# WONAL MASTERS NEWS

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

187th Issue March, 1994 \$2.50

3:58.15!!!

Eamonn Coghlan, shown here at the Millrose Games, ran a 3:58.15 mile in Boston, Feb. 20 — the Ace Lyons/Agence Shot first sub-4 mile by an over 40 runner.

## Over 500 to Compete in Nationals

More than 500 athletes from throughout the nation will compete in the 1994 USATF National Masters In-

#### INSIDE

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- Indoor National Meet -page 24 Records
- Training Advice from USA Masters Athlete of -page 14 the Year

door Track and Field Championships on March 25-27 in Columbia, Mo.

The annual event will be held on the 200-meter tartan track in the Hearnes Center Fieldhouse at the University of Missouri.

Columbia is about a two-hour drive from St. Louis, and a 21/2-hour drive from Kansas City.

National championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from age groups 30-34 to 95 + . Ribbons will be awarded to the 4th, 5th, and 6th place finishers. National champion patches Continued on page 9

## Irishman Runs First Over-40 Sub-4-Minute Mile in Boston

by MARILYN MITCHELL

Pandemonium erupted as Ireland's Eamonn Coghlan cemented his reputation as the best indoor miler ever by becoming the first runner over age 40 to run a sub-4 minute mile, posting a 3:58.15 on Harvard University's hard 220-yard track in Boston, Feb. 20, at a special exhibiton mile staged during the Massachusetts high school track and field championships.

"I'm delighted that it happened on the superfast Harvard track," Coghlan said in a New York City press conference the next day. "I knew it was going to happen sometime. It was just a matter of getting it into my mind and my body."

The sub-4:00 performance was not unexpected because Coghlan, 41, was more fit than he was this time last year and he turned in two recent sensational performances, which, although they fell short of the sub-4 minute goal,

were only a few ticks off his own world masters indoor mile record of 4:01.39, set last year at Madison Square Garden on February 26.

He ran 4:04.55 on the 11-lap. wooden, banked track at the Chemical Bank Millrose Games on Feb. 4, then came back 42 hours later with only five hours sleep to run 4:03.28 on a hard, flat 200-meter track at the Mobil One Invitational Grand Prix on Feb. 6 in Fairfax, Virginia.

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### Stones Sets World High Jump Record Twice

by MARILYN MITCHELL

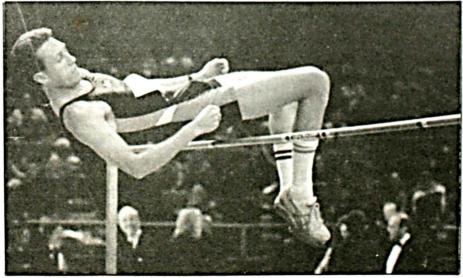
Dwight Stones, 40, who set a new world masters high jump record of 2.02 (6-71/2) on Jan. 16, upped the mark twice in February with a 2.04 (6-81/4) at the Millrose Games in New York City, Feb. 4 and a 2.10 (6-103/4) at the Mobil One Meet in Fairfax, Va., on Feb. 6.

The latter jump exceeds the world

40 + outdoor mark of 2.07 (6-91/2) set by Hungary's Istvan Major.

"I focused better on technique at Mobil than I did at Millrose," the Irvine, Calif. resident said. "I felt that I could go seven feet at Millrose, but I wasn't concentrating; I kept waiting for guns to go off and award ceremonies to be over."

Continued on page 15



Dwight Stones, 40, setting a new world masters high jump record of 6-81/4 in New York at the Millrose Games. He'll be going for seven feet on March 26 at the National Masters Indoor Championships in Missouri. Aimee Basile/Agence Shot

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

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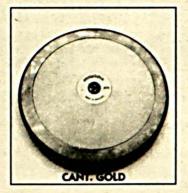
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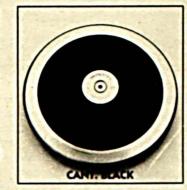


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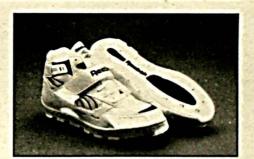
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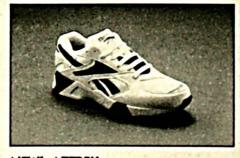
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#### WORLD CHAMPIONSHIPS

I call the WAVA Championships in Miyazaki my "Yo-Yo Championships." A high point was being selected by the U.S. contingent to carry our flag in the parade of athletes at opening ceremonies. I was further honored with a "Survivor" award - a large, lacquer platter characteristic of Miyazaki - for being one of 23 athletes who participated in all nine prior WAVA Championships (although this presentation kept me up later than planned the night before the marathon!).

As for the marathon itself, a low point was not being able to learn my placement in the race until I read the December NMN (4:28:37 - 5th, W60).

Another problem was inadequate aid stations, with temperatures knocking 80°. A final fond memory is of a young Japanese woman who gave me a wet sponge near the 30K mark. This spurred me on to catch a faltering W60 with 5K to go.

Ruth Anderson Oakland, California

I realize that in veterans meets the officials may be something much less than official and that controls of any type may be inefficient. But one should assume that at the very least results from official international and most national championships would automatically be put into the record books without bureaucratic delays of any sort. This would only be fair to the performing athletes.

In this framework, I read the new world records list from the Miyazaki championships in NMN with great surprise and incredulity. Many of the alleged records are well below well-known, bona fide, definitive records already established, e.g., in the European Championships. Real records should be recognized. Precision is one of the prides of track, and glory should not be defended so cheaply.

As I have paper and pen at hand, let me add my full disappointment in the lack of illicit drug testing at the WAVA championships. Some athletes unfortunately use a number of performance-enhancement drugs, even, at times, openly confessing the practice. Drug testing is certainly expensive, but should not be prohibitive. Or does somebody higher up in the WAVA echelon not like drug testing?

Angelo G. Giumanini Udine, Italy

I read Hal Higdon's "On the Run" in the January NMN with great interest. His suggestions for improvement on the Miyazaki World Masters Marathon Championship were, in my opinion, excellent in many regards, especially the introduction of multiwave age-group starts.

In the latter part of that article he states that he would "like to see an army of sprinters and javelin throwers on rented bicycles accompanying their marathoning comrades" in an effort to dispense additional liquids. I respect

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CZZMN

Mr. Higdon as an author and athlete, but this suggestion borders on lunacy.

Imagine a field of 1000 runners (let alone 6000), each with their own mobile aid station! Now imagine each of these individuals deciding to give personal splits at each mile marker, then deciding to help a little more by riding back and forth to time the gaps between "their" runner and his/her immediate competition. I believe the result would be pandemonium.

The marathon isn't just a physical battle; it demands great slabs of heart and soul at any and all moments - each individual alone against themselves and the road. I would suggest to Mr. Higdon that if an aid station at 5K intervals is insufficient then the runner is poorly prepared for the event and should carry additional supplies themselves, or better yet, don't enter the race at all.

Steve Ottaway Sausalito, California

I suspect the reason nobody else thought to use the "aging runner's trick" in the World Championships Marathon mentioned in January's "On The Run" is most runners would consider it taking unfair advantage.

What's wrong with lining up where one belongs on the grid, as Ruth Anderson and apparently most everyone else did? Then the start becomes a level playing field for everybody.

In another vein, I recently read "Ten Million Steps" by Paul Reese, and I agree with Mike Tymn. It's really great reading about a great running advocate.

George Rasch, M.D. Munster, Indiana

I endorse all the comments made in NMN about Miyazaki, except I think the criticism about not having translators familiar with sports a trifle harsh. How many translators are planned for Buffalo?

Do we need to have two noncompetition days in Buffalo as in Turku and Miyazaki? If so, I trust the opportunity will be taken to spread out the long distance events.

I was disturbed to find two U.S. and a number of Japanese former Olympians were invited to the Championships. I would like to see this practice of sponsorship by any official body stopped. Otherwise, we shall get into the vexing question of selection and the whole ethos of the Championships would change.

I trust the National Masters News will keep growing in stature and that you continue in your involvement in the furthering of athletics for the mature generation.

George Ross Garden City, England

#### AGE-GRADING

Phil Mulkey is an athlete of considerable talent and ability.

I regret that he took my observations on age graded results as a "personal issue" (Feb. NMN).

He is right, I want the blood, sweat, and dust of the arena. Thats what it's all about.

I look forward to lots of that this year, and to seeing everyone, for another year of competition in this great sport of ours.

John Poppell Panama City, Florida

What a shame that Phil Mulkey and Phil Raschker went to the trouble of calculating all those age-graded performaces in the 1993 WAVA Championships — using the outdated 1989 age-graded tables. The new tables were approved by WAVA and were available at Miyazaki. In case it's important to know who had the highest age-graded scores (and I'm not sure it is, except to give new people their due), the 10 best performers, using names in Mulkey's article, are as follows:

	Men	Market Street Street Street Street					
	M60	Romain	TRI	400		98.1	
	M55	Austin	AUS	100		96.8	
	M80	Morita	JPN	TJ		96.7	
	M45	Murofusi	JPN	HT		96.3	
i	M50	Willie	GER	HJ	100	95.9	
	M60	Selzer	GER	400		95.8	
	M60	Vicente	POR	10K		95.3	
	M60	Law	USA	400		95.2	
	M60	Neuman	GER	800	4	95.0	
	M55	Klimmer	GER	LJ	1	94.6	
	Won	en:			-		
	W65	Peterson	NZL	TJ		99.0	
	W60	Schaeffer	GER	HT		98.3	
	W55	Williams	GBR	HT	1	98.2	
	W45	Raschker	USA	PV		95.2	
		Bezjak	SLO	JT		94.0	
		Tibbling	SWE	SK F	W	93.8	
		Pllschke	AUT			93.5	
		Ivanova	RUS			93.3	
		Orman	NZL			92.7	
		Schmalbruch	GER			92.3	
	44.33	Schillatoruch	ULK			72.3	

Bev LaVeck Seattle, Washington

(The new age-graded tables approved by WAVA last year will be available in book form within 60 days — Ed.)

#### DICK O'RAFFERTY

In your November 1993 issue one Robert O'Rafferty (GB) is included in the list of athletes entering a new division that month. The athlete referred to is probably the Irishman Richard Robert O'Rafferty, who was born on the date stated, 10 November 1913.

Dick O'Rafferty won 16 Irish high jump titles in his young days as well as the 1938 AAA championship in the same event. From 1977 he competed in European and World Veteran Championships in high jump, pole vault and hurdles, collecting a number of medals including gold, at a new world record height, in the M65 high jump at the 1979 Games in Hanover.

Sadly, Dick did not live to celebrate

Continued on page 7



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Frank Plas

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2 oz. Retail \$10.49 - At Elite \$9.20 2 oz. Retail \$10.49 - At Elite \$8.40 Active Herbal - 60 Capsules Retail \$12.95 - At Elite \$10.36 4 oz. Retail \$11.95 - At Elite \$9.56

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Forza Bars - For High Performance Athletes Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each) Pep Products

Sports Pep Thunder Bars - Chocolate, Tropical Retail \$1.69/Bar, 24-\$32.40 (\$1.35 each)

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DMG - 2 oz. Retail \$14.95 1-\$11.96, 3-\$33.30 (\$11.10 each)

Next Nutrition ProOptibol (2.2 lbs.) - Retail \$26.95 1-\$21.56, 6-\$119.76 (\$19.96 each)

1-321-30, 0-3119, 0-319, 0-320) (Chocolate, Vanilla, Very Berry & Original) 2 Gro 2000 (4.55 lbs.) - Retail \$29.95 1-\$23,96, 6-\$133,20 (\$22,20 each) (Chocolate, Strawberry & Vanilla) Pro Opti Bar - Chocolate Retail \$1.59/Bar 12-\$16.80, 24-\$30.00 (\$1.25 each)

Hypro Cell Energy Exercise Drink (1.51 lbs.)
Fruit Punch Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)

Ultimate Whey Designer Protein (2 lbs.)
68% Better Than Egg Whites \* Absorbs 200% Faster
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Pro Amino Sports Bar - Retail \$1,50/Bar 24-\$32.40, 36-\$43.20 (\$1.20 each)

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And Endurance Athletes - Retail \$26.99, Our Price \$21.60
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And Strength Athletes - Retail \$37.99, Our Price \$30.40 mbe Bars - Chocolate Raisin Nut Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

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Alacer

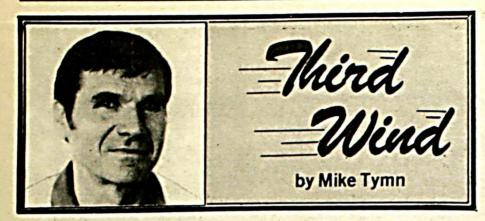
Alacer
Emergen C - 35 Paks \$12.65 - At Elite \$10.00
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#### Honolulu's Best & Worst

aving viewed all 21 Honolulu Marathons from one vantage point or another—the first one as a spectator, the next four as a competitor, and the last 16 on the media truck as a reporter for the Honolulu Advertiser—I thought it about time to compile a list of records, including the fastest, slowest, best, worst, most, least, whatever. Looking back through my files that go back to the first Honolulu Marathon in 1973, I came up with these:

Race record: 2:11:43 by Ibrahim Hussein, Kenya, 1986.

Women's record: 2:31:01 by Carla Beurskens, Holland, 1986.

Oldest male winner: Jack Foster, 43, New Zealand, 2:17:24, 1975.

Oldest female winner: Carla Beurskens, 41, Holland, 2:32:20, 1993.

Youngest male winner: Benson Masya, 22, Kenya, 2:18:24, 1991.

Youngest female winner: June Chun, 14, Hawaii, 3:25:31, 1973.

Most wins, male: Duncan Macdonald, Hawaii and Ibrahim Hussein, Kenya, 3 each.

Most wins, female: Carla Beurskens, Holland, 7.

Closest finish men: 1992, 9 seconds, Benson Masya over Cosmas Ndeti.

Closest finish, women: 1990, 1:17, Carla Beurskens over Misako Miyahara.

Widest finish, men: 1973, 6:52, Duncan Macdonald.

Widest finish, women: 1985, 17:17, Carla Beurskens.

Least tired winner: Jack Foster, 1975: "It was like a bloody Sunday stroll."

Most tired winner: Patti Gray, 1984: "When I first came across the line, all I wanted to do was pass out and go to sleep. The last time I felt like that was when I got hit by a car."

Biggest surprise winner: No. 5759, 1982. "Dave who?" Dave Gordon.

Best running weather: 1986, 59 degrees first half of race, low humidity, minimal winds.

Worst running weather: 1987, high humidity, strong winds, rain.

Most finishers: 23,640, 1993. Fewest finishers: 151, 1973.

Finished all 21: 8 men, no women.

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

Most common name: Suzuki, 259, 1992.

Most frequent pre-race quote: "It all depends on the weather."

Most frequent post-race quote: "The wind was the toughest part."

Second toughest part of the race: Getting up for the 5:30 a.m. start.

Biggest mystery: The real identity of 1988 second-place finisher Bradt Nava of Paraguay, who turned out to be David Tsebe of South Africa (South Africans were not then allowed to compete in international competition).

Second biggest mystery: Why several age-class winners, later disqualified for not having run the entire course, would come so far just for a trophy.

Third biggest mystery: The ages of some African runners. The media guide had Kenyan Benson Masya as 22; official results had him as 25; his agent put him at 24; Masya told one reporter he was 23 and another reporter 22. There were similar problems with two-time winner Simon Robert Naali of Tanzania.

Most controversial subject: The wheelchair division — separate race, integrated race, or no race.

Second most controversial subject:
The Kamaaina Award (awarded to first
Hawaii male and female finishers) —
native-born, half of one's life in
Hawaii, seven years, five years, or just
live here at time of the race?

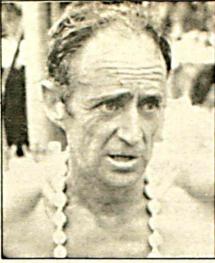
Biggest pre-race mistake: Simon Robert Naali, 1989 winner, did not properly tie a shoe and had to stop during the race to tie it. He then missed the men's record by four seconds.

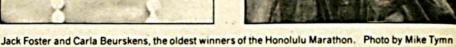
Most understanding official: Dr. Jim Barahal, who gave Naali the \$10,000 bonus for breaking the record anyway.

Most romantic finish: Ray Christiansen and Judy Tonelli of Sacramento, Calif., finished the 1986 in 5:28:37 while holding hands, after being married at the start of the race.

Fastest time walking: 3:29:30, 1980, Marco Evoniuk, U.S. Olympic racewalker.

Best comment about marathoners:
"It (racewalking) is a lot harder than
running. You work everything, your
midsection, all parts of your body. In
running, you just let your arms dangle
and it does nothing for your upper





body. It's obvious — these guys are so skinny, their bodies are worthless." — Marco Evoniuk.

Best comment about running form: "I think that's Jim Ryun (former mile great) on the far right. He's the only one who looks like a runner. See those arms move. The others look like marathoners." — Duncan Macdonald, offering color commentary from the media vehicle in the early morning darkness of the 1979 race.

Second best comment about running form: "He's got the Kenyan shuffle, like he's looking for hurdles to jump."

— Duncan Macdonald, observing 1984 winner Jorge Gonzales of Puerto Rico.

Third best comment about running form: "That's what they call the wind-mill exercise." — Duncan Macdonald, observing Steve McCormack attempting to relax his arms by swinging them around during the 1984 race.

Best comment about the way it used to be: "It used to be that if a guy said he wanted to run a marathon, you looked at him and wondered if he was all there. If he went ahead and did it, you gave him the bloody Iron Cross for bravery." — Albert Thomas of Australia, former world-recordholder at 2 miles, before the 1978 race.

Best comment about the course: "This is a beautiful course. I could really indulge in this course." — Fred Lebow, New York City Marathon director, while riding the media vehicle through the plush Kahala district in 1979.

Most unfriendly runner: David Hinz, 1983. "When Hinz caught up to me, I looked around and didn't see anyone else, so I asked him if he wanted to move together for a while. He didn't say anything. He just tried to bust my ass." — Kevin Ryan, 1983 winner.

Second most unfriendly runner: Kevin Ryan, 1983. "They're deadly serious. They're not even saying hello to each other." — Duncan Macdonald, offering color commentary as Ryan overtook Garrick Hand of Australia.

Most untasty race snack: Vaseline (as consumed by a number of Japanese runners at aid stations during the 1990 and 1991 races).

Most awesome moment: Dean Matthews, 1979 winner, taking aim with a sponge and just missing a basket at 23 miles. "Now that scares me. That shows confidence." - Fred Lebow, who was betting against Matthews.

Most over-the-hill performance: Lasse Viren, winner of four gold medals in Olympic competition, finished 642nd in 3:25:18, 1988, at age 39.

Best excuse for a poor performance: "You have to remember that Lasse is not so much a competitor now. He runs as a living legend." — Eino Romppanen, Viren's agent.

Best one-legged performance: Benson Masya, 1992 winner: "This knee was bothering me, so I had to change over to running on my other leg."

Most confusing comment: "I had problems with all the people (running in the opposite direction) yelling at me. It was hard to concentrate. But I don't think that hurt me, because it helped me to have them cheer me on." — Ibrhamim Hussein, after winning in 1986.

Best comment about the Honolulu Marathon: "Let's just say it was something else." — Albert Thomas, former world-recordholder at two miles, after walking the last six miles of the 1978 race.



Can you identify this former school-boy sensation and 1964 Olympian, shown here manning a finish-line computer in a Hawaii half-marathon? If you guessed Garry Lindgren, you're right.

#### USNSO to Host Senior Track & Field Open in St. Louis

ST. LOUIS — The 1994 USNSO Track & Field Senior Open, featuring competition for athletes age 55 +, will be held June 17-19 at Washington University in St. Louis.

The national event, which will feature training workshops and an athletes' resource center, will be hosted by the U.S. National Senior Sports Organization (USNSO), which predicts participation of more than 2000 of the top senior track & field athletes from around the country.

This first single-sport competition hosted by USNSO is taking place in the year prior to its biennial event: the U.S. National Senior Sport Classic V—the Senior Olympics, set for San Antonio in June, 1995.

"We are here to serve seniors' expanding interest in health and fitness, from training to education to competition," said Doug Corderman, President of USNSO. "Every indication we have from our athletes is that this type of event is needed and wanted by the senior sports community. By hosting an 'open' event, we are hoping to expand our reach to senior track and field athletes all across the country."

Governed by standard rules of USA Track & Field, the competition, conducted in 5-year age groups, will feature the 100, 200, 400, 800, 1500, 4×100 relay, 5K and 10K road races, 1500 and 5K racewalk, a pentathlon, and all eight field events.

Jim Ryun, three-time Olympian, will be a featured speaker at the event.

"Ryun is known for his motivational approach and will be a great inspiration to our senior athletes who are becoming increasingly interested in the psychology of sports," Corderman said

Additionally, training sessions designed for senior track and field athletes and led by some of the country's leading senior sports trainers will provide insight and hands-on opportunities to further develop specific sport skills and training techniques.

Athletes will learn from these experts about the issues that most impact senior athletes today — nutrition, cross-training, performance techniques, and sports psychology.

Many of the nation's leading com-

#### TEN YEARS AGO March, 1984

- Bill Stewart, 41, and Cindy Dalrymple 41, Win National Masters 5K in Clearwater, Florida
- 1st Annual Pennsylvania Masters Indoor T&F Meet Draws 125 to Carlisle, Pa.
- Mike Tymn Asks: "Why Give the Women's Open Winner More Space and Money Than the Men's Masters Winner? What Makes Sex More of a Handicap Than Age?"

panies, which have joined USNSO in promoting fitness and sports to seniors, invite the athletes to the resource center. Athletes will have the opportunity to talk to company representatives, learn what business is doing to support healthy, active lifestyles for seniors, and have the opportunity to provide their personal feedback.

The Washington U. track will be resurfaced this spring with a state-of-the-art, all-weather, synthetic surface. The USNSO Senior Open will be the first event to be held on the "sandwich system," granulated rubber track.

Top athletic personnel from Washington U. will manage the event. Troy Engle, Meet Director, is currently the university's head coach for men's and women's track and field and cross-country. He currently serves on the Men's Development Committee and

the Coaches Education Committee of USA Track & Field.

Phil Godfrey, Event Manager, is Associate Director of Athletics for Washington U. and is a member of USNSO's Board of Directors. He has been named Chairman of USNSO's National Games Committee for the 1995 U.S. National Senior Sports Classic.

USNSO is supported by national sponsor commitments from AT&T, Nuveen, General Mills-Whole Grain Total, Anheuser-Busch-O'Doul's, TWA, The Medicine Shoppe, and the Tylenol Brand.

Athletes interested in registering for the event should contact USNSO at 314/878-4900, or fill out the entry request form on the back page of this issue.

-from Lisa Clough and Helen Harris

#### Write On:

Continued from page 4

his 80th birthday, having died in March 1991 in Dublin, where he lived all his life.

> Tadhg Lynch Dublin, Ireland

#### STANDING LONG JUMP

Add me to the growing list of those who want the standing long jump added to all masters meets.

After all, we've accommodated aging athletes in the weight event by reducing the weight of the implements as throwers get older.

The strain on the knees from the running long jump and triple jump increases the chance of injury as one gets older. The standing long jump would greatly lessen the risk of injury.

Dale Harder Castro Valley, California



Something to believe in.

USATF Sanctioned Meet

Crown Valley Senior Games

Track & Field - Sunday, April 24, 1994 Occidental College - Patterson Field Meet Director: Christel Miller

Track & Field Coordinator: Pete Clentzos
Race Walk and Assistant Director: Jim Hanley

#### Schedule of Events Track Field 400M Walk Pole Vault 11 a.m. 11 a.m. 11:15 a.m. 50M Dash 11 a.m. Javelin 11:50 a.m. 1,500M Run 11:30 a.m. Long Jump 12:30 p.m. 12:15 p.m. 400M Dash Shot Put 100M Dash 1 p.m. 1 p.m. High Jump 1,500M Race Walk 1:45 p.m. 1:30 p.m. Discus 2:15 p.m. 800M Run Softball Throw 200M Dash 2:40 p.m. 3:20 p.m. 5,000M Run 5,000M Race Walk 4 p.m.

Entry Fees: Divisions: \$12.00 registration fee and \$5.00 per event fee

5 year age divisions, for men and women, age 50 and above

Miscellaneous: Competition order - oldest to youngest, women first (except HJ & PV which

start at lowest height)

Surface: All-v Qualifying Site For: 1994

All-weather track. 9 mm elements for Track, LJ, PV, HJ; 12 mm for JT 1994 California State Senior Games Championship in San Diego, the only California qualifying site for the 1995 National Senior Sports Classic

For more information, please call:

Cynthia Vaughan

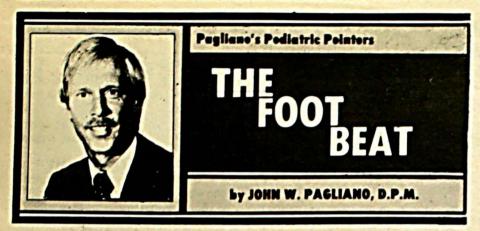
(alley Senior Games - Pasadena Senior Ce

Crown Valley Senior Games - Pasadena Senior Center 85 East Holly St., Pasadena, CA. 91103 (818) 397-4062

ast Nam	ne	First Name	orm (please print)	Sex: M F
Address Phone	of the second	Age as of 4/24/94	DOB T-Shirt: M	L XL XXL
	Events: 400M Walk _	_ 50M 100M 200M		OM 1,500RW
	Make checks nevable		W SP HJ DT ST	

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Occidental College, the Meet Directors and all sponsors of Crown Valley Senior Games, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held April 24, 1994 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

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### Plantar Fasciitis — Diagnosis and Evaluation

Plantar fasciitis can best be defined as inflammation of the fascia and soft connective tissue at the site of the plantar fascial attachment on the inferior process of the calcaneal tuberosity. The lesion is quite painful and one of the most difficult of all athletic injuries to cure.

Diagnostic pointers

The pain of plantar fasciitis has a characteristic pattern. The pain is described as a "heel bruise" and can be quite sharp. It is often worse in the morning when arising or after prolonged sitting. The pain is often reduced after walking or jogging but is aggravated by standing in one place for long periods of time.

The site of the pain is usually over the medial calcaneal tuberosity. Palpation will reveal a point tender area. A heel spur, on the other hand, is more proximal and focused in the center of the calcaneus. Partial ruptures are associated with a mass of palpable scar tissue.

In comparison with other athletic injuries, plantar fasciitis more commonly strikes males. They tend to be taller and heavier, and average about five years older than those with other injuries. It is a common injury among long-distance runners, basketball players, and tennis players.

In addition to heel spurs and partial ruptures, differential diagnosis includes nerve entrapment, calcaneal bursitis, fracture, apophysitis, plantar fibromatosis, and adductor myositis. There is also controversy regarding the formation of plantar heel spurs in conjunction with plantar fasciitis. Some feel that the excessive pull of the plantar fascia is a cause of plantar heel spurs.

#### Contributing conditions

There are many theories as to the cause of plantar fasciitis. I feel that these are the primary etiologic considerations: trauma, overuse, hard training surfaces, biochemical in-

stability, training errors, and improper training flats. Obviously, stepping on a rock or edge of a curb while jogging can also be a cause.

Overuse and training errors, such as running too far, too fast, and too soon, place excessive strain on the feet and can lead to tissue breakdown and rupture of the fascial attachment.

Recent studies have shown that forefoot deformities, such as forefoot valgus, stretch the fascial band excessively and can cause fascial tears. Often we rest our patients and alleviate the pain, and when the athletes return to training, the pain returns. Clinicians should not forget to correct the cause, i.e., forefoot valgus, when known.

Poor training flats often cause plantar fasciitis. Athletes will train in a racing shoe that does not offer enough cushioning and protection to the heel. I recommend wearing highly cushioned training flats.

Two suggestions seem to help most of these patients with plantar fasciitis. One is to be sure that the patient is wearing good shoes. The second is to recommend that he or she wears good orthotics in the shoes, to balance the foot and to take the stress off the plantar fascia. After giving this advice, I have had to surgically release the plantar fascia in only one or two patients.

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

## 



Proudly displaying their medals, the W65 10K cross-country team (L-R) of Dawn Russell (Oregon), Annie Barker (Utah), and Elizabeth Baker (California) was the only USA cross-country team to win gold at the World Veterans Championships in Miyazaki.

#### The Legs Go First — Fact or Myth?

by MAURY DEAN

Remember the Mick? Back in 1968, Mickey Mantle had to hobble gutsily around the bases after Detroit Tiger 31-game winner Denny McLain tossed him that marshmallow of a home run ball — and it was tough to watch the old guy run. How old? 36. The legs go, they say, in sports. The gung-ho gusto remains, but the legs go. In basketball, hockey or football, you rarely see old duffers of 35 creaking their weary shanks over the parquet, the ice, the village green.

Try telling that legs-go myth to road warriors. Ask the vets. Go to the Westchester Road Racers Winter Series and tell Denis Daly or Michael Goldman or Joe Handleman that you're washed up at 35. Central Park vacuums up the best runners in the Tri-State area (Connecticut, New York, and New Jersey), but we go back to lick our wounds and earn hard-fought hardware. Every other week, we run with/against the same guys and speedy women. I drove the icy New Year freeways to hilly Westchester County, north of the Big Apple, to seek a new crew (also, Long Island's Dreaded Winter Series came to an even-moredreaded finale of nonexistence this year). Ours is not a sport that cancels one event in case of a sprinkle.

On a rolling blacktop frosted with icy puddles, steeplechase cobblestones, and bun-busting curves, the kids were all right, but the masters triumphed. How so?

Denis Daly, 55, outkicked the gold medalist in the M20-29 age group. Daly was 16th of 162 shiverers, besting 24-year-old Robert Leder by one second. Daly was 2nd 50-59 in 19:23, while the bronze battle was a steamy photo finish between Goldman (19:37) and comebacker Dave Wellard (19:41).

and comebacker Dave Wellard (19:41). Female masters efforts over this 95%-run, 5%-skate course were equally noble, though masters winner Judy Anker (21:53) would have only won bronze in the 20-29 wave, the third-place 40-49 winner, Marjorie Kos, could have won third 30-39 with her 22:50 — though 39-year-old Sharon Vos took an overall 3rd (and 26th) with her superswift 19:47. Paul Piliero (17:37) whomped all the other masters times and captured fifth overall, a little over a minute back from the winner

Cunningham (16:18).

Westchester, I'd heard, was so hilly I'd have to bring ropes and pitons and other climbing gear to challenge the sheer cliffs. This course, however, was simply North Shore Long Island — and these runners, NMN subscribers en masse, were used to much, much worse.

Of course, we can run anywhere any weekend. It's easier for us to roll out of bed, though, and hustle to the local 5K than to tackle a maze of outback byways, bridge toll-trolls, shredded maps, and speedy unknown age-group strangers. Though ice conditions chopped the race roster in half, the Westchester, Taconic, and Orange County Road Runners are among the strongest running organizations in the largest metro area in the USA.

A class act awards ceremony. Held in the balmy 68° gym at Purchase State College where the New York Knicks practice, the ceremony featured a super personalized yay-for-you spiel by Fred Lebow's right-hand man Andy Kimerling.

We all run for recreation and recognition, and it's nice when our allout efforts are rewarded. A classic T-shirt, some heavenly hot chocolate, ho-hum medals, and your favorite flavor bagels filled out the post-race jamboree.

When the hoopla cooled, I was among the last to trek back to my sunny southern shores (Long Island) because I was enthralled listening to my favorite part of the race — runners' race yarns. Joe Handleman averaged a race a week throughout his fifties, which should give leg-weary ex-athletes something to shoot for.

As a baseball player Bobby Murcer admitted at age 43, after completing the New York City Marathon (in five hours), "This is the hardest thing I've ever done. I'm so in awe of the winners, they should give them a million dollars."

As you lace up your waffly Sauconys today for a run and romp in the icy tundra or the early spring, may the spirit of our old dear friend George Sheehan be with you. And may the Titans of Sport figure out a way to make our glorious 10Ks more TV-friendly, so that you may earn Murcer's million.

#### Southeast Regional Championships

by RANDALL BRADY

The USATF Southeast Regional Masters Indoor Championships were held on Jan. 23 at the Murphy Center on the campus of Middle Tennessee State U., Murfreesboro. One week before, the meet looked as if it were doomed to lack of participation; however, the athletes came through and saved what is becoming a very good meet.

One hundred and five masters showed, some from as far away as Arizona, Texas, and Florida. Phil Raschker, W45, Marietta, Ga., broke her indoor age-group world records in the high jump with a 4-11 and the pole vault with a 9-614. Sprinter Jim Mathis was hot with early season wins in the M55 200 (25.4) and 400 (56.1). James Gillcrist, M65, Boca Raton, Fla., won the high jump (5-2) and shot put (40-34). Pete Farmer, M40, hit the 53-3 mark with the 35-lb. weight.

The meet was administered by several officials closely associated with the Nashville TC, which is becoming one of the most competitive clubs in the Southeast.

#### Over 500 to Compete in Nationals

Continued from page 1

(one per athlete) will be awarded to first-place winners. There are no qualifying standards for the meet, except to be at least age 30.

Entries must be post-marked before March 10. Fax entries will be accepted with credit card payments only. Entries post-marked or faxed after March 10 will be assessed a late fee of \$10 per event. Entries received at the meet site will be accepted if space is available in

CANDY 43

Clay Stenberg, Seattle, who joined the masters ranks on Sept. 28, won the USATF National Masters 10K Cross-Country Championships race by nearly two minutes in 33:01 on the snow-covered, mud-slick course at Tom Sawyer Park in Louisville, Ky.

Photo by Bill Nault

the requested event. No entries in the 60m, 60 hurdles, or 200 will be accepted after 6 p.m. on March 24.

The entry form was published on the back pages of the January and February issues of the National Masters News. Athletes can also call or write Don Dobson for a form (see schedule for details).

Last year's meet drew only 300 entries to Bozeman, Montana, but the 1992 meet lured 640 participants to Columbus, Ohio.

Meet organizers have lined up low-cost hotel rates at the meet head-quarters Ramada Inn (\$42 per room, up to 4/room, per night) and on campus for \$13.50 per night (single) or \$9.50 per night (double), including linens and phone. For Ramada reservations, phone 314-449-0051 and mention the meet. For campus lodging, call 314-882-7211. The Ramada will provide a free shuttle every hour to and from the Fieldhouse, four miles away.

A masters reception and meeting will be held at the Ramada on Saturday. Barbara Kousky, USATF's National Masters T&F Chairman, will hold discussions on a number of items important to the masters program. Everyone is invited.

The new 1993 Masters T&F Rankings Book and other books and items will be available at the meet at the National Masters News booth. Senior Editor Jerry Wojcik and Assistant Editor Jane Dods will be on hand.

The complete results of the meet, with story and photos, will appear in the May issue of NMN.

#### FIVE YEARS AGO March, 1989

- Mike Boit, 40, Lowers World Indoor Masters Mile Mark to 4:15:88
- Australia's Tony Murray, 41, Breaks Ron Bell's World Outdoor Mile Record With a 4:12.58
- Emmett Parker, M60, and Gina Faust, W50, are Top Age-Graded Runners in Paramount Masters 10K



Sid Wing, Ken Popejoy, Randy Kilpatrick, and Ken Baker relax at the World Veterans Championships in Miyazaki.

### Kurtis, Hansen Cash In at Las Vegas

by JERRY WOJCIK

Defending men's champion Doug Kurtis, 41, Northville, Mich., finished third with a 2:19:26 in the 28th Las Vegas International Marathon on Feb. 5. But his earnings of \$5000 (\$2000 for third, plus \$3000 for first master) equaled the prize won by overall winner Michael Dudley (2:16:54). Kurtis posted his world-record 73rd sub-2:20 marathon.

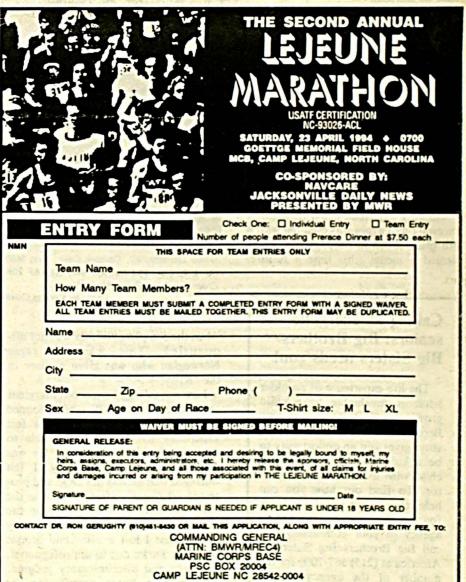
Luis Lopez, M40, San Jose, Calif., 16th overall in 2:24:58, won \$2000 masters runner-up money.

Debbie Hansen, 40, Pleasant Grove,

Utah, took the W40-and-over race by eight seconds with a 2:51:39 from Marina Jones, W40, Rancho Santa Margarita, Calif. Both of the winnings equaled those of the masters men. Roxi Ericksen was the women's race winner in 2:40:14.

In the adjunct half-marathon, Clay Stenberg, 40, Redmond, Wash., with a 67:28, and Diana Tracy, 40, Hermosa Beach, Calif., with a course record 68:17, each earned masters first-place prizes of \$1000.

A record 4131 competed in the race, which was directed by Al Boka.



cks payable to: MWR ACTIVITY (\$20 If received by Wednesday, 20 April 94; \$30 thereafter)



#### In Memoriam — Gordon Wallace

ordon Wallace, rare spirit and very admired masters international race walking gold medalist, died of cancer in mid-January. At age 65, Gordon had triple bypass surgery, began his racewalking career, and became a champion. He last raced in Turku as an M80. Gordon remains an inspiration to all who knew him because he never ceased his love of living and learning. He obtained a Ph.D. in his 70s and started a teaching career in his 80s. Author of several books, he leaves a legacy of adventure from his days as a park ranger to the present. He will be sorely missed.

The following are excerpts from a letter Gordon wrote concerning the judging at Turku, a concern recently voiced by others about the judging in Miyazaki. When Gordon wrote this, he had competed in 12 races in six biennial World Veterans Games, winning a total of seven medals, four of them gold. At one point in his career, he won 30 consecutive races worldwide in his age group at distances from 2 miles to 25 kilometers. He never was disqualified and never failed to finish a race he started.

#### Gordon Wallace on Judging

I competed on July 21, 1991, in the 5K racewalk and was credited officially with 4th place in the M80 age division. Several of my associates who saw this race, one a former national champion and record holder, told me I had been "robbed of a silver medal." They had watched the entire race and stated that the Norwegian who finished 2nd and the Finn who finished 3rd raced with bent knees all the way and wound up running at the finish to outdo the other.

On July 25, I competed in the 20K racewalk and again was credited with a 4th place finish in M80. Again, I was denied a medal (this time a bronze)



Giulio DePetra, 82, Carmel, Calif., first M80 (AR 2:30:00),1993 National Masters T&F 20K Championships, Provo, Utah.

Photo by George Clark

# Calling all energetic seniors: Big Brothers/Big Sisters needs you!

The life experience of an older adult is invaluable to a child growing up in this day and age. Becoming a big brother or big sister gives you an opportunity to be a kid again and provides a child with a much needed mentor. To find out how you can help, check your telephone book for the Big Brothers/Big Sisters agency in your community. Or call Big Brothers/Big Sisters of America at (215) 567-7000 for the number of the agency nearest you.

when the 3rd place finisher was not disqualified. This was the same Norwegian who was given a silver in the 5K.

I am not talking here about marginal technique. As the 20K course looped back and forth with only a few feet separating the lanes, I was able to observe the Norwegian well. He was simply creeping all the way. I felt outraged that he was not DQd and protested vehemently after the race to the head official. He told me that the judges were IAAF certified. I sincerely believe that I lost a silver and bronze medal at Turku due to unprofessional, arbitrary and discriminatory judging. This was a bitter payoff for the countless hours of punishing training



Start of the road walk at the 1993 Nationals in Provo

Photo by George Clark

and the expense of a long trip abroad. I am a fair-playing competitor, and I expect the same in return from the other competitors and judges.

Yes, I know that life is not fair and that irregular judging has plagued the sport of racewalking ever since its inception. I am not charging that in Norwegian and Finnish competitors in Turku were intentional offenders. It could well be that one, or both, simply lacked the necessary technique, or, more plausibly, were not physically able to straighten their knees. This latter may have been taken into consideration by the judges in their decisions to show a leniency which the sport can ill afford at the highest levels of competition. A walker is legal or illegal. It's as simple as that, whatever the age; and it is unfair to the legal walkers to relax this rule. If an athlete in any sport, at any age, cannot meet the legal requirements of that sport, then he or she has no business engaging in competition, and this holds true at an advanced age, even to the extent of DQing everyone in a race where all are in violation.

Winning a championship medal is just as important to an oldster as an Olympic medal is to a youngster. Although I may well never race again myself in a world championship, my motive in writing this is to preclude a repetition of what happened to me at Turku for those who will follow in my footsteps. I owe the sport of racewalking a great deal; I have done a lot to repay that debt, and this is another



Phyllis Goodlad, Canada, W60 first (22:32.63), 3000m RW, 14th 1993 USATF National Masters Indoor Championships, Bozeman, Mont.

NMN/Jerry Wojcik

payment on account. Long live the sport of racewalking.

### Southern Regional 5K Racewalk

by BOB FINE

Under the sponsorship of Dani Colby, Inc., the USATF Southern Regional 5K Racewalk Championships attracted 66 of the top walkers in Florida to Coconut Creek, Jan. 21.

Miriam Gordon, 68, set a world best with a 31:33.7. Gordon won the WAVA 10K Championships W65 gold medal (65:28) last October in Japan. Linda Stein, 46, defeated Alba Campbell, 46, by three seconds with a 24:24 to win the overall women's race. John

Fredericks, 45, recently returned to competition, was first master and third overall in 24:56, behind overall winner Eric Schmook (28, 24:00).

Ten All-American performances were turned in.

The Florida AC dominated the men's team competition, winning the open, 50, 60, and 70 divisions. The women's winners were the Miami Runners in W40-49, and Boca Raton RR, W50-59.

### Coghlan Runs Sub-4 Mile

Continued from page 1

Stanley Redwine, the pacesetter in Boston, took Coghlan through 1000 meters with splits of 59.1 at the quarter, 1:59.44 at the half, and 2:59.22 at the three-quarter mile mark. Coghlan had been clipping Redwine's heels throughout the race and was hoping that Redwine would stick with it up to the next-to-last-lap, but Redwine dropped out at the 34 mile mark and Coghlan had to make a go of it alone. Coghlan decided to run the next-to-last lap as hard as possible, in order to give himself a bit of a cushion on that last

"The high school kids [3500 of them] were screaming and my legs were hurting and I said, 'Listen to the kids, don't listen to your legs'."

With the exception of the pacemaker, it was a masters field, which was a bit surprising, because Coghlan had just about decided that what he needed was a real race situation instead of a time trial. Other competitors included Dave Reinhart, 41, of Wilbraham, Mass., who finished second in 4:22.5; Al Swenson, 47, of Wolcott, Conn., who finished third in 4:28.4; and Paul Mascali, 41, of New York, who did not finish due to a muscle cramp.

John Walker retired due to injury before he could make the sub-4 attempt and Rod Dixon became ill at the time he was to make his first attempt. Dave Moorcroft's 4:02.53 mile last year at age 40 looked promising, but with England's Moorcroft out since December with a broken foot after stepping into a pothole and no other masters milers currently running under 4:11, it looked as though the missing ingredient was competition and that Coghlan would have to resort to an open mile field in order to achieve his goal. Masters records are allowed in mixed-age competition.

Even though Scotland's David Strang, winner of the Fairfax Mobil Invitational mile (3:57.38) warned us March 14 that Harvard's Albert E. Gordon track was underrated and extremely fast and that Eamonn could easily run 3:59 there; even though Eamonn had run a 1:55.05 open half mile in Gainesville on February 13 with only a five minute warmup due to an event schedule change; and despite those two spectacular February mile performances by Coghlan, speculation was that Eamonn would not really try to post a sub-4 minute mile at this time but was merely looking for a race to keep him "sharp."

We did express surprise that he was choosing to run a mile distance at Harvard. We would have expected another 500 meter or 1000 meter race - but, hey, what do reporters know? Some of us felt that another mile attempt which fell short would look like a failure. Some of us did start to feel very uncomfortable when Dan Jansen won his Olympic gold medal in the 1000 meter speed skating competition in Lillehammer, because we felt that this might in-

spire anyone to do anything. And Coghlan was not just anyone.

But we ignored those vague feelings of unease and did not fly up to Boston, opting instead to fly down to Atlanta March 5, should USATF agree to stage an exhibition masters mile for Coghlan at our open championships. Ollan Cassell had felt that as well as Coghlan was running, all he needed was a couple of races under his belt to be in good race shape. Although the Atlanta event was not confirmed, we felt certain that Eamonn would save the sub-4 minute mile effort for an arena where there would be extensive national press coverage.

Sure enough, Dan Jansen did, unwittingly, play a role in Eamonn's success. Victor Sailer, New York City fireman and professional sports photographer, convinced Eamonn that it made little sense to hold back, with the expectation of breaking the record at the last meet of the season; that he should go for it now at the Harvard meet. When Coghlan was informed that Jansen had won the Olympic gold medal, Coghlan was almost in tears. "This is it. I'll do it [get the sub-four minute mile]." He readily indentified with Jansen because he himself had failed in his previous attempts to win Olympic gold.

American recordholder, Ken Popejoy, 43, reached by telephone at his Wheaton, Ill., home for comment said, "I am thrilled for Eamonn. . . but I was afraid of that." Afraid in the way that so many of the masters milers and reporters were, who have been involved in the story for the past year either as fellow competitors or as chroniclers of the event - afraid that the goal would be achieved when they were not present.

Popejoy was second in the Millrose and Fairfax races (4:16.16 and 4:17.01). Rod Dixon, the only man to have run a sub-4-minute mile and a sub-2:10 marathon, was expected to mount a strong challenge, but finished third at Millrose in 4:19.07. Ed Spinney, 40, of Eugene, Oregon, was fourth at Millrose (4:20.81) and third at Mobil (4:21.36).

Coghlan is still the only miler to run a sub-3:50 indoors, having run a 3:49.78 in 1983 as an open competitor at the New Jersey Meadowlands arena on a track which he himself designed. Still the indoor open recordholder, the 1983 world outdoor champion at the 5000 meters, the winner of an unprecedented seven Wanamaker Millrose Games indoor mile titles, owner of seven of the fastest masters mile times, and now holder of 75 sub-4 minute miles, only an Olympic medal has eluded him. He has twice been fourth in the summer Olympic Games.

Coghlan filled the Madison Square Garden in February with 17,498 spectators - the first capacity Garden crowd for a track meet since 1987. That 1987 sellout was the year when Coghlan won his last Wanamaker Mile; this 1994 race was to be his last race ever there.

He received the loudest ovation of the evening - a thunderous roar when he was introduced. His photo was used in the full-page ads promoting the Games the week before - a masters event being used to publicize the prestigious Millrose Games.

Runner's World and the Millrose Games had jointly offered a \$50,000 bonus for a sub-four mile but it seems that only Foot Locker and one or two other personal sponsors will immediately reward Coghlan with bonus money, as the Boston race was not a part of the Runners World Masters mile circuit. Nonetheless, Coghlan, with his attractive appearance and accommodating manner, can expect to reap lucrative endorsement contracts for his achievement.

He has always been cheerful and eager about supporting local road running and racing in the New York metropolitan area, as well as local and overseas charity events in a nonrunning capacity. As leader of a group of Irish runners in the 1991 New York City Marathon, he posted a 2:25.10 in his only marathon attempt, and raised substantial funds for cancer research in the effort.

Coghlan has been training in Gainesville, Florida, doing repeat 400s with Mark Everett. He has also been having two-hour daily massage sessions with Gerard Hartmann, a top physiologist; world-class athletes from around the world fly to Gainvesville

for his treatment. While Hartmann felt Coghlan should have had surgery, Eamonn didn't want to take six months off from training and can now lift his "injured" leg 125 degrees, whereas this time last year he could not lift it 90 degrees.

A Villanova graduate with a bachelor's degree in marketing, Coghlan is a marketing executive for fund raising at Our Lady's Hospital in Dublin. He has a job, wife and family in Dublin which he leaves behind when he trains in Florida. He's tentatively planning on running April 29th in the Penn Relays, at a May 7th mile race in London commemorating Roger Bannister's first sub-4 mile, and at the May 22nd New York Games which will be his last track mile. For his running and humanitarian contributions, he has received the Lord Mayor's Award (Dublin), the highest civil honor in Dublin.

"Jumbo Elliot (the famous coach) used to always say, 'Don't you be chasing it [the sub-4 mile]. You just do the work and it will come to you'."

What message does Eamonn have for us? "If you believe in yourself, you can achieve your goals. Never were my prayers so much answered. This achievement is on par with winning the 1983 World 5K open championship and running the 3:49.78 indoor mile.'

What did Eamonn do differently prior to this Boston meet that enabled him to achieve his goal? We'll tell you next month.

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#### Nate and Evelyn White

by LORI DUFFY

asters miler Tom Carter had no intention of renewing his membership in the Syracuse Chargers Track Club last fall. But Nate and Evelyn White

weren't about to let him go. Fayetteville, N.Y., couple caught up with Carter in his hometown of Binghamton, N.Y., after a race all three had run. Carter had lost some of his enthusiasm for the sport and, with it, his interest in the Chargers.

The problem was his age, he said. As Carter approached his 40th birthday, he also moved farther from the front of the pack. If Carter couldn't win, he didn't see the point in being a Chargers member. The Whites changed his attitude and his mind.

"They are an impressive couple, the way they love running, the way it's part Chargers is about - a lifelong commitment to running. It's the whole rainbow, from childhood until you are older."

Carter remains a Charger, thanks to his pep talk from the Whites that day. Nathaniel White, Jr., 74, has presided over the club for more than a decade. His 60-year-old wife, Evelyn, is membership coordinator and publisher of the Chargers' monthly newsletter. Great Leader

Together, the couple has brought the Chargers Track Club national respect as a running club and local recognition as a supporter of community health and fitness for people of all ages and abilities. The club has about 1100

"When you say the Syracuse Chargers, that's a quality endeavor,' said Charles Des Jardins of Virginia, chairman of the USATF Masters Long Distance Running Committee. "If the Chargers name is involved, it's a good race."

USATF is the governing body of road running in the United States. Des-Jardins has known the Whites for about 15 years, he said. The Whites often attend national and regional conventions, where they make pitches to bring national championships to Syracuse.

"They usually succeed," he said. "They just work together as a great team. They are great leaders. They're full of energy and they are always looking out to the future. That's what it's all about - looking to the future."

USATF and the Road Racing Club of America have honored the Whites for their administrative work. In 1989 and 1990, USATF named Nate White outstanding athlete in long distance running in the age 70 to 74 category.

A Running Family

He still runs about an hour a day. His wife runs two miles at 7 a.m. each day with a neighbor no matter what the weather. "It's too early to call anyone and cancel," Evelyn White said. "Once you're out and dressed, it isn't too bad."

Nate White's love for running earned him a spot on Cornell University's cross-country team in his younger days. His father ran for Massachusetts Institute of Technology at the turn of the century. Nate White's son, who goes by the same name, also was a Cornell runner.

But after Nate White earned his degree from Cornell, he hung up his racing shoes. That was before the running boom — when the tracks and roads were reserved for younger men. He concentrated instead on his work at Agway near Ithaca.

Agway, where Evelyn White also worked, moved its headquarters to Syracuse in 1964. The Whites moved also. They gave up a house near Ithaca for a cramped apartment in central New York City.

That was enough to push Nate White back onto the roads. "I was really confined," he said. "I was looking for something physical to do. I said, 'Let's go to Henninger Track.' We would sneak over at twilight because I was embarrassed; an old man."

He was 45.

While her husband ran, Evelyn White timed his laps and held his extra running clothes. Soon running began to grow in popularity. The load in her arms also grew as other runners joined Nate White on the track.

Tired of being a coat rack, Evelyn White took to the track. She'd never run before. That was about the same time as her 45th birthday and both Whites had joined the Chargers. In her first race, Evelyn White won her age group.

#### Commitment to Chargers

Their commitment to the Chargers

NMN rarely runs a profile without a photo of the profilee. We asked Nate & Evelyn for a picture, but they didn't have one. And we couldn't get to our backup file photos because our building was closed due to earthquake damage. So you'll just have to imagine what they look like. They're a very nice-looking couple.

grew in 1980 when Evelyn White took over as membership coordinator. She had just retired. Her husband was on the Chargers' board of directors. When he retired two years later, the members asked him to become president. So much for retirement.

Evelyn White, who also directs the Fourth of July races in Cazenovia, pours from 30 to 60 hours a week into the Chargers. Her husband puts in nearly as many hours, though he hopes some day to find a successor so he can train harder for national records in his age group.

"They are such a skillful and talented team that their shoes would be impossible to fill," said David Oja, women's coach for the Chargers, a board member and host of a Syracuse running talk show. "I know there have been lots of times when they've wished their loads were lighter."

Nate White worked to incorporate the running club, separately from its unbrella organization in 1985, a timeconsuming task. The Chargers Track Club, Inc. is part of the Chargers, Inc., which also includes crew, rugby and swimming clubs.

The independent incorporation gives board members greater protection from personal liability should anyone sue the running club, he said. It also allows the club to hold weekly fun runs during the summer.

"That was a dreadful, awful task that I would never, never want to do," Oia said.

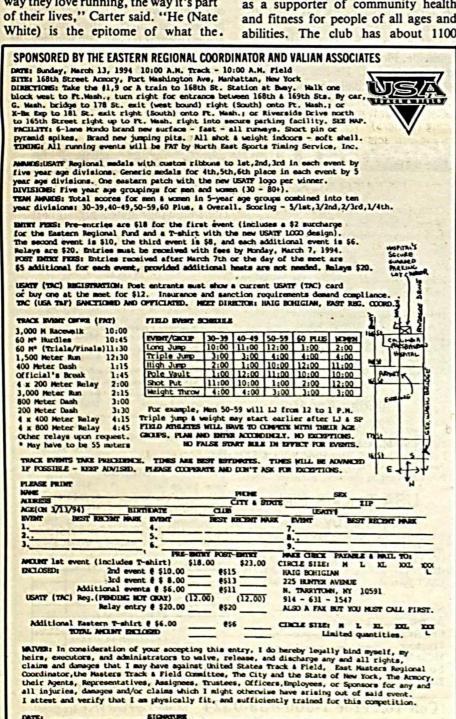
The Chargers has left the Whites with little time for other activities they enjoy - hiking, canoeing and sailing. They plan their vacations around races. When they go to conventions, they usually extend their stay and split the expenses with the Chargers.

"Sometimes you want to give up," Evelyn White said.

Just when the Whites are ready to quit, a new success story becomes their inspiration. There was the father who said his son had a drug problem and the Tuesday night Charger runs had become his therapy. Then there was the recovering alcoholic.

"Whether it's alcohol or drugs or weight or marital problems, they'll come up to you and thank you, and you didn't even know you'd done something about it. That's really what keeps you going," Evelyn White said.

(Lori Duffy is a reporter for the Post Standard, a newspaper in Syracuse, N.Y. Although her regular beat is crime, she writes about running for their sports section twice a month. -



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	Men's and women's world and U.S. age best to Tack & field events, age 35 and up, and for all racev CLOSE (CLOSE), as of Oct. 31, 1992. 56 pages. Lists name, age, CLOSE (CLOSE) to Compiled by Peter Mundle,	A TOTAL OF
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	Masters Age-Graded Tables (1989)	
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all with the	years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News	1 1 7 7 1
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	Masters 5-Year Age-Group Records Men's and women's official world and U.S. outdoor 5-year age group records for	
	all track & field events, age 35 and up, as of March 31, 1993; 8 pages. Lists	
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7	Masters 5-Year Indoor Age-Group Records	mhes sur vital
	Same as above, except indoor records (M40+, W35+) as of January 31, 1994.	men ser on the
	4 pages. \$1.50.  Competition Rules for Athletics (1993)	5
5-2-15-15-16	U.S. rules of competition for men and women for track & field, long distance run-	Marie Control Unit A
Accidental	ning and racewalking — youth, open and masters. \$10.00.	\$
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	Time Master Calculator Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds.	
SET TO SET	Acts as stop watch and calculator. \$45.00.	\$
10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Guide to Prize Money Races and Elite Athletes 1994	
TOTAL CONTRACTOR	Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and	TO THE SHAPE AND A SECOND
	phone numbers, calendar and contacts for over 400 prize-money events, plus	
Est you are	much more. \$52.00.  WAVA Handbook	
	Contains WAVA Constitution and By-Laws, a history of Veterans	
	Athletics, and World Records as of April 15, 1992. 170 pages. \$5.00.	5
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	ionships in masters competition: base fitness, improving with age, training smart.	Francisco de la constante de l
	maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	
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	How to train for a 5K or 10K race. How to train smarter, enchance fun, build strength, achieve endurance and run faster. \$14.95.	
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	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of	120 (100 (100 (100 (100 (100 (100 (100 (
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	Bi-monthly newsletter. Contents include the latest scientific information on en-	
	durance training, sports nutrition, and injury prevention. Written in an easy-to- read style, it offers many practical tips for improving individual workouts and	<b>可以在1980年</b>
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#### How They Train: Phil Mulkey

by PHIL RASCHKER

hil Mulkey, 61, of Atlanta, GA, had one of his best years ever in competition in 1993. Success was attributed to a more dedicated weight lifting routine that saw him in the gym three times a week, and out on the track three days

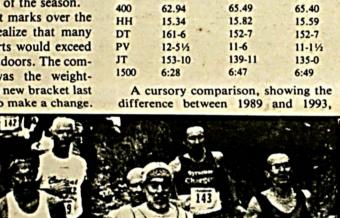
As he got deeper into the season, the track meets themselves took precedence over the training and, with as many as three days rest before and one day's rest after a tough meet, sometimes the mathematics didn't allow for such an idealized schedule.

"At my age," he quipped, "rest is very important." Still, for the first time since competing as a master, he took his weight training all the way, even lifting while in Miyazaki. Heretofore he had limited himself to the first three months of the season.

But, looking at past marks over the years, he began to realize that many times his indoor efforts would exceed what he was doing outdoors. The common denominator was the weighttraining. Going into a new bracket last year, he determined to make a change.

It would seem, from the obvious results (four World Championship golds), that it paid off. What do the age-grading tables predict he should have achieved in performance in those same events within the decathlon?

tual		Actual
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Phil Mulkey, 60, of Marietta, Ga., won four gold medals and one silver at the WAVA World Veterans Championships in Miyazaki. He set a new world M60 decathlon record with 8546 points, and was named USA Masters Track and Field athlete of the year

gives the immediate appearance of a noble competitor well on the "downside." But with the age-grading tables we can get an evaluation of how Mulkey should have performed.

The flat running (100, 400, 1500) was virtually "dead on." The hurdles showed improvement over what was to be expected. The throwing events were skewed only a little. The shot was worth about 15 points more, the discus was exactly on the money, but the javelin cost him about 25 points.

The jumping events seemed to show some advancement, with the high jump gaining almost 30 points, the vault costing a bit more than those 30 points, and the long jump favoring him a fine 60 points.

In summary, what might at first appear a huge "drop" in performance, theoretically could be looked upon as follows: Running 0, Hurdling +40, Throwing -10, and Jumping +60, giving an overall +90 decathlon points over his 1989 performance. Was the training program worth it?

"Yeah, it was a lot tougher than before," he said, "but I guess I'd have to say it was worth the extra effort."

Finally, what about diet? "Nothing special," he said. "I just watch the calories somewhat, basically the volume, with an eye on the sweets and fats." Any vitamins or food supplements?: "Nope."

"Basically, I've found that most good programs are made up of consistent hard work. I had eased off a bit the past few years, I guess, in anticipation of turning 60. But this heavier weight-training program has served me well," he said. "I'll probably stay with

"In 1992 in Spokane I had gotten up to 195 lbs., and while I miraculously won the long jump with 17-61/2, all of the other events really suffered a lot, he mused. "I went to Miyazaki at 169 lbs. and all my events were up, even the throwing events. But then I was a decent decathlon thrower in my prime days also." (54-8 SP, 167-3 DT, 221-3 JT.) "Up to a point," he explained, "the loss of extra weight increases my

speed, even in the throwing events."

Any special goals for this coming season? "Not really," he remarked. "Just keep up my performance level and hold on until Buffalo."

Weight-Training Program:

1) Bench press free weight bar a single rep each 180, 200, 215, 225, 240 (best of 250 pounds).

2) Bench press free weight bar to failure with 135 pounds (best of 30

3) Leg abductors =  $12 \times 125$ pounds.

4) Leg adductors = 12×125 pounds\*

5) Quad extensions =  $12 \times 200$ pounds\*

6) Hamstring curls = 12×200 pounds\*

7) Leg press = 12 × 425 pounds\*

8) Overhead pull =  $12 \times 135$ 

9) Treadmill jog = 1 mile @ 8

10) Bench press free weight bar to failure 185 pounds (best of 13 reps) or 120 pounds (best of 42 reps).

11) Swimming - 50m breast stroke and 50m free style full out.

12) 10-minute hot tub with full body massage once a week.

\* As strength and endurance improved, a second and then third set were added.

Track & Field Workouts:

1) 6-12 × 50m run-throughs, each successively faster (best of 5.52).

2) 15-minute stretch.

3) Four easy runs over 50m high hurdles, followed by four runs full out.

4) Practice shot, discus, hammer, and javelin with a dozen throws ending with max effort.

5) Alternating jump practice with regular effort in high jump, and full run in pole vault but for plant only (rarely used bar). Long jump and triple jump were limited to six steps enabling several jumps for strength and timing.

6) 4-6 repeat runs over three intermediate hurdles when preparing for competition that week.

7) Finish with hard 300m (best of 44.88). 8) Hot tub.

#### Earthquake Update

Last month, we reported the 6.6 earthquake (since upgraded to 6.8) that hit the San Fernando Valley in Los Angeles on Jan. 17 had damaged the five-story building in Van Nuys where the National Masters News rents office

We said the building had been "yellow-tagged," meaning tenants could "enter at their own risk."

Some nervous tenants decided to



Ric Banning, 40, Alexandria, Va., masters winner (54:12), Watermen's Museum 10 Mile, Yorktown, Va., Nov. 14.

Photo by Rick Platt

move. Others, including NMN, decided to stay, based on an independent inspector's report that the building was 'safe, needing repairs," our own gut instincts that the building was okay, and perhaps a macho sense of loyalty combined with a willingness to risk going down with the ship. Not to mention being too lazy to move.

Wrong, oh misguided one.

On Sat., Jan. 29, with no warning, the city "red-tagged" the building, meaning entry was now forbidden to everyone. The consequences of violation: a misdemeanor conviction with a penalty of \$1500 and up to six months in the slammer.

What to do? The files and equipment of about 20 tenants were still in the building.

Without my lawyer present, I will not divulge how most of the critical NMN files were retrieved. The desks and file cabinets are still there, but the salvaged files are now residing at my place until the building either reopens or we find new space.

Our temporary phone number is 818-786-1981; our temporary fax number is 818-989-7118.

Sylvia Stoller, our managing editor, has her own problems with her "yellow-tagged" condo, and decided not to work out of my place which, itself, received serious, but not "condemning" damage in the shaker.

Angela Egremont, our associate editor, saved the day, however, and volunteered to brave the unhappy conditions and help get the March issue out. She's also performing yeoman duty in trying to keep up to date on the book and All-American orders.

"The show must go on," she said. Or maybe I said it, I don't remember.

We apologize if your orders are delayed, and we'll try to get back to normal as soon as possible.

- Al Sheahen



First three M50-54, Annapolis 10 Mile, (from left) Fred Franklin, 52, 66:25, John Haubert, 50, 64:06, and John Benkert, 52, 57:58. Photo by George Banker

#### Upton Sets Records at Dartmouth

by JERRY WOJCIK

The 25th edition of the Dartmouth Relays, held at Leverone Field House in Hanover, N.H., Jan. 7-9, produced two U.S. age-group indoor records.

Linda Upton, 50, broke Grace Butcher's W50-54 record for the 400 of 75.1, set in 1985, with a 72.86, and reduced Sandra Knott's 5:26:08 for the 1500 in 1990, with a 5:23.05.

In other age-division action, James Stookey, 60, won the 55m, 200, high jump, long jump, and triple jump. Archie Messenger, 70, took the 400 and 800 with high-ranking times of 72.57 and 2:47.61.

Pia Iacova, 30, garnered firsts in the shot put (38-4) and weight throw (43-51/4). George Mathews, 50, topped all M40-and-over in the weight with a 43-314. Meet Director Carl Wallin, 50, had the best shot put among all M30+ competitors, with a 51-11/2.

Ken Weinbel, 65, former Dartmouth t&f coach, now a resident of Seattle, and originator of the Relays, helped celebrate its silver anniversary by competing in the shot and weight (35-51/2).

#### Stones Sets World High Jump Record Twice

Continued from page 1

Stones has been taping 25 episodes of "The Dream League" for TV in Atlanta, and brought his family to New York. He felt both made a difference in his performance.

In these open meets, Stones competes with open jumpers and pretty much is jumping by himself at the beginning of the competition, whereas in masters meets, he'll be jumping alone after everyone.

He hopes USATF will allow him to jump in the USA Mobil open National Championships in Atlanta, March 5, even though the qualifying jump is 7-4. He would attempt seven feet there, and feels that height might even place.

Stones wants to be the first over-40 athlete to jump seven feet. He decided July 15, 1988, at age 34, during his Olympic Trials jumps in Indianapolis, to attempt a 7-foot jump when he turned 40. In his trade-mark Mickey Mouse T-shirt, he admits the challenge of it all is somewhat boosted by the substantial bonus he'd get for a seven-footer. But it's not just the money.

He brought his children with him so they could see what his life was like before they were born.

Stones likes masters competition and the opportunity to help market masters and open track & field to the public.

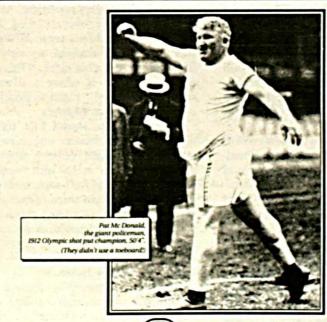
"Masters competition is far more fun than what I used to do," he said. "It's very good for my physical and mental health."

Is there pressure to jump seven feet? "Yes, because I said I would do it. and because in June, 1995, James Barrineau turns 40." A fellow 1976 Olympic teammate, Barrineau has jumped 7-71/4 and cleared 2.14 (7-01/4) at the USA National Masters Championships in Provo last year.

Stones plans to compete in the USATF National Masters Indoor T&F Championships this month in Columbia, Mo., and at the XI World Veterans Championships next year in

"My goal is to clear seven feet in Missouri," he said.

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# SPEAKER'S

by KIYOSHI KOUNOIKE Chairman of the Board of Directors of Nippon Masters Athletic Union

#### A Worldwide Thank You

he X World Veterans Athletics Championships in Miyazaki, a festival of the "lifetime" sport on a worldwide scale, ended in a great success, drawing more than 12,000 athletes from 78 nations.

It was an indescribable pleasure for me, as one of the organizers, to find the meet deserving of the first championships held in Asia, which was also the 10th commemorative meet. I would like to extend my sincerest thanks to everyone involved.

I am the only Japanese who has competed at the past nine consecutive WAVA Championships. I also work for the Nippon Masters Athletic Union as the Chairman of the Board of Directors.

I have privately admired the Olympic Games since I was a child. I began training seriously at the age of nineteen, which is not an early start. I had hoped to secure a chance of competing at regional or national meets, devoting my time to hard training. With this passion in my mind, I became a school teacher with high expectations of my children and students. However, I still had a long way to go.

Best Marks at Age 42

Both one's physical and mental strength tend to decrease with age. Because I continued competing and training with my students, I set my best records in the spring of 1975, in spite of my age (40). The energy of my previous years returned and my blood was stirred.

In the same year, the I World Veterans Championships were held in Canada. And I had the opportunity to participate in the II World Championships in Sweden in 1977.

At that time, each of my best records topped those set at the I World Championships and some were close to world records. My wife stood by me with encouragement. Though I had to borrow money to go to Sweden, my mind was full of hope and expectation. The



Kiyoshi Kounoike (center), is flanked by Sweden's Torsten Carlius (right) and a member of the Organizing Committee, as they share a toast in Miyazaki.

result, however, was not what I had expected. Too much excitement and fatigue prevented me from making full use of my ability. For one thing, it was my first trip abroad. For another, it was a world meet. After all, my dream of winning a gold medal was not realiz-

With the higher level and the larger number of participants, I had the impression that this second world meet was exactly the Olympic Games of Track & Field for the middle-aged and senior citizens. Duncan McClean (93, Scotland) was there, dashing with all his might in the 100m and drawing enthusiastic applause. On the other hand, a white-haired man was giving a challenge to the 3000m steeplechase and pole vault. Gaston Roelants (Belgium), the 3000m steeplechase gold medalist at the Tokyo Olympic Games, won the race in a very good time. All of these scenes were overwhelming and something we could not see in Japan. It was a meet that changed my view of life. The world is a big place. "This is a real sport! This is where a lifetime sport comes from!" I said to myself.

Organized Japan Masters

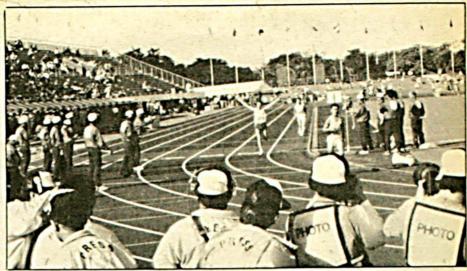
On returning to Japan, I set up an organization for masters with some of my friends. We held regional, national and international meets with support and cooperation of the people involved in the program, and three friends and myself ran an 8 kilometer marathon round the Japan Islands to promote our cause. This way, we gradually began longing to hold the World Championships in Japan.

We were exceptionally pleased to have held a very successful championships ten years after we started working for the bid.

I am a 400m hurdler. Though I was after a gold medal at Gothenburg, Melbourne and Miyazaki, I could not take it because of, respectively, a fall, failure of coordination after a postponement caused by heavy rain. and an injury before the championships.

#### Miyazaki a Success

In spite of the worldwide recession, a lot of friends came to Miyazaki to



Belgium's Omer Van Noten wins the M45 10,000 in 32:12 as the press and officials look on at the World Veteran Championships in Japan

compete, which surely contributed to the great success of the championships. I will never forget this throughout my life. I learned that visitors from overseas experienced Japanese culture and the friendliness of the Miyazaki people, and took home pleasant memories.

I hope you will sometimes remember the enthusiasm of the Miyazaki people, led by Governor Matsukata, and the Nippon Masters Athletic Union. We will never forget the opening ceremony, the competitions, the closing ceremony, nor especially your smiles.

I hope that the success of the cham-

pionships in Miyazaki helped contribute to international peace. It is of great importance that we are promoting lifetime sports and, therefore, we will cherish this invaluable experience.

I would like to say, "Thank you very much," again to the veteran friends of the world. With this as our second start, we will make further efforts in the future. I will never stop enjoying competition.

We hope to see you again some time in Japan.

I wish you good health and continued success of the WAVA Championships.

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60-69	5.0		1.00k	5.00k	600 gms.	1	
70 plus	4.0	Ok	1.00k	4.00k	600 gms.	1	

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

## World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of January 31, 1994

n = noteworthy mark, p = pending verificati	on of date of birth, wind	velocity, etc.	3000 Meter Walk
MEN'S WORLD INDOOR REC	CORDS	60 Meter Hurdles	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
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M40 6.97 Eddie Hart(US) M45 7.02 Stan Whitley(USA)	40 3-24-90	M45 8.76 Willie Davenport(US) 45 4-1-89 M50 8.47 Walt Butler(USA) 51 3-20-93	p12:55.8 Neikki Lahtinen(FIN) 40 3-3-90 M45 12:58.0 Jan Roos(CAN) 47 1-28-84
M45 7.02 Stan Whitley(USA) M50 7.37 Harold Morioca(CAN)	45 3-23-91 50 3-20-93	M55 9.15 Dale Lance(USA) 55 2-20-93	MSD 13:59.2 Jan Roos(CAN) 51 4- 1-89
7.40 Steve Robbins(CA) 7.4 Ron Taylor(GB)	50 3-20-93	M60 9.14 Phil Mulkey(USA) 60 3-20-93 M65 9.8 Buck Bradberry(USA) 66 2-20-93	M55 14:27.6 Mario Sciarreta(ITA) 55 3-2-90 M60 16:03.8 Max Gould(CAN) 64 1-30-82
7.4 F. Taylor(GB)	52 3-15-86 52 3-25-88	M70 10.9 Les Williams(GBR) 7093	p14:44.51 Max Green(USA) 60 4- 4-92
M55 7.53h Hugo Hartenstein(US) 7.57 Hugo Hartenstein(US)	55 3-24-90	p10.5 Tom Patsalis(USA) 70 4-4-92 M75 11.20 Frank Finger(USA) 75 3-24-91	p14:46.4 Boris Olenov(URS) 60 3-19-89 M65 16:03.0 Max Gould(CAN) 66 1-28-84
7.57 Hugo Hartenstein(US) 7.6 Ron Taylor(GB)	55 3-24-90 56 3-31-90	M80 13.37 Ahti Pajunen(FIN) 80 3-3-90	M70 17:31.6 Pauli Makinen(FIN) 70 3- 9-90
M60 7.7 Payton Jordan(US) M65 7.8 Cecil Paul (CAN)	60 1- 7-78	High Jump	p15:27.96 Tonetti Franco(1TA) 70 2-24-91 H75 18:35.8 Chico Scimone(1TA) 75 2-14-87
N70 8.46 Payton Jordan(US)	72 4- 1-89	DIV. MARK NAME(RESIDENCE) AGE MEET DATE	M80 20:35.0 Ake Strang(FIN) 82 3- 4-90
M75 8.99 Maribotti Guiseppi(ITA) p8.9 Maribotti Guiseppi(ITA)	75 2-23-91 76 2-23-92	N40 6-7 1/2 2.02 Dwight Stones(USA) 40 1-16-94	p20:07.0 Ake Strang(FIN) 8189
M80 9.81 Fred White(USA)	80 3-20-93	M45 6-3 1/2 1.92 Mark Chelnov(URS) 46 3-18-90 M50 5-10 1.78 John C. Brown(US) 51 2-15-81	WOMEN'S WORLD INDOOR RECORDS
9.83 Ahti Pajumen(FIN) p9.7 Vittorio Colo(ITA)	80 3- 3-90 80 2-23-92	5-10 1.78 Milton Newton(US) 51 3-30-85	60 Meters
M85 11.33 Russell Randall(USA)	86 3-20-93	5-10 1.78 Richard Richardson(US) 53 3-15-87 p6-0 1.83 Vittoriano Dovrandi(ITA) 51 25-93	DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M90 p15.52 Mikko Salonen(FIN)	9087	p5-11 1.80 Vittoriano Dovrandi(ITA) 50 2-22-92	DIV. MARK NAME(RESIDENCE) AGE MEET DATE  W35 7.9 Vespe Ellis(GBR) 36 3-20-93
200 Meters		M55 5-7 1/4 1.71 John C. Brown(US) 56 1-11-86 M60 5-5 1.65 Jim Gilcrist(US) 62 3-24-90	W40 8.10 Phil Raschker(USA) 44 3-23-91 W45 8.12 Phil Raschker(USA) 46 3-20-93
DIV. MARK NAME (RESIDENCE)	AGE MEET DATE	M65 5-4 1.62 Jim Gilcrist(USA) 65 3-19-93	8.14 Phil Raschker(USA) 45 2-20-93
M40 22.6 Hanno Rheineck(WG)	42 3-10-85	N70 4-9 1.45 Esko Kolhonen(FIN) 7186 N75 4-5 1/4 1.35 Esko Kolhonen(FIN) 76 3- 3-90	M50 8.7 Une Gore(GB) 52 11-17-90 M55 9.1 Asta Larsson(SME) 5587
M45 23.4 Roger Pierce(US) p22.70 Stan Whitley(USA)	45 1- 5-90	p4-7 1/4 1.40 Esko Kolhonen(FIN) 7589	W60 9.4 Joan Ogden(GB) 60 3-25-88
M50 23.76 Harold Morioca(CAN)	50 3-21-93	p4-6 1.37 Ian Hume(CAN) 75 3-24-90 M80 4-0 1.22 Wesley Ward(USA) 82 2-15-92	W65 9.5 Joan Ogden(GB) 65 3-20-93 W70 10.36 Mary Bowermaster(US) 71 4-1-89
23.8 Ron Taylor(GB) M55 24.7 Ron Taylor(GB)	52 3-15-86 56 3-31-90	M85 3-3 1/4 1.00 A. E. Pitcher(USA) 88 2-18-90	W75 11.75 Hillie Creus(US) 75 3-24-90
M60 26.37 Jack Greenwood(US)	62 4- 2-89	M90 p1-5 3/4 0.45 Mikko Salonen(FIN) 9087	200 Meters
p26.14 Charley Williams(GBR) M65 26.92 James Law(USA)	65 3-24-91	Pole Vault	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
M70 28.00 Payton Jordan(US) M75 31.85 Jay Sponseler(USA)	72 4- 2-89	DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W35 25.29 Jocelyn Kirby(GBR) 35 1- 8-93
M75 31.85 Jay Sponseler(USA) p31.0 Giovanni Diguardo(ITA)	75 3-21-93 75 2-25-90	M40 15-3 4.65 Richard Christoph(USA) 40 3- 1-92 p16-5 5.00 Kjell Isaaksson(SWE) 4088	W40 26.91 Riny Hagenaars (HOL) 41 2-28-93 W45 26.31 Phil Raschker (USA) 46 3-21-93
p30.8 Giovenni Diguardo(ITA) M80 32.9 Barry Ivers(USA)	77 2-22-92	M45 14-6 4.42 Roger Ruth(USA) 45 2-18-73	V50 29.6 Una Gore(GB) 50 3-26-89
M85 39.79 Russell Randall(USA)	80 3-17-91 86 3-21-93	M50 13-6 4.11 Boo Morcom(USA) 54 3-14-76 M55 13-2 1/2 4.02 Boo Morcom(USA) 5981	M55 31.05 Asta Larsson(SME) 56 - 88 M60 31.6 Joan Ogden(GB) 61 3-26-89
M90 p68.6 Mikko Salonen(FIN)	9087	M60 12-4 3/4 3.78 Jerry Donley(USA) 60 2-25-90 M65 11-1 1/2 3.39 Boo Morcom(USA) 67 1- 6-89	W65 32.0 Joan Ogden(GB) 65 3-20-93
400 Meters	mark s	M70 10-4 3.15 Boo Morcom(USA) 71 1- 8-93	W70 37.4 Mary Wixey(GB) 70 3-8-91 W75 44.39 Millie Crews(US) 76 3-24-91
DIV. MARK NAME (RESIDENCE)	AGE MEET DATE	M75 9-3 2.82 Carol Johnston(USA) 76 3-19-88 M80 7-10 1/2 2.40 Carol Johnston(USA) 80 4-4-92	400 Meters
M40 50.15 Fred Somerby(ANT) M45 51.15 Stan Whitley(USA)	43 2-22-92	M85 5-6 1.67 A. E. Pitcher(USA) 86 3-19-88	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
MSO 52.95 Harold Morioca(CAN)	50 3-20-93	Long Jump	W35 59.0 Caroline Marier(GB) 37 3-25-88
M55 56.17 James Mathis(US) M60 59.82 Earl Fee(CAN)	60 4- 1-89	DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W40 61.9 Anne Mcdonald(GB) 41 3-31-90 W45 62.3 Marjorie Mocknell(GB) 46 12- 2-89
M65 60.67 James Law(USA) M70 66.03 John Alexander(US)	65 3-23-91 70 3-24-90	M40 23-1 7.03 Stan Whitley(US) 40 2-22-86 M45 22-7 3/4 6.90 Tapani Taavitsainen(FIN) 45 2- 3-90	W50 68.2 Jean Hulls(GB) 51 3-31-90
M75 73.80 Jay Sponseler(USA)	70 3-24-90 75 3-20-93	M50 21-2 3/4 6.47 Stig Backlund(FIN) 50 3- 3-90	M55 67.6 Carolyn Sue Cappetta(USA) 56 1-10-92 W60 80.26 Betty Vosburgh(USA) 60 4-4-92
M80 79.6 Aleksander Ernesaks(CAN) M85 1:40.86 Russell Randall(USA)	80 3- 7-92 86 3-20-93	M55 19-3 1/4 5.87 Boo Morcom(US) 55 3-13-77 M60 17-6 1/2 5.34 Boo Morcom(US) 60 3-14-82	W65 85.57 Patricia Peterson(USA) 65 4- 4-92
M90 p2:47.3 Mikko Salonen(FIN)	9087	M65 17-5 1/4 5.31 Melvin Larsen(US) 66 1-13-91	W70 93.1 Louis Adams(USA) 71 3-21-93 W75 1:45.59 Pearl Mehl(US) 75 4- 1-89
800 Heters		M70 15-8 4.77 Gilberto Gonzalez(PUR) 70 2-26-84 M75 13-0 3/4 3.98 Esko Kolhonen(FIN) 76 3-3-90	
DIV. MARK NAME (RESIDENCE)	7 2 1 1 1 1 1 1	p13-5 3/4 4.11 Maribotti Guiseppi(ITA) 75 2-24-91	BOO Meters DIV. MARK NAME(RESIDENCE) ACE MEET DAYS
MAD 1:55.5 Ken Popejoy(Wheaton, IL)	AGE MEET DATE 42 1-30-93	M80 11-8 1/2 3.57 Karl Trei(CAN) 80 3-10-90 M85 8-8 3/4 2.66 Russell Randall(USA) 86 3-21-93	W35 2:03.2 Ileana Silai(ROM) 36 2- 7-78
M45 1:57.81 Ken Sparks(US) M50 2:05.8 Ken Baker(USA)	45 3-25-90	M90 p4-11 1.50 Mikko Salonen(FIN) 9087	WG 2:13.69 Erne Kozek(CAN) 40 2-23-86
MSS 2:08.9 Ken Baker(USA)	50 1-17-88 55 3-22-92	Triple Jump	p2:21.7 Pat Gallagher(GB) 47 12-5-02
M60 2:16.64 Earl Fee(CAN) M65 2.24.82 Harry Tempan(GB)	62 1-18-92	DIV. MARK NAME(RESIDENCE) AGE MEET DATE	150 2:34.42 Linda Upton(US) 50 1-23-94
M70 2:42.0 Austin Neuman(US)	65 3-17-91 70 3-23-86	M40 46-5 14.15 Sean Power(GB) 40	W60 2:56.75 Joyce Hals(USA) 60 1- 8-93
M75 2:53.1 David Morrison(GB) M80 4:40.0 Ronald White(GB)	75 3-26-89	M50 45-0 1/4 13.72 Stig Backlund(FIN) 50 3-4-90	W65 3:30.74 Dottie Gray(USA) 66 4-5-92 W70 3:39.55 Louis Adams(Boulder,CO) 71 3-21-93
p3:44.6 Henry Zachman(USA)	80 1-14-90	M55 40-0 1/4 12.20 Olavi Neimi(FIN) 58 3-18-90 M60 39-9 1/2 12.13 Amelio Compri(ITA) 60 3-9-85	p3:17.5 Britte Tibbling(SWE) 70 RA
p3:50.0 Henry Zachman(USA) M85 6:18.0 Herb Kirk(US)	80 3-17-90 87 2- 5-83	M65 35-10 10.92 Amelio Compri(1TA) 65 3-3-90	W75 4:03.77 Pearl Mehl(US) 76 3-25-90
and the second s	0, 2, 3, 0	M70 32-8 1/2 9.97 Ed Lukens(SYRACUSE, NY) 70 3-19-93 M75 28-1 3/4 8.58 Vittorio Colo(ITA) 76 3-13-88	1500 Meters
1500 Meters		p30-10 9.40 Heikki Simola(FIN) 7587	DIV. MARK NAME(RESIDENCE) AGE MEET DATE
DIV. MARK NAME (RESIDENCE)	AGE MEET DATE	p25-1 1/4 7.65 Vittorio Colo(1TA) 80 2-22-92	W35 4:05.4 Ileana Silai(RON) 36 3-17-87 W40 4:09.29 Yekaterina Podkopayeva(URS) 40 3-14-93
M40 3.45.3 Eamonn Coghlin(IRL) M45 4.03.69h John Potts(GB)	40 2-26-93	M85 15-10 1/4 4.83 Konrad Boas(US) 85 3-31-89	MS 4:44.0 Pat Gallagher(GB) 45 11-17-90
M50 4.19.21 Benjamin Johns(CAN) M55 4.28.9 James Sutton(US)	50 1-31-87 55 1- 4-87		V55 5:36.60 Holly Turner(CAN) 54 3-20-93
M60 4.43.75 James Sutton(USA)	61 3- 7-93	Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)	M60 5:58.55 Gloria Brown(USA) 61 3- 7-93
p4.43.8 Cesare Bini(ITA) M65 4.53.02 Harry Tempan(GB)	60 2-25-90 65 3-17-91	DIV. MARK NAME (RESIDENCE) AGE MEET DATE	W70 6:50.6 Jose Weller(GBR) 70 1-20-01
N70 5:27.4 Austin Neuman(US)	70 3-23-86	M40 65-10 1/4 20.07 Brian Oldfield(US) 40 1-17-86 M45 51-9 1/2 15.78 Ed Hill(US) 45 3-19-88	W75 7:43.3 Pearl Nehl (US) . 75 4- 1-89
N75 6:01.6 Austin Neuman(US) p5:42.9 A. Parme(ITA)	75 2-24-91 75 2-25-90	p56-11 1/2 17.36 Natti Jouppila(FIN) 45 3- 3-90	
M80 7:04.2 Paul Spangler(US)	80 3-18-79	MSO 51-10 15.80 Carl Wallin(USA) 50 1-10-92 MSS 48-0 1/2 14.64 Raino Leino(FIN) 55 3-3-90	3000 Meters
N90 14:28.4 Nikko Salonen(FIN)	9088	p48-4 14.73 Veikko Kojala(FIN) 5587	DIV. MARC NAME(RESIDENCE) AGE MEET DATE 135 8:43.49 Ileana Silai(ROM) 36 3-7-87
One Mile	Auto-La Line	M65 50-1 1/2 15.28 Voitto Elo(FIN) 6582	W40 9:52.8 Rita Marchisio(ITA) 40 3- 4-90
DIV. MARK M40 4:01.39 Eamonn Coghlan(IRL)	40 2-26-93	N70 43-5 13.23 Ross Carter(US) 71 3-30-85	V50 11:06.2 Johana Jay(GBR) 50 3-31-90
M45 4:21.90 Albie Swenson (USA)	46 2-26-93	MBO 30-5 9.27 Leon Jostin(USA) 80 4- 5-92	MSS 11:45.94 Holly Turner(CAN) 57 4-5-92
M50 4:40.6 Vic Heckler(USA) M55 4:53.3 John Conner(USA)	50 2-14-93 55 2-25-90	MBS 22-9 3/4 6.95 Burt Degroot(USA) 86 3-21-93	M60 12:33.4 Joselyn Ross(GB) 61 3-31-90
		H90 15-9 3/4 4.82 Everett Hosack(USA) 90 2-24-93	W65 14:47.4 Judith Kezden(CAN) 67 3- 7-87
3000 Meters		2000 Meter Walk	W75 15:53.6 Pearl Hehl(US) 75 4-2-89
DIV. MARK NAME (RESIDENCE)	AGE MEET DATE	ATV MAR	60 Neter Hurdles
M40 8:24.8 Chris McCubbins(CAN) M45 8:46.80 Renato De Palmas(ITA)	40 1-18-86 45 3- 9-85	M40 8:28.50 Robert Care(GB) 43 3-17-01	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
M50 8:58.8 Les Presland(GB)	50 3-31-90 55 3-29-93	M45 8:33.4 David Stevens(GB) 47 3-21-84	M35 8.69 Jocelyn Kirby(GBR) 35 1- 8-93
M60 9:59.02 Andrew Brown(GBR)	60 3-13-93	MSS 9:29.4 Mario Sciarreta(ITA) 55 3-2-00	W5 9.38 Phil Raschker(USA) 45 2-20-93
M65 10:32.28 William Marshall(GBR) M70 11:17.99 James Todd(GBR)	65 3-13-93 71 3-13-93	M60 10:42.0 Len Creo(GB) 64 3-27-87	M50 10.43 Jean Hulls(GB) 52 3-17-91
H75 13.08.2 Gordon Porteous(SCO)	75 3-26-89	M70 10:41.4 James Grimuade(GB) 70 3-27-87	W60 12.3 Hilary Farmer(GB) 62 3-31-90
M80 18:20.6y Byron Fike(US) p16:53.4 A. Petrone(ITA)	80 3-20-88 80 2-25-89	p10:12.72 Charles Columan(GBR) 70 3-17-91 H75 10:50.8 James Grimuade(GB) 75 3-25-88	W45 14.26 Leonore McDaniel (USA) 65 3-20-93
	in the second	7.5-68	Continued on next page

ontinued from	n previous page			. V50	14-1 3/4	4.31 Asta Larsson(SWE)	53	85	1	2000 Nete	Walk		
41-4					13-10 1/2	4.23 Asta Larsson(SWE)	55	87		74230	THE RESERVE OF THE PARTY OF THE	-	
High Jump					12-3	3.73 Betty Vosburgh(USA)	60	2-23-92	DIV.	MARK	NAME (RESIDENCE)	AGE	
	Annual State of Concession of				12-2	3.71 Leonore McDaniel (USA)	65	3- 6-93	W35	9:29.0	Lillian Hillen(GB)	38	3-13-8
IV. MARK	NAME (RESIDENCE)	AGE			10-10 1/4	3.31 Mary Bowermaster(USA)	70	3-19-88	W40	9:39.6	Lillian Hillen(GB)	40	3-23-8
35 5-4 1/2	1.64 Liz McBlain(CAN)	36	1-28-84			2.29 Vivian Nelson(USA)	75	3- 5-88		11:35.4	Pam Horwill(GB)	48	3-13-8
40 5-1	1.55 Liz McBlain(CAN)	40	3-18-88	M/S	7-6 1/4	Z.ZY VIVIAN MELSON(USA)	.,	, ,		11:00.0	Mary Worth(GB)	54	3-13-6
45 4-11	1.50 Phil Raschker(USA)	46	1-23-94							10:58.8	Mary Worth(GB)	58	3-27-
50 4-7 1/4	1.40 Taisija Tsentsik(URS)	54	3-19-89	1	Triple Ju	mp .			W60		Mary Worth(GB)	60	3-26-
55 4-3 1/4	1.30 Rosemary Chrimes(GB)	55	3-26-89	DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE		12:41.6	Buth Leff(USA)	65	4- 4-
p4-5 1/2	1.36 Rosemary Chrimes(GB)	55	88	W35	35-0 3/4	10.69 Phil Raschker(USA)	37	3-18-84	-	12.41.0	motili bellitonia	District the second	
60 4-1 1/4	1.25 Leonore McDaniel (USA)	63	3-24-91		35-4 1/2	10.78 Phil Raschker(USA)	40	3-20-88	1000				
55 4-0 1/2	1.23 Leonore McDaniel (USA)	65	3-21-93		35-6	10.82 Phil Raschker(USA)	45	3-19-93		3000 Meter	Welk		
70 3-7	1.09 Mary Bowermaster(US)	70	3-19-88		29-9	9.07 Jackie Charles(GBR)	51	3-29-93		The same of the			
75 3-0	0.91 Vivian Nelson(US)	75	3- 5-88		28-1 1/2	8.57 Rosemary Chrimes(GB)	55	3-26-89	ntv	MARK	NAME (RESIDENCE)	AGE	MEET D
0 2-7 1/2	0.80 Margareta Sarvana(FIN)	81	3- 4-90		25-3 1/2	7.71 Betty Vosburgh(USA)	60	4- 3-92		16:25.4	Cath Reader(GB)	35	3-31-
	Oloc har barden and the section of	-		The same of the sa	23-11 3/4	7.31 Leonore McDaniel (USA)		3-19-93	-	p16:18.85	Mataji Graham(USA)	35	4- 4-
								3-17-91		15:11.15	Julie Ratner(US)	43	3-24-
Pole Vault	*** BEST PERFORMANCES ***			W/0	17-10 1/4	5.44 Libby Hagemann(USA)	10	3.11.41			Suzanne Griessbach(FRA)	40	1
				1		175 10- 180- 50a- 370)				p13:26.6	Viisha Sedlak(USA)	40	4- 4-
V. MARK	NAME (RESIDENCE)	AGE	MEET DATE		Shot Put	(35-49: 4Kg; 50+: 3Kg)		The same of the sa		p14:23.33		45	2- 7-
5 p8-0	2.44 Phil Raschker(USA)	35	3-14-82	DIV.	MARK	NAME (RESIDENCE)		MEET DATE		16:12.53	Jocelyn Richard(CAN)	52	3. 3.
0 8-0 1/2	2.45 Phil Raschker(USA)	44	2-16-92		44-1 1/2	13.45 Browin Carter(GB)	35	3-27-87		15:35.7	Giuseppine Migliasso(ITA)		3. 3.
5 9-6 1/4	2.90 Phil Raschker(USA)	46	1-23-94	To an inches	p54-11 3/4	16.76 Svetlana Helnikova(URS)	35	3-19-89		p15:13.2	Vieni Heikkila(FIN)	50	
0 8-4 1/2	2.55 Pat McNab(GBR)	50	3-20-93		45-1 1/4	13.75 Janis Kerr(GB)	42	89	A STATE OF THE PARTY OF THE PAR	18:27.8	Pam Horvill(GB)	55	3-31-
5 5-11	1.80 Dorothy McClennan(IRL)	57	1-31-93		34-2 1/4	10.42 Mia Dudink(HOL)	46	2-14-93		p17:11.39	Giuseppina Migliasso(ITA)	55	2. 5.
5-5 3/4	1.67 Leonore McDaniel (USA)	64	2-20-93		D39-10 1/4	12.15 Ljudmila Hmelerkaja(URS)	45	3-19-89	W60	18:19.0	Ruth Leff(US)	61	12-17-
6-6 1/4	1.99 Leonore McDaniel (USA)	65	3- 6-93		41-6 1/2	12.66 Joanne Grissom(US)	51	3-25-90	M65	17:32.0	Britta Tibbling(SWE)	68	-
	The first half being beautiful trape to		Sent to be sent to the		41-2	12.55 Antonia Ivanova(URS)	56	3-19-89	W70	20:56.8	Ernestine Yeomans(CAN)	70	4- 2-
					33-1 1/4	10.09 Beatrice Holland(US)	63	3-25-90	200	p17:38.2	Britta Tibbling(SWE)	70	
Long Jump		*			30-3 3/4	9.24 Joan Opden(GB)	65	3-20-93		22:17.08	Millie Creus(US)	75	3-24-
. MARK	NAME (RESIDENCE)	AGE	MEET DATE		25-5 1/2	7.76 Mary Bowermaster(US)	71	4- 2-89		p21:12.2	Alda De Grandis(ITA)	75	3- 2-
20-2 1/2	6.16 Willye White(USA)		3- 3-75		23-5	7.06 Iria Sarnama(FIN)	77	83		p21:21	Nora Wedemo(SWE)	75	
	5.61 Phil Raschker(USA)	40	3-28-87		20-10 1/2		81	3- 4-90		27:33.0	Margareta Sarvana(FIN)	81	3- 4-9
	5.54 Phil Raschker(USA)	77	2-20-93			6.53 Margareta Sarvana(FIN)	80	88		p27:11.0	Margareta Sarvana(FIN)	80	
The second second	The state of the s			THE PARTY OF THE P	p21-5	0.33 Hargareta Sarvana(FIN)	90	00	1 20	~	Be. ere se	-	-

## **USA Track & Field Indoor Age-Group Records**

Compiled by Peter Mundle and the Records Subcommittee of the USATF Masters T&F Committee through performances verified as of January 31, 1994

E)	60 Meters	Masters		One Mile	AND THE PROPERTY OF		Pole Vault	
	A STANLEY OF						And the same of th	
	DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE		AGE MEET DATE
	M40 6.97	Eddie Hart(CA)	40 3-24-90	M40 4:14.41	Ken Popejoy(IL)	42 1-15-94	M40 15-3 4.65 Richard Christoph(OH) M45 14-6 4.42 Roger Ruth(US)	40 3- 1-92
	M45 7.02	Stan Whitley(CA)	45 3-23-91	4:13.7n	Ken Popejoy(IL)	40 2-23-91		45 2-18-73
	M50 7.40	Steve Robbins(CA)	50 3-20-93	N45 4:21.90	Albin Swenson(CT)	46 2-26-93		54 3-14-76
	M55 7.53h	Hugo Hartenstein(CO)	55 3-24-90	M50 4:40.6	Victor Heckler(IL)	50 2-14-93		
	7.57	Hugo Hartenstein(CO)	55 3-24-90	M55 4:53.3	John Connor(NY)	55 2-25-90	THE RESERVE TO SELECT THE PROPERTY OF THE PROP	60 . 2-25-90
	M60 7.7	Payton Jordan(CA)	60 1- 7-78	M60 5:19.9	Archie Messenger(NY)	60 3-18-84		67 1- 6-89
	M65 8.14	James Law(NC)	65 3-23-91	M65 5:30.0	Archie Messenger(NY)	65 1-15-89 70 3-15-87		71 1- 8-93 76 3-19-88
	M70 8.46	Payton Jordan(CA)	72 4- 1-89	M70 5:32.4	Scotty Carter(MA)	75 3-20-83		80 4- 4-92
	M75 9.5	Barry Ivers(ME)	77 2-21-88	M75 6:54.8 M80 7:04.2	Byron Fike(OH) Paul Spangler(CA)	80 3-18-79		86 3-19-88
	M80 9.81	Fred White(TX)	80 3-20-93 86 3-20-93	H80 7:04.2	Paul spangter(CK)	80 3-18-77	M85 5-6 1.67 A. E. Pitcher(IN)	90 3.14.90
	M85 11.33	Russell Randall(CO)	60 3.50.43	3000 Mete	rs Charles and a series	The second second	Long Jump	V160 . 0.0212 2
	200 Mete	re		3-21-6	The second second			1012
			and the state of the state of	DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE		AGE MEET DATE
	DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	M40 8:44.0	Peter Hallop(MI)	40 1-15-88	M40 23-1 7.03 Stan Whitley(CA)	40 2-22-86
	M40 23.02	Bill Collins(TX)	41 4- 5-92	8:44.0	Ken Popejoy(IL)	42. 1-16-93	N45 21-8 3/4 6.62 Stan Whitley(CA)	45 3-23-91
	N45 23.4	Roger Pierce(MA)	45 1- 5-90	M45 9:12.69	Salih Talib(NY)	45 12-29-90	M50 20-8 1/2 6.31 Shirley Davisson(CA)	50 3-29-80
	p22.70	Stan Whitley(CA)	46 4- 5-92	p9:04.72	Albin Swenson(CT)	45 4- 5-92	M55 19-3 1/4 5.87 Boo Morcom(PA)	55 3-13-77
	M50 24.20	Roy Turner(TX)	50 3-25-90	M50 9:14.84	Dan Conway(MN)	52 3-24-91	M60 17-6 1/2 5.34 Boo Morcom(PA)	60 3-14-82
	M55 24.94h	Hugo Hartenstein(CO)	55 3-25-90	M55 9:51.8	Howard Rubin(NY)	55 3-10-84	M65 17-5 1/4 5.31 Melvin Larsen(IL)	66 1-13-91
	M60 26.37	Jack Greenwood(KS)	62 4- 2-89	M60 10:31.4	James Sutton(PA)	61 1- 3-93	M70 15-6 1/4 4.73 John Alexander(TX)	70 3-24-90
	M65 26.92	James Law(NC)	65 3-24-91	M65 11:12.03	Jim Forshee(MI)	66 4- 5-92	M75 12-8 3.86 Russell Meyers(FL)	76 3-29-80
	M70 28.00	Payton Jordan(CA)	72 4- 2-89	p10:59.8 M70 11:27.6	Jim Forshee(MI)	66 2-14-93	M80 10-7 1/4 3.23 Claude Hills(PA)	80 3- 9-93
	M75 31.85	Jay Sponseler(FL)	75 3-21-93		Scotty Carter(MA)	70 3-15-87	M85 8-8 3/4 2.66 Russell Randall(CO)	86 3-21-93
	M80 33.87	Barry Ivers(ME)	81 4-5-92	H75 13:10.84	Alfred Funk(MT)	78 3-21-93		
	M85 39.79	Russell Randall(CO)	86 3-21-93	M80 p15:12.4y	Paul Spangler(CA)	80	Triple Jump	
	M90 76.4	Herb Kirk(MT)	91 1-11-87	M85 26:12	Herb Kirk(MT)	87 2- 5-83		
				Tue Miles			DIV. MARK NAME (RESIDENCE)	AGE MEET DATE
	400 Meter			Two Miles		THE PARTY OF THE PARTY OF	M40 45-4 3/4 13.83 John Hartfield(CA)	40 3-30-85
				DIV. MARK	MANECAPEINGUES		M45 44-11 1/2 13.70 Ira Davis(PA)	46 3-27-83
	DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE		NAME (RESIDENCE)	AGE MEET DATE	M50 40-7 1/2 12.38 Dave Jackson(CA)	51 3-27-83
	M40 50.64	James King(CA)	40 2- 9-90	M40 9:22.2 M45 9:45.2	Peter Hallop(MI)	40 1-15-88	M55 36-4 11.07 Phil Mulkey(GA)	55 3-20-88
	N45 51.15	Stan Whitley(CA)	45 3-23-91		Ernest Billups(IL)	45 3-27-83	M60 36-3 1/2 11.06 Ed Lukens(NY)	63 3-24-85
	M50 54.0	Larry Colbert(MD)	52 3-18-89	M50 10:08.40 M55 10:58.82	Victor Heckler(IL)	50 1-30-93	M65 35-7 3/4 10.86 Tom Patsalis(CA)	66 3-29-87
	M55 56.17	James Mathis(TN)	56 3-23-91		Jim Sutton(PA)	56 3-20-88	M70 32-8 1/2 9.97 Ed Lukens(NY)	70 3-19-93
	M60 60.62	Harry Brown(IL)	60 3-24-90	M60 11:04.8	Jim Sutton(PA)	60 2- 2-92	M75 27-5 1/2 8.37 Robert Sorlien(RI)	75 3-22-92
	p60.1	Harry Brown(IL)	60 3-11-90	M65 12:19.34 M70 12:40.8	John Boots(LA)	66 2-23-86	M80 22-10 3/4 6.98 Benjamin Fox(AZ)	81 3-29-87
	M65 60.67	James Law(NC)	65 3-23-91		Austin Neuman(NJ)	72 2-28-88	M85 15-10 1/4 4.83 Konrad Boas(NY)	85 3-31-89
	M70 66.03	John Alexander(TX)	70 3-24-90		Byron Fike(OH)	76 3-25-84		
	M75 73.80	Jay Sponseler(FL)	75 3-20-93	M80 18:20.6	Byron Fike(OH)	80 3-20-88	Shot Put (35-49: 16#; 50-59: 6Kg; 60-69	: 5kg; 70+: 4kg)
	M80 85.00	Fred White(TX)	80 3-20-93	M90 32:38.4	Herb Kirk(MT)	91 1-11-87	A Committee of the Comm	
	M85 1:40.86	Russell Randall(CO)	86 3-20-93				DIV. MARK NAME (RESIDENCE)	AGE MEET DATE
	M90 2:54.0	Herb Kirk(MT)	91 1-11-87				M40 65-10 1/4 20.07 Brian Oldfield(IL)	40 1-17-86
	900 H-0			THE PARTY OF THE P		The state of the s	M45 51-9 1/2 15.78 Edward Hill(AL)	45 3-19-88
	800 Hete	A STATE OF THE STA		60 Meter	Mundles		M50 51-10 15.80 Carl Wallin(NH)	50 1-10-92
	DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	oo neter	nuitites		MSS 43-8 1/2 13.32 Richard Lee(OR)	55 4- 4-92
	M40 1:55.5	Ken Popejoy(IL)	42 1-30-93	DIV. MARK	HAMP (DECIDENCE)		M60 49-10 1/2 15.20 Cliff Blair(MA)	60 1- 5-90
	M45 1:57.81	Ken Sparks(OH)	45 3-25-90	M40 8.15	NAME (RESIDENCE)	AGE MEET DATE	M65 42-7 12.98 Bill Bangert(MO)	65 4- 1-89
	MSO 2:05.8	Ken Baker(HJ)	51 1-17-88	M45 8.76	Stan Druckrey(WI)	40 4- 1-89	M70 43-9 13.33 Ross Carter(OR)	71 3-30-85
	M55 2:08.9	Ken Baker(NJ)	55 3-22-92	M50 8.47	Willie Davenport(US) Walt Butler(CA)	45 4- 1-89	M75 40-4 1/4 12.30 Ross Carter(OR)	76 3-24-90
	M60 2:17.09	James Sutton(PA)	60 4- 5-92	M55 9.15		51 3-20-93	M80 30-5 9.27 Leon Jostin(WA)	80 4- 5-92
	M65 2:26.3	Archie Hessenger(NY)	65 1- 6-89	M60 9.14	Dale Lance(OK) Phil Mulkey(GA)	55 2-20-93	M85 22-9 3/4 6.95 Burt Degroot(CA)	86 3-21-93
	M70 2:42.0	Austin Newman(NJ)	70 3-23-86	M65 10.14	Ed Lukens(NY)	60 3-20-93	M90 15-9 3/4 4.82 Everett Hosack(OH)	90 2-24-93
	H75 2:55.5	Austin Newman(NJ)		M70 10.75		67 4- 1-89		
	M80 p3:44.6	Henry Zachman(NJ)	75 2-24-91 80 1-14-90	N75 11.20	Ed Lukens(NY) Frank Finger(VA)	71 3-20-93	Weight Throw (35-59: 35#; 60+: 25#)	
	p3:50.0	Henry Zachman(NJ)	80 3-17-90	M80 p14.86		75 3-24-91		
	M85 6:18.0	Herb Kirk(MT)		100 pic.00	Ted Hatlen(CA)	81 4- 4-92	DIV. MARK NAME (RESIDENCE)	AGE MEET DATE
	HO3 0.10.0	mero Kitz(mi)	87 2- 5-83	High Jump	A THE PARTY OF THE PARTY OF		M40 73-10 3/4 22.52 Ed Burke(CA)	43 1- 8-84
		to the same of					M45 64-3 19.58 Harold Connolly(CA)	45 1- 8-77
	1500 Het	ters		DIV. MARK	HAMF (BEELDEWEEL		M50 64-1 1/4 19.54 Bob Backus(MA)	51 2-24-78
		The state of the s		M35 7-0 1/4	NAME (RESIDENCE)	AGE MEET DATE	MSS 41-8 12.70 Cliff Blair(MA)	55 3-18-89
	DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	M40 6-7 1/2	2.14 Jim Barrineau(VA)	37 3-21-93	p45-5 3/4 13.86 Bill McWilliams(US)	56 4- 5-92
	M40 3:56.7	Ken Popejoy(IL)	40 3-16-91	M45 6-1	2.02 Dwight Stones(US) 1.85 Herm Wyatt(CA)	40 1-16-94	M60 54-8 1/4 16.67 Cliff Blair(MA)	60 1- 5-90
	M45 4:04.80	Ken Sparks(OH)	45 3-24-90	MS0 5-10	1.78 Milton Harderick	49 2-22-81	p55-0 3/4 16.78 Cliff Blair(MA)	62 4- 5-92
	M50 4:21.19	Victor Heckler(IL)	50 12-12-92	5-10	1.78 Hilton Newton(CA)	51 3-30-85	M65 48-10 1/4 14.89 William Walmroth(MI)	65 4- 1-89
	M55 4.28.9	James Sutton(PA)	55 1- 4-87	5-10	1.78 John C. Brown(MO)	51 2-15-81	M70 40-2 12.24 Thomas McDermott(CT)	73 3-24-91
	M60 4.43.75	James Sutton(PA)	61 3- 7-93	MSS 5-7 1/4	1.78 Richard Richardson(IL)		p46-0 14.02 Holan Fowler(TN)	71 2-24-85
	M65 5:05.5	Archie Messenger(NY)	65 3-18-89	M60 5-5	1.71 John C. Brown(MO)	56 1-11-86	M75 28-4 1/4 8.64 James York(CA)	77 3-24-91
	p5:02.50	Joe King(CA)	65 4- 4-92	M65 5-4	1.65 Jim Gilcrist(FL)	62 3-24-90	p30-11 9.42 Holan Fowler(TN)	
*	N70 5:27.4	Austin Heuman(NJ)	70 3-23-86	M70 4-6	1.62 Jim Gilcrist(FL)	65 3-19-93	M80 23-6 3/4 7.18 Leon Joslin(MA)	
	M75 6:01.6	Austin Neuman(NJ)	75 2-24-91	N75 4-0 1/2	1.37 Burl Gist(CA)	71 3-23-91	M85 16-8 5.08 Burt Degroot(CA)	80 4- 5-92
	M80 7:04.2y	Paul Spangler(CA)	80 3-18-79	M80 4-0	1.23 Nam Horningstar(MI)	76 3-19-93	M90 13-11 4.24 Everett Mosack(OH)	86 3-21-93
	M90 14:34.2	Herb Kirk(MT)	91 1-11-87	M85 3-3 1/4	1.22 Wesley Ward(IN)	82 2-15-92	TILL EVELETT HOSECE(ON)	90 2-24-93
	The state of the s				1.00 A. E. Pitcher(IN)	88 2-18-90	Continue	ed on next page

Continued from previous page **WOMEN'S AMERICAN INDOOR RECORDS** NAME(RESIDENCE) Irene Thompson(NY) Phil Raschker(GA) Phil Raschker(GA) AGE MEET DATE
37 4- 4-92
44 3-23-91
46 3-20-93
50 4- 4-92
55 3-24-90
60 4- 4-92
71 4- 1-89
75 3-24-90 DIV. MARK 8.19 8.10 8.12 8.98 9.36 9.87 10.03 10.36 11.75 Mary Luker(TX)
Christel Miller(CA)
Betty Vosburgh(GA)
Patricia Peterson(NY) Mary Bowermaster(OH) Millie Crews(WI) 200 Meters DIV. MARK W35 27.65 p27.11 W40 27.08 W45 26.31 W50 30.87 W65 31.45 W60 33.51 W60 37.85 W70 37.85 NAME(RESIDENCE)
Jo Ann Angotti(NY)
Marcia Hulse(OH)
Phil Raschker(GA)
Phil Raschker(GA)
Marilyn Mitchell(NY)
Carolyn Cappetta(MA)
Betty Voshyrch(GA) AGE MEET DATE 35 4- 2-89 35 4- 5-92 MEET DATI 4- 2-89 4- 5-92 3-24-91 3-21-93 3-21-93 4- 5-92 3-21-93 4- 2-89 3-24-91 Betty Vosburgh(GA) Patricia Peterson(NY) Mary Bowermaster(OH) Hillie Crews(WI) 400 Meters MEET DATE 3- 6-93 3-23-91 1- 7-94 3-19-93 4- 4-92 4- 4-92 4- 1-89 DIV. MARK W35 60.91 NAME (RESIDENCE) Danis Willet(MB)
Phil Raschker(GA)
Pamela Calvert(MD)
Linda Upton(MA) 60.91 62.11 63.98 72.86 69.03 80.26 85.57 1:44.86 1:45.59 W40 W55 W55 W60 W65 W70 W75 Carolyn Cappetta(MA)
Betty Vosburgh(GA)
Patricia Peterson(NY)
Carol Peebles(WI)
Pearl Mehl(CO) 800 Heters MEET DATE 2-20-87 2-5-83 3-15-87 1-23-94 3-24-91 1-8-93 4-5-92 3-21-93 3-25-90 MARK 2:14.94 2:22.7 NAME (RESIDENCE) NAME(RESIDENCE)
Nancy Shafer(OH)
Barbara Pike(MA)
Barbara Pike(MA)
Linda Upton(MA)
Wava Mosbrucker(WI)
Joyce Nals(MA)
Dottie Gray(MO)
Louis Adams(USA)
Pearl Mehl(CO) 4:03.77 NAME(RESIDENCE)
Cindy Bremser(WI)
Kathy McIntyre(NY)
Robin Villa(NY)
Linda Upton(MA)
Beryl Skelton(NY)
Gloria Brown(NY)
Dottie Gray(NO)
Louis Adams(CO)
Pearl Mehl(CO) 1300 MARK 135 4:36.12 140 4:48.40 145 5:05.82 150 5:23.05 155 5:46.0 160 5:58.55 160 0 170 7:17.7 175 7:43.3 AGE MEET DATE
37 3-23-91
41 2-20-90
46 2-3-90
50 1-7-94
56 3-17-85
61 3-7-93
66 4-4-92
71 3-20-93
75 4-1-89

	One Hile			
W35	4:59.28	NAME (RESIDENCE)	AGE	MEET DATE
U40		Carol Urish-McLatchie(TX) Barbara Pike(MA)	35	3-28-87
W45		Marilyn Harbin(CA)	40	3-14-82
V50		Hila Kania(NY)	51	3- 2-84
W55		Margaret Hiller(CA)	55	3-20-83
M60		Jean Price(US)	61	3-27-82
W65		Marie Stafford(OR)	68	1-30-88
W70	7:29.22	Pearl Mehl(CO)	73	3-28-87
	3000 Met	re de la		
100	1			
The same of	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	10:24.13y	Carol Urish-McLatchie(TX)	35	3-29-87
W40		Barbara Filutze(PA)	43	2-11-90
W45		Joni Shirley(CA)	45	4- 5-92
W50	11:41.86	Sandra Knott(OH)	52	3-25-90
W60	12:23.13	Wava Mosbrucker(WI)	55	3-24-91
W65	16:18.04	Gloria Brown(NY)	61	3- 7-93
W70		Queenie Thompson(NY), Ellen McCoy(MN)	67	3-24-91
W75		Pearl Mehi(CD)	70	3-24-91
all per		rear rear (co)	"	4- 2-89
	Two Miles			
	INO MILE	A STATE OF THE PARTY OF THE PAR		A service
DIV	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35		Carol Urish-McLatchie(TX)	35	3-29-87
W40		Barbara Pike(MA)	40	3-28-82
W45		Mary Czarapata(WISC)	46	1- 9-82
W50	11:57.4	Mila Kania(NY)	50	3-14-82
W55	13:06.0	Gladys Lehman(CA)	58	2-22-81
	p18:21.0	Ernestine Yeomans(CAN)	64	1- 8-84
W65	16:37.2	Pearl Mehl(CO)	69	2-19-84
-/-	13:30.0	Pearl Hehl(CO)	73	3-29-87
	Marie Control			F JAN
	60 Meter	Hurdles		
DIV	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	10.08	Sherice Duchamp(MI)	35	3-25-90
W40	9.60	Phil Raschker(GA)	43	2-16-91
W45	9.38	Phil Raschker(GA)	45	2-20-93
W50	11.52	Christel Hiller(CA)	54	4- 1-89
W55	11.47	Christel Miller(CA)	55	3-25-90
W60	14.19	Shirley Kinsey(CA)	- 60	3-25-90
W65	14.26	Leonore McDaniel (VA)	65	3-20-93
	1 × 1			
	High Jump			
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	5-4	1.62 Skipper Clark(NY)	36	3-24-84
W40	5-0 3/4	1.54 Phil Raschker(GA)	43	2-16-91
W45	4-11	1.50 Phil Reschker(GA)	46	1-23-94
WS0	4-3	1.29 Becky Sisley(OR)	51	2- 2-91
W55	4-1 1/4	1.25 Christel Miller(CA)	55	3-25-90
W65	4-0 1/2	1.25 Leonore McDaniel (VA) 1.23 Leonore McDaniel (VA)	65	3-24-91
W70	3-7	1.09 Mary Bowermaster(OH)	70	3-21-93
W75	3-0	0.91 Vivian Nelson(PA)	75	3- 5-88
				A CONTRACTOR

	Pole Va	ult		
	V. MARK	NAME (RESIDENCE)	AGE	MEET DAT
	p8-0	2.44 Phil Raschker(GA)	35	3-14-82
W		2.45 Phil Reschker(GA)	44	2-16-92
V5		2.90 Phil Reschker(GA)	46	1-23-94
W55		2.03 Barbara Stewart(NY) 1.56 Lucy Ann Brobst(NC)	52	1-28-94
W60		1.67 Leonore McDaniel(VA)	58	2-16-92
M65		1.99 Leonore McDaniel (VA)	65	3- 6-93
	Long Jun			
	. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35		6.16 Willye White(US)	36	3- 3-75
WS		5.61 Phil Raschker(GA) 5.54 Phil Raschker(GA)	40	3-28-87
V50		4.14 Christel Miller(CA)	50	2-20-93 3-30-85
V55		3.75 Betty Vosburgh(GA)	59	3-23-91
W60		3.73 Betty Vosburgh(GA)	60	2-23-92
W65		3.71 Leonore McDaniel(VA)	65	3- 6-93
W70		3.31 Mary Bouermaster(OH)	70	3-19-88
.,,	7-6 1/4	2.29 Vivian Nelson(PA)	75	3- 5-88
	Triple J	-		
DIV	. MARK	NAME (RESIDENCE)		
W35		10.69 Phil Roschker(GA)	AGE 37	3-18-84
W.0		10.78 Phil Reschker(GA)	41	3-20-88
W.5		10.82 Phil Raschker(GA)	45	3-19-93
V50		8.37 Christel Hiller(CA)	53	3-19-88
W60		8.11 Lucy Ann Brobst(NC)	58	4- 3-92
W65		7.71 Betty Vosburgh(GA) 7.31 Leonore McDaniel(VA)	65	4- 3-92
W70		5.44 Libby Hagemann(MA)	70	3-19-93
	Shot Put	(35-49: 4Kg; 50+: 3Kg)		
DIV	. MARK			
W35	40-6 1/4	12.35 Joan Stratton(CA)	AGE	MEET DATE
W40	38-10 1/2	11.85 Joanne Grissom(IN)	41	1-25-80
W.5	32-11 3/4	10.05 Vanessa Hilliard(FL)	49	3-24-91
W50	41-6 1/2	12.66 Joanne Grissom(IN)	51	3-25-90
W55	32-4 1/4	9.86 Bernice Holland(OH)	58	2-22-86
W65	33-1 1/4 28-1 1/2	10.09 Bernice Holland(OH)	63	
W70	25-5 1/2	8.57 Bernice Holland(OH) 7.76 Mary Bowermaster(OH)	65	4- 5-92
Art 1		ELECTROPICATION OF THE REAL PROPERTY.	71	4- 2-89
		row (35-49: 20#; 50+: 16#)		
	MARK	NAME (RESIDENCE)	AGE	MEET DATE
	p38-9	11.81 Joan Stratton(CA)	38	3-17-90
	39-11 1/4	11.85 Joan Stratton(CA)	37	1- 6-89
W45	38-4 3/4	12.17 Joan Stratton(CA) 11.70 Vanessa Hilliard(FL)	40	3-24-91
V50	40-6 1/4	12.35 Joanne Grissom(IN)	51	3-24-90
W55	30-1	9.17 Anne Cirulnick(NY)	57	3-22-92
W60		10.05 Bernice Holland(OH)	63	3-24-90
	31-4 1/2 27-7 1/2	9.56 Bernice Holland(OH)	65	4- 4-92
To Joseph		8.42 Libby Hagemann(MA)	72	3- 7-93
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(1993 Edition)

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

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# International Scene

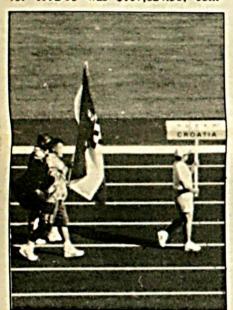
by AL SHEAHEN, WAVA Treasurer

#### Treasurer's Report

n this issue is the final financial statement for the World Association of Veteran Athletes for the two-year period 1992-93, along with a comparison to

Total revenues in 1992-93 were a record \$219,915.53, up a startling 138% from 1990-91. The increase was mainly due to fees received (\$136,042.50) from the record number of entries at the 10th World Veterans Championships in Miyazaki in October, 1993.

Total expenses were \$112,291.15, up 10% from 1990-91. Thus, the surplus for 1992-93 was \$107,624.38, com-



Battle-torn Croatia was represented by two athletes in Miyazaki at the World Champion ships

pared to a loss of \$9239 in 1990-91.

WAVA's net worth on December 31, 1993 was \$188,692.02, compared to \$81,067,54 on December 31, 1991 increase of 133%.

WAVA received a \$43,600 grant from the IAAF during 1992-93. In addition, a separate IAAF/WAVA account was set up in Monaco, IAAF headquarters, from which expenses were paid for printing the WAVA Handbook, travel and other WAVArelated items. These funds are controlled by the IAAF, and I regret I was unable to obtain any specific figures to report to you.

With \$188,692 in the bank, WAVA is in a stronger financial position than it has ever been. I will shortly submit a proposed budget for 1994-95 to the WAVA Council for approval at its even-year meeting in Buffalo on April 10-14. I will publish the budget when it is approved.

I will also propose to the Council that we change our budget procedures to allow for more input from the general membership.

In a separate box is an analysis of some of the revenues and expenses for 1992-93. If you have any questions, comments, or suggestions, please contact me, your national delegates, or your WAVA regional representative and let your views be known.



W55 athletes together at The World Veterans Championships in Miyazaki. From left, Hiroko Kinjo (JPN), Reiko Naruishi (JPN), Astrid Nilsson (SWE), Carina Graham (GBR), Kimiko Kawano (JPN), Kimiko Nakamura (JPN).

#### WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD IN COOPERATION WITH THE LAAF



TREASURER'S REPORT JAN. 1, 1992 to DEC. 31, 1993



REVENU	ES:				
Grant	from IMF for Gen	eral Purpos	es	\$30,000.0	0
Grant	from IAAF for Reg	ional Assi	tance	13,600.0	
Entry	fees, Stadia - Mi	yazaki		136,042.5	0
(12,	175x\$15 = \$182,625	less 6211x\$	7.50 = \$46,58	32.50)	
Sanct	fees, Non-Stadia	- Birmingh	am (2000x\$7)		
Sanct	ion Fee, Non-Stadi	a - Birmin	ham	15,000.0	
Spons	orship (Mondo)			5,000.0	
	of WAVA Handbook	(57 x \$5)		285.0	
Bank	interest			5,488.0	3
TOTAL REV	rwire .				**** *** **
	ENUES				\$219,915.53
EXPENSES:	THE REAL PROPERTY.				
Proof	e Expense (postage dent (Beccalli)				
Frecu	tive V-P (Fine)		2,900.47	- The LOT . THE	
	tadia (Taylor)		880.20		
V-P N	on-Stadia (Serruys	1)	1,500.00		
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Women	's Representative President (Farquha	(Cushen)	540.00		
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2. Commu	nications and Stat	istics:	A ATO TOTAL	23,700.30	AND THE PARTY OF
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	ter program -events Committee	Charges v	90.00		13-2
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	cash expenses (\$	50/day)	10,600.00		1113
	ntations to Organ	izers	2,415.61		
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	tary (Turku '91)	"Rueml	580.00		
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	ia Rep "		890.00		
14 5 7 7 5				4,888.43	
	ellaneous:				
Bank	charges	TO HELD	208.23		
Pres	ident (Turku adjus	tment)	287.00		
WAVA	(Norway dinner for Flags	T Japanese			
	ionery		1,314.96		
V-P	Non-Stadia (Birmin	gham gifts	246.57		
Weig	nt Pentathlon (Fol	ey)	420.70		
Othe			( ,74)		
TOTAL EX	PENSES		ALTONO DE	2,733,72	
					\$112,291,15
SURPLUS	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1				\$107,624.38
SIDMARY					
SUMMARY:	ng balance 1/1/92		ASSETS		
Revenue	1992-93	219,915.53		hecking Account	\$ 30,822.29
		\$300,983.17		ioney-Market Fun	
	1992-93	112,291.15		en Checking Acct	
	balance 12/31/93	\$188,692.02		-y LIVIP	\$193,692.02
				LITIES (Miyazak	1) 5,000.00
Prepare	d by Al Sheahen, T	reasurer	NET W		\$188,692.02
4-				CALL THE STATE OF	

#### PRESIDENT:

Cesare Beccalli P.O. Box 76 37010 Assenza di Brenzone (Vr) Italy Fax: 39-45-742-0661

#### EXECUTIVE

#### VICE PRESIDENT:

Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445

#### Fax: 1-407-495-5054

#### VICE-PRESIDENT

(Stadia): Bill Taylor

17 Poplar Farm Close Milton-under-Wychwood Oxford, OX7-6LX Great Britain Fax: 44-993-831-204

#### VICE-PRESIDENT

#### (Non-Stadia):

Jacques Serruys Korte Zilverstraat 5 B - 8000 Brugge, Belgium Fax: 32-50-334-325

SECRETARY: Torsten Carlius Smalandsgatan 25 S-25276 Helsingborg, Sweden Fax: 46-42-128-956



#### TREASURER:

Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 USA Fax: 1-818-989-7118 (temporary)

#### WOMEN'S Delegate:

Hannelore Guschmann Sint Andriesdreef 9 B - 8200 Brugge - St Michiels Belgium Phone: 050/38 76 12 IAAF Delegate:

Cesar Moreno Bravo Camino a la Piedra del Comal No. 24 Col. Tepepan 16020 Xochimilco, D.F.

#### Mexico Fax: 011-525-653-3159 DELEGATE OF: NORTH AMERICA

Rex Harvey

160 Chatham Way Mayfield Heights, OH 44124 Home Phone: 216-446-0559 Business: 216-531-3000 x3366

#### Fax: 216-531-0038 SOUTH AMERICA

Jorge Alzamora P.O. Box 685 Santiago, Chile Fax: 56-2-696-5006 Phone: 56-2-621-1417

#### ASIA:

Hari Chandra #24-12 Block 44, Marine Crescent, Singapore Fax: 65-22-76090

#### **EUROPE:**

Dr. Hans Axmann Eichendorffstrasse 2 91522 Ansbach Germany Phone: 0981/86172 Fax: 49-981-53206

#### OCEANIA:

Jim Blair 43 Emslie Road Pinehaven, Upper Hutt New Zealand Fax: 64-4-528-0115

#### AFRICA:

Col. Pascal Mackonguy BP 1222 Brazzaville Republic of Congo



Start of a heat in the M55 400 at the third stadium in Miyazaki at the World Championships.

#### WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD IN COOPERATION WITH THE WAF



#### ANALYSIS OF REVENUES AND EXPENSES FOR 1992-93



Revenues increased 138% over the 1992-93 period mainly because:

- 1) A grant of US\$43,600 from the IAAF replaced \$11,150 in affiliate fees. Affiliate fees are no longer required to be a WAVA member.
  2) Entry fees from Miyazaki were \$136,042.50, a 102% increase over the \$67,228 from Turku.
- The Myazaki sanction fee was \$15,000, compared to \$6000 for Turku.
   We obtained sponsorship of \$5000 from Mondo (for the ad on the back cover of the Handbook).
- 5) Entry fees from the first WAVA Road Racing Championships in Birmingham produced \$14,000.

The total number of entries in Miyazaki was 12,175 -- a 154% increase The total number of entries in Miyazaki was 12,175 — a 154% increase over the 4802 in Turku. As you remember from the discussion at the General Assembly in Miyazaki, the Organizing Committee (OC) announced it had not charged the \$15 WAVA fee to Japanese athletes. "It would have been too expensive for them, and we would have lost many participants," the OC said. The OC asked WAVA to waive those fees. In a compromise, the WAVA Council agreed the OC would pay WAVA \$7.50 for those Japanese entries who competed only in the marathon or cross-country races. The breakdown was as follows: country races. The breakdown was as follows:

12,175 entries x \$15.00 = \$182,625.00 less 6,211 entries x 7.50 = 46,582.50 Net fees = \$136,042.50

As part of the compromise, the OC also agreed to pay for several thousand dollars of WAVA expenses which they were not legally contract-bound to pay, such as the cost of hotel rooms for the General Assembly, the Women's meeting, Council and Regional meetings; and for printing, copying and miscellaneous expenses.

Office expenses (postage, fax, phone, etc.) were up 5% from 1990-91. Communication expenses were down 31%, mainly because the IAAF paid the cost of printing the WAVA Handbook. Regional assistance was up 43% to \$13,600.

The even-year Council meeting expense was up 33% -- despite the new contract which mandates free hotel rooms for Council members -- mainly because of the higher air fare costs to Japan. Expenses at the World Championships in Miyazaki were up 17% over Turku, again reflecting higher air fare costs.

Total revenues in 1992-93 were \$219,915.53. Total expenses were \$112,291.15. Thus, the 1992-93 surplus was \$107,624.38. WAVA's net worth on December 31, 1993 was \$188,692.02.

#### COMPARISON OF WAVA REVENUES AND EXPENSES FOR 1992-93 AND 1990-91

	1992-93	1990-91	Increase (Decrease)
REVENUES:		The second second second second second	The second second
Affiliate fees Grant from IAAF	43,600.00	\$ 11,150.00	(1001)
Entry fees, Stadia	136,042.50	67,228.00	102%
Sanction fee, Stadia	15,000.00	6,000.00	1501
Entry fees, Non-Stadia	14,000.00	.00	
Sanction fee, Non-Stadia Sponsorship	5,000.00	.00	
WAVA Handbook	285.00	.00	
Bank Interest	5,488.03	8,120,54	(32%)
TOTAL REVENUES	\$219,915.53	\$ 92,498.54	138X
EXPENSES:			
1. Office Expense (postage, phone President	\$10,839.00	6,722.00	612
Executive V-P	2,900.47	2,330.79	24%
V-P Stadia	880.20	546.28	61%
V-P Non-Stadia	1,500.00	1,099.09	361
Secretary Treasurer	1,348.55	10,295.46	(461)
Women's Representative	540.00	230.30	134Z
Past-President	93.60	25.00	2747
Consultant	-	- 23,89	(1001)
	\$23,706.56	22,578.58	51
2. Communications and Statistics:			and the same
Records	1,000.00	1,000.00	07
National Masters News Bidder's booklet	7,200.00	8,400.00	(141)
Computer program	90.00	.00	STATE OF THE STATE
Multi-events Committee	938.24	.00	
Age-graded Counittee	596.02	.00	
WAVA Handbook Meet director's book	.00	3,347.09 189.56	(1001) (1001)
Questionnaire in Eugene	.00	1,500.00	(1001)
	9,924.26	14,436.95	(312)
3. Regional Assistance	13,600.00	9,500.00	43X
4. Even-year Council Meetings:		95.5	Tribata in
Air fare	16,764.98	7,505,67	1231
Daily cash expenses	2,415.00	2,775.00	(132)
Hotel	.00	4,507.44	
Gifts	19,179.98	14,369.19	337
5 World Chandratter	-,,,,,,,,	14,507.17	
5. World Championships: Air fare for Council	22,772.45	14,117.78	612
Daily cash expenses	10,600.00	7,245.00	462
Hotel for Council	.00	3,693.02	(1007)
Presentations to Organizers	2,714.82	1,130.80	1407
Printing (ballots, copies, etc General Assembly		769.16	(87X)
Women's Meeting	1,657.13	2,631.04 786.30	(37X) (100X)
Lunch for Organizers	.00	1,219.40	
Council meetings/lunches	.00	119.87	(1002)
Relay fee	.00	500.00	
Miscellaneous	37,843.20	32,271.13	
10 10 10 10 10 10 10 10 10 10 10 10 10 1	the party of the second		
6. President's Travel	415.00	4,865.00	(91%)
7, Other Travel	4,888,43	3,621.99	35%
8, Miscellaneous	2,733.72	94.42	= 1
TOTAL EXPENSES	\$112,291.15	\$101,737.26	. 10%
SURPLUS (DEFICIT)	\$107,624.38	(\$9,238.72	-
Prepared by Al Sheahen, Treasurer		1	S Property of the

#### WAVA Stadia Committee Meets in Buffalo

Members of the WAVA Stadia Committee met with the organizers of the XI World Veterans Athletics Championships in Buffalo in early February to prepare the schedule of events and discuss other technical matters pertaining to the 1995 Championships. Representatives of USA Track & Field, the national governing body for

athletics in the USA, were also on hand.

The Committee's recommendations will be presented to the WAVA Council for approval when the Council meets in Buffalo, April 10-14.

Representing the Stadia Committee at the meeting were Bill Taylor, VicePresident (England), Jim Blair (New Zealand), Heinrich Clausen (Germany), Rex Harvey (USA), and Al Sheahen (USA). The organizers were represented by Vito Borrello, Dick Barry, John Montalbo, Emery Fischer, and Tom Jordan. USA reps included Barbara Kousky, Charles DesJardins, and Sandy Pashkin.



3:30 PM: Closing

#### 1994 WAVA Regional Championships

North & Central American & Caribbean Regional Association of WAVA Strathcona Track & Field Arena, Edmonton, Alberta, Canada August 4 thru 7, 1994 Masters "Pan-Am Games 94"

International Track and Field Championships for Masters; Men 40+ & Women 35+ from this Region of the World, in five year age groups as specified by WAVA.

This Championship is fully sanctioned by WAVA, the World governing body for Masters Track and Field and its empowering organization: the IAAF.

(Non-Championship Divisions: Men 35-39 & Women 30-34 will also be conducted) (Guest Competitors from outside the North, Central American, & Caribbean Region are welcomed and will receive equivalent awards, but will not displace regional residents.

TENTATIVE SCHEDIILE (Subject to change acc

		IENIALIVE SCHEDULE (Subject to change according to	numbers of entrants)
Thursday, August 4	8:00 AM: (W&M) Cro	oss Country Race, 8 kilometres	
and the second of the second of the second		9:00 AM: (W&M) Race Walk on Track, 3 kilometres	11:00 AM: (M) Hammer
A CANCAR OF THE PARTY		11:00 AM: (W&M) Pentathlon	1:00 PM: (W) Javelin
and the same of the same	COLUMN TO A STATE OF THE STATE	(M-Long Jump, Javelin, 200m Discus, 1500m)	2:00 PM: (M) Javelin
7:00 PM: Opening Ceremonies	College A	(W-Hurdles, High Jump, Shot, Long Jump, 800m)	5:00 PM: (W) Hammer
Friday, August 5	8:00 AM: (W&M) 500	00 metres	11:00 AM: (W) High Jump
contents of our services	Brief Halland Co.	11:00 AM: (W&M) 800 metres - heats only as needed	(M) Discus
the state of the state of the state of the		12:00 Noon: (W&M) Hurdles - heats only as needed, then finals	1:00 PM: (M50+) H. Jump
		3:00 PM: (W&M) Steeplechase	3:00 PM: (W) Discus
7:00 PM: NCCWAVA Genera	l Assembly	4:30 PM: (W&M) 800 metres finals	(M35-49)H. Jump
Saturday, August 6	8:00 AM; (W&M) Ra	ce Walk on road, 10 kilometres	11:00 AM:(W&M50+)P.Vault
The state of the s		11:00 AM: (W&M) 100 metres - heats only as needed	. (W) Shot Put
and a second	Tales of the	12:00 PM: (W) 400 metres - heats only as needed	(M35-49) L. Jump
The second second		1:00 PM: (M) 400 metres - heats only as needed	1:30 PM: (M35-49) P. Vault
The second second		2:00 PM: (W&M) 1500 metres - finals (seeded heats if needed)	(M50+) Shot Put
			(W) Long Jump
		4:00 PM: (W&M) 100 metres - finals	4:00 PM: (M35-49) Shot Put
7:00 PM: Banquet & Dance		5:00 PM: (W&M) 400 metres - finals	(M50+) L. Jump
Sunday, August 7	8:00 AM: Road Race,	15 kilometres	8:00 AM: (W&M) Weight Pentathlon
· · · · · · · · · · · · · · · · · · ·		9:00 AM: (W&M) 200 metres - heats only as needed	(Hammer, Shot, Discus, Javelin, Weight)
The Walls of the Control of the Cont		10:00 AM: (W&M) Long Hurdles	9:00 AM: (M) Triple Jump
		11:30 AM: (W&M) 200 metres finals	11:00 AM: (W) Triple Jump

2:30 PM: (W&M) 4 x 400 metres Relays Open to All! In the best tradition of Masters Track and Field, no Qualifying Times or Distances are required - just a desire to do Your best. There will be former Olympians competing alongside beginners- it's all part of using friendly competition to meet new international friends, stay fit,

Gold, Silver, and Bronze! Especially struck medals will awarded to first three in each age group in each event. (equivalent awards will be awarded to non-resident guests and non-championship divisions.)

1:00 PM: (W&M) 4 x 100 metres Relays

Become an International Champion! This is the highest level masters meet in the World this year. Ours is one of the six Regional Championship Meets that are held on the even years between the WAVA World Championships which are held in odd years.

Past Champions! Here are some results from last NCCWAVA Championship held in Jalapa, Mexico in 1992 - how would

										realed in 1	JAZ - HOW	would you	laic:.	
		W35	W40	W45	W50	W55	W60	W65	M40	M45	M50	M55	M60	M65
100 metres	First	12.97	15.05	13.25	16.51	14.95	18.21	15.31	11.21	12.19	11.97	12.01	12.50	13.16
	Third	13.63		15.15	19.28	17.80			11.98	12.65	12.34		13.50	14.34
400 metres	First	61.11	65.13	71.65		65.13	102.33	82.52	53.56	56.56	57.91	68.58	54.58	60.72
	Third	66.33		92.12						58.96	59.20		61.45	00.72
1500metres	First	5:26.98	5:34.00	5:43.68	5:36.40	6:35.12	6:53.75	7:40.30	4:22.41	4:20.56	4:39.62	5:15.31	5:00.00	1
	Third	5:56.82		6:25.45	5:59.39	7:30.09			4:43.50	4:22.67	4:47.72	5:29.63	5:15.50	
5000metres	First	21:14	22:12	23:37	23:10	28:49	27:52	32:30	17:26	16:17				20:50
ALTERNATION OF	Third	23:50						33:40		16:54				20.30
High Jump		1.11	1.46	1.43		1.05		1.08	1.65	1.45		4		1.25
	Third								1.25					1.25
Shot Put	First	10.31	9.56	7.59		8.26		8.47	9.59	9.98	14.23	12.22	The second secon	9.77
	Third	-	7.47							7.55	9.58			9.41
High Jump	Third First Third	23:50 1.11  10.31	1.46	1.43	Ξ	1.05	Ξ	33:40 1.08  8.47	1.65 1.25 9.59	16:17 16:54 1.45  9.98	18:51 19:09 1.35  14.23	17:51 19:28 1.45  12.22	18:34 20:44 1.35 1.25 9.92 6.66	1.3

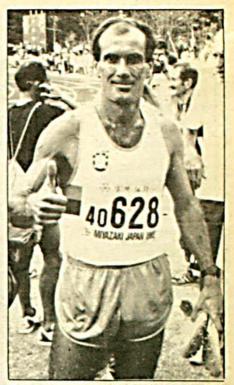
Competition Rules! WAVA specifications and Rules will be used. Women first then men, oldest to youngest except as noted. 5-year Age Group Relay Teams may be from any country, or mixed, and may enter up to one hour before scheduled race time. Awards ceremonies will be held immediately following the completion of events except non-stadia events for which they will be held at a later scheduled time.

Weight Pentathlon! This will be the first year of this event as an Official WAVA Event - get in on the first International Competition.

Join us in Edmonton! The venue was especially constructed to international standards for Commonwealth Games use. Compete in Edmonton one week after the WAVA Non-Stadia Championships in Toronto Jul. 30-31 or one week before the United States National Championships in Eugene, Oregon Aug. 11-14. Or attend on the way to the Commonwealth Games to be held in Victoria, British Columbia, Aug. 18-28. There are lots of activities planned for competitors and their families both on and off the Track. Put your name in the records books. Tune up for the 1995 World Championships to be held in Buffalo, New York. There is a wide range of Hotel/Motel rooms and Dormitory rooms available - see the Entry Packet. Special transportation will be available between housing and venues.

Entry Packet! Get an Entry Packet by sending your name and address to:

MASTERS "PAN-AM GAMES 94", c/o Liz McBlain, Meet Director, 10427 - 21 Avenue, Edmonton, Alberta T6J 5E9 or phone Meet Director, Liz McBlain (403) 438-2911 or Fax to (403) 453-8553 attn: Athletics Alberta



Portugal's Carlos Cabral upset Ken Popejoy of Illinois in both the M40 800 (1:57.25) and 1500 (4:00.60)



Keizo Yamada, 65, former Boston Marathon winner, won his division (1:28:00), Ichinoseki Half-Marathon, Japan,

Photo by Tesh Teshima



There are no small victories in the fight against heart disease.

American Heart Association

© 1992, American Heart Association

Minutes North and Central American and Caribbean Regional Association of WAVA

(NCCWAVA) 1993 General Assembly October 12, 1993 The NCCWAVA General Assembly was

held at the Hotel Kanko, in Miyazaki, Japan, and was called to order by its President, Rex Harvey, at 9:05. Approximately 33 persons attended the meeting. Mr. Harvey asked, and Green, NCCWAVA Non-Stadia Chair, accepted, the position of Acting Secretary in the absence of the elected NCCWAVA Secretary, Zeno

Minutes from August 20, 1992

On motion by Brian Oxley and se by Ruth Anderson the minutes of 1992 General Assembly held in Jalapa, Mexico, were approved as ma leadership of Mr. Oxley was commended by the chair in regard to drafting a new constitution. The final constitution adopted at Jalana

Introductions
Members of the NCCWAVA Council present for the meeting were introduced. They included: Don Farquharson, Stadia Chair; Marcelleno Contreras, Vice President; Liz McBlain, Multi-Event Chair, Norman Green, Non-Stadia Chair, and Ruth Anderson, Women's Representative. Each person In the room introduced him or herself. Constitution

On motion by Ruth Anderson and second by Luis Torres the delegates reaffirmed the constitution as adopted in

President's Report
Mr. Harvey stated that he was thrilled to
be part of this organization and to be
able to compete in these championships. Vice President's Report

Vice President's Report

Mr. Contreras brought greetings and
expressed his anticipation that more
countries would be joining our
organization. Mr. Harvey explained the
difficulty of including representatives
from less affluent countries in this

meeting because of the expense of traveling to Japan as he noted the absence of Zeno Constance, the tary. He also noted that Jack wife's illness

In the absence of Mr. Loman, Mr. Harvey stated that the region has received an \$1,800 (US) grant from WAVA, while Europe was given an \$5,800 grant. During discussion of these funds from IAAF, it was stated that Europe had been given the largest that Europe had been given the largest amount from the IAAF grant, followed by \$2,600 for South America, equal shares for Asia, Oceania, and NCCWAVA, while Africa received nothing Mr. Harvey reported that the NCCWAVA treasury had started the past year with about \$200 and received e from the Jalapa games of

A question was asked if there would be income from the Edmonton championships, with the answer being yes. A question was asked if the IAAF grant was only a one-time occurrence, with the answer that it is believed these with the answer that it is believed these grants will be annual. Mr. Harvey is pressing the WAVA Council to make the grants in equal shares for all regions. Delegates expressed their desire for NCCWAVA to establish a

desire for NCCWAVA to establish a budget and financial goals.

Non-Stadia Report
Mr. Green stated that his report in Jalapa had emphasized his desire to have Non-Stadia events in conjunction with the Track & Field Championship rather than trying to establish an event of low quality and limited attendance. Major road race events in Canada and the US gain no advantage in trying to serve as our championship. He has been serving the region on the WAVA Non-Stadia committee and on NCCWAVA Council.

Multi-Event Report Ms. McBlain reported that there will be

ATHLETE (RESIDENCE)
ART BARNARD (LA JOLLA, CA)
JOHN BOOTS (SLIDELL, LA)
MICHAEL BOUDREAUX (US)
ROSS CARTER (EUGENE, OR)
LEON DEFRANCO (FRA)
DENNIS DYCE (LL)
EARL FEE (CAN)
ROY FOWLER (GB)
MARK GELNOV (URS)
KARL HASLER (SWI)
RANDOLPH HUBBELL (ALHAMBRA, CA)
RIZA ISMAN (TURKEY)
JOE KESHMIRI (RENO, NV)
HEINRICH KILLING (WG)
ESKO KOLHONEN (FIN)
GERGELY KULCSAR (HUNGARY)
JURGENS LAMP (URS)
MILO LIGHTFOOT (WARSAW, OH)
GEORGE MAJOR (CAMP SPRINGS, MD)
LEOPOLD MARIEN (BEL)
PETER MCARDLE (NYC, NY)
DELMAR MITCHELSON (ENCINO, CA)
BOB NEUTZLING (JJACKSONVILLE, FL)
GORDON NORDGREN (COVINGTON, LA)
JJEAN ONSELEN (BEL)
THEO ORR (AUS)
ED POOL (SAN GABRIEL, CA)
MEL SHINE (LAFAYETTE, CA)
DON SLOCOMB (HOUSTON, TX)
JALON ONSELEN (SAN LUIS OBISPO, CA)
JACKSON STEFFES (PAC. PALISADES, CA)
ED STOTSENBERG (MALIBU, CA)
KARL TREI (CAN)
ALBERT WHITE (CAN)
ANDE BING (FRANKLIN LAKES, NJ)
JOAN COLMAN-OTTAWAY (SAUSÁLITO, CA)
HELD HORNALL (MELBOURNE PK, AK)
SALLY DAVIS (MA)
RONNIE GRIESE (CA)
MAE HORNS (EDINA, MN)
CAROLE MAWSON (WOODSIDE, CA)
PEARL MEHL (BOULDER, CO)
JUDI RICHARDSON (CT)
CHRISTA ROMPPANEN (MALIBU, CA)
BERTYL SERLETON (FAIRPORT, NY)
DEBBIE STILES (ST. LOUIS, MO)
PAT STOREY (BEVERLY HILLS CA)
BERYL SKELTON (FAIRPORT, NY)
ERNESTINE YEOMANS (CAN-CINCINNATI, OH)
HAZEL CAMERON (CAN)
JOSIANE CAYET (FRA)
LIESL HUBER (WG)
ANNIKA FOLCHE (SWE)
HELENE GLET (FRA)
LIESL HUBER (WG)
WALBURGA KLOCKERS (WG)
ISABELLA OKENDHAL (RSA)

a pentathion held with the Edmont championships. Mr. Mulkey of the USA
asked Ms. McBlain to check on the appropriate weights for the event depending upon the decision expected at the WAVA General Assembly on

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MARCH 1994

October 14

Women's Report

expressed Mrs. Anderson appreciation for the Jalapa games, noting that there were 128 women among the 420 athletes. She is trying to our various events.

Proposed 1995 Championship at Buffalo Two representatives of the organizing committee for the Buffalo bid to bost the WAVA Track & Field World Championships in 1995 made a presentation. They believe they have a ong bid because they can offer about 3,000 dormitory rooms at a current rate of \$34 per day, including meals. All venues are close to each other. Their food plan will be available to persons staying in nearby hotels at \$17 per day. The main track is 8 lanes, while one-half mile away is a second track also of 8 lanes. The marathon will use the Skylon course which hosted two US Olympic trials and finishes in Ontario. The race walk course is in Niagara Akron State Park (15 miles away) and is

A concern was expressed about housing and transpor functioned this past summer in the World University Games hosted by Buffalo. It was explained that last Buffalo. It was explai minute registrations of thousands of athletes produced the necessity of displacing officials to a less convenient housing location. That problem is believed to be solved for WAVA. Furthermore, the organization for the WAVA championships will be different WAVA championships will be different from the one that hosted the World University Games.

Mr. Tom McLean Director of Administration of USA Track & Field was introduced by Mrs. Barbara Kousky who stated that Mr. McLean would be providing significant support to the Buffalo organizing committee.

Mr. Al Sheahen asked several questions: Humidity (low); scoreboards (at both tracks); can they produce quick results such as we have seen here in Miyazaki (yes); will there be shade at

55-59 80-84 65-69 65-69 65-69 65-69 65-79 85-89 85-89 85-89 80-84 50-54 80-84 60-64

BIRTHDATE AGE GROUP

either track (yes at the main stadium and possibly temporary cover at the second location). Mr. Torres asked if they would provide interpreters (yes). Another question inquired about the magnitude of the World University Games deficit (out of a capital budget of \$84 million, the deficit was \$2.9 million).

Statement from Mr. Cesare Beccalli WAVA President Beccalli visited the meeting and stated that cooperation with the IAAF is going well. WAVA is recognized by IAAF as accountable for Veterans athletics

Statement from Mr. Cesar Moreno

IAAF Veterans Committee Chair Cesar Moreno Bravo brought greetings from the IAAF. He reported that many ntries have been added to IAAF membership and that we should expect future WAVA games to be even larger

Statement from Mr. Robert Fine reported that the WAVA Council has approved having drug testing. He indicated that Joan Stratton has asked to serve on the drug testing com invited others, particularly persons with chairs a computer committee. The games (CAPERS) was also used at Eugene. Both Turku and Miyazaki have used their own programs. The CAPERS program is expected to become available at no charge through the WAVA
Council for use by each region. The
program will include age grading
capabilities. The group present
expressed strong support for WAVA expressed strong support for WAVA using this program for all of its onships. Mr. Fine also reported that General Assembly delegates needed to register before 8:00 on Thursday, with visitors able to register at 8:00. Race Walk Report

Mr. Fine, Race Walk chair, also reported that 3 NCCWAVA race walk championships have been held.

championships have been need.

Statement from Mr. Torsten Carlius
WAVA Secretary Carlius stated that
NCCWAVA is the region that gives him
the least problems. He noted that some
countries in this region, however, have
not yet organized a WAVA affiliate
(such as, El Salvador). Such countries
that the problems in the such problems have the such as the suc can participate in our championships but can not have a vote in the General Assembly. He encouraged interested persons to indicate their availability for serving on the Stadia or Non-Stadia can participate in our championships bu

committees.

Mr. Harvey took this opportunity to have late arrivals introduce themselves and also announced that Antonio Villanueva, one of the primary organizers of the Jalapa games, had recently donated a kidney to

Report on the Edmonton Games for 1994

Ms. McBlain indicated that preparations are well in hand. Two sponsors have been secured, but others are still needed. The cross country event will be 8 km. The road race will be 15 km. The race walk is to be 20 km. Ms. Bev LaVeck challenged the race walk distance in light of the Non-Stadia championship week before Edmonton having a 20 km event. It was agreed that the Edmonton race walk should be 10 km. Mr. Phil Mulkey asked if there would be a conflict between field events and the pentathion trying to use the same venues in overlapping time. Ms. McBlain agreed to review the matter,

Eligibility to vote on Site Selection for

1996 Games Voting for the 1996 site of the NCCWAVA games involved discussion about the number of eligible delegates from each country. It was agreed that eligible voters would be:

Mexico Puerto Rico Trinidad & Tobago USA **NCCWAVA Council** 

The assembly took a break while Canada and USA delegates held caucuses to determine who would exercise voting status.

Bid from Eugene, Oregon
Mr. Tom Jordan, of the Oregon Masters
Track Club, and one of the coorganizers for the 1989 WAVA World Championships made the presentation of the Eugene bid. He discovered that most persons in the room had participated in the 1989 games and reported that arrangements will be the same. Current price on university dormitories is \$33 per day, including meals. There is significant interest and support from local residents.

Bid from Puerto Rico

Mr. Luis Torres stated that whether the games would be held in Ponce or San Juan, they would feature a low cost to athletes. Mr. Contreras supported this bid in light of the fact that Puerto Rico was more accessible to the Caribbean countries and involved lower travel expense. He also noted that athletes m some countries have difficulty in securing US visas.

Mr. Torres reported that Puerto Rico would host the 1995 Caribbean would nost the 1975 Cartocan championships, which will be open to guests from outside. He stated that the Puerto Rico bid is based on games in July and might feature athletes over the age of 60 in one city, with athletes under 60 in another city. When some expressed displeasure with this idea, he expressed displeasure with this idea, he also indicated that all athletes could be accommodated in the same city (either Ponce or San Juan). It was agreed that events would have to be scheduled to avoid the heat of the day.

avoid the heat of the day.

Selection Vote on 1996 Championships
Mr. Jordan responded to a question
about timing of the Eugene event by
saying it would take place in midAugust. Ballots were distributed and
collected. The vote was: Eugene 16 Puerto Rico 1

Old Business

Mr. Harvey reported that a request had come from Mr. Contreras to forgive the regional fee for the final 100 athletes competing in Jalapa as a way of helping

to defray the cost of having officials travel so far from Mexico City for the

second by Mr. Oxley it was VOTED that NCCWAVA expects to collect the full \$5 regional fee for all competitors at Jalapa and will subsequently make a one-time grant to the organizing committee the value of the fee for the final 100 competitors for the specific purpose of offsetting unexpected officials costs.

Proposed 1997 Championship at Kuala

Three representatives from Malaysia made a presentation concerning the Kuala Lumpur bid to host the 1997 WAVA World Championships. They the 1998 Commonwealth Games and is in the process of building a new airport, new stadia, and significant housing which they anticipate would be completed by the end of 1996. Malaysian Airlines now serves 80 cities and would be providing favorable rates They estimate the cost of housing and meals to be under \$30 (US) per day. Competition would be held in late August at the time of a national festival. August at the time of a national festival. Five-star hotels would cost \$60-\$100 per room per night, 4-star hotels \$40-\$80 per night. English is a widespread second language. Because of high humidity they would offer evening competition. In response to a question from the audience, they agreed that drug dealers are executed! dealers are executed!

Statement from WAVA Presidential Candidate Owen Flaherty

Mr. Flaherty affirmed his support for the WAVA/IAAF relationship that firmly established at Turku. expressed himself as bringing conciliatory spirit to the organization place of a confrontational style that he ves has been present.

Old Business

Old Business

Mr. Farquharson reported that
Scarborough, Canada, would be hosting
the 1994 WAVA Non-Stadia
Championships on July 30-31. He
urged maximum support of this event
from the region positivalant, from from the region, particularly from Canada and the US.

Canada and the US.

New Business
Mr. Harvey asked if our process of site selection should be changed so that sites are chosen at our own regional championships four years in advance.

On motion by Mr. Charles

Deslardins and a second it was VOTED

to select our regional championships four years in advance, beginning in

Ms. Marilyn Mitchell, a candidate for WAVA Women's Representative, was introduced and spoke briefly. Mr. Ken Richardson asked that the ballots used for site

selection be destroyed.

There being no other business, upon proper motion and second, it was VOTED to adjourn the meeting at 11:44.

Respectfully submitted: Norman Green, Acting Secretary

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# **National USATF Indoor Championship Meet Records**

	eter High Hurdles :08.07 Peter Grimes '92
M30	:08.07 Robert Stanley '93
H35	:08.15 Stan Druckery '89
H45	:08.76 Willie Davenport '89 :08.47 Walt Butler '93 :09.16 Dale Lance '93
M55	:09.16 Dale Lance '93 :09.14 Phil Mulkey '93
M65 M70	:09.14 Phil Mulkey '93 :10.14 Ed Lukens '89 :10.75 Ed Lukens '93
M75	:11.20 Frank Finger '91
60 He	:14.86. Ted Hatton 1.92 eter Dash
M30 M35	:07.11 Artego Jaunes '90 :06.91 Bill Collins '89
M40 M45	:06.97 Eddie Hart '90 :07.02 Stan Whitley '91
M50	:07.39 Steve Robbins '93
M55	:07.95 Marion Sanchez '93
M65 M70	:08.14 Jim Law '91 :08.46 Payton Jordon '89
M75	:09.73 Gilberto Gonzales '89 :09.73 Jay Sponseller '93
M80 M85	:09.97 Barry-Ivers !93 :11.74 Randall Russell '93
and by	Meter Dash
M30 M35	:22.81 Michael McDowell '89 :22.21 Bill Collins '89
M40 M45	- 22 00 -111 111 02
M50	:24.20 Roy Turner '90
M55	:24.94 Hugo Hartenstein '90 :26.37 Jack Greenwood '89
M65 M70	:26.92 Jim Law '91 :28.00 Payton Jordon '89
M75 M80	:31.85 Jay Sponseller '93 :33.87 Barry Ivers '92
M85	:39.79 Russell Randall '93
M30	eter Dash :49.74 Michael McDowell '90
M35	:50.55 Michael McDowell '92 :50.16 Fred Sowerby '92
M45	:51.15 Stan Whitley '91 :54.65 Harry Tolliver '90 :55.96 Larry Colbert '92
M55	155.96 Larry Colbert '92 159.82 Earl Fee '89
M65	:60.67 Jim Law '91
H70	:66.03 John Alexander '90 :80.44 Gilberto Gonzales '89
M80 M85	:86.79 Byron Fike '89 :91.55 Konrad Boas '91
800 I	Meter Run
H35	
M45	1:57.81 Ken Sparks '90
M50	2:09.49 Harry Tolliver '90 2:10.62 John Conner '90
M60 M65	2:10.62 John Conner '90 2:17.02 Earl Fee '92 2:29.38 Archie Messenger '89
M70 M75	2:44.50 Jay Sponseller '89 3:00.91 Alferd Funk '93
	Meter Run
M30 M35	4:04.70 Jean Ruleau '89 4:05.11 Tim Anderson '90
M40 M45	3:59.24 Nolan Smith '91
M50	4.22.61 Dan Conway '91
M55	4:30.76 John Conner '90 4:44.30 Jim Sutton '92
M65	5:53.55 George Sheehan '90
M75	6:12.66 Alferd Funk '93'
M30 M35	8:45.19 Richard Marion '92
M40	8:53.33 Mark Gibbins '90
M45	9:04.72 Al Swenson '92 9:14.84 Dan Conway '91
M55 M60	10:01.69 Jim Sutton '90 10:34.92 Bill Fortune '90
M65 M70	11:12.02 Jim Forshee '92 12:44.95 Howard Know '90
M75	13:10.84 Alferd Funk '93
300 0 M30	13:53 10 John Derfoot '93
M35	14:27.52 Robert Korn '90 12:42.62 Ray Funkhouser '92
M45	13:43.72 Gary Null '92 13:59.10 Jaan Roos '89
M55	14:43.00 Max Green '89
M65	14:44.51 Max Green '92 15:36.50 V. Ginzlinger '91
M70 M75	19:18.90 Bill Tallmadge '89 26:29.70 George Knox '89
High	Jump
M30 M35	7-01 Jim Barrineau '93
M40	6-7 John Hartfield'86 6-7 Steve Harkins '93
M45	5-101 Johnie Meisner '91 5-101 Jim Johnson '91
	5-10 Nick Newton '85
M50	
M55	5-6 Rich Richardson '91 5-5 Jim Gillcrist '90
M55 M60 M65 M70	5-6 Rich Richardson '91 5-5 Jim Gillcrist '90 5-4 Jim Gillcrist '93 4-6 Burl Gist '91
M55 M60 M65	5-6 Rich Richardson '91 5-5 Jim Gillerist '90 5-4 Jim Gillerist '93

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Pole Vault
                                                          Gary Hunter 89
Gary Hunter '92
Wally Sololowski '81
Wally Sokolowski '88
Boo Morcom '76
Boo Morcom '77
M30
M35
M45
M50
M55
                                                          Boo Morcom '77
Jerry Donley '85
Bob Richards '86
Phil Mulkey '93
Boo Morcom '87
Carol Johnston '85
Carol Johnston '88
Carol Johnston '88
Carol Johnston '92
Arling Pitcher '88
 M60
                                                            Leotha Stanley '87
Rufus Morris '84
Stan Whitley '86
Stan Whitley '91
Shirley Davisson '80
Boo Morcom '77
                      24-91
                    22-1±
23-1
21-8±
20-8±
19-3±
17-1±
17-1±
                                                                                                                                 187
                                                             Buck Bradberry 'Tom Patsalis '87
  M65
                      16-61
                                                            John Alexander '90
Russell Meyers '80
Claude Hills '93
Russell Randall '93
  M70
Triple Jump
M30 47-10½
M35 46-8½
M40 45-4½
M45 44-11½
M50 40-7½
M55 36-4
                                                          Leotha Stanley '87
Rick Meindl '92
John Hartfield '85
Ira Davis '83
Dave Jackson '83
Phil Mulkey '88
Ed Lukens '85
Tom Patsalis '87
Ed Lukens '93
Robert Sorlien '92
Claude Hills '93
M60
M65
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M80
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                    34-8
35-7
32-8
27-5
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54-0
52-10
                                                        Gary England '88
George Tyms '87
Edward Hill '86
Edward Hill '88
Jim Hart '88
Richard Lee '92
Cliff Blair '92
Bill Bangert '89
Ross Carter '85
Ross Carter '85
Ross Carter '85
Everett Hosack '88
M40
  M85 20-91
                                                            Everett Hosack '88
Weight Throw
M30 53-41 Mark Heckel '92
M35 50-21 Larry Waithe '91
M40 64-101 Al Hall '77
M45 58-9 Bob Backus '76
                                                          Al Hall '77
Bob Backus '76
Bob Backus '77
Bill McWilliams '92
Cliff Blair '92
Bill Walmroth '89
Tom McDermott '88
Nolan Fowler '90
Leon Joslin '92
Burt DeGroot '93
                   58-9
61-11
45-51
55-01
48-101
46-6
36-0
                 Meter Hurdles
:11.64 Irene Thompson '92
:10.08 Sherice Duchamp '90
:09.65 Phil Raschker '90
:10.20 Phil Raschker '92
:11.52 Christel Miller '89
:11.47 Christel Miller '90
:14.19 Shirley Kinsey '90
  W30
                                                        Donna Pope-Green '89
Irene Thompson '92
Phil Raschker '91
Phil Raschker '93
Mary Luker '92
Christel Miller '90
Betty Vosburgh '92
Pat Peterson '92
Mary Bowermaster '89
Millie Crews '90
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                                                             Louise Clark '92
Marcia Hulse '92
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                     :30.87 Marilyn Mitchell '93
:31.45 Carolyn Cappatta '93
:33.51 Betty Vosburgh '92
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Pam Calvert '91
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:85.57
                                                            Phil Raschker '91
Pam Calvert '91
Anne Vandervleuten '90
Carolyn Cappatta '93
Betty Vosburgh '92
Pat Peterson '92
Louise Adams '93
Pearl Mehl '89
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W55

W30 W35 W40 W45	Shot W30 W35 W40 W45 W50 W55 W60 W65 W70 W75	W30 W35 W40 W45 W50	Long W30 W35 W40 W45 W50 W55 W60 W65	Pole W35 W40 W45 W50 W55	High W30 W35 W40 W45 W50 W55 W60 W65 W70	3000 W30 W35 W40 W45 W50 W55 W60 W65 W70	3000 W30 W35 W40 W45 W50 W55 W60 W65 W70	1500 W30 W35 W40 W45 W50 W55 W60 W65 W70	W30 W35 W40 W45 W50 W55 W60 W65 W70 W75
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\*Meet All-Comer Records include non-Americans Harold Morioka (CAN) in the M50 with :07.39 (60m), :23.73 (200m) and :52.95 (400m), plus Ian Hume (CAN) in the M75 with 4-6 (HJ) and 28-1 (TJ). Also Karl Trei (CAN) in the M80 with :14.62 (HH), 11-12 (LJ), and 23-3 (TJ).

All-Comer Records by non-Americans include:
M30 Marne McMillian (CAN) 62.04 400m '92
M45 Erna Kozak (CAN) :63.56 400m '91
W40 Judy Warick (CAN) 2:24.89 800m '91
W45 Erna Kozak (CAN) 2;25.08 800m '91
W50 A.M. Rosenitsch (CAN) 5-10 PV '92

Intrinsically better hand-time: M60 Betty Vosburgh :12.7 Hur '92 W30 Donna Pope-Green :27.0 200m '89 M50 Mary Luker :30.4 200m '92

Compiled by Phil Raschker/Phil Mulkey

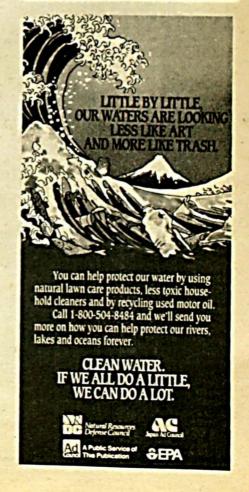
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#### McMullen, Blaszak Win Hartshorne Masters Mile

by STEVE LAWRENCE

ITHACA, New York - Just another Division I intercollegiate track and field meet. That's what the scene looked like from the east entrance to Barton Hall on the Cornell University campus on Jan. 22.

Lean, strong, well-defined muscular bodies, unbowed by the ravages of time or careless living. Heads held high, backs held straight, the confident walk — these were, no doubt, serious athletes. A closer look begins to raise questions. Did I just see a head of gray hair? Did I just hear a runner say that he hoped to run a sub-seven minute mile, then list his birthdate at 1919? Did I just see a 62-year-old woman pin on her competition number and then do a series of graceful — not to mention quick — warm-up laps?

I soon remembered that I was at the 27th annual Hartshorne Masters Mile, and that I was in the company of some of the premier over-40 runners in North America. They had that unmistakable look in their eyes — like that of a cheetah that realizes his cage has been left open. They were focused and they were loose.

There would be four preliminary races, followed by the marquee event, the elite men's masters mile. Race director, Rick Hoebeke, himself a masters runner, scurries around looking more collected than one might expect. The event is being held in conjunction with a collegiate meet, and the level of activity suggests that any one of a million things could go wrong. Hoebeke seems not to notice — a man on a mission. The crowd was growing by the minute.

The gun sounded (right on schedule) to start the women's event, and it was soon clear that it would be a twowoman race. Anne Forbes, 37, and Beth DeCiantes, 31, both of Rochester, began a duel that would leave the other eight runners with a large gap to close. It would not happen. Forbes (who gave birth just six months ago) would cross the finish line in an impressive 5:02.65, with DeCiantes nipping at her heels in 5:03.38. Barb Blaszak, 43, Syracuse, turned in a 5:38.10 to finish first among the true masters. Lois Bell, Lafayette, N.Y., did not win, but her smooth-as-silk stride belied her 62 years as she hit the tape in 7:19.07.

The second heat featured the age 60-plus runners, and before the first turn had been reached, there was no doubt that Don Farley, 60, Ithaca, an engineering professor at Cornell, was the runner to beat in the seven-man contest, and blew away the field with a withering 5:52.74. Jack Garrity, 63, Buffalo, finished second in 6:18.75. As for Nate White, the 74-year-old from Fayetteville, N.Y., it turned out that he was unrealistic in his prediction that he could break 7:00. He ran 7:01.79!

The next race turned out to be a gem. Rick Cleary, 42, Cicero, N.Y., looked strong throughout in leading the 12-man pack for the first seven (out of eight) laps. Then, on the bell lap, Jim Bisogni, a 48-year-old Cornell

engineering professor, made his move with 200 yards to go. With a truly impressive burst, he caught Cleary on the last corner, then fought to overtake him, virtually diving across the finish line. The final result — Bisogni, 5:06.98, and Cleary, 5:07.23.

In the final preliminary race, Ithacan Joe Daley, 43, clipped 40-year-old Tom Hartshorne (the son of Jim, the race's originator in 1968) by less than one-second — 4:42.54 to 4:43.45. Next across was Carl Cappello, 43, of Pine Hill, N.Y., who cranked out a 4:54.56.

When the men's elite milers lined up after an hour-and-a-half intermission, the energy level of everyone in cavernous Barton Hall was sky-high. These guys looked fast just standing there, like a pack of two-legged greyhounds. One of the true characters of the running world was there - Gary Fanelli, 43, Philadelphia, who has run a 4:06 mile and a 2-hour, 14-minute marathon. In fact, he represented American Samoa in the '88 Olympic marathon, and has been known to run in a Blues Brothers costume. Also at the starting line was Tom Carter, 41, of Binghamton, N.Y., who has been one of the region's most durable and successful runners for a quarter of a century. Swag Hartel, 42, who ran a 3:57 mile in college and a 4:01 at age 33, made the trip from Louisville, KY., to compete. Charlie McMullen, 42, Rochester, who ran a scorching 3:56 mile in college, was one of the favorites. Rounding out the elite field were Mika Lawson, 40, New South Wales, Australia; Dave Reinhart, 41, Wilbraham, Mass.; Tim McMullen, 41 (Charlie's brother), Churchville, N.Y.; and Al Swenson, 47, Wolcott, Conn.

The starting gun echoed throughout Barton Hall's depths, and the greyhounds were off. Led by "rabbit" Sean Livingston of Ithaca, they hit the first quarter in 1:03, and reached the

168

Barb Blaszak, 43, Syracuse, N.Y., winner of the women's division of the 27th Hartshorne Masters Mile in 5:38.10, Cornell U., Ithaca, N.Y., Jan. 22.

Photo by Ron Blaszak

800 mark on a 4:18 pace, looking strong. At the bell lap, Livingston bailed out, and McMullen, who looked so smooth that a cup of water could have been balanced on his head at full speed, held on to win in 4:21.78. His spoils for winning: a pair of free airfares from primary sponsor Continental Airlines/Continental Express. Unable to finish was Fanelli, who pulled out after aggravating a long-standing injury.

After the main event, I spoke to several of the runners. Their bright eyes revealed that they were still buzzing from their adrenaline/endorphine cocktails, and they spoke respectfully of the Hartshorne Masters Mile.

"This, along with the Millrose Games and the Mobil I Invitational, is no doubt among the top three masters miles in the country," said Charlie McMullen. I asked the winner what he had on this day that the others didn't. "Well, it must be that I'm blessed with talent and mental tenacity, because it sure didn't come from training," he speculated. "This is my first indoor race of the season."

Hartel, who finished second, (4:23.73), said that he "never dreamed in college that I would be running at this level in my forties," and that he was "very impressed with the organization of the meet." Reinhart shared McMullen's perception regarding the Hartshorne Masters Mile's place

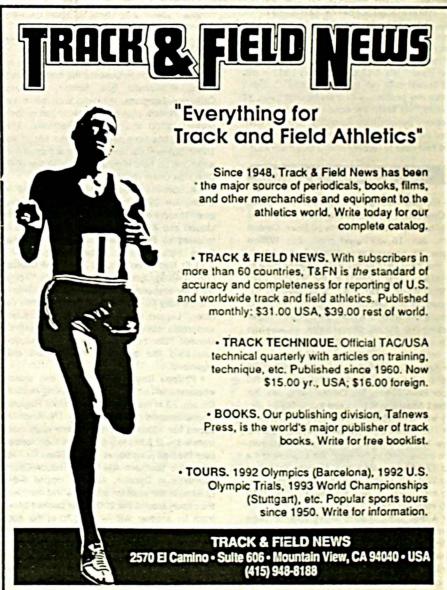


Charlie McMullen, 42, Rochester, N.Y., winning the elite race of the 27th Hartshorne Masters Mile, Cornell U., Ithaca, N.Y., in 4:21.78, Jan.

Photo by Ron Blaszak

among the top-shelf masters events in the country.

A total of 34 men and 11 women competed in the event sponsored by Continental, Zeserson & Associates, and Advantage Sport & Fitness.



# MASTERS SCENE

#### NATIONAL

Got a funny running story to share with runners worldwide? Send it to Paula Burkes, 900 NW 17, Oklahoma City, OK 73106, who is gathering them for a book titled Fun on the Run.

 Overlooked in the 1993 hoopla of the outstanding marks in the U.S. Masters and WAVA Championships was the M55-59 world record 209-1 javelin throw by Larry Stuart at age 55, which equals (1989 tables) an agegraded 108.5% or 322-0 performance, probably the best ever for an athlete 55-and-over.

 Irene Thompson's 26.95 for the indoor 200 in 1993 places her time second of eight in the indoor rankings, published in July.

• Last month, a photo caption identified Tim Murphy as coming up with the idea for an All-American patch and patch tag. Credit should also go to Alex Pappas, of Concord, Calif., who not only also came up with the idea, but implemented it by arranging with a manufacturer for both the patch and patch tags, which are available through NMN to anyone who meets the AA standards (see page 31).

• Disappointed in your last race? Maybe it was too early. The Canadian Journal of Sport Science says findings that aerobic capacity peaks in the late afternoon have now been joined by a recent study at the University of Texas in Denton. All-out cycling tests in early morning and late afternoon showed subjects 5 percent more powerful, both aerobically and anaerobically, at the end of the day.

• If Eamonn Coghlan fails to break the 4-minute mile barrier this year, look for the USA's Steve Scott to be the next challenger. Scott, now 38, told Earl Gustkey of the Los Angeles Times: "Every so often, I compute how many months are left. It'll be a great challenge for me — as important to me as anything I've ever done." His 3:47.69 in Oslo in 1982 is still the fastest mile run by an American. "I didn't notice any problem with training until I was 34 and 35," he said. "I noticed I needed extended recovery periods from workouts. Before, I went hard every day. All of a sudden, I needed three and four days to recover from a tough workout."

#### EAST

• Richard Shaver (41, 58:14) and Janell McDyer (50, 1:15:30) iced masters firsts in the aptly-named NYRRC Frostbite 10 Miler, Central Park, Jan. 16 (3°F/wind chill -26). William Coyne, 72, breezed to an M70 win in 1:22:49. On the 23rd, in Central Park, Shaver blew to the M40+ first (35:05) in the warmer (34°) NYRRC North Wind 10K. Sam Skinner, 51, blasted off to a second-place M40+ (36:09) in winning the M50 race from third master Roger Gocking (50, 36:26). Cheryl Ralya, 47, was fifth of 364w in a below-forty 39:45. Erika Abraham, 55, hot-footed to a W55 win in 45:11.

• Kathy Gribbon, 40, scored a W40 + win with a third place of 460w in 19:00, NYRRC Super Bowl Sunday 5K, Central Park, Jan. 30. Robert Anastasio, 41, kicked to the M40 + victory with a fifth-place 16:09 of 744m.

The Brown U. Masters T&F meet, Jan. 16, drew 175 participants. Three sub-masters runners broke 2:00 in the 800; Jim Law clocked a fast 27.14 in the M65 200; Marlene Sachs set four W50 meet records in the 55, 200, LJ, and HJ; meet director Neil Steinberg set an M40 200 meet record of 24.35.

A free seminar for masters athletes "who want to stay fit for life" will be held on Tue. April 5 from 6 p.m. to 10 p.m. at the Downtown Athletic Club, 19 West St., NYC. Sponsored by the USATF Metropolitan Sports Medicine Team in conjunction with Masters Sports and the Greater New York Chapter of the American Col-

lege of Sports Medicine, the program will be moderated by Lewis Maharam, M.D., MAC Medical Director. Topics will include: "Who Really is the Masters Athlete?" "Are Older Athletes More at Risk?" (Stephen McIlveen, M.D.); "Fueling the Mature Body by Endurance," (Stephanie Sturiale, R.D.); "Masters, Know Thyself," (Roz Katz); "The Power of the Masters Mind" (Michael Simon, Ed.D.) and more. For info, call the MAC office at 212-227-0071.

 Anne Webb, 40, who only began jogging in 1992, topped the women's field in the 1993 Mid-Atlantic Association of USATF Grand Prix. The age-graded 12-race series ranged from a 5K to a half-marathon and attracted over 800 competitors. Anne is currently training for the Paris Marathon in April (Bonne chance, Anne!).

• Two fine performances turned up at the MAC 30K Championship in Central Park, Dec. 19. Zofia Turosz (2:24:10) and Erika Abraham (2:28:47) came in 1-2 in the W55 division. Peter Harangozo outclassed his competition in the M70 division with a 2:45:13. In the accompanying 4-mile run, top masters were Kevin O'Connor (21:42) and Amy Bahrt (27:24).

#### SOUTHEAST

• Ric Bann ng (40, 54:12), Alexandria, VA, and Claudia C.avarella (44, 64:50), Arlington, VA, W40 + defending champion, turned in masters firsts in the Waterman's Museum 10 Mile/RRCA Virginia State Championships, Yorktown, Nov. 14. The 665 finishers were slowed by temps in the 80s and winds at 20 mph, but Mel Williams, Virginia Beach, broke the M55 course record with a 61:53.

• The Charlotte Observer Marathon run on Jan. 8, under sunny skies for the first time in 5 years, showcased Bob Schlau, 46, and Catherine Lempesis, 42, who took home top masters honors plus some cash to put in their pockets (\$700 and \$550, respectively). This marathon has been selected as the site of the 1996 Men's U.S. Olympic Marathon Trials which will be held in conjunction with the 1995 Charlotte Observer Marathon.

• A special "Legends Mile" was held in Miami, Jan. 22, with distance handicaps being given to some of the all-time great milers. Marty Liquori and Kip Keino tied for first in 5:23.6; followed by Peter Snell (3rd, 5:57.6); Steve Cram (4th, 4:15.3); Wilson Waigwa (5th, 4:11.6); Rod Dixon (6th, 4:17.9); Frank Shorter (7th, 4:46.3); Jim Ryun (8th, 5:29.0). "These were my boyhood heroes," said Cram. "This is one memory I'll keep to look back on when I'm older." Liquori, whose leukemia is in remission, said tears came to his eyes as a spectator shouted, "Don't quit" to him and Keino. Liquori said he'd like to see a mini-masters tour organized.

· Philippa Raschker started in this season where she left off last year - breaking records. On Jan. 23 at the Southeastern Indoor Regional Championships in Murfreesboro, TN, Raschker upped her indoor W45 world pole vault mark from 9-31/4 (2.83m) to 9-6 (2.90m), then flopped over the high jump bar at 4-11 (1.50m). On Feb. 12 at the Southern Age-Group Indoor Championships in Decatur, AL, she topped 9-61/2 (2.91m) in the vault for another world mark and then spun around the 200-meter banked-board track for another WR - a 62.70 in the 400. The previous world W45 high jump mark was her 4-101/2 (1.49m) of last year; the 400 record (63.56) was held by Erna Kovacs of Canada. Raschker lives in Atlanta, and is now participating for the Powerbar Racing Team in the W45 division.

#### MID AMERICA

 National T&F Hall of Fame member Helen Stephens, 75, died of a stroke in St. Louis, Jan. 17. Stephens, a gold medalist in the 1936 Olympics in the 100 and 4×100, began running in 1933 and never really stopped, competing in masters competition up to last year.

#### **SOUTH WEST**

• Vladimir Krivoy, 43, Halifax, MA, and Donna Sterns, 40, Sugar Land, TX, collected \$1500 each for 40 + wins in the Houston Tenneco Marathon, Jan. 16. Krivoy, with a 2:27:30, left second to Mexico's Artemio Navarro, 43, who closed in 2:29:40. Sterns finished in 2:52:39 and was followed by Nancy Prejean, 48, W45 winner in 3:02:56. M40-44 division finishers numbered 591. Primary sponsors were the Downtown Houston Association; Tenneco Gas, and Continental Airways.

 Jim McFadden, 54, Coweta, OK, was first overall with a 7:53.98 in the Oral Roberts U. Indoor open mile RW, Tulsa, Jan. 29.

• Top masters in the New Orleans Mardi Gras Marathon, Jan. 29, were Kenneth Royster, Pace, FL, in 2:52:13, and Pat Carey, Metairie, LA, with a 3:39:38. Malcolm Gillis, 60, Huntsville, AL, finishing his 46th marathon (2:56:30), garnered almost as much crowd support as the overall winner. The 29th running of the race was directed by Chuck George, with sponsorship by The Rehabilitation Institute of New Orleans.

#### WEST

 George Billingsley, 72, Loomis, CA, set an age record 4:45:35 for 50K on the track Jan. 16 at the Trackathon races at American River College in Sacramento. The Trackathon races are unique in that a runner may choose any one of these five distances: 10K, 20K, 30K, marathon, 50K, all of which are run simultaneously on the track.

• Joe Keshmiri, 56, M55 gold medalist in the 1993 WAVA Championships at Miyazaki, has become sole proprietor of the Ponderosa Hotel in Reno after buying out his former partner. Keshmiri will be starting a new night club — The Dream Factory — on the ground floor of the hotel. The club will be managed by a separate company co-owned by his son Kamy, 24, an NCAA discus champion, who was banned from amateur athletics after testing positive for drugs. Father and son reconciled last year after a highly-publicized falling-out. The 1995 Masters Indoor Championships are scheduled for Reno

• The Paramount 10K (CA) which features a Special World Masters Division always produces some earth-shattering times. Run on Jan. 15, just two days before Southern California's big quake, the race was no exception this year. In the M80 division, Chick Dahlsten (59:40) and Ernest Van Leeuwen (59:45) hot footed it neckand-neck 1-2 to the finish.

• Stew Thomson, M60, Atascadero, CA, threw his weights around with outstanding marks in the HT (163-0), 25-lb. (56-2¼), and 56-lb. (28-9½), KELfield Meet, Santa Cruz, CA, Jan. 22.

#### NORTHWEST

 Al Phillips, M50, posted meet's bests in the HJ (5-5) and LJ (17-3), Eugene Masters Indoor Meet, Jan. 21. Alan Beck, M45, was the quickest of all in the 3000 (9:28.60).

#### INTERNATIONAL

 Notice to all who purchased a video tape thru NMN of the World Veterans Championships. The Miyazaki OC will mail the tapes directly from Japan this month.

 Kip Keino, 55, an Olympic gold medalist in 1968 (1500) and 1972 (steeple), lives in Kenya with his wife where they sponsor an orphanage for 68 children. Most of the money Keino earns for his appearances goes to the maintenance of the orphanage. He was in Miyazaki for the

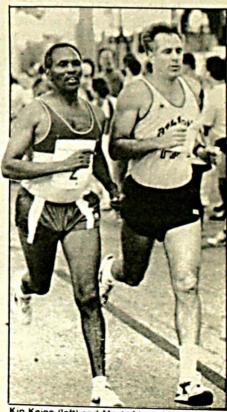


Steve Cram (right) and Wilson Waigwa fight it out for fourth place in the age-graded Legends Masters Mile in Miami, Jan. 22. Cram's actual time was 4:15.3; Waigwa clocked 4:11.6.

Victor Sailer/Agence Shot

World Veterans Championships in Oct., 1993, as one of the WAVA flagbearers at the opening ceremonies. His son, Bob, won the High School mile at the Millrose Games, Feb. 4, in 4:14.31

The 1994 WAVA African Regional Masters T&F Championships in Durban, South Africa, have been switched from April 22-23 to May 13-14. "The track was awarded to Athletics South Africa for a Prestige Meeting," said Monty Hacker, Secretary of the African Region. With hindsight, it's probably a good move because the cancelled dates were for the weekend preceding the first democratic elections in South Africa which could possibly be a period of some political turbulence in the country. By contrast, the rescheduled dates are more than two weeks after the elections. A period of calm and reconciliation should prevail." The meet is open to competitors from Europe and elsewhere. Inquiries should be sent to Monty Hacker, P.O. Box 2102, Johannesburg 2000, South Africa. Fax: 299077. Phone: 2711-337-1263



Kip Keino (left) and Marty Liquori tie for first in 5:23.6 in the Legends Mile in Miami, Jan.

Aimee Basile/Agence Shot

# schedule

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



## TRACK & FIELD

March 5. USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near O'Hare Airport), Chicago. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567 (h); 708/473-3700.

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

door Championships, Columbia, Mo. Don Dobson, U. of Missouri, 344 Hearnes Center, Columbia, MO 65211. 314/ 882-4087, 882-6501. June 17-19. USNSO Senior Open, Washington U., St. Louis. 55 +. No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

August 11-14. 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10825, Eugene, OR

97440. 503/687-1989. August 20. USATF National Outdoor Weight & Superweight Throw Champion-ships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

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

January 7-April 7. Syracuse U. Noontime Indoor Running League, Manley Field House. Different event weekly. Nick Wetter, 241 Archbold Gym, Syracuse U., Syracuse, NY 13244. 315/443-4386.

March 5. Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 North Penn St., Hatboro, PA 19040. 215/441-8584.

March 13. USATF Eastern Regional Indoor Masters Championships, 168th St. Armory, New York City. Haig Bohigian, 225 Hunter Ave., North Tarrytown NY 10591. 914/631-1547. Entry form in this issue.

March 20. Greater Rochester TC Meet, U. of Rochester Fieldhouse. 3 pm. Limited events. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116(h) /359-5257(w).

April 28-30. Penn Relays, Philadelphia. Thurs.: age-graded PV; Fri.: 4x400 (M50+); 4x100 (M40+, M50, other); 100 (M60, M50, M40); Sat.: 4x400 (M40+, other); 100 (M75+). Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584. Runners World Masters Mile, 30th, Marc Bloom, 908/308-9701.

June 5. New Jersey USATF Sub-masters/Masters Championships, TBA. Sanford Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 18-19. Masters Relay Meet, Middletown, Conn. Wesleyan U. Invitational masters mile. Age-graded 100m, featuring ex-Olympians. 10-year age groups. Michael Augeri, 468 Mile Lane, Middletown, CT 06457. 203/632-2378.

June 18-25. Gay Games IV, NYC. Open to all. Unity '94, 19 W. 21st St., #1202, N.Y., NY 10010. 212/633-9494. Deadline 3/31.

Submasters/Masters Meet, Randolph HS. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

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

March 5. Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington. 12 p.m. RARO, c/o Doug Chase, 300 Diamond St., Lexington, VA 24450. 703/463-9525

March 12. Alapatah Meet, Miami, Fla. Jesse Holt, 305/836-2409.

April 9. Naples On The Gulf Masters Meet. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

May 6-8. Southeastern Masters Invitational, North Carolina St. U., Raleigh. New t&f facility. Pentathlon/weight pentathlon/5K & 20K walks. SE USA Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919/831-6640, M-F 9-5, Eastern time.

May 14. Jacksonville TC Meet, Fla. Lamar Strothers, 904/388-7860.

May 21. Birmingham TC Classic, Samford

U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 21. USATF/Florida Masters Championships, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

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

615/483-7743 (e).

June 10. Miami Northwest Express Meet, Fla. Jesse Holt, 305/836-2409.

July 2. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839

July 16. Nashville TC Open & Masters, Tennessee Prep School. Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215.

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

May 29. Wolfpack Pentathlon, Upper Arlington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

June 11. USATF/Illinois Masters Championships, Wilde Field, Lisle/Chicago. Ray Vandersteen, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

July 16. 4th Annual Dayton Masters Track Classic, Dayton H.S. Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton OH 45417. 513/837-2754.

July 30. Midwest Masters Championships, Marshall U. (not regional championships). David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

#### *MID-AMERICA*

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

March 13. Decathlon Midwest Indoor Championships, Pittsburg State U., Pittsburg, Kansas, 2 p.m. Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417/451-7417(h), 417/451-2655(o).

May 13-14. Western Slope Senior Games. 55+. Norwest Bank Montrose, 400 Main St., Montrose, CO 81401. Evelyn Lawson, 303/249-2000.

September 3-4. Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

#### SOUTHWEST Louisiana, Mississippi, Texas. Arkansas, Oklanoma

March 12-19. San Antonio Senior Olympica, 55+. Liz Davis, 103 W. Rampart Drive, San Antonio TX 78216. 210/344-3453.

March 17-24. Houston Senior Olympics. 55+. Terri Riha, Jewish Community Center, 5601 S. Braeswood, Houston TX 77096. 713/551-7250.

April 28-30. Kerrville Senior Games. 50+. Senior Games, 1700 Sidney Baker, Ste 300, Kerrville, TX 78028. 210/896-GAME /896-1155.

May 7. Waterloo Meet, Lake Travis H.S., Austin, Texas. John Conniff, 9130 Jollyville Rd. #350, Austin TX 78759, or Marion Coffee, 512/458-6010. June 25. Hill Country Masters Meet,

Mason, Texas. Lee Graham, Mason HS, HC 60, Box 31C, Mason, TX 76856. 915/347-5921(w) /347-5620(h).

## WEST Arizona, California, Hawaii, Nevada

March 12. John Ward Masters Invitational. Rancho Santiago College, Al Siddons, Rancho Santiago College, 17th & Bristol, Santa Ana, CA 92706. 714/564-6936.

March 19. Inner City Relays, Los Angeles City College. Mary Thompson, 213/ 662-1062

March 19. KEL Field Throws Series #26. All age-groups. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

April 23. Bob Watanabe Memorial Meet, UCLA, Los Angeles. W.E. Adler, 435 Tah-quitz Cyn. Way, Palm Springs CA 92262. 619/325-6307. Entry form in February issue.

April 23. Chabot College Meet, Hayward, Calif. 510/796-7138.

April 24-May 7. Crown Valley (Pasadena) Senior Games, Occidental College. 50+. Christel Miller, t&f director, Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena, CA 91103. 818/795-4331; 397-4062.

May 14. Southern Calif. Striders Meet, CSU-Long Beach. Hugh Cobb, 619/436-7696

May 21. Visalia Classic, Sunkist Stadium. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 29. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9982(eve).

#### ON TAP FOR MARCH TRACK AND FIELD

On the 5th, the USATF National Masters Men's & Women's Indoor Pentathlon Championships take place in Chicago. The Eastern Indoor Regionals will be held on the 13th in New York City. The National Masters Indoor Championships are scheduled for the 25th-27th at the U. of Missouri, Columbia. Regular entry deadline is the 10th.

#### LONG DISTANCE RUNNING

Despite the earthquake aftermath, the L.A. Marathon is still set for the 6th. The Jacksonville River Run 15K takes off on the 12th in Florida, followed by the Nike Sportmart Shamrock 8K in Chicago on the 13th. Another race in honor of St. Paddy's Day is the Shamrock Marathon in Virginia Beach on the 19th. The Mercury News 10K flies off on the 20th in San Jose, Calif. Mobile, Ala., hosts the Azalea 10K, and Charleston, S.C., the Cooper River Bridge 10K, on the 20th. The Carlsbad 5000, perhaps the fastest 5K in the U.S., occupies Palm Sunday/Passover on the 27th.

#### RACEWALKING

The USATF Masters 3000 Indoor will be contested at the Championships at the U. of Missouri.

June 11. Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365.

June 18. USATF-SCA Championships, Occidental College. Christel Miller, 818/843-2139

June 25-26. USATF/Pacific Association Open/Masters Decathlon/Heptathlon Championships, Soquel HS. Santa Cruz, Calif. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460.

Continued on next page



Wakae Spencer, 67, Waipahu, Hawaii, finished the Honolulu Marathon, Dec. 12, in 5:39:50. Photo by Tesh Teshima



Elaine Geyer, 71, in top form on her way to capturing age-group title (29:03/age-graded 17:50), Heritage 5K, DeLand, Fla.

Photo by Randy Lefko

Continued from previous page

July 2-3. USATF West Regional Masters Championships, site TBA. Hugh Cobb, 619/436-7696.

July 10. Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 818/917-6289. July 16. Santa Cruz Age-Graded Cham-

pionships, Soquel HS. Ages 18 and up. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460(h).

July 23. USATF/Pacific Masters & Submasters Weight Pentathlon Champion-ships, KEL Field, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

July 23-24. Patriot Invitational, Cerritos College, Norwalk, Calif. Mary Thompson, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027-4711. 213/662-1062.

September 11. Nor-Cal Seniors Classic, Edwards Stadium, Berkeley. Mark Grubi, 415/289-3352.

#### **NORTHWEST** Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

May 28. Oregon Senior Olympics, Silverton Union HS. M&W40+. Also 5 Mile RR. Amy Castle, 6350 Cascade Hwy., NE, Silverton, OR 97381. 503/873-8577.

June 11. Volcano Classic, St. Helens HS.

Emil Torquato, 28 Sunset Place, St. Helens, OR 97051. 503/397-4102(eve).

June 25-26. Hayward Classic, Hayward Field, Eugene, Ore. Site of 1994 Masters Outdoor Championships in August. Bar-bara Kousky/Tom Jordan, PO Box 10825 Eugene, OR 97440. 503/687-1989; 503/687-1016(fax).

July 9. Helena Masters/Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 29-30. Montana Masters Meet, MSU-Bozeman. Mike Carignan, PO Box 5132, MSU, Bozeman, MT 59717-5132.

#### CANADA

March 5. Ontario Masters Indoor Championships, Toronto. M&W 35+. 5-yr. age groups. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9. 416/252-7047.

#### INTERNATIONAL

March 12-13. Russia Indoor Championships, Chelyabinsk. RAVA, Per-vomayskaya 14-6, Himki, 141400, Moscow Region, Russia. 7-095-5734150; fax 7-095-5734150.

March 12-13. WAVA South American Regional Championships, Kali, Columbia. March 19-20. VSA Cup International Veterans Indoor Games, Penza, Russia. RAVA, Pervomayskaya 14-6, Himki, 141400, Moscow Region, Russia. 7-095-573/4150; fax 7-095-573-4150.

March 20. British Veterans Athletic Federation Indoor Championships, Glasgow. A. Wilmoth, 79 Waterside Rd., Kirkintillock, Glasgow, G66 3QW, Scotland.

Easter, 1994. Australian Veterans Championships, Sydney. Kerry & Jean Thew, (047) 841761.

May 13-14. WAVA African Regional Championships, Durban, South Africa. Monty Hacker, PO Box 2102, Johannesburg 2000, South Africa. Phone: 2711-337-1263; fax: 299077.

June 2-12. WAVA European Regional Championships, Athens, Greece. Europeans Only.

June 25-26. Mexico vs. USA Meet, Mexico City. Bill Adler, 435 E. Tahquitz Cyn., Palm Springs, CA 92262. 619/325-6307. July 1-9. WAVA Oceania Regional Cham-

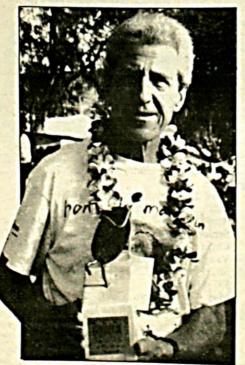
pionships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

July 21-30. 1994 Goodwill Games, St. Petersburg, Russia. Participation events for masters. Elizabeth Morris, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4. Phone: 514/697-3735; Fax: 514/697-0628.

August 4-7. WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, TJ6 5E9, 409/438-2911.

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

September 30-October 2. WAVA Asian Regional Championships, Jakarta, Indonesia.



Heinrich Gutbier, 72, of Germany, won the M70-74 race (3:41:12), Honolulu Marathon, Photo by Tesh Teshima



Patty Shackleton, 42, Vienna, Va., first woman master (40:16), Friends of Vietnam Veterans Memorial 10K, Washington, D.C.

Photo by George Banker

#### LONG DISTANCE RUNNING NATIONAL.

June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759. September 17-18. USATF National Masters

24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345.

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

October 16. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

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

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

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

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

March 13. Tappan Zee Sports 10K. TZSBC, Box 249, Orangeburg, NY 10962. 914/359-5425

March 20. NYRRC Rites Of Spring 10K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

March 26. NYRRC 4 Mile/Mike Hannon Memorial 20 Mile, Central Park. See March

March 27. Harry Murphy St. Patrick's Day Road Mile, Bay Ridge, Brooklyn. Masters Division (need qualifying time); All-comers Division. 100,000 spectators for race and parade. Vic Navarra, 68 East Raleigh Avenue, Staten Island, NY 10310.

718/981-3459. April 1. NYRRC April Fools Backward Mile, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

April 10. Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. Limited entries. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769. Phil Stewart, race director. 301/371-5583. April 17. Sallie Mae 10K. Sallie Mae 10K,

1050 Thomas Jefferson NW, Washington, DC 20007. 202/728-6456. April 18. Boston Marathon. Qualifying times required. BAA Boston Marathon, PO

Box 1994, Hopkinton, MA 01748. 508/435-6905. April 23. Trevira Twosome 10 Mile, NYC.

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

May 1. Giant Eagle/City of Pittsburgh Marathon/10K. 1001 Law & Finance Bldg., Fourth Ave., Pittsburgh, PA 15219. 412/765-3773.

May 1. Buffalo Marathon. Marathon Assn., PO Box 838, Buffalo, NY 14213-0838. 716/837-7223.

May 14. Riedman Insurance Lilac 10K, Rochester, N.Y. Lori Frank, 45 East Avenue, 8th fl., Rochester, NY 14604. 716/232-4424

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

March 12. River Run 15K, Jacksonville. Doug Alred, 3853 Bay Meadows Rd., Jacksonville, FL 32217. 904/739-1917. March 19. Shamrock Marathon, Virginia Beach. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090. March 19. Lejeune European 10K Cross-Country. Dr. Don Gerughty, Fitness Director, Camp Lejeune, NC. 910/451-5430. March 26. Azalea Trail Run 10K, Mobile. Azalea 10K, PO Box 6427, Mobile, AL 36660.

March 26. Cooper River Bridge 10K. Julian Smith, c/o MUSC Wellness Ctr., 45 Courtenay Dr., Charleston, SC Courtenay Dr., 29401. 803/792-2533.

Continued on next page



The 1994 "Everything Track" Catalog, which includes 65 pages of track specialties in four color, is now available. Includes more items than any other catalog of its kind in the world. Included in this '94 edition are vaulting poles and javelins, hurdles, discus, shots and hammers as well as a host of specialty items such as stopwatches, heart rate monitors, specialty track shoes, medicine balls and more. Available no cost upon request by calling toll-free 1-800-556-7464 (anywhere in the USA or Canada) or by writing M-F Athletic Company, P.O. Box 8090, Cranston, Rhode Island 02920-0090.



Mary Libal, W40, finished with a 46:40 in the 300m Eugene Masters Indoor Meet, Eugene, Ore., Jan. 21.

Photo by Jerry Wojcik

#### Continued from previous page

April 2. Catfish 5K, Crescent City, Fla. John Boyle, PO Box 1824, DeLand, FL 32721. 904/736-0002.

April 23. Second Annual Lejeune Marathon, Camp Lejeune, NC. Dr. Ron Gerughty. 910/451-5430.

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

March 13. Nike Sportmart Shamrock 8K, downtown Chicago. Jan Canepa/Carolyn Cannady, The Eventors, Inc. 312/944-6667.

April 10. Athens Marathon/Half-Marathon. Tom Wolf, 44 Grosvenor St., Athens, OH 45701. 614/594-3042.

#### MID-AMERICA

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

March 26. YMCA Midwest Masters Classic, Dodge Park, Omaha. 35 + only. 8K & 2 Mile RW. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

April 10. Kansas City Ekiden Marathon Relay/25K Relay, Overland Park, Kans. M&W masters, mixed masters, age-graded teams. Bill or Jean Buchanan, KC Ekiden, 8575 W. 110th, #100, Overland Park, KS 66210, 913/451-8094.

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 9. Whirlwind 5K. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2371 x207.

April 10. Capitol 10,000. Austin American Statesman, PO Box 670, Austin, TX 78767. 512/445-3596.

April 16. Crescent City 10K. Mac DeVaughn, 8200 Hampson St., Ste. 217, New Orleans, LA 70118. 504/861-8686.

#### WEST Arizona, California, Hawaii, Nevada

March 6. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., No. 100, Los Angeles, CA 90025-3329. 310/444-5544.

March 20. Mercury News 10K. Susan Zellers, 750 Ridder Park Dr., San Jose, CA 95190. 408/920-5533.

March 27. Carlsbad 5000, Carlsbad, Calif. Tim Murphy, c/o Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego, CA 92121, 619/450-6510.

April 24. Big Sur International Marathon, Carmel, Calif. SASE (large-size) to BSIM, PO Box 222620, Carmel, CA 93922-2620. May 1. Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, Calif. SASE: Dept. MN, 281 Hidden Valley Road, Bayside, CA 95524.

#### **NORTHWEST** Alaska, Idaho, Montana, Orego Utah, Washington, Wyon

April 9. Pear Blossom 10 Mile. Jerry and Zellah Swartsley, PO Box 146, Medford, OR 97501. 503/535-1205.

May 1. Lilac Bloomsday 12K. Lilac Bloomsday Assoc., PO Box 1511, Spokane, WA 99210. 509/838-1579.

#### INTERNATIONAL

March 27. British Veterans Athletic Federation Cross-Country Championships, Tunbridge Wells, 30 miles south of London. David Coward, 10 Chestnut Ave., Southborough, Tunbridge Wells, Kent, TN4 OBU.

April 17. Stramilano International Half-Marathon, Milano, Italy. 50,000 runners. Separate start for veterans. Stramilano-Via Balilla, 38-20136, Milano, Italy. Phone: 02-894-04240; Fax: 02-581-11926.

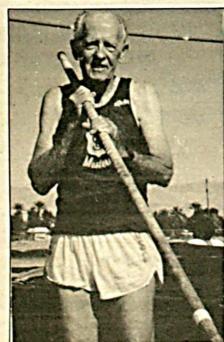
July 30-31. 2nd WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1.

#### RACE WALKING

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

March 25. USATF National Masters 3000m Indoor Racewalk Championships. See National T&F.

March 27. Men's 20K/Women's 10K Racewalks, Washington, D.C. Sal Corrallo, 3466 Roberts Lane, N. Arlington, VA 22207. 703/243-1290.



Carol Johnston set an age-82 world record with a 6-7 pole vault at the College of the Desert Meet in Palm Desert, Calif., Jan. 29.

Photo by Jon Lomax

April 10. Southwest Association Championships. Tracy Jo Wilson, PO Box 671372, Dallas, TX 75367-1372. 214/661-9255.

April 13-17. Racewalking Training Camp, Healing Springs Ranch, Tioga (one hour north of Dallas), Texas. Dave McGovern, 795 Madison Ave., Charlottesville, VA 22903. 804/295-6586.

April 24. Crown Valley (Pasadena) Senior Olympics. See April 24, T&F schedule.

May 15. Florida 5K Racewalk Championships (LaVonne Hottensmith Memorial RW), Coconut Creek. Florida Walkers, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407/499-3370; Sig Kurz, 305/987-0927.

May 22. USATF National Masters M25K/W20K Racewalk Championships, Albany, N.Y. Bob Ryan, 8 Spruce St., Lake Placid, NY 12946. 518/523-2240.

May 26-30. 6th annual RW Training Camp, Boulder, Colo. Every level. Beginners welcome. Ends with Bolder Boulder 10K. ARWA, 303/447-0156.

July 16. USATF National Masters 10K Racewalk Championships, Niagara Falls,

#### **CLUB LISTINGS**

We regret our promised updated list of masters clubs has been delayed until next month's issue. We're double-checking each club for address and phone accuracy, and making an attempt to include as many clubs as possible. Send your club's name, address, etc. to NMN Clubs Editor, Jane Dods, at 569 West "D" St., Springfield OR 97477.

N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361; 694-7683.

August 12-14. USATF National Masters 5000m/M20K & W10K Racewalk Championships, Eugene, Ore. See National T&F. September 11. USATF National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 No. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

September 24. M10K/W5K Racewalks, Dearborn Hts., Mich. Ross Barranco, 3235 Musson Rd., Howell, MI 48843.

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THE SECOND ANNUAL

#### **EUROPEAN CROSS COUNTRY** 10K

A LEJEUNE GRAND PRIX SERIES '94 EVENT

SATURDAY, 19 MARCH 94 ♦ 1300 CAMP LEJEUNE, NORTH CAROLINA PRESENTED BY MWR

#### ENTRY FORM

Check One: Individual Entry

☐ Team Entry

THIS SPACE FOR TEAM ENTRIES ONLY Team Name How Many Team Members? EACH TEAM MEMBER MUST SUBMIT A COMPLETED ENTRY FORM WITH A SIGNED WAIVER.
ALL TEAM ENTRIES MUST BE MALED TOGETHER. THIS ENTRY FORM MAY BE DUPLICATED. Name

Address City \_ Zip\_ Age on Day of Race T-Shirt size: M L XL

GENERAL RELEASE:

ration of this entry being accepted and desiring to be legally bound to myself, my igns, executors, administrators, etc., I hereby release the sponsors, officials, Marine se, Camp Lejeune, and all those associated with this event, of all claims for injuries iggs incurred or arising from my participation in THE EUROPEAN CROSS COUNTRY.

SIGNATURE OF PARENT OR GUARDIAN IS NEEDED IF APPLICANT IS UNDER 18 YEARS OLD

CONTACT DR. RON GERUGHTY (\$10)451-6450 OR MAIL THIS APPLICATION, ALONG WITH APPROPRIATE ENTRY FEE, TO:

COMMANDING GENERAL (ATTN: BMWR/MREC4) MARINE CORPS BASE PSC BOX 20004 CAMP LEJEUNE NC 28542-0004

Make checks payable to: MWR ACTIVITY (\$18 if received by Wednesday, 16 March \$4; \$25 thereafter)

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

W35-39	HOUSE			M35-39	WALKS.		THE WHILE
Barbara Carpenter	5K	19:46	10-30-93	Mark Monti	110M HH	154	7-25-93
W40-44				David Vandergriff	Hammer	175-9	6-26-33
Debby Jamieson	1500	525.2	1-29-94				A Sec.
W45-49		The state of the s		M45-49			
Sue Hinz	Hammer	89-3	6-26-93	Don Chadez	S.C.	11:39.14	9-18-93
Joe Hinz	Shot Put	26-10	6-26-93	Bill Forsyth	Pentathlon	3187 pts.	9-04-93
	Discus	87-11	7-17-93	George Mathews	35E Wit	14.26	2-28-93
Jillian H. Kelly	100M	14.92	8-08-93		56# Wt.	9.13	1-31-93
The San Hall September 1982				and the second	Hammer	46.36	5-15-93
W55-59			13 15 15				
Dortha H. Swanson	Hammer	23.92	9-11-93	M50-54			
	Shot Put	8.26	7-10-93	George Mathews	35# Wt	14.15	9-18-93
	Discus	20.54	8-06-93		Shot Put	13.73	10-16-93
W65-69					Hammer	52.08	9-18-93
Carolyn Peet	3K RW	21:49	9-25-93	Allen P. McDaniel	800M	2141	9-19-93
	5K RW	36:47	9-25-93		The state of the		

	-	A Land	)N	KII J		3-633		inc.	The B			9	PATRIL
Application of the last of the		U.S	. MA	STE	RS ST	TANI	DARI	OS O	F EX	CEL	LEN	CE	
Towns of the						FO	R ME	N		I had a			
2000	Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
	100	11.0	11.33	11.67	12.0 25.1	12.5	13.0	13.5	14.0	15.0 32.4	16.5	18.0	20.0
CHANGE	400 800	51.0 2:01	52.5	54.0 2:08	56.0 2:13	58.5 2:19	61.5	65.0	70.0	76.5 3:06	84.5 3:27	94.0	105.0
	1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
and the same	Mile 5000	4:31	4:35	4:42	16:44	5:07 17:30	5:25 18:24	5:49 19:36	6:14 21:08	6:51 23:30	7:38 26:00	8:42	10:10 32:30
SAMO	10000	32:11	32:35	33:30 17.75	18.75	36:15	38:10	40:30	44:15	48:30	54:30	61-15	25.30
2012	100H 80H	13.3			10.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
SWAY.	400H	57.6	59.7	62.0	64.4	67.2	70.6	55.0	60.0	66.5	74.5	84.0	95.0
W. Salani	300H 3K-SC	10:00	10:20	10:55	11:40	12:30	13:20	33.0	60.0	86.3		84.0	93.0
STATE OF THE PERSON NAMED IN	2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
Sec.	нЈ	1.94	1.85	1.76 5-9k	1.68	1.59 5-24	1.50	1.41	1.32	1.23	1.13	1.02	.92 3-1
	PV	4.40	4.15 13-7k	3.90	3.60	3.30	3.05	2.80 9-24	2:55 8-44	2.30	2.05 6-84	1.80 5-11	1.50 4-11
1	u	6.55	6.20	5.85 19-24	5.45	5.10	4.75	4.40	4.00	3.65	3.35 11-0	3.00 9-10	2.65 8-84
	IJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
1	Shot	43-94	41-6	39-1 13.00	36-7	12.40	31-8	12.00	26-11	10.00	8.80	7.65	6.50
		49-104	46-34	42-8	39-45	40-84	36-9	39-41	35-5k	33-0	28-104		21-4
ı	Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00	36.40 119-5	40.00	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-25	16.20 53-2
I	Hammer	47.24 155-0	44.20	41.14	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50	18.00
	Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
I	35/Wt.	203-5	187-0	170-7	157-6	141-1	9.00	131-3	114-10	95-2	78-9	62-4	49-2
1	25 Mt.		9.00	8.50	8.00	6.00	5.00	11.00	10.00	9.00	8.00	7.00	6.00
	Per	280	0 260	0 260	2500	2600	2600	2600	2500	2600	2600	2600	2600
	Dec				for aut								2420
		2) Sh 3) Lo	ort hurd	les: 30-	49: 39"	50-59 50-59	: 36"; : 33";	60-69: 60+: 30'	3"; 70	: 30".			
Marketta		4) Sh 5) Di	ot pdt: ocus thr	30- ou: 30-	49: 7.26 49: 2kg	sk (160) 50-59	: 50-59 : 1.5kg;	60+:	60-69: 51	k; 70+:			
1000		7) Ja	velin:	30-	49: 7.26 59: 800	: 60+:	600g.						
					distant 39 IA								

	U.S. M	421FK	VILL V	MERIC	VII 21VI			LENCE F	OK MY2	IFK2 KW	CE MALK	FK2
							MEN					
	1.5K	mile	3k	5k	- 8k	10k	15k	20k	25K	30k	40k	50
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	259:15	4:08:45	5:37:3
F35	7:22	8:03	15:18	26:27	43:11	E3:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	6:55:4
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	2:36:33	5:01:03	6:49:2
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	£18:30	6:00:18	8:11:3
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
F90	14:56	16:06	30:36	4214	1:25:30	1:47:18	2:48:13	3:51:12				
						M	EN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	232:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	60:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	246:05	3:46:36	4:56:2
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	253:13	3:56:29	5:09:2
MSS	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	210:33	4:20:30	5:41:2
MGE	L:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:16	6:01:0
M70	9:08	9:50	18:44	32:18	5246	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
MBO	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	429:18	6:10:11	8:07:5
M90	12:41	13:39	25:58	44:45	72.52	1:32:08	2:21:52	3:11:28	4:06:38	E:03:17	6:57:43	9:11:3

M55-59				M65-69		ma	7-25-93
James Hart	Hammer	126-2	9-12-53	Howard C. MacMillan	400M	62.3	
F-SALD AND	Shot Put	4-11	6-12-93	Bill Morenan	1500 RW	£25.50	6-17-93
	Discus	10-7	6-12-93	A TOP OF THE PARTY	SX RW	28:59	9-05-93
Don "Rooney" Hughes	565 VL	17-24	1-22-94		10K RW	624	9-12-93
Robert E. Miller	400M	61.40	12-18-93	Chuck Sochor	100M	13.30	5-29-53
	Shot Put	38-41	7-24-93	The Park Inc.	200M	26.94	10-11-93
Jerome L. Wills	SHOL PUL	20.41	1-24-20		400M	59.77	6-15-93
					BOOM	231.45	6-13-93
	I was a series				100H	17.8	5-05-93
M60-64					300H	45.34	5-29-93
John C. Copp	Decathlon	5532 pts.	9-11-93	The second	400H	70.25	7-17-93
	Long Jump	14-59/4	9-11-93		2K S.C.	9.23.80	8-20-93
Fred Shanaman	Shot Put	30-57/4	10-20-93		Ch J.L	3.23.00	0 20 30
Ted Swanson	200M	28.5	8-01-93	N70-74			
		19.6	8-01-93	George Rajcevich	Long Jump	12-44	1-24-93
	Long Jump	- 10 Carl	7-01-93		Triple Jump	The second	1-24-93

				FC	DR W	OMI	EN				
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
800	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	
	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
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notes:	1) 100	standar	ds are	for aut	omatic	time:	use star	dard co	nversi	on for	hand ti
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	4) Jave 5) Hamm		30-	49: 600	gm; 50 50+:	D+: 400g	m.				5

#### **APPLICATION FOR AN** ALL-AMERICAN CERTIFICATE/PATCH

NAME	AG	E-GROUP
ADDRESS	S	EX: M F
CITY	STATE	ZIP
MEET	DATE OF MEET	
MEET SITE		
EVENT:	MARK:	
HURDLE HEIGHT	WEIGHT OF IN	MPLEMENT
CERTIFICATE	□ PATCH	D PATCH TAC

- A copy of your results or a note stating in which issue your results appeared MUS1 accompany this application.
   Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
   Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
   A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

**EAST** 

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van
Nuys, CA 91404. To keep information current, we generally do not
publish results more than 3 months and Passults that are broad publish results more than 3 months old. Result (maximum 28 spaces/21/4" wide) in our format re-Deadline is the 10th of the month prior to issue dat

CASI	
Syracuse Chargers I	Meet
Manley Field House; D	ec. 12
55m	
M40 Tom Crowley	7.9
M45 Rich Lysik Sr M50 Paul Stelmaszyk	8.2
M55 Tom Fondy	7.4
M65 Howard MacMillan	7.9 8.5
Bill Townsend	8.5
M70 Ed Lukens	8.7
W30 Kathy McKeever	8.6
W45 Kathy Cirina	8.7
200m	25.0
M35 Mike Hopper M40 Tom Crowley	26.9
M40 Tom Crowley Bob Klinetop	28.7
M45 Jim Lawton	30.0
Tom D'Angelo	31.0
M50 Paul Stelmaszyk	26.4
John Allen	28.9
M55 Tom Fondy M65 H MacMillan	27.9 31.9
W45 Kathy Cirina	32.3
800m	
M30 Brendan Jackson	1:59.1
Dave Yerdrzeski	2:06.4
M35 Dan Howe	3:26.3
M40 Mike Hasenauer Kevin Morrisroe	2:15.5
Bob Klinetop	2:24.5
Rick Cleary	2:24.8
M45 Bob Micho Jim Lawton	2:22.2
Jim Lawton	2:29.8
Jack Soltis M50 John Allen	2:30.7
M50 John Allen Tim Collins	2:23.6 2:27.6
M55 Tom Fondy	2:43.2
M60 Wally McRae	2:36.9
W30 Sarah Falso	2:39.6
W40 Barb Blaszak	2:37.9
W50 Yvonne Tasker	3:00.4
Mile M30 Duncan Payne-	5:43
M35 Kamal Jabbour	5:53
M35 Kamal Jabbour M40 Kevin Morrisroe	5:12
Rick Cleary	5:15
Scott Smith M45 David DelFavero	5:17
Bob Maloney	5:11 5:29
Jack Soltis	5:29
M50 Tim Collins	5:36
M60 D M Fenner	8:29
M70 Nate White W30 Sara Falso	7:08
W40 Barb Blaszak	5:45 5:36
W50 Yvonne Tasker	6:36
Pole Vault	
M40 Kevin Donovan	11-0
M45 Jim Trott	10-6
Long Jump M35 M Hopper	17.0
M40 Tom Crowley	17-2 15-11
M50 Paul Stelmaszyk	16-1
M55 Bob Smullens	10-1
M70 Ed Lukens	13-61
55mH	STITE !
M30 Duncan Payne	9.4
M40 Ray Panek Sr M50 Paul Stelmaszyk	10.4
M65 Bill Townsend	9.9
M70 Ed Lukens	9.9
Shot Put	MEST POR
M30 Duncan Payne	8.60m
M45 Jim Alexander	8.94
W30 Cathy McKeever	8.24
ALL DESCRIPTION OF THE PARTY OF	7.76
Tri State TC Indees	Mank

Tri-State TC	Indoor Meet
Hagerstown,	MD; Dec. 18

Hagerstown, MD; Dec.	18
55m	
M30 Bernard Little 30	6.9
Glen Evelyn 39	7.2
Stephen Winkel 35	7.4
M40 K Witherspoon	6.7
Bob Bowen	6.8
Joe Mack	7.0
M45 Wayne White	10.9
M55 Jim Bradley	7.8
Theron Neisen	7.8
M60 James Stookey 63	7.8
Dick Taylor 65	8.2
Sam Madia 69	8.4
200m	
M30 Sal Allah 33	24.
Bernard Little 30	25.
Walt Rivers 30	26.
M40 K Witherspoon	25.
Charles El	26.
Rod Moore	27.
M45 Del Barbie	29.
M55 Theron Neisen	29.
Jim Bradley	29.
M60 Jim Stookey 63	28.
When the last water to be a selected	-0.

	13340
Bill Bergen 65	32.2
Sam Madia 69	32.3
400m	
M30 Sal Allah 33 Stephen Winkel 35	51.9
M40 K Witherspoon	52.8
Bob Bowen	55.5
M45 Larry Green	70.2
M55 Jim Bradley M60 Dick Taylor 65	71.0
Sam Madia 69	76.2
W30 Lynn Davis 37	71.4
800m M30 Sal Allah 33	2:04
Tony Huff	2:20
M40 Tim O'Keefe	2:14
Lester Windley M45 Bob Weiner	2:23
Del Barbee	2:28
M50 Bob Kern	2:43
M30 Dennis Coleman 35	4:28
M30 Dennis Coleman 35 Ted Poulos 32	4:36
M40 Spider Rossiter	4:38
Will Vehrs	4:57
M45 Bob Weiner Larry Green	4:53
M50 Don Boyer	4:59
Dan Vers Long	5:01
M55 Rolf Johnson	6:20
M30 Dennis Coleman 359	-18.31
	:45.06
M55 Bill Price 13	:35.34
M30 Stephen Winkel 35	9.4
M40 K Witherspoon	8.1
Charles El	9.1
M60 Dick Taylor 65 4x200m Relay	10.9
M40-49 Maryland Mas 1	:43.6
Sprint Medley Relay	-
March 1994 Annual Control of the Con	:27.0
High Jump	- 10
M30 Ted Lewis 33 Stephen Winkel 35	5-10 5-2
M40 Ben delVillar	5-4
Aaron Walker	5-0
M45 Palmer Sweet M60 Jim Stookev 63	4-0
M60 Jim Stookey 63 Dick Taylor 65 M70+Chas Irwin 76	4-2
M70+Chas Irwin 76	3-10
Bob Detweiler 80 W30 Lynn Davis 37	2-9 3-10
Pole Vault	3 .0
M30 Jerry Dowdy 35 M40 Sam Prentice 42	14-0
Shot Put	12-6
M30 Scott Bull 34	40-1
Peter Collins 34	37-71
M40 Bob Feeney	34-9 34-1 <del>3</del>
M50 G A Johnson 54	42-7
M60 David Vochon 63	26-6
	27-5 21-3
	19-25
Mary Mary 1 / Mary 1 / Mary 1	
Noontime Running Lea	ague,

## Manley Field House Syracuse U., NY; Jan. 7

M30	Daniel Bernhofen	23:03.7
M35	Terry McConnell	17:45.0
ma	Randy Elder	19:10.7
M40	Steve Nix	18:46.0
100	Rick Cleary	18:46.8
	John Condon	18:52.0
	Peter McClure	19:50.7
	John Capoccia	19:59.0
	Gary Diamond	20:47.0
	John View	21:14.0
M45	Steve Murphy	18:53.7
	Larry Nafie	19:10.7
	Jeff Straussman	19:44.1
M55	Sam Graceffo	19:17.5
M60	Bob Brock	19:01.0
M70	Nate White	24:09.0
	Russell More	26:15.4
W25	Laura Bernbofen	23:17.0
W35	Karen Laquidari	21:14.2
W40	Barbara Blaszak	19:16.0
	Ellen Bifano	23:43.5
MAE	Esther Clark	27:19.0

#### **Dartmouth Relays** Hanover, NH; Jan. 7

55m	la re-
M30 Kevin Gleason	7.08
Dan Collis	7.09
Mark Baldani	7.46
M35 Dominic St Jean	7.13
M40 Tony Cunningham	7.49

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e ge	Box 2372, Van enerally do not	
ts t	hat are typed ve preference.	
ite.	e presentation.	
	Jim Sciuto	7.65
M45		7.72
	Mike Augeri Robert Davis Richard Sealey	7.41 7.42 7.56
M50	Paul Gansle Peter Tams	7.55
M55	Richard Croak Bob Clouitier	8.11
M60	Horace Andrews Jim Stookey Al Crowley	8.30 7.76 7.88
M65	George Horner	9.37 8.20
	Bill Bergen Angelo Oliver	8.58 10.18
	Johanne St Jean Sandra Ford Cento Mary Ryan	7.71 onze7.99 8.32
W55 W60	Nancy Merrill Sally Secombe	10.96
200	Barbara Henning	11.60
M30	Kevin Gleason Dan Collis Mark Baldani	24.88 24.99 25.06
	Dominic St Jean Tom Cunningham	39.94 26.89
M	David Dodson Steve Dowling	27.84 30.98
M45	Mike Augeri Dana Harrell	25.99 26.47
M50	Robert Davis Richard Sealey Peter Feldman	27.05 27.17 27.96
100	Peter Tams Mike Caccuitto	28.01 29.67
M55	Richard Croak	29.15 31.07
M60	D P Hanlon Jim Stookey	32.49 27.41
M65	Harlan Fair Al Crowley Jonathan Tobey	33.53 34.73 29.64
M70	Bill Bergen Angelo Oliver	30.32
W30	Sandy FordCentoze	
W40		31.45 30.12 32.45
W45 W50	Susan Caccuitto	35.72 43.49
W55 W60	Nancy Merrill Sally Secombe	46.68
400 M35	Barbara Henning m Rick Smith	49.26
	Mike Hasenauer Steve Dowling	58.20 65.45
M45	Dave Herrington Mike Hollander	68.32 58.68
M50	George May Peter Feldman Mike Caccuitto	59.72 66.19
M55	David Galligani Richard Croak	66.48 64.58 64.84
M70	Robert Mitchell Archie Messenger	87.56
M75	Bob Matteson Sandy Miller	87.98 79.00
(Gr	Linda Upton race Butcher/75.1/ Liz Szawloski	*72.86 1985) 86.41
	Sally Secombe Barbara Henning	1:57.01
800	Bobbie Mosenthal	1:41.90
	John Fiola Al Felenchak Jim Letts	2:03.53 2:10.05 2:15.79
M40	Don Ryan Rob Naser	2:13.35
M45	Mike Hasenauer Dan Frye	2:19.14 2:09.30
M50	John Babington Peter Szawlowski Robert Payne	2:21.32 2:24.15 2:30.34
	David Galligani Richard Croak	2:32.16
M70	Maruid Eisenstein Archie Messenger	n3:21.01 2:47.61
W30	Bob Matteson Jennifer Prost	3:37.88
	Anne Schmitt Sandy Miller Linda Upton	2:34.64 2:57.93 2:43.93
W60	Liz Szawlowski Sally Secombe	3:17.19 4:32.39
150 M30	Om Rich Marion	4:00.29
Mse	John Fiola Dave Reinhart Allan Muir	4:03.58 4:04.66 4:18.77
	Jim Letts Al Felenchak	4:18.77 4:26.60 4:36.02

M40 George Frost	4:18.81
Petera Bartolott Gary Wallace	4:21.51
Chris Armen	4:32.97
Jack Afarian	4:37.08
Rob Naser M45 Dale Ladd	4:37.12
Frank Myers	4:52.72
John O'Brian	5:25.55
M50 Peter Szawlowski Bill Catlucci	4:54.61 5:08.26
John Hancock	5:25.30
M55 Bill Spencer	5:00.69
Robert Payne	5:03.99
M60 Don Ross Ed Doucette	5:34.69 5:54.52
Don Graves	6:09.13
M75 Bob Matteson	7:01.31
W45 Anne Schmitt	5:20.47
W45 Anne Schmitt Dorothy Fine	5:50.93
Linda Eldridge	7:00.76
W50 Linda Upton	*5:23.05
(Sandra Knott/5:26.0	6:20 68
W55 Maggie Solomon M60 Sally Secombe	8:52.36
3000m	STATE OF THE STATE
M30 Chip Langmaid	9:45.72
M40 Malcolm Brown Randy Waterman	10:16.86
M45 Fran Maineri	10:34.29
M45 Fran Maineri M60 Don Ross	11:47.67
W30 Laurie Reilly W35 Anne Ricardelli	12:09.29
W35 Anne Ricardelli W60 Sally Secombe	19:44.87
F000-	77.44.07
M30 Terry Wnek	16:31.74
Bob Levoy	17:02.39
Chip Langmaid Mark Mauro	17:09.60 19:56.25
M35 Rick Trainer	16:03.86
M35 Rick Trainer Larry Reed	16:04.15
M40 Dan Logan	17:10.93
Jack Afarian Mike Johnson	21:07-41
M45 Alan Popp	19:14.69
	21:00.82
Jack Vaughn	21:29.40
Ray Droulin Jack Vaughn Denis Rydjeski M60 Ed Doucette	23:23.56
M75 Bob Matteson	25:55.57
55mH	
M30 Mark Baldani	8.29
M45 Mike Augeri M50 Paul Gansle W30 Wendie Moore	9.99
W30 Wendie Moore	10.75
4x220m Relay	
4x220m Relay M30+Boston RC "A"	1:53.11
Hanover TC Northeast "B"	1:54.70
Northeast "B" Northeast "A"	1.57.69
INJI LIREAST A	1:58.69
W30+Northeast Club	2:19.50
W30+Northeast Club	2:19.50
W30+Northeast Club High Jump M30 Kevin Gleason	2:19.50
W30+Northeast Club <u>High Jump</u> M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau	2:19.50 5-4 6-0 5-6
W30+Northeast Club <u>High Jump</u> M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady	2:19.50 5-4 6-0 5-6 4-8
W30+Northeast Club <u>High Jump</u> M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady	5-4 6-0 5-6 4-8 4-10
W30+Northeast Club- High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey	2:19.50 5-4 6-0 5-6 4-8
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell	5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen	5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0
W30+Northeast Club- High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo	5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman	5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-0 4-2
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 4-2 10-0
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 13-0
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 13-0
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 13-0
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 12-0 12-6 18-8½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 12-0 12-6  18-8½ 19-10
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Strokey	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 12-0 12-6 18-8½ 19-10 14-5½ 15-5
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Strokey	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 12-0 12-6 18-8½ 19-10 14-5½ 15-5
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore	2:19.50 5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-2 10-0 12-0 12-6 18-8½ 19-10 14-5½ 15-5
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6 18-8 19-10 14-5 15-6 14-8 14-5 35-9 3/4
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey W65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8\frac{1}{2} 19-10 14-5\frac{1}{2} 15-6 14-8 14-5 35-9 3/4 41-0 28-7
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M40 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M40 John Hoogasian M40 John Hoogasian M40 John Hoogasian	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey W65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8\frac{1}{2} 19-10 14-5\frac{1}{2} 15-6 14-8 14-5 35-9 3/4 41-0 28-7
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey W65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-4 4-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M40 John Hoogasian M50 Faul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wen Borden	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 3-8 3-0 4-0 13-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7 40-9½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M40 John Hoogasian M50 Paul Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1⅓ 32-7
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M55 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M55 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 3-8 3-0 4-0 13-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7  40-9½ 33-½ 33-½ 33-½ 33-½ 33-½ 33-½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey W65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 40-9½ 33-½ 35-10 34-4½ 33-1
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Faul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6 18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 40-9½ 33-1 32-7 40-9½ 33-1 29-11½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey W65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8½ 19-10 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 40-9½ 33-½ 35-10 34-4½ 33-1 29-11½ 51-1½ 51-1½ 51-1½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Mathews	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6 18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1⅓ 32-7  40-9⅓ 33-1 29-11½ 51-1⅓ 51
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 3-8 3-0 4-0 12-0 12-6 18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7 40-9½ 33-½ 33-½ 33-½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M50 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey M30 Kevin Gleason M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 George Mathews M60 George Mathews M60 George Mathews M60 George Horner M65 Ned Curran Norm Makeley	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 12-0 12-6  18-8\frac{1}{2} 19-10 14-5\frac{1}{2} 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1\frac{1}{2} 32-7  40-9\frac{1}{2} 33-1 29-11\frac{1}{2} 51-1 51-1 51-1 51-1 51-1 30-4 3/4
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 3-8 3-0 4-0 12-0 12-6 18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7 40-9½ 33-½ 33-½ 33-½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½ 51-1½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 George Horner M65 Ned Curran Norm Makeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7  40-9½ 33-½ 33-½ 33-½ 33-½ 33-½ 33-½ 33-½ 3
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Bd Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8½ 19-10 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 40-9½ 33-½ 35-10 34-4½ 33-1 29-11½ 51-1½ 51
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M40 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Bd Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6 18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 40-9½ 33-1 32-7 40-9½ 33-1 32-7 40-9½ 33-1 33-1 51-1½ 32-7 33-1½ 31-1½ 32-7 33-1½ 31-1½ 32-7 33-1½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Bd Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6  18-8½ 19-10 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 40-9½ 33-½ 35-10 34-4½ 33-1 29-11½ 51-1½ 51
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M40 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6 18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1⅓ 32-7  40-9⅓ 33-1 29-11⅓ 51-1⅓ 32-7  40-9⅓ 33-1 29-11⅓ 51-1⅓ 32-7  27-3 25-10 27-2½ 38-4 35-½ 27-6
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M50 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw W30 William Borden	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 12-0 12-6  18-8½ 19-10 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7  40-9½ 33-½ 35-10 34-4½ 33-1 29-11½ 51-1½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M55 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey M30 Kevin Gleason M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw M30 William Borden	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 12-0 12-6  18-8½ 19-10 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7  40-9½ 33-½ 35-10 34-4½ 33-1 29-11½ 51-1½
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey Shot Put M30 Wm Borden Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M50 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw W30 William Borden	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6 18-8 19-10 14-5 19-10 14-5 15-6 14-8 14-5 35-9 3/4 41-0 28-7 40-9 13-1 32-7  40-9 13-1 32-7  40-9 13-1 32-7  40-9 13-1 32-7  51-1 51-1 51-1 51-1 51-1 51-1 51-1 5
W30+Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 George Horner M50 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M55 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw M30 William Borden M40 Carl Reichard Edward Daniels Mike Sherrill M45 Mike Grisko	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 12-0 12-0 12-0 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1⅓ 32-7  40-9⅓ 33-⅓ 33-⅓ 33-⅓ 33-⅓ 33-⅓ 33-⅓ 33-⅓ 3
W30-Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M50 Paul Richard Long Jump M30 Kevin Gleason M55 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw M30 William Borden M40 Carl Reichard Edward Daniels Mike Srisko M50 George Mathews	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 12-0 12-6  18-8½ 19-10 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7  40-9½ 33-½ 33-1 29-11½ 51-1½
W30-Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M55 Paul Richard Long Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw M30 William Borden M40 Carl Reichard Edward Daniels Mike Sherrill M45 Mike Grisko M50 George Mathews M65 Ken Weinbel	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 4-0 12-0 12-6 18-8½ 19-10 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-6 14-8 14-5½ 15-1½ 32-7 33-1½ 32-7 33-1½
W30-Northeast Club High Jump M30 Kevin Gleason M35 Manuel Toppins Amroise Corteau Mike Brady M45 James Brady M50 Paul Gansle M60 Jim Stookey Bob Mitchell M65 Bill Bergen W30 Pia Iacovuo Denise Houseman W40 Mary Ryan Pole Vault M30 Alan Haehnel M35 Ambroise Cortea M40 John Hoogasian M50 Paul Richard Long Jump M30 Kevin Gleason M55 Manuel Toppins M40 John Hoogasian M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M35 Manuel Toppins M40 John Hoogasian M50 Paul Gansle M60 Jim Stookey M65 Jonathan Tobey W30 Wendie Moore Triple Jump M30 Kevin Gleason M40 Carl Reichard Peter Mitchell Ed Daniels Pete Napolitano M50 Carl Wallin George Mathews M60 George Horner M65 Ned Curran Norm Wakeley Ken Weinbel M70 Angelo Oliver M75 Bob Sparks M80 Ken Withee W30 Pia Iacovo Denise Houseman W40 Mary Ryan Weight Throw M30 William Borden M40 Carl Reichard Edward Daniels Mike Srisko M50 George Mathews	2:19.50  5-4 6-0 5-6 4-8 4-10 5-0 4-0 3-8 3-0 12-0 12-6  18-8½ 19-10 12-6  18-8½ 19-10 14-5½ 15-6 14-8 14-5 35-9 3/4 41-0 28-7 31-1½ 32-7  40-9½ 33-½ 33-1 29-11½ 51-1½

	Denise	Houseman	n 36-91
	500m Race		200
k	60 Liz Sz	avlovski	11:32.93
3	3000m Race	walk	
N	460 Maruid	Eisenst	ein19:30.9
-	US age-gr	oup reco	rd
		hia Maste	
		more, PA	

IS a	ge-group record	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Pt	nildelphia Masters	Meet
	warthmore, PA; Ja	an. 9
5m	Bob Murphy .	7.3
222	Phil Conzentino Ron Manion	7.0
140	Karl Castor John Jones	7.1
	Mark Gershon	7.3
145	Phil Felton	7.3
		7.8
	Irv Heath Bob Puhrman Earl Mage	8.2
200	Kevin Murohy	8.4
460	George Taylor Dave Hall	9.6
	Gar Schoener	9.4
130		40.3
135	Tom Yunker	40.3 46.4
-	Bill Krieger Karl Castor Phil Felton	
145	Phil Felton Pat Dantzler	
500	1 Cancaler	73.0
435 440	Ron Manion Bill Krieger Jerry Toomer Larry Simmons Irv Heath	72.3
145	Jerry Toomer	87.3
450	Iry Heath	80.4
300		
135	Ron Manion Tom Yunker Gary Fanelli Tom Ryan	2:16.9
140	Gary Fanelli	2:08.4
150	Tom Ryan Jim McFadden George Blyn Pat Dantzler	2:16.8
170	George Blyn	3:41.6
150	Carolyn DiGiamba	CISCA
tile		3:25.9
		4:43.0
มว	Jeff Gross Mark Yellin Jack Krajek	4:46.3 5:35.8
140	Gary Fanelli Phil Yoder	4:36.0
	Steve Cottrell	5:01.9
	Warren Walker	5:17.8
145	Toni DeSabato	5:34.6
450 470	Bob Torchia Steve Cottrell Bill Kehner Warren Walker Gregg Atzert Toni DeSabato Joel Dubrow George Blyn	5:28.8
N35	C Comiso-Fanelli C DiGiambatista	5:49.5
3000	Om	7:08.4
130	Jeff Gross Mark Yellin	9:28.6 9:36.9
	Jack Foster	11:03.4
140	Phil Yoder Bill Kehner	9:30.7 10:02.2
	'Iom Ryan	10:04.8
	Seth Bergmann	10:16.2
145	Fred Dedrick	9:58.4
170	George Blyn	11:32.6 14:55.6
135 150	George Blyn C Comiso-Fanelli C DiGiambatista	11:32.3
mc		
135	George Munro John Jones	8.8
	Mark Gershon	10.7
ligh	George Taylor	14.1
140	Ed Laurelli Fred Riley	5-0
155	Earl Mage George Taylor	4-2
160	George Taylor	3-4 5-2
180	Jim Gillchrist Bob Detweiler	2-9
Pole	Vault	ST TOTAL
135	George Munro Rick Holmes	9-6 11-0
	Tom Randolph	10-0
150	Jeff Timdall	11-0
ong	Jump Bob Muroby	453
35	Bob Murphy Dave DiCastro	5.20
40	Mark Gershon Ed Laurelli	5.21 4.72
55	Earl Mege	4.03
60	Kevin Murphy George Taylor	3.54
		THE PARTY

MOS JIM GITTCHETSE	5-2
M80 Bob Detweiler	2-9
The section of the section of	
Pole Vault	
M35 George Munro	9-6
M45 Rick Holmes	11-0
Tom Randolph	10-0
M50 Jeff Timdall	11-0
Long Jump	
M30 Bob Murphy	4.53
M35 Dave DiCastro	5.20
M40 Mark Gershon	5.21
Ed Laurelli	4.72
M55 Earl Mege	4.03
Kevin Murphy	3.54
M60 George Taylor	3.89
Triple Jump	
M35 Dave DiCastro	10.80
M40 Mark Gershon	10.76
Taylor Tunstall	10.58
M55 Earl Mege	8.15
M60 George Taylor	5.78
citate injint	3.10
Shot Put	
M55 Len Overbeck	29-91
	20 10:

5 Len Overbeck	29-9½
0 George Taylor	30-10½
0 Bob Detweiler	20-6
le Racewalk	

le Racewalk		M60 1
0 Alan Robinson 5 Joe Stefanowicz	8:51.9 9:16.8	W45 (
5 Ed Gavinski	8:38.8	Acres 1

#### MAC Track Fest 168th St. Armory, NYC Jan. 9

Jan. 9	
55m	
M40 Eddie Watson	7.1
M50 Rich Jones	7.1
M55 Cliff Pauling M65 Manny Herscher	7.9
M65 Manny Herscher	9.3
300-	
M30 Frank Morris Lewis Jefferson	38.6
Lewis Jefferson	39.4
M40 Jesse Norman	
M40 Jesse Norman Errol Lee	39.6
M45 Thad Morris	42.0
Joe DeMaio	44.7
Joe DeMaio MS5 Ken Baker	41.8
Cliff Pauling	42.9
M65 Manny Herscher	9.3
300m	
M30 Frank Morris	38.6
M40 Jesse Norman M45 Thad Morris M55 Ken Baker	39.2
M45 Thad Morris	42.0
M55 Ken Baker	41.8
M60 Irwin Bernstein	48.5
M60 Irwin Bernstein M65 Manny Herscher	56.6
600m	
M30 Levis Jefferson	1:30.1
M40 Don Hodge	1:31.3
M40 Don Hodge M45 Joe DeMaio M55 Ken Baker	1:38.5
M55 Ken Baker	1:37.9
1000m	
	2:43.7
M35 Bob Andrews	2:43.4
M40 Dan Gonzalez	3:06.1
W30 Susan Maack	3:38.3
Mile	
M30 Grover Prince	5:22.6
M35 Rob Andrews	4:39.9
Anthony Watson	4:43.4
Chas Shuttleworth M40 Paul Piliero	5:34.4
M40 Paul Piliero Dan Gonzalez Rick Davis M45 Vic Medina	5:03.6
Dan Gonzalez	5:04.2
MIE Via Medias	5:25.7
	5:38.4
Tim Diaffe	5:38.7
M60 Don Prosen	
M65 John McManus	
W30 Sugan Maack	6:13.6
W40 Diana Hawkins	6:23.7
W30 Susan Maack W40 Diana Hawkins Mary Spera	6:25.1
W50 Laurie Baker	6: 36 B
Joan Bondell	7:10.3
High Jump	
M30 David Olson	6-2
John Wells	6-0
Greg Peterson M35 Joe Lafferty	5-8
M35 Joe Lafferty	5-10
W35 Sarah Boslaugh	4-4
Long Jump	
M45 Thad Morris	13-4½ 14-5½
W35 Sarah Boslaugh	14-25
Shot Put M30 Nick Mitchell M40 Marty Laskin M45 Rich Dunphy	40-34
M40 Marty Laskin	19-91
M45 Rich Dunchy	39-01
M50 Ed Fox	35-8
W35 Sarah Boslaugh	19-9- 39-9- 35-8- 33-6
W50 Roslyn Katz	24-7
Mile Racewalk	Winds.
M65 Bob Barrett	8:27.8
W70 Queenie Thompson1	

## Syracuse Noontime Indoor Running League, Manley Field House; Jan. 13

mariey ricid riouse, s	011. 13
1500 meters	
M25 Belmut Locher	4:56.8
Tom Pfaff	5:15.5
M30 Phil Driscoll	5:23.2
Bill Nicholson	6:30.1
M40 John Condon	4:50.8
John Capoccia	5:15.0
Steve Nix	5:42.0
M45 Jim Ascioti	4:49.5
Steve Murphy	4:55.2
Joe Reynolds	5:08.3
Paul Jewell	5:31.5
Bill Borgstede	7:14.7
M50 Jerry Smith	4:48.1
Larry Abrahamson	5:20.2
Allen Drew	5:47.0
Doug Frost	5:58.1
Richard Coleman	7:38.7
M55 Sam Graceffo	5:20.5
Bruce Fredrikson	5:23.7
Ton Fondy	5:57.2
Miklos Gratzer	6:32.5
MGO Fred Schlereth	5:28.2
M65 Tom Walnut	6:25.0
M70 Nate White	6:36.7
Russ More	7:18.6
W35 Patti Ford	4:58.8
Karen Lequidari	5:43.1
Sheila O'Hara-C.	6:16.4
Linda Lowe	7:49.8
W40 Barbara Blaszak	5:15.0
Ellen Bifano	5:53.8
W50 Louise Lantzy	8:21.8

## MAC Chemical Bank Meet Fairleigh Dickenson U., NJ Jan. 15

55m	and the second second	
M35	Barry Blake	8.2
M45	Paul Henry	7.3
M60	Tom Talbott	8.6
	Bob Naylor	8.7
W45	Carol Hart	10.7
	Continued	n nevt nag

page 32		National IV	asters ricks	and the second second second second	
Continued from previous page	R. Mitchell 7.89	M40 G. Frost 4:47.66	L Ruben 10-9 1/2	Tim McMullen 4:27.03	M40 Rich Ryan 12-14 M45 Mike Milove 16-74
300m	B. Townsend 8.63	R. Puckerin 4:51.11	W65 A McGowan 14-9 W70 L Hagemann 15-4 1/2	Tom Carter 4:36.76 Joe Daley 4:42.54	M55 Vince Ruffin 14-10
M40 Bob Del Grosso 46.4	R. Cormier 9.57 G. Horner 9.01	E. Poirier 4:54.16 T. Derderian 4:55.12	W70 L Hagemann 15-4 1/2 D. Berlepsch 10-6 1/2	Joe Daley 4:42.54 Tom Hartshorne 4:43.45	W35 Sarah Boslaugh 11-9
M45 Paul Henry 40.4	M70 V. Mattson 8.98	M40 J. Afarian 4:56.82	High Jump	Carl Cappello 4:54.56	Shot Put M45 Rich Dunphy 38-2
M50 Tom Hartman 47.6 M60 Tom Talbott 49.2	A. Oliver 10.24	H. Finch 6:02.14	M30 D. Olson 6-2 (Tie)	John Hoffman 5:05.44	M45 Rich Dunphy 38-2 M50 Ed Fox 36-10
M65 Bob Naylor 49.6	M75 S. Sorlien 9.64	C. Bryant 5:22.84	J. Wardle 6-2	Rick Cleary 5:07.23 Dave Rossiter 5:07.38	W35 Sarah Boslaugh 31-0
W45 Carol Hart 65.0	M80 E. Clark 25.23 W40 C. Long 9.93	M45 A Swenson 4:40.72 R. Nelson 5:29.05	D. Shorr 5-10	Dave Rossiter 5:07.38 Ken Florence 5:10.55	W50 Roslyn Katz 23-5 3/4
500m M30 Vance Rogers 1:13.6	W40 C. Long 9.93 W50 M. Sachs 8.69*	E. Root 5:52.26	M35 M. Brady 4-8 M40 S. Davis 5-2	Rich Bernstein 5:13.03	Weight Throw
M40 Don Hodge 1:13.6	B. Stewart 8.94	M55 L. Tomasett 5:21.50	D. Peterson 4-8	Phil Riposo 5:13.85 M45 Al Swenson 4:30.50	M45 John Casamassima 41-11 W35 Sarah Boslaugh 30-7
M45 Bill Indek 1;27.4	J. Ramsden 11.21	A Conro 5:30.43	M45 J. Brady 5-0	M45 Al Swenson 4:30.50 John Saylor 5:06.43	W50 Roslyn Katz 27-8
M50 Bob O'Brien 1:23.9 800m	W55 N. Merrill 11.22*	J. Hite 6:22.08 M60 J. O'Connor 5:48.46	R. Salvio 4-8	Jim Bisogni 5:06.98	Mile Racewalk
M40 Dan Gonzalez 2:25.7	W60 L. Ruben 12.12 W65 A. McGowan 11.24	M60 J. O'Connor 5:48.46 D. Ross 6:02.50	M50 C. Varnet 4-2 M60 H. Perry 4-6	Ken Zeserson 5:08.07	M35 Vince Collura 9:05.4 M45 Gary Null 6:59.5
M45 Joe DeMaio 2:19.9	200 Meters	J. Kent NT	M60 H. Perry 4-6 M70 E. Lukens 4-2	Harland Bigelow 5:14.58 Bob Matson 5:14.98	M55 Herbert Zydek 8:25.5
Ron Salvio 2:33.1	M30 S. Gorriaran 23.13°	M70 A Messenger 6:17.61	B. Morcom 4-0	Bob Matson 5:14.98 Bob Maloney 5:19.46	M60 Bob Barrett 8:21.5
Bill Indek 2:33.6 M50 John Orr 3:15.1	J. Watts 25.26	S. Toabe 6:48.00	W30 S. Eales 3-2	Jack Soltis 5:26.92	Jan Gero 9:52.2
M60 Hans Hunziker 2:40.6	M35 J. Easter 23.95	W30 L. Reilly 5:52.97	W50 M. Sachs 4-2*	M50 Jerry Smith 5:10.19	M65 Cervin Robinson 9:23.3 Gezzia Rosen 10:31.6
Tom Talbott 3:31.5	K. Cranford 25.06 M40 N. Steinberg 24.35°	J. Frost 6:01.96	W65 A McGowan 2-10 W70 L Hagemann 2-10	Jerry Bergenstock5:16.70 Tom Collins 5:36.22	M80 Bill Smuckler 11:31.4
M70 John McManus 2:49.7 W30 Susan Maack 2:50.0	J. Norman 25.04	W35 C. Scheer 6:02.79	Weight Throw	M55 Gordon Walker 5:35.38	W35 Julie Duerschack 8:18.2
W40 Carol Gellman 2:52.6	P. Reid 25.50	K. Lein 6:13.26	M30 B. Borden 55-1 3/4*	M60 Don Farley 5:52.74	Judy Blanchard 10:19.5
Diana Hawkins 3:06.9	T. Cunningham 26.87 T. Licciardello 27.55	W40 P. Taylor 5:37.82 W45 A. Schmitt 5:40.02	M40 P. Germanowski 39-1/2	John Garrity 6:18.75 Roger Whalley 6:32.42	W55 Elton Richardson 8:50.5 W70 Queenie Thompson11:04.5
W45 Mary Spera 3:03.5 Georgette O'Cone 3:10.6	J. Sigovin 28.18	M. Salvetti 6:02.00	E. Daniels 37-11 3/4	M65 Jack O'Sullivan 6:28.25	
Georgette O'Cone 3:10.6 Carol Hart 3:24.6	D. Peterson 29.03	W50 J. Marchetti 6:05.94°	C. Reichard 36-10 3/4 M45 M. Gtisko 40-2 1/2	Richard Sullivan 6:37.13	The American Property of the Control
1500m	M45 P. Felton 25.30	C. Francis 6:19.23	E. Root 22-10 3/4	Bill Pow 7:23.07	Syracuse Noontime Indoor
M30 Grover Prince 4:52.4 M40 Dan Gonzalez 4:43.3	J. Kopka 25.48 R. Hagin 26.17	W55 J. Hite 7:12.34 One Mile Raccwalk	M80 E. Clark 5-7 1/4*	M70 Nate White 7:01.79 W30 Ann Forbes 37 5:02.65	Running League, Manley Field House; Jan. 27
M40 Dan Gonzalez 4:43.3 Tony Plaster 4:59.2	M. Augeri 27.25	M35 J. Kuo 8:02.02	W50 J. Ramsden 12-8 1/4*	BethAnn DeCiantis 31	The Colombia of the Colombia and the Colombia of the Colombia
Tom Allen 5:10.3	M. Hollander 27.44	D. Ruben 10:35.43	W60 J. Finley 23-1° W70 L. Hagemann 23-1°	5:03.38	400 meters M20 Mike Roux 51.3
T Hari 5:16.7	J. Brady 30.16	M40 B. Savilons 7:32.55	D. Berlepsch 16-2 1/4	Sandy Gregorich315:45.02	M25 Helmut Locher 62.7
M45 Joe DeMaio 4:54.9 Vic Medina 4:56.9	P. Galipeau 30.78 M50 P. Feldman 28.01	M45 J. Light 7:36.67 B. Ullman 8:04.99	Shot Put	Lorrie Marnell 325:55.44 C ComisoFannelli37	Tom Pfaff 62.8
James Pfaff 5:03.7	B. Chinchillo 28.55	M55 M. Hoffer 9:51.92	M30 B. Borden 37-1 1/2	6:00.75	M30 Mark Powell 54.1 Bruce Sweeney 57.3
M60 Hans Hunziker 5:29.0	B. Addison 28.77	M60 L. Condido 9:08.20	K Gleason 33-1 3/4	W40 Barb Blaszak 5:38.10	Robin Wheeless 57.6
M65 Jack Haar 6:48.0 M70 John McManus 5:41.6	R. Ciccone 30.93	B. Banks 10:28.05	M40 P. Germanowski 36-6 3/4	P DicksonTaylor 5:41.37	M35 Terry McConnell 59.5
M70 John McManus 5:41.6 W30 Susan Maack 5:47.5	M55 C. Pauling 27.96 D. Galligani 29.64	J. Gray 10:00.31 M80 E. Clark 19:18.02	C. Reichard 35-4 3/4 B. Feeney 35-1/4	MaryBeth Hasenauer5:55.12 Wendy Cappello 6:38.39	Bill Nicholson 71.6
W40 Carol Gellman 5:48.3	R. Cloutier 30.36	W30 S. Eales 13:59:00	E. Daniels 32-8	W45 Cathy VanLeuven 5:45.63	M10 John Capoccia 62.4 Peter McClure 63.0
Diana Hawkins 5:52.1	M60 A. Crowley 29.85	W35 S. Maxey 9:39.91*	S. Davis 31-2	W60 Lois Bell 7:19.07	Bill Compbell 73.5
W45 Mary Spera 5:59.9 Long Jump	L. Greco 30.88	W40 M. Fergeson 9:08.63	J. Oleski 21-5 1/2	NYRRC Invitational	M45 Jim Ascioti 63.6
M45 Lesleigh Hogg 4.90	H. Miller 34.36 M65 J. Law 27.14°	D. Cale 11:29.19 W60 L. Ruben 11:09.68*	M45 M. Grisko 33-1 1/4 E. Root 29-4 3/4	168th St. Armory; Jan. 22	M50 Allen Drew 63.3 Doug Frost 71.5
M50 Bob O'Brien 4.94	G. Horner 34.85	3000 Meter Run	M50 B. Harvey 42-7	55m	Richard Coleman 86.9
Grantor Pachastar TC Mark	M70 V. Mattson 32.94	M30 J. Molvar 9:42.24	L. Long 37-5	M30 Lochaver 7.33	MS5 Tom Fondy 62.1
Greater Rochester TC Meet	M75 S. Sorlien 38.55	M35 J. Sullivan 9:03.40	M60 C. Blair 41-5	M40 Jesse Norman 7.32	Jack Ucci 68.6 Phil Rice 81.0
Rochester, NY; Jan. 16	W35 C. Alston 30.04	R. Benner 9:11.63	B. Garrahan 38-4 A. Crowley 29-6 1/2	Louis Miller 8.85 M45 Paul Henry 7.46	Phil Rice 81.0 M60 Fred Schlereth 62.3
M30 Barry Grimes 5.49	W40 M. Ryan 30.38 C. Long 38.79	J. Preisig 9:13.03	M65 H. Bartlett 31-9 1/4	M50 Rich Jones 7.61	Wally McRae 69.8
T Smith 5.77 M40 Greg Bennett 5.81	W50 M. Sachs 31.96*	R. Schilder 10:20,34 S. Pepe 11:04.55	G. Horner 23-1 3/4	Bill Burrell 7.80	Ed Stabler 70.3
M50 C LaChiusa 6.31	W55 N. Merrill 49.66	K. Rogers 11:50.21	M70 B. Morcom 30-1/2	M55 Richard Rizzo 7.66 Roosevelt Weaver 8.84	M65 Howard MacMillan 70.4 M70 Russ More 85.6
W30 M Wallace 6.88	W60 L. Ruben 51.03	M40 R. Waterma 10:18.14	A. Oliver 27-2 1/4 M75 J. Hagemann 26-7 3/4	Roosevelt Weaver 8.84	Nate White 97.9
400m M30 Rus Watson 63.18	400 Meters M30 S. Allah 51.78*	B. Caplin 10:34.92	M75 J. Hagemann 26-7 3/4 M80 E. Clark 10-1 1/2*	M30 Fred Feaster 24.47	W35 Irene Thompson 69.4
M40 Greg Bennett 64.98	M. Baldoni 54.84	M45 R. Weiner 11:35.82 M55 L. Tomasetti 10:36.31	W40 C. Long 19-11	Pat Daleus 25.07	Sheila O'Hara-C. 77.9 W40 Ellen Bifano 71.1
M50 Jim Palmeri 66.29	K. Gleason 56.55	J. Hite 12:53.69	W45 R. Blair 18-5 1/2	Lewis Jefferson 25.66 M40 Errol Lee 25.34	Barbara Blaszak 71.3
3000m M30 Dom Colose 8:46	M35 J. Easter 54.03 K. Rogers 67.82	M60 D. Ross 11:47.96	W50 M. Sachs 30-6° J. Ramsden 15-1 1/4	Jesse Norman 25.54	Karen Carrino 79.5
M Platt 8:51	M40 T. Licciardello 60.37	J. Kent 12:12.79 J. Nyhan 13:28.79	W60 J. Finley 16-9 3/4	M45 Ron Johnson 25.00	W45 Ruth Ripley 81.1 W60 Maryann Carrino 2:03.9
P Glavin 9:00	D. Fredericks 65.14	J. Nyhan 13:28.79 M65 D. Alden 13:33.09	L. Ruben 15-10	Paul Henry 25.85 P G Felton 26.30	Barbara Mautz 2:31.0
F Harris 9:13 M40 Jim Boyle 9:59	M45 P. Felton 56.48	M70 S. Toabe 13:24.14	W65 A McGowan 16-5 1/2	M50 Tom Hartman 29.28	
M50 Jim Palmeri 12:04	J. Kopka 57.72 R. Hagin 57.78	M75 B. Matteson 15:00.75*	V. O'Connor 14-10 W70 Libby Hagemann 23-2*	M55 Vince Ruffin 29.16	
W30 Ann Forbes 9:51	M50 H. Bennett 60,94	W35 A. Ricardelli 11:08.54*	D. Berlepsch 16-2 3/4	Ed Lewis 35.66	I 🤛 F 🚱 🔑 F 🦓 🚈
High Jump	B. Addison 61.18	K. Lein 12:38.22 W40 P. Taylor 11:46.40	Pole Vault	M30 Fred Feaster 54.82	
M30 R Watson 5-4 M40 S Lyon 5-6	B. Chinchillo 62.93	W45 M. Salvetti 11:57.25	M45 R. Salvio 8-0	Pat Daleus 55.88	
W30 M Wallace 4-6	M55 C. Pauling 61.20 R. Cloutier 70.74	W55 J. Hite 14:19.38*	M60 H. Miller 7-0	M45 P G Felton 56.91	MEG NEW
Long Jump	M60 A. Meardon 73.24	800 Meter Relay	B. Marcom 8-0 W50 R. Stewart 6-6*	Paul Henry 57.27 M50 Lew Wright 59.94	
M30 K Switnicki 17-6 M50 C Vernon 14-7	J. Nyman 74.27	M30-39 Meet Team 1:37.53*	W50 B. Stewart 6-6*	Tom Hartman 67.90	2 · 周 · 原 法是 2 · 高 · 上 · 图 · 图
Shot Put	M80 E. Clark 3:53.37°	(Gleason, Watts, Smith, Gorrioran) M40-49 Boston Running Club 1:43.31	Syracuse University Noontime	M55 Cliff Pauling 64.54	(National auditorial designation)
M30 J Nichols 44-13	W35 C. Allston 70.73 E. Crawley 73.17	(Reid, Cunningham, Kopka, Steinberg)	Indoor Running League	800m M30 Lewis Jefferson 2:10.71	Syracuse Noontime Indoor
M50 H Schwarze 43-5 W30 M Wallace 28-0	800 Meters	Long Jump	mariney ricia riouse, sum 20	M40 Don Hodge 2:11.24	Running League
	M30 G. Whiting 1:58:65°	M30 J. Wardle 20-8 3/4	M25 Helmut Locher 2:21.0	Ed Adams 2:20.54	Manley Field House; Feb. 3
Brown U. Masters Invitational Providence, RI; Jan. 16	S. Allah 1:59.70	K. Gleason 19-8 3/4	Tom Pfaff 2:30.5	Dan Gonzalez 2:23.36 M45 Vic Medina 2:26.72	200 meters M20 Mike Roux 23.0
* Meet Record	T. Slack 2:14.04 D. Pallotta 2:29.57	M35 K Cranford 19-8	M30 Mark Powell 1:59.4	Tom Hari 2:32.20	M25 Dave Patruno 25.9
Fully Automatic Timing	D. Pallotta 2:29.57 M35 J. Preisig 1:59.85*	M. Toppins 16-9 D. Rubin 9-3 1/2	Phil Driscoll 2:32.0 Dan Bernhofen 2:45.0	M70 John McManus 2:43.63	Zeus Yismouyisnnis 26.6 Tom Pfaff 27.9
55M High Hurdles	R. Smith 2:00.01	M40 D. Fredericks 15-8	M10 Jeff Johnson 2:21.3	W30 Susan Maack 2:41.17 Mile	Helmut Locher 28.1
M30 M, Baldani 8,34 M40 S, Davis 10,27	B. Okerman 2:05.73 C. Corkery 2:19.94	M45 M. Milore 16-7	Rick Cleary 2:25.6	M30 Grover Prince 5:12.50	M30 Mark Powell 24.8
M45 M. Milove 9.69	C. Corkery 2:19.94 T. Carroll 2:26.48	M. Augeri 15-7	John Capoccia 2:30.8 John View 2:43.3	Leo O'Connor 5:14.53	Jeffrey Bedard 27.5
M. Augerl 10.20	K. Rogers 2:39.57	M55 E. Kent 14-10 1/2 E.Mezzapelle 11-3	MM5 Jim Ascioti 2:23.8	M35 Tony Watson 4:46.19 Brad Floyd 5:35.03	Nenl Coffey 29.9
M50 C. Varnet 9.77 M65 B. Townsend 9.61*	M40 R. Puckerin 2:10.7	M60 H. Perry 12-10 1/4	Jeff Straussman 2:30.2	M40 Dan Gonzalez 5:04.45	Bill Nicholson 31.2
M70 E. Lukens 9.30°	G. Frost 2:11.2 E. Poirier 2:16.1	J. Lance 12-0 1/2	Joe Reynolds 2:33.4 M50 Doug Frost 2:52.7	Brian Shepherd 5:16.50	Merk Driscoll 33.4
55 Melers	D. Ryan 2:17.7	M65 B. Townsend 13-3 1/4	M55 Jack Ucci 2:30.2	Juanito Hernandez5:20.13 Tony Plaster 5:20.96	John Condon 28.9
M30 S. Gorrlaran 6.4°Tie	J. Afarian 2:19.7	M70 E. Lukens 13-7 3/4 V. Mattson 12-4	Tom Fondy 2:39.2	Tony Plaster 5:20.96 M45 Jim Pfaff 5:21.06	Ken Hinman 30.2
M35 K. Cranford 6.7	S. Schmitt 2:30.8 M45 A. Swenson 2:10.25	M75 S. Sorlien 10-10 1/4	Phil Rice 3:12.2 M60 Fred Schlereth 2:26.0	Vic Medina 5:24.57	Gary Dissond 31.0 David Oja 31.0
M40 P. Reid 7.14 J. Norman 7.38	M45 A Swenson 2:10.25 R. Weiner 2:16.97	M80 E. Clark 2-3	Roger Hahn 2:45.9	M50 Seth Kaminsky 5:20.36	John View 32.2
J. Norman 7.38 T. Cunningham 7.52	B. Johnson 2:17.80	W30 S. Eales 6-1 1/2	M65 Howard MacMillan 2:57.1	Stan Edelson 5:27.52 M60 Hans Hunziker 5:50.66	Rich Rine 32.4
D. Fredericks 7.91	J. Babbington 2:20.38	W50 M. Sachs 12-10° B. Stewart 10-10	M70 Nate White 3:21.2 Russ More 3:29.5	Don Preven 7:55.48	Jim Ascioti 29.3
D. Pelerson 7.98	M50 B. Addison 2:26.97 M55 C. Pauling 2:25.33	J. Ramsden 8-5 1/2	W25 Laura Bernhofen 2:45.0	M70 John McManus 5:59.31	Joe Reynolds 32.0
J. Sigovin 8.08 M45 R. Davis 7.34	M55 C. Pauling 2:25.33 D. Galligani 2:26.61	W60 L. Ruben 6-7 1/4	Carol Azar 3:04.7	W30 Susan Maack 6:03.69 W35 Kathryn Davis 8:21.91	M50 Allen Drew 28.2 John Allen 28.4
M45 R. Davis 7,34 D. Newton 7,35	L. Tomasetti 2:31.18	J. Finley 4-9	W30 Marla Bennett 4:38.8 W35 Patti Ford 2:21.1	W35 Kathryn Davis 8:21.91 W40 Carol Gellman 6:12.56	Steve Murphy 29.6
P. Fellon 7.46	M60 J. O'Connor 2:46.92	W65 A McGowan 7-10 1/2 W70 L Hagemann 7-9 1/2	Koren Laquidari 2:50.1	Laura Schoonejans7:19.83	Doug Frost 31.5
J. Kopka 7.52	M65 D. Alden 3:16.40 M70 S. Toabe 3:11.19°	D. Berlepsch 4-6 1/2	Sheila O'Hara-C. 3:02.6	W45 Mary Spera 6:28.37	M55 Tom Fondy 27 3
P. Galipeau 8.13	M70 S. Toabe 3:11.19° M75 B. Matteson 3:32.76°	Triple Jump	Linda Lowe 3:48.3 W40 Barbara Blaszak 2:33.8	W50 Laurie Baker 6:42.06	Phil Rice 35.8
J. Brady 8.29 M50 B. Chinchillo 8.05	W30 J. Frost 2:42.68	M30 J. Wardle 43-3 1/2	W40 Barbara Blaszak 2:33.8 Nancy Scott 2:47.8	3000m M30 Grover Prince 11:13.00	Merty Fried 36.6
R. Clocone 8.59	L. Reilly 2:45.06	M40 S. Davis 33-7 1/4	Ellen Bifano 2:48.8	M35 Tony Watson 9:30.38	M70 Russ More 33.5
M55 R. Weaver 7.66	W35 E. Crawley 2:47.44	D. Fredericks 29-9 1/2 M45 M. Milone 33-3/4	Sue Sandstrom 3:11.0	M40 Brian Shepherd 10:45.28	was Mary Bohlig 32.2
C. Pauling 7.88	W45 A. Schmitt 2:35.61 W50 J. Marchetti 2:49.87	M45 M. Milone 33-3/4 M55 E. Kent 28-10 1/2	W45 Esther Clark 3:25.0	M50 Stan Edelson 10:49.22 M60 Hans Hunziker 11:43.66	Marla Bennett 40 1
E. Kent 8.04 E. Mezzapelle 8.25	One Mile Run	M60 J. Lance 23-6 3/4	27th Annual Hartshorne	The state of the s	W35 Nancy Scott 34.5
D. Corbosiero 9.39	M30 R. Marion 4:20.96*	M65 B. Townsend 26-10 1/2	Masters Mile	55mH M45 Mike Milove 9.13	W40 Barbara Blaszak 34.0
R. Clostler 9.53	G. Whiting 4:33.32	M70 E. Lukens 29-11 1/2 V. Mattson 24-7 1/2	Cornell U., Ithaca, NY; Jan. 22	High Jump	Karen Carrino 34.2
M60 A Crowley 7.92	R. Flynn 5:33.11 M35 J. Sullivan 4:35.30			M30 David Olson 6-2	WAS Tather Clarkson 40.5
L. Grecco 8.32 J. Lanca 8.53	M35 J. Sullivan 4:35.30 C. Corkey 4:51.33	M75 S. Sorlien 24-2 1/4 W50 B. Stewart 22-6*	M40 Charlie McMullen 4:21.78	Pole Vault	W50 Louise Lantzy 37 0
H. Miller 9.21	R. Schilder 5:13.11	W50 B. Stewart 22-6* J. Ramsden 11-1	Swag Hartel 4:23.73	M35 Rob Doran 8-0	W60 Maryann Carrino 45.8
M65 J. Lew 7.69°	K. Rogers 5:36.72	W60 J. Finley 11-8 3/4	Mike Lawson 4:24.24 Dave Reinhart 4;24.94	Long Jump M30 Bob Abdullah 21-9	
			1,21,51	ASO BOD ADDULIAN 21-9	Continued on next page

29.3 31.9 31.9 38.4 43.9

#### Continued from previous page **Masters Mile Millrose Games** New York City; Feb. 4

Eamonn Coghlan IRL 4:04.55 Dave Reinhart Mike Lawson Michael Michno AUS 4:23.69 DNF FL DNF Byron Dyce

#### Masters Mile Mobil One Meet Fairfax, VA; Feb. 6

1 Eamonn Coghlan IRL 4:03.28 1 Eamonn Coghlan IRL 4:03.28
2 Ken Popejoy IL 4:17.01
3 Ed Spinney OR 4:21.36
4 Chas McMullen NY 4:28.04
5 Mike Lawson AUS 4:30.08
6 Byron Dyce FL 4:32.64
7 Chuck Hoeser VA 4:33.75
8 Ric Banning VA 4:33.86
9 Rich Shormstein VA 4:42.23
10 Steve Ruckert MD 4:43.26
11 Tom Weber VA 4:48.55
12 Ridge Kelley MD 4:57.29

## SOUTHEAST

#### Manasota TC Meet Sarasota, FL; Dec. 18

the transmission of the second	
100m	
Mike Suchanex	13.53
M35 Rod Hershberger	13.93
M75 Nat Heard	16.22
200m	
M30 Mike Schwartz	29.19
M70 Carl Hammen	35.40
	35.09
M75 Nat Heard	35.09
400m	
M35 Rod Hershberger	
M50 J C Shenk	61.25
M55 Jack Knuese	76.03
W70 Melanie Paschal	1:41.84
800m	71-15
M30 Mike Suchanec	2:20.17
M35 Ken Palmer	2:49.62
M45 Bob Zieminski	3:06.34
M50 J C Shenk	2:22.89
M70 Carl Hammen	2:50.11
1600m	2.30.11
MSO Richard Quevill	m 5.17
MS5 Jack Knuese	6:22
	6:32
M70 Carl Hammen	
W70 Melanie Paschal	8:38
3200m	To the second
M50 Dick Quevillon	11:13
MSS Jack Knuese	13:26
Long Jump	
M35 Rod Schwartz	18-3
Shot Put	
M60 Bob Barton	9.85m
M75 Tom McDermott	9.70
Discus	E STYLES
M60 Bob Barton	32.70
M75 Tom McDermott	34.53
	34.53
Hammer	THE STREET
M75 Tom McDermott 4	K 37.75
3200m Racewalk	
M50 Sterling Kerr	17:33

#### Manasota TC Winter Meet #2

Sarasota, FL; Ja	n. 15
100m	
M55 Danny Herman	13.05
Matt Brown	13.47
M70 Carl Hammen	16.80
M75 Nat Heard	16.58
200m	
M45 Ron Chrzanowski	30.39
MS5 Matt Brown	27.90
Danny Herman	28.46
M70 Carl Hammen	35.50
M75 Nat Heard	34.41
440y	
M30 Mark Opitz	62.8
M60 Marty Sullivan	1:42.4
M70 John Kaelberer	1:18.3
W70 Melanie Paschal	1:42.2
880y	- 100
M30 Reggie Ross	2:20.0
M60 Marty Sullivan	3:41.8
M70 John Kaelberer	2:57.2
John Laughlin	3:51.6
W70 Melanie Paschal Mile	3:55.5
M30 Mark Opitz	5:16
M50 Dick Quevillon	5:19
M60 Marty Sullivan	7:57
M70 Carl Hammen	6:18
John Kaelberer	6:46
W70 Melanie Paschal	8:13
Two Mile	
M50 Dick Quevillon	11:09.3
M60 Marty Sullivan	16:43.4
M65 Dick Packard	14:40.9
High Jump	A STATE OF
M30 Reggie Ross	6-0
Weight Throw	
M75 Tom McDermott	11.80m

#### **USATF Southeast Regional** Masters Indoor Championships Nashville TN: Jan. 23

Nashville, IN; Jan. 23		
(60m/60mH AT/rest_HT)		
60m		
M30 Darren Hoyle	7.66	
M35 Jay Mathis	7.50	
Bob Phillips	7.66	
Hayward Evans	7.94	
M40 David Craig	7.26	
Jesse Langley	7.57	
Bill Petrucca	7.78	
M45 Randall Brady	8.21	
Barry Faust	8.67	
M50 Mike Boudreaux	7.95	
Avital Schurr	7.98	
Dave Ellis	8.69	
M55 Ralph Summerlin	7.79	
Jim Mathis	7.83	
Pat Meagher	8.44	
M60 Ed Redditt	8.15	
Bob Alexander	8.25	
Jim Stookey	8.26	
M65 Bailey Gore	8.61	
Gordon Seifert	8.63	
Bill Daprano	8.74	
W30 Deborah Borges	8.40	
W45 Philippa Raschker		
W50 Jane Mills	12.29	
200m		
M35 Jay Mathis	23.50	
Rick Easley	24.9	
Steve Winkel	25.7	
Dan Caylor	27.8	
M40 David Craig	24.3	
Jim Dolezel	26.1	
M50 Mike Boudreaux	26.2	
Avital Schurr	26.7	

1	W30 Deborah Borges	8.40
1	W45 Philippa Raschker	8.15
4	W50 Jane Mills	12.29
. 1	200m	PAGE 4
П	M35 Jay Mathis	23.50
П	Rick Easley	24.9
١	Steve Winkel	25.7
	Dan Caylor	27.8
	M40 David Craig	24.3
Ī	Jim Dolezel	26.1
	M50 Mike Boudreaux	26.2
	Avital Schurr	26.7
7	Dave Ellis	31.0
	M55 Jim Mathis	25.4
	Pat Meagher	28.0
	M60 Jim Stookey	27.4
	Ed Redditt	28.0
	Bob Alexander	28.1
	W30 Deborah Horges	28.7
E	400m	
	M30 Jim Busby	55.8
	M35 Tay Mathig	52 7

)	M60 Jim Stookey	27.4
	Ed Redditt	28.0
	Bob Alexander	28.1
1	W30 Deborah Borges	28.7
5	400m	
3	M30 Jim Busby	55.8
1	M35 Jay Mathis	52.7
	Steve Winkel	56.1
1	Jim Reppert	56.6
2	M40 Julius Fletcher	58.0
4	Jim Dolezel	59.7
9	M45 Jim Montmarynet	57.4
1	M50 Mike Boudreaux	58.7
	Dave Ellis	71.2
	MSS Jim Mathis	56.1
	Pat Meagher	63.5
	M60 Tom Bartenfeld	71.3
	Fred Lovelace	74.2
	Ed Redditt	82.9
3	M65 Gordon Seifert	65.7
6	Bill Daprano	73.5
	W30 Debra Borges	66.7

800m M30 Rod Umberger

MJU Rod Umberger	2:01.
Mark Carver	2:04.
M35 Rick Easley	2:02.
M40 Neil Houk	2:06.
Gerald Baker	2:24.
M50 Mike Taglio	2:26.
MSS Sammy White	2:27.
M60 Rick Peck	2:27.
W40 Donna Settles	2:38.
Mile	William Charles
M30 Rod Umberger	4:36.
Scott King	4:41.
John Coggin	4:46.
Mark Carver	4:55.
M35 Keith Hallmark	5:29.
M40 Gerald Baker	5:25.
Paul Vondohler	
M50 Mike Taglio	5:36.
M60 Casey Jones	5:40.

2:01.9

riou casey ouries	3.40.7
Rich Peck	5:58.8
M70 H B Reed	7:50.3
W45 Birgit Horn	5:55.9
M55 Helen Reed	7:26.0
3000m	
M30 Scott King	9:20.7
Tom Elmlinger	11:29.5
M40 Paul Vondohlen	10:25.0
Steve Clark	nta
M50 Bud Joyner	12:52.5
M60 Fred Lovelace	13:12.8
M70 H B Reed	13:18.2
W55 Helen Reed	13:48.3
60mH	
M30 Darren Hoyle	9.03
W35 Steve Winkel	10.24

60m		
M30	Darren Hoyle	9.03
	Steve Winkel	10.24
M45	Barry Faust	11.19
M65	Dave Ellis	9.65
M65	Bailey Gore	19.72
W45	Phil Raschker	10.07
Long	Jump	
M40	Jim Dolezel	16-81
-	Taylor Weathert	ee 15-61
M45	Barry Faust	13-0
M50	Avital Schurr	15-11
M55	James Mills	16-3/4
	Dewayne Bolton	11-95
M60	Jim Stookey	16-5
	Phil Mulkey	14-3
	Fred Lovelace	10-91
M65	Bailey Gore	14-1
	Bill Daprano	13-3
	Ed Holmes	12-3
W45	Phil Raschker	17-1

Triple Jump M40 Taylor Weatherbee35-1

Jim Dolezel

M45	Barry Faust	29-10-
M50	Avital Schurr	31-8
M55	Dewayne Bolton	25-101
M60	Jim Stookey	34-10
	Phil Mulkey	27-1
W45	Phil Raschker	31-91
High	Jump	

	Phil Mulkey	21-
W45	Phil Raschker	31-
	Jump	
M30	Jeff Helton	6-4
M40	John Dye	4-10
	Jim Dolezel	4-6
	Russ Baker	4-6
M45	James Sauers	5-10
	Barry Faust	4-8
	Bob Green	4-8
M55	James Mills	4-10
	Lou Vodopya	4-2
	Dewayne Bolton	4-2
M60	Jim Stookey	4-8
	Phil Mulkey	4-8
M65	Jim Gillcrist	5-2
	Gordon Seifert	4-8
	Ed Holmes	4-2
W45	Phil Raschker	WR4-1

W45 Phil Raschker	WR4-11
(Rascher/4-10 3/4/1	993)
Pole Vault	
M35 Steve Winkel	10-6
Tom Krebes	10-0
J Stewart	8-6
M40 John Dye	10-0
M45 John Ewing	10-0
M60 Phil Mulkey	7-6
M65 Gordon Seifert	8-0
W45 Phil Raschker	WR9-6
(Raschker/9-31/1993	
Shot Put	Ser.

W45	Phil Raschker	WR9-61
(Ras	schker/9-31/1993	)
Shot	t Put	
M35	Steve Winkel	29-6 3/4
M40	Bob Gunn	43-1 3/4
	Russ Baker	33-8
M45	Bob Green	36-5
	James Sauers	34-111
	Kasey Capps	30-1
	Glenn Johnson	42-9 3/4
M55	Dewayne Bolton	36-4
	Lou Vodopya	34-101
	*	

103	Dewayire Borton	30-4
	Lou Vodopya	34-101
	James Mills	31-8 3/4
M40	Phil Mulkey	40-73
M65	Jim Gillcrist	40-3/4
	ED Holmes	29-101
M70	Bill Nettles	33-10
W45	Phil Raschker	23-10 3/
W50	Jane Mills	20-10 3/
Wei	ght Throw	De Care
M40	Pete Farmer	53-3
	Dung Dalens	41 0

W50	Jane Mills	20-10 3
Wei	ght Throw	
M40	Pete Farmer	53-3
	Russ Baker	41-0
	Bob Gunn	37-0
M45	Kasey Capps	23-3
M55	Ted Wilson	15-7
M60	Phil Mulkey 35#	20-3
M65	Dick Bergenback	35-11
56#	Weight	
M40	Russ Baker	28-4

M60 Tom Bartenfeld	14-8
3000m Racewalk	and to be
M40 Don Anderson	14:41.8
M60 Fred Lovelace	19:49.9
W35 Rita Bogan	17:41.9
WAO Liz Tangton	15-42 3

#### **MIDWEST**

#### USATF/Lake Erie Indoor Championships Baldwin Wallace College, Berea, OH; Jan. 9

23811	Hurdles	
M30	Cal Johnson	7.9
	Rex Harvey	9.4
M50	Bill Angus	9.3
	John Sloan	10.4
M55	Grover Coats	9.4
M65		9.8
garage.	Fred Hirsimaki	11.1
W30		
	Deborah Yurth	10.6
	AND THE PERSON NAMED IN	
55m		6.8
M30	Spencer Johnson	
	Cal Johnson	6.9
	Stephen Davis	6.9
M40	Curtis English	7.3
	Alvin Williams	7.4
	Tom Allcorn	7.4
	Gary Baughman	7.9
M45	Rex Harvey	7.5
	Pat Pinkerton	
		8.0
MDU	Jerome Belinson	7.5
1100	Bill Angus	7.8
M55	Grover Coats	7.3
	Jack Greenwald	8.1
W45	Patrice Thomas	9.1
200r	n	-
M30	Spencer Johnson	24.
	Cal Johnson	24.
M35	Stephen Davis	24.
	Tom Allcorn	27.
MAO		
	Alvin Williams	28.
MSU	Jerome Belinson	27.
	Jack Brunner	29.
	Grover Coats	28.
400a		
M30	Spencer Johnson	53.
	Cal Johnson	55.
M40	Mike Gallagher	62.
	Bill Jones	64.
M45	John Hunt	65.
	Gary Siegmone	67.
M55	Grover Coats	64.
	Jack Greenwald	67.
	Buzzy Hood	92.
W30	Deborah Yurth	67.

and the state of t	
800m	The state
M30 Tim Koh	2:07.6
Phil Pillin	2:27.7
M35 Bob Thomas	2:08.0
M40 Mike Gallagher	2:19.3
Jim Joseph	2:32.2
M45 Jeff Gerson	2:43.4
Gary Siegmone	2:44.8
M50 Bob Bridges	2:36.0
M55 Joe Fodor	2:31.7
M65 George Riser	3:31.6
Buzzy Hood	3:32.0
1500m	-
M30 Phil Pillin	4:57.6
M40 Jim Joseph	5:01.5
M45 Carroll DeWeese	5:02.8
MSS Joe Fodor	5:06.0
M60 Tom Andrews	5:44.0

M30 Phil Pillin	4:5/.6
M40 Jim Joseph	5:01.5
M45 Carroll DeWeese	5:02.8
MSS Joe Fodor	5:06.0
M60 Tom Andrews	5:44.0
M65 Jim Forshea	5:29.5
3000m	
M30 Tim Koh	9:39.1
Mark Eberling	11:00.4
M35 Willy Speight	10:11.0
M40 Jeff Hlinka	10:01.6
Gary Baughman	10:19.7
Mike Gallagher	10:23.7
M45 John Hunt	10:30.1
Bot Kuebler	10:38.7
MED Ton Andrews	11.17

11:23.3

1	M35 Willy Speight
ı	M40 Jeff Hlinka
١	Gary Baughman
ı	Mike Gallagher
ı	M45 John Hunt
ı	Bot Kuebler
١	M60 Tom Andrews
ı	M65 Jim Forshee
ı	4x4 Relay
ı	M30 Over The Hill
١	M40 OTH
ı	4x8 Relay
١	M40 Over The Hill

IDO OVEL THE HILL	3.31.3
M40 OTH	4:23.0
4x8 Relay	
M40 Over The Hill	10:20.4
M50 OTH	11:06.0
Sprint Medley Relay	
M30 Over The Hill	4:11.4
M40 OTH	4:34.5
M50 OTH	4:46.4
High Jump	Subsas

Sprint mediey kelay	
M30 Over The Hill	4:11.4
M40 OTH	4:34.5
M50 OTH	4:46.4
High Jump	30 mag
M40 Dave Handwerk	4-9 3/4
M45 Eric Bray	4-11 3/4
Irvin Taylor	4-11 3/4
M50 Bill Angus	4-11 3/4
M55 Grover Coats	4-6
M65 Denver Smith	4-6
Fred Hirsimaki	4-4
Pole Vault	

Irvin Taylor	4-
M50 Bill Angus	4-
M55 Grover Coats	4-
M65 Denver Smith	4-
Fred Hirsimaki	4-
Pole Vault	
M45 Allen Ray	8-
M50 John Sloan	8-
M55 Norm Downing	10-
Long Jump	
M45 Allen Ray	16
' Irvin Taylor	13

M45 Allen Ray	16-21
' Irvin Taylor	13-9
M50 Jerome Belinson	17-15
Bill Angus	16-11
M55 Grover Coats	16-2
M65 Denver Smith	13-81
Fred Hirsimaki	13-2
Triple Jump	250
M30 Cal Johnson	35-2
M55 Grover Coats	31-10-

M65 Denver Smith	30-11
Fred Hirsimaki	27-31
Shot Put	STATE OF
M30 Glenn Nickerson	18-1
M35 Alan Krist	24-1
M40 Joe Klamar	31-11
M45 Norm Bower	38-2
Rex Harvey	37-11
M50 Bill Angus	35-2
John Sloan	33-2
MCE Daniel Calle	21 00

George Riser	30-7 3/
Weight Throw	
M45 Norm Bower	42-5
Allen Ray	31-7 3/
M50 John Sloan	21-61
Randy Strader	19-7
Super Weight Throw	
M45 Norm Bower	26-2
Allen Ray	17-61
Dandy Chanden	12 5

M45 Norm Bower	26-2
Allen Ray	17-61
Randy Strader	12-5
1500m Racewalk	
M35 Tim Bailey	8:21.7
M50 Terry Grimme	8:48.7
M55 Ron Laird	7:52.3
John Davis	10:01.8
M65 George Riser	9:56.3
W40 DarylAnn Kidder	8:08
Joyce Prohaska	9:35.5

#### MID AMERICA Missouri Valley Association

#### Masters Indoor Meet Lawrence, KS; Jan. 9

55m	
M35 Ken Ellis	7.0
M40 Fred Murrell	6.9
Jim Dolezel	7.1
M45 Bill Selbe	7.2
200m	
M35 Rick Easley	25.1
M40 Fred Merill	25.3
Jim Dolezel	26.2
M45 Bill Selbe	25.9
400m	
M40 Bruce Duffin	61.9
Jim Dolezel	62.7
M45 Bill Selbe	61.2
800m	
M35 Rick Easley	2:03.6
Ken Ellis	2:23.4
Mike Horton	2:23.8
M40 Dale Bean	2:22.3
Bruce Duffin	2:35.9
M50 Wally Brawner	2:30.9
M60 Paul Heitzman	2:26.1

55.5 62.0

64.8 65.7 67.6 64.7

Mile	
M40 Dale Bean	5:23.9
Bruce Duffin	5:32.0
M50 Wally Brawner	5:29.0
M55 Bobby Kincaid	5:33.2
M60 Paul Heitzman	5:27.5
Two Kile	
MSS Bobby Kincaid	11:48.6
Shot Put	
M40 Fred Murrel	8.95
M35 Ken Ellis	11.57
from Jim Dolezel	

#### **SOUTHWEST**

#### Weight Pentathlons Gonzales, LA

-Dec. 4-SP/HT/DT/JT/WT SP/HT/DT/JT/WT
Jeff Baty 38 3064 38-3½/116-1/
128-5/156-0/44-3
Paul Adams 60 2001 33-4/76-4/
103-4/77-4/30-6½
Jeff Baty 56# 30-5
—Dec. 18—
SP/HT/DT/JT/WT
Jeff Baty 38 3243 41-2/136 92 Jeff Baty 38 3243 41-2/125-97

Jeff Baty 36 3243 41-2/125-97 141-2/159-8/43-4 Paul Adams 60 2031 32-11½/72-7/ 110-9/83-0/30-0 Robert Dew 70 SP 22-4/DT 44-3 Jeff Baty 56# 28-11½

### Louisiana Lightning TC Meet

Gonzales, Jan. 22		
Shot Put		
Jeff Baty 39	39-10	
Jerry Lyons 60	28-9 3/	
Paul Adams 61	32-31	
Robert Dew 70	21-9	
Discus		
Jeff Baty 39	134-1	
Jerry Lyons 60	94-0	
Paul Adams 61	109-6	
Robert Dew 70	58-5	
Harmer		
Jeff Baty 39	120-7	
Jerry Lyons 60	63-3	
Paul Adams 61	70-7	
Javelin		
Jeff Baty 39	148-7	
Jerry Lyons 60	113-11	
Paul Adams 61	87-9	
Weight Throw		
Jeff Baty 39	44-7	
Jerry Lyons 60	29-6	
Paul Adams 61	30-71	
56#-Jeff Baty 39	29-3	

#### **WEST**

#### KELfield Meet #24

Santa Cruz, CA; Jan. 22		
Shot Put		
M30 Ron McKee	54-71	
John Cook	49-9	
M35 Eric Hodgdon	43-41	
M40 Gary Kelmenson	36-4	
MSS Don Hughes 16#	26-5	
Discus	T TOTAL	
M30 John Cook	136-0	
M35 Eric Hodgdon	100-8	
M40 Jim McGoldrick	147-0	
Gary Kelmenson	106-9	
M55 Don Hughes	73-0	
Hammer	-	
M30_Ron McKee	160-8	
M35 Eric Hodgdon	125-6	
M40 Gary Kelmenson	133-2	
M55 Don Hughes	87-0	
M60 Stew Thomson	163-0	
Javelin		
M35 Eric Hodgdon	113-2	
M40 G Kelmenson	105-5	
MSS Don Hughes	53-4	
Weight Throw		
M35 Eric Hodgdon	40-2	
M40 Gary Kelmenson	42-6	
M55 Don Hughes	29-1	
M60 Stew Thomson	56-104	
56# Weight Throw		
M35 Eric Hodgdon	27-4	
M40 Gary Kelmenson M55 Don Hughes	26-7 17-2 3	
MOD LOOK HUIGINES	11-2 3	

#### Southern California Striders Desert Classic College of the Desert,

. 23
8.4
7.9
7.5
8.0
8.1
8.4
8.6
9.1
9.9
9.9
10.7
9.5
10.9
25.3
26.7

MOU THU VICK	27.3
Frank Kishi	31.9
Jim Franklin	31.9
M75 Clarence Trahah	38.4
Pete Ganahl	43.9
600m	
M40 Bill Sayers	1:52.3
Walt Pus	1:56.2
M60 Jim Franklin	2:17.9
Frank Merino	2:18.6
M65 Louis Beadle	1:56.3
Avery Bryant	2:12.3
M70 Felix Jumonville	2:19.8
Harold Daughters	2:40.9
1500m	
M50 Luigi Schiavo	5:46.8
M55 Carl Garczynski	6:05.4
M60 Jim Franklin	5:56.9
M65 Avery Bryant	5:54.8
Bill Corbett	7:13.3

	Bill	Corbett	7:13.3
0	Haro!	ld Daughters	7:11.7
m	H	L'INDUTER!	
ō	Walt	Butler	8.9
	Fred	Niedermeyer	9.5
0	Bill	Adler	11.2
O		HE LEW STREET	
5	Evan	Aproberts	45.8
0	Walt	Pus	45.2
		Causes	47 1

M60	Bill Adler	11.2
300s	THE RESERVE	
M35	Evan Aproberts	45.8
M40	Walt Fus	45.2
	Bill Sayers	47.1
MS0	Bill Knocke	43.2
	Charley Loftis	43.7
MS5	Carl Garczynski	55.8
M60	Nick Newton	42.7
	Will Robinson	47.5
	Jim Franklin	54.1
M65	Louis Beadle	50.2
1000	Avery Bryant	54.5

M75 Pete Ganahl	6.
300mH	
M50 Bill Knocke	
Fred Niedermeyer	49.
M60 Will Robinson	54.
M75 Pete Ganahl	74.
M80 Bert Morrow	78
High Jump	
M50 Terry Rowan	4-
MSS Clell Lundy	4-
M60 Nick Newton	5-
M75 Pete Ganahl	3-
Jim Vermon	3-
M80 Carol Johnston	3-
W55 Mary Herse	3-
Pole Vault	
M40 Bill McNeAL	11-

LIAO DITT LICINGAM	
M55 Clell Lundy	8-6
M75 Jim Vernon	8-01
M80 Carol Johnston	7-7
Long Jump	
M40 Bill Sayers	13-9
MSS Clell Lundy	14-4
M75 Clarence Trahan	11-0
Triple Jump	
M40 Bill Sayers	27-4
M75 Clarence Trahan	21-3

Shot Put	
M35 Evan Aproberts	32-5
M40 Dennis Greene	35-8
MSO Dave Nuttall	30-10
Luigi Schiavo	26-3
MSS Lee Bond	27-10
M70 Bill Bangert	41-8
Mike Castaneda	33-0
Jim Sullenger	30-44
M75 Ross Carter	38-4
W40 Janet Wilson	32-74
W50 Karen Huff	32-3

41.50	LANT COL LICET F	32-3
W55	Mary Herse	24-1
Dis	cus	
M50	Lloyd Higgins	179-11
	Dave Nuttall	111-6
	Terry Rowan	103-3
	Luigi Schiavo	103-3
M70	Bill Bangert	116-1
	Mike Castaneda	101-1
	Jim Sullenger	95-7
M75	Ross Carter	114-7
W40	Janet Wilson	130-2
W50	Karen Huff	62-9

02-3
127-6
100-3
88-8
163-3
153-5

#### Luigi Schiava Dave Nuttall 76-7 74-3 **NORTHWEST**

## Eugene Indoor Meet Eugene, OR; Jan. 21

50m	
M40 Wing Man	6.80
M45 Geoff Hughes	7.10
Chuck Chapin	7.10
Frank Lulich	7.20
Tim Shelley	7.40
M50 Roger Dean	8.00
M55 Bumper Emerson	6.80
Jim Schlewitz	7.60
B J Kuhn	7.70
300m	
M30 Sean McCartin	38.70
M40 Jim Hiebert	41.50
M45 Wayne Gripp	40.50
Larry Norris	43.40
Joe Cavan	44.30
Frank Lulich	44.50

Continued on next page

Continued from previous page	INTERNATIONAL
Tim Shelley 45.40	
M55 Bumper Emerson 44.60	Russian Athletics Veterans
Jim Schlewitz 48.70	Association "Cup Of Five"
Ken Ogden 49.10 M65 Tom Brinton 50.50	Indoor Meet, Moscow; Jan. 8
M65 Tom Brinton 50.50 W40 Mary Libal 46.40	M40 Y Kasatkin U 7.2
March Bright St. American St. Co., St. American St. Co.,	M55 A Romanov R 7.6
600m M40 Jim Hiebert 1:49.40	M60 L Bartenyev M 8.1
M40 Jim Hiebert 1:49.40 M45 Les Castle 1:57.50	M65 G Subbotin M 8.4
M55 Ken Ogden 1:53.10	W35 T Potapova R 8.0
the forth continuous and the second of the second	W45 G Garkavaya U 8.1
M30 Kevin McDermott 4:31.30	W50 G Morosanova M 8.5 W55 A Chernova S 9.4
Brian Gaus 4:48.00	W60 I Polyakova M 10.0
M40 Michael McLain 4:51.20	W65 M Klimenko S. 10.3
Paul Scott 4:57.40	200m
M45 Alan Beck 4:31.90	M40 Y Kasatkin U 24.8 M50 V Orlenko U 26.7
M50 Roger Dean 5:36.90 M65 Tom Brinton 5:56.40	
M65 Tom Brinton 5:56.40 W30 Parma Roe 5:41.80	W45 N Afanasyeva R 29.4 W50 S Balunenko B 34.7
	400m
3000m	M40 & Strazhin R 55.1
M30 Jeff Evers 9:59.10 M35 Scott Kessler 11:05.10	M45 A Tsyban U 56.5
M40 Michael McLain 10:14.10	M75 A Medvedev R 87.8
M45 Alan Beck 9:28.60	W40 E Dekkert R 70.2
SAME AND SERVICE TO SE	W45 N Afanasyeva R 65.0 W50 S Balunenko B 78.2
M35 Seattle (Inman/Talmidge/	W65 M Klimenko S 84.4
Cameron/Giles) 2:41.00	800m
M45 Ore TOM (Shelley/Lulich/	M50 L Gisov B 2:14.2
Norris/Hiebert) 2:55.10	M75 A Medvedev R 3:17.6
	W50 Z Belousova R 2:39.7
High Jump M35 Jim Leweilen 4-10	W55 A Chernova S 2:48.0 W60 V Shapkina M 2:53.4
Scott Kessler 4-8	1500m
M45 Frank Lulich 5-2	M45 Y Yaroshenko U 4:21.2
Ken Underdahl 4-6	W50'Z Belousova R 5:24.1
M50 Al Phillips 5-5	3000m
Fred Brandenfels 4-8	M40 V Ermolaev M 9:12.
M60 Harvey Lewellen 4-6	M50 P Gaidai U 9:41. M80 G Chaikovsky U 15:07.
Pole Vault	W40 N Medvedeva R 11:17.
M30 Dan Umenhofer 14-0	W45 N Shvets U 11:58.
M35 Mike Hogan 14-6	60mH
Dan West 14-6	M50 N Leschenko M 9.2
Jim Lewellen 11-0 M45 Ken Underdahl 8-6	M55 A Romanov R 9.3
M50 Larry Holmes 12-6	W55 R Lipsnis U 11.2
M55 Gerard Dunas 10-0	High Jump M45 A Ilvin U 1.85m
Fred Brandenfels 9-0	W35 T Dremina R 1.60
M60 Harvey Lewellen 9-0	W40.N Serbina U 1.55
M65 John Cleveland 8-0	W55 T Chenchik M 1.30
Don Grosh 8-0	Pole Vault
Long Jump	M45 V Tkachuk U 3.60
M35 Jim Lewellen 15-53	M50 G Bliznetsov U 3.60
M40 Wing Man 15-2 M45 Geoff Hughes 14-7	Long Jump M40 V Kozyritsky B 6.23
M50 Al Phillips 17-3	M40 V Kozyritsky B 6.23 M50 A Loskutkin R 5.77
A MANAGE OF THE PROPERTY OF THE PARTY OF THE PARTY OF THE PARTY.	M55 A Romanov R 5.15
Roger Dean 12-11	W35 T Potapova R 5.55
M70 Cameron Hutcheson 7-8	W50 G Morosanova M 4.30
Triple Jump	W55 R Lipsnis U 4.00 Triple Jump
M35 Mike Lariza 44-2½ M40 Wing Man 31-2	M40 V Koritsky B 13.40
THE MAIN THE	M45 V ChernahovichU 13.10
Shot Put	Shot Put
M45 Chuck Chapin 43-32	M40 V Raschupkin S 13.4
M50 Denny Ellis 44-5	M50 Y Ovsyannikov R 12.2
M60 Fred Shanaman 35-7½ Harvey Lewellen 34-3½	W35 N Abashidze U 14.50 W40 T Bufetova M 13.3
M70 Cameron Hutcheson 29-71	W50 L Hmelevskaya B 11.9
W70 Melanie Reske 19-10	"60 A Ivanova M 11.1
1500m Racewalk	R-Russia/U/Ukraine/B-Belaru
M80 Bud Deacon - 14:32.70	M-Moscow/S-St. Petersburg
	· · · · · · · · · · · · · · · · · · ·

# LONG

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

#### **EAST**

MAC 30K Championship/ Holiday Four Mile Run Central Park, NYC; Dec. 19

Central Park, NYC; Dec. 19			
30K			
Over			
	n Sloane 26	1:40:38	
	Chodnicki 34	2:02:05	
M-10	Robert Briglio	1:52:24	
	Magnus Andren	2:01:07	
3 yeAr	Andy Burek	2:01:33	
M45	Salih Talib	1:50:50	
	Hector Vargas	1:54:47	
	Mick Midkiff	2:02:31	
M50	Samuel Skinner	1:55:45	
	David Cartwright	2:03:18	
	Hector Rivera	2:07:32	
M55	Bernard Rosenbaum		
	Bob Selya	2:42:08	
- Although	Frederick Bondy	2:43:32	
M60	Jay Sturdevant	2:14:01	
	George Reilly	2:20:03	
Parent .	Hector Pacheco	2:30:46	
M65	Jerome Olitt	3:10:49	
	Jerome Solin	3:20:19	
1070	Desmond Marpetsom		
M/O	Peter Harangozo Wallace Cutler	2:45:13 3:02:31	
	William Coyne	3:02:31	
	WILLIAM COVING	3.01.30	

mio mararedo	3.12.30
W40 Suzanne Rohr	2:21:13
Lily Kosaka	2:25:12
Sharon Rogers	2:33:09
W45 Jane Serues	2:13:30
Marjorie Kos	2:28:13
Melanie Benvenue	2:37:47
W50 Celeste Fondaco	3:03:16
Ruth Greher	3:12:36
W55 Zofia Turosz	2:24:10
Erika Abraham	2:28:47
Wen-Shi Yu	2:44:49
W60 Thelma Wilson	2:50:50
R K Warshawsky	4:14:27
W65 Edith Farias	3:02:53
W70 Althea Wetherbee	3:49:38
4-Mile	
Overall	
Keith Yuen 23	19:27
Natalia Azpiazu 27	21:45
M40 Kevin O'Connor	21:42
Richard Shaver	22:32
Lawrence Smith	23:41
M45 Art Hall	21:44
Hugh Sweeny	22:26
William Hart	23:25
M50 Maury Dean	22:51
Sidney Howard	23:19
Vaidis Jurenas	23:55
M55 James Fillis	24:48
Michael Buckheim	
Gene Carbine	
Gene Carnine	29:17

M75 Wilfredo	3:12:58
W40 Suzanne Rohr	2:21:13
Lily Kosaka	2:25:12
Sharon Rogers	2:33:09
W45 Jane Serues	2:13:30
Marjorie Kos	2:28:13
Melanie Benvenue	2:37:47
W50 Celeste Fondaco	3:03:16
Ruth Greher	3:12:36
W55 Zofia Turosz	2:24:10
Erika Abraham	2:28:47
	2:44:49
W60 Thelma Wilson	2:50:50
R K Warshawsky	4:14:27
W65 Edith Farias	3:02:53
W70 Althea Wetherbee	3:49:38
4-Mile	A STATE OF
Overall	
Keith Yuen 23	19:27
Natalia Azpiazu 27	21:45
M40 Kevin O'Connor	21:42
Richard Shaver	22:32
Lawrence Smith	23:41
M45 Art Hall	21:44
Hugh Sweeny	22:26
William Hart	23:25
M50 Maury Dean	22:51
Sidney Howard	23:19
Vaidis Jurenas	23:55
M55 James Fillis	24:48
Michael Buckheim	27:23
Cone Contina	00.17

M60 Kenneth Jones	26:40
Eric Seiff	27:09
Hans Hunziker	27:30
M65 Jack Haar George Thompson Richard Gordon	27:37
George Thompson	29:51
Richard Gordon	37:23
M/U John McManus	28:47
Mark Indenbaum	45:47 56:34
M75 Frank Brownstein W40 Amy Bahrt	27:24
leasueline Soltze	- 29:43
Wendy Luscombe	28:55
W45 Sylvie Kimche	26:35
Flora Flores	
Carol Ann Zanoni	28:52
Carol Ann Zanoni W50 S Rae Baymiller	25:20
Carol Johnston Edith Jones	28:56
Edith Jones	29:46
W55 Joan Bondell	31:01
Anne Perzeszty	40:47
Jackie Silver	40:50
WCO Annie Tinker	44:42
Linda Scharer	46:30
Ingeborg Skoczek	
W65 Helen Palmer	37:11
Jozi Neulinger	44:34 49:32
Shirley Wallach W70 Althea Jureidini Weather: 44 <sup>0</sup> /79%H/11m	49:32
W70 Althea Jureidini	46:18
Weather: 44 / 794H/11m	nphw
NYRRC Frostbite 10	Miles
Central Park, NYC; J	an. 16
Overall	50:56
Don DiDonato 36	58:39
Gordon Bakoulis 32	
M40 Richard Shaver	58:14 61:46
John Wertsching Nick Caswell	01:40
	62.38
MAS Jay Hildebrand	62:38
M45 Jay Hildebrand	62:38
Marc Hildebrand	62:38 61:04 61:20
Marc Hildebrand Steven Yurgel	62:38 61:04 61:20 62:33
Marc Hildebrand Steven Yurgel M50 Sam Skinner	62:38 61:04 61:20 62:33 58:50
Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim	62:38 61:04 61:20 62:33 58:50 62:47
Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo	62:38 61:04 61:20 62:33 58:50 62:47 63:33
Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46
Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30
Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46
Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21
Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz They Colentage	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43
Mars Jay Hiloebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02
Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00
Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49
Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49
MATCHIOEDRAM MARCHIOEDRAM MARCHIOEDRAM Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49 1:28:50
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Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios W40 Christine Roby Deborah Weibman	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49 1:28:50 1:41:40 1:23:33 1:24:33
M45 Jay Hiloebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios W40 Christine Roby Deborah Weibnan Any Hass	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49 1:28:50 1:41:40 1:23:33 1:24:33
M45 Jay Hiloebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios W40 Christine Roby Deborah Weibnan Any Hass	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49 1:28:50 1:41:40 1:23:33 1:24:33
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Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios W40 Christine Roby Deborah Weibnan Amy Hass W45 Rita La Bar Jun Matsuyoshi Melanie McDonald	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49 1:28:50 1:41:40 1:23:33 1:24:33 1:26:37 1:30:13
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Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios W40 Christine Roby Deborah Weihman Anny Hass W45 Rita La Bar Jun Matsuyoshi Melanie McDonald W50 Janell McDyer Marisa Harris Susanna Beltrand	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:47 1:34:02 2:14:00 1:22:49 1:28:50 1:41:40 1:23:33 1:26:37 1:33:10 1:15:30 1:23:20 1:23:20
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May filloctrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios W40 Christine Roby Deborah Weitnan Any Hass W45 Rita La Bar Jun Matsuyoshi Melanie McDonalc W50 Janell McDyer Marisa Harris Susanna Beltrand W55 Lynn Sherman W60 Joan Fisher	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49 1:28:50 1:41:40 1:29:03 1:24:33 1:24:33 1:24:33 1:24:33 1:24:33 1:25:36 1:15:30 1:15:30 1:28:28 1:28:28 1:28:28
Marc Hildebrand Marc Hildebrand Steven Yurgel M50 Sam Skinner Benny Kim Julio Lugo M55 Philmore Brewer Jim McAdams Frank Voci M60 Joe Burns Bill Horowitz Tony Celentano M65 Jerome Olitt Richard Gordon M70 William Coyne Sab Koide M75 W Rios W40 Christine Roby Deborah Weihman Anny Hass W45 Rita La Bar Jun Matsuyoshi Melanie McDonald W50 Janell McDyer Marisa Harris Susanna Beltrand	62:38 61:04 61:20 62:33 58:50 62:47 63:33 68:46 72:30 79:21 72:26 80:43 80:47 1:34:02 2:14:00 1:22:49 1:28:50 1:41:40 1:29:03 1:24:33 1:24:33 1:24:33 1:24:33 1:24:33 1:25:36 1:15:30 1:15:30 1:28:28 1:28:28 1:28:28

#### NYRRC North Wind 10K Central Park; Jan. 23 Overall Keith Turner 33

Overall		
Keith Turner 33	31:52	
Gordon Bakoulis		
M40 Richard Shave		
Nick Caswell	36:58	
J A Cespedes	37:12	
M45 Bill Hart	37:17	
Bill Chawner	37:25	
Jay Hildebrar	nd 37:39	
M50 Sam Skinner	36:09	
Roger Gocking	36:26	
Julio Lugo	39:53	
M55 Ed McEneany	40:24	
Mike Goldman	40:31	
Philmore Bres	er 41:38	
M60 Arnie Green	43:03	
Hans Hunziker	43:35	
Ken Jones	44:04	
M65 Bill Fortune	41:34	
Jack Haar	45:23	
Art Bowen	50:48	
M70 John McManus	47:22	
Bill Coyne	50:32	
	77 58:39	
Jim Keeney 78	60:12	
Charles Felde		
W40 Kathy Gribbor	40:35	
Diane Ditchfi	eld 40:39	
Barbara Ander	rson 41:31	
W45 Cheryl Ralya	39:45	
Flora Flores	44:20	
Mary Spera	46:24	
W50 Marisa Harris	49:57	
Angela Conte		
Susan Sternhe		
W55 Erika Abraham		
Lisa Praskins		
Joan Bondell	49:18	
W60 Bertha Bellin		
Joan Fisher	64:00	
W65 Muriel Merl	54:41	
Margaret John	ns 56:26	
Finishers: 808m/3	364w	
Weather: 34°/overcast/icy		

#### NYRRC Super Bowl Sunday 5K Central Park; Jan. 30 Overall Esteban Vanegas 23 29:17 | Gordon Bakoulis 32

M40 Robert Anastasio	16:09
Keith Sullivan	16:59
Richard Shaver	17:03
M45 Salih Talib	17:11
Bill Hart	18:18
Bob Hansen	18:50
M50 Sam Skinner	17:07
Dan Klein	18:37
John Courtmanche	18:44
M55 Phil Brewer	19:57
Dan Jacobs	21:17
Tony Vicer	21:56
M60 Hans Hunziker	20:49
Ken Jones	20:51
Eric Seiff	20:54
M65 Bill Fortune	19:50
Jack Haar	21:26
George Thompson	21:32
M70 John McManus	21:37
Wallace Cutler	24:59
Sab Koide	25:11
M75 Jim Keeney 78	28:08
W40 Kathy Gribbon	19:00
Eileen Mary Sheeha	
Johana Carter	22:43
W45 Sylvie Kimche	20:09
Mary Spera	22:03
	24:49
	22:21
PattyLee Parmalee	22:29
Laurie Baker	22:39
W55 Joan Bondell	23:50
May Chou	27:14
Billie Moten	28:47
W60 DollyAnn Finkleste	
Joan Fisher	30:17
Marguerite Logan	32:35
W65 Shirley Wallach	39:43
W70+Althea Jureidini75	37:04
Finishers: 744m/460w	anh/al-
Weather: 31°/h65%/w10	den CIL

#### SOUTHEAST

Watermen's Museum 10 Mile Yorktown, VA; Nov. 14

10111201111, 171, 1101	
Overall	G-VA-
Scott Dvorak 23	50:04
Leslie Fedon 29	60:44
M40 Ric Banning	54:12
Bill Rogers 42	55:40
Sadot Mendez	55:44
Larry White	59:04
David Jessex	61:09
Rick Platt	61:44
M45 Jack Sornberger	60:13
Robert White	61:42
Hans Tall	62:24
Jim Dare	62:36
Dennis Manske	62:51
M50 Mac McKechne	61:15
Robert Wright	62:46
Mike Brownley	67:30
Claude Bell	68:20
M55 Mel Williams	61:53
Frank Wagner	63:20
Charles Flynn	69:17
M60+Neil Wilson 64	73:09
Tom Ray 60	73:42
Bob White 70	75:51
W40 Claudia Ciavarell	
Donna HarperHarri	
Joyce Adams	66:06
Linda Gulick	70:05
W45 Emily Estrada	71:23
Jeanne Kruger	73:14
W50+Karin Stronach 53	
Betty Springer 51	
beccy Springer 5	03:11

## Max Bayne Half-Marathon

Fort DeSoto, FL; J	
Overall	
Tom Swiersz	1:12:38
Cathie Schmidt	1:27:16
M40 Steve Milkes	1:17:20
Joe Thomas	1:25:40
M45 Al Johnson	1:21:33
Peter Magee	1:29:25
M50 Peter Scott	1:23:13
Mike Barber	1:29:07
M55 Steve Smith	nta
M60 Tom Depenbrock	1:42:12
M65 Hal Cook	1:55:48
M70 Carl Hammen	1:42:03
Millard Shumate	1:51:05
M80 Charlie Espy	2:50:35
W40 Pam McCullough	1:33:08
Janice Scott	1:35:33
W45 Vickey Imes	1:34:22
W50 Sandra Baker	1:48:33
W55 Ann Morgan	nta
W60 Rose Hoge	2:18:00

#### The Charlotte Observer Marathon/10K

Charlotte, NC; Jan	. 8
darathon	
Thomas O'Gara 27	2:23:09
Bonnie McReynolds 30	2:52:19
Cash Winners - Men Ma	stere
Bob Schlau 46 (\$700)	2:34:24
K Lauenstein 42(\$350)	2:43:42
Don Slusser 42 (\$200)	2:45:08
Tom Morris 44 (\$100)	2:48:08
C Hatfield 46 (\$50)	2:50:48
Cash Winners - Women !	lasters
C Lempesis 42 (\$550)	3:02:17
	3:10:51
Mary Preisel 47 (\$200	13-12-46

Ruth Warnock 40 (\$100)3	:32:10
	:33:24
10K	
Connack Finnerty 23	29:15
Olga Markova 25	32:59
Cash Winners - Men Mast	
Nick Rose 42 (\$500)	31:42
Earl Owens 44 (\$350)	31:55
Charlie McMullen42(\$200	
Ric Banning 41 (\$100)	32:29
Gordon English 42(\$50)	33:09
Cash Winners - Women Ma	sters
C McLatchie 42 (\$500)	37:50
R Stockdale 42 (\$350)	38:02
Sue Givens 40 (\$200)	39:26
Judith Hine 44 (\$100)	39:31
Alendia Vestal 42 (\$50)	39:37

#### The Wall (State 15K/30K Championships) Metairie, LA: Jan. 2

metalire, LA, Juli.	
15K	
Overall .	
Stew Ellington	50:20
Shelly Ralston	65:40
Masters	
Larry Schlueter	60:26
Carol Plemer	75:45
M40 Henry Vicknair	65:49
M45 David Sears	61:05
M50 David Mouton	75:05
M55 Vic Talbert	84:32
M60 Bill Cohen	79:04
M65 Arlen Frank	82:11
W40 Maureen Olivo	80:21
W45 Karen VaVista	87:52
W50 Tammie Robertson	90:00
30K	
Overall	
Bryan Smith	1:50:02
Denise Billiot	2:12:05
Masters	
Mike Diorka	1:58:33
Susan Provo	2:31:31
M40 Chuck Farrell	2:01:43
M45 Cecil St. Clair	2:24:55
M50 Al Dehon	2:19:02
M55 Don Lee	2:21:59
M60 Joseph Dembrun	2:36:27
W40 Patty Carey	
W45 Cindy Pharis	3:11:00
W50 Mary Cullen	2:58:24

## Houston Tenneco Marathon Houston, TX; Jan. 16

	Tom Sharp	2:37:49
	Mike Krakower	2:41:47
0	John DiCarlo	2:43:53
	John Gonzalez	2:45:36
OF THE	Louis Villarosa J	
	Mark Roman	2:46:54
THE REAL PROPERTY.	Richard Penningto	
	John Barnes	2:50:02
M45		2:45:05
	Roger Boak Jack Healing	2:48:04
	Jack Healing	2:51:46
	Ty Schmalz	2:51:50
	Herb Tolbert	2:52:39
	Gary Julin	2:57:21
	Dennis Williams Dan Dick	2:59:33
	V.S.Lopez	3:00:28
	Larry Owens	3:00:59
M50	Mike Carnes	2:54:36
120	Lowell Mutchelkna	2.34.30
	Peter Scott	3:02:58
E	Charlie Viers	3:04:39
	Larry Ullman	3:05:19
	Jimmie Jones	3:05:29
	Douglas Saari	3:08:42
14.4-	Gunnar Sanden	3:09:06
1	Richard Teitz	3:11:39
	Bill Nolan	3:12:38
M55	Ioannis Zorzos	3:09:15
	Jim Braden	3:09:53
1754	Francis Leik	3:22:10
100	Earl Weidner	3:27:07
	C Sauceda Sr	3:27:16
100	Bill Blackburn	3:32:33
	Jerry Dalgereaux Bruce Katter	3:33:41
	Dick Grauer	3:34:26
M60	Ino Cantu	3:34:27
1100	Orville Kremmer	3:21:20
	Don Presley	3:23:22
	Jesus Sandoval	3:25:56
	Anthony Castagna	3:30:44
	Bill Duer	3:34:37
M65	Al Becken	3:28:39
	Robert Fay	3:43:42
	Hu Goldstein	3:54:59
M70	Walt Washburn	3:51:00
	Gene Askew	4:30:23
M80	+Robert Jones 83	3:41:33
W40	Donna Sterns	2:52:39
	Debbie Reyna	3:04:22
1	Jo Stonecipher	3:22:39
	Kaye Parisi	3:24:03
	Maria Aguilar	3:27:56
	Wanda Kennedy	3:29:20
W45	Nancy Prejean	3:02:56
	Sally Edwards Sally King	3:25:41
	earth krud	3:30:58

THE PERSON NAMED IN	J L Juarez	3:31:18
	Christy St Clair	3:31:28
W50	Jane Arnold	3:26:13
	Ann Erickson	3:36:29
	Ann Ferguson	3:47:45
W55	Joyce Gaskin	3:34:32
	Mary Beaton	4:02:42
	Kay Duplichan	4:02:54
W60	Thelma Wilson	3:48:51
Charle	Phyllis Cross	4:08:41

#### New Orleans Mardi Gras Marathon/Half-Marathon Jan. 29

Peter Kotland	2:33:35
Denise Billiot	3:15:41
Masters	The Control
Kenneth Royster	2:52:13
Patty Carey	3:39:26
M40 R E Murray	3:04:54
Jerry Puckett	3:05:10
M45 Robert McNaught	2:58:31
Frank Crump	3:07:55
M50 Charlie Viers	2:58:54
M55 Ray Prizgintas	3:20:39
M60 Malcolm Gillis	2:56:30
M65 Hu Goldstein	3:50:20
M70+Don McNelly	5:28:15
W40 Diane Shisk	3:44:28
W45 Glenys Jones	3:52:31
W50 Angela Dufour	4:04:39
Half-Marathon	4.04.33
Overall	
James Frazier	1:11:16
Kari Beasley	1:19:48
Masters	1.13.40
Yassine Belaabed	1:17:14
Stephanie Payne	1:36:26
M40 Dr. Pat	1:20:58
Wayne Joseph	1:22:44
M45 Mike Diorka	1:17:14
J R Brown	1:19:36
M50 Larry Pitt	1:30:50
Spencer Trumps	1:32:52
M55 Larry Fuselier	1:38:16
M60+Mario Calonje	1:47:10
W40 Hope Smith	1:40:20
Kathy Callaghan	
W45 Carol Plemer	1:42:33
Judy Salvaggio	1:43:00
W50+Yvonne Lee	1:38:38

## Roy Campanella Memorial

5K/10K Runs	
Northridge, CA; Jan. 9	9
Overall	
Ian Alsen 23 Lynn Meyer 30	15:21
1 200	
Salvador Lopez Willie Cannon	19:32
	10107
Wayne Douglas	19:25
Jeff White M50 George Kingsley Peter Johnson	19:27
Peter Johnson	20,42
Peter Johnson Robert Simmons M55 Leonard Efron Fhillip Moreno Louis Martinez M60 Leroy Carter Leonard Waltz	18:32
M60 Leroy Carter	21:33
Leonard Waltz	22,21
M65 Larry Banuelos	21:08
Bob Koch	21.46
M70 Robert Van Noy 71	25:30
Louis Beadle M70 Robert Van Noy 71 Jack Mehlman 72 Eddie Howard 78	29,18
W40 Judy Sherman	34:33 25:33 27:51 28:52 21:29
Kathy Joly	27:51
Bety Nowlin W45 Yoko Eighel	28:52
Patricia Bates Adell Williams	24,08
W50 Juanita Gonzalez	24:42
W50 Juanita Gonzalez Carol Butler	20:31
Jean Hall	29:42 26:31 29:23 29:51 29:25
W60 Marjorie West Eleanore Rembaum	36.25
Darbara Dorricott	36:25
W70 Grace Davidson 72 Bernadette Hammer	46:38
10K	73175
Overall Poter Allen 33	25.50
Aligha Portney 21	35:50
M40 James Stepan Barry Witler M45 Carl Zika Hiroshi Moriyasu M50 Tim Hyman	37:26
M45 Carl Zika	41,37
Hiroshi Moriyasu M50 Tim Hyman	42:32
M55 Harry Pantelas Tom Davis	42:01
miguel Chinea	49:50
M65 Bob Koch Ellis Revness	44:47
M70 Stanley Neufeld	53:40
M65 Bob Koch Ellis Revness M70 Stanley Neufeld W40 Teri Goodreau Leda Whitmer W45 Shardn Diemert	44:30
	77:77
	95:10
W55 Erica Hersh Ann Martin	61:29
	61:33
And Harvin	01.77

## High Tech Trek

Overall	
Brian Abshire 30 Cindy O'Krane	28:46
	33:37
Continued on	next page

March, 1994		National N	lasters News		page 35
Continued from previous page. 1	Bob Koch 44:24	Redondo Beach 10K	M55 Jim Way 2:57:51	M50 Riel Hugo 2:56:46	M55 Bob Cella 28:16.1
Continued from previous page	M70 (standard 52:00)	Redondo Beach, CA; Jan. 30	David Whitten 3:01:04	Gerry Bouwer 3:16:14	Neal Donahue 33:15.5 M60 Bob Fine 28:19.5
M40 Wilson Waigwa 31:04 Ron Gee 32:41	Tom Edwards 47:41	Overall	Jim Broden 3:11:15	M55 John Adams 3:07:41 Christn Matthews 3:10:04	M60 Bob Fine 28:19.5 Gerry Gomes 29:33.9
Rory Trup 33:34	Stanley Neufeld 50:42 M75 (standard 65:00)	Valdenor Dos Santos 24 28:27	Hugo Badgett 3:17:52 M60 Jim Schleisman 3:05:08	M60 Leo Benning 3:38:15	Bob Sorrelle 31:44.5
Bob Hawker 33:42	Eddie Lewin 50:25	(broke old record of 28:30 by	M60 Jim Schleisman 3:05:08 Robert Fletcher 3:05:27	Tony Sukel 3:42:21	M65 Mary Goldenberg 29:57.9
Marty King 34:06	Dutch Benedetti 55:05	John Treacy, 1990)	Jim Smadema 3:06:58	W35 Janice Wilshere 3:42:17	Jerry Kauffman 32:59.5 Erik Johansson 33:39.2
M45 Richard Green 36:55 Mike Napolitano 39:16	M80 (standard (90:00)	Linda Somers 32 32:56 M40 Nolan Smith 31:55	M65 Keizo Yamada 3:02:29	W40 Joey van Dyk 3:15:10	Erik Johansson 33:39.2 M70 Sumner Shafmaster32:32.6
Mike Napolitano 39:16 Pete Kane 41:12	Chick Dahlsten 59:40 E Van Leeuwen 59:45	Ron Gee 31:58	Jerry Johnoock 3:13:59 Bill Golbrecht 3:25:35	Jean van Rooyen 3:47:35	Chris Lorenzo 34:14.3
Neil Finn 41:53	M85 (100:00)	Barry Schaefer 33:00	Bill Golbrecht 3:25:35 M70+Willis Greenaway 3:42:34	W50 Margaret Stone 3:31:09	M75 Sol Tannenbaum 39:56.9
Paul Springer 42:17	None	M45 Donald Ocana 36:07	Top W40+	W60 Daphne Ledlie 4:13:28	Norm Berkowitz 41:34.7
M50 Tom Warren 37:49 David Cowee 40:20	M60 (standard 120:00)	Steve Schlenderling 37:03 Herbert Countee 37:35	Debbie Hansen 40 2:51:39	RACE WALKING	M80+Sam Gadless 37:53.3 Nat Stone 41:53.1
David Cowee 40:20 Michael Nash 41:39	Paul Spangler 107:28	M50 Juan Cabeza 34:26	Marina Jones 2:51:47		W38 Sharon Opkins 32:12.2
David Schubert 41:56	W40 (standard 40:00) Loi Coker 39:05	Jerry Hackett 36:57	Jane Hutchison 2:52:24 Sharlet Gilbert 2:58:22	Park Racewalkers 5K	W35 Rachael Walker 41:25.4
Simon Blumental 48:28	W70 (standard 75:00)	Raymond Maranda 37:01	Martine Lienard 3:05:01	Grand Prix #2	W40 Jody Murray 34:46.0 Bonnie Laso 36:58.7
M55 Sonny Monioz 38:48 Phillip Campbell 41:14	Gerry Davidson 61:48	M55 Mario Ortiz Cruz 35:36 Sonny Monioz 37:56	Mary Ryzner 3:06:04	Central Park, NYC; Dec. 12	Bonnie Laso 36:58.7 W45 Linda Stein 28:24.4
Phillip Campbell 41:14 Pete Savitz 42:47	W75 (standard 90:00)	Philip Erath 40:25	W40 Angeles Ramirez 3:12:02 Barbara Leininger3:32:47	Overall Khang Vo 23 25:49	Alba Campbell 28:28.0
Bill Litwiller 45:13	Judy Simon 63:32	M60 Donald McPherson 43:42	W45 Gloria Jansen 3:06:29	Susan Burke 43 34:51	W50 Mary King 35:42.7
Roger Nelson 47:27	Trackathon Races (American	Dwight Moberg 44:25 John Van Egmond 44:40	Anita Porter 3:36:01	M40 Andres Fernandes4132:17	Judy Gibbs 36:59.5 W55 Anne Dann 33:49.2
M60+Jim O'Neil 68 42:16	River College 400m track)	John Van Egmond 44:40 M65 Patrick Devine 41:18	W50 Mayumi Alhore 3:25:39	MSO Herb Zydek 30:42 Per Hollander 52 35:30	Doris Tuttle 41:27.8
Dick Robinson 63 43:38 C Kachadooria 62 46:53	Sacramento, CA; Jan. 16	Albert Nobuto 41:35	Marjorie Lindsey 3:26:22 MaryLee LaCroix 3:28:07	M60 Mort Malkin 61 32:26	W60 JuneMarie Provost30:01.0
C Kachadooria 62 46:53 William Kohrs 68 48:40	10K Vernon Oakes 48 42:38	Les Deemer 42:43	W55 Sylvia Quinn 3:32:21	Jan Gero 60 32:55	Marcia Shafmaster34:44.1 W65 Miriam Gordon 31:33.7
Verl Lobb 62 50:24	Elizabeth Soroodeh 36 50:35	M70 H Ray Coleman 50:33 Stanley Neufeld 51:03	Gaby McQuitty 3:46:01	M70+Jay Charles 71 41:04 W40 Susan Burke 43 34:51	Ruth Perraud 37:01.3
W40 Sarah Rees 38:26	Scott Atkins 46 50:42	Peter Long 53:11	W60 Heidi Muckle 3:56:44	W40 Susan Burke 43 34:51 Laura Schoonejans4035:35	W70 Vivian Jeffers 37:11.1
Mary Ryzner 39:01 Loi Coker 39:21	Walt Pontynen 62 54:28	M75 Eddie Lewin 50:22	NORTHWEST	W50 Kitty Donohue 59 39:08	Blanche Waldman 43:24.5
Gail Anderson 48:58	Vic Lyons 68 56:23 Gary Towle 47 64:45	John Hales 55:17		W70+QueenieThompson71 41:17	M50 Fla AC/M60 Fla AC/M70
Candelaria Carcia 50:56	20K	Art Milow 1:16:10 M80+E Van Leeuwen 81 56:55	St. George Marathon	35°/sun/slick, snowy surface	Fla AC/W40 Miami Runrs/W50
W45 Ann Walker 42:25 Angeles Gastelum 45:19	Mike Ward 30 1:45:35	George Feinstein 80 65:55	St. George, UT; Oct. 2	4 judges/uncertfied course	Boca Raton RR
Susanne Milbourne 49:27	Gary Waldsmith 53 1:55:48	W40 Lorraine Caldwell 38:11	David Fetersen 2:17:51	Park Racewalkers 5K	
Lou Detwiler 56:18	30K Joe Pope 53 3:04:25	Barbara Varon 40:51 Leslie King 42:24	Michelle Petrus 2:42:41	Grand Prix #3	
Jan Kinney 58:53 W50 Barbara Alvarez 45:04	Marathon	M45 Yoko Eichel 44:06	M40 Brad Hardy 2:32:30 Ray Workman 2:32:41	Central Park, NYC; Dec. 19	
W50 Barbara Alvarez 45:04 Ursula Rains 47:17	Rae Clark 41 2:51:43	Hilda Adler 45:05	Geno Atencio 2:41:17 M45 David Burton 2:41:00	Marc Varsano 29 22:53	
Lillian Mahoney 52:34	Bill Yawn 47 3:24:12 Hans Mauth 33 3:29:17	Anita Greenberg 45:37	Don French 2:45:47	Zara Herkskovits 16 31:43	7-1
Virginia Lopez 1:06:35	Jan Levet 42 3:46:38	W50 Linda King 42:42 Roberta Lamping 45:45	Vic Jensen 2:46:03 M50 Robert Derbidge 2:39:47	M30 Mike Korol 34 24:14	
W6O+Doris Gordon 59:31	Dennis Scott 45 3:43:28	M Houghtalling 46:39	Paul Peacock 2:44:36	M40 Alex Shimko 43 26:03 Andres Fernandes41 30:06	
Paramount 10K	Gary Stanhope 33 3:53:22	W55 Shirley Blush 45:40	Robert Nelson 2:47:55	M50 Herb Zydek 54 28:36	Race For The Cure
Paramount, CA; Jan. 15	Ken Young 52 4:20:19	Miwako Shinohara 46:45 Jeanne Hoagland 47:19	M55 Darrell Natter 2:45:18 Kent Topham 2:58:15	Sherman Wilk 55 29:49	5K Racewalk
Overall	Eric Poulsen 42 4:25:31	W60 Anna Allen 57:13	Richard Carling 3:03:11	M60 Bob Barrett 60 27:26 Cervin Robinson 69 30:30	West Palm Beach, FL; Jan. 29
Danny Martinez 30:28 Kathleen Smith 36:54	Geo Billingsley 73 4:45:34 (US age-group record)	Dorothy Perry 59:01	M60 J. Garn McBride 2:55:20 Mel Freedy 2:59:44	M70+Jay Charles 71 39:39	Overall 2002
Kathleen Smith 36:54 M40 T Yagisawa 34:54	(us age-group record)	Kathleen Vento 1:00:43 W65 Miyoko Ohara 59:38	Paul Nance 3:01:09	W30 Debbie Sanders 38 36:15	Alan Jacobson 26:20 Sharon Opkins 32:50
Barry Witler 36:23	Senior Olympic Festival 5K/10K	Margaret Smith 1:02:52	M65 John Cahill 3:05:17 Bob Koch 3:20:37	W40 Lynn Conant 43 32:12	M40+ Overall
Steve Kellmyer 36:27	Tucson; Jan. 23	P Burschinger 1:03:57	R. Schachtili 3:33:54	Susan Burke 42 32:17 W50 AnneMarie Kunz 52 32:50	Bob Fine 29:27
Primo Hermosillo 36:34 Cary Mayeda 38:53	5K	W70 Ruth Cleland 1:46:16	M70 Tom Edwards 3:49:03 Bill collings 3:57:52	W70 Queenie Thompson71 39:39	M35 David Probert 38:09 M40 Thomas Hairston 31:33
M45 Pablo Doony 36:31	M55+Don Branaman 55 20:09 Frank Patania 61 20:57	W75 Judy Simon 1:04:37 Sarah London 1:15:46	Larry Pino 5:03:27		M40 Thomas Hairston 31:33 John Thomas 38:56
Mike Corning 36:51	Mitch Tillotson 5721:54		M75 Paul Reese 4:20:57 John Coles 4:29:05	Joe Yancey Memorial Indoor Meet 1500 RW	Bob Wood 40:30
Travis Estes 36:53 Michael Griffith 37:17	Joe Johnson 57 22:26	Big Game Stampede 5K	Dutch Benedetti 4:31:42	168th St. Armory, NYC; Jan. 7	M45 Vic Garner 35:33
Joseph Rizza 37:35	W50+Sue Fletcher 52 23:23 Victoria Sutton 5026:46	Santa Ana, CA; Jan. 30	Janice Colton 3:15:48	M40+Bob Barrett 7:47.6	Fred Deal 39:50 David Larson 45:33
M50 Jerry Hackett 36:52	Carolyneaubien63_28:05	Overall Joey Gomez 33 14:52	Sasaki Haruko 3:15:50	Herb Zydek 7:59.1	M50 John Curtin 36:40
Rich Cooper 37:07 Byron McIntoxh 39:00	10K	Marilyn Broady 30 18:00	W45 Ellie Arguello 3:01:35 Jeanie Groves 3:28:45	W40+Sonia Morales 9:48.7	George Dupont 40:08
Raymond Eastwood 40:28	M55+Don Branaman 55 41:30 Mitch Tillotson 5745:03	M40 Steve Kellmyer 17:17 Greg McClester 17:27	Jeanie Groves 3:28:45 Suzanne Sobenes 3:33:25	Susan Lacina 9:58.2 Queenie Thompson 11:14.5	Jud Stern 41:38 M55 John Timmons 36:14
Jim Crawford 41:26	Ole Veseth 63 47:32	Jose Aponte 17:30	W50 Yvette Lavigne 3:20:07 Nancy Thweatt 3:36:06		Robert Arutt 44:21
M55 Phillip Erath 41:02 B T Washington 41:30	W50+Sue Fletcher 52 46:22	M45 Wayne Mitchell 17:18 Michael Griffith 17:43	Toini Babinski 3:37:40	Los Angeles Walkers Club	M60 Allan Lavin 40:36
Oscar Rosales 41:31	(races run concurrently)	Mike Corning 17:48	W55 Shirley Blush 3:31:50 Gaby McQuitty 3:46:53	10 Mile Handicap	Mitchell Drake 40:54
Leroy Kim 42:00		M50 Nelson Crader 18:18 Magrie Boosquet 18:35	Bobbi Beck 4:40:39	Pasadena, CA; Jan. 16	M65+Jerome Kauffman 33:56 Avram Finger 34:54
Frank Vasquez 42:21 M60 Hal Sullivan 43:04	Super Run 10K	Dick Jones 18,48	W60 Bessie Denetclaw3:40:23 Barb Martindale 3:52:42	10 Mile Clock Time/Actual Time 1 Ed Bouldin 46 2:07:48/1:29:48	W40+ Overall
Robert Lyons 45:19	San Diego, CA; Jan. 30	M55 Ray Hughes 19:39 Thomas Baker 19:56	Donna Simmons 4:28:17	2 Guen Drenick 40 2:08:15/1:42:45	Pam Mach 36:34
Robert Perry 45:46	Overall	Hank Munoz 20:16	W65 Velma Earl 4:37:06	3 Clyde Hatfield 59 2:08:28/1:41:28 4 Ron Baers 51 2:09:23/1:39:23	W35 Michelle Cooper 39:13 W40 Bonnie Laso 37:13
Russel Peltz 46:07	Mark Gilmore 26 31:29	M60 Paul Saucedo 19:55 Ted Oviatt 21:44	Hilda Schumann 5:50:46	5 Alice Garcia 67 2:09:42/2:09:42 6 Mel Lees 71 2:09:58/1:53:58	Sila Foote 37:23
Ignacio Mariscal 46:37 M65 Larry Banuelos 43:54	Laura Silva 30 42:07 M40 Sam Hajj 33:05	Darrel Jeffries 21:55	INTERNATIONAL	7 Margery Kraus 40 2:11:01/1:40:01	Jill Slawson 37:35
Loren Leonard 48:15	M40 Sam Hajj 33:05 Richard Saltzman 38:55	M65 Larry Banuelos 20:37 Bob Koch 20:52		8 Janice McCaffrey 142:11:07/1:17:07	W45 Judith Deal 39:03
Luis Marroquin 49:51	Bill Cameron 39:34	Robert Kay 22.02	Western Province Masters Marathon	USATF Southern Regional 5K	Juanita Evans 39:10 Cathy Cutler 39:14
Mike Ohashi 50:15 Jack Green 52:50	Richard Enriquez 40:08	M70 Delmar Gourley 70 24:25 Bill Nice 78 24:55	Cape Town, So. Africa; Dec. 18	Racewalk Championships	W50 Doris Miller 36:46
M70+Eddie Simon 1:36:06	Michael Wiegund 41:16 M45 Graham Garcia 35:19	W40 Marina Jones 18:23	M35 Kosie Botha 2:30:43	Coconut Creek, FL; Jan. 21	Judy Gibbs 36:48
W40 Barbara Varon 41:45	Peter Stern 36:42	Lo1 Coker 18:41	M40 Monty Monteiro 2:53:10	Overall Eric Schmook 28 24:00	Gail Livergood 37:30 W55 June Ranofsky 37:16
Sandra Whitehead 46:35 Sharon Lotesto 48:13	Mick Germon 39:05 Robert Mach 39:37	Patti Tisone 21:16 W45 Margaret Neville 20:41	Johnn Diener 2:56:03	Linda Stein 46 24:24	Gila Cooper 38:01
Ana Maria Cain 50:13	Robert Mach 39:37 Everett Greene 40:49	Ann Lockwood 24:27	Nic Louw 3:38:08	M45 John Fredericks 24:51.6	W60 Anne Sorrelle 36:55
Andrea Yee 52:53	M50 George Keim 36:27	Kathie Litchfield 25:37 W50 Penny Tyree 22:53	M45 Ian Bocock 2:51:27 Peter Prior 3:06:04	Don Stockwell 27:44.6 MSO Brian Mair 28:42.3	Jean Witzel 40:05 M65+Vivian Jeffers 38:24
W45 Yoko Eilhel 43:31 Becky Parker 44:38	Tom Warren 37:46 James Noto 40:16	Nancy Temberge 23:06	Frank Barcock 3:26:04	Jay Dash 31:22.8	June Redfield 42:47
Barbara Spatz 45:54	James Noto 40:16 Charles Myrose 46:25	Cindy Allen 24:19 W55 Helen Geoffrion 23:34			
Joanie Atjespm 47:27	Gene Gordon 47:41	Teddi Bailey 32:03	2		
Belinda Holquin 48:21 W50 Karin Handsakor 46:09	M55 Jerry Albert 40:32 Peter Sanitz 41:55	Jane Tolley 31:43	1 1		The state of the s
Becky Ilagan 50:36	Tom Morrow 42:28	Willa Porter 33:56 W65 Margaret Baney 41:53	10	92 U.S. Masters Out	door
Marisela Olson 53:28	Michael Buckheim 42:40	W70 Lois Edds 73 31:02	19	92 U.S. Masters Out	1000
Lillian Mahoney 53:29	Carl Petersen 43:48	Delores Rowley 72 52:28		T&F Donlings Danie	
Sue Cumings 53:30 W55 Shirley Blush 45:27	M60+Ron Morgan 60 41:36 Jim Neil 68 42:09	Las Vegas Marathon	1 🖢	T&F Rankings Bool	
Maxine Brown 1:10:05	Bob Mangrum 60 42:59	Las Vegas, NV; Feb. 5	A) ( )	- 1002 11 6 6	
W60 Pinkie Fisher 54:14	Warren Osborn 60 43:04			's 1992 U.S. 5-year track & fi	eld age-group rankings.
Special World Masters Division	Jim McCown 71 43:30 W40 Cathy Myers 49:21	Overall Michael Dudley 23 2:16:54	•52 pages, over 100	-deep in some events.	
M40 (standard 34:00) Barry Molony 32:08	Jane Booth 49:48	Roxi Erickson 31 2:40:14	•All T& F events, in	ncluding 3000, 10,000, weight	relays, racewalks
Ron Gee 32:20	Anamaria Gilman 50:05	Top M40+	1 :	2 , , , ,	, remys, ruce marks.
Nolan Smith 32:35	Sandy Stanley 51:10 Cynthia Raimo 51:20	Doug Kurtis 41 2:19:26 Luis Lopez 2:24:58	Sand Sa	1 00 plus \$1 35	- N
Gary Shapiro 33:25 M45 (standard 36:00)	W45 Barbara Spatz 46:06	Luis Lopez 2:24:58 Vladimir Krivoy 43 2:27:31	■ Send \$4	4.00 plus \$1.25 postage and h	andling to:
Don Ocana 35:34	Nancy Morris 50:54	Dan Block 2:29:01			
M50 (standard 38:00)	Wanda Beck 55:03	Jerry Martinez 2:33:36		NATIONAL MASTERS NE	ws
Catarino Gonzalez 34:54 Juan Cabeza 35:03	Lana Willingham 57:57 Lucy Morgan 64:05	M40 Senovio Torres 2:39:28 Craig Moore 2:42:26	Ī	P.O. BOX 2372	
Juan Cabeza 35:03 John Shelton 36:35	W50 Barbara Alvarez 44:35	Stan Burl 2:45:17	■	Van Nuys, CA 91404	
Lee Baca 37:41	Susan Sutherland 44:47	Craig Davidson 2:48:03	1	van Nuys, CA 91404	
M55 (standard 40:00)	Angelika Casteneda 47:03	Terry Nephew 2:48:16	I <b>.</b>		
Carlos Valle 36:20 David Pitkethly 36:29	Ursula Rains 47:45 Lillian Mahoney 52:58	M45 Ken Rowe 2:41:37 Don Mathieu 2:44:25			
David Pitkethly 36:29 Sonny Monioz 37:39	W55 Anita Calhoun 56:45	Jon Frisby 2:46:44	■ Name		
M60 (standard 43:00)	Lillian Stark 1:20:44	Donald Weyer 2:51:21			
None	Roya Lee Byars 1:50:22	John Montgomery 2:52:21			
M65 (standard 47:00) Jim O'Neil 41:05	W60+Ruth Mangum 61 1:00:06 Hazel Phillips 60 1:00:48	M50 Ron Rohrer 2:52:06	_ City	State	Zip
Patrick Devine 41:38	Rosemary Ennis 62 1:07:45	David Buddington 2:52:14 Ron Thomas 2:53:54	■		
Gunnar Linde 42:06	Elsie Staats 61 1:11:36	Jim Fitch 2:55:06	L		
Albert Nobuto 42:49	Joanne Rubin 62 1:21:17	Sterling Bassett 2:55:41	,		

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U.S. NATIONAL SENIOR SPORTS ORGANIZATION



#### 1994 USNSO TRACK & FIELD SENIOR OPEN

WASHINGTON UNIVERSITY, ST. LOUIS, MISSOURI JUNE 17-19, 1994

St. Louis, home of the U.S. National Senior Sports Organization (USNSO) and Washington University, invites you to join the country's top senior track and field athletes for three days of competition, training and education at the 1994 USNSO Track and Field Senior Open, June 17-19, 1994.

#### A Golden Opportunity

Here's your chance to gather exclusively with 2,000 of the nation's most accomplished senior track and field athletes as you compete, train, and learn more about how to continue your ascent into sports prominence, while demonstrating the real changing image of aging in our country today.

#### USNSO's Commitment to Senior Athletes -We Take You One Step Further

USNSO, long recognized as the nation's leader in health and fitness for mature adults and host of the Senior Sports Classic, is now taking that role one step further. In addition to competition, USNSO is providing senior athletes the opportunity to train and learn from the best in the business of sports - from shoes to sprints, from weight training to nutrition. USNSO is committed to the development of the senior athlete to their highest potential. Benefit from the experience and expertise of these sports training and education professionals.

#### A Program Just For You

The 1994 USNSO Track and Field Senior Open features an exciting weekend with elements never before combined into a comprehensive program for male and female senior athletes age 55 and over.

#### **COMPETITION**

Competitions are in 5-year age groups for both males and females. Entry fee is \$50.00. A full range of track and field events are available at this competition.

#### Track Events:

- 100M, 200M, 400M, 800M, 1500M
- 4x100 Relays
- 5K & 10K Road Race
- Pentathlon
- 1500M & 5K Race Walk

#### Field Events:

- Discus
- Long Jump
- Hammer Throw
- Pole Vault
- High Jump
- Shotput
- Triple Jump
- Javelin

#### TRAINING

Sessions designed for senior track and field athletes and led by the nation's senior sports trainers will provide insight and hands-on opportunities to further develop your specific sport skills and training techniques.

#### **EDUCATION**

Learn from the experts as they provide input on the issues that most affect senior athletes today - get an edge on competition by learning more about the role of nutrition, the benefits of an appropriate cross training program, how to enhance your training regimen and sports psychology.

#### RESOURCE CENTER

Many of the country's leading companies who have joined USNSO in promoting fitness and sports to seniors will join you in St. Louis at the event's Resource Center, specifically designed with the senior athlete in mind. Test products, talk to company representatives. learn what business is doing to support senior's healthy, active lifestyles and have the opportunity to provide your personal feedback.







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