Toshiko d'Elia, 67, New Jersey, won the 3000 and broke the W65 world of 7:35.0 in the mile with a 6:59.89, National Masters Indoor Championships, Boston, March 21-23.  

Photo by Jerry Wojcik
The administration team of the Durban Organizing Committee at track one with the new scoreboard in the background. From left: Elaine Kay, Fikile Mtolo, Linda Barron and Linda Ngcipe.
Scott Tyler, a U.S. citizen residing in Canada, winner of the M55 60mH in 10.61.

Photo by Jerry Wojcik
Paul Heitzman, 66, Kansas, after winning the M65 mile race in 5:34.28, National Masters Indoor Championships, Boston, March 21-23. Photo by Jerry Wojcik

Photo from Gay Gilchrist
The Power Bar Masters relay team that broke the U.S. 4x800 M40-49 record of 8:11.8 set in 1983, with an 8:09.06 at a meet at Santa Barbara City College, March 15, finishing second in a field of college teams, from left: Peter Mogg, 42, Simi Valley, Calif., (2:03.3); Steve Wulf, 43, Woodland Hills, Calif., (2:03.5); Daniel Barry, 41, Calabassas, Calif., (2:01.4); and Nolan Shaheed, 47, Pasadena, Calif. (2:00.9).

Photo by Nancy Finkelstein
Chris Horton, 41, ran an age-graded 81.8%
4:51.00 in the National Masters News Mile, 1996
Hayward Classic, Eugene, Ore.
Photo by Jerry Wojcik

MAY with article.
Start of the M55 mile, National Masters Indoor Championships, Boston, March 21-23, won by Sid Howard, #329, 58, New Jersey, in 5:04.05. Tim Simpson, #643, Vermont, was second in 5:04.92.

Photo by Jerry Wojcik
Finalists in the 60m, National Masters Indoor Championships, Boston, from left: Audrey Lary, Fei-Mei Chou, Ann Yudell/Jh!J
Christel Miller (winner in 9.97), Phyllis Bradley, Maureen Murphy, and Barbara Jordan (second, also in 9.97).
Photo by Suzy Hess
All of the women superweight entrants, USATF National Masters Indoor Championships, Boston, from left:


Photo by Suzy Hess

Photo by George Banker

Photo by George Banker
Kimmie Allegre, W40 winner of the pentathlon with 2523 points, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. Photo by Jerry Wojcik
Laurel Williams, 44, Arkansas, W40 winner (18:46.92),
3000 racewalk, National Masters Indoor Championships, Boston,
March 21-23.

Photo by Jerry Wojcik
Louise Adams, 75, Colorado, set four world record in the 400, 800, mile, and 3000, National Masters Indoor Championships, Boston, March 21-23.

Photo by Jerry Wojcik
Sal Allah (l), 37, New Jersey, and Ed Gonera, 44, New York, of the winning M40-49 4x400m Central Park TC team, National Masters Indoor Championships, Boston, March 21-23.

Photo by Jerry Wojcik
In the 1997 Perform Better Catalog, a Flat Work Bench is offered for only $95. This is just one of a number of heavy-duty weight training items that Perform Better has introduced this year. This high-quality equipment really stands the gaff of heavy use in a training room or rehab facility, yet is amazingly moderate in cost. For further information on this Flat Work Bench or a full catalog showing all their weight training offerings, call toll-free 1-800-556-7464, fax 1-800-682-6950 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090.
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