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

149th Issue

January, 1991

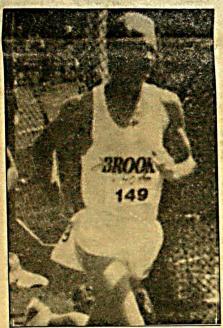
NATIONAL MASTERS NEWS

Almberg, Miller, Raschker Named Best 1990 **T&F** Athletes; Green, Benham Top LDR Picks

Best-Administrator Award Goes to Kousky: Kitts, Sedlak Voted Top 1990 Racewalkers

Larry Almberg, a 43-year-old middle-school vice-principal from Ellensburg, Wash., was named the outstanding age-40-and-over male track and field athlete of 1990 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Christel Miller, 55, of Glendale, Calif., and Phil (Philippa) Raschker, 43, of Atlanta were voted the top female masters performers by the same group at the 12th annual convention of TAC in Seattle on November 29.



Larry Almberg

Barbara Kousky of Eugene, Oregon, was named the outstanding administrator-of-the-year, while the top racewalking awards went to Eugene Kitts, 43, of Aiea, Hawaii, and Viisha Sedlak, 42, of Boulder, Colo.

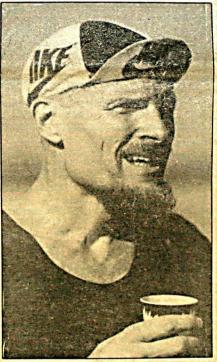
Miller was also named the best multi-event athlete of the year. The award for the best single performance of the year by an athlete over age 40 went to Almberg for his 4:06.70 mile in the New York Games on July 29.

Almberg had a career year. Improving on his 1989 performances, he was named the National Masters News' athlete-of-the-month three times during 1990. In addition to his U.S. masters mile record, he won the M40 800 (1:55.89) and 1500 (3:58.07) at the TAC/USA National Masters T&F Championships in Indianapolis. En Continued on page 8

Vasquez, Matson, Binder Among 21 Runners Honored by TAC at Seattle Convention

Norman Green, 58, and Ed Benham, 83, were among 21 runners honored by the Masters Long Distance Running Committee of The Athletics Congress at its 12th annual convention in Seattle on November 29.

The LDR Committee's awards are based on five-year age-group categories, rather than on an overall "best masters" runner.



Norman Green



had the best age-graded times among the 21 outstanding performers. He sped to a 1:14:18 in the Philadelphia Half-Marathon - a 97.3% age-graded performance. He won TAC's National Masters M55 15K title in Minneapolis in 52:33 (96.1%), and clocked 54:52 (96.0% at age 57) in the Cherry Blossom 10-mile in Washington, D.C. He set a U.S. M55 record of 27:00 (95.2%) at the ICI/USRA 8K Championships in Naples, Fla., and logged times in the marathon (2:37:40), 20K (1:11:14), 5K (16:32) and 10K (34:21). It was Green's fourth consecutive award as outstanding M55-59 U.S. runner.

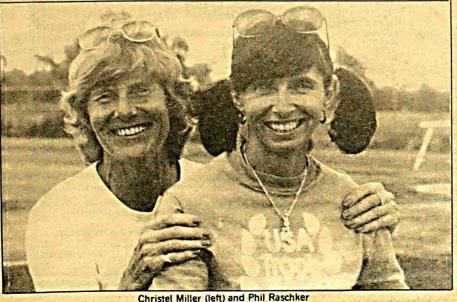
Green, a minister from Wayne, Pa.,

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Benham, a retired jockey from Ocean Park, Md., had the next-best age-graded efforts. He ran 10K in 46:30 (96.7%), 8K in 36:43 (95.9%), and 15K in 1:12:43 (93.7%). He logged 1:18:45 at 10 miles and 23:09 at 5K to be named the M80-84 outstanding run-Continued on page 11



Barbara Kousky



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The National Masters News is devoted exclusively to track & field, long distance running, and race walking 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 TAC, 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 TAC card (\$7 to \$11 per year, depending on the region). To inquire above a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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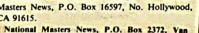
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National Masters News

Atkins Late to Starting Line; Passes Everyone to Win National 8K

by CAROLE LANGENBACH and JAY LINDBERG

STEILACOOM, Wash., December 2. The story of the U.S. TAC National Masters 8K Championships today was Herman Atkins ability to catch the entire field and win in 25:06 after a 35-second late start.

Atkins, a 42-year-old resident of Everett, Wash., overtook 134 other runners in the masters-only race to post a 44-second win over runner-up Sal Vasquez, 50, of Suisun, Calif. Vasquez's age-graded effort of 93.7% was the best of the day.

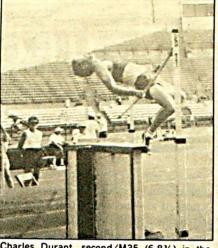
The event was held on a cool and cloudy Sunday that threated rain. It was truly national in scope, with the 135 finishers coming from as far away as Massachusetts, Minnesota, Florida, Oklahoma, Texas, Nevada, New York, New Jersey, California, and North Carolina. Many had attended TAC's National Convention in Seattle the week before.

Kate O'Neill, 44, from Lake Stevens, Wash., won her second national title this fall. She won the National 10K Cross-Country in Pasco, Wash., a month earlier. Her 30:08 clocking beat out Jane Treleven, 41, by 26 seconds. National TAC medals were awarded three deep in five-year age divisions. Teams of five runners for M40-49 and M50-59, and of three runners for all other 10-year age divisions competed for team awards. The only hotly contested team category was the M50-59 with California's West Valley Joggers and Striders edging local favorite Snohomish Track Club, 2:18:49 to 2:30:43.

After the race, runners were treated to a breakfast centered around hot cereal, compliments of Roman Meal, a long-time sponsor of the accompanying Roman Meal 10K Glove Run.

The race was organized by the Fort Steilacoom Running Club, an active group in this small community southwest of Seattle. Addded race touches included gloves with a TAC logo and souvenir pins.





Charles Durant, second/M35 (6-8¾) in the high jump, TAC/USA National Masters Championships, Indianapolis. Photo by Jerry Wojcik



TAC/USA National Masters Championships, Indianapolis. Photo by Jerry Wojcik

Would You Believe?...

- The winning height in the 1924 Olympic pole vault was 12-11½. In 1981, at age 59, Boo Morcom vaulted 13-0½.
- In the 1900 Olympics, the marathon was won in 2:59:45. In 1981, at age 66, Oregon's Clive Davies ran 2:42:48.
- In 1975, at age 90, Scotland's Duncan MacLean ran 100 meters in 19.9 seconds.

Five Years Ago January, 1986

- Jim Burnett, 45, and Polly Clarke, 75, Named Top 1985 U.S. Masters T&F Athletes at TAC Convention in Houston.
- Barry Brown, 41, and Gabriele Andersen, 40, Voted Best U.S. Masters LDR Performers.
- Bob Mimm, 61, and Ruth Leff, 55, Named Top U.S. Masters Racewalkers.
- Gary Miller Named Best T&F Administrator.
 Bob Morcom Tops Multi-
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National Masters News



W. MacDONALD MILLER

page 4

I have just read your November edition, and was delighted to see that Wendell Miller was back and in great form. I had previously thought my lack of enthusiasm for recent issues of NMN resulted from all the depressing news (read slower times) you've been publishing about my cohorts (55-59), but now I know that wasn't so. It was the lack of instruction and reportage from Miller. You can count on me resubscribing as long as he continues to report the weird (autobiographical, I suspect) and exotic (mostly fantasy, I suspect).

Finally, I feel particularly grateful for Miller having spared me the experience of tie-and-ride competitions, at least for this reincarnation. There are lots more strange sports in Southern California, and I hope you can support Mr. Miller as he continues his play-by-play on activities like celebrity relays, skateboard, water ski and half-marathon trials; and nude steeplechasing.

Glynn Wood Monterey, California

VIDEO OF WORLD GAMES' 200 NEEDED

I have run two classified ads in NMN in hopes of locating a video of the M45 200 final at the 1989 World Games in Eugene. So far, no success.

If the video exists, I'd like to pur-

chase a copy. There were many video cameras in the stadium that day. If you know of anyone who might have filmed the race, could you please have him or her contact me? Paul Dungon 4016 NE Hazelfern Pl. Portland, Oregon 97232

AGE-GRADED TABLES

I'm a 53-year-old sprinter and don't understand why the M53 100-meter standard is 11.14 when the M50 world champion, Ken Dennis, ran 11.48. Why shouldn't the standard be 11.48? Sol Muchnik

Huntington Stadium, New York

(The age-graded standards are generally based on the potential world record for an age/event. The current M50 world record is 11.2, set by Dennis in 1987. The tables suggest that the potential for a 50-year-old sprinter is 11.14. — Ed.)

NOT IN GOOD TASTE

Here is a second to your decision not to print the descriptive letter submitted to you three years ago about Debbie Anderson. Your reasons "sexist and not in good taste" are right on. I suppose the reason you did run this letter in the December issue was that the persistent letter writer now had Ms. Anderson's approval.

I would hope that we would encourage more female participation by commenting on their accomplishments, and efforts rather than appearance. All female competitors are beautiful. Joe Durrenberger Los Angeles

FRANCE GRIM FOR MASTERS

The situation in France is grim for masters runners. As a U.S. citizen living in France, I envy the opportunities available to masters in the USA.

France has had national masters championships for only four years. But there are only two age divisions for competition and records — men 40-and-over and women 35-and-over. And there are practically no other outdoor masters meets.

When I was in Budapest competing in the WAVA European Championships (Editor's note: Martin set a U.S. W45 800 record of 2:25.12 in Budapest), I spoke with French officials. Their answer was logical in their eyes. France wants to have a good image athletically, so they can't permit someone who runs 2:25.12 for 800 to have a 'record' or to be a 'national champion,' regardless of the person's age.

The French masters are affiliated with the FFA (Federation francaise de l'athletisme) and have no separate existence at all. It took me some time to figure this out, but now that I understand the system I realize the control is very strict.

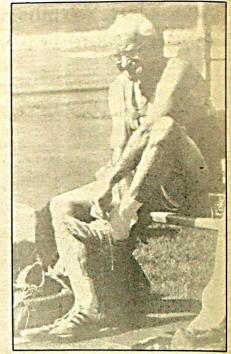
There is no indoor masters track at all. There was some talk of a masters meet with Belgium and Holland, but the idea was vetoed by the French equivalent of TAC.

There are good points to running in France. There is a highly developed club system, which allows many ordinary runners to participate in a series of yearly track meets.

n

I moved around a lot before I found a position teaching English at the University or Bordeaux. In all of the French clubs I joined, I asked coaches to help me with my running. But everyone of them said I was too old to be running 800 meters, let alone 400 meters. They said I should face facts and start running marathons and that, at my age, I shouldn't be asking for a coach.

But I got lucky and found a very good coach — the widely-respected Roger Grange — who welcomed me to his training group.



Byron Fike, 82, of Ohio in between events, Indy Senior Classic, Indianapolis, which drew over 440 participants. Photo by Linda Chambers

Track athletes in France stick to track training all winter. This is partly because, in yet another example of French bureaucracy, cross-country literally controls winter running. Road races are forbidden during crosscountry season. If you want your country to be strong in cross-country, just outlaw road races during the crosscountry season. Look at French performances in the last 10 years and you'll see what I mean.

Masters are not the only ones to suffer from this draconian control. Open running is just as bad. France habitually sends fewer than the three-allowed athletes to most international competitions, because their qualifying standards are higher than international standards.

I'm impressed that American athletes get to vote for representatives and officers in the Masters organization. The French masters' representatives are appointed by the officers of the FFA. A friend of mine has been trying for three years to get a list of women masters runners to conduct a survey, but the FFA keeps on blocking her in ever more imaginative ways.

I've chosen to enjoy running and not try to fight what I think is a losing battle. They can refuse to give us medals and to recognize our performances as national records, but they can't take away the pleasure of running and of accomplishing good performances.

I took forward to meeting masters from other nations in Turku this summer.

> Taffy Martin Merignac, France

A MESSAGE FROM THE PRESIDENT

Cesare Beccalli's reply (Dec. NMN "A Message from the President") to my article (Nov. NMN) is characteriz-Continued on page 20

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National Masters News

First Time Marathoner Sets M60 Course Record in Mohawk Race

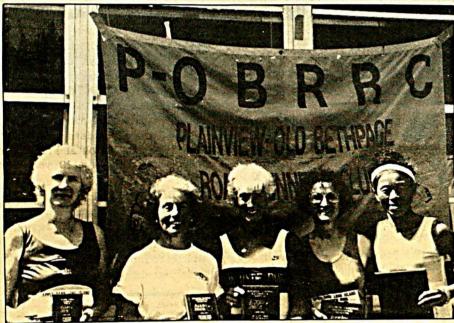
by PAUL MURRAY

At age 60, Ed Doucette is still a novice in the world of distance running, but his performance in his first marathon convinced many veterans that his best races are still ahead of him. On October 28, the Bennington, Vt., resident finished the Mohawk Hudson River Marathon in 3:17:53 to win the M60 age group. On a cold and blustery day when few entrants set PRs, Doucette bettered the M60 course record by more than five minutes.

Thomas Powers of Newfield, N.Y., led all masters finishers and placed 11th overall with 2:46:08, just 39 seconds ahead of Dan Logan of Cornish, N.H., who finished 12th overall. Susan Hale of Congers, N.Y., was the first female master and fifth woman overall in 3:21:02. Carolyn Riley of Delmar, N.Y., won the W45 division, finishing seventh among the women with a strong 3:22:16.

Age group winners included James Haggett. Poughkeepsie, N.Y., M45. 2:56:38; Bob Murphy, Barre, Vt., M50, 3:00:20; Richard Murphy, East Northport, N.Y., M55, 3:05:28; Nancy Gerstenberger, West Albany, N.Y., W60, 4:27:16; and Sam Gratch, Utica, N.Y., M65, 4:10:16.

The eighth running of the Mohawk Hudson Marathon attracted 326 starters from 15 states and four Canadian provinces. Two hundred sixtyeight finished the scenic course, which follows bike paths along the Mohawk and Hudson rivers from Schenectady to Albany. The Hudson Mohawk Road Runners Club organized the race and the Energy Answers Corporation was the sponsor. Lee Wilcox served as race director.



Wen-Shi Yu (far right), was named outstanding W55 long-distance runner by TAC for 1990. She ran 21:35 in the 7th Annual Apple Bank Long Island Women's 5K for a new W55 course record. From left: Doris Haibon (5th). Alexandra Finger (4th). Eleanor O'Toole (3rd). Marie Mercer (2nd), and Yu.

Almberg, O'Neill First in 10K Cross-Country Championships

by JERRY WOJCIK

Larry Almberg, 43, of Ellensburg, Wash., with 31:20, led 109 male harriers across the finish line in TAC's National Masters 10K Cross-Country Championships held in Pasco, Wash., on November 3. Herm Atkins, 42, of Everett, Wash., finished eight seconds back, with Jeff Corkill, 47, Spokane, Wash., taking third in 32:54 to win the M45 race over favored Don Coffman, 47, Frankfort, Ky.

Mike Heffernan, 50, Portland, Oregon, won the M60 division race with an 11th place 33:55. John Finch, 55, Portola Valley, Calif., took the M55 contest in 37:51.

Orlo Keniston, 63, Seattle, won the M60 event easily with a 38:58. Alfred

Funk, 76, Bozeman, Mont., was first (44:32) of all runners 70-and-over.

Almberg's Three Rivers Road Runners quintet won the M40-49 trophy. The Snohomish TC took the M50-59 team first, and the Three Rivers RR trio won the M70 + team event.

Kathleen O'Neill, 43, of Lake Stevens, Wash., was first of 19 women runners, with a 39:22. Julie Stiles, 48, Seattle, was second in 42:11.

Judy Groombridge, 50, Seattle, placed fifth in winning the W50 race with a 43:11. Alyce Lindberg, 69, Leavenworth, Wash., won the W65 race in 63:55. The Snohomish TC "A" team, with O'Neill's first, took the W40-49 title.

Don Sandberg was the meet organizer.

Read The Reviews

Here's What Readers Say About THE MASTERS RUNNING GUIDE

"Higdon writes not of our limitations, but our possibilities as we grow older. A readable collection of advice." —*Michael Beebe*, **The Buffalo News**

"It would have been nice to have had Hal Higdon's newest book a dozen years ago when I started running. It provides, in handy, concentrated form, information that it has taken me years to acquire."

- Maurice Hobbs, Minneapolis Tribune

"I generally stay away from endorsing books, but this one is worth making an exception for."

And A WARD AT 1014

-Jim Ferstle, St. Paul Pioneer-Press

"I prefer books that will teach me something and that will assist me in improving my running. (This one) seems to touch that chord."

- Susan Kalish, Executive Director American Running & Fitness Association

"Easy to read with the large print helpful. Good information for masters runners."

- Ed Hamilton, Greensboro (NC) Running Club

"The job of President of a running club can sometimes get to be a chore. (This) book arrived at just the right time to give me a needed boost."

-Joyce Rankin (VA), Reston Runners

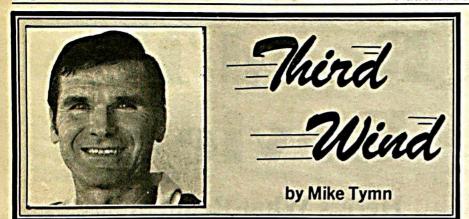
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Tim Nitz: Bypass Surgery Hasn't Slowed Him

When 40-year-old Tim Nitz ran in the 1989 Grandma's Marathon, he antiticipated breaking three hours. He had done it five times already and had a PR of 2:55:42 in the '86 race. "I went out at race pace and felt fairly comfortable for seven miles, but during the eighth mile I began having trouble holding the pace," he remembered. "I hit the wall as early as 19 miles, and by 20 I hurt so badly I had to lay down. I remember my breathing was different; it was almost like my lungs were half-closed and I couldn't take in enough air to fill them. I walked, ran, and laid down a half-dozen times between 20 and 24 miles. I spent some time in a police car while waiting for a fatigue van, which never arrived. For the first time in my life, I felt ready to quit a race."

But, he refused to quit. Refreshed from the air-conditioning in the police car, Tim managed to get back on his feet and finish the race in $4\frac{1}{2}$ hours.

"I kinda wrote it off as just a bad day, although, in the back of my mind, I suspected something might be wrong," he recalled. "I was considering having a complete physical but I never got around to it until I started having chest pains about six weeks later."

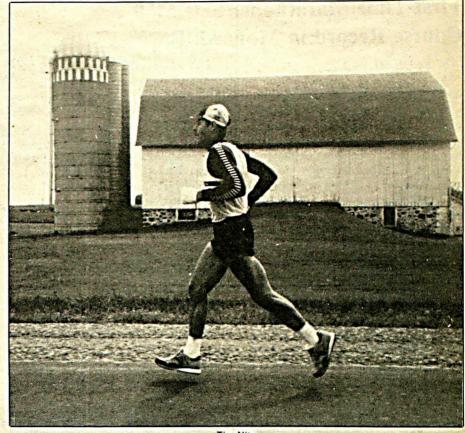
Tim was given an EKG. The diagnosis: 100% blockage in one artery and 60% in the other. He immediately underwent double bypass surgery to correct the problem.

"Looking back, I guess I was a prime candidate," Tim said. "Both of my parents had heart problems, and on my mother's side the cholesterol level tends to run between 300 and 400."

Although Tim, a resident of Bethel, Minnesota, had taken up running in 1982, seven years before his problem manifested itself, he did not have an especially healthy lifestyle. "I smoked since I was 17," he explains. "I tried to quit a number of times, but I was never motivated enough. My running finally did it for me. The two simply didn't mix, and I wanted to run better and become healthier. My smoking stopped immediately and I haven't smoked since."

It took another two years after Tim started running for him to begin improving his diet. "I'd eat meat five or six times a week — butter, egg yolks, pastries — everything that's not good for the arteries," he told NMN. And, while he had adopted a relatively fatfree diet before the onset of his problems last year, it was a matter of too little, too late. Most of the damage to his heart and arteries had already been done. He turned in his fastest times between 1984 and 1986. In addition to that 2:55 marathon mentioned earlier, the 5-foot-4, 121-pound accountant recorded a 17:33 5K, a 37:48 10K, and a 1:20:43 half-marathon. "I think that half-marathon was my best race, but I still prefer running the marathon." he noted. "I've cried ecstatically several times after I completed a marathon. Other races have given me a personal high, but no other distance has made me cry with such delight."

To prepare for a marathon. Tim gradually builds up to 60 miles a week. alternating those with 45-mile weeks for about 12 weeks prior to the race.



Tim Nitz

He does at least six long runs at 20-23 miles and does speed work (tempo runs and repeat miles) at his race pace or slightly faster.

After his surgery, Tim slowly built himself back up and returned to fairly hard training by January of this year. "Some doctors are telling me to be cautious," he says, "while others are saying that it's probably okay to run but I shouldn't be pushing myself to the maximum. I don't feel any different now than before the surgery and I haven't had any adverse symptoms. I've been doing interval work lately and probably got my heart rate up to around 170."

Tim recently ran a half-marathon in 1:31, but seemed a little disappointed that he didn't do better. "I thought that with the arterial blockage removed I'd be running faster than I did before. I guess it doesn't work that way. Maybe it's just age, I don't know."

But Tim has not given up his dreams of a marathon PR. "I might be overly optimistic in thinking I can run under 2:55," he said determinedly. "But I know I can run under three hours again."

Running After Bypass Surgery

How much and how intense should a person who has undergone bypass surgery train? Tim Nitz, who underwent double bypass surgery last August, has put that question to a number of well-known physicians, including Dr. Jack Scaff, a Honolulu cardiologist and one of the founders of the Honolulu Marathon Clinic. "I'm trying to arrive at a comfortable consensus," Nitz says. "The only problem I have is that I'll probably tend to favor the opinion that most agrees with my own personal feelings."

Scaff gave the following opinion to Nitz:

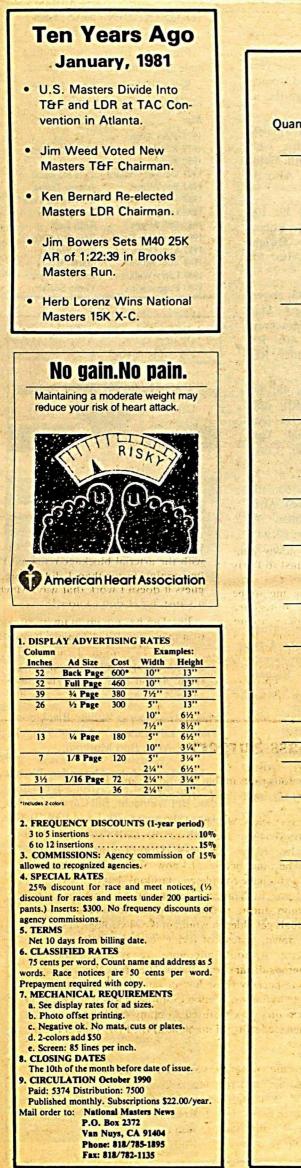
As you know, habitual exercise tends to retard the atherosclerotic process. Nevertheless, you developed significant atherosclerosis at a relatively early age in spite of your commendable exercise program, which, of course, is commensurate with aggressive atherosclerosis. Since this has occurred in the past, to expect nothing to occur in the future, might not be completely reasonable. It might not happen, but it certainly needs to be anticipated.

If you were my patient, I would be doing a maximal treadmill stress at a minimum of six-month intervals as well as prior to competition. Marathon running is quite safe for cardiovascular patients because it is primarily an aerobic exercise (the 10K is probably one of the most dangerous races in that it is mostly anaerobic and can be entered by individuals with relatively little training).

Nevertheless, the speed at which you are running indicates that you are probably beginning to red line it a little bit, i.e., giving it full effort. I'm not saying this can't be done because I know of heart transplant patients who have completed triathlons, but if arrhythmias are going to happen, they might be somewhat more common during maximal efforts. Additionally, as individuals get older, it would make physiological sense to slow down, instead of trying to achieve PRs via more exercise without adequate recovery periods or dangerous dietary restrictions. We know that restrictive diets, especially those low in fat, tend to promote cardiac arrhythmias. A good example of this was the liquid protein diet which caused so many fatalities in normal women (sedentary, I might add) the FDA took it off the market.

I would encourage you to continue your training program, but at a reasonable distance. I'm not certain I would encourage you to start shooting for PRs or start trying to break three hours. That's not to say it can't be done, it's just that I wouldn't recommend it at this point in your recovery.

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Total (US\$) Ouantity **Masters Age Records** Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1989. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00. Masters Track & Field Rankings Men's and women's 1989 U.S. outdoor track & field, 5-year age-group rankings. 52 pages. Over 100-deep in some events. All T&F events, including 3000. 10,000, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$6.00 \$ **Masters Age-Graded Tables** Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990. \$5.95. Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of July, 1990. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50. **Competition Rules for Athletics (1990)** U.S. rules of competition for men and women for track & field, long distance running and race walking - youth, open and masters. \$9.95. TAC/USA Directory (1990) Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff. Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95. IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event S _ competitions. \$11.95. Guide to Prize Money Races and Elite Athletes 1990. Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$39.00 TAC/USA Patches. Embroidered, 4" x 3". \$2.50 U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50 U.S. Track and Field Team Lapel Pins. Cloissone enamel, 11/2" x 5/8", bar pin with safety catch. \$5.00. Masters Running '89 Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahen and others. \$1.95. The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95. \$ **Back Issues of National Masters News** Issues: \$2.25. Postage and handling 1.00 Overseas Air Mail (add \$5.00 per book) TOTAL Send to: National Masters News Order Dept. P.O. Box 2372 Van Nuys, CA 91404 Name

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Procedure for Selecting T&F Award Winners

by BEV LAVECK, Masters T&F Awards Coordinator

To select the outstanding masters T&F athletes-of-theyear for 1990, a preliminary list of names and achievements was compiled, using: 1) records and "year's best" lists supplied by Records Chairman Pete Mundle, and 2) results of indoor and outdoor National T&F Championships.

I reduced the lists to 2-6 names for each five-year age division for both men and women. I calculated agegraded scores, and identified the finishing place in the indoor and outdoor Championships.

I then mailed a preliminary ballot to the Sectional Coordinators and others on the Masters T&F Executive Committee, requesting corrections, additions and deletions.

Based on the results of this preliminary balloting, I attempted to shorten the list to two or three candidates in each group.

Final ballots were then mailed to the above groups, plus to 1989 award winners, and to 1987 and 1988 award winners who had voted in last year's balloting. Voters were asked to abstain from voting in a category in which they were a candidate. Approximately 40 people voted, or about 50 percent of those to whom ballots were sent.

People sometimes complain that the awards process is controlled by a biased few. Quite honestly, we make a serious effort to secure the votes of a large, knowledgeable group of athletes. Admittedly, errors and possible injustices do occur, usually because of missing or incomplete results from nonchampionship meets; or, because of typos, fatigue or eye-strain — hopefully, not age.

The Race Walk and Multi-Event Awards winners were selected by their respective committees. The selection of the Administrator Award winner was made at the convention.

1990 Track and Field Award Winners

National Masters News

follows:

Harvey.

Stopoulos.

Grimes, G. Hunter.

Hogen, G. Englund.

Higgins, Carl Wallin.

The Committee also selected

outstanding athletes in each five-year

age division for both men and women

in both track and field categories, as

M30 Track: Ed Williams, 31: 100

(11.05), 110H (14.32). Also con-

sidered: M. McDowell, J. Smith. Field:

Leo Williams, 30: HJ (2.21). Also: J.

M35 Track: Bill Collins, 39: 100

(10.8), 200 (21.8). Also Nate Robin-

son, Ken. Popejoy. Field: Dwight

Stones, 35: HJ (2.13AR). Also: M.

M40 Track: Larry Almberg, 43, above.

Also considered: Eddie Hart, Stan

Whitley, Nolan Smith, Stan Druckrey.

Field: Steve Hardison, 40: PV

(5.03WR). Also: Charlie Rader, Rex

M45 Track: Ken Sparks, 45: 800

(1:57.78), 1500 (3:59.24AR), mile

(4:17.14AR). Also: Roger Pierce, Don

Parker, Clarence Ray. Field: Tom

Gage, 47: HT (57.30). Also: Lloyd

M50 Track: Roy Turner, 50: 100

(11:83), 200 (24.18), 400 (53.66). Also:

Dan Conway, Charlie Miller, Al

Williams. Field: Larry Stuart, 53: (JT

205-0); Darrel Horn, 50: LJ (6.25).

Also: Richard Hotchkiss, Pete

M55 Track: Jim Sutton, 59: 800

(2:16.47), 1500 (4:30.82), 3000

Continued from page 1

route to his 4:06.70 mile, he set a U.S. masters record of 3:50.43 for 1500 meters.

Miller won five events at the Nationals and set five U.S. W55 records during the year in the high jump, long jump, javelin, triple jump, and the 80m hurdles. Indoors, she set five U.S. marks in the 60, 60H, high jump, long jump, and triple jump.

Beyond those achievements, she set two W55 world records in the pentathlon and heptathlon, which won her the additional honor of multi-event athlete-of-the-year — an award which covers both men and women.

Raschker won six gold medals in Indianapolis in the 100, 200, pole vault, long jump, triple jump, and short hurdles. She set two world W40 indoor marks in the 60m (8.14) and 200 (27.30) and two U.S. indoor records in the 400 (62.70) and 60H (9.65).

Kousky was honored for her outstanding work as co-director of the 1989 World Veterans Championships and for her first-year leadership as head of the Masters Track & Field program.

Kitts set a U.S. Masters 50K racewalk record of 4:19:27 as the first U.S. finisher overall in the Pan-Am Cup race in Mexico. He placed 5th in TAC's Open 50K (4:20:26) and 3rd in the U.S. Olympic Festival 50K' (4:22:52).

Sedlak set a world masters best of 24:38 in winning the 5000m walk at the Nationals in Indianapolis. She also established a world W40 10K road standard of 49:14.9 while finishing seventh at the TAC open Nationals.

The winners were announced at TAC's Awards Luncheon in Seattle. The personalized plaques will be presented at TAC's 24th Annual National Masters T&F Championships in Naperville, Ill., on July 6. (10:01.69). Also considered: Hugo Hartenstein, Jim Mathis, John Connor, Pete Richardson, Norm Green, Ralph Summerlin. Field: Richard Richardson, 57, HJ (1.70). Also:

Wendell Palmer, Phil Mulkey, Stu Thompson, William Duckworth.

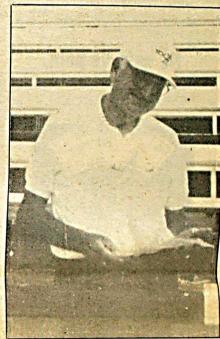
M60 Track: Jack Greenwood, 64: 100H (15.65w), 300H (47.21). Also: Harry Brown, Jim Law, Gaylon Jorgensen. Field: Jim Gillcrist, 62: HJ (1.66AR). Also: Cliff Blair.

M65 Track: Rudy Valentine, 67: 400 (62.18), 300H (49.80AR). Also: Mel Larsen, Tim Murphy, Ed Lukens, Ar-

OUTSTANDING MASTERS			
a and	RACE WALKERS		
	Presented to the outstanding		

male and female masters walkers. Selected by the TAC Masters Track and Field Committee.

Men	Women
1978 John Allen	inter the shares
1979 Ron Laird	Lori Maynard
1980 None	States and the
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly La Veck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Guilio de Petra	Beverly La Veck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	Joann Nedelco
1990 Eugene Kitts	Viisha Sedlak



Charlie Ruter of Fern Creek, Ky., head official at the 1990 TAC/USA National Masters Track and Field Championships. Photo by Don Henry

chie Messenger, Willie Blackmon., Field: Ed Lukens: LJ (4.95), TJ (10.17). Also: Boo Morcom.

M70 Track: John Alexander, 70: 200 (28.58), 400 (64.84). Also: Payton Jordan, Bill Weinacht, Bill Carmen. Field: John Alexander, 70: LJ (4.93WR), TJ (9.40). Also considered: Burl Gist, Tom McDermott, Ham Morningstar.

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Ken Sparks, second M45 in 55:11, Bobby Crim 10 Mile, Flint, Mich., was named M45 track athlete-of-the-year by TAC. Photo by Victah Sailer/Agence Shot

OUTSTANDING RACE WALKERS — 1990 Selected by the Masters Track & Field Committee of TAC			
ge	Men	Women	
-34	Jim Heiring	Victoria Herrazo	
5-39	Ray Funkhouser	Daniela Hairabedian	
-44	Eugene Kitts	Viisha Sedlak	
-49	 Larry Walker 	Jo Ann Nedelco	
0-54	John Elwarner	Bev LaVeck	
5-59	Max Green	Joyce Decker	
0-64	Moshe Myerowitz	Joan Rowland	
6-69	Bob Mimm	Ruth Van Sandt	
)-74	Cokie Damon	Ernestine Yeomans	
-79	Giulio dePetra	Millie Crews	
0-84	Byron Fike	Polly Clarke	

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1990 Track and Field Award Winners

Continued from page 8

M75 Track: Eugene Keller, 75: 800 (3:17.08), 1500 (6:19.55), 2000SC (10:10.66). Also: Marcus Neuhof, Burt Morrow, Frank Finger. Field: Ross Carter, 76: SP (12.43), DT (38.74). Also: Carol Johnston, Marcus Neuhof.

M80 Track: Ed Benham, 83: 5000 (22:57.4), 10,000 (47:55AR). Also: Charles Espy, Byron Fike. Field: Wesley Ward, 80: HJ (1.15). Also: Gordon Powell, Byron Fike, Dick Lacey, Burt DeGroot.

M85 Track: Konrad Boas, 85: 200 (42.51), 400 (1:56.20). Also: Herb Anderson, Arling Pitcher. Field: Arling Pitcher, 88: HJ (.96), PV (1.37), TJ (4.09); Win McFadden, 85: TJ (6.28WR). Also: Herb Anderson, Konrad Boas, B. Fox, Everett Hosack.

M90 Track: Paul Spangler, 91: 100 (31.63), 200 (61.7), 400 (2:13.89), 800 (4:58.18), 1500 (10:04.68), 3000 (20:42.89), 10,000 (1:22.37). Also considered: Buell Crane. Field: Buell Crane, 90: HJ (1.04WR), LJ (2.44WR), TJ (5.10WR), SP (6.97WR), DT (20.57WR), HT (16.9WR), JT (17.42WR).

M95 Track: Herb Kirk. Field: Tom Lane.

W30 Track: Pamela King, 33: 100 (12.68). Also considered: Danis Willett. Field: Donna Pope-Green, 33: LJ (5.44). Also: Luann Davis.

W35 Track: Darsi Bowden, 39: 1500 (4:39.1), 3000 (9:58.94). Also: Irene Thompson, Donnis Drumgole. Field: Joan Stratton, 38: HT (39.66AR). Also: Karin Smith, Janet Wilson, Irene Thompson.

W40 Track: Phil Raschker, 43, above. Also: Lurline Struppeck. Field: Phil Raschker.



Christel Miller, 55, was named outstanding multi-event athlete-of-the-year by TAC.

W45 Track: Joan Colman, 46: 3000 (10:19.4), 5000 (17:45WR). Also considered: Shirley Matson, Linda Upton, Nadine O'Connor, Marilyn Mitchell. Field: Brenda Bloomfield, 48: HT (32.02AR). Also: Karen Huff, Vanessa Hilliard, Cathy Primer, Barbara Stewart.

W50 Track: Sandra Knott, 52: 1500 (5:26.18), 1000 (11:41.86). Also: Wava Mosbrucker. Field: Becky Sisley, 51: HJ (1.28), LJ (4.10), JT (36.14AR). Also: Joann Grissom.

W55 Track: Marilyn Fitzgerald, 55: 100 (14.91), 200 (30.98), 400 (71.52). Also: Gretchen Snyder, Geri Owens, Christel Miller. Field: Christel Miller, 55: above. Also: Ann Cirulnick.

W60 Track: Mary Patterson, 61: 100 (15.7), 200 (34.26w), 400 (80.15). Also: Ruth Droege. Field: Lenore McDaniels, 62: HJ (1.19AR), LJ (3.87AR), TJ (7.64AR). Also: Bernice Holland.

W65: Josephine Sullivan, 65: 100 (17.58w), 200 (39.47); Lavina Haefele, 66: 100 (16.8), 200 (38.1). Also Gerry Davidson. Field: Josephine Sullivan, 65: HJ (.92), LJ (3.33), TJ (6.55). Also: E. Hagarmann, Ethel Mayland, Mary Norckauer.

W70 Track: Mary Bowermaster, 72: 100 (16.78). Also: Vadine Koenig, Pat Dixon, M. Stafford. Field: Mary Bowermaster, 72: HJ (1.04), LJ (2.91), SP (5.75); Vadine Koenig, 70. Also: Helen Stephens.

W75 Track: Pearl Mehl, 76: 400 (99.66), 1500 (8:02.42), 3000 (17:27.5);

Notice to Subscribers

For the past seven years, the National Masters News subscriber orders, billings, renewals, problems, etc., have been handled by Alcor, Inc. in Pasadena, Calif.

Alcor has gone out of the 'subscription-fulfillment' business, so we have contracted with Stark Services of North Hollywood, Calif. to replace them.

Stark is a highly-regarded firm which services over 50 magazines. It's also less than three miles from our home office in Van Nuys, which will help us keep in close touch.

Converting all the necessary data can be troublesome. During this transition period, there may be snags. Please bear with us. If you made a donation, we'll acknowledge your gift as soon as possible. If you have any problems with your subscription, call us (at Stark) at 818-760-8983; or at our home office at 818-785-1895. 🗆

Lucille Monroe, 75, 100 (18.8), 200 (40.3). Also: Millie Crews. Field: Sheila Evans, 75: HJ (.95AR), TJ (6.13). Also: B. Jarvis.

W80 Track: Polly Clarke, 80: 100 (18.10), 200 (39.78), 400 (1:40.45WR). Also: Anne Clarke. Field: Carolyn Clark, 80: SP (4.37AR), DT (11.25AR). Also: Marilla Salisbury.

W85 Track: Anna Ward, 85: 100 (26.3), 1500 (11:43.2). Also: Mary Ames.

Bev LaVeck, T&F Awards Coordinator, said the award winners were selected by a panel of about 40 people (see sidebar for details).

- Al Sheahen

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MASTERS TRACK & FIELD	
ADMINISTRATOR	
OF THE YEAR	
1978 Pete Mundle	
1979 Al Sheahen	
Kathy Brieger	
1980 Bob Fine	
Ruth Anderson	
1981 Bruce Springbett	
Fred Mannis	
1982 George Hatzfeld	
Jack Kelly	
1983 Jim Weed	
1984 Jerry Donley	
1985 Gary Miller	
1986 Pete Mundle	
1987 Frank & Dorothy Anderso	n
1988 David Pain	
Chuck Phillips	
1989 Jim Puckett	4
1990 Barbara Kousky	E.

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES Selected by the TAC Masters Track & Field Committee **GWILYM BROWN AWARD**

Presented to the outstanding male and female track & field athletes in the masters program.

Year	Men	Women
1978	George Ker	The second second second
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phil Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/	Irene Obera
and they	Parry O'Brien	1. Jan 1 Parts - de mais
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Garry Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almberg	Christel Miller/Phil Raschker

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR ot put, 70' 3"

UUISI	ANDING SINGLE I LIG ORIGIN	THE DURING THE
1985	Brian Oldfield, 40	Shot put, 70' 3"
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236' 6"
1988	Larry Stuart, 50	Javelin, 215' 9"
1989	Al Oerter, 52	Discus, 205' 10"
1990	Larry Almberg, 43	Mile, 4:06.70

1985

1987

1989

OUTSTANDING MULTI-EVENTS ATHLETE

Boo Morcom 1986 Gary Miller 1988 Gary Miller Gary Miller

Rex Harvey	and the second sec	1990 Christel Miller
CONTRACTOR AND A		and the second sec
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1990 AUL-UROUT AWARDS	ROUP AWARDS
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1	Men		Women	and the second second second
Age	Track	Field	Track	Field
30 35	Ed Williams Bill Collins	Leo Williams Dwight Stones	Pamela King Darsi Bowden	Donna Pope-Green Joan Stratton
40 45 50	Larry Almberg Ken Sparks Roy Turner	Steve Hardison Tom Gage Darrell Horn	Phil Raschker Joan Colman Sandra Knott	Phil Raschker Brenda Bloomfield Becky Sisley
55 60	Jim Sutton Jack Greenwood	Larry Stuart Dick Richardson Jim Gilchrist	Marilyn Fitzgerald Mary Patterson	Christel Miller Lenore McDaniels
65	Rudy Valentine	Ed Lukens	Lavina Haefele Josephine Sullivan	Josephine Sullivan
70	John Alexander	John Alexander	Mary Bowermaster	Mary Bowermaster Vadine Koenig
75	Eugene Keller	Ross Carter	Lucille Monroe Pearl Mehl	Sheila Evans
80 85	Ed Benham Konrad Boas	Wesley Ward Arling Pitcher	Polly Clarke Anna Ward	Carolyn Clark
90 95	Paul Spangler Herb Kirk	Win Mc Fadden Buell Crane Tom Lane		

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page 10

National Masters News

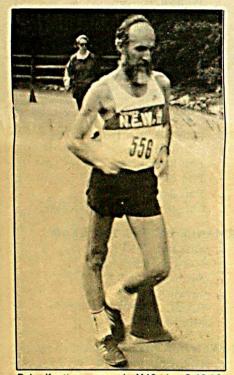


Masters Racewalk Records

People have been wondering for years why there are no masters racewalk records published in NMN or TAC official record books. The reason is that there has been no system for ratifying masters racewalk records in the United States. This was also true for open men's and women's racewalk records until a few years ago.

The omission probably started as an oversight, perhaps caused by the racewalk program's relative isolation from long distance running and track & field, and thus isolation from the record keeping process.

The breakthrough came when the same TAC system of record ratifica-

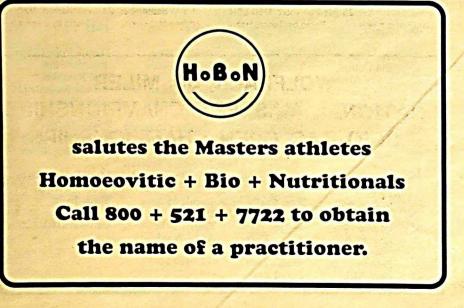


Bob Keating, second M40 in 3:48:12, TAC/USA National Masters 40K RW Championships, New Jersey. Photo by Elliott Denman

tion was applied to open racewalkers as to the rest of T&F and LDR. This gave racewalking a definite, reliable system for ratifying times, and for establishing official records. This year TACSTATS, the National Center for LDR and senior RW records, appointed Don Henry to represent masters racewalking. Don is responsible for amassing, compiling, and submitting potential masters racewalk records. (Steve Vaitones is responsible for open records.)

Here is where some confusion may enter. TACSTATS will only ratify 5-year age-group records, not singleage records, and the age-group records begin at age 40 for men and women. TACSTATS has its own recordapplication form. It has all the information about the requirements for a record, such as timing and judging, course certification, and track curbing. Also, a race director can use one form for everyone at an event so he/she doesn't have to sign and get others to sign several different forms.

Single-age bests will still be kept, but on an unofficial basis. Don Henry will continue to keep them for women; Alan Wood will continue to keep them for men. Don has a simpler form than that of TACSTATS for single-age bests which he will also accept for TAC age-group records. Alan doesn't have a specific form requirement. Men can



use Don Henry's form or write down the necessary information and send it to him.

It is recommended that all athletes trying for a record at a specific event notify the race director ahead of time, and take the necessary application form along. It is also recommended that meet directors have both the TACSTATS age-group record form and Don Henry's form available when there is masters RW. To get one or both forms, send a stamped, selfaddressed, envelope to Bev La Veck with your request. (Address on page 2.)

A few weeks ago, there were zero TAC masters age-group records. Thanks to Wayne and Sally Nicoll of TACSTATS and Don Henry, 81 records were ratified at the Seattle Convention. The same numbers are pending because of technicalities such as (1) no birth date, (2) no application on file, or (3) no independent verification of continuous track curbing. If the needed information comes in, they will be submitted for ratification at the 1991 TAC Convention. Don is treating everyone's record application by the same standard. He is not accepting anything because so and so has a good reputation or is someone he knows well. His standard is objective, and either a submission meets the criteria or it doesn't. Don's job is immense and one that deserves the full cooperation of the masters racewalking community.

Addresses: Don Henry, 24 Fairview Ave., Brick, NJ 08724; Alan Wood, Regency House, Pompton Plains, NJ, 07444.

Late Flash

A 10K replaces the women's 20K at the Masters National Outdoor Championships. The Men's 20K distance remains. There will also be a non championship 20K race for women and non championship 10K race for men. Records will be recognized in both the championship and non championship events.

La Veck Re-elected Masters Racewalking Rep

At the TAC Annual Convention in Seattle, November 27-December 2, Bev La Veck was re-elected racewalking representative to the National Masters Track & Field Committee, the committee responsible for governing masters athletics. She ran unopposed in affirmation of the superior job she has done the past six years on behalf of masters RW.

In the next issues of NMN, Bev will be working with Elaine Ward, NMN

Kitts Top U.S. Walker in Pan Pacific Cup

by MIKE TYMN

Eugene Kitts, a 43-year-old Hawaii chiropractor, was the top American finisher and fifth overall in the 50K at the Pan American Cup racewalking championship in Jalapa, Mexico on October 28.

Kitts heel and toed the 31.2-mile race in 4:19:27, a personal best. Martin Bermudez of Mexico won the race in 3:51:30 in leading the Mexican team to victory. The U.S. took second.

Kitts' previous best was a 4:20:21, recorded in a fifth-place finish at the national championship in Atlanta in March. At the Olympic Sports Festival in July, he did 4:22:56 while finishing third.

Breaking 4:20, a time which only five or six Americans accomplished in 1990, is especially significant to Kitts as it is the Olympic Trial qualifying time for the 1992 Olympics. However, Kitts will have to dip under 4:20 next year in order to qualify.

"I think I'm training and racing smarter now," said Kitts, who took up racewalking five years ago when a bad back prevented him from running and competing in triathlons. "I was doing racewalk editor, to keep masters informed on issues of general immediate concern. This month will focus on Masters Records. Subsequent months will focus on Age-Graded Tables, All-American Standards, Rankings, Awards, and Rules.

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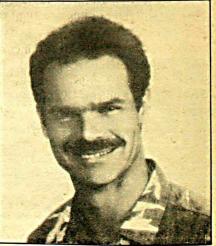
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Bev has requested that masters racewalk results be sent to her as well as questions and suggestions about the program. Address: 6633 N.E. Windermere Road, Seattle, WA 98115.

as much as 140 miles a week right up to the time of the race, but now the most I'm doing is 110, and I begin to cut back from that three weeks before the race. And I'm doing a lot more swimming and biking. The swimming has really helped my upper body strength, and I can tell the difference in my walking."

Kitts is now looking forward to the nationals is Los Angeles next March. There he hopes to earn a place on the U.S. team for the World Cup. \Box



Eugene Kitts

1990 LDR Award Winners

Continued from page 1

ner for the fourth straight year.

The next-best age-graded performances were turned in by Larry Almberg, 43, who was also voted best masters track & field athlete of 1990. He sped to times of 30:46 (95.8%) in the Red Lobster 10K, 1:08:49 (94.2%) in the Seattle Half-Marathon, 14:46 (94.5%) in the Carlsbad 5K, and 24:17 (94.8%) in the Nordstrom's 8K. He set a U.S. Masters 12K record of 37:19 in the Lilac Bloomsday Run to clinch M40-44 honors in close competition over Bill Rodgers and Bob Schlau.

California's Sal Vasquez, 50, rated next with 5 miles in 25:31 (96.1%), 10K in 32:41 (93.9%), half-marathon in 1:11:53 (93.9%), and 12K in 39:06.

Another Golden Stater, Shirley Matson, 49, topped all women runners on the age-graded scale with a 10K in 36:07 (94.5%), half-marathon in 1:20:55 (92.9%), 10 miles in 1:00:43 (93.3%), and 8K in 29:06 (92.8%). She also posted a 17:45 5K, 57:21 15K and 2:00:41 30K. In her 45-49 age-group, she received tough competition from Gabriele Andersen, 45, who turned in a 5K in 17:19 (91.8%) and 8K in 28:38 (92.4%).

California's Laurie Binder, 43, repeated for the third straight year as outstanding W40-44 runner with a 34:56 (94.0%) at the Great Race 10K and a 58:34 (91.2%) at the Crim 10-Mile. She won \$7000 as the first 40 + female in 2:39:52 (92.7%) in the Twin Cities Marathon, and won a TAC masters title with a 37:01 in the National 10K in Salt Lake City. She topped all women masters in the Fiesta 5K (17:25), the Bix 7-Mile (40:42), the Falmouth 7.1 mile (40:56), and the Peachtree 10K (34:59). Close on her heels were Barbara Filutze, Nancy Oshier, Nancy Grayson, and Jane Hutchison.

Awards in the other age-groups were as follows:

M45: Barry Brown of Florida raced 5K in 15:18, 8K (25:04) and 10K (32:13) to edge Mike Heffernan.

M60: Gaylon Jorgensen of Utah won national 10K (35:36) and 15K (54:49) titles, and ran 5K in 17:36, 10M (59:04) and marathon (2:43:11). Runners-up: Bill Fortune and Jim Fernandez.

M65: Alex Ratelle of Minnesota took the National 15K (1:00:43) and ran 5K in 18:50, 10K (37:54), 25K (1:41:39) and 5 miles (31:09). Runnersup: John Hosner and Lou Ledovico.

M70: Nate White of Syracuse, N.Y., won four national masters championships: 5K (22:16), 8K (36:40), 10K (46:10), and 15K (1:10:24). California's Eddie Lewin had faster times: 5K (22:08), 10K (43:47) and 15K (57:19), but the Committee awarded extra points to White for his four national triumphs. Warren Utes of Illinois, who turned 70 late in the year, was also strongly considered. In fact, after the voting, White asked that Utes be awarded the honor, but his request was denied by the Committee.

M75: Eugene Keller of Ohio topped last year's winner Dudley Healy with a 5K in 23:28, 8K (36:08), 10K (47:09), 10 mile (1:16:00), and half-marathon (1:47:08).

M85: Willard Benton of San Diego edged fellow Californian Jacob Bishin with 10Ks of 1:05:07 and 1:08:02.

M90: Paul Spangler, 91, of California won an outstanding-runner award for the 12th straight year as he clocked 56:10 for 8K, 1:14:49 (10K) and 2:35:00 (15K).

W50: Barbara Miller edged California's Gina Faust with marks of 39:34 (10K), 19:36 (5K), 3:08:21 (marathon), 1:17:04 (half), 31:12 (8K), 49:22 (12K), 1:02:56 (15K), and 1:25:04 (20K). Faust clocked 40:24 (10K), 17:54 (5K), 31:04 (8K), and 1:02:50 (15K).

W55: Wen-Shi Yu of New York City set a U.S W55 record of 4:38:20 in the 50K and won the national marathon title in 3:12:51. She added a 10K (43:45), half (1:31:34), 8K (34:28), 12K (53:13), 15K (1:07:24) and 10 mile (1:10:50). Wilma Maddock was runner up with a 42:32 10K and 1:39:43 half.

W60: Toshiko d'Elia of New Jersey beat her chief W60 competitor Whayong Semer of Ohio by 10 minutes in the Twin Cities Marathon, 3:28:51 to 3:38:42. She raced 10K in 44:08, the half in 1:39:39 and 5K in 21:42. Billie Murphy was also in contention.

W65: Helen Dick bested fellow Californian Mary Storey with three AR's in the 10K (47:16), half (1:45:42) and 8K (37:09).

W70: Ellen McCoy of Minnesota set a U. S. 25K record of 2:26:39 and won the national 15K in 1:22:55. She posted a 26:29 5K, 44:27 8K, 54:47 10K, and 4:30:24 marathon. Runner-up: Hedy Marque of Virginia.

W75: Mary Haines of Connecticut outpolled Colorado's Pearl Mehl with a 33:06 5K and 51:37 8K.

W80: Anne Clarke of Illinois topped California's Mavis Lindgren with a 5K in 30:22. 10K (61:32), 8K (53:41), 10 mile (1:43:16), and half (2:19:23).

W85: Ruth Rothfarb, 88, of Miami, inspired many runners as the oldest U.S. female road runner in 1990.

The awards were coordinated by Kirk Randall (men) and Ruth Anderson (women), who announced the winners at TAC's Awards Luncheon in Seattle.

- Al Sheahen

OUTSTANDING LONG DISTANCE RUNNERS - 1990

Selected by the Masters Long Distance Running Committee of TAC

Age	Men	Women
40-44	Larry Almberg	Laurie Binder
45-49	Barry Brown	Shirley Matson
50-54	Sal Vasquez	Barbara Miller
55-59	Norm Green	Wen-Shi Yu
60-64	Gaylon Jorgensen	Toshiko d'Elia
65-69	Alex Ratelle	Helen Dick
70-74	Nate White	Ellen McCoy
75-79	Eugene Keller	Mary Haynes
80-84	Ed Benham	Anne Clarke
85-89	Willard Benton	Ruth Rothfarb
90 +	Paul Spangler	A la salat and



Gaylon Jorgensen, 61. Henderson, Nev., shaved 19 seconds off of his own U.S. singleage record with a M60 victory 54:49, TAC USA National Masters 15K Championships, Edina, Minn., September 23. He was voted M60 LDR runner-of-the-year. Photo by Dennis Hahn



Nate White. 71. M70 winner (70:24), TAC USA National Masters 15K Championships, Edina, Minn., September 23, was named M70 LDR athlete-of-the-year. Photo by Dennis Hahn

WOLFPACK 50 MILER NATIONAL MASTERS CHAMPIONSHIPS OHIO TAC OPEN CHAMPIONSHIPS



Columbus, Ohio April 7, 1991 Send SASE: John White 4865 Arthur Place

Columbus, OH 43220

h 614-459-2547

0614-424-7011



page 11

page 12

National Masters News

Masters Health and Fitness

by ERIC D. ZEMPER, Ph.D.

500 Miles of Running = One Injury

A spart of a pilot study of activity and injury patterns in middle-aged adults, data was collected monthly for six months from 21 regularly exercising adults (17 males, 4 females) aged 45-70 years, whose primary exercise activity was running.

The subjects averaged 3.9 running sessions per week, 50.2 minutes per session, 22.6 miles per week, 5.8 miles per session at 8:42 per mile pace. All other exercise activities averaged 1.4 sessions per week and 43.3 minutes per session.

There were 24 time-loss injuries attributed to running in this sample, all but two involving the lower extremities. One-third of the running injuries involved the knee. There was 1 injury per 88 running sessions and 1 injury per 500 miles of running.

Each injury lasted an average of 9.75 days before return to unrestricted activity (range: 1-45 days). Most of the injuries resulted in modification of activity (e.g., decreased frequency, mileage, pace, or doing alternative exercise activities) rather than complete restriction of exercise activity.

There were six injuries attributed to other exercise activities, for a rate of 7.9 injuries per 126 sessions, with an average time-loss of 14.7 days. During this period there were eight time-loss injuries that did not involve exercise, five being lower back strains, with an average time-loss of 8.5 days. There also were 13 illnesses reported, primarily colds and flu, with an

1991 Sunday - 8 am February 3, 1991 TAC MASTERS DeLand, Florida 5K National Road Race Championship • For Individuals 6 Teams aturday night (not in at Hilton (special rat **Crystal** PowerBar divisions for men au 50 54 55 59 80 84 85 89 ches to Division wir 60 64 65 69 Gatorade RACE HEADQUARTERS: **RUNNER'S** PRESENTATION)#26 3233 ngtime - Check it o 734.433 DeLand . West Volusia Area ALLA VISIA F • L • O • R • I • D • A Filmess Promotions Now you've seen everything! MORE INFORMATION:) JOI IN BOYLE (904) 736 000 L 5 K + P.O. BOX 1824, DELAN from race director before 9 PM 2/ TEE SHIRT SIZE: S() M() L() XL() (Last 2 Months)

average time-loss of 7.0 days.

Based on the results from this small pilot study, a middle-aged runner can expect 2.3 running injuries per year with a total of 22.4 days of modified or restricted activity, 0.6 injuries from other exercise activities with 8.8 days of restricted activity, 0.8 non-exercise injuries with 6.8 days restricted activity, and 1.2 illnesses affecting 8.4 days.

On the average, this middle-aged runner can expect 2.9 exercise-related injuries per year affecting 31.2 days, and 2.0 non-exercise injuries and illnesses affecting 15.2 days per year, for a total of 4.9 incidents affecting 46.4 days. The results from this small-scale pilot study will be used to develop a large-scale multi-year prospective study of activity and injury patterns in middle-aged and older adults representing the full spectrum of activity from sedentary to regularly active. Such data currently is not available for this age group, and such data is necessary to investigate factors related to injuries in this population, with the ultimate goal of developing ways to reduce the number and severity of injuries in middle-aged and older adults.

Eric Zemper is a Ph.D. at Exercise Research Associates of Oregon in Eugene. His article was provided to NMN via Teddy Foy of The Masters LDR Committee of TAC.

	CUMULATIVE PRIZE MONEY EARNINGS MASTERS 10/30/90						
RNK	NAME	ST/NAT	CUN PRIZE	RNK	NAME	ST/NAT	CUM PRIZE
1	Campbell, John	NZL	\$74,150		Binder,Laurie	CA	\$16,350
	Tibaduiza, Domingo		\$17,406		Anderson, Gabriele	SUI/ID	\$15,455
	Hamilton, Ken	CAN	\$15,050		Oshier, Nancy	NY	\$14,700
4	Marczak, Ryszard	POL	\$14,700		Filutze,Barbara	FA	\$11,525
	Schlau, Bob	SC	\$10,500		Striuli,Graziella	ITA	\$11,000
6	Cuevas, Mario	MEX	\$9,556		Welch, Priscilla	GBR/CO	\$10,247
	Rodgers, Bill	MA	\$8,750		Roden, Anne	GBR	\$8,500
	Waigva, Wilson	KEN	\$7,925		Grayson, Nancy	SC	\$7,200
	Navarro, Artenio	MEX	\$5,500		Ciavarella,Claudia	TN	\$6,135
	Stahl,Kjell-Erik	SWE	\$4,200		Palm, Evy	SVE	\$6,000
	Custy, John	CO	\$3,075	11	Greer, Judy	FL	\$4,650
	Alaberg, Larry	WA	\$2,900		MacHarg,Karen	FL	\$3,850
	Ovens, Earl	GA	\$2,700	13	Hutchison, Jane	NO	\$3,100
	Belilgne, Atlav	NY	\$2,000		Lynn,Laura	CAN	\$3,100
15	Unberg, Richard	SUI	\$2,000		Vahlensieck,Christa	FRG	\$2,700
16	Dyce, Byron	JAM/FL	\$1,800		Taroni, Cesarina	ITA	\$2,500
	Hughson, Richard	CAN	\$1,700		Mendonca,Elenora	MA	\$2,450
	Olsen, Larry	HA	\$1,650		Havens, Susan	WA	\$2,300
19-23	Keenan, Dale	NY	\$1,500		Ilands, Magda	BEL	\$2,000
	Ingram, Larry	CO	\$1,500		Hutchinson; Jane	MO	\$2,000
21	Sparks, Ken	OH	\$1,450		Stromsmoe, Marcia	CAN	\$1,500
22	Stevart, Dave	CAN	\$1,400		Matsuda,Chei	JAF	\$1,500
23	Lopez, Luis	CRC	\$1,375		Lilburn,Adrian	FL	\$1,350
24	McManus, Tony	NZL	\$1,350	1 2000 B	Osantowski,Odette	CA	\$1,250
25	Brown, Barry	FL	\$1,250		Kozak,Erna	CAN	\$1,200
26	Neri, J. Socorro	MEX	\$1,200		Yu, Wen-Shi	NY	\$1,200
	Knuckey, Bob	CAN	\$1,150		Cash,Linda	CO	\$1,175
	Pearson, Jim	FL	\$1,100	28	Lindsay, Shirlie	TX	\$1,000
1000	Wolfe, Bob	TX	\$1,000	28	Hiins, Justin	N/A	\$1,000
50.00	Stern, Peter	CA	\$1,000	28	Swith, Jenny	NZL .	\$1,000
	Molnar, Steve	PA	\$1,000	28	Carnes, Sue	N/A	\$1,000
	Paul, Don	CA	\$1,000	32	Fease, Andrea	GA	\$975
	Carroll, Tom	MA	\$950	33	Banning,Linda	SC	\$750
	Baird, Peter	TX	\$900	34	Millspaugh, Jane	FA	\$950
	Shorter, Frank	CO	\$850	35	Ladage Scott,Gail	CO	\$850
	Ruckert, Steve	MD	\$825	35	Lunn, Laura	CAN	\$850
	Frederick, Larry	NC	\$800	37	Langston, Diane	HO	\$750
	Wessely, Wes	GA	\$775	37	Wood, Mary	N/A	\$750
	Riemer, Ric	ACTION AND AND A	\$750		Mahr, Terry	OH	\$750
	Wilborn, Gary	OR	\$750	37	Walters, Harolene	CA	\$750
	Gagnon, Jaques	CAN	\$750		Kreuz, Janice	OH	\$750
	Thompson, Charles	CA	\$700		Frejean, Nancy	TX	\$695
	Nicholson, Carl	AL	\$675		Fegley, Vicki	OK	\$600
	Mora, Victor	COL	\$650		Faust,Gina	CA	\$600
	Hackenberg, Jim	HI	\$625		HcIntyre,Kathy	NY	\$600
	McCluskey, Terry	PA	\$600		Wood, Mary	CO	\$600
	Jiminez, Ignatio	MEX/TN	\$600		Bugyi, Judith	PA	\$550
48	Grier, Anthony	MD	\$600	47	Mansfield, Anne	NC	\$550
	Hall, Bob	NH	\$575	49	Harshbarger, Betsy	MA	\$525
	Green, Norn	PA	\$550	49	Edwards, Sally		\$525
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January, 1991

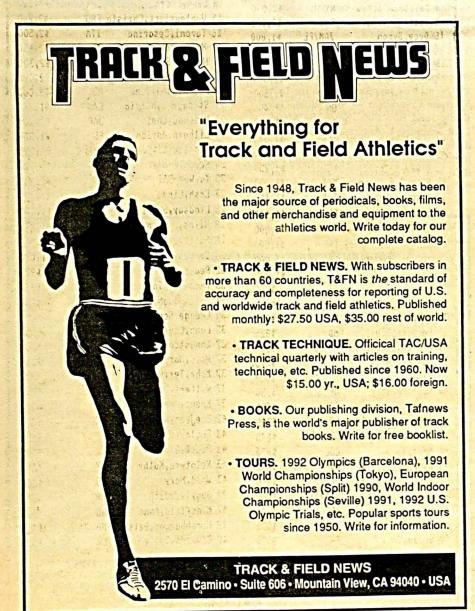


Convention Report

ongratulations to the athletes who were selected for recognition as outstanding individual and age group athletes for 1990. It is a well deserved honor for each of you.

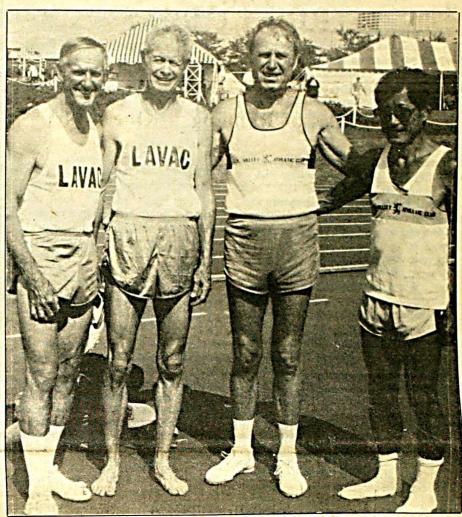
I would like to thank all the members and delegates who attended our annual convention. The sacrifice you made in taking time off from your jobs and families, often at your own expense, is appreciated. Late night and early morning meetings were the order for the convention. A full agenda, with difficult decisions to be made, left little or no time for relaxation (and sometimes meals!).

Some of the decisions made were the awarding of national championships. This is one area where your committee will be making some needed improvements. Our goal will be to award national championships a minimum of two years in advance. This will enable organizers at all levels and individual athletes to better plan for their competition. To that end, we will be awarding the 1992 Outdoor Championships during our committee meeting at the 1991 Indoor Championships in Blaine, Minn. Bid procedures and forms, and the meet director's guide, are currently being revised and will be available to any interested associations or clubs. Those interested in receiving information on our selection process should address their inquiries to Max Goldsmith (outdoor championships) and



Scott Thornsley (indoor championships) whose addresses are listed on page 2.

Entry booklets for the IX World Veterans' Championships in Turku, Finland, are available from Committee Secretary, Marilyn Mitchell, 330 East 46th St. #4C, New York, N.Y. 10017, or Chair, Barbara Kousky, 5319 Donald Street, Eugene, OR 97405. The deadline for competition entry to be received by Finnish organizers is April 15, 1991.



L.A. Valley Athletic Club M60-69 quartet, winners of the 4x100 (53-78) and 4x400 (4:39-64) relays. National Championships, Indianapolis, From left: Gene Harte, Jack Greenwood, Barney Phillips, and Bob Watanabe.

NOW AVAILABLE Masters Age Records 1990

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31,
- 1989.
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1989.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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National Masters News

12TH ANNUAL CONVENTION OF Seattle, Wash.,

Minutes of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, Presiding

All-American standards

A motion that national champions be awarded All-American certificates, even if they don't meet the standards, was rejected overwhelmingly.

The AA subcommittee, chaired by Gary Miller, annually reviews the standards and makes necessary adjustments.

Awards

A motion to abolish all awards, with the exception of the Outstanding Administrator award, was defeated, 12-7. The Awards Chairperson has the authority to streamline the process. (See chart for 1990 winners and article on selection process on pages 8-9).

By voice vote, the Committee established a female multi-event athlete-of-the-year award, and a female outstanding-singleperformance category.

The consensus was that outstanding awards should be given to the most deserving individuals based on performance, even if they were repeaters from previous years.

Budget

A budget of \$25,000 for 1991 was approved (see chart on this page). While 28% less than the \$34,500 requested, the amount was a 67% increase over 1990's \$15,000. TAC's overall revenues are expected to drop from \$9 million (1990) to \$7.5 million (1991)

The Committee agreed to provide increased financial aid for the seven sections. and drop support for national championships, which are usually self-supporting.

Indoor National Championships

1. 1990 - Madison, Wisc. Mary Byers reported the meet went well. 2. 1991 - Blaine, Minn.

Meet director Dixon Farmer passed out application forms. The short sprint will be 60 meters, not 55 as listed on the forms. Illinois, Iowa and Wisconsin can supply



SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik

racewalk judges. The 35-pound weight will be thrown outdoors, within 150 meters of the main venue. Field events will be limited to 10 per flight. Dorm space is available at probably four to a room. Other accommodations are listed on the entry form (to be published in February NMN). Transportation will be available to the Sports Center from the hotels.

3. 1992 - Columbus, Ohio

The 1992 meet was awarded to the Wolfpack Track Club and will be held at Ohio State University - site of the 1989 indoor meet - on April 3-5. John White made the presentation. Jim Pearce will direct. There are no current plans for repairing the waves on the track's backstretch. Meet fees will likely be \$10/first event and \$6/each additional event.

Outdoor National Championships 1990 - Indianapolis

More than 1000 participants made this the second-largest championships after San Diego (1450) in 1989. Indianapolis had the highest number of U.S. participants. Racewalkers said the road race walk was excellent. Frank Little has filed a formal grievance with TAC and the outcome will be announced in the National Masters News. No financial statement has been submitted.

1991 - Naperville, Ill.

The 1991 meet had been awarded to "Illinois TAC and Dick Green, meet director." However, due to an internal conflict, Illinois TAC returned the meet to the Committee, which agreed that Illinois TAC would not be held financially responsible for the event. The meet was then reawarded to The Midwest Masters Runners Club with Dick Green as meet director.

1992

No bids were submitted for the 1992 meet. Bids will be accepted at the 1991 National Indoor Championships in Minnesota in March.

Weight-Throw Championships

The National 56-pound Weight-Throw National Chmapionships were awarded for 1991 and 1992 to the Wolfpack Track Club in Columbus, Ohio. The meet will consist of open and masters athletes and will take place in the first or second weekend in September.

Championship Schedule

A permanent, outdoor championship schedule, prepared by Bruce Springbett, Glennie Johnson and Jim Puckett, was amended and approved (see chart). There was discussion on whether to drop the 10,000-meter run, since there are very few participants, but no action was taken.

Committee Reports: A. Logos, Medals

Bob Fine presented a drawing of a new proposed TAC national championship medal.

B. Membership

No report, as Sandy Kalb is ill and did not attend the convention. The attendees wished him well and signed a get-well card.

TAC registered 19,820 masters athletes in 1990, but no breakdown by sport was available.

C. Officials

1). Racewalk judges are encouraged to become TAC-certified in track & field and road racing, as well, and to officiate an entire meet, rather than leaving after the walk events, as is apparently the custom in many areas.

2) Sandy Pashkin said any official wishing to work the outdoor national masters meet should contact meet director Dick Green at 815-332-4743.

3 Standardized officials' forms, which are helpful to meet directors in signing up officials, are available from Pashkin (address on page 2).

D. Sports Medicine

Joan Stratton reported there may be a sports psychologist in Turku for the 1991 WAVA World Veterans Championships.

Drug Testing

In a joint Masters T&F/Masters LDR meeting, it was revealed that WAVA has said there will be no drug testing in Turku, but the IAAF has said there will be testing. No detailed information is available concerning who might be tested, nor whether medications commonly used by older people would be exempted. (See Masters LDR Minutes for more details).

IAAF Veterans Committee

Three candidates sought the Committee's endorsement for the convention election of a U.S. masters representative to the IAAF Veterans Committee - Bob Boal, Jerry Donley and Bob Fine. Since the Masters LDR Executive Committee had already endorsed Boal, Masters T&F decided to give a joint endorsement to both Donley and Fine. Boal was the eventual convention winner (see separate story).

Multi-Events

The 1991 TAC National Masters Indoor Pentathlon will be held on February 16 in Indianapolis. The 1991 National Decathlon/Heptathlon is set for June 23-24 in Lincoln, Nebraska,

Racewalking

Bev LaVeck said there are more masters racewalkers than open racewalkers in competitions. A masters racewalking subcommittee will be formed, consisting of two walkers per section, selected by the sectional chairmen. (Also see Records: racewalking, below.)

Rankings

Jerry Wojcik said rankings will no longer be published in the National Masters News, since it's a duplication of effort, given that all rankings are published in a rankings book.

A motion to accept marks for the rankings only from TAC-sanctioned meets and only from TAC-registered athletes was defeated. It was seen as being potentially detrimental to our stated goal of increasing participation in masters T&F.

Records A. Track & Field

Records Chairman Pete Mundle sug-gested hand times be allowed for records, since many masters meets don't have automatic timing and since WAVA still recognizes hand times for record purposes. The Committee rejected the idea, thus U.S. track five-year age-group records can only be established with automatic timing. All hand times will henceforth be reported as "noteworthy performances."

M95 + records will be started in 1991.

The Committee voted unanimously to accept the records as presented by Mundle. Continued on page 16

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TAC MASTERS TRACK & FIELD COMMITTEE BUDGET - 1991

	and the base of the state of th		
	a set and and a set of a set o	1990	1991
Les M.	Chadren and an and		
	Chairman	\$4400	\$4800
2.	Outdoor Coordinator	1200	1200
3.	Indoor Coordinator	500	800
4.	Multi-events Coordinator	600	1700
5.	Sectional Coordinators	1400	6300
6.	Records Chairman	2700	2500
7.	Women's Coordinator	300	400
8.	Secretary	400	600
9.	Treasurer	400	600
10.	Racewalking Coordinator	300	
11	Awards Coordinator	State of the second state of the second	300
12	Teas No.	500	500
	Team Manager	0	1800
13.	Rankings Coordinator	1500	1800
14.	Board of Directors Meeting	500	500
15.	WAVA Fee	150	Contraction of the second second
16.	Miscellaneous		150
17.	Contingency	150	50
the second	concentry	0	1000
	Total	\$15,000	¢25 000
		Y13,000	\$25,000
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THE ATHLETICS CONGRESS November 27 - December 2, 1990

Minutes of Masters LDR Committee Meetings

November 27 Tuesday 9 a.m. Executive Meeting

Charles DesJardins, chairman, opened the meeting by asking for agenda items for the remainder of our meetings.

Bob Boal reviewed his candidacy for nominee to the 10-member IAAF Veterans Committee. Bob thanked Kirk Randall for his efforts to get a veterans event in the 1992 IAAF World Cross Country Championships in Boston. There will be a race for veterans, but it has not yet been determined whether it will be a world championship or an exhibition race.

Norm Green requested that a list of Masters LDR meeting attendees go out with the minutes this year.

Ruth Anderson reported that Barney Klecker had been cleared after a hearing and had been allowed to compete in Muncie at the 50K.

Chuck reported on some of the meetings and projects he has been involved with during the past year. Since Alvin Chriss will no longer be working in the same capacity for TAC, we'll need to consult with another TAC attorney on any legal questions that may come up. The prospective sponsor Chuck had been working with this past year will not be supporting our championships after all, due to budget cuts and administrative changes. Chuck announced



Harold Hatch, Boston AARC, third M50 (18:15), leads Bob Milner, Syracuse Chargers, first M55 (19:06), TAC National Masters 5K Cross-Country Championships, Fayetteville, N.Y., Oct. 7. Photo by Walter Rudy

that our bid chairman, Phil Benson, has resigned, and that Kirk Randall has been appointed to that position. Our committee's budget request of \$36,000 was decreased to \$25,000, but still includes travel for important Executive Committee meetings, WAVA meetings, and funding for our statistical project.

Chuck reported on the RRCA Regional Meeting where he had made a presentation on our committee's activities. Bob DeCelle, long-time LDR supporter, explained how the masters long distance committee evolved from being a subcommittee of open LDR back in the AAU days.

Nov. 27 Tuesday 6 p.m.

Chairman's Report: Chuck attended nine TAC Executive Committee meetings, one Board of Directors meeting, two Masters LDR Executive Committee meetings, and the RRCA Regional Meeting this year. He was also a party on numerous conference calls. One of TAC's main concerns was its restructuring, which will require the Executive Committee to run TAC, not its Executive Director, Ollan Cassell. The main impact of this will be the hiring of a Director of Operations and a Director of Administration with Ollan retaining the title of CEO.

Rules: George Kleeman reviewed the proposed changes to TAC's Rules of Competition which would affect our committee and asked for our input on several items. A motion passed to amend a Masters LDR proposal to read that only U.S. citizens and permanent resident aliens shall be allowed to win TAC Championship medals or to score on a team. A motion passed to recommend the two items referring to road race officials, even though the feeling was that the other LDR committees would reject it. We wanted to make a statement that we like the concept of having qualified officials at road events.

Awards: Committee Vice-Chairmen, Kirk Randall and Ruth Anderson, distributed copies of their nominees for our Outstanding Athletes of 1990. The intent was to give people a chance to review the data before voting on Thursday morning.

IAAF Veterans Committee: The three candidates for this position, Bob Boal, Jerry Donley, and Bob Fine, made brief presentations and answered questions about their candidacies.

Bob Boal is currently a member of this committee and has worked to bring a veterans race to the World Cross Country Championships. The committee has worked to promote cooperation between WAVA and the IAAF, since the WAVA affiliates in many member nations are not associated with the IAAF affiliates.

Jerry Donley feels the job requires a good communicator. He would like to bring WAVA and the IAAF closer together.

Bob Fine thinks a strong WAVA person is needed for the job and he is running unopposed for WAVA Vice President. He said a veterans race in the World Cross Country Championships must be approved by WAVA and the IAAF.



Chairman Charles DesJardins chairs meeting of Masters LDR Committee in Seattle.

Bob Fine requested that our entire committee, not just our Executive Committee, make an endorsement for one of the candidates. No action was taken. (Note: The Executive Committee had already announced its endorsement for Bob Boal. Later in the meeting, the group passed a motion for a Vote of Confidence in our Executive Committee.)

Nominating Committee: John Woods passed out a list of nominees for officers of our committee. The recommendation was that the current officers be re-elected. Elections will take place on Friday morning.

Law & Legislation: Norm Brand reviewed the few tabled L&L items from last year's convention. We recommended a change in Article 14 so that Open Women would include ages 20 through 39, not 34, since the masters division doesn't begin until age 40 in the U.S. Norm asked us to look at the item on bid procedures, Reg. 4-F, and to give him any input we might have.

Nov. 29 Thursday 8:30 p.m.

Awards: Kirk Randall and Ruth Anderson presented the men's and women's nominees for Outstanding Athletes of 1990. We are all asked to urge reps and athletes from our areas to send them information and results for compilation of data for next year's nominees. A motion was made to not award the 85-89 men's category: motion failed.

Records: Kirk said since all road courses are different, should we really be keeping records? This is in connection to the proposed rule change about marathon records.

WAVA: A question came up about the difference between TAC's and WAVA's minimum age requirement for women masters. Currently, women in the U.S. must be 40 to compete in masters athletics, whereas internationally, women need be only 35. A motion was passed that our committee support age 40 becoming the international requirement for women. This will be brought up at next summer's WAVA Council Meeting.

Nov. 29 Thursday 2:30 p.m. Joint Masters T&F-LDR

T&F Chairman Barbara Kousky and LDR Chairman Charles DesJardins took turns leading the meeting. Chuck called the meeting to order.

Drug Testing: WAVA has not approved drug testing for the World Veterans Championships, but the IAAF is urging that drug testing be done and is willing to pay for it. So it is not clear if there will be drug testing in Turku or not.

Barbara took a straw vote on whether to leave the drug issue where it is and wait for more information: the vote was 14 to 14.

For information on specific banned medications, athletes may call a drug hotline number: 1-800-233-0393.

WAVA/IAAF: Bob Fine explained that WAVA became a strong organization when the IAAF was not interested in veterans ac-Continued on page 17

1991 LDR TAC/USA National Masters Championships

DATE February 3	SITE DeLand, Fla.			
November 3	Columbus, Ohio			
December 8	New Orleans, La.			
November 30	Boston, Mass.			
October 26	Louisville, Ky.			
November 2	Tulsa, Okla.			
November 17	San Diego, Calif.			
October 6	Minneapolis-St. Paul, Minn.			
April 7	Columbus, Ohio			
October 26	Duluth, Minn.			
September 28-29	Portland, Ore.			
10K, 20K, 30K, 1/2 M TBA				
1992 LDR TAC/USA National Masters Championships				
	February 3 November 3 December 8 November 30 October 26 November 2 November 17 October 6 April 7 October 26 September 28-29 TBA			

5K Cross-Country	November 8	Columbus, Ohio
Half-Marathon	January 12	DeLeon Springs, Fla.
Marathon	October 4	Minneapolis-St. Paul, Minn.

National Masters News

January, 1991

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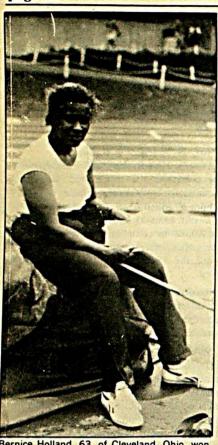
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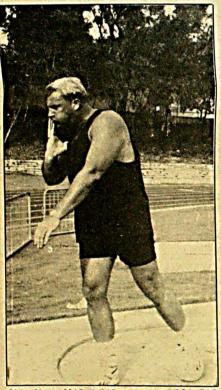
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Bernice Holland, 63, of Cleveland, Ohio, won three gold medals in the 1990 Nationals in the W60 shot (10.09), discus (27.76) and javelin (25.88). Photo by Barbara Stewart



Mike Nash, M40, 14.43 in the shot, SCA /TAC Championships, Los Angeles. Photo by Jerry Wojcik

Minutes of Masters Track & Field Committee Meetings

Continued from page 14

B. Racewalking

Masters racewalking records were officially submitted for the first time, with data going back to 1980. Don Henry is the new Masters Racewalking Record-keeper. He was appointed by Basil Honikman, TAC Records Chairman.

Relay-Selection Guidelines in Turku Springbett, with input from Pashkin, proposed guidelines for relay-selection at

World Championships: 1) Use 100m and 400m times, but no ex-

trapolation from other events, such as 200m or hurdles: 2) 100 or 400 times in multi-events are ac-

ceptable:

3) Pick fastest people based on Turku times only:

4) Team manager can factor-in unforseen circumstances, i.e., injury, and make a judgement that a qualifier is too injured to run.

The guidelines were accepted by the Committee.

Road Mile Championship

(See Masters LDR minutes)

Rules

TAC amends its rules every evennumbered year. Masters T&F follows all TAC rules, unless otherwise noted (hurdle heights, implement weights, etc.)

The Committee reviewed these proposed rule changes:

1) In national championships, it voted that women will walk 10K, not 20K. That brings it in line with the World Championships.

2) A one-hour walk instead of a twohour walk may be held as a national championship.

3) National team championships were rejected by voice vote, but sectional team championships may be held (passed unanimously). A majority felt national team scoring would place a heavy burden on a meet director because of the difficulty in verifying relay teams. A minority felt it would help recruiting efforts and increase participation.

4) A proposal that entries for national championships must be received three days prior to the meet was defeated.

Sectional Reports

The importance of team scoring in sectional championships as a way to increase participation was discussed. Sectional reports were given. Highlights:

FAX-A-SUB
A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.
Please start my one-year subscription to the National Masters News. Bill me later for the \$22 subscription price
Address
CityStateZip

1) A surcharge of \$1 is added to the entry fee in the Eastern Sectional meet to help defray meet costs and travel expenses for the coordinator.

2) The Northwest Section suggested dividing itself into two sub-sections, because its territory is too vast to entice all potential competitiors to the sectional meet, which has been held in Portland for 17 years. The meet will begin rotating in 1991.

3) Sectional meets were only able to break even if they found sponsorship or received in-kind donations. The meets need financial support to survive (see Budget).

Sectional Boundaries

The Committee voted to have Kousky apoint a subcommittee to review the possible restructuring of the seven sections and report to the Committee in 1991.

Senior Olympics

The Committee hopes to have a presence at the 1991 National Senior Olympics in Syracuse.

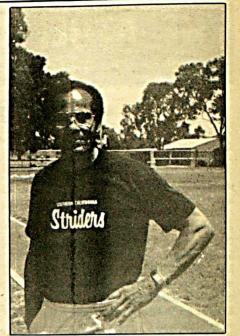
Site Selection

1) Due to a TAC Board of Directors directive, there are to be no championship meets in Arizona, Montana or New Hampshire, because these states have no Martin Luther King paid holiday.

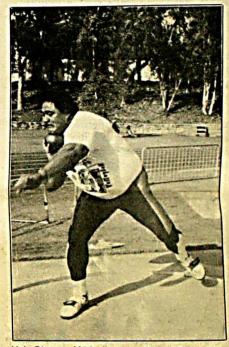
Goldsmith are preparing a bid booklet to try to standardize the bidding process.

Pittsburgh have expressed firm interest in Continued on page 18





Hugh Cobb, M55 sprinter and director of So Calif. Striders Meet of Champions, Long Beach. Calif Photo by Jerry Wojcik



Val Olotoa, M30 first in the shot (13.89), SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik

PERMANENT OUTDOOR SCHEDULE

as approved by Masters Track and Field Committee Twelfth Annual National Convention Sheraton Hotel Seattle, Washington November 27-December 3, 1990

<u>Day #1</u>	Day #2	Day #3	Day #4
5000 meters Pentathlon 800m heats 400m heats Hammer High Jump	5k walk Short Hurdles 100m heats 100m finals 400m final Shot Triple Jump Pole Vault 50-90+ Steeplechase 150cm heats	10,000m run Long Hurdles 200m heats 200m finals 800m finals Long Jump Discus Pole Vault 30-49 Women's Mtg General Mtg	10K & 20K walk 1500m finals Javelin 4 x 100 4 x 400 4 x 800 Age-graded 100m run

2) Kousky, Springbett and Max 3) Spokane, Salt Lake City, Eugene and

Minutes of Masters LDR Committee Meetings

Continued from page 15

tivities. Now there are two factions, those who wish to keep WAVA strong and independent and "equal" to the IAAF (Alastair Lynn's group), and those who accept the IAAF as more powerful and think WAVA should cooperate better (Cesare Becalli's followers).

A motion was made that our joint committee instruct our 5 WAVA delegates to second the nomination of Cesare Beccalli for WAVA President at the next WAVA meeting: motion failed. A straw vote was taken regarding the relationship between WAVA and the IAAF. Should WAVA be completely integrated with the IAAF? NO (Lynn) - 1 vote; YES (Beccalli) - 20 votes; undecided - 15 votes; abstain - 1 vote.

Women's Minimum Age: The topic again came up about age 35 being the international minimum age for women's competition. A questionnaire from the World Championships in Eugene determined that 78% of the respondents favored raising the age to 40 internationally. A motion was made that the U.S. propose a constitutional amendment to raise the international minimum age requirement to 40 for women. The motion passed, 22 to 10, with 3 abstentions. A straw vote was taken of just the women present: 6 to 4 in favor of the motion.

Medal Standards: Barbara received a letter complaining about the medal standards in effect at WAVA Championships. While the U.S. does not favor the standards, they



Gail Scott (I) topped the W40 division of the City of San Francisco Marathon '90 with a sizzling 2:54:30, while Joan Ullyot, W50 (r), ran a 3:21:50.

were voted in by the General Assembly. No action was taken.

WAVA Championships: No additional information has been received on a meet to be held in Moscow. There will be a meet in Switzerland one week after Turku. A meet is scheduled for Budapest in March of 1991.

Bob Fine, WAVA bid coordinator, reported on bids for upcoming world meets. Japan has bid for 1993; Colombia, Uruguay, and Singapore may bid for 1995. The 1997 meet will most likely be in Europe somewhere.

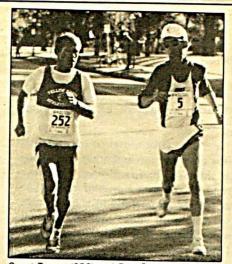
Norm Green, non-stadia chairman for North America, reported on the regional marathon championship in Whitehorse, Yukon on June 23. It was not a true championship, since only 18 veterans participated. The regional t&f meeting in Trinidad was a good event, but marred by concerns for safety and a lack of participation. The humidity and temperatures were high for the long distance events, and there was a 9 p.m. to 5 a.m. curfew for everybody.

Norm announced that there are two bids from Mexico for a regional t&f meet in 1992; this will be voted on in Turku. The countries bidding on a 1992 world road championship are Yugoslavia, Spain, France, and England. Bids are open for a regional road race from a half-marathon to a marathon for 1993. A veterans cross country event will be held in conjunction with the IAAF World Championships in Boston in 1992, but it has not yet been decided whether it will be a WAVA Championship or not.

Rule Proposal: Kirk Randall opened discussion on a proposed rule change from Masters LDR, namely that LDR be allowed to hold a road or cross country championship at any distance one mile or above. We had heard there was opposition from Masters T&F because the distance of one mile usually comes under the jurisdiction of T&F. A motion was made that Masters T&F support Masters LDR's proposal to hold a one mile road championship provided that it not be held within 30 days of a National Masters T&F meet or a World T&F meet. Motion passed. The joint session concluded at 5 p.m.

Nov. 30 Friday 9 a.m.

Elections: Before the election, John Woods reported on his work as Nominating Committee Chairman. In one respect, it's important to keep the same people as officers for good continuity. On the other hand, our organization needs new blood.



Grant Towns (252) and Dan Conway (5) finish virtually together in the National Masters 15K Championship in Edina, Minn. Towns, 43, from Winnipeg, Canada, placed second M40 (51:45), while Conway, from Chetek, Wisc., was the M50 winner (51:46). Photo by Dennis Hahn

The following incumbents were re-elected by acclamation to a two-year term: Chairman-Chuck DesJardins, Vice-Chairmen - Ruth Anderson and and Kirk Randall, Treasurer - George Vernosky, Secretary - Carole Langenbach. Bob Boal was re-elected to the Board of Directors. Ruth Anderson and Norm Green were reelected as our WAVA delegates.

As a follow-up to John's opening remarks, Chuck expressed his willingness to step down as chairman in two years. The committee is always interested in input from new folks.

Athletes Advisory: Chuck reported that the AAC voted to add two positions on its board for long distance/cross country athletes. The slots must be filled by athletes who have competed on an international team within the last 10 years.

Championships: Our committee lost its potential sponsor for our 1991 championships which had been on hold since last year, so we awarded 1991 and 1992. Dan Brannen presented two ultra bids which were accepted. Chuck had received a proposal from the Twin Cities Marathon to be our marathon championship for 5 years, from 1991 through 1995. Their plan is to award performance money, not appearance money. A motion was made to accept the 5-year bid: motion passed. Not all distances were awarded: since so many events bid for the month of November, and both bids for the 10K were in November also, the 10K was not awarded. In the future, our committee will solicit specific races to bid as our championships, in addition to regular bids. (See chart for schedule).

TACSTATS: Basil and Linda Honikman presented their recommendations for masters LDR records. A motion was passed to accept their report. Basil explained that the two rules proposals regarding marathon record-keeping will be tabled for further study.

A motion was passed to express our support and appreciation to the Honikmans for their service to Masters LDR.

Dec. 1 Saturday 9 a.m.

Old Business: A motion was made to reconsider the awarding of our outstanding male athlete 70-74 (requested by the awardee after hearing reports of better times by a competitor). The motion failed. Chuck announced the outcome of the IAAF Veterans Committee Nominee election; Bob Boal was elected. Bob made a short speech in which he emphasized that he would represent athletics, not just LDR.

A motion was passed to let our Executive Committee award any remaining 1991 championships by March 23-24 at the Masters Indoor T&F Championships.

Chuck appointed Jerry Crockett and Jack Moran to the committee to study the tabled legislation regarding marathon records.

George Vernosky distributed copies of our 1991 budget, explaining that it had been chopped down twice because of national budget constraints. Our original request was for \$35,900, and we will receive \$25,000 (\$10,000 more than the previous year).

A suggestion from the group was that we work toward getting TAC to let us use some of our budget to assist athletes, since it's harder to get sponsor money for masters programs.

Carole Langenbach passed around copies of our updated Guidelines for Masters National LDR Championships, including a checklist for race directors. A committee had been working on this during the past year, composed mainly of committee officers. One of our budget items is to get the Guidelines printed in brochure form.

New Business: Carole brought up a question about the age-designation numbers which we require athletes to wear on their backs during championships. Each race issues a different size and style. A motion was passed that our committee purchase color-coded age division numbers for competitors' backs to be issued free to our championships.

Teddy Foy reported on issues discussed in Sports Medicine meetings. TAC needs more doctors to participate in athletics around the country. Teddy distributed copies of an abstract on Injury Patterns in Middle-Aged Runners. (Editor's note: See Health & Fitness column on page 12.)

John Boyle reported that he is close to obtaining a sponsor for a color brochure about our national championships.

The meeting was adjourned at 11 a.m. Respectfully submitted, Carole Langenbach, Secretary



Ian Cousins, M40, (1) masters second (20.04,\$200) and James Tracy, M40, masters first(20:00, \$400), Steamboat Classic 4 Mile,Peoria, III.Photo by Clay Shaw

TAC MASTERS LONG DISTANCE RUNNING COMM	MITTEE BUDGET
1991	
1. Administration (postage, telephone, etc.)	\$4,000
2. Awards	. 700
A Marine I Classifier his Suggest	5 000

		F 000
3. National Championship Support		5,000
4. National/International Governing Body Meetings		12,300
a. 2 MLDR Executive Committee Meetings		
(5 members x \$660 x 2)	\$6600	
b. 1 Board of Directors Meeting		
(2 members x \$600)	1200	
c. 1 International Meeting	in a letter	
(3 members x \$1500)	4500	
5. International X-C Championship Coordination		1,000
6. Championship Statistics		1,000
7. Preparation of 1991 Championship Brochure		1,000
Total		\$25,000

Boal Elected to IAAF Veterans Committee

Delegates to The Athletics Congress' convention in Seattle on November 30 elected Bob Boal of Wake Forest, N.C., to represent TAC on the 10-member IAAF Veterans Committee for a four-year term. The Committee meets once a year. Boal, the incumbent, had been appointed by TAC to the new post in 1987.

Boal won in a three-way contest over Bob Fine of Del Rey Beach, Fla., and Jerry Donley of Colorado Springs, Colo., defeating Fine in a two-way runoff, 166-136. Boal had been endorsed by the Masters LDR Committee, while Fine and Donley were supported by the Masters T&F Committee.

Delegates also re-elected Ollan Cassell, The Athletics Congress Executive Director, to two IAAF posts. Cassell, who has directed TAC throughout its 12-year history, easily defeated a challenge by Jim Crumpton, a coach in Southern California, by a vote of 253-125 for the position of U.S. representative on the IAAF Council. Cassell also became TAC's nominee for IAAF vice president by a 268-111 vote. Cassell currently holds the post.

A restructuring proposal was adopted. The plan calls for two executive positions to be created: senior director of operations and senior director of administration. Candidates for the positions will be recruited by an executive search firm, but Cassell's job is exempt from the nationwide search. Cassell will review the applicants. The cost to TAC of the additional positions is reported to be about \$250,000.

In other business at the convention, TAC:

-voted not to award championship events to states that have no paid state holiday for Martin Luther King, Jr.

-expanded its out-of-competition drug-testing program to include all athletes, not just those within a 75-mile

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radius of a drug-testing center, as before.

-voted not to release the names of athletes who test positive for drugs until after all appeals have been completed.

-tabled a proposal to reinstate the Boston marathon and other marathons as sites for records. Boston and other road courses with a drop of at least one meter per kilometer and a start-finish separation of more than 30 percent were ruled ineligible for records at the 1989 convention.

-reinstated two-time world indoor long-jump champion Larry Myricks as of April 13. Myrics had faced a lifetime ban for testing positive at three 1990 meets.

-awarded the 1992 U.S. Olympic Trials to New Orleans, 29-6, over Seattle, Sacramento, Eugene, Durham, and Knoxville. The trials will be held on June 18-27, 1992.

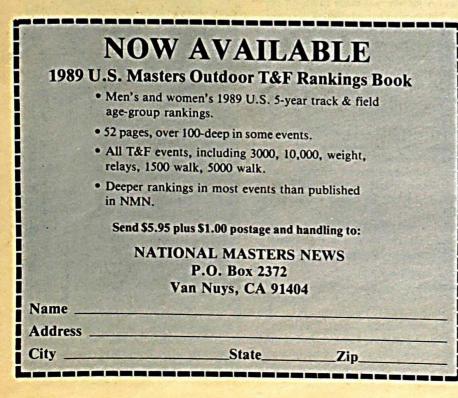
-re-elected Frank Greenberg to a second two-year term as TAC president. Also elected were executive vice president Larry Ellis; vicepresidents Bill Roe, Cliff Wiley, and Charles Ruter; secretary Barbara Palm; treasurer Stan Wright.

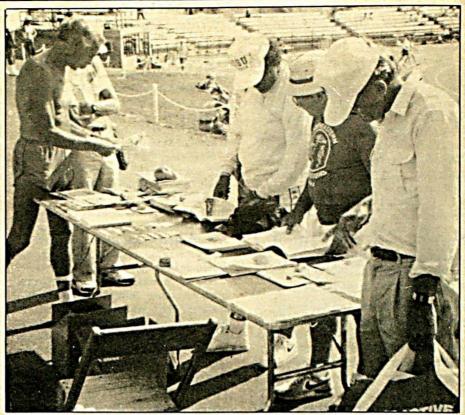
-rejected a request of reinstatement for Ruth Wysocki, who is serving a four-year suspension for competing in South Africa in 1988.

-awarded the Jesse Owens trophy that goes to the nation's outstanding athletics performer to Lynne Jennings, 30, of New Hampshire.

1995 Convention.

The 1991 convention will be held in New Orleans on December 3-7.



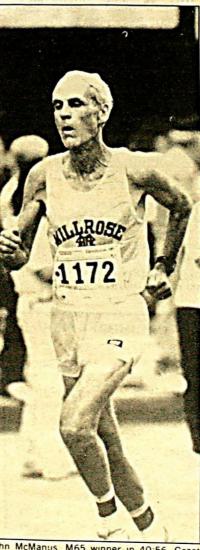


Participants peruse publications at the National Masters News Pavillion, TAC (USA National Masters Championships, Indianapolis. Photo by Jerry Wojcik

Minutes of Masters Track & Field Committee Meetings

Continued from page 16

bidding for the 1992 outdoor championships. Spokane hosted a dinner for two Committee members. Bid presentations will be made at the 1991 Indoor Nationals in Blaine, Minn.



John McManus, M65 winner in 40:56, Great Cow Harbor 10K, Northport, L.I., N.Y. Photo by Victah Sailer/Agence Shot Uniforms

Two people are interested in being uniform manager. Proposals will be submitted to Kousky and the Executive Committee, and will be published in the February NMN.

WAVA Delegates

Kousky, Jerry Donley and Rex Harvey were voted to be delegates to the WAVA General Assembly in Turku, Finalnd on July 24, 1991. First alternate is Pete Mundle; second, Marilyn Mitchell; third, Gary Miller.

A motion passed that, in the future, the TAC Masters T&F Chairman is automatically a WAVA delegate.

Christel Miller, Phil Raschker, and Joan Stratton were elected delegates to the WAVA Women's Meeting in Turku on July 19. Alternates are Becky Sisley (first), Marilyn Mitchell (second), Sandy Pashkin (third).

The women's meeting is apparently scheduled during a time of competition (heptathlon). WAVA Women's Chairman Bridget Cushen will be asked to schedule the meeting following the finish of the heptathlon or at another non-competition time.

Team Manager

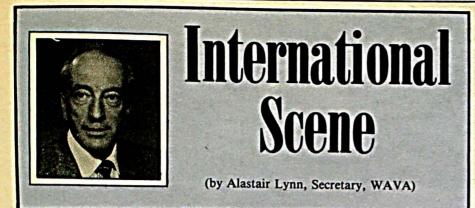
Sandy Pashkin and Scott Thornsley were nominted for Team Manager. Pashkin was elected and will receive up to \$1800 in travel expenses to Turku. The job's requirements: 1) be a non-competitor who will be in Turku; 2) attend all required meetings and practices; 3) conduct a daily meeting of all U.S. athletes; 4) act as liaison between U.S. athletes and Games' organizers.

1991 WAVA Championships

Entry forms are available from Kousky or Mitchell (addresses on page 2; send 1.05stamped, self-addressed $8\frac{1}{2}$ " x 11" manila envelope); and from U.S. masters travel agents. The entry form will be published in the March issue of NMN.

> -Submitted by Marilyn Mitchell, Secretary

National Masters News



Reflections on the WAVA Asian & South American Veterans T & F Championships

This is not an article on the statistics of these Championships, exciting and excellent as they were. It is a collection of images stimulated by attending two great meets as far apart as Kuala Lumpur and Montevideo. This all took place in November and involved over 70 hours travel time, when DC-10s seemed to become almost a home away from home.

Kuala Lumpur came first. It is a delightful city with an interesting mixture of old and new buildings, each style being complimentary to the other. Coming out of the early Canadian winter into a warm, somewhat humid, climate, I found it easier to run in the early mornings.

The Stadium Merdeka housed the Championships, which commenced with a colorful opening ceremony with the Royal Malaysian Police Band, finishing with a spectacular parachute display by the Police Commando unit. This stadium is one of the best I have seen, with an excellent surface and good, covered seating capacity.

The program progressed steadily; no doubt full results will be published in the NMN in due course. Even to a seasoned Veteran athlete such as myself, I never cease to wonder at what can be achieved by people who but fifteen years ago (pre-WAVA) would have been considered "old."

Cesare Beccalli and I had the privilege of attending both the Technical Committee and General Assembly meetings — friendly gatherings stressing practical solutions to promote the best possible conditions for the athletes.

Flaherty to Run for President

Owen Flaherty, a British citizen living in Spain, will reportedly become the third candidate to enter the race for the presidency of WAVA.

Flaherty, who lost to Cesare Beccalli for the office in 1989 in Eugene, will likely be nominated by WAVA's British affiliate.

He joins Beccalli and Alastair Lynn as candidates for the job. The election will be held at the WAVA General Assembly meeting in Turku, Finland, on July 24, 1991. The South American Championships were in Montevideo — a bustling, people city which houses the stadium where the first World Cup of soccer took place. The track & field stadium has an excellent eight-lane surface with good field-event facilities. It has banks of seating on one side with trees around most of the rest of the track.

The trees were a much-needed refuge from the hot sun. My own running was again restricted to the early morning and was most enjoyable alongside the wide river on which Montevideo stands.

There were close to 1200 entries for these Championships — similar to the number in Asia. About one-third of the South American entries were women — an encouraging statistic and significantly higher than other Regional Championships.

The opening ceremony, as in Kuala Lumpur, was just right for the occasion and featured pairs of girls and boys dressed in the national costumes of each of the countries.

Bridget Cushen, the Women's Representative on the WAVA Council, was also invited to attend the South American Championships, and worked hard, having a successful meeting with women delegates and competitors.

Beccalli, Cushen and I were given the opportunity to speak at the Delegates' Meeting. This was a rewarding and satisfying experience (and it gave me an opportunity to use my modest Spanish in part, with Jorge Alzamora, the South American Secretary, being most helpful in translating most of my talk).

While it is not my purpose to describe the athletic events in detail, one series does stand out in my mind. The women's 800m races in Montevideo were characterized by the determined, confident front-running of the Brazilian women. To a long-time middle-distance runner like me, to lead from start to finish in a 800m race is one of the greatest of track thrills.

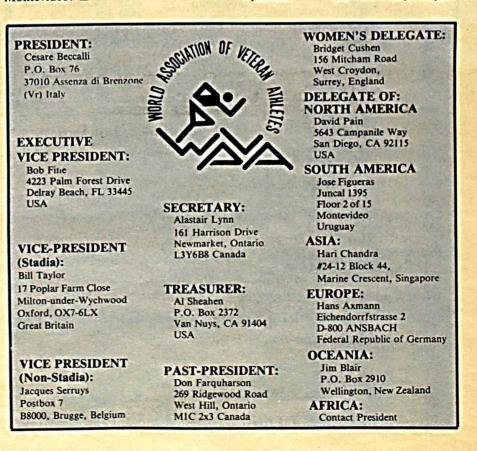
The social occasions at the end of both Championships each had its own special flavor. In Kuala Lumpur we had a fine banquet with much entertainment. Two memories stand out, a baritone singing "Danny Boy" and an elegant Indian lady going, impromptu, on to the stage to dance delightfully to his fine voice. Later, a group of male and female dancers performed Malaysian dances; their exquisite dancing was only matched by the vivid beauty of their costumes. In Montevideo, it took the form of a buffet supper and dance at a picturesque hotel near the river. The music was exciting (I can still hear the drum beats).

Both these Championships generated the best in Veterans' athletics — friendship, fine competition, and generous applause to people of all nationalities, plus a delightful finish, surely cementing friendships given birth during the meets.

As in all our veteran meets, many people contributed to their success and many of those are nameless. Veterans' athletics is truly built by individuals in many countries. My congratulations and thanks to all involved, including people such as Nashatur Singh, S. Sivapragasam, Sarjit Singh, Abdullah Hj Mohd Dom, Hector Acosta, Isidora Carter, Iris Menza, Jorge Alzamora and, of course, our WAVA Council members Hari Chandra and Jose Figueras plus the hosts of officials in both countries.

It is the efforts of these individuals and many others around the World which have created WAVA from its birth in the seventies to the strong dynamic group it is today. I look forward to seeing "Our WAVA" progress from strength to strength in the years ahead, driven by the vitality of its members.

Thanks Kuala Lumpur! Thanks Montevideo!





Contestant in the W50 long jump, XII Indian National Veterans Athletic Championships, Hyderabad. Photo from V. Suryanarayana

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page 20

National Masters News

January, 1991

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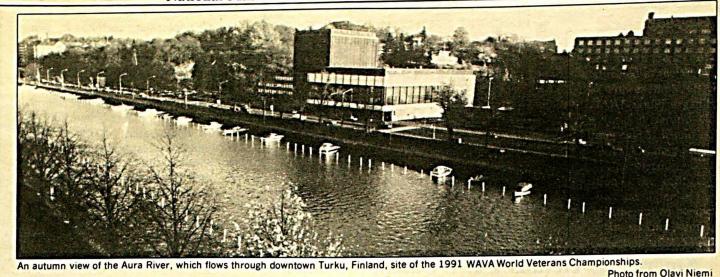
Write On Continued from page 4

ed by a series of bullying threats directed at the WAVA membership.

For example, Beccalli says: "The IAAF could organize its own official World Veterans Championships. In any case it would no longer recognize WAVA... no matter what word is used - partnership, cooperation, integration - the reality is that either WAVA becomes a part of the IAAF or WAVA will be out of business."

In seeking support for the future direction of WAVA by such bombast, for whom is Cesare really speaking? In fairness to the IAAF, they have never made the statement that they would organize their own veterans championships. I doubt that Cesare has been authorized to speak on behalf of the IAAF. Even less does he reflect the spirit of the WAVA Council and membership, whose aim is to enjoy athletics in a spirt of cooperation with anyone who wishes to participate. Clearly, he speaks only of his own interpretation of the situation.

Cesare states: "...some of the Council were taken by surprise. Two of the Council members were absent." Certainly Hans Axmann, the European delegate, was absent (having surgery, from which he has happily recovered), but since there were no African affliates at the time of the meeting, the



Congo's Pascal Mouassipousso was not entitled to participate. In any case, without revealing the actual count for the nomination for President, it can be stated that no matter how the two additional votes might have been cast, the result would not have been altered.

Cesare states that on the two occasions of his election as President of WAVA, "it was always made clear that the ultimate objective would result in the integration of WAVA with the IAAF." This is not true. The first occasion when Cesare's direction was clearly stated came from his letter after the IAAF Veteran's Committee meeting in Barcelona (Sept. 1989) and the published minutes of that meeting. That's

why, at its first opportunity (Turku, June, 1990), the WAVA Council took the dramatic step of refusing to endorse the nomination of its President, and instead supported Alastair Lynn who decided, in the best interests of veteran athletes, to stand for this office. Don Farquharson Toronto, Canada

I hope NMN readers recognized Cesare Beccalli's article for what it was - an assortment of threats and allegations.

He alleges that the vote taken by the WAVA Council in Turku, 1990, was not unanimous. How does he know? My information is that a "secret" ballot was held.

He alleges that some of the Council members were taken by surprise. Maybe so, but all was done in accordance with the rules as they stood at the time.

He threatens that the IAAF may be "forced to consider WAVA to be an unacceptable partner" because IAAF rules require that there be drug testing at all World Championships. Beccalli claims that if drug testing is not permitted at the WAVA games in Turku in 1991, IAAF officials may not make themselves available for the running of the games.

He further states that "The reality is that either WAVA becomes a party of the IAAF or WAVA will be out of business" - finally concluding that "If WAVA decides it does not want any affilication with the IAAF, the IAAF will create their own Veterans division without WAVA and would no longer recognize WAVA's Championships."

I do not believe that a world-famous organization such as the IAAF would act in such a childish manner.

Surely the desired objective of IAAF, WAVA and every other concerned organization is the encouragement of the maximum number of Veteran athletes to participate, not try to splinter the movement by taking on school-yard bully tactics - "I shall pick up my ball and go play elsewhere - unless you fall into line."

What I would like to know is - on

what date was Mr. Beccalli appointed an official spokesman for the IAAF organization? D. MacBeath Inverness, Scotland

WAVA ELECTIONS

Almost all of 1990 appears to have been spent by the WAVA Council on a public squabble over the election of a president in 1991. A great deal of dirty washing has been scattered around in the process.

It has all been a most unseemly spectacle, mostly carried on in the columns of the National Masters News.

I think what we want is an entirely new set of candidates - neither Cesare Beccalli, the present holder of the office, nor Alastair Lynn, the Canadian, who is the council's own nomination for the post. There has been too much bad feeling aroused on their behalves.

In addition, if Alastair was elected, excellent man though he is, we would end up with a packed Anglo-American council, not even having the broadening effect of an Italian at the head as at present.

Someone else should be put up, someone from the rest of Europe, Asia, Africa or South America. In fact, it's perhaps time that some of the other long-serving members of the council should be replaced with fresh blood, before it all begins to look like a self-perpetuating clique.

I appeal to other national bodies to come up with new nominations. What about the Japanese, who are likely to be running our 1993 World Games and who could bring their noted administrative qualities to bear on our government, and what about the former East Germans, the Russians and other new member-countries?

Send your nominations in for the presidency and the other elected posts. Let's have a truly world council for a truly world movement.

> Sylvester Stein London, England

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

PREGAMES TO THE IX WORLD VETERANS CHAMPIONSHIPS Kuusankoski, Finland, July 12-14, 1991

EVENTS	Friday,	Saturday,	Sunday,
a series	July 12,	July 13,	July 14
women	80m/100m hurdles	400m	100m
	200m	3000m	1500m
	800m	long jump	300m/400m hurdles
- maintaine	discus	javelin	shot put
R. L. Merry	The Andrew State		
men	200m	80m/100m/110m	100m
Carlos and		hurdles	
the state of the state	800m	400m	1500m
A STATE AND	triple jump	3000m	300m/400m hurdles
and the state	pole vault	high jump	long jump
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	discus	shot put	javelin
Same	Age Groups as World	Veterans Champio	onships in Turku

Mail entry by April 15 to: Pregames Kuusankoski PL 101 SF 45701 Kuusankoski

or FAX 358-51-44496 Finland

Entry fees: First event US \$25; next events US \$12 each; Deadline: April 15 Send check to STS Bank Ltd., Account No. 710-081-525838

Information: FAX 358-51-44496

Travel and Room Arrangements:

Kaleva Travel Agency Ltd.

Congress Service Mikonkatu SF-00100 Helsinki Finland

Tel: 358-0-61811 Fax: 358-0-629-019

Kuusankoski is 100 miles from Turku and Helsinki WELCOME TO KUUSANKOSKI JULY 1991



Tony Simmons, 1976 Olympics' 10,000 fourth place, again showed what a formidable competitor he is by coming from tenth place with two miles to go to win the AAA Veterans 10K Road Race Championships in 31:44. The race, on November 18, was held in the Yorkshire town of Barnsley, over a two-lap course, each of which began with a mile-long hill into the teeth of a gale force wind.

Alan Whitfield and Mike Hurd took the early pace, but with a mile to go, Whitfield, Keith Penny, and Peter Banks had broken well clear of Dave Throup and Irishman Tom Price. A suicidal run down the final hill by Simmons, however, saw the Welshman home by just a second from Banks and Penny, as 15 runners finished within the minute.

Frank Davies (32:35) and Stephen



s' James (32:53) ran exceptionally well to d take the M45 and M50 age-group

Report from Britain

By ALASTAIR AITKEN of Athletics Today, and MARTIN DUFF of Athletics Weekly

to take the W35 title.

races, while Eric Appleby's M55 35:41 was the best age-graded performance. Forty-year-old Zina Marchant ran an outstanding 34:45, just outside her lifetime best, to turn the tables on

Glynis Penny, 39, who clocked 35:44

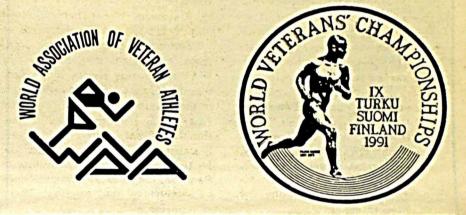
In other races, Mike Hurd, M45, was the first veteran in 68:57 in the Stroud Half-Marathon, October 28. Havering's Dave Cooper, M40, won the 24-hour track race at Wood Green, October 27-28, covering 148 miles/1740 yards. Geoff Wootton, M45, was the first veteran (33:22) in the National 10K Road Race-Brooks Classic at Southend, October 21.

In the AAA/BVAF 20K Racewalk Championships at Chigwell, October 20, Jeff Hall was first in 1:41:23, with Brian Adams second (1:42:01), and Dave Baxter, M45, third (1:42:44). Cath Reader was first with a 53:16 in the Women's Veterans National 10K Racewalk at the same venue, followed by Gillian Trower, second in 53:21.

INTERNA TIME		Iuruics	and impleme	ents Specificat	IONS
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Age	Distance	Height		Hurdles	Finish
30-39	100m	.840m		8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m		8.0m	12.00m 39'4"
50.50	90-	30"	39'4" 12.00m	26'3"	
50-59	80m	.762m 30"	39'4"	7.0m	19.00m 62'4"
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30.33	200-	.762m	50.00m	35.00m	40.00m
60-69	300m	30"	164'01/2"	114'9½"	131'21/2"
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30-39	dissister in	-	12 70-	the second states of the	14.02m
40-49	110m	.991m	13.72m 45'	9.14m 30'	46'
50.50	100m	39" .914m		8.50m	10.50m
50-59	100m	36"	42'8"	27'101/2"	34.5"
60-69	100m	.840m		8.50m	10.50m
00-03	10011	33"	42'8"	27'101/2"	34'5"
70 plus	80m	.762m		7.0m	19.0m
Pills	Color N	30"	39'4"	22'111/2"	62'4"
30-49	400m	.914n	45.00m	35.00m	40.00m
30.43	Sal Sugar	36"	147'71/2"	114'9½"	131'2½"
50-59	400m	.840n	Martin and	Sel' Stor	A Strain
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30-49		(16 lbs.)	2.00k 1.50k	6.00k	800 gms.*
50-59		00k 00k	1.50k	5.00k	600 gms.
60-69 70 plus		OOK	1.00k	4.00k	600 gms.



The picturesque beauty of Southwestern Finland forms the backdrop for the site of this year's WAVA World Veterans Championships in Turku, Finland.



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UNAUDITED RECAP OF INCOME/EXPENSE FROM VIII WORLD VETERANS' CHAMPIONSHIPS

The figures listed below include cash and in-kind income and expense items.

	Sector Party and	where give the
INCOME:		A set of the set of the set of the
	* ** *** **	a the second second
Banquet	\$ 37,945.00 2,596.00	
Beer Garden Entries	201,548.00	
Gate Receipts	3,973.00	
Housing Administration - Net	46,433.00	
Interest	30,156.00	
Masters Sports Association	75,954.00	and the second second
Business Supporters - Non-Sponsor Oregon Tourism Grant	4,450.00 8,000.00	
Merchandise/Apparel - Net	88,370.00	
Miscellaneous	1,606.00	A STATE OF LAND
Program	20,810.00	
Results Book	11,769.00	
Sponsors - Cash (Gold Medal Level)	40,000.00	
Sponsors - In-Kind (Gold Medal) Sponsors - Cash (Silver/Bronze)	97,436.00 20,200.00	
Sponsors - In-Kind (Silver/Bronze)	42,950.00	
Tours	83,285.00	
Vendors	3,113.00	100 States and the states of the
TOTAL INCOME:		\$ 820,594.00
TOTAL INCORDE		\$ 620,534.00
1993年1月1日中国的中国的1994年1月1日日的1月1日。 1993年1月1日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日	のそりを通知	
EXPENSEI	The stand of the	and the second of
and the second	All and the same has	
Administration/Management Staff	153,800.00	Housing Tours
(Includes Directors, Administra Volunteer Coordinators and Temp		nousing, Tours,
Competition Director	15,000.00	
Auto	5,238.00	The state of the s
Payroll Tax Expense	18,900.00	and strain the second
Bankcard Charges	7,785.00	AND PROPERTY AND
Banners	1,418.00	1
Banquet Beer Garden	30,398.00 3,897.00	SF-FL-1、201,1941年1月
Ceremonies - Opening/Closing	2,124.00	The second second
Competition	69,423.00	
Competition Venue Directors	17,000.00	al strange and the
Computer - Hardware/Supplies	23,775.00	Country States and
Computer - Operations	11,100.00	
Entry Booklet	13,730.00	
Insurance	6,415.00	
Marketing/Promotions		And the state of the second
WVC Bid Printing/Graphics	28,070.00	的现在分词 是"是"。
Promotions	6,603.00 16,045.00	
Travel	6,703.00	
Medals	14,008.00	A STATE OF A THE
Media Center Miscellaneous	962.00 10,472.00	
Office Equipment	15,900.00	the day providence
Office Rental	8,850.00	
Office Supplies	9,975.00	
Officials Expense Housing/Food/Clothing	56,833.00	2 2 3
Photographer	1,791.00	·····································
Postage	16,545.00	14 中国的有关的 医二乙酸
Printing/Stationary	37,188.00	F. (基本)》在是中国中的
Registration	1,952.00	The second se
Security Shuttle Sustan	4,424.00	All allowed College
Shuttle System Signs	46,236.00	A Contraction of the
Telephone	5,800.00 10,707.00	
Timing	15,151.00	the state of the second
Includes housing of crew	A STATE OF THE STATE	and the second second second
Tours	72,442.00	Hard Barry Street
U.S. Bid WAVA Rights Fee	3,727.00	and the second second second
WAVA Council - Housing	12,000.00 18,533.00	
WAVA Council - Site Visit	9,110.00	and the second second
TOTAL EXPENSE:	Provident A	\$ 810,030.00
NET PROFIT	a second and the	Stander of Parent
The second second second second second	Spanic all in	\$ 10,564.00

NOTES TO UNAUDITED INCOME/EXPENSE STATEMENT FOR VIII WORLD VETERANS' CHAMPIONSHIPS

- Final in-kind donation from Zirkle, Long & Trigueiro is not reflected in income total.
- Merchandise/Apparel income includes income/expense of lithos and bas reliefs. It also includes all sales/expenses prior to actual Championship dates.
- 3. In-kind sponsorship from Stackhouse Equipment Company is not reflected in income total. Equipment was loaned to the organizers for use during the Championships, after which it was sold to competitors for a reduced price.
- 4. In-kind sponsorship from Register Guard is not reflected in the income total. Their contribution included publishing the daily results, given to the competitors at no charge.
- In-kind sponsorship for the rental of MacArthur Court from the University of Oregon is not reflected in the income total.
- 5. In-kind sponsorship for medical services from Sacred Heart Hospital is not reflected in the income total.
- In-kind sponsorship for facility rental for the cross country from Lane Community College is not reflected in the income total.
- 7. Airline tickets, given to key volunteers, are not reflected in the expense totals. Tickets were part of the in-kind gold medal sponsorship from United Airlines, included in the income totals.

Eugene Shows \$10,564 Profit

The VIII WAVA World Veterans Athletics Championships, held in Eugene, Oregon in 1989, made a profit of \$10,564 on total revenues of \$820,594, according to a financial statement submitted to WAVA by Barbara Kousky and Tom Jordan, codirectors of the Eugene event. The complete income/expense statement is published on this page.

The actual revenues do not reflect several in-kind donations, such as equipment, medical services, facility rental, airline tickets, printing, etc. Adding the fair market value of these contributions would have pushed the total revenues to over \$1 million. Top revenue item was entry fees of \$201,548, closely followed by sponsors at \$200,586. Merchandise/apparel sales netted a profit of \$88,370, while \$46,433 was earned on the housing administration. Donations by U.S. masters athletes, which provided the early seed money to fund the event, totalled \$75,954.

Administration costs of \$153,800 led the expense list, followed by competition (\$69,423), officials (\$56,833), and shuttle system (\$46,236). Amazingly, the outstanding opening and closing ceremonies only cost \$2,124.

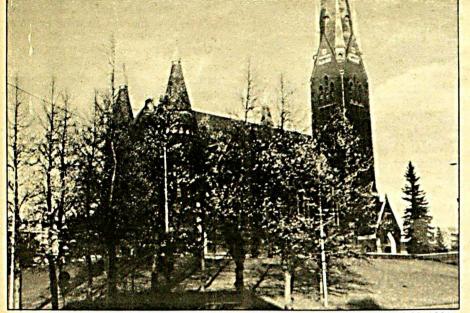
The final profit of \$10,564 was turned over to the Oregon Track Club.



On the victory stand at the World Veterans Championships in Eugene are the W50-54 medalists. From left: Sheila Smith (USA), Bev LaVeck (USA), Jill Latham (USA). Photo by Don Johnson



National Masters News



In Turku, Finland, site of the IX WAVA World Veterans Athletics Championships July 18-28, 1991, many buildings have been standing for several centuries. Photo from Olavi Niemi

Canadian Cross-Country Race Held in Nova Scotia

by DON FARQUHARSON

HALIFAX, NOVA SCOTIA, November 18. The 17th running of the Canadian Masters National Cross-Country Championships today was the first in what is hoped will be a long association with the CTFA (now Athletics Canada) Open Cross-Country Championships.

A total of 63 masters entrants came from across the country, six from

800 Compete in Oceania Games

More than 800 athletes took part in the V Biennial WAVA Oceania Veterans Games in Auckland, New Zealand on November 2-6.

Competitors from New Zealand and Australia comprised the bulk of the entries, but there were entrants from many South Pacific islands, as well as a handful from Europe and other regions. Non-Oceania participants also received medals for a top-three placing.

Athletes paraded into Mt. Smart stadium in age-groups for the tradia Games tional opening ceremony. The usual camaraderie was evident and set the mood for a memorable athletic carnival. A social function was held at Mt. Smart stadium at the end of each day's events. Following the closing ceremony, a barbeque and social was

British Columbia. The Nova Scotian

weather lived up to expectations with

heavy rain, gusty winds, and gray skies

the night before and during the race.

Part of the course was waterlogged and

Murray Hale, M40, of Ontario won

the race overall, followed quickly by

the M45 winner, Gerry Tighe (B.C.).

Holly Whitman won an impressive duel with Joan Merlin to win W35

turned to thick quagmire.

honors. 🗆

held. Among the outstanding performances were seven new world agegroup records, listed below.

The VI Oceania Veterans Games will be held in June, 1992 on Norfolk Island

WORLD RECORDS SET AT THE V OCEANIA GAMES

	P	ending Ra	tification)	
Event	Name	Age	Mark	Previous Mark
2000 (ST)	Maria Hillier (NZ)	W35	8.21.13	D. Hughes (NZ) 12.45.32
2000 (ST)	John Eccles (NZ)	M65	7.53.00	A. Bryant (US) 8.23.74
T/Jump	Shirley Petersen (NZ)	W60	8.37	S. Petersen (NZ) 8.28
L/Jump	Ruth Frith (AUS)	W80	2.20	B. Hielscher (FRG) 2.00
Shot	Sarah Packham (GB)	W85	2.74	None
Discus	Sarah Packham (GB)	W85	5.60	None
Javelin	Sarah Packham (GB)	W85	4.40	None

1149 Attend VI WAVA Asian Championships

A total of 1149 athletes from 13 countries participated in the VI WAVA Asian Regional Veterans Championships held in Kuala Lumpur's Merdeka Stadium on November 9-11.

The largest contingent (320) was from Malaysia, followed by India (294) and Japan (180). The Japanese tallied the most medals (135 gold, 78 silver, 49 bronze), with India second (53, 70, 62), and Malaysia third (28, 29, 28).

The biennial general meeting of the Asian Veterans Athletic Association on

the 10th was chaired by Nashatar Singh, AVAA president. Cesare Beccalli, WAVA president, and Alastair Lynn, WAVA secretary, were in attendance.

The meet's opening ceremony included a parade of participants by country. The championships closed with the AVAA flag being handed to Joseph Yan, president of the 1992 games host Singapore Association of Veteran Athletes, by YBhg Tan Sri Date Elyas Omar, mayor of Kuala Lumpur.



Olavi Forbom (left), Chairman of Transportation, and Pirkko Martin, Executive Secretary, explain to the WAVA Council that there will be free bus transportation between the three venues at the IX WAVA World Veterans Championships this summer in Turku, Finland.

VIDEO SOUGHT 1989 World Games in Eugene, Or.

Mens' 200 Final 45-49 Division

Desire to Purchase a Copy, Many Cameras Were There That Day, Someone Surely Has a Video

> PLEASE CONTACT: PAUL DUNGAN 4016 NE HAZELFERN PL.

Portland, OR 97232 USA

IX WORLD VETERANS CHAMPIONSHIPS IX WORLD VETERANS CHAMPIONSHIPS TURKU, FINLAND – JULY 18-28, 1991 TRAVEL TOGETHER AND SAVE!!!

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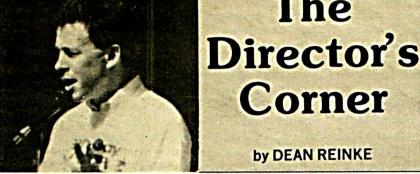
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page 24

The



Naples Field Strong Again

he third edition of the Sorbothane/USRA Masters Circuit National Masters Grand Championship is set for January 12 in Naples, Florida. This event has consistently assembled one of the best masters fields on the roads and 1991 will be no exception.

Highlighting the field will be the first-ever meeting of John Campbell, Frank Shorter and Bill Rodgers in a road race. Campbell, who has totally rewritten the masters record books, is considered the odds-on favorite to win it all. The world record set last year by Mexico's Mario Cuevas of 23:49 seems destined to fall and the only question that remains is how many will break the mark. In fact, four of the five fastest masters 8K times of 1990 were set in Naples a year ago.

Bill Rodgers, who won the inaugural Circuit Championship in 1988, still has a shot at the Circuit Grand Prix Championship if he can put together a good effort in Naples and the week before at the Charlotte Observer NCNB Masters 10K.

While many have put little stock in Frank Shorter at the Circuit Championship the last two years, the Coloradian has always finished in the top 10.

Jack Gentry

5/1

Four-time Colombian Olympian Domingo Tibaduiza, who leads the Circuit going into Charlotte and finished fourth a year ago, has had an excellent year and should be competitive. Canadian masters record-holder Ken Hamilton is third going into Charlotte while '88 Masters Circuit Grand Prize champion Bob Schlau will add depth to an already strong field.

At press time, race officials were finalizing the participation of Ryszard Marczak who was a top age-graded performer at Twin Cities this past fall. Top age group runners to be competing include Barry Brown, Ken Sparks, Byron Dyce, and Grand Masters runners Hal Higdon, Fay Bradley, Bill Fortune, John Hosner, Dick Benson, and John McManus.

On the women's side, Sorbothane/ USRA Masters Circuit leader, Nancy Grayson, certainly a candidate for "rookie of the year," is among the

Tave Sieger

Hary Sarvis

favorites. Two-time Naples runner-up Gabriele Andersen will be back again, while consistent Barb Filutze hopes to improve her position in the rankings with a strong finish at both Charlotte and Naples. Mary Wood and Gina Faust will lead the other age groups vying for Circuit honors.

National Masters News

As always, the majority of the 14 individual 5-year championships will be determined by head-to-head competition at Naples. Prize money breakdown of the Sorbothane/USRA Masters Circuit is as follows:

Men's 40-44: 1st \$2500, 2nd \$1500, 3rd \$1000, 4th \$500, 5th \$300, 6th \$200, 7th \$100.

Women's 40-44: 1st \$1500, 2nd \$500, 3rd \$250, 4th \$100, 5th \$50.

Men's 45-49 and 50-54: 1st Place \$250; all other 5-year age-group winners through 70 and over (men & women) will receive \$100 for 1st place. Also to be contested will be the popular Sorbothane Cup age-graded performances. The Sorbothane Cup compares the performances of older and younger runners and selects the best performances in races among all age groups. The standards are generally based on potential world records for each age group and have been compiled by the World Association of Veteran Athletes.

Headquarters for the Sorbothane/USRA Masters Circuit Championship will be the Vanderbilt Inn. The \$75 room rate is a steal for January in Florida, and I urge runners to call as soon as possible at 1-800-643-8654. Packet pick-up and late registration will be on Friday, January 11th, from 5:00 to 8:00 p.m. at the hotel. A special "Meet the Masters" reception will be held poolside from 6:00 to 7:30 p.m. featuring Bill Rodgers, Frank Shorter, John Campbell, and other top participants. The Open 8K will begin at 8:00 a.m. on Saturday, January 12th, and the Sorbothane/USRA Masters Circuit National Masters Grand Championship will be held at 9:00 a.m. The awards presentation will be at 10:30 a.m. with the awards banquet that evening at 7:00 p.m. back at the Vanderbilt. Entry forms can be obtained by calling the Sorbothane/USRA Masters Circuit headquarters at (407) 647-2918, or local race number in Naples, (813) 434-1018.

CIRCUIT HAPPENINGS

Add Gary Romessar to the ranks of the 40 and over Masters Division as a name to watch. The Indiana resident's 1:08 posting at the Citrus Bowl Half Marathon ranks him as the 4th best time of the year, finishing 3:00 ahead of Jim Pearson in the

same race. Like many new to the masters ranks, Romessar never quit training and racing since his collegiate days at Indiana Central. You'll be hearing more from Gary... The Charlotte Observer 10K has been awarded the 1992 TAC/USA Men's 10K National Championship. Race officials will be pursuing the Masters 10K Championship for '92 as well. Long range plans call for pursuit of the Olympic Marathon Trials bid in 1996. The last regular-season event on the Sorbothane/USRA Masters Circuit, the Charlotte Observer 10K, features over \$16,000 in Masters prize money spread between the 10K and the Marathon. This year's event will feature Bill Rodgers, Frank Shorter, John Campbell, Ken Hamilton, Bob Schlau, Earl Owens and on the women's side, Priscilla Welch, Barbara Filutze, Nancy Oshier, Laurie Binder, Gabriele Andersen, and Judy Greer in the Marathon ... In San Antonio, one of only two marathon stops on the Sorbothane/USRA Masters Circuit, Jose Rodriguez won the men's masters division in 2:46:07 and 55-year-old Wen Shi Yu won the women's race in 3:22:53.

The Rocket City Marathon attracts the best masters year in, year out. Harold Tinsley and company did it again in 1990. Kenneth Judson not only won the masters race, but took the overall title in 2:17:00... Jane Hutchinson captured the women's race, followed by Barbara Filutze.

What do you do for an encore after winning the Triple Crown of marathoning -L.A., Boston, New York - for the last two years? Go home to New Zealand and come back to the U.S. for the great "Masters - Charlotte and Naples. New Double" Zealand's John Campbell is \$76,000 richer and will make the trek back to run at Charlotte in his first-ever Sorbothane/ USRA Masters Circuit National Masters Grand Championship. Look for at least one world record in the 8K and a course record in the 10K in Charlotte. John will go back to New Zealand after Naples and concentrate on preparation for London in the spring. He is reportedly not getting the recognition he deserves from the John Hancock people so the Triple Crown appears open for someone else ... The popular Myrtle Beach Classic 10K, one of the early stops on the Sorbothane/USRA Masters Circuit, will be held on March 23, 1991. Entry and athlete information from Reinke & Associates at (407) 647-2918... The Nissan Shamrock 8K will be the first stop on the 1991 Sorbothane/USRA Masters Circuit on March 16th. Bill Rodgers will lead a strong masters contingent vying for a good prize purse at this popular event. Athlete inquiries to Jerry or Lori Bocrie at (804) 481-5090.

The Florida Circuit continues to grow, starting off with Naples on January 12th. Continued on page 27

1990 POINT STANDINGS (After 21 Races) 40-44 Hen 65-69 Hen 50-54 Nomel Domingo Tibaduiza 45/5 John Hosner Dick Benson 25/5 Gina Faust 20/4 Susie Kluttz Helen Reed Mimi Alevera Judith Flanner John Campbell Ken Hamilton 40/4 24/5 14/3 36/4 John McHanus 9/2 Dan HcCarthy Ralph Ratcliff Wilson Waigwa 32/4 30/4 Bob Schlau 5/1 5/1 Bill Rodgers Earl Owens Fred Waybright 24/3 55-59 Women 21/3 70+ Hen Larry Almberg Nash Jiménez 17/2 Wen Shi Yu 25/5 Hargarete Deckert Evelyn Zerfoss Jeanette Chambers 10/2 9/2 14/2 Corey Daman 15/3 Sam lickeely Nathaniel White Frank Coughlan Ed Burnham 45-49 Hen 7/2 Ken Sparks Barry Brown Hickey Lackey 23/5 Gloria Brown 5/1 13/2 60-64 Nomen Allan Rushmer Glenn Jarrell 5/1 Betty Dooley Susan McDavid 40-44 Homen 7/2 5/1 5/1 50-54 Hen Susan McDavid P. Phelan Betty McNeely Nancy Grayson Barbara Filutze 48/5 Fay Bradley Robert McAndrews Alton Higues Gerald Tilley 22/5 37/4 5/1 21/5 Laurie Binder 20/2 5/1 Kate Washman Linda Cash 10/2 19/2 19/2 19/2 17/2 16/2 16/2 Jane Hutchinson Jane Hutchinson Linda Banning Claudia Ciavarella Nancy Hieszczak Andrea Fease Kathy HcIntyre Sam Stone 5/1 65-69 Nomer 55-59 Hen Loretta Shehan Hary Otte Lucille Hancini Teresa Ramirez Edith Farias Jay Sturdivant Bill Olrich 17/4 16/2 10/2 8/2 5/1 5/1 13/2 Gerald Koch 5/1 Jim Thomas Norman Green 60-64 Hen 45-49 Women 70+ Women Bill Fortune Herb Chisholm Dick Benson Louise Hartin Athea Jureidini Harjorie Piscopo Hary Wood Anne Noore 25/5 15/3 5/1 14/3 12/4 5/1 Nancy Frisillo Judy Stellar Elizabeth Ervin 5/1 5/1 5/1 Joe Fernandez

SORBOTHANE/USRA MASTERS CIRCUIT

(After 21 Races) Overall Hen Overall Womens 41 Crim 41 Utica 70 Chicago Classic 41 Arvida Horld Class 41 Superflace 52 Crim 41 Asbury Park 58 Asbury Park 40 Hospital Hill 42 Crim John Campbell John Campbell Warren Utes Wilson Waigwa John Campbell John Campbell John Campbell Norman Graep Barbara Filutze Barbara Filutze 44 Tamdem River 44 Asbury Park 42 Crim 47 Tamdem River 44 Shamrock 42 Asbury Park 41 Crim .9224 .9175 .9124 .9069 .9717 .9685 .9611 .9607 .9589 Laurie Bender Iris Black Gevrielle Andersen Nancy Oshier Theresa Hahr 9058 4) Crim 42 Arvida World Class 9558 Laurie Binder Linda Cash 8959 Domingo Tibaduiza Bill Rodgers .9519 40 Hospital Hill 40 Utica Nancy Gravson . 8813 . 8810

Sorbothane Cup Age-Graded Rankings

January, 1991

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NATIONAL

• Steve Shostrom, director of the Steamboat Classic in Peoria, IL, was honored with the 1990 Road Race Management Race Director of the Year Award on November 10 in Washington, DC. Shostrom, an attorney for the National Labor Relations Board, also directs the 6000 + Women's Race For The Cure and dozens of other low-key Illinois Valley Striders' events.

• Jan Kreuz, 43, Linda Tortora, 44, and Barb Scroghan, 44, placed 1-2-3 women overall in TAC's National Masters 50K Championships, which were also the women's open nationals, Muncie, IN, October 14. Stephen Kearney, 42, was first M40 + in 3:27:12.

• Bob Percy, 42, Corpus Christi, TX, was first U.S. master (7:36:52) in TAC's National Masters 100K Championships, Duluth, MN, October 27. Sandra Kiddy, 53, Bishop, CA, led the W40 + U.S. entrants with a 9:23:34. Kiddy was a member of the official TAC/USA National Women's Team, who were outfitted with official uniforms, and the oldest athlete ever so honored. The race, on an IAAF/TAC-certified 100K point-to-point course, which finished along the shore of Lake Superior, was a test run for a possible future IAAF-staged 100K world championship. Roland Vuillemenot (44, 6:34:02) of France, and Eleanor Adams (42, 7:55:08) at Great Britain, were overall winners in the open race.

EAST

• Hector Vargas (43, 1:29:37) and Marilyn

Greely (46, 1:52:24), were first 40+ in the

NYRRC Marathon Tune-Up 25K, Central Park, NYC, October 7. Gabriel Bernal (51, 1:33:56) and Leslie Lefkowitz (M78, 2:27:33) won their division races with good times.

• Angella Hearn (44, 23:46) was tenth of 826 finishers in the Longevity Magazine/NYRRC Women's Miler, Central Park, NYC, October 14. Anna Thornhill (50, 25:27) topped the M50-54 group, and Linda Roesner (50, 40:20) led all RWers.

• John Tope, 40, of Colorado, with a 26:50 nabbed the masters crown in the NYRRC Computer 5 Mile, Central Park, NYC, October 28. Debbie Adams, 44 took the W40+ first in 31:38. Max Popper, 57, ran a 57:38 for a fourth in the M70+ race.

• Cliff Blair, 60, broke the M60-64 WR (14.99) for the 5kg shot put with a 16.05(52.8) in a weight pentathlon at Dartmouth in Hanover, NH, September 29. He also broke the single-age WR for the 25-lb. weight with a $17.64(57-10\frac{1}{2})$.

• Derck Frechette, 45, Rochester, NY, was first M40 + and in the top six overall in both a track 5000 (15:49) in Rochester, August 23, and a 20K (68:55) in Buffalo, NY, September 16.

• Bob Giambalvo, 41, finished first M40 + in the MAC RRCA Age-Group X-C Championships, Van Cortlandt Park, Bronx, NY, covering the 5K course in 16:39. Jan Vermilye, 41, took W40 + honors in 19:37.

• Salih Talib, 45, was second of 93 m/finishers with a 54:54 in the NYRRC Pete McCardle 15K X-C, Van Cortlandt Park,

TOTAL, PRIZE PURSES 1990										
RINK	INCH	51	DIS	DATE	TOTAL H	WK RALE	51	019	DATE	TOTAL
1	LONDON	1	26 22	04/22	and the second second	ST BARRIOS IN	CA	6.21	10/21	\$19,900
2	BOSTON	MA	26 22	04.16	and the strength of the second	SZ ASBURY PRK	NJ	6 21	08/11	\$19,800
3	CHICAGO	IL	26 22	10/28	\$236,450	53 NATL CAPB	1	26 22	05/13	\$18,750
4	TWIN_CTIES	MN	26.22	10/14	A COMPANY AND A COMPANY	54 BOILERMAKR	NY	9 33	07/08	\$18,725
5	PITTSBURGH	PA	26 22	05/06	\$175,935	SS BERLINZSK	I RC	15 56	05/06	\$18,001
6	HOUSTON	ŤX	26 22	01/14	\$175,250	SE NEW HAVEN	ст	12.44	09/09	\$16,950
7	LA_MARATHN	CA	26 22	03/04	and the second se	T COOPER BRG	NC.	6.21	04/07	\$16,800
8	NEW_YORK	NY	26.22	11/04	and the second second	58 SAN_BLAS	J'mar	13.11	02/04	\$16,650
9	BAY_T_BRKS	CA	7.45	05/20	A CONTRACTOR OF	S9 SUPERPLACE	MA	6.21	06/03	\$16,225
10	LONG_BEACH	CA	26 22	05/06		60 MASKI COUR	1	12.44	06/10	\$16,000
11	INA_JAVA	1	6.21	02/11	\$99,500	61 LASVEGAS	NV	26.22	02/03	\$15,598
12	MOSCOW_MAR	1	26.22	08/11	\$96,525	62 ALHAMBRA	CA	4.97	10/27	\$15,500
13	REVCO_MAR	ОН	26.22	05/20	and the second of the second	63 BAHAMAS	1.1.	3.11	02/24	\$15,200
14	BOULDER	co	6.21	05/28	\$88,494	64 TOM_SULLVN	CA	6.21	03/18	\$15,000
15	RED_LOBSTR	FL	6.21	03/03	\$72,000	64 FIESTAS000	CA	3.11	07/22	\$15,000
16	TORONTO_M	1.	26 22	09/09	\$70,000	66 NAPLES	FL	4.97	01/13	\$14,500
17	FALMOUTH	MA	7 10	08/18	\$66,200	67 BERMUDA_B	E.	26.22	01/13	\$14,300
And the second s	CASCADE	OR	9.33	06/17	\$58,500	68 ORANGE_CLS	NY	6.21	06/10	\$14,000
19	GASPARILLA	FL	9.33	02/17	\$55,100	69 TIMEX	1	6 21	10/14	\$13,825
20	BLOOMSDAY	WA	7.45	05/06	\$54,800	70 CHARLOTE_A	NC	26.22	01/06	\$13,700
21	GRANDMAS	MN	26.22	06/23	\$51,350	71 CHARLOTE_B	NC	6.21	01/06	\$12,900
22	PEACHTREE	GA	6.21	07/04	\$50,850	72 AUTMN_CHSE	TN	6.21	09/22	\$12,850
23	RIVER_RUN	FL	9.33	03/10	\$40,450	73 HOSP_HILL	MO	13.11	06/03	\$12,750
24	BIX	IA	1	07/29	\$39,500	74 STEAMBOT_B	IL.	9.33	06/16	\$12,700
25	CRESNT_CTY	LA	6.21	04/08	\$36,550	75 CB_CHASER	DC	6.21	04/08	\$12,500
26	ROGAINE	IL.	3.11	10/28	\$36,100	76 STH_SEASON	IA	4.97	07/04	\$12,150
27	PHILA_DIST	PA	13.11	09/16	\$35,500	17 GUM_TREE	MS	6.21	05/12	\$12,000
28	GREAT_RACE	PA	6.21	09/30	\$33,550	78 TULSA_RUN	OK	9.33	10/27	\$11,160
29	AZAL_TRL_A	AL	6.21	03/31	\$32,700	79 TORONTO_HA	Contraction of the second	13.11	10/14	\$11,100
30	PARKERSBRG	wv	13.11	08/18	\$31,250	80 ARTSFEST	ОН	7.45	05/12	\$11,000
31	FRISCO_MAR	CA	26.22	07/01	\$29,500	81 AZAL_TRL_T	TX	6.21	04/01	\$10,450
32	The second se	NJ	9.33	05/20	\$29,350	82 NIS_SHMR_A	VA	4.97	03/17	\$10,350
34	A STATE OF STATE OF STATE	wv	12.44	05/28	\$28,800	83 NEWS_TIMES	CT	6.21	09/09	\$10,275
35	and the second second	MA	3.11	03/18	\$27,000	84 MUSIC_CITY	TN	3.11	10/06	\$10,000 \$9,900
36	A CONTRACTOR OF	OH	6.21	03/25	\$26,400	85 STEAMBOT_A		4.00	06/16	
37	12 Carton Carto	NC	4.97	10/21 08/25	\$25,950 \$25,950	86 COTTON_ROU	N AL	6.21	06/30	\$9,850 \$9,725
38		OH	6.21	05/20	\$25,700	88 DETROIT FP	MI	26.22	10/21	\$9,700
39		MA	6.21	04/08	\$25,400	89 PARK FORST		10	09/02	\$9.450
40	2	DC	4.97	05/13	\$24,450	90 ALL IOWA	IA	4.97	05/05	\$9,175
41	CARNVL MIAM	FL	4.97	03/10	Sector and the sector of the s	91 NATL CAPA*		6.21	05/12	\$9,000
42	and the second		5	03/10	\$24,000 \$23,550	92 CHLG_CUP_E		6.21	09/15	\$8,700
43	- Alter	NY	6.21	05/20	\$22,650	93 STRAWB FES	115. 100	6.21	02/24	\$8,525
44		OR	4.97	04/29	\$22,050	94 BIG_SUR	CA	26.22	04/29	\$8,500
45		KY	6.21	10/13	\$21,450	95 BATLEGREEN		6.21	06/23	\$8,400
46			10.00	04/01	\$21,000	96 ST_PAT MN	MN	4 97	03/11	\$8,300
47		AZ	26.22	01/13	\$20,825	97 FAIR LAKES	VA	6 21	09/23	\$7,700
48	The second second second	MI	15.56	05/12	\$20,400	98 BUCK_CREEN		4.97	06/23	\$7.650
49	and the second second second	NY	3.11	05/05	\$20,400	99 NIS SHMR B		26 22	07/17	\$7.200
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November 25. Zofia Turosz, 52, claimed the same slot of 23 w/finishers with s 67:21. Don Dixon, 63, took the M60 race easily in 66:31.

• Masters firsts went to Ted Haiman (47, 34:10) and Sylvie Kimche (43, 38:32) in the NYRRC December Series 10K, Central Park, NYC, December 2. Ruben Cordon (57, 36:12) and Toshiko d'Elia (60, 45:08) were also division-winner standouts.

MID AMERICA

• Duane Millslagle, 40, Aberdeen, SD, won overall (74:53) in the Prairie Striders Half-Marathon, Brookings, SD, November 3.

SOUTH WEST

• Omitted from last month's "New Age-Group Athletes" was Adrien Pronovost of Corpus Christi, TX, who entered the W70-74 division on December 21.

WEST

 One of the first Marines to hit Saudi Arabia was Calvin Carter, L.A.-Valley AC member out of Hawaii. Carter writes that he is tired of sprinting in the sand and would like to see a Tartan track soon. He also said he would welcome letters from those who know him (and possibly some goodies): C.R. Carter, BAS 3/3 (K.Co.), FPO, San Francisco, CA 96608-5553.

• Helen Dick of Los Angeles claimed three. U.S. W65-69 road records in 1990: 5K, 22:18, June 17; 8K, 37:08, May 19; and 10K, May 27, 46:18 (all on TAC-certified courses).

INTERNATIONAL

• Australia's John Gilmour, 71, shattered the long standing M70 3000 mark of 11:46.2, held by Hawaii's Harold Chapson since 1976, by over 20 seconds in 11:25.59 in a recent meet. Gilmour's goal is to set every M70 WR from 800 through the marathon. "Why not?" he said. "Who knows? It may all end tomorrow. I am injury-free at the moment, fit, healthy and still enjoying my running. At my age, I feel privileged to be so fortunate and live each day as it comes." Gilmour holds the M70 1500 WR of 5:09.73. "I'd like to be the first over-70 to go below five minutes."

• New Zealand's Jack Foster, whose world masters marathon record of 2:11:19 stood for 16 years until broken by fellow countryman John Campbell this year (2:11:04), is now 57. He recently ran his first road race in nine years, covering 15K in 50:12 — a rather incredible 99.3% age-graded effort.

 The recent Sao Paulo State Championships in Brazil drew 352 men and 116 women athletes. Exuperio Soares neared the M65 WR with a 61.32. According to Sebastiao Gotto of the P.E. Department of Sao Paulo State University, attendance would have been greater if many second-generation Japanese, who make up a large part of the region's veteran athletes, had not gone to Japan temporarily in order to get better paying jobs.

• In his first mile race as a masters runner, Rod Dixon, 40, turned in a 4:18.66 to edge Paul Sumpter (43, 4:19.69) and nine others in the Avia Masters Mile in Papakur, New Zealand, November 10. Marion MacDonald, 36, won the women's masters mile in 5:07.87.

• The International Olympic Committee has appointed a five-member commission to meet with South African government and sports leaders in Johannesburg in April. It will be the first time since South Africa was expelled from the Olympic movement in 1970 for its official policy of apartheid that the IOC has sent a delegation to South Africa. Judge Keba Mbaye of Senegal, chairman of the IOC's antiapartheid commission and head of the delegation, said in an interview with a Norwegian newspaper that the visit could lead to South Africa's re-instatement in time for the 1992 Olympics. Residents of South Africa have not competed in the World Veterans Championships since 1985.

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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

February 16. TAC/USA National Masters Indoor Pentathlon Championships, National Institute For Fitness and Sports, Indianapolis, Ind. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

March 23-24. TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.

June 22-23. TAC/USA National Masters Decathlon/Heptathlon Championships, Univ. of Nebraska, Lincoln, Neb. Ross Greathouse, 2826 South 25, Lincoln, NE 68502. 402/423-3864 or 475-7712.

June 28-July 3. U.S. National Senior Sports Classic Senior Olympics, Syracuse, N.Y. USNSSO, So. Outer Forty Rd., Ste. N300, Chesterfield, MO 63017. 314/878-4900. July 4-7. 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill., (Near Chicago). Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

EAST Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

January 4. 22nd Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College. Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540. January 6. Tom Robinson Memorial Mile & Phila. Masters Development Meet, Haverford, Pa. (Haverford College). Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807. January 6. MAC Indoor Meet, Fordham U., NYC. Men only. MAC office-212/

227-0071. January 13. 7th Annual Brown Univ. Masters Indoor Track & Field Invitational

Masters Indoor Track & Field Invitational

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Name ______Address _______ City ______State _____Zip _____ Brown University, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, R.I. 02860.

January 15. Philadelphia Masters Development Meet, Haverford, Pa. (Haverford College). Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

January 20. MAC Indoor Meet, Manhattan, NYC. Men only, HS. MAC office - 212/227-0071.

January 20. Western Pennsylvania TC Open & Masters Indoor Championships, Slippery Rock, Pa. (50 minutes nw of Pittsburgh). Barry Kline, 1245 Alamae Lakes Rd., Washington, PA 15301. 412/228-1872, after 9:30 p.m.

January 20, February 10, March 3. Greater Rochester TC All-Comers Meets, U. of Rochester Fieldhouse, N.Y. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116(h); 359-5257(w).

January 27. Adirondack TAC Indoor Championships, Union College, Schenectady, N.Y. Daver Herrington, Union College, Schenectady, NY 12308. 518/370-6547.

January 27. Greater Boston TC Invitational, Cambridge, Mass. Includes masters competition. Jim O'Brien, Meet Director, P.O. Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537.

February 3. Philadelphia Masters Indoor Development Meet & Middle Distance Triathlon (mile, 400, 800), Kutztown U., Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

February 9 & 23. Philadelphia Masters Development Meets, St. Joseph's U., Phil.dalphia. See February 3. Fe'ruary 17. MAC Indoor Championships,

Fe'ruary 17. MAC Indoor Championships, V est Point, N.Y. Open & Masters. MAC office – 212/227-0071.

February 24. New Jersey TAC Masters Indoor Championships. 10:30 a.m. Fairleigh Dickinson, U., Hackensack. North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450.

March 9. Philadelphia Masters Indoor Invitational, Haverford College, Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807. March 17. TAC Eastern Sectional Indoor Masters Championships, U. of Delaware, Newark. Larry Pratt, 110 South Dillwyn Rd., Newark, DE 19711. 302/737-1927. April 26-27. Penn Relays, Philadelphia. 4x100, 4x400 relays, masters long jump (elite only). All events M&W, 40+. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807. June 2. New Jersey Masters/Submasters Championships, Monmouth College, West Long Branch. Separate awards for out-ofstate entrants. Sanford Kalb, 22 Addison Rd., Howell, NY 07731. 908/363-5426.

June 16. TAC Eastern Sectional Masters Championships, Millersville University. SASE only. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/ 737-2385. Entry form in May NMN. July 13. Boston Masters Meet/NEAC

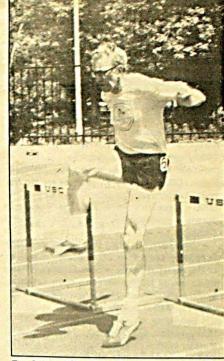
Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802. August 11. Keystone State Games, Allen-

town, Pa. State residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

September 1. Potomac Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.



January 6. All-comers Meet & 5K RR, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002. March 9. Nashville TC Open & Masters In-



The Spirit of Christmas Past Appears at the Trojan meet and stomps Med flies.

Photo by Jerry Wojcik

door Meet, Tennessee State U. Gentry Center Complex, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

April 20. Florida Circuit Meet, Lake Worth. SASE to Bob Fine, Florida AC, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370. April 27. Florida Circuit Meet, Naples.

April 27. Florida Circuit Meet, Naples. SASE to Rudy Vlaardingerbroek, Florida AC, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

May 2-5. 21st Southeastern Masters Meet, St. Augustine College, Raleigh, N.C. Dale Smith, 2401 Wade Ave., Raleigh, NC 27607. 919/831-6836.

May 4. Florida Circuit Meet, Jacksonville. SASE to Lamar Strother, Jacksonville TC, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 11. Florida Circuit Meet, Tampa Bay. SASE to Ed Wells Jr., West Florida "Y", 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

May 18. Florida TAC Masters Championships, Orlando. Awards to non-residents. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/ 499-3370.

May 25. Birmingham Track Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031.

June 1. Tennessee Sportsfest Regional Meet, Tennessee Prep School & Vanderbilt U., Nashville. State residents only. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

June 8. Florida Circuit Meet, Miami. SASE to Jesse Holt, Miami NW Express TC, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

June 21-23. Tennessee Sportsfest, U. of Tenn.-Knoxville. Doug Mooney, 13003 Pear Leaf Circle, Knoxville, TN 37922. 615/675-0260.

June 8. Atlanta TC Masters Meet, Emory U., Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

June 8-9. 16th Annual Northwest Classic, Miami-Dade College, Miami. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409. June 15. Nashville TC Open & Masters

Meet, Tennessee Prep School, Nashville, R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

Continued on page 27

Continued from page 26

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

January 5. Lake Erie Indoor Championships, Cleveland, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/561-5092.

January 19. Athlete's Foot Indoor Masters Grand Prix Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

April 27. North Coast Relays, Mayfield, Ohio. Jim Barret, 3801 Shannon Rd., Cleveland Heights, OH 44188. 216/932-0049.

June 1. Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 15. Indy Senior Classic, Indiana U.-Purdue U. in Indianapolis (IUPUI) Stadium. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 22. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656. August 10-11. Midwest Masters Meet, Mar-

shall U., Huntington, W. Va. David Stooke, 119 Cheyenne Train, Ona, WV 25545. 304/736-8474.

MID-AMERICA Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

April 28. Lincoln TC Open & Masters Meet, Lincoln, Nebr. LTC, Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521 402/435-7061

June 30. TAC Mid-America Sectional Masters Championships, Nebraska Wesleyan U., Lincoln, Nebr. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

SOUTHWEST Louisiana, Mississippi, Texas.

March 2. 2nd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Sub-masters/masters walking/running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.

June 1. Southwestern/TAC Championships, SMU, Dallas, Texas. John Pritchett, Mountain View College, 4849 W. Illinois,

The Director's Corner

Continued from page 24

Next in line is the new Great Gainesville Race on January 26th. Hal Rothman is the athlete's coordinator at (904) 373-6827. \$500 for 1st... February 2nd, the longstanding Heart Run in Ft. Lauderdale has quickly joined the ranks of world class with a \$30,000 prize purse injection by Alamo. Alamo will expand its Alumni Run Series to six cities in 1991 and you'll find Bill Rodgers and Frank Shorter at the Heart Run... Grand Bahamas 5K continues to grow with a decent purse on February 9th, while the Gasparilla Run on February 16th will offer its usual world class flair. Athlete's contacts for the latter are to be directed to Bill Orr (813) 533-4671... Red Lobster 10K in Orlando continues to grow with \$10,000 to be awarded to masters as part of its prize structure. Athlete inquiries to Lorraine Evans at (407) 352-9131 ... Jacksonville River Run, always a popular stop on the Florida tour, will be held January 9th.

If Florida doesn't suit you in the winter,

then try the Las Vegas Marathon on February 2nd with a \$25,000 total prize purse... The Pittsburgh Marathon has finally settled on a race director. Len Duncan, who has been technical coordinator for the last six years, will take over the position vacated by Larry Kuzmanko. Sponsors and a prize purse structure will be announced in early January. (412) 422-6535 for the May 5th event... Seattle Half-Marathon, despite a torrential downpour and wicked wind conditions, still attracted 3400 runners. Larry Almberg led the masters, running 1:09:02, winning over Michael Seamen, while Mary Wood led the women in 1:21:49 ...Sorbothane/USRA Masters Circuit organizers are enthusiastically putting together the 4th edition of the 1991 Circuit. With the Nissan Shamrock 8K in Virginia Beach the kick-off event, organizers look to a 25-city circuit leading up to a championship in January of 1992. Further information can be obtained by calling the Sorbothane/USRA Masters Circuit headquarters at (407/647-2918).

75209. 214/357-5613(o); 363-1419(r).

Meet. Roger Craig, 805/664-2347.

85004. 602/495-5490.

John Turek, 213/343-3095.

WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

February 9. CSUB/Bakersfield California

February 16-March 3. Arizona Senior Olympics, Phoenix, 55+. ASO, Irene Stillwell, 1202 N. 3rd St., Phoenix, AZ

March 9. L.A. Relays Meet, Cal-State-Los

Angeles. Open & Masters. Relays only.

April 13. Striders Meet, Cal-State-Long Beach, Calif. High Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.

May 25. Anteater Masters Classic, U. of Calif.-Irvine. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 8. Pacific Association/TAC Championships, Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

June 15. Southern California Association/TAC Championships, Occidental College, Los Angeles. C. Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

June 22-23. TAC Western Sectional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.

June 30. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave., No. 3, Los Angeles, CA 90026. 213/666-4964(h); 977-7492(w). September 22. Sri Chinmoy Masters Meet, UC-Irvine, Calif. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).

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

June 1. Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 206/684-4951. June 22. Hayward Classic Masters Cham-

pionships, Eugene, Ore. Les Castle, 720 East 20th Ave., Eugene, OR 97405. 503/344-9809(h); 484-9809(w).

July 20. Volcano Classic VIII, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102. August 9-10. Montana Masters Meet, Mon-

tana St. U. — Bozeman. Mike Carignan, Box 5132, MSU-Bozeman, MT 59717-5132.

INTERNATIONAL

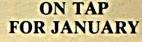
February 11-22. Norfolk Island (Australia) Veterans Games. Multi-sports. Ian Anderson, World Traders, P.O. Box 158, Norfolk Island 2899, Australia. Fax: 672-3-3106.

March 7-9. Indoor Veterans Games, Budapest, Hungary. Extertours, 1086 Budapest, Ulloi ut 14, Budapest, Hungary. Fax: (36-1) 133-0325. Phone: (36-1) 133-1141.

March 23-24. Soviet Union Indoor

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Fred Niedermeyer (50, 58.64) leads Bill Knocke (50, 60.20) to the M50 400 finish, Sri Chinmoy Meet, Irvine, Calif. Photo by Bob Watanabe



TRACK AND FIELD

Indoor meets include masters events at the Dartmouth Relays on the 4th; Lake Erie Championships on the 5th; Philadelphia Masters meets on the 6th (featuring the Tom Robinson Memorial Mile) and 15th; Brown University Invitational on the 13th; West Penn and Athlete's Foot meets on the 20th; and Greater Boston Invitational on the 27th.

LONG DISTANCE RUNNING

The Charlotte Observer Marathon/10K — the 22nd 1990 Sorbothane/USRA Masters Circuit race — on the 5th leads up to the final event, the Sorbothane/USRA Masters 8K Championships in Naples, Fla., on the 12th.

The Paramount Special Masters 10K in Paramount, Calif., should draw fine fields with its offer of prize money, several-runners deep, in five-year age divisions through M90 and W85.

The Houston-Tenneco marathon and Metro-Dade marathon in Miami take off on the 20th.

Super Bowl weekend races are set for Tampa, NYC, and Redondo Beach, Calif., on the 26th-27th.

Veterans Championships, Moscow. Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

March 29-April 1. Australian Veterans Championships, Canberra. The Secretary, ACT VAC, P.O. Box 157, Kippax ACT 2615, Australia.

July 12-14. Pregames to IX WAVA World Veterans Championships, Kuusankoski, Finland. Pregames, P1 101, SF 45701 Kuusankoski, Finland. Fax: 358-51-44496. (See ad in January issue).

July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

August 2-4. Soviet Union Veterans Championships, Moscow. Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.



January 12. 1990 Sorbothane/USRA Masters Circuit Grand Championships 8K, Naples, Fla. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-2918; FAX 407/647-0433.



Continued from page 27

February 3. TAC/USA National Masters 5K, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002. (Entry form in Jan. issue, p. 12).

EAST Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

January 20. NYRRC Frostbite 10 Miler. Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455. January 27. NYRRC Super Bowl Sunday 5K, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455. April 15. 95th Boston Marathon, Boston, Mass. Qualifying times: M35-3:15; M40-3:20; M45-3:25; M50-3:30; M55-3:35; M60-3:40; M65-3:45; M70+-3:50; W35-3:45; W40-3:50; W45-3:55; W50-4:00; W55-4:05; W60-4:10; W65-4:15; W70+-4:20. SASE to: Boston AA, P.O. Box 1991, Hopkinton, MA 01748. 508/435-6905; FAX 508/435-6590.

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

5. Charlotte Observer January Marathon/10K, Charlotte, N.C. Sorbothane/USRA Masters Circuit. 704/379-6896, or Dean Reinke & Associates, 407/647-2918.

January 12. Lady Track Shack 5K, Winter Park, Fla. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313. January 20. Metro-Dade Marathon/Half-Marathon/ 5K, Miami. Miami RC, 7920 SW 40th St., Miami, FL 33155. 305/227-1500; 1-800-940-4RUN. January 26. Super Bowl 10K, Tampa, Fla.

Fred Banke, race coordinator, Safety Har-

bor Spa & Fitness Center, 105 N. Bayshore Dr., Safety Harbor, FL 34695.

January 26. Great Gainesville 5K,

Gainesville, Fla. Gainesville RR, P.O. Box

12463, University Stn., Gainesville, FL 32604. Hal Rothman, Director,

January 26. 11th Annual Matanzas 5000, St. Augustine, Fla. Masters money. ACRR,

225 Gentian Rd., St. Augustine, FL 32086.

February 2. Alamo Heart Run 10K, Ft. Lauderdale, Fla. Masters money. American

Heart Assn., P.O. Box 14213, Ft. Lauder-

February 9. Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, Race Director, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

February 10. Pomoco Group/Hampton

Coliseum Half-Marathon, Hampton, Va.

Masters money. Hampton RR, City of

Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669, 804/727-6140. February 16. Edison Festival of Light 5K

Classic, Fort Myers, Fla. SASE to Edison

Festival 5K, Fort Myers TC, P.O. Box

06131, Fort Myers, FL 33906.

February 17. 20th Annual Space Coast Marathon/Half-Marathon, Melbourne,

Fla. Florida's oldest marathon. Bill Dillard,

Race Director, 1480 Meadowbrook Rd.

February 23. Blue Angel Marathon/5K,

Pensacola, Fla. Morale, Welfare & Recr.

Dept., Naval Air Stn., Bldg. 632, Radford

Blvd., Pensacola, FL 32508-5000.

February 24. Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, William and Mary Hall, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.

February 24. Palm Beach Runners Half-

Marathon, Palm Beach County, Fla. Jim Cook, PB Runners, Box 8205, W. Palm

NE, Palm Bay, FL 32905. 407/724-2510.

813/726-1161.

904/373-6827.

813/278-4786.

904/452-3922.

904/797-4251; 829-2251.

dale, FL 33302, 305/764-7900.

January, 1991

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Renowned racewalker, Albert (Gus) Theobald (c), shares a peaceful moment at Oregon's Crater Lake with friends, Tom Daintry (1) and Gordon Wallace (r). Theobald, 92, who holds innumerable age records for racewalks from 5-25K, was recently struck by a car in his native Australian and killed. Two weeks prior to his death, he won the 10K RW at the Victorian mid-winter championships. Photo by Connor Johnston

Beach, FL 33407. 407/689-2648.

March 2. 9th Annual Red Lobster 10K, Orlando, Fla. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313. March 9. Jacksonville River Run 15K, Jacksonville, Fla. Florida's largest single race. River Run 15K, 3853 Baymeadows Rd., Jacksonville, FL 32217.

March 16. Nissan Shamrock Marathon, Virginia Beach, Va. Also masters 8K & money. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.



February 3. Winter Carnival Half-Marathon, St. Paul, Minn. Winter Car-nival, c/o North Central Tower, No. 600, St. Paul, MN 55101. 612/297-6953.

SOUTHWEST Louisiana, Mississippi, Texas.

January 6. 84th Jackson Day 9K, New Orleans. Oldest RR in the South. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

January 19. 26th Mardi Gras Marathon, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

January 20. Houston-Tenneco Marathon. Houston. H-T. Marathon, P.O. Box 56464, Houston, TX 77027. 713/757-2700.

WEST Arizona, California, Hawaii, New Mexico,

Utah. January 1, 5, 6, 12, 13, 14, 19, 20, 21, 26,

January 12. Orange County Half-Marathon, Irvine, Calif. Kim Winslow, Box 1984, Costa Mesa, CA 92628.

January 13. FHP Arizona Marathon, Tempe. FHP Arizona Marathon, 2801 W. Medlock, Phoenix, AZ 85017. 602/246-7697.

January 19. Paramount 10K World Masters Division, Paramount, Calif. Oscar Rosales. 714/841-5417. Rated as one of the top 10 races in the country. Masters money. Must meet qualifying standards: M40: 34:00; M45: 36:00; M50: 38:00; M55: 40:00; M60: 43:00; M65: 47:00; M70: 52:00; M75: 65:00; M80: 90:00; M85: 100:00; M90: 100:00.

W40: 40:00; W45: 42:00; W50: 44:00; W55: 47:00; W60: 52:00; W65: 60:00; W70: 75:00; W75: 90:00; W80: 100:00; W85+: 100:00.

January 19. Record Searchlight Half-Marathon, Redding, Calif. Tony Johnson, Box 1891, Redding, CA 96099. 800/THE-HALF.

January 20. Blue Cross/Blue Shield Tucson Marathon, Tucson, Ariz. Barbara Liguori, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 602/299-6731.

February 2. Las Vegas Marathon & Team Relay, Las Vegas, Nev. SASE to: Al Boka, Race Director, Box 81262, Las Vegas, NV 89180

February 3. San Dieguito Half-Marathon, Rancho Santa Fe, Calif. Kathy Loper, 7801 Mission Center Dr., Ste. 200, San Diego, CA 92108. 619/298-7400.

February 3. McDonald's/Lakewood Half-Marathon, Lakewood, Calif. Tom Lederer, Box 158, Lakewood, CA 90714. 213/866-9771. February 3. Davis Stampede Half-

Marathon, Davis, Calif. A Change of Pace, 221 G St., Ste. 205, Davis, CA 95616. 916/757-6017.

February 16. Great American Adventure 2.8 Mile/4.8 Mile X-Country, Huntington Beach, Calif. SASE to: Finish Line Inter., 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

February 18. Great Aloha 8.2 Mile, Honolulu. American Express Travel Service, 2222 Kalakaua Ave., 8th Floor R.T., Honolulu, HI 96815. 808/921-6300.

March 3. Los Angeles Marathon, Los Angeles. L.A. Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 213/444-5544.

March 24. 8th Annual Fifty-Plus 8K, Stanford, Calif. M&W 50+.50+ Runners, P.O. Box D, Stanford, CA 94309. 415/723-9790.

- INTERNATIONAL

February 24. 10K Mashramani Run. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40 +, W35 +). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404 .

VIA SUOMI - a group tour to WAVA 91. Turku. Optional extension-organized sightseeing and walks in Finland and Sweden. Escorted by native veteran athlete. SAS-Budget housing. Entry forms. For info: Len Englund, 14220 S.E. 24th, Bellevue, WA, 98007. (206-746-3822).

THLETES WHO ENTER A NEW DIV ATHLETE (RESIDENCE) MARY BELLING (WAUKESHA, WI) DORTOTHY CARLIN (US) NANCY HELYER (WA) NICKI HOBSON (SAN DIEGO, CA) JOYCE KAMMER (US) VIOLET LEONARD (MORGANTOWN, WV) LILLIAN LEVINE (NY) JOY MCDONALD (FT. LAUDERDALE, FL) SHARON MARTIN (EVERGREEN, CO) JOY MCDONALD (FT. LAUDERDALE, FL) ROSI O'NEIL (NEWPORT BEACH, CA) HILDE RUTKOWSKI (DAYTON, OH) BETTY CLAIR-SEARCY (BRONX, NY) ANN SMITH (TORRANCE, CA) FRAN STEVENSON (LOS ALTOS, CA) KAY WILLOUGHBY (MILL VALLEY, CA) MARGARET AUGUST (NZ) JEAN CLEATOR (CAN) GEORGINA DESCHAMPS (BEL) SHIRLEY HARRIS (AUS) SINIKKA KESKITALO (FIN) JATMILA VRATOCHVILOVA (CZE) FITTE PAULS (WG) BEV SAVAGE (NZ) ENTRI DI NILSSON (SWE) WATTER DAHLIN (CHICO, CA) ROBERT FOUTZ (PHOENIX, AZ) THOM TH JOSLIN (SEATTLE WA) BOB KROGER (RIVERSIDE, CA) ED LOWELL (TARZANA, CALIF) EDWIN MALAN (RSA) HORST MANDL (AUT) VIRIEI METAKIVI (FIN) FILEDRICH MEYER (WG) ALIN MINOUN (FRANCE) MARI WIXULIN (URSS) WARGI MINAFRA (YORKTOWN HTS., NY) VIRIEN MALAN (RSA) HORST MANDL (AUT) VIRIEN MALAN (SSA) HORST MANDL (AUT) FILEDRICH MEYER (WG) ALIN MINOUN (FRANCE) MARIO MINAFRA (YORKTOWN HTS., NY) VIRIEN MALAN (SSA) HORST MANDL (AUT) FILEDRICH MEYER (WG) ALIN MINAUN (FRANCE) MARIO MINAFRA (YORKTOWN HTS., NY) VIRIENT STARIKOSKI (FIN) FRIEDRICH MEYER (WG) ALIN MINAUN (FRANCE) MARIO MINAFRA (YORKTOWN HTS., NY) VIRIENT SCAPANIKOLAOU (GRE) RICHARD PARKINSON (INDIO, CA) POOCHI PARTHASARATHY (IND) ALBERT REISER (WG) TOM RICHARDS (SANTA ANA, CA) PENTI SAARIKOSKI (FIN) KURT SCHMITTENHEIM (WG) POULS CHMITZ (WG) JONATHON SHARP (MORRISON, COLO) MAL SPENCE (JAM) JUNATHON SHARP (MORRISON, COLO) MIN STEPHENS (TALLAHASSEE, FLA) WILLIAM TRIBOU(CT) GENE ZUBRINSKI (CA) BIRTHDATE 1-30-36 1- 9-36 1- 9-36 1-16-31 1-21-41 1-25-41 1-25-41 1-25-41 1-25-41 1-26-41 1-30-41 1-20-36 1-10-46 1-20-36 1-10-46 1-21-26 1-31-21 1-29-41 1-29-51 AGE GROUP 55-59 55-59 60-64 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54 55-49 40-54 40-54 40-54 40-54 40-54 40-54 40-54 40-54 40-54 40-54 40-54 40-54 40-54 40-54 50-54 55-59 855-59 855-59 80-54 70-74 50-54 50-74 50-74 50-54 50-74 -14-20-21 55-59 85-89 50-54 65-69 50-54 70-74 70-74 55-59 50-54 70-74 550-54 70-74

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN. 1991

27. Legg Lake Runs, South El Monte, Calif. A. Martinez, 213/949-0394. 714/642-8024.

National Masters News

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR

ACHIEVIN	G U.S. STANDARDS	OF EXCELLENCE
M30-34 Long Jump 22-35 7-28-90 James Fountain Artego Jaunes Lawrence Rosen Long Jump 22-35 7-28-90 M35-39 Robert Bowen 200M 22.40 7-7-90 M35-39 Robert Bowen 100M 10.66 8-2-90	Mark DupuisDiscus158-1Johnie MeisnerShot Put44-9High Jump5-94High Jump5-9High Jump5-10High Jump5-10High Jump5-9%Triple Jump39-10Triple Jump39-3J10H17.7	4-11-90 Clarence Trinkner 100M 13.00 9-30-90 4-24-90 Randal D. Lindsay 100M 12.77 5-29-89 6-17-90 C. Trinkner Long Jump 17-0 9-30-90 6-30-90 John Haugo 100M 12.88 7-7-90 7-22-90 200M 26.70 7-7-90 0 biscus 119-10 7-7-90
200m 22.21 35.35 400M 51.8 8-2-90 Tom Thompson 100M 10.95 8-2-90 200M 22.60 8-2-90 400M 50.90 8-2-90 Donald Goodwin 200M 23.2 7-28-90 400M 51.26 7-29-90 John T. Wilson High Jump 6-4 8-2-90	M45-49 Jerry E. Whitten 1Mile RW 7:31 T.M. O'Hora, Jr. 400M 54.86 Ross Jensen 100M 11.9 400H 62.6 Rab Hagin 200M 24.9 George Cliette Pentathlon 2680 pt	10-27-90 Dick Klein 200M 28.5 8-21-88 5-13-89 P.M. Couttie 1500 5:18.58 10-14-90 6-3-90 8-3-90 Sam Daniell 10K 39:39 5-19-90
M40-44 Zoe L. Mack Zoe M Zie S 9-1-90 T. G. Rauscher Pole Vault 14-6 8-4-90 Tim Heikkila High Jump 6-4 8-2-90 A. LaFramboise Pentathlon 2732 pts. 8-3-90 Fred Collins 400M 51.3 6-23-90 200M 23.1 5-23-90	<u>M50-54</u> Seth Kaminsky 1500M 4:31.3 I Mile 4:49.95 Gary F. Schmidt 10K 36:10.6 Stan King 100M 12.4 200N 25.7 400M 58.5	George Rajcevich Fred Hirsimaki Triple Jump Pole Vault 30-4 1-28-90 8-4-90 Triple Jump 9-22-90 30-3 8-2-90 9-22-90 High Jump 56W Wt. 13-34 1-690
U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR	MASTERS RACE WALKERS	S. MASTERS STANDARDS OF EXCELLENCE
Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70 Hile 7:12 7:24 7:36 7:49 8:04 8:21 8:41 9:18 9 3000 13:59 14:23 14:46 15:12 15:36 16:12 16:54 18:00 19 2M11e 15:04 15:30 15:54 16:24 16:54 17:30 18:12 19:24 20 5000 23:36 24:13 24:48 23:33 26:24 27:18 28:24 30:24 31 10K 48:08 49:10 50:27 51:54 53:33 55:26 59:06 63:21 66 15K 1:12 1:14 1:16 1:19 1:23 1:27 1:31 1:35 1	74 75-79 80-84 85-89 90-94 42 10:30 11:48 12:36 14:03 Event 30 00 20:30 23:00 24:36 27:18 100 1 27 22:06 24:48 26:30 29:24 200 2 54 34:33 38:42 41:24 45:54 400 6 30 70:09 78:36 84:06 93:18 800 2 40 1:47 1:58 2:10 2:22 1500 5 17 2:27 2:40 2:55 3:10 Mile 5	FOR WOMEN 9-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 13.8 14.2 14.6 15.0 15.6 16.2 16.9 17.8 18.8 20.0 21.2 18.0 29.2 30.3 31.4 32.5 34.0 35.7 37.5 40.0 43.5 47.0 33.5 65.5 67.5 69.5 71.5 73.5 78.5 83.7 90.0 96.5 103.3 2:32 2:35 2:40 2:46 2:54 3:05 3:19 3:36 3:56 4:09 4:35 6:10 5:19 5:29 5:40 5:58 6:20 6:48 7:23 8:04 8:52 9:48 6:34 5:54 5:55 6:07 6:26 6:49 7:19 7:46 8:47 9:39 10:45 6:45 20:30 21:20 22:16 23:12 24:16
3000 15:30 16:00 16:30 17:00 17:33 18:48 20:06 22:12 23 2Hile 16:44 17:15 17:46 18:18 18:54 20:12 21:36 24:00 25 5000 26:13 26:56 27:42 28:33 29:36 31:33 33:48 37:30 39 10K 53:25 54:41 56:12 58:00 63:12 65:48 70:33 76:06 82 15K 1:24 1:26 1:29 1:32 1:35 1:39 1:46 1:55 2 20K 1:54 1:57 2:01 2:05 2:09 2:14 2:23 2:34 2: A minimum of two judges must be present and the competition limited to race walkers (i.e. no runners).	33 25:00 26:48 29:48 32:36 100H 1 121 26:54 28:54 32:09 35:09 80H 30 36 42:06 45:09 55:12 400H 7 42 87:54 94:12 1:41 1:51 300H 42 87:54 94:12 1:41 1:51 300H 447 3:00 3:13 3:38 3:47 HJ 1 n must 24 LJ 55 1 1 5	$\begin{array}{cccccccccccccccccccccccccccccccccccc$
	3	10.00 9.20 8.60 7.80 7.18 6.40 5.70 5.20 4.70 4.20 3.80 2-10 30-24 28-24 25-74 23-7 21-0 18-84 17-1 15-5 13-94 12-54
U.S. MASTERS STANDARDS OF E FOR MEN	XCELLENCE Shot 10 33 Jav 39	3-91/2 30-61/2 27-7 25-31/2 26-1 23-71/2 21-4 19-01/2 17-3 15-5 13-11/2
Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-65 100 11.0 11.33 11.67 12.0 12.5 13.0 13.5 14.0 200 22.4 23.3 24.2 23.1 26.0 27.2 28.5 29.6 400 51.0 52.5 54.0 56.0 58.5 61.5 65.0 70.6 800 2:01 2:04 2:08 2:13 2:19 2:27 2:37 2:49 1500 4:11 4:15 4:22 4:32 4:45 5:02 5:24 5:44 M11e 4:31 4:35 4:24 4:35 5:07 5:25 5:49 6:10 5000 15:30 15:42 16:06 16:44 17:30 18:24 19:36 21:00 10000 32:11 32:35 33:30 34:45 36:15 38:10 40:30 44:11 <td>70-74 75-79 80-84 85-89 Discus 15.0 16.5 18.0 20.0 Discus 32.4 35.8 39.8 44.0 76.5 84.5 94.0 105.0 3:06 3:27 3:54 4:24 6:22 7:03 7:59 9:15 6:51 7:38 8:42 10:16 23:30 26:00 29:00 3':30 48:30 54:30 61:15 3':32</td> <td>29-7 109-11 93-6 70-61/2 82-0 62-4 59-1 52-6 49-2 45-11 44-4 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 40.0 35.0 30.0 25.0 23.0 22.0 20.0 18.0 14.0 12.0 9.0 31-3 114-10 98-5 82-0 75-6 72-2 65-8 59-1 45-11 39-5 29-7</td>	70-74 75-79 80-84 85-89 Discus 15.0 16.5 18.0 20.0 Discus 32.4 35.8 39.8 44.0 76.5 84.5 94.0 105.0 3:06 3:27 3:54 4:24 6:22 7:03 7:59 9:15 6:51 7:38 8:42 10:16 23:30 26:00 29:00 3':30 48:30 54:30 61:15 3':32	29-7 109-11 93-6 70-61/2 82-0 62-4 59-1 52-6 49-2 45-11 44-4 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 40.0 35.0 30.0 25.0 23.0 22.0 20.0 18.0 14.0 12.0 9.0 31-3 114-10 98-5 82-0 75-6 72-2 65-8 59-1 45-11 39-5 29-7
110H 15.3 16.4 17.75 18.75 100H 18.0 19.0 20.0 21.1 80H 400H 57.6 59.7 62.0 64.4 67.2 70.6 300H 48.0 51.0 55.0 60.0 3K-SC 10:00 10:20 10:55 11:40 12:30 13:20	5 18.0 21.0 25.0 30.0 6	Hammer: 30-49: 4k; 40+: 3k. Metric heights and distances are the standard; feet and inches listed for convenience.
	4-l ₂ 3-8 3-4 3-1 5 2.30 2.05 1.80 1.50	APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH
LJ 6.55 6.20 5.85 5.45 5.10 4.75 4.40 4.00 21-6 20-4½ 19-2½ 17-10½ 16-9 15-7 14-5½ 13-13 TJ 13.35 12.65 11.90 11.15 10.40 9.65 8.90 8.20	11-113 11-0 9-10 8-84	AGE-GROUP

7.65 6.50 28-10 25-1 21-4

24.00 19.00 78-9 62-4

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15.20 14.10 13.00 12.00 12.40 11.20 12.00 10.80 10.00 8.80 49-104 46-34 42-8 39-44 40-84 36-9 39-44 35-54 33-0 28-1043

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 70-25 53-2*

40.00 131-3

35.00 29.00 114-10 95-2

10.00 9.00 8.00 7.00 4.00 3.50 3.00 2.50

47.24 44.20 41.14 38.10 38.40 36.00 36.00 33.00 29.00 25.00 22.50 155-0 145-0 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10

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 notes:
 1) 100 standards are for automatic time; use standard conversion for hand time.

 2) Short hurdles:
 30-49: 30"; 50-59: 35"; 60-69: 33"; 70+: 30".

 3) Long hurdles:
 30-49: 36"; 50-59: 33"; 60+: 30".

 4) Shot put:
 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k.

 5) Discus thros:
 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k.

 6) Heamer:
 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k.

 7) Javelin:
 30-59: 800g; 60+: 600g.

 8) Metric heights and distances are the standard; feet and inches listed for convenience

 9) Pen/Dec:
 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

Shot

Hammer

Jav

Discus 44.80 42.60 40.60

62.00 57.00 52.60 48.00 43.00 38.50 203-5 187-0 170-7 157-6 141-1 126-4

25#WE: 9.50 9.00 8.50 8.00 6.00 5.00 4.50

35#Wt. 15.00 14.00 13.00 12.00 10.00 9.00

___SEX: M_____ F ___ ADDRESS CITY_____STATE____ZIP ____ MEET DATE OF MEET MEET SITE MARK: _ EVENT:_____ HURDLE HEIGHT ______WEIGHT OF IMPLEMENT PATCH CERTIFICATE D PATCH TAG If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (En-

close copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

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page 30

National Masters News

January, 1991

page 50		National I	viasiers news
TRACK			M65 S Smith B Collings
I RACK	& FIELD RE	SULIS	W70 D Bulkley J McGilvray
Please send maste	rs meet results to NATI	ONAL MASTERS	B Heath M75 M Blake
	372 VAN NUYS CA 914		W55 M Czarepata K McIntyre
	space with minimum of		L Christensen W60 V Earl
			W75 J Granstrom
EAST EAST	17.64) M60-64 WR in SP & WF) 2 Carl Wallin 49 4184	Discus M30 B Hendrix 84-	5 M50 D Lundell
and the same of the second standard and a second second	(15.24/45.60/36.79/44.14/	M35 Russ Baker 123- M40 Greg Hardwick 74-	9 M55 J Russell
Dartmouth Weight Meets	4 Bob Harvey 48 3221	M50 llarvey Jones 65-	0 P Lindsey
Hanover, NH	(12.79/34.37/35.23/34.76/	M55 Phil Mulkey 119-	
August 12	9.60) 6 Bill Garahan 60 3176	M60 Tom Bartenfeld 90- W30 Patty Deye 60-	8 M Woodbury
<u>16# Shot Put</u>	(11.86/25.46/46.54/37.20/	W40 Phil Raschker 62-	0 M65 S Smith
Carl Wallin 48 48-4 ¹ / ₂	9.45)	1500m RW	
Bob Mead 46 46-9	7 Al Bashian 49 2752	M30 Wm Vickory 8:42	M/U D Bulkley
16# Hammer	(9.23/29.42/30.79/35.56/	M40 Daniel Strohl 7:43	
Bob Mead 46 153-10 Carl Wallin 48 146-8	8.76)	W55 Carolyn Johnson 10:50	B lleath
Discus B Mead 46 132-2	Dartmouth All-Comers Meet	WEST	W55 M Czarapata K McIntyre
C Wallin 48 119-5	Hanover, NH; December 1	Huntsman Chemical's World	L Christensen
August 19	Shot Put 16#		W60 V Farl
16# Shot Put	1 Ed McCabe 25 52-8	Senior Games	W70 S Warnke
Carl Wallin 48 49-9	3 Carl Wallin 49 47-7	St. George, UT; October 24-2	W75 I Granstrom
16# llammer	4 Bob Harvey 48 39-0	50m	High Jump
C Wallin 48 150-4	Shot Put 5kg		M50 Dwaine Horton
Discus	I Cliff Blair 61 49-8	M50 Larry Beck 6.9	6 Bob Bush
C Wallin 48 121-1	Shot Put 12#	M55 Harold Creson 6.8	
August 25 16# Shot Put	I Jurgen Miffka 47 37-11 2 Keith Ploff 35 36-8 4 Mark Witty 36 34-3	M60 Andy Anderson 6.9 M65 G Kelley 8.1	2. Gerald Hogge
Carl Wallin 48 49-9 Bob Mead 46 46-3	6 Leo Hamill 87 4kg30-0	M70 Tom Bishop . 9.0 M75 Madeleo Blake 8.4	0 M60 Richard Sutera
16# Hammer	7 Tom Nunn 34 29-10	W50 Pat Nicholls 8.7	Creed Haymond .
B Mead 46 154-4	9 Robert Sparks724kg27-5	W55 Katie McIntyre 8.7	Bud Hansen
C Wallin 48 142-7	10 Ken Withee 78 4kg 27-2	W65 Lillian Lake 8.7	8 M65 Brady Walker
September 2	Weight Throw 35#	W70 Sis Warnke 10.8	
Loff Shot Put	1 Jeff Rettig 22 53-10	100m	Glen Allred
Carl Wallin 48 49-2	3 C Wallin 49 44-11	M50 L Beck 12.9	M70 Manuel White
Cliff Blair 60 42-73	Weight Throw 25#	D Orton 13.0	9 Vic Jones
Bob Harvey 47 40-93	I C Blair 61 49-8	D Rowe 13.2	
16# llammer C Wallin 48 146-4		M55 G Hogge 13.8 K Farnsworth 16.4	9 M75 Virg McIntyre
C Blair 60 138-5 (single-age AR)		M60 A Anderson 13.2 T A Hansen 13.3	4 W55 Betty Vickers
Bob Harvey 47 . 110-2 8# Shot Put	V	K Goetzel 13.9 M65 G Kelley 15.0	3 Annie Barker
Roberta Blair 41 20-9 Bonnie Wallin 46 20-7		M70 D Bulkley 14.9 T Bishop 17.1	8
Sue Harvey 47 19-2 <u>2K Discus</u> Bob Harvey 47 120-10	SOUTHEAST	B lleath 20.4 M75 V McIntyre 16.4	8 M50 L Beck
Carl Wallin 48 118-2	Georgia State Games	M Blake 16.6	6 B Bush
25# Weight	Atlanta; July 22-24	C Trahan - 16.9	
Cliff Blair 60 57-6 September 9	100m	W50 P Nicholls 17.0 W55 K McIntyre 16.4	2 D Frehner
16# Shot Put Carl Wallin 48 49-3	M30 Michael Gordon 11.36 M35 Stephen Foster 11.50 M40 Marian McCoy 11.48 M45 Manse Cooper 12.35	B Vickers 19.2 L Christensen 22.3	M60 T Hansen
Bob Mcad 46 46-11 12# Shot Put	M50 Sammie White 12.56	W60 J Doucet 17.3 V Earl 23.9	0 G Twitchell
C Wallin 48 56-8	M55 James Hoover 13.98 M60 Tom Bartenfeld 20.47 M65 Chas Gozonsky 17.06	W65 L Lake 17.4 J Sullivan 18.6	G Allred
Bob Mead 46 155-9 Carl Wallin 48 151-8	M65 Chas Gozonsky 17.06 W30 Allison Stefanov 15.45 W35 Donnis Drumgole 13.27	A Barker 19.4 W70 E Lercher 19.5 S Warnke 22.5	8 M70 V Jones T Bisbon
2K Discus Bob Mead 46 133-7	W40 Phil Raschker 13.12 200m	S Warnke 22.5 <u>200m</u> M50 L Beck 26.6	B Price
C Wallin 48 118-2	M30 Ellis Liddell 22.76	D Seeley 27.6	9 W Pells
September 15	M35 S Foster 23.52	D Rowe 28.0	
161 Shot Put	M40 M McCoy 24.12	M55 II Creson 26.8	4 W50 P Nicholls
Carl Wallin 48 50-0	M45 M Cooper 25.48	G McGinnis 27.7	
Carl Wallin 48 56-9	M50 Sammy White 27.70	J Demet 32.9	1 W65 J Sullivan
	M55 Herb Laws 29.11	M60 A Anderson 27.3	A Barker
Cliff Blair 60 48-10	M65 Chas Gozonsky 35.40	K Goetzel 28.8	1 W/O E Lercher
16# llammer	W30 Allison Steffenof 32.83	A Hansen 28.8	
Carl Wallin 48 148-11	W35 Donnis Drumgole 28.15	M65 R Huber 33.8	8 M50 C Klehm
2K Discus	W40 Phil Raschker 26.87	B Collings 37.8	
Carl Wallin 48 121-0	400m	M70 D Bulkley 31.2	7 D Horton
September 22	W35 Donnis Drumgole 65.20	T Bishop 35.3	
16# Shot Put	W45 Holly York 75.65	B Heath 45.7	5 G McGinnis
Carl Wallin 48 47-6	Short Hurdles	M75 M Blake 34.5	
Bob Harvey 48 40-6 16# Hammer	N30 Ellis Liddell 14.88 M35 Robbie Short 15.25 M40 Tom Gillard 15.41	V McIntyre 35.0 W55 K McIntyre 35.3	7 M60 W Goodwin
Carl Wallin 48 138-11 Bob Harvey 48 108-8	M45 Charlies Polhamus 22.51	J Doucet 36.1 W60 V Earl 42.6	8 J Glynn
2K Discus C Wallin 48 121-4	M55 Phil Mulkey 15.93 W40 Phil Raschker 12.18 High Jump	W65 L Lake 40.2 J Sullivan 45.4	G Dalzell
B Harvey 48 116-8	M30 Hal Fairbanks 4-8	M Waggoner 52.1	9 M70 M White
October 6	M35 Russ Baker 5-3	W70 E Lercher 46.7	
16# Shot Put	M45 Chas Polhamus 4-6	S Warnke 50.3	2 M/S W Brooks
Carl Wallin 49 49-4	M55 Phil Mulkey 4-6	W75 I Granstrom 53.6	
Bob Harvey 48 41-10	M60 Tom Bartenfeld 4-0	400m	
12# Shot Put	W40 Phil Raschker 4-8	M50 Dean Lundell 56.6	
Carl Wallin 49 55-9	Pole Vault	M55 Harold Creson 61.5	9 W65 A Barker
Bob Harvey 48 48-10	M45 Charles Polhamus 13-6	Lowell Wilson 65.9	
16# Hammer	W40 Phil Raschker 8-0	Jim Demet 79.6	5 Discus
C Wallin 49 145-4	Long Jump	M60 Andy Anderson 64.4	
Bob Harvey 48 111-3	M30 Wm Vickory 16-2	Ken Goetzel 67.0	2 C Klehm
2K Discus	M35 Cliff Hudson 19-0	Marvin Woodbury 69.8	
Bob Harvey 48 122-4	M4U Tom Brewer 18-1	M70 D Bulkley 69.8	1 M55 L Marsh
C Wallin 49 116-7	M50 Harvey Jones 14-0	M75 F Herrelko Sr 1:46.2	
October 21	M60 Tom Bartenfeld 11-11	WSS Mary Czarapata 84.4	3 S Downing
16# Shot Put	W40 Phil Ruschker 16-2	Joan Coucet 85.7	
Carl Wallin 49 49-9 (single-age AR)	Triple Jump M30 Wm Vickory 34-9	W60 Velma Earl - 1:44.2 W70 Sis Warnke 2:11.3 W75 Lvv Grantson 2:02 2	8 C Sarver
121 Shot Put	M35 Glen Turner 43-5	W75 Ivy Granstrom 2:02.2	G Dalzell
Carl Wallin 49 58-3	M60 Tom Bartenfeld 25-6	800m	M Logan
(single-age WR)	Shot Put	M50 D Lundell 2:14.14	M/U K Hall
	M30 Beasley Hendrix 30-11	C Christensen 2:40.74	R Jones
September 29 Weight Pentathlon (Sp/ur/ur/ur/ur)	M35 Russ Baker 40-9 M40 Greg Hardwick 31-5	M55 J Russell 2:36.59 G Freeman 2:39.02	M75 C Trahan R Bowyer
(SP/HT/DT/JT/WF)	M50 Harvey Jones 25-4	G Snell 2:49.31	W Brooks
Scores Age-Factored	M60 Tom Bartenfeld 28-11	M60 R Carlson 2:41.28	W65 E Dalzell
1 Cliff Blair 60 4292	W30 Patty Deye 20-5	M Woodbury 2:48.77	A Barker
(16.05/52.67/43.66/30.90/	W40 Phil Raschker 21-1	R Smart 2:50.31	
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2 00 27	Javelin	通知法
3:00.27 3:11.59	M50 L Beck	106-11
3:05.21	B Bush R O'Neil	92-8 84-7
3:15.11 4:09.19	M55 L Marsh	110-0
3:34.90	C Coutts H Creson	103-3 103-2
2:58.08 3:03.84	M60 L Marcusen	101-8
4:20.20	T Hansen	97-5 70-2
3:45.29 4:31.39	R Carlson M65 B Walker	106-10
4:51.59	G Dalzell	82-8
5:06.81	G Allred	59-10
6:01.87	M70 M White V Jones	123-0 64-3
5:22.34 5:32.51	M75 W Brooks	57-4
5:39.77	W50 Pat Nicholls W55 B Vickers	64-9 59-7
5:37.24 5:59.56	W60 E Dalzell	41-11
6:14.55	W65 J Sullivan 1500mRW	33-9
6:04.59	M50 M Kinnel	nta
6:40.87 6:24.45	M55 Wm Kinvel Jr	8:30.54
6:46.69	George Snell Ken Rybus	8:46.18 9:00.84
8:26.50 6:18.85	M6O Ralph Kempcke James Wray	9:14.78
6:36.74	Rune Wallin	9:32.05
8:19.97 7:40.76	M65 Mel Grantham	8:39.64
9:51.29	Don Gotner	9:03.81
9:20.20	Mike Logan M70 Tom Bishop	10:58.36 9:03.16
Constant and	M75 Madeleo Blake	10:13.01
5-5 4-11	F Herrelko Sr W55 Clara Snell	10:56.36 10:36.58
4-4	W60 Norma Huber	nta
5-0 4-10	Dorothy Ward • Norma Houston	10:02.00 10:46.94
4-5	W65 Jean Cotner	10:42.64
a 4-1 IJr 4-0	llelen Vito Marj Waggoner	10:50.74 11:26.06
3-7	W70 Mildred Smith	11:31.06
4-6	W75 lvy Granstrom	13:22.31
4-2		WERE A MONTON
4-0 3-11	INTERNATIO	ONAL
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er 3-4	SP/DT/JT/HT/WT Ist line-actual mark	and had
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de tente for	1 Einar Roberg 62 12.04/43.48/43.34/47 14.44/45.18/66.57/58 2 Per Stavem 64 13 16/43 26/37 20/38	4177
15- 1 14-7 3/4	14.44/45.18/66.57/58	.55/16.60
14-14	2 Per Stavem 64 13.16/43.24/37.30/38	4157
16-0	16.40/46.83/60.35/49	.41/17.36
15-4 15-3	3 Erling Svennevik	71 4132
15-4 15-3 14-10 1 14-7 <u>1</u>	3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49	71 4132
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15-4 15-3 14-10‡ 14-7 14-6 12-5 12-4 12-4	3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37	71 4132 .86/10.92 .90/15.35 72 4281 .30/11 20
15-4 15-3 14-10± 14-7± 14-6 12-5± 12-4± 11-1±	3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051
15-4 15-3 14-101 14-71 14-6 12-51 12-51 12-41 11-11 10-71 10-6	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19.	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 52/6.86
15-4 15-3 14-101 14-71 14-6 12-51 12-41 11-11 10-71 10-6 8-7	3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 52/6.86 .26/11.08
15-4 15-3 14-10‡ 14-7 14-6 12-5 12-4 11-1 10-6 8-7 9-11 9-5	3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/86 .26/11.08 7 2695 80/6.34
15-4 15-3 14-101 14-71 14-6 12-51 12-41 11-1 10-7 10-6 8-7 9-11 9-5 5-4	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/86 .26/11.08 7 2695 80/6.34
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15-4 15-3 14-10‡ 14-7 14-7 14-6 12-5 12-4 11-1 10-7 10-6 8-7 9-11 9-5 5-4 10-5 9-7 10-4 2 9-7 10-4 2	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .52/6.86 .26/11.08 7 2695 80/6.34 .41/10.55
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15-4 15-3 14-101 14-71 14-6 12-51 12-41 11-11 10-71 10-6 8-7 9-111 9-5 5-4 10-51 9-71 10-41 8-8 3/4	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/11.08 7 2695 80/6.34 .41/10.55 onal aships laysia
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$\begin{array}{c} 15-4\\ 15-3\\ 14-10t\\ 14-7t\\ 14-6\\ 12-5t\\ 12-4t\\ 11-1\\ 10-7t\\ 10-6\\ 8-7\\ 9-11t\\ 9-5\\ 5-4\\ 10-5t\\ 9-7t\\ 10-4t\\ 8-8\\ 3/4\\ 8-6t\\ 37-t\\ 34-11t\\ 34-11t\\ \end{array}$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40	71 4132 .86/10.92 .90/15.35 .72 4281 .30/11.20 .35/16.17 .76 3051 .26/11.08 .7 2695 80/6.34 .41/10.55 onal nships laysia 1
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$\begin{array}{c} 15-4\\ 15-3\\ 14-10t\\ 14-7t\\ 14-6\\ 12-5t\\ 12-4t\\ 11-1\\ 10-7t\\ 10-6\\ 8-7\\ 9-11t\\ 9-5\\ 5-4\\ 10-5t\\ 9-7t\\ 10-4t\\ 8-8\\ 3/4\\ 8-6t\\ 37-t\\ 34-11t\\ 31-1t\\ 35-6\\ 35-1\end{array}$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m <u>M40</u> Kozabu Kaihara JPN Yoki Asano JPN M45	71 4132 .86/10.92 .90/15.35 .90/15.35 .72 4281 .30/11.20 .35/16.17 .76 3051 .52/6.86 .26/11.08 .7 2695 80/6.34 .41/10.55
15-4 15-3 14-10‡ 14-7 14-6 12-5 12-4 11-1 10-7 10-6 8-7 9-11 9-5 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 10-4 10-4 10-4 10-4 10-4 10-5 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 10-4 10-7 10-6 8-7 9-7 11 9-5 10-6 8-7 9-7 11 9-5 10-6 8-7 9-7 11 9-5 10-6 8-7 9-7 11 9-5 10-4 10-7 10-6 8-7 9-7 10-6 8-7 9-7 10-4 10-7 10-6 8-7 9-7 11 9-5 10-7 10-6 8-7 9-7 10-6 8-7 9-7 10-6 8-7 9-7 10-6 8-7 9-7 10-7 10-7 10-7 10-7 10-7 10-7 10-7 10	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 0.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 52/6.86 .26/11.08 7 2695 80/6.34 .41/10.55 onal nships laysia 1
$\begin{array}{c} 15-4\\ 15-3\\ 14-10t\\ 14-7t\\ 14-6\\ 12-5t\\ 12-4t\\ 11-1\\ 10-7t\\ 10-6\\ 8-7\\ 9-11t\\ 9-5\\ 5-4\\ 10-5t\\ 9-7t\\ 10-4t\\ 8-8\\ 3/4\\ 8-6t\\ 3-7t\\ 34-11t\\ 31-1t\\ 35-6\\ 35-1\\ 34-5\\ 34-3t\\ 32-8t\\ \end{array}$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN M45 K Shiomitsu JPN B Ramaratina TIIA M50	71 4132 .86/10.92 .90/15.35 .90/15.35 .72 4281 .30/11.20 .35/16.17 .76 3051 .52/6.86 .26/11.08 .7 2695 80/6.34 .41/10.55
15-4 15-3 14-10‡ 14-7 14-6 12-5 12-4 11-1 10-7 10-6 8-7 9-11 9-5 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 8-8 9-7 10-4 10-4 10-4 10-4 10-4 10-4 10-5 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 9-7 10-6 8-7 9-7 11 9-5 10-4 10-7 10-6 8-7 9-7 11 9-5 10-6 8-7 9-7 11 9-5 10-6 8-7 9-7 11 9-5 10-6 8-7 9-7 11 9-5 10-4 10-7 10-6 8-7 9-7 10-6 8-7 9-7 10-4 10-7 10-6 8-7 9-7 11 9-5 10-7 10-6 8-7 9-7 10-6 8-7 9-7 10-6 8-7 9-7 10-6 8-7 9-7 10-7 10-7 10-7 10-7 10-7 10-7 10-7 10	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 0.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 2.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN B Ramaratina TIIA M50 R Takakuma JPN	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 52/6.86 .26/11.08 7 2695 80/6.34 .41/10.55 onal nships laysia 1 11.5 11.8 12.3 12.3
15-4 15-3 14-10‡ 14-7 14-6 12-5 12-4 11-1 10-7 10-6 8-7 9-11 9-5 5-4 10-5 9-7 10-4 8-8 3/4 8-8 3/4 8-8 3/4 8-6 35-1 34-5 34-5 34-5 34-5 31-2 35-1 1 31-5 5	-3 Erling Svennevik 11.93/39.80/31.76/37 15.99/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN B Ramarattna TIIA M50 R Takakuma JPN K Balakrishnan IND M55	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .52/6.86 .26/11.08 7 2695 80/6.34 .41/10.55 onal nships laysia 1 1 .1.5 .11.8 .12.3 .12.3 .12.27 .12.85
$\begin{array}{c} 15-4\\ 15-3\\ 14-10t\\ 14-7t\\ 14-6\\ 12-5t\\ 12-4t\\ 11-1\\ 10-7t\\ 10-6\\ 8-7\\ 9-11t\\ 9-5\\ 5-4\\ 10-5t\\ 9-7t\\ 10-4t\\ 8-8\\ 3/4\\ 8-6t\\ 35-1\\ 34-11t\\ 31-1t\\ 35-6\\ 35-1\\ 34-5\\ 34-5\\ 34-2t\\ 31-2\\ 35-1t\\ 33-5t\\ 30-11\\ 3/4 \end{array}$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 1 1 2 1 1 2 1 2 1 1 2 1 2 1 2 1 2 1 2 1 1 3 2 3 3 13.18/35.18/63.85/29 3 2 3 3 5 3 5 3 4 3 3 3 3 3 4 4 5 5 4	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 .76 3051 .52/6.86 .26/11.08 7 2695 .26/11.08 7 2695 .26/34 .41/10.55
$\begin{array}{c} 15-4\\ 15-3\\ 14-10t\\ 14-7t\\ 14-6\\ 12-5t\\ 12-4t\\ 11-1\\ 10-7t\\ 10-6\\ 8-7\\ 9-11t\\ 9-5\\ 5-4\\ 10-5t\\ 9-7t\\ 10-4t\\ 8-8\\ 3/4\\ 8-6t\\ 8-6t\\ 37-t\\ 34-11t\\ 31-1t\\ 35-6\\ 35-1\\ 34-5\\ 34-3t\\ 32-8t\\ 31-2\\ 35-1t\\ 33-5t\\ 30-11\\ 3/4\\ 37-4\\ 3/4\\ 25-10\\ 0\end{array}$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3 Carsten Merling 7 4 Carsten Merling 7 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN B Ramarattna TINA M50 R Takakuma JPN K Ralakrishnan IND M55 Suhanto Raheman IND M55 Suhanto Raheman IND M50 N Nalladevan SRI M60	71 4132 .86/10.92 .80/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .52/6.86 .26/11.08 7 2695 80/6.34 .41/10.55 onal nships laysia 1 1 11.5 11.8 12.3 12.3 12.27 12.85 12.81 13.52
15-4 15-3 14-10t 14-74 14-6 12-5t 12-4t 10-71 10-6 8-7 9-11t 9-5 5-4 10-5t 9-75 10-4t 8-8 3/4 8-63 37-t 34-11t 35-6 35-1 34-5 34-3t 32-8t 31-2 35-1t 33-5t 30-11 3/4 37-4 3/4 25-10 29-8t 12-3t 13-4 12-5t 12-4t 10-71 10-6 12-5t 12-4t 10-71 10-6 10-71 10-6 10-75 10-6 10-75 10-4t 10-75 10-4t 10-4t 10-75 10-75 10-4t 10-75	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN B Ramarattna TIIA M50 R Takakuma JPN K Balakrishnan IND M55 Suhanto Raheman INO M Nalladevan SRI M60 Akio Ishiguro JPN	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/11.08 7 2695 B0/6.34 .41/10.55
$\begin{array}{c} 15-4 \\ 15-3 \\ 14-101 \\ 14-71 \\ 14-6 \\ 12-51 \\ 12-41 \\ 10-71 \\ 10-6 \\ 8-7 \\ 9-111 \\ 9-5 \\ 5-4 \\ 10-51 \\ 9-71 \\ 10-41 \\ 8-8 \\ 3/4 \\ 8-61 \\ 8-61 \\ 10-41 \\ 8-61 \\ 10-41 \\ 8-61 \\ 10-41 \\ 8-61 \\ 10-41 \\ 10-41 \\ 8-61 \\ 10-41 \\ 10-$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN B Ramarattna THA M50 R Takakuma JPN K Ralakrishnan IND M55 Suhanto Raheman INO M Nalladevan SRI M60 Akto Tshiguro JPN Minoru Komazaki JPN	71 4132 .86/10.92 .80/11.20 .30/11.20 .30/11.20 .35/16.17 .76 3051 .52/6.86 .26/11.08 7 2695 .80/6.34 .41/10.55 onal nships laysia 1 .1.5 .1.8 .12.3 .12.3 .12.27 .2.85 .2.81 .3.52 .2.90 .3.59
$\begin{array}{c} 15-4\\ 15-3\\ 14-101\\ 14-74\\ 14-6\\ 12-51\\ 12-41\\ 11-13\\ 10-71\\ 10-6\\ 8-7\\ 9-111\\ 9-5\\ 5-4\\ 10-51\\ 9-71\\ 10-41\\ 8-8\\ 37-1\\ 34-111\\ 31-12\\ 35-6\\ 35-1\\ 34-5\\ 34-31\\ 32-81\\ 31-2\\ 35-11\\ 33-51\\ 34-51\\ 34-51\\ 34-51\\ 33-51\\ 34-51\\ 34-51\\ 31-2\\ 35-11\\ 31-2\\ 35-12\\ 35-12\\ 31-2\\ 32-12\\ 31-2\\ 32-12\\ 31-2\\ 32-12\\ 31-2\\ 31$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN B Ramarattna TIIA M50 R Takakuma JPN K Balakrishnan IND M55 Suhanto Raheman INO M Nalladevan SRI M60 Akio Tshiguro JPN Minoru Komazaki JPN M65 Ilideki Yamazaki JPN	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/11.08 7 2695 B0/6.34 .41/10.55 .26/11.08 1.2695 B0/6.34 .41/10.55 .26/11.08 1.2695 .26/11.08 1.2695 .26/11.08
$\begin{array}{c} 15-4 \\ 15-3 \\ 14-101 \\ 14-71 \\ 14-6 \\ 12-51 \\ 12-41 \\ 10-71 \\ 10-6 \\ 8-7 \\ 9-111 \\ 9-5 \\ 5-4 \\ 10-51 \\ 9-71 \\ 10-41 \\ 8-8 \\ 3/4 \\ 8-61 \\ 8-61 \\ 10-41 \\ 8-61 \\ 10-41 \\ 8-61 \\ 10-41 \\ 8-61 \\ 10-41 \\ 10-41 \\ 8-61 \\ 10-41 \\ 10-$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 9.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regi Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Shiomitsu JPN B Ramarattna TIIA M50 R Takakuma JPN K Ralakrishnan IND M55 Suhanto Raheman INO N Nalladevan SRI M60 Akio Ishiguro JPN Minoru Komazaki JPN Hisaki Tamato JPN Hisaki Tamato JPN	71 4132 .86/10.92 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/11.08 7 2695 .80/6.34 .41/10.55 onal nships laysia 1 1.5 11.8 12.3 12.27 12.85 12.81 13.52 13.34 13.73
$\begin{array}{c} 15-4\\ 15-3\\ 14-101\\ 14-74\\ 14-6\\ 12-51\\ 12-42\\ 11-12\\ 10-6\\ 8-7\\ 9-112\\ 9-5\\ 5-4\\ 10-52\\ 9-72\\ 10-42\\ 8-8\\ 3/4\\ 8-62\\ 10-52\\ 9-72\\ 10-42\\ 8-8\\ 3/4\\ 8-62\\ 10-52\\ 9-72\\ 10-42\\ 8-8\\ 3/4\\ 8-62\\ 10-52\\ 9-72\\ 10-42\\ 8-8\\ 3/4\\ 8-62\\ 10-52\\ 10-22\\ $	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 1 2 1 2 1 2 1 2 1 1 1 2 1 2 1 2 1 2 3 1 1 1 2 3 1 1 1 1 2 1 2 3 2 3 4 3 1 1 1 1 1 1 1 1 1	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .52/6.86 .26/11.08 7 2695 80/6.34 .41/10.55 onal nships laysia 1 1 .1.5 .11.8 .12.3 .12.3 .12.3 .12.3 .12.85 .12.81 .13.52 .12.90 .13.59 .13.34 .13.73 .14.69
15-4 15-3 14-104 14-74 14-6 12-51 12-44 11-11 10-71 10-6 8-7 9-111 9-5 5-4 10-51 9-75 10-44 8-8 3/4 8-63 37-4 34-114 31-14 35-6 35-1 34-5 34-31 32-84 31-2 35-14 33-55 33-51 33-55 34-31 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-55 34-31 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-55 34-31 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 31-2 35-14 33-54 32-84 32-84 32-84 32-84 32-84 32-84 32-84 32-84 32-94 32-94 32-94 32-11 33-54 32-94 32-11 33-54 32-11 33-54 32-11 33-54 32-11 33-54 32-11 33-54 32-11 33-54 32-10 125-7 122-5	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 7 16.28/54.10/63.98/50 2 7 13.18/35.18/63.85/29 3 2 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 7 13.18/35.18/63.85/29 3 2 3 2.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regit Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara November 9-1 100m M40 Kozabu Kaihara YPN November 9-1 100m M45 K Shoimitsu JPN	71 4132 .86/10.92 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/11.08 7 2695 .80/6.34 .41/10.55 onal nships laysia 1 1.5 11.8 12.3 12.27 12.85 12.81 13.52 12.90 13.59 13.34 13.73 14.69 14.84
15-4 15-3 14-104 14-74 14-6 12-51 12-45 12-45 12-45 10-6 8-7 9-115 9-75 5-4 10-55 9-75 10-45 8-8 37-4 34-115 35-6 35-1 34-5 34-5 34-5 35-1 35-5 30-11 3/4 25-10 29-8 17-11 3/4 22-102 18-7 17-11 3/4 22-102 18-7 17-11 3/4 22-102 18-7 17-11 3/4 22-102 18-7 17-5 10-45 18-7 17-11 3/4 22-102 18-7 17-11 3/4 22-102 18-7 122-5 104-5 104-5 105-7 122-5 104-5 104-5 104-5 104-5 105-7 122-5 104-5 104-5 105-7 122-5 104-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 122-5 104-5 105-7 105-	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 7 16.28/54.10/63.98/50 2 7 13.18/35.18/63.85/29 3 2 3 2 3 2 3 2 3 4 12.52/38.71/36.51/27 WAVA Asian Regive Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K K November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K Suhanto Raheman INO M55 Suhanto Raheman INO M Nalladevan SRI M60 Akto Tshiguro JPN Minoru Komazaki JPN M65 Ilideki Yamazaki JPN M65 Ilideki Yanazaki JPN M80	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/11.08 7 2695 B0/6.34 .41/10.55 .26/11.08 1.2695 B0/6.34 .41/10.55 .26/11.08 1.2695 .26/11.08 1.2695 .26/11.08 1.2695 .26/11.08 .26
15-4 15-3 14-10‡ 14-7 14-6 12-5 12-4 11-1 10-7 10-6 8-7 9-11 9-5 5-4 10-5 9-7 10-4 8-8 37-‡ 3-5 10-4 8-8 37-‡ 3-5 10-4 8-8 37-‡ 34-11 34-11 35-6 35-1 34-5 34-3 1 32-8 1 33-5 34-5 34-3 1 33-5 1 33-1 33-	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 7 16.28/54.10/63.98/50 2 7 13.18/35.18/63.85/29 3 2 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 7 13.18/35.18/63.85/29 3 2 3 2.52/15.36/17.1 12.52/38.71/36.51/27 2 9.3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 2 2 4 2 4 12.52/38.71/36.51/27 2 3 4 4 5 100m M40 Kozabu Kaihara JPN<	71 4132 .86/10.92 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/6.84 .26/11.08 7 2695 .80/6.34 .41/10.55 onal nships laysia 1 11.5 11.8 12.3 12.27 12.85 12.81 13.59 13.59 13.34 13.73 14.69 14.84 17.5 17.8
$\begin{array}{c} 15-4\\ 15-3\\ 14-101\\ 14-71\\ 14-6\\ 12-51\\ 12-41\\ 11-1\\ 10-71\\ 10-6\\ 8-7\\ 9-111\\ 9-5\\ 5-4\\ 10-51\\ 9-71\\ 10-42\\ 8-8\\ 3/4\\ 8-61\\ 8-61\\ 8-8\\ 3/4\\ 8-61\\ 8-61\\ 8-61\\ 8-1\\ 35-6\\ 35-1\\ 34-31\\ 32-81\\ 31-2\\ 35-6\\ 35-1\\ 34-5\\ 34-5\\ 34$	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 7 13.18/35.18/63.85/29 3 2 3 2.33.90/25.72/19.13.18/35.18/63.85/29 3 2 3 2.39/25.52/15.36/17.1 2.52/55.52/15.36/17.1 2.52/55.52/15.36/17.1 2.52/38.71/36.51/27 WAVA Asian Regive Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Kozabu Kaihara JPN M45 K Shiomitsu JPN B Ramarattna TIIA M55 Suhanto Raheman IND M55 Suhanto Raheman IND M55 Suhanto Raheman JND <	71 4132 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .52/6.86 .26/11.08 7 2695 80/6.34 .41/10.55 onal nships laysia 1 1.5 11.8 12.3 12.27 12.85 12.81 13.52 12.90 13.54 13.73 14.69 14.84 17.5 17.8 18.9
15-4 15-3 14-104 14-74 14-6 12-51 12-44 11-11 10-71 10-6 8-7 9-111 9-5 5-4 10-51 9-71 10-44 8-8 37-4 34-114 31-14 31-2 35-15 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 10-24 8-8 17-2 35-15 31-2 35-15 31-2 32-84 8-7 17-11 37-4 37-4 37-4 37-4 37-4 37-4 37-4 37-4 37-5 10-6 8-7 17-11 37-4 17-11 37-4 17-11 37-4 17-11 37-4 17-11 37-4 17-11 37-4 17-11 17-4 8-7 17-11 37-4 17-11 17-11 17-4 8-7 17-11 17-11 17-4 8-7 17-11 17-11 17-4 8-7 17-11 17-4 8-7 17-11 17-4 8-7 17-11 17-4 17-4 17-4 17-4 17-4 17-4 17-4 17-11 17-4 17-11 17-4 17-5 116-6 85-4 8-5 8-5 8-5 8-5 8-5 8-5 8-5 8-5	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 Erling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 Torgeir Brandvold 0.33/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regiver Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara JPN Yoki Asano JPN M45 K K Shiomitsu JPN B Ramarattna TIIA M50 R Takakuma JPN K Balakrishnan IND M55 Suhanto Raheman INO M Nalladevan SRI M60 Akio Tshiguro JPN Mioru Komazaki JPN Mioru Komazaki JPN Misaki Tamato JPN M65 Ilideki Yamazaki JPN Misaki Tamato JPN M70 Gentaro Watanabe JPN Takeshi Yabe JPN M80 Iko Yen-chin TAI Kunio Ilosokawa JPN M854 Masami Okazaki JPN Narayana Moorthy IND W35	71 4132 .86/10.92 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/86 .26/11.08 7 2695 .26/634 .41/10.55 onal nships laysia 1 11.5 11.8 12.3 12.27 12.85 12.81 13.52 12.90 13.59 13.34 13.73 14.69 14.84 17.5 17.8 18.9 20.4
15-4 15-3 14-104 14-74 14-6 12-51 12-44 11-13 10-73 10-6 8-7 9-113 9-5 5-4 10-55 9-73 10-44 8-8 3/4 8-8 3/4 8-63 37-4 34-114 31-14 35-6 35-1 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 35-1 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 34-5 35-1 34-5 35-7 122-5 104-5 116-6 85-4 85-4 122-9 121-1 112-9	 3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 October 13 Frling Svennevik 12.19/41.24/31.44/37 16.28/54.10/63.98/50 Torgeir Brandvold 9.37/23.90/25.72/19. 13.18/35.18/63.85/29 3 Carsten Merling 7 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regiver the second secon	71 4132 .86/10.92 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .26/11.08 7 2695 80/6.34 .41/10.55 onal nships laysia 1 1.5 11.8 12.3 12.27 12.85 12.81 13.52 12.90 13.54 13.59 13.34 13.73 14.69 14.84 17.5 17.8 18.9 20.4 13.1
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15-4 15-3 14-10‡ 14-7 14-6 12-5 12-4 10-7 10-6 8-7 9-11 9-5 5-4 10-5 9-7 10-4 8-8 37-‡ 34-11 35-6 35-1 34-5 34-3 12-5 35-1 34-5 34-7 34	-3 Erling Svennevik 11.93/39.80/31.76/37 15.59/50.86/62.73/49 -October 13 1 1 12.19/41.24/31.44/37 16.28/54.10/63.98/50 2 7 16.28/54.10/63.98/50 2 7 13.18/35.18/63.85/29 3 2 12.52/38.71/36.51/27 3.65/25.52/15.36/17.1 12.52/38.71/36.51/27 WAVA Asian Regive Veterans Champion Kuala Lumpur, Ma November 9-1 100m M40 Kozabu Kaihara K November 9-1 100m M40 Kozabu Kaihara Kozabu Kaihara JPN November 9-1 100m M45 K Shiomitsu JPN Yoki Asano JPN K Shiomitsu JPN	71 4132 .86/10.92 .86/10.92 .90/15.35 72 4281 .30/11.20 .35/16.17 76 3051 .52/6.86 .26/11.08 7 2695 .80/6.34 .41/10.55 onal nships laysia 1 1.5 11.8 12.3 12.27 12.85 12.81 13.59 13.34 13.73 14.69 14.84 17.5 17.8 18.9 20.4 13.1 13.5 13.4
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<u>M50</u>	1.50	M55
Kyoshi Tajima JPN Chang Ho-li TAI	1.60	Kehar Singh
<u>M60</u>	1.45	Akiyoshi Nakao MGO
Takeshi Oikawa JPN	1.45	Katsuyo Aso
M Kobajashi JPN M65	1.40	Phalguni Singh M65
Juji Tanaka JPN	1.25	Santokh Singh
Kameji Hasegawa JPN M70	1.20	M70 Norman Desouza
Takuro Miura JPN	1.35	and the second se
W35		M60 Akio Ishiguro
P Supanee THA J Shatty IND	1.40	Michio Kobayash
W40		M65
P Sashikala IND Linda Rachman INO	1.25	Hisaki Tamoto Juji Tanaka
W45	1.15	W35
M Saraswathy IND	1.10	Yueh Hsiang-lin Lee Shew Keng
W50 Miori Kuraysu JPN	1	W40
Miori Kuraysu JPN N Vijayalaksmi IND	1.25	Kala Sonni
<u>W55</u>		C Fujikawa W45
M Yamato JPN Titi Syarif INO	1.15	Rajapagse Nanda
W60		Jaya Chatterge
T Kukushima JPN Maruko Koja JPN	1.05	W50 Midori Kuratsu
Pole Vault	1.00	Leent je Sigar
M40		W55 Midori Yamamoto
Talil Mohamed IND	3.00	Daisy Victor
Mohamed Khan IND M45	2.70	W60
Yos Sanarkath THA	3.00	Haruko Haja A Matulessy
Hidekatsu Osada JPN M50	2.70	Shot Put
K Kawabata JPN	2.80	<u>M40</u>
Sunil Gosh IND	2.70	K Tanguchi Gopal Kidiyoor
M55 Koichi Ito JPN	2.50	M45
<u>M60</u>	1	G Marimuthu
Suco Kobayashi JPN Masaharu Tairo JPN	3.00 2.30	Abdul Abdullah M50
	2.30	Kenyu Fukuhara
Long Jump M4U		Takashi Kato M55
Y Imahashi JPN K Raguhunathan IND	6.50	Akiyoshi Nakao
M45	0.02	Tsukasa Toshida
P P Unnikrishnan IND	5.62	M60 Z Natsumoto
A Kushalappa 1Nd M50	5.56	H Shivapatrayya
Kiyoshi Tajima JPN	6.04	M65 Chin Leen Hsu
Tsun Li Chen TAI M55	5.83	Chi Chiu Kuo
Nitoshi Masuda JPN Mohamed Merican	4.94 4.89	M70 Aloysius Sibido
WS5	4.09	Takashi Yokota
Daisy Victor IND	6.78	M75 Kaza Tsu-Kahara
Marie Nanji IND W60	5.66	Yoshio Okazaki
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Chin Tsoa-hwang TAI Hilde Sunarat INO	7.51 7.32	<u>M80</u> Yukio Kawang Jagdish Singh
Chin Tsoa-hwang TAI Hilde Sunarat INO W65 Isuzu Tsuji JPN	7.51 7.32 8.68	<u>M80</u> Yukio Kawang Jagdish Singh <u>M85</u>
Chin Tsoa-hwang Hilde SunaratTAI INOW65 Isuzu TsujiJPN Rose LamcchIND	7.32	M80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua
Chin Tsoa-hwang TAI Hilde Sunarat INO W65 Isuzu Tsuji Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu TAI	7.32 8.68	H80 Yukio Kawang Jagdish Singh Mazami Okazaki Lio Clijua M95
Chin Tsoa-hwang TAI Hilde Sunarat INO W65 Isuzu Tsuji Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu Tai Chen TAI Yuch Mei TAI	7.32 8.68 5.48	H80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joginder Singh W35
Chin Tsoa-hwang TAI Hilde Sunarat INO W65 Isuzu Tsu ji Isuzu Tsu ji JPN Rose Lamcch IND W70 Tai Chen-hsiu TAI TAI Yuch Hei TAI W75 Yai	7.32 8.68 5.48 5.43 2.60	M80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joginder Singh W35 Nerinder Kaur
Chin Tsoa-hwang TAI Hilde Sunarat INO W65 INO Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu Tai Chen hsiu TAI Yuch Mei TAI W75 Kono Masayo JPN	7.32 8.68 5.48 5.43	H80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joginder Singh W35
Chin Tsoa-hwang Hilde Sunarat TAI INO W65 Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu TAI Yueh Mei TAI W75 Kono Masayo JPN Discus M50	7.32 8.68 5.48 5.43 2.60 6.80	M80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joginder Singh W35 Nerinder Kaur P Thulasi W40 Kiyomi Oiwa
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Chin Tsoa-hwang Hilde Sunarat TAI INO W65 Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu TAI Yueh Mei TAI Y05 Danapal Naidu Danaka Hajime JPN	7.32 8.68 5.48 5.43 2.60 6.80	M80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joginder Singh W35 Nerinder Kaur P Thulasi W40 Kiyomi Oiwa M Machamma W45 Tumi Sukandari
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Chin Tsoa-hwang Hilde Sunarat TAI Hilde Sunarat Hilde Sunarat INO W65 Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu TAI Tai Chen-hsiu TAI YO Tai Chen-hsiu TAI W70 TAI Tai Chen-hsiu TAI Yueh Mei TAI W75 Kono Masayo JPN Discus M50 Danapal Natdu Tanaka Hajime JPN M55 Akiyoshi Nakao JPN Ching Yung Tu M60 Vijay Malyea IND Phalguni Singh IND M65 Tien Ruei Wang TAI Chin Kien Ilsu	7,32 8,68 5,48 5,43 2,60 6,80 46,89 40,54 36,44 33,10 33,96 33,02	H80 Yukio Kawang Jagdish Singh H85 Mazami Okazaki Lio Chiua M95 Joyinder Singh W35 Nerinder Kaur P Thulasi W40 Kiyomi Oiwa M Machamma W45 Tumi Sukandari Ho Choon Thau W50 Jane Paripurana Maria Herman Javelin W35 R Thulasi
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Chin Tsoa-hwang Hilde Sunarat TAI Hilde Sunarat Hilde Sunarat INO W65 Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu TAI Yuch Mei TAI TAI Yuch Mei TAI W75 Kono Masayo JPN Discus M50 Danapal Naidu Danapal Naidu Tanaka Hajime JPN M55 Akiyoshi Nakao JPN M60 Yu g Tu TAI M60 Tien Ruci Wang TAI M65 Tien Ruci Wang TAI Aloysius Sibidol Takashi Yokota JPN M75 Keisaki Yama JPN W80 Yukio Kawano JPN	7.32 8.68 5.43 2.60 6.80 46.89 40.54 36.44 33.10 33.96 33.02 35.64 30.16 35.26 30.32 25.26 24.52 20.88	M80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joyinder Singh W35 Nerinder Kaur P Thulasi W40 Kiyomi Oiwa M Machanma W45 Tumi Sukandari Ho Choon Thau W50 Jane Paripurana Maria Herman Javelin W35 R Thulasi W40 Kiyomi Oiwa Ana Figueira W45 Tumi Sulandari S Sharada W50 Maria Herman
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Chin Tsoa-hwang Hilde Sunarat TAI Hilde Sunarat Hilde Sunarat INO W65 JPN Rose Lamech IND W70 Tai Chen-hsiu TAI Yuch Mei TAI Yuch Mei TAI W75 Kono Masayo JPN Discus M50 Danapal Naidu Danapal Naidu Tanaka Hajime JPN M55 Akiyoshi Nakao JPN M55 Tien Ruei Wang TAI M60 Yijay Malyea IND Phalguni Singh IND M65 Tien Ruei Wang TAI Chín Kien Ilsu TAI M70 Aloysius Sibidol Takashi Yokota JPN M75 Keisaki Yama JPN Yukio Kawano JPN M850 Okazaki Masami JPN M851 Okazaki Masami JPN Najoshi Nagata JPN	7.32 8.68 5.43 2.60 6.80 46.89 40.54 36.44 33.10 33.96 33.02 35.64 30.16 35.26 30.32 25.26 24.52 20.88 15.44 22.30	M80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joyinder Singh W35 Nerinder Kaur P Thulasi W40 Kiyomi Oiwa M Machanma W45 Tumi Sukandari Ho Choon Thau W50 Jane Paripurana Maria Herman Javelin W35 R Thulasi W40 Kiyomi Oiwa Ana Figueira W45 Tumi Sulandari S Sharada W50 Maria Herman E Susilawati W55 Daisy Victor
Chin Tsoa-hwang Hilde Sunarat TAI Hilde Sunarat Hilde Sunarat INO W65 Isuzu Tsuji JPN Rose Lamech IND W70 Tai Chen-hsiu TAI Tai Chen-hsiu TAI Y0 Tai Chen-hsiu TAI Y05 Kono Masayo JPN Discus M50 Danapal Naidu Tanaka Hajime JPN M50 Danapal Naidu TAI M60 Yung Tu TAI M60 Vijay Malyea IND M65 Tien Ruci Wang TAI Ching Yung Tu TAI TAI M60 Vijay Malyea IND M65 Tien Ruci Wang TAI Chin Kien Ilsu TAI TAI M70 Aloysius Sibidol Takashi Yokota JPN M75 Keisaki Yama JPN YN Yoshio Okazaki Magata JPN YN Yoshi Nagata JPN No Ching Xi Kasami JPN INO TAI Takashi Nagata JPN YN Yo	7.32 8.68 5.43 2.60 6.80 46.89 40.54 36.44 33.10 33.96 33.02 35.64 30.16 35.26 30.32 25.26 26.88 15.44 22.30 8.92	M80 Yukio Kawang Jagdish Singh M85 Mazami Okazaki Lio Chiua M95 Joginder Singh W35 Nerinder Kaur P Thulasi W40 Kiyomi Oiva M Machanma W45 Tumi Sukandari Ho Choon Thau W50 Jane Paripurana Maria Herman Javelin W35 R Thulasi W40 Kiyomi Oiwa Ana Figueira W40 Kiyomi Oiwa Ana Figueira W40 Kiyomi Oiwa Ana Figueira W45 Tumi Sulandari S Sharada W50 Maria Herman E Susilawati W55 Daisy Victor Mani Nanjr
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M60 Gregorio Souza M65 Benedito Paula		
M65 Benedito Paula	2. 22 80	1
	2:32.89 2:31.44	
M70 Alfredo Orsetti	3:43.34	
M75 Vicente Navi	4:21.39	1
W35 Leila Dinalopi	2:58.90	200
W40 Sueko Nakaharada		
W45 Vera Silva	2:45.50	10
W50 Emilia Fukuda	3:06.6	2
W55 Norma Martin	3:21.9	14
W60 Fudeko Shiki	3:40.4	12
W65 Maria Leite	3:45.4	
1500m M35 Carlos Roccia	4:24.5	
M40 Antonio da Silva		18
M45 Jose Rocha	4:40.0	
M50 Nelson Gomes	4:32.0	
M55 D de Souza	5:07.6	
M60 Pedro Nogueira	5:11.6	200
M65 B de Paula	5:25.6	-
	6:36.9	20
M75 A Fonseca	6:55.9	3
M80 Taketira Tanaka	8:46.8	10
W35 Judith Bruckener	5:39.28	191
W40 S Nakaharada	5:45.20	1
W45 Zelita Rafael	6:07.68	-92
W50 Emilia Fukuda	6:25.30	97
W55 Norma Martin	7:01.58	10.
W60 Fudeko Shiki 5000m	7:33.62	1
M35 J de Souza	16:09.9	1
N40 Hermes Canejo	17:02.2	4
M45 Jose Barros	16:06.0	1
M50 O Alvanrenga	16:41.8	14
M55 Messias de Paula	19:07.1	51
M60 Antonio Seabra	19:07.5	1
M65 Alfredo Castilho	22:01.6	11
M70 F Moutinho M75 Lidio Busoli	25:14.2	198
M/S Lidio Busoli	32:33.0	20
W35 Leila Dinalopi W40 Eliza Nikoluki	20:39.3 22:15.2	
W40 Eliza Nikoluki W45 Z Rafael	21:40.4	
WSO E Fukuda	23:45.0	1
W55Mitiko Nakatami	27:10.3	here
the second s		1
10,000m M40 Joao Ribeiro	34:54	657
M45 Jose Barros	34:55	510
M50 O Alvarenga	35:37	24
M55 Messia de Paiva	41:00	
M60 Antonio Seabra	40:21	1
M65 A Castilho	44:34	
M70 F Moutinho	52:43	in
M75 Lidio Busoli	65:41	224
Short Hurdles M35 Luiz Fabre	18.86	51
M45 Oscar P Jr	18.64	3
M50 Artur Palma	17.73	1
M55 T Nishida	18.22	1
M60 Helcio Corradina	e 19.88	
M65 Massaki Narita	20.05	1
W35 J Bruckener W40 Ilda Ito	20.70 20.9	1
W45 Shirley Batista	16.03	1
W55 Wanda Sakata W60 C Nazareth	15.49	1
W60 C Nazareth	18.74	2
Long Hurdles 50+ 30	67.3	2
M45 Oscar Pedro Jr M50 Paulo Araujo		9
nov rauto Araujo		1
M55 Ervino Rusch	50.4 55.7	のたいで
M55 Ervino Rusch	50.4 55.7 50.9	時にいた
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N55 Ervino Rusch N60 Joao Bidin N65 N Harada N70 Massao Ishida <u>3000m SC</u> N45 Julio Moutinho M50 Jose Martins	50.4 55.7 50.9 56.7 59.5 11:19.7 12:15.4	時にたたいのとも見
N55 Ervino Rusch M60 Joao Bidin M65 N Harada M70 Massao Ishida <u>3000m SC</u> N45 Julio Moutinho M50 Jose Martins M55 Carlos Correia	50.4 55.7 50.9 56.7 59.5 11:19.7	時に行んないともあた
HS5 Ervino Rusch H60 Joao Bidin H65 H Harada H70 Hassao Ishida <u>3000m SC</u> H45 Julio Houtinho H50 Jose Martins H55 Carlos Correia High Jump	50.4 55.7 50.9 56.7 59.5 11:19.7 12:15.4 13:41.0	時にたたいのことを見たい
HS5 Ervino Rusch H60 Joao Bidin H65 H Harada H70 Hassao Ishida <u>3000m SC</u> H45 Julio Houtinho H50 Jose Martins H55 Carlos Correia High Jump	50.4 55.7 50.9 56.7 59.5 11:19.7 12:15.4 13:41.0 1.50	時にたちにないというという
N55 Ervino Rusch N60 Joao Bidin M65 N Harada N70 Massao Ishida <u>3000m SC</u> N45 Julio Houtinho M50 Jose Martins N55 Carlos Correia <u>High Jump</u> N40 V Hatori M45 A Lemos	50.4 55.7 50.9 56.7 59.5 11:19.7 12:15.4 13:41.0 1.50 1.45	時にいたかいとないたいないの
HS5 Ervino Rusch HG0 Joao Bidin MG5 H Harada H70 Massao Ishida <u>3000m SC</u> H45 Julio Houtinho M50 Jose Martins HS5 Carlos Correia <u>High Jump</u> H40 V Hatori H45 A Lemos H50 A Palma	50.4 55.7 50.9 56.7 59.5 11:19.7 12:15.4 13:41.0 1.50 1.45 1.55	ないたちになるとないというという
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M40 Padua Neto	11.19
N45 S Soares	11.39
M50 J dos Reis	12.48
M55 M dos Santos	11.59
M60 Saul Zeger M65 T Motomura	9.02
	0.87
M70 Edu Machado	9.87
M75 S Sturlini	10.16
Discus	
M35 Paulo Scaglione	30.74
M40 Padua Neto	33.44
M45 S Silva	33.60
M50 J Afonso	41.02
M55 M dos Santos	37.90
M60 S Zeger	27.96
M65 T Motomura	34.40
M70 M Golodne	28.75
M75 SSturlini	30.51
M80 Carlos de Castro	
W35 Yoshiko Fabre	16.36
W40 T Nakajima	26.06
W45Shirley Batista	21.94
W50 C Muronaga	21.62
W55 S Yamaguchi	20.84
W60 Mafalda Soares	17.12
W65 D Catafesta	13.86
W70 Kazumi Hara	13.36
Hammer	
M40 Padua Neto	25.44
M45 V Bado	22.38
M50 J de Almeida	29.28
M65 P Passalik	32.69
M70 R Contieri	14.88
M75 S Sturlini	27.02
M80 Lucio de Castro W45 Marli Velardo	23.94
W45 Marli Velardo	18.62
W50 C Muronaga	19.02
W55 D Cabrera	16.30
W60 Yvone Lopes	13.40
W65 D Catafesta	12.28
W70 C Bizzotto	4.50
Javelin	
H35 Y Shimizu	34.34
M40 Francisco Leao	45.28
M50 T Goshima	40.16
M50 T Goshima	40.16
M50 T Goshima M60 Shigoru Yamamoto M65 Suehiko Mori	40.16 32.92 35.02
M50 T Goshima M60 Shigoru Yamamoto M65 Suehiko Hori M75 Tsuneo Okiyama	40.16 32.92 35.02 20.64
M50 T Goshima M60 Shigoru Yamamoto M65 Suehiko Mori M75 Tsuneo Okiyama M80Lucio de Castro	40.16 32.92 35.02 20.64 20.18
M50 T Goshima M60 Shigoru Yamamoto M65 Suehiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori	40.16 32.92 35.02 20.64 20.18 21.12
M50 T Goshima M60 Shigoru Yamasuoto M65 Suehiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima	40.16 32.92 35.02 20.64 20.18 21.12 29.74
M50 T Goshima M60 Shigoru Yamasuoto M65 Suehiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62
M50 T Goshima M60 Shigoru Yamamoto M65 Suehiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Meria Ramos W50 Minako Goshima	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50
M50 T Goshima M60 Shigoru Yamasuoto M65 Suchiko Hori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Goshima W55Dirce Cabrera	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52
M50 T Goshima M60 Shigotu Yamasuoto M65 Suehiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Coshima W55Dirce Cabrera W60 Maria Melo	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52 20.06
M50 T Goshima M60 Shigoru Yamasuoto M65 Suchiko Hori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Goshima W55Dirce Cabrera	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52 20.06 16.38
M50 T Goshima M60 Shigoru Yamasuoto M65 Suchiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Goshima W55D Minako Goshima W50 Maria Melo W60 Maria Melo W65 K Fujita W70Kazumi Hara	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52 20.06
M50 T Goshima M60 Shigoru Yamasuoto M65 Suchiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Goshima W50 Maria Helo W65 K Fujita W70Kazumi Hara 5000m RW M60 Walter Reino	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52 20.06 16.38
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M50 T Goshima M60 Shigoru Yamasuoto M65 Suchiko Hori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Goshima W50 Maria Helo W65 K Fujita W70Kazumi Hara S000m RW M60 Walter Reino N65 E Vanoch	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52 20.06 16.38 11.42 30:45
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M50 T Goshima M60 Shigoru Yamasuoto M65 Suchiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Goshima W50 Minako Goshima W50Dirce Cabrera W60 Maria Melo W65 K Fujita W70Kazumi Hara <u>5000m RW</u> M60 Walter Reino M65 E Vanoch M70 A Oraetti M70 A Oraetti M70 A Oraetti M75 A do Amaral M80 C dá Castro Men's Clubs (40+) C R Tiete ANASP Sao Paulo FC	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52 20.06 16.38 11.42 30:45 34:03 36:01 39:57 39:34 755 702
M50 T Goshima M60 Shigoru Yamasuoto M65 Suchiko Mori M75 Tsuneo Okiyama M80Lucio de Castro W35 E Ikamori W40 Tomoku Nakajima W45 Maria Ramos W50 Minako Goshima W50 Minako Goshima W50Dirce Cabrera W60 Maria Melo W65 K Fujita W70Kazumi Hara <u>5000m RW</u> M60 Walter Reino M65 E Vanoch M70 A Oraetti M70 A Oraetti M70 A Oraetti M75 A do Amaral M80 C dá Castro Men's Clubs (40+) C R Tiete ANASP Sao Paulo FC	40.16 32.92 35.02 20.64 20.18 21.12 29.74 23.62 23.50 18.52 20.06 16.38 11.42 30:45 34:03 36:01 39:57 39:34 755
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AUS 15.23	3. S. Foster NZL 26.20 4. A. Pollock AUS 26.60	3. P. Scholes W55
AUS 14.44 AUS 14.99	6. K. Daniels AUS 26.67 7. B. Hamilton AUS 28.85	1. I. Idema. 2. J. Hurdle
NZL 15.23	M55 1. H. Coogan AUS 25.84	3. L Fergus W60
NZL 15.07 NZL 16.38	2. R. Solomon AUS 26.73 3. D. Hilton NZL 26.74	1. S. Brashe 2. M. Petley
NZL 17.04	5. M. Clement AUS 28.03	3. A. Acott
NZL 15.05 NZL 16.26	M60 1. F. Copeman NZL 27.53	W65 1. P. Spiers.
NZL 16.55	2. L. Kent AUS 27.80 3. R. Hochreiter AUS 28.65	M35 1. T. Ryan
AUS 16.15 AUS 16.88	4. R. Aust AUS 30.68	2. K. Read 3. L. Daku
NZL 20.71	1. F. O'Connor AUS 27.84 2. T. Hishon AUS 28.04	M-10 1. I. Cousins
NZL 19.59	3. W. Bradley AUS 29.29 4. R. Hughes AUS 31.39	2. R. Chapm 3. G. Adam.
AUS 20.44	6. D. Blandy AUS 32.23 M70	M45 1. D. Sirl
ENG 48.40	1. S. Taylor	2. J. McDow 3. N. MacDo
AUS 11.77 AUS 12.12	M75	M50
NZL 12.31	1. B. Kaiser NZL 31.89 2. V. Turner AUS 32.86	1. A. Pollock 2. M. Fraser
NZL 12.02	3. A. Smith AUS 35.74 M80	3. R. MacGreg 4. M. Hall
NZL 12.49 NZL 12.57	1. H. Gathercole., AUS 33.64 400 METRES	6. J. Waste M55
AUS 12.65	W30 1. S. Parkinson. NZL 1.04.31	1. D. Hilton, 2. W. Bailie
AUS 11.77 AUS 12.20	W35 1. W. Brown NZL 1.00.47	3. P. Kars 4. M. McAw
AUS 12.59 AUS 13.59	2. K. Adams AUS 1.02.29 3. R. Coffey AUS 1.06.86	6. A. McEne 9. I. Brittain
		- J. I. Drittain

onal Masters New	'S
40	M60
C. Turner NZL 1.02.02 A. Hathaway. NZL 1.03.57 M. August NZL 1.07.58	1. C. Cooper AUS 2.27.69 2. F. Riceman NZL 2.32.01 3. W. Opperman . NZL 2.45.41
M. Allison, AUS 1.03.03 D. Pedrick, AUS 1.05.89 C. Waring, NZL 1.06.66	M65 1. F. Evans NZL 2.25.72 2. R. Hughes AUS 2.28.15 3. G. McKeown. AUS 2.28.66
. S. Westbruoke AUS 1, 16, 18 V50 . J. Chandler NZL 1, 09, 63 . B. Windeatt NZL 1, 10, 44	M70 1. J. Stevens AUS 2.54.75 2. A. Clements NZL 3.09.98 M75
. J. Williams NZL 1, 15, 10 V55 . C. Brunker NZL 1, 18, 44 . I. Fergusson NZL 1, 24, 75	1. A. Smith AUS 3. 19.72 2. F. Cox NZL 3.22.14 M80
P. McKenzie . NZL 1.39.53 V60 . A. Cooper AUS 1.11.43	1. J. Brown AUS 4.00.95 1500 METRES W30
M. Petley NZL 1, 17.56 S. Brasher AUS 1, 19.77 V75 . A. Sole NZL 1, 46, 17	1. M. Ross NZL 5.00.13 W35 1. C. Munro NZL 5.00.33
135 . V. Ramondetta. AUS 51.41 . T. Ryan AUS 54.76 . K. Read NZL 56.57	 S. Hoffman NZL 5.04.97 E. Helliwell AUS 5.06.46 R. Coffey AUS 5.46.07 K. Sandlant AUS 5.48.23
M40 I. G. Simpson NZL 54.32 2. K. HuttonNZL 54.74	W40 1. P. Graham NZL 4.56.16 2. J. Stewart NZL 5.06.52
3. J. Parsons NZL 55.20 M45	3. S. Waru NZL 5.08.06 8. J. Jerram AUS 7.33.16 W-15 1. M. Orman NZL 5.20.75
4. G. Clemens NZL 54.86 M50 I. B. McPhail NZL 55.95 2. M. Fraser NZL 56.02	2. L. Donaldson, NZL 5.31.36 3. R. MacLoughlin, NZL 5.33.61 5. M. Burroughs, AUS 5.38.51 6. E. Mercer, AUS 5.39.46
A. Polock AUS 57.23 I. M. Hall AUS 57.30 7. J. Bennett AUS 1.09.42	8. A. Lang AUS 5.47.19 9. C. Waterman . AUS 5.49.62
M55 I. H. Coogan AUS 58.43 2. Des Hilton NZL 59.15 3. R. Solomon AUS 1.01.03	W50 1. J. Chandler NZL 5.55.33 2. D. Rogers NZL 6.00.00 3. O. Shanks NZL 6.16.15
5. M. McAvoy AUS 1.04.98 M60 I. C. Cooper AUS 1.02.97 2. L. Kent AUS 1.03.72	W55 1. J. Miles NZL 5.53.54 2. I. Idema kNZL 6.07.31 3. B. Bray NZL 6.29.61
3. F. Riceman NZL 1.04.51 4. R. Aust AUS 1.06.15 M65	W60 1. P. Fletcher, NZL 5.58.04 2. S. Brasher, AUS 6.07.88
I. F. Evans NZL 1.01.75 2. T. Hishon AUS 1.02.62 3. R. Hughes AUS 1.07.39 4. R. McRae AUS 1.09.07	3. S. Fault NZL 7. 15.64 W65 1. P. McArthur NZL 8.40.75 2. P. Spiers NZL 9.07.80
M70 I. J. Stevens AUS 1.22.28 2. A. Clement NZL 1.27.19 3. W. De Brazin. NZL 1.29.28	W75 1. K. Kenneth-Low 9.25.97 M35 1. B. Meder NZL 4.12.57
M75 1. V. Turner AUS 1. 15. 83 2. A. Smith AUS 1.22.39 3. F. Cox NZL 1.30, 75	2. B. McGregor. NZL 4.24.56 3. I. Martin NZL 4.32.39 M50
M80 1. H. Gathercole: AUS 1.22.10 800 METRES	1. A. Davis NZL 4.32.05 2. C. Windell NZL 4.33.69 3. J. Berthet NZL 4.38.58
W35 1. K. Gobby AUS 2.21.26 2. R. Coffey AUS 2.31.95 3. E. Helliwell AUS 2.32.78	M55 1. M. McAvoy AUS 4.49.28 2. B. Baille NZL 4.49.53 3. P. Kors NZL 4.50.78
6. H. Cole AUS 2.51.52 W40 1. C. Turner NZL 2.23.09	M60 1. D. Melrose NZL 5.25.17 2. W. Opperman . NZL 5.37.16
2. M. August, NZL 2.27.14 3. S. Wani, NZL 2.31.48 W 45 1. M. Orman, NZL 2.35.22	3. B. Vanasche., NZL 5.39.14 M65 1. G. McKeown, AUS 5.12.56
2. L. Dunaldson, NZL 2.37.82 3. F. Riley NZL 2.42.06 5. S. Westbrooke AUS 2.50.87 W50	2. R. Hughes AUS 5.12.75 3. J. Eccles NZL 5.16.02 4. M. McKay AUS 6.03.94
I. J. Chandler NZL 2.40.47 2. B. Windeatt NZL 2.51.62 3. P. Scholes NZL 3.02.03 W55	M70 1. A. Clements., NZL 6, 33, 47, M75
1. I. Idema NZL 2.59.09 2. J. Hurdle NZL 3.06.97 3. I. Fergusson NZL 3.10.49	1. F. Cox NZL 7.05.70 2. L. Foulser AUS 7.11.03 M80
W60 1. S. Brasher, AUS 3.00.52 2. M. Petley, NZL 3.02.71 3. A. Acott, NZL 3.22.46	1. J. Brown AUS 8.05.65 5000 METRES
W65 1. P. Spiers NZL 4.41.76 M35	W30 1. M. Ross NZL 19.14.3 2. C. Matthews . NZL 23.29.9 W35
1. T. Ryan AUS 2.01.01 2. K. Read NZL 2.02.75 3. L. Daku FU 2.03.90 M40	1. K. Gubby AUS 17.07.7 2 M. MacDunald NZL 17.18.3 3. C. Munro NZL 18.15.1
1. I. Cousins NZL 2.00.37 2. R. Chapman., NZL 2.00.65 3. G. Adam NZL 2.07.45	5. E. Helliwell AUS 18.46.1 15. L. Thompson .AUS 22.03.8 W40 1. J. Cheeseman NZL 18.57
M45 1. D. Sirl NZL 2.05.34 2. J. McDowell NZL 2.05.74 3. N. MacDonald .AUS 2.06.02	2. A. Coleman AUS 19.04 3. T. McRoy NZL 19.21 12. J. Jerram AUS 27.46 M40
M50 1. A. Pollock AUS 2.09.88 2. M. Fraser NZL 2.10.20 3. R. MacGregor NZL 2.12.77	1. P. Sumpter NZL 4. 13. 44 2. C. Wilson NZL 4. 14. 16 3. M. PowelL NZL 4. 16. 31
4. M. Hall AUS 2.13.84 6. J. Waite AUS 2.20.35 M35	M45 1. D. Sirl NZL 4.16.36 2. D. Rowell NZL 4.19.42 3. N. McDonald, AUS 4.22.63
1. D. Hilton NZL 2. 15. 13 2. W. Bailie NZL 2. 16.63 3. P. Kors NZL 2. 18. 24 4. M. McAvoy AUS 2. 21. 49	W45 1. R. Warburton NZL 19.21 2. S. Fleck AUS 19.37 3. R. McLoughlin, NZL 20.37
6. A. McEnearney, AUS 2.29.66 9. I. Brittain, AUS 2.36.25	6. M. Burroughs., AUS 21.43 7. C. Herbert AUS 21.46
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 P. Fletcher.. NZL 21.13.78
 S. Brasher.. AUS 21.32.63
 B. Cornwell. NZL 21.50.38 S 2.54.75 L 3.09.98 S 3. 19. 72 L 3.22. 14 W65 1. P. McArthur. NZL 31.39.39 W75 1. K. Kenneth-Low .NZL 34.56.13 S 4.00.95 K. Kenneth-Low, NZL 34.56 13
 M35
 D. Litt NZL 15.54.98
 I. Martin..... NZL 16.37.34
 K. MacKenzie.... NZL 17.03.18 5.00.13 M40 5.00.33 5.04.97 5.06.46 5.46.07 5.48.23 1. P. Sumpter ... NZL 15.07.95 2. E. Robertson, NZL 15.08.17 3. R. Nicol.......NZL 15.27.32 9. P. Garvin AUS 16.07.66 9, P. Garvin ..., AUS 18,07,09 M45 1. G. Tattersall, NZL 15,55,21 2. R. Ginn, NZL 16,05,51 3. R. House ..., NZL 16,15,23 8. D. Bryan..., AUS 17, 10,87 17. T. Haney.., AUS 17,59,53 22. C. Jerram. AUS 18,27,62 29. B. Ryan..., AUS 19,58,26 L 4.56.16 L 5.06.52 L 5.08.06 S 7.33.16 L 5.20.75 L 5.31.36 IZL 5.33.61 US 5.38.51 IS 5.39.46 IS 5.47.19 IS 5.49.62 M50 1. A. Davis NZL 16.16.97 2. C. Windle ... NZL 16.37.71 3. B. Kenny NZL 17.09.34 14. J. Waite AUS 18.2202 20. J. Bennetts. AUS 19.09.24 25. D. Herbert. AUS 20.57.36 5.55.33 M55 6.00.00 B. Magee.....NZL 16.56.30
 R. Chase.....NZL 17.20.59
 M. McAvoy AUS 17.23.16
 B. Longmore....AUS 19.17.26
 T. Davison AUS 20.14.30 6. 16. 15 . 5.53.54 6.29.61 M60 M60 1. D. Melrose...NZL 18.38.06 2. I. Brownie...NZL 19.45.94 3. R. Lewis.....AUS 20.05.05 M65 1. R. Hughes.....AUS 18.41 2. J. Eccles.....NZL 18.45 3. G. McKeown...AUS 19.42 M70 L 5.58.04 S 6.07.88 L 7.15.64 L 8.40.75 L 9.07.80 9.25.97 M70 1. A. Clements.... NZL 22.37 4.12.57 4.24.56 4.32.39 M75 1. W. Netmes..... NZL 22.45 2. L. Foulser AUS 26.33 3. F. Cox....... NZL 27.33 Men. L 4.32.06 L 4.33.69 L 4.38.58 1. J. Brown AUS 31.11 80M HURDLES W40 1. P. Hunt...... NZL 13.47 2. M. Crooke..... NZL 16.83 W45 1. M. Allson AUS 13.03 2. L. Hamilton AUS 16.79 3. S. Westbrook... AUS 18.55 W50 IS 4.49.28 ZL 4.49.53 ZL 4.50.78 L 5.25.17 ZL 5.37.16 ZL 5.39.14 W50 1. T. Wharton..... AUS 14.63 W55 W SS 1. C. Mills NZL 16.34 2. C. Brunker NZL 17.41 W60 1. B. Vine NZL 19.79 JS 5.12.56 JS 5.12.75 ZL 5.16.02 JS 6.03.94 100M HURDLES 100M HURDLES W30 1. T. Genge......NZL 15.37 2. S. Graham.....NZL 23.05 W35 1. L. Cate......NZL 18.60 M50 1. L. McGregor...NZL 18.27 2. S. Foster.....NZL 18.57 3. N. Richards....NUS 21.78 M55 1. B. Baytiss.....NZL 21.99 M65 L 6.33.47 ZL 7.05.70 JS 7.11.03 S 8.05.65 M65 1. F. O'Connor.... AUS 20.55 2. A. McIntosh... NZL 22.26 3. M. McKay..... AUS 23.15 L 19.14.3 S 17.07.7 L 17.18.3 100M HURDLES L 18.15.1 S 18.46.1 M40 M40 1. A. Isacc.......NZL 19.51 2. S. SaurratuaFU 19.98 3. I. Collins......NZL 22.51 M43 1. M. Callaghan....NZL 19.81 2. A. Rubinson....NZL 20.14 3. D. Trow......NZL 22.43 IS 22.03.8 ZL 18.57 US 19.04 US 27.46 ZL 4 13 44 ZL 4. 14. 16 ZL 4. 16.31 300M HURDLES W50 1. P. Scholes..... NZL 1.04.46 ZL 4. 16.36 ZL 4. 19.42 W60 1. B. Vine NZL 1.08.09 M60 1. P. Timings..... NZL 48.48 2. G. Goode AUS 1.02.20 M65 JS 4.22.63 NZL 19.21 AUS 19.37 NZL 20.37 M65 1. F. O'Connor.... AUS 51.89 2. M. McKay..... AUS 56.80 3. A. McIntosh.... NZL 57.79

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400M HURDLES W35
1. K. Macey AUS 1.12.55 W40
1. C. Turner NZL 1.14.32 W45 1. M. Allison AUS 1.07.26
2. C. Battersby . AUS 1. 15.95
1. K. Hutton NZL 1.04.17 2. A. Isaac NZL 1.05.42
M45 1. M. Callaghan, NZL 1.07.80 2. D. Trow NZL 1.10.30
2. D. Trow NZL 1.10.30 3. T. Jones NZL 1.20.38 M50
1. Mike Hall AUS 1.05.05 2. S. Foster NZL 1.08.01
3. L. McGregor. NZL 1.09.93 4. K. Daniels AUS 1.18.59 M55
1. L. Williams NZL 1.19.83 2. V. Harris NZL 1.22.97
3. B. Bayliss NZL 1.28.71
2000M Steeplechase W30
1. S. Graham NZL 11. 17.92 W35 1. M. Hillier NZL 8.21.13
W40
1. R. Winter NZL 8.47.32 2. E. Sheridan . NZL 10.42.59 W45
1. M. Orman NZL 8.03.21 2. F. Mercer AUS 8.51.07
3. F. Riley NZL 9.31.70 4. S. Westbrook. AUS 10.16.31
W60 1. F. McCracken NZL 13.11.96 M60
1. P. Timings NZL 7.38.94 2. I. Browning NZL 8.13.23
3. B. Thomas NZL 8.32.89 7. G. Goode AUS 10.21.25
M65 1. J. Eccles NZL 7.53.00 2. M. McKay AUS 9.06.75
2. M. McKay AUS 5.50.76
3000M STEEPLECHASE M35
1. B. Meder NZL 9.48.77 2. I. Martin NZL 10.29.78
3. B. McGregor. NZL 10.32.35 M40
1. E. Robertson. NZL 9.37.33 2. B. Cooper NZL 10.07, 10 3. C. Wilson NZL 10.08.33
1. R. Robertson. NZL 9,51.36 2. N. Wyatt NZL 10.40.88 3. M. Guepy NZL 10.49.65 6. T. Haney AUS 11.27.95
10. C. Jerram AUS 12.55.74
MISU 1. B. Kenny NZL 11.06.04 2. P. Watts NZL 11.38.55 3. B. Senior NZL 12.12.52 MIS5
1. M. MCANOV . AUS 12.04.61
2. I. Anderson . NIS 12.45.35 3. R. Johnson NZL 14.23.40
нісн лімр
W30
1. T. Genge
1. L. Caté
1. A. Hunter NZL 1.30 2. D. Hemmington . NZL 1.14
W45 1. C. Battersby AUS 1.40
2. B. Austin NZL 1.28 3. E. Mercer AUS 1.14 W50
W50 1. T. Wharton AUS 1.31 2. V. Hood NZL 1.07
W60 1. J. Jacobs NZL 1.01
W65 1. G. Davidson AUS 1.13 2. L Lister NZL 0.99
M40 1, J. Gardon AUS 1.52
2. G. SimpsonNZL 1.50 M45
1. H. Van Twuiver . NZL 1.54 2. F. Turner AUS 1.54 3. L. Richardson AUS 1.44
M50 1. N. Richards AUS 1.35 2. B. Senior NZL 1.29
M55
1. J. Blair
2. W. MacIntyre NZL 13.9 3. G. Gourtay AUS 1 37
M65
1. M. McKay AUS 1.15 2. L. Carter NZL 1.09 M75
1. A. Smith AUS 1.07
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Kenneth-Low ... NZL 23.03 Jeffreys AUS 24.00 Packham ENG 33.41

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W30 1. T. Genge NZL 5.07	2. H. Steer	2. J. Reynolds AUS 32.38 3. D. Poppe NCL 30.86	2. P. Scholes NZL 23.50 3. S. Dumble NZL 20.34	M35 1. J. Barnfield NZL 2729	2. A. Coleman AUS 39.17 3. T. McRoy NZL 40.34	1. K. K W80
2. M. Perrott AUS 4.73 3. S. Parkinson NZL 4.63	W45	4. J. Cooper AUS 30.36	5. M. Nunn AUS 14.02	2. K. Read NZL 2729	17. J. Jerram AUS 58.20	1. N. J. W85
W35 L. K. Macey AUS 4.97	1. M. Thomas AUS 10.47 2. B. Austin	M50 1. L. Waitawa FU 34.86	W55 1. I. Bishop NZL 16.56	3. P. Tuaere NZL 1938 M40	W45 1. R. Warburton NZL 39.56	L.S. P
2. W. Brown	3. M. Loveridge NZL 7.60 W50	2. B. Senior NZL 31.68 3. F. Goodall NZL 27.22	2. P. Lindstom NZL 16.52 3. S. Cooper NZL 14.86	1. J. Gordon AUS 2668 2. G. Hustler NZL 2232	2. S. Fleck	5000
5. H. Cole AUS 3.94 W40	1. H. Searle	M55 1. M. Clement AUS 27.12	4. G. McKeown AUS 13.92 W60	3. G. Harney NZL 2158 M45	5. M. Burroughs., AUS 44.58 W50	M35
1. A. Hunter NZL 4.19 2. M. Crooke NZL 4.11	3. P. Scholes	2. J. Blair NZL 26.04 M60	1. C. Blair NZL 24.94 2. W. Pepene NZL 24.48	1. J. Cooper AUS 3360 2. J. Prentice NZL 2297	1. D. Rogers NZL 43.12 2. O. Shanks NZL 44.29	1. K. 2 C.
W45 1. C. Battersby AUS 4.46	W55	1. H. Duholm(Inv). DEN 47.60 1. G. Lawless NZL 44.18	3. A. Williams NZL 20.52 W65	3. T. Jones NZL 1941 M50	3. A. Jones NZL 44.30	M40 1. K.
2. B. MacLeod NZL 4.13 3. D. Fougere NZL 3.46	1. M. StanleyNZL 9.64 2. I. BishopNZL 6.90	2. R. Hochreiter AUS 42.02 3. C. Scott NZL 40.22	1. J. Bannister AUS 20.60 2. L. Frawley AUS 16.56	1. B. McPhail NZL 3310 2. K. Daniels AUS 3204	12. J. Davison AUS 53.08 W60	2 T. 3 N.
W50 1. 11. Searle AUS 4.55	3: S. Cooper NZL 6.58 4. G. McKeown AUS 6.38	4. J. Soutar AUS 35.02 M65	3. P. McArthurNZL 16.02 5. E. WelzAus 10.82	3. H. Iwa	1. P. Fletcher NZL 44.59 2. S. Brasher AUS 45.06	M45 1. G.
2. L. Hinton	6. T. Leb AUS 5.73 W60	1. S. Johnson NZL 39.64 2. F. Jekabsons AUS 37.50	W70	1. J. Navusolo	3. B. Cornwell NZL 45.41	2 L F 3 G
7. M. Nunn AUS 2.80 W60	1. B. Vine	3. A. Pavulins AUS 36.16 5. D. Frawley AUS 31.60	1. M. Stevens AUS 7.62 W75	3. B. Baytiss	M65 1. P. McArthur NZL 63.58	7. P. N M50
1. S. PetersonNZL 3.93 2. C. BlairNZL 3.79 3. J. JacobsNZL 3.07	3. A. Williams NZL 6.41 W65	7. D. Blandy AUS 29.68 M70	1. K. Kenneth-Low NZL 12.56 W80	1. H. Men	M35	1. H. 2. B.
W65 1. G. Davidson AUS 3.45	1. P. McArthurNZL 6.32 2. I. ListerNZL 6.28	1. D. Scratton NZL 32.02 2. D. Gibson NZL 28.04	1. R. Frith AUS 10.36 W85	3. T. Cuniming NZL 1035 M65	1. D. Litt NZL 34.21 2. R. Kaio NZL 34.43	M55
2. I. Lister	3. J. Husband NZL 6.01 4. L. Frawley AUS 5.41	3. F. Welz AUS 23.50 M75	1. S. Packham ENG 4.40 M35	1. F. O'Connor AUS 3986 2, K. Swindells NZL 2017	3. I. Martin NZL 35.34	2 M. 3 P.V
1. A. Sak	W75 1. K. Kenneth-Low , NZL 5.49	1. J. Mowatt-Wilson NZL 31.82	1. P. Vitolio NCL 58.38 2. Joe Bradley NZL 53.66	M70 1. S. TaylorNZL 2020	M40 1. T. Green NZL 32.47	M60 1. 0.
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I. K. Read	W85 1. S. Packham ENG 2.74	1. R. Frith AUS 13.86	1. Keith Hutton NZL 44.40 2. L. Malcolmson . NZL 43.44	M75 1. A. Smith AUS 1841	M45 1. M. Guepy NCL 35.01	3 P. 1 M65
3. P. Tuaere NZL 4.90 4. D. Rastovich AUS 4.76 M40	M35 1. V. Puaka, NCL 13.55	HAMMER W30	3. J. Gordon AUS 42.90 5. N. Peters AUS 33.62		2. N. Turner NZL 35.07 3. R. Barker NZL 35.58	1. B. M75
I. N. Peters AUS 5.95 2. K. Todd NZL 5.60	2. D. Rastovich AUS 10.68 3. P. Wilson	1. Janice Maxwell. NZL 22.30 W35	M45 1. J. Cooper AUS 46.84	CROSS COUNTRY M35	22. C. Jerram AUS 40.50	1. T. 2 A
3. G. Simpson NZL 5.43 M45	M40	1. C. Schultz NZL 39.80 2. M. Vibose FU 32.50	2. D. Poppe NCL 45.68 3. W. Sinclair NZI. 41.48	1. B. Meder NZL 30.29 2. D. Litt NZL 31.29	25. B. Ryan AUS 42.59 29. J. Sutton AUS 44. 10 M50	M80 1. J. J
1. Nigel Toy NZL 5.35 2. W. Sinctair NZL 5.12	1. G. McColl NZL 9.12 2. P. Taylor NZL 7.87	3. D. Palmer AUS 29.46 W40	4. P. Crombie AUS 39.92	3. B. McGregorNZL 32.26 M40	L. A. Davis NZL 34.31	in the
3. G. Whitmore NZL 5.11 6. J. Reynolds AUS 4.45	M-15 1. J. Cooper AUS 11.00	1. B. Savage NZL 32.98 2. L. Carter AUS 31.04	7. P. McWilliams AUs 29.96 8. J. Reynolds AUS 29.68	2. E. Robertson NZL 30.17 2. T. Green NZL 30.45	2. J. Berthet NCL 35.43 3. G. Reguen NZL 36.08	10K W35
M50 1. 11. IWA NCL 5.27	2. J. Reynolds AUS 9.68 3. P. Crombie AUS 9.36	3. H. Steer NZL 30.30 W45	M50 1. K. Daniels AUS 39.34	3. K. Summerlee NZL 31.05 M45	7. J. Waite	1.C.1 2.L.0
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23 Ron Crawford	ID 3
24 John Schulte	WA 3 OR 3
26 David Warnock	OR 3 WA 3
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18 Neil Harbinson	WA
20 Carl Clark	WA
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2 John Hepner	OR
4 Ron Ross	WA
6 Court Jones	WA
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2 Nancy Donehower 3 Karen Brun	WA
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147:07	2 Corrine Flannigan 38: 3 Kay Maris 41:
n's Team	4 Bey LaVeck 46:
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133:41	2 Louise Taylor 39:
A CONTRACTOR OF A CONTRACTOR O	3 Joan Martin 45:
AC National Masters 8K	W60-64
Championships	1 Billie Murphy 36:
Steilacoom, WA	2 Ruth Anderson 39:
December 2	3 Velma Buck 45:
The state of the second states	W65-69
10-44	1 Louise Swanson 49:
ERMAN ATKINS 25:06 AMES MCGILL 25:52	2 Marion Chadwick 59:
D J. GRANCHALEK 26:45	TEAM RESULTS
NEALE QUAYLE 27:09	IEM ILLOULIS
AN J. MEIKLE 27:32	MALE 40
OHN C HAHN 28:01	Snohomish Track Club
ILL LINDESMITH 28:02 ICK RECKER 28:31	James McGill 25: Phillip Welch 26:
ARRY KRYSZAK 28:41 AUL W LADNIAK 28:51	Phillip Welch 26: David Williams 27:
ACK M DUNCAN 29:44	Tom Cotner 27
RMONDO BRIONEZ 30:00	John Hahn <u>28</u> Total Time 2:15
AUL BELLUS 31:40	the state of the s
REG BOCKH 33:14	FENALE 40
10-44 ERMAN ATKINS 23:06 AMES MCGIL 23:55 D J. GRANCHALEK 26:45 D J. GRANCHALEK 26:45 OT J. GRANCHALEK 26:45 OT COTHER 27:32 OTH COTHER 27:32 OTH CHALT 27:32 OTH CHALT 27:32 OTH CHALT 28:02 OTH CHALT	Snohomish Track Club Kate O'Neill 30:
TEVE FREDERICKSON 39:06	Ricki Vadset 33
ENRY WEBER 43:03	Charlotte Swanson 35 Total Time 1:39
-49	
ERRY TIGHE 26:10 AVID WILLIAMS 27:06	Pacific Pacers
IRK RANDALL 27:30	Bev Laveck 46 Diane Schurr 50
IM JOSLIN 28:03	Judy Mosher 51
AMES O'BRIEN 29:06	Total Time 2:27
HRIS STEER 29:09	MALE SO
EWIS CHANDLER 29:27	Snohomish Track Club
EN ELLIOTT 31:03	Haurice Pratt 25
OHN B WILLIAMS 32:42	Earl Ellis 25 Al Huff 30
IOWARD HARRIS 33:19	David Pitkethly 30
-49 ERRY TIGHE 26:10 AVID WILLIAMS 27:06 ONALD TAYLOR 27:30 ONALD TAYLOR 27:30 ONALD TAYLOR 27:30 ONALD TAYLOR 27:30 MINESO 100 PT 27:30 MINESO 10	Robert Langenbach <u>30</u> Total Time 2:30
VERETT JR ADAMS 35:11 SUY NEFF 36:45	Total Time 2:30
D BAGLEY 39:19 JOHN CARLIN 39:58	West Valley Joggers & Strin Sal Vasquez 25
GARY SMITH 41:27	Bill Meinhardt 27
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OGER BRYAN 28:46	Roy Veal 30 Ronald Brinton 3
AURICE F PRATT 29:18	Roy Veal 30 Ronald Brinton 3 Ernie Weigand 3 Mel Preedy 32
ARL N. ELLIS 29:29	Mel Preedy 32 Total Time 2:30
	Total Time 2:34
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ILLIAM HICKMAN 30:22 AVID HAUGEN 30:29 AL HUFF 30:31	
ILLIAM HICKMAN 30:22 AVID HAUGEN 30:29 AVID FILKETHLY 30:31 AVID PITKETHLY 30:33 OBERT W LANGENBACH 30:50 AU DEMAD SCHWITZ 30:53	FEMALE 50 Snohoeish Track Club
ILLIAM HICKMAN 30:22 AVID HAUGEN 30:30 L HUFF 30:31 OBERT H LANGENBACH 30:50 ALDEMAR SCHULTZ 30:52 ONAUCHAR SCHULTZ 30:52	FERGLE 30 Snohomish Track Club Christine Curtis 33
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ILLIAM HICKMAN 30:22 AVVD HAUGEN 30:29 AVVD HAUGEN 30:29 IAUVEF 30:31 IAVID FLIKETHLY 30:30 IOBERT JLLANGENBACH 30:50 IALDEMAR SCHULZ 30:52 IOY VEAL 30:55 IONALD BRINTON 31:101 IRMLE HEGAND 31:121 IHL LAC DIARNID 31:22	Product So Snohomish Track Club Christine Curtis 33 Peggy Ainslie 35 Billis Murphy 32 Total Time 1145
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National Masters News

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January, 1991

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W55 5 Finis NYR Overal Nohar Gill: H40 Ra Pe Al H45 To Sa N M50 M

Jan

Contin

W45

w50

M60 W J H65 J N70+/

MSS R

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W45

W50 2 W55

W60 T A Jo W70+A Races I La Finis

1

Over Mik Che M40 M50 M60+

W40 W50 W60+

1

Over Mik Che M40 M50 M60+ W40 W50 W60+

Cha Over Seam Jan M40 M50 M604 W40

W50

W60+

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	No Maria
Continued from previous	page
WE work a	
W45 Wendy Burns	81:13
AnneMarie Kunz	87:13
Rrancisca Daza	88:56
W50 Zofia Turosz Edith Jones	67:21
Edith Jones	76:25
Billie Moten	1:40:54
W55 Sue Medaglia	74:14
Rosa Nales	81:32
	90:01
K Perry Knight Finishers: 93m; 23w	90:01
Finishers: 93m; 23W	all carries
the part of the second s	and the state
NYRRC December Ser	ine LOK
Central Park, NY	C;
December 2	
and the second	
Overal1	
Nohamed Idris 29 Gillian Beschloss 31	31:08
Gillian Beschloss 31	34:30
M40 Radames Acosta	35:50
Peter I mor	36:18
Peter Lever Ahmed Mead	
M45 Ted Haiman	37:12
	. 34:10
Saddam Sweeny	34:18
Norbert Sander	35:25
M50 Manfred Konrad	36:37
James Fillis	37:48
Alan Fairbrother	37:42
M55 Ruben Cordon	36:12
Witold Bialokur	38:03
Clifford Gerenz	39:32
M60 William Fortune	38:17
Joseph Burns Hector Pacheco	41:35 41:55
Hector Pacheco	41:55
M65 John McManus	41:20
	42:41
George Thompson William Coyne	44:59
M70+Andrew Neidnig	46:24
	52:20
Charles Feldman	
Wilfredo Rios	56:21
Racewalkers	
1 Gary Null 45	49:01
2 Nick Bdera 42	51:04
W40 Sylvie Kimche	38:32
Mary Ryan	39:17
D M Adams	39:44
W45 Marilyn Greeley	41:36
Harriet Oster	42:44
Margaret Young	44:47
W50 Zofia Turosz	40:16
W50 Zofia Turosz Edith Jones	
Edith Jones	47:15
Joan Bondell	48:02
W55 Thelma Wilson	50:31
Kate Knight-Perry	52:04
Judith Davis	59:05
W60 Toshiko d'Elia	45:08
Aslaug Tomas	54:34
Joan Fisher	61:28
W70+Althea Jureidini	
Mayme Bdera	87:26
Mayme Bdera Racewalkers	The state
1 Lucanne Dougherty	67:51

I Lucanne Dougherty Finishers: 995m; 485w

SOUTHEAST

26:0 28:4 26:5 30:1
28:4
26:5
30:1
36:0
37:5
42:0
42:4
36:0
40:2
41:3
50:2
-

Fall Festival 8K Mobile, AL; October 20

State and the second state of the second state	
Overall	A THE
Mike Plumb 29	15:53
Cheryl Bednosky 23	17:49
M40 Don Wright 45	16:28
M50 Leon Mattics	18:41
M60+S P Iludson 69	22:41
W40 Phylis Logsdon	21:45
W50 Mary Watson	26:12
W60+Faye Eisenacher	25:42

Jingle Bell Jaunt 5K Charlotte, NC; December 2

Over	all	
Seam	us Donohue 22 lice High 30	15:41 17:06
M40	Mike Julian	17:48
	Patrick Clark	17:53
	Dan Williams	18:08
M50	Bill Voight	18:43
	Bill Voight Dick Burchett	19:52
	Jim Anderson	22:26
M60-	Jack Broadwell	24:05
	a search Proceeding and the second second	
W40	Sue Gorman	23:17
	Louise Merring	23:45
	Gina Bolton	23:50
W50	Ann James	26:53
	Sue Baggett	33:40
	Elizabeth Lumadue	234:60
W60-	Margaret Hagerty	33:22

MID ANTERICA	M50 Ben Johns 26
MID AMERICA	Gary Baker 27
Prairie Striders Half-	Ed Kavanaugh 29 M55 John Smith 31
Marathon	Richard Graves 32
Brookings, SD; November 3	Arnold Robertson 34 M60 Earl Fee 31
Overall Duane Millslage 40 1:14:53	Ralph Lang 34
M40 Rich Koenders 1:29:46	Dan Daniels 36 M65 Kurt Gelbhaar 32
M45 Dan Bohl 1:31:57 M50 Keith Burnes 1:51:01	Don Farquharson 46
150 keren barnes 1.51.01	M70 Larry MacInnis 36 W35 Holly Whitman 30
SOUTH WEST	Joan Merlin 30
	MarieLouiseLeClair31 W40 Eunice Phillips 31
Hard Rock Cafe's 5K New Orleans, LA; November 10	Shirley Pommier 33
Repetition and this mention	W50 Mary Davidson 34 Helen Peters 37
Overall Dr. Pat Hambrick 15:16	W55 Molly Turner 33
Nora Doyle 17:02	Bella Casson 40 W60 Marjorie Daniels 47
Masters Overall Mike Diorka 16:11	W65 Helen Jeppesen 51
Royce Mills 20:01	W70 Judith Kazdan 45
Rich Abbrecht 17:32	INTERNATIONA
M45 Pat Leonard 17:50 Charles Legarde 17:55	AAA Veterans 10K
M50 Mike Witkin 17:15	Championships
Ron Tocci 17:17 M55 Mike Adams 20:12	Barnsley, Yorkshire, GB
Paul Hebert 20:57	November 18
M60 Henry Gaudet 21:10 Willie Clark 22:04	M4U Tony Simmons 31 Peter Banks 31
M65+Dirk Langlois 27:12 W40 Mary Ann Basore 20:10	Keith Penny 31 Alan Whitfield 31
Tillie Clark 22:20	Tom Price 31
W45 Susan Provo 20:31 Ann Leyens 24:18	Dave Throup 32 Jim Dingwall 32
W50 Marsha Kramer 25:17	Mike Hurd 32
Carolyn Johnson 25:26 W55+Eliz VanBattum 67 22:51	M45 Frank Davies 32 Graham Wootton 32
Mary Jank 61 28:43	Martin Duff 33
IVEOT	Bob Toogood 33 Tony Keller 33
WEST	M50 Steve James 32
Moving Comfort 8K	Phil Lancaster 33 Dave Voyle 34
San Diego, CA; October 6	M55 Eric Appleby 35 Gerry Spink 36
Overal1	Ian Barnes 36
Steve McCormack 30 24:03 J Lasee-Johnson 33 27:05	Ron Lucas 38
M40 Graham Garcia 26:04 M45 Peter Stern 26:13	Eddie Thompson 38 M65 John Fraser 41
M50 Jim Temples 29:03	Eric Smith 42 Ron Davies 45
M55 Warren Osborn 32:01 N60 Ken Bernard 38:41	M70 Bob Brierley 45
M65 Robert Sprouse 44:26 M70 Wayne Zook 37:19	Eric Marsh 52
W40 Joni Shirley 31:46 W45 Kathy Loper 32:15	W35 Glynis Penny 35 Jenny Pearson 37
W50 Eileen Pue 31:02	Caroline Boyd 37 W40 Zina Marchant 34
W55 Caroline Murray 35:17 W65 Mary Storey 38:49	Barbara Kirk 38 Kathy Howe 39
Racewalk 1 Dale Sutton 1stm 51 43:25	W45 Dot Fellows 38
	Linda Watson 39 Rose Grimley 41
Stinson Beach Marathon/	W50 Maureen Singleton 42
Half-Marathon/7 Mile	Mary Avery 45 Moira Leneghan 46
Stinson Beach, CA; October 27	W55 Jean Locking 44 June Fox 51
Marathon	Jasmine Powell 52
1 Charles Greene 55 3:19:56 4 Eldrith GosneyW49 4:09:27	RACE WALKIN
6 Howard Daniel 57 4:28:30 7 Bob O'Connor 41 4:35:04	
10 Christie Powel1W445:56:01	Portland 5 Mile RW Portland, OR; September 3
(10 finishers)	M45 Bob Brewer 48
Half-Marathon 4 John Gunion 47 1:54:48	M50 Patrick Hart 51 W40 C Frederickson 54
5 Mal Crawford 40 1:56:15 7 Michael Powell 48 1:56:45	W50 Kaye Duncan 55:
9 Penn DeMoss41 1stW1:59:12	W55 Charlene Bryan 54
13 Elmer Sanborn 52 2:08:20 21 Harold DeMoss 55 2:13:55	Portland Marathon RW
22 Karen Houston W45 2:14:32 29 Geoff Beardsley62 2:24:45	Portland, OR; September 3
(47 finishers)	M40 S Frederickson 4:58 Henry Gillette 5:06
7 Mile	Mike Padovich 5:24
1 Karl Griepenburg521:03:53 2 D Sklavapoul 44 1:07:24	M45 Larry Luedtke 4:50 M55 Daniel Michel 5:38
3 Mike McCartney 41 1:08:30 21 Pam DeWeerd W48 1:40:26	C Riglemon 6:49 M60 Paul Kavadas 5:40
22 Claire Ward W47 1:45:22 (28 finishers)	Bill Kinder 6:19
all courses extremely tough	W40 Michele Hoover 4:46
and the second second	M Houghham 5:15 Cheryl Kincaide 5:36
CANADA	W45 Sue Hoch 5:45 W50 Bey LaVeck 4:38
a production of the second second	(1st woman; 2nd overa)
Canadian Masters Cross- Country Championships	W55 Gloria Loizeaux 5:38 B Schuchardt 5:44
Halifax, Canada, November 18	Discontinue
M40 Murray Hale 25:29	Riverside Mission Inn 5K R Riverside, CA; November 1
Bob Knuckey 25:54 Craig Runyan 26:11	Overall
Kneale Quayle 26:22	Ted Greiner 26 Tori Herazo 23
Terry Mosher 26:46 H45 Jerry Tighe 25:40	M40 Dave Snyder 27:
Jim Wilson 27:09 Glen Norcliffe 27:14	M60+Mel Grantham 31:
Paul Bourgeois 28:22	W40 Donna Kennedy 31:
Bill Norton 28:53	W50 Janice Zinniker 36:

	a manual de
NSO Box Tabas	26.50
M50 Ben Johns	26:50
Gary Baker	27:04
Ed Kavanaugh M55 John Smith	29:20
	31:33
Richard Graves	32:26
Arnold Robertson	34:40
M60 Earl Fee	31:53
Ralph Lang	34:00
Dan Daniels	36:53
M65 Kurt Gelbhaar	32:02
Don Farquharson	46:21
M70 Larry MacInnis	36:42
W35 Holly Whitman	30:09
Joan Merlin	30:19
MarieLouiseLeClai	r31:42
W40 Eunice Phillips	31:42
Shirley Pommier	33:09
W50 Mary Davidson	34:08
Helen Peters	37:05
Heren Feters	33:44
W55 Molly Turner Bella Casson	
	40:54
W60 Marjorie Daniels	47:46
W65 Helen Jeppesen	51:00
W70 Judith Kazdan	45:52
INTERNATIO	NAI
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AAA Veterans 10k	
Charles IUn	
Championships	
Barnsley, Yorkshire,	GB
November 18	
and the second se	-
M4U Tony Simmons	31:44
Peter Banks Keith Penny	31:45
Keith Penny	31:46
Alan Whitfield	31:51
Tom Price	31:59
Dave Throup	32:08
Jim Dingwall	32:13
Mike Hurd	32:16
M45 Frank Davies	32:35
Graham Wootton	32:48
Martin Duff	33:05
Bob Toogood	33:05 33:26
Bob Toogood	33:05 33:26 33:34
Bob Toogood	33:26 33:34
Bob Toogood	33:26 33:34 32:53
Bob Toogood	33:26 33:34 32:53 33:38
Bob Toogood Tony Keller M50 Steve James Phil Lancaster Dave Voyle	33:26 33:34 32:53 33:38 34:15
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National Masters News

Long Beach Shoreline

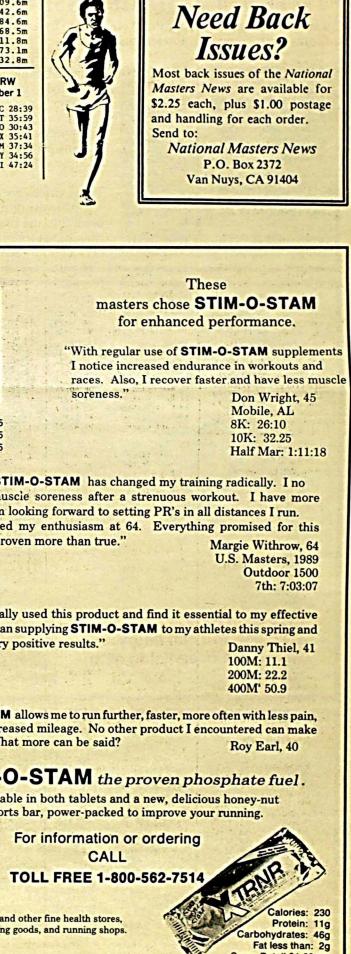
Half-Marathon RW Long Beach, CA; November 11

National Masters 8K Road

Race Championships RW, Tacoma, WA; December 2

Ed Kavanaugh 29:20 M55 John Smith 31:33	Long Beach, CA; November 11 Overall RW, Tacoma, WA; December 2
Richard Graves 32:26 Arnold Robertson 34:40	Ed Bouldin 1:49:31
M60 Earl Fee 31:53	M40 Ed Bouldin 1:49:31 M40 S Frederickson 39:04
Ralph Lang 34:00 Dan Daniels 36:53	Art Grant 1:58:06 Lew Jones 46:08 M50 Clyde Hatfield 2:10:39 M60 Jim Bryan 43:46
M65 Kurt Gelbhaar 32:02	M60 R Hendrickson2:21:19W40 Diane Schurr50:12W40 S Synal-Griffen2:18:00W45 Judy Moser51:23
Don Farquharson 46:21 M70 Larry MacInnis 36:42	W50 Jaye Horowitz 2:13:47 W50 Bev LaVeck 46:12
W35 Holly Whitman 30:09	South Carolina TAC One
MarieLouiseLeClair31:42	Hour RW
W40 Eunice Phillips 31:42 Shirley Pommier 33:09	Columbia; December 1
W50 Mary Davidson 34:08	M40 David Halel02ć2.4m M45 L Hamilton 8309.6m
Helen Peters 37:05 W55 Molly Turner 33:44	M50 Bill Chelf10442.6m
Bella Casson 40:54 W60 Marjorie Daniels 47:46	M60 M Michel 9168.5m
W65 Helen Jeppesen 51:00 W70 Judith Kazdan 45:52	John Snaden8711.8m W40 B Bauer 8973.1m W45 B Halver 8973.1m
	W45 P Halohe 8/32.6m
INTERNATIONAL	TAC Delegates 5K RW Most back issues of the National
AAA Veterans 10K	Seattle, WA; December 1 Masters News are available for
Championships Barnsley, Yorkshire, GB	M55 Sal Corrallo DC 28:39 Floyd Ormsby UT 35:59 S2.25 each, plus \$1.00 postage and handling for each order.
November 18	M65 Bob Carlson CO 30:43
M4U Tony Simmons 31:44	Richard Charles TX 35:41 Eugene Dix NM 37:34 National Masters News
Peter Banks 31:45 Keith Penny 31:46	W60 Joan Rowland NY 34:56 Mary Byers WI 47:24 P.O. Box 2372
Alan Whitfield 31:51 Tom Price 31:59	Van Nuys, CA 91404
Dave Throup 32:08	Tunituys, cityriot
Jim Dingwall 32:13 Mike Hurd 32:16	N a
M45 Frank Davies 32:35	C_
Graham Wootton 32:48 Martin Duff 33:05	The second state of the se
Bob Toogood 33:26 Tony Keller 33:34	
M50 Steve James 32:53	
Phil Lancaster 33:38 Dave Voyle 34:15	These
M55 Eric Appleby 35:41 Gerry Spink 36:05	masters chose STIM-O-STAM
Ian Barnes 36:12	for enhanced performance.
M60 Bob Peart 37:33 Ron Lucas 38:33	of emilanced performance.
Eddie Thompson 38:57 M65 John Fraser 41:33	"With regular use of STIM-O-STAM supplement
Eric Smith 42:22 Ron Davies 45:55	I notice increased endurance in workouts and
M70 Bob Brierley 45:12 Rob Mathieson 47:57	races. Also, I recover faster and have less musc
Eric Marsh 52:14	soreness." Don Wright, 45
W35 Glynis Penny 35:44 Jenny Pearson 37:38	Mobile, AL
Caroline Boyd 37:49 W40 Zina Marchant 34:45	100 Tablets \$ 9.95 250 Tablets \$17.95
Barbara Kirk 38:12	250 Tablets \$17.95 500 Tablets \$27.95 Half Mar: 1:11:18
Kathy Howe 39:18 W45 Dot Fellows 38:29	Hall Mar: 1:11:18
Linda Watson 39:07 Rose Grimley 41:14	"Discovering STIM-O-STAM has changed my training radically. I no
W50 Maureen Singleton 42:38	longer fear muscle soreness after a strenuous workout. I have more
Mary Avery 45:49 Moira Leneghan 46:18	energy and am looking forward to setting PR's in all distances I run.
W55 Jean Locking 44:23 June Fox 51:10	I have regained my enthusiasm at 64. Everything promised for this
Jasmine Powell 52:06	product has proven more than true." Margie Withrow, 64
RACE WALKING	U.S. Masters, 1989
Portland 5 Mile RW	Outdoor 1500
Portland, OR; September 30	7th: 7:03:07
M45 Bob Brever 48:27	
M50 Patrick Hart 51:49 W40 C Frederickson 54:23	"I have personally used this product and find it essential to my effective
W50 Kaye Duncan 55:37	training. I began supplying STIM-O-STAM to my athletes this spring and have some very positive results."
W55 Charlene Bryan 54:07	Durinity Timet, 41
Portland Marathon RW	100M: 11.1 200M: 22.2
Portland, OR; September 30	400M' 50.9
M40 S Frederickson 4:58:24 Henry Gillette 5:06:48	· 如此是我们的意思。""你们还是你们的你们,你不能能是你们的我们的?"
Mike Padovich 5:24:05 M45 Larry Luedtke 4:50:01	"STIM-O-STAM allows me to run further, faster, more often with less pain,
M55 Daniel Michel 5:38:20	in spite of increased mileage. No other product I encountered can make
C Riglemon 6:49:28 M60 Paul Kavadas 5:40:56	that claim. What more can be said? Roy Earl, 40
Bill Kinder 6:19:54 M65 R Bennett 6:08:09	OTHE O OTAN
W40 Michele Hoover 4:46:38	STIM-O-STAM the proven phosphate fuel.
M Houghham 5:15:36 Cheryl Kincaide 5:36:09	is now available in both tablets and a new, delicious honey-nut
W45 Sue Hoch 5:45:48 W50 Bey LaVeck 4:38:02	flavored sports bar, power-packed to improve your running.
(1st woman; 2nd overall) W55 Gloria Loizeaux 5:38:20	For information or ordering
B Schuchardt 5:44:44	For information or ordering
Diverside Minet	CALL
Riverside Mission Inn 5K RW Riverside, CA; November 11	TOLL FREE 1-800-562-7514
Overall	
Ted Greiner 26:35 Tori Herazo 23:00	Available at: CNC and other fine health stores Calories: 230
M40 Dave Snyder 27:12	sporting goods, and running shops. Protein: 11g
M50 Ted Greiner 26:35 M60+Mel Grantham 31:57	Fat less than: 2g
W40 Donna Kennedy 31:17 W50 Janice Zinniker 36:35	Sugg. Retail \$1.69 ea.

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