

Coghlan — 3:58.15!!!

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.

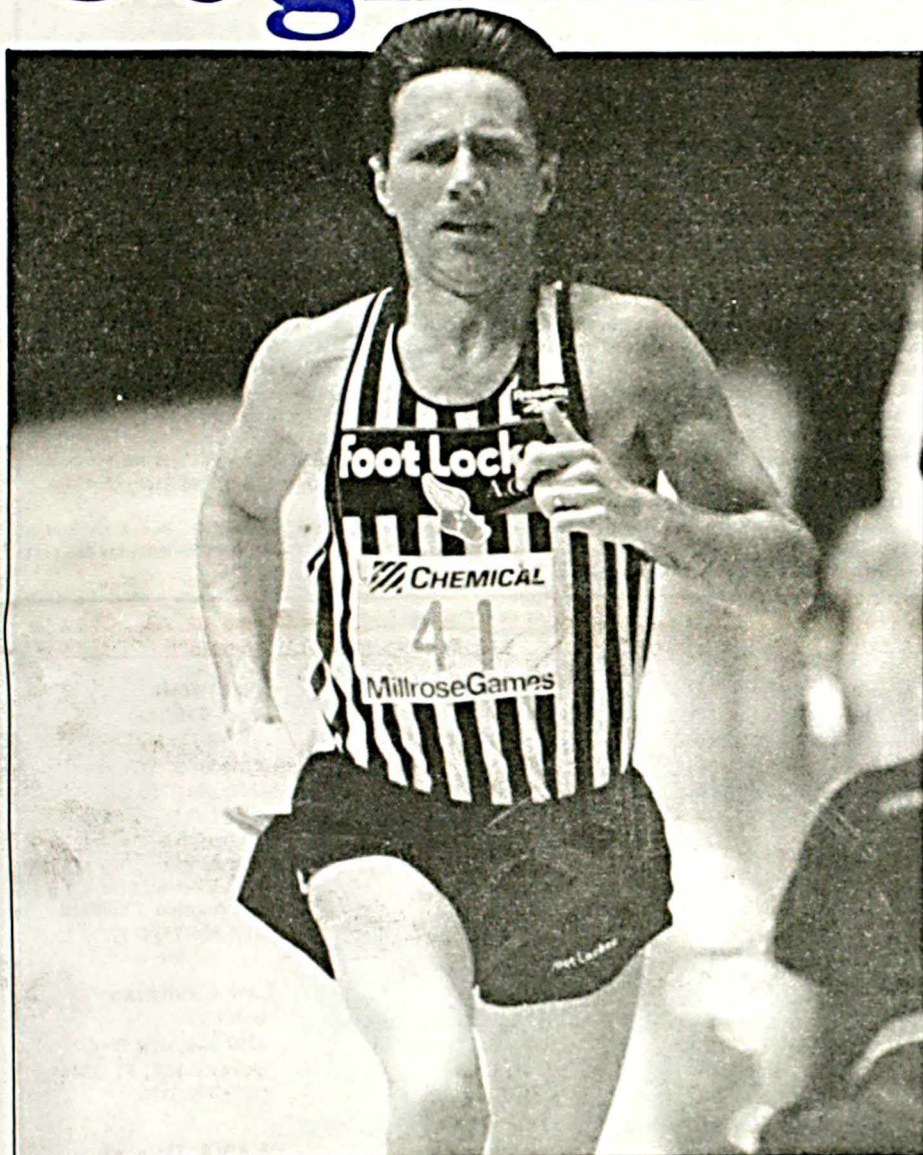
"I'm delighted that it happened on the superfast Harvard track," Coghlan said in a New York City press conference the next day. "I knew it was going to happen sometime. It was just a matter of getting it into my mind and my body."

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

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 (6-7½) on Jan. 16, upped the mark twice in February with a 2.04 (6-8¼) at the Millrose Games in New York City, Feb. 4 and a 2.10 (6-10¼) at the Mobil One Meet in Fairfax, Va., on Feb. 6.

The latter jump exceeds the world

40+ outdoor mark of 2.07 (6-9½) 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."

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Over 500 to Compete in Nationals

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

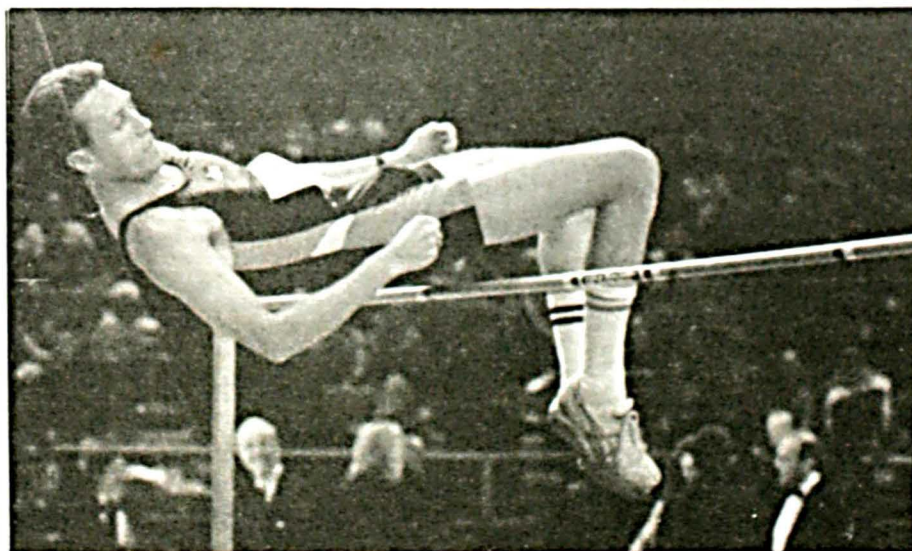
door Track and Field Championships on March 25-27 in Columbia, Mo.

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

Columbia is about a two-hour drive from St. Louis, and a 2½-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

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Dwight Stones, 40, setting a new world masters high jump record of 6-8¼ 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 competition.

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

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

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

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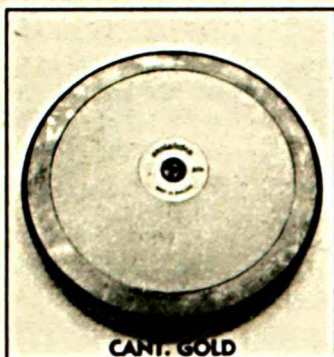
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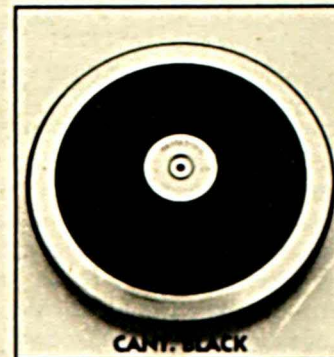
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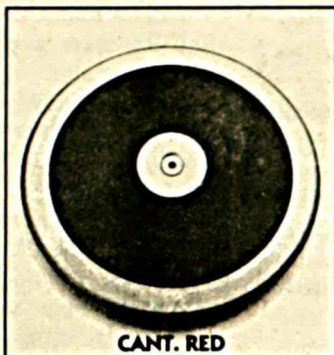
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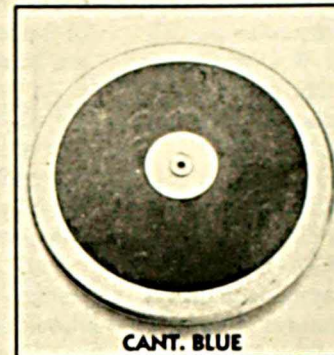


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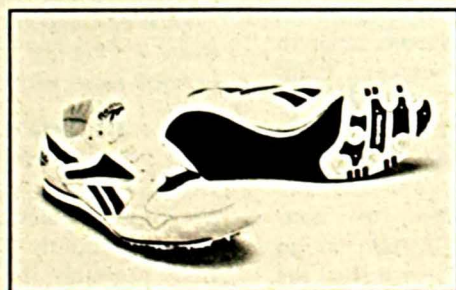
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WORLD CHAMPIONSHIPS

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 multi-wave 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

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 non-competition 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. That's 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 performances 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:		
M60 Romain	TRI 400	98.1
M55 Austin	AUS 100	96.8
M80 Morita	JPN TJ	96.7
M45 Murofusi	JPN HT	96.3
M50 Willie	GER HJ	95.9
M60 Selzer	GER 400	95.8
M60 Vicente	POR 10K	95.3
M60 Law	USA 400	95.2
M60 Neuman	GER 800	95.0
M55 Klimmer	GER LJ	94.6

Women:		
W65 Peterson	NZL TJ	99.0
W60 Schaeffer	GER HT	98.3
W55 Williams	GBR HT	98.2
W45 Raschker	USA PV	95.2
W45 Bezjak	SLO JT	94.0
W75 Tibbling	SWE 5K RW	93.8
W45 Pilschke	AUT HJ	93.5
W60 Ivanova	RUS HT	93.3
W50 Orman	NZL SC	92.7
W55 Schmalbruch	GER LJ	92.3

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

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Calcium, Magnesium, Potassium - 90 Tablets \$9.50 - At Elite \$7.60
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Frank Plazzo

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- 2 Gro 2000** (4.55 lbs.) - Retail \$29.95
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(Chocolate, Strawberry & Vanilla)
- Pro Opti Bar - Chocolate** Retail \$1.59/Bar
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- Emergen C - Lite** - 36 Paks \$11.55 - At Elite \$9.20
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- Super Gram III** - 100 Tabs. \$20.85 - At Elite \$16.50
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- 10 carbohydrate concentrate packets can be used before, during & after training and racing.
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Honolulu's Best & Worst

Having 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?

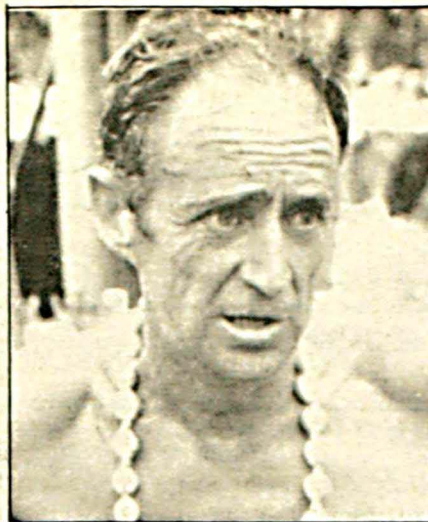
Biggest pre-race mistake: Simon Robert Naali, 1989 winner, did not properly tie a shoe and had to stop during the race to tie it. He then missed the men's record by four seconds.

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



Jack Foster and Carla Beurskens, the oldest winners of the Honolulu Marathon. Photo by Mike Tymn

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." — Ibrahim 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, 4x100 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-

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

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Senior HIGHLIGHTS

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

Entry Fees: \$12.00 registration fee and \$5.00 per event fee
Divisions: 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-weather track. 9 mm elements for Track, LJ, PV, HJ; 12 mm for JT
Qualifying Site For: 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
Crown Valley Senior Games - Pasadena Senior Center
85 East Holly St., Pasadena, CA. 91103 (818) 397-4062

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?"


Entry Form (please print)

Last Name _____ First Name _____ Sex: M _____ F _____
 Address _____
 Phone _____ Age as of 4/24/94 _____ DOB _____ T-Shirt: M _____ L _____ XL _____ XXL _____
 Events: 400M Walk _____ 50M _____ 100M _____ 200M _____ 400M _____ 800M _____ 1,500M _____ 5,000M _____ 1,500RW _____
 5,000RW _____ PV _____ JT _____ LJ _____ SP _____ HJ _____ DT _____ ST _____

Make checks payable & mail by April 13th to: Pasadena Senior Center, 85 East Holly St., Pasadena, CA. 91103

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.

Signature _____ Date _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

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



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.

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.)

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-more-dreaded 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).

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) whopped 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 Kim-erling.

We all run for recreation and recognition, and it's nice when our all-out 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. □

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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 9-6¼. 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 (40-¾). 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. □



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

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

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 headquarters 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. □



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

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. □



THE SECOND ANNUAL LEJEUNE MARATHON

USATF CERTIFICATION
NC-93026-ACL

SATURDAY, 23 APRIL 1994 ♦ 0700
GOETTGE MEMORIAL FIELD HOUSE
MCB, CAMP LEJEUNE, NORTH CAROLINA

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ENTRY FORM

Check One: Individual Entry Team Entry
Number of people attending Prerace Dinner at \$7.50 each

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 MAILED TOGETHER. THIS ENTRY FORM MAY BE DUPLICATED.

Name _____

Address _____

City _____

State _____ Zip _____ Phone () _____

Sex _____ Age on Day of Race _____ T-Shirt size: M L XL

WAIVER MUST BE SIGNED BEFORE MAILING!

GENERAL RELEASE:
In consideration of this entry being accepted and desiring to be legally bound to myself, my heirs, assigns, executors, administrators, etc. I hereby release the sponsors, officials, Marine Corps Base, Camp Lejeune, and all those associated with this event, of all claims for injuries and damages incurred or arising from my participation in THE LEJEUNE MARATHON.

Signature _____ Date _____

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

CONTACT DR. RON GERUGHTY (910)461-8430 OR MAIL THIS APPLICATION, ALONG WITH APPROPRIATE ENTRY FEE, TO:
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(ATTN: BMWR/MREC4)
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PSC BOX 20004
CAMP LEJEUNE NC 28542-0004

Make checks payable to: MWR ACTIVITY (\$20 if received by Wednesday, 20 April 94; \$30 thereafter)

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



In Memoriam — Gordon Wallace

Gordon 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

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 DQ'd 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 DQ'ing 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. □

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.

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. □

PROFILE

Nate and Evelyn White

by LORI DUFFY

Masters 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.

The 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 of their lives," Carter said. "He (Nate White) is the epitome of what the

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

members.

"When you say the Syracuse Chargers, that's a quality endeavor," said Charles DesJardins 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. DesJardins 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 umbrella organization in 1985, a time-consuming 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," Oja 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. — Ed.)

SPONSORED BY THE EASTERN REGIONAL COORDINATOR AND VALIAN ASSOCIATES

DATE: Sunday, March 13, 1994 10:00 A.M. Track - 10:00 A.M. Field
SITE: 168th Street Armory, Fort Washington Ave, Manhattan, New York
DIRECTIONS: Take the #1,9 or A train to 168th St. Station at Busby. Walk one block west to Ft. Wash., turn right for entrance between 168th & 169th Sts. By car, G. Wash. bridge to 178 St. exit (west bound) right (South) onto Ft. Wash.; or X-Bx Exp to 181 St. exit right (South) onto Ft. Wash.; or Riverside Drive north to 165th Street right up to Ft. Wash. right into secure parking facility. SEE MAP.
FACILITY: 6-lane Mondo brand new surface - fast - all runways. Short pin or pyramid spikes. Brand new jumping pits. All shot & weight indoors - soft shell.
TIMING: All running events will be FAT by North East Sports Timing Service, Inc.



AWARDS: USATF Regional medals with custom ribbons to 1st, 2nd, 3rd in each event by five year age divisions. Generic medals for 4th, 5th, 6th place in each event by 5 year age divisions. One eastern patch with the new USATF logo per winner.
DIVISIONS: Five year age groupings for men and women (30 - 80+).
TEAM AWARDS: Total scores for men & women in 5-year age groups combined into ten year divisions: 30-39, 40-49, 50-59, 60 Plus, & Overall. Scoring - 5/1st, 3/2nd, 2/3rd, 1/4th.

ENTRY FEES: Pre-entries are \$18 for the first event (includes a \$2 surcharge for the Eastern Regional Fund and a T-shirt with the new USATF LOGO design). The second event is \$10, the third event is \$8, and each additional event is \$6. Relays are \$20. Entries must be received with fees by Monday, March 7, 1994.
POST ENTRY FEES: Entries received after March 7th or the day of the meet are \$5 additional for each event, provided additional heats are not needed. Relays \$20.

USATF (TNC) REGISTRATION: Post entrants must show a current USATF (TNC) card or buy one at the meet for \$12. Insurance and sanction requirements demand compliance. TNC (USA T&F) SANCTIONED AND OFFICIATED. MEET DIRECTOR: HAIG BOHIGLIAN, EAST REG. COORD.

TRACK EVENT SCHEDULE (FAT)

3,000 M Racewalk	10:00
60 M Hurdles	10:45
60 M (Trials/Finals)	11:30
1,500 Meter Run	12:30
400 Meter Dash	1:15
Official's Break	1:45
4 x 200 Meter Relay	2:00
3,000 Meter Run	2:15
800 Meter Dash	3:00
200 Meter Dash	3:30
4 x 400 Meter Relay	4:15
4 x 800 Meter Relay	4:45
* Other relays upon request.	
* May have to be 55 meters	

FIELD EVENT SCHEDULE

EVENT/GROUP	30-39	40-49	50-59	60 PLUS	WOMEN
Long Jump	10:00	11:00	12:00	1:00	2:00
Triple Jump	3:00	3:00	4:00	4:00	4:00
High Jump	2:00	1:00	10:00	12:00	11:00
Pole Vault	1:00	12:00	11:00	10:00	10:00
Shot Put	11:00	10:00	1:00	2:00	12:00
Weight Throw	4:00	4:00	3:00	3:00	3:00

For example, Men 50-59 will LJ from 12 to 1 P.M. Triple jump & weight may start earlier after LJ & SP. FIELD ATHLETES WILL HAVE TO COMPLETE WITH THEIR AGE GROUPS. PLAN AND ENTER ACCORDINGLY. NO EXCEPTIONS. NO FALSE START RULE IN EFFECT FOR EVENTS.



TRACK EVENTS TAKE PRECEDENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADVANCED IF POSSIBLE - KEEP ADVISED. PLEASE COOPERATE AND DON'T ASK FOR EXCEPTIONS.

PLEASE PRINT

NAME _____ PHONE _____ SEX _____
ADDRESS _____ CITY & STATE _____ ZIP _____
AGE (ON 3/13/94) _____ BIRTHDATE _____ CLUB _____ USATF# _____
EVENT _____ BEST RECENT MARK _____ EVENT _____ BEST RECENT MARK _____
1. _____ 4. _____ 7. _____
2. _____ 5. _____ 8. _____
3. _____ 6. _____ 9. _____

ENCLOSED: 1st event (includes T-shirt) \$18.00 \$23.00 CIRCLE SIZE: M L XL XXL XXX L
2nd event @ \$10.00 @ \$15 HAIG BOHIGLIAN
3rd event @ \$ 8.00 @ \$13 225 HUNTER AVENUE
Additional events @ \$6.00 @ \$11 N. TOWN, NY 10591
USATF (TNC) Reg. (PENDING NOT OKAY) (12.00) (12.00) 914 - 631 - 1547
Relay entry @ \$20.00 @ \$20 ALSO A FAX BUT YOU MUST CALL FIRST.
Additional Eastern T-shirt @ \$6.00 @ \$6 CIRCLE SIZE: M L XL XXL XXX L
TOTAL ENCLOSED _____ Limited quantities.

WAIVER: In consideration of your accepting this entry, I do hereby legally bind myself, my heirs, executors, and administrators to waive, release, and discharge any and all rights, claims and damages that I may have against United States Track & Field, East Masters Regional Coordinator, the Masters Track & Field Committee, The City and the State of New York, The Armory, their Agents, Representatives, Assignees, Trustees, Officers, Employees, or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit, and sufficiently trained for this competition.

DATE: _____ SIGNATURE _____



How They Train: Phil Mulkey

by PHIL RASCHKER

Phil 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 with one day off.

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.

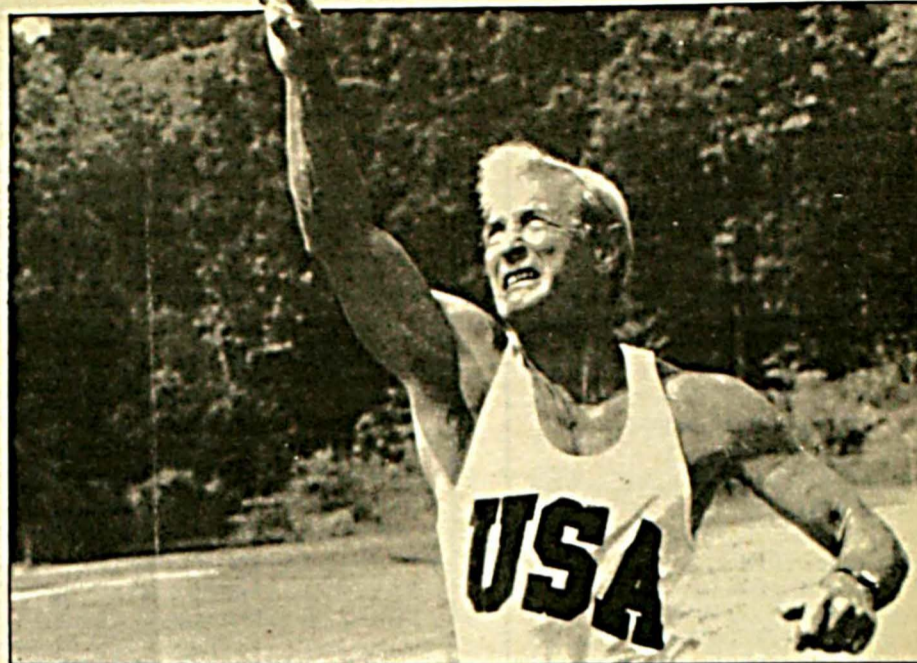
"At my age," he quipped, "rest is very important." Still, for the first time since competing as a master, he took his weight training all the way, even lifting while in Miyazaki. Heretofore he had limited himself to the first three months of the season.

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 weight-training. 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?

	Actual Marks 1989 Eugene	1993 Age-Graded Prediction	Actual Marks 1993 Miyazaki
100	13.14	13.50	13.55
LJ	18-2	16-8	17-3½
SP	47-10	44-3	45-1½
HJ	5-3	4-11	5-0¼
400	62.94	65.49	65.40
HH	15.34	15.82	15.59
DT	161-6	152-7	152-7
PV	12-5¼	11-6	11-1½
JT	153-10	139-11	135-0
1500	6:28	6:47	6:49

A cursory comparison, showing the difference between 1989 and 1993,



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 it."

"In 1992 in Spokane I had gotten up to 195 lbs., and while I miraculously won the long jump with 17-6½, 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 reps).

3) Leg abductors = 12 x 125 pounds.*

4) Leg adductors = 12 x 125 pounds*

5) Quad extensions = 12 x 200 pounds*

6) Hamstring curls = 12 x 200 pounds*

7) Leg press = 12 x 425 pounds*

8) Overhead pull = 12 x 135 pounds*

9) Treadmill jog = 1 mile @ 8 minutes.

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 x 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. □



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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 space.

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

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 7-7 $\frac{3}{4}$ and cleared 2.14 (7-0 $\frac{1}{4}$) 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 Buffalo.

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



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 (43-5 $\frac{1}{4}$). George Mathews, 50, topped all M40-and-over in the weight with a 43-3 $\frac{1}{4}$. Meet Director Carl Wallin, 50, had the best shot put among all M30+ competitors, with a 51-1 $\frac{1}{2}$.

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 (35-5 $\frac{1}{2}$). □

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Pat Mc Donald, the giant policeman, 1912 Olympic shot put champion, 50'4". (They didn't use a toeboard!)

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SPEAKER'S CORNER

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

A Worldwide Thank You

The 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 Carlus (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 realized.

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

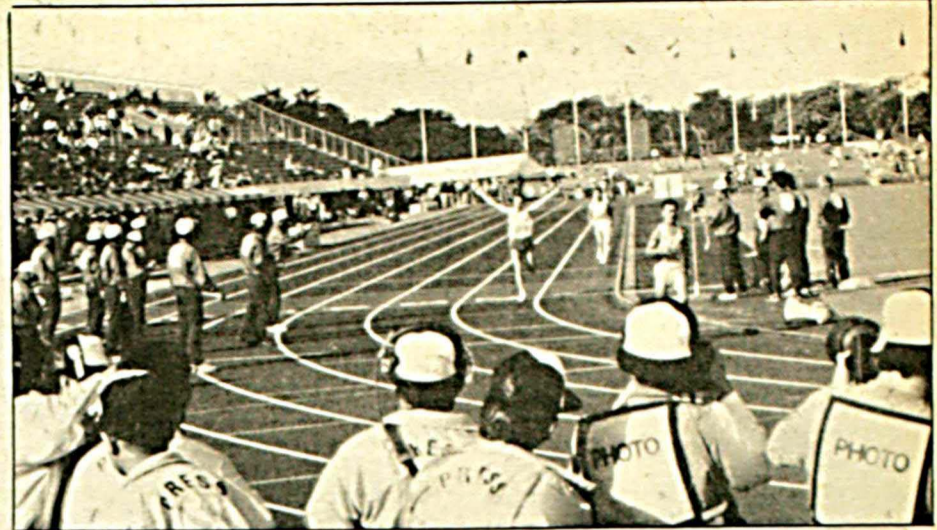
On returning to Japan, I set up an organization for masters with some of my friends. We held regional, national and international meets with support and cooperation of the people involved in the program, and three friends and myself ran an 8 kilometer marathon round the Japan Islands to promote our cause.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

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69						
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49						
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +						
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus						

IMPLEMENTS

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

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

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 verification of date of birth, wind velocity, etc.

MEN'S WORLD INDOOR RECORDS

60 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	6.97	Eddie Hart(US)	40 3-24-90
M45	7.02	Stan Whitley(USA)	45 3-23-91
M50	7.37	Harold Morioka(CAN)	50 3-20-93
M55	7.40	Steve Robbins(CA)	50 3-20-93
M60	7.4	Ron Taylor(GB)	52 3-15-86
M65	7.4	F. Taylor(GB)	52 3-25-88
M70	7.53h	Hugo Martenstein(US)	55 3-24-90
M75	7.57	Hugo Martenstein(US)	55 3-24-90
M80	7.6	Ron Taylor(GB)	56 3-31-90
M85	7.7	Payton Jordan(US)	60 1-7-78
M90	7.8	Cecil Paul(CAN)	66 3-8-86
M95	8.46	Payton Jordan(US)	72 4-1-89
M100	8.99	Maribotti Guiseppi(ITA)	75 2-23-91
M105	p8.9	Maribotti Guiseppi(ITA)	76 2-23-91
M110	9.81	Fred White(USA)	80 3-20-93
M115	9.83	Ahti Pajunen(FIN)	80 3-3-90
M120	p9.7	Vittorio Colo(ITA)	80 2-23-92
M125	11.33	Russell Randall(USA)	86 3-20-93
M130	p15.52	Nikko Salonen(FIN)	90 - -87

200 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	22.6	Hanno Rheineck(UG)	42 3-10-85
M45	23.4	Roger Pierce(US)	45 1-5-90
M50	p22.70	Stan Whitley(USA)	46 4-5-92
M55	23.76	Harold Morioka(CAN)	50 3-21-93
M60	23.8	Ron Taylor(GB)	52 3-15-86
M65	24.7	Ron Taylor(GB)	56 3-31-90
M70	26.37	Jack Greenwood(US)	62 4-2-89
M75	p26.14	Charley Williams(GBR)	60 - -91
M80	26.92	James Law(USA)	65 3-24-91
M85	28.00	Payton Jordan(US)	72 4-2-89
M90	31.85	Jay Sponseler(USA)	75 3-21-93
M95	p31.0	Giovanni Diguardo(ITA)	75 2-25-90
M100	p30.8	Giovanni Diguardo(ITA)	77 2-22-92
M105	32.9	Barry Ivers(USA)	80 3-17-91
M110	39.79	Russell Randall(USA)	86 3-21-93
M115	p68.6	Nikko Salonen(FIN)	90 - -87

400 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	50.15	Fred Soverby(ANT)	43 2-22-92
M45	51.15	Stan Whitley(USA)	45 3-23-91
M50	52.95	Harold Morioka(CAN)	50 3-20-93
M55	56.17	James Mathis(US)	56 3-23-91
M60	59.82	Earl Fee(CAN)	60 4-1-89
M65	60.67	James Law(USA)	65 3-23-91
M70	66.03	John Alexander(US)	70 3-24-90
M75	73.80	Jay Sponseler(USA)	75 3-20-93
M80	79.6	Aleksander Ernesaks(CAN)	80 3-7-92
M85	1:40.86	Russell Randall(USA)	86 3-20-93
M90	p2:47.3	Nikko Salonen(FIN)	90 - -87

800 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	1:55.5	Ken Popejoy(Wheaton, IL)	42 1-30-93
M45	1:57.81	Ken Sparks(US)	45 3-25-90
M50	2:05.8	Ken Baker(USA)	50 1-17-88
M55	2:08.9	Ken Baker(USA)	55 3-22-92
M60	2:16.64	Earl Fee(CAN)	62 1-18-92
M65	2:24.82	Harry Tempan(GB)	65 3-17-91
M70	2:42.0	Austin Neuman(US)	70 3-23-86
M75	2:53.1	David Morrison(GB)	75 3-26-89
M80	4:40.0	Ronald White(GB)	80 - -
M85	p3:44.6	Henry Zachman(USA)	80 1-14-90
M90	p3:50.0	Henry Zachman(USA)	80 3-17-90
M95	6:18.0	Herb Kirk(US)	87 2-5-83

1500 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	3:45.3	Eamonn Coghlan(IRL)	40 2-26-93
M45	4:03.69h	John Potts(GB)	45 3-9-90
M50	4:19.21	Benjamin Johns(CAN)	50 1-31-87
M55	4:28.9	James Sutton(US)	55 1-4-87
M60	4:43.75	James Sutton(USA)	61 3-7-93
M65	p4:43.8	Cesare Bini(ITA)	60 2-25-90
M70	4:53.02	Harry Tempan(GB)	65 3-17-91
M75	5:27.4	Austin Neuman(US)	70 3-23-86
M80	6:01.6	Austin Neuman(US)	75 2-24-91
M85	p5:42.9	A. Parma(ITA)	75 2-25-90
M90	7:04.2	Paul Spangler(US)	80 3-18-79
M95	14:28.4	Nikko Salonen(FIN)	90 - -88

One Mile			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	4:01.39	Eamonn Coghlan(IRL)	40 2-26-93
M45	4:21.90	Albie Svenson(USA)	46 2-26-93
M50	4:40.6	Vic Heckler(USA)	50 2-14-93
M55	4:53.3	John Connor(USA)	55 2-25-90

3000 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	8:24.8	Chris McCubbins(CAN)	40 1-18-86
M45	8:46.80	Renato De Palmas(ITA)	45 3-9-85
M50	8:58.8	Les Presland(GB)	50 3-31-90
M55	9:26.9	Stephen James(GBR)	55 3-29-93
M60	9:59.02	Andrew Brown(GBR)	60 3-13-93
M65	10:32.28	William Marshall(GBR)	65 3-13-93
M70	11:17.99	James Todd(GBR)	71 3-13-93
M75	13:08.2	Gordon Porteous(SCO)	75 3-28-89
M80	18:20.6y	Byron Fike(US)	80 3-20-88
M85	p16:53.4	A. Petrone(ITA)	80 2-25-89

60 Meter Hurdles			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	8.15	Stan Druckrey(US)	40 4-1-89
M45	8.76	Willie Davenport(US)	45 4-1-89
M50	8.47	Walt Butler(USA)	51 3-20-93
M55	9.15	Dale Lance(USA)	55 2-20-93
M60	9.14	Phil Mulkey(USA)	60 3-20-93
M65	9.8	Buck Bradberry(USA)	66 2-20-93
M70	10.9	Les Williams(GBR)	70 - -93
M75	p10.5	Tom Patsalis(USA)	70 4-4-92
M80	11.20	Frank Finger(USA)	75 3-24-91
M85	13.37	Ahti Pajunen(FIN)	80 3-3-90

High Jump			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	6-7 1/2	2.02 Dwight Stones(USA)	40 1-16-94
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
M55	5-10	1.78 Milton Newton(US)	51 3-30-85
M60	5-10	1.78 Richard Richardson(US)	53 3-15-87
M65	p6-0	1.83 Vittorioiano Dovrandi(ITA)	51 2-5-93
M70	p5-11	1.80 Vittorioiano Dovrandi(ITA)	50 2-22-92
M75	5-7 1/4	1.71 John C. Brown(US)	56 1-11-86
M80	5-5	1.65 Jim Gilchrist(US)	62 3-24-90
M85	5-4	1.62 Jim Gilchrist(US)	65 3-19-93
M90	4-9	1.45 Esko Kolhonen(FIN)	71 - -86
M95	4-5 1/4	1.35 Esko Kolhonen(FIN)	76 3-3-90
M100	p4-7 1/4	1.40 Esko Kolhonen(FIN)	75 - -89
M105	p4-6	1.37 Ian Hume(CAN)	75 3-24-90
M110	4-0	1.22 Wesley Ward(USA)	82 2-15-92
M115	3-3 1/4	1.00 A. E. Pitcher(USA)	88 2-18-90
M120	p1-5 3/4	0.45 Nikko Salonen(FIN)	90 - -87

Pole Vault			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	15-3	4.65 Richard Christoph(USA)	40 3-1-92
M45	p16-5	5.00 Kjell Isaaksson(SWE)	40 - -88
M50	14-6	4.42 Roger Ruth(USA)	45 2-18-73
M55	13-6	4.11 Boo Morcom(USA)	54 3-14-76
M60	13-2 1/2	4.02 Boo Morcom(USA)	59 - -81
M65	12-4 3/4	3.78 Jerry Donley(USA)	60 2-25-90
M70	11-1 1/2	3.39 Boo Morcom(USA)	67 1-6-89
M75	10-4	3.15 Boo Morcom(USA)	71 1-8-93
M80	9-3	2.82 Carol Johnston(USA)	76 3-19-88
M85	7-10 1/2	2.40 Carol Johnston(USA)	80 4-4-92
M90	5-6	1.67 A. E. Pitcher(USA)	86 3-19-88

Long Jump			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
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
M50	21-2 3/4	6.47 Stig Backlund(FIN)	50 3-3-90
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
M65	17-5 1/4	5.31 Melvin Larsen(US)	66 1-13-91
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
M80	p13-5 3/4	4.11 Maribotti Guiseppi(ITA)	75 2-24-91
M85	11-8 1/2	3.57 Karl Trei(CAN)	80 3-10-90
M90	8-8 3/4	2.66 Russell Randall(USA)	86 3-21-93
M95	p4-11	1.50 Nikko Salonen(FIN)	90 - -87

Triple Jump			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	46-5	14.15 Sean Power(GB)	40 - -
M45	45-1 1/4	13.75 Stig Backlund(FIN)	48 - -88
M50	45-0 1/4	13.72 Stig Backlund(FIN)	50 3-4-90
M55	40-0 1/4	12.20 Olavi Heimi(FIN)	58 3-18-90
M60	39-9 1/2	12.13 Amelio Comprici(ITA)	60 3-9-85
M65	35-10	10.92 Amelio Comprici(ITA)	65 3-3-90
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
M80	p30-10	9.40 Heikki Simola(FIN)	75 - -87
M85	23-11 3/4	7.31 Karl Trei(CAN)	80 3-10-90
M90	p25-1 1/4	7.65 Vittorio Colo(ITA)	80 2-22-92
M95	15-10 1/4	4.83 Konrad Boas(US)	85 3-31-89
M100	p12-6 1/2	3.82 Nikko Salonen(FIN)	90 - -87

Shot Put (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
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
M50	p56-11 1/2	17.36 Matti Jouppila(FIN)	45 3-3-90
M55	51-10	15.80 Carl Wallin(USA)	50 1-10-92
M60	48-0 1/2	14.64 Raino Leino(FIN)	55 3-3-90
M65	p48-4	14.73 Veikko Kojala(FIN)	55 - -87
M70	55-2 1/2	16.83 Reino Mäkeläinen(FIN)	60 - -81
M75	50-1 1/2	15.28 Voitto Elo(FIN)	65 - -82
M80	43-5	13.23 Ross Carter(US)	71 3-30-85
M85	42-3	12.88 Voitto Elo(FIN)	75 3-3-90
M90	30-5	9.27 Leon Joslin(USA)	80 4-5-92
M95	22-9 3/4	6.95 Burt Degroot(USA)	86 3-21-93
M100	p27-5 1/4	8.36 Lamberto Cicconi(ITA)	86 2-23-91
M105	15-9 3/4	4.82 Everett Nosack(USA)	90 2-24-93

2000 Meter Walk			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	8:28.50	Robert Care(GB)	43 3-17-91
M45	8:33.4	David Stevens(GB)	47 3-21-84
M50	8:58.0	David Stevens(GB)	51 3-25-88
M55	9:29.4	Mario Sciarretta(ITA)	55 3-2-90
M60	10:42.0	Len Creog(GB)	64 3-27-87
M65	10:39.6	Len Creog(GB)	65 3-25-88
M70	10:41.4	James Grimwade(GB)	70 3-27-87
M75	p10:12.72	Charles Coleman(GBR)	70 3-17-91
M80	10:50.8	James Grimwade(GB)	75 3-25-88

3000 Meter Walk			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M40	13:08.0	Robert Care(GB)	42 3-31-90
M45	p12:41.0	Matti Katila(FIN)	40 - -88
M50	p12:42.62	Ray Funkhouser(USA)	40 4-4-92
M55	p12:55.8	Heikki Lahtinen(FIN)	40 3-3-90
M60	12:58.0	Jan Roos(CAN)	47 1-28-84
M65	13:59.2	Jan Roos(CAN)	51 4-1-89
M70	14:27.6	Mario Sciarretta(ITA)	55 3-2-90
M75	16:03.8	Max Gould(CAN)	64 1-30-82
M80	p14:44.51	Max Green(USA)	60 4-4-92
M85	p14:46.4	Boris Olenov(URS)	60 3-19-89
M90	16:03.0	Max Gould(CAN)	66 1-28-84
M95	17:31.6	Pauli Makinen(FIN)	70 3-9-90
M100	p15:27.96	Tonetti Franco(ITA)	70 2-24-91
M105	18:35.8	Chico Scimone(ITA)	75 2-14-87
M110	20:35.0	Ake Strang(FIN)	82 3-4-90
M115	p20:07.0	Ake Strang(FIN)	81 - -89

WOMEN'S WORLD INDOOR RECORDS

60 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M35	7.9	Vespe Ellis(GBR)	36 3-20-93
M40	8.10	Phil Raschker(USA)	44 3-23-91
M45	8.12	Phil Raschker(USA)	46 3-20-93
M50	8.14	Phil Raschker(USA)	50 3-20-93
M55	8.7	Una Gore(GB)	52 11-17-90
M60	9.1	Asta Larsson(SWE)	55 - -87
M65	9.4	Joan Ogden(GB)	60 3-25-88
M70	9.5	Joan Ogden(GB)	65 3-20-93
M75	10.36	Mary Bowermaster(US)	71 4-1-89
M80	11.75	Millie Crews(US)	75 3-24-90

200 Meters			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
M35	25.29	Jocelyn Kirby(GBR)	35 1-8-93
M40	26.91	Riny Hagenars(HOL)	41 2-28-93
M45	26.31	Phil Raschker(USA)	46 3-21-93
M50	29.6	Una Gore(GB)	50 3-26-89
M55	31.05	Asta Larsson(SWE)	56 - -88
M60	31.6	Joan Ogden(GB)	61 3-26-89
M65	32.0	Joan Ogden(GB)	65 3-20-93
M70	37.4	Mary Wixey(GB)	70 3-8-91
M75	44.39	Millie Crews(US)	

Continued from previous page

High Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Liz McBlain, Phil Raschker, and Taisija Tsentsak.

Pole Vault table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Phil Raschker, Pat McNab, and Dorothy McLennan.

Long Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Willye White, Phil Raschker, and Phil Raschker.

2000 Meter Walk table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Asta Larsson, Betty Vosburgh, and Leonore McDaniel.

Triple Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Phil Raschker, Phil Raschker, Jackie Charles, and Rosemary Chrimes.

Shot Put (35-49: 4kg; 50+: 3kg) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Brown Carter, Svetlana Melnikova, and Janis Kerr.

2000 Meter Walk table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Lillian Miller, Pam Norwill, and Mary Worth.

3000 Meter Walk table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Cath Reader, Nataji Graham, Julie Ratner, and Suzanne Griessbach.

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

60 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Eddie Hart, Stan Whitley, and Steve Robbins.

200 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Bill Collins, Roger Pierce, Stan Whitley, and Roy Turner.

400 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for James King, Stan Whitley, Larry Colbert, and James Mathis.

800 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Ken Popejoy, Stan Sparks, Ken Baker, and Ken Baker.

1500 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Ken Popejoy, Stan Sparks, Victor Heckler, and James Sutton.

One Mile table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Ken Popejoy, Ken Popejoy, Albin Swenson, and Victor Heckler.

3000 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Peter Hallop, Ken Popejoy, Salih Talib, and Albin Swenson.

Two Miles table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Peter Hallop, Ernest Billups, Victor Heckler, and Jim Sutton.

60 Meter Hurdles table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Stan Druckrey, Willie Davenport, and Walt Butler.

High Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Jim Barrineau, Dwight Stones, Merm Wyatt, and Milton Newton.

Pole Vault table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Richard Christoph, Roger Ruth, Boo Morcom, and Boo Morcom.

Long Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Stan Whitley, Stan Whitley, Shirley Davison, and Boo Morcom.

Triple Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for John Hartfield, Ira Davis, Dave Jackson, and Phil Mulkey.

Shot Put (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Brian Oldfield, Edward Hill, Carl Wallin, and Richard Lee.

Weight Throw (35-59: 35#; 60+: 25#) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Ed Burke, Harold Connolly, Bob Backus, and Cliff Blair.

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Ed Burke, Harold Connolly, Bob Backus, and Cliff Blair.

Continued on next page

Continued from previous page

WOMEN'S AMERICAN INDOOR RECORDS

60 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 8.19	Irene Thompson(NY)	37	4-4-92
W40 8.10	Phil Raschker(GA)	44	3-23-91
W45 8.12	Phil Raschker(GA)	46	3-20-93
W50 8.98	Mary Luker(TX)	50	4-4-92
W55 9.36	Christel Miller(CA)	55	3-24-90
W60 9.87	Betty Vosburgh(GA)	60	4-4-92
W65 10.03	Patricia Peterson(NY)	65	4-4-92
W70 10.36	Mary Bowermaster(OH)	71	4-1-89
W75 11.75	Hillie Crews(WI)	75	3-24-90

200 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 27.65	Jo Ann Angotti(NY)	35	4-2-89
p27.11	Marcia Hulce(OH)	35	4-5-92
W40 27.08	Phil Raschker(GA)	44	3-24-91
W45 26.31	Phil Raschker(GA)	46	3-21-93
W50 30.87	Marilyn Mitchell(NY)	50	3-21-93
W55 31.45	Carolyn Cappetta(MA)	57	3-21-93
W60 33.51	Betty Vosburgh(GA)	60	4-5-92
W65 35.08	Patricia Peterson(NY)	66	3-21-93
W70 37.85	Mary Bowermaster(OH)	71	4-2-89
W75 44.39	Hillie Crews(WI)	76	3-24-91

400 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 60.91	Danis Willet(NB)	35	3-6-93
W40 62.11	Phil Raschker(GA)	44	3-23-91
W45 63.98	Pamela Calvert(MD)	45	3-23-91
W50 72.86	Linda Upton(MA)	50	1-7-94
W55 69.03	Carolyn Cappetta(MA)	57	3-19-93
W60 80.26	Betty Vosburgh(GA)	60	4-4-92
W65 85.57	Patricia Peterson(NY)	65	4-4-92
W70 1:44.86	Carol Peebles(WI)	70	3-14-92
W75 1:45.59	Pearl Mehl(CO)	75	4-1-89

800 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 2:14.94	Nancy Shafer(OH)	35	2-20-87
W40 2:22.7	Barbara Pike(MA)	41	2-5-83
W45 2:31.3	Barbara Pike(MA)	45	3-15-87
W50 2:34.42	Linda Upton(MA)	50	1-23-94
W55 2:51.80	Wava Mosbrucker(WI)	55	3-24-91
W60 2:56.75	Joyce Hals(MA)	60	1-8-93
W65 3:30.74	Dottie Gray(MO)	66	4-5-92
W70 3:39.55	Louis Adams(USA)	71	3-21-93
W75 4:03.77	Pearl Mehl(CO)	76	3-25-90

1500 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 4:36.12	Cindy Bremser(WI)	37	3-23-91
W40 4:48.40	Kathy McIntyre(NY)	41	2-20-90
W45 5:05.82	Robin Villa(NY)	46	2-3-90
W50 5:23.05	Linda Upton(MA)	50	1-7-94
W55 5:46.0	Beryl Skelton(NY)	56	3-17-85
W60 5:58.55	Gloria Brown(NY)	61	3-7-93
W65 7:06.0	Dottie Gray(MO)	66	4-4-92
W70 7:17.7	Louis Adams(CO)	71	3-20-93
W75 7:43.3	Pearl Mehl(CO)	75	4-1-89

One Mile

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 4:59.28	Carol Urish-McLatchie(TX)	35	3-28-87
W40 5:12.4	Barbara Pike(MA)	40	3-14-82
W45 5:25.4	Marilyn Harbin(CA)	46	3-2-84
W50 5:40.1	Mila Kania(NY)	51	3-20-83
W55 5:51.0	Margaret Miller(CA)	55	2-22-81
W60 7:47.6	Jean Price(US)	61	3-27-82
W65 7:35.0	Marie Stafford(OR)	68	1-30-88
W70 7:29.22	Pearl Mehl(CO)	73	3-28-87

3000 Meters

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 10:24.13y	Carol Urish-McLatchie(TX)	35	3-29-87
W40 10:19.8	Barbara Pike(MA)	43	2-11-90
W45 11:06.77	Joni Shirley(CA)	45	4-5-92
W50 11:41.86	Sandra Knott(OH)	52	3-25-90
W55 12:23.13	Wava Mosbrucker(WI)	55	3-24-91
W60 12:38.36	Gloria Brown(NY)	61	3-7-93
W65 16:18.04	Queenie Thompson(NY)	67	3-24-91
W70 15:15.10	Ellen McCoy(MN)	70	3-24-91
W75 15:53.5	Pearl Mehl(CO)	75	4-2-89

Two Miles

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 10:24.13	Carol Urish-McLatchie(TX)	35	3-29-87
W40 11:09.0	Barbara Pike(MA)	40	3-28-82
W45 12:44.0	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
W60 p18:21.0	Ernestine Yeomans(CAN)	64	1-8-84
W65 16:37.2	Pearl Mehl(CO)	69	2-19-84
W70 15:30.0	Pearl Mehl(CO)	73	3-29-87

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 Miller(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

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 Raschker(GA)	46	1-23-94
W50 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
W60 4-1 1/4	1.25 Leonore McDaniel(VA)	63	3-24-91
W65 4-0 1/2	1.23 Leonore McDaniel(VA)	65	3-21-93
W70 3-7	1.09 Mary Bowermaster(OH)	70	3-19-88
W75 3-0	0.91 Vivian Nelson(PA)	75	3-5-88

Pole Vault

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 p8-0	2.44 Phil Raschker(GA)	35	3-14-82
W40 8-0 1/2	2.45 Phil Raschker(GA)	44	2-16-92
W45 9-6 1/4	2.90 Phil Raschker(GA)	46	1-23-94
W50 6-8	2.03 Barbara Stewart(NY)	52	1-28-94
W55 5-1 1/2	1.56 Lucy Ann Brobst(NC)	58	2-16-92
W60 5-5 3/4	1.67 Leonore McDaniel(VA)	64	2-20-93
W65 6-6 1/4	1.99 Leonore McDaniel(VA)	65	3-6-93

Long Jump

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 20-2 1/2	6.16 Willye White(US)	36	3-3-75
W40 18-5	5.61 Phil Raschker(GA)	40	3-28-87
W45 18-2 1/4	5.54 Phil Raschker(GA)	45	2-20-93
W50 13-7	4.14 Christel Miller(CA)	50	3-30-85
W55 12-3 3/4	3.75 Betty Vosburgh(GA)	59	3-23-91
W60 12-3	3.73 Betty Vosburgh(GA)	60	2-23-92
W65 12-2	3.71 Leonore McDaniel(VA)	65	3-6-93
W70 10-10 1/4	3.31 Mary Bowermaster(OH)	70	3-19-88
W75 7-6 1/4	2.29 Vivian Nelson(PA)	75	3-5-88

Triple Jump

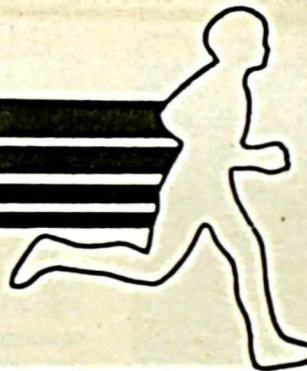
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 35-0 3/4	10.69 Phil Raschker(GA)	37	3-18-84
W40 35-4 1/2	10.78 Phil Raschker(GA)	41	3-20-88
W45 35-6	10.82 Phil Raschker(GA)	45	3-19-93
W50 27-5 1/2	8.37 Christel Miller(CA)	53	3-19-88
W55 26-7 1/4	8.11 Lucy Ann Brobst(NC)	58	4-3-92
W60 25-3 1/2	7.71 Betty Vosburgh(GA)	60	4-3-92
W65 23-11 3/4	7.31 Leonore McDaniel(VA)	65	3-19-93
W70 17-10 1/4	5.44 Libby Hagemann(MA)	70	3-17-91

Shot Put (35-49: 4kg; 50+: 3kg)

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 40-6 1/4	12.35 Joan Stratton(CA)	37	4-2-89
W40 38-10 1/2	11.85 Joanne Grissom(IN)	41	1-25-80
W45 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
W60 33-1 1/4	10.09 Bernice Holland(OH)	63	3-25-90
W65 28-1 1/2	8.57 Bernice Holland(OH)	65	4-5-92
W70 25-5 1/2	7.76 Mary Bowermaster(OH)	71	4-2-89

Weight Throw (35-49: 20#; 50+: 16#)

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 p38-9	11.81 Joan Stratton(CA)	38	3-17-90
p38-10 1/2	11.85 Joan Stratton(CA)	37	1-6-89
W40 39-11 1/4	12.17 Joan Stratton(CA)	40	2-15-92
W45 38-4 3/4	11.70 Vanessa Hilliard(FL)	49	3-24-91
W50 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 32-11 3/4	10.05 Bernice Holland(OH)	63	3-24-90
W65 31-4 1/2	9.56 Bernice Holland(OH)	65	4-4-92
W70 27-7 1/2	8.42 Libby Hagemann(MA)	72	3-7-93



Masters Age Records 1992

(1993 Edition)

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, as of Oct. 31, 1992.
- U.S. Age Bests for all racewalking events, age 40 and over, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

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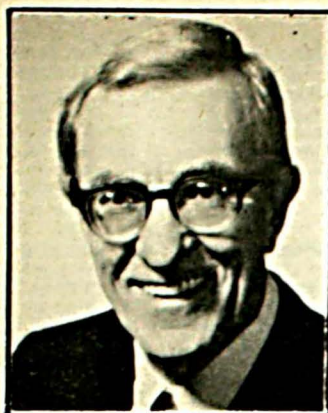
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International Scene

by AL SHEAHEN, WAVA Treasurer

Treasurer's Report

In 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 1990-91.

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-

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

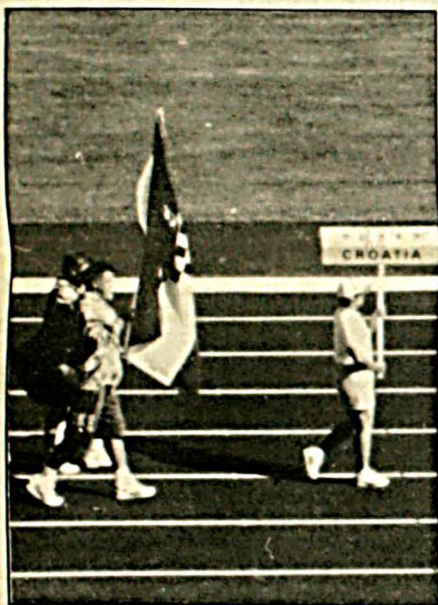
WAVA's net worth on December 31, 1993 was \$188,692.02, compared to \$81,067.54 on December 31, 1991 — increase of 133%.

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 WAVA-related 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. □



Battle-torn Croatia was represented by two athletes in Miyazaki at the World Championships.



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 IAAF



TREASURER'S REPORT

JAN. 1, 1992 to DEC. 31, 1993



REVENUES:

Grant from IAAF for General Purposes	\$30,000.00
Grant from IAAF for Regional Assistance	13,600.00
Entry fees, Stadia - Miyazaki	136,042.50
(12,175x\$15 = \$182,625 less 6211x\$7.50 = \$46,582.50)	
Entry fees, Non-Stadia - Birmingham (2000x\$7)	14,000.00
Sanction Fee, Stadia - Miyazaki	15,000.00
Sanction Fee, Non-Stadia - Birmingham	500.00
Sponsorship (Mondo)	5,000.00
Sales of WAVA Handbook (57 x \$5)	285.00
Bank interest	5,488.03

TOTAL REVENUES

\$219,915.53

EXPENSES:

1. Office Expense (postage, phone, fax, etc.):		
President (Beccall)	\$10,839.00	
Executive V-P (Fine)	2,900.47	
V-P Stadia (Taylor)	880.20	
V-P Non-Stadia (Serruys)	1,500.00	
Secretary (Carlus)	5,604.74	
Treasurer (Sheahen)	1,348.55	
Women's Representative (Cushen)	540.00	
Past President (Farquharson)	93.60	
		23,706.56
2. Communications and Statistics:		
Records	1,000.00	
National Masters News	7,200.00	
Bidder's booklet	100.00	
Computer program	90.00	
Multi-events Committee	938.24	
Age-graded Committee	596.02	
		9,924.26
3. Regional Assistance:		
Europe	5,600.00	
North America	1,800.00	
South America	2,600.00	
Asia	1,800.00	
Oceania	1,800.00	
		13,600.00
4. Miyazaki, 1992 - Council Expenses:		
Air fare for Council members	16,764.98	
Daily cash expenses (\$35/day)	2,415.00	
		19,179.98
5. Miyazaki, 1993:		
Air fare for Council members	22,772.45	
Daily cash expenses (\$50/day)	10,600.00	
Presentations to Organizers	2,415.61	
Copies	98.80	
Lunch at General Assembly	1,657.13	
Gift for Governor	299.21	
		37,843.20
6. President's Travel (Rome, 1991)		415.00
7. Other Travel:		
V-P Non-Stadia (Birmingham)	896.43	
" " (Toronto)	903.00	
Europe Chairman (Birmingham)	580.00	
Secretary (Turku '91)	200.00	
V-P Stadia (Miyazaki, 6/93)	1,419.00	
Oceania Rep " "	890.00	
		4,888.43
8. Miscellaneous:		
Bank charges	208.23	
President (Turku adjustment)	287.00	
" (Norway dinner for Japanese)	157.00	
WAVA Flags	1,314.96	
Stationery	100.00	
V-P Non-Stadia (Birmingham gifts)	246.57	
Weight Pentathlon (Foley)	420.70	
Other	(.74)	
		2,733.72

TOTAL EXPENSES

2,733.72

SURPLUS

\$112,291.15
\$107,624.38

SUMMARY:

Beginning balance 1/1/92	\$ 81,067.64
Revenues 1992-93	219,915.53
	\$300,983.17
Expenses 1992-93	112,291.15
Ending balance 12/31/93	\$188,692.02

ASSETS:

USA Checking Account	\$ 30,822.29
USA Money-Market Fund	161,811.65
Sweden Checking Acct.	195.26
Owed by IAAF	862.82
	\$193,692.02
LIABILITIES (Miyazaki)	5,000.00
NET WORTH	\$188,692.02

Prepared by Al Sheahen, Treasurer

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Republic of Congo



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

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

	1992-93	1990-91	Increase (Decrease)
REVENUES:			
Affiliate fees	\$.00	\$ 11,150.00	(100%)
Grant from IAAF	43,600.00	.00	-
Entry fees, Stadia	136,042.50	67,228.00	102%
Sanction fee, Stadia	15,000.00	6,000.00	150%
Entry fees, Non-Stadia	14,000.00	.00	-
Sanction fee, Non-Stadia	500.00	.00	-
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	138%
EXPENSES:			
1. Office Expense (postage, phone, fax, etc.)			
President	\$10,839.00	6,722.00	61%
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	36%
Secretary	5,604.74	10,295.46	(46%)
Treasurer	1,348.55	1,305.77	3%
Women's Representative	540.00	230.30	134%
Past-President	93.60	25.00	274%
Consultant	-	23.89	(100%)
	<u>\$23,706.56</u>	<u>22,578.58</u>	<u>5%</u>
2. Communications and Statistics:			
Records	1,000.00	1,000.00	0%
National Masters News	7,200.00	8,400.00	(14%)
Bidder's booklet	100.00	.00	-
Computer program	90.00	.00	-
Multi-events Committee	938.24	.00	-
Age-graded Committee	596.02	.00	-
WAVA Handbook	.00	3,347.09	(100%)
Meet director's book	.00	189.56	(100%)
Questionnaire in Eugene	.00	1,500.00	(100%)
	<u>9,924.26</u>	<u>14,436.95</u>	<u>(31%)</u>
3. Regional Assistance			
	13,600.00	9,500.00	43%
4. Even-year Council Meetings:			
Air fare	16,764.98	7,505.67	123%
Daily cash expenses	2,415.00	2,775.00	(13%)
Hotel	.00	4,507.44	-
Gifts	.00	81.08	-
	<u>19,179.98</u>	<u>14,369.19</u>	<u>33%</u>
5. World Championships:			
Air fare for Council	22,772.45	14,117.78	61%
Daily cash expenses	10,600.00	7,245.00	46%
Hotel for Council	.00	3,693.02	(100%)
Presentations to Organizers	2,714.82	1,130.80	140%
Printing (ballots, copies, etc.)	98.80	769.16	(87%)
General Assembly	1,657.13	2,631.04	(37%)
Women's Meeting	.00	786.30	(100%)
Lunch for Organizers	.00	1,219.40	(100%)
Council meetings/lunches	.00	119.87	(100%)
Relay fee	.00	500.00	(100%)
Miscellaneous	.00	58.76	(100%)
	<u>37,843.20</u>	<u>32,271.13</u>	<u>17%</u>
6. President's Travel			
	415.00	4,865.00	(91%)
7. Other Travel			
	4,888.43	3,621.99	35%
8. Miscellaneous			
	<u>2,733.72</u>	<u>94.42</u>	<u>-</u>
TOTAL EXPENSES	\$112,291.15	\$101,737.26	10%
SURPLUS (DEFICIT)	\$107,624.38	(\$9,238.72)	-

Prepared by Al Sheahan, Treasurer

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF



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

Revenues

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.
- 3) The Miyazaki sanction fee was \$15,000, compared to \$6000 for Turku.
- 4) 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 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:

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.

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.

Summary

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.

WAVA Stadia Committee Meets in Buffalo

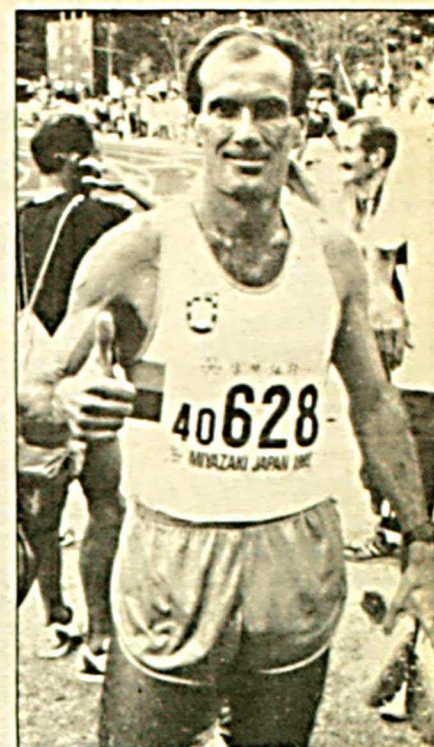
Members of the WAVA Stadia Committee met with the organizers of the XI World Veterans Athletics Championships in Buffalo in early February to prepare the schedule of events and discuss other technical matters pertaining to the 1995 Championships. Representatives of USA Track & Field, the national governing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

President (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. □



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



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 SCHEDULE (Subject to change according to numbers of entrants)

Thursday, August 4	8:00 AM: (W&M) Cross Country Race, 8 kilometres	11:00 AM: (M) Hammer
	9:00 AM: (W&M) Race Walk on Track, 3 kilometres	1:00 PM: (W) Javelin
	11:00 AM: (W&M) Pentathlon (M-Long Jump, Javelin, 200m Discus, 1500m)	2:00 PM: (M) Javelin
	7:00 PM: Opening Ceremonies	5:00 PM: (W) Hammer
Friday, August 5	8:00 AM: (W&M) 5000 metres	11:00 AM: (M) High Jump
	11:00 AM: (W&M) 800 metres - heats only as needed	(W) Shot Put
	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
	4:30 PM: (W&M) 800 metres finals	(M35-49)H. Jump
	7:00 PM: NCCWAVA General Assembly	
Saturday, August 6	8:00 AM: (W&M) Race Walk on Track, 10 kilometres	11:00 AM: (W&M50+) P. Vault
	11:00 AM: (W&M) 100 metres - heats only as needed	(W) Shot Put
	12:00 PM: (W) 400 metres - heats only as needed	(M35-49) L. Jump
	1:00 PM: (M) 400 metres - heats only as needed	1:30 PM: (M35-49) P. Vault
	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
	5:00 PM: (W&M) 400 metres - finals	(M50+) L. Jump
	7:00 PM: Banquet & Dance	
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)
	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
	1:00 PM: (W&M) 4 x 100 metres Relays	
	2:30 PM: (W&M) 4 x 400 metres Relays	
	3:30 PM: Closing	

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, and have fun.

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.)

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 you fare?:

	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	-----
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	-----
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	18:51	17:51	18:34	20:50
Third	23:50	-----	-----	-----	-----	-----	33:40	-----	16:54	19:09	19:28	20:44	-----
High Jump First	1.11	1.46	1.43	-----	1.05	-----	1.08	1.65	1.45	1.35	1.45	1.35	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	9.92	9.77
Third	-----	7.47	-----	-----	-----	-----	-----	-----	7.55	9.58	-----	6.66	9.41

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



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 Norman Green, NCCWAVA Non-Stadia Chair, accepted, the position of Acting Secretary in the absence of the elected NCCWAVA Secretary, Zeno Constance

Minutes from August 20, 1992

On motion by Brian Oxley and second by Ruth Anderson the minutes of the 1992 General Assembly held in Jalapa, Mexico, were approved as mailed. The leadership of Mr. Oxley was commended by the chair in regard to drafting a new constitution. The final text of the constitution adopted at Jalapa was published in *National Masters News*.

Introductions

Members of the NCCWAVA Council present for the meeting were introduced. They included: Don Farquharson, Stadia Chair; Marcellino 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 Jalapa.

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

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 secretary. He also noted that Jack Loman, treasurer, was absent due to his wife's illness.

Regional Finances

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 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 income from the Jalapa games of \$1,700.

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 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 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 Championships 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 the NCCWAVA Council.

Multi-Event Report

Ms. McBlain reported that there will be a pentathlon held with the Edmonton 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

October 14.

Women's Report

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

Proposed 1995 Championship at Buffalo

Two representatives of the organizing committee for the Buffalo bid to host the WAVA Track & Field World Championships in 1995 made a presentation. They believe they have a strong 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 Skyline course which hosted two US Olympic trials and finishes in Ontario. The race walk course is in Niagara Falls. The cross country course is in Akron State Park (15 miles away) and is a challenging course.

A concern was expressed about the housing and transportation accommodations for officials who functioned this past summer in the World University Games hosted by Buffalo. It was explained that last 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 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 Mrs. McLean would be providing significant support to the Buffalo organizing committee.

Mr. Al Sheahan 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

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 Bravo

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

Statement from Mr. Robert Fine

WAVA Executive Vice President Fine reported that the WAVA Council has approved having drug testing. He indicated that Joan Stratton has asked to serve on the drug testing committee. He invited others, particularly persons with medical skills, to volunteer. He also chairs a computer committee. The software developed for the Melbourne games (CAPERS) was also used at Eugene. Both Turkey 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 using this program for all of its championships. 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.

Statement from Mr. Torsten Carlus

WAVA Secretary Carlus 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 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 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 his son.

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 the 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 pentathlon 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:

Canada	5
Mexico	2
Puerto Rico	1
Trinidad & Tobago	1
USA	4
NCCWAVA Council	6

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 co-organizers 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 from some countries have difficulty in securing US visas.

Mr. Torres reported that Puerto Rico would host the 1995 Caribbean 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 athletics under 60 in another city. When some 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.

Selection Vote on 1996 Championships

Mr. Jordan responded to a question about timing of the Eugene event by saying it would take place in mid-August. Ballots were distributed and collected. The vote was: Eugene 16 Puerto Rico 3.

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 games.

On motion by Mr. Harvey and 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 Lumpur

Three representatives from Malaysia made a presentation concerning the Kuala Lumpur bid to host the 1997 WAVA World Championships. They indicated that Kuala Lumpur will host 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. 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!

Statement from WAVA Presidential Candidate Owen Flaherty

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

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, particularly from 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 DesJardins and a second it was VOTED to select our regional championships four years in advance, beginning in 1994 at Edmonton.

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

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MARCH 1994

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ART BARNARD (LA JOLLA, CA)	3-10-29	65-69
JOHN BOOTS (SLIDELL, LA)	3-25-19	75-79
MICHAEL BOUDREAU (US)	3- 3-39	55-59
ROSS CARTER (EUGENE, OR)	3-10-14	80-84
LEON DEFARCO (FRA)	3-26-29	65-69
DENNIS DYCE (IL)	3-24-44	50-54
EARL FEE (CAN)	3-22-29	65-69
ROY FOWLER (GB)	3-26-34	60-64
MARK GELNOV (URS)	3-15-44	50-54
KARL HASLER (SWI)	3-22-19	75-79
RANDOLPH HUBBELL (ALHAMBRA, CA)	3-21- 9	85-89
RIZA ISHAN (TURKEY)	3-15-14	80-84
JOE KESHIMIRI (RENO, NV)	3-25-39	55-59
HEINRICH KILLING (WG)	3-13- 9	85-89
ESKO KOLHONEN (FIN)	3- 3-14	80-84
GERGELY KULCSAR (HUNGARY)	3-10-34	60-64
JURGENS LAMP (URS)	3- 6-44	50-54
MILO LIGHTFOOT (WARSAW, OH)	3-21-14	80-84
GEORGE MAJOR (CAMP SPRINGS, MD)	3- 8-14	80-84
LEOPOLD MARIEN (BEL)	3-22-34	60-64
PETER MARDLE (NYC, NY)	3-22-29	65-69
DELMAR MITCHELSON (ENCINO, CA)	3-17- 9	85-89
BOB NEUTZLING (JACKSONVILLE, FL)	3-23-44	50-54
GORDON NORDGREN (COVINGTON, LA)	3-17-19	75-79
JEAN ONSELEN (BEL)	3-13-34	60-64
THEO ORR (AUS)	3-12-24	70-74
ED POOL (SAN GABRIEL, CA)	3- 0- 4	90-94
MEL SHINE (LAFAYETTE, CA)	3-12- 9	85-89
DON SLOCOMB (HOUSTON, TX)	3-11-34	60-64
PAUL SPANGLER (SAN LUIS OBISPO, CA)	3-18-99	95-99
JACKSON STEFFES (PAC. PALISADES, CA)	3-16-39	55-59
ED STOTSENBERG (MALIBU, CA)	3- 8-14	80-84
KARL TREI (CAN)	3-19- 9	85-89
ALBERT WHITE (CAN)	3-28- 4	90-94
GRAHAM WISE (AUS)	3-23-34	60-64
BETTY BASKIN (MD)	3- 5-49	45-49
BETTY BENKERT (KIRKWOOD, MO)	3- 6-29	65-69
AUDREY BERGENBACK (CHATTANOOGA, TN)	3- 8-24	70-74
ANNE BING (FRANKLIN LAKES, NJ)	3-29-39	55-59
JOAN COLMAN-OTTAWAY (SAUSALITO, CA)	3-16-44	50-54
HELEN DARNALL (MELBOURNE PK, AK)	3-26-29	65-69
SALLY DAVIS (MA)	3-12-39	55-59
RONNIE GRIESE (CA)	3-18-44	50-54
MAE HORNS (EDINA, MN)	3-20-34	60-64
CAROLE MAWSON (WOODSIDE, CA)	3-30-44	50-54
PEARL MEHL (BOULDER, CO)	3- 8-14	80-84
JUDI RICHARDSON (CT)	3-23-34	60-64
CHRISTA ROMPPANEN (MALIBU, CA)	3- 2-39	55-59
BERYL SKELTON (FAIRPORT, NY)	3- 9-29	65-69
DEBBIE STILES (ST. LOUIS, MO)	3-14-49	45-49
PAT STOREY (BEVERLY HILLS, CA)	3- 6-49	45-49
ALTHEA WETHERBEE (HUNTINGTON, NY)	3- 1-19	75-79
ERNESTINE YEOMANS (CAN-CINCINNATI, OH)	3- 3-19	75-79
HAZEL CAMERON (CAN)	3- 2-24	70-74
JOSIANE CAYET (FRA)	3- 9-54	40-44
FRANCOISE DUVAL (FRA)	3- 1-54	40-44
EVA ESCHNER (WG)	3- 5-29	65-69
ANNIKA FOLCHE (SWE)	3-26-44	50-54
HELENE GLET (FRA)	3- 3-29	65-69
LIESL HUBER (WG)	3- 9-34	60-64
WALBURGA KLOCKERS (WG)	3-14-39	55-59
ISABELLA OKENDHAL (RSA)	3-18-14	80-84

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National USATF Indoor Championship Meet Records

60 Meter High Hurdles	
M30	:08.07 Peter Grimes '92
M35	:08.07 Robert Stanley '93
M40	:08.23 Nate Robinson '90
M45	:08.15 Stan Druckery '89
M50	:08.76 Willie Davenport '89
M55	:08.47 Walt Butler '93
M60	:09.16 Dale Lance '93
M65	:09.14 Phil Mulkey '93
M70	:10.14 Ed Lukens '89
M75	:10.75 Ed Lukens '93
M80	:11.20 Frank Finger '91
M85	:14.86 Ted Hatten '92
60 Meter Dash	
M30	:07.11 Artego Jaunes '90
M35	:06.91 Bill Collins '89
M40	:06.97 Eddie Hart '90
M45	:07.02 Stan Whitley '91
M50	:07.39 Steve Robbins '93
M55	:07.53 Hugo Hartenstein '90
M60	:07.95 Marion Sanchez '93
M65	:08.14 Jim Law '91
M70	:08.46 Payton Jordan '89
M75	:09.73 Gilberto Gonzales '89
M80	:09.73 Jay Sponseller '93
M85	:09.97 Barry Ivers '93
M85	:11.74 Randall Russell '93
200 Meter Dash	
M30	:22.81 Michael McDowell '89
M35	:22.21 Bill Collins '89
M40	:23.08 Bill Collins '92
M45	:22.70 Stan Whitley '92
M50	:24.20 Roy Turner '90
M55	:24.94 Hugo Hartenstein '90
M60	:26.37 Jack Greenwood '89
M65	:26.92 Jim Law '91
M70	:28.00 Payton Jordan '89
M75	:31.85 Jay Sponseller '93
M80	:33.87 Barry Ivers '92
M85	:39.79 Russell Randall '93
400 Meter Dash	
M30	:49.74 Michael McDowell '90
M35	:50.55 Michael McDowell '92
M40	:50.16 Fred Sowerby '92
M45	:51.15 Stan Whitley '91
M50	:54.65 Harry Tolliver '90
M55	:55.96 Larry Colbert '92
M60	:59.82 Earl Fee '89
M65	:60.67 Jim Law '91
M70	:66.03 John Alexander '90
M75	:80.44 Gilberto Gonzales '89
M80	:86.79 Byron Fike '89
M85	:91.55 Konrad Boas '91
800 Meter Run	
M30	1:56.71 Michael McDowell '90
M35	1:59.42 Rick Smith '93
M40	1:56.70 Nolan Smith '91
M45	1:57.81 Ken Sparks '90
M50	2:09.49 Harry Tolliver '90
M55	2:10.62 John Conner '90
M60	2:17.02 Earl Fee '92
M65	2:29.38 Archie Messenger '89
M70	2:44.50 Jay Sponseller '89
M75	3:00.91 Alferd Funk '93
1500 Meter Run	
M30	4:04.70 Jean Ruleau '89
M35	4:05.11 Tim Anderson '90
M40	3:59.24 Nolan Smith '91
M45	4:04.80 Ken Sparks '90
M50	4:22.61 Dan Conway '91
M55	4:30.76 John Conner '90
M60	4:44.30 Jim Sutton '92
M65	5:02.50 Joe King '92
M70	5:53.55 George Sheehan '90
M75	6:12.66 Alferd Funk '93
3000 Meter Run	
M30	8:45.19 Richard Marion '92
M35	8:45.45 Mark Furkis '92
M40	8:53.33 Mark Gibbins '90
M45	9:04.72 Al Swenson '92
M50	9:14.84 Dan Conway '91
M55	10:01.69 Jim Sutton '90
M60	10:34.92 Bill Fortune '90
M65	11:12.02 Jim Forshee '92
M70	12:44.95 Howard Know '90
M75	13:10.84 Alferd Funk '93
3000 Meter Race Walk	
M30	13:53.10 John Derfoot '93
M35	14:27.52 Robert Korn '90
M40	12:42.62 Ray Funkhouser '92
M45	13:43.72 Gary Null '92
M50	13:59.10 Jaan Roos '89
M55	14:43.00 Max Green '89
M60	14:44.51 Max Green '92
M65	15:36.50 V. Ginzlinger '91
M70	19:18.90 Bill Tallmadge '89
M75	26:29.70 George Knox '89
High Jump	
M30	7-0 Greg Hanie '88
M35	7-0 Jim Barrineau '93
M40	6-7 John Hartfield '86
M45	6-7 Steve Harkins '93
M50	5-10 Johnnie Melsner '91
M55	5-10 Jim Johnson '91
M60	5-10 Nick Newton '85
M65	5-6 Rich Richardson '91
M70	5-5 Jim Gillcrist '90
M75	5-4 Jim Gillcrist '93
M80	4-6 Burl Gist '91
M85	4-5 Ham Morningstar '93
M85	3-10 Virgil McIntyre '91
M85	3-2 Arling Pitcher

Pole Vault	
M30	16-6 Gary Hunter '89
M35	16-8 Gary Hunter '92
M40	15-0 Wally Sololowski '81
M45	14-1 Wally Sokolowski '88
M50	13-6 Boo Morcom '76
M55	13-0 Boo Morcom '77
M60	13-0 Jerry Donley '85
M65	12-0 Bob Richards '86
M70	12-0 Phil Mulkey '93
M75	11-0 Boo Morcom '87
M80	9-9 Carol Johnston '85
M85	9-3 Carol Johnston '88
M85	7-10 Carol Johnston '92
M85	5-6 Arling Pitcher '88
Long Jump	
M30	24-9 Leatha Stanley '87
M35	22-1 Rufus Morris '84
M40	23-1 Stan Whitley '86
M45	21-8 Stan Whitley '91
M50	20-8 Shirley Davison '80
M55	19-3 Boo Morcom '77
M60	17-1 Buck Bradberry '87
M65	17-1 Tom Patsalis '87
M70	16-6 John Alexander '90
M75	12-8 Russell Meyers '80
M80	10-6 Claude Hills '93
M85	8-8 Russell Randall '93
Triple Jump	
M30	47-10 Leatha Stanley '87
M35	46-8 Rick Meindl '92
M40	45-4 John Hartfield '85
M45	44-11 Ira Davis '83
M50	40-7 Dave Jackson '83
M55	36-4 Phil Mulkey '88
M60	34-8 Ed Lukens '85
M65	35-7 Tom Patsalis '87
M70	32-8 Ed Lukens '93
M75	27-5 Robert Sorlien '92
M80	22-0 Claude Hills '93
M85	15-5 Konrad Boas '90
Shot Put	
M30	52-6 Gary England '88
M35	54-0 George Tyms '87
M40	52-10 Edward Hill '86
M45	51-9 Edward Hill '88
M50	47-9 Jim Hart '88
M55	43-8 Richard Lee '92
M60	48-0 Cliff Blair '92
M65	42-7 Bill Bangert '89
M70	43-5 Ross Carter '85
M75	40-4 Ross Carter '90
M80	26-9 Burt DeGroot '88
M85	20-9 Everett Hosack '88
Weight Throw	
M30	53-4 Mark Heckel '92
M35	50-2 Larry Waithe '91
M40	64-10 Al Hall '77
M45	58-9 Bob Backus '76
M50	61-1 Bob Backus '77
M55	45-5 Bill McWilliams '92
M60	55-0 Cliff Blair '92
M65	48-10 Bill Walmroth '89
M70	46-6 Tom McDermott '88
M75	36-0 Nolan Fowler '90
M80	23-6 Leon Joslin '92
M85	16-8 Burt DeGroot '93
60 Meter Hurdles	
M30	:11.64 Irene Thompson '92
M35	:10.08 Sherice DuChamp '90
M40	:09.65 Phil Raschker '90
M45	:10.20 Phil Raschker '92
M50	:11.52 Christel Miller '89
M55	:11.47 Christel Miller '90
M60	:14.19 Shirley Kinsey '90
60 Meters	
M30	:08.06 Donna Pope-Green '89
M35	:08.21 Irene Thompson '92
M40	:08.10 Phil Raschker '91
M45	:08.12 Phil Raschker '93
M50	:08.98 Mary Luker '92
M55	:09.36 Christel Miller '90
M60	:09:87 Betty Vosburgh '92
M65	:10.03 Pat Peterson '92
M70	:10.36 Mary Bowermaster '89
M75	:11.75 Millie Crews '90
200 Meters	
M30	:27.44 Louise Clark '92
M35	:27.11 Marcia Hulse '92
M40	:27.08 Phil Raschker '92
M45	:26.31 Phil Raschker '93
M50	:30.87 Marilyn Mitchell '93
M55	:31.45 Carolyn Cappatta '93
M60	:33.51 Betty Vosburgh '92
M65	:35.25 Pat Peterson '92
M70	:37.85 Mary Bowermaster '89
M75	:44.39 Millie Crews '91
400 Meters	
M30	:62.07 Louise Clark '92
M35	:63.26 Irene Thompson '91
M40	:62.11 Phil Raschker '91
M45	:63.98 Pam Calvert '91
M50	:73.48 Anne Vandervleuten '90
M55	:69.03 Carolyn Cappatta '93
M60	:80.26 Betty Vosburgh '92
M65	:85.57 Pat Peterson '92
M70	:93.10 Louise Adams '93
M75	1:45.59 Pearl Mehl '89

800 Meters	
M30	2:21.43 Joan Sterrett '91
M35	2:24.54 Debbie Anderson '91
M40	2:30.49 Susan Houlton '90
M45	2:37.42 Robin Villa '90
M50	2:44.40 Sandra Knott '90
M55	2:55.80 Tami Graf '91
M60	3:18.31 Betty Vosburgh '92
M65	3:30.74 Dottie Gray '92
M70	3:39.55 Louise Adams '93
M75	4:03.77 Pearl Mehl '90
1500 Meters	
M30	4:44.20 Janet Takahashi '89
M35	4:36.12 Cindy Bremser '91
M40	4:53.30 Marie Burleson '89
M45	5:16.47 Robin Villa '90
M50	5:26.18 Sandra Knott '90
M55	5:48.07 Lawa Musbrucker '91
M60	7:06.00 Dottie Gray '92
M65	7:59.50 Carol Peebles '89
M70	7:17.94 Louise Adams '93
M75	7:43.30 Pearl Mehl '89
3000 Meters	
M30	10:18.50 Janet Takanashi '89
M35	10:52.40 Janelle Swanberg '89
M40	10:22.10 Mary Wood '89
M45	11:06.77 Joni Shirely '92
M50	11:41.86 Sandra Knott '90
M55	11:45.94 Molly Turner '92
M60	15:35.30 Mary Norckauer '89
M65	16:18.04 Queenie Thompson '91
M70	14:11.00 Louise Adams '93
M75	15:53.50 Pearl Mehl '89
3000 Meter Race Walk	
M30	14:19.51 Victoria Herazo '90
M35	16:18.85 Matiji Graham '92
M40	14:23.33 Viisha Sedlak '92
M45	16:29.54 Jeanne Bocca '92
M50	17:28.21 Elton Richardson '92
M55	18:16.02 Porky Gadiant '91
M60	18:46.90 Joan Rowland '89
M65	19:06.80 Ruth Leff '92
M70	20:56.80 Ernestine Yoemans '89
M75	22:17.08 Millie Crews '90
High Jump	
M30	5-1 Phil Raschker '88
M35	5-4 Skipper Clark '84
M40	5-0 Phil Raschker '89
M45	4-10 Phil Raschker '93
M50	4-2 Christel Miller '89
M55	4-1 Christel Miller '90
M60	4-3 Leonore McDaniels '91
M65	4-0 Leonore McDaniels '93
M70	3-7 Mary Bowermaster '85
Pole Vault	
M35	8-0 Phil Raschker '84
M40	8-0 Phil Raschker '88
M45	9-3 Phil Raschker '93
M50	
M55	4-7 Lucy Brobst '92
Long Jump	
M30	19-1 Donna Pope-Green '87
M35	18-7 Phil Raschker '84
M40	18-5 Phil Raschker '87
M45	18-0 Phil Raschker '91
M50	13-7 Christel Miller '85
M55	12-3 Betty Vosburgh '92
M60	11-8 Leonore McDaniels '92
M65	11-5 Leonore McDaniels '93
M70	10-10 Vivian Nelson '88
Triple Jump	
M30	27-0 Jay English '82
M35	33-0 Phil Raschker '84
M40	35-4 Phil Raschker '88
M45	35-6 Phil Raschker '93
M50	27-5 Christel Miller '88
M55	27-3 Becky Sisley '91
M60	25-3 Betty Vosburgh '92
M65	23-11 Leonore McDaniels '93
Shot Put	
M30	42-3 Bee Friedrich '82
M35	43-5 Denise Wood '88
M40	37-0 Joann Grissom '80
M45	32-11 Vanessa Hilliard '90
M50	41-6 Joann Grissom '90
M55	32-4 Bernice Holland '86
M60	33-1 Bernice Holland '90
M65	28-1 Bernice Holland '92
M70	25-5 Mary Bowermaster '89
M75	15-0 Grace LaBelle '87
Weight Throw	
M30	30-0 Vee Bugni '91
M35	40-6 Joan Stratton '89
M40	24-11 Kathy Pierce '90
M45	38-4 Vanessa Hilliard '91
M50	40-6 Joann Grissom '90
M55	27-4 Dortha Swanson '92
M60	33-8 Bernice Holland '90
M65	31-4 Bernice Holland '92
M70	26-2 Libby Mageman '92

*Meet All-Cover 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), 11-1 (LJ), and 23-3 (TJ).

All-Cover Records by non-Americans include: M30 Marne McMillian (CAN) 62.04 400m '92 M45 Erna Kozak (CAN) :63.56 400m '91 M40 Judy Warick (CAN) 2:24.89 800m '91 M45 Erna Kozak (CAN) 2:25.08 800m '91 M50 A.M. Rosenitach (CAN) 5-10 1/2 PV '92

Intrinsically better hand-time: M60 Betty Vosburgh :12.7 Hur '92 M30 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 two-woman 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

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. 22.

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. □



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

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MASTERS SCENIC

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 age-graded 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 NYRR 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°) NYRR 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, NYRR 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 Bannig (40, 54:12), Alexandria, VA, and Claudia Cavarella (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 Schlaud, 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 Ryan (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 9-3 1/4 (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 9-6 1/2 (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 4-10 1/2 (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 x 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 Dahlstén (59:40) and Ernest Van Leeuwen (59:45) hot footed it neck-and-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. (56-2 1/4), and 56-lb. (28-9 1/2), 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

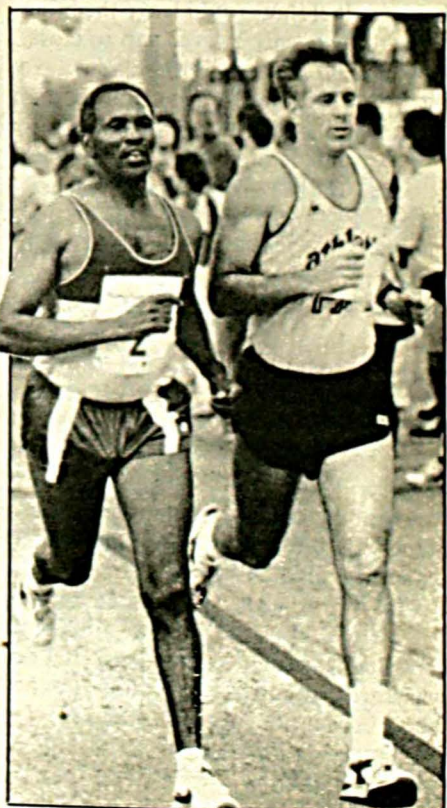


Steve Cram (right) and Wilson Waigwa fight it out for fourth place in the age-graded Legends Masters Mile in Miami, Jan. 22. Cram's actual time was 4:15.3; Waigwa clocked 4:11.6.

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. 22.

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 NATIONAL

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 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 Championships, 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 Submasters/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 Vlardingerbroek, 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. 615/383-6733.

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, Oklahoma

March 12-19. San Antonio Senior Olympics, 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. Marv 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 Tahquitz 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

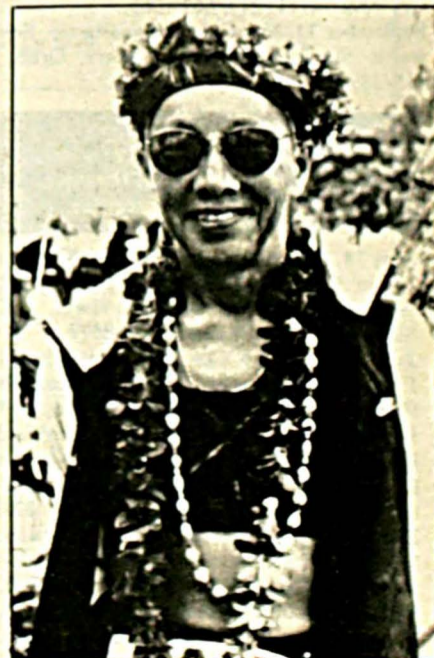
The USATF Masters 3000 Indoor will be contested at the Championships at the U. of Missouri.

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 Championships, 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 Championships, 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. Marv 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. Barbara 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 Keaveny, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9. 416/252-7047.

INTERNATIONAL

March 12-13. Russia Indoor Championships, Chelyabinsk. RAVA, Pervomayskaya 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., Kirkintilloch, 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.

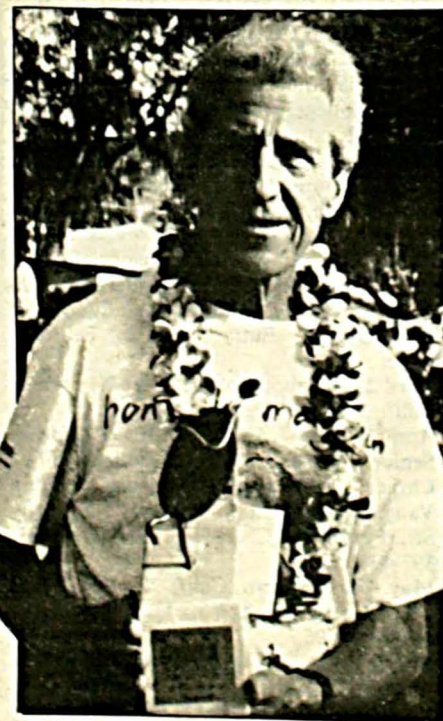
July 1-9. WAVA Oceania Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

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, T1J 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.

EAST

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

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

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. NYRRRC April Fools Backward Mile, Central Park. NYRRRC, 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. NYRRRC, 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 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, Oregon, Utah, Washington, Wyoming.

April 9. Pear Blossom 10 Mile. Jerry and Zelah 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 0BU.

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.

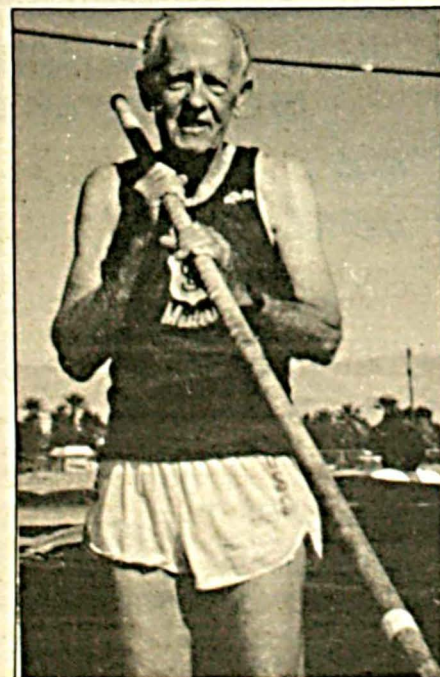
July 30-31. 2nd WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1.

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,

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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18X24 \$26	26X40 \$58

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Team Name _____

How Many Team Members? _____

EACH TEAM MEMBER MUST SUBMIT A COMPLETED ENTRY FORM WITH A SIGNED WAIVER. ALL TEAM ENTRIES MUST BE MAILED TOGETHER. THIS ENTRY FORM MAY BE DUPLICATED.

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Sex _____ Age on Day of Race _____ T-Shirt size: M L XL

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Signature _____ Date _____

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

W35-39	Barbara Carpenter	5K	19:46	10-30-93
W40-44	Debby Jamieson	1500	5:25.2	1-29-94
W45-49	Sue Hinz	Hammer	89-3	6-26-93
		Shot Put	26-10	6-26-93
		Discus	87-1j	7-17-93
	Jillian H. Kelly	100M	14:92	8-06-93
W55-59	Dorthea H. Swanson	Hammer	23.92	9-11-93
		Shot Put	8.26	7-10-93
		Discus	20.54	8-06-93
W65-69	Carolyn Peet	3K RW	21:49	9-25-93
		5K RW	36:47	9-25-93

M35-39	Mark Monti	110M HH	15.4	7-25-93
	David Vandergriff	Hammer	175-9	6-26-93
M45-49	Don Chadez	S.C.	11:39.14	9-18-93
	Bill Forsyth	Pentathlon	3187 pts.	9-04-93
	George Mathews	35# WL	14.26	2-28-93
		56# WL	9.13	1-31-93
		Hammer	46.36	5-15-93
M50-54	George Mathews	35# WL	14.15	9-18-93
		Shot Put	13.73	10-16-93
		Hammer	52.08	9-18-93
	Allen P. McDaniel	800M	2:14.1	9-19-93

M55-59	James Hart	Hammer	126-2	9-12-93
		Shot Put	44-1j	6-12-93
		Discus	143-7	6-12-93
	Don "Rooney" Hughes	56# WL	17-29 1/4	1-22-94
	Robert E. Miller	400M	61.40	12-18-93
	Jerome L. Wills	Shot Put	38-4j	7-24-93
M60-64	John C. Copp	Decathlon	5532 pts.	9-11-93
		Long Jump	14-99 1/4	9-11-93
	Fred Shanaman	Shot Put	39-89 1/4	10-20-93
	Ted Swanson	200M	28.5	8-01-93
		100H	19.6	8-01-93
		Long Jump	16-3j	7-01-93

M55-59	Howard C. MacMillan	400M	68.3	7-25-93
	Bill Moreman	1500 RW	8:25.50	6-17-93
		5K RW	28:59	9-05-93
		10K RW	62:44	9-12-93
	Chuck Sochor	100M	13.30	5-29-93
		200M	26.94	10-11-93
		400M	59.77	6-15-93
		800M	2:31.45	6-13-93
		100H	17.8	5-05-93
		300H	46.34	5-29-93
		400H	70.25	7-17-93
		2K S.C.	9:23.80	8-20-93
M70-74	George Rajcevic	Long Jump	12-4j	1-24-93
		Triple Jump	25-7	1-24-93

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:35	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-4 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.20	6.50	5.80
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131.3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-59: 800g; 60+: 600g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

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

TRACK & FIELD RESULTS

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

EAST

Syracuse Chargers Meet Manley Field House; Dec. 12

55m	
M40 Tom Crowley	7.9
M45 Rich Lysik Sr	8.2
M50 Paul Stelmazyk	7.4
M55 Tom Fondy	7.9
M65 Howard MacMillan	8.5
Bill Townsend	8.5
M70 Ed Lukens	8.7
W30 Kathy McKeever	8.6
W45 Kathy Cirina	8.7
200m	
M35 Mike Hopper	26.9
M40 Tom Crowley	28.7
Bob Klinetop	28.9
M45 Jim Lawton	30.0
Tom D'Angelo	31.0
M50 Paul Stelmazyk	26.4
John Allen	28.9
M55 Tom Fondy	27.9
M65 H MacMillan	31.9
W45 Kathy Cirina	32.3
800m	
M30 Brendan Jackson	1:59.1
Dave Yerdzieski	2:06.4
M35 Dan Howe	3:26.3
M40 Mike Hasenauer	2:15.5
Kevin Morrisroe	2:20.5
Bob Klinetop	2:24.5
Rick Cleary	2:24.8
M45 Bob Micho	2:22.2
Jim Lawton	2:29.8
Jack Soltis	2:30.7
M50 John Allen	2:23.6
Tom Collins	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 Jabour	5:53
M40 Kevin Morrisroe	5:12
Rick Cleary	5:15
Scott Smith	5:17
M45 David DelFavero	5:11
Bob Maloney	5:29
Jack Soltis	5:29
M50 Tim Collins	5:36
M60 D M Fenner	8:29
M70 Nate White	7:08
W30 Sara Falso	5:45
W40 Barb Blaszak	5:36
W50 Yvonne Tasker	6:36
Pole Vault	
M40 Kevin Donovan	11-0
M45 Jim Trotter	10-6
Long Jump	
M35 M Hopper	17-2
M40 Tom Crowley	15-11
M50 Paul Stelmazyk	16-3
M55 Bob Smullens	10-3
M70 Ed Lukens	13-6 1/2
55mH	
M30 Duncan Payne	9.4
M40 Ray Panek Sr	10.4
M50 Paul Stelmazyk	9.9
M65 Bill Townsend	10.9
M70 Ed Lukens	9.9
Shot Put	
M30 Duncan Payne	8.60m
M45 Jim Alexander	8.94
M60 D M Fenner	8.24
W30 Cathy McKeever	7.76

Tri-State TC Indoor Meet 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 24.2
Bernard Little	30 25.3
Walt Rivers	30 26.1
M40 K Witherspoon	25.1
Charles El	26.7
Rod Moore	27.6
M45 Del Barbie	29.6
M55 Theron Neisen	29.4
Jim Bradley	29.7
M60 Jim Stookey	63 28.2

Bill Bergen	65 32.2
Sam Madia	69 32.3

400m

M30 Sal Allah	33 51.9
Stephen Winkel	35 56.9
M40 K Witherspoon	52.8
Bob Bowen	55.5
M45 Larry Green	70.2
M55 Jim Bradley	71.0
M60 Dick Taylor	65 74.4
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	2:23
M45 Bob Weiner	2:23
Del Barbee	2:28
M50 Bob Kern	2:43
1500m	
M30 Dennis Coleman	35 4:28
Ted Poulos	32 4:36
M40 Spider Rossiter	4:38
Will Vehrs	4:57
M45 Bob Weiner	4:53
Larry Green	5:30
M50 Don Boyer	4:59
Don Vers Long	5:01
M55 Rolf Johnson	6:20

3000m

M30 Dennis Coleman	35:18.31
Ted Poulos	32 9:45.06
M55 Bill Price	13:35.34

55mH

M30 Stephen Winkel	35 9.4
M40 K Witherspoon	8.1
Charles El	9.1
M60 Dick Taylor	65 10.9
4x200m Relay	
M40-49 Maryland Mas	1:43.6
Sprint Medley Relay	
M40-40 Maryland Mas	4:27.0

High Jump

M30 Ted Lewis	33 5-10
Stephen Winkel	35 5-2
M40 Ben delVillar	5-4
Aaron Walker	5-0
M45 Palmer Sweet	4-0
M60 Jim Stookey	63 4-6
Dick Taylor	65 4-2
M70+Chas Irwin	76 3-10
Bob Detweiler	80 2-9
W30 Lynn Davis	37 3-10
Pole Vault	
M30 Jerry Dowdy	35 14-0
M40 Sam Prentice	42 12-6

Shot Put

M30 Scott Bull	34 40-3/4
Peter Collins	37 37-3/4
M40 Bob Feeney	34-9
M45 Palmer Sweet	34-1 1/2
M50 Mike Johnson	54 42-7
M60 David Vochon	63 26-6
M70+Chas Irwin	76 27-5
Bob Detweiler	80 21-3 1/2
M60 Sharon Good	61 19-2 1/2

Noontime Running League, Manley Field House Syracuse U., NY; Jan. 7

5000 meters

M30 Daniel Bernhofen	23:03.7
M35 Terry McConnell	17:45.0
Randy Elder	19:10.7
M40 Steve Nix	18:46.0
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 Bernhofen	23:17.0
W35 Karen Lequidari	21:14.2
W40 Barbara Blaszak	19:16.0
Ellen Bifano	23:43.5
W45 Esther Clark	27:19.0

Dartmouth Relays Hanover, NH; Jan. 7

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

Jim Sciuto	7.65
David Dodson	7.72
M45 Dennis Newton	7.29
Mike Augeri	7.41
Robert Davis	7.42
Richard Sealey	7.56
M50 Paul Gansle	7.55
Peter Tams	7.77
M55 Richard Croak	8.11
Bob Cloutier	8.27
Horace Andrews	8.30
M60 Jim Stookey	7.76
Al Crowley	7.88
George Horner	9.37
M65 Jonathan Tobey	8.20
Bill Bergen	8.58
M70 Angelo Oliver	10.18
W30 Johanne St Jean	7.71
Sandra Ford Centonze	7.99
W40 Mary Ryan	8.32
W55 Nancy Merrill	10.96
W60 Sally Secombe	11.01
Barbara Henning	11.60

200m

M30 Kevin Gleason	24.88
Dan Collis	24.99
Mark Baldani	25.06
M35 Dominic St Jean	39.94
M40 Tom Cunningham	26.89
David Dodson	27.84
Steve Dowling	30.98
M45 Mike Augeri	25.99
Dana Harrell	26.47
Robert Davis	27.05
Richard Sealey	27.17
M50 Peter Feldman	27.96
Peter Tams	28.01
Mike Caccuitto	29.67
M55 Joe Henler	29.15
Richard Croak	31.07
D P Hanlon	32.49
M60 Jim Stookey	27.41
Harlan Fair	33.53
Al Crowley	34.73
M65 Jonathan Tobey	29.64
Bill Bergen	30.32
M70 Angelo Oliver	41.81
W30 Johanne St Jean	27.26
Sandy FordCentonze	28.95
Wendie Moore	31.45
W40 Mary Ryan	30.12
Susan Reynolds	32.45
Sandy Miller	35.72
W50 Susan Caccuitto	43.49
W55 Nancy Merrill	46.68
W60 Sally Secombe	46.69
Barbara Henning	49.26

400m

M35 Rick Smith	53.56
M40 Mike Hasenauer	58.20
Steve Dowling	65.45
Dave Herrington	68.32
M45 Mike Hollander	58.68
George May	59.72
M50 Peter Feldman	66.19
Mike Caccuitto	66.48
M55 David Galligani	64.58
Richard Croak	64.84
M60 Robert Mitchell	87.56
M70 Archie Messenger	72.57
M75 Bob Matteson	87.98
W45 Sandy Miller	79.00
W50 Linda Upton	*72.86
(Grace Butcher/75.1/1985)	
M60 Liz Szawloski	86.41
Sally Secombe	1:57.01
Barbara Henning	1:59.06
M70 Bobbie Mosenhal	1:41.90
800m	
M30 John Fiola	2:03.53
M35 Al Felenchak	2:10.05
Jim Letts	2:15.79
M40 Don Ryan	2:13.35
Rob Naser	2:16.54
Mike Hasenauer	2:19.14
Dan Frye	2:09.30
John Babington	2:21.32
M50 Peter Szawloski	2:24.15
M55 Robert Payne	2:30.34
David Galligani	2:32.16
Richard Croak	3:01.13
M60 Maruid Eisenstein	3:21.01
M70 Archie Messenger	2:47.61
M75 Bob Matteson	3:37.88
W30 Jennifer Frost	2:34.95
W45 Anne Schmitt	2:34.64
Sandy Miller	2:57.93
W50 Linda Upton	2:43.93
W60 Liz Szawloski	3:17.19
Sally Secombe	4:32.39

1500m

M30 Rich Marion	4:00.29
John Fiola	4:03.58
Dave Reinhart	4:04.66
M35 Allan Muir	4:18.77
Jim Letts	4:26.60
Al Felenchak	4:36.02

M40 George Frost	4:18.81
Petera Bartolotti	4:19.55
Gary Wallace	4:21.51
Chris Armen	4:32.97
Jack Afarian	4:37.08
Rob Naser	4:37.12
M45 Dale Ladd	4:49.84
Frank Myers	4:52.72
John O'Brian	5:25.55
M50 Peter Szawloski	4:54.61
Bill Catlucci	5:08.26
John Hancock	5:25.30
M55 Bill Spencer	5:00.69
Robert Payne	5:03.99
M60 Don Ross	5:34.69
Ed Doucette	5:54.52
Don Graves	6:09.13
M75 Bob Matteson	7:01.31

5000m

W45 Anne Schmitt	5:20.47
Dorothy Fine	5:50.93
Linda Eldridge	7:00.76
W50 Linda Upton	*5:23.05
(Sandra Knott/5:26.08/1990)	
M55 Maggie Solomon	6:20.68
M60 Sally Secombe	8:52.36
3000m	
M30 Chip Langmaid	9:45.72
M40 Malcolm Brown	9:58.45
Randy Waterman	10:16.86
M45 Fran Maineri	10:34.29
M60 Don Ross	11:47.67
W30 Laurie Reilly	12:09.29
W35 Anne Ricardelli	11:23.57
W60 Sally Secombe	19:44.87

5000m

M30 Terry Wnek	16:31.74
Bob Levoy	17:02.39
Chip Langmaid	17:09.60
Mark Mauro	19:56.25
M35 Rick Trainer	16:03.86
Larry Reed	16:04.15
M40 Dan Logan	17:10.93
Jack Afarian	17:12.17
Mike Johnson	21:07.41
M45 Alan Popp	19:14.69
Ray Droulin	21:00.82
Jack Vaughn	21:29.40
Denis Rydjeski	22:25.38
M60 Ed Doucette	23:23.56
M75 Bob Matteson	25:55.57

55mH

M30 Mark Baldani	8.29
M45 Mike Augeri	10.02
M50 Paul Gansle	9.99
W30 Wendie Moore	10.75
4x220m Relay	
M30+Boston RC "A"	1:53.11
Hanover TC	1:54.70
Northeast "B"	1:57.69
Northeast "A"	1:58.69
W30+Northeast Club	2:19.50

High Jump

M30 Kevin Gleason	5-4
M35 Manuel Toppins	6-0
Amroise Corteau	5-6
Mike Brady	4-8
M45 James Brady	4-10
M50 Paul Gansle	5-0
M60 Jim Stookey	4-0
Bob Mitchell	3-8
M65 Bill Bergen	3-0
W30 Pia Iacovo	4-4
Denise Houseman	4-0
Mary Ryan	4-2
Pole Vault	
M30 Alan Haehnel	10-0
M35 Ambroise Corteau	13-0
M40 John Hoogasian	12-0
M55 Paul Richard	12-6

Long Jump

M30 Kevin Gleason	18-8 1/2
M35 Manuel Toppins	19-10
M40 John Hoogasian	14-5 1/2
M60 Jim Stookey	15-6
M65 Jonathan Tobey	14-8
W30 Wendie Moore	14-5
Triple Jump	
M30 Kevin Gleason	35-9 3/4
M35 Manuel Toppins	41-0
M40 John Hoogasian	28-7
M50 Paul Gansle	31-1 1/2
M60 Jim Stookey	32-7

Shot Put

M30 Wm Borden	40-9 1/2
Kevin Gleason	33-3 1/2
M40 Carl Reichard	35-10
Peter Mitchell	34-4 1/2
Ed Daniels	33-1
Pete Napolitano	29-11 1/2
M50 Carl Wallin	51-1 1/2
George Mathews	51-1 1/2
M60 George Horner	24-7 1/2
M65 Ned Curran	33-1 1/2
Norm Wakeley	30-4 3/4
Ken Weinbel	29-7
M70 Angelo Oliver	27-3
M75 Bob Sparks	25-10
M80 Ken Withee	27-2 1/2
W30 Pia Iacovo	38-4
Denise Houseman	35-3 1/2
W40 Mary Ryan	27-6

Weight Throw

M30 William Borden	53-6
M40 Carl Reichard	38-4 3/4
Edward Daniels	35-8 1/2
Mike Sherrill	33-4 3/4
M45 Mike Grisko	40-11 1/2
M50 George Mathews	43-3 1/2
M65 Ken Weinbel	35-5 1/2
Ned Curran	25-4 1/2
W30 Pia Iacovo	43-5 1/2

Denise Houseman 36-9 1/2 1500m Racewalk W60 Liz Szawloski 11:32.93 3000m Racewalk M60 Maruid Eisenstein 19:30.93 *US age-group record

Philadelphia Masters Meet Swarthmore, PA; Jan. 9

Continued from previous page

Masters Mile Millrose Games New York City, Feb. 4

Table with 2 columns: Name and Time. Includes Emamm Coghlan (4:04.55), Ken Popejoy (4:16.16), Rod Dixon (4:19.07), Ed Spinney (4:20.81), Charles McMullen (4:22.39), Dave Reinhart (4:23.89), Mike Lawson (4:28.69), Michael Michno (DNF), Byron Dyce (DNF).

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

Table with 2 columns: Name and Time. Includes Emamm Coghlan (4:03.28), Ken Popejoy (4:17.01), Ed Spinney (4:21.36), Chas McMullen (4:28.04), Mike Lawson (4:30.08), Byron Dyce (4:32.64), Chuck Moerer (4:33.75), Ric Banning (4:33.86), Rich Shormastein (4:42.23), Steve Buckert (4:43.26), Tom Weber (4:48.55), Ridge Kelley (4:57.29).

SOUTHEAST

Manasota TC Meet Sarasota, FL, Dec. 18

Table with 2 columns: Name and Time. Includes 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), M75 Nat Heard (35.09); 400m: M35 Rod Hershberger (69.84), M50 J C Shenk (61.25), M55 Jack Knuese (76.03), W70 Melanie Paschal (1:41.84); 800m: M30 Mike Suchanex (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: M50 Richard Quevillon (5:13), M55 Jack Knuese (6:22), M70 Carl Hammen (6:32), W70 Melanie Paschal (8:38); 3200m: M50 Dick Quevillon (11:13), M55 Jack Knuese (13:26); Long Jump: M35 Rod Schwartz (18-3); Shot Put: M60 Bob Barton (9.85m), M75 Tom McDermott (9.70); Discus: M60 Bob Barton (32.70), M75 Tom McDermott (34.53); Hammer: M75 Tom McDermott (4k 37.75); 3200m Racewalk: M50 Sterling Kerr (17:33).

Manasota TC Winter Meet #2 Sarasota, FL, Jan. 15

Table with 2 columns: Name and Time. Includes 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), M55 Matt Brown (27.90), Danny Herman (28.46), M70 Carl Hammen (35.50), M75 Nat Heard (34.41); 400m: M30 Mark Opitz (62.8), M60 Marty Sullivan (1:42.4), M70 John Kaelberer (1:18.39), W70 Melanie Paschal (1:42.2); 800m: 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 (3:55.5); Mile: 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: M30 Reggie Ross (6-0); Weight Throw: M75 Tom McDermott (11.80m).

USATF Southeast Regional Masters Indoor Championships Nashville, TN, Jan. 23

Table with 2 columns: Name and Time. Includes 60m/60mH AT/rest HT: 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 (8.15), 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), 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 Borges (28.7); 400m: M30 Jim Busby (55.8), M35 Jay Mathis (52.7), Steve Winkel (56.1), Jim Reppert (56.6), M40 Julius Fletcher (58.0), Jim Dolezel (59.7), M45 Jim Montmarquet (57.4), M50 Mike Boudreaux (58.7), Dave Ellis (71.2), M55 Jim Mathis (56.1), Pat Meagher (63.5), Tom Bartenfeld (71.3), M60 Tom Bartenfeld (71.3), Fred Lovelace (74.2), Ed Redditt (82.9), M65 Gordon Seifert (65.7), Bill Daprano (73.5), W30 Debra Borges (66.7); 800m: M30 Rod Umberger (2:01.9), Mark Carver (2:04.7), M35 Rick Easley (2:02.3), M40 Neil Houk (2:06.7), Gerald Baker (2:24.1), M50 Mike Taglio (2:26.2), M55 Sammy White (2:27.7), M60 Rick Peck (2:27.6), W40 Donna Settles (2:38.4); Mile: M30 Rod Umberger (4:36.4), Scott King (4:41.2), John Coggin (4:46.9), Mark Carver (4:55.2), M35 Keith Hallmark (5:29.9), M40 Gerald Baker (5:25.0), Paul Vondohlen (5:50.3), M50 Mike Taglio (5:36.0), M60 Casey Jones (5:40.7), 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 Elminger (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), 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 (16-8 1/2), Taylor Weatherbee (15-6 1/2), M45 Barry Faust (13-0), M50 Avital Schurr (15-1 1/2); M55 James Mills (16-3/4), Dewayne Bolton (11-9 1/2); M60 Jim Stookey (16-5), Phil Mulkey (14-3), Fred Lovelace (10-9 1/2); M65 Bailey Gore (14-1 1/2), Bill Daprano (13-3 1/2), Ed Holmes (12-3 1/2); W45 Phil Raschker (17- 1/2); Triple Jump: M40 Taylor Weatherbee (35-1), Jim Dolezel (31-9).

Table with 2 columns: Name and Time. Includes M45 Barry Faust (29-10 1/2), M50 Avital Schurr (31-8), M55 Dewayne Bolton (25-10 1/2), M60 Jim Stookey (34-10), Phil Mulkey (27-1), W45 Phil Raschker (31-9 1/2); High 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 (WR4-11 (Raschker/4-10 3/4/1993)); Pole Vault: M35 Steve Winkel (10-6), Tom Krebs (10-0), J Stewart (8-6), M40 John Dye (10-0), M45 John Bwing (10-0), M60 Phil Mulkey (7-6), M65 Gordon Seifert (8-0), W45 Phil Raschker (WR9-6 1/2 (Raschker/9-3 1/2/1993)); Shot 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 (34-11 1/2), Kasey Capps (30-1), M50 Glenn Johnson (42-9 3/4), M55 Dewayne Bolton (36-4), Lou Vodopya (34-10 1/2), James Mills (31-8 3/4), M40 Phil Mulkey (40-7 1/2), M65 Jim Gillcrist (40-3/4), Ed Holmes (29-10 1/2), M70 Bill Nettles (33-10 1/2), W45 Phil Raschker (23-10 3/4), W50 Jane Mills (20-10 3/4); Weight 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: M40 Don Anderson (14:41.8), M60 Fred Lovelace (19:49.9), W35 Rita Boyan (17:41.9), W40 Liz Langton (15:42.3).

MIDWEST

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

Table with 2 columns: Name and Time. Includes 55m Hurdles: M30 Cal Johnson (7.9), M45 Rex Harvey (9.4), M50 Bill Angus (9.3), John Sloan (10.4), M55 Grover Coats (9.4), M65 Denver Smith (9.8), Fred Hirsimaki (11.1), W30 Deborah Yurth (10.6); 55m: M30 Spencer Johnson (6.8), Cal Johnson (6.9), M35 Stephen Davis (6.9), M40 Curtis English (7.3), Alvin Williams (7.4), Tom Alcorn (7.4), Gary Baughman (7.5), M45 Rex Harvey (7.5), Pat Pinkerton (8.0), M50 Jerome Belinson (7.5), Bill Angus (7.8), M55 Grover Coats (7.3), M65 Jack Greenwald (8.1), W45 Patrice Thomas (9.1); 200m: M30 Spencer Johnson (24.1), Cal Johnson (24.4), M35 Stephen Davis (24.4), M40 Tom Alcorn (27.3), Alvin Williams (28.7), M50 Jerome Belinson (27.4), Jack Brunner (29.4), M55 Grover Coats (28.8); 400m: M30 Spencer Johnson (53.6), Cal Johnson (55.5), M40 Mike Gallagher (62.0), John Jones (64.8), M45 John Hunt (65.7), Gary Siegmone (67.6), M55 Grover Coats (64.7), M65 Jack Greenwald (67.7), Buzzy Hood (92.3), W30 Deborah Yurth (67.4).

Table with 2 columns: Name and Time. Includes 800m: 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 DeKese (5:02.8), M55 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), Bob Kuebler (10:38.7), M60 Tom Andrews (11:17.6), M65 Jim Forshea (11:23.3); 4x4 Relay: M30 Over The Hill (3:57.5), 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: 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: M45 Allen Ray (8-0), M50 John Sloan (8-0), M55 Norm Downing (10-0); Long Jump: M45 Allen Ray (16-2 1/2), Irvin Taylor (13-9 1/2), M50 Jerome Belinson (17-1 1/2), Bill Angus (16-11), M55 Grover Coats (16-2), M65 Denver Smith (13-8 1/2), Fred Hirsimaki (13-2 1/2); Triple Jump: M30 Cal Johnson (35-2), M55 Grover Coats (31-10 1/2), M65 Denver Smith (30-11 1/2), Fred Hirsimaki (27-3 1/2); Shot Put: M30 Glenn Nickerson (18- 1/2), M35 Alan Krist (24-1), M40 Joe Klamar (31-11 1/2), M45 Norm Bower (38-2), Rex Harvey (37-1 1/2), M50 Bill Angus (35-2), John Sloan (33-2 1/2), M65 Denver Smith (31-00), George Riser (30-7 3/4); Weight Throw: M45 Norm Bower (42-5 1/2), Allen Ray (31-7 3/4), M50 John Sloan (21-6 1/2), Randy Strader (19-7 1/2); Super Weight Throw: M45 Norm Bower (26-2), Allen Ray (17-6 1/2), 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

Table with 2 columns: Name and Time. Includes 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).

Table with 2 columns: Name and Time. Includes 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 Mile: M55 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-

Table with 2 columns: Name and Time. Includes SP/HT/DT/JT/WT: Jeff Baty (38 3064 38-3 1/2/116-1/128-5/156-0/44-3), Paul Adams (60 2001 33-4/76-4/103-4/77-4/30-6 1/2), Jeff Baty (56# 30-5); -Dec. 18-: SP/HT/DT/JT/WT: Jeff Baty (38 3243 41-2/125-97/141-2/159-8/43-4), Paul Adams (60 2031 32-11 1/2/72-7/110-9/83-0/30-0), Robert Dew (70 SP 22-4/DT 44-3), Jeff Baty (56# 28-1 1/2).

Louisiana Lightning TC Meet Gonzales, Jan. 22

Table with 2 columns: Name and Time. Includes Shot Put: Jeff Baty (39 39-10), Jerry Lyons (60 28-9 3/4), Paul Adams (61 32-3 1/2), 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); Hammer: 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 1/2), Jerry Lyons (60 29-6 1/2), Paul Adams (61 30-7 1/2), 56#-Jeff Baty (39 29-3).

WEST

KELfield Meet #24 Santa Cruz, CA, Jan. 22

Table with 2 columns: Name and Time. Includes Shot Put: M30 Ron McKee (54-7 1/2), John Cook (49-9 1/2), M35 Eric Hodgdon (43-4 1/2), M40 Gary Kelmenson (36-4), M55 Don Hughes (16# 26-5); Discus: M30 John Cook (136-0), M35 Eric Hodgdon (100-8), M40 Jim McGoldrick (147-0), M40 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), M55 Don Hughes (53-4); Weight Throw: M35 Eric Hodgdon (40-2), M40 Gary Kelmenson (42-6), M55 Don Hughes (29- 1/2), M60 Stew Thomson (56-10 1/2); 56# Weight Throw: M35 Eric Hodgdon (27-4), M40 Gary Kelmenson (26-7), M55 Don Hughes (17-2 3/4), M60 Stew Thomson (28-9 1/2).

Southern California Striders Desert Classic College of the Desert, Palm Desert, CA, Jan. 29

Table with 2 columns: Name and Time. Includes 60m: M40 Don Perkins (8.4), M45 Leroy Clippis (7.9), M50 Walt Butler (7.5), Charley Loftis (8.0), Fred Niedermeyer (8.1), M60 Ted Vick (8.4), Will Robinson (8.6), Frank Kishi (9.1), M70 George Simon (9.9), M75 Clarence Trahan (10.7), M80 Bert Morrow (10.7), W35 April Thomas (9.5), W50 Karen Huff (10.9); 200m: M50 Walt Butler (25.3), Charley Loftis (26.7).

Table with 2 columns: Name and Time. Includes M60 Ted Vick (29.3), Frank Kishi (31.9), Jim Franklin (31.9), M75 Clarence Trahan (38.4), Pete Ganahl (43.9); 600m: M40 Bill Sayers (1:52.3), Walt Fus (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 Juncville (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), M70 Harold Daughters (7:11.7); 60mH: M50 Walt Butler (8.9), Fred Niedermeyer (9.5), M60 Bill Adler (11.2); 300m: M35 Evan Aproberts (45.8), M40 Walt Fus (45.2), Bill Sayers (47.1), M50 Bill Knocke (43.2), Charley Loftis (43.7), M55 Carl Garczynski (55.8), M60 Nick Newton (42.7), Will Robinson (47.5), Jim Franklin (54.1), M65 Louis Beadle (50.2), Avery Bryant (54.5), M75 Pete Ganahl (62.6); 300mH: M50 Bill Knocke (49.1), Fred Niedermeyer (54.0), M60 Will Robinson (74.5), M80 Bert Morrow (78.5); High Jump: M50 Terry Rowan (4-8), M55 Clell Lundy (4-6), M60 Nick Newton (5-2), M75 Pete Ganahl (3-8), Jim Vernon (3-6), M80 Carol Johnston (3-6), W55 Mary Herse (3-2); Pole Vault: M40 Bill McNeal (11-5), M55 Clell Lundy (8-6), M75 Jim Vernon (8-0 1/2), M80 Carol Johnston (7-7 1/2); Long Jump: M40 Bill Sayers (13-9 1/2), M55 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 1/2), M50 Dave Nuttall (30-10), Luigi Schiavo (26-3), M55 Lee Bond (27-10), M70 Bill Bangert (41-8), Mike Castaneda (33-0), Jim Sullenger (30-4 1/2), M75 Ross Carter (38-4), W40 Janet Wilson (32-7 1/2), W50 Karen Huff (32-3), W55 Mary Herse (24-1); Discus: M50 Lloyd Higgins (179-11), Dave Nuttall (111-6 1/2), 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); Javelin: M50 Dave Nuttall (127-6), Terry Rowan (100-3 1/2), Luigi Schiavo (88-8), M70 Del Pickarts (163-3); Hammer: M50 Lloyd Higgins (153-5), Luigi Schiavo (76-7), Dave Nuttall (74-3 1/2); 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 Grupp (40.50), Larry Norris (43.40), Joe Cavan (44.30), Frank Lulich (44.50).

Continued on next page

Continued from previous page

Table of race results including 600m, 1500m, 3000m, 4x300m Relay, High Jump, Pole Vault, Long Jump, Shot Put, and 30K Overall.

INTERNATIONAL

Russian Athletics Veterans Association "Cup Of Five" Indoor Meet, Moscow, Jan. 8

Table of race results for the Russian Athletics Veterans Association meet, including 60m, 100m, 200m, 400m, 800m, 1500m, 3000m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, and 4-Mile.

Table of race results for NYRRC Frostbite 10 Miler Central Park, NYC, Jan. 16.

NYRRC Frostbite 10 Miler Central Park, NYC, Jan. 16

Table of race results for NYRRC North Wind 10K Central Park, Jan. 23.

NYRRC North Wind 10K Central Park, Jan. 23

Table of race results for NYRRC Super Bowl Sunday 5K Central Park, Jan. 30.

Table of race results for Watermen's Museum 10 Mile Yorktown, VA, Nov. 14.

SOUTHEAST

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

Table of race results for Max Bayne Half-Marathon Fort DeSoto, FL, Jan. 8.

Max Bayne Half-Marathon Fort DeSoto, FL, Jan. 8

Table of race results for The Charlotte Observer Marathon/10K Charlotte, NC, Jan. 8.

The Charlotte Observer Marathon/10K Charlotte, NC, Jan. 8

Table of race results for The Charlotte Observer Marathon/10K Charlotte, NC, Jan. 8.

Table of race results for The Wall (State 15K/30K Championships) Metairie, LA, Jan. 2.

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

Table of race results for Houston Tenneco Marathon Houston, TX, Jan. 16.

Houston Tenneco Marathon Houston, TX, Jan. 16

Table of race results for Roy Campanella Memorial 5K/10K Runs Northridge, CA, Jan. 9.

Roy Campanella Memorial 5K/10K Runs Northridge, CA, Jan. 9

Table of race results for High Tech Trek San Diego, CA, Jan. 9.

Table of race results for High Tech Trek San Diego, CA, Jan. 9.

High Tech Trek San Diego, CA, Jan. 9

Table of race results for High Tech Trek San Diego, CA, Jan. 9.

WEST

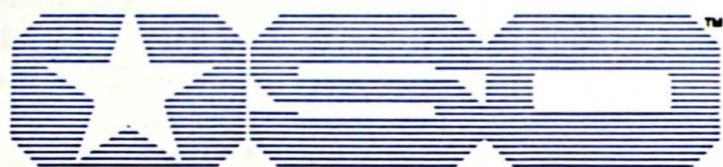
Roy Campanella Memorial 5K/10K Runs Northridge, CA, Jan. 9

Table of race results for High Tech Trek San Diego, CA, Jan. 9.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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

SEND FOR ENTRY FORM TODAY — DEADLINE FOR ENTRIES: APRIL 15, 1994



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.

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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
- Pentathlon
- 5K & 10K Road Race
- 1500M & 5K Race Walk

Field Events:

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

TRAINING

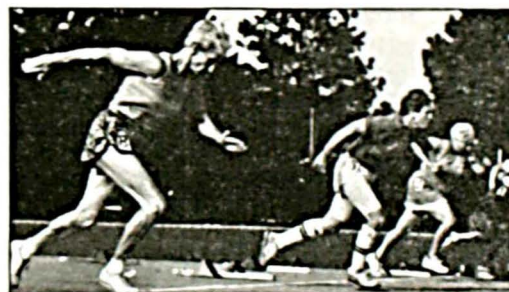
Sessions designed for senior track and field athletes and led by the nation's senior sports trainers will provide insight and hands-on opportunities to further develop your specific sport skills and training techniques.

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.



YES, I would like an entry form for the 1994 USNSO Track and Field Senior Open.

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