charitable causes. They do not intentionally discriminate against the older group of runners. Nearly all race directors are volunteers who put in long hours promoting their races to benefit their particular charity. They and their assistants deserve considerable credit for these efforts.

Race directors normally base their award structure on the number of entrants in the various age categories. The more runners they have, the more money is available for their charity.

Some race directors feel older classifications are not warranted because they have so few runners in their 60s and 70s signing up for their races. Admittedly, there is not a large number of older runners. But those who do run appreciate having an age category in which they can race competitively and be recognized for their achievements.

We would like to see race directors add the following age brackets: 60-64, 65-69, and 70-plus. The cost of adding these age groups to road races is virtually nil since the entry fee is usually sufficient to cover the cost of any awards.

Adding these categories would encourage 60+ runners to enter more races and it would encourage runners in their 50s to maintain their active lifestyles.

Anyone wishing information concerning the New England 65-Plus Runners Club may contact me at 617-334-4546 or at 9 Lander Road, Lynnfield MA 01940.

*Phil Campbell, President
New England 65-Plus Runners Club
Lynnfield, Massachusetts*

(We agree. In fact, all USATF National Masters Championship races

provide prizes for five-year age groups through age 95+. — Ed.)

NATIONALS

I'm not one to write letters, but after the Nationals in Eugene, I felt that I had to write regarding the high cost of entry fees. At Eugene, a USATF card cost \$12, the first event \$25, the second and third \$15 each, and the fourth \$10. In some meets, I have done six events, which would have cost me \$97 at the Nationals. The high cost of meets has gotten out of hand. I can go to a local high school and throw to challenge myself without paying \$97.

The meets I'm going to now are meets like the Silverton, Oregon, meet that charges one price for as many events as you want to do. Thanks to Amy Castle for such a meet, which is what masters t&f should be like. The State Games of Oregon is a meet that gives better medals than the Nationals at a fraction of the cost.

*Chuck Chapin
Albany, Oregon*

I enjoyed being at my first Nationals (indoor and outdoor) this year. Eugene was a great experience. The meet was superbly run. Thanks to all who contributed to putting it on.

*Wayne Bennett
Saginaw, Texas*

REGIONAL RELAYS

The PowerBar All-Star Regionals, held at the Nationals in Eugene, were again successful and a lot of fun for everyone involved.

The West, with powerful and plentiful participation flooding out of California, took a clean sweep of all four of the 4x100 relays offered. Hugh Cobb, West coordinator, more than got even with Haig Bohigian, East coordinator, for the East's one-point win in 1992 in Spokane.

PowerBar sponsored the event with \$1000 prize money, the bulk going to the West and East, with something left for the Southeast and Midwest, and the Northwest just out of the money.

Perhaps the real question is whether the USATF Nationals should continue to have the all-star relays at all anymore. Do the results of the last few years portend the seeming futility of

Continued on page 5



New England 65-Plus Club officers (from left): Louise Rossetti, 73, secretary; Phil Campbell, 76, president; Jerry Panarese, 67, vice-president; and Dr. Ray Cormier, 68, treasurer.

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Eight 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, an in-depth schedule section, and more.

Special thanks this month go to:

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Write On!

Continued from page 4

any region trying to beat the East and West?

Or does any of that "got to win" stuff really matter in this case? Perhaps just the joy of the competition is enough.

And what about the official USATF relays (4x100, 4x400, 4x800) held on the meet's final day? The rules used to only permit club teams; then they included association squads; and, starting in 1994, regional teams.

What about sponsors? Would PowerBar like to sponsor all three relays? The bigger and more comprehensive the relays, the more they mean. Setting up a point system to declare an overall winning region would still allow for the distribution of prize money. Perhaps a new office of "Relay Chairperson" should be appointed to each region, with sub-chairs for the different age divisions. The USATF National Convention in St. Louis this month should be to decide what our purpose is, and how we can best achieve it.

Phil Mulkey
Marietta, Georgia

TRAINING ADVICE

I noted Courtland Gray's request (Oct. NMN) for training articles. I would hope some good coaches would write training columns, slanted to age groups as well as particular events. The columns would describe special diets, exercise regimens, weight protocol, etc.

Any help with this will be appreciated since most of us are at a loss as to how to proceed.

Maurice Chappuis
Lafayette, Louisiana

(One reader already responded to Gray's letter, and submitted his training routine, which is published on page 7. Others may send their training tips to NMN, PO Box 2372, Van Nuys, CA 91404. — Ed.)

RICHARD REINHART

I saddens me to report the recent death of Richard Reinhart, a member of the Vancouver, British Columbia masters track & field community. Richard, who died of a heart attack on Sept. 16 while on a training run, was 41. Although the results of his autopsy were not available as this was written, indications were that Richard was in good cardiovascular shape and that his heart failure was a result of an infection involving his heart tissue.

Richard was an avid hurdler throughout his adolescent and adult life. He ran hurdles for his Long Island (N.Y.) high school team and was a high and intermediate hurdler for some strong University of Wisconsin teams during the '70s. He continued to compete as an open, sub-master and master athlete through his adult years. Richard was first in the M35 age group in the 400M hurdles at the 1992 U.S. Nationals in Spokane and finished 4th in the M40 age group in that event at

the World Championships in Miyazaki.

Richard greatly enjoyed the sport and was a source of encouragement and support to other athletes, young and old. Harold Morioka, who won the M50 400 hurdles at Miyazaki and at the 1994 U.S. Nationals in Eugene, credits Richard as a big influence in his development as an intermediate hurdler.

Richard had a wide variety of other interests. To name just a couple, he was a relentless world traveler and a very entertaining musician.

Richard is survived by his spouse, Patricia Lawson, as well as his parents, siblings and a wide circle of friends.

What can we all learn from Richard Reinhart? To enjoy life — as Richard certainly did — while it is ours to enjoy.

Grant Lamothe
Aldergrove, British Columbia

QUALIFYING TIMES FOR BOSTON

The qualifying times announced for the Boston Marathon (Oct. NMN) are, to use the vernacular, all screwed up. They indicate either ignorance or disregard for the WAVA Age-Graded Tables of 1989 and 1994.

The times are set relatively high for the open division, with ratios to the standards of 0.6675 for men and 0.6311 for women. Qualifying is even easier for the 35-39 runners. Then the qualifying times increase 5 minutes for each older 5-year age group. This looks good, but it is basically absurd.

As the WAVA tables show, the rate of slowing with age is not linear, but increases with age. Thus the qualifying times become increasingly discriminatory with each higher age group, and grossly unfair to any runner much beyond 70.

The "70 & older" category is inappropriate, because slowing with age does not stop at any particular birthday, but continues until everything stops. I was composing a letter on putting Grandma in the attic until I saw the article by Madeline Bost. She said it better: "Now come on [B.A.A.]! Let's get reasonable."

Carl Hammen
Sarasota, Florida

FIVE YEARS AGO November 1989

- Wilson Waigwa (40, 30:16) and Laurie Binder (42, 34:01) Win National Masters 10K in Pittsburgh
- Eddie Hart, 40, Runs 10.6 For World M40 100-Meter Record in Berkeley
- Norm Green (57, 51:45, 96.3%) and Ed Benham (82, 69:58, 96.0%) Star in Delaware 15K



Bernadine Portenski, first W45 in the Twin Cities Marathon Minneapolis, Minn., Oct. 2.
Photo from Scott Schneider

Kurtis, Ray Capture National Marathon

Continued from page 1

Despite winning another national title, Kurtis was not overjoyed.

"I'm mad at myself," he said. "I was hoping to get under 2:20 again. I'm that close and I don't get it."

Kurtis has run 75 sub-2:20 marathons in his career, a world record. Even before his disappointment Sunday, he planned to run five marathons in the next six weeks. "I think I'm getting too old for all of this," he said, smiling. "But we'll see."

Actually, Kurtis did break 2:20, with a 2:19:59.44, but the computer rounded up to 2:20:00.

Overall winners were Spain's Pablo Sierra (25, 2:11:35) and Yugoslavia's Suzana Ciric (25, 2:34:04).

The weather was cold — 45°F all the way. Gusting winds — especially over the last four miles — made PRs difficult. The TCM medical tent treated 97 people, mostly with cold-weather problems.

More than 6500 runners registered for the race. There were 5499 finishers, a TCM record that exceeded the 5149 who finished in 1990. □

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Third Wind

by MIKE TYMN

Gerry The Giant Killer: 30 Years Later

He's 30 years older and 20 pounds heavier than in his heyday, but Gerry Lindgren still has the same boyish enthusiasm about running that he had back in 1964 when he was the most celebrated distance runner in the world.

"I've still got a four-minute mind," quips the man once known as the "boy wonder" of track. "The problem is that I've now got nine-minute legs."

A year or two ago, the same quip had him with "eight-minute legs."

Now a 48-year-old health food store manager in Kailua, Hawaii, Lindgren is presently training for the Honolulu Marathon on December 11.

"I really enjoy running more than anything else," he replies when asked about maintaining motivation over the years. "I've always enjoyed running and I think I do it now just to keep it going."

Lindgren first gained prominence as a high school senior from Spokane, Wash., when he lowered the national prep indoor two-mile record to 8 minutes, 40 seconds, some 43 seconds under the old standard. It was shortly after graduating from high school in 1964 that Lindgren achieved his greatest victory, one likened to David slaying Goliath. The 5-foot-6, 118-pound, teenager defeated the heavily favored Russians in the 10,000 meter run in the annual USA vs USSR dual meet.



Gerry Lindgren today.

Dogged the Russians

Before 50,000 spectators at the Los Angeles Coliseum, Lindgren dogged the Russians until the 15th (of 24-plus) laps. With the temperature around 90 degrees on the track, Lindgren surged to the lead and gradually pulled away to a 22-second victory, running his last quarter in 63.6 seconds. Until then, the Russians had dominated the distance events in competition with the Americans, and that victory resulted in Lindgren becoming something of a national hero.

A few months later, Lindgren participated in Tokyo as part of the U.S. Olympic team, but an ankle injury suffered just before the final slowed him to a ninth place finish.

Lindgren would go to Washington State and win 11 NCAA titles in cross-country and on the track. In 1965, he set a world record for six miles, then a standard distance on the track, with a 27:11.6.

His greatest race, however, he feels came in a 5000 in Europe. He doesn't remember the year, but recalls East Germany's Jurgen May and America's Steve Prefontaine both right behind him with a lap and a half to go. As May was primarily a miler known for his finishing kick, Lindgren figured he was in trouble. "I had to come up with a plan then, so I decided to start my sprint with 500 meters to go rather than wait for 400 or 300 meters," Lindgren recalled. "If they didn't go for it I was beat, because they both had better kicks than I did. Luckily, they both went with me. May killed me up the backstretch and put 40 years on me, and Pre was right there, too. But then May ran out of gas and I was able to beat both May and Pre. Not a lot of people knew about that race because it was in Europe and didn't get a lot of coverage, but for me it was the highlight of my career. My mind told my body what I had to do and I was able to do it."

Prodigious Training

As Lindgren succeeded, word spread of his prodigious training, as much as 200 miles a week at a time when few runners exceeded 40 or 50.



Gerry Lindgren won the 10,000m for the USA vs USSR at age 18 in 1964 and went on to win 11 NCAA titles.

"To say that the 'revolution' in American distance running started 12 years ago on a lonely newspaper route in northeast Spokane, Washington, may be putting it strongly, but there are those who'll see the point," wrote Bob Payne in the February 1971 issue of *Track & Field News*.

"From that improbable training ground came an improbable little fellow who 'just liked to run' and who, after less than three years of high school training, exploded upon the national track scene in 1964 — and probably, more than any other individual, revised the image of American distance running."

Did he really put in 200-mile weeks? "Well, actually, I was doing 350 a week for a time there," Lindgren now says in his high-pitched voice. "Back then, nobody ran long. Maybe 50 to 60 was tops. I guess I was too stupid to know that I shouldn't do that much. I started doing it in the off season. I had a coach who was very energetic and motivational. He told us if we really wanted to do well and make a difference you had to run all the time. Everybody else forgot about it, but I kept at it during the off seasons. I think it was extremely good for me because it brought me into international competition."

Midnight Workout

Lindgren recalled that before the 1964 USA vs USSR meet, he began running three times a day. "I'd do a hard long one in the morning, go home and sleep, and then do track work in the afternoon. But then I'd wake up in the middle of the night and go for a long easy workout. That's when I was getting in the real long miles."

Twist of Fate

On February 15, 1964, NMN columnist Mike Tymn was a spectator at the Golden Gate indoor meet at San Francisco's Cow Palace. He watched in awe as 17-year-old Gerry Lindgren ran an 8:40 two-mile, barely losing to the veteran Ron Clarke of Australia.

Mike was running just under 10 minutes for two miles at the time and in a completely different league. He tells us he could never have imagined in his wildest dreams the exchange that would take place 27 years later.

Before the 1991 Norman K. Tamanaha 15K road race in Hawaii, Lindgren, 45, took note of the race and state 45-49 record for the distance, printed on the race program. It was 49:43, set by Tymn in the 1982 race. Lindgren saw Tymn before the race and told him he was going after his record.

After finishing in around 52 minutes, Lindgren spotted Tymn, who was covering the race for the morning paper, and commented: "Boy, you were some runner. I'd sure like to be as good as you were." — Editor

At the time of our interview in September, Lindgren said he was putting in 50-60 miles a week but had hopes of pushing it up beyond 80 before the marathon.

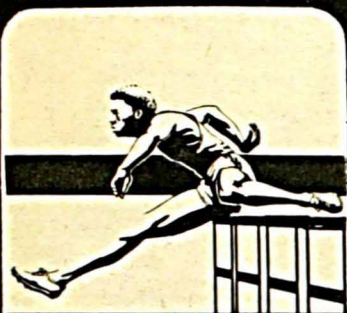
"It's a lot more difficult now," Lindgren said. "When I was young, my body could do anything. Now it doesn't recover very quickly and it seems that I can't do very much any more. I'm still trying to learn how to pace myself, both in races and in my training."

"When I was young, I never worried about the first mile. I'd go out at breakneck speeds all the time, but you just can't do that when you get older. You don't have the stamina and strength that you had when you were young. The same goes for training. I go out and get five miles into a workout and am completely out of gas. There's nothing left. The tank's empty. That's something I never experienced when I was younger."

Lindgren said his primary goal on December 11 is to break three hours, although he thinks he can get as low as 2:36, "if my bones hold together." He finished the 1988 Honolulu Marathon in 2:43:13 and the 1990 event in 2:51:43.

In recent years, Lindgren has been around 35 minutes for 10K. Asked what he thinks he might be able to do if he could hold together and avoid injury, which he has come to know well, he replied: "I think I could run 33 for 10,000. That would be great. If I could really hold together for a long time, I might even get down to 30. It would

Continued on page 7



Training Advice

by WAYNE BENNETT

Training for Masters Sprinters

Wayne Bennett is a 57-year-old sprinter who began masters running in 1987 at age 50. He ran track in high school (100 yards in 10.98) but, he says, "I never won anything." In 1993, he ran a wind-aided 12.05 100m and a 24.73 200, ranking third M55 in the USA in both events. He also ranked 9th in the 400 with a 59.13. His article was prompted by a letter (Oct. NMN) by fellow Dallas Masters Track Club member Courtland Gray, who asked for training advice from other masters athletes. Bennett kindly responded with his complete training regimen. People "seem to seek me out for advice and help, which I enjoy giving," he says.

The most frequently-asked question I get is: "How do you train and what can I do to improve my performance?" My first response is: do in training what you plan to do in a meet.

I have never had a track coach. I didn't run in college. What I do may not work for you. But here's my program, after I have gotten into reasonably good shape by running straightaways and walking curves.

I try to work out exclusively on the track. I do not do any jogging to warm up. Instead, I begin each workout by doing 30 side-straddle hops (jumping jacks). I spread my feet about 30" apart and touch right hand to left toe, and left hand to right toe, 15 times each alternately; I come to a full vertical position between each touch.

I follow this by crossing one foot in front of the other, touching the ground, for about 20 seconds. Then I reverse the feet.

I then do two 20m high-knee lifts at a walking pace followed by two 20m high-knee lifts at a running pace.

Next come two 20m running-butt kicks, followed by two 10m running-butt kicks accelerating into a full-out 20m sprint.

I end the warm-up with 10-12 meter full stretch step. My body is now ready to run.

I try to follow the same routine each week, but it varies. All sprints are done at the maximum speed I can generate. I run with watch in hand and spikes on my feet.

Monday: 1 x 400, 1 x 300, 1 x 200 with about a 15-minute rest (interval) between runs. Then two times up Maverick Stadium's 133 steps.

Tuesday: 100, 200, 100, 200, and a 300 or 400 with a three-to-five minute rest in between.

Wednesday: 100, 110, 120, 130, 150, 200 with three-to-five-minute intervals.

Thursday: 100, 400, 200 (five and 15-minute spacing); starts from blocks.

Friday, Saturday, and Sunday: Usually rest days except for Saturday meets and make-up days.

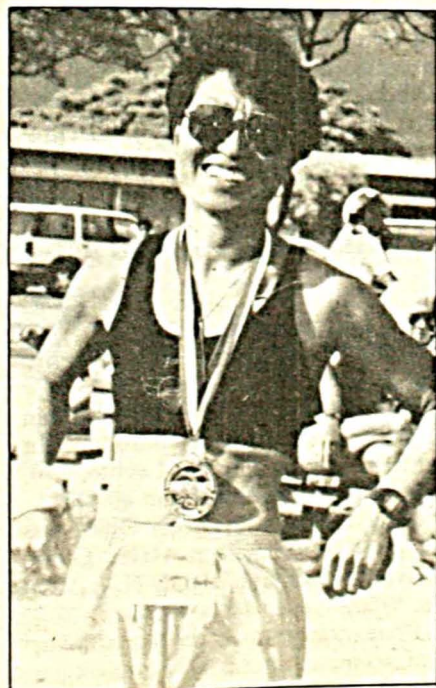
I try not to overtrain. When the body or legs feel tired, I take a day off or shorten the distances. I don't lift weights because I don't have a gym nearby, and won't do it in my back

yard. More upper-body strength would obviously help, particularly in the 200 and 400.

I practice speed and speed endurance. Speed wins races. I don't run multiple repeats. My body can't take that much wear and tear, and I have to run repeats in a meet. I also try to concentrate on form and technique. Little things can make a big difference: i.e., keeping the hands below the waist, breathing pattern, driving steps, not bringing the knees too high, shoulder and neck relaxation, hands relaxed (not clenched).

Again, this may not work for you, but it has for me. I would love to hear from coaches and others about training programs which could give us older masters and new beginners some real help. □

(If you have any questions on Bennett's training program, he welcomes your call at 817-498-9333; or fax 817-232-8677. Please send your own training tips to NMN, PO Box 2372, Van Nuys CA 91404. — Ed.)



Roki McMillian, W45 first (22:11), Windward 5K, Kailua, Hawaii. Photo by Tesh Teshima

Third Wind

Continued from page 6

take a lot of work. I know I'd never get down to 28s again, though.

"Every year I think about trying the mile again, but I always give it up. I used to go out and run quarters in 60 and it was an easy thing to do. Now I'm having trouble holding 70s. I imagine I can get it down a little but it would take a long time and I'd have to avoid injuries."

Mind vs. Body

Lindgren seems to recognize that his many injuries are a result of his young mind continuing to run ahead of his 48-year-old body, but he doesn't think all that high mileage 30 years ago has contributed to his physical problems. "It's just that I'm still learning how to pace myself," he said. "If I can do that I can get in high mileage again."

"I really think I'm getting stronger now through better nutrition. The older you get, the less you get out of the food you eat. That's been my problem. But now I've gone to this food supplement or meal replacement drink (MET - RX) and it's given me in a predigestive form everything my body is supposed to need. I'm feeling a lot better from it. I'm getting a lot of strength back."

If he could go back 30 years and do it all over again, would he do it the

same way? "I think I'd take more time off before the big races," he responded. "The only time I set world records was right after an injury, within a week or so of coming back. I think I'd still put in the high miles in the off season, but I'd probably put in less during the competitive season and I'd taper more. I think I overtrained an awful lot."

"I can look back and think, golly, if I was doing that good after I'd been injured, it must be because I was resting, so maybe I needed a rest."

"I can say that now, but when I was running back then I couldn't see that for nothin'." □

FIFTEEN YEARS AGO November, 1979

- America's Ruth Anderson is First Woman to Enter London-to-Brighton 54-Mile Race
- Britain's Joyce Smith, 41, Wins Avon International Marathon Overall in 2:36:27
- President Jimmy Carter, 54, Drops Out of Catoctin Mountain 10K

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Curtis Frye, Asst. Coach - Hurdles, 100, 200 and 400.

Dennis Mitchell, Asst. Coach - Shot, Discus, Javelin, Pole Vault.

Kendra Mackey, Asst. Coach - Sprint Starts, Relays, and Plyometrics.



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Gout

Q My husband has been diagnosed as having gout. Can you give me some information about it?

A Gout is a systemic condition which is characterized by a acute inflammation of a small joint, usually the large toe. The pain is usually excruciating and is accompanied by burning, throbbing and aching. The joint usually becomes swollen, red and tender. Even the slightest movement can cause great pain.

Usually caused by the body's inability to metabolize purines, gout may be accompanied by kidney stones and crystal formation around the edges of the joints.

Fifty percent of all gout cases show a hereditary background. The majority of those stricken are middle-aged men. Predisposing factors include drinking heavy wines, excessive meat eating, and excessive eating of foods high in purines, such as liver, kidney, brains, etc.

A high intake of monosodium glutamate has been known to precipitate attacks. Medications such as oral diuretics can also bring on episodes.

The first attack may occur late at night during cold weather. This usually lasts 2-10 days and may be accompanied by abnormal temperature, chills and upset stomach.

A blood test may reveal a high uric acid count — about 6.0 mg/ml or higher. The urine may turn dark and show a high specific gravity. Complete diagnosis may be made by removal of synovial fluid from the joint and examination for crystals.

Acute attacks can be treated through the use of anti-inflammatory and uric-acid medications. Prevention, however, is the best treatment. Avoid a sedentary life style, and those foods and drinks that may precipitate an attack. Your internist may wish to prescribe a 'gout' diet to lessen the chances of a severe attack. □

(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.)

Whetham, Gilles Best in Minnesota 15K

Rob Whetham, 42, Stillwater, Minn., and Marcy Gilles, 45, Eden Prairie, Minn., were first overall in the Minnesota Masters 15K Championships, in Edina on Sept. 18. Whetham was an easy winner of his division race in 50:30.

Dick Ruhland, 47, Montgomery, Minn., was second in 51:40 but topped Whetham's age-graded performance of 85.7% with an 86.9%.

Bruce Mortenson, 50, Minnetonka, Minn., won the M50 race with a ninth-place 55:25.

Gilles, hitting the 5K mark at 18:14 and the 10K in 36:58, ran a 56:00, the third-fastest 15K ever by a U.S. woman over 45 and an age-graded 88.7%. The designation of "masters" in this race started at age 35 for the women. Beverly Docherty, 36, St. Paul, Minn., who qualified for the 1996 Olympic Trials in June at Grandma's Marathon, was second with a PR 56:15. Lynae Larson, 40, St. Paul, finished third in 58:34.

Thirty-four runners claimed PRs. Two Minnesota age-group and six single-age records were broken. The race included novice divisions for run-

ners who had never won their age-group divisions in a race. Jay Schroeder, 42, Excelsior, Minn., in 58:34, and Lisa Ann Trainor, 35, Maple Grove, Minn., with a 68:24, were novice firsts.

BlueCross BlueShield of Minnesota was the primary sponsor for the 12th year. Q Cumbers sponsored for its fourth year. □

Nzau, Stockdale Forge Wins in Pittsburgh

by JERRY WOJCIK

Masters victors in the Richard S. Caliguiri Pittsburgh Great Race 10K on Sept. 25 were Joseph Nzau and Rebecca Stockdale-Wooley. Kenyan Nzau, whose age in the results is given as 46, ran 31:01 to win the M40-49 race and the winning masters prize of \$500.

Desmond O'Connor, 40, New Orleans, finished second in 31:15 for \$250. Michael Bressi, 40, Elizabethtown, Pa., was third (32:18, \$100).

Fay Bradley, 56, Washington, D.C., won the M50-59 contest (34:15, \$200) and Robert Brockenborough, 60, Pittsburgh, posted an M60+ win (39:00,



The Bohemia Masters Coed team celebrates its victory in the Spiegel Associates Ocean To Sound 50 Mile Relay, Long Island, N.Y., Sept. 25. Photo by Mike Polansky

Fifth Avenue Mile

by MARILYN J. MITCHELL

After a couple of years as a "people's race," the New York Road Runners' Fifth Avenue Mile, held Oct. 2, again had a major sponsor and prize money, thanks to the Discover Card. Instead of returning to the former race format of a series of sponsored invitational mile races, the current event continues to include people's races, which were instituted during the non-sponsorship years.

Masters invitational races include male and female 40+ races plus a new George Sheehan commemorative mile for men 60+. There are also masters divisions in the Dean Witter Open Mile (Discover Card, the sponsor, is a division of Dean Witter).

Forty-year-old Burke Koncelik, 5:12.8, led the nine-person women's masters field, followed by Jan Vermilye, 45, 5:16.0, and Diane Ditcheff, 41, 5:35.3.

At the three-quarter mile point (3:59) there was a race for first place between Koncelik and Vermilye, but Koncelik eventually triumphed over the field. Said Koncelik, "... I was passed before the 1500 meter point [by Vermilye] and I gave up mentally. Then I said, 'Wait a minute — I'll pretend they are cheering for me and not

for her.' I couldn't see too well because I can't wear my glasses when I run, but I saw the 1500 on the sign and thought I could beat her."

Paul Mascali handily won the men's masters race in 4:20.9. At the quarter, Mascali tucked in behind another runner, went through the half at 2:14, and made his kick with two blocks (or approximately 250 meters) to go. Said Mascali, "I've run this race 10 or 12 times, and I've often gotten second, but I've never won and I wanted to win. I ran my first Fifth Avenue Mile in 1980, I think, and only missed two. At the three-quarter mile, I suspected I wouldn't win because I didn't feel that good."

Mascali's future plans include an assault on the Myot 800 world record (currently 1:55.1), which he will attempt on the Harvard track this winter, the same track where Eamonn Coghlan posted his world-record sub-4:00 masters mile. Coghlan and Mascali are great friends, and Coghlan jogged by during the Fifth Avenue Mile to watch Mascali's race.

Vic Heckler, 52, 4:33.8, again won the 50+ division. Cliff Pauling, who has won all five of his races since turning 60 in August, won the 60+ George Sheehan Mile in 5:35. Pauling, who started running at age 43, attributes his winning streak to good nutrition — no fast foods, no fried foods, no refined foods, plenty of fresh fruits and vegetables and, he adds slyly, "Good genes — 'Mary Jean, Sally Jean, etc.'"

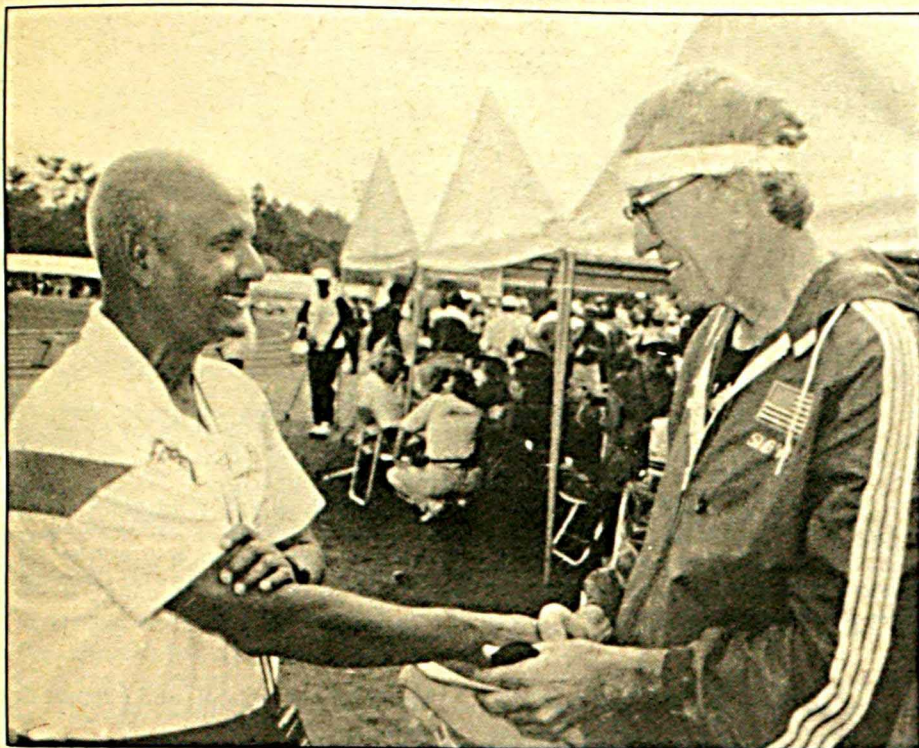
Adding a lot of pizzaz to events was the Restaurant Mile Relay, where restaurant waiters and owners had to run with a bottle of water held aloft on a tray, won by the Dakota Devils (Dakota Bar & Grill) with two masters, Kevin Lynch, 40 and Bill Abraham, 43, for a total team time of 4:42.2. Several other teams also had masters runners. Said a local television commentator on air, "I wish I could get service like that when I go out."

There was no prize money in the masters divisions. □

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Sri Chinmoy (left) and NMN editor Al Sheehen exchange greetings at the WAVA World Championships last year in Japan. Photo from Vidagdha Bennet

Record Entry in St. George Marathon

Entrants in the 18th annual St. George Marathon, advertised as the 13th largest in the U.S. with 2800 in 1993, swelled to 3542 in the 1994 race at St. George, Utah, on Oct. 1. Finishers numbered 3082.

Greg Stromberg, Dana Point, Calif., took the masters contest with an M40 win in 2:31:38, 24th overall. Ray

Workman, M40, Bountiful, Utah, was second and 27th overall in 2:32:06. Last year's masters winner (2:32:20), Brad Hardy, M40, Salt Lake City, was third in 2:33:54.

Ron Petersen, Montpelier, Idaho, won the M50 race with a 2:44:57. Carlos Valle, 59, Downey, Calif., who made his track debut in Eugene in the USATF National Championships with a win in the 10,000, won the M55 division in 2:50:04.

In the masters women's race, Mary Beacco, W40, Salt Lake City, was first in 2:56:23. Karen Knuepfer, W40, York, Pa., was second in 2:57:51.

Third-place Masako Matsumura, W40, of Japan, also broke the three-hour barrier with a 2:59:19.

The race was conducted by the City of St. George Leisure Services Department. □

Sri Chinmoy Masters Games

by LYNN SCOTT

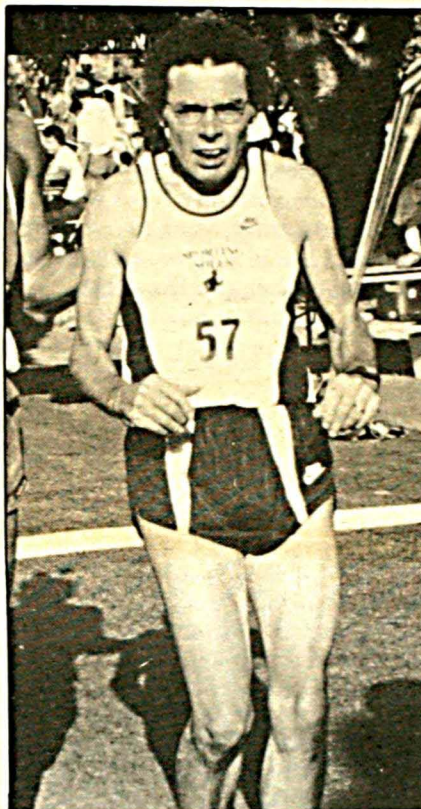
A warm, beautiful day at California State U. - Long Beach, greeted the 132 participants, ages 40-and-over, for the 7th Annual Sri Chinmoy Masters T&F Games, Sept. 25. This year showed the best attendance overall, with 50-60 return entries from last year, and one competitor, Brian Power-Waters, 70, coming from Churchill, Md. Though no records were set, there was enthusiasm and excellent times, in spite of the 89° weather.

For the men, the top age group was 80-84 with Art Vesco in the throws and Carol Johnston in the pole vault. The top age group for the women was 70-74 with Evelyn Sanders, competing in the 5000 racewalk.

Outstanding performers included Nolan Shaheed, M40, Alexandria Brava, W45, and Magdalena Kuehne, W60. Medals were awarded to the top three in each five-year age category.

Many thanks to Coach Andy Sythe and his assistant coordinator, Brian, of Long Beach State, for their help before and during the meet, and to Marv Thompson for his role as a starter.

Race Director Bigalita Egger encourages anyone interested in the 1995 meet to contact her in Los Angeles at 310/645-0271. □



Darrell Natter, M55 second (2:52:58), St. George Marathon, Utah, Oct. 1. Photo from St. George Marathon

Records Fall at Club West Meet

by BEVERLEY LEWIS

Santa Barbara nonagenarian John Whittemore, 94, lived up to expectations Oct. 8 at the annual Club West Masters T&F meet at Santa Barbara (Calif.) City College's La Playa Stadium under perfect conditions.

Whittemore, last year's SB masters athlete-of-the-year, set four new world age-94 records in the hammer (37-9), javelin (27-5½), shot (14-4) and discus (39-0½).

Other top performances included:

- A 22.54 200 and 11.28 100 by Stan Whitley, 48.
- A 37-3¼ shot and 118-8 discus by Ross Carter, 80.
- Four M50 gold medals by Walt Butler in the 50 (6.65), 100 (12.20), 200 (25.35), and 100H (14.7).
- Four W55 golds by Christel Miller in the javelin (85-3½), long jump (11-7½), 100 (15.5), and triple jump (22-9½).

• Dual W50 wins by Ray Vandither in the hammer (94-10) and shot (31-11).

• Two victories by Nolan Shaheed in the M45 800 (1:58.8) and 1500 (4:10.56).

Gunnar Linde took home the Ray Williams Memorial Trophy for the third time by being the most outstanding 5000 runner over age 65, with a time of 20:51.9.

Two additions to the program this year were the 1500 and 3000 walks. Although not attracting large entries, it is expected these events will swell once word spreads that they're available.

Other trophy winners were: Hubbel-Hermann Hammer Heave: Jerry Sildorf; Paul Spangler Award: Ross Carter; High Point Track: Jim Law; High Point Field: Ted Hatlen; High Point Track & Field: Diethart Reichard. □

26th

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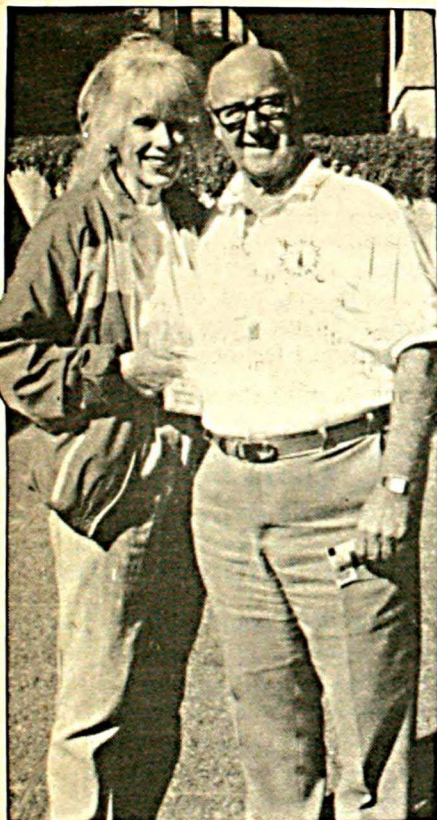


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Club West's VP Beverley Lewis of Santa Barbara with Chief de Mission of the Australian Commonwealth Games team Arthur Tunstall at the recent XV Commonwealth Games in Victoria, B.C. Lewis visited Vancouver Island not only to view the Games but also to catch up with Tunstall, who was General Manager of the "Down Under" team when she represented Australia in the long jump and brought back a bronze medal. Lewis has just completed a summer of officiating as a starter for USATF, topping it off with Club West's meet, Oct. 8, at Santa Barbara's City College track.



Masters Racewalking

by ELAINE WARD

Near Invalid to National Champion Elton Richardson — Part I

(Elton Richardson (W55) of New York City holds 18 National Championship titles and 18 American records. She has won a total of 112 awards, 92 of which are gold. To date in 1994, she holds 5 National Championship titles [3K, 5K, 10K, 15K, 20K] and 7 American records [3K — 16:24; 5K — 27:53, 27:29; 10K — 57:58, 57:26, 57:24 and 56:36]. Following is the first part of a two part interview.)

EW: When did you start racewalking, Elton?

ER: I started at age 50. I had run for the two previous years. I was recovering from osteomalacia, adult rickets, and had been sitting around being careful not to over-exert myself so I wouldn't worsen my condition. Then I heard a running club director on the radio talking about 65- and 70-year-olds running marathons and how much fun they had training in Central Park every Sunday. I decided that I, too, could become active, and finished three marathons in two years.

About this time, I started watching the walkers in the club and concluded that racewalking was not only a beautiful sport, but it was much less stressful on the body. The fact that they weren't pounding the pavement attracted me, and I thought racewalking could be just as much fun as running.

EW: Did the running bother your osteomalacia?

ER: No. I was surprised. The running actually strengthened my muscles and bones. I found I had been too careful for nothing. It was so much better for me being active.

EW: Do you have a coach?

ER: I was coached by Bruce McDonald for three years. I have also had one week of one session with Ron Laird, Don Denoon, Dave Romansky, Gary Westerfield and Martin Rudow.

EW: You have achieved a number of records and won many medals. Which ones mean the most to you?

ER: My first national at Indianapolis in 1990, when I won the 5K and was first overall woman, means a great deal to me. I had hoped to place somewhere in the top ten, but to place first overall was quite a thrill.

Then last year I was first overall in the 40K National Championship. The three prior years, a Canadian in the Senior Division won the race and I came in first master and first American, but last year I was very pleased to be first overall woman.

The two races in Eugene are also highlights as I set American records in both.

EW: Do you train all year long?

ER: I do, but I am reading a lot and I am getting different points of view. Your interview with Gwen Robertson in the *National Masters News* was very helpful. So I am learning to rest more. Normally, I train and race all year, but less in November and December.

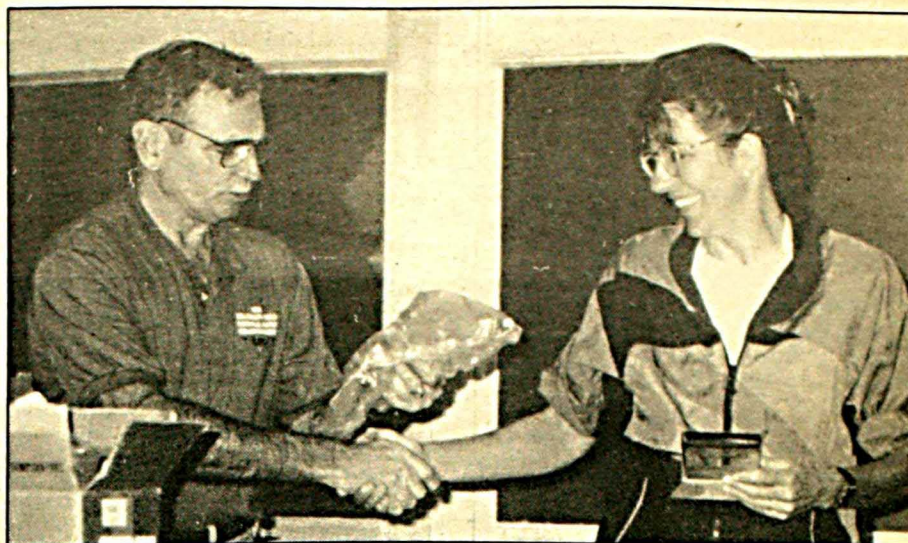
Nutrition

EW: You do not seem to be prone to injury.

ER: Well, I'm proud to say that I've never been injured and I attribute that not just to my training, but to my nutritional orientation. I am a



Elton Richardson



Don Austin, USATF Masters Awards Coordinator, presents Sally Richards-Kerr, W40, with her plaque for 1993 woman masters Racewalker of the Year at the USATF National Masters T&F Championships athletes' meeting, Eugene, Ore.

vegetarian, but I eat fish and eggs and occasionally dairy. If I get a craving for cheese, I go have a piece, eat it, and forget it. Same with yogurt. But dairy is not a regular part of my diet.

I also believe in supplementation because I believe we're putting a lot of stress on our bodies, especially those of us who are very serious competitors. I believe that nutritional supplementation will counter the effects of the stress.

EW: Please explain exactly what you mean by supplementation.

ER: I am a great believer in good ol' vitamin C, not only for the immune system, but for building the cells that tear down when we train. So yesterday after my 20 miler, I took two teaspoons of powdered, buffered vitamin C with bioflavonoids - a total of 5000 mg.

Besides the vitamin C, I take DMG before every race which you can get in any health food store. The DMG prevents cramping. I also take electrolytes rich in potassium which replace the minerals lost in perspiration. The drink I use is called Electrolytes. When I take something, I make sure that it's rich in potassium. I've been taking DMG and Electrolytes ever since I became an athlete. In addition, if a race is 10K or longer, I take something for the heart as my heart rate really goes up. I take Coenzyme Q10 and L-Carnitine.

I eat very little fruit because it is sugar or fructose. I have a sweet tooth and a half, so fruit is my "brownie." I don't use table sugar. When I bake, I sweeten with bananas or apples.

In Eugene they were very considerate of vegetarians. I stayed in the dorm and there was so much I could eat. Usually I take my food with me as I'm concerned about eating the right things.

Mental Preparation

EW: How do you prepare mentally?

ER: I come from a very spiritual family so I have a very deep spiritual foundation that sustains me. My mental preparation includes a lot of spiritual affirmation. When I do my long workouts, they are less boring because I sing songs that I learned as a

kid in Sunday school, and I repeat my favorite scriptures.

The sport is spiritually uplifting to me. It has given me discipline. I have a brighter outlook on life. I look at people differently, and I'm more tolerant. When I'm training I see beautiful images. I see the little faces of my nephews and it makes me smile. It makes a workout a pleasure and not a chore.

EW: Besides the spiritual images you hold, do you use any of the standard visualization techniques?

RE: I do. I imagine the straight line coming from the navel to the top of your head. The bright light. I imagine myself with straight knees rather than bent. I imagine myself crossing the finish line. I imagine speed and I imagine success. I go through all of this and I believe it when I imagine it.

I am very happy to be able to look forward to racewalking each day. It is a way of reaffirming my health and my strength. When I think of 1984, and how I could barely walk with the osteomalacia, and of the surgery in 1985, I'm just a new person for being an athlete. I feel beautiful inside. □

USATF 40K Racewalk Championships

Two-time Olympian Dan O'Connor, 42, Bellmore, N.Y., led the masters finishers with a third-place 3:39:53 in the USATF National Masters/Seniors 40K Racewalk Championships, Fort Monmouth, N.J., Sept. 11.

Meg Ferguson, 44, of the New England Walkers, was the first overall and the youngest of seven women participants, with a 4:25:14. Elton Richardson, 55, NYC, with a W55-59 world best 2:00:39 at the 20K mark, finished second in 4:28:40.

Masters team winners were the men's New England Walkers and the women's Shore AC three-person squads.

Sixty-seven walkers from 12 states and Venezuela participated. □



Speaker's Corner

by JOE HENDERSON

Total Mastery

The four-minute 1500 is for women what a sub-four mile is for men. In fact, breaking the women's barrier is tougher — even though you couldn't tell it by the unequal amount of ink that each feat receives.

Everyone knows about Roger Bannister. But can you name the first sub-four-minute woman? (I had to look it up: Tatyana Kazankina, 3:56.0 in 1975.)

A man has gone more than 15 seconds under 4:00 for his mile. The women's 1500 record is still less than 10 seconds below 4:00.

Hundreds of male milers have broken four minutes since 1954. The list of women who've run 1500s that fast since 1975 only numbers in the dozens.

Last year alone, 65 men ran sub-four miles. Nine women bettered four minutes in the 1500 and all but two of them were Chinese.

Which brings me to the point that what Eamonn Coghlan did last winter pales beside what Yekaterina Podkopayeva did last summer. I don't say this to diminish the Irishman, the only sub-four miler as a master, but to give the Russian, the only sub-four woman in the 1500, her due.

At 42, Podkopayeva is a year older than Coghlan. The greatest difference between the two is that she is competing with women young enough to be her daughters (and soon will become a grandmother herself), in the best meets — and winning.

She has been doing this for all three of her masters years, but we (meaning most U.S. running journalists, myself included) have been slow to recognize her greatness. We've even been slow to learn the spelling and pronunciation of her name. For simplicity, let's call her "Ms. Po."

She had flirted with four minutes at ages 40 and 41, running in the 4:02s both years and earning world rankings twice. In 1992, she won the World Cup 1500 — in '93, the World Indoor 1500.

Ms. Po ran 3:59.78 this summer (compared to a PR of 3:56.65 set 10 years ago). This wasn't just the first sub-four-minute 1500 by a master woman, but she also barely lost to World Championships medalist Sonia O'Sullivan at that race in France. Then she beat O'Sullivan to take the Goodwill Games title.

Ms. Po placed third at the European Championships 1500. But she lost by less than half a second.

She will likely rank as one of the top three runners in the world this year.

Only one runner her age has ever stood higher.

Joyce Smith, then 41, won the 1979 Avon International marathon. *Track & Field News* ranked her second in the world, behind only Grete Waitz. Smith also stood fourth in 1980.

Jack Foster, then 41, ran 2:11:19 as silver medalist at the 1974 Commonwealth Games. He ranked fourth in the world that year.

Priscilla Welch, then 42, won the New York City Marathon and ran 2:26:51 at London in 1987. She ranked sixth.

John Campbell, then 41, placed fourth at Boston in 1990 and ran 2:11:04. He went unranked.

So good is Ms. Po that suspicious questions are bound to come up: Is she really as old as she says? If she is a product of the old Soviet system, where drug use was known to exist, is she now on anything illegal?

Yakaterina Podkopayeva has passed the existing tests on all these counts. She qualifies as the greatest master runner in history. □

(Reprinted from Joe Henderson's *Running Commentary*, available by calling 503-683-2118.)



DeeDee Grafius, California, won the W45 400, with a U.S. record (59.84), 800, and 1500, USATF National Masters Championships, Eugene, Ore., Aug. 11-14.

Photo by Jerry Wojcik

FBI Runs Over Government Officials

by JEFF DARMAN

On a beautiful fall morning, Wednesday, Sept. 21, 650 runners, including 26 members of Congress, two Clinton Cabinet officials, scores of political appointees and federal judges, were joined by almost 50 media teams in the 14th annual Nike Capital Challenge. The three-mile race was run in Washington D.C.'s East Potomac Park.

On hand as official "whistle blower" and starter was former New York and Boston Marathon winner Alberto Salazar, 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, or sub-cabinet presidential appointee, federal judge, on-air media personality or professional print journalist and each VIP had to finish the three-mile course for their team to count.

The purpose of the Nike Capital Challenge is to determine who is fittest, the Legislative Branch, the Executive Branch, the Judicial Branch, or the media that covers them, and to raise money for the District of Columbia Special Olympics.

Athletic competition was keen as the course record was tied by winner, Ron Harris, a Naval officer running for Team Navy, who sprinted the three miles in 14:06. First woman was the IRS's Donna Moore, running for Club Fed, who ran 16:53.

Fastest overall team was the FBI's Safe Street Striders, who beat back several strong teams including ringers from *Runner's World* and *Running Times*. The *Running Times* team included correspondent Bill Rodgers.

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 a donkey, elephant and the Statue of Liberty, "worked" the race crowd and appeared on some of the live TV coverage.



Senator Richard Lugar (R-IN), 62, ran a 24:50 in the 14th annual Capital Challenge 3 Mile, Washington, D.C., Sept. 21.

Photo by Art Stein

Representative Bart Gorton of Tennessee (D-TN) remains the fastest member of Congress, running 17:43. Susan Molinari (R-NY) was the fastest female representative in 27:08, and Don Nickles (R-OK) was the swiftest in the senate for the second year, running 20:55. A new Cabinet/Agency Head champ was crowned, with Secretary of Transportation Federico Pena running 21:20. Team Pena included his wife,

Continued on page 13

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Age Grading

by MADELINE BOST

Age Adjusted Awards

In a recent column, I wrote about the structure of awards in road racing. Several issues were raised, among which was the use of age-adjusted scoring to determine the distribution of purse money in the masters division.

My position was that age adjustment (a handicapping system done by computer to adjust all runners' times to a theoretical 27-year-old's ability) is the fairest system to determine the best masters performance. Thus, a fast 62-year-old, running slower than a fast 40-year-old, might be declared the winner.

That column has elicited many responses - most endorsing my position and a few who disagree. Perhaps the most articulate response came from John Haulenbeek, race director of the former Asbury Park 10K Classic which this year has moved to Red Bank and been renamed the George Sheehan Classic.

John and I have carried on a lively dialogue on running and racing since first meeting and his response to my column is in keeping with our continuing debate. John raised good objections and presents them well. In the first of two parts, I am reprinting the portion of his letter concerning age adjusting:

"Thanks for your recent correspondence. Your columns are articulate and challenging. Not surprisingly, there are a few areas in which we seem to disagree.

"The age-adjusted times are an interesting issue for serious masters runners, but I think that the premise of age adjusting is on a very shaky conceptual



Ron Beadle won the M45 100 in 11.8 at the Visalia, Calif., Classic. Raymond Yeck (50) was second; Sheridan Groves (15) third.

foundation.

"As I understand it, the formulae that are used to compare times are based (as they must be) on the current world's best times for various ages. I think this unfairly skews the results in favor of older runners.

"The younger age groups have much deeper competition and have had that competition for a much longer period of time. My sense is that the age-group marks for younger runners are generally closer to the maximum attainable.

"With the older age groups, there are several factors that would seem to keep the records softer. There has been no serious competition in these age groups until recently and, without the financial and promotional incentives offered to open runners, I doubt we are seeing the highest level of competition in these age groups.

"As a result, it seems logical that more of the older athletes can meet or exceed the theoretical best for their ages. The expectation-shattering races of Lopes and Campbell would offer support for this idea.

"The bottom line is that we really do

not know the effect of aging on our sport. Until we do, the age-adjusting process will be suspect.

"This situation seems analogous to the state of women's running until recently. Once women obtained the opportunity to compete seriously, there was an enormous drop in record times. This process is still far from complete, so I think we'll see more dramatic advances.

"A similar situation exists in ultra running. Since this discipline does not attract the sport's very best athletes, the performance levels are probably significantly less than they could be. Salazar's recent triumph at the Comrades (Marathon in South Africa - 53 miles) would seem to bear this out. If a former world class athlete can dominate this event in his first attempt, think what a current world class athlete could do." □

(This is the second of a three part series from the Running columns written by Madeline Bost of Ironia, New Jersey. The first column on Awards appeared in our October issue. Bost's response will appear in our next issue.)

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Senator Bob Kerrey (D-NE), 51, 4th annual Capital Challenge 3 Mile, Washington, D.C., Sept. 21. Photo by Art Stein

Capital Challenge

Continued from page 11

the former Ellen Hart, one the best marathoners in the U.S. in the '80's. She ran the course in 17:34.

Among the enthusiastic participants was Nightline's Ted Koppel. Nightline had three teams entered and captured awards for Best Spirit as well as fastest in their division.

The Nike Capital Challenge again highlighted the ability of many of the nation's busiest leaders to stay fit and raised \$9100 for the District of Columbia 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 President, Dave Hurd and Dave Drury, respectively, were among the finishers. □

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Track & Field Report

by **GRAEME SHIRLEY**,
USATF Masters Rules Chairman

There Oughta be a Law... or a Rule or Something

From November 29 through December 3, USA Track & Field will meet in St. Louis at its annual convention. Since this is an even-numbered year, modifications to the Rules of Competition are in order. In this column, I will briefly describe where the rules are, how to amend the rules, where we are in the process, and the submissions which I feel may be controversial.

Rules of Competition

USATF conducts Championships for masters at the Association, Regional, and National levels. The rules which govern those meets are published annually in the *Competition Rules*, available from USATF (\$10 from Book Order Dept., PO Box 120, Indianapolis, IN 46206). These rules govern the competitive side of the sport, the activities on the track and in the field. USATF amends these rules in even-numbered years.

A second publication, the *Directory*, available for the same price and from the same address as the Rules, includes the bylaws and operating regulations. These control the administration of the sport: how to join USATF, who governs USATF, where your money goes, who awards championships, who may represent a club, how to conduct drug tests, how to file a protest, how to sanction a meet, and how to certify a road course. USATF amends the bylaws and operating regulations in odd-numbered years.

The division between the competition rules and the bylaws and operating regulations is arbitrary. At the masters level, the chief point of confusion is in the composition of teams or relay teams. Rules 121 and 262 state that at the association level all members of a relay team must belong to the same club. Regulation 7 controls membership in a club: residence, transfers, and the like. In rare cases the books overlap. The associations which comprise each masters region are defined in rule 250 and exhibit A-4 in the bylaws.

The rules are 154 pages long, and govern all sanctioned domestic track and field meets. The first 130 pages (rules 1-219) apply to the entire sport. The next 17 pages (rules 240-247) describe the exceptions for youth, and the next 7 pages (rules 250-271) state the rules for masters athletics (track and field, racewalking and long-distance running) which differ from the general rules.

The masters rules govern the conduct of USATF National, Regional and Association championship meets. The directors of other meets are encouraged to follow the rules. Thus a

director of a non-championship meet may conduct the long hurdles at 300m rather than 400m, or run a mile rather than 1500m, or make similar adjustments.

WAVA governs the sport internationally, and USATF has chosen to use WAVA implement weights, hurdle heights and spacing, and race lengths. These values are listed in tables in rule 262. Other USATF rules generally comply with WAVA technical rules. USATF incorporates amendments for compliance through the normal procedure, with the following exception. Article 26 of the bylaws allows amendments to comply with WAVA, IAAF, IOC, or USOC at any convention.

The effect is that a competition official may officiate at a masters championship meet using the same rule book as for any other USATF meet. All exceptions for masters are cross-referenced in rules 1-219.

Amendments to the Rules

Submissions for amendments must be made to the rules committee, properly endorsed and presented, 120 days prior to the convention. By September 1, I had received a number of submissions, and a number went directly to the committee. I consolidated these, converted them to the correct form that strikes out deleted current language and underlines inserted new language. I endorsed some that arrived without endorsement (Association President is usually the easiest), and eliminated some that either don't apply to the rules, or that I just couldn't endorse.

A working group met in Los Angeles on Columbus Day weekend to clean up the 200 submissions to amend the rules. Forty-three of these were masters rules. Consolidation, withdrawals, and elimination of duplicates reduced this number considerably (particularly for the masters). The final, cleaned up submissions will go to all 1000 delegates to the convention. The Rules Committee will meet throughout the convention and accept input from the Standing Sports Committees (including Masters) and individuals. By the end of the convention, the delegates will vote on a package showing the committee's

by **BARBARA KOUSKY**,
USATF Masters T&F Chairman

While you are reading this, your track & field committee, along with the masters delegates from each association, will be preparing for the USATF Annual National Convention November 29 through December 3 in St. Louis.

If you have any input regarding the proposed rule changes (see article on this page), or would like non-rule items considered, please contact any member of the committee or your association's masters delegate.

Other agenda items include selection of sites for our multi-event championships and our 1997 Indoor and Outdoor National Championships, budget, selection of athlete awards, committee reports, competition schedule review, and progress reports on our '94 championships.

During our joint meeting with the Masters LDR Committee, members of the Buffalo Organizing Committee will

give an update on next year's WAVA championships. This will also be the time to consider any proposed changes to the WAVA By-Laws and Constitution. To better educate our committees on the issue of drug testing, members of the USATF's Substance Abuse Education & Testing Committee will address the joint meeting.

Currently our committee operates under the general rules for sports committees as defined by USA Track & Field. During convention last year, Becky Sisley was asked to draft by-laws specific to our committee. These proposed by-laws will be presented at this year's meeting.

Fred Lebow

In speaking with Charles DesJardins, Masters LDR Chair, we both agreed that Fred Lebow's death leaves a void in our sport that will be hard to fill. He was a leader in creatively marketing our sport. His lifestyle reflected what he promoted. He will be missed. □



Athletes at the general meeting, Friday evening, Aug. 12, 1994, USATF National Masters Championships, Eugene, Ore.

disposition of all the submissions. When passed, the amendments will be incorporated in the book and be delivered to the printers within a week, on computer disk. In theory, the *Competition Rules* could be available by December 31. In practice, it is sometimes months later.

Masters Rules Amendments

If you have an opinion on any of the following, or any suggestions, please send them to both the Masters Chairman and the Rules Coordinator (see page 2). Note that none of the following will be in effect unless passed by the convention. The following descriptions are condensed considerably from the submissions. The booklet containing the actual submissions will be available from your Association Secretary.

I believe there is only one submission which will have a significant effect on the conduct of the masters program. Rule 250.4 states: The age of a competitor on the first day of the meet determines the competitor's division for individual events. A competitor may compete in a younger age category, provided the athlete competes in only one age division

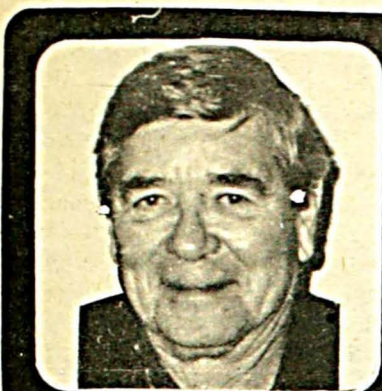
throughout the meet.

The submission proposes deleting the second sentence. In other words, a competitor could only compete in the natural age division, and could not "drop down." A straw vote at the athletes meeting in Eugene showed an almost evenly divided house. Note the following: (1) WAVA does not allow athletes to "drop down" in age group; (2) The administration of meets would be simpler; (3) Some meet directors believe that the rule is being used to avoid competition rather than seek it. I would also suggest that while the current rule was needed in the early days of the program, the submission suggests the maturity of masters track and field and long-distance running.

A related submission applies the same idea to relays (the youngest member defines the group).

Another submission, which would be significant, but for which I perceive little support, would allow masters to compete in only one age group in a given year, and that would be the youngest during the year. In other words, your age on January 1 would

Continued on Page 22



The Weight Room

by JERRY WOJCIK

Hopeless in Seattle; or Throwing the 200-lb. Weight With a Broken Toe

I ended my original copy for my column in the October issue with the above teaser. Somewhere along the line the "200" was changed to "20," which deflated the intended effect. But, I'm not blaming anybody because the idea of grown men (and some women, I'm sorry to say) throwing weights that are heavier than they are is incredible enough to cause any rational being to assume that the "200" was a typo.

On the Tuesday after the Nationals in Eugene, I stubbed my toe on the door jamb hurrying to answer the phone, in expectation of an important call from the NMN in Van Nuys, Calif.

By Wednesday morning, the pain in my right foot was so intense that I could hardly walk. Unfortunately, I had a long-awaited dental appointment that day. Upon learning of my plight, my dentist, a fellow California expatriate, who has retained some of the more endearing characteristics of that state's inhabitants, offered to x-ray the little toe of my right foot. The picture, a little dark, revealed little, except that she felt that the toe, if not broken, was at least impacted.

I had entered the National Masters Weight and Superweight Championships, scheduled for Aug. 20 in Seattle, and had to decide whether to cop out on the basis of a sore toe (I didn't discover that it was broken until I went to a podiatrist a week later) or tough it out. Knowing that I wouldn't do well but armed with the perfect excuse, a grotesquely swollen toe, I opted to compete.

With Suzy Hess, a novice W50 thrower, driving my VW camper, we headed for "Portlee Field" in Seattle. The field is on a piece of property owned by the Seattle Port Authority but wrangled by meet directors Ken Weinbel and George Mathews of the Seattle Masters AC for use as a throwing area. They have been pouring time, energy, and money into changing it from a blackberry-bush-infested refuse dump to a class throwing site.

The championships had been scheduled for Husky Stadium at the U. of Washington, but falling ceiling tile in the Kingdome had forced the Super-sonics out and into the football stadium for a pre-season game, causing our meet to be shifted to the unfinished Portlee Field.

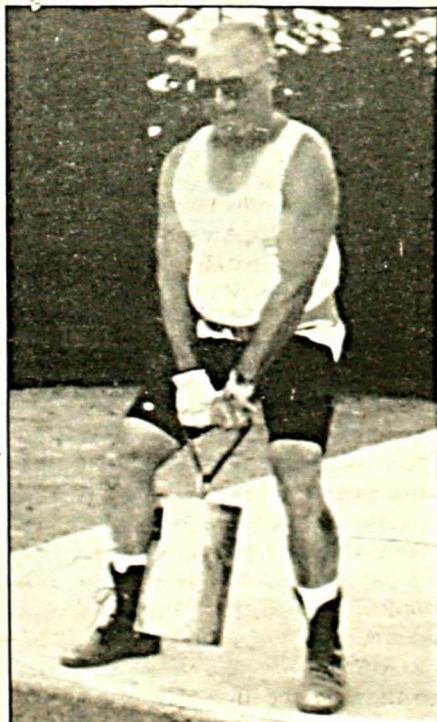
When we arrived at the field on Friday evening, Ken, George, and Fred Shanaman, plus a few conscripts, were laying used, discarded artificial turf in the throwing sectors, erecting a cyclone fence barrier for the safety of the judges, and sprucing up the site with

colorful flags and screens behind the two rings.

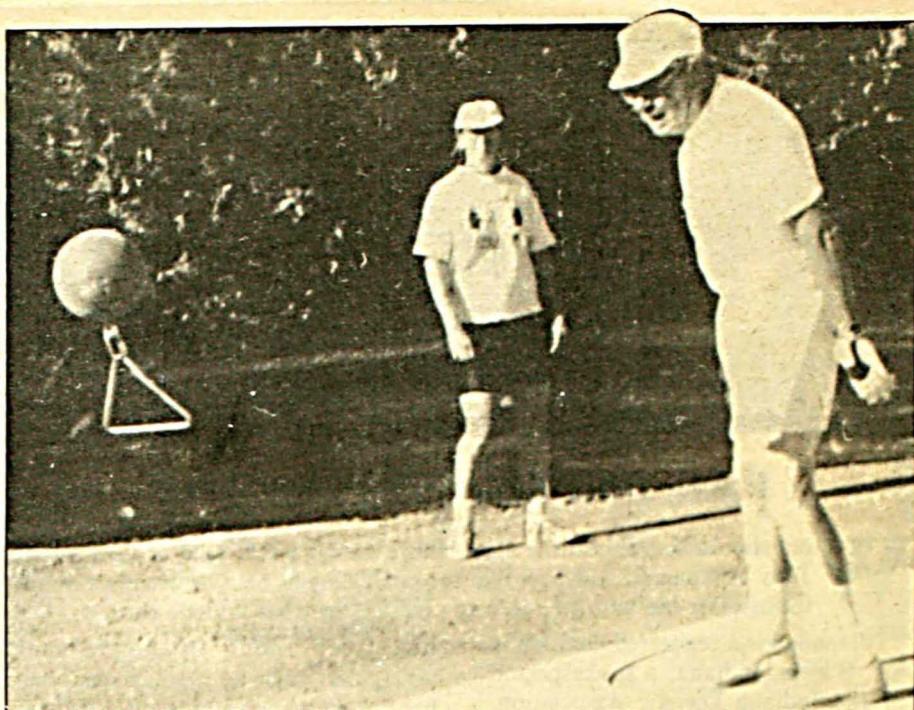
Suzy and I pitched in. She helped string wire with George for the protective fences. Not wanting to look like a slacker, I painted the sector lines with a roller, putting most of my weight on my left foot. I didn't get much of a chance to whine and complain because everybody was too busy to listen.

On Saturday, however, I made sure everyone inspected my distended piggy pinkie, which elicited polite words of sympathy and encouragement. Jack Karbens, of Hawaii, suggested that I apply for workman's comp because the injury was work-related.

Despite my infirmity or because of it, I had a hell of a good time. Those guys know how to put on a meet. They provided food and drink, T-shirts, shade tents, camaraderie, medals, and the 100-, 200-, and 300-lb. weights we tossed around after the championships. I wouldn't want Ken and George spending my money as they did theirs



George Mathews, M50, co-director, USAF National Masters Weight & Superweight Championships, Seattle, Aug. 20, heaves the 300-lb. weight in the Ultra Weight Classic, which followed the championships. Photo by Suzy Hess



Jerry Wojcik, M60, NMN columnist, hampered by a broken toe, levitating the 56-lb. weight, in the Ultra-Weights Classic after the USATF National Masters Weight & Superweight Championships, Seattle, Aug. 20. Sarah Boslaugh, W35, New York, watches in amazement. Photo by Suzy Hess

for this meet. I'd be out on the streets.

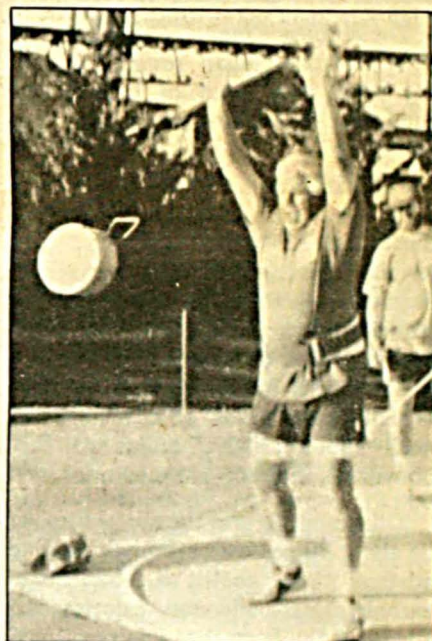
Admittedly, the facility, prematurely pressed into use, wasn't top notch, but, under the circumstances, it sufficed.

The turnout included some of the best weight throwers in the U.S. — Mathews, Stew Thomson, of California, Manuel White, of Montana, and NYC's Sarah Boslaugh. Paul Brown, M40, topped the 300-lb. throwers (actually, nobody was that heavy) with a toss of .80 meters or 2 ft. 7 inches, with Mathews, despite the home-court advantage, at .74/2 ft. 5 inches.

I managed a .47/1 ft. 6 1/2 inch toss with the 200-lb. weight, which was less painful for me to throw than were the 25-lb. and 35-lb. weights because no turn was involved. I'd pick it up, swing it back and forth, and drop it away from the circle and my feet, which seemed to be the most practical technique.

It all made for a thoroughly enjoyable, long day. I'm looking forward to next year's championships. To add insult to injury, Suzy, my driving companion, who has been throwing the hammer and weights for about four months, is the W50-54 national champion in the 16-lb. weight, while I, who

have been engaging in this tomfoolery for over 20 years without winning a national championship, ended up last M60-64 in both of the throws, plus I didn't receive one get-well card. □



Ken Weinbel, M65, releases the 100-lb. weight, Ultra-Weights Classic, Seattle, Aug. 20. Steve Ecklund, M30, New York, helping with the measurement, looks on. Photo by Suzy Hess

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On The Run

by HAL HIGDON

Pasta Still Best Pre-Event Meal

What should masters eat the night before the big track, field or road event? Judy Tillapaugh, RD, says that the pasta dinners held before most marathons offer the best bet, even for runners in other athletic contests.

Tillapaugh is a registered dietitian in Fort Wayne, Indiana, a spokesperson for the Indiana Dietetic Association, and a director for the Road Runners Club of America.

As a competitive runner, Tillapaugh often finds herself attending the pre-race spaghetti meals. Menus are similar: all the spaghetti you can eat, a choice of meat or vegetarian sauce, salad, bread, cookies, or yogurt for dessert, and various drinks.

The ambience may not equal that at your favorite Italian restaurant, but the price and blend of high-energy foods usually beats what you can find elsewhere.

Tillapaugh defines what she considers the best pre-meet meal in a dietitian's terms: 2-4 cups of pasta, a cup of tomato sauce, 1-2 tablespoons of parmesan cheese, two wheat rolls, a cup of frozen yogurt, a cup of juice and two cups of water. The shape of the spaghetti matters little, she says. Whether mostaccioli or fettucini, you need about 150-200 grams of carbohydrate, and 800-1,000 calories.

Tillapaugh figures the above meal to be about 70 percent carbohydrate. She advises: "Your goal is to get adequate carbohydrates, adequate calories and adequate fluids so that you're primed for a good performance the following day."

Tillapaugh admits that if you're in an event lasting an hour or less — such as a 5K or 10K — you probably have adequate glycogen stored in your muscles. The same if you're throwing the shot or running the high hurdles. You can skip the carbo-loading meal. You could eat chicken or fish the night before and it would make little difference from an energy standpoint.

But sometimes we eat for ceremonial purposes more than just to fill our stomachs, or fuel our muscles. There's a reason why you might want to treat the love of your life to a meal featuring candlelight and fine wine. Similarly, pasta is part of the ritual of being an athlete.

Whether you attend the meet pasta dinner, or seek an Italian restaurant, or simply cook spaghetti at home, Tillapaugh suggests some other priorities. She advises that you avoid

high-fiber foods or gas-forming vegetables, such as bran, beans, cabbage, onions or broccoli. "Those foods will create race distress, rather than race success," she says.

Allowing yourself ample digestion time also is important. Eat your last meal 10-12 hours before race time. Also, avoid raw vegetables and zero-calorie beverages that could prevent adequate intake of dense carbohydrate foods. "If you load up on salad, you may not have room for the pasta," says Tillapaugh. "It's important to drink fluids, but too many liquids in your stomach may not leave room for food."

Tillapaugh recommends sipping a drink during the meal, then having more fluids afterwards. She doesn't promote diet soft drinks, because they provide no energy and may contain caffeine, which is a diuretic. (You'll spend too much time in the Port-a-Potty.) For the same reason, alcohol should be avoided. One beer might be okay; not two or three.

Keeping fat content low is another goal. "The higher the fat content, the slower the meal digests," warns Tillapaugh.

One important tip: use familiar foods. "You want to eat foods that you know you can tolerate," says Tillapaugh. "Indigestion can ruin your race. One reason pasta is a good choice is because most marathoners like eating spaghetti, and their digestive system easily tolerates that food."

Avoid overeating. Twice as much spaghetti is not necessarily better. Excessive food in your stomach can prevent your sleeping soundly. If you need more food, have a high-energy snack before going to bed. Then rise early in time to have a small breakfast two to four hours before you race.

Most experienced athletes eventually develop an eating pattern that works for them. Field event competitors who compete in spurts, sometimes nibble or take fluids between those spurts. Tillapaugh confesses she sometimes downs a bagel an hour before going to the starting line. That might not work for you, but trial and error often is the best means for determining pre-event nutritional needs for master athletes. □

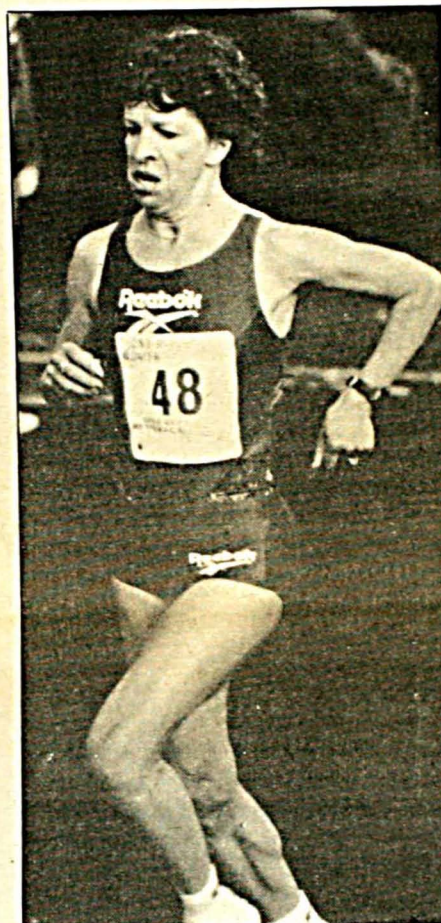
National 5K

Continued from page 1

top 12 age/gender-graded performers.

The men's race was dubbed the Charger Men's 5000, while the women's contest was named the Central New York Running Women's 5000.

USATF masters team championships went to the Syracuse Chargers in the M50+, M60+, W40+ and W60+ divisions; to the Troy Road Masters in the M40+ group; and to the Cats in the W50+ bracket.



Barbara Filutze, 48, Erie, Pa., first W40+ (17:45) and top age-graded performer (14:20), USATF National Masters 5K Championships, Syracuse, N.Y., Oct. 2. Photo by Gary Allen



Joan Butler, 42, Cazenovia, N.Y., second W40+ (18:54), USATF National Masters 5K Championships, Syracuse, N.Y., Oct. 2. Photo by Gary Allen

The Syracuse Festival of Races was conducted by the Syracuse Chargers Track Club, with the cooperation of the city of Syracuse and Syracuse University. In addition to the Chargers TC and Central New York Running, major sponsors included The Travelers Health Network, WSTM 3, Y94 FM, Chase Manhattan Bank, the Olive Garden Restaurants, and Toys R Us. □

Pirrung, Trapp Take 24-Hour Firsts

from TOM FALVEY

Roy Pirrung, 46, of Wisconsin, and Sue Ellen Trapp, 48, of Florida, were top runners in the USATF National Masters 24-Hour Championships. Pirrung, third last year, was second of 147 finishers, with a distance of 142.1176 miles, two-and-a-half miles behind overall winner Tommy Taylor, 39, Michigan, who covered 144.8369.

Kevin Setnes, 40, Wisconsin, last year's winner overall, was second master and fourth with 134.8161. Edward Rousseau, 54, Minnesota, was the first M50-and-over, with 121.6123. Dr. Howard Henry, 73, Indiana, ran farther than any of the men in their 60s for a U.S. single-age record 94.2816.

Trapp, a Fort Myers dentist and defending champion, once again finished third overall, with 136.7794 miles. Debra Moore, Ohio, was second

W40+ with 121.4061. Louise Miklovic, 56, Ohio, established a U.S. age record of 81.9352, as did Eileen Eliot, 50, Florida, who logged 112.4606.

Twenty-nine runners, including race director Dave Payette, completed 100+ miles on the 1.1 mile course in Sylvania's Olander Park. A full moon and generator-powered floodlights provided light around the park's lake and throughout its woods.

All runners ran through a 20' x 40' scoring tent each lap and dropped a bar-coded tag to be scanned without breaking stride.

The first five hours of heat took its toll on the competitors.

The Toledo Roadrunners hosted the event, the sixth time it has held a 24-hour race in the park. □



International Scene

Minutes of WAVA Non-Stadia Committee

A meeting of the WAVA Non-Stadia Committee was held July 29 at the site of the WAVA World Veterans Road Racing Championships in Scarborough, Ontario, Canada. The following minutes — edited for space purposes — were submitted by Norm Green, Acting Committee Secretary.

Present: Jacques Serruys (chair), Ruth Anderson, Barbara Dunsford, Norm Green, Fred Jesbera, Brian Keaveney, Kiyoshi Kounoike. Guests: Cesare Beccalli, Vito Borrello, Charles DesJardins, Bob Fine, Dolores Green, Hannelore Guschmann, William Hashizume, Mrs. C. Hashizume, Ken Ogden, Harry Shelton, Ms. Takeshita, Kazuo Tsuda.

1995 WAVA Championships

Borrello explained Buffalo was unable to change the dates of the 1995 WAVA Championships because the dates had already been changed once, and the hotel and dormitory contracts were signed for July 13-23. Three thousand dormitory beds and 2000 hotel beds have been reserved. Dorm rooms include three meals per day. Those choosing hotel rooms can also purchase the meal package at the university.

1994 WAVA Road Race Championships

Serruys asked why only 600 competitors signed up for the Scarborough Championships. DesJardins said that for a summer event, the races have a high quality field. He also noted that many casual runners are intimidated by the idea of a championships.

Serruys noted Germany had 600 athletes in Miyazaki and only 14 here. DesJardins said U.S. long distance runners seldom travel out of their local area for a race. Guschmann said the German runners saw no publicity in Germany about the races. Dunsford said the message about the championships needs to reach tour operators; that when entry books are sent to the national federation, they sit unused.

Further, many athletes could not afford to travel in 1994 after the expense of Miyazaki in 1993 and the anticipated expense for Buffalo in 1995. Keaveney said the organizers lacked funding in the early months when they might have done worldwide publicity; they needed WAVA financial support earlier.

Fine noted that LD runners far outnumber T&F athletes, so non-stadia has more to sell to a potential worldwide sponsor. He proposed coaching clinics be offered to attract the casual runner for whom a vacation would be primary and the actual running secondary.

Road Walks

Serruys said the General Assembly in Miyazaki had voted for the non-stadia championship walk distances to be 20K for women and 30K for men. Fine suggested the longer distance might discourage walkers, and asked the walkers be polled in Brugge (1996 championship site) as to their preference.

Wave Start

After much discussion, the committee approved a by-law proposal that: "Cohort or staggered starts shall be permitted in non-stadia events."

1996 Championships in Brugge

Serruys said the 1996 event would use the same Brugge (Belgium) course that has hosted an international event the past 22 years. Kounoike requested a July date, but

Serruys said the event uses the Olympic Stadium and only has access to it for two possible weekends in June.

1998 Championships Site

Japan has submitted a bid to host the 1998 event in Osaka in May, when they feel the event can draw 10,000 Japanese athletes. They proposed the longer event be changed from 25K to half-marathon — the same as the IAAF world championships. After discussion, the committee approved



Eva Gacs, W40 hammer throw winner from Italy, with Germany's U. Hohenberg (1), second, and Belgium's H. Mattheussen, third, 1994 WAVA European Veterans Championships, Athens, Greece. Gacs, Hungarian by birth but Italian by marriage, at 123 lbs. and 5-7 relatively small for the weights, has a personal best of 40.68/133-5, using four, sometimes five, turns. Photo by A.G. Giunani

the following bylaw proposal for the WAVA Council, with the chair casting the tie-breaking vote:

"Amend bylaw 3-0 to substitute the half-marathon for 25K distance effective in 1998."

The Japanese bid will be on the agenda in Buffalo and could win by default unless any other bids are received by January 1, 1995.

Other Business

The committee approved a proposed by-law stating:

"The marathon event shall not be held on the final day of the World T&F Championships."

Jesbera proposed the cross-country event be moved to the non-stadia championships. Due to the lateness of the hour, this item was postponed. □

Portland Wins Bid for World Masters Games

Portland, Ore., will be the site of the fourth "World Masters Games" in 1998, organizers announced Oct. 3 in Brisbane, Australia, where the 1994 Games, attended by more than 23,000 competitors, were held on Sept. 26-Oct. 8.

Portland outbid Durban, South Africa, the only other city vying for the event.

The quadrennial affair features competition in more than 20 different sports for men and women athletes over 30 — or, in some sports such as

cond games, held respectively in Toronto (1985) and Denmark (1989) were financial disasters. Minneapolis won the bid to host the third games in 1993, but, when it learned how much the Danes had lost, the city backed out, forfeiting its deposit.

Brisbane picked up the ball, moved the date to 1994 to avoid conflicting with other events, and successfully promoted the event. Of the 23,000 entrants, 17,000 were from Australia (11,000 from the state of Queensland), and 600 were from overseas. Track and

field reportedly drew close to 4000 participants.

Durban has already won the bid to host the XII WAVA World Veterans Athletics Championships, in 1997. The biannual WAVA affair features track and field, long distance running, and racewalking competition for men over 40 and women over 35. The 11th WAVA Championships will be held in Buffalo, N.Y. on July 13-23, 1995. The 10th Championships drew 12,000 athletes last year to Miyazaki, Japan.

The successful 1998 bid was made by the Portland Metropolitan Sports Authority, under the directorship of Craig Honeymoon. Nike reportedly will contribute \$500,000 as the title sponsor of the event, and will promote the games, worldwide, through its 80 international branch offices.

"We are very pleased to have won," said Jack Elder, a key figure in the winning bid. "We consider masters sports to have a huge growth potential worldwide. In the next four years, masters sports will become very important to the international sports federations and to the public at large."

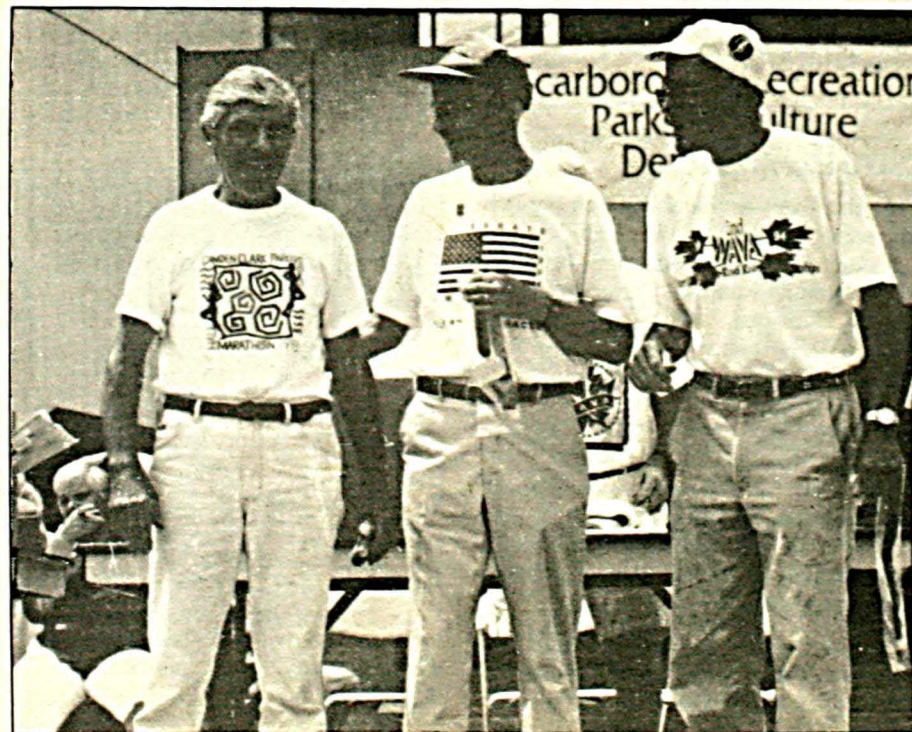
Elder, a 1972 Olympian in the luge, said most nations' sports federations have focused only on open and youth competition.

"They've been slow to realize that thousands of older people now have the time and the motivation to continue their participation in sports."

Elder said the games will be funded without the benefit of television revenue.

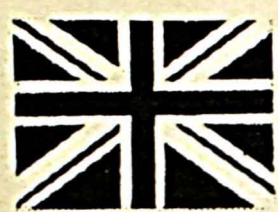
"Sponsors realize there is no TV market for masters sports," Elder

Continued on page 19



First-place M70-74 team from the U.S. at the WAVA World Veterans 10K Championships, Scarborough, Canada, July 30-31 (l to r): Lou Lodovico, Pennsylvania, Ed Buckley, New York, and John Burton, Minnesota.

Photo by David White



Report from Britain

from MARTIN DUFF & BRIDGET CUSHEN

Dave Hill, the Carlsbad 5K masters winner in the U.S. earlier this year, has run well this fall. On Sept. 4 in the Erewash 10 Mile, which incorporated the AAA title, Hill, 44, placed 13th overall in 49:34. Mike Hager was also under 50 minutes, in his case for the first time, with a 49:58. Diane Underwood, 41, was first masters woman, with a 58:49, ahead of Ann Ford (60:01).

Hill then ran an 18:20 over a 6K undulating lap in the Southern Senior Road Relays in Aldershot on Sept. 24. Most other veterans ran in the separate masters race (100 teams of 4), where Nigel Gates led his Brighton club to an easy victory. Gates' 18:12 shaved Hill's

time, but Gates is the WAVA 10K champion. Next best was 4-minute miler Glenn Grant at 19:01.

Best M50 was world 25K champion Hugh Arnold with a 20:09, as Martin Duff led Aldershot to victory with a 20:55. Laurie O'Hara was the best M60 with a 21:35, leading Belgrave to M60 team honors.

On the track, Les Presland broke Steve James' British M55 10,000 record with a 33:10.9.

M. Higginbottom, M40, 31:44, and E. Robinson, W45, 38:21, took firsts in the British Veterans Athletics Federation 10K Championships, near Blackpool, Sept. 11. □

New Zealand Athletes Win Medal Count in Oceania Championships

New Zealand men and women athletes ages 30-and-over won the medal count with a total of 479, including 215 golds, in the 7th Oceania Veterans Athletics Championships in Suva, Fiji Islands, July 1-9. The contingent from Australia tallied 303 (152 firsts). The host country finished with 86 medals.

Joe Rodan, M40, added to the Fiji total with wins in the 100, 200, 400, high jump, high hurdles, and intermediate hurdles, all with the best marks of the meet. He also ran on the winning Fiji 4x100 relay team.

Margaret Orman, New Zealand, who ran a world's best 7:43.99 in 1993

in the W50 steeplechase, won it here with an 8:12.1. Christine Schultz, W40, Australia, had the best distances of all women competitors in the shot put (13.09) and discus (42.02).

Gordon Inglis, M50, New Zealand, was the best racewalker with meet-best times in the three walks.

The schedule included a cross-country race and half-marathon.

The 8th Oceania Veterans Championships will be held in Tahiti on July 20-27, 1996. For more information, contact Tahiti Olympic Sports Committee, BP 650, Papeete, Tahiti. FAX (689) 421679. □

Beccalli To Visit South Africa

Cesare Beccalli, President of the World Association of Veteran Athletes (WAVA) will visit South Africa on November 6-13 to meet with the organizers of the 1997 WAVA World Veterans Championships.

At the WAVA General Assembly in Miyazaki, Japan, last year, the delegates awarded the Championships to Durban, South Africa, after a heated contest among Durban; Malmo, Sweden; Kuala Lumpur, Malaysia; and Concepcion, Chile.

Earlier this year, Bill Taylor, WAVA's Stadia Vice-President, attended the WAVA Africa Regional Championships, which were held in Durban. Taylor reported that work was needed to bring the secondary track up to par.

Beccalli will discuss the venues, the facilities, and the funding with representatives of the South African Masters Association, and will report his findings in the December issue of NMN. □

Some readers provide additional support to the National Masters News by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



USA Decathletes competed in Great Britain. From left: Ham Morningstar, Tom Thorne, Bill Angus, Rex Harvey, Denver Smith, Fred Hirsimaki. Photo by Eileen Smith

USA Tops Great Britain in Team Decathlon

by REX HARVEY,

USATF Multi-Event Coordinator

A six-member team of decathletes from the USA, with five wives in active support, came out on top of their designated opponents from the United Kingdom, 31,916 to 30,064, in Sheffield, England, Sept. 24-25.

As we predicted, the sights seen and the friends made/renewed were the most lasting and successful aspects of the trip. Our British hosts were more than gracious, opening their homes and sacrificing time, money, and sleep to make our visit as pleasant as possible.

The occasion for the challenge competition was the annual British Veterans Athletics Federation National Decathlon/Heptathlon Championships that have been held in Sheffield for many years.

There were 46 UK competitors and six from the USA. The format of the competition was for the age-factored scores of the top five from each team to be added together with the highest total winning. The USA team consisted of whomever could independently make the trip. The British team consisted of six men, each chosen (before the competition started) from an age group to match the USA personnel.

The meet was held at the Don Valley

Stadium that was built for the 1991 World University Games. It is an outstanding modernistic facility and the site of important international-level meets, including Grand Prix events. Nearby is the former Sheffield T&F facility, also world class, making an overall T&F facility second to none in the world. Near the track is Meadowhall, a new shopping center, said to be the largest in Europe. The local organizers are considering bidding for a future WAVA World Championships in the near future.

English fall sweater-weather prevailed, with one day partly sunny and one day dark and damp.

John Charlton, WAVA M45 Decathlon champion, organized the UK team, but pulled a calf muscle in the high jump and had to withdraw from the competition itself. However, he hobbled around to drive us many places in the trusty "minibus" we all got to know so well.

While they never forced us to drink warm beer as we feared, I did see considerable food, cold beer, wine, and champagne disappear at the various social functions we attended.

We are no longer terrified of driving on the "wrong" side of the road; we learned many English terms, like boot, lorry and bonnet; and found that Yorkshire pudding is not really pudding at all.

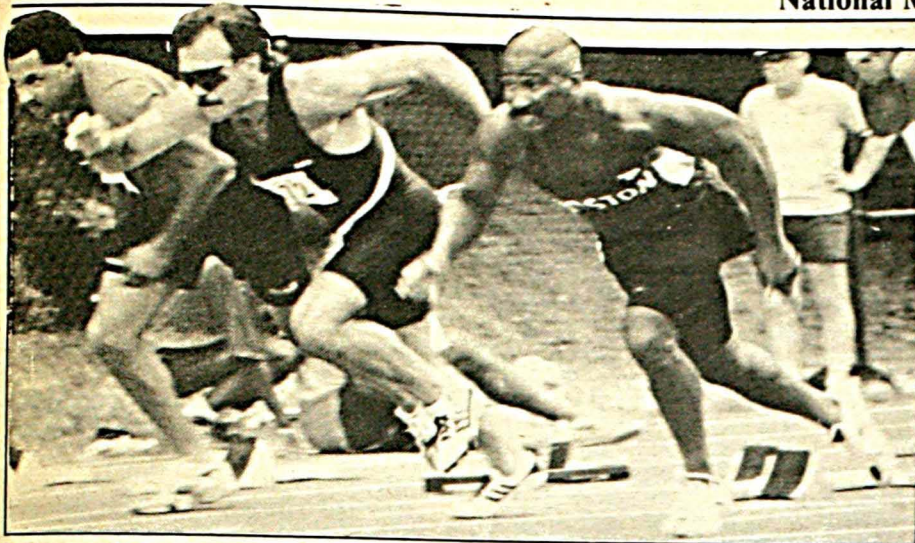
Various Americans saw many sights on their own, but, as a group, we visited Chatsworth, the country estate of the Duke of Devonshire, on a beautiful sunlit fall afternoon. Another day we visited York, a historic city with Anglo-Saxon, Viking, Roman, and Norman background with the walls, castles, cathedrals, houses and public buildings to prove it.

We were struck with the sheer age of some of the British architecture we saw. Some took the three-hour train ride into London; some took an evening stroll in Nottingham Forest and spent another day hiking in the South Yorkshire Dales among the peaceful hills, rivers, sheep, and cows.

It was a great experience. We thank our friends from the UK and hope we can reciprocate the hospitality sometime soon. □



Bill Taylor, BVA President, presents the Most Outstanding Decathlete trophy in Sheffield to Mike Corden, 46, a 1976 UK Olympian.



Start of the M40 100, won by Pershing Reid (r) in 11.5, Boston Masters Meet, July 9. Mike McCamrack (c) ran a 11.7, James Sherwood 11.9.
Photo by Steve Schmitt

Miller and Martin Triumph at Cow Harbor

by MAURY DEAN

Jerry Miller (42, 35:12) and Kathy Martin (42, 40:57) won masters gold in the hot, hilly haze of Long Island's Cow Harbor 10K/RRCA National Championships in Northport, on Sept. 17.

Local masters flourished. Like Danny Badalament, second 50-59 at Falmouth in 1993, who took second 50-54 here today behind Gary Muhrcke, 1970 overall winner of the first NYC Marathon. At the gala victory jamboree at Jerry Wood's after the race, another runner said to the silver-haired senior speedster: "You winning runners believe in taking some time off from your training to rest, don't you?" Danny, unfazed, smiled and answered point-blank: "Of course. I think I'll take the rest of the afternoon off."

No PR day, this. A 4H Hang-Up: Heat, Humidity, Hills, and "the Hawk" (SW frisky 10-15 mph hot breeze). The 80% humidity, at the dawn of a summer day which would nudge 90 later, made many runners want to punt their efforts at the bottom of the fab Scudder St. Hill at mile 1¼. The haze hugged the long blue shoreline, and the steam sizzled.

Among the greatest races within the race was the struggle between Marion Stanjones (56, 45:39) and Wen-Shi Yu (59, 46:37). Another good one was the

showdown between Dennis Nee (44, 35:59), and Ecuadoran-Big Apple 45-49 NYRR Runner of the Year Nominee Luis Guichichulca (46, 35:48). By far the closest contest emerged from M65 striders Mike Reidy (66, 45:23) and Colin Harris (66, 45:27). This writer, M50, took fifth master overall (36:23).

Even on a good day, the haunting hills loom. After the downhill Scudder St. surprise, grim reality intrudes on the horrific James St. hill, which struts to the sky (175 ft., fast). Then you hit the long roller-coaster coast and you run the plateau of shady suburban streets, smiley-kid water stops, and swamp-maple umbrellas for the hazy heat. Between miles 4 and 5¼, we all wobble up Waterside. Ineptly named, it actually flees Long Island Sound, hitting the heights of Middle Island in a long gradual uphill swoop to the sizzling sun.

Groaning, you jog and jiggle up, up, and away to the peak plateau and discover that WHEW — level running is Not So Bad! Suddenly, whoopee, you're zooming uproariously fast down the last hill, eating up the trolley-track concrete on the wild thundering gung-ho road to the faraway finish line with Gunther's Pub next door (where On the Road beat-generation guru Jack Kerouac reeled toward the end of his road).

Year after year, the Cow Harbor 10K draws around 3500 runners. A few of them, like Lynn Jennings, are world-class invitees. Many local elite runners, too, in all age divisions, enjoy the humble pride of a low number lavished by the Northport RC. The post-race parties last all day and into the night.

At best, however, this course could be euphemistically labeled as "scenic." Long Island Sound sparkles and cascades over the long blue horizon to the north; spinning mirages of hot summer haze dance like whirling dervishes over the tower-crested mansions of long-gone whaling captains.

Cow Harbor enchants you. You get addicted to this fabulous September sea-cove jamboree stampede among the high green trees above the swirling sea. Whether you are #1 or #3595, you have won the race. □

Portland Wins Bid for World Masters Games

Continued from page 17

pointed out. "No one wants to sit home watching a 45-year-old run the 100 in 15 seconds. But corporations are interested in 'life-style sponsorship,'

Eamonn Coghlan Has Truly Retired

by MARILYN J. MITCHELL

Eamonn Coghlan, spotted at a New York Road Runners cocktail party, confessed that he has truly retired from racing, although he is still running and training for fitness and fun. As he so aptly put it, "I want to be able to get in a good 10-mile run with the boys," referring to the lads in the Dublin Running Club which he founded. He plans on bringing a tour to the 1994 New York City Marathon in November to raise funds for a children's hospital in Dublin.

Coghlan's leg injury seems to have healed. However, he's not sure of this as the injury generally appears when he is sprinting, and he is not currently sprinting and has no plans to do so in the near future — if at all. If all goes according to plan, he should be up to 50 miles per week of training by the second week of October. Attempts to get him to run in Buffalo at the next WAVA meet were unsuccessful. □

and are willing to invest to attract the people to their product who actually participate in the masters events."

The bid was awarded to Portland by the World Masters Games Board, a small group representing the GAISF, an international sports organization which meets annually to provide rules interpretations, coordinate scheduling and discuss the philosophical aspects of all non-Olympic sports. GAISF is to non-Olympic sports what the IOC (International Olympic Committee) is to the Olympics. Among the board members are Tunku Imran, a Malaysian prince, Sarah Springman, Vice-President of the International Triathlon Association, Dennis Oswald, Secretary of the World Rowing Federation, and representatives of the Denmark Games. Portland will pay a rights fee to the World Masters Games Board — headquartered in Denmark.

The event will likely be held on August 3-15, 1998. All the sports, from archery to tennis, will be held at venues in the Portland area. The track and field competition will probably be held at Mt. Hood Community College in Gresham, site of the 1974, 1976, and 1979 USA National Masters T&F Championships.

"We hope to draw a maximum of 25,000 participants," Elder said, "including 50 percent from overseas." □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

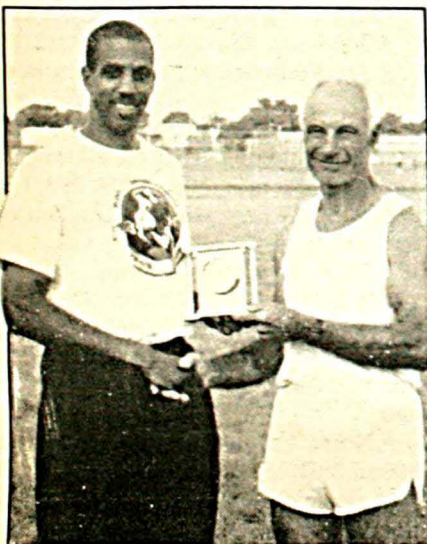
MEN

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

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

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



Randy Williams, director of the 1995 USATF National Masters T&F Championships, E. Lansing, Mich., presents Chuck Sochor, M65, with the Outstanding Athlete Award, Flint International Meet, July 16.
Photo by Cris

Masters Scene

NATIONAL

• Olympic distance runner Fred Wilt, who served as USATF's coaches' education coordinator, died Sept. 5 at his home in Anderson, IN. Praised as a "renaissance man of sports" by Thomas McLean, USATF's director of administration, Wilt, winner of the James E. Sullivan Memorial Award as the nation's outstanding athlete in 1950, was a pioneer in the technical aspects of running with the publication in the 1950s of books still used by coaches. Wilt, at the peak of his career in the early '50s, had joined the FBI and, at great personal sacrifice, juggled training and his work with the Bureau. He was women's track coach at Purdue from 1978 to 1989. He is survived by his wife, Eleanor, and three daughters.

• The Boston AA announced that the 1995 Boston Marathon, April 17, will feature a \$500,000 prize purse, the largest guaranteed purse in road racing. The amount, bankrolled by principal sponsor John Hancock Financial Services for the tenth year, does not include additional bonuses for course and world records. Overall champions will collect \$75,000 each. Masters money totals \$40,000, going five deep for both men and women, starting at \$10,000. Entrants must run qualifying times in a USATF certified marathon (or foreign equivalent) between Jan. 1, 1994 and March 13, 1995. Qualifying times were published in the NMN October 1994 issue.

• Richard Smith, M40, and Fred Shanaman, M60, were omitted from the 1994 Indoor Shot Put Rankings in the October issue. Smith should have been 13th of 30 listed throwers with a 35-2½. Shanaman was 9th of 21 with a 35-7½.

EAST

• Diane Gordon, 41, Central Islip, NY, was first female overall with an 18:59, Maccabiah 5K, Plainview, NY, Sept. 11. Alan Oman, 44, Babylon, NY, nabbed masters honors with a third-place 16:44 of 400 runners. This year, the host Plainview-Old Bethpage RRC capped their age groups with 75+ divisions, won by Willie Rios, 77, in 27:55, and Erna Franks, 77, in 45:09.

• Ronald Newbury (44, 16:40), Auburn, ME, and Gretchen Read (51, 19:40), Portland, ME, flew to 40+ victories in the Kittery Trading Post 5K, Kittery, ME, Sept. 11. Proceeds from the 424-entrant race went to Traip Academy athletic programs.

• Top masters honors in the Phelps Sauerkraut 20K, Phelps, NY, Aug. 6, went to George Kneer, 52, Summer Hill, NY, who

recorded a seventh-place 71:53 for an age-graded, national-class performance of 88.1%. Coreen Steinbach, 43, Pompey, NY, was first W40+ in 1:32:46. Gloria Brown, 62, Grand Island, NY, with a 1:37:11, and Loretta Shehan, Buffalo, NY, 71, with a 1:56:50, set U.S. single-age records. The race, in its 28th year and directed by George Tillson, gave awards to the first three or top 10% in each age group, whichever was greater. Nine awards went to the M40-44s, the largest division in the 500-runner race.

• Wendy Silverstein, 40, was first W40+ in the NYRRC Staten Island Half-Marathon, Sept. 18, with a 1:32:05. In the W60 race, Bertha Bellinghausen, 61, recorded a 1:40:28, followed by Lisa Praskins in 1:43:29. The M40 was won by Sean Doyle, 40, with a 1:15:10.

• Theodore Truet, 42, was first M40+ in the NYRRC Roosevelt Island 10K with a 37:08, and Mimi Willard, 40, took first place in the W40+ with 43:25, Sept. 25.

• The Hartford TC was top M40+ team in the 9th Spiegel Associates Ocean To Sound 50 Mile Relay with a fifth place, of 118 teams, in 4:56:33, Long Island, NY, Sept. 25. The Taconic RRC was second in 5:04:45. The Warren St. Social & Athletic Club of NYC took top W40+ honors and \$1000 in 5:48:32. The relay, scheduled for 1995 on Sept. 10, was sponsored by the L.I. real estate management firm of Spiegel Associates and conducted under the auspices of the Plainview-Old Bethpage RRC.

• Victor Cruz (54, 28:49) and Madeline Bost (55, 34:35) were the top age-graded masters in the NJ-USATF Masters 5-Mile Championships, Cranford, NJ, Sept. 5. Cruz's AG time was 25:00; Bost's was 28:55. Kelly Jensen (40, 26:03, 25:10) was runner-up to Cruz; Betty ConMcCulloch (45, 32:14, 29:34) was second to Bost.

• Ralph Romain, 62, blazed to a phenomenal time of 54.8 in the 400 at the Potomac Valley Games, Alexandria, VA, Sept. 4 — a mind-boggling age-graded performance of 99.4%.

MIDWEST

• The 15th Annual Columbus Marathon takes place in Columbus, Ohio, November 13, with \$77,000 in prize money overall, from sponsors Saucony, Pepsi, Borden, Cellular One, America West Airlines, Hyatt Regency, Marathon Oil, and others. Cash prizes will be awarded to the top masters on an age-graded basis, using the WAVA tables.

• Late flash. Doug Kurtis was 1st 40+ in 2:27:11 in the Detroit Free Press Marathon, Oct. 16. Karen Blackford (2:55:10) led the female masters. Results next month.



Gail Ford, 41, first female overall (32:44), Purina Hi-Pro 5 Mile, St. Louis, Mo., Sept. 10.

Photo by Hank Kiesel

MID AMERICA

• Not only did Diane Palmason, 55, of Englewood, CO, set a new W55 800 WR of 2:33.40 at the Nationals in Eugene (since lowered to 2:31.0 by Holland's Gerda Van Kooten), she also has been coaching for four years Kate Kinney, who won the W30 1500 (4:36) and took second in the 800 (2:17) in Eugene.

• Dick Wilson, 62, Lawrence, KS, won the Masters Division of the Air Capital Half Marathon in Wichita, KS on Sept. 18 with an age-graded time of 1:05:56. His actual time of 1:23:45 was a new state record by more than 6 minutes for the 60-64 age division.

WEST

• Organizers of the Los Angeles Marathon recently admitted to illegally laundering political campaign donations to city officials, according to the Los Angeles Times. Director Bill Burke and one of his top assistants, George Beasley, admitted that the marathon illegally concealed that it was the source of \$73,000 in campaign donations to City Council members and others. The illegal donations came about the time that the council was extending the marathon's contract through the year 2000, the Times reported. The revelation produced little flap, however. Many L.A. officials said they consider the annual race a big success, and don't want to tamper with its operation. "Burke runs a first-class operation," said City Councilman Zev Yaroslavsky. But City Controller Rick Tuttle said he will review the contract.

• Single-age WRs went to Stew Thomson, 61, 56-lb. weight (27-7), and James York, 81, 5kg hammer (64-10), at the KELfield 1st anniversary Throws Meet, Santa Cruz, CA, Sept. 17. Joe Keshmiri, 56, broke the U.S. single-age discus best (175-4).

• The Sky Jumpers All-Comers Vaulting Competitions will be held Nov. 13, Dec. 17, Jan. 14, and Feb. 4, starting at 1 p.m., at the SJ Vertical Sports Club, 6505 Santa Cruz, Atascadero, CA 93422. Jan Johnson, 805/466-8119.

• Payton Jordan, 77, multi-world age-group sprint record-holder, will be the guest speaker at the annual banquet of the Southern California Striders, November 6, in Los Angeles. Everyone is invited. For info, call Strider President Jon Lomax at 213-666-0379.

• Masters Sports Newsletter and the U.S. Rowing Association will sponsor a seminar for athletes on Sat. Dec. 3 at the Los Angeles Air-

port Hilton Hotel from 10 a.m. to 1 p.m. Admission is \$25 per person. Speakers will be sports medicine professionals, trainers, coaches and physical therapists who have worked with national teams and professional athletes. Topics to be covered include: cardiac care, ergogenic aids and sports nutrition; cross-training; strength and power training; sports psychology. For info, call 212-535-7550 or fax 212-535-7551.

• Shot put results for M70 Ed Chynoweth in the USATF Pacific Association Championships, Union City, CA, July 23, should have read 40-5 (12.32) and not 42-5 as reported (NMN Sept., p. 38).

NORTHWEST

• Leonard Hill, 42, Klamath Falls, OR, turned in an M40+ first with an age-graded 86.8% 32:33, 15th Prefontaine Memorial 10K, Coos Bay, OR, Sept. 7. Bill McChesney, 66, Eugene, OR, captured the M65 race in 42:21. Kate Sharples, 44, North Bend, OR, was the W40+ winner in 46:43.

• Mark Billett, 41, Seattle, and Robbe Brook, 47, Seattle, logged 40+ wins, Northwest Masters 8K, Seward Park, Seattle, Sept. 25. Billett outran Phil Welch, 45, Seattle, by two seconds to win in 27:05. Brook won in 38:35. Oldest finisher, Fred Sandoy, 76, Renton, WA, clocked a 41:12 in the low-key annual event, sponsored by the Snohomish TC.

• Manuel White, 78, Helena, MT, scored 4738 WAVA points in a weight pentathlon in Helena, Oct. 1. Bob Sager, 46, Bozeman, MT, finished with 3268.

INTERNATIONAL

• A new event, dubbed the "International Senior Games," a multi-sport event for athletes age 50+ is planned for April 13-27, 1996. Registration fee will be US\$195 to participate in one sport. For info, call 1-800-223-6106, or write ISG, 460 Summer St., Stamford, CT 06901 USA.

• France's Nicole Leveque, 43, ran a phenomenal 32:12.07 10,000 on the track (Helsinki, Aug. 10) — an age-graded 99.4%. Priscilla Welch had run a road 10K in 32:14.

Record Set at Berkeley

Continued from page 1

and 200 (22.72). Peter Grimes, 35, awed everyone with a 51.1 400-hurdles, and set a pending new U.S. M35 record of 14.41 in the 110-hurdles.

Ross Carter, 80, threw the 4kg shot 11.85 meters, bettering his own listed M80 WR of 11.81. Carter's 36.16 discus throw demolished the U.S. M80 best of 31.20, set by Leon Joslin in 1992.

Other top performances included:

• Joe King, 68, ran 3000 in 11:21.8.
• Joe Keshmiri, 57, threw the discus 51.62.

• Joy Upshaw-Margerum, 33, who won five gold medals at the Nationals, won five here also (100, 100H, 200, LJ, 300H) as the best women's competitor in the meet.

• Vicki Bigelow, 59, ran 3000 in 12:09.

• David Romain won the M50 400 in 59.83, his first race after a serious automobile accident about five years ago.

• Norm Cornwell, 45, ran a strong 800 in 2:02.2.

We thank the people who came from Southern California and other states to make this competition so interesting. We thank the club members and U.S. student athletes who helped, and we thank director Mark Grubi for his unselfish devotion to the sport. □

<p>TH-02</p>	<p>TH-07</p>	<p>SP-03</p>	<p>TH-04</p>
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Schedule

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

TRACK & FIELD NATIONAL

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

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

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

EAST

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

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

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

December 4. Philadelphia Masters Polar Bear Pentathlon, Swarthmore College. Outdoor Track/30 minute rest periods. 3000/400/800/200/1500. Tim Dickens, 4E. Germantown Pike, Plymouth Mtg., PA 19462. 610/828-5528.

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

January 15. 11th annual Brown University Masters Indoor Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve).

February 12. New Jersey Sub-Masters & Masters Indoor Championships. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201/261-7756.

February 18. Tri-State TC Indoor Classic. 1 p.m. Hagerstown JC. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301/733-6076.

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

June 24. USATF East Regional Masters Championships, Harrisburg, Pa.

SOUTHEAST

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

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

January 6-8. University of North Carolina Masters & Seniors Winter Training Clinic, Chapel Hill. \$145 includes room & board at Holiday Inn, plus instruction, hat, and T-shirt. UNC T&F, PO Box 2126, Chapel Hill, NC 27515.

MID-AMERICA

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

February 5. U.S. Masters-Senior Olympic EM "R" Winter Indoor Meet. SASE to Rachel Lyga, 122 63 1/2 Way NE, Minneapolis, MN 55432. 612/574-9661.

WEST

Arizona, California, Hawaii, Nevada

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

November 19. KELfield Throws Meet #33. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 10-19. California Senior Olympics VIII, Palm Springs. 55+. Mizell Senior Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 25-28. California Senior Winter Games. 55+. Harry Lund, PO Box 96, Running Springs, CA 92382. 909/867-2411.

June 24. USATF West Regional Masters Championships, Los Gatos, Calif. Rick Mylam, 408/241-6578.

NORTHWEST

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

February 4. Eugene Indoor Meet. Allen Tarpenning, 2813 Firwood Way, Eugene, OR 97401. 503/343-7355.

INTERNATIONAL

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

LONG DISTANCE RUNNING NATIONAL

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

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

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

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

February 4. USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

EAST

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

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

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

November 19. Syosset Sprint 4 Mile, Syosset, N.Y. 516/433-0919.

November 20. Philadelphia Marathon/8K. 215/685-0054.

November 27. NYRRC Pete McCordle Memorial 15K Cross-Country, Bronx, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

December 4. Brian's Run 10K. Brian's Run, PO Box 2440, West Chester, PA 19383. 215/251-5401.

December 18. NYRRC Holiday Four Miler/25K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

April 17. B.A.A. Boston Marathon. Qualifying Times. SASE to Boston Athletic Association, PO Box 1996, Hopkinton, MA 01748. 617/236-1652.

SOUTHEAST

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

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

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

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

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

December 4. Lady Track Shack 5K, Orlando, Fla. 407/896-1160.

December 4. Memphis Marathon. MM, PO Box 84, Memphis, TN 38101. Masters money. 800/489-4040, x4726.

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

December 10. Citrus Sports Half-Marathon. Val Gutierrez, 1 Citrus Bowl Pl., Orlando, FL 32805. 407/423-2476.

December 10. Patriot Games, Francis Marion U., Florence, S.C. USATF South Carolina State Championship for 8K Run, 1 Hr Racewalk, and Weight Pentathlon. John Snaden, 926 Sherwood Dr., Florence, SC 29501. 803/665-4396.

December 17. Jacksonville Marathon/Half-Marathon/5K. Marathon, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

MIDWEST

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

November 12. Cincinnati Cross-Country Challenge. W40 + 5K, 11 am/M40 + 12:30 pm. AIA, 230 Northland Blvd., #309, Cincinnati, OH 45246. Scott Brooker, 513/771-4292.

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

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

ON TAP FOR NOVEMBER TRACK AND FIELD

Other than a few Senior Games (55+) and limited-event meets, not much is happening. Since activity is limited, why not participate on another level by attending the USATF 16th Annual National Convention in St. Louis, Mo., starting on the 29th? See National T&F Schedule for details.

LONG DISTANCE RUNNING

Three USATF National Masters Championships on the menu — the 5K Cross-Country, Columbus, Ohio, on the 6th; the 15K, Schenectady, N.Y., on the 13th; and the 8K Cross-Country, Boston, on the 19th. The NYC Marathon on the 6th dominates a long list of notable 26.2 mile races, including the Columbus Marathon, Ohio, on the 13th, and the Seattle Marathon on the 26th.

RACEWALKING

Central Park, NYC, is the site of two 5K events on the 20th and 27th. Many t&f meets and road races include a walk. The One-Hour Postal Racewalk is still on through Dec. 31. □

MID-AMERICA

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

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

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

November 20. Holiday Classic 10K, Gretna, La. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

November 26. Mississippi Beach Rotary Run, Gulfport, Miss. 21-31st St., Gulfport, MS 39507. 1-800-237-9493.

December 4. Dallas White Rock Marathon. Dallas Marathon, PO Box 743335, Dallas, TX 75374-3335. 214/526-5318.

December 18. Larry Fuselier 10K/25K. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

WEST

Arizona, California, Hawaii, Nevada

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

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

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

November 27. Run To The Far Side 10K/5K. RhodyCo Productions, 3929 California St., San Francisco, CA 94118. 415/387-2178.

Continued on page 22

Continued from page 21

December 4. Western Hemisphere Marathon. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 310/202-5689.

December 4. California International Marathon. CIM, PO Box 161149. Sacramento, CA 95816. 916/983-4622; 447-2786.

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

December 17. Las Vegas Half-Marathon/Relay. SASE to Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269.

January 29. 17th annual Redondo Beach Super Bowl 10K Run/5K Fun Walk, Redondo Beach, Calif. 310/376-6913 or 310/789-2478.

February 4. 29th Las Vegas International Marathon. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

NORTHWEST

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

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

November 26. Seattle Marathon/Half-Marathon. Rick Johnston, PO Box 31849, Seattle, WA 98103-1849. 206/821-6474.

CANADA

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

November 26. Canadian Masters Cross-Country Championships, Etobicoke, Ontario. 8K. M35+, W30+. 11:15 a.m. Dave McKendrick, PO Box 280, Tottenham, Ontario LOG 1W0. 905/936-4584.

INTERNATIONAL

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

January 15. Vietnam Marathon, Hanoi. Sports Asia Ltd., 14 Trinh Hoai Duc, Hanoi, Vietnam. (84-4) 231763.

February 5. Valencia Marathon, Valencia, Spain. First-ever age-handicap marathon. Deadline Jan. 23. S.D. Correcaminos. Pintor Peiro, 10-7^a - 46010 Valencia, Spain. Phone: 96/369 20 71. Toni Lastra, race director.

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.

November 20 & 27. Holiday Gran-Prix 5K, Central Park, NYC. Stella Cashman, Park Racewalkers, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.



Monsoon Track Team M30-39 4x100 relay champions (47.4), USATF West Regional Championships, UC-Irvine, from left: Kevin Morning, Leroy Clippis, George Weston, and Vander Dale.

Track & Field Report

Continued from page 14

define your age group for the year. This is the same approach as youth and juniors, except the mirror image.

Another controversial submission would continue to allow foreigners in the championship meets, but would not allow them to displace USATF athletes from advancement to subsequent rounds when qualifications or preliminary rounds are used.

This convention should also complete the process of defining all the

throwing implement specifications in rules 200-203 (weight and superweight, hammer, shot, and discus). These will largely comply with the recently added WAVA specifications, except for where they are in error (e.g., 400g javelin). Note that these definitions are in the general rules. A 1 kg discus or 600g javelin should not differ depending on who is throwing it.

The event in the indoor championships could be either 1500m or one mile. Note that under rule 6 this would be specified on the entry form, which is approved by the Masters Track and Field Committee. Thus it would have final say on which event is held.

The rule for filling an empty lane in a lane event requiring preliminary rounds would be modified to fill the vacancy with the fastest non-qualifier. This would be an option of the meet, not a requirement, and would provide a much simpler procedure than the unworkable one I wrote last time.

The order of events in the weight pentathlon would reverse the order of shot put and hammer throw to comply with the WAVA order. A submission to the open rules (which would thus apply to masters) would change the number of throws in each event in the weight pentathlon from three to four.

The height of the barriers in the 2000m steeplechase would be 30 inches. (This is what will probably be accepted for the women's open steeplechase, so the 30 inch barriers should be available.)

Competitors could skip events in combined events, and remain in the competition. Current rule 160.9 treats this as abandoning the event.

Competitors passing three heights or otherwise idle for 45 minutes, would be allowed warmups without the bar in place.

Age groups may be combined, but with restrictions to limit the number of competitors on the track or competing simultaneously in a field event. In the

longer events, procedure for forming timed sections is provided.

The weights of the superweight would be modified by age group.

The mass of the weight by age group is modified in the table to comply with WAVA rules.

The number of false starts allowed in a combined event would be reduced from two to one.

Long distance running has only one submission. In masters LDR road championships, team championships would be optional. In cross-country championships they would continue to be required.

Other rules submissions clarify current rules, or are, in my opinion, non-controversial.

Do you have an opinion?

We have made every effort to consider all the submissions, and have tried to include them in the best form we could.

Your opinion is vital to having the rules do their job in ensuring a fair competition for all. Your voice is most effective if you do the following: (1) Own a rule book; (2) Get a copy of the proposed amendments from your Association Secretary, when available; (3) Refer as specifically as possible to rules and proposals; (4) Communicate to the Masters Chairman or the Rules Coordinator; (5) Express yourself in *National Masters News*; (6) Either attend the convention or talk with your Association delegates; (7) Remember that any submission may be amended at the convention; sometimes the result differs greatly from the submission; (8) Note that the process I described above (editing the submission for the book of proposals, cleanup by the working group, debate in both the Masters Committee and other standing sports committees, a final pass through the Rules Committee, and acceptance at the final session) ensures opportunity for full airing of the issues.

Thank you to all those who submitted amendment proposals. I'll report after the convention. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV 1994

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LAMBERTO CICONI (ITA)	11-7-4	90-94
JOHN ALBERT DAVIS (US)	11-1-44	50-54
LEW FAXON (HAMPTON, VA)	11-4-39	55-59
JOHN FRASER (AUS)	11-25-14	80-84
EDWIN FRY (INDIANA, PA)	11-18-39	55-59
GIOVANNI DI GUARDO (ITA)	11-24-14	80-84
JOHN HARTFIELD (HOUSTON, TX)	11-1-44	50-54
JAMES HOLLISTER (TURLOCK, CA)	11-18-44	50-54
RUDY HOUG (US)	11-26-34	60-64
KARLO JUSSILA (FIN)	11-24-9	85-89
BILL KNOCKE (HUNTINGTON BEACH, CA)	11-20-39	55-59
RUDOLF LEINEN (WG)	11-7-9	85-89
RAIMO LEINO (FIN)	11-14-34	60-64
ILMARI LIITIA (FIN)	11-13-19	75-79
FREEMAN MARR (MEMPHIS, TN)	11-15-24	70-74
JIM MATHIS (MEMPHIS, TN)	11-30-34	60-64
ALAN MAXWELL (EUGENE, OR)	11-23-29	65-69
FRANK MCCAFFREY (AUS)	11-4-19	75-79
ROLF MERTEN (WG)	11-23-34	60-64
LOTHAR MILDE (EG)	11-8-34	60-64
LES MILLS (NZ)	11-1-34	60-64
WILHELM OLIVIER (RSA)	11-13-34	60-64
ARMANDO RICCIARDI (RENO, NV)	11-18-19	75-79
ROBERT SATTLER (WG)	11-23-9	85-89
GEORGE SHAFTO (GB)	11-21-34	60-64
MIKE DE STEFANO (US)	11-20-39	55-59
CLARENCE TRAHAN (HEMET, CA)	11-29-14	80-84
JAMES VANTATENHOVE (LA HABRA, CA)	11-12-29	65-69
LOUIS VELEZ (PUR)	11-3-29	65-69
TOM WESSELOWSKI (WICHITA, KS)	11-17-34	60-64
JOHN WHITTEMORE (SANTA BARBARA, CA)	11-20-39	55-59
MIYOKO AKUBU (MONTEREY, CA)	11-13-29	65-69
BETH BARRIE (RUNNEMEDE, NY)	11-11-54	40-44
TERRI BUSBY (LAS VEGAS, NV)	11-18-54	40-44
JEANNE CARTER (SANTA ANA, CA)	11-23-39	55-59
MAE CLEVELAND (TALLAHASSEE, FL)	11-20-39	55-59
JUDY GROOMBRIDGE (SEATTLE, WA)	11-6-39	55-59
ELIZABETH HAMILTON (CORONADO, CA)	11-28-24	70-74
BARBARA HUMMEL (CANTON, OH)	11-24-24	70-74
MARJORIE LAWSON (SACRAMENTO)	11-6-24	70-74
MARGARET LEE (HONOLULU, HI)	11-22-19	75-79
HIDEKO PIRIE (FAIRFAX, VA)	11-22-44	50-54
SALLY POLK (SANDIA PARK, NM)	11-22-29	65-69
LINDA SIPPRELLE (BETHLEHEM, PA)	11-3-34	60-64
JOSEPHINE SULLIVAN (GREER, SC)	11-2-24	70-74
JANET SWEET (US)	11-7-29	65-69
CONSTANCE WILSON (PORTLAND, OR)	11-2-34	60-64
WEN SHI YU (KEW GARDENS, NY)	11-17-34	60-64
TAMARA BOBISHNEVA (URS)	11-22-39	55-59
MAVIS HUTCHISON (RSA)	11-25-24	70-74
EILEEN MANDER (GB)	11-21-44	50-54
JAN MORRAY (AUS)	11-16-39	55-59
MARIA DE ORLANDO (ITA)	11-2-34	60-64
GERALDINE OTTO (WG)	11-6-49	45-49
RHONDA PHILPOTT (AUS)	11-14-44	50-54
G. RICKARD (GB)	11-13-44	50-54
SIGRUN SCHUMACHER (WG)	11-28-44	50-54
INGA STENBRINK (SWE)	11-5-39	55-59
CHARLOTTE TESKE (WG)	11-23-49	45-49
PRISCILLA WELCH (GB)	11-22-44	50-54
SYLVIA WHITE (AUS)	11-5-29	65-69
ROBYN WINTER (NZL)	11-17-49	45-49
MIECZYSLAW PISZ (NH)	11-4-19	75-79

USA Track & Field LDR Records and Bests (as of Sept. 30, 1994)

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 or "best"

U = Unavailable, cannot be ratified

P = Pending - application or more information needed

D = Proof of birthdate needed

a/c = All-comer's Record (non-U.S. citizen in U.S. race)

a = Performance possibly aided by wind and/or slope, can be "best" but not eligible for record

MASTERS MEN

DIST	TIME	GRPREC	NAME	AGE	HSTATE	RCODE	RSTATE	RDATE
All-Comer's Records (non-U.S. citizens)								
8 km	23:13	R	NICK ROSE (GBR)			VIRGINIA BEACH	VA	032192
10 km	28:56	P	MARTIN MONDRAGON (MEX)			MOBILE	AL	032694
10 km	29:00	R	PIERRE LEVISSE (FRA)			MOBILE	AL	032892
10 km	29:00	R	JOHN CAMPBELL (NZL)			BOSTON	MA	040890
12 km	36:18	R	PIERRE LEVISSE (FRA)			SAN FRANCISCO	CA	051693
15 km	44:14		PIERRE LEVISSE (FRA)			PORTLAND	OR	062892
25 km	1:16:47		MARTIN MONDRAGON (MEX)			GRAND RAPIDS	MI	051494
25 km	1:16:58	R	ARTEMIO NAVARRO (MEX)			GRAND RAPIDS	MI	050992
10 mi	47:55	R	JOHN CAMPBELL (NZL)			FLINT	MI	082590
half mar	1:02:28	R	JOHN CAMPBELL (NZL)			PHILADELPHIA	PA	091690
marathon	2:14:33	R	JOHN CAMPBELL (NZL)			LOS ANGELES	CA	030391

Men 40-44

5 km	14:46	R	JIM PEARSON	40	FL	JACKSONVILLE	FL	061089
5 km	14:36		DOUG BELL	41	CO	MINNEAPOLIS	MN	100392
8 km	23:51	R	BILL RODGERS	40	MA	INDIANAPOLIS	IN	092488
10 km	29:57	R	BARRY BROWN	40	NY	ASBURY PARK	NJ	081884
10 km	29:48	U	BILL RODGERS	40	MA	DAVENPORT	IA	100188
10 km	29:50a	R	TRACY SMITH	42	CA	NEW ORLEANS	LA	040487
12 km	36:29a	R	GARY ROMESSER	41	IN	EVANSVILLE	IN	050992
12 km	37:19	R	LARRY ALMBERG	43	WA	SPOKANE	WA	050690
15 km	45:58	R	BILL STEWART	40	MI	TAMPA	FL	020583
20 km	1:03:07	R	BILL RODGERS	44	MA	NEW HAVEN	CT	090792
25 km	1:21:24	R	DOUG BELL	41	CO	MINNEAPOLIS	MN	091392
30 km	1:38:25	R	BRUCE MORTENSON	41	MN	MINNEAPOLIS	MN	100685
30 km	1:38:16		DOUG KURTIS	42	MI	HAMILTON	CAN	032794
50 km	3:00:00	R	JEFF WALL	40	CA	SAN FRANCISCO	CA	110682
50 km	2:59:36a	R	BRUCE MORTENSON	44	MN	DULUTH	MN	102288
100 km	6:38:21	R	BERND HEINRICH	41	VT	CHICAGO	IL	100481
10 mi	49:46	R	BARRY BROWN	40	NY	WASHINGTON	DC	033185
20 mi	1:42:08	R	BARRY BROWN	40	NY	MINNEAPOLIS	MN	093084
50 mi	5:10:13	R	BERND HEINRICH	41	VT	CHICAGO	IL	100481
100 mi	13:15:50	R	ROY PIRRUNG	40	WI	QUEENS	NY	040189
half mar	1:06:25	R	BARRY BROWN	40	NY	MANCHESTER	VT	091684
half mar	1:05:07a		PAUL CUMMINGS	40	UT	LAS VEGAS	NV	121893
half mar	1:05:06a	P	BILL RODGERS	43	MA	AUSTIN	TX	010691
marathon	2:17:02	R	KENNETH JUDSON	40	PA	HUNTSVILLE	AL	120890
marathon	2:15:15a	R	BARRY BROWN	40	NY	MINNEAPOLIS	MN	093084
12 hr	144,840 m	R	ROY PIRRUNG	40	WI	QUEENS	NY	040189
24 hr	247,876 m	R	ROY PIRRUNG	41	WI	MILTON KEYNES	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	MAGNA	UT	092488
5 km	15:11		BILL RODGERS	46	MA	FREEPORT	BAH	021994
8 km	24:41		BILL RODGERS	45	MA	VIRGINIA BEACH	VA	032093
10 km	30:50	R	BILL RODGERS	45	MA	CLEVELAND	OH	051693
10 km	30:10a	R	STEVE LESTER	45	UT	MAGNA	UT	070488
12 km	38:47	R	STEVE LESTER	45	UT	SPOKANE	WA	050188
12 km	37:28a		BILL RODGERS	45	MA	EVANSVILLE	IN	050893
15 km	47:28	U	SAL VASQUEZ	45	CA	ROSS	CA	031685
20 km	1:05:46	R	LARRY OLSEN	46	MA	NEW HAVEN	CT	090693
25 km	1:22:24	R	DAN CONWAY	47	WI	MINNEAPOLIS	MN	091486
30 km	1:39:18	R	BILL RODGERS	45	MA	HAMILTON	CAN	032893
50 km	3:44:55	R	ROY PIRRUNG	45	WI	SYLVANIA	OH	091993
100 km	7:22:31	R	ROY PIRRUNG	45	WI	SACRAMENTO	CA	021294
100 km	8:14:25	R	ROY PIRRUNG	45	WI	SYLVANIA	OH	091993
100 km	8:06:25	P D	JAMES EDMONSON	47	CA	SAN FRANCISCO	CA	042190
10 mi	51:41	U	SAL VASQUEZ	47	CA	STOCKTON	CA	011887
20 mi	1:49:10	R	JIM BOWERS	45	CA	MINNEAPOLIS	MN	093084
20 mi	1:49:10	R	DAN CONWAY	45	WI	MINNEAPOLIS	MN	093084
50 mi	5:56:01	P	DON BATES	45	MA	COVENTRY	RI	112193
50 mi	6:24:54	R	ROY PIRRUNG	45	WI	SYLVANIA	OH	091993
50 mi	5:29:44	U D	ROGER ROULLIER	47	GA	CHICAGO	IL	101385
100 mi	15:01:33	R	ROY PIRRUNG	45	WI	SYLVANIA	OH	091993
100 mi	14:58:34	U D	DON JEWELL	46	NY	QUEENS	NY	110784
half mar	1:08:05	R	BILL RODGERS	45	MA	KANSAS CITY	MO	060693
marathon	2:25:50	U	JIM BOWERS	45	CA	DYERVILLE	CA	101484
marathon	2:21:32a	R	JIM BOWERS	45	CA	DULUTH	MN	061684
marathon	2:28:46	R	JOHN BRENNAND	45	CA	EUGENE	OR	091381
12 hr	105,096 m	U D	STEPHEN DERENZO	46	CA	OAKLAND	CA	112888
24 hr	231,474 m	R	ROY PIRRUNG	45	WI	SYLVANIA	OH	091993

Men 50-54

5 km	15:38	R	SAL VASQUEZ	51	CA	DAVIS	CA	112391
8 km	25:31	R	SAL VASQUEZ	50	CA	LOS ALTOS	CA	012090
8 km	25:23	P	JIM O'NEILL	52	OH	ALLEN PARK	MI	080390
10 km	31:48	R	RAY HATTON	50	OR	PORTLAND	OR	052382
12 km	39:44		JEFF CORKILL	50	WA	SPOKANE	WA	050194
12 km	39:06a	P	SAL VASQUEZ	50	CA	SACRAMENTO	CA	042290
15 km	49:24	R	NORM GREEN	53	PA	PORTLAND	OR	063085
20 km	1:05:50	R	NORM GREEN	50	PA	WASHINGTON	DC	052983
25 km	1:24:12	R	NORM GREEN	51	PA	WASHINGTON	DC	052784
30 km	1:46:42	U	NORM GREEN	51	PA	NEW YORK	NY	121783
50 km	3:19:33	R	JOHN L. SULLIVAN	53	MA	WASHINGTON	DC	031382
100 km	7:38:43	R	JOHN L. SULLIVAN	54	MA	CHICAGO	IL	100382
10 mi	52:53	R	NORM GREEN	50	PA	WASHINGTON	DC	032783
20 mi	1:51:44	R	NORM GREEN	52	PA	MINNEAPOLIS	MN	093084
50 mi	5:35:03	R	TED CORBITT	50	NY	NEW YORK	NY	101870
100 mi	17:19:00	R	DON JEWELL	50	NY	QUEENS	NY	092488
100 mi	17:12:42		ANDY DETERS	51	MN	MINNEAPOLIS	MN	062693
100 mi	17:02:54	U D	HERB FRED	53	TX	HOUSTON	TX	021983
half mar	1:09:30	R	NORM GREEN	52	PA	PHILADELPHIA	PA	091684
marathon	2:25:46a	R	JIM O'NEILL	50	OH	LAS VEGAS	NV	020489
marathon	2:29:11	R	NORM GREEN	51	PA	LINCOLN	NE	050681
marathon	2:25:51	U	NORM GREEN	52	PA	SAN DIEGO	CA	120284
24 hr	231,745 m		JOHN METZ	50	CA	SACRAMENTO	CA	111493
24 hr	214,042 m	R	DON JEWELL	50	NY	QUEENS	NY	092488
48 hr	342,790 m		JIM DRAKE	52	CA	SACRAMENTO	CA	010293

DIST	TIME	GRPREC	NAME	AGE	HSTATE	RCODE	RSTATE	RDATE
Men 55-59								
5 km	15:55	P	JIM O'NEILL	55	OH	WYOMING	MI	080793
5 km	16:38	R	NORM GREEN	57	PA	DELAND	FL	020490
8 km	26:42	P	JIM O'NEILL	55	OH	WORTHINGTON	OH	050293
8 km	26:33a	U	RAY HATTON	55	OR	EUGENE	OR	060687
8 km	27:00	R	NORM GREEN	57	PA	NAPLES	FL	011390
10 km	32:27		JIM O'NEILL	55	OH	TOLEDO	OH	092693
10 km	33:22	R	NORM GREEN	56	PA	KENTFIELD	CA	052989
10 km	32:53a	R	NORM GREEN	57	PA	PITTSBURGH	PA	092489
12 km	44:02	P	DAVID PITKETHLY	55	WA	PORT TOWNSEND	WA	051991
12 km	45:21	R	KONRAD BALD	57	IL	ITASCA	IL	100586
15 km	50:45	R	NORM GREEN	55	PA	WASHINGTON	DC	032788
20 km	1:08:07	R	NORM GREEN	56	PA	MEDFORD	OR	040889
25 km	1:29:56	U	RAY HATTON	55	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	55	MD	DULUTH	MN	102889
50 km	3:56:15	U	CONRAD CARR	56	MN	BROOKLYN PARK	MN	110781
100 km	9:21:53		RON KOVACS	55	CA	SACRAMENTO	CA	021294
100 km	9:22:01	R	BILLY PURCELL	55	TX	DALLAS	TX	011892
10 mi	54:28	R	NORM GREEN	55	PA	WASHINGTON	DC	032788
10 mi	54:25		JIM O'NEILL	56	OH	WASHINGTON	DC	041094
20 mi	1:57:26	P	NORM GREEN	58	PA	MINNEAPOLIS	MN	101490
50 mi	5:53:08	R	ALEX RATELLE	57	MN	CHICAGO	IL	100481
100 mi	20:41:55	R	NORM ROOF	56	OH	SYLVANIA	OH	091993
half mar	1:10:23	R	NORM GREEN	55	PA	PHILADELPHIA	PA	092087
marathon	2:33:49	R	NORM GREEN	55	PA	LINCOLN	NE	050188
marathon	2:27:42a	R	NORM GREEN	55	PA	MINNEAPOLIS	MN	101187
24 hr	185,656 m	R	NORM ROOF	56	OH	SYLVANIA	OH	091993
6 day	724,204 m	P D	DONALD WINKLEY	56	TX	NEW YORK	NY	051494

Men 60-64

5 km	17:00	R	JIM O'NEIL	61	CA	CARLSBAD	CA	060186
8 km	28:07		NORM GREEN	60	PA	VIRGINIA BEACH	VA	032093
8 km	28:28a	R	ALEX RATELLE	61	MN	PLYMOUTH	MN	062486
10 km	34:27	R	JIM O'NEIL	60	CA	ALAMEDA	CA	080485
12 km	47:27	R	JOE POWERS	60	IL	ITASCA	IL	100685
12 km	44:40a	U	PATRICK DEVINE	60	CA	LOS ANGELES	CA	042389
12 km	46:38	P	GEOFFREY ETHERINGTON	61	CT	SOUTHINGTON	CT	071590
15 km	54:20	R	NORM GREEN	60	PA	TAMPA	FL	022793
20 km	1:15:15	R	NORM GREEN	60	PA	NEW HAVEN	CT	090792
25 km	1:35:27	U	JIM O'NEIL	61	CA	EUGENE	OR	090786
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	3:43:27	P	MALCOLM GILLIS	60	AL	NEW YORK	NY	092693
50 km	3:48:56	U	FRANS PAUWELS	62	OR	ROSEBURG	OR	041881
50 km	3:45:55a	R	ALEX RATELLE	64	MN	DULUTH	MN	102288
100 km	8:58:04	R	RAY PIVA	64	CA	SAN FRANCISCO	CA	042091
10 mi	57:48	R	NORM GREEN	60	PA	WASHINGTON	DC	040493
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	101490
50 mi	6:43:48		MALCOLM GILLIS	60	AL	BIRMINGHAM	AL	021494
50 mi	6:24:18	U	FRANS PAUWELS	60	OR	PORTLAND	OR	102978
50 mi	6:56:06	R	FRED NAGELSCHMIDT	62	CA	FOUNTAIN VALLEY	CA	122786
100 mi	20:46:05	R	BOB MESSERSMITH	60	CA	SYLVANIA	OH	091993
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
half mar	1:16:55		NORM GREEN	61	PA	PHILADELPHIA	PA	091993
marathon	2:42:44	R	CLIVE DAVIES	64	OR	PORTLAND	OR	102879
12 hr	101,154 m		BOB MESSERSMITH	60	CA	SYLVANIA	OH	09

Continued from previous page

DIST	TIME	GAP/REC	NAME	AGE	STATE	R CODE	R STATE	R DATE
30 km	2:13:01	R	CLIVE DAVIES	71	OR	MINNEAPOLIS	MN	101286
50 km	6:58:48	P D	GEORGE BASHEN	70	TX	SYLVANIA	OH	091894
50 km	7:37:03	R	HOWARD HENRY	72	IN	SYLVANIA	OH	091993
50 km	4:34:51	U	ED BENHAM	74	MD	WASHINGTON	DC	031382
100 km	11:27:10	P	CARLTON MENDELL	71	ME	NEW YORK	NY	022793
10 mi	1:02:41	R	WARREN UTE	70	IL	PARK FOREST	IL	090290
20 mi	2:23:54	R	CLIVE DAVIES	71	OR	MINNEAPOLIS	MN	101286
50 mi	9:57:04	R	JOHN MELVILLE	70	CA	FOUNTAIN VALLEY	CA	051990
50 mi	8:47:29	U	FAY STEELE	70	TN	PANAMA	PAN	101286
50 mi	9:21:53	P	CARLTON MENDELL	71	ME	NEW YORK	NY	022793
half mar	1:31:20	U	PAUL REESE	70	CA	CHICO	CA	030588
half mar	1:25:55	R	WARREN UTE	71	IL	ZION-LAKE BLUFF	IL	042692
marathon	3:01:14	R	WARREN UTE	70	IL	CHICAGO	IL	102890
12 hr	100,000 m	P	CARLTON MENDELL	71	ME	NEW YORK	NY	022793
24 hr	121,023 m	R	HOWARD HENRY	72	IN	SYLVANIA	OH	091993
24 hr	151,728 m	R	HOWARD HENRY	73	IN	SYLVANIA	OH	091894

Men 75-79

5 km	21:12	R	ED BENHAM	76	MD	CLEARWATER	FL	020584
8 km	34:21	R	ED BENHAM	78	MD	LIVERPOOL	NY	092985
10 km	43:24	R	ED BENHAM	75	MD	WASHINGTON	DC	062583
10 km	42:42	R	EUGENE KELLER	75	OH	PITTSBURGH	PA	092489
12 km	1:01:24	P	DUTCH BENEDETTI	75	CA	SAN GABRIEL	CA	072890
15 km	1:06:34	R	ED BENHAM	75	MD	WASHINGTON	DC	100382
20 km	1:30:10	R	ED BENHAM	75	MD	WASHINGTON	DC	052983
25 km	1:56:18	R	ED BENHAM	75	MD	RALEIGH	NC	110682
30 km	2:28:00	R	ED BENHAM	78	MD	SUGAR LAND	TX	120785
50 km	5:03:38	R	ED BENHAM	77	MD	WASHINGTON	DC	102384
100 km	19:37:09	R	EDSON SOWER	77	AZ	SYLVANIA	OH	091993
10 mi	1:12:13	R	ED BENHAM	76	MD	WASHINGTON	DC	040184
20 mi	2:42:38	U	ED BENHAM	77	MD	GREENBELT	MD	122284
50 mi	11:22:44	R	BEN MOSTOW	78	IL	CHICAGO	IL	100481
half mar	1:37:51	R	ED BENHAM	75	MD	WILLIAMSBURG	VA	031383
marathon	3:34:42	R	ED BENHAM	76	MD	WASHINGTON	DC	110683
marathon	3:33:27	U	ED BENHAM	77	MD	SAN DIEGO	CA	120284
12 hr	80,467 m	R	BEN MOSTOW	78	IL	CHICAGO	IL	100481
24 hr	128,249 m	R	EDSON SOWER	77	AZ	SYLVANIA	OH	091993

Men 80-84

5 km	22:26	U	ED BENHAM	80	MD	CHICAGO	IL	041788
5 km	25:02	R	JOHN OVERTON	81	AZ	PHOENIX	AZ	072687
8 km	36:35	R	ED BENHAM	81	MD	VIRGINIA BEACH	VA	031889
10 km	45:28	R	ED BENHAM	80	MD	ASBURY PARK	NJ	080887
12 km	1:03:55	U	MEL SHINE	80	CA	SACRAMENTO	CA	042989
12 km	1:09:05	U	CYRIL WOODS	81	OR	PORTLAND	OR	050583
15 km	1:07:00	U	ED BENHAM	81	MD	CUMBERLAND	MD	100888
15 km	1:07:22	R	ED BENHAM	83	MD	WASHINGTON	DC	040791
20 km	1:33:56	R	ED BENHAM	81	MD	MEDFORD	OR	040889
25 km	2:23:43	R	MAX POPPER	80	NY	NEW YORK	NY	100283
10 mi	1:13:23	R	ED BENHAM	81	MD	WASHINGTON	DC	040289
20 mi	4:18:00	U	IVOR WELCH	84	CA	CLARKSBURG	CA	111879
50 mi	12:13:35	U	BEN MOSTOW	80	IL	CHICAGO	IL	100283
half mar	1:40:30	R	ED BENHAM	81	MD	ORLANDO	FL	121088
marathon	3:43:27	R	ED BENHAM	80	MD	MINNEAPOLIS	MN	101187
marathon	4:17:51	R	ED BENHAM	84	MD	MINNEAPOLIS	MN	100691

Men 85-89

5 km	28:26	R	GIFTON JOLLEY	85	GA	ROME	GA	120592
5 km	31:05	R	WILLARD BENTON	87	CA	CARLSBAD	CA	041491
8 km	47:03	U	PAUL SPANGLER	85	CA	PALO ALTO	CA	031785
10 km	58:50	R	PAUL SPANGLER	85	CA	RALEIGH	NC	050384
15 km	1:32:00	R	PAUL SPANGLER	85	CA	EL PASO	TX	101384
20 km	2:07:49	U	PAUL SPANGLER	85	CA	SACRAMENTO	CA	032584
30 km	4:39:30	R	PAUL SPANGLER	89	CA	CLARKSBURG	CA	111388
10 mi	1:55:36	P	MEL SHINE	85	OR	MEDFORD	OR	040994
20 mi	3:44:31	U	PAUL SPANGLER	86	CA	CLARKSBURG	CA	111785
half mar	2:26:46	U	MAX POPPER	85	NY	BROOKLYN	NY	031289
marathon	5:21:51	U	PAUL SPANGLER	85	CA	SAN DIEGO	CA	120284

Men 90-94

5 km	40:32	R	LLOYD WALTER	91	MT	TUCSON	AZ	012692
8 km	56:10	R	PAUL SPANGLER	91	CA	PALO ALTO	CA	032590
10 km	1:14:49	R	PAUL SPANGLER	90	CA	PARAMOUNT	CA	012090
15 km	2:35:00	R	PAUL SPANGLER	91	CA	PORTLAND	OR	061790
marathon	9:23:25	R	PAUL SPANGLER	92	CA	NEW YORK	NY	110391

MASTERS - WOMEN

All-Come's Records (non U.S. citizens)

5 km	16:20	R	HEATHER MATTHEWS (NZL)		ALBANY		NY	060389
8 km	26:26	R	PRISCILLA WELCH (GBR)		WASHINGTON		DC	051489
10 km	32:25	R	PRISCILLA WELCH (GBR)		PHOENIX		AZ	030285
12 km	41:14	R	CARLA BEURSKENS (HOL)		SPOKANE		WA	050194
15 km	49:36	R	PRISCILLA WELCH (GBR)		JACKSONVILLE		FL	030985
10 mi	53:51	R	PRISCILLA WELCH (GBR)		WASHINGTON		DC	040587
half mar	1:13:07	R	PRISCILLA WELCH (GBR)		PHILADELPHIA		PA	091586
marathon	2:31:14	R	PRISCILLA WELCH (GBR)		CHICAGO		IL	102686

Women 40-44

5 km	16:37	R	LAURIE BINDER	44	CA	DAVIS	CA	112391
8 km	27:35	R	LAURIE BINDER	43	CA	SAN JOSE	CA	061591
10 km	34:08	R	FRANCIE LARRIEU SMITH	40	TX	NEW YORK	NY	061293
10 km	33:41	R	BARBARA FILUTZE	41	PA	PITTSBURGH	PA	092787
12 km	42:13	P	NANCY GRAYSON	42	MI	LANSING	MI	060692
12 km	42:38	R	GABRIELE ANDERSEN	43	ID	SPOKANE	WA	050188
15 km	52:22	R	LAURIE BINDER	41	CA	TAMPA	FL	021189
20 km	1:13:46	R	CAROL MCLATCHIE	40	TX	NEW HAVEN	CT	090792
25 km	1:31:59	R	NANCY OSHIER	41	NY	GRAND RAPIDS	MI	051290
30 km	1:54:00	R	CAROL MCLATCHIE	41	TX	SUGAR LAND	TX	121292
50 km	3:44:32	R	JAN KREUZ	41	OH	COLUMBUS	OH	103088
100 km	8:42:03	R	DEBBIE PEBBLES	40	TX	PALAMOS	ESP	021692
10 mi	56:05	R	LAURIE BINDER	44	CA	FLINT	MI	082491
20 mi	1:59:17	R	GABRIELE ANDERSEN	40	ID	MINNEAPOLIS	MN	100685
50 mi	6:19:05	R	JAN KREUZ	41	OH	COLUMBUS	OH	040989
100 mi	15:05:52	R	SUE ELLEN TRAPP	44	FL	QUEENS	NY	050590
half mar	1:13:57	R	LAURIE BINDER	44	CA	PHILADELPHIA	PA	091591
marathon	2:35:08	R	LAURIE BINDER	44	CA	MINNEAPOLIS	MN	100691
12 hr	122,310 m	R	SUE ELLEN TRAPP	43	FL	QUEENS	NY	091789
24 hr	222,556 m	P	RANDI BROMKA	40	CO	SACRAMENTO	CA	123192
24 hr	220,255 m	R	SUE ELLEN TRAPP	43	FL	QUEENS	NY	091789

Women 45-49

5 km	17:14	R	BARBARA FILUTZE	46	PA	ALBANY	NY	060593
8 km	28:27	R	BARBARA FILUTZE	45	PA	VIRGINIA BEACH	VA	032192
8 km	28:03	R	BARBARA FILUTZE	47	PA	ALEXANDRIA	VA	091293
10 km	35:51	P	BARBARA FILUTZE	45	PA	MEMPHIS	TN	042592
10 km	34:04	R	BARBARA FILUTZE	45	PA	PITTSBURGH	PA	092991
10 km	35:57	R	BARBARA FILUTZE	45	PA	WASHINGTON	DC	041292
12 km	44:28	U	SHIRLEY MATSON	45	CA	SPOKANE	WA	050586
12 km	46:45	R	MAUREEN BIXBY	45	OK	TULSA	OK	091287
15 km	54:58	R	GABRIELE ANDERSEN	45	ID	PORTLAND	OR	061790
20 km	1:14:13	R	BARBARA FILUTZE	46	PA	NEW HAVEN	CT	090792
25 km	1:38:50	R	KAREN SCANNELL	45	CA	SAN FRANCISCO	CA	072284
30 km	1:59:25	R	SHIRLEY MATSON	48	CA	CLARKSBURG	CA	111388
50 km	3:32:34	R	SANDRA KIDDY	47	CA	TALLAHASSEE	FL	121783
100 km	7:59:59	R	SANDRA KIDDY	45	CA	CHICAGO	IL	100382
10 mi	59:15	R	BARBARA FILUTZE	46	PA	FLINT	MI	082292
20 mi	2:10:13	P	MARY WOOD	45	CO	MINNEAPOLIS	MN	101490
20 mi	2:11:26	R	KAREN SCANNELL	46	CA	MINNEAPOLIS	MN	093084
50 mi	6:09:09	R	SANDRA KIDDY	47	CA	COLUMBUS	OH	040184
100 mi	15:12:54	R	SANDRA KIDDY	49	CA	TALLAHASSEE	FL	121485
half mar	1:19:23	U	SHIRLEY MATSON	47	CA	HAYWARD	CA	101688
half mar	1:19:46	P	BARBARA FILUTZE	47	PA	ORLANDO	FL	121193
marathon	2:45:11	R	BARBARA FILUTZE	45	PA	MINNEAPOLIS	MN	100691
marathon	2:44:30	P	MARY WOOD	45	CO	LAS VEGAS	NV	020291
12 hr	127,777 m	R	SANDRA KIDDY	49	CA	TALLAHASSEE	FL	121485
24 hr	233,816 m	R	SUE ELLEN TRAPP	47	FL	SYLVANIA	OH	091993
48 hr	360,109 m	R	SUE ELLEN TRAPP	47	FL	SACRAMENTO	CA	111593

Women 50-54

5 km	17:28	R	SHIRLEY MATSON	50	CA	CARLSBAD	CA	041491
8 km	28:55	R	SHIRLEY MATSON	50	CA	PALO ALTO	CA	032491
10 km	35:57	R	SHIRLEY MATSON	50	CA	ORLANDO	FL	030291
12 km	44:56		SHIRLEY MATSON	52	CA	SPOKANE	WA	050293
12 km	45:43	R	SHIRLEY MATSON	52	CA	SAN FRANCISCO	CA	051693
15 km	54:34	R	SHIRLEY MATSON	50	CA	JACKSONVILLE	FL	030991
20 km	1:22:36	R	GINA FAUST	50	CA	VALENCIA	CA	021488
25 km	1:38:36	P	S. RAE BAYMILLER	51	NY	MINNEAPOLIS	MN	091194
25 km	1:45:14	R	MARGARET MILLER	54	CA	VENTURA	CA	030280
30 km	2:00:41	R	SHIRLEY MATSON	50	CA	CLARKSBURG	CA	111190
50 km	4:15:12	U	MATILEE CHRISTMAN	53	IL	EAST PEORIA	IL	123084
100 km	10:58:31	R	JOAN BAKER	50	TN	TALLAHASSEE	FL	121485
100 km	10:34:15	U	MARTY MARICLE	52	CA	SAN FRANCISCO	CA	041986
100 km	9:43:27	R	MAE HORNS	54	MN	DULUTH	MN	102288
10 mi	1:03:46	R	MARION IRVINE	53	CA	STOCKTON	CA	010983
20 mi	2:19:59	P	JOAN ULLYOT	50	CA	MINNEAPOLIS	MN	101490
20 mi	2:28:15	R	WEN-SHI YU	51	NY	MINNEAPOLIS	MN	101286
50 mi	7:10:58	U	RUTH ANDERSON	50	CA	HOUSTON	TX	021780
50 mi	8:24:00	R	MAE HORNS	52	MN	LITTLE MARAIS	MN	102586
half mar	1:19:40		S. RAE BAYMILLER	50	NY	PHILADELPHIA	PA	091993
half mar	1:19:51	R	SHIRLEY MATSON	50	CA	MODESTO	CA	040791
marathon	2:50:26	R	SHIRLEY MATSON	50	CA	MINNEAPOLIS	MN	100691
12 hr	101,066 m	P D	EILEEN ELIOT	50	FL	SYLVANIA	OH	091894
12 hr	98,576 m	P D	RUTH GREHER	51	NY	NEW YORK	NY	071793
24 hr	180,986 m	P D	EILEEN ELIOT	50	FL	SYLVANIA	OH	091894
24 hr	175,546 m	P D	RUTH GREHER	51	NY	NEW YORK	NY	071793
24 hr	141,224 m	R	JANET DELUCIA	51	MI	SYLVANIA	OH	091993

Continued from previous page

DIST	TIME	GRPREC	NAME	AGE	HSTATE	RCODE	RSTATE	RDATE	DIST	TIME	GRPREC	NAME	AGE	HSTATE	RCODE	RSTATE	RDATE
Women 65-69									Women 75-79								
5 km	22:36		JAN RICHARDS	65	TX	DALLAS	TX	101792	5 km	27:17	R	ANNE CLARKE	77	IL	PARK RIDGE	IL	082287
5 km	22:44	R	HELEN DICK	65	CA	GARDENA	CA	070890	8 km	45:46	R	ALGENE WILLIAMS	75	IL	CHICAGO	IL	031091
8 km	37:09	P	HELEN DICK	65	CA	BURBANK	CA	051990	8 km	40:44		HEDY MARQUE	76	VA	ALEXANDRIA	VA	091293
8 km	39:33	R	EDNA LAFLIN	65	AZ	AHWATUKEE	AZ	082783	10 km	53:40	U	LEONA LUGERS	75	MI	HOLLAND	MI	091182
10 km	46:18	P	HELEN DICK	65	CA	LOS ANGELES	CA	052790	12 km	1:08:21	R	ANNE CLARKE	76	IL	ITASCA	IL	100685
10 km	47:55	R	KAY ATKINSON	65	CA	KENTFIELD	CA	053182	15 km	1:29:33	R	ANNE CLARKE	75	IL	TAMPA	FL	020985
12 km	1:00:32a	P	MARY STOREY	65	CA	SAN FRANCISCO	CA	040190	15 km	1:19:27a	R	HEDY MARQUE	75	VA	ALEXANDRIA	VA	042593
12 km	1:01:08	R	ALGENE WILLIAMS	69	IL	ITASCA	IL	100685	20 km	1:52:57	U	LEONA LUGERS	77	MI	HOLLAND	MI	052684
15 km	1:13:14		WHAYONG SEMER	65	OH	TAMPA	FL	022694	25 km	2:49:48	R	LEONA LUGERS	79	MI	GRAND RAPIDS	MI	051086
20 km	1:37:04	U	HELEN DICK	65	CA	VALENCIA	CA	100889	30 km	4:04:24	R	BESS JAMES	79	CA	VENTURA	CA	021289
25 km	2:10:56	U	GERRY DAVIDSON	65	CA	SAN DIEGO	CA	122886	10 mi	1:22:34	P	HEDY MARQUE	75	VA	WASHINGTON	DC	101192
30 km	2:47:51	U	EDNA LAFLIN	65	AZ	PHOENIX	AZ	102983	half mar	2:06:34a	R	ALGENE WILLIAMS	75	IL	ZION-LAKE BLUFF	IL	042891
50 km	5:11:50	U	JOSEPHINE HESS	65	WA	YAKIMA	WA	042483	half mar	2:14:15	U	ANNE CLARKE	76	IL	CHICAGO	IL	060886
100 km	12:09:17	P	HELEN KLEIN	67	CA	SAN FRANCISCO	CA	042190	half mar	2:26:24	R	ANNE CLARKE	77	IL	CHICAGO	IL	061487
10 mi	1:17:51	P	WHAYONG SEMER	65	OH	PERRYSBURG	OH	112193	marathon	4:41:45a	U	IDA MINTZ	75	IL	LAKE BLUFF	IL	042681
10 mi	1:20:22	R	HARRIET WEVER	65	MI	WASHINGTON	DC	040587	marathon	4:49:08	R	ANNE CLARKE	76	IL	CHICAGO	IL	102085
20 mi	3:02:01	U	JACLYN CASELLI	65	CA	CLARKSBURG	CA	111686	Women 80-84								
50 mi	9:04:24	P	HELEN KLEIN	67	CA	SAN FRANCISCO	CA	042190	5 km	29:23	R	ANNE CLARKE	80	IL	PARK RIDGE	IL	093089
half mar	1:42:16	P	JAN RICHARDS	65	TX	DALLAS	TX	110792	8 km	52:00	R	ANNE CLARKE	81	IL	PARK RIDGE	IL	090891
half mar	1:47:56a	R	JOSEPHINE HESS	67	WA	PORTLAND	OR	092985	10 km	56:14	U	LEONA LUGERS	80	MI	HOLLAND	MI	050287
marathon	3:36:57		WHAYONG SEMER	65	OH	COLUMBUS	OH	102493	15 km	1:39:44	R	RUTH ROTHFARB	80	FL	AHWATUKEE	AZ	112281
marathon	3:47:24a	R	MARCIE TRENT	65	AK	BOSTON	MA	041883	20 km	2:26:34	U	RUTH ROTHFARB	80	FL	WASHINGTON	DC	030682
marathon	3:48:10	R	HELEN DICK	65	CA	CHICAGO	IL	102989	30 km	4:13:32	R	MAVIS LINDGREN	81	CA	CLARKSBURG	CA	111388
24 hr	112:654 m	P	PO ADAMS	68	CA	SACRAMENTO	CA	010193	10 mi	1:43:17	P	ANNE CLARKE	80	IL	ELGIN	IL	052890
24 hr	56:436 m		PO ADAMS	69	CA	SACRAMENTO	CA	111493	half mar	2:23:54	P	ANNE CLARKE	80	IL	HIGHLAND PARK	IL	061090
Women 70-74									half mar	2:19:23a	P	ANNE CLARKE	80	IL	LAKE COUNTY	IL	042990
5 km	24:38	R	GERRY DAVIDSON	70	CA	CARLSBAD	CA	041491	marathon	5:10:04	R	IDA MINTZ	80	IL	CHICAGO	IL	102085
8 km	38:46	R	HEDY MARQUE	74	VA	ALEXANDRIA	VA	051092	Women 85-89								
10 km	50:01	U	PAT DIXON	70	OR	EUGENE	OR	051389	5 km	37:32a	U	MARY AMES	85	CA	FONTANA	CA	041688
12 km	1:01:57	R	ALGENE WILLIAMS	70	IL	ITASCA	IL	100586	5 km	39:30		SUSIE HUGHES	86	TX	DALLAS	TX	102393
15 km	1:22:55	R	ELLEN MCCOY	70	MN	EDINA	MN	092390	5 km	43:00	R	RUTH ROTHFARB	87	FL	ALBANY	NY	060389
15 km	1:16:35a	R	HEDY MARQUE	74	VA	ALEXANDRIA	VA	042692	8 km	1:03:01	U D	SUSAN CONROY	89	IL	CHICAGO	IL	031289
20 km	1:46:21	R	PAT DIXON	70	OR	MEDFORD	OR	040889	10 km	1:16:55	U	RUTH ROTHFARB	87	MA	BOSTON	MA	101088
25 km	2:18:20		GERRY DAVIDSON	70	CA	SAN DIEGO	CA	112391	half mar	3:23:06	U	MARY AMES	85	CA	LOMPOC	CA	061988
25 km	2:51:54	R	BESS JAMES	73	CA	VENTURA	CA	091982	marathon	6:53:50	R	IDA MINTZ	85	IL	CHICAGO	IL	102890
30 km	2:59:22	R	ELLEN MCCOY	70	MN	DULUTH	MN	052591	Women 90-94								
50 km	5:44:04	R	HELEN KLEIN	70	CA	SYLVANIA	OH	091993	10 mi	3:29:48	R	RUTH ROTHFARB	90	FL	WASHINGTON	DC	040592
100 km	12:50:49	R	HELEN KLEIN	70	CA	SYLVANIA	OH	091993									
10 mi	1:20:33	R	HEDY MARQUE	74	VA	WASHINGTON	DC	101391									
20 mi	3:29:57	R	HELEN KLEIN	70	CA	SYLVANIA	OH	091993									
20 mi	3:25:59	U	MAVIS LINDGREN	71	CA	CLARKSBURG	CA	111978									
50 mi	9:55:09	R	HELEN KLEIN	70	CA	SYLVANIA	OH	091993									
100 mi	23:29:34	R	HELEN KLEIN	70	CA	SYLVANIA	OH	091993									
half mar	1:58:27	R	MARCIE 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	MARCIE TRENT	70	AK	NAPA	CA	031388									
marathon	4:30:24	R	ELLEN MCCOY	70	MN	MINNEAPOLIS	MN	101490									
24 hr	165:343 m	R	HELEN KLEIN	70	CA	SYLVANIA	OH	091993									
6 day	600:285 m	P	HELEN KLEIN	70	CA	SACRAMENTO	CA	010693									

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

W35-39				
Margo Braud	800M	2:33	5-07-94	
W40-44				
Nancy Frost	400M	1:7.29	6-11-94	
	800M	2:38.8	6-11-94	
W45-49				
Jo Ann Owen	Mile RW	8:30	4-09-94	
W65-69				
Alma McGarvey	Javelin	52-8	9-10-94	
W70-74				
Evelyn E. Lercher	High Jump	0.92	6-11-94	
	Long Jump	2.40	6-11-94	
M30-34				
Doug Weimerskirch	Decathlon	5519	7-16-94	

M35-39				
Christopher Bastien	200M	23.0	9-04-94	
Ray A. Blackwell	400M	50.4	6-11-94	
Malcolm Owen	100M	11.32	8-11-94	
M40-44				
Robert Bowen	100M	11.53	10-07-93	
	200M	23.52	10-07-93	
	100M	11.01	6-25-94	
	200M	22.8	6-25-94	
	400M	53.24	6-25-94	
	400M	53.57	7-24-94	
Pedro C. Vazquez				
M45-49				
Tim Edwards	Wt. Pent.	2947	9-03-94	
Hilary M. Goerge	Shot Put	42-23	7-30-94	
Ed Poirier	Mile	4:49.3	7-27-94	
	5K	16:41	9-10-94	

Joe Ross	Hammer	126-2	7-02-94	
M50-54				
Burch David	5000M	17:24	6-25-88	
Michael Harrington	Discus	43.39	9-04-94	
John B. Lang	Javelin	45.70	9-04-94	
Gene Miller	1.5K RW	7:28	7-30-94	
	10K RW	53:46	7-16-94	
Terry Rowan	Pentathlon	2751	8-11-94	
M55-59				
Don North	Javelin	127-8	10-24-92	
	Javelin	126-6	10-01-94	
Bob Warren	56# Weight	19-8	1-15-94	
	35# Weight	30-6	6-25-94	
M60-64				
Irwin Bernstein	800M	2:34.23	12-26-93	
	800M	2:34.6	8-28-94	

Fred Shanaman	56# Weight	4.83	8-20-94	
	35# Weight	8.42	8-20-94	
M65-69				
Edward Failor, Sr.	Long Jump	13-4	8-06-94	
	Triple Jump	27-7	8-06-94	
M70-74				
James L. Holland	Shot Put	11.06	8-14-94	
M75-79				
Gar Schoener	100M	16.2	8-28-94	
	200M	34.0	8-28-94	
	200M	35.47	7-31-94	
M80-84				
Ross Carter	Discus	37.08	6-25-94	
	Shot Put	12.27	6-25-94	

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-49: 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

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

Age-graded times for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

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	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7½	3-3½	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	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
16Pwt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

TRACK & FIELD RESULTS

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EAST

Potomac Valley TC Meet Alexandria, VA; Aug. 21

100m	
Mel Fields 49	12.3
Dominick Lucia 43	12.8
Joe Aukward 33	13.2
D J Bertagnoli 48	14.1
John Martin 67	15.2
Bernard Gelb 63	18.7

200m	
Paul Allen 37	24.9
Melvin Fields 49	25.2
Lacy Fountain 50	27.0
D J Bertagnoli 43	28.8
James Moreland 42	29.8
Russ White 50	30.8
Sonya Jordan W31	31.3
Bob Weiner 47	31.4
Janet Kiesgen W45	33.0
Jim Keat 62	37.6

400m	
Paul Allen 37	57.0
Wally Norris 43	61.4
D J Bertagnoli 48	62.9
Dan Masterson 49	63.8
Win Rincon W34	64.9
J J Wind 44	69.6
Sonya Jordan W31	72.4
Eric Gyaki 45	75.3
Nancy Rice W44	77.9
Elly McComas W55	80.8
Drew Woodrich W34	81.2

800m	
Dennis Coleman 36	2:04.3
Steve Bell 36	2:11.4
Pat Good 37	2:13.0
Wm Greene 33	2:15.9
Bob Weiner 47	2:20.5
Eric Gyaki 45	2:25.4
Doug Smith 31	2:26.6
Win Rincon W34	2:28.5
J J Wind 44	2:32.1
D J Bertagnoli 48	2:34.8
Lynn Davis W38	2:45.5
Jeff Young 31	2:45.9
Drew Woodrich W34	2:47.8
Nancy Rice W44	3:18.1

One Mile	
Dennis Coleman 36	4:41.5
Ted Poulos 32	4:50.2
Dan Eddy 43	5:01.3
John Berkert 53	5:04.6
Kerry Lanham 39	5:06.2
James Moreland 42	5:06.4
J J Wind 44	5:19.9
Ray Morrison 47	5:22.0
Stephen Smith 34	5:24.8
John Muldoon 39	5:41.0
Don Welch 53	5:42.0
Joe Aukward 33	5:43.9
Dan Kornhauser 38	5:49.6
Craig McKay 35	5:54.1
Don Hayes 38	6:01.3
James Nobil 39	6:05.0
Pam Gatz W33	6:50.1
Paul Alers 32	6:53.6
Jimmy White 40	7:06.1
Patti Sparenberg W31	7:07.2
Elly McComas W55	7:18.5
Claudia Crawford W47	7:19.4
Bernard Gelb 63	8:01.6
Melissa Young W31	8:06.4
Fred Schlottermier 398	10:10.6
Terrilyn Broderick W358	14:17
Emanuel Payton 34	8:54.5

3000m	
Ted Poulos 32	9:44.5
John Rusinko 34	10:08.7
James Moreland 42	10:31.1
J J Wind 44	10:45.1
Stephen Smith 34	10:57.0
Win Rincon W34	11:29.3
Don Welch 53	11:41.2
James Nobil 39	12:21.6
Jim Keat 62	12:40.1
Dan Rincon 41	12:47.6
Jimmy White 40	13:01.6
Claudia Crawford W47	14:47.8
Bernard Gelb 63	16:45.1
Terrilyn Broderick W358	16:57.4
Emanuel Payton 34	19:25.3
Diane White W53	22:45.8
Eric Gyaki 45	22:46.8

High Jump	
David Shorr 33	5-10
John Martin 67	3-10
Lynn Davis W38	3-10
Clarence Larson 84	2-6

Triple Jump

Stephen Metcalfe 34	40-6
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Shot Put	
Frank Henry 40	37-1
Charlie Pistorino 71	33-11 1/2
Victor Litwinski 50	32-10 1/2
Bill Smith 59	30-11 1/2
Lacy Fountain 50	30-8
Bill Coleman 76	30-4
Ilakim Rashid 44	28-3 1/2
Ned Curran 65	26-7
Eric Gyaki 45	24-4 1/2
Clarence Larson 84	21-9 1/2
Sharon Good 61	18-0

Bernie Kleinschmidt W72	17-9
Lynn Davis W38	17-2
Carla Convery W74	14-3 1/2
Diane White W53	11-8

Discus	
Ed McComas 60	151-8
Bill Smith 59	124-7
Frank Henry 40	117-5
Russ White 50	108-8
Lacy Fountain 50	100-2

Clas Pistorino 71	99-1
Victor Litwinski 50	94-1
Bill Coleman 76	78-5
Ned Curran 65	76-3
Ilakim Rashid 44	64-11
Joe Aukward 33	60-8
Clarence Larson 84	54-8
Eric Gyaki 45	54-8
Elly McComas W55	52-5
Bernie Kleinschmidt W72	45-6
Sharon Good W61	42-11
Carla Convery W74	35-1

Javelin	
Russ White 50	175-11
Frank Henry 40	140-9
Charlie Pistorino 71	115-10
Vic Litwinski 50	84-10
Eric Gyaki 45	83-5
Henry Litwinski 54	81-0
Ned Curran 65	78-9
Joe Aukward 33	68-4
Bernie Kleinschmidt W72	49-5
Clarence Larson 84	45-3
Carla Convery W74	38-7
Sharon Good W61	37-0
Diane White W53	25-1

Hammer

Bernie Kleinschmidt W72	49-11
Sharon Good W61	49-10

One Mile Racewalk (unjudged)

Alan Price 47	8:01.4
Tom Marheko 44	9:02.2
Dan Kornhauser 38	9:09.2
Joel Holman 64	11:00.1
Vladimir Kabakov 60	12:12.0
J J Wind 44	13:34.9
Robin Vasa W40	13:45.6
Mill Wood 79	13:51.3
Cheryl Ann Settle W30	13:53.0
Pamela Payton W37	13:58.6

3000m Racewalk (unjudged)

Alan Price 47	15:26.0
Dave Kodner 37	17:55.0
Tom Marheko 44	18:24.0
Vic Litwinski 50	18:47.0
Marlys McLean W43	19:08.0
Pat Nesley W66	19:39.0
Joel Holman 64	20:19.0
Bill O'Reilly 68	20:49.0
Ed Seeger 78	21:06.0
Wayne Dexter 80	24:58.0
Mill Wood 79	25:39.0

Potomac Valley TC Games Alexandria, VA; Sept. 4

100m	
Benjamin McLeod	10.8
David Barner	10.9
Tony Holland	10.9
M35 Chris Bastien	11.4
Reno Biagioni	11.5
Lawrence Lee	11.6
M40 Thomas Jones	10.9
Robert Bowen	11.4
Jeffery Hughes	12.1
M45 Joe Johnson	11.6
Melvin Fields	12.6
Mike McDaniel	12.6
M50 Larry Colbert	12.1
Alby Williams	12.4
Richard Demott	13.7
M60 James Stookey	13.7
John Wall	13.9
Jessie Johnson	13.9
M65 Ed Cox	13.9
William Bergen	14.5
John Martin	15.5
W30 Deborah Parker	14.7
Vivian Reed	14.9
W35 Patricia Finley	16.9
W45 Janet Kiesgen	15.3
W65 Leonore McDaniels	17.2
W70 Carla Convery	22.4

200m

M30 David Barner	23.0
Paul Boccard	23.1
Isaac Parker	23.6

M35 Rickey Flowers	22.9
Chris Bastien	23.0
Terry O'Connell	23.4
Thomas Jones	22.7
Garry Crawford	23.9
Keith Witherspoon	24.5
M45 Joe Johnson	24.0
Melvin Fields	24.3
Abdul Elmehdaoui	25.3
Richard Demott	29.2
M55 Larry Colbert	25.9
Horace Stephens	29.8
M60 Clifford Pauling	26.8
James Stookey	26.8
John Wall	30.0

M65 Ed Cox	28.4
William Bergen	30.4
W30 Deborah Parker	33.2
W50 Marilyn Mitchell	31.6
W70 Carla Convery	52.2

400m	
M30 Brian Freeman	52.2
M35 Ricky Flowers	51.1
Lawrence Finley	55.0
Terry O'Connell	55.1
M40 Garry Crawford	53.9
Brian Lee	57.4
Joe Mack	57.4
M45 Melvin Fields	54.6
Abdul Elmehdaoui	55.9
Dan Masterson	60.9

M50 Kirt Vener	63.0
M55 Larry Colbert	55.7
M60 Ralph Romain	54.8
Clifford Pauling	60.9
John Wall	70.7
M65 William Bergen	70.8
W30 Deborah Parker	60.4
W35 Lynn Davis	67.3
W40 Nancy Rice	79.9

800m	
M35 Dennis Coleman	2:06.4
Pat Good	2:12.8
M40 John Mornini	2:04.2
Scott Winston	2:08.2
Steve Cotrell	2:08.3
M45 Abdul Elmehdaoui	2:12.5
Gary Richwine	2:24.6
Eric Gyaki	2:31.1
M50 John Saarmann	2:26.1
M55 Jim Demma	2:23.0
M60 Clifford Pauling	2:24.5
W35 Bernadette Flynn	2:32.3
W50 Chris Stockdale	2:38.2

1500m	
M30 Ted Poulos	4:26.9
Joe Aukward	5:28.9
M35 Maurice Pointer	4:32.3
M40 Steve Cottrell	4:27.3
Bill Gatz	4:32.2
Dan Eddy	4:38.5
M45 Paul Zink	4:35.6
Robert Weiner	4:55.5
Gary Richwine	5:10.7
M60 Jim Keat	5:53.3
M65 Donald McCarten	5:41.2
W50 Chris Stockdale	5:29.5

5000m	
M30 Ted Poulos	16:23.0
William Greene	17:24.3
John Rusinko	17:40.2
M35 Maurice Pointer	16:19.3
Bob Briggs	16:19.9
Kevin Ellis	17:08.5
M40 Scott Eden	17:05.0
Jay Wind	18:00.6
M45 Paul Zink	16:57.4
M50 John Haubert	18:23.7
Jim Derham	19:01.7
Donald Welch	19:39.0
M55 Dale Williams	24:48.3
M60 Larry Dickerson	20:34.8
Jim Keat	21:45.0
W35 Lynn Davis	23:14.2

High Hurdles	
M30 Bob Shelton	17.4
M45 Ivan Black	19.8
M55 Jack Kuhns	20.0
M65 Bill Probst	22.3
W40 Nancy Rice	16.9
W45 Janet Kiesgen	15.3

Intermediate Hurdles	
M30 Chris Hickey	64.9
M40 Keith Witherspoon	60.1
M55 James Bradley	60.7
M60 Bill Probst	62.0
W30 Deborah Parker	76.8
W40 Nancy Rice	89.9

4x100 relay	
W35 Patricia Finley	60.9
W45 Janet Kiesgen	60.9
W65 Leonore McDaniels	60.9
MD Masters TC	4:08.4

High Jump

M30 Ted Lewis	6-4
James Tunstall	6-0
Bob Shelton	5-10
M35 Bruce McMarnette	6-8
M40 Larry Isler	5-6
M45 Ivan Black	4-10
M50 Kirt Vener	4-10

Mike Valle	4-6
Jim Quirk	4-4
M55 Jack Kuhns	4-8
Howard Cohen	4-0
M60 Jim Stookey	4-8
John Copp	4-6
Russ McDaniels	4-0
M65 John Martin	3-8
W30 Deborah Yurth	4-2
W35 Lynn Davis	4-0
W65 Leonore McDaniels	3-10

Pole Vault	
M30 Paul Boccard	11-0
M50 John Sloan	8-0
Richard Fox	6-6
M55 Jack Kuhns	8-6
M60 Bill Probst	7-0
Russ McDaniels	6-6
M80 Clarence Larson	2-0
W65 Leonore McDaniels	5-0

Long Jump	
M30 Ben McLeod	21-11
Jim Tunstall	21-6 1/2
Bob Shelton	19-4 1/2
M35 Dennis Tucker	17-1 1/2
Reno Biagioni	16-9
Paul Allen	16-7
M40 Keith Witherspoon	21-8
Jeff Hughes	18-6
Joe Mack	17-9 1/2
M45 Mike McDaniel	17-5 1/2
Ivan Black	16-2 1/2
M50 Kirt Vener	17-9 1/2
Palmer Sweet	15-0
Mike Valle	14-11
M55 Horace Stephens	13-1 1/2
Howard Cohen	12-1 1/2
M60 Jim Stookey	16-2 1/2
John Copp	15-4
Russ McDaniels	12-10
W30 Deborah Parker	11-11
W65 Leonore McDaniels	11-4
W70 Carla Convery	5-8

Triple Jump	
M30 Jim Tunstall	45-8 1/2
Stephen Metcalfe	41-5 1/2
Bob Shelton	36-7
M45 Ivan Black	35-8
M50 Kirt Vener	34-1 1/2
Palmer Sweet	29-9
Mike Valle	29-4 1/2
M60 Jim Stookey	34-3
Russ McDaniels	25-7 1/2
W45 Janet Kiesgen	26-3
W65 Leonore McDaniels	24-11 1/2

Shot Put	
M30 Paul Boccard	11.66
Bob Shelton	10.84
M35 Chris Brevig	10.06
M40 Joe Vilella	12.95
Frank Henry	11.23
Randolph Yohe	8.74
M45 John Berry	11.69
Terry Shuman	10.86
Richard Smith	10.48
M50 Larry Pratt	13.33
Mike Harrington	12.12
Mike Valle	11.66
M55 Edwin Mosser	10.86
Jack Hoppenstein	10.46
Bill Smith	9.76
M65 Bill Bergen	8.49
Ned Curran	8.26
Charles Olson	7.66
M70 Don Reid	11.20
Chas Pistorino	10.83
John Hayward	9.98
M75 Bill Coleman	9.36
M80 Clarence Larson	5.81
W30 Deborah Parker	6.98
W65 Leonore McDaniels	6.61
Jimie Reid	6.04
W70 Bernie Kleinschmidt	5.27
Carla Convery	3.92

Discus	
M30 Paul Boccard	33.73
Bob Shelton	24.83
M35 Chris Brevig	38.71
Tran Talbot Jr	38.08
M40 Frank Henry	37.10
Joe Vilella	35.39
Randy Yohe	26.88
M45 Tim Williams	42.83
Terry Shuman	39.72
John Berry	35.52
M50 Larry Pratt	50.25
Mike Harrington	43.39
Mike Valle	40.65
M55 Bill Smith	36.45
Jack Kuhns	31.85
Ed Mosser	31.84
M60 Ken Kave	40.10
John Copp	36.22
Don Levesque	35.91
Bob Leishear	34.70
M65 Bill Bergen	28.00
Bill Bergen	27.65
M70 Don Reid	32.90
Chas Pistorino	29.84
John Hayward	27.14
M75 Bill Coleman	22.91
M80 Clarence Larson	16.19
W60 Sharon Good	13.63

Continued from previous page

THOMASVILLE FALL INVITATIONAL DECATHLON

Thomasville, NC; Oct. 8-9

scored with 1994 WAVA Age Factors and 1985 IAAF scoring tables

Name	Points	100D	LJUMP	SP	HJUMP	400D	110HH	DISCUS	PVAULT	JAVLIN	1500R
18 & Under											
1 Mike Bosley		12.16	5.86m	11.20m	1.72m	55.48	16.51	32.56m	3.70m	43.22m	5:14.60
Alpharetta, GA		19'02.75	36'09.00	5'07.75		106'10.00	12'01.75	141'09.00			
Age graded mark:		12.16	5.86m	11.20m	1.72m	55.48	16.51	32.56m	3.70m	43.22m	5:14.60
Age graded percent:		81.09%	65.47%	50.45%	70.20%	78.03%	78.20%	45.78%	60.16%	45.02%	66.02%
Age: 17	5568	(620)	(556)	(558)	(560)	(580)	(676)	(515)	(535)	(489)	(479)
30-34											
1 Paul Boccard		11.62	6.16m	11.70m	1.72m	53.60	16.44	32.42m	3.10m	40.76m	5:37.67
Chesapeake, VA		20'02.50	38'04.75	5'07.75		106'04.00	10'02.00	133'09.00			
Age graded mark:		11.62	6.16m	11.70m	1.74m	53.60	16.69	32.42m	3.10m	40.76m	5:37.67
Age graded percent:		84.85%	68.83%	52.70%	71.37%	80.76%	77.37%	45.58%	50.41%	42.46%	61.51%
Age: 31	5535	(728)	(621)	(588)	(577)	(656)	(637)	(512)	(381)	(453)	(362)
2 Bailey Harris		11.96	6.13m	8.38m	1.64m	52.64	16.08	20.82m	2.50m	35.20m	5:00.76
Lexington, SC		20'01.50	27'06.00	5'04.50		68'04.00	8'02.50	115'06.00			
Age graded mark:		11.96	6.13m	8.38m	1.66m	52.64	16.32	20.82m	2.50m	35.20m	5:00.76
Age graded percent:		82.44%	68.49%	37.75%	68.05%	82.24%	79.10%	29.27%	40.65%	36.67%	69.06%
Age: 31	5026	(659)	(615)	(389)	(512)	(697)	(697)	(287)	(242)	(373)	(555)
3 Joseph Crichton		12.59	6.04m	9.47m	1.84m	1:01.06	18.17	28.60m	3.50m	43.36m	6:19.40
Poughkeepsie, NY		19'09.75	31'01.00	6'00.50		93'10.00	11'05.75	142'03.00			
Age graded mark:		12.59	6.04m	9.47m	1.87m	1:01.06	18.44	28.60m	3.50m	43.36m	6:19.40
Age graded percent:		78.32%	67.49%	42.66%	76.35%	70.90%	70.01%	40.21%	56.91%	45.17%	54.74%
Age: 30	4737	(540)	(595)	(454)	(687)	(378)	(483)	(437)	(482)	(491)	(190)
35-39											
1 Jeff Watry		12.94	5.86m	10.57m	1.88m	57.76	17.70	31.24m	2.80m	40.92m	4:52.53
Paddock Lake, WI		19'02.75	34'08.25	6'02.00		102'06.00	9'02.25	134'03.00			
Age graded mark:		12.77	6.17m	10.57m	2.01m	55.99	17.24	31.24m	3.00m	44.04m	4:47.18
Age graded percent:		77.28%	68.94%	47.61%	82.10%	77.32%	74.92%	43.93%	48.78%	45.88%	72.32%
Age: 39	5607	(508)	(624)	(520)	(813)	(560)	(599)	(489)	(357)	(501)	(636)
2 Steve Winkel		12.88	5.59m	9.18m	1.56m	54.78	18.88	31.66m	3.40m	47.18m	4:47.38
Memphis, TN		18'04.25	30'01.50	5'01.50		103'10.00	11'01.75	154'09.00			
Age graded mark:		12.71	5.88m	9.18m	1.67m	53.10	18.39	31.66m	3.64m	50.78m	4:42.13
Age graded percent:		77.64%	65.76%	41.35%	68.12%	81.53%	70.23%	44.52%	59.23%	52.90%	73.62%
Age: 36	5483	(518)	(561)	(437)	(520)	(677)	(487)	(497)	(519)	(600)	(667)
40-44											
1 Phil Jr. Mulkey		13.44	5.35m	10.51m	1.40m	1:01.88	DNF	27.54m	DNF	DNF	DNF
Birmingham, AL		17'06.75	34'05.75	4'07.00		90'04.00					
Age graded mark:		12.83	6.02m	11.14m	1.58m	58.07		27.54m			
Age graded percent:		76.86%	67.38%	50.19%	64.52%	74.55%		38.72%			
Age: 40	2988	(497)	(591)	(554)	(449)	(481)	(0)	(416)	(0)	(0)	(0)
45-49											
1 Rex Harvey		12.48	5.60m	11.46m	1.56m	58.22	18.22	34.72m	4.20m	45.20m	5:50.63
Mayfield Heights, OH		18'04.50	37'07.25	5'01.50		113'11.00	13'09.25	148'03.00			
Age graded mark:		11.53	6.74m	13.53m	1.85m	52.82	16.24	38.00m	5.17m	58.74m	5:20.38
Age graded percent:		85.58%	75.37%	60.96%	75.73%	81.96%	79.53%	53.45%	84.17%	61.21%	64.83%
Age: 48	7018	(746)	(753)	(700)	(670)	(689)	(706)	(624)	(963)	(719)	(448)
2 Bob Green		12.67	4.82m	11.48m	1.40m	57.90	DNF	31.90m	DNF	DNF	DNF
Seneca, SC		15'09.75	37'08.00	4'07.00		104'08.00					
Age graded mark:		11.70	5.80m	13.55m	1.66m	52.53		34.92m			
Age graded percent:		84.29%	64.87%	61.06%	67.96%	82.42%		49.11%			
Age: 46	3732	(711)	(544)	(701)	(512)	(702)	(0)	(562)	(0)	(0)	(0)
3 Ronald Kimball		13.60	5.07m	8.35m	1.24m	1:18.34	DNF	31.78m	2.60m	32.56m	8:42.60
Durham, NC		16'07.75	27'04.75	4'00.75		104'03.00	8'06.25	106'10.00			
Age graded mark:		12.56	6.10m	9.86m	1.47m	1:11.07		34.78m	3.20m	42.32m	7:57.50
Age graded percent:		78.53%	68.24%	44.41%	60.19%	60.91%		48.92%	52.10%	44.09%	43.50%
Age: 49	3554	(545)	(608)	(477)	(367)	(116)	(0)	(559)	(406)	(476)	(0)
50-54											
1 Joe Johnston		13.28	5.07m	9.08m	0m	1:08.11	17.30	28.32m	3.90m	26.58m	6:00.20
Apopka, FL		16'07.75	29'09.50	0		92'11.00	12'09.50	87'02.00			
Age graded mark:		11.86	6.53m	10.86m	0	59.61	16.51	30.54m	5.15m	37.96m	5:16.55
Age graded percent:		83.13%	73.05%	48.92%	0.00%	72.63%	78.21%	42.95%	83.87%	39.55%	65.62%
Age: 50	5336	(679)	(704)	(537)	(0)	(427)	(676)	(475)	(957)	(413)	(468)
2 Mike Valle		14.03	4.59m	12.45m	1.36m	1:11.15	20.75	40.48m	2.40m	34.60m	6:37.80
Burlington, NC		15'00.75	40'10.25	4'05.50		132'10.00	7'10.50	113'06.00			
Age graded mark:		12.53	5.91m	14.89m	1.70m	1:02.27	19.80	43.66m	3.17m	49.42m	5:49.59
Age graded percent:		78.69%	66.14%	67.08%	69.74%	69.53%	65.20%	61.40%	51.61%	51.49%	59.41%
Age: 54	5174	(551)	(567)	(783)	(544)	(339)	(365)	(739)	(398)	(580)	(308)
3 Jim Quirk		14.28	4.60m	10.71m	1.36m	1:05.57	21.66	26.94m	2.60m	32.86m	6:17.40
Millington, MD		15'01.25	35'01.75	4'05.50		88'05.00	8'06.25	107'10.00			
Age graded mark:		12.76	5.92m	12.81m	1.70m	57.39	20.67	29.06m	3.43m	46.94m	5:31.66
Age graded percent:		77.31%	66.28%	57.70%	69.74%	75.45%	62.47%	40.86%	55.91%	48.90%	62.63%
Age: 50	4926	(509)	(569)	(656)	(544)	(506)	(298)	(446)	(464)	(543)	(391)
55-59											
1 Jerry Rouse		14.80	4.21m	9.93m	1.36m	1:10.64	20.94	27.22m	2.70m	29.32m	6:58.20
Long Beach, MS		13'09.75	32'07.00	4'05.50		89'04.00	8'10.25	96'02.00			
Age graded mark:		12.79	5.80m	13.23m	1.79m	59.48	18.96	32.72m	3.82m	46.02m	5:52.46
Age graded percent:		77.09%	64.87%	59.64%	73.51%	72.78%	68.10%	46.03%	62.21%	47.95%	58.93%
Age: 56	5127	(504)	(544)	(681)	(619)	(431)	(436)	(518)	(568)	(530)	(296)

60-64

2 John Copp	14.53	4.70m	8.99m	1.40m	1:11.64	18.66	36.26m	2.00m	24.14m	7:21.50	
Strasburg, VA	15'05.00	29'06.00	4'07.00			118'11.00	6'06.75	79'02.00			
Age graded mark:	12.14	6.93m	12.18m	1.95m	57.84	16.67	40.50m	3.04m	38.36m	5:55.50	
Age graded percent:	81.28%	77.43%	54.92%	79.55%	74.85%	77.49%	56.97%	49.50%	39.97%	58.43%	
Age: 64	5688	(624)	(797)	(617)	(758)	(490)	(659)	(675)	(367)	(418)	(283)
3 Bill Brobst	17.79	3.35m	7.18m	1.20m	1:26.28	23.93	25.84m	2.20m	23.28m	6:48.20	
Kitty Hawk, NC	11'00.00	23'06.75	3'11.25			84'09.00	7'02.50	76'04.00			
Age graded mark:	14.86	4.93m	9.73m	1.67m	1:09.66	21.37	28.86m	3.34m	36.98m	5:28.69	
Age graded percent:	66.39%	55.19%	43.86%	68.18%	62.15%	60.43%	40.60%	54.46%	38.54%	63.19%	
Age: 64	3641	(201)	(369)	(469)	(520)	(145)	(249)	(442)	(441)	(399)	(406)

65-69

1 Denver Smith	14.99	4.42m	9.49m	1.36m	1:13.30	20.03	34.96m	2.70m	29.74m	7:10.40
Louisville, OH	14'06.00	31'01.75	4'05.50			114'08.00	8'10.25	97'07.00		
Age graded mark:	12.06	6.97m	14.33m	2.00m	56.48	16.78	43.54m	4.40m	51.94m	5:29.43
Age graded percent:	81.85%	77.95%	64.56%	81.44%	76.66%	76.98%	61.24%	71.62%	54.10%	63.05%
Age: 69	6673	(639)	(807)	(749)	(803)	(541)	(647)	(737)	(731)	(617) (402)

80-84

1 Bob Boal	19.64	2.71m	5.41m	1.00m	1:40.80	21.61	16.42m	1.60m	17.12m	8:12.90	
Wake Forest, NC	8'10.75	17'09.00	3'03.25			53'10.00	5'03.00	56'02.00			
Age graded mark:	13.49	5.23m	10.11m	1.72m	1:04.40	18.04	28.34m	3.21m	39.66m	5:08.12	
Age graded percent:	73.12%	58.41%	45.54%	70.42%	67.23%	71.59%	39.84%	52.29%	41.33%	67.41%	
Age: 82	4454	(388)	(427)	(492)	(560)	(276)	(520)	(432)	(408)	(437)	(514)
(there is no official scoring for the women's decathlon so they are scored as if they are men 15 years older)											
Debbie Yurth	14.15	3.87m	7.31m	1.36m	1:04.06	19.34	17.74m	0m	24.32m	5:53.00	
Lyndhurst, OH	12'08.50	23'11.75	4'05.50			58'02.00	0	79'09.00			
Age graded mark:	13.07	4.66m	8.63m	1.61m	58.11	17.24	19.42m	0m	31.60m	5:22.54	
Age graded percent:	75.48%	52.09%	38.88%	66.02%	74.49%	74.92%	27.31%	0.00%	32.93%	64.40%	
Age: 31	3750	(456)	(319)	(404)	(472)	(480)	(599)	(261)	(0)	(322)	(437)
Phil Raschker	12.89	5.55m	8.12m	1.56m	1:03.23	13.62	20.04m	3.20m	22.94m	6:16.60	
Marietta, GA	18'02.50	26'07.75	5'01.50			65'09.00	10'06.00	75'03.00			
Age graded mark:	10.77	8.18m	11.00m	2.17m	51.05	12.17	22.38m	4.86m	36.44m	5:03.24	
Age graded percent:	91.62%	91.43%	49.60%	88.64%	84.80%	106.17%	31.48%	79.21%	37.98%	68.49%	
Age: 47	7636	(912)	(1107)	(546)	(963)	(767)	(1224)	(317)	(868)	(391)	(541)

Continued from previous page

56 LB Weight	
W35 Flinsrud, Carol	16'4"
M50 Couniff, John	20'1"
Graham, Mike	15'9"
Goodwin, Jim	14'5"
M55 Cantrell, John	21'5"
Shot Put	
W35 Flinsrud, Carol	41'3"
W50 Spiller, Joyce M.	18'1"
M45 Poulson, Jerry	33'11"
M50 Couniff, John	41'10"
Graham, Mike	34'7"
Goodwin, Jim	33'7"
M55 Cantrell, John	38'7"
Crater, Harold	38'1"
Discus	
W35 Flinsrud, Carol	159'6"
M45 Poulson, Jerry	102'6"
M50 Couniff, John	159'6"
Goodwin, Jim	132'0"
Graham, Mike	100'0"
M55 Cantrell, John	111'0"
Crater, Harold	104'0"
Javelin	
W30 Casey, Susan	44'9"
M45 Poulson, Jerry	129'6"
M50 Goodwin, Jim	99'2"
M55 Cantrell, John	115'0"
Crater, Harold	91'0"

Oklahoma Senior Olympics
Tulsa, OK; Sept. 24

100m	
M55 Dale Lance	13:16
M60 Glen Stone	13:65
M65 Bill Bowers	13:68
M70 Oscar Gilstrap	15:41
M75 Hugh Hackett	16:56
M85+Brownlee Smith	20:87
200m	
M55 Mack Stewart	26:96
M60 Glen Stone	28:00
M65 A Anderson	28:09
M70 Bob Wingo	34:60
M75 Hugh Hackett	35:68
M85+Brownlee Smith	50:02
400m	
M55 Mack Stewart	59:6
M60 S Blanchard	1:06:0
M65 A Anderson	1:08:1
M70 R Walther	1:13:1
M75 Bob Warwick	1:29:3
800m	
M55 Henry Hawk	2:24:04
M60 S Blanchard	2:37:35
M70 R Walther	2:55:71
M75 V Whiteside	4:04:92
1500m	
M55 Henry Hawk	4:58
M60 S Blanchard	5:20
M65 Paul Morrow	5:11
M70 Ross Walther	6:07
M75 Vern Whiteside	7:50
High Jump	
M55 Dale Lance	5-1
Long Jump	
M55 Dale Lance	17-6
M60 Chuck Crawford	12-9½
M65 Val Smith	12-3½
M70 Oscar Gilstrap	11-10
M75 Hugh Hackett	12-9
M80 Frank Beck	7-7
M85+Brownlee Smith	6-4½
Pole Vault	
M55 Dale Lance	11-0
M60 Bill Boyce	8-6
M65 Joe Thomas	5-0
M75 Bob Warwick	7-0
Shot Put	
M55 Ron Anderson	38-2½
M60 Gene Hendrix	33-10½
M65 Floyd Jack	36-9½
M70 A Richeson	37-5½
M75 Hugh Hackett	31-8½
M80 Frank Beck	23-5½
M85+B Smith	28-2½
Discus	
M55 R Anderson	138-8½
M60 Gene Hendrix	118-6
M65 Floyd Jack	132-1½
M70 A Richeson	106-4½
M75 Hugh Hackett	82-10
M80 Frank Beck	57-5½
M85 H Nelson	45-8½
Javelin	
M55 Dale Lance	131-10
M60 C Crawford	104-10½
M65 W Brazelton	142-7
M70 A Richeson	79-6½
M75 H Hackett	102-9
M80 Dick Swan	42-6½
M85+H Nelson	46-5½
1500m RW	
M55 J McFadden	7:23.8
M60 Don Balms	9:22.1
M65 Dick Donley	9:53.3
M80 Oscar Rainey	13:13.8
M85+D Rainey	11:43.3
5000m RW	
M55 J McFadden	26:08.13
M60 Don Balms	33:28.92
M65 D Donley	34:18.74
100m	
M55 Mary Garcia	17.02
M60 J Schooler	17.15
M65 S Schlemmer	19.36

200m	
W55 Lynn Taylor	39.61
W60 J Schooler	37.88
W65 S Schlemmer	42.31
400m	
W55 Lynn Taylor	1:34.73
W60 J Schooler	1:33.74
W65 S Goff	1:45.35
800m	
W55 M Wagner	3:36.10
W60 J Schooler	3:40.96
W65 S Goff	3:44.94
1500m	
W55 C Martinez	6:27.63
W60 Hintermeister	7:15.84
W65 S Goff	8:47.27
Long Jump	
W55 S Tunnichliff	10-4
W60 Jean Cobb	10-11
W65 S Schlemmer	9-3½
Pole Vault	
W55 S Tunnichliff	6-0
Shot Put	
W55 S Tunnichliff	21-6
W60 Jean Cobb	21-10
W65 Laura Downum	21-9
W70 Wilma Millier	16-8½
W75 R Richeson	13-5
Discus	
W55 S Tunnichliff	76-2
W60 Jean Cobb	61-7
W65 Laura Downum	48-11
W70 Wilma Millier	25-7
W75 Betty Jarvis	50-9
Javelin	
W55 S Tunnichliff	66-4
W60 Jean Cobb	64-4½
W65 Wanda Jack	43-7
W70 Wilma Millier	30-1½
W75 Betty Jarvis	40-0½
1500m RW	
W55 Janet Mason	10:01.6
W60 J Schooler	10:34.1
W65 Shirley Goff	10:42.1
W70 Ruby Lewis	11:51.1
5000m RW	
W55 Janet Mason	34:26.29
W60 J Whitmore	37:35.69
W65 N Molloy	41:34.61
W70 P Harrison	42:04.30

WEST

USATF Pacific Association
Decathlon/Heptathlon
Santa Cruz, CA; June 25-26

John Parks 55 5940

Dave Hebert 31 5797

Joseph Miyoshi 46 5726

Mike Holzgang 46 1215

(first three events only)

Joy Margerum W30-34 3829

Dartmouth College Weight Meet

Hanover, NH; Aug. 20

6k Shot Put

Carl Wallin 52 48-8½

Bob Harvey 51 42-8

Alan Brooks 58 37-10½

Packer Fusco 51 36-8

Marshall Wheelock 51 35-½

16# Shot Put

Carl Wallin 52 43-8½

Don Filkins 40 38-11

Bob Harvey 51 37-6½

Marshall Wheelock 51 34-2

Alan Brooks 58 33-2½

1.5k Discus

Don Filkins 40 137-9

Bob Harvey 51 133-0

Carl Wallin 52 131-4

Ed Daniels 42 127-7

Alan Brooks 58 120-3

Marshall Wheelock 51 113-10

Packer Fusco 51 113-10

Len Rosen 60 1k 133-0

16# Hammer

Carl Wallin 52 133-10

Ed Daniels 42 132-6

Don Filkins 40 114-8

Bob Harvey 51 6k 116-2

No. Calif. Seniors T&F Classic

Berkeley, CA; Sept. 10

100

M30 Alan Tucker (33) 11.72

Alan Williams (30) 10

M35 Noah Livingston (35) 11.78

Mark Quinlan (39) 12.62

Todd Robinson (38) 14.03

M40 Will Stokes (40) 11.76

Louis Bartholomew (41) 12.28

Riley McHugh (44) 12.31

Roger Trujillo (44) 12.62

Joe Sahagun (41) 12.96

Larry Amerson (44) 13.28

Kevin W. Mangano (42) 14.87

M45 Stan Whitley (48) 11.27

Paul Raymond (46) 12.04

Ray Yeck (46) 12.48

Steve Gillman (49) 13.49

Larry Hermann (49) 13.55

M50 Win Emert (50) 12.53

Mel Brooks (53) 13.21

Dan Durante (50) 13.21

Terrence Keeney (31) 13.33

Tony Craddock (52) 13.71

Bill Probst (51) 14.19

M55 Ben Anixter (56)	12.93
Phil Maresca (55)	13.92
Robert Fuller (57)	14.39
M60 Marion Sanchez (62)	13.33
Marvin Smoller (60)	14.24
Ben Rivera (61)	14.67
Roy Acoff (60)	15.65
Allen Schmidt (60)	16.36
M65 Emmet Kenamore (66)	14.34
Ed Manougian (65)	14.94
Bob Jordan (66)	15.42
M75 Konrad Slaughter (75)	18.7h
W30 Joy Margerum (33)	13.27
Roianne Wilright (31)	14.07
Karen Nelson (30)	14.25
M75 Michele Lewis (36)	14.06
Valerie Scott (37)	14.11
Karen Westmont (37)	15.16
M55 Carol Lawson (58)	19.12
M60 Elsie Andersen (63)	19.45
200	
M30 Alan Tucker (33)	23.29
Alan Williams (30)	24.98
M35 Peter H. Grimes (35)	23.23
Mark Quinlan (39)	26.28
M40 Will Stokes (40)	23.70
Riley McHugh (44)	24.52
M45 Stan Whitley (48)	22.72
Paul Raymond (46)	24.41
Rav Yeck (46)	25.19
M50 Mel Brooks (53)	25.67
Dan Durante (50)	26.45
Terrence Keeney (51)	26.98
Tony Craddock (52)	28.12
M55 Phil Maresca (55)	28.2
Bob Fuller (57)	29.72
M60 Marion Sanchez (60)	27.12
Marvin Smoller (60)	28.24
Allen L. Schmidt (60)	33.33
M65 Ed Manougian (65)	30.97
Bob Jordan (66)	32.23
M70 Dick Petch	36.84
W30 Joy Upshaw-Margerum	27.37
(33)	
M35 Michele Lewis (36)	29.77
Valerie Scott (37)	32.54
M45 Martie Behrens (46)	33.46
400	
M30 David Timmons (31)	54.83
M45 Paul Raymond (46)	58.19
Steve Gillman (49)	60.54
M50 David Romaine	59.83
Jerry Goodwin (52)	65.00
M60 Marvin Smoller (60)	64.89
M65 Ed Manougian (65)	73.91
Bob Jordan (66)	80.43
M45 Martie Behrens (46)	69.50
M55 Rita Kerr (59)	75.44
800	
M30 Rob Lenderink (31)	2:10.1
M35 Mikos Mourtos (36)	2:08.7
Stan Vegar (39)	2:11.5
M40 Joe Montoya (43)	2:15.1
Kurt Gravenhorst	2:20.3
(44)	
M45 Norman Cornell (45)	2:02.2
Searcy Barnett (47)	2:12.2
M50 Joseph Austin (54)	2:25.2
Jerry Goodwin (52)	2:25.3
George Linn (50)	2:30.3
M55 Neal Chappell (55)	2:22.5
Karl Griepenburg	2:28.5
(56)	
M60 Joe Metzgar (61)	3:04.9
M35 Annie Conneau (38)	2:35.6
M40 Melinda Villar (42)	2:33.1
Nancy Ogle (41)	2:38.7
1500	
M30 Bob Lenderink (31)	4:35.2
M35 David Lucas (35)	4:26.9
M40 Ray Sibley (40)	4:47.9
M45 Teddy Walton (47)	6:19.1
M50 Milton W. Howe (52)	4:59.9
Tom Mann (52)	5:02.1
Gene Gilligan (53)	5:13.4
Jeff Neighor (52)	5:54.2
George Linn (52)	6:23.4
M55 Karl Griepenburg	4:56.4
(58)	
Neal Chappell (55)	4:56.8
M65 Joe King (68)	5:35.1
M40 Melinda Villar (42)	5:05.5
3000	
M35 Todd Robinson (38)	12:07.0
M40 Ray Sibley (40)	9:58.5
M45 Teddy Walton (47)	13:26.9
M50 Gene Gilligan (53)	10:36.6
James Turner (54)	10:58.7
Jerry Goodwin (52)	11:00.1
M55 Karl Griepenburg	10:26.8
(56)	
Keith Johnson (56)	11:16.8
M65 Joe King (68)	11:21.8
Boyce Jacques (67)	11:59.2
M40 Sharlet Gilbert (43)	11:38.1
M55 Vicki Bigelow (59)	12:09.0
HURDLES	
110 High Hurdles	
M35 39"	
Peter H. Grimes	14.41
Stan Vegar	17.15
M40 Louis Bartholomew (41)	15.55
100 High Hurdles	
M55 Steve Richmond (59)	20.27
33"	
M60 Marion Sanchez	16.11
W30 Joy Upshaw-Margerum	15.57
300 Intermediate Hurdles	
30"	
M60 Marion Sanchez (62)	45.4
W30 Joy Upshaw-Margerum	(33) 45.1

400 Hurdles		36"
M35	Peter H. Grimes(35)	51.1
Relays		
4 X 800 NEW WORLD RECORD		
M50	Dennis Duffy, Harvey Franklin, Bill McMillan, Ramsey Thomas (West Valley #1)	8:45.88
4 X 100		
M35	"No Name" ¹ (Mark Quinlan, Peter Grimes, Ed Marchand, Stan Vegar)	45.92
M40	Nor. Cal. Srs.(R. Hughes, B. Main, R. Yeck, L. Bartholomew)	49.14
	West Valley (P. Raymond, Dennis Duffy, Bill Probst, J. Minor)	49.37
W30	Old School (Margerum et al)	52.11
HIGH JUMP		
M30	Todd Risby(31)	1.97
M40	Ed Baskauskas(44)	1.67
	David Earsley(41)	1.57
M45	William Wood(49)	1.47
	Teddy Walton(47)	1.22
M50	Donald Dvorak(52)	1.47
	Richard Imperiale(54)	1.22
M55	Richard Hotchkiss(55)	1.47
	Don Rose(59)	1.42
	Steve Richmond(59)	1.42
Tie for 2nd		
M60	Marion A. Sanchez(61)	1.47
M65	Joe King(68)	1.27
M70	Frank Mizuo(74)	.92
M45	Barbara Stratton(47)	1.12
POLE VAULT		
M30	Paul Sinatra(32)	5.00
	Mike Garzillo(33)	3.70
M40	Eddie Seese(44)	4.15
	David Earsley(41)	3.70
M45	Dan Bovrey(49)	4.30
M55	Bruce Hotaling(50)	3.85
BROAD JUMP		
M35	William Long(35)	6.46
	Noah Livingston(35)	5.64
M40	Roger Trujillo(44)	5.81
	Joe Sahagun(41)	4.62
M45	James Manor(46)	5.48
	William Wood(49)	4.62
	Tedd Walton(47)	4.46
	Richard Stepp(49)	4.29
M50	Donald Dvorak(52)	5.19
	Richard Imperiale(54)	4.79
M55	Steve Richmond(59)	4.61
W30	Joy Upshaw-Margerum(35)	5.34
	Karen E. Nelson(30)	4.74
M45	Barbara Stratton(47)	3.33
M55	Carol Lawson(58)	2.39
TRIPLE JUMP		
M40	Roger Trujillo(44)	12.38
M45	James Manor(46)	10.91
	William Wood(49)	10.25
M50	Donald Dvorak(52)	10.63
M55	Steve Richmond(59)	9.22
	Shig Niigawa(57)	7.86
M70	Frank Mizuo(74)	5.87
M45	Barbara Stratton(47)	7.36
SHOT		
M35	Stan Vegar	12.66
	Todd Robinson(38)	7.71
M45	Nike Holzgang(45)	9.61
	John Gallen(46)	7.45
M50	Paul Thiel(51)	12.91
	Bill Garrett(50)	10.65
M55	Richard Hotchkiss (55)	14.08
	Karl Mayer(56)	13.20
	Dale Harder(57)	10.91
	Richard Barnaby(56)	9.75
	Rasal Terhune-Yung(55)	9.40
	Shig Niizawa(57)	9.25
M60	Dennis g. Rietz(60)	12.19
M70	Ed Chynoweth(71)	12.12
	Bob Stone(74)	6.84
M75	Rick Hustace(75)	6.83
M80	Ross Carter(80)	11.85
W35	Rose Marie Sahagun(39)	6.61
M50	Donna Marie Rietz(51)	5.84
M65	Patricia A. Osmon(67)	6.35
DISCUS		
M35	Stan Vegar	38.24
	Todd Robinson(38)	24.46
M45	Mike Holzgang(45)	28.26
	John Gallen(46)	22.68
M50	Paul Thiel(51)	33.62
	Bill Garrett(50)	29.74
	Tyrone Nelson(52)	22.38
M55	Joe Keshmiri(57)	51.62
	Richard Hotchkiss(55)	46.22
	John Ross (56)	41.80
	Karl S. Mayer(56)	36.28
	Rasal Terhune-Yung(56)	33.84
	Dale Harder(57)	31.81
	Richard G. Barnaby(55)	31.16
M60	Dennis G. Rietz(60)	38.70
	Milton Meux(60)	38.08
M70	Bob Stone(74)	18.72
M75	Rick Hustace(75)	15.84
M80	Ross Carter(80)	36.16
W35	Rose Marie Sahagun(39)	21.42
M50	Donna Marie Rietz(51)	12.57
M65	Shirley Dieterich(67)	17.28
HAMMER		
M75	Rick Hustace(75)	15.78
M70	Bob Stone(74)	19.68
M60	Dennis G. Rietz(60)	32.10
M55	Rasal Terhune- Yung(55)	41.02
	Richard Hotchkiss	39.90
	Dale Harder(57)	26.14
JAVELIN		
M30	John Jerome(34)	38.66
M35	Tom Silva(35)	59.83
	John E. Hanson(36)	54.70

Continued from previous page

Shot Put	
M40 William Gardner	12.97
Chris Forno	11.38
M45 Tim Kearin	11.54
D B Fulbright	10.93
M50 Dennis McCraven	12.85
Cornelius McCormick	10.92
Art Altschiller	9.47
M55 George Chapell	13.05
Wayne Cassity	9.97
M60 Bob Eldridge	9.84
Dr. Walt DeRothen	7.30
M65 Arnie Gaynor	12.13
M70 Ed Chynoweth	11.96
Seymour Lampert	9.45
Brian Power-Waters	7.79
M75 Clarence Odell	9.05
M80 Art Vesco	3.98
W40 Janet Wilson	9.92
W50 Ray Van Dinther	9.32
Penny Gudel	6.36
W65 Johnny Valien	6.46
Discus	
M40 Richard Watson	31.38
Alfred Cain	29.82
M45 Mike Deller	38.04
D B Fulbright	37.12
M50 Mike Woodward	42.90
C McCormick	39.68
Dennis McCraven	33.70
M55 Joe Marino	37.96
Don Hegberg	32.30
Fred Hunter	29.66
M60 Ted Oviatt	36.94
Dave Douglass	33.32
Bob Eldridge	31.84
M65 Arnie Gaynor	40.45
Robert Perry	21.78
M70 Wilbur Thompson	39.94
Don Roser	30.76
Seymour Lampert	28.64
M75 Orval Gillett	26.96
M80 Art Vesco	10.13
W40 Janet Wilson	41.08
W50 Ray Van Dinther	21.70
W65 Johnny Valien	13.62
Hammer	
M40 Alfred Cain	22.21
M45 Mike Deller	46.54
M50 Abe Sheinker	31.05
Dave Nuttall	28.96
M55 John White	33.90
Fred Hunter	26.72
Fred Fate	26.55
M60 Dave Douglass	31.54
M70 Seymour Lampert	29.03
M80 Art Vesco	11.68
W50 Ray Van Dinther	32.22
Javelin	
M40 William Gardner	46.72
Richard Watson	38.79
Steve Wathen	26.82
M45 Ron Rook	35.46
Leroy Clippis	24.88
M50 Dave Nuttall	36.31
M55 Phil Fehlin	43.19
Fred Hunter	32.20
Joe Merino	31.45
M60 Dave Douglass	28.52
M70 Don Roser	26.85
Brian Power-Waters	19.29
M75 Clarence O'Dell	23.46
M80 Art Vesco	9.95
W45 Alexandria Brava	17.20
W55 Christel Miller	26.74
W60 Magdalena Kuehne	16.35
5K Racewalk	
M50 Don Mansfield	34:35
M55 Bill Neder	30:30
M60 Bob Meador	29:35
Arvid Rolle	31:31
Lloyd McGuire	33:03
M70 Jorge Newberry	36:26
W50 Jolene Steigerwalt	30:10
W70 Evelyn Sanders	38:13

Club West Masters Meet
Santa Barbara, CA; Oct. 8

50m	
M30 Alan Tucker	6.37
M35 James Bonilla	6.58
M40 Johnny Williams	6.46
Glen Johnson	6.69
William Veazey	7.1
M45 Sheridan Groves	6.6
Paul Raymond	6.6
Raymond Yeck	6.75
M50 Walt Butler	6.65
Frank Hinckson	6.71
Diethart Reichard	6.94
M55 Ken Dennis	6.66
Roger Tsuda	7.25
M60 Dick Glasgow	7.27
Ben Rivera	7.4
Sam Flory	7.61
M65 Jim Law	7.45
Bob McGowan	7.95
M70 Charles Mercurio	8.60
M75 Al Guidet	8.37
Clarence Killion	8.61
M80 Ted Hatlen	9.76
W35 Karen Vaughn	8.35
W50 Kathy Bergen	7.88
W60 Magdalena Kuehne	9.38
W65 Pauline Saunders	10.56
100m	
M30 Alan Tucker	11.45
JP Masbanji	12.97
M35 James Bonilla	12.00
Kai Bergher	12.40

M40 Johnny Williams	11.75
Glenn Johnson	12.20
George Weston	12.89
William Veazey	12.95
M45 Stan Whitley	11.28
Paul Raymond	12.12
Raymond Yeck	12.22
Sheridan Groves	12.22
M50 Walt Butler	12.20
Diethart Reichard	12.31
Frank Hinckson	12.66
Terrence Keeney	12.80
M55 Ken Dennis	12.19
Ed Oleata	12.70
Enil Pawlik	12.74
M60 Wilton Newton	13.15
Dick Glasgow	13.30
Sam Flory	13.89
M65 Jim Law	13.24
Bob McGowan	13.99
M70 Tom Miller	15.62
Alvin Levenson	18.19
M75 Al Guidet	15.58
Clarence Killion	16.05
W35 Karen Vaughn	15.15
W45 Joanie Coates	15.85
W50 Kathy Bergen	14.57
W55 Christel Miller	15.77
Marti Skaer	15.8
Fei-Mei Chou	17.50
W60 Magdalena Kuehne	16.7
W65 Pauline Saunders	19.2
Rosemary Maxfield	33.7
200m	
M30 Robin Kim	21.96
Alan Tucker	22.97
J P Masbanji	26.20
M35 James Bonilla	24.55
Joe Paz	26.92
M40 Glen Johnson	24.87
John Williams	24.88
Edward McCalley	26.69
George Weston	26.97
M45 Stan Whitley	22.54
Raymond Yeck	24.84
Paul Raymond	24.96
Herman Castillo	24.9
M50 Walt Butler	25.35
Diethart Reichard	25.84
Terrence Keeney	26.31
Lindsey Harmon	27.11
M55 Roger Tsuda	27.11
Dick Glasgow	27.40
M60 John Cauldwell	28.89
Sam Flory	28.89
John Cauldwell	30.38
Marcel Cote	30.80
M65 Jim Law	28.01
Bob McGowan	30.83
M70 Tom Miller	33.74
M75 Clarence Killion	34.65
W35 Karen Vaughn	33.01
W45 Joanie Coates	33.75
W50 Kathy Bergen	32.29
W55 Fei-Mei Chou	36.86
W60 Magdalena Kuehne	38.27
400m	
M35 Kai Bergher	55.91
Joe Paz	57.35
Ben Neil	58.93
M40 Daryl Katcher	58.08
Edward McCalley	58.51
William Veazey	60.53
Phillip Gnesin	60.98
M45 Stan Whitley	51.76
Paul Raymond	57.82
Herman Castillo	63.27
M50 Dan Durante	60.81
Will Robinson	66.69
M65 Jim Law	63.62
Bob McGowan	64.69
W35 Lori Avery	1:21.64
800m	
M30 Eric Durak	2:13.5
M35 Terry Howell	2:02.3
Joe Paz	2:13.3
Kim Kelly	2:23.7
M40 Daryl Katcher	2:15.5
M45 Nolan Shaheed	1:58.8
Herman Castillo	2:22.0
Herb Adams	2:37.2
M55 Karl Griepenburg	2:22.5
M65 Bob McGowan	2:44.9
Harold Willis	2:54.9
1500m	
M35 Kim Kelly	5:28.77
John Arbogast	6:43.1
M40 Dan Hirst	5:26.60
Foots Williams	5:45.9
M45 Nolan Shaheed	4:10.56
Herb Adams	5:28.06
Wayne Shaffer	5:43.1
M50 Tyrone Nelson	4:53.1
Luigi Schiavo	5:39.7
M55 K Griepenburg	4:52.69
M65 Stan Cohen	6:00.1
Harold Willis	6:09.6
W45 Mimi Baranowski	5:39.13
5000m	
M35 Kevin Young	21:53.4
M40 Dan Hirst	20:41.1
M45 Herman Castillo	18:58.2
M60 G. McClenathen	20:57.8
Ted Oviatt	23:47.5
M65 Gunnar Linde	20:51.9
W30 Carol Knox	19:00.7
Linda Wallace	21:38.9
W35 Lori Avery	23:11.7
High Hurdles	
M30 Steven Daniel	15.92
M45 Sheridan Groves	17.82
M50 Walt Butler	14.17
M55 Enil Pawlik	15.71

W30 Pam Reynolds	16.83
Intermediate Hurdles	
M35 Andrew Hecker	68.76
M40 Edward McCalley	78.7
M45 Sheridan Groves	66.28
M50 Thomas Ryan	72.67
High Jump	
M30 Steve Daniel	6-0
J P Masbanji	5-8
M45 Chas Rader	5-10
M50 Herman Pettegrove	4-10
Don Dvorak	4-10
Tyrone Nelson	4-6
M55 Phil Fehlen	5-6
Enil Pawlik	5-6
Bert Bergen	4-8
M60 Milton Newton	5-6
Sam Flory	4-6
Marcel Cote	4-0
M70 Jerry Silsdorf	3-8
M75 Jim Vernon	3-4
M80 Ted Hatlen	3-4
W65 Shirley Kinsey	3-2
Pole Vault	
M35 Matt Wagner	12-0
John Arbogast	10-0
M45 Greg Miguel	14-6
Steve Morris	13-6
Eddie Seese	12-6
M50 Bruce Hotaling	13-0
Mike Morris	13-0
Mardon Connolly	12-6
M75 Jim Vernon	7-6
W30 Pam Reynolds	9-6
Breanna Haut	8-0
W65 Shirley Kinsey	5-6
Long Jump	
M30 Steven Daniel	6.16
J P Masbanji	5.90
M35 David Quick	6.20
M40 Roger Trujillo	5.85
Alex Hatchwell	4.87
Bill Veazey	4.37
M45 Joe Miyoshi	4.73
M50 Don Dvorak	5.02
Tyrone Nelson	4.30
M55 Enil Pawlik	5.22
Roger Tsuda	5.02
M60 John Cauldwell	4.14
Sam Flory	4.06
Marcel Cote	4.01
M65 Bob McGowan	3.83
W30 Pam Reynolds	4.73
W55 Christel Miller	3.54
Fei-Mei Chou	2.72
W65 Pauline Saunders	2.72
Triple Jump	
M30 Hugh Maquire	15.30
M35 David Quick	13.80
M40 Roger Trujillo	12.17
Wm Veazey	9.03
M45 Doug Shaw	11.33
Joel Whitfield	11.27
M50 Don Dvorak	10.34
M70 Chas Mercurio	7.87
W55 Christel Miller	6.95
W60 Magdalena Kuehne	7.71
Shot Put	
M45 Mike Deller	40-1
Wayne Shaffer	34-8
M50 Diethart Reichard	33-5
Art Altschiller	31-3
Tyrone Nelson	25-2
M55 Hal Smith	45-3
M60 Stew Thomson	43-2
Sam Adams	41-6
George McGinnis	36-2
M65 Arnie Gaynor	40-3
M70 Ed Chynoweth	40-2
Bill Bangert	38-2
Al Levenson	31-7
M75 Aaron Cronkhite	33-1
Jim Sullenger	30-0
Irving Glazer	28-0
M80 Ross Carter	37-3
Ted Hatlen	24-9
Art Vesco	13-1
M90 John Whittemore	14-4
W35 Karen Vaughn	28-10
W50 Ray Van Dither	31-11
W55 Mary Herse	27-9
Marti Skaer	23-7
Javelin	
M40 Foots Williams	113-6
William Veazey	91-7
M45 Bob Powers	155-2
Doug Shaw	145-2
Joe Miyoshi	121-6
M50 Jay Green	149-8
Steve Wordell	126-11
Dave Nuttall	120-9
M55 Hal Smith	117-11
Paul Taylor	111-5
Joe Marino	95-0
M60 Phil Conley	152-7
M65 Del Pickarts	150-7
M75 Richard Mack	70-2
M80 Ted Hatlen	44-8
Art Vesco	29-11
M90 John Whittemore	27-5
W40 Pat Brucketta	51-6
W55 Christel Miller	85-3
W65 Shirley Dietderich	60-2
Discus	
M30 Eric Durak	102-8
M45 Mike Deller	126-7
Wayne Shaffer	100-9
Robert Agnew	98-1
M50 Lloyd Higgins	174-3
M55 Bob Humphries	141-6
Hal Smith	135-3

Joe Marino	126-9
M60 Stew Thomson	171-5
Sam Adams	148-5
Ted Oviatt	116-3
M70 Bill Bangert	111-11
Al Levenson	83-9
Jerry Silsdorf	68-7
M75 Jim Sullenger	104-7
Aaron Cronkhite	78-10
Richard Mack	64-3
M80 Ross Carter	118-8
Ted Hatlen	64-8
Art Vesco	31-8
M90 John Whittemore	39-0
M65 Arnie Gaynor	139-10
W65 Shirley Dietderich	68-10
Hammer	
M45 Mike Deller	147-4
M50 Dave Nuttall	95-3
M60 Stew Thomson	168-8
M70 Jerry Silsdorf	69-0
M90 John Whittemore	37-9
W50 Ray Van Dinther	94-10
1500m Racewalk	
M45 Gerry Koenig	10:27.9
Michael Snead	10:50.7
W65 Pauline Saunders	11:37.8
3000m Racewalk	
M45 Michael Snead	21:35.1
Gerry Koenig	21:52.1

NORTHWEST

Helena Throws Classic
Helena, MT; Sept. 24

Shot Put	
M30 Ray Luchi	8.43
M65 John Hershey	7.68
16# 6.40	
M75 Manuel White	11.33
*16# 8.10	
Jack Kennedy	8.56
16# 7.02	
Discus	
M75 Manuel White	*38.50
Hammer	
M75 M White*16#	21.54/5k-
28.70/4k-36.73	
Javelin	
M30 Ray Luchi	32.82

INTERNATIONAL

7th Oceania Veterans
Championships, Suva, Fiji Islands;
July 1-9

100m	
M30	
George Jankowski	AUS 12.0
Neville Keil	FIJ 12.0
Mark McFarlane	NZL 12.3
M35	
Marc Larose	AUS 11.6
Gary Oakes	NZL 12.9
Chandra Singh	FIJ 15.8
M40	
Joe Rodan	FIJ 11.5
Robert Purdie	NZL 12.0
William Gunn	AUS 12.3
M45	
Aca Simolo	FIJ 12.0
David Sheehan	AUS 12.4
Murray Anderson	NZL 12.6
M50	
Ross Kent	AUS 12.4
Allan Elliott	AUS 12.8
Roy Petrie	NZL 13.1
M55	
Hugh Coogan	AUS 12.6
Keith Daniels	AUS 12.7
Graham Nodan	AUS 12.8
M60	
Brian Halpin	NZL 13.6
Brian Kerr	NZL 13.8
Kerry Thew	AUS 14.1
M65	
Rudolph Hochreiter	AUS 13.5
Lindsay Kent	AUS 13.6
Maurie Dauphin	AUS 14.6
M70	
Tom Hishon	AUS 14.4
Bruce Witherspoon	NZL 15.3
M75	
Andy Smith	AUS 18.5
M80	
Stanley Hogg	NZL 22.2
W30	
Joe Rodan	FIJ 53.6
Christopher Strange	NZL 55.7
Robert Purdie	NZL 56.3
M45	
David Sheehan	AUS 57.1
Murray Clarkson	NZL 57.3
John Payne	AUS 60.6
M50	
Barry Fry	AUS 59.0
Lance Smith	NZL 59.6
Ross Kent	AUS 60.3
M55	
Alan Bradford	AUS 57.2
Hugh Coogan	AUS 59.1
Stewart Foster	NZL 59.6
M60	
Brian Halpin	NZL 63.4
Bryan Kerr	NZL 65.4
Brian Smith	NZL 75.7
M70	
Tom Hishon	AUS 67.8
Gordon McKeown	AUS 68.5
Bruce Witherspoon	NZL 80.8

W65	
Marcia Petley	NZL 17.

Continued from previous page

Taniaia Tuicakau	FIJ 9:40.6
M70	
Gordon McKeown	AUS 5:39.6
James Fraser	AUS 6:24.5
Gerardo Rivello	AUS 8:00.7
M75	
Ron McPherson	NZL 7:14.6
M30	
Salome Tabuatalei	FIJ 4:55.2
Meredith Radford	AUS 7:39.3
M35	
Lynda McMahon	NZL 5:29.2
M J Gardereau	NZL 5:30.2
M40	
Maria Hiller	NZL 5:11.8
Sandra Payne	NZL 5:24.2
Janet Litt	NZL 5:44.7
M45	
Susan Waru	NZL 5:16.5
Loris Reed	NZL 5:20.1
Lynn Donaldson	NZL 5:39.8
M50	
Margaret Orman	NZL 5:38.3
Fay Riley	NZL 5:41.9
Anne Lang	AUS 5:44.3
M55	
Diane Rogers	NZL 6:08.6
Jan Fleming	NZL 6:36.9
Pat Taylor	NZL 7:35.0
M60	
June Miles	NZL 6:53.9
Dawn Cumming	NZL 6:58.0
M65	
Shirley Brasher	AUS 7:38.7
Jewel McRae	NZL 8:19.4
Pam McArthur	NZL 9:45.2
M300m	
M30	
Andrew Hewitt	AUS 19:05
M35	
Al Johnson	NZL 15:50
Biana Kanasa	PNG 20:29
M40	
Dennis Litt	NZL 15:44
Brett Ryan	NZL 15:59
Garry Payne	NZL 16:30
M45	
Eric Greave	AUS 16:40
Murray Clarkson	NZL 16:49
Terry Harrison	AUS 16:53
M50	
David Rowel	NZL 17:27
Norris Wyatt	NZL 17:29
Allan Davis	NZL 17:39
M55	
Allan Bradford	AUS 16:45
Jim Seymour	AUS 17:51
Joe Patterson	AUS 18:47
M60	
Osmo Millridge	AUS 20:43
Bernard Kane	NZL 20:52
Brian Smith	NZL 21:13
M65	
John Eccles	NZL 20:34
Peter Thomas	NZL 21:33
Ray Kemp	AUS 21:47
M70	
Gordon McKeown	AUS 21:16
Joe Jones	NZL 22:12
James Frazier	AUS 22:57
M30	
Salome Tabuatalei	FIJ 19:26
M35	
M J Gardeau	NZL 20:06
Lynda McMahon	NZL 20:47
M40	
Sandra Payne	NZL 20:20
Nanette Tong	NZL 22:31
Jannet Litt	NZL 22:36
M45	
Susan Waru	NZL 19:33
Loris Reed	NZL 19:55
R Cunningham	FIJ 20:34
M50	
Beverley Blair	NZL 22:14
Faye Riley	NZL 22:25
Judith Cockburn	NZL 24:01
M55	
Diane Rogers	NZL 21:52
Theresa Brown	NZL 23:00
Jan Fleming	NZL 24:11
M60	
Dawn Cumming	NZL 25:03
M65	
Shirley Brasher	AUS 28:14
Jewel McRae	NZL 30:43
Pam McArthur	NZL 34:27
High Hurdles	
M30	
George Jankowski	AUS 19.7
M35	
Albert Miller	FIJ 15.2
M40	
Joe Rodan	FIJ 16.7
Chris Strange	NZL 17.2
Clyde Riddoch	AUS 20.8
M45	
Ilaitia Lewanavanua	FIJ 20.9
Kalivati Couv	FIJ 22.7
A Cawanibuka	FIJ 23.9
M50	
William Wells	NZL 21.3
Roy Petrie	NZL 21.4
M55	
Stewart Foster	NZL 19.5
M60	
Colin O'Brien	NZL 25.2
M65	
Gordon Gourlay	AUS 20.9
George Goode	AUS 23.3
Leonard Childs	AUS 34.4

M30	
Marie Kay	AUS 19.1
M35	
Sue Graham	NZL 21.8
Kasilia Dawai	FIJ 25.8
M40	
Joanne Anderson	NZL 15.10
M45	
Lois Anderson	NZL 16.50
Beverley Church	NZL 18.90
M50	
Lesley Hamilton	AUS 16.00
Raewyn Rooney	NZL 22.40
M55	
Gloria Seymour	AUS 18.5
M60	
Collena Blair	NZL 17.30
Intermediate Hurdles	
M30	
George Jankowski	AUS 72.7
M35	
William Doney	NZL 73.2
M40	
Joe Rodan	FIJ 61.5
Chris Strange	NZL 64.7
M50 (300m)	
William Wells	NZL 55.7
M55 (300m)	
Stewart Foster	NZL 48.9
Kenneth Daniels	AUS 51.4
John Howes	AUS 56.0
M65	
Gordon Gourlay	AUS 58.7
George Goode	AUS 62.4
M70	
Marie Kay	AUS 76.8
M45	
Sue Waru	NZL 89.5
M50	
Leslie Hamilton	AUS 61.1
Erica Mercer	AUS 62.4
M55	
Gloria Seymour	AUS 71.0
Steeplechase	
M35	
Wm Doney	NZL 11:15.1
Biana Kanasa	PNG 12:08.0
Kalopasa Bogiva	FIJ 12:33.9
M40	
Brett Ryan	NZL 10:17.3
Jan Martin	NZL 10:47.2
Warwick Stevens	NZL 11:15.5
M45	
Eric Greaves	AUS 10:45.1
Malcolm Clark	NZL 12:16.5
M50	
Norris Wyatt	NZL 11:19.7
Allan Davis	NZL 11:28.7
Wm Wells	NZL 11:40.4
M55	
Alan Bradford	AUS 10:22.5
Jim Seymour	AUS 12:00.4
Berry Chant	NZL 12:51.1
M60	
Osmo Millridge	AUS 8:09.9
M65	
John Eccles	NZL 8:29.3
George Goode	AUS 10:57.0
M70	
Margaret Orman	NZL 8:12.1
Erica Mercer	AUS 9:26.7
Fay Riley	NZL 9:47.5
M55	
Theresa Brown	NZL 10:05.6
M60	
N Pepene	NZL 14:15.7
4x100m Relay	
M40/M45 Fiji (Rodan/Simolo/Nukutaru/Tamaniveli)	48.2
M50/M55 AUS (Coogan/Bradford/Daniels/Noden)	50.8
M60/M65 AUS (Dauphin/Kent/Thew/Hochreiter)	55.2
M35/W40 NZL (Waring/Graham/Bowmar/Anderson)	60.7
M45/W50 NZL (Hunter/Anderson/Callander/Hathaway)	56.9
M55/W60 NZL (Blair/Hinton/Chandler/Petley)	65.9
Medley Relay	
M40/M45 NZL (Kaio/Strange/Purdie/Anderson)	3:56.2
M50/M55 AUS (Fry/Higgins/Kent/Elliott)	4:03.5
M60/M65 AUS (Millridge/Kent/Thew/Hochreiter)	4:44.9
M35/W40 NZL (Tong/Meyer/Bowmar/Anderson)	5:11.2
M45/W50 NZL (Reed/Donaldson/Dingwall/Callander)	4:51.4
M55/W60/W65 NZL (Chandler/Petley/Blair/Hinton)	5:32.4
High Jump	
M30	
Mark McFarlane	NZL 1.65
M40	
Joe Rodan	FIJ 1.67
Robert Purdie	NZL 1.55
Clyde Riddoch	AUS 1.46
M45	
Murray Anderson	NZL 1.55
Glen Church	NZL 1.20
M50	
Lance Smith	NZL 1.53
Roy Skuse	NZL 1.40
David Rees	NZL 1.20
M55	
Alan Hunter	NZL 1.10
M60	
Kerry Thew	AUS 1.39

Jim Blair	NZL 1.36
Colin O'Brien	NZL 1.21
M65	
Gordon Gourlay	AUS 1.45
Rudy Hochreiter	AUS 1.33
Leonard Childs	AUS 1.18
M75	
Andy Smith	AUS 0.96
M30	
Marie Kay	AUS 1.40
Anne Goulter	NZL 1.33
M35	
Sue Graham	NZL 1.12
M40	
Joanne Anderson	NZL 1.40
Nancy Bowmar	NZL 1.27
M45	
Anne Hunter	NZL 1.27
Lois Anderson	NZL 1.27
Beverly Church	NZL 1.09
M50	
Leslie Hamilton	AUS 1.24
Raewyn Rooney	NZL 1.20
Erica Mercer	AUS 1.17
M55	
Gloria Seymour	AUS 1.20
Iris Bishop	NZL 1.20
Margret Nunn	AUS 0.93
M70	
Gwenyth Davidson	AUS 1.14
Pole Vault	
M30	
Mark McFarlane	NZL 2.80
George Jankowski	AUS 2.50
M40	
Clyde Riddoch	AUS 2.30
M45	
Murray Anderson	NZL 3.00
M50	
John Reynolds	AUS 2.10
M60	
Colin O'Brien	NZL 2.00
M65	
Rudy Hochreiter	AUS 2.30
Leonard Childs	AUS 1.70
M70	
Joanne Anderson	NZL 2.40
M50	
Raewyn Rooney	NZL 2.00
M60	
N Pepene	NZL 1.50
Long Jump	
M30	
George Jankowski	AUS 5.71
Mark McFarlane	NZL 5.69
M35	
Maro Larose	AUS 6.27
Wm Doney	NZL 5.57
Caleb Maybir	FIJ 3.84
M40	
Chris Strange	NZL 5.85
Robert Purdie	NZL 5.30
Allen Anderson	NZL 4.20
M45	
Murray Anderson	NZL 5.47
Aporosa Tamaniveli	FIJ 4.85
Ilaitia Vulano	FIJ 4.71
M50	
Lance Smith	NZL 4.97
Bruce Reid	NZL 4.56
F Tikoimua	FIJ 4.45
M55	
Graeme Noden	AUS 5.36
Ken Daniels	AUS 4.75
M60	
Kerry Thew	AUS 4.50
Jim Blair	NZL 4.26
Colin O'Brien	NZL 4.03
M65	
Rudy Hochreiter	AUS 4.35
Maurice Daphinet	AUS 4.21
Gerard Keith	AUS 3.90
M75	
Andy Smith	AUS 2.00
M80	
Stanley Hogg	NZL 1.91
M30	
Marie Kay	AUS 5.19
Lynne Skinner	AUS 4.52
Anne Goulter	NZL 4.14
M40	
Anne Anderson	NZL 4.41
Anaseini Uate	FIJ 3.11
Aline Martin	AUS 2.20
M45	
Anne Hunter	NZL 4.46
Lois Anderson	NZL 4.17
Anne Hathaway	NZL 4.08
M50	
Leslie Hamilton	AUS 3.64
Raewyn Rooney	NZL 3.58
Gretchen Dick	NZL 3.45
M55	
Gloria Seymour	AUS 3.51
Lilian Hinton	NZL 3.39
Christine Dickie	AUS 3.09
M60	
Colleena Blair	NZL 3.42
M65	
Marcia Petley	NZL 2.85
M70	
Gwenyth Davidson	AUS 2.48
Triple Jump	
M30	
George Jankowski	AUS 11.31
Selwyn Williams	FIJ 11.26
Graham Inglis	AUS 10.40
M35	
William Doney	NZL 9.83
Chandra Singh	FIJ 7.27
M40	
Chris Strange	NZL 11.93

Allen Andersen	NZL 8.54
M45	
Murray Andersen	NZL 11.23
A Tamaniveli	NZL 11.20
M50	
Lance Smith	NZL 11.02
Filimoni Tikoimua	FIJ 10.24
Roy Petrie	NZL 9.16
M55	
Graeme Noden	AUS 10.03
M60	
Colin O'Brien	NZL 8.36
Jim Blair	NZL 8.16
Charlie Bishop	NZL 7.07
M65	
Rudy Hochreiter	AUS 9.19
Gordon Gourlay	AUS 8.41
Leonard Childs	AUS 7.25
M75	
Andy Smith	AUS 5.43
M80	
Stanley Hogg	NZL 4.80
M30	
Marie Kay	AUS 10.73
Lynne Skinner	AUS 9.28
Anne Goulter	NZL 9.02
M40	
Joanne Andersen	NZL 9.31
Nancy Bowmar	NZL 7.93
Aline Martin	AUS 5.15
M45	
Anne Hunter	NZL 8.92
Rhonda Dundas	AUS 7.64
Lois Andersen	NZL 7.61
M50	
Lesley Hamilton	AUS 8.50
Erica Mercer	AUS 7.07
Raewyn Rooney	NZL 7.03
M55	
Gloria Seymour	AUS 7.96
Lilian Hinton	NZL 7.63
Christine Dickie	AUS 7.18
M60	
Marcia Petley	NZL 6.99
Shot Put	
M30	
Saimoni Koroi	FIJ 12.92
T Navutovuto	FIJ 10.41
M40	
Asaeli Sevakasiga	FIJ 11.24
Joe Bradley	NZL 11.10
Dennis Rastovich	AUS 10.70
M45	
Cameron Murch	NZL 9.48
Aporosa Tamaniveli	FIJ 9.29
Eric Cross	NZL 7.13
M50	
Ken Readwin	AUS 11.14
John Reynolds	AUS 10.99
Lepani Waitawa	FIJ 10.78
M55	
Isaia Gonenwai	FIJ 10.15
Oskar Kruger	NZL 9.85
Joe Navusolo	FIJ 9.36
M60	
Richard Harris	NZL 13.51
Warren Whitehead	NZL 9.33
Cecil Scott	NZL 8.83
M65	
Rudy Hochreiter	AUS 10.48
Art Grayburn	NZL 9.52
Leonard Childs	AUS 9.19
M70	
Feliks Jekabson	AUS 11.53
Max Carr	NZL 9.50
M80	
Stanley Hogg	NZL 7.34
M30	
Anne Goulter	NZL 8.41
M35	
Kasalia Dawai	FIJ 9.33
Sue Graham	NZL 7.16
M40	
Christine Schultz	AUS 13.09
Mereoni Vibose	FIJ 11.12
Phillipa Edwards	NZL 7.68
M45	
Lily Bola	FIJ 9.73
Lois Anderson	NZL 8.98
Anne Hathaway	NZL 8.62
M50	
Mary Thomas	AUS 11.80
Glennis Watts	NZL 7.73
Raewyn Rooney	NZL 6.12
M55	
Merewai Vesikula	FIJ 9.11
Gloria Seymour	AUS 8.79
Christine Dickie	AUS 7.72
M60	
Miriam Stanley	NZL 9.41
N Pepene	NZL 7.34
Colleena Blair	NZL 7.00
M65	
Daphne Cuthbertson	NZL 7.16
Pamela McArthur	NZL 5.97
M70	
Gwenyth Davidson	AUS 6.53
Daphne Jameson	NZL 4.00
Discus	
M30	
Tumeli Navutovuto	FIJ 30.74
M35	
Kelevi Tokalau	FIJ 30.92
M40	
Joseph Bradley	NZL 35.10
Clyde Riddoch	AUS 34.26
Dennis Rastovich	AUS 32.52
M45	
Cameron Murch	NZL 33.82
John Payne	AUS 20.58

M50	
Viliame Cavubati	FIJ 42.40
John Reynolds	AUS 36.50
Lepani Waitawa	FIJ 32.94
M55	
Isaia Gonenwai	FIJ 30.86
Oskar Kruger	NZL 30.40
Fred Goodhall	NZL 27.76
M60	
Richard Harris	NZL 41.52
Cecil Scott	NZL 36.90
Jim Blair	NZL 31.26
M65 Rudy Hochreiter	AUS 37.36
Art Grayburn	NZL 33.88
Leonard Childs	AUS 29.96
M70	
Felik Jekabson	AUS 32.48
M80	
Stanley Hogg	NZL 20.02
M30	
Anne Goulter	NZL 24.05
M35	
Sheila Meyer	NZL 16.22
M40	
Christine Schultz	AUS 42.02
Mereoni Vibose	FIJ 35.46
Heather Steer	NZL 25.16
M45	
Lily Bola	FIJ 29.38
Anne Hunter	NZL 26.22
Rhonda Dundas	AUS 24.70
M50	
Mary Thomas	AUS 29.88
Glen Watts	NZL 20.18
Raewyn Rooney	NZL 19.20
M55	
Iris Bishop	NZL 18.44
Christine Dickie	AUS 17.90
Valerie Babe	NZL 15.90
M60	
Miriam Stanley	NZL 28.40
Colleena Blair	NZL 22.20
N Pepene	NZL 17.72
M65	
Daphne Cuthbertson	NZL 16.40
Pam MacCarthy	NZL 10.88
M70	
Gwenyth Davidson	AUS 17.64
Daphne Jameson	NZL 7.94
<u>Hammer</u>	
M30	
Samoni Koro'i	FIJ 40.80
M40	
Clyde Riddoch	AUS 30.46
Joe Bradley	NZL 30.10
Dennis Rastovich	AUS 29.62
M45	
Fletcher McKeown	AUS 33.80
Cameron Murch	NZL 21.82
M50	
Ken Readwin	AUS 48.62
John Reynolds	AUS 40.38
Gordon Love	NZL 26.30
M55	
V Saulekaleka	FIJ 29.04
Oskar Kruger	NZL 26.74
Allan Hunter	NZL 18.62
M60	
Cecil Scott	NZL 32.38
Charlie Bishop	NZL 30.90
Richard Harris	NZL 27.68
M65	
Rudy Hochreiter	AUS 33.32
Leonard Childs	AUS 23.92
Art Grayburn	NZL 23.10
M70	
Felix Jekabson	AUS 40.98
M80	
Stanley Hogg	NZL 20.00
M45	
Beverly Church	NZL 26.16
Sharon Reynolds	AUS 22.08
Lynn Donaldson	NZL 19.26
M50	
Mary Thomas	AUS 32.84
Glenis Watts	NZL 24.48
Raewyn Rooney	NZL 22.82
M55	
Valerie Babe	NZL 25.16
Gloria Seymour	AUS 24.70
Christine Dickie	AUS 23.04
M60	
Miriam Stanley	NZL 28.80
Gladys McKeown	AUS 25.74
M65	
Daphne Cuthbertson	NZL 18.68
Marcia Tetley	NZL 18.68
M70	
Gwen Davidson	AUS 23.18
<u>Javelin</u>	
M30	
Samoni Koro'i	FIJ 44.90
George Williams	FIJ 40.98
M35	
Yaliopasa Bogiva	FIJ 39.94
Biana Kanasa	PNG 33.12
Caleb Maybir	FIJ 21.54
M40	
Joe Bradley	NZL 52.22
Dennis Rastovich	AUS 44.14
Clyde Riddoch	AUS 38.96
M45	
Cameron Murch	NZL 47.94
John Payne	AUS 29.04
M50	
Fillimoni Tikoimua	FIJ 39.84
Lepani Waitawa	FIJ 36.64
John Reynolds	AUS 31.14
M55	
Fred Goodhall	NZL 36.58
Ken Daniels	AUS 35.62
V Saulekaleka	FIJ 35.36

Continued from previous page

Cross-Country (MOK/WOK)

M30 Andy Hewitt	AUS 35:39
M35 Al Johnson	NZL 30:40
P Kalkounivalu	FIJ 38:21
M40 Dennis Litt	NZL 30:29
Brett Ryan	NZL 31:45
Garry Payne	NZL 31:53
M45 Eric Greaves	AUS 32:10
Terry Harrison	AUS 34:26
Mel Clark	NZL 36:18
M50 Norris Wyatt	NZL 34:40
Allan Davis	NZL 34:45
Jacques Lasalle	NZL 35:08
M55 Alan Bradford	AUS 32:31
Jim Seymour	AUS 35:23
Joe Patterson	AUS 36:32
M60 Bernard Kane	NZL 39:30
Osmo Millridge	AUS 40:50
Ed Linton	NZL 40:59
M65 John Eccles	NZL 40:12
Peter Thomas	NZL 41:48
M70 Jim Frazer	AUS 43:23
Gordon McKeown	AUS 43:48
Joe Jones	NZL 44:19

W30 S Tabuatalei FIJ 24:03

W35 M J Gardereau NEC 26:16

W40 Sandra Payne NZL 26:08

Janet Litt NZL 27:07

Denise Iles NZL 29:01

W45 Susan Waru NZL 25:08

Loris Reed NZL 25:28

Ros Cunningham FIJ 26:06

W50 Bev Blair NZL 27:02

Carol Thompson NZL 30:04

W55 Diane Rogers NZL 27:42

Theresa Brown NZL 29:58

W60 Dawn Cumming NZL 32:25

W65 Shirley Brasher AUS 36:59

Jewel McRae NZL 40:35

Half-Marathon

M30 Graham Angliss AUS 1:22:5

Andy Hewitt AUS 1:28:1

M35 Biana Kanasa PNG 1:36:4

M40 Dennis Litt NZL 1:14:4

Brett Ryan NZL 1:17:1

Tan Martin NZL 1:18:1

M45 M Clarkson NZL 1:18:6

Eric Greaves AUS 1:20:4

Colin Waring AUS 1:24:5

M50 Barry Fry AUS 1:22:6

Bill Wells NZL 1:23:1

Neville Wagner NZL 1:25:5

M55 Jim Seymour AUS 1:24:1

Neil Fleming NZL 1:30:4

Joe Patterson AUS 1:34:1

M60 Bernard Kane NZL 1:36:5

Brian Smith NZL 1:40:4

Don Borrell NZL 1:43:4

M65 Peter Thomas NZL 1:36:5

Jim Sinclair AUS 2:12:6

M70 Gordon McKeon AUS 1:50:4

Murray McRae NZL 2:06:6

W35 Lidiya Berlot TAI 1:46:3

W40 Maria Hillier NZL 1:31:5

Janet Litt NZL 1:40:2

W45 Susan Waru NZL 1:34:4

Jackie Taylor AUS 1:55:3

Carol Thompson NZL 2:00:2

W50 Faye Fyfe NZL 2:02:4

Carol Thompson NZL 2:05:4

W55 Diane Rogers NZL 1:37:6

W60 Dawn Cumming NZL 2:03:5

NZL-New Zealand; AUS-Australia;

FIJ-Fiji; TAI-Tahiti; NZL-New

Caledonia; PNG-Papua New Guinea;

CKI-Cook's Island

B.V.A.F. Decathlon & Heptathlon Championships
Don Valley Stadium, Sheffield, UK; GB v USA Match, Sept. 24-25

M40-44	100m	100m	SP	100m	400m	100m	DT	PV	100m	1500m
Age group factor	0.9542	1.1265	1.06	1.1298	0.9384	0.9326	1	1.1499	1.1829	0.9479
1. No.8	12.7	5.50	13.11	1.59	59.8	18.2	37.90	3.90	44.44	5-40.7
Nick Phipps (42)	12.12	6.19	13.89	1.79	56.12	16.98	37.90	4.48	52.56	5-22.95
Woking AC	584	628	722	619	550	604	622	754	627	435
	584	1212	1934	2553	3103	3707	4329	5083	5710	6145
	+1.6	4	+1.3	2	1	2	+0.1	1	1	1
2. No.9	12.3	6.21	7.29	1.59	55.1	19.2	23.18	3.00	31.62	4-46.6
Robert Stevenson (41)	11.74	6.99	7.72	1.79	51.71	17.91	23.18	3.44	37.40	4-31.67
Irvine AC	657	811	350	619	732	512	332	467	405	734
	657	1468	1818	2437	3169	3681	4013	4480	4885	5619
	+2.7	2	+1.7	3	2	1	+0.7	2	2	2
3. No.6	12.6	5.61	9.07	1.53	58.7	19.1	26.80	3.30	33.18	4-48.0
Graeme Leckie (41)	12.03	6.31	9.61	1.72	55.09	17.82	26.80	3.79	39.24	4-33.00
Verlea AC	601	655	462	560	590	520	402	560	431	725
	601	1256	1718	2278	2868	3388	3790	4350	4781	5506
	+1.6	3	+1.4	5	4	4	+0.6	5	4	4
4. No.7	13.1	5.39	9.46	1.56	59.7	17.5	29.78	3.20	34.26	5-05.7
Ian Marriot (41)	12.51	6.07	10.02	1.76	56.03	16.33	29.78	3.67	40.52	4-49.78
Oxford City AC	515	602	487	593	553	672	460	527	450	620
	515	1117	1604	2197	2750	3422	3882	4409	4859	5479
	+2.7	10	+1.7	6	5	5	+0.6	4	3	4
5. No.11	12.7	5.39	11.11	1.53	58.6	19.8	31.56	NHC	49.11	5-12.8
Pan Zeniou (41)	12.12	6.07	11.77	1.72	55.00	18.47	31.56	NHC	58.08	4-56.51
North London	584	602	592	560	594	460	495	0	709	580
	584	1186	1778	2338	2932	3392	3887	3887	4596	5176
	+1.6	5	+2.5	4	3	3	+0.6	4	3	5
6. No.5	12.9	5.18	8.10	1.59	61.9	19.6	23.32	2.60	30.46	5-06.6
Nicholas King (41)	12.31	5.83	8.58	1.79	58.09	18.28	23.32	2.98	36.02	4-50.63
Ryton	549	550	401	619	476	476	335	352	385	615
	549	1099	1500	2119	2595	3071	3406	3758	4143	4758
	+1.6	7	+2.6	7	6	6	+0.6	7	6	6
7. No.2	12.9	5.26	7.13	1.47	59.5	18.2	18.12	2.50	29.96	5-37.6
Frank Blackwell (40)	12.31	5.92	7.55	1.66	55.84	16.98	18.12	2.87	35.42	5-20.02
Rugby AC	549	569	340	512	560	604	237	326	376	450
	549	1118	1458	1970	2530	3134	3371	3697	4073	4523
	+1.6	6	+2.4	9	8	7	+0.6	7	7	7
8. No.4	13.1	5.46	7.18	1.47	62.5	19.0	18.44	2.30	29.48	5-05.9
Terry Hall (41)	12.51	6.15	7.61	1.66	58.65	17.72	18.42	2.64	34.86	4-49.97
Redhill & Surrey	515	619	343	512	455	529	243	273	368	619
	515	1134	1477	1989	2444	2973	3216	3489	3857	4476
	+2.7	9	+3.4	8	7	8	+0.7	8	8	8
9. No.1	13.0	4.67	7.54	1.41	60.3	19.2	21.56	2.00	16.26	5-09.7
Neil Baker (41)	12.41	5.26	7.99	1.59	56.59	17.91	21.56	2.29	19.22	4-53.57
Southend AC	531	433	366	457	532	512	301	197	151	597
	531	964	1330	1787	2319	2831	3132	3329	3480	4077
	+2.7	8	+2.3	10	9	9	+0.7	9	9	9
10. No.3	14.0	4.73	6.43	1.44	68.7	20.9	21.38	2.00	26.80	6-01.7
Patrick Dodson (41)	13.36	5.32	6.81	1.62	64.47	19.50	21.38	2.29	31.70	5-42.86
Chelmsford AC	373	445	296	480	270	372	298	197	323	338
	373	818	1114	1594	1864	2236	2534	2731	3054	3392
	+2.7	11	+2.1	11	10	10	+0.7	10	10	10
11. No.10	14.4	4.24	6.23	1.32	67.2	23.3	16.66	2.10	28.08	5-26.1
John Waughman (43)	13.75	4.77	6.60	1.49	63.07	21.73	16.66	2.41	33.20	5-09.12
Southern Vets	316	339	284	381	311	211	210	222	344	508
	316	655	939	1320	1631	1842	2052	2274	2618	3126
	+2.7	12	+1.7	12	11	11	+0.7	11	11	11
No.12	12.0	6.30	9.86							
Geoff Ward (41)	11.46	7.09	10.45							
City of Stoke AC	715	835	513							
	715	1550	2063							
	RETD.									
	+1.6	10	+0.1	1						
M45-49	100m	100m	SP	100m	400m	100m	DT	PV	100m	1500m
Age group factor	0.9231	1.2049	1.1811	1.191	0.9071	0.891	1.0949	1.2331	1.2999	0.9137
1. No.51	12.5	5.73	10.67	1.65	58.1	18.3	34.06	3.90	42.32	5-45.1
Rex Harvey (48)	11.54	6.90	12.60	1.96	52.71	16.31	37.28	4.80	55.00	5-15.32
U.S.A.	697	790	643	767	689	675	609	849	663	475
	697	1487	2130	2897	3586	4261	4870	5719	6382	6857
	+2.1	3	+2.3	2	1	1	+1.4	1	1	1
2. No.14	12.7	5.52	11.47	1.56	59.1	17.7	34.82	3.40	42.46	5-34.3
Mike Corden (46)	11.73	6.65	13.54	1.85	53.61	15.78	38.12	4.19	55.18	5-05.45
Sheffield AC	661	732	700	670	650	734	626	671	666	529
	661	1393	2093	2763	3413	4147	4773	5444	6110	6639
	+1.6	5	+2.4	3	3	3	+1.4	2	2	2
3. No.15	12.4	5.55	8.80	1.62	56.7	17.0	22.14	3.10	37.68	5-17.1
Dave Cowley (47)	11.45	6.68	10.39	1.92	51.44	15.15	24.24	3.82	48.98	4-49.74
Rugby AC	717	739	509	731	744	805	352	568	574	620
	717	1456	1965	2696	3440	4245	4597	5165	5739	6359
	+2.1	2	+1.6	4	4	2	+1.4	3	3	3
4. No.21	13.1	4.98	9.90	1.59	66.2	20.3	31.96	3.10	32.18	6-29.2
Dr BM Lukinski (49)	12.10	6.00	11.69	1.89	60.06	18.09	34.98	3.82	41.82	5-55.62
Guildford GAC	589	587	588	705	407	495	563	568	469	282
	589	1176	1764	2469	2876	3371	3934	4502	4971	5253
	+4.0	7	+1.5	7	6	6	+1.4	5	4	4
5. No.17	12.6	5.23	8.24	1.38	58.7	19.8	23.18	2.70	35.46	6-08.2
Jack Gelder (47)	11.64	6.30	9.73	1.64	53.25	17.65	25.36	3.32	46.08	5-36.43
AC Musselburgh	679	652	469	496	665	538	374	436	531	368
	679	1331	1800	2296	2961	3499	3873	4309	4840	5208
	+4.0	4	+1.6	6	7	5	+1.4	5	5	5
No.13	12.2	5.93	9.56	1.50						
John Charlton (47)	11.27	7.14	11.29	1.78						
Sheffield AC	755	847	563	610						
	755	1602	2165	2775						
	RETD.									
No.16	13.2	4.88	6.39	1.47	61.3					
Laurie Dunn (47)	12.19	5.87	7.54	1.75	55.61					

Notts AC

573 559 339 585 569

573 1132 1471 2056 2625

RET.D.

No.18

12.7 5.77 7.39 1.65 61.8 17.7 23.40

Eamon Fitzgerald (48) 11.73 6.95 8.72 1.96 56.06 15.78 25.62

BT Pitreavie AC

661 802 409 767 552 734 379

661 1463 1872 2639 3191 3925 4304

RET.D.

M50-54

Age group factor

0.893 1.288 1.1963 1.2555 0.8751 0.9539 1.0787 1.3223 1.4285 0.8788

1. No.24

12.5 5.69 11.87 1.52 63.3 16.0 38.40 2.60 44.24 6-40.2

Snowy Brooks (50)

11.17 7.33 14.20 1.90 55.40 15.27 41.42 3.43 63.18 5-51.70

Belgrave II

778 893 741 714 578 790 693 464 786 299

778 1671 2412 3126 3704 4494 5187 5651 6437 6736

+0.61 +5.31

2. No.53

13.3 5.32 9.77 1.49 61.8 16.5 25.64 2.90 36.06 5-16.8

Bill Angus (51)

11.88 6.85 11.68 1.87 54.09 15.74 27.64 3.83 51.50 4-38.41

U.S.A.

631 778 587 687 631 736 418 570 611 690</

Continued from previous page

M70-74	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m
Age group factor	0.7687	1.6871	1.5054	1.5505	0.7306	1.0058	1.3887	1.7485	1.9192	0.7227
1. No. 58	15.6	3.70	9.46	1.29	84.1	15.5	28.18	2.40	22.60	7-36.7
Fred Hirsimaki (70)	12.00	6.24	14.24	2.00	61.45	15.59	39.12	4.19	43.36	5-30.06
U.S.A.	616	639	743	803	362	751	647	671	491	399
	616	1255	1998	2801	3163	3914	4561	5232	5723	6122
	10.4	2	1	2	2	2	1	1	1	1
2. No. 46	15.2	4.14	8.57	1.20	81.7	15.5	24.86	1.90	17.54	8-45.8
Les Williams (72)	11.69	6.98	12.90	1.86	59.70	15.59	34.52	3.32	33.66	6-20.00
VAC	677	809	661	679	420	751	554	436	351	188
	677	1486	2147	2826	3246	3997	4551	4987	5338	5526
	10.4	1	1	1	1	1	2	2	2	2

M75-79	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m
Age group factor	0.7296	1.8046	1.6774	1.6346	0.6871	0.9239	1.5482	1.875	2.109	0.6763
1. No. 59	17.4	3.18	8.59	1.14	113.8	21.0	27.86	1.70	22.24	9-13.5
Ham Morningstar (77)	12.70	5.73	14.40	1.86	78.20	19.41	43.12	3.18	46.90	6-14.34
U.S.A.	488	529	753	679	16	379	728	401	543	209
	488	1017	1770	2449	2465	2844	3572	3973	4516	4725
	10.4	1	1	1	1	1	1	1	1	1
2. No. 47	17.6	3.18	6.15	1.08	99.5	23.1	16.56	1.80	19.88	8-22.4
Tony Rawlinson (78)	12.85	5.73	10.31	1.76	68.37	21.35	25.62	3.37	41.92	5-39.78
Verla AC	464	529	504	593	171	236	379	449	470	352
	464	993	1497	2090	2261	2497	2876	3325	3795	4147
	10.4	2	1	2	2	2	2	2	2	2

W35-39	100mH	HJ	SP	200m	LJ	JT	800m
Age group factor	0.95	1.0789	1	0.9784	1.0748	1.1655	0.9668
1. No. 4	16.4	1.68	9.75	27.3	5.35	31.94	2-28.9
Jenny Brown (35)	15.58	1.81	9.75	26.72	5.75	37.22	2-23.96
Ashford AC	738	991	513	716	774	614	771
	738	1729	2242	2958	3732	4346	5117
	1.7	1	1	1	1	1	1
2. No. 6	17.1	1.51	10.84	29.3	5.07	33.50	2-59.1
Sarah Owen (39)	16.25	1.62	10.84	28.67	5.44	27.38	2-53.16
Newport H	657	759	585	561	683	427	431
	657	1416	2001	2562	3245	3672	4103
	1.7	2	2	2	2	2	2
3. No. 2	17.8	1.51	10.05	28.8	4.63	22.56	2-38.4
Hazel Barker (35)	16.91	1.62	10.05	28.18	4.97	26.28	2-33.15
Leeds City	581	759	533	598	551	406	654
	581	1340	1873	2471	3022	3428	4082
	1.7	3	3	3	3	3	3
4. No. 1	18.0	1.42	8.06	29.0	4.58	30.58	2-30.7
Linda Anderson (35)	17.10	1.53	8.05	28.38	4.92	35.64	2-25.70
South West Vets	560	655	403	584	538	584	748
	560	1215	1618	2202	2740	3324	4072
	1.7	4	4	4	4	4	4

W40-44	100mH	HJ	SP	200m	LJ	JT	800m
Age group factor	1.1337	1.1472	1.0688	0.9399	1.1552	1.3244	0.9289
1. No. 7	14.5	1.33	7.77	30.4	4.36	18.42	3-13.2
Sue Dodson (40)	16.44	1.52	8.30	28.58	5.03	24.38	2-59.47
Chelmsford AC	628	644	419	569	567	371	370
	628	1272	1691	2260	2827	3198	3568
	3.8	1	1	1	1	1	1

W45-49	100mH	HJ	SP	200m	LJ	JT	800m
Age group factor	1.07	1.2199	1.2258	0.9026	1.2416	1.505	0.8906
1. No. 10	14.0	1.36	7.49	28.7	4.75	19.42	3-01.8
Jean Wills (45)	14.98	1.65	9.18	25.91	5.89	29.22	2-41.92
Southern Vets	810	795	476	786	816	462	551
	810	1605	2081	2867	3683	4145	4696
	3.8	1	1	1	1	1	1

W55-59	100mH	HJ	SP	200m	LJ	JT	800m
Age group factor	1.0306	1.2973	1.2176	0.8662	1.3345	1.4546	0.8516
1. No. 12	20.6	.95	5.45	38.8	2.88	10.20	3-45.8
D McLennan (55)	21.24	1.23	6.63	33.61	3.84	14.82	3-12.30
Hounslow AC	283	340	311	249	272	193	259
	283	623	934	1183	1455	1648	1907
	3.8	1	1	1	1	1	1

W60-64	100mH	HJ	SP	200m	LJ	JT	800m
Age group factor	0.9708	1.3795	1.3964	0.8309	1.4343	1.653	0.8115
1. No. 14	18.3	1.00	5.47	35.1	3.56	12.22	3-29.0
Betty Steedman (61)	17.77	1.37	7.63	29.17	5.10	20.18	2-49.61
AC Musselburgh	612	481	375	527	587	292	468
	612	1093	1468	1995	2582	2874	3342
	3.8	1	1	1	1	1	1

Great Britain v United States of America Veteran Decathlon Match, Sept. 24-25

Age group scores. (X marks non-counting score.)

Age Group	Great Britain Name	Score	United States Name	Score	No. of events
M45-49	Mike Corden	6639	Rex Harvey	6857	10
M50-54	Snowy Brooks	6736	Bill Angus	6339	10
M50-54	Brian Loten	6136	Tom Thorne	6195	10
M65-69	Ian Steedman	5027	Denver Smith	6403	10
M70-74	Les Williams	5526	Fred Hirsimaki	6122	10
M75-79	Tony Rawlinson	4147 X	Ham Morningstar	4725 X	10
	GB best 5 score :	30064	US best 5 score :	31916	

MOVING???

Place address label here.

New address:

Mail to: NMN P.O. Box 16597
North Hollywood, CA 91615

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" 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. 17-18

Overall	Total Miles
Tommy Taylor 39	MI 144.8369
Sue Ellen Trapp	48FL136.7794
M40	
Kevin Setnes	WI 134.8161
Robin Fry	OH 131.3731
Lew Larson	CO 125.8439
Joseph Salwan	OH 118.1377
Bo Pfeffer	IN 110.5243
Frank MacMillan	MD 93.3073
A J Tarquino	OH 89.1227
Irwin Greenbaum	MI 86.6728
Donald Ford	IN 86.3635
John Weitzel	PA 81.1203
M45	
Roy Pirrung	WI 142.1176
Jim Czachor	NJ 121.1746
Ronald Grimes	IN 116.9931
Neil Weygandt	PA 115.7132
Barry Duncan	WI 109.9432
David Frank	MI 104.7443
John Ryder	IN 101.0160
Robert Wasson	IN 97.7024
Del Ruckle	OH 86.9439
Mike Moilanen	MI 85.5976
M50	
Ed Rousseau	MN 121.6123
Newton Baker	VT 111.3597
Lyal Holmberg	CA 103.7526
Dick West	MI 103.6092
Don Creager	OH 102.6287
Bill Sergeant	IA 96.6087
David Kaminski	OH 77.0284
M55	
Joe McKenna	OH 107.8229
David Payette	OH 105.6943
Bill Dickey	CA 102.8967
John Simon	OH 101.2772
Bill Agresta	MI 93.1592
Al Mesarosh	IN 92.7217
Andrew Lovy	MI 87.9019
Richard Sitter	PA 80.8128
M60	
Robert Robins	MI 92.3489
James Bailey	GA 67.3440
Hunter Goin	IN 62.2587
Don Warnke	OH 61.5878
Stan Baker	KS 60.6096
M65	
Walt Kosydar	OH 65.0992
Mike Kast	IN 52.1603
Bill Austin	MI 42.6512
M70	
Howard Henry	IN 94.2816
George Bashen	TX 84.6781
M75	
Edson Sower	CO 51.6304
W40	
Debra Moore	OH 121.4061
Dale Weitzel	PA 65.1244
Pat Payette	OH 56.3109
W45	
Sue Ellen Trapp	FL 136.7794
Charlotte Gerkin	IN 85.0651
Stephanie Dames	MI 65.5778
Sandy Cramer	OH 62.8544
Pat Lehman	IN 62.8544
W50	
Eileen Eliot	FL 112.4606
Janet Delucia	MI 97.5415
Janice Novachoff	MI 70.3057
W55	
Louise Miklovic	OH 81.9352
Rona Simon	OH 30.8955
W60	
Sarann Mock	OH 80.8128
Marjorie Robins	MI 33.5360
(152 entries/147 finishers)	

USATF National Masters 5K
Championships, Syracuse, NY;
Oct. 2

M40 Charles McMullen	15:43
Tom Bulger	16:00
Chip Button	16:13
Tim McMullen	16:18
Nicholas Caswell	16:21
Jake Kearney	16:22
Joe Contario	16:32
Brian Dodge	16:42
Roger Messenger	16:45
Scott Abercrombie	16:50
Scott Mosenthal	16:58
Rob Picotte	16:58
Fran Fitch	17:00
Edward Powers	17:00
Joe Chimino	17:21
Francis Verdol Jr	17:24
Ken Filmanski	17:25
Bob Klimetop	17:34
Tom Serafin	17:35
Terry McConnell	17:41

M45 Michael Wright	17:09
Ron Bagnoli	17:20
Reinhold Wotawa	17:22
David Del Fayero	17:39
Bob Matson	17:43
Ed Frisillo	17:46
Dale Ladd	18:34
Don Masterson	19:19
Randy Hall	22:12
M50 Jan Frisby	16:06
Ray Kneer	16:40
Roland Cormier	17:23
Jerry Smith	17:32
George Luke	17:44
Joseph Abernethy	18:02
Doug Griset	18:20
Dick Croteau	18:35
Stephen Murphy	18:46
Joseph Reynolds	19:36
M55 Sam Gracefo	17:59
Bob Milner	18:09
Vincent Colgan	18:32
Jack Ucci	19:51
M60 Bob Brock	19:22
Wally McRae	20:39
Fred Schlereth	22:15
M65 Howard Rubin	20:43
Ed Buckley	23:43
Don Auster	27:44
M75 Nate White	24:07
M80 Dudley Healey	24:52
W40 Joan Butler	18:54
Elizabeth Mastin	19:24
Andrea Burke	19:35
Laurie Kinsella	19:50
Joanne Wightman	20:31
Joan Miller	21:03
Linda Oja	22:09
Ginny Burton	23:55
Sally Gewinner	25:16
W45 Barbara Filutze	17:54
Kathy Brown	20:06
Chary Griffin	20:59
Kathy Collins	21:45
BarbaraAnn Morris	22:05
Ruth Ripley	22:35
Jane Iaculli	25:37
Barbara Genton	26:30
W50 Chris Stockdale	19:56
Nancy Frisillo	20:03
Mary Shaver	20:44
Margaret Henry	20:55
Yvonne Rothenberg	23:12
Carol Rider	23:26
Elsa Hickey	26:53
W55 Margaret Betz	19:47
Dolores Albertini	20:44
Pat Scheiber	23:58
MaryAnn Rusz	25:01
Nancy Skiff	29:43
W60 Gloria Brown	22:13
Lois Bell	25:01
Evelyn White	32:00
MaryAnn Carrino	37:14
W65 Nancy Auster	27:46
W70 Marsha Tillson	28:42
W75 Althea Wetherbee	31:14
Combined Age-Graded Results	
Barbara Filutze 48	\$700 14:20
Margret Betz 58	500 14:22
Jan Frisby 50	400 14:22
Ray Kneer 52	300 14:38
Charles McMullen 43	250 14:48
Tom Carter 42	200 14:56
Sam Gracefo 58	150 15:00
Bob Milner 59	100 15:00
Roland Cormier 54	100 15:01
Dave Reed 40	100 15:06
Dolores Albertini 57	100 15:13
Tom Bulger 41	100 15:17
Nicholas Caswell 144	15:17
George Luke 54	15:19
Chip Button 42	15:23

Continued from previous page

M65	Edward Stabler, NY	3:09:25
	Jerry Johncock, MI	3:17:02
	Bill Galbrecht, MN	3:24:03
	Franklin Mason, SC	3:40:23
	Robert Carr, FL	3:41:15
	Byron Van-Dake, MN	4:10:57
	Frank O'Brien, MN	4:14:04
	Jim Waterman, MN	4:19:09
	Gerry Davies, MN	4:22:03
	Manuel Romano, MEX	4:22:10
	Richard Stromme, MN	4:25:31
	Jack Mueller, MN	4:25:32
	Chuck Marti, NJ	4:26:28
	Ron King, MN	4:48:00
M70	John Burton, MN	4:07:45
	Bill Style, WI	4:11:57
	Charles Rollins, MN	5:02:11
M70	Alev. Naumova, RUS	2:35:46
	Debbi Kilpatrick, OH	2:36:58
	Svet. Nechaeva, RUS	2:38:21
	Laura Edmark, OR	2:40:03
	Marie Boyd, NM	2:40:42
M75	Regina Joyce, WA	2:39:39
	Gillian Horowitz, NY	2:45:46
	Judy Mercon, FL	2:48:04
	Janice Ettle, MN	2:49:03
	L-M. Fawcett, MN	2:58:02
M80	Suzanne Ray, AK	2:45:36
	Janet Skaalen, CA	2:55:40
	Debbie Hanson, UT	2:56:21
	Terri Martland, RI	3:02:32
	Carol Poesch, MI	3:05:51
	Debbie Peebles, TX	3:07:20
	Nancy Camp, MN	3:08:34
	Shirley Gilbert, CA	3:16:40
	Donna Swanson, MI	3:18:20
	Linda Garnett, WI	3:23:17
	Nancy Elwell, MN	3:27:56
	Mary Shields, MN	3:30:16
	Bonny Gotthard, WI	3:31:52
	Rosemary Siegel, VA	3:32:25
	Barbara Buchanan, MI	3:32:57
	Gail Stellbrink, WI	3:34:00
	Sherry Popowski, MN	3:35:15
	Nancy Menge, MN	3:35:19
	Elizabeth Cooper, MN	3:36:32
	Shannon Wasenda, MN	3:36:36
	Doris Weinrich, MN	3:37:14
	Linda Gentling, MN	3:37:42
	Barb. Leininger, MN	3:37:49
	Marcia Giumarra, CA	3:37:52
	Kitty McClelland, MN	3:39:21
M85	B. Portenski, NZL	2:47:34
	Judith Fine, GA	2:50:41
	Ruth Hine, WI	2:57:50
	Jane Hutchison, MO	3:01:48
	Linda Schissel, MN	3:05:37
	Gloria Jansen, MN	3:09:35
	Teri Vancott, CA	3:10:42
	Jo Vos, MN	3:12:42
	Francine Le Page, MN	3:20:08
	Nancy Ruffner, CA	3:21:02
	Becky Malkerson, MN	3:22:51
	Mary Hiatt, MN	3:29:04
	Janet Boughner, MN	3:32:02
	Judy Dirks, WI	3:34:16
	Sara Cherne, MN	3:37:01
	Kathleen Schmitt, MN	3:37:48
	Carol Zazubek, MN	3:37:58
	Linda Barton, MN	3:40:20
	Theresa Coomes, FL	3:41:38
	Donna Hutchinson, OH	3:42:30
	Bonnie Fuglesten, MN	3:43:35
	Joyce Lewinski, WI	3:44:03
	Peggy Trager, MN	3:45:28
	Susan Simonet, WI	3:46:51
	Margaret Olson, MN	3:48:10
M90	S. Rae Baymiller, NY	2:51:44
	George Cook, CAN	3:20:53
	Sue McLain, OH	3:42:17
	Jan Rohde, MN	3:51:28
	Hanne Kaune, NY	3:52:57
	Loretta Bauer, MN	3:54:57
	Phyllis Stensland, WA	4:00:03
	Ruth Rinfine, FL	4:00:13
	Janice Fike, MN	4:05:46
	Elizabeth French, MN	4:07:28
	Marianne Neuber, NJ	4:08:22
	Alys Traw, IA	4:11:46
	Kay Foster, IL	4:12:22
	Patricia Wolkoff, MN	4:12:41
	Cheryl Simmons, MO	4:17:42
	Georgia Dolister, WI	4:19:30
	Karin Grossman, MN	4:23:25
	Lynn Gehrke, MN	4:28:11
	Gerri Lewerenz, ID	4:30:04
	Mary Erdman, MN	4:37:13
	Ann Thompson, IA	4:38:21
	B. Ansoleaga, MEX	4:45:09
	Melody Sundin, OR	4:47:53
	Judy Russe, MN	4:47:54
	Eleanor Taylor, MN	4:48:06
M95	Wen-Shi Yu, NY	3:26:39
	Pat Ordahl, ND	3:49:13
	Doris Urban, MN	3:52:15
	Karen Connelly, MN	3:57:51
	Nan Higgins, IA	4:12:37
	Phyllis Kahn, MN	4:19:06
	Nancy Harter, MN	4:50:53
	Doreen Dell, MN	4:54:43
	Donna Arbuckle, CA	4:55:18
	DeEtte Anderson, MN	4:59:33
M100	Lois DeGonda, MN	4:00:24
	K. Broderick, MN	4:50:04

Patricia Wahlgren, MN	4:50:34
Lorraine Whitesell, WI	4:54:25
Jeanne Murphy, MN	5:01:09
M65	
Ruth Anderson, CA	4:11:56
Joy Johnson, CA	4:12:37
Mary Lou Carlson, MN	4:50:39
M70	
Loretta Shehan, NY	4:42:25

EAST**Phelps Sauerkraut 20K**
Phelps, NY; Aug 6

Overall		
John Trowse 28	1:11:53	
BethAnne DeCiantis 321	1:19:22	
M35 Bill Bialy	1:11:09	
Mike Lapor	1:15:35	
M40 Doug Burdick	1:13:26	
Luigi Montagna	1:14:51	
Peter Forrestel	1:16:58	
Francis Verdoliva	1:17:58	
Gary Sterber	1:18:39	
M45 Ric Perry	1:13:10	
Tom Lamm	1:13:22	
Fran Bimmerling	1:15:53	
Ernie Wenzinger	1:18:49	
M50 Ray Kneer	1:11:53	
Don Solarek	1:21:13	
David Cowee	1:25:46	
David Sek	1:28:21	
M55 David Whitten	1:20:30	
Bill Susa	1:23:53	
Ben Fudge	1:25:16	
M60 Walt Gronski 62	1:28:48	
Othmar Freyler 611	1:34:07	
M70+Paul Robertson 751	1:59:12	
Roger Brownlow 712	2:05:14	
M35 Anne Myers	1:21:38	
Elizabeth Besio	1:28:13	
Coreen Steinbach	1:32:46	
MaryBeth Hasenauer	1:34:27	
Kathy Luby	1:35:53	
M45 MaryLou Hamm	1:33:49	
Ruth Ripley	1:40:05	
M50 Carol Rider 52	1:34:59	
Lois Moritz 52	1:43:35	
M60+Gloria Brown 62	1:37:11	
Lois Bell 62	1:50:33	
Loretta Shehan 711	1:56:50	

Robert McAvoy Memorial 8K
Long Beach, NY; Sept. 5

Overall		
Brian Ronan 28	26:46	
Carmen Jimenez	31:30	
M30 Scott Strider 34	27:11	
Thomas Duranti 35	29:57	
M40 Robert Briglio 44	28:40	
Steven Kaiser 42	29:00	
Jonathan Miller 40	29:22	
M50 Maury Dean 51	28:47	
Gary Muhrecke 54	29:42	
Dan Badalament 51	29:52	
M60 John Corrigan 68	36:33	
Art Bowen 68	37:56	
M70+John McManus 71	34:46	
Leo Rosen 71	43:52	
M40 Diane Gordon 41	31:52	
Robyn Goldstein 43	36:49	
M50 Mary Nathan	38:26	
Nancy Geygan	41:39	
M60 Maureen McLaughlin 60	53:01	

NJ-USATF Masters Five-Mile
Championships, Cranford, NJ
Sept. 5

Age-Graded Top Finishers:		
1 Victor Cruz	54	25:00
2 Kelly Jensen	40	25:10
3 Michael McHale	43	25:20
4 Gene Chase	57	25:35
5 Dudley Healy	80	25:43
Women:		
1 Madeline Bost	55	28:55
2 Betty ConMcCulloch 45	29:34	
3 Lois Filreile	64	30:32
4 Ann Gillespie	51	31:00
5 Jane Parks	41	31:34
Age Division Winners:		
M40 Kelly Jensen	26:40	
Michael McHale	26:40	
Sid Overback	27:41	
M45 Rolando Castro	27:52	
B. Langenkamp	28:00	
Dary Rosenbaum	28:46	
M40 Victor Cruz	28:47	
Pat Longrove	29:51	
J. Nowakowski	30:36	
M50 Scott Marsh	29:54	
Gene Chase	30:17	
Richard Conley	31:43	
M60 Walt McConnell	34:34	
Hans Hunziker	34:45	
Stan Chodnicki	35:17	
M70 Lester Ridings	37:22	
Len DeGrae	38:35	
Santee Talia	41:24	
MIM Dudley Healy	40:07	
M40 Jane Parks	33:17	
Kuniko Hurley	34:37	
Lily Kosaka	34:45	
M45 B. ConMcCulloch	34:14	
L. Weissaupt	35:25	
Natalie Grabow	37:38	
M50 Ann Gillespie	35:40	
Joyce Burk	47:27	
Christine Dickert	49:11	
M55 Madeline Bost	34:35	
Nancy Patron	40:36	
Carolyn Cornell	44:36	
M60 Lois Filreile	40:10	
Melva Murray	49:37	
432 Finishers		

New Haven Labor Day 20K
New Haven, CT; Sept. 5

Overall		
Jackson Kipngok	58:44	
Nancy Tinari	68:58	
M40 Doug Kurtis 42	65:34	
Richard Banning 41	65:48	
Joseph Nzau 45	66:45	
Larry Olsen 47	66:54	
Vladimir Krivoy 43	67:32	
Mike O'Malley 41	70:10	
Douglas Hood 46	70:21	
Jack McShane 42	70:22	
M50 John Dugdale 59	76:39	
Bob Graham 51	77:22	
Peter Madden 54	78:38	
John Brittain 50	79:34	
Bob Sieller 55	79:39	
Nick Cullin 51	81:10	
M60 Jay Sturdevant 63	89:18	
Joe Riccio 60	89:46	
Phil Mongillo 69	91:27	
Guss Stepp Jr 62	97:11	
M70+Caroline Negri 70	1:44:06	
M40 R Stockdale/Kooly 43	74:36	
Kathy Gribbon 40	81:51	
Barbara Matthews 45	82:55	
M50 Jo Marchetti 51	83:51	
Ilse Harding 52	90:08	
Wen-Shi Yu 59	90:56	
M60 Mary McCauley 62	1:40:50	
Jeanette Cyr 60	1:44:22	
Betty Kelly 60	1:46:46	

Warner-Lambert/United Way 5K
Morris Plains, NJ; Sept. 8

M40 Kelly Jensen	15:47
Larry Graham	16:51
D. Langenkamp	17:29
M50 William Hagman	17:49
Scott Marsh	18:01
Geo Wittmann	18:20
M60 Don Bergman	20:48
Jim Miller	24:22
Paul Fiocco	24:22
M70 Roland Mueser	40:33
M40 B. ConMcCulloch	19:39
Kuniko Hurley	21:07
Carol Roetzler	21:38
M50 Patric O'Hanlon 24	54
Nancy Patron	25:17
Beverly Eggert	26:20
M60 Phyllis Gorman 27	35
Isabel McConnell 32	19
Lorraine Seioel 47	23
434 Finishers	

Upstate NY Cross-Country
Series (5032m) Syracuse;
Sept. 10

Overall		
Kevin Collins 23	16:06	
Loren Mooney 22	19:11	
M40+Rick Hoebeke 45	17:14	
Joe Contario 41	17:47	
Joe Chimino 40	18:03	
Ron Blackmore 41	18:12	
Ray Kneer 52	18:21	
Bill McMullen 41	18:28	
M40+Andrea Burke 44	20:57	
Virginia Doyle 45	21:30	
Kathy Collins 47	23:43	
M40+ Teams		
Blade Runners	36	
Syracuse Chargers	62	
High Noon AC	70	

Mastodon Meander 5K
Great River, L.I., NY; Sept. 10

Overall		
John Krumholz	15:57	
Phoebe Anderson	20:35	
M30 Rodolfo Afanador	18:07	
M40 Bob Rindfleisch	17:47	
Rich Ferrero	17:49	
M50 Maury Dean	17:19	
Lance Hugelmeier	17:37	
M60+Fred Blackburn	23:19	
Peter Lamagna	24:11	
M30 Eileen Cummings	21:04	
M40 Estella Clasen	21:25	
Margie Oswald	23:17	
M50 Toni Dean	28:40	
M60+Alexandra Finger	27:08	
Judy Williams 65	32:22	

Kittery Trading Post 5K
Kittery, ME; Sept. 11

Overall		
Mike O'Brien 34	15:35	
Rose Prest-Morrison 31	18:14	
M40 Ron Newbury 44	16:40	
D R Alvey 40	17:34	
M50 Joel Croteau 50	17:55	
Chuck Keating 53	18:17	
Lawson Noyes 52	18:27	
M60+Russ Connors 62	20:09	
Rap Hazzard 62	20:13	
M40 Carol Hogan 43	20:16	
Nancy Cooper 40	20:26	
Marie Forrest 41	20:41	
M50 Gretchen Read 51	19:40	
Jerri Bushey 50	22:49	
M60+Sally Strazdins 60	24:19	
Christa Curtis 63	26:21	
Nancy Stokes 67	27:18	

Maccabiah 5K
Plainview, NY; Sept. 11

Overall		
John Krumholz	27	15:43
Diane Gordon	41	18:59
M30 Darrell Mirro		17:12
David Pere		17:15
M35 John DelMaestro		17:29
Brian Byrne		17:55
M40 Alan Oman		16:44
John Lupski		17:25
Eddie Melnik		18:06
M45 Jim Walsh		16:54
Jack Porzio		17:30
Jay Hildebrand		17:47
M50 Maury Dean		17:16
Gary Muhrecke		18:21
Alan End		20:05
M55 John Boyle		19:26
Abe Bernstein		20:28
Mike O'Leary		20:57
M60 Mike Daly		21:35
Alex Onomano		21:41
M65 Colin Harris		21:10
Bert Jablon		23:18
M70 Len DeGrace		23:29
Sid Platt		25:22
M75+Willie Rios	77	27:42
Manfred Gundell		29:27
M30 Liz Flahavan		19:17
Maria GarciaNewland		19:27
M35 L HarfenesMelnik		20:12
Phyllis Hollman		21:31
M40 Andrea Otto		21:42
Mary VonBevern		22:09
Lisa Kovedy		23:05
M45 Joanne Gallo		22:51
Bev Berman		27:50
M50 Erica Gassen		26:06
Joan Fischer		26:31
M55 Nancy Fraser		25:37
M60 Chickie O'Toole		26:17
Dolly Finkelstein		27:13
W65&W70 none		
W75+Erna Frank		45:09

Continued from previous page

William Fortune 66	5:41.9
Ken Jones 63	5:45.9
Hector Pacheco 65	5:58.8
John McManus 71	6:03.8
Jack Haar 66	6:23.0
Edmund Sandass 62	6:31.6
Wallace Outler 72	6:57.1
Joseph Simonte 66	7:05.9
Don Preven 65	7:16.2
Tom Gibbons 73	7:51.7
Max Popper 91	13:11.8
Dean Witter, Discover Mile	
Masters Men:	
Earl Jones 46	5:54
Ted Pavick 58	6:48
Jim Sweeney 58	7:17
Masters Women:	
Carmen Medina 45	8:36
Cecelia Gomez 44	9:44
Elite Mile	
Jason Pyrah	3:52.3
Regina Jacobs	4:27.8

MIDWEST

Hilliard Fast Mile
Hilliard, OH; Sept. 5

M40 Dan Keid	5:44
Doug Schultz	6:29
M45 Gailley Glenn	5:23
James Parsons	5:32
M50 Gene Thompson	5:45
Ralph O'Neal	5:49
M55 Sam Levert	8:43
M60 Peter Grasselli	6:05
M65 -- Richards	6:47
W40 Cookie O'Neal	6:27

MID AMERICA

Wichita Air Capital Half Marathon
& 2 Mile, Wichita, KS; Sept. 18

Overall	
Dave Halferty	1:08:25
Deb Tordeden	1:22:00
M40 Dmitry Voldman	1:15:45
Steve Riley	1:17:19
Steve Palmer	1:19:29
M45 Kent Oglesby	1:20:49
Russ Lundstrom	1:22:46
Larry Debolt	1:24:25
M50 Leon Mattocks	1:30:43
Roger Wilson	1:32:17
Lanny Mehl	1:34:04
M55 Charles Doze	1:23:54
Ken Rockford	1:34:45
M60 Dick Wilson	1:23:45
M40 Barbara Holzman	1:33:51
Cathy Spencer	1:51:06
M45 Trudy Calloway	1:34:58
M50 Sheryl Drevo	1:42:45
M55 Nancy Moore	2:09:31
M60 Agnes McGilvray	2:19:27

2 Mile

Overall	
Rob McAnany	9:42
Nancee Weeks	13:09
M40 Walt Seibert	10:40
Robert Wilson	11:19
M45 Larry Schmidt	11:41
M50 Jim Christensen	12:31
M55 Ed Holick	15:56
M60 Paul Heitzman	11:46
M65 Tim Benham	13:44
M40 Judy Cox	14:30
M45 Vera Burton	13:18
M50 Kathy Nebergall	31:32
M55 Virginia Ricky	18:21
M60 Vera Baumfalk	18:54

USATF Minnesota Masters 15K
Championships, Edina; Sept. 18

M40 Rob Whetham	50:30
Luke Brock	52:08
Doug Suker	52:35
Bob Schneider	53:35
John Naslund	53:49
John Fellers	54:15
Mike L. Filburn	55:43
Jack L. Ankrum	55:53
Jim Behr	56:30
Kevin M. Pates	56:48
Jay Goetz	58:12
John M. Simota	58:30
Jay Schroeder	58:34
Brad Finseth	59:03
Michael Dahmert	59:23
Duane R. Gatzke	59:42
Randy L. Hall	1:00:42
Eric Christiansen	1:00:43
John Gaertner	1:00:46
Thomas Kass	1:00:47
M45 Dick Ruhland	51:40
Fred Clayton	55:21
John Cretzmeier	57:49
Dennis M. Lien	59:06
Kris John Marinoff	59:31
Steven M. Fossen	59:37
Dick Daymont	59:51
Albert E. Andersen	1:01:27
Ed A. Dallmann	1:03:05
Larry Stimac	1:03:25
Rolf D. Anderson	1:03:50
Charles Fish	1:04:05
James Carey	1:04:26
Douglas Isackson	1:04:57
Gregory A. Taylor	1:05:03
Dave Sieppat	1:05:05
M50 Bruce Mortenson	55:25
Andy Deters	56:04

Denny Wintheiser	56:13
Elwood Vetos	56:34
Norm Purrington	57:41
Leonard Coequyt	59:11
Ron Bole	59:19
John Brown	59:26
Paul Ford	1:02:10
Daniel C. Shannon	1:02:38
M55 Thom Weddle	56:21
George Savanick	1:01:59
Norlie Knudson	1:07:28
Dennis Winsten	1:08:18
Allen M. Anderson	1:08:25
Earl Boven	1:09:56
John Maus	1:09:57
M60 Arnie P. Gilbertson	1:18:27
John Victory	1:18:29
Ralph D. Wilson	1:20:55
James Page	1:21:45
Floyd H. Bouley	1:22:48
M65 Harold H. Hubbard	1:06:00
Rogers H. Anderson	1:07:10
Robert E. Thorbus	1:14:03
Jim Waterman	1:18:57
Jack Mueller	1:19:45
M70 Lloyd L. Young	1:06:01
John C. Burton	1:10:07
Harry Stanko	1:33:31
M75 Emil G. Balz	1:19:53
W35 Beverly Docherty	56:15
Sonia M. M. Jacobsen	1:05:02
Lisa Ann Trainor	1:08:24
Karen Brindley	1:16:43
Katy Sears Lindblad	1:17:35
M40 Lynae Larson	58:34
Marcia Hoover	1:01:40
Barbara A. Beutler	1:09:30
Barbara A. Arveson	1:09:48
Jeannine Naslund	1:10:28
Jacquelyn Vos	1:10:37
M45 Marcy L. Gilles	56:00
Jo Vos	1:03:08
Francine M. LePage	1:03:53
Janet Boughner	1:05:52
M50 Marilyn Schnobrich	1:08:38
Judy Cronen	1:10:57
Karen Johnson	1:18:22
Joyce Pfaff	1:26:08
Mary Jo Perimuth	1:28:10
M55 Phyllis Kahn	1:21:30
M60 Mae Horns	1:17:33
Dorothy Spencer	1:18:21
M65 Diane M. Goulett	1:27:08
Mary Lou Carlson	1:29:17
M70 Betty Haleen	1:53:31

--Novice Race--

(Entrants have never won a race)

M40 Jay Schroeder	58:34
M45 Dennis Lien	59:06
M50 Peter Hawkins	65:44
M55 Allen Anderson	68:25
M55 Lisa Ann Trainor	68:24
M40 Barbara Beutler	69:30
M45 Peggy Trager	70:46

Cliffhanger 8K-5K
Kansas City, MO; Sept. 25

Overall	
Phil Hudnall	24:18
Beverly Thomas	29:03
M40 Bob Logan	26:23
M45 Bob Busby	26:30
M50 Rick Hogan	29:15
M55 Bobby Kincaid	30:13
M60 Paul Heitzman	30:32
M65 Frank Creason	39:17
M40 Marcia Dowling	31:37
M45 Mary Telken	35:17
M50 Suzie Turner	36:50
M55 Wanda Pruetting	44:33

Overall

Russ Hampleman	15:34
Barb Rinne	17:35
M40 Pat Walsh	16:54
M45 Larry Davison	17:37
M50 Joe Lechner	17:55
M55 Harry Stauffer	22:30
M60 Bill Glauz	21:49
M65 Bob McCallister	20:20
M75 Bill Dyer	27:28
M40 Gayle Freeman	24:58
M45 Peggy Zilm	23:33
M50 Mary Haley	23:47
M55 Carolyn Defonso	29:12

The Jackrabbit 15 Annual Road
Race, Brookings, S. Dak.; Oct. 8

Overall	
Travis Wettlaufer, 21	1:19:11
Irene Henderson, 33	1:42:06
M30 Richard Grenko	2:41:36
M35 Irene Henderson	1:42:06
M35 Randy Fischer	1:30:44
Scott Jamison	1:37:42
Mike Larsen	1:40:25
Dan Deal	1:46:07
M40 Gary Miller	1:37:50
Owen Hotvet	1:44:48
M45 Chuck Tiltum	1:46:13
Rick Hansen	1:52:28
Howard McCabe	1:57:45
Cam Lind	2:21:04
M50 Elwood Vetos	1:34:58
M55 Bob Finch	1:54:30
M65 Bob Bartling	2:15:23

SOUTHWEST

Liberty Day 5K
Tulsa, OK; Sept. 4

Overall	
Wesley Brown	16:06
Julie Dnelson	18:57

M40 John Stukey	16:57
M45 Doug Kopp	18:30
M55 Jim Eller	nta
M60 Steve Blanchard	18:44
M65 Laddie Ondracek	24:03
M70 Ross Waltzen	25:22
W40 Barbara Whitehill	21:37
W45 Claudia Patrick	21:25
W50 Lydia Borges	22:02
W65 Jean Benear	39:25
Racewalkers Overall	
Jim McFadden 55	25:41
Wende Williams 36	33:58

Night Tracks 5K
Tulsa, OK; Sept. 16

Overall	
Joe Metcalf	14:59
Tasha Lance	19:44
M40 John Stukey	17:41
M45 Curt Long	17:41
M50 George Marchetti	18:26
M55 Fred Dice	18:57
M60 Steve Blanchard	18:53
M65 Jim McGowan	23:25
M70 Vern Whiteside	31:33
W40 Mary Doyle	22:22
W45 Veva Burtan	21:34
W50 Lydia Borges	21:29
W55 Sandra Pittman	22:29
W60 Marilyn Thompson	27:53
W65 Jo Campbell	36:39
Racewalkers Overall	
Jim McFadden 55	26:16
Beverly Tolson 36	33:34

WEST

Switchback Challenge Trail Runs
Hacienda Heights, CA; Aug. 7

OVERALL 10K	
Mike Gifford 25	39:44
Rosa Cazares 24	49:39
M40 Mike Lizoya	49:00
Don Leroy	51:26
Jim Stevens	53:13
M45 Pedro Perez-Balt	43:16
Clanni Charani	45:32
Tom Waters	48:47
M50 Robert McRae	48:27
Chuck Nawrot	59:12
Daniel Cobos	59:16
M55 Lee Gire	1:06:10
M60 Jim Scarborough	1:10:21
Carl Honali	1:20:35
M65 Bob Koch	58:45
F40 Laura M. Christ	1:06:52
Claudia Dallas	1:15:36
F45 Marcia Scully	1:16:20
P50 Sally Adam	57:28
Ilsebill Wolfe	1:15:09
P55 Joan Jeter	59:03

OVERALL 5K	
Jim Plattske 33	19:05
Kimberly Bates 13	25:33
M40 Leslie Childers	22:41
Jesun Plazencia	23:26
Allen Cantrell	26:49
M45 Gabriel Ramirez	24:42
Ray Venegas	24:46
Ronald Bates	27:12
M50 Gerald Smith	26:10
Jane Cuevas	27:27
Frank Angulano	49:09
M55 Jim Andrews	25:31
Booker Washington	26:44
Robert Dolphin	27:39
M60 Robert Ponce	39:23
M65 Leo Prado	30:18
John Mooshagian	38:01
F40 Marcia Chney	29:25
F45 Anne Burke	36:00
Ann McGreny	47:31
Linda Richie- Walk	51:57
P50 Barbara Pederson	31:31
P55 Muriel Clpov	36:00
P65 Betty Walker	50:37

40th Annual Distance Classic
(10 Miles) Huntington Beach, CA;
Aug. 13

OVERALL	
Jim Hayward 26	54:45
Loi Coker 43	1:11:36
M36 Mike Gonzales	1:01:54
Pat Munoz	1:05:54
Abel Contreras	1:08:05
M41 Larry Andrews	1:02:49
Ken Dunn	1:03:34
Hick Victor	1:04:24
M46 Robert Sullivan	1:08:19
Mark Leyson	1:17:27
Bill Benn	1:17:41
M51 Hich Quintanilla	1:05:33
Joe Herchant	1:09:41
Bill Osness	1:09:42
M56 Dave Arntson	1:08:21
Oscar Rosales	1:10:29
Jim Crandall	1:12:49
M61 Lane Blank	1:28:06
Howard Edwards	1:29:54
M66 Bob Koch	1:16:35
Sam Emer	1:42:11
M36 Holly Alvarez	1:18:46
Anne Curran	1:21:45
Karen Brownlee	1:41:45
M41 Loi Coker	1:11:36
Lori Pratt-Smith	1:17:05
Sherri Willis	1:19:39
M46 Trina Rosales	1:35:14
M51 Beta Warden	1:52:29
M56 Mary Dugan	1:28:26

Linfield Lions Classic Runs
Temecula, CA; Sept. 24

SK	
OVERALL	
Sergio Correa 30	16:11
Victorina Hiedel 34	20:30

M40 Mark Woods	17:13
Stephan Edwards	19:36
Doug Wise	21:07
M45 Don Irvine	17:28
Wayne Mitchell	17:31
Bobby Roberts	18:54
M50 Gary Hilley	18:46
Denny Deglemons	19:15
Don Ashimine	19:45
M55 Bill Crum	19:25
Jim Andros	19:59
Earl Davis	20:43
M60 Herb Hoggard	21:50
Dick Belliss	22:55
Tom Kilroy	26:39
M65 Bob Koch	21:38
Jack Green	23:38
Jack Pomeroy	23:38
M70 Larry Manuelos	21:11
Cliff Shinn	30:08
M40 Mary Fee	20:45
Shirley Sehorn	26:35
Ellen Waldron	30:57
M45 Betty Buselt	25:29
Flane Furtney	27:55
Jane Roberts	29:36
M50 Ellen Michell	27:22
Lorie Rose	27:33
Ann Munsey	28:57
M55 June Johnson	30:59
Anna Pegg	33:02
April Mittman	34:27
M65 Blanche Furtney	39:58
M70 Nyla Cook	37:30
Jane Dana	45:38

10K	
OVERALL	
Joe Hope 36	33:17
Christie Rochelle 33	47:20
M40 Mark Woods	37:17
Stephan Edwards	42:14
Jay Barnes	46:11
M45 Wayne Mitchell	38:28
Don Irvine	39:01
Allan Milliken	39:22
M50 Manouch Lankarant	43:01
Dave Labonte	44:02
George Ricks	47:29
M55 Oscar Rosales	41:24
R. R. Wallies	41:33
Bill Crum	42:54
M60 Dick Belliss	47:47
Bing Tutbill	48:28
Peter Hansen	52:09
M65 Bob Koch	46:20
Remy Burkell	48:23
Albert Rodriguez	60:29
M70 Karla Swilens	65:11
M40 Mary Fee	47:37
Kathy Houston	63:58
M45 Trina Rosales	55:19

NORTHWEST

Prefontaine Memorial 10K
Coos Bay, OR; Sept. 17

M40 Leonard Hill	32:33
Bob Ray	33:45
Larry Pine	35:37
Mike McLain	36:00
M45 Thomas Brown	36:34
Dave McJunkin	37:46
Fred Pietrzak	38:03
M50 Chris Steer	37:12
Wayne Shepard	39:50
Douglas Pierce	39:51
M55 Tom Burnham	41:20
Marv Rexius	41:39
Richard Northrup	41:50
M60 Gary Keppen	49:11
Bengt Hamner	54:33
M65 Bill McChesney	42:21
Tom Brinton	45:56
M70 Bill Hutchinson	59:07
M40 Kate Sharples	46:43
Tracy Gaskell	50:18
Peggy Rhodes	51:36
M45 Sylvia Harvey	47:33
Deborah Lyman	48:54
M50 Linda Brown	47:02
Susan Bradley	48:30
M55 Alice Rose	48:26
M60 Marcia McChesney	60:26
M70 Dawn Russell	61:00

Celebration Run 8K
Eugene, OR; Sept. 24

<u>Overall</u>	
Otis Sanders	24:50
Deborah Knapp	31:25
M40 Kevin Reilly	26:16
M50 Doug Pierce	30:58
M60 Tom Brinton	35:11
M70 Bill Lynch	46:24
M40 Jacqueline Manley	31:33
M50 Jane Doris	40:37
<u>SK Racewalk (unjudged)</u>	
<u>Overall</u>	
Ed Kousky M50	25:53
Sue Laks W40	30:47

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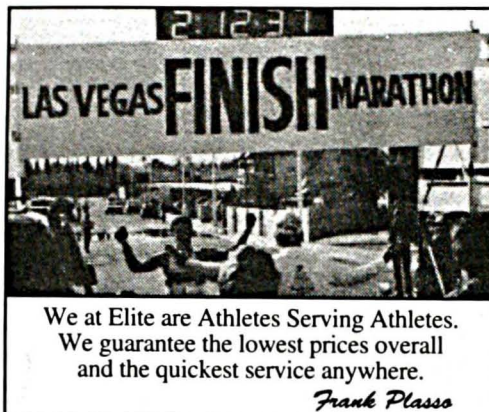
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