

NATIONAL MASTERS NEWS

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

177th Issue

May, 1993

\$2.50

300 Participants Set 33 World Indoor Records in Bozeman

by JERRY WOJCIK

The USA Track & Field National Masters Indoor Championships were held in Bozeman, Mont., the first venture for the event to the Northwest, on March 19-21. Over 300 men and women entrants ages 30-and-over mingled with the hundreds of weekend skiers, who were in the area for a late fling on the surrounding mountains.

While the skiers were swooshing down the slopes, runners were whizzing around the 200m oval at Brick Breeden Fieldhouse on the Montana State University campus, the site of this year's championships.

At last year's championships in Columbus, Ohio, about 650 athletes set 28 world and 24 U.S. records. This meeting of a little more than 300 athletes produced 33 world and 14 U.S. records. Six of the world records came from Phil Raschker of Georgia, in the W45-49 division. Her records included the 60m (8.12), pole vault (9-3¼), and triple jump (35-6). Five of the broken records were held by her already.

Russell Randall, 86, of Colorado,

added four indoor world M85 records in the sprints and long jump (8-8¼) to the ones he accrued in the 1992 outdoor championships in Spokane.

The distance runners and walkers

Continued on page 13

New 5-Year Age-Group Records— pages 17-23



On the victory stand at the National Indoor Championships, Bozeman, Mont., March 20, for the M65 400m awards: Chuck Sochor (62.76), Jim Law, #147 (63.66), and Jack Greenwald, #142 (68.21). Photo by Gordon Seifert

Rose, Grayson Win National 8K as Rodgers, Green Break Records

Nick Rose, 41, of Great Britain, finished first in the USATF National Masters 8K Championships, with a seven-second victory over Bill Rodgers, 45, Sherborn, Mass. Rose won with a 24:34 in the race, held as a separate event along with the Shamrock 8K in Virginia Beach, Va., on March 20.

Rodgers' time of 24:41 betters the

U.S. M45 record of 25:32 by Bruce Mortenson in 1989. Rodgers' closest competition came from Charles McMullen, 41, Rochester, N.Y., M40-44 champion in 25:04, and Paul Mascali, 40, Manhasset, N.Y., who ran 25:23.

Norman Green, Jr., 60, Wayne, Pa.,

Continued on page 16



Charles McMullen, 41, leads the frontrunners at this point of the USATF National Masters 8K Championships, Virginia Beach, Va., March 20. Britisher Nick Rose, 41, left of McMullen, eventually won the race (24:34), while McMullen faded to third (25:04) to Bill Rodgers, 45, far right, second (24:41). Paul Mascali, 40, next to Rodgers, finished fourth. Chuck Smead #5004, 41, was fifth. Photo from Jerry Bocrie

Charbonnel, Portenski Win in Boston

by MARILYN MITCHELL

Jean-Michel Charbonnel (40, France) took home US \$9,000 for the first-place masters win in the 97th running of the Boston Marathon, April 19, with a 19th-overall time of 2:17:44.

Bernardine Portenski (43, New Zealand) was first masters female and, with her 13th overall place among the women, took home \$10,800 with a time of 2:41:18. Irina Bondarchuk (40, Russia) was second masters woman and 15th overall (2:43:15), winning \$5500.

Charbonnel, second masters finisher

Continued on page 16

1992 Age Record Book Available

The 1992 World and U.S. Masters Age-Record Book is now available.

The 52-page book features men's and women's world and U.S. age bests for all outdoor track & field events, age 35 and up, as of October 31, 1992.

It also includes U.S. age bests for men and women for all racewalking events, age 40 and up, as of the same date.

The price is \$4.00. The book is available through NMN. Please see the form on page 23.

CONTENTS

DEPARTMENTS

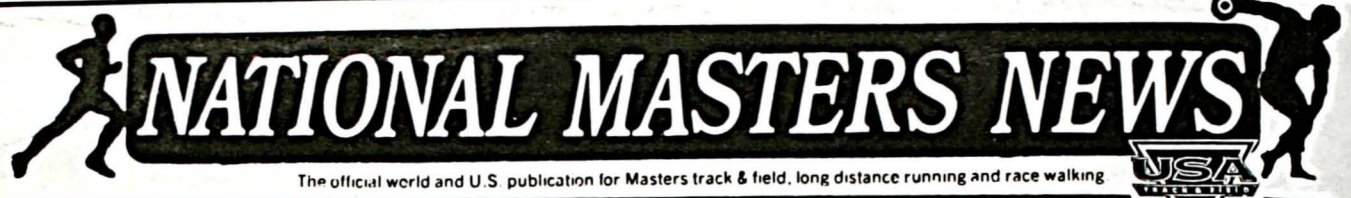
USATF Officers 2
 Letters to the Editor 4
 NMN Sustainers 4
 Third Wind 6
 Coming Next Month 6
 The Foot Beat 8
 Five Years Ago 9
 Masters Racewalking 10
 Track & Field Report 12
 Speaker's Corner-Cosgrove 14
 Ten Years Ago 14
 International Scene 25
 WAVA Officers 25
 Countdown to Miyazaki 26
 New Age-Group Athletes 28
 WAVA/USATF Specs 28
 Masters Scene 29
 Schedule 30
 All-American Standards 33
 Results 34

FEATURES

Indoor Nationals 1
 National 8K 1
 Boston Marathon 1
 Carlsbad 5000 7
 50+ Weekend 7
 Sallie Mae 10K 7
 Cooper Bridge 10K 8
 Doubling Dumb 9
 Mulkey Sets Decathlon Mark 9
 East Indoor Regionals 11
 USATF Regional Schedule 12
 New Indoor Records 13
 Indoor Nationals Age-Graded 15
 Masters Age Records 17
 Hungary Meet 25
 Schedule for Miyazaki 27
 British National X-C 27

ENTRY FORMS/RACE & PRODUCT INFO

M-F Athletic Co. 3
 NMN Subscription Form 4
 Twin Cities Marathon 5
 Kel Field 6
 Miami Northwest Classic 7
 Gardena 5000 8
 Garden State Meet 9
 ARWA Training Camp 10
 Hayward Classic 11
 East Regionals 12
 Rocky Mountain Games 14
 Return to Illinois Meet 15
 Classifieds 15
 PowerLean 16
 T&F Rankings Book 22
 Age-Graded Tables 22
 Age-Record Book 23
 Publications Order Form 24
 NMN Advertising Rates 24
 Ski & Travel International 25
 Sports Travel International 26
 Masters Athletic Group Tour 27
 Snug Harbour Tours 27
 Kitt Travel 28
 Voyageur Marathon 28
 Fax-A-Sub 28
 Elite Sales 29
 New Jersey Meet 30
 Arizona Meet 31
 All-American Application 33
 National T&F Championships 40



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

Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Circulation Manager: Katie Williams
Advertising Manager: David Bayless
Production Manager: Carol Covey
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: TACSTATS
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Carl Hammen (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Tim Murphy (TX), Bob Stone (CA), Pete Taylor (PA), Mike Tymn (HI), John White (OH), Maury Dean (NY).

International Correspondents: Alastair Aitken (GBR), Jorge Alzamora (CHI), Hans Axmann (GER), Cesare Beccalli (ITA), Leo Benning (RSA), Hari Chandra (SIN), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Jacques Serruys (BEL).

Photographers: Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Synder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel (MO).

Creative Art: Eugene Paasinen, Herb Parsons

The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Cassell, Executive Director.

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.

Subscriptions: A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-9083.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the National Masters News are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

TRACK & FIELD

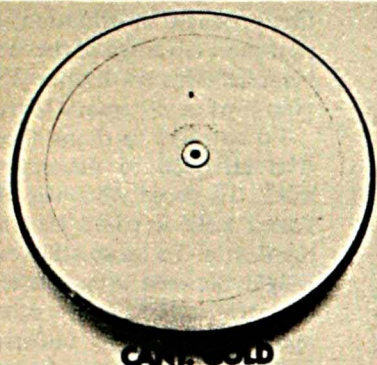
<p>Chairman: Barbara Kousky 5319 Donald St. Eugene, OR 97405 (503) 687-8787</p> <p>Outdoor Meets: Bruce Springbett 220 Oak Meadow Dr. Los Gatos, CA 95030 (408) 354-7333</p> <p>Indoor Meets: Scott Thornesley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385</p> <p>Multi-Events: Rex Harvey 2661 Euclid Heights Blvd. Cleveland Heights OH 44106 (216) 932-9368</p>	<p>Secretary: Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216</p> <p>Treasurer: Al Sheahan P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895</p> <p>Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291</p> <p>Rankings: Jerry Wojcik P.O. Box 2372 Van Nuys, CA 91404</p> <p>Women's Representative: Christel Miller 1740 Grandview Ave. Glendale, CA 91201</p>	<p>Weight Events: Chuck Klehm 1218 North Route 47 Woodstock, IL 60098 (815) 338-2880</p> <p>Site Selection: Max Goldsmith 481 Marcus Lewisville, TX 75067</p> <p>Race Walking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721</p> <p>Team Manager: Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603</p> <p>Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 455-4440</p>	<p>Regional Coordinators:</p> <p>East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547</p> <p>Southeast: Phil Mulkey & Phil Raschker P.O. Box 71022 Marietta, GA 30007 (404) 973-3825</p> <p>Midwest: Mel Larsen 2316 Willemoure Springfield, IL 62704 (217) 546-2909</p> <p>Mid-America: Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 (417) 451-7417</p> <p>Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066</p>	<p>West: Hugh Cobb 3180 Camino Arroyo Carlsbad, CA 92009 (919) 436-7696</p> <p>Northwest: Marti Thielman 406 W 32nd St. Vancouver, WA 98660 (206) 693-2256</p> <p>Awards: Bev LaVeck, above</p> <p>Law Chairman: Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 (407) 499-3370</p> <p>WAVA Delegates: Barbara Kousky, Jerry Donley, Marilyn Mitchell Alternates: 1) Sandy Pashkin 2) Christel Miller 3) Pete Mundle</p>
--	---	---	---	---

LONG DISTANCE RUNNING

<p>Chairman: Charles Des Jardins 5428 Southport Lane Fairfax, VA 22032 (703) 250-7955</p> <p>Vice Chairman Men: Jerry Crockett 1124 W. Eskridge Stillwater, OK 74074 (405) 372-4010</p> <p>Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)</p>	<p>Secretary: Carole Langenbach 4261 S. 184th Street SeaTac, WA 98188 (206) 433-8868</p> <p>Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391</p> <p>Road Records & Rankings: Basil & Linda Honikman TACSTATS 915 Randolph Santa Barbara, CA 93111 (805) 683-5868</p>	<p>Championships: Mick Midkiff 32 Summit Rd. Riverside, CT 06878 (203) 637-1223</p> <p>Law and Legislation: Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218</p> <p>Championship Stats: Norm Green 405 Curtis Ct. Wayne, PA 19087 wk (215) 768-2480</p>	<p>Awards: Ruth Anderson - Women (address above) John Boyle-Men P.O. Box 1824 Deland, FL 32721 (904) 736-0002</p> <p>Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553</p> <p>WAVA Delegates: Ruth Anderson, Norm Green</p>
---	--	---	--

CHOOSE THE BEST...CHOOSE WORLD CLASS CANTABRIAN DISCUS.

- FIRST AT EVERY MAJOR MEET IN THE U.S. AND THE WORLD IN 1992.
- All models precision-built for longer distances and durability.
- New lower prices and immediate delivery! Call M-F's Team of Experts for advice and to order.
Toll-Free 1-800-556-7464 (In US and Canada)

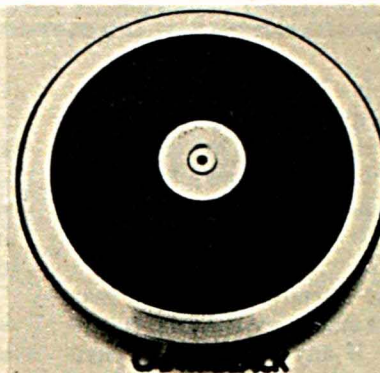


CANT. GOLD

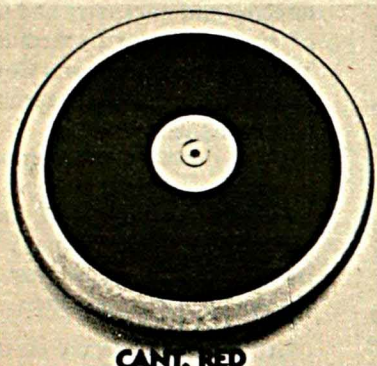
Cantabrian Hyper-Spin (gold) and Hi-Spin (black).

Both have a very high percentage of their weight distribution on the rim. They fly best if a spinning action is used when thrown, since centrifugal force is produced giving extra rotation in the air. **The strong wrist thrower is best suited for these models.** The gold has 3% more rim weight than the black. Both have textured rims for gripping and both are used by world champions because of their outstanding flight pattern.

CANT. HYPER-SPIN		CANT. HI-SPIN	
#4217 Men's 2 kg.	\$249.95	#4220 Men's 2 kg.	\$169.95
#4218 Boys' 1.6 kg.	\$244.95	#4221 Boys' 1.6 kg.	\$164.95
#4219 Women's 1 kg.	\$234.95	#4222 Women's 1 kg.	\$159.95



CANT. BLACK

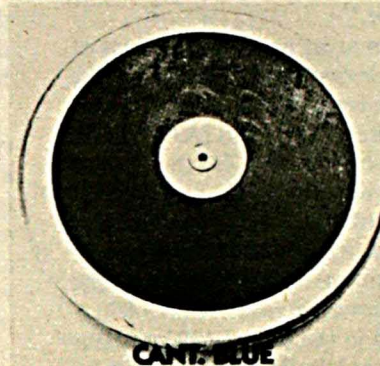


CANT. RED

Cantabrian Red and Blue Models.

Both are best suited to throwers who throw without generating great spin, because both have less weight on the rim than the gold and black models. Both have hard alloy rims for durability. **The Red features a textured finished rim edge for improved grip, is more precisely weighted than the Blue and has a higher rim weight than the Blue.**

CANT. RED		CANT. BLUE	
#4225 Men's 2 kg.	\$ 94.95	#4230 Men's 2 kg.	\$59.95
#4226 Boys' 1.6 kg.	\$ 89.95	#4231 Boys' 1.6 kg.	\$56.95
#4228 Men's 50-59 1.5 kg.	\$ 89.95	#4232 Men's 50-59 1.5 kg.	\$56.95
#4227 Women's 1 kg.	\$ 84.95	#4233 Women's 1 kg.	\$54.95



CANT. BLUE

POLAR FITNESS HEART RATE MONITORS.

Records athletic performance accurately and easily. The perfect coaching tool. Takes the guesswork out of training. All models include lightweight chest transmitter and belt which transmit wireless signals to a wrist watch receiver/module.



VANTAGE XL HRM™.

- 3 displays show heart rate, total exercise time, time of day
- Detailed memory for 8 separate workouts/33 hours total
- 2 hi/lo limits with alarms
- Computer interface option available
- Water resistant — 20m

#3146 Vantage XL \$324.95
#3147 Computer Interface \$494.95



ACCUREX™.

- 3 displays show heart rate, intermediate lap time, total exercise time
- Memory capacity for first 3 lap/split times
- Displays "quality time" - total exercise time in/out of target range
- Hi/Lo limits with alarms
- Water resistant — 20m

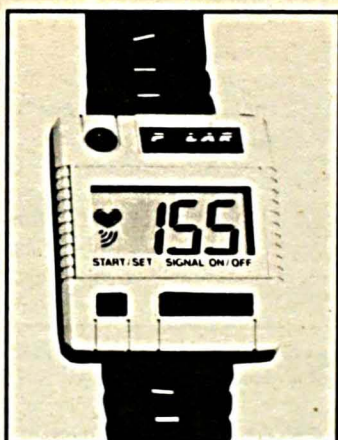
#3152 Accurex \$209.95



NEW! EDGE™.

- Dual displays show heart rate and total time of exercise
- Personal "out-of-target-zone" alarm/flashing indicator feature
- Displays total exercise time above lower target zone limit
- Receiver rotates for easy viewing
- Water resistant — 20m

#3140 Edge \$159.95



PACER™.

- Extra large 1/2" display
- Easy to use and read
- You can program workouts with HI/LO target range zone alarms
- Not water resistant

#3149 Pacer \$124.95



NEW! FAVOR™.

- Entry level Heart Rate Monitor
- Displays heart rate only
- Large 3/8" LCD display
- Easy to use and read
- Water resistant — 20m

#3145 Favor \$99.50

CALL TOLL-FREE 1-800-556-7464

M-F Athletic Company

P.O. Box 8090, Cranston, RI 02920-0090, FAX: 1-800-682-6950



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

1992 NATIONAL 8K X-C

I must respond to Mary Norckauer's letter (March NMN) on the conduct of the 1992 National Masters 8K Cross-Country Championships held in Boston by the New England Association of USATF.

First, the attendance of more than 300 runners at the race has been matched by few if any masters championships not held in conjunction with a "mega-race."

All urban areas have pocket areas of crime. As in any city, common sense needs to be used. The course at Franklin Park, site of U.S. and IAAF World Championship races, is the crown jewel of the Boston Parks and Recreation Department's facilities. The city proudly constructed the current cross-country course specifically for the sport, and over 200 races with 10,000+ runners ran in the fall of 1992 without incident. Franklin Park is used daily by many individuals for training and fitness.

The races were exclusively for masters. To make the age-group competition fair and exciting, and to promote masters running, the directors offered three separate 8K races: M40-49, M50-59, and M60+ plus all women — even though that tripled their work.

Over \$2000 in masters team prize money was awarded by the sponsor, Grand Circle Travel. There never has been that much prize money in a masters XC race.

The meet went with a late fall date that worked with the Masters Commit-

tee's schedule. Mud is part of any race site, and while the weather was brisk and a bit raw, rain didn't begin until after the last race ended. The meet offered a post-race reception and hot meal at the popular runner's pub, the Eliot Lounge.

Course tours were held. The course was multiple loops, and in the one race where the leader went the wrong way, he had already run the correct way on the first and second loops and admitted that he didn't know what prompted him to go wrong on the third.

Granted, Boston is not the easiest city to get around, even for natives. But a simple explanation as to one's traveling situation can bring a lot of assistance. Yes, athletes are on their own in and out of any venue, but in our events, we have always helped out with transportation to and from race sites, advice on transit, and even lodging at local runners' homes. Runners only had to ask.

Yes, the meet is in Boston for 1993 and 1994. The Masters LDR Committee has faith in the long-term commitment the organizers have made to masters running which has been matched by few masters events. If the problems are directed to the race committee in a constructive way, I'm certain they will be addressed and the event will be an even greater success in the next two years.

*Steve Vaitones, Managing Director
New England USATF
Brookline, Massachusetts*

INDOOR NATIONALS

The USA Track & Field National Masters Indoor T&F Championships at MSU in Bozeman, March 19-21, was extremely well organized and most enjoyable. All the officials were very helpful, polite, and very competent. We congratulate and thank Mike Carignan, Bob Sager, A. Kappel and Barbara Kousky for conducting and making the meet possible. Also thanks to all the MSU officials and volunteers. They are all to be greatly complimented.

*Manuel & Helen White
Helena, Montana*

The 1993 Indoor Championships in Bozeman turned out great. Three of us who roomed together agreed that it was the best indoor meet we have ever attended. The track and the warm-up track allowed plenty of room. There was no confusion about heats because the check-in area was in the warm-up area, so that when races were called out, athletes were at the marshaling table in seconds and escorted to the track.

All of the workers are to be congratulated for their patience. This was the first major meet that I've competed in in which I was not hurried or unprepared for my events.

Meet directors of future meets should call the Bozeman directors to get their schedule and order of events. Montana, thanks for a great time.

*Chuck Sochor
Gowen, Michigan*

My thanks to everyone involved with the National Masters Indoor T&F Championships in Bozeman in March 1993. I thought you all did a fantastic job.

It was my first indoor meet, and what a great introduction it was. You have a wonderful facility. I'm sorry more athletes did not compete. They missed a great meet.

*Laurie Adams
Boulder, Colorado*

I'd like to thank the *National Masters News* and Jerry Wojcik for the fine pre-meet information, photo and post-meet coverage of the 1993 USATF National Masters Indoor T&F Championships in Bozeman, March 19-21.

I'd also like to thank those athletes who attended to make it a quality meet. To those who helped and suggested how it could be improved, I thank you. To those athletes who were caught between event times, schedule changes and plane schedules, I apologize and fully understand your feelings. Unfortunately, the meet director and university had full control of event times and schedule changes. The addition of a Sports Committee in future meets should prevent this from happening again.

Being the meet's contact person gave me an opportunity to meet or talk to hundreds of athletes. I have gained new friends and met many wonderful people, which is the greatest reward for my time put into this meet.

It also has given me an opportunity to see things from the inside. I better understand the time and dedication that is needed by people such as Scott Thornsley, Indoor Meet Coordinator. His help, suggestions, experience and officiating were invaluable to us all.

We feel the quality of the track surface provided many WRs, ARs and PRs; we are proud of the facility.

To the hundreds of officials who were not paid but gave of their time, to the MSU track athletes who helped, to the host booth people at the airport, and to those who made the social function before the business meeting such a success, I say thank you. I look forward to seeing you in Provo this summer.

*Bob Sager
Belgrade, Montana*

Continued on next page

NATIONAL MASTERS NEWS
Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

USA rates:	1st Class rates: (USA, Canada, Mexico)	Foreign rates: (Air mail)	<input type="checkbox"/> Payment enclosed
<input type="checkbox"/> 6 months \$13	<input type="checkbox"/> 1 Year \$ 39	<input type="checkbox"/> 1 year \$ 43	<input type="checkbox"/> Bill me later
<input type="checkbox"/> 1 Year \$24	<input type="checkbox"/> 2 years \$ 75	<input type="checkbox"/> 2 years \$ 83	<input type="checkbox"/> \$_____ as a
<input type="checkbox"/> 2 Years \$45	<input type="checkbox"/> 3 years \$110	<input type="checkbox"/> 3 years \$122	contribution to
<input type="checkbox"/> 3 Years \$65			your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or Call:
818/760-8983

CZZMN

Nine Join NMN Sustainers

Each month NMN publishes a list of "sustainers," those who help the National Masters News and masters athletes by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Clifford E. Bedell
Dansereau Health Products
Conrad Falvello
Werner Hamm
Thomas Henderson
James Oaks
R. Kirk Randall
Betty Lou Tucker
Chesley Unruh

Tempe, Arizona
Anaheim, California
Sugarloaf, Pennsylvania
Schweinfurt, Germany
Marlton, New Jersey
Huntsville, Alabama
Newburyport, Massachusetts
Havre de Grace, Maryland
Pearce, Arizona

Write On

Continued from previous page

NATIONAL SENIOR OLYMPICS

With reference to the letter from V. Fandetti (NMN, April — "How to direct a Track Meet"), I have attended all three of the National Senior Olympics competitions, including Syracuse, and they have all been very well directed. These are tremendous operations — Syracuse had over 4,000 entries!

They are not perfect but there are few problems compared to the sheer logistics of a competition of this size that is almost completely volunteer-operated. I believe the NSO committee should be complimented for their dedication.

It is too bad that the writer formed his opinion of the competition based on a specific event problem.

*Jack Ozment
Mesa, Arizona*

RULES AND RABBITS

The rules concerning the use of "rabbits" and records in mixed LDR races have changed over the years as the sport has matured.

I have been involved since the early days of the Women's LDR Committee. Certainly, pacing was an issue as far back as 1979 with husband and wife teams, but masters have generally been

exempt from these limits.

The Women's LDR Committee agreed in 1980 that there should be two types of records: those in women's only races and mixed races.

The IAAF changed its rabbit rules in 1985. As long as the rabbit is for the benefit of the whole field, it is an accepted practice (Rule 66).

Current USATF rule 185.6 states: "For all women's road running records except masters records, separate records shall be kept for women-only and mixed competition." Rule 182.8 states: "No performance shall be recognized as a record if it has been accomplished in or during a mixed competition of men and women except in the road running or in track performances longer than 10,000 meters." Those two rules are identical.

Note rules for masters are different from open events.

*George Kleeman
Rocky Hill, New Jersey*

WINNING SECONDARY TO HAVING FUN

At the East Regionals in Lehigh, Ray Fyke, Pay Carstensen and I had a heated shot put competition with the lead passing back and forth. Ray wound up beating me by four centimeters but, for a short while, we were breathing fire again as we did in our



Top 3 Female Masters before start of 1992 WZYP Cotton Row Run; L to R: Champion Nancy Grayson 35:34; Barbara Filutze, 2nd 37:24 and Jane Hutchison, 3rd 37:55. This year's race is set for May 25 in Huntsville, Ala.

Photo by Jim Oaks

youth.

Winning was a secondary issue; we had a glorious time and that, after all, is what masters competition is all about.

*Tom Henderson
Southbridge, Massachusetts*

LIGHTER WEIGHTS FOR OVER-80s

What were the reasons for, and the basis of WAVA's establishing lower weight implements for each of the men's 50, 60 and 70 age divisions?

Why are these same reasons and same basis not also applicable to lowering the weight of implements for men

in the 80 plus division? Standard, official lighter weights of the shot, hammer and javelin are available for use.

*Burt DeGroot
San Clemente, California*

KUDOS

On behalf of the Dallas Masters Club, we wish to acknowledge the excellent meet conducted by Steve Ireland in Lubbock, Texas, March 6th. This was the fourth tune-up meet for the nationals and greatly appreciated.

*Bill J. Bowers
McKinney, Texas*

**FAST.
FANTASTIC.
BEAUTIFUL.**



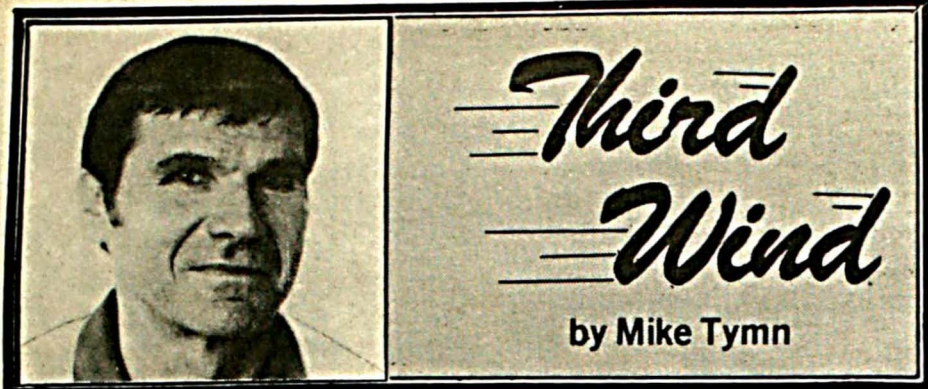
Join 6,000 runners for "The Most Beautiful Urban Marathon in America." It's 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, over 200,000 colorful fans and 4,000 volunteers. Besides being a can't-miss marathon, it's a weekend of events, including a two-day expo, 5K championship race, and Kids Half-Mile Fun Run. It's also the site of the USA Track & Field Open Men's Championship and the U.S. Masters Championships - on one of the nation's fastest courses.

For more information, contact: TCM, 708 N. 1st Street, Minneapolis, MN 55401 (612) 673-0778.

TWIN CITIES MARATHON

Minneapolis-St. Paul

SUNDAY, OCT. 3, 1993 8:00 A.M.



Appreciating Old Age

A man, as he manages himself, may die old at 30 or young at 80. — Shaker Proverb

According to Hippocrates, the Greek physician known as the Father of Medicine, old age begins at 56. If that's true, I've crossed the threshold into old age.

But I still feel fairly young. Ironically, though, the very thing that makes me feel young also makes me feel old. I'm referring to the act of running.

I feel old when I look at a stopwatch and note that I'm significantly slower — more than a minute per mile over a 10K course — than I once was. What's more, an all-out mile for me now would not be too much faster than what I once averaged per mile for a marathon. When I dwell on such comparisons, I feel especially old and feeble.

Like many masters runners I know, I often rationalize by telling myself that I could run faster now were I to train as I once did. But, although I'm sure I could train more than my current 25 miles a week (with limited intensity), I know there is no way my body would tolerate the 90-100 miles a week (with some real intensity) I was logging during my early 40's. I suspect I'd max out right around 60 miles now if I were to push it.

More than the body, the mind now limits me. Although there is still a desire to race, there is no longer the "hunger" required to push myself beyond mere fitness running. For me, there is no middle ground between fitness running and competitive running, no reason to run more than those 25 miles a week but less than 60. If I'm

not all that I think I can be, I'm simply not interested in doing it. Some of my friends see that as a personality flaw. They say I should get out there and just have "fun." My response is that I've tried it and don't find any fun in racing at a level lower than I know I'm capable of. If that's a personality flaw, so be it.

I feel as young as ever when there is no watch running to tell me how fast or slow I am. When just cruising along by myself during a workout, I can't really tell that I'm slower. Except when I try to sprint, I feel the same as I did at 28.

Attitudes Have Changed

But even when I'm feeling old, I look back on attitudes as recent as 20 years ago and realize how dramatically things have changed. It wasn't until after the running and fitness boom took off in 1972 that attitudes toward aging and vigorous athletic activity began to change.

I recall back in 1960, while administering a physical fitness test to a battalion of supposedly combat-ready Marines on Okinawa, being admonished by the commanding officer for making some senior non-commissioned officers run all of a half-mile. "Take it easy on them, Lieutenant," the CO counseled me. "Some of those guys are pushing 40."

In 1962, I did a story for the Ala-

meda (Calif.) Times-Star about a 36-year-old distance runner named Joe King. There were few distance runners over 30 back then, and King was usually the oldest, at least the oldest real competitor, in the Bay Area road races I took part in. In the story, I marveled at a man his age still being active in the sport.

In 1964, my high school track team, which had won the California state championship 10 years earlier, took on the team of '64 as part of our 10-year reunion. All of my old classmates, including four sub-10 second (100 yards) sprinters, were already "old" and slow. Other than the discus thrower, I was the only winner from the team of '54. Some of my old classmates seemed in awe that a man of 27 could still run a mile in a high school competitive time.

I remember thinking after turning 35 in 1972 that I might have only two or three years left in my legs. I had assumed that whatever it was that happened to baseball players between 35 and 40 would happen to me. I'd just sort of fall apart.

Over the Hill at 40

That's pretty much the way it was in those days, as I remember it. If you were over 40, you were considered pretty decrepit. You were *over the hill*. What few athletes there were over 40 were mostly former superstars turned scrubs. They seemed to draw attention to the physical decline that takes place during the late 30's and early 40's more than serving as role models for middle-aged men. Of course, the situation was even worse for women, as there was virtually nothing in the way of vigorous sports available to older women then.

With the advent of the running and fitness boom sparked by Dr. Kenneth Cooper and his book, *Aerobics*, things began changing. More and more men and women over 40 took up "jogging," then running. Age-class competition developed rapidly, not only in running but in other sports as well.

In my adopted state of Hawaii, we saw 43-year-old New Zealander Jack Foster win the 1975 Honolulu Marathon in then-record time and go on to compete in the Olympics the following year. We also witnessed our own Harold Chapson become the first person over the age of 70 to run a mile in under 6 minutes and set many other world age-class records. Bud Deacon, another Hawaii resident and a one-time world-class pole vaulter, was also a pioneer in the aging athlete arena as he became the world's best over-60 decathlete.

Within a matter of about 10 years, my attitude toward aging completely reversed itself. I went from expecting to fall apart during my late 30's to assuming that I could go on forever without any significant loss to the years.

Aging Takes Its Toll

Through harder and more intelligent training, I was able to improve my racing times right up to age 44. It wasn't until right after my 45th birthday that I began to realize that there was no more



Joe King, now a young 67 was once an old 36.

room for improvement and that I was beginning to slip a little. It wasn't until age 47 that I was able to figure out that it was aging taking its toll rather than improper training or other factors.

I must confess that during my early 40's, as I began to think of myself as immortal, I didn't really appreciate the achievements of runners like Chapson and Deacon. I just assumed that I'd be able to do much better when I reached their ages. I now know differently.

So, while I've gone from thinking I would be feeble at 40 to believing I could go on forever, I have now settled at somewhere in the middle of those points. As soon as I begin to lament my losses to the years, I quickly remind myself that I am now much more active, much more fit, than I could have imagined just 20 years ago.

As some wise person once put it, the real danger of growing old is not that we lose our talents but that we fail to see those we have gained. □

COMING NEXT MONTH

- World Championships Preview
- Miyazaki Entry Form
- Travel and Housing Info
- Competition Schedule
- Last Place Marks in Turku

KIEL

FIELD

Opening Fall 1993

ON THE CENTRAL CALIFORNIA COAST

How About Santa Cruz?

Rose, Tracy Win in Carlsbad

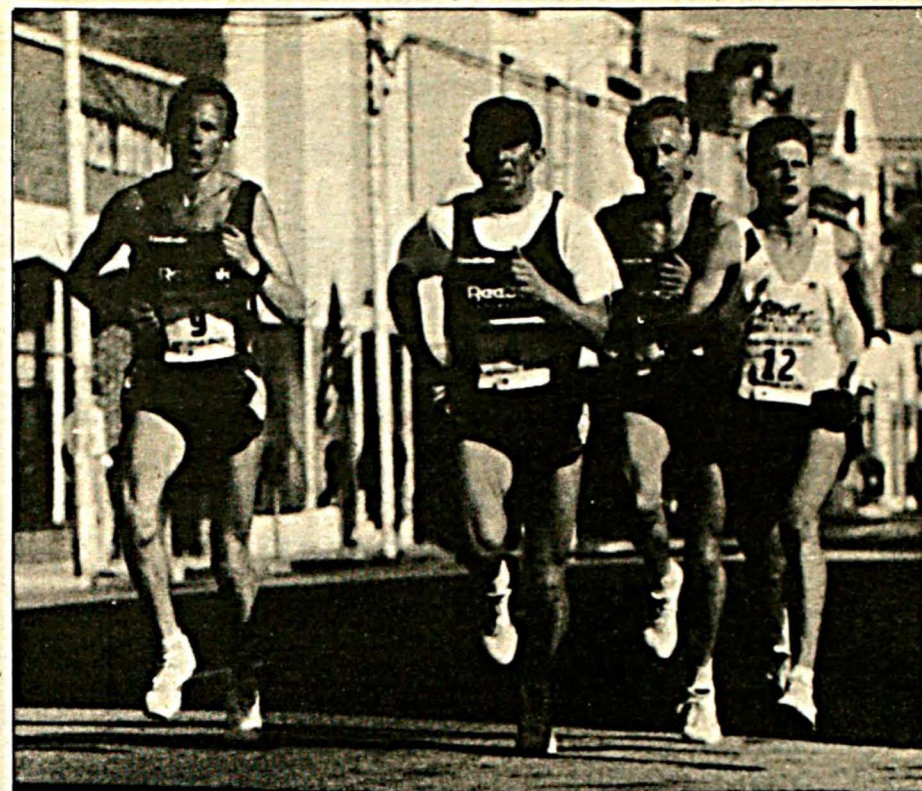
British internationalist Nick Rose, 41, pulled away from Wilson Waigwa, 44, of Kenya/Texas, in the second half to win the masters title by eight seconds with a 14:33 in the Carlsbad 5000, Carlsbad, Calif., on March 28. Nolan Smith, 43, of Pasadena, Calif., was third in 15:20.

Phil Camp, 45, won the M45 race with a seventh-place 16:02. Vick Heckler, 50, took the M50 contest by two seconds from Mike Scott, M50, with a 16:17. In the M60 race, Paul Saucedo, 61, was three seconds up on Pat Devine for the victory in 19:26. Walt Kuetzing, 80, in 27:03, won the M80+ race from 89-year-old Willard Benton (33:24).

Diana Tracy, of Hermosa Beach, Calif., in her first masters race since turning 40 in February, won in 17:19. Tracy, a mother of two and former flight attendant who left Delta Airlines at 37 to attend a Los Angeles area community college to study nursing, where she ran on the track team, took the race from Laurie Binder, 45. Binder, U.S. 5K record holder at 16:54 and on the mend from Achilles surgery last summer, finished in 17:55.

Sandy Robbins, 41, was third in 18:30. Tere Verdin, 57, won the W55 race with a 20:37.

Rose and Tracy each won masters victors' prizes of \$500. □



Nick Rose, 41, third from left, of Great Britain, runs with the open frontrunners to finish fifth overall (30:21), Cooper River Bridge 10K, Charleston, S.C., April 3.

Photo by Ken Bible

Over 700 Join in 50-Plus Fitness Weekend

by LEE HASKELL

Nearly 700 runners and walkers gathered at Stanford Stadium on March 21 for the 10th Annual 50-Plus Fitness Weekend, while an additional 200 people joined featured speaker Jack LaLanne at a pre-event race dinner on March 20.

This record turnout of participants yielded several records of their own, establishing four 50-Plus course bests. Over 100 people attended a daylong conference on Saturday, entitled "Over Fifty and Feeling Nifty." Featured speakers included Dr. Joan Ullyot, pioneering woman runner.

Presented by the 50-Plus Fitness Association and the Stanford Center for Research in Disease Prevention, these events celebrate the vitality of "older adults" and bring attention to the strong link between living longer, healthier lives, and regular exercise.

Shirley Matson defended her title as the fastest 50-Plus 8K woman with an astonishing time of 29:34, topping the previous age 52 U.S. record by nearly a minute and a half. Ageless wonder Paul Spangler completed the 8K course in 84:47, establishing the first age 94 U.S. 8K record.

The first runner to come across the finish line was 53-year-old Sal Vasquez, who ran 26:41. He was followed by Dan Preston (27:27) and Tim Rostege (27:42). Following Matson (29:34) across the finish line as the top female runners were Ullyot (34:10), and Gail Rodd (34:38).

The 8K run was the highlight of a full weekend's worth activities that included a 5K racewalk and 5K fitness walk.

"The primary objective of the

Waigwa First in Sallie Mae 10K

Wilwon Waigwa (44, KEN/TX, 30:16, \$500) and Nancy Grayson (42, MI, 35:58, \$500) were top masters in the Sallie Mae 10K in Washington, D.C., April 18. Domingo Tibaduiza (43, COL/NV, 30:33, \$400) was second M40+, while Barbara Filutze (46, PA, 36:14, \$400) and Shirley Matson (52, CA, 36:24, \$300) trailed Grayson. Complete results next month.

50-Plus Fitness Weekend is to increase the overall awareness of the benefits of staying healthy throughout one's life," said Don Carpenter, 50-Plus Race Director. "These race participants are role models for one another and for the entire population; young or old." □

18th ANNUAL NORTHWEST TRACK & FIELD CLASSIC

JUNE 12 - 13, 1993



SANCTIONED BY



Traz Powell Stadium

Miami-Dade Community College North Campus




INTERNATIONAL COMPETITION
• AGE GROUPS THROUGH MASTERS •

BAHAMAS
JAMAICA
CANADA

USA
PUERTO RICO
GUATEMALA

CAYMAN ISLANDS
BRITISH VIRGIN ISLANDS
OTHERS



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

A Common Injury Among Runners and Joggers

ITBS or ilio-tibial band syndrome is an injury that is quite common in long distance runners and joggers. The ITBS is a thick band of fascia that begins at the hip joint and runs down across the outer portion of the upper leg, crosses the knee joint and attaches to the upper portion of the fibula.

The purpose of the band is to stabilize the leg and knee. It also locks the knee into extension when one is standing. When the knee bends, the band has a tendency to snap forward. That tendency can irritate the tissue around the band and cause a sharp pain on the outside of the knee. As can be imagined, jumping and running down hill can easily irritate the ITB at the knee joint.

ITBS can be brought on either by an increase in mileage or flare-up of an ex-

isting knee injury aggravated by running or jumping. Overuse results in fatigue in the band causing it to tighten over the outside of the knee and become inflamed. High jumping off one leg can also shift weight to the outside of the knee and cause irritation.

The main symptom usually is severe pain in the outside of the knee joint making running impossible. The pain may extend up the side of the knee into the leg. Walking up and down stairs, squatting and jumping aggravate the

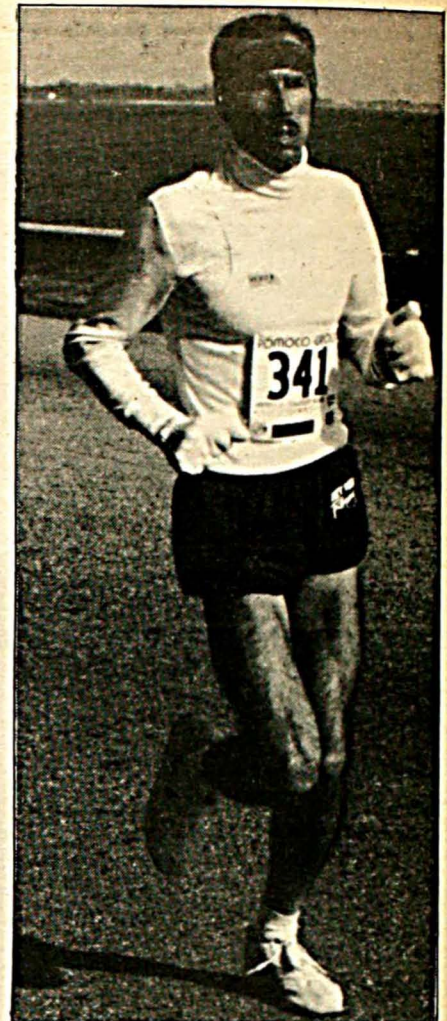
condition. Pressure on the outside of the knee also causes pain. Symptoms may last up to six months.

Runners with high arch, rigid feet or bow legs are particularly vulnerable. Most sufferers report recent increase in mileage or intensity of training. Running from hard to soft surface also aggravates the ilio-tibial area.

Treatment includes icing after workouts for 8-10 minutes. Moist heat packs at night for 30 minutes are also quite helpful. A motion control shoe that provides good stability is important. At the first signs of irritation, reduce mileage and use heat and ice. Ultrasound is also very helpful. Avoid downhill running.

Make sure you have eliminated any biomechanical deformity of the foot. Sometimes a lightweight foot orthosis will control the over-pronation and provide stability to the outside of the knee. Avoid overstretching. If the condition does not improve, steroid injection may be necessary. In severe cases, a surgical technique is used to split the ilio-tibial band and release the pressure around the inflamed area. □

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.



Rick Banning sets a masters course record 1:09:55 in the Hampton Coliseum Half-Marathon, February 7 in Hampton, VA.

Photo by Action Sports of America

Rose, McLatchie Winners in Cooper Bridge 10K

Nick Rose, 41, of Great Britain, won another masters race, successfully defending his title with a fifth-place 30:21 in the Cooper River Bridge 10K in Charleston, S.C., on April 3. Wilson Waigwa, 44, El Paso, Texas, finished a distant second in 31:09. Charles McMullen, 41, Rochester, N.Y., took third in 31:40.

Robert Schlau, 45, put on a good show for a hometown audience, with a fourth-place 31:55. Another Rose, Charles W., 60, of Charlotte, N.C., also performed well, winning the M60 race easily in 36:37.

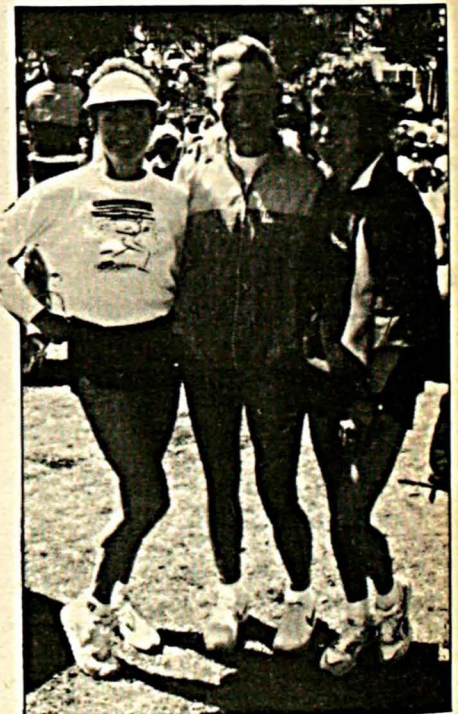
Carol McLatchie, 41, Houston, Texas, continued on a winning path with a masters first in 35:50 over a strong field. Nancy Grayson, 42, Northville, Mich., was runner-up in 36:16, followed by Barbara Filutze, 46, Erie, Pa., in 36:21, and Laurie Binder, 45, Oakland, Calif., with a 37:16.

The best masters performance came from Shirley Matson, 52, Moraga, Calif., who sped to a fifth-place 37:30. Susie Kluttz, 56, Winston-Salem, N.C., won her division contest by ten minutes with a 44:05.

The dramatis personae in this race played almost the same roles in the USATF National Masters 8K Championships, March 20, in Virginia Beach, Va., where Rose and Grayson were victorious.

Cash awards to the top masters totalled over \$8000. More than 6000

runners and as many walkers participated in almost perfect weather (50° and sunny). The course started in Mt. Pleasant, S.C., crossed the 2½-mile span of the Grace Memorial Bridge over the Cooper River and finished in the heart of downtown Charleston. □




Division winners in the Cooper River Bridge 10K pose after the race. From left: Shirley Matson, W50; Susie Kluttz, W55; Barbara Filutze, W45.

Photo by Charlie Kluttz

GARDENA 5000

9TH ANNUAL 5K ELITE INVITATIONAL SUNDAY

JUNE 6TH 1993

PRESENTED BY: 

LOCATION: Pacific Square on 1630 W. Redondo Beach Blvd. Near Western Avenue in Gardena, CA

RACE TIMES: RAIN OR SHINE
 5K Run 8:00 a.m.
 5K Fun Walk 9:00 a.m.
 5K Invitational 9:00 a.m.
NEW: 5K Masters Invitational 9:20 a.m.

COURSE: 3.1 Miles, Super-Fast and Flat
 TAC Sanctioned & Certified
 Cheering Sections

OVER \$10,000 WILL BE GIVEN TO TOP MALE AND FEMALE RUNNERS

6 National Age Records Set Last Year!

	1st	2nd	3rd	4th	5th	6th	7th to 15th
Male Overall	\$1000	600	500	400	300	200	100 Each
Female Overall	500	400	300	200	150		
Male Masters	500	400	300	200	150		
Female Masters	350	250	150				

"AGE DIVISION" WINNERS

Male Age Group	1st	2nd	3rd	Female Age Group	1st	2nd	3rd
40-44	100	75	50	40-44	100	75	50
45-49	100	75	50	45+	100	75	50
50+	100	75	50				

For further information please contact the following coordinators for invitational race forms:

MALE ELITE RON GEE 213-389-7204	FEMALE ELITE ANITA CORREA 310-438-5307	ELITE MASTERS SONNY MONIOZ 310-324-7085	ELITE MASTERS MERLE HEIMBERG 310-474-8654
--	---	--	--

Doubling Dumb

by MAURY DEAN

Doubling is really dumb, my running pals tell me. They are right. Investing a Saturday in a 5K and returning for another on Sunday are thankless tasks, rewarded by fatigue, pain, and injury. March has always been one of my favorite months to race, however, and if it weren't for doubling on March 6 and 7, I'd have zilch in my running log for the month.

Why? Well, it seems the whole Eastern Seaboard was deep-frozen by the "Worst Storm of the Century," and I got personally zapped by the flu and a rib injury — but yes, Virginia, there was racing in the N.Y.-Philly area.

Vincentown, N.J., featured the Stop The Jade 5K, a village hamlet classic on the 6th, that harkens back to the Revolution (sort of — they chased this risqué lass to the lake 20 years ago, and a memorial race was set up). Delightful romp back in time and a classic course.

You start on a narrow bridge, half expecting General Washington to come poling down the Delaware nearby; you fly up a hill around the one-block ancient clapboard town, huff-puffing the little knolls and sliding across plank bridges. Quaint snowswirl all around. Burgundy brick farmhouses as old as time. And kids. Kids galore. Legions of local cross-country harriers harassing you by whipping through the first

mile in 5:10 — while wearing (Egad!) Levis.

Just before the last 400, we cut a sharp right into some guy's yard. Yep, zipped right through the gate, danced through the soggy, sodden mud, whirled like discombobulated dervishes through the latent flower garden, hurdled the doggie doo, and leaped out the back gate to the welcome finish line. Really. You can ask the other 200 wide-eyed finishers.

Top masters times belonged to Vince Phillips (18:01) and Carol Lanzo (21:38), who won the 40s by over three minutes. Non-icy bridges and a mudless, yardless finish would have planted Vince well into the 17s. Next year, watch for John Mylius (49, 18:30), and the Levys, 50s champ Susan (25:50) and husband Marvin, 69, who keeps on truckin' after three knee operations and bypass surgery.

On the 7th, I doubled in the LEAD VII "5K" in Levittown, famous in the 40s for being the first suburb with "cookie-cutter" two-bedroom bungalows, with a patch of grass and a rainbow dream. Today Levittown's homes are wildly distinctive, with dormers and breezeways and nice, flat streets, perfect for fast times to herald the 1993 road racing season on Long Island.

Alas, when we heard some dude had measured the course with a bicycle

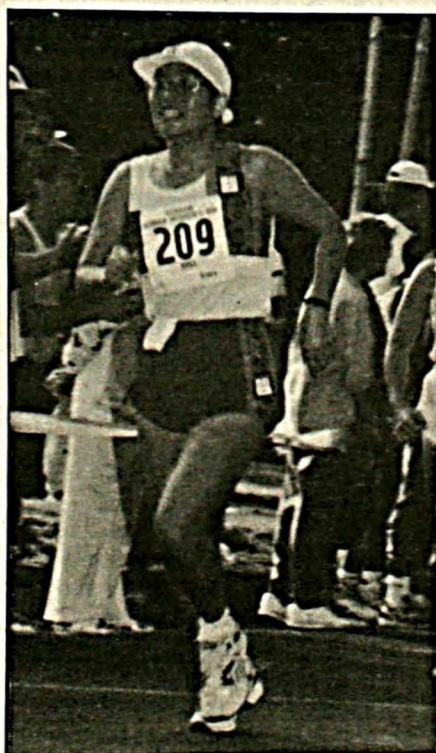
Mulkey Sets World Decathlon Record

Georgia's Phil Mulkey, 1960 U.S. Olympic Decathlete, returned to the Kansas Relays Decathlon on April 14-15 after an absence of 27 years to better the world M60 decathlon record with a score of 8254 points.

Mulkey, who had participated in the Relays from 1955 through 1966 — winning in eight of those 12 years — opened the first day's five events (100, LJ, SP, HJ, 400) with a stunning 4540 points. His marks of 13.23, 17-4¼, 47-6½, 5-2¼, and 65.24 were all his bests of this early season.

Perhaps the cold and rainy weather, along with some physical fatigue, worked against his second-day performance. Still, he managed to produce marks of 15.66 (100H), 134-5 (DT), (10-8 (PV), 124-6 (JT), and 7:09.24 (1500).

Mulkey, who will be aiming for the gold medal in the World Veterans Championships in Japan in October, said: "The first day was very, very good. I feel it will be quite hard to duplicate. But the second day still has a lot of room for improvement." □



Carol Okazaki (200) comes in 2nd in the 55-59 age division (54:49) in the Straub Hawaii Women's 10K, March 7.

Photo by Tesh Teshima

Five Years Ago

- Peter Hallop (M40, 49:18) and Christine Tattersall (W45, 1:00:18) Win National 15K Championships in Tucson, Arizona.
- National T&F Championships Draw 441 to Baton Rouge, La.
- Peter Hallop (41, 15:52) and Judy Greer (41, 18:56) Win National 5K Championships in DeLand, Florida.

odometer, we knew we were in deep mud, which was actually featured in the last 100 meters. Instead of blazing over the finish line, we slooped and squished with cement shoes.

Young Willie Outsen, 41, harnessed an incredible kick (17:38) to goldenize the masters. The 50s featured a fine race with the overall masters silver winner (17:43) edging out Maccabees Games and Empire State Games medalists Seth Kaminsky (18:20) and Julian Goldsmith (18:27). Goldsmith is one of the top ultra-marathoners in the U.S. at any age.

Both Outsen and Nancy Tischler cracked the coveted top five overall. Nancy not only won the 45s but her 22:35 copped the masters by a minute over Susan Vitrello (23:39). Joe Cordero, M55, won his new age group (19:08). Ray Fletcher (20:44) hauled in the M60+ hardware. □



Tyrone Carlis, of Florida, second M45 (18-6) in the long jump, National Masters Indoor Championships, Bozeman, Mont., March 19-21.

Photo by Dave Bayliss

THE EIGHTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP T & F CHAMPIONSHIPS (SANCTIONED BY USATF) SUNDAY, JUNE 27, 1993

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups

RUNNING EVENTS		FIELD EVENTS			
5000 METERS	10:00 AM	20-39 MEN	40-49 MEN	MEN 50-59	MEN 60+/WOMEN
110 METER HURDLE	11:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
MILE RUN	12:00 PM	10:00 AM	10:45 AM	11:30 AM	12:30 PM
100 METER	1:00 PM	1:30 PM	2:45 PM	2:15 PM	1:00 PM
		10:30 AM	10:30 AM	10:30 AM	10:30 AM
		10:00 AM	11:00 AM	12:00 PM	1:00 PM
		11:15 AM	12:15 PM	1:30 PM	10:00 AM
		12:30 PM	1:30 PM	10:00 AM	11:15 AM
		2:00 PM	2:00 PM	3:00 PM	3:00 PM

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS

MILE RUN	AGES 9-10, 11-12, 13-14, 15-19	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14, 15-19	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14, 15-19	2:00 PM	MALE & FEMALE
4x400 METER RELAY		3:30 PM	MALE & FEMALE

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forfeited.

FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.

All races will be run as finals. If necessary, sections will be run for sprints.

RULES

- SPIKES ALLOWED - 1/4" or less
- HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.
- ELIGIBILITY - USATF (TAC) membership required. Available at meet.
- FALSE START - One false start rule will apply.

FEES - Free to Randolph residents.

- Pre-registered - (Received on or before June 15.) \$5 per event.
- Received after June 15 - \$5 late fee added to first event.
- Relay Teams - \$15 per team.

ADDITIONAL INFORMATION

Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282
Ken Brinker days 201-540-3860 evenings 201-584-3678

AWARDS - Medals for first, second, and third place in each age group.

CONCESSION STAND AND SHOWER FACILITIES AVAILABLE

SITE - Randolph High School, Millbrook Road, Randolph, New Jersey

DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN, 19 BEDMINSTER ROAD, RANDOLPH, NJ 07869

NAME _____ (first name) _____ (last name) _____ MALE _____ FEMALE AGE AS OF 6/27 _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
CLUB _____ TAC NO. _____

EVENTS ENTERED _____

MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB

I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept., Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this meet.

I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE _____





The Remarkable Johnson and Mimm

On March 7, Don Johnson, 76, and Robert Mimm, 68, competed in the Los Angeles Marathon in 90+ degree heat. Less than two weeks later, on March 19, they competed in the 3000-meter indoor track walk at the 1993 Masters Indoor T&F Championships in Bozeman, Montana, elevation 4,755 feet and temperature 74 degrees. Don did a gold medal performance in both events, finishing the Marathon in 6:34:14 and the 3000 meter in 21:58.0. This is especially remarkable as Don is recovering from a bout with prostate cancer. Proving himself to be one of America's most formidable walkers, Bob finished the L.A. Marathon second overall in a time of 4:47:54, and then turned around to win a gold in the 3000 meter walk in a time of 17:18.7.

EW: Don, usually long and short distance racing require different training. How do you combine the two?

DON: Mostly, because I'm not racing at my peak and the times aren't that great, I'm just trying to stay with racewalking and am not training that intensely. For me, the Marathon and 3000 meters were just two walks. It was a matter of just going out and doing it,

especially in L.A. I have a swollen leg, and the Marathon actually helped it. At the indoor race, there were quite a few complaints about the altitude with the dry heat in the arena. But I wasn't walking fast enough to really notice it. I could see that some of the other walkers were having quite a bit of trouble with the altitude.

EW: How about the heat in L.A.?



Robert Mimm, New Jersey, M65 first (17:18.7), 3000m RW, USATF National Masters Indoor Championships, Bozeman, Mont., March 19.
NMN/Jerry Wojcik

DON: I was so worried that I couldn't finish the Marathon that I didn't worry about the heat. Again, I wasn't going fast enough to have it really bother me. However, I did come home sunburned.

EW: How about your training?

BOB: People ask me about my training methods expecting some real secrets, but I really don't have any. I like to do a lot of different things. I don't follow any program. Training is just something you have to do without thinking. I am not a morning person. I like to train in the afternoon or evening. The last few months, I have been getting my son Clifford to train with me which has helped.

I trained for the marathon with him. We went to a hilly park and did at least two hours there on the weekends. That was enough to get me through the Marathon. I have never been one to read every Running Magazine and what have you. The time you are doing that, you could be out training. Why read about someone else when you can be doing it?

I have never really considered myself a long distance person; it's a chore for me to do a marathon or 50K, but I usually recuperate fairly quickly. But the first couple of hours afterwards really do hurt.

EW: Did you do any speed training for the indoor 3000?

BOB: That's my problem. I am not doing enough speed work and I guess that's why my times aren't that fast any more. I think you need speed work, but I have been concentrating on not getting injured because I had a lot of injuries a year or so ago. I never used to get injured when I was younger, but when you get older, the tendons tighten up; and I don't stretch as much as I should. I do it whenever I think about it.

EW: Do you have any secrets about eating?

BOB: No. I eat everything. I am careful about chemicals. I do read labels. For example, I will not buy Campbell soups as they are filled with monosodium glutamate. I use cream and milk and not the chemical substitutes. Before they found out that pasta was a good thing to eat the night before a race, I was eating it. I didn't know it was what you are supposed to eat. In fact, when I was on the track team in college, the athletes were given a special dinner that the regular students didn't get. It was a pre-competition dinner and was always the same thing: steak, baked potato, and carrots.

EW: Don, you told me you had a stress fracture in early 1992, and that you were doctoring prostate cancer. How is your health? It doesn't seem to stand in your way.

DON: If I go by the blood tests, I should be okay. You can never say for certain. I had chemotherapy and am on negative steroids — and they have had their effects. It's not so easy coming back at 76. I can talk myself out of training now and it shows in my times. In Turku, I walked a 20K in 2:10; and in Spokane I walked a 2:27.

There is no real serious pushing now. It used to be the other way around; everything else had to wait until the training was over. I used to be an over-distance trainer; if I was training for a 20K, I made sure that I could go 30. When I first started walking, I was amazed when I went three miles and

Continued on next page

American Racewalk Association RACING CAMP FOR THE COMPETITIVE RACEWALKER

Boulder, Colorado
July 1 - 4, 1993

This camp is for the intermediate through advanced level racewalker. To attend, you must know legal racewalk technique. IT DOES NOT MATTER HOW FAST OR HOW SLOWLY YOU WALK, as long as you can walk legally. All ages are welcome, children under 16 must be accompanied by a participating adult. We will end the camp with the Mt. Evans Hospice "Freedom Race" a 5K TAC Masters Championship race in Evergreen, CO, open to any age of competitor. Join us for two-a-day workouts, seminars, video coaching, individual attention and beautiful locale! Daily seminar topics include speed, strength and form drills, biomechanics, mental training, fat reduction, racing strategy and more! You receive a workbook which you use to continue your training at home. Massages will be available.

Your primary coach will be **Viisha Sedlak**, #1 World-Ranked Masters Racewalker and six-time Gold Medalist in the World Veterans Games, World Record holder, and overall winner in the European Veterans Championships in Switzerland (1991). ARWA certified coaches and supporting staff teach this comprehensive RACEWALK Camp for all speeds of racewalkers. Staff includes weight trainers, nutritionist, chiropractors and other health professionals.

For travel and hotel information contact - The Golden Buff Motel 1-800-999-2833 or call Rose Yee at Travel Bonus 1-800-345-5764. Make motel reservations EARLY. Lodging accommodations fill up fast during the 4th of July weekend.

Registration fee covers all handout materials including workbooks, video sessions, seminars, workouts and coaching tips. Bring a blank cassette for videotaping (former camp attendees should bring their old cassette log to add onto).

Send \$335 per person to:
TO REGISTER: AMERICAN RACEWALK ASSOCIATION
PO Box 18323
Boulder, CO 80308-1323

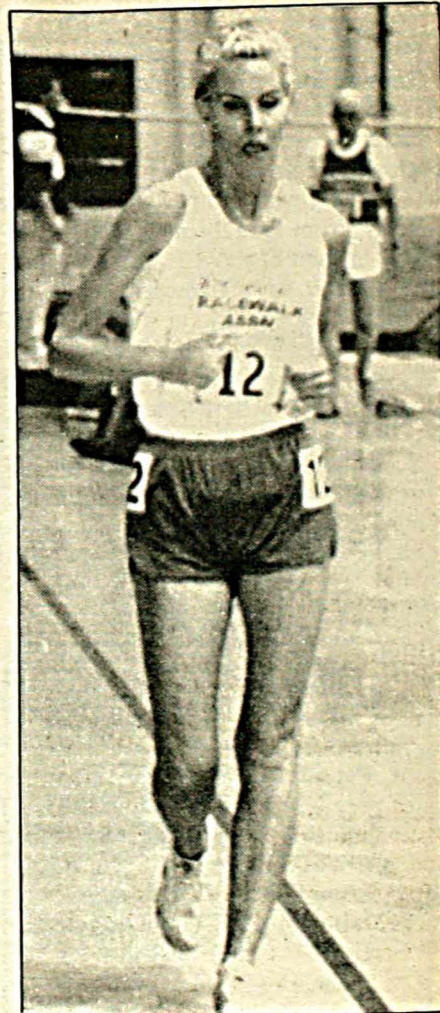
RCMP
(303)447-0156

ARWA "Eagles" (previous camp attendees) pay only \$295. \$365 after June 1, 1993. Send \$150.00 deposit to hold your space. Deposit is NON-REFUNDABLE after June 1, 1993.

Register Me! I am a member of ARWA (or have enclosed the \$25.00 annual fee) (303) 447-0156

Name _____
Address _____
City/State/Zip _____

I am a current member _____ ARWA annual fee enclosed _____
Total fee or deposit enclosed _____ I'm an ARWA Eagle _____
I attended the ARWA _____ camp in _____ (year)
Mail to: AMERICAN RACEWALK ASSOCIATION, PO Box 18323, Boulder CO 80303-1323



Viisha Sedlak, Colorado, W40 first (15:12), 3000m RW, USATF National Masters Indoor Championships, Bozeman, Mont., March 19.
NMN/Jerry Wojcik

21st East Indoor Regionals Held

by PETER TAYLOR

BETHLEHEM, PA, March 7 — Jim Sutton, Ray Funkhouser, Gloria Brown, and Al Swenson were four of the many athletes who turned in outstanding performances as the Philadelphia Masters conducted the 21st Annual Indoor USATF (TAC) East Regional Masters Track and Field Championships at Lehigh University's Rauch Fieldhouse.

The Philadelphia Masters won the 40-49, 60+, and overall team titles, while the Syracuse Chargers won 30-39 laurels and the New York Masters pulled down 50-59 honors.

Brown, 61, of Grand Island, N.Y., set a world W60 record 5:58.55 in the 1500 despite losing precious time because of a lap-counting error. She returned to post a U.S. W60 record 12:38.36 in the 3000 and finished her day with an 800 in 3:06.73.

Longtime standout Sutton, also 61, bettered the indoor world M60 mark in the 1500 with a 4:43.73 and ran a fine 2:23.87 in the 800.

In the 3000 racewalk, Funkhouser,

41, overcame the obstacles posed by an extremely crowded field to post a world M40 best of 12:40.83.

The Hartford Track Club's Al Swenson nailed down three M45 golds in impressive fashion: 4:10.25 in the 1500, 9:08.89 in the 3000, and 2:06.62 in the 800.

A New York Pioneer Masters four-some of Glen Shane, William Burrell, Richard Rizzo, and Ed Small claimed a world M50-59 indoor best with a 9:20.85 in the 4 x 880 yard relay.

Versatile Libby Hagemann, 72, went outside to throw the 16-lb weight 27-7½ (8.42m) to better her U.S. W70 standard. Ed Lukens, 71, triple-jumped 31-6 (9.60m) to better John Alexander's U.S. M70 mark of 9.40. Claude Hills, 80, long-jumped 10-7¼ (3.23m) to exceed Russ Meyers' U.S. M80 standard.

Ohio's Denver Smith took five M65 gold medals. Maryland's Larry Colbert scored an M55 sprint triple.

In general, the meet was well run, with NorthEast Sports Timing Service doing an excellent job with the auto-



Jerry Cash, of Oregon, second M40 (5-7¼) in the high jump, National Masters Indoor Championships, Bozeman, Mont., March 19-21.

Photo by Dave Bayliss

matic timing. Larry Gregory was a bastion of strength as the starter.

But in the women's 1500, all six runners were victimized by lap-counting errors. In the second of the two racewalks, there were major breakdowns in keeping track of the competitors.

The meet marked the "last hurrah"

of longtime Philadelphia Masters president and meet director Peter Taylor, who resigned for employment-related reasons. The helm of the Philadelphia Masters is now open. Treasurer Claude Hills will handle inquiries about future Philadelphia Masters meets. □

Masters Racewalking

Continued from previous page

then five. The first thing I knew, I was training for 50Ks. I did a lot of 50Ks the first six years. What I find now is that I seem strong enough, but not fast.

EW: When did you start walking?

DON: I had my first race just before I turned 50 — so I've been racing about 26 years now. I used to train all year long, at least five days a week, training inside during the really bad weather. I would plan for a race maybe five weeks ahead. I would do a lot of little races in between, often being beaten. Then when the big race came, I'd blow everyone's minds. They would say, "What happened to you?" and I would reply, "Nothing. This is the race I wanted to walk."

EW: How about you and stretching?

DON: I do ten minutes of stretching when I get up in the morning, but I should do 30 minutes. I am lazy. But if I don't warm up at all, I can't race. I am a great complainer if I come to a race and they start it early and I haven't had a chance to warm-up.

BOB: The shorter the distance, the more warm-up you need. One thing I think is important to tell masters coming into the program in their 50s and 60s is that racewalking isn't easy. A lot of people think racewalking is a lot easier than running. They find out it is not so easy and lose interest. Let them know before they start.

DON: Elite masters runners will say in a semi-serious way, "When we have trouble running maybe we will switch over to racewalking." I always say, "If you are thinking of racewalking, I suggest that you get started because you are going to find that it is not as easy as you think."

Some runners take to it right away, but some never really get the hang of it. If they had switched over earlier, it could have been for the rest of their life. As it is when they are through running, they are through competing.

BOB: It is just like when they showed the Marathon at the Olympics. They showed all the marathon and kept saying how tough it was, how grueling, and how it is the most difficult event in the Olympics. They never think of the 50K walk which is much more difficult than the marathon. Believe me, because I have done both. Running a marathon is easy compared to 31 miles of racewalking.

EW: Anything else you might say to someone coming into our sport?

DON: You have to be patient and work up. Don't watch the fast guys. Get with your own speed group and gradually improve. If you are talented enough you will naturally move right up. Also, I'd tell them not to be afraid of distance. Figure that once you're in condition, you can go forever.

EW: You both have to be very competitive to do as well as you do. How would you define the competitive spirit?

DON: It's an individual thing. Some people have to go by the book, get all the mileage in, and so when they get into the race, all they can do is what they put in. Work in, work out. Other people will just come alive in a race and go way beyond. They essentially get more out than they put in. I think it is something inside.

BOB: If I go into a race, I like to win. Yet if I don't win, I'm ready for the next race. I know some people who won't go in a race if they don't think they can win. I think the competitive spirit is the desire to compete. □

HAYWARD CLASSIC USA Track and Field Masters Northwest Regional Championships



Hosted by OREGON TRACK CLUB MASTERS
Sponsored by VALLEY RIVER CENTER
City of Eugene, City of Springfield and Valley River Inn



July 17 & 18, 1993
Hayward Field
University of Oregon
Eugene, Oregon

Host to 3 Olympic Trials, the 1984 & 1987 U.S. National Masters Track & Field Championships and the 1989 VIII World Veterans' Championships

ENTRY FEES: \$10 1st event (NO T-shirt); \$5 2nd event; \$2 each additional event; 7 event limit; relays free to meet participants.

ENTRY DEADLINE: Postmarked by Wed., July 7, 1993.

LATE ENTRY: \$10 surcharge when space is available; must register 60 minutes before event starts.

T-SHIRTS: 100% cotton, short sleeve — \$7.50.

FACILITY: All-weather track & runways (maximum ¼" spikes allowed).

LOCKER ROOMS: Space available in Bowerman Building. Bring towel.

DIVISIONS: Five-year age divisions for M and W, age 30 and over.

RELAYS: Must wear same tops; 10-year age groups; for championship medals, must be from same club or organization, registered with an association belonging to Northwest region.

MEET HEADQUARTERS: Valley River Inn, 1000 Valley River Way, Eugene—Take exit 194B off I-5, go west on I-105, follow signs to Valley River Center. Free shuttle available to Hayward Field. Special rates for athletes—book early to ensure room; mention Hayward Classic (1-800-543-8266).

PACKETS: Available at Valley River Inn Friday, July 16, 6:00-9:00 p.m., and at Hayward Field at 7:00 a.m. July 17.

AWARDS: Championship medals for 1st, 2nd, 3rd; ribbons for 4th, 5th, 6th; USA T&F members from other regions will receive Hayward Classic medals.

RECEPTION: Sponsored by Valley River Inn; no-host bar, Saturday, 6:00-7:30 p.m., Valley River Inn.

SCHEDULE OF EVENTS

All times listed are tentative and approximate.

Saturday, July 17		
TRACK	TIME	FIELD
10,000 meters W and M	9:00	Long Jump (2 pits) West Pit M 30-59 East Pit W and M 60+ Javelin M 30-59
5000 meter Racewalk W and M	10:15	
2000 meter Sleepchase	11:00	Javelin W and M 60+
3000 meter Sleepchase	11:20	
	12:00	Pole Vault (2 runways) Red Pit W and M 50+ Green Pit M 30-49
High Hurdles	12:15	
100 meters	12:45	
	1:00	Shot Put (2 rings) South Ring W and M 65+ West Ring M 30-64
400 meters	1:30	
1500 meters	2:15	
1600 meter Relay	2:45	
Sunday, July 18		
5000 meters	8:30	Discus W and M 60+ High Jump M 30-59
Intermediate Hurdles	10:00	
800 meters	10:30	Discus M 30-59
Mile Racewalk*	11:00	High Jump W and M 60+
200 meters	11:20	
	12:00	Triple Jump All Hammer All
300 meters* W and M	12:30	
400 meter Relay	12:50	
3200 meter Relay	1:20	

ALL EVENTS OPEN TO BOTH MEN AND WOMEN
In general, women must compete before men, older before younger.
Entrants must check in at least 60 min. before event is scheduled to start.
All implements will be WAVA metric standards and must be checked in at least 90 min. before the event.
*The mile racewalk and 3000 meters are not USA T&F championship events. Hayward Classic medals will be awarded.

PLEASE PRINT

Northwest Regional USA T&F Masters Championships — All competitors must be USA T&F Members

Name _____ Birthdate: ____/____/____

Address _____ Age (as of 7/17/93) _____

Phone (____) _____ Club Affiliation (if any) _____ USA T&F # _____

Male Female

EVENTS _____ T-SHIRT — \$7.50 (check one)

1. _____ small med

2. _____ large x-large

3. _____

4. _____

5. _____

6. _____

7. _____

NOTE: Late entries will be accepted up to 60 minutes before the event when space is available; surcharge for late entry is \$10.

*Please use metric for distances, if possible.

I WOULD LIKE TO RUN THESE RELAYS: (Teams to be decided by noon)

400 METER _____ 1600 METER _____ 3200 METER _____

Event changes will not be permitted after registration.

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____

RECEPTION: Plan to attend?
YES NO Number _____

ENTRY FEE:
1 EVENT \$10 4 EVENTS \$19
2 EVENTS \$15 5 EVENTS \$21
3 EVENTS \$17 ETC.

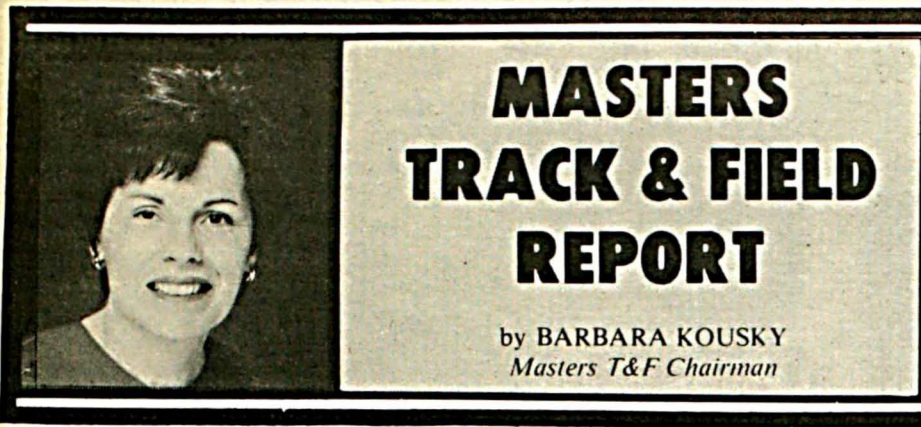
ENTRY TOTAL → \$ _____

T-SHIRT @ \$7.50 → \$ _____

TOTAL → \$ _____

Make checks payable to:
OREGON TRACK CLUB MASTERS

Send entry with check to: Oregon Track Club Masters, c/o Timothy Shelley, 2748 Agate Street, Eugene, OR 97403, (503) 343-4610 or 896-3210.



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

Interest Grows in Bidding for USA Site for '95 WAVA Championships

To date 16 cities have indicated their intent to bid for the right to serve as the host city for the United States bid for the 1995 World Veterans' Championships. Interested cities and organizations have until May 15 to submit their written proposals to the Site Selection Committee.

The Site Selection Committee will announce its choice for the U.S. site by July 15. Members of the Committee represent each of our geographic regions of the U.S., as well as a cross-section of athletes and event areas, including long distance events.

Appointed to serve on the Committee are: Ruth Anderson, Tom Gage, Pete Stopoulos, Tom Thorne, Marilyn Mitchell, John Boyle, and Bill Collins. Thomas McLean, Director of Operations for USA T&F, will serve in an ex-officio capacity, as will Charles Desjardin and myself.

And the Bidding Goes On...

While only one city will be chosen for the '95 WAVA bid, our intent is to continue to build relationships with all the cities and organizations who indicate interest in our sport and encourage them to consider hosting our national championships. We will award our 1995 and 1996 national championships at the USA T&F Convention in December. As stated before, our goal is to award our Championships at least two years in advance of the actual meet. All awards are based on the premise of receiving viable bids that meet our criteria.

And On...

Official notice has been given to Rex Harvey, President of the North and Central America WAVA Region, that the U.S. would like to bid for the right

to host the 1996 Regional Championships. The Championships will be awarded during the Regional Meeting in Miyazaki.

Those wishing to be considered for the U.S. site or wanting additional information should contact either Max Goldsmith or myself. The site selection will be made at our Masters Track and Field Committee meeting this August in Provo.

Uniform Update

This year USA Track and Field, with start-up assistance from Nike, our official apparel sponsor, will implement a USA T&F merchandise program. We are working with the National Office and Nike to develop a procedure so masters athletes can purchase uniforms on an ongoing basis. In order to conform with the WAVA requirement (any athlete who wants to be considered for team competition must wear their country's uniform), the uniform must clearly indicate USA. Our intent would be to also include a "masters competitor" designation.

As with any new venture, timelines often take longer than anticipated and adjustments need to be made. Another uniform update will be given next month. In the meantime if you wish to be put on a mailing list to receive information on the new uniform, please drop me a postcard at 5319 Donald

USATF Regional Championships Set

The 1993 USATF Regional Masters Track and Field Championships will be held in seven locations throughout the USA:

- 1) The East Regionals are set for July 25 in Syracuse, N.Y.
- 2) The Southeast Regionals take place in September in Gainesville, Fla., at a date to be announced later.
- 3) The Midwest Regionals will be held on July 24 in Lisle, Ill.
- 4) The Mid-America Regionals go off on June 26 in Lincoln, Nebr.
- 5) The Southwest Regionals are a two-day affair on July 23-24 in Gonzales, La.

6) The West Regionals cover the weekend of July 31-August 1 in Los Angeles.

7) The Northwest Regionals combine with the Hayward Classic on July 17-18 in Eugene, Ore.

The regionals traditionally draw between 150 and 300 athletes, but USATF has allocated 37% more funding this year to assist regional developmental and Championship meets. The regionals are a stepping stone for many athletes to USATF's annual National Masters T&F Championships, the 26th edition of which will be held this year on August 11-14 in Provo, Utah. □



Jay Sponseller, Florida, on his way to an M75-79 400m world record 73.80, at the Indoor Nationals.

NMN/Jerry Wojcik

Street, Eugene, OR 97405-4820.

Western Hospitality

Western hospitality was very evident at Montana State University at our Na-

tional Indoor Championships. Special thanks to the MSU staff, the officials, and to the Masters Meet Hosts, Bob and Sharon Sager.

USATF REGIONAL MASTERS TRACK & FIELD Championship Schedule - 1993

REGION	DATE/SITE	CONTACT
East	July 25 Syracuse, NY	Evelyn White 118 Foxcroft Lane Fayetteville, NY 13066
Southeast	September TBA Gainesville, Fla.	TBA
Midwest	July 24 Lisle, Ill.	Illinois/USATF 708/833-7303
Mid-America	June 26 Lincoln, Nebr.	Gary Bredehoft 402/435-7061
Southwest	July 23-24 Gonzales, La.	Jeff Baty 504/644-6930
West	July 31-August 1 Norwalk, Calif. (L.A. suburb)	Marv Thompson 213/662-1062
Northwest	July 17-18 Eugene, Ore.	Timothy Shelley 503/896-3210

USA T&F EAST REGIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

July 25, 1993 - Syracuse, New York

Hosted by: Central New York Track & Field Officials
Syracuse Chargers Track Club

Pre-registration Only!

To receive an entry form, send a SASE to:
Evelyn White, 118 Foxcroft Ln., Fayetteville, NY 13066

300 Participants Set 33 World Indoor Records

Continued from page 1
commented on the 5000-foot altitude, suggesting that it added from 8-to-20 seconds to the 1500 times and a possible minute to the 3000 walk. Others said that the altitude made no difference, using Louise Adams, 71, who broke four W70-74 records in the 400, 800, 1500, and 3000, as proof of their argument, until it was discovered that she lived in Boulder, Colo.

Leonore McDaniels, of Virginia, erased three W65-69 world records, including the triple jump (23-11¼), and one U.S. record.

Harold Morioka, of Canada, left no doubt as to the claim for the sprint stand-out of the meet, with world M50 records in the 60, 200 (23.76), and 400 (52.95). The 60m record (7.39) is shared with Steve Robbins of California.

The M50 60m race provided the biggest brouhaha of the meet. After examining the photograph of the finish, officials gave the win and the record to Morioka. Robbins filed a protest, and upon re-examination of the picture, both sprinters were awarded first place and shared the record. Neither party was pleased with the decision.

Jay Sponseller, M75, of Florida, added two world records to the harvest gathered by athletes from the Southeast (Raschker, McDaniels, and others) with his times in the 200 (31.85) and 400 (73.80).

Walt Butler, of California, felt that the track's surface was tiring on his legs, but that didn't prevent him from breaking a world record in the M50 60mH (8.47), which also produced four others.

Sami Bailey, of Indiana, broke the W55 world record for the 3000 walk with an 18:21.47, while five walkers established U.S. records.

The usual problems surfaced here as they seem to at every championships. In some races, runners were placed by their declared times, not by age groups, which was corrected. Changing heat races to finals irked many, but athletes had been forewarned of that possibility, and when it did occur, entrants were apprised of the changes as early as possible. Some early 60m races were run without the no-false-start rule until Barbara Kousky, Masters T&F Chairperson, informed the officials of the masters regulation on false starts.

Most participants agreed that the huge fieldhouse and adjoining warm-up area enhanced the quality of the meet, and that the meet officials and campus workers were accommodating. Some entrants voiced complaints about the behavior of a few of their fellow athletes.

Incoming athletes were greeted with a reception table at the Gallatin Airport terminal. Before an informal masters meeting on Saturday evening at the meet headquarters Holiday Inn, attendees were treated to a home-cooked buffet, provided by Bob Sager and his wife, Sharon, and Dr. Ron Hecht.

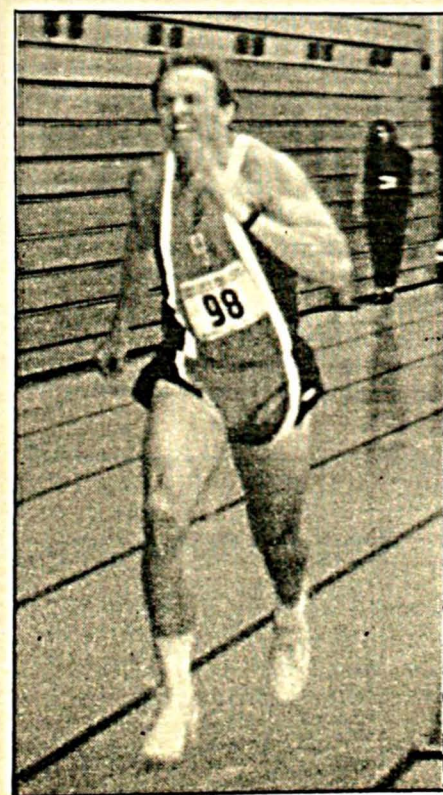
Kathy Close and Jody Kappel served as meet directors, with help from Karolyn Martinez, Melanie Marsh, and Bob Sager. Two days after the meet, Close gave birth to a son.

Next year's championships will be held on March 25-27 in Columbia, Mo. □



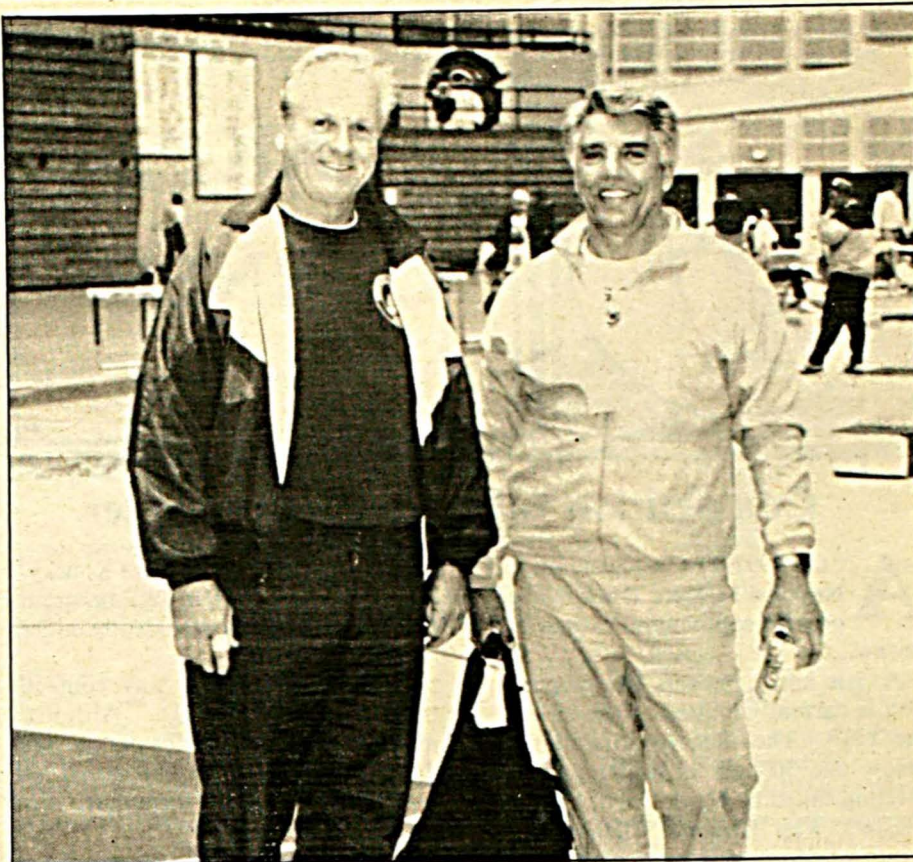
Russell Randall, 86, Denver, Colo., oldest competitor in the USATF National Masters Indoor Championships, Bozeman, Mont., March 19-21.

NMN/Jerry Wojcik



Jim Mathis, Tennessee, winning the M55 400 (57.13), at the Nationals.

NMN/Jerry Wojcik



Weight throwers Len Olson (l), Florida, M60 first (44-3½), and Phil Brusca, Missouri, M65 winner (40-7½), USATF National Indoor Championships.

NMN/Jerry Wojcik


Pending World and U.S. Age-Group Records At National Masters Indoor T&F Championships, Bozeman, Mont; March 19-21, 1993

WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
60m	M50	7.39	Steve Robbins	7.4	R Taylor & F Taylor
	M50	7.39	Harold Morioka	7.4	F Taylor
	M80	9.81	Fred White	9.83	A Pajunen
	M85	11.74	Russell Randall	11.92	K Boas
	W45	8.12	Phil Raschker	8.35	P Raschker
200m	M50	23.76	Harold Morioka	23.8	R Taylor
	M75	31.85	Jay Sponseller	32.5	A Pajunen
	M85	39.79	Russell Randall	42.51	K Boas
	W45	26.31	Phil Raschker	27.1	M Hocknell
	400m	M40	50.25	Fred Sowerby	50.64
M50		52.95	Harold Morioka	54.0	L Colbert
M75		73.80	Jay Sponseller	74.38	G Diguardo
M85		1:40.86	Russell Randall	1:56.20	K Boas
W70		1:33.1	Louise Adams	1:44.86	C Peebles
800m	W70	3:39.55	Louise Adams	3:47.8	P Mehl
1500m	W70	7:17.94	Louise Adams	7:22.96	J Kazdan
3000m	W70	14:38.65	Louise Adams	15:15.10	E McCoy
60mH	M50	8.47	Walt Butler	8.83	S Tyler
	M55	9.16	Dale Lance	9.21	L Pratt
	M60	9.14	Phil Mulkey	9.36	J Greenwood
	M70	10.75	Ed Lukens	11.01	B Morcom
	W65	14.26	Leonore McDaniels	14.9	P Peterson
HJ	M40	6-7	Steve Harkins	6-7	J Hartfield
	M65	5-4¼	Jim Gillcrist	5-0	B Gist
	W45	4-10½	Phil Raschker	4-10¼	P Raschker
	W65	4-½	Leonore McDaniels	3-9¼	H Pedel
	PV	W45	9-3¼	Phil Raschker	9-1
LJ	M85	8-8 3/4	Russell Randall	8-3	E Hosack
	W45	17-9 3/4	Phil Raschker	17-7 3/4	P Raschker
	TJ	M70	32-8½	Ed Lukens	32-5½
SP	W45	35-6	Phil Raschker	33-10½	P Raschker
	W65	23-11 3/4	Leonore McDaniels	22-1½	H Pedel
	M85	22-9 3/4	Burt DeGroot	20-9½	E Hosack
3000mRW	W55	18:21.47	Sami Bailey	18:27.8	P Norvill

U.S. RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
200m	W50	30.87	Marilyn Mitchell	33.2	S Redfield
	W55	31.45	Carolyn Cappetta	32.97	B Vosburgh
400m	M60	60.05	Marion Sanchez	60.62	H Brown
	M80	85.00	Fred White	86.79	B Fike
	HJ	M75	4-½	Ham Morningstar	4-¼
LJ	M80	10-6 3/4	Claude Hills	10-4	R Meyers
	W65	11-5	Leonore McDaniels	11-1	M Bowermaster
SP	M70	39-4	Don Cumley	38-3½	T McDermott
WT	M85	16-8	Burt DeGroot	15-7 3/4	E Hosack
3000mRW	M40	16:30.41	Don Anderson	---	---
	M65	17:18.7	Robert Mlmm	---	---
	M70	20:33.4	Don Cotner	---	---
	M75	21:58	Don Johnson	---	---
	W70	23:44.82	Queenie Thompson	---	---



SPEAKER'S CORNER

by JOHN COSGROVE

Competition for Ages 29-and-Under

At the 1992 TAC Convention in Louisville, I suggested to Barbara Kousky, National Masters Track & Field Chairman, that the masters T&F program provide competition to ages 29-and-under. The proposal is currently under review.

As you know, masters T&F competition is currently limited to age 30+ in the USA. The idea of extending it below age 30 had its beginning in a meeting called by Hugh Cobb, USATF Masters West Regional Chairman. A group was formed to generate ideas to try to reverse the recent poor participation of submasters (ages 30-39) in masters meets, and to try to improve our sport's public relations.

Background

First, a brief background:

- International masters competitions (T&F, LDR and RW) are currently limited to 40+ for men and 35+ for women. There are no qualification

standards required for any competition, other than age. Although minimum age/sex performance standards are applied for medals at the world level, the primary emphasis is on participation.

- All world and U.S. masters championships and records are officially recognized by the same governing bodies as the open (elite) ranks. The masters world governing body (WAVA) is fully recognized by the IAAF. The program includes a full schedule of T&F, LDR and RW for all ages in 5-year age groups.

- The U.S. also offers "All-American" awards for performances

in all T&F events, based on age/sex-graded standards.

- More events are available for masters women than is typically true in elite competition. Masters have pioneered some events for women that are now being added at the open level (e.g. pole vault, triple jump, steeplechase, hammer throw). Track & Field is growing internationally and our committee is dedicated to strengthening it in the U.S. where T&F is having its well-known problems.

- The USATF (formerly TAC) masters program is separate from the Senior Olympics program, which offers many other sports besides T&F, limits the ages to 50+ or 55+, and is not allied with the respective governing bodies. In Southern California we have a very cooperative relationship with the Senior Olympics organization and mutually promote each other's meets.

- The National USATF masters program is not currently authorized to award championships to athletes under age 30. Any change must be approved by the National Masters T&F Committee and by a majority of USATF voting members.

Current Situation

Currently, athletes are free to compete in either the masters or open programs, depending on their desires. Many 30+ elite athletes, such as Carl Lewis and Steve Scott, opt to stay with the elites, while others compete in masters meets. Even some masters (40+) such as Ken Popejoy compete in both.

However, the masters program is clearly intended to serve the recreational athlete. The proposal to include age-29-and-under participants is designed to provide a quality competition path for open runners who wish to compete at a recreational level.

It could also serve as a temporary development program for athletes who have not yet reached elite status. This is critical for middle- and long-distance track runners who may not peak until their late 20s or 30s. Thus, the masters program could be viewed as a farm program for elites.

Since there is a possibility of overlap with the elite program, any solution must involve the cooperation of all of the affected T&F committees. The real objective is to keep the sport healthy at all levels.

Competition Limited

Currently, competition for non-elite, post-college athletes is limited to all-



Carolyn Cappetta, Massachusetts, first W55-59 in the 400 with a 69.03, USATF National Masters Indoor Championships, Bozeman, Mont., March 20.

NMN/Jerry Wojcik

comers meets and a few development races in the big meets in larger cities. Even some of those are disappearing. There is no competition path for the recreational athlete beyond these local meets until they reach age 30 when they can join the masters program.

In Southern California, even some college programs are disappearing. Two traditional track schools — UC Irvine and San Diego State — have dropped track. UCI has since had its program restored by strong alumni support. UCLA and USC have cut back their programs. Cal State Long Beach is surviving by the extraordinary efforts of its head coach. Given these conditions, any viable competitive structure needs to be available if our sport is to prosper.

The current effect on the masters program is that fewer track athletes are staying in the sport until they reach age 30. So the average age has been increasing because of the lack of submasters participation.

Summary

Adopting this proposal can benefit both the masters and elite programs. Masters meets will be well attended. Seeds will be sown for a healthy program in the future when the younger athletes continue into the older age groups. With increased numbers, meet sponsorship will become more viable. The whole program will benefit.

The elite program will gain a ready-made development program for the post-collegiate athlete. Recreational athletes will produce some elite candidates. It could become similar to European clubs, which are composed of members of all ages, with the best being sent to national and world competitions.

I welcome your comments on this issue. □

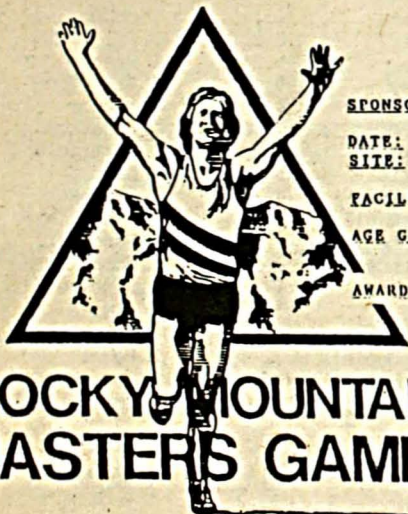
John Cosgrove is a steeplechaser and Masters T&F Chairman of the USATF Southern California Association. Letters may be sent to NMN or to Cosgrove at 7411 Earldom Ave., Playa del Rey, CA 90293.

SEE YOU IN BOULDER!

AT THE

ROCKY MOUNTAIN MASTERS

GAMES



SPONSORED BY: THE DENVER TRACK CLUB

DATE: SEPTEMBER 4 AND 5, 1993
SITE: UNIVERSITY OF COLORADO, POTTS FIELD, BOULDER, COLORADO

FACILITIES: CHEVRON 440, 400 M.
ELECTRONIC TIMING

AGE GROUPS: FIVE YEAR AGE GROUPS — MEN AND WOMEN AGES THIRTY AND OVER. DAY COMPETITION.

AWARDS: FIRST SIX PLACES IN EACH EVENT RECEIVE MEDALS. A MAXIMUM OF THREE MEDALS WILL BE AWARDED TO ANY ENTRANT. ADDITIONAL MEDALS WON MAY BE PURCHASED FOR \$3.00 AT THE END OF THE MEET. STANDARD TAC MASTERS RULES EXCEPT WEIGHT IMPLEMENTS WHICH WILL USE OLD IMPLEMENTS WHEN NEW METRIC NOT AVAILABLE.

ROCKY MOUNTAIN MASTERS GAMES

COMPETITION: ALL TRACK AND FIELD EVENTS INCLUDING PENTATHLON AND WEIGHT PENTATHLON

REGISTRATION: TAC REGISTRATION (STANDARD FEE) IS REQUIRED AND WILL BE AVAILABLE AT THE MEET.

ENTRY FEE: \$6.00 FIRST EVENT, \$4.00 EACH ADDITIONAL EVENT. UNLIMITED OPEN EVENTS, \$26.00. EITHER PENTATHLON COUNTS AS ONE EVENT.

FOR ENTRY FORMS AND INQUIRIES CONTACT:

DAVE SIMONS, 1550 BASELINE ROAD, BOULDER, CO 80302 (303)443-4919
NANCY MANSON, 518 QUENTIN STREET, AURORA, CO 80011 (303)341-7992
JIM WEPD, 11672 EAST 2ND AVE., AURORA, CO 80010 (303)341-2980
STEVE KARUPFR, 2263 KRAMERIA, DENVER CO 80207 (303)388-8180
JERRY DONLEY, 1715 ALAMO, COLORADO SPRINGS, CO 80907 (719)635-1264

Ten Years Ago

- 405 Compete in Indoor Nationals in Bethlehem, Pa.
- Mike Heffernan, 42, Wins National Masters Marathon (2:28:34) in Seattle.
- Bill Hall (M40, 2:27:09) Takes Masters Title in Florida Marathon.



Phil Raschker, of Georgia, on the way to the W45 60mH gold (10.56), National Masters Indoor Championships, Bozeman, Mont., March 19-21. Liz McBlain, a guest from Canada was second (10.94). Michael Marie Hill, of New Jersey, was the U.S. silver medalist (11.42).

Photo by Dave Bayliss

Indoor Nationals "Age-Graded"

Once again, Phil Mulkey, Masters Southeast Region T&F Coordinator, has "age-graded" the National Masters Indoor T&F Championships, held in Bozeman, Mont., March 19-21. Such calculations give outstanding performers a platform to show how well they're doing. It also gives publicity to some lesser-known names who are doing better than was thought.

"Double-winners" in men's com-

petition were Fred Sowerby, M40 (400, 800) and Ed Lukens, M70 (LJ, TJ). In women's action, Phil Raschker, W45, led the way with four wins (200, PV, LJ, TJ), while Deedee Grafius, W40, took two mythical titles (800, 1500).

Revised age-grading standards have been proposed to the WAVA Council for approval, and could be in use as early as June, 1993. □

ON SATURDAY, JULY 10, 1993 MASTER ATHLETES FROM OVER 20 STATES AND CANADA WILL CONVERGE TO THE CONFINES OF LIBERTYVILLE, ILLINOIS TO BE PART OF A MOST UNIQUE EVENT.

THE 6TH ANNUAL MASTERS RETURN TO ILLINOIS TRACK AND FIELD CHAMPIONSHIPS

\$1000.00 CASH PRIZES
POST EVENT PICNIC
SPECIALLY DESIGNED COMMEMORATIVE MUG TO AWARD WINNERS

SEMINAR: FRIDAY, JULY 9, 1993
"Altering the Boundaries of Aging"

Keynote Speaker: Walter Bortz II M.D. author of WE LIVE TOO SHORT AND DIE TOO LONG How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span.

SEND SASE TO:
Craig Dean M.D.
MASTERS RETURN TO ILLINOIS
719 Stonegate Ct.
Libertyville, IL 60048

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

SPORT QUILTS. Personalized quilts made from your favorite T-Shirts. Ideal birthday gift. For brochure send SASE to Anne Tifanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

SAN DIEGO VACATION CONDO. Sail Bay, 2 br/2 ba, \$125 nite/\$800 week, 619-442-8674.

AUGUST 1. U.S. Masters-Senior Olympic EM "R" T&F Twin Cities. SASE to: Rachel Lyga, 122 63 1/2 Way NE, Minneapolis, MN 55432, 612/574-9661.



Ken Sparks, Ohio, won the M45-49 1500 in 4:23.0, USATF National Masters Indoor Championships, Bozeman, Mont., March 20.

NMN/Jerry Wojcik

NATIONAL USAT&F MASTERS INDOOR CHAMPIONSHIPS (AGE GRADED) Bozeman, Montana (March 19-21, 1993)

MEN

200 Meters		
:21.05	JIM LAW (65)	93.2%
:21.17	Steve Robbins (50)	92.6%
:21.43	Marion Sanchez (60)	91.5%
:21.43	Jim Mathis (55)	91.5%
:21.49	Chuck Sochor (65)	91.3%
:21.65	Chuck Miller (55)	90.5%

400 Meters		
:46.12	FRED SOWERBY (40)	93.8%
:46.27	Chuck Sochor (65)	93.5%
:46.44	Jim Mathis (55)	93.2%
:46.92	Marion Sanchez (60)	92.2%
:46.93	Jim Law (65)	92.1%
:47.84	Dennis Duffy (50)	90.4%

800 Meters		
1:52.03	FRED SOWERBY (40)	90.7%
1:53.97	Ken Sparks (45)	89.2%
1:54.34	Rick Smith (35)	88.9%
1:57.32	Terry Howell (35)	86.6%
1:57.34	Rick Easley (35)	86.5%
1:57.84	Brian Janssen (40)	86.2%

1500 Meters		
3:57.38	KEN SPARKS (45)	88.2%
4:05.90	Brian Fernee (55)	85.1%
4:09.08	Alferd Funk (75)	84.1%
4:09.32	Terry Howell (35)	84.0%
4:09.77	Sid Howard (50)	83.8%
4:09.99	Ken Ogden (55)	88.3%

3000 Meters		
8:52.55	ALFERD FUNK (75)	84.8%
8:59.21	Charles Williams (60)	83.8%
9:03.32	Brian Fernee (55)	83.1%
9:05.29	Joe Fodor (55)	82.9%
9:11.54	Salih Talib (45)	81.9%
9:16.88	Walt Wetzler (45)	81.1%

3000 Meter Walk		
13:41.40	ROBERT MIMM (65)	81.3%
13:42.70	Paul Johnson (55)	81.1%
13:49.60	John Kerfoot (30)	80.5%
14:00.82	John Elwarner (50)	79.4%
14:30.79	Ed Kousky (50)	76.7%
15:13.16	Richard Bennett (65)	73.1%

High Jump		
7'10"	JIM GILCRIST (65)	98.7%
7'6"	Jim Barrineau (35)	94.2%
7'4"	Steve Harkins (40)	92.6%
7'3"	Marion Sanchez (60)	91.3%
6'11"	Phil Mulkey (60)	86.8%
6'11"	Gordon Seifert (60)	86.8%

Pole Vault		
17'9"	PHIL MULKEY (60)	89.5%
17'0"	Jerry Donley (60)	85.9%
16'10"	Dale Lance (55)	85.0%
16'2"	Jerry Cash (40)	81.7%
15'8"	Matti K'lainen (45)	79.1%
15'5"	Larry Holmes (50)	78.0%

Long Jump		
25'11"	ED LUKENS (70)	89.8%
24'11"	Phil Mulkey (60)	86.3%
24'10"	Tom Patsalis (70)	85.9%
24'0"	Frank Struna (50)	83.0%
23'4"	Jim Ecklenrode (30)	80.8%
23'1"	Dale Lance (55)	80.0%

Triple Jump		
56'0"	ED LUKENS (70)	89.8%
52'3"	Tom Patsalis (70)	86.3%
50'7"	Phil Mulkey (60)	85.3%
48'1"	Frank Struna (50)	81.4%
46'11"	Jim Ecklenrode (30)	79.5%
46'9"	Tyrone Carlis (45)	79.2%

Shot Put		
57'1"	TOM GAGE (45)	85.3%
56'9"	Phil Brusca (65)	84.7%
56'8"	Manuel White (75)	84.6%
56'5"	Phil Mulkey (60)	84.2%
54'0"	Roger Kamla (40)	80.6%
53'11"	Don Cumley (70)	80.5%

WOMEN

200 Meters		
:23.50	PHIL RASCHKER (45)	91.8%
:26.03	Carolyn Cappetta (55)	82.9%
:26.59	Marilyn Mitchell (50)	81.1%

400 Meters		
:54.82	CAROLYN CAPPETTA (55)	87.2%
:57.62	DeeDee Grafius (40)	83.0%
:60.85	Mary Boe (65)	78.6%

800 Meters		
2:14.08	DEEDEE GRAFIUS (40)	84.7%
2:23.87	Sheree Robinson (35)	78.4%
2:26.00	Linda Upton (45)	77.3%

1500 Meters		
4:54.74	DEEDEE GRAFIUS (40)	78.8%
5:19.46	Kati McIntyre (55)	72.7%
5:20.63	Marilyn Morehead (50)	72.5%

3000 Meters		
10:04.95	LOUISE ADAMS (70)	82.9%
11:45.41	Marilyn Morehead (50)	71.1%
11:53.14	Kati McIntyre (55)	70.3%

3000 Meter Walk		
13:55.75	JOAN ROWLAND (65)	88.6%
14:15.82	Visha Sedlak (40)	86.5%
15:02.42	Mary Norckauer (65)	82.1%

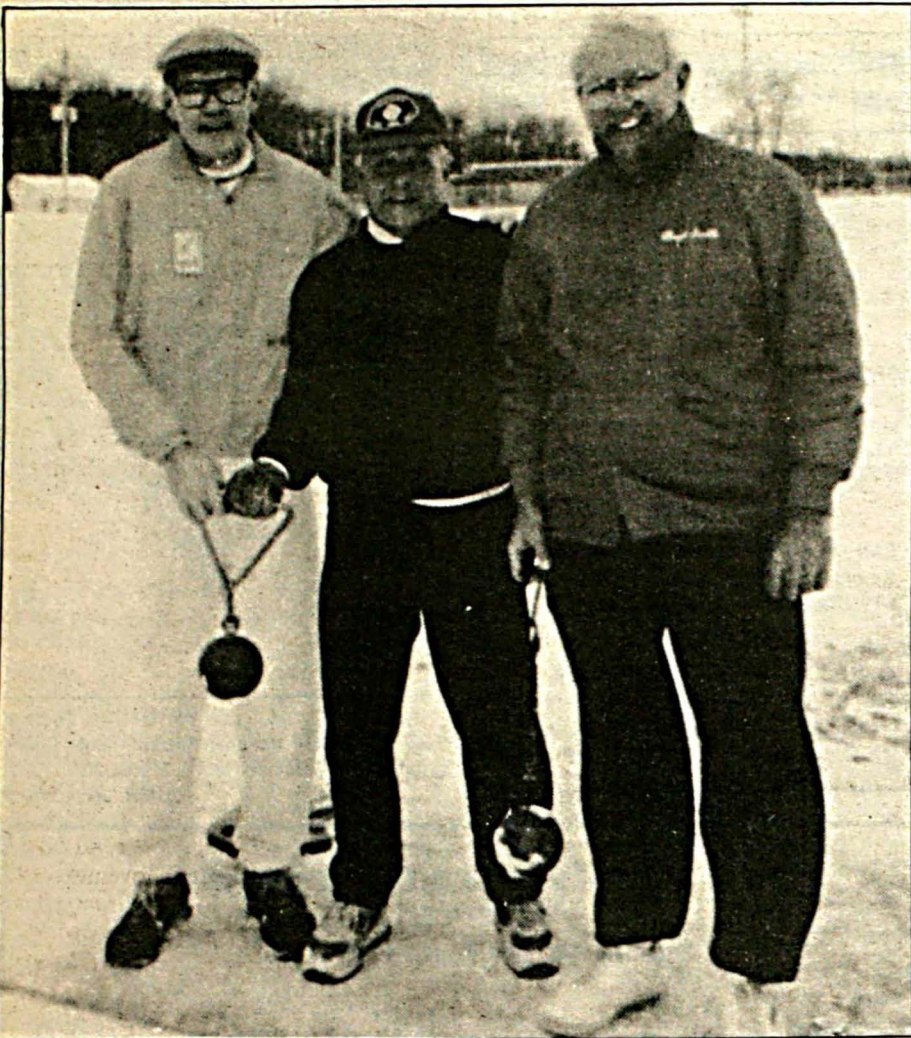
High Jump		
6'5"	LEONORE MCDANIELS (65)	93.1%
5'11"	Phil Raschker (45)	86.6%
5'7"	Ann.Steekelenburg(40)	81.6%

Pole Vault		
11'8"	PHIL RASCHKER (45)	97.9%

Long Jump		
21'9"	PHIL RASCHKER (45)	88.9%
18'9"	Leonore McDaniel (65)	76.2%
18'5"	Mavis Lorenz (65)	75.1%

Triple Jump		
43'6"	PHIL RASCHKER (45)	88.9%
39'6"	Leonore McDaniel (65)	76.2%
34'6"	J'phine Sullivan (65)	70.4%

Shot Put		
39'8"	SOL POLK (60)	73.0%
38'3"	Johnnie Hill (45)	59.4%
37'7"	Michael Marie Hill (45)	58.5%



Indoor track & field? (Well, almost). From left: Floyd Smith, M60; George LaBelle, M50, 56-lb. weight (6.40); and Loyd Smith, M60, 56-lb. weight (5.26), Midwest Indoor Masters Meet, Sterling, Ill., Jan. 9. "We had no trouble marking the throws in the 6" snow," said Loyd Smith.

Photo from L. Smith

Charbonnel, Portenski Win in Boston

Continued from page 1

in the 1992 New York City Marathon, beat his countryman, Pierre Levisse, for the first time in four attempts. Levisse, as did many open runners, dropped out.

Although the temperature was a bearable 58°F at the start (with a south/southwest wind 10-15 mph and 30% humidity), temperatures soared to a sunny 73°F at the finish.

Boston, the oldest annual U.S. marathon, posts qualifying times. It only scores competitors who complete the course in five hours or less. Prize money of \$17,750 is available for masters men to the first five places, with an equal amount available for women. Bonuses of \$40,000 for a world record and \$7500 for a course record are also available. If a masters winner finishes in the top 15 in the open category, he/she is awarded the open, as well as the masters, award.

Despite the win, Charbonnel has firm plans to retire within two months, as his wife is expecting their first child in July. His job as an economist with the French government is very demanding and important to him, as is his commitment to family. He may run the Pittsburgh Marathon on May 2 if he can recover in time. He still plans to continue running three times a week for fitness and health, although he

says, slyly: "Women love fat men."

Portenski, on the other hand, flew home the day after her Boston win to continue training for New Zealand's most prestigious marathon, the Fletcher, which takes place in 10 days around Lake Rotorua. She ran seven marathons last year and viewed Boston as a bit of a training run for the Fletcher. A husband, 2½-year-old daughter and ownership of a hairdressing salon make demands on her time.

"I had the second-fastest New Zealand qualifying time for the Olympics and I am braced off at the Olympic selectors because they convinced me not to do the Fletcher last year so that I would be fresh for the Trials and for the Olympic Games. And then they went and picked a younger girl with a slower time for the Olympic team."

Portenski, who started running 14 years ago as an incentive to stop smoking, concentrates on marathons but does some track work to increase her speed.

At the awards ceremony, equal respect and acknowledgement was given to the masters, open and wheelchair participants.

President Clinton formally inaugurated his new track when he ran with the masters winners from the Boston Marathon and other winners, April 21. □

Unofficial Results of Boston Marathon April 19

Overall	Fay Bradley	Carol Virga
Cosmas N'Deti 30 FRA 2:09:33	55 DC 2:53:10	42 FL 3:03:05
Oiga Markova 24 RUS 2:25:27	John Rogucki 50 MI 2:55:36	Raisa Smeknova 42 BYL 3:07:14
	Mike Meredith 52 CAN 2:55:51	Elaine Wilmoth 41 WV 3:09:01
	Pete Bearaley 50 NZL 2:56:08	Eunice Phillips 42 CAN 3:09:02
	M60+	W50-59
	Sam Smidley 63 CA 3:03:00	Margaret Betz 56 NY 3:28:23
	Giacomo Romani 60 ITA 3:12:13	Wen-Shi Yu 58 NY 3:35:59
	Tom O'Hearn 61 MA 3:12:32	Mae Palm 53 CAN 3:38:29
	Mike Goldman 61 IN 3:13:36	Jeanie Blair 53 LA 3:41:28
	Joe Connolly 60 MA 3:17:24	Martie Ulmer 51 TN 3:42:19
	Joe Fernandez 64 MA 3:19:56	Wendy Burbank 50 MA 3:45:06
	Edward Hardy 60 MI 3:20:56	Ginger Herring 50 FL 3:45:32
	Jim McIlvham 61 CAN 3:21:30	Janet Neburgh 51 MD 3:46:01
	Bob Daly 60 MI 3:22:20	Carol Digiambatista 3:46:49
	John Murphy 60 CAN 3:22:48	Dolores Iannarone MA 3:48:20
	W40-49	W60+
	Bernardine Portenski 43 NZL 2:41:18	Joyce Smith 65 GBR 4:21:12
	Irina Bondarchuk 40 RUS 2:43:15	Mary McCauley 60 RI 4:21:56
	Anne Roden 46 GBR 2:44:10	Helen Corley 60 FL 4:26:16
	Judith Hine 44 NZL 2:52:20	Beverly Lampe 61 WI 4:28:07
	Candy Dodge 43 CA 2:53:26	from Marilyn Mitchell
	Liz Oberltschuh 40 VEN 3:01:19	

Rose, Grayson Win

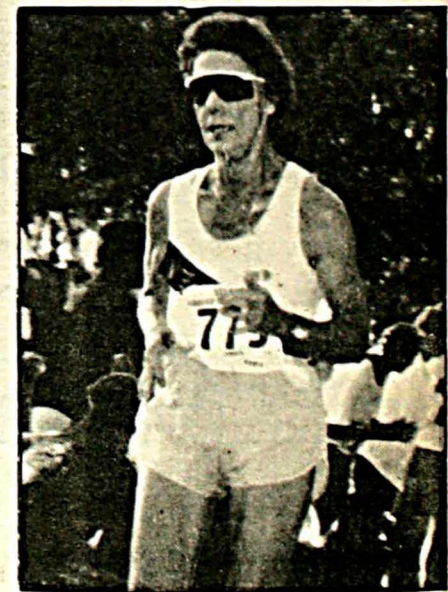
Continued from page 1

won the M60 race with a U.S. M60 record 28:07. The previous best was an unrated 28:15 by Jim O'Neil in 1985.

In the women's race, Nancy Grayson, 42, Northville, Mich., won with a 28:59. Catherine Lempeis, 41, Columbia, S.C., was second (29:30).

Laurie Binder, 45, Oakland, Calif., took the W45 competition in 29:49. Other division winners were Nancy Frisillo (50, 32:39), New Hartford, N.Y., Susie Kluttz (56, 34:40), Winston-Salem, N.C.; and Ruth Anderson (63, 41:02), Oakland, Calif.

Masters winners in the Shamrock Marathon, also run on Saturday, were Nick Manzini (40, 2:38:05), Scullville, N.J., and Claudia Ciavarella (44, 3:02:59), Arlington, Va. □



Barbara Zamparelli, second W60 (53:34), Straub Hawaii Women's 10K, Honolulu, March 7. Photo by Tesh Teshima

ENERGY * POWER * MUSCLE MASS * SLIMMING * ENDURANCE * ENERGY

RANGE * ENERGY * MUSCLE

POWERLean™

COMPLETE NUTRITION

PowerLean™ is a food and performance enhancer with 60+ essential nutrients. It replenishes depleted carbohydrates, vitamins, minerals, and amino acids with essential natural food and herbal ingredients.

Master Athlete Recommended

POWER * MUSCLE MASS * SLIMMING * ENDURANCE * ENERGY * POWER * MUSCLE MASS

Try POWERLean For A Month and Improve Your Overall Performance!

Take advantage of our 1 Month Program Special and get \$10 OFF the purchase of 2 Cans for \$40. a (\$50. Value) and gain maximum energy! (FREE Shipment)

CALL TOLL FREE TO ORDER: 1-800-553-2188

Ask about our quantity discount.

\$10 OFF SPECIAL TRIAL OFFER

TMS Inc. PowerLean USA
Los Gatos, CA 950311867

AD#5/6

ENERGY * POWER * MUSCLE MASS * SLIMMING * ENDURANCE * ENERGY

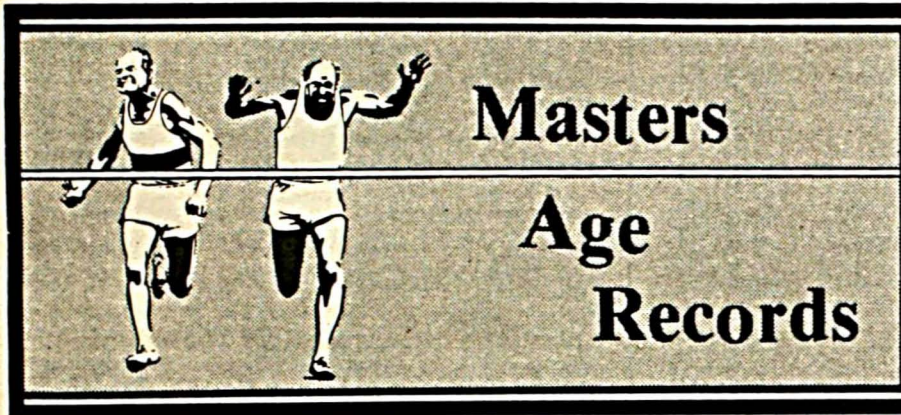
NATIONAL MASTERS NEWS

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

Records Section

May, 1993

page 17



New Age-Group Records Compiled

In this issue are new world and U.S. five-year age-group track and field records for men and women age 35-and-up. The marks are those compiled and approved, as of March 31, 1993, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of USA Track & Field (USATF), both headed by Peter Mundle.

Per a decision by TAC (forerunner to USATF), no hand times recorded after 1990 for races of 400 meters or less will be considered for U.S. five-year age-group records. However, hand times achieved *before* 1991 will continue to be included in the U.S. record lists until broken by a superior time. At the world level, WAVA still recognizes hand times for all events for world marks.

The official WAVA/TAC record forms are printed on this page. Meet directors should keep several copies on hand, fill them out if a potential record is set, and mail them to Mundle. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

All these records have been carefully

scrutinized before approval by the Records Committees. Mundle's single-year age-record book, however, does not apply the same scrutiny, due to time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

Long Distance Records

At present, there are no official world long distance road records, but the latest U.S. masters road marks were published in the November 1992 issue of NMN. U.S. road records are compiled by Road Running Information Center, the official record-keeping arm of USATF. □

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran Age-Group
'Best Performance'/World Veteran Age-Best Performance
TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance, in support of which the following is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor(s) _____

Date(s) of Birth _____

(For relays, full name of each team member is required, in order of running.)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee) (Signature)

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) (Signature)

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE
I hereby certify that wind speed in direction of running was _____ metres/sec.
Name of Operator _____ Signature _____

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran
Age-Best Performance
FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed _____

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10 (a). We further certify that the circle or runway complied with I.A.A.F. specifications.

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st _____ Performance _____

2nd _____ Performance _____

3rd _____ Performance _____

NOTE: A copy of the Results Card must be included with this application.

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of March 31, 1993

Men's World Five Year Age Group Records

100 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	10.28	Alan Wells(GBR)	35	8-1-87
	10.3	Edward Jefferis(RSA)	35	11-24-71
M40	10.6	Eddie Hart(USA)	40	9-16-89
M45	11.0	Thane Baker(USA)	48	6-14-80
M50	11.2	Ken Dennis(USA)	50	7-18-87
M55	11.57	Ron Taylor(GBR)	57	8-3-91
	11.6	Payton Jordan(USA)	56	6-23-73
	11.6	Alfred Guidet(USA)	56	6-22-74
M60	11.8	Payton Jordan(USA)	61	5-27-78
M65	12.5	Bernard Hogan(AUS)	65	11-30-85
M70	12.91	Payton Jordan(USA)	74	6-22-91
M75	13.4	Payton Jordan(USA)	75	4-25-92
M80	15.4	Josiah Packard(USA)	80	2-25-84
M85	16.3	Duncan McClean(SCO)	88	7-6-73
M90	19.9	Duncan McClean(SCO)	90	6-14-75
M95	39.00	Prtiavi Singh Azad(IND)	95	12-5-87
	p20.82	Joginder Singh(IND)	99	7-21-91

200 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	20.62	Don Quarrrie(JAM)	37	6-18-88
	20.68	Pietro Mennea(ITA)	35	9-26-87
M40	21.86	Bill Collins(TX)	41	8-15-92
	21.9	Reginald Austin(AUS)	40	8-10-77
M45	22.3	George Rhoden(JAM)	45	7-2-72
	22.30	Stan Whitley(USA)	46	6-20-92
M50	22.9	Ken Dennis(USA)	50	7-18-87
	22.91	Ron Taylor(GBR)	52	7-31-86
M55	23.6	Alfred Guidet(USA)	55	6-24-73
	p23.37	Ron Taylor(GBR)	56	7-5-91
M60	24.9	Payton Jordan(USA)	60	6-19-77
M65	25.6	Bernard Hogan(AUS)	65	12-6-85
M70	26.8	Payton Jordan(USA)	70	6-20-87
M75	28.18	Payton Jordan(USA)	75	6-20-92
M80	32.3	Josiah Packard(USA)	80	2-18-84
M85	37.3	Harry Gathercole(AUS)	85	1-10-93
M90	48.6	Collister Wheeler(USA)	90	7-30-87
	p44.77	Murthy Narayana(IND)	90	7-26-91
	p45.75	Buell Crane(USA)	90	6-23-90
M95	p62.28	Herb Kirk(USA)	95	7-26-91
	p48.42	Joginder Singh(IND)	99	7-26-91

400 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	46.38	James King(USA)	35	5-25-84
M40	48.44	James King(USA)	40	8-5-89
M45	50.24	Stan Whitley(USA)	46	7-12-92
M50	51.8	Ron Taylor(GBR)	52	9-27-86
	p51.60	Guido Mueller(FRG)	50	6-3-89
M55	52.6	Ralph Romain(TRI)	58	7-22-90
M60	57.64	Jack Greenwood(USA)	63	8-5-89
	p54.6	Ralph Romain(TRI)	60	9-6-92
	p55.24	Peter Mirkes(FRG)	60	8-28-88
	p57.36	Wilhelm Selzer(FRG)	64	7-27-91
M65	58.79	Jim Law(USA)	65	7-5-91
M70	62.2	John Alexander(USA)	70	9-24-89
M75	68.5	Josiah Packard(USA)	75	6-23-79
	p68.24	Fritz Assmy(FRG)	75	7-1-90
M80	75.4	Harold Chapson(USA)	80	7-9-83
M85	91.54	Longino Perez(MEX)	85	12-5-87
M90	2:00.2	Paul Spangler(USA)	90	9-16-89
	p1:59.76	Murthy Narayana(IND)	90	7-27-91

800 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:49.2Y	George Scott(NZL)	35	5-12-72
M40	1:51.25	Peter Browne(GBR)	41	6-11-90
M45	1:56.16	Ronaldo Mercelina(MOL)	45	7-9-91
M50	2:00.40	Alan Bradford(AUS)	50	8-1-89
M55	2:05.07	Tom Roberts(AUS)	55	8-1-89
M60	2:12.62	Derek Turnbull(NZL)	62	7-21-89
M65	2:17.8	Derek Turnbull(NZL)	65	3-15-92
M70	2:30.84	James Lytjen(USA)	70	6-8-91
	p2:27.57	James Lytjen(USA)	70	7-23-91
M75	2:40.0	Harold Chapson(USA)	75	5-14-78
M80	2:53.5	Harold Chapson(USA)	80	7-11-82
M85	3:29.42	Longino Perez(MEX)	85	11-29-87
M90	4:39.59	Paul Spangler(USA)	90	6-10-89
M95	p6:02.94	Herb Kirk(USA)	95	7-23-91

1500 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:33.91	Mike Boit(KEN)	36	8-21-85
M40	3:49.47	Wilson Waigwa(KEN)	40	8-5-89
	p3:49.21	Wilson Waigwa(KEN)	41	7-29-90
M45	4:00.53	Ken Sparks(USA)	45	4-24-90
	p3:59.24	Ken Sparks(USA)	45	7-29-90
M50	4:05.2	Tom Roberts(AUS)	50	3-22-84
M55	4:17.4	Derek Turnbull(NZL)	55	2-20-82
M60	4:28.66	Derek Turnbull(NZL)	62	8-5-89
M65	4:39.9	Derek Turnbull(NZL)	65	3-14-92
M70	5:09.73	John Gilmour(AUS)	70	8-5-89
M75	5:28.5	Scotty Carter(USA)	75	6-28-92
M80	6:04.28	Ed Benham(USA)	80	12-5-87
M85	7:03.38	Longino Perez(MEX)	85	12-5-87
M90	9:25.2	Paul Spangler(USA)	90	6-10-89
M95	13:53.8	Herb Kirk(USA)	95	10-6-90

ONE MILE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:52.48	John Walker(NZL)	36	7-2-88
M40	4:05.39	Wilson Waigwa(KEN)	40	6-3-89
M45	4:16.75	David Sirl(AUS)	45	12-6-87
M50	4:30.06	Tom Roberts(AUS)	53	12-6-87
M55	4:40.4	Jack Ryan(AUS)	55	12-15-77
M60	4:57.1	John Gilmour(AUS)	61	11-13-80
M65	4:56.4	Derek Turnbull(NZL)	65	2-29-92
M70	5:42.2	Monty Montgomery(USA)	70	7-9-77
M75	5:57.2	Scotty Carter(USA)	75	7-12-92
M80	8:07.1	Paul Spangler(USA)	81	6-7-80
M85	8:04.7	Josef Galia(FRG)	87	9-4-85
M90	13:43.6	Herb Kirk(USA)	90	8-18-86
M95	14:48.2	Herb Kirk(USA)	95	10-6-90

3000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7:47.61	Thomas Wessinghage(FRG)	35	8-16-87
M40	8:17.4	Jack Foster(NZL)	43	1-31-76
	p8:15.0	Rien Van Der Wilt(MOL)	40	6-6-91
M45	8:36.0	Laurie Ohara(GBR)	45	7-8-77
M50	8:53.8	Ray Hatton(USA)	50	6-25-82
M55	9:12.8	Jack Ryan(AUS)	55	1-24-78
M60	9:41.2	John Gilmour(AUS)	61	11-22-80
M65	9:47.4	Derek Turnbull(NZL)	65	2-8-92
M70	11:46.2	Harold Chapson(USA)	73	3-28-76
M75	12:04.0	Scotty Carter(USA)	75	6-28-92
M80	13:52.63	Ed Benham(USA)	82	5-4-90
	p13:17.0	Fritz Helber(FRG)	80	9-14-86
M85	16:32.0	Paul Spangler(USA)	85	5-4-84
M90	20:08.4	Paul Spangler(USA)	90	9-16-89

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13:16.36	Carlos Lopes(POR)	37	6-28-84
M40	13:45.6	Lucien Rault(FRA)	40	5-21-76
M45	14:23.6	Lucien Rault(FRA)	46	6-19-82
M50	14:55.60	Antonio Villanueva(MEX)	51	7-25-91
M55	15:52.8	Jack Ryan(AUS)	55	4-20-78
M60	16:33.3	John Gilmour(AUS)	61	8-9-80
M65	16:38.8	Derek Turnbull(NZL)	65	3-13-92
M70	18:43.61h	Warren Utes(USA)	71	7-23-91
M75	20:21.62	Kosaku Kanamori(JPN)	77	5-10-92
M80	21:57.88	Edward Benham(USA)	81	8-6-88
M85	26:50.2	Josef Galia(FRG)	87	8-16-85
M90	37:39.38	Paul Spangler(USA)	90	8-1-89
M95	50:23.53	Herb Kirk(USA)	95	7-25-91

10,000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	27:17.48	Carlos Lopes(POR)	37	7-2-84
M40	28:33.4	Lucien Rault(FRA)	40	6-9-76
	p28:30.88	Martti Vainio(FIN)	40	6-21-91
M45	30:02.56	Antonio Villanueva(MEX)	45	11-29-87
M50	31:01.90	Ron Robertson(NZ)	50	7-23-91
M55	33:00.66	Norman Green(USA)	57	7-29-89
M60	34:14.08	Luciano Acquarone(ITA)	60	7-20-91
M65	34:42.2	Derek Turnbull(NZL)	65	3-15-92
M70	38:23.69	Warren Utes(USA)	71	7-21-91
M75	42:03.4	David Morrison(GBR)	75	9-9-89
M80	44:29.4	Edward Benham(USA)	81	8-4-88
M85	54:23.0	Josef Galia(FRG)	87	8-28-85
M90	71:40.78	Paul Spangler(USA)	90	7-29-89

ONE HOUR RUN

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	12:15.99	20.774 Gaston Roelants(BEL)	35	9-20-72
M40	11:13.30	18.919 John Van De Wanssem(MOL)	40	10-16-90
M45	11:12.68	18.862 Alain Mimoun(FRA)	45	3-20-66
M50	11:95.4	18.575 Alain Mimoun(FRA)	50	5-16-71
M55	10:11.94	17.185 John Gilmour(AUS)	55	10-14-74
M60	10:83.1	16.853 John Gilmour(AUS)	61	10-21-79
M65	9:15.40	15.892 John Gilmour(AUS)	65	10-7-84
M70	9:10.83	15.474 John Gilmour(AUS)	70	6-21-89
M75	8:33.5	13.181 Lou Gregory(USA)	75	12-17-77
M80	7:94.6	12.130 Paul Spangler(USA)	81	11-1-80
M85	6:47.2	10.088 Paul Spangler(USA)	85	11-18-84

STEEPLECHASE (35-59: 3000M; 60+: 2000M)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:33.4	Ivan Kabanov(URS)	36	7-27-75
M40	8:41.5	Gaston Roelants(BEL)	40	7-6-77
M45	9:25.28	Ron Robertson(NZ)	46	12-5-87
M50	9:50.96	Nils Undersaker(NOR)	50	8-5-89
	p9:38.8	Nils Undersaker(NOR)	50	6-10-89
	p9:43.97	Ron Robertson(NZ)	50	7-27-91
M55	10:39.0	Eligio Galicia(MEX)	56	8-1-79
M60	7:13.93	Joaquim Silva(POR)	61	8-5-89
M65	7:53.00	John Eccles(NZL)	65	11-2-90
M70	8:38.17	Dan Bulkley(USA)	71	8-5-88
M75	9:46.90	Dan Bulkley(USA)	75	8-14-92
M80	13:24.59	Bob Boal(USA)	80	8-14-92

HURDLES 110M: 35-39,42"; 40-49,39"; 100M: 50-59,36"; 60-69,33"; 80M: 70

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	14.1	Ghulam Razik(PAK)	36	2-16-69
	14.13	Sergio Liani(ITA)	35	8-9-78
M40	14.24	Stan Druckrey(USA)	40	7-30-89
M45	14.7	Valbjorn Thorlaksson(ICE)	45	7-8-79
M50	13.57	Walt Butler(CA)	50	7-5-91
M55	15.28	Bob Hickman(CA)	55	7-30-89
M60	14.98	Jack Greenwood(USA)	60	7-19-86
M65	16.4	Albertos Van Zyl(RSA)	65	8-29-87
	p16.22	Jack Greenwood(CO)	65	7-5-91
	p16.30	Jack Greenwood(CO)	65	7-21-91
M70	13.2	Albertos Van Zyl(RSA)	70	10-10-92
M75	15.1	Frank Finger(USA)	75	9-1-90
M80	17.29	Karl Trei(CAN)	80	7-30-89

LONG HURDLES (400m: 35-49,36"; 50-59,33"; 300m: 60+,30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	48.93	Nat Page(USA)	35	7-10-92
M40	52.7	Stan Druckrey(USA)	40	7-8-89
	52.76	James King(USA)	40	8-3-89
M45	55.18	Guido Mueller(FRG)	47	8-1-86
M50	58.1	Jack Greenwood(USA)	50	7-3-76
M55	59.85	Jack Greenwood(USA)	57	9-27-83
M60	43.49	Jack Greenwood(USA)	63	8-3-89
M65	47.82	Arne Petterson(SWE)	65	6-25-88
	p45.20	Jack Greenwood(USA)	65	7-25-91
M70	52.2	Albertos Van Zyl(RSA)	70	10-10-92
	p52.0	Trevor Newman(RSA)	71	5-6-89
M75	56.50	Dan Bulkley(USA)	75	8-15-92
M80	83.53	Bob Boal(USA)	80	8-15-92
	71.9	Claude Hills(USA)	80	8-31-92
	p68.0	Karl Trei(CAN)	80	6-11-89
	p75.99	Erkki Haapalainen(FIN)	81	7-25-91

300 METER HURDLES (50-59: 33") * BEST PERFORMANCES *****

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50	39.96	Guido Mueller(FRG)	50	8-3-89
M55	43.28	Erkki Knapp(FIN)	55	8-3-89

HIGH JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-1	2.16 Viktor Bolshov(URS)	35	6-20-74
M40	6-9	2.06 John Hartfield(USA)	40	9-1-85
	p6-9 1/2	2.07 Istvan Major(HUN)	41	7-2-90
M45	6-2 3/4	1.90 Herm Wyatt(USA)	48	4-19-80
	p6-3 1/2	1.92 Mark Gelnov(URS)	47	7

Continued from previous page

M65	48-2 3/4	14.70	Reino Nokelainen(FIN)	65	8-3-85
M70	46-1 1/4	14.05	Voitto Elo(FIN)	70	6-23-85
M75	41-5 3/4	12.64	Ross Carter(USA)	75	9-3-89
	p42-0	12.80	Voitto Elo(FIN)	75	5-27-90
M80	36-5	11.10	Antonio Gotay(PUR)	80	10-11-92
M85	27-10 1/4	8.49	Lamberto Cicconi(ITA)	85	7-3-90
M90	22-10 1/2	6.97	Buell Crane(USA)	90	6-20-90
M95	14-6	4.42	Tom Lane(CA)	97	5-23-92
	p15-9	4.80	Tom Lane(USA)	96	9-22-91
	p20-10 3/4	6.37	Joginder Singh(IND)	99	7-21-91

DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	233-9	71.24	John Powell(USA)
M40	227-11	69.48	Al Oerter(NY)
M45	216-11	66.12	Al Oerter(USA)
M50	205-10	62.74	Al Oerter(USA)
	p214-3	65.30	Al Oerter(USA)
M55	177-1	53.98	Kauko Jouppila(FIN)
M60	189-0	57.60	Wendell Palmer(USA)
M65	182-6	55.62	K. Maksimczyk(GBR)
M70	156-8	47.76	Kauko Jouppila(FIN)
M75	136-6	41.60	Osmo Renvall(FIN)
M80	124-2	37.86	Osmo Renvall(FIN)
M85	88-11 3/4	27.12	Lamberto Cicconi(ITA)
M90	67-5 1/2	20.56	Buell Crane(USA)
M95	36-3	11.05	Tom Lane(USA)
	p48-7	14.81	Collister Wheeler(USA)
	p52-10 3/4	16.12	Joginder Singh(IND)

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+:4Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	271-8	82.80	Yurly Syedikh(URS)
M40	243-11	74.34	Ed Burke(USA)
M45	205-1	62.52	Hans Potsch(AUT)
	p206-3	62.86	Sreko Stiglic(YUG)
M50	208-6	63.56	Hans Potsch(AUT)
M55	204-8	62.40	Hans Potsch(AUT)
	p208-6	63.56	Hans Potsch(AUT)
M60	190-3	58.00	Pentti Saarikoski(FIN)
M65	169-10	51.76	Pentti Saarikoski(FIN)
M70	155-11	47.54	Roy Foley(AUS)
M75	133-5	40.68	Osmo Renvall(FIN)
	p150-8	45.92	Aarne Miettinen(FIN)
M80	112-5	34.28	Karsten Brodersen(CHL)
M85	89-6 3/4	27.30	Friedrich Bender(FRG)
M90	55-7 3/4	16.96	Buell Crane(USA)

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	286-1	87.20	Janis Zirmis(URS)
M40	259-1	78.98	Urs Von Wartburg(SWI)
M45	238-10	72.80	Larry Stuart(USA)
	p239-7	73.02	Larry Stuart(USA)
M50	215-9	65.76	Larry Stuart(USA)
M55	189-3	57.70	Jan Smiding(SWE)
M60	191-10	58.48	Del Pickarts(USA)
M65	177-3	54.02	Bud Held(USA)
M70	151-6	46.18	Bill Morales(USA)
	p157-9	48.08	Bill Morales(USA)
	p152-1	46.36	Bill Morales(USA)
M75	135-3	41.24	Manuel White(USA)
M80	94-6	28.80	Herbert Anderson(USA)
M85	82-4 1/4	25.10	Masomi Okazaki(JPN)
M90	57-2 3/4	17.44	Buell Crane(USA)
M95	33-10 1/4	10.32	Tom Lane(USA)
	p46-10	14.27	Collister Wheeler(USA)
	p69-5	21.16	Joginder Singh(IND)

DECATHLON(1962 IAAF SCORING TABLES)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7547	Werner Von Moltke(FRG)	35
M40	6784	Wolfgang Linkmann(FRG)	40
M45	5734	Gary Miller(USA)	47
	p5890	Rex Harvey(USA)	45
M50	6212	Gary Miller(USA)	50
M55	5246	Richmond Morcom(USA)	55
M60	4552	Richmond Morcom(USA)	61
M65	3400	Ian Hume(CAN)	66
M70	3097	Gilberto Gonzalez(PUR)	70
M75	1659	Herbert Anderson(USA)	75
M80	994	Herb Anderson(USA)	80
M85	252	A. E. Pitcher(USA)	85

PENTATHLON(1985 IAAF SCORING TABLES)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3806	Silvio Hodos(FRA)	35
M40	3455	Werner Schallau(FRG)	40
M45	3117	Gary Miller(USA)	45
M50	2976	Gary Miller(USA)	50
M55	2547h	Richmond Morcom(USA)	56
M60	2346	Rudy Hochreiter(AUS)	61
M65	2028	Gudmund Skriverik(NOR)	65
M70	1685	Adolf Koch(FRG)	70
M75	1232	Francisco Colon(PUR)	75
M80	869	Karsten Brodersen(CHL)	80
M85	372	Herb Anderson(USA)	85

Women's World Five Year Age Group Records

100 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11.07	Evelyn Ashford(USA)	35
M40	12.0	Maeve Kyle(IRL)	40
M45	12.5	Maeve Kyle(IRL)	45
	12.5	Wendy Ey(AUS)	45
M50	12.9	Irene Obera(USA)	51
M55	13.6	Shirley Peterson(AUS)	55
M60	13.9	Shirley Peterson(AUS)	60
M65	15.04h	Paula Schneiderhan(FRG)	65
	p14.90	Paula Schneiderhan(FRG)	66
M70	16.2	Polly Clarke(USA)	70
M75	16.87	Polly Clarke(USA)	75
M80	19.32	Polly Clarke(USA)	82
M85	48.40	Sarah Packham(GBR)	87
	p34.7	Mary Ames(USA)	86

200 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	22.47	Evelyn Ashford(USA)	35
	22.5	Marina Stepanova(URS)	36
M40	24.84	Phil Raschker(USA)	42
M45	26.0	Jan Hynes(AUS)	46
M50	27.3	Irene Obera(USA)	51
M55	28.48	Irene Obera(USA)	55
M60	30.0	Shirley Peterson(AUS)	60
M65	31.65	Paula Schneiderhan(FRG)	67
M70	34.2	Polly Clarke(USA)	71
M75	35.93	Polly Clarke(USA)	75
M80	41.11	Polly Clarke(USA)	82
M85	p58.4	Anna Ward(USA)	85

400 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	50.56	Aurelia Penton(CUB)	35
M40	55.3	Maeve Kyle(IRL)	41
M45	57.8	Jan Hughes(AUS)	45
M50	63.2	Anne McKenzie(RSA)	50
	p62.7	Pat Smith(HOL)	52
	p62.89	Brunhilde Hoffman(FRG)	51
M55	66.0	Carolyn Cappetta(USA)	55
	p65.46h	Carolyn Cappetta(USA)	55
M60	69.00	Ann Cooper(AUS)	60
	p67.97	Ann Cooper(AUS)	62
M65	73.71	Anna Mangler(FRG)	65
M70	84.23	Polly Clarke(USA)	73
M75	89.62	Polly Clarke(USA)	75
M80	1:40.45	Polly Clarke(CO)	80
M85	p2:50.3	Mary Ames(USA)	85

800 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:55.91	Jarmila Kratochvilova(CZE)	35
M40	2:06.5	Anne McKenzie(RSA)	41
M45	2:19.2	Anne McKenzie(RSA)	45
M50	2:23.1	Anne McKenzie(RSA)	50
M55	2:37.42	Edeltraud Pohl(FRG)	55
M60	2:51.6	Joyce Hals(USA)	61
M65	3:01.18	Shirley Brasher(AUS)	65
M70	3:14.90	Britta Tibbling(NOR)	71
M75	3:32.98	Johanna Luther(FRG)	75
M80	4:18.12	Berta Hielscher(FRG)	80
M85	p6:14.1	Mary Ames(USA)	85

1500 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:57.73	Maricica Puica(ROM)	35
M40	4:20.7	Joyce Smith(GBR)	40
	4:02.01	Yekatarina Podkopayeva(URS)	40
M45	4:36.58	Heather Mathews(NZ)	45
M50	4:54.5	Anne McKenzie(RSA)	50
	p4:51.19	I. Wellwagner(AUT)	50
	p5:14.2	Vicki Bigelow(USA)	56
	p5:12.43	Edeltraud Pohl(FRG)	55
M60	5:44.81	Shirley Brasher(AUS)	61
	5:44.9	Margaret Miller(USA)	60
	p5:37	Jean Albury(AUS)	60
M65	6:02.68	Shirley Brasher(AUS)	65
M70	6:39.04	Britta Tibbling(SWE)	71
M75	7:09.72	Johanna Luther(FRG)	76
	p7:06.13	Johanna Luther(FRG)	77
M80	9:06.22	Ivy Granstrom(CAN)	80
	p8:36.90	Anne Clarke(USA)	81
M85	p11:43.2	Anna Ward(USA)	85

ONE MILE

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	4:17.33	Maricica Puica(ROM)	35
M40	4:54.0	Laurie Binder(CA)	43
M45	5:02.31	Heather Mathews(NZ)	45
M50	5:29.39	Jeanne Hoagland(USA)	51
M55	5:50.6	Margaret Miller(USA)	55
M60	6:24.8	Joselyn Ross(GBR)	63
M65	6:41.64	Rosamund Dashwood(CAN)	65
M70	7:26.0	Pat Dixon(USA)	70
M80	9:49.40	Ivy Granstrom(CAN)	80

3000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:27.83	Maricica Puica(ROM)	35
M40	9:11.2	Joyce Smith(GBR)	40
M45	10:19.4	Joan Colman(USA)	46
	p9:31.38	Evy Palm(SWE)	45
M50	10:24.01	Edeltraud Pohl(FRG)	52
M55	11:20.2	Marion Irvine(USA)	59
M60	12:26.8	Lieselotte Schultz(FRG)	61
M65	13:15.6	Jaclyn Caselli(USA)	65
M70	13:50.8	Joselyn Ross(GBR)	70
M75	17:37.2	Bess James(USA)	75
M80	21:18.6y	Ivy Granstrom(CAN)	80
M85	p25:29.6	Mary Ames(USA)	85

5000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	15:13.38	Ingrid Kristiansen(NOR)	35
M40	16:02.88	Evy Palm(SWE)	43
M45	16:17.6	Evy Palm(SWE)	45
M50	17:25.6	Shirley Matson(USA)	50
M55	18:49.0	Jean Albury(AUS)	55
M60	19:14.8	Marion Irvine(USA)	60
M65	22:06.34	Shirley Brasher(AUS)	65
M70	23:21.2	Jose Waller(GB)	70
M75	25:43.39	Johanna Luther(FRG)	76
	p25:32.33	Johanna Luther(FRG)	76
M80	30:21.85	Mavis Lindgren(USA)	80
M85	p41:56.2	Mary Ames(USA)	85

10,000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	31:20.28	Ingrid Kristiansen(NOR)	35
M40	33:00.78	Evy Palm(SWE)	43
	p32:47.25	Evy Palm(SWE)	44
M45	37:34.45	Elaine Statham(GBR)	45
	p37:05.16	Elaine Statham(GBR)	47
	p32:41.98	Evy Palm(SWE)	45
	p37:01.6	Dot Browne(AUS)	45
M50	36:51.6	Edeltraud Pohl(FRG)	51
M55	38:38.6	Jean Albury(AUS)	55
M60	43:58.66	Shirley Brasher(AUS)	62
	p42:17	Jean Albury(AUS)	60
	p43:01.2	Joselyn Ross(GBR)	61
	p43:26.17	Marion Irvine(USA)	61
M65	45:49.42	Shirley Brasher(AUS)	65
M70	48:33.8	Jose Waller(GBR)	70
M75	53:13.63	Johanna Luther(FRG)	77
M80	69:32.2	Ivy Granstrom(CAN)	80

2000 METER STEEPLECHASE *** BEST PERFORMANCES ***

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:00.0	Kim Rupert(USA)	37
	p7:48.32	Victoria Adams(NZL)	37
M40	7:48.8	Antoinette Shaw(AUS)	44
M45	7:45.96	Joan Colman(USA)	45
	p7:38.08	Margaret Orman(NZL)	49
M50	7:58.2	Margaret Orman(NZL)	50
M55	9:52.28	Sally Strazdins(USA)	55
	p9:52.25	Sally Strazdins(USA)	57
M60	10:29.91	Nan Little(NZL)	61
M65	12:44.98	Tony Smit(AUS)	66

SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30

Continued from previous page

SHOT PUT (35-49: 4Kg; 50+: 3Kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 70-1 3/4	21.38 Helena Fibingerova(CZE)	35	8-22-84	
W40 62-6	19.05 Antonina Ivanova(URS)	40	8-28-73	
W45 46-6 1/4	14.18 Liesl Huber(FRG)	45	10-13-79	
W50 48-8 3/4	14.85 Valerie Young(NZL)	50	11-29-87	
W55 47-5 3/4	14.47 Sigrin Kofink(FRG)	56	7-21-91	
W60 35-8 3/4	10.89 Marianne Hamm(FRG)	60	7-30-89	
p36-10 1/4	11.23 Marianne Hamm(FRG)	63	7-21-91	
p36-7 3/4	11.17 Marianne Hamm(FRG)	60	6-25-88	
W65 32-11 3/4	10.05 Maria Van As(RSA)	65	4-5-86	
p33-0	10.06 Totti Kasekamp(URS)	65	7-21-91	
W70 25-5 1/2	7.76 Hanna Gelbrich(FRG)	70	9-23-83	
p26-7 3/4	8.12 Katrina Smildtsina(URS)	70	7-21-91	
W75 25-7	7.80 Irja Sarnama(FIN)	78	8-22-84	
W80 26-0 1/4	7.32 Irja Sarnama(FIN)	81	8-31-87	
W85 17-11 3/4	5.48 Irja Sarnama(FIN)	85	7-21-91	
W95 11-1 1/2	3.39 Margaret White(OK)	95	9-7-92	

DISCUS THROW (1Kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 228-4	69.60 Faina Myelnik(URS)	35	9-9-80	
W40 206-5	62.92 Helgi Partis(URS)	41	10-4-78	
W45 160-7	48.94 Odete Domingos(BRA)	47	4-8-82	

W50 142-10	43.54 Valerie Young(AUS)	50	12-5-87
p147-11	45.10 Chatrine Ruhlow(FRG)	51	7-3-88
p145-11	44.48 L. Hmelevskaja(URS)	50	7-26-91
W55 134-0	40.86 Rosemary Chrimes(GBR)	56	8-4-89
W60 107-2	32.68 Marianne Hamm(FRG)	61	8-4-89
W65 94-9 3/4	28.90 Annchen Reile(FRG)	66	8-9-81
W70 84-7 3/4	25.80 Toyoko Yoshio(JPN)	70	8-12-90
W75 68-4 1/2	20.84 Annchen Reile(FRG)	76	7-26-91
W80 56-4 1/2	17.18 Irja Sarnama(FIN)	80	7-29-86
W85 45-3 1/4	13.80 Irja Sarnama(FIN)	85	7-21-91

HAMMER THROW (35-49: 4Kg; 50+: 3Kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 136-10	41.72 Lisa Kirsh(AUS)	39	3-16-91	
W40 136-4	41.56 Christine Schultz(AUS)	40	3-2-91	
p138-2	42.12 Inga Faldager(DEN)	43	7-19-91	
W45 133-9	40.78 Bev Savage(NZL)	47	2-3-93	
W50 146-2	44.56 Janice Davies(AUS)	51	2-7-93	
W55 122-6	37.34 Jutta Schaefer(FRG)	57	8-5-89	
p145-2	44.26 Antonina Ivanova(URS)	57	7-6-90	
p133-11	40.82 Antonina Ivanova(URS)	58	7-19-91	
W60 99-11 1/4	30.46 Lydia Widera(AUS)	61	12-5-87	
W65 108-3	33.00 Lydia Widera(AUS)	65	3-16-91	
W70 96-9 3/4	29.51 Ilse Bellin(FRG)	70	8-3-91	
W75 65-7 1/2	20.00 Ruth Frith(AUS)	79	8-5-89	
W80 62-8 3/4	19.12 Ruth Frith(AUS)	80	4-13-90	
W85 50-9 1/2	15.48 Irja Sarnama(FIN)	85	7-21-91	

JAVELIN THROW (30-49: 600G; 50+: 400G)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 212-10	64.88 Tessa Sanderson(GB)	36	7-10-92	
p213-10	65.18 Tessa Sanderson(GB)	35	7-9-91	
W40 170-1	51.84 Anneli Virkkala(FIN)	40	8-2-87	
W45 156-7	47.74 Anneliese Gerhards(FRG)	45	5-30-81	
W50 143-9	43.82 Gertrude Schonauer(AUT)	52	7-29-89	
p147-4	44.90 Elvira Ozolona(URS)	51	7-20-91	
W55 151-2	46.08 Gertrude Schonauer(AUT)	55	8-29-92	
W60 103-0	31.40 Joan Ogden(GBR)	62	7-9-89	
p105-9	32.24 Janina Pakysyte(URS)	62	7-20-91	
W65 100-4	30.58 Joan Ogden(GBR)	65	7-19-92	
W70 81-11	24.97 Hanna Gelbrich(FRG)	70	9-26-83	
W75 74-2 1/2	22.62 Irja Sarnama(FIN)	77	9-26-83	
p75-6 1/4	23.02 Hanna Gelbrich(FRG)	77	7-4-90	
p74-5 3/4	22.70 Hanna Gelbrich(FRG)	78	7-20-91	
W80 58-7 1/4	17.86 Irja Sarnama(FIN)	80	8-16-86	
W85 14-5 1/4	4.40 Sarah Packham(GBR)	87	11-3-90	
p45-1	13.74 Irja Sarnama(FIN)	85	7-21-91	



U.S.A. TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of March 31, 1993

Men's U.S.A. Five Year Age Group Records

100 YARDS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 9.7	Walt Butler(CA)	37	6-11-78	
M40 9.8	Thane Baker(TX)	42	7-13-74	
W45 9.8	Percy Knox(CA)	41	7-11-75	
M50 10.0	Thane Baker(TX)	46	5-27-78	
M55 10.4	Thane Baker(TX)	52	6-23-84	
M60 10.7	Payton Jordan(CA)	55	3-25-72	
M65 10.7	Alfred Guidet(CA)	55	7-14-73	
M70 10.7	Charles Beaudry(TX)	55	8-10-74	
M75 10.9	Payton Jordan(CA)	61	5-6-78	
M80 12.1	Narry Koppell(CA)	66	7-19-79	
M85 13.4	Barry Ivers(ME)	72	8-6-83	
M90 15.1	Herbert Anderson(CO)	75	10-1-77	
M95 18.8	Herbert Anderson(CO)	80	7-24-82	
M99 19.6	A. E. Pitcher(IN)	87	9-25-88	
	Buell Crane(ID)	90	5-26-90	

100 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 10.3	Ruben Whitney(TX)	35	6-14-80	
M40 10.87	Eddie Hart(CA)	40	7-30-89	
M45 10.6n	Eddie Hart(CA)	40	9-11-89	
M50 11.16	Stan Whitley(CA)	46	8-15-92	
M55 11.0n	Thane Baker(TX)	48	6-14-80	
M60 11.2	Ken Dennis(CA)	50	7-18-87	
M65 11.66	Ralph Summerlin(AL)	58	7-14-90	
M70 11.6n	Payton Jordan(CA)	56	6-23-73	
M75 11.6n	Alfred Guidet(CA)	56	6-22-74	
M80 11.8	Payton Jordan(CA)	61	5-27-78	
M85 12.6	Payton Jordan(CA)	65	6-12-82	
M90 12.91	Payton Jordan(CA)	74	6-22-91	
M95 13.72	Payton Jordan(CA)	75	5-30-92	
M99 15.4	Josiah Packard(CA)	80	2-25-84	
M99 17.98	Russell Randall(CO)	85	8-14-92	
M99 20.69	Buell Crane(ID)	90	7-27-90	

200 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 20.8	Delano Meriwether(US)	35	6-9-78	
M40 21.86	Bill Collins(TX)	41	8-15-92	
M45 21.38	Bill Collins(TX)	40	7-6-91	
M50 22.30	Stan Whitley(CA)	46	6-20-92	
M55 22.9	Ken Dennis(CA)	50	7-18-87	
M60 22.9	Alfred Guidet(CA)	55	6-24-73	
M65 24.9	Payton Jordan(CA)	60	6-19-77	
M70 26.10	James Law(NC)	65	5-4-91	
M75 26.1n	Payton Jordan(CA)	65	6-12-82	
M80 25.87	Jack Greenwood(CO)	65	7-6-91	
M85 26.8	Payton Jordan(CA)	70	6-20-87	
M90 28.14	Payton Jordan(CA)	75	6-20-92	
M95 32.3	Josiah Packard(CA)	80	2-18-84	
M99 40.29	Konrad Boas(NY)	86	8-3-89	
M99 48.6	Collister Wheeler(OR)	90	7-30-87	
M99 45.75	Buell Crane(ID)	90	6-23-90	
M99 62.28	Herb Kirk(MT)	95	7-26-91	

400 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 46.38	James King(CA)	35	5-25-84	
M40 48.44	James King(CA)	40	8-5-89	
M45 50.24	Stan Whitley(CA)	46	7-12-92	
M50 52.79	Larry Colbert(MD)	50	12-5-87	
M55 54.56	Rudolph Valentine(NY)	55	6-9-79	
M60 57.64	Jack Greenwood(CO)	63	8-5-89	
M65 58.79	Jim Law(NC)	65	7-5-91	
M70 62.2	John Alexander(TX)	70	9-24-89	
M75 68.5	Josiah Packard(CA)	75	6-23-79	
M80 75.4	Harold Chapson(MA)	80	7-9-83	
M85 94.95	Konrad Boas(NY)	85	8-27-88	
M90 2:00.2	Paul Spangler(CA)	90	9-16-89	

800 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 1:52.1	Ralph Lee(CA)	37	6-7-79	
M40 1:52.5	Ken Popejoy(IL)	40	5-31-91	
M45 1:56.27	Don Parker(CA)	47	5-12-90	
M50 2:01.1	Bill Fitzgerald(CA)	50	6-29-75	
M55 2:08.9	Bill Fitzgerald(CA)	55	7-5-80	
M60 2:14.13	Ralph Miller(WA)	60	8-15-92	
M65 2:13.98	Jim Sutton(PA)	60	7-23-91	
M70 2:25.3	Frank Finger(VA)	65	7-5-80	
M75 2:30.84	James Lytjen(CA)	70	6-8-91	
M80 2:27.57	James Lytjen(CA)	70	7-23-91	
M85 2:40.0	Harold Chapson(MI)	75	5-14-78	
M90 2:53.5	Harold Chapson(MI)	80	7-11-82	
M95 3:58.3	Paul Spangler(CA)	85	5-5-84	
M99 4:39.59	Paul Spangler(CA)	90	6-10-89	
M99 6:02.94	Herb Kirk(MT)	95	7-23-91	

1500 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 3:40.83	Steve Scott(CA)	35	6-14-91	
M40 3:53.18	Larry Alberg(WA)	42	8-5-89	
p3:50.43	Larry Alberg(WA)	43	7-29-90	
M45 4:00.53	Ken Sparks(OH)	45	4-24-90	
p3:59.24	Ken Sparks(OH)	45	7-29-90	
M50 4:05.8	Ray Hatton(OR)	50	7-8-82	
M55 4:25.24	Jim Sutton(PA)	55	7-19-86	
M60 4:32.09	Jim Sutton(PA)	60	7-27-91	
M65 4:56.80	Joe King(CA)	65	7-7-91	
p4:56.31	Joe King(CA)	65	7-27-91	
M70 5:19.38	Austin Newman(NJ)	70	7-19-86	
p5:14.97	James Lytjen(CA)	70	7-27-91	
M75 5:28.5	Scotty Carter(MA)	75	6-28-92	
M80 6:04.28	Ed Benham(MD)	80	12-5-87	
M85 7:44.96	Paul Spangler(CA)	85	5-5-84	
M90 9:25.2	Paul Spangler(CA)	90	6-10-89	
M95 13:53.8	Herb Kirk(MT)	95	10-6-90	

ONE MILE				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 3:54.13	Steve Scott(CA)	35	7-1-91	
M40 4:12.24	Larry Alberg(WA)	43	4-28-90	
p4:06.70	Larry Alberg(WA)	43	7-29-90	
M45 4:18.83	Ken Sparks(OH)	45	4-24-90	
M50 4:17.14	Ken Sparks(OH)	45	7-29-90	
M55 4:32.2	Bill Fitzgerald(CA)	50	7-13-75	
M60 4:55.3	William Fraser(MN)	55	7-22-85	
p4:45.1	Ray Hatton(OR)	55	5-16-87	
p4:46.5	Don Gamble(OH)	55	10-5-86	
M65 5:04.9	Don Gamble(OH)	60	10-12-91	
p4:58.2	Jim Sutton(PA)	60	-91	
M70 5:22	Monty Montgomery(CA)	65	4-8-72	
M75 5:42.2	Monty Montgomery(CA)	70	7-9-77	
M80 5:57.2	Scotty Carter(MA)	75	7-12-92	
M85 8:07.1	Paul Spangler(CA)	81	6-7-80	
M90 12:23.6	Herb Kirk(MT)	87	8-26-83	
M95 13:43.6	Herb Kirk(MT)	90	8-18-86	
M95 14:48.2	Herb Kirk(MT)	95	10-6-90	

3000 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 7:56.69	Steve Scott(CA)	35	5-25-91	
M40 8:43.7	Web Loudat(MN)	40	6-13-87	
M45 9:06.6	Kirk Randall(MA)	45	6-13-87	
M50 8:53.8	Ray Hatton(OR)	50	6-25-82	
M55 9:37.88	Ray Hatton(OR)	56	6-26-88	
M60 10:13.8	Don Gamble(OH)	60	8-10-91	
M65 10:51.0	Norman Bright(WA)	65	6-17-75	
M70 11:46.2	Harold Chapson(MI)	73	3-28-76	
M75 12:04.0	Scotty Carter(MA)	75	6-28-92	
M80 13:52.63	Ed Benham(MD)	82	5-4-90	
M85 16:32.0	Paul Spangler(CA)	85	5-4-84	
M90 20:08.4	Paul Spangler(CA)	90	9-16-89	

TWO MILES				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35 9:21.4	Glynn Wood(DC)	35	10-26-69	
M40 9:17.6	Ray Hatton(OR)	40	4-1-72	
M45 9:37.8	Denny Meyer(WA)	45	5-5-78	
M50 10:15.2	David Stevenson(CA)	50	7-26-79	
M55 10:35.0	Bill McChesney(OR)	55	7-15-83	
M60 11:08.2	Bill McChesney(OR)	61	6-16-89	
M65 11:30.0	Monty Montgomery			

Continued from previous page

ONE HOUR RUN				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	11-1070 18.681 Ken Mueller(MA)	35	5-13-72	
M40	11-740 18.379 Ray Hatton(OR)	44	8-7-76	
M45	11-223 17.907 Hal Higdon(IN)	48	6-26-79	
M50	10-1335 17.314 Peter Mundle(CA)	50	10-1-78	
M55	10-775 16.802 James O'Neil(CA)	56	8-4-81	
M60	10-201 16.277 Clive Davies(OR)	61	8-7-76	
M65	9-604 15.036 Norman Bright(WA)	65	6-13-75	
M70	8-1131 13.909 William Andberg(MN)	70	10-4-81	
M75	8-335 13.181 Lou Gregory(FL)	75	12-17-77	
M80	7-946 12.130 Paul Spangler(CA)	81	11-1-80	
M85	6-472 10.088 Paul Spangler(CA)	85	11-18-84	

STEEPLECHASE (35-59: 3000M; 60+: 2000M)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	8:38.8 Mike Manley(OR)	38	-80	
M40	9:18.6 Hal Higdon(IN)	44	8-15-75	
M45	9:39.0 Hal Higdon(IN)	46	8-11-77	
M50	10:31.01 Ken Bradley(CO)	51	7-20-89	
M55	10:59.2 Faye Carman(MI)	56	7-28-84	
M60	7:40.10 Dave Stevenson(CA)	60	8-5-89	
M65	8:23.74 Avery Bryant(CA)	65	7-20-89	
M70	8:38.17 Dan Bulkley(OR)	71	8-5-88	
M75	9:46.90 Dan Bulkley(OR)	75	8-14-92	
M80	13:24.59 Bob Boal(NC)	80	8-14-92	

MURDLES: 110M: 35-39, 42M; 40-49, 39M; 100M: 50-59, 36M; 60-69, 33M; 80M: 70				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	14.7 Mike Kelly(GA)	37	6-16-84	
M40	14.24 Stan Druckrey(WI)	40	7-30-89	
M45	15.0 Jack Greenwood(KS)	46	9-14-72	
M50	13.57 Walt Butler(CA)	50	7-5-91	
M55	15.28 Bob Wickman(CA)	55	7-30-89	
M60	14.98 Jack Greenwood(CO)	60	7-19-86	
M65	17.43 Robert Hunt(CA)	65	5-18-85	
p16.22	Jack Greenwood(CO)	65	7-21-91	
p16.30	Jack Greenwood(CO)	65	7-21-91	
M70	14.50h Al Guidet(CA)	71	7-29-89	
p14.22	Burl Gist(CA)	71	7-5-91	
M75	15.44 Herb Miller(WA)	75	8-14-92	
M80	17.5 Frank Finger(CA)	76	9-1-90	
	Russell Meyers(FL)	80	7-7-84	

LONG MURDLES (400m: 35-49, 36M; 50-59, 33M; 300m: 60+, 30M)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	48.93 Nat Page(GA)	35	7-10-92	
M40	52.76 James King(CA)	40	8-3-89	
	52.7h Stan Druckrey(WI)	40	7-8-89	
M45	55.7 Jack Greenwood(KS)	46	8-24-72	
M50	58.1 Jack Greenwood(KS)	50	7-3-76	
M55	59.85 Jack Greenwood(KS)	57	9-27-83	
M60	43.49 Jack Greenwood(CO)	63	8-3-89	
M65	49.19 Robert Watanabe(CA)	65	6-15-91	
p47.82	Jack Greenwood(CO)	65	7-6-91	
p45.20	Jack Greenwood(CO)	65	7-25-91	
M70	52.44 Dan Bulkley(OR)	72	8-3-89	
M75	56.50 Dan Bulkley(OR)	75	8-15-92	
M80	83.53 Bob Boal(NC)	80	8-15-92	

300 METER MURDLES (50-59: 33M) *** BEST PERFORMANCES ***				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M50	43.16 Richard Rizzo(NY)	50	8-4-88	
	41.0h Hugh Adams(CA)	50	9-23-90	
M55	43.36 Bob Wickman(CA)	55	8-1-89	

HIGH JUMP				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	6-11 3/4 2.13 Dwight Stones(US)	36	8-3-90	
	6-11 3/4 2.13 Jim Barrineau(VA)	35	7-1-90	
M40	6-9 2.06 John Hartfield(TX)	40	9-1-85	
M45	6-2 3/4 1.90 Herm Wyatt(CA)	48	4-19-80	
M50	6-2 1.88 Herm Wyatt(CA)	51	8-20-83	
M55	5-10 1/2 1.79 Herm Wyatt(CA)	55	5-23-87	
M60	5-6 1/4 1.68 Jim Gillchrist(LA)	64	9-19-92	
M65	5-4 1.62 Jim Gillchrist(LA)	65	10-31-92	
M70	4-8 3/4 1.44 Walter Dahlin(CA)	70	7-5-91	
M75	4-3 1/4 1.30 Herbert Anderson(CO)	75	3-24-78	
M80	4-0 1/4 1.22 Virgil McIntyre(AZ)	80	6-28-91	
M85	3-8 1/2 1.13 Buell Crane(ID)	85	7-26-85	
M90	3-5 1.04 Buell Crane(ID)	90	7-28-90	

POLE VAULT				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	16-8 5.08 Garry Hunter(US)	35	7-6-91	
M40	17-0 3/4 5.20 Larry Jessee(TX)	40	12-11-92	
M45	15-0 4.57 Roger Ruth(US)	45	7-21-73	
M50	14-4 4.37 Vic Cook(CA)	50	7-25-82	
M55	13-6 1/4 4.12 Richmond Morcom(PA)	55	8-4-76	
M60	12-3 1/2 3.74 Boo Morcom(PA)	63	8-2-84	
M65	12-4 1/2 3.77 Boo Morcom(PA)	65	8-3-86	
M70	10-4 1/2 3.16 Boo Morcom(PA)	71	8-22-92	
M75	9-6 1/4 2.90 Carol Johnston(CA)	75	2-7-87	
M80	8-3 2.51 Carol Johnston(CA)	80	6-20-92	
M85	5-8 1.73 A. E. Pitcher(IN)	96	5-14-88	

LONG JUMP				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	25-11 7.90 Tom Chilton(TN)	35	6-8-72	
M40	24-4 3/4 7.43 Tom Chilton(TN)	40	3-24-78	
M45	22-11 6.98 John Hartfield(TX)	46	6-7-91	
M50	21-1 6.42 Shirley Davison(CA)	50	4-12-80	
M55	20-1 1/4 6.10 Tom Patsalis(CA)	59	7-18-81	
M60	19-11 6.07 Tom Patsalis(CA)	60	7-10-82	
M65	17-4 1/4 5.29 Tom Patsalis(CA)	65	12-1-87	
M70	16-2 1/4 4.93 John Alexander(TX)	70	5-12-90	
M75	12-10 1/2 3.92 Herbert Anderson(CO)	76	8-5-78	
M80	11-7 3.53 Walt Wesbrook(CA)	80	6-24-78	
M85	9-1 2.77 Buell Crane(ID)	85	6-6-85	
M90	8-0 1/4 2.44 Buell Crane(ID)	90	4-21-90	
M95	5-10 1.78 Collister Wheeler(OR)	95	7-22-88	

TRIPLE JUMP				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	55-7 1/4 16.95 Ray Kimble(US)	35	8-12-88	
M40	51-6 1/4 15.70 Milan Tiff(CA)	40	8-3-89	
M45	45-2 1/4 13.77 Dave Jackson(CA)	45	8-11-77	
M50	43-3 1/2 13.19 Dave Jackson(CA)	50	7-10-82	
M55	41-5 12.62 Gordon Farrell(CA)	57	1-8-75	
M60	39-3 11.96 Tom Patsalis(CA)	60	7-10-82	
M65	35-6 3/4 10.84 Tom Patsalis(CA)	65	12-5-87	
M70	30-1 9.17 Tom Kennel(US)	70	7-5-91	
M75	30-6 1/4 9.30 Tom Patsalis(CA)	75	8-14-92	
M80	22-8 6.91 Herbert Anderson(CO)	80	7-24-82	
p25-4	7.72 Winfield McFadden(CA)	81	10-4-86	
M85	20-7 1/4 6.28 Winfield McFadden(CA)	85	7-21-90	
M90	18-1 5.51 Buell Crane(ID)	90	7-28-90	

SHOT PUT (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	72-9 3/4 22.19 Brian Oldfield(CA)	38	5-26-84	
M40	70-3 21.41 Brian Oldfield(CA)	40	8-22-85	
M45	55-2 1/2 16.83 Ed Hill(MD)	45	8-23-88	
M50	53-10 16.41 Carl Wallin(NH)	50	10-5-91	
M55	44-6 13.56 Hal Smith(CA)	56	5-23-92	
	44-6 13.56 James Hart(CA)	55	10-23-91	
M60	47-4 1/2 14.44 Harry Hawke(CA)	60	7-20-89	
M65	42-11 1/2 13.09 Bill Bangert(CA)	65	7-20-89	
M70	45-1 13.74 Scott Herrman(KS)	73	10-11-92	
M75	41-5 3/4 12.35 Ross Carter(OR)	75	9-3-89	
M80	30-8 1/4 9.64 Leon Joslin(WA)	80	9-5-92	
M85	25-0 7.62 Buell Crane(ID)	87	8-14-87	
M90	22-10 1/2 6.97 Buell Crane(ID)	90	6-20-90	
M95	14-6 4.42 Tom Lane(CA)	97	5-23-92	
p15-9	4.80 Tom Lane(CA)	96	9-22-91	

DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	233-9 71.24 John Powell(US)	36	6-9-84	
M40	227-11 69.48 Al Dertter(NY)	43	5-31-80	
M45	216-11 66.12 Al Dertter(NY)	45	3-28-82	
M50	205-10 62.74 Al Dertter(NY)	52	8-3-89	
p214-3	65.30 Al Dertter(NY)	50	12-28-86	
M55	171-8 52.34 Wendell Palmer(TX)	59	4-18-92	
M60	189-0 57.60 Wendell Palmer(TX)	60	4-24-92	
	174-1 53.06 Daniel Aldrich(CA)	62	8-17-80	
M65	163-1 49.72 Thomas McDermott(CT)	66	5-1-84	
M70	142-6 43.44 Daniel Aldrich(CA)	70	3-5-89	
M75	128-2 39.06 Ross Carter(OR)	77	10-23-91	
M80	102-4 31.20 Leon Joslin(WA)	80	6-20-92	
M85	77-2 3/4 23.54 Burt Degroot(CA)	85	6-20-92	
M90	67-5 1/2 20.56 Buell Crane(ID)	90	6-20-90	
M95	36-3 11.05 Tom Lane(CA)	95	9-24-89	
p48-7	14.81 Collister Wheeler(OR)	95	7-23-88	

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	232-5 70.84 Harold Connolly(CA)	37	7-20-69	
M40	243-11 74.34 Ed Burke(CA)	44	4-28-84	
M45	198-5 60.48 Ed Burke(CA)	45	5-19-85	
M50	182-6 55.62 Bob Backus(MA)	50	6-12-77	
p193-2	58.88 Ed Burke(CA)	50	6-6-90	
M55	197-8 60.26 Bob Backus(MA)	55	8-2-81	
M60	164-11 50.28 Joe Chadbourne(OH)	61	6-20-92	
M65	145-11 44.48 Len Mozhaev(PA)	66	9-27-92	
M70	150-11 46.00 Thomas McDermott(CT)	73	5-18-91	
M75	119-6 36.42 Nolan Fowler(TN)	75	8-4-89	
M80	84-6 1/4 25.76 Paul Narcession(RI)	80	8-13-92	
M85	54-3 1/4 16.54 Buell Crane(ID)	87	8-16-87	
M90	55-7 3/4 16.96 Buell Crane(ID)	90	4-21-90	

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	268-1 81.72 William Floerke(KS)	35	7-21-79	
M40	242-9 74.00 Larry Stuart(CA)	41	6-9-79	
M45	238-10 72.80 Larry Stuart(CA)	46	5-12-84	
p239-7	73.02 Larry Stuart(CA)	48	6-14-86	
M50	215-9 65.76 Larry Stuart(CA)	50	4-30-88	
M55	186-5 56.82 William Duckworth(GA)	56	7-7-91	
M60	191-10 58.48 Bud Pickarts(CA)	60	11-28-87	
M65	177-3 54.02 Del Held(CA)	65	3-27-93	
M70	151-6 46.18 Bill Morales(CA)	72	7-30-89	
p157-9	48.08 Bill Morales(CA)	70	8-16-87	
p152-1	46.36 Bill Morales(CA)	70	7-25-87	
M75	135-3 41.24 Manuel White(MT)	75	8-17-91	
M80	94-6 28.80 Herbert Anderson(CO)	80	7-24-82	
M85	62-5 19.02 Buell Crane(ID)	85	6-6-85	
p65-11 1/4	20.10 Herbert Anderson(CO)	85	8-16-87	
p74-5	22.68 Herbert Anderson(CO)	85	9-5-87	
M90	57-2 3/4 17.44 Buell Crane(ID)	90	7-28-90	
M95	33-10 1/4 10.32 Tom Lane(CA)	97	5-23-92	
p46-10	14.27 Collister Wheeler(OR)	95	7-23-88	

DECATHLON(1962 IAAF SCORING TABLES)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	6230 Phil Mulkey(AL)	38	3-26-71	
M40	6394 Rex Harvey(IA)	43	7-29-89	
M45	5734 Garry Miller(CA)	47	3-23-85	
p5890	Rex Harvey(IA)	45	7-18-91	
M50	6212 Garry Miller(CA)	50	5-27-88	
M55	5246 Richmond Morcom(PA)	55	9-11-76	
M60	4552 Richmond Morcom(PA)	61	8-28-82	
M65	2783 Claude Hills(PA)	65	6-24-77	
p3064	Richmond Morcom(PA)	65	6-26-86	
M70	2513 Claude Hills(PA)	70	7-3-82	
M75	1659 Herbert Anderson(CO)	75	3-24-78	
M80	994 Herb Anderson(CO)	80	8-28-82	
M85	252 A. E. Pitcher(IN)	85	9-19-87	

PENTATHLON(1985 IAAF SCORING TABLES)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
M35	3377 Frank Reilly(CA)	39	6-20-87	
p3432	Mike Hill(CO)	35	8-30-86	
M40	3033h Garry Miller(CA)	43	8-16-81	
M45	3117 Garry Miller(CA)	45	9-30-83	
M50	2976 Garry Miller(CA)	50	6-26-88	
M55	2547h Richmond Morcom(PA)	56	8-12-77	
M60	2283h John Alexander(TX)	61	5-8-81	
M65	1988 Richmond Morcom(PA)	66	6-20-87	
M70	1448 Richmond Morcom(PA)	70	7-4-91	
M75	927 Claude Hills(PA)	76	6-26-88	
M80	706h Ken Carnine(CA)	80	7-16-88	
M85	372 Herbert Anderson(CO)	85	12-3-87	

Continued from previous page

TWO MILES

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	11:23	Judy Fox(CA)	38	11-3-78
W40	11:29.2	Sandra Knott(OH)	41	8-4-79
W45	11:43.0	Mary Czarapata(WI)	45	9-13-80
W50	12:13.0	Margaret Miller(CA)	54	6-7-80
W55	13:46	Melba Hatch(MI)	57	7-23-85
W60	19:48	Florence Fawley(OH)	61	5-27-84
W70	26:03.8	Marilla Salisbury(CA)	73	7-11-81

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	15:15.2	Francis Larriue(TX)	35	7-2-88
W40	16:57.4	Judy Fox(CA)	40	8-16-81
W45	17:45.03	Joan Colman(CA)	45	8-4-89
W50	17:25.6	Shirley Matson(CA)	50	9-26-91
W55	19:32.07	Marion Irvine(CA)	59	8-4-89
W60	19:14.8	Marion Irvine(CA)	60	10-19-89
W65	22:41.8	Jaclyn Caselli(CA)	65	7-5-86
W70	24:52.83	Pat Dixon(OR)	70	8-4-89
W75	29:19.8	Bess James(CA)	75	6-25-85
	p27:10.76	Algene Williams(IL)	75	7-25-91
W80	30:21.85	Mavis Lindgren(CA)	80	8-16-87
W85	p41:56.2	Mary Ames(CA)	85	4-30-88

10,000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	31:28.92	Francis Larriue(TX)	38	4-4-91
W40	35:33.6	Judy Fox(CA)	40	8-15-81
	p35:20.59	Laurie Binder(CA)	40	8-14-87
W45	38:19.8	Vicky Bigelow(CA)	48	8-21-83
	p38:10.89	Joan Colman(CA)	47	7-21-91
W50	37:28.67	Shirley Matson(CA)	51	8-15-92
W55	40:37.13	Marion Irvine(CA)	59	7-29-89
W60	44:39.05	Marion Irvine(CA)	62	8-15-92
	p43:26.17	Marion Irvine(CA)	61	7-21-91
W65	49:22.41	Jaclyn Caselli(CA)	65	7-18-86
W70	50:28.33	Pat Dixon(OR)	70	7-29-89
W75	89:49.8	Marilla Salisbury(CA)	75	7-9-83
	p56:59.33	Algene Williams(IL)	75	7-21-91
	p64:00.81	Pearl Mehl(CO)	75	7-20-89
W80	98:38	Hilda Crooks(CA)	81	6-26-77
	p65:47.20	Anne Clarke(IL)	81	7-6-91

ONE HOUR RUN

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9-1124	15.512 Marilyn Paul(OR)	36	7-20-74
W40	9-1197	15.579 Linda Sippelle(DC)	43	7-29-78
W45	9-376	14.828 Marilyn Harbin(CA)	45	3-26-83
W50	8-1355	14.114 Nicki Hobson(CA)	50	8-4-81
W55	7-1021	12.199 Marcie Trent(AK)	58	7-18-76
W60	8-10	12.884 Marcie Trent(AK)	61	7-28-79
W65	5-1194	9.139 Edna Berg(MT)	67	2-5-83
W70	6-52	9.704 Alice Werbel(CA)	70	9-14-86
W75	4-167	6.590 Marilla Salisbury(CA)	76	6-7-84

2000 METER STEEPLECHASE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8:00.0	Kim Rupert(CA)	37	7-26-92
W40	8:12.83	Susanne Houlton(GA)	42	8-5-89
W45	7:45.96	Joan Colman(CA)	45	8-5-89
W50	10:06.19	Judy Groombridge(WA)	52	8-14-92
W55	9:52.28	Sally Strazdins(US)	55	8-5-89
	p9:52.25	Sally Strazdins(US)	55	7-27-91

SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	13.77	Jane Frederick(CA)	35	8-31-87
W40	12.10h	Phil Raschker(GA)	40	11-23-87
	p12.0h	Phil Raschker(GA)	40	6-6-87
W45	12.5	Cherrie Sherrard(CA)	45	7-14-84
W50	13.82	Cherrie Sherrard(CA)	50	7-30-89
W55	15.25	Christel Miller(CA)	55	8-5-90
W60	19.08	Shirley Kinsey(CA)	60	7-30-89
	p16.45	Betty Vosburgh(GA)	60	7-21-91
W65	20.61	Patricia Peterson(NY)	65	5-4-91

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	87.08	Shelley Kealing(NY)	37	8-3-89
W40	65.03	Phil Raschker(GA)	40	12-5-87
W45	71.20	Pamela Calvert(MO)	45	7-6-91
W50	66.67	Marion Coffee(AUSTIN TX)	52	7-6-91
	65.9h	Tami Graf(CA)	53	8-3-89
W55	59.82	Betty Vosburgh(GA)	59	5-4-91
W60	56.80	Betty Vosburgh(GA)	60	7-5-91
W65	73.09	Patricia Peterson(NY)	66	8-15-92

HIGH JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	6-1 1/4	1.86 Jane Frederick(CA)	36	6-15-88
W40	5-3 3/4	1.62 Phil Raschker(GA)	42	5-20-89
W45	4-11	1.50 Phil Raschker(GA)	45	5-23-92
W50	4-4 3/4	1.34 Becky Sisley(OR)	52	6-23-91
W55	4-2 3/4	1.29 Christel Miller(CA)	55	8-2-90
W60	4-1	1.24 Leonore McDaniel(VA)	64	5-2-92
W65	3-11	1.19 Mavis Lorenz(MT)	65	7-11-92
W70	3-8 1/2	1.13 Mary Bowermaster(OH)	70	11-28-87
W75	3-1 1/2	0.95 Shiela Evans(IN)	75	8-3-90

POLE VAULT

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8-0	2.44 Phil Raschker(GA)	35	8-7-82
W40	9-6 1/4	2.90 Phil Raschker(GA)	44	6-8-91
	p9-10 1/4	3.00 Phil Raschker(GA)	44	7-6-91
W45	9-4	2.84 Phil Raschker(GA)	45	5-30-92
W50	7-3 3/4	2.23 Adeline Bost(OR)	52	8-17-91
W55	4-5	1.34 Lucy Ann Brobst(NC)	59	8-14-92
W60	6-0 3/4	1.85 Leonore McDaniel(VA)	64	8-14-92

LONG JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	21-4	6.50 Willye White(US)	35	10-26-74
W40	17-0 1/4	5.19 Phil Raschker(GA)	44	5-4-91
	p17-10	5.43 Phil Raschker(GA)	40	6-6-87
W45	17-6	5.33 Phil Raschker(GA)	45	5-23-92
W50	14-6 1/2	4.43 Irene Obera(CA)	54	7-30-88
W55	12-9 1/4	3.89 Christel Miller(CA)	55	3-4-90
W60	12-11 1/2	3.95 Betty Vosburgh(GA)	60	7-6-91
	p13-7	4.14 Betty Vosburgh(GA)	60	7-25-91
W65	11-9 1/2	3.59 Mavis Lorenz(MT)	65	8-1-92
W70	10-2 1/2	3.11 Mary Bowermaster(OH)	70	12-1-87
W75	8-2 3/4	2.51 Polly Clarke(CO)	78	8-13-88
W80	p5-1 3/4	1.57 Edith Mendyka(CA)	81	9-20-92

TRIPLE JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	36-7	11.15 Phil Raschker(GA)	36	9-18-83
W40	37-3	11.35 Phil Raschker(GA)	42	8-1-89
W45	32-6 1/2	9.92 Phil Raschker(GA)	45	5-23-92
W50	28-9 3/4	8.78 Christel Miller(CA)	52	12-5-87
W55	26-6 1/4	8.08 Christel Miller(CA)	55	8-5-90
W60	26-5	8.05 Betty Vosburgh(GA)	61	8-14-92
W65	21-9 1/2	6.64 Mary Norckauer(LA)	65	5-26-90
	p23-1 1/4	7.04 Josephine Sullivan(SC)	66	7-27-91

W70	20-9 1/4	6.33 Shiela Evans(IN)	74	7-20-89
W75	20-1 1/4	6.13 Shiela Evans(IN)	75	8-5-90

SHOT PUT (30-49: 4KG; 50+: 3KG)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	53-5 3/4	16.30 Jane Frederick(CA)	35	8-31-87
W40	39-7	12.06 Joanne Grissom(IN)	41	6-19-80
W45	39-7 1/2	12.08 Joanne Grissom(IN)	45	7-22-84
W50	42-7 1/2	12.99 Joanne Grissom(IN)	52	7-5-91
W55	31-9 1/4	9.68 Anne Cirulnick(NY)	55	7-15-90
W60	32-2 3/4	9.82 Bernice Holland(OH)	62	7-20-89
W65	28-6 1/2	8.70 Bernice Holland(OH)	65	5-2-92
W70	26-9	8.15 Edith Mendyka(CA)	72	9-17-83
W75	24-5	7.44 Edith Mendyka(CA)	75	7-18-86
W80	17-11 3/4	5.48 Edith Mendyka(CA)	81	9-20-92
W85	p8-3	2.51 Mary Ames(CA)	85	5-7-89
W95	11-1 1/2	3.39 Margaret White(OK)	95	9-7-92

DISCUS THROW

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	149-6	45.58 Janet Wilson(CA)	36	5-27-89
W40	112-9	34.36 Joan Stratton(CA)	40	7-25-92
W45	106-5	32.44 Joanne Grissom(IN)	45	8-7-83
W50	112-4	34.24 Vanessa Hilliard(FL)	50	7-6-91
W55	100-8	30.68 Bernice Holland(OH)	57	6-30-84
W60	91-1 3/4	27.78 Bernice Holland(OH)	62	8-4-89
W65	84-9	25.83 Mavis Lorenz(MT)	65	8-1-92
W70	62-5 3/4	19.04 Edith Mendyka(CA)	70	8-8-81
W75	58-1	17.70 Edith Mendyka(CA)	75	1-19-86
	p58-4 3/4	17.80 Betty Jarvis(NC)	75	7-6-91
W80	20-8	6.30 Marilla Salisbury(CA)	82	7-27-90
	p35-6	10.82 Carolyn Clark(MO)	81	7-6-91

HAMMER THROW (35-49: 4KG; 50+: 3KG)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	130-1	39.66 Joan Stratton(CA)	38	6-22-90
W40	132-2	40.30 Joan Stratton(CA)	40	5-23-92
W45	105-0	32.02 Brenda Bloomfield(SC)	48	7-7-90
W50	139-10	42.62 Vanessa Hilliard(FL)	50	5-25-91
W55	93-10	28.60 Sally Polk(NM)	58	10-1-88
W60	90-8 1/4	27.64 Sally Polk(NM)	60	6-23-90
W65	75-1 1/2	22.90 Harriet Boyd(FL)	65	8-5-89
W75	58-4 3/4	17.80 Betty Jarvis(NC)	76	5-2-92

JAVELIN THROW (30-49: 600G; 50+: 400G)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	203-7	62.06 Karin Smith(CA)	35	6--91
W40	139-3	42.44 Lurline Struppeck(LA)	41	7-23-88
W45	121-4	36.98 Lurline Struppeck(LA)	45	7-11-92
W50	118-7	36.14 Becky Sisley(OR)	50	8-4-90
W55	102-2	31.14 Christel Miller(CA)	55	10-3-92
W60	92-10 1/4	28.30 Bernice Holland(OH)	60	11-29-87
W65	88-0	26.82 Mavis Lorenz(MT)	65	6-20-92
W70	72-7	22.12 Edith Mendyka(CA)	72	5-14-83
W75	65-7 1/2	20.00 Edith Mendyka(CA)	76	6-20-87
W80	23-0 1/2	7.02 Marilla Salisbury(CA)	82	8-4-90
	48-0 1/2	14.64 Edith Mendyka(CA)	81	9-20-92



Masters Age-Graded Tables

- Keep track of your progress over the years.
 - Compare performances of older and younger individuals in the same or different events.
 - Select the best performance in an event among all age groups.
 - Score multi-events.
 - See how much your performance should decline with age.
 - Chart your own performance progress.
-
- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
 - Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
 - Shows how to conduct an age-graded track & field meet, road race or race walk.
 - 66 pages. Easy to use.
 - Detailed explanations, sample competitions, personal performance examples and charts.
 - Compiled by the World Association of Veteran Athletes and the National Masters News.

NOW AVAILABLE

1992 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1992 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T & F events, including 3000, 10,000, weight, relays, racewalks

Send \$6.00 plus \$1.25 postage and handling to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Name.....
Address.....
City.....State.....Zip.....

Send \$5.95 plus \$1.25 postage and handling to:

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name.....
Address.....
City.....State.....Zip.....

Men's World Masters Relay Records (as of April 15, 1993)

Table with columns for distance, age group, time, and athlete names. Includes records for 400m, 800m, 1600m, 3200m, sprint medley, and distance medley.

p = pending
i = indoor performance

note: the sprint medley and distance medley marks are unofficial best marks known to date

Women's World Masters Relay Records (as of April 15, 1993)

Table with columns for distance, age group, time, and athlete names. Includes records for 400m, 1600m, and 3200m.

Women's U.S. Masters Relay Records (as of April 15, 1993)

Table with columns for distance, age group, time, and athlete names. Includes records for 400m, 1600m, and 3200m.

p = pending

TS: Track Shack
SDTC: San Diego Track Club

HTC: Hill Track Club
CS: Club Soda

Men's U.S. Masters Relay Records (as of April 15, 1993)

Table with columns for distance, age group, time, and athlete names. Includes records for 400m, 800m, 1600m, 3200m, sprint medley, distance medley, and 6400m.

p = pending
c = relay members include non-US citizens

- RF: Runners Forum Racing Team
SC: Syracuse Chargers
OHTC: Ohio Track Club
RTC: Richmond Track Club
FWRC: Fort Worth Running Club
NTC: New Orleans Track Club
BTC: Birmingham Track Club
BRC: Boston Running Club
MMTC: Midwest Masters T&F Club
CDM: Corona Del Mar Track Club
NYPC: New York Pioneer Club
WVTC: West Valley Track Club
SCS: Southern California Striders
PM: Philadelphia Masters
NYMC: New York Masters Club
BAA: BAA Running Club
HE: Houston Elite

Compiled by Pete Mundle, T&F Records Chairman

Masters Age Records 1992

(1993 Edition)

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1992.
U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
Men's U.S. Masters Indoor & Outdoor Championship Records.
52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage (\$5.00 foreign postage) to:

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name
Address
City State Zip

PUBLICATIONS ORDER FORM

Quantity _____

Total (US\$) _____

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1992. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. \$4.00.

\$ _____

Masters Track & Field Rankings

Men's and women 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays and walks. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.

\$ _____

Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. \$5.95.

\$ _____

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

\$ _____

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. \$1.50.

\$ _____

Competition Rules for Athletics (1993)

U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.

\$ _____

IAAF Scoring Tables (1985)

Official world scoring tables for men's and women's combined-event competitions. \$11.95.

\$ _____

Time Master Calculator

Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00.

\$ _____

Guide to Prize Money Races and Elite Athletes 1993

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$47.00.

\$ _____

WAVA Handbook

Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. \$5.00.

\$ _____

U.S. Track and Field Team Patches. Embroidered, 3 1/2" x 2 1/2". \$3.50.

\$ _____

U.S. Track and Field Team Lapel Pins, Cloisone enamel, 1 1/2" x 5/8" bar pin with safety catch. \$3.50.

\$ _____

The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

\$ _____

Run Fast by Hal Higdon

How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.

\$ _____

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.

\$ _____

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.

\$ _____

Back Issues of National Masters News

Issues: _____ \$2.50.

\$ _____

Postage and handling _____

\$ 1.25

Overseas Air Mail (add \$5.00 per book) _____

\$ _____

TOTAL _____

\$ _____

Send to: National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____



Some readers provide additional support to the National Masters News and to the Masters program 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.

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

Send to:

National Masters News
P.O. Box 2372
Van Nuys, CA 91404

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Width	Height	Examples:
52	Back Page	600*	10"	13"	
52	Full Page	460	10"	13"	
39	1/4 Page	380	7 1/2"	13"	
26	1/2 Page	300	5"	13"	
			10"	6 1/2"	
			7 1/2"	8 1/2"	
13	1/4 Page	180	5"	6 1/2"	
			10"	3 1/4"	
7	1/8 Page	120	5"	3 1/4"	
			2 1/4"	6 1/2"	
3 1/2	1/16 Page	72	2 1/4"	3 1/4"	
1		36	2 1/4"	1"	

*Includes 2-colors.

2. FREQUENCY DISCOUNTS (1-year period)
3 to 5 insertions 10%
6 to 12 insertions 15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

25% discount for race and meet notices, (1/2 discount for races and meets under 200 participants.) Inserts: \$300. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.
- d. 2-colors add \$50
- e. Screen: 85 lines per inch.

8. CLOSING DATES

The 10th of the month before date of issue.

9. CIRCULATION April 1993

Paid: 5672 Distribution: 7500
Published monthly. Subscriptions \$24.00/year.

Mail order to: National Masters News
P.O. Box 2372
Van Nuys, CA 91404
Phone: 818/785-1895
Fax: 818/782-1135



International Scene

by JACQUES SERRUYS,
WAVA Vice-President, Non-Stadia

Non-Stadia Report

The 2nd WAVA World Veterans Road Racing Championships will be held in Toronto, Ontario, Canada on July 30-31, 1994, pending confirmation by the WAVA General Assembly in Miyazaki this autumn.

On March 2, I visited Toronto and met with the Organizing Committee (Don Farquharson, Jack Loman, Peter Fellows, Richard Graves, Norm Baum, Jack Castle, Brian Oxley, Duncan Maunsey, Joan Patrick, Brian Keaveney, John Powell, Bruce Savage, Tom Graig, and Brian Frank). Graig is the organizer of the Toronto Marathon.

The WAVA Council has voted by mail to hold the roadwalk — if confirmed by the General Assembly — at a distance of 20K for both men and women. (It was previously 30K for men.) The walk competitions will be held in Scarborough Parks on the campus of Toronto University, which can provide good accommodations and breakfast for 350 people.

Entry booklets will be distributed in Miyazaki and, if possible, at the European Championships this month in Czechoslovakia.

1996 Road Race

In Miyazaki, Belgium will bid for the 3rd WAVA Road Championships (1996). The host city will be Brugge on the course of the Veterans 25K Grand Prix, which celebrates its 20th anniversary

this year. A major sponsor has shown great interest already.

Cross-Country

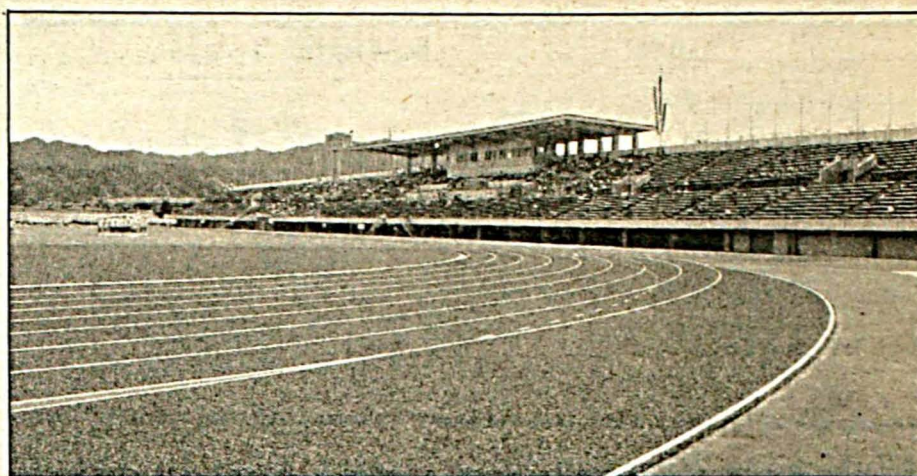
WAVA and the IAAF have agreed to include a WAVA cross-country race in conjunction with the IAAF cross-country championships in 1994 in Budapest (M10K, W7K).

Year of Birth

The proposal to change age-group competition based on the date of birth to the year of birth (Ed. note, the proposal was narrowly defeated, 44-47, in Turku), will come up again in Miyazaki. I favor keeping the rule we have had since WAVA's founding. A change will disturb all the efforts we have made to create age-group world records. Please try to convince everybody not to change the existing rule.

Birmingham

The first WAVA Road Championships in Birmingham was not as successful as we expected. Despite the hard work of the organizing committee, they had no sponsorship and the entries were less than expected. The walk was a disaster. Birmingham proved the organizers need more than a



The main stadium at Miyazaki Sports Park.

Hungary Meet Set For July

An international veterans track and field meet (M35+, W30+) will be held at People's Stadium in Budapest, Hungary, on July 9-11. Meet director Ferenc Igrenyi invites athletes from throughout the world to come and participate.

"The foremost purpose of this event

is to promote friendship among participants and friendly cooperation among the organizations," Igrenyi said.

For information, contact Igrenyi at 1117 Budapest, Bogdanffy u.10; Telex 22-4875. □



Members of the WAVA Council and the Miyazaki Organizing Committee during the Council's 1992 inspection trip to Japan.

year's notice to generate world-wide publicity.

See you in Miyazaki. □

(Editor's note: The week after the Toronto races next year, the WAVA North American Regional T&F Championships will be held in Edmonton,

Alberta, Canada; the week after that, the USA National Masters T&F Championships will take place in Eugene, Oregon, the site of the 1989 World Championships. Thus, a competitor can easily participate in three major veteran events in a 16-day period.)

PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy

EXECUTIVE

VICE PRESIDENT:

Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
USA

VICE-PRESIDENT

(Stadia):

Bill Taylor
17 Poplar Farm Close
Milton-under-Wychwood
Oxford, OX7-6LX
Great Britain

VICE PRESIDENT

(Non-Stadia):

Jacques Serruys
Postbox 7
B8000, Brugge, Belgium

SECRETARY:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden



DELEGATE OF:

NORTH AMERICA

Rex Harvey
2661 Euclid Heights Blvd.
Cleveland Heights, OH 44106
USA

SOUTH AMERICA

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

ASIA:

Hari Chandra
#24-12 Block 44,
Marine Crescent, Singapore

EUROPE:

Hans Axmann
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:

Jim Blair
43 Emslie Road
Pinhaven, Upper Hutt
New Zealand

AFRICA:

Col. Pascal Mackonguy
BP 1222 Brazzaville
Rep Pop Du Congo

TREASURER:

Al Sheahan
P.O. Box 2372
Van Nuys, CA 91404
USA

PAST-PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill, Ontario
M1C 2x3 Canada

WOMEN'S Delegate:

Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

IAAF Delegate:

Cesar Moreno Bravo
Cerro S. Andres 136-3
04200 Coyoacan DF-Mexican

X WORLD VETERANS CHAMPIONSHIPS MIYAZAKI, JAPAN — OCTOBER 4-18, 1993

Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters racewalker (1991 Turku trip). Optional local tours and other destinations.

Time is short, space is limited. Make your decision if you want to go to Miyazaki.

Please write or call Paul Geyer for all information which is available now. Don't wait. Do it now!

SKI & TRAVEL INTERNATIONAL
P.O. Box 630096, Miami, FL 33163
Telephone or FAX (305) 935-6063



5 Months To Go

Countdown to Miyazaki

Elaborate Preparations Under Way in Japan

Elaborate preparations are under way in an effort to make the 10th WAVA World Veterans Athletics Championships the best ever.

The 11-day biennial event will be held from October 7-17 in Miyazaki, Japan with an expected 5000 participants from more than 60 nations. Despite the recent rise in the Japanese yen, most masters travel agents are holding to their earlier-quoted airline and hotel prices.

The following "plan of action" has been drawn up by the Miyazaki Organizing Committee (OC):

1. Entries

Entries are being solicited from smaller nations with the help of Japanese Embassies, Consulates, organizations with overseas branches, and national IAAF affiliates.

2. Interpreters

The OC is currently holding classes in English, French, Spanish and German for over 500 volunteer interpreters. In addition, a force of professional interpreters will be on hand to help with any language difficulties that may arise.

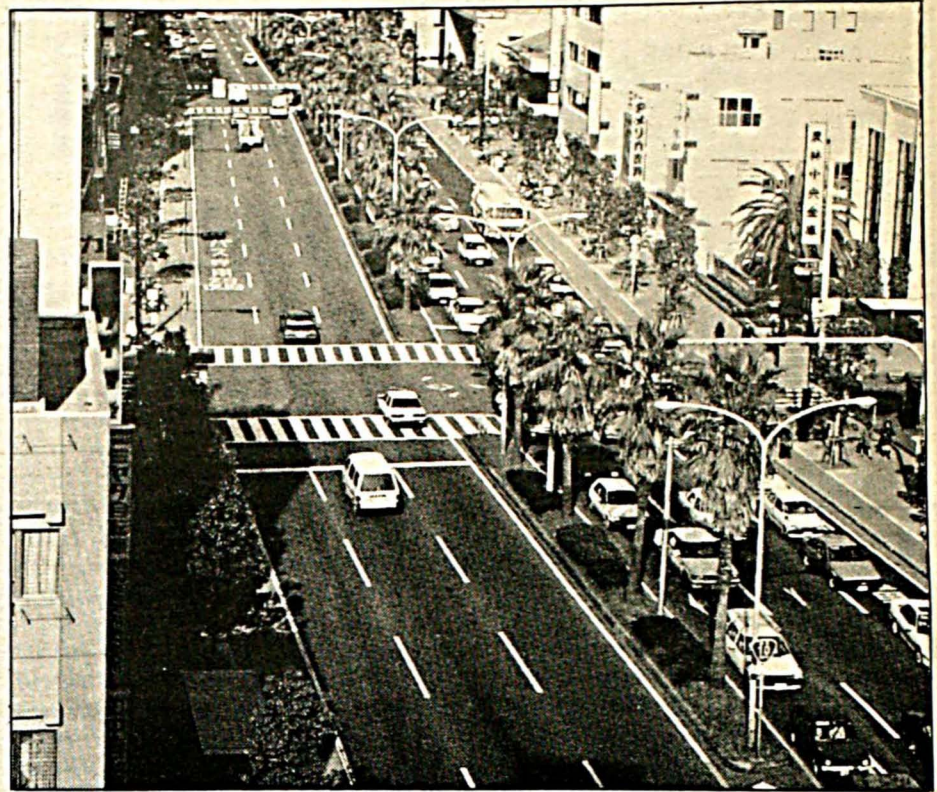
3. Publicity

During the Championships, an amateur radio room will be set up at the Sports Park, so that information about the meet can be broadcast both inside and outside Japan.

A commemorative stamp from the Ministry of Post and Telecommunications will be on sale at the Games.

4. Lighting of the Veterans Flame

On Friday, October 8, the lighting of the friendship torch will take place in Helwadal Park. Due to the size of the venue, only a limited number of participants can attend. Prior reservation is required; details will be announced at a later date. Ancient implements will



Tachibana-dori, the main commercial thoroughfare of Miyazaki.

be used to light the flame, followed by a Noh play (traditional Japanese theater) and Yokagura, a sacred Shinto dance typical of Miyazaki.

5. Opening Ceremony

The opening ceremony will be held on Saturday, October 9 at the Main Stadium with 16,800 attendees including 3000 athletes. It will introduce facets of the traditional culture of Japan to the visitors:

- A 100-member brass band, composed of the police and city bands, will perform.

- A 600-member women's choir will sing.

- A 50-member band will provide a fanfare.

Entertainment will consist of Taiko Drums, Usutaiko Dance (performed by 500 elementary school children), and marching by 200 high school students.

The flag of each country will be carried in, along with the entrance of the athletes, opening words, athletes' oath, etc. Announcements will be made in Japanese and English.

6. Awards

A special award will given to athletes who have participated in all 10 World Championships.

7. Participation Medal

A commemorative medal will be given to all athletes who take part in the Championships.

8. Meals

A cafeteria will be set up in the Sports Park, offering meals to athletes and the public.

9. Shuttle Bus

A shuttle bus service will be provided to transport athletes and their families to and from the Sports Park from the main hotels.

10. Attractions

Various events are planned throughout the Championships, under the theme of "life-long good health and friendship."

At the Sports Park, vendors will sell Miyazaki produce; koto performances

will provide an introduction to Japanese culture; archery, gateball and tree planting will take place.

Outside the Sports Park will be featured:

- "Budo Enby Taikai," an exhibition of judo, kendo, kyudo and karate.

- A museum exhibition, including butterflies of the world.

- A letter exchange, between Miyazaki high school students and athletes from abroad.

- The Oyodo River Festival, including street stalls and a fireworks display.

- 'Kusunamiki Corridor,' a festival set in the tree-lined street outside the Prefectural Office.

- An international salon, to promote contact between the people of Miyazaki and foreign visitors.

The above attractions are open to all, and should provide interesting and effective ways to fill those free moments.

11. Farewell Party

The farewell party will be held on Saturday, October 16 at the Miyazaki Kanko Hotel — all you can eat and drink for 3000 yen (US\$26) — featuring Shishimai, a Japanese lion dance.

"We are hoping to stage a grand event that will linger in the memories of all who come to Miyazaki," said Hidenori Kawasaki, Executive Director of the Championships.

12. Entry Forms

Entry booklets are available from any masters travel agent.

The event is open to men age 40+ and women age 35+. There are no qualifications needed to enter except to be above the minimum age.

A special World Veterans Championships Preview Section will be published next month, including the official entry form, competition schedule, meeting times, travel and weather news, last place marks in Turku (so you'll know you won't finish last in Miyazaki), and other updated meet information. □



SPORTS TRAVEL INTERNATIONAL, LTD.

WAVA/MIYAZAKI '93

- Competitive Pricing
- 18 years Asian travel experience
- Customized itineraries

ATTENTION:

-DEADLINES-

May 15th - Room Reservations

June 15th - Entry Forms

POST-MIYAZAKI TOUR

CHINA

October 18-30

Hong Kong option

Oct. 30-Nov. 2

We have the information you need

Call Now

1-800-466-6004

In San Diego County

(619) 225-9555

FAX: (619) 225-9562

Treadwell Wins British Veterans Cross-Country

from MARTIN DUFF
 Forty-year-old Bob Treadwell won the British Veterans Cross-Country Championships over 6½ testing miles at Burnley on March 7. The three-lap course included a long, winding hill, followed by a fast descent on each lap. Treadwell, who had won the Surrey County Senior title in December, took control at the start of the second lap and eventually won by some 60 yards in 33:20 over fellow new masters Scotsman Brian Kirkwood and Martin Rees of Wales.

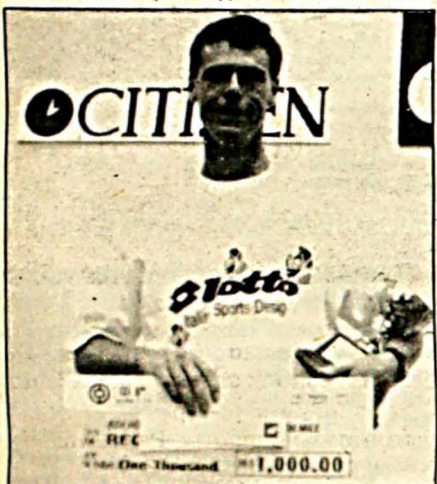
Alun Roper, fourth, was a close-up M45 winner (34:10), 20 seconds clear

of Brian O'Neill. Les Presland, who missed the 1992 championships, claiming he had retired, won (35:41) the separate M50 race from Steve James, who added a fifth silver to his gold from 1988. He turned 55 the following week. Dick Cooper retained his M55 title, while Eric Appleby was an easy M60 winner.

Maggie Statham, 40 this May, beat 36-year-old Julie Asgill to the women's title over 3½ miles in 19:08 with W35 10K WAVA champion Viv McConnell third.

Behind them, Christine Price, fourth, was first W40 (20:11) as Pat Gallagher took the W45 title (20:44), despite her continuing Achilles' problems.

The M70+ men ran with the women and M70 James Johnston (24:52) came out best. □



Graham Smith, 42, accepts check for winning (4:53) the Veterans International Golden Mile, March 7, Hong Kong. Photo by Niky Mak

Final Schedule for WAVA World Veterans Athletics Championships Miyazaki, Japan — Oct. 7-17, 1993

Thu Oct 7	Decathlon/Heptathlon 10,000 finals
Fri Oct 8	Decathlon/Heptathlon 10,000 finals
Sat Oct 9	200 heats (women) 800 heats LJ, JT Opening ceremony
Sun Oct 10	200 finals (women) 200 heats/semis (men) 800 finals (women) 800 semis (men) HH (semis/finals) HJ (men) PV (women) SP, XC
Mon Oct 11	200 finals (men) 800 finals (men) 300/400H semis 5000 finals 10K/20K Road Walk PV (men) HJ (women) DT
Tue Oct 12	No competition Meetings: Stadia, Non-stadia, Women, Regions
Wed Oct 13	100 heats/semis Steeplechase finals 300/400H finals TJ, HT
Thu Oct 14	No competition General Assembly
Fri Oct 15	100 finals 400 heats/semis 1500 semis
Sat Oct 16	400 finals 1500 finals 5000RW finals Weight Pentathlon* Social Function
Sun Oct 17	Marathon 4x100 Relay 4x400 Relay Closing ceremony *Unofficial event

Travel is our business... our only business



Join Snug Harbour Tours for the X WORLD VETERANS CHAMPIONSHIPS IN MIYAZAKI

Limited space — Write, Fax or Call NOW

Book now to avoid disappointment
 We still have some space. Hurry. Act now.
 Ask about our post-Games extensions to Japan and China

SNUG HARBOUR TOURS
 P.O. Box 805, Midtown Station,
 New York, NY 10018-0805


Telephone: (212) 391-5611 Fax: (212) 580-4739

Reliability you've grown to trust...
 serving the Masters for over fourteen years

MASTERS ATHLETIC GROUP TOUR TO MIYAZAKI, JAPAN

10TH WORLD VETERANS CHAMPIONSHIPS

OCTOBER 7 — OCTOBER 17, 1993



The 10th World Veterans' Athletic Championships MIYAZAKI JAPAN 1993

We have obtained two (2) excellent air & hotel packages from All Nippon Airways, ANA, the 8th largest airline in the world, and Travel Facilities, Inc., the land operator for our group. For those athletes and their families & friends who will be going to Japan for the 10th World Veterans Championships in 1993, we invite you to come along with us and we offer the following options: Miyazaki/Tokyo/Hong Kong and travel through the Japanese countryside for those of you who wish to travel on your own. Those who wish to travel on their own, can take the basic tour (plan #1) with a return on ANA from Tokyo five (5) days after the Championships are over at no additional cost. (See plan #3).

- 14 DAYS & 12 NIGHTS.** Roundtrip air transportation from L.A., Chicago, N.Y., or Washington D.C. to Miyazaki, Japan. Includes 12 nights hotel accommodations, Tourist or Deluxe, from October 6, to October 18, 1993. Transfers between airport & hotel & portage of two (2) bags each person.
 - A. From Los Angeles with Tourist class hotel accommodations. \$ 1,995.00
 - B. From Los Angeles with Deluxe class hotel accommodations. \$ 2,250.00
 - C. From Los Angeles - Roundtrip Air transportation only. \$ 1,200.00
 Departure from Chicago: Add \$ 205.00 From N.Y./Wash D.C. \$ 205.00
- 18 DAYS & 16 NIGHTS.** Includes plan #1 plus one (1) day & one (1) night in Tokyo and four (4) days & three (3) nights in Hong Kong
 - A. From Los Angeles to Miyazaki/Tokyo/Hong Kong Tourist hotel. \$ 2,660.00
 - B. From Los Angeles to Miyazaki/Tokyo/Hong Kong Deluxe hotel. \$ 2,970.00
 Departure from Chicago: Add \$ 205.00 From N.Y./Wash. D.C. \$ 205.00
- Plan #1 plus travel by rail, bus or air, on your own, in Japan for five (5) days after the Championships are over, returning to the U.S.A. from Tokyo with the Hong Kong group on October 23, 1993. Cost is the same as plan #1.**

(Above cost does not include \$18.00 departure tax)

Masters Athletic Group Tour Telephone (619) 325-4958
 2567 Calle Palo Fierro (619) 251-3422
 Palm Springs, Ca. 92264
 Attn: Bill Adler/Sheila Newton

I/We _____ are going to Miyazaki, Japan to attend the 10th World Veterans Championships. Enclosed please find \$ _____ (\$250.00 per person deposit plus \$25.00 per person non-refundable registration fee) to hold reservations until August 1, 1993 when the full amount of balance is due and payable. Please make checks payable to: **W.E. Adler Masters tour.**

Plan Number 1.	A. _____	B. _____	C. _____	Departure City _____
Plan Number 2.	A. _____	B. _____	C. None _____	Departure City _____
Plan Number 3.	A. _____	B. _____	C. _____	Departure City _____



Attention WAVA Athletes

KITT has low-priced, unrestricted airfares to Japan for the 10th WAVA World Veterans Athletics Championships in October.

**USA or Canada—Call
800-635-5488**

Kristensen International Travel & Tours, Ltd.
Two Appletree Square, Suite 150 - 8011 34th Avenue South
Minneapolis, MN 55425-1637

FAX-A-SUB

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$24 subscription price.

Name _____

Address _____

City _____ State _____ Zip _____

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"
60-69 70 Plus					
30-39	400m	.762m 30"	45.00m 147'7 3/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49					
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69 70 plus					

MEN

30-39		.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34.5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34.5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	400m	.840m 33"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60 +	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"

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.



17th Annual "Friendly" VOYAGEUR MARATHON

4th Annual Spanish River HALF-MARATHON

Sunday, July 18, 1993, 6:00 a.m.

130 Miles E. of Sault Ste. Marie, Mi.

MASSEY, ONTARIO, 290 MILES (465 KM) NW OF TORONTO

Where do you run a Marathon in July?

In the cool shade along northern Ontario's Spanish River!



A sampling of comments from the 400 entrants from 22 states, 5 provinces and 3 countries who were part of a phenomenal 97% completion rate in 1992:

"Something exciting and special to dive into the Spanish River fog at sunrise! Water and sponge stations were plentiful! Voyageur Marathon designed exclusively for all entrants, individually and collectively. Organizers' goals to create a friendly atmosphere for every marathoner were achieved."—Kai Makela, Nastola, Finland. 5th overall, 1st master, completed V.M. 1980, 1989, 1992.

"Appreciate masterminding another successful running weekend. You allowed each runner/walker to do his/her activity, helping us to our individual paths of self-discovery and fulfillment. Super course, large crew of encouraging volunteers who all stuck around until its tail-enders were safely over the finish line."—Wally Herman, Ottawa, veteran of 370 marathons in more than 50 countries.

"High regard for management of F.V.M.'s related events. Activities reflected a warm and spirited commitment to all that running embraces. An event you choose to repeat."—Susan Rozanski, Oak Park, Illinois.

"Unique flavour of Massey events draws runners to its enticements. Never encountered organizers with such direct contact with entrants and personal concern for us."—Bob and Catherine Armstrong, WRACE, Windsor, Ontario.

"I've never seen the amount of prizes you awarded in the hundreds of races I've run! Great for those who don't place, but do support these events."—Gary Klubnik, Independence, Ohio.

"Greetings to the best race directing family and town in the world! Thanks for your hospitality and warm friendship."—Maggie Beall, Tulsa, Oklahoma.

AWARDS: LONG-SLEEVE T-SHIRTS FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS AND CERTIFICATES FOR ALL FINISHERS; MANY AGE GROUP MEDALS; HAND-CARVED MILKING STOOLS AND TROPHIES; HUSBAND-WIFE-TEAM AWARDS.

HIGHLIGHTS: POOL SOCIAL, RUNNING CLINIC, BICYCLE TOUR, BARBECUE, PANCAKE BREAKFAST, SPAGHETTI FEAST AND A SMALL TOWN FULL OF FRIENDLY PEOPLE.

FUN RUNS: 2 KM AND 5 KM SATURDAY, JULY 17, 1993, 6:00 P.M.

FREE BILLETING: PLEASE BRING A SLEEPING BAG, FOAM OR AIR MATTRESS.

CONTACT: SHELDA AND NORM PATENAUE
590 LEE VALLEY ROAD, R.R. #2
MASSEY, ONTARIO, CANADA POP 1P0
PHONE: 705-865-2671, FAX: 705-865-2736

Limited to the first 500 entries.



ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1993

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
HANS BRÜHNER (SWE-CONCORD, CA)	5-28-33	60-64
RICHARD CZARAPATA (NEW BERLIN, WI)	5-20-28	65-69
TOCWN DAVIES (GB)	5-6-38	55-59
LUIGI FACELLI (ITALY)	5-10-98	95+
AUGUSTIN FERNANDES (SPA)	5-11-38	55-59
ANDRE FINDELI (FRA)	5-18-23	70-74
TOM GAGE (BILLINGS, MT)	5-16-43	50-54
RAY GORDON (FRONT ROYAL, VA)	5-30-18	75-79
HERNAN HADDAD (CHILE)	5-10-28	65-69
HERALD HADLEY (SPOKANE, WA)	5-15-43	50-54
WAYNE HANSON (SHREVEPORT, LA)	5-12-28	65-69
PIERRE HECO (BEL)	5-12-28	65-69
JIM HOGAN (GB)	5-28-33	60-64
WILLIS KLEINSASSER (AZUSA, CA)	5-9-28	65-69
ROMUALD KLIM (URS)	5-25-33	60-64
HARRY KOPPEL (BELMONT, CA)	5-30-13	80-84
CHARLES LAUCK (LEXINGTON, VA)	5-15-28	65-69
JEFF LOUBET (ALBUQUERQUE, NM)	5-12-43	50-54
ARCHIE MESSENGER (LARCHMONT, NY)	5-6-23	70-74
PETER MUNDLE (VENICE, CA)	5-20-28	65-69
FRANK REILLY (WEST HILLS, CA)	5-25-48	45-49
RICHARD RICHARDSON (DECATUR, IL)	5-15-33	60-64
EDWARD SMALL (NEW YORK, NY)	5-31-38	55-59
CARL STROUD (SANTA FE, CA)	5-25-8	85-89
IGOR TER-OVANSYAN (URS)	5-19-38	55-59
STEWART THOMSON (LOS OLIVOS, CA)	5-21-33	60-64
DAVID WINN (FAIRPORT, NY)	5-20-43	50-54
BARBARA BARNES (HARTFORD, CONN)	5-25-28	65-69
CINDY BREMSER (MIDDLETON, WI)	5-5-53	40-44
MARY CUSHING (AMHERST, MA)	5-22-38	55-59
VALERIE HANNA (HONOLULU)	5-22-33	60-64
DIANNE HEADDEN (VIRGINIA BCH, VA)	5-19-38	55-59
PHYLLIS HEATON (DORSET, VT)	5-28-33	60-64
DEANNA LICKY (US)	5-12-48	45-49
MARTHA MARICLE (SAN FRANCISCO, CA)	5-20-33	60-64
ANNABEL MARSH (SAN FRANCISCO, CA)	5-31-23	70-74
JILL MARTIN (BROOKLYN, NY)	5-29-38	55-59
JODY MURRAY (COCONUT CREEK, FL)	5-15-53	40-44
ANNA RUSH (PROSPECT, KY)	5-16-28	65-69
ANGIE SMITH (ENDICOTT, NY)	5-4-23	70-74
JEAN STEVENS (CHENEY, WA)	5-8-18	75-79
MARTI THIELMAN (VANCOUVER, WA)	5-8-38	55-59
ROBIN VILLA (NEW YORK CITY, NY)	5-25-43	50-54
RUTH WEBBER (LONGMEADOWS, MA)	5-30-28	65-69
HARRIET WILSON (EUGENE, OR)	5-13-28	65-69
ROSEMARY CHRIMES (GB)	5-19-33	60-64
WENDY MARIE EY (AUS)	5-21-38	55-59
MARIA HILLIER (NZ)	5-14-53	40-44
TINA LEB (AUS)	5-20-33	60-64
ANNE McDONALD (GB)	5-20-48	45-49
AVIS MCINTOSH (NZ)	5-19-38	55-59
ERICA MERCER (AUS)	5-30-43	50-54
GERD MJELEDE (NOR)	5-19-33	60-64
ROSEMARY PAYNE (GB)	5-19-33	60-64
IRENE POS (HOL)	5-11-53	40-44
GISELA STECHER (WG)	5-16-43	50-54
IZUZU TSUJII (JPN)	5-10-23	70-74
BERYL VINE (NZ)	5-19-28	65-69
MALCOLM GILLIS	5-24-33	60-64

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

June 12-18. U.S. National Senior Sports Classic Senior Olympics, New Orleans. 55+. USNSSO, So. Outer Forty Dr., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

July 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/338-2880.

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia,

Mo. **August 11-14, 1994.** USATF National Masters Championships, Eugene, Ore.

EAST

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

April-August. Potomac Valley TC Meets, Williams HS, Alexandria. Sundays, bi-weekly, starting April 18. 8 a.m. Sal Corallo, 703/243-1291.

May 2. MAC "New York Relays" Meet, Downing Stadium, Randall's Island, NYC. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 781/358-6233.

May 10-13. D.C. Golden Olympics. 55+. Darnelle Freeland, Senior Citizens Branch, Washington, DC 20010. 202/576-8677/727-5512.

May 16. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516/487-1417 (7-9:30 p.m.).

June 4-5. Connecticut Senior Olympics, 55+. U. of Bridgeport. Jack Boitano, 105 Castle Dr., Stratford, CN 06497. 203/377-2917.

June 5. MAC Masters Championships, St. John's U., Queens. 10 a.m. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

June 6. New Jersey USATF Championships, Monmouth College, West Long Branch. SASE to: Sandy Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 12. West Penn TC Championships, Carnegie Mellon U., Pittsburgh. Ray Sanchas, 428 Center Ave., Carnegie, PA 15106. 412/281-4136(d); 429-1410(e).

June 20. Philadelphia Masters Meet, St. Joseph's U., Philadelphia. Features Rapid Triathlon (100-LJ-200) and masters mile. Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

June 25-27. Massachusetts Senior Games, Springfield College. 55+. Todd Hayden, Coordinator, Springfield College, 263 Alden St., Springfield, MA 01109. 413/748-3020.

June 27. Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, GSAC, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

July 3. Niagara USATF Association Senior/Masters Championships. Dave Reinhardt, 101 E. 4th St., Jamestown, NY 14701. 716/488-2203.

July 10. Sri Chinmoy Masters Meet, Forest Park, Queens. 40+. SASE to Sri Chinmoy Marathon Team, 150-47 8th Ave., Jamaica, NY 11432. 718/RUNNERS.

July 17. Philadelphia Masters Meet, La Salle U., Philadelphia. Features Dave Martin All-Around Quadrathlon (LJ-SP-HJ-200), Middle-Distance Triathlon (1500-400-800), and Jim Bantum Sprint Triathlon (200-100-400). Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

July 25. USATF East Regional Masters Championships, Syracuse, N.Y. Pre-registration only. Evelyn White, 118 Foxcroft Ln., Fayetteville, NY 13066.

July 31-August 1. 18th Annual Buffalo Belles and Brawn International Age-Group Classic, Buffalo, N.Y. Women compete on Saturday, men on Sunday. Bettie Zoschke, 206 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

August 22. Donald S. Harris Memorial Track Classic, Wynnewood, Penn. Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

September 5. Potomac Valley Games, Washington, D.C. Sal Corallo, 3466 Roberts Ln., N., Arlington, VA 22207. 703/243-1290(h); 202/219-1913(w).

SOUTHEAST

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

May 8. Jacksonville Meet. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 20-22. South Carolina Senior Sports Classic. 55+. Carl Hust, 326 Townes Rd., Columbia, SC 29210. 803/772-0363.

May 21 (Fri.) Jacksonville TC Mile Festival, Bolles School. 7 p.m. Lamar Strother, 904/388-7860.

May 22. Florida USATF Masters Championships, Showalter Field, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 22. Tennessee Masters Championships, U. of Tenn. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(eve).

May 29. Birmingham TC Classic. Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

June 12. Atlanta TC Meet, Emory U. Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

June 12. Miami Northwest Express Meet. Jesse Holt, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

July 10. Southeastern Masters Classic,

ON TAP FOR MAY

TRACK AND FIELD

Action starts early with the N.Y. Relays on Randall's Island, NYC, and the North Coast Relays, Mayfield, Ohio, on the 2nd. Jacksonville, Fla., hosts a meet on the 8th, as do the So. Calif. Striders, offering a full slate of events on the 15th. On the 16th, N.Y. masters head for the Spring Classic at Kings Point, L.I. On the 22nd, the Visalia, Calif., meet features a new 9-lane Chevron track, and the Florida USATF Masters Championships will be decided in Orlando. The 29th is a busy date, with the Tennessee USATF Championships, Knoxville; the Birmingham Classic at Samford U.; a meet in Silverton, Ore.; and masters invitational events at the prestigious Bruce Jenner Meet, San Jose, Calif. The Dan Aldrich Memorial Meet on the 30th in Irvine, Calif., is a historic masters event, having existed since the early 1970s when it was called the Grandfather Games and later the Anteaters Meet.

LONG DISTANCE RUNNING

The month peaks early on the 2nd with the Lilac Bloomsday 12K in Spokane; Newsday Long Island Half-Marathon; and marathons in Buffalo, Pittsburgh, Lincoln, Nebr., and among the giant redwoods of Northern California. The Knoxville 10K and Old Kent River Bank 25K in Grand Rapids, Mich., are set for the 8th. The Vintage 5 Mile for men and women ages 50-and-over takes place in Pittsburgh on the 15th. The 16th finds marathons in Olympia, Wash., and Cleveland. Memorial Day weekend offers the Big Boy 20K in West Virginia on Saturday; the Vermont City marathon in Connecticut on Sunday; and the Great Race 10K in Indiana on Monday.

RACEWALKING

The National Masters 50K Championships return to Monmouth College, N.J., on the 16th. Other events include a 20K in Raleigh, N.C. on the 1st; a 10K and 20K in D.C. on the 23rd; and the MAC Championships/East Regional 20K in NYC on the 30th. The ARWA Training Camp opens for a five-day stint in Boulder, Colo., on the 27th.

Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

July 17. Nashville TC Meet. Vanderbilt U. Open/masters. For entry form send SASE to Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

Continued on next page

NEW JERSEY USA TRACK & FIELD MASTERS AND SUBMASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS AT MONMOUTH COLLEGE SUNDAY, JUNE 6, 1993

TRACK	FIELD	AGE GROUPS:	Men's and Women's as follows:
11:00 5000-Meter Walk	11 a.m. Javelin, followed by Discus followed by Shot	30-34 years	35-39 years
11:30 5000-Meter Run	11 a.m. Long Jump followed by Triple Jump	40-44 years	45-49 years
Lunch Break	12 Noon Pole Vault, High Jump, Shot, Hammer and weight throw at Monmouth High School at 9 a.m. Phone for more information to 908-363-5426	50-54 years	55-59 years
12:30 400/300 Hurdles		60-64 years	65-69 years
1:00 100 Meters		70-74 years	75-79 years
1:30 1500 Meters		80+ years	(Ages as of day of meet)
2:00 400 Meters			
2:30 High Hurdles			
3:00 800 Meters			
3:30 200 Meters			
4x100 Relay			
4x800 Relay			
4x400 Relay			

30+ 5-year age groups. Hurdle heights and implement weights according to USATF Masters rules. Most events will be contested younger to older men followed by women. Age groups combined in some events if the entry warrants. Vault and high jump will start at a low height and move upward with all groups combined. The bar WILL NOT be lowered. If you miss your call in any event, you forfeit that start or that attempt.

There will be a New Jersey Division and a Non-New Jersey Division for Non-New Jersey athletes. There will be separate medals for the two divisions, but in many events there will be a mixed-seeding of the divisions.

PLEASE ENTER ME IN THE FOLLOWING EVENTS FOR WHICH I ENCLOSE THE SUM OF \$ _____

1. _____ 2. _____ 3. _____ 4. _____

Last Name _____ First Name _____ Male Female Age _____ Birth Date _____

Mailing Address _____ Street _____ Include Apt. No. and/or C/O _____ Area Code _____ Phone _____

City _____ State _____ Zip Code _____ County of Residence _____

Exact Name of Athletics Congress Club - otherwise put unattached _____ TAC NO. _____

IN CONSIDERATION FOR MY ENTRY BEING ACCEPTED, I INTENDING TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE RELEASE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES, WHICH I HAVE OR WHICH MAY ACCRUE TO ME AGAINST THE ATHLETICS CONGRESS OF THE U.S.A., THE NEW JERSEY ASSOCIATION OF ATHLETICS CONGRESS, INC., TRENTON STATE COLLEGE, MONMOUTH COLLEGE, RIDER COLLEGE, ANY OTHER HIGHER COLLEGE OR SCHOOL, STATE OF N.J., N.J. STRIDERS TRACK CLUB, AND SHOW A.C. OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS OR ASSIGNEES, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH ENTRY IN, AND ARISING OUT OF MY TRAVEL TO, PARTICIPATION IN, AND RETURN FROM THIS OUTDOOR TRACK & FIELD MEET (CERTIFY THE LEVEL OF PHYSICAL FITNESS NECESSARY TO COMPETE AND WILL WITHDRAW THE ENTRY IF THAT LEVEL BECOMES INADEQUATE.

Signature of Athlete _____ Date _____

Continued from previous page

July 24. Jacksonville TC Classic, Bolles Track. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

September TBA. USATF Southeast Regional Masters Championships, Gainesville, Fla. Contact TBA.

MIDWEST

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

May 14-20. Dayton Regional Senior Olympics. 55+. Dr. Mary Leonard, HPE Dept., U. of Dayton, 300 College Park Dr., Dayton, OH 45469-1210. 513/229-4225.

May 2. North Coast Relays, Mayfield HS, Ohio. Geoff Packer, 2845 North Park Bl., Cleveland Hts., OH 44118. 216/371-2822.

May 23. Columbus Classic, Eastmoor HS, Ohio. W. Curtis Stitt, P.O. Box 09147, Columbus, OH 43209. 614/237-6513.

May 30. Wolfpack Pentathlon Track Meet, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

June 5. Indy Senior Olympics. 55+. Robert Meier, 1502 W. 16th St., Indianapolis, IN 46202. 317/267-0535.

June 5. Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 11-12. Illinois/USATF Championships. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. 708/833-7303.

June 12. USATF Ohio Association Open & Masters Championships, U. of Cincinnati. John Blakely, 2137 Yorktown Court, Fairfield, OH 45014. 513/829-3565.

June 19. Cleveland Track Meet. TBA. Jeff [unclear], [unclear], South Euclid, OH 44121. 216/382-2656.

June 27. Byron Park District Masters Meet, Byron, Ill. Jim Kann, 815/234-8435.

July 10. Dayton Masters Classic, Open & Masters. Bob Jones, 513/837-2754.

July 10. Illinois Masters Meet, Libertyville HS. SASE to Dr. Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048. 708/367-6387.

July 24. USATF Midwest Regional Masters Championships, Lisle Ill. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. Bruce Mills, 708/541-3905.

July 31. Midwest Masters Championships, Marshall U., Huntington, W. Va. (Not the 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

May 30-June 2. St. Louis Senior Olympics. 55+. Nancy Weigley, #2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, x188.

June 6. Blue River Valley Jolly Jogathon Meet. 10 yr. divisions. Cleve Walstrom, 209 No. 8th, Marysville, KS 66508. 913/562-3050.

June 12-13. Lincoln TC Decathlon/Hep-athalon, Ed Weir Track. SASE to Gary Bredehoff, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 26. USATF Mid-America Regional Masters Championships, Lincoln, Neb. See June 12-13.

July 25. Show Me State Games, Jefferson City. Missouri residents only. Phil Brusca, 12009 Wesco, St. Louis, MO 63043. 314/434-0851.

August 1. Masters/Senior Olympic EM "R" Meet, Twin Cities. SASE to Rachel Lyga, 122 63 1/2 NE, Minneapolis, Minn. 612/574-9661.

September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Pent/Wt. pent. 5000RW. SASE to Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919; Jim Weed, 11672 E.

2nd Ave., Aurora, CO 80010. 303/341-2980.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

May-July. New Orleans TC Meets, City Park Track. 5:30 p.m. Chuck George, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC: 468-1488.

May 19-May 22. Texas Senior Games. 55+. Kelly Arceneaux, P.O. Box 13309, Arlington, TX 76094-0309. 817/572-6978.

June 12-13. Ponca City Classic. Ponca City HS. James Roland, Ponca City, OK 74601. 405/767-0233.

July 23-24. USATF Southwest Regional Masters Championships, Gonzales, La. Also weight pentathlon & 56-lb. weight. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

WEST

Arizona, California, Hawaii, Nevada

May 13-16. Fairfield Senior Olympics. 55+. Ellen Hardenburger, 1000 Webster St., Fairfield, CA 94533. 707/428-7421.

May 15. Southern Calif. Striders Meet, CSU-Long Beach. Open/Submasters/Masters. Jon Lomax, 213/666-0379.

May 22. Stanford U. Throws Series #15, Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

May 22. Visalia Masters Classic, Sunkist Bowl, Visalia, Calif. New 9-lane Chevron track. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 29. Bruce Jenner Grand Prix, San Jose, Calif. 100m-M60+, M70+, W40+; 200m-M50+; 400m-M40+; Bruce Springbett, 408/354-7333. 1500m-M40+, Jim Hampton, 415/573-8943.

May 30. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Matt McCormick, 714/586-9942(h).

June 4-6. Sacramento Senior Games. 55+. Alan Boyd, 6005 Folsom Blvd., Sacramento, CA 95819. 916/277-6094.

June 5. Stanford U. Throws Series #16, Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

June 5. Arizona Masters Invitational, Tempe. McClintock HS, May 29 deadline. Checks to Arizona USATF. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257.

June 6. Pasadena Senior Games, Occidental College, Los Angeles. 50+. Christel Miller, director. Cynthia, 818/795-4331.

June 12. USATF/Pacific Open and Masters Championships, Los Gatos HS. Willie Har- matz, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365; 354-5660.

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

June 24-August 5. Los Gatos Summer Meets. Every Thursday, 5 p.m., LGHS. Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95030. 408/354-7333.

June 26. SCA/USATF Championships, UC Irvine, Calif. Marvin Thompson, 213/662-1062.

July 11. Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

July 31-August 1. USATF West Regional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, LAPOC, 2301 Hyperion Ave., Ste P, Los Angeles, CA 90027-4711. 213/662-1062.

September 12. Northern California Seniors T&F Classic, U.C., Berkeley. 30+. Mark Grubi, Dir., P.O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

September 12. Sri Chinmoy Masters, CSU-

Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., Culver City, CA 90230. 310/645-0271.

September 17-19. California State Senior Olympics, UC-San Diego, La Jolla, Calif. (Note: age 30+). Sam Cohen, 2820 Camino del Rio S., #306, San Diego, CA 92108. 619/543-0046, or 800-246-9077.

September 18. Kelfield Grand Opening. Tune-up meet for World Championships. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95050. 408/458-0202.

October 2. Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah (1 hour drive from Las Vegas). 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

NORTHWEST

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

May 29. Oregon Senior Olympics, Silverton Union HS. 40+. 5 Mile Road Run at 8:30 a.m. Amy B. Castle, 6350 Cascade Hwy., N.E., Silverton, OR 97381. 503/873-8577.

June 5. Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109.

June 6. USATF Oregon Open & Masters Championships, Portland, Ore. Dr. David Fix, Lewis & Clark College, 0615 S.W. Palatine Hill Rd., Portland, OR 97219. 503/768-7068.

June 12. Volcano Classic. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 12-13. British Columbia Masters Championships, Vancouver, B.C. Grant Lamothe, 604/856-7381 or John Woodcock, 604/939-1324.

June 26. Inland Northwest Masters Classic.

Stan Johnson, City of Richland, 650 George Washington Way, Richland, WA 99352. 509/943-2689.

June 26-27. British Columbia Masters Decathlon Championships. Kamloops, B.C. Grant Lamothe, 604/856-7381.

July 10. Helena Masters & Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-18. USATF Northwest Regional Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3210.

July 30-31. 15th Montana Masters Meet, MSU, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

July 30-31. Portland Masters TC Classic, Lewis & Clark College. Joe Thielman, 406 W. 32nd St., Vancouver, WA 98660. 206/693-2256.

August 27-28. Montana Sr. Olympics, Kalispell. M&W50+. Don Tavalacci, 465 Freedom Ave., Billings, MT 59105. 406/252-2795.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah. 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA

July 10-11. Ontario Masters Championships, Laurentian U., Sudbury. M&W35+. 5-yr. age groups. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

INTERNATIONAL

May 28-30. All Japan Masters Athletic Championships, Kobe. Kobe Branch, Kintetsu International, 6F Kobe Kotsu Center Bldg., 10-1 I-chrome, Sannomiya-cho, Chuo-ku, Kobe-shi, 650 Japan. 078/391-4891; FAX 078/391-4559.

Continued on next page

ARIZONA MASTER INVITATIONAL TRACK AND FIELD

McClintock High School; 1830 E. DelRio Dr.; Tempe, AZ -- Saturday -- June 5, 1993
Sponsored by Arizona Association USA Track and Field
Age Division: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 80 and over
Facilities: Eight lane all weather track
Entry Fee: \$12 for the first three events chosen. Each additional event \$3. Relays \$15.
Awards: Medals to first three in each age division
Deadline for Entries: May 29, 1993
Entries: Make checks payable to Arizona USA Track and Field. Send entry to Bob Flint; 8436 East Hubbell; Scottsdale, AZ 85257.

NIGHT TRACK MEET SCHEDULE OF EVENTS

Track Events		Field Events			
6:00	3000M - W	7:45	100M - M	5:00	Shotput
6:20	3000M - M	7:55	800M - W	5:30	Long Jump
6:35	4 x 100 W	8:05	800M - M	6:00	Javelin
6:40	4 x 100 M	8:15	300/400 IHW	6:30	High Jump
6:45	100 Hurdles W	8:25	300/400 IHM	7:15	Pole Vault
6:50	110 Hurdles M	8:35	200M - W	7:30	Discus
7:00	1500M - W	8:45	200M - M	8:30	Triple Jump
7:10	1500M - M	8:50	10,000 Meter M-W		
7:15	400M - W	9:00	4 x 400 Relay W		
7:25	400M - M	9:10	4 x 400 Relay M		
7:35	100M - W				

----- ENTRY FORM -----

Name (Last) _____ (First) _____ Age _____ Sex _____
Date of Birth _____ USA # _____ Telephone _____
Address _____ City _____ State _____ Zip _____
Please enter me:
1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Tempe, Arizona, Arizona USA Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's Signature _____ Date _____

Continued from previous page

June 26-July 16. World Maccabiah Games, Israel. M&W40+. U.S. Maccabiah Committee, 1926 Arch St., Philadelphia, PA 19103. 215/561-6900.

July 9-11. Matyas Farkas Veterans Memorial Meet, Budapest, Hungary. M35+/W30+. Contact: Ferenc Igrenyi, 1117 Budapest, Bogdanffy u.10; Telex 22-4875.

July 17-18. British Veterans Athletic Federation Championships, Monkton Stadium, Jarrow. John Charlton, 31 Lyndhurst Rd., North Seaton, Ashington, Northumberland NE63 9SS.

August 28-29. First Annual National Decathlon/Heptathlon Championships (also invitational weight pentathlon), Montreal, Quebec. E.F. Hume, 132 Evergreen, Dod. O. Quebec H9A 156. 514/684-7528.

October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.

October 7-17. 10th WAVA World Veterans Athletics Championship, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

July, 1994. Oceania Regional Championships, Fiji.

August 4-7, 1994. WAVA North American Regional Championships Edmonton, Canada.

LONG DISTANCE RUNNING NATIONAL

June 27. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 17. USATF National Masters 15K Cross-Country Championships, Memphis, Tenn. John Harwick, Memphis Runners TC, 901/722-0378.

October 31. USATF National Masters 10K Cross-Country Championships, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207. 502/897-3772.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

EAST

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

May 2. Pittsburgh Marathon. Leonard Duncan, 429 Fourth Ave. Ste. 1001, Pittsburgh, PA 15219. 412/765-3773.

May 2. Buffalo Marathon. Tom Palmer, 800 Delaware Ave., Buffalo, NY 14209. 716/837-7223.

May 2. Newsday Long Island Half-Marathon, East Meadow, N.Y. Patti Kemmler, Eisenhower Park, East Meadow, NY 11554. 516/542-4437.

May 9. NYRRRC Advil Mini Marathon 5K

Tune-Up, Central Park. NYRRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

May 15. Vintage Run 5 Mile. M&W50+. Vintage, 401 N. Highland Ave., Pittsburgh, PA 15206. Beverly A. Beisgen, race director, 412/361-5003.

May 15. Riedman Insurance Lilac 10K, Rochester, N.Y. Lori Frank, 45 East Avenue, Rochester, NY 14604. 716/232-4424.

May 16. Western Heights Middle School 5K. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076; Western Heights 791-4351 (day).

May 23. Riverside Twilight 5 Miler. 7 p.m. Riverside 5 Miler, P.O. Box 307, Agawam, MA 01001. 413/786-9300.

May 30. Vermont City Marathon, Burlington, Vt. Director, P.O. Box 152, Burlington, VT 05401-0152. 800-642-5154, x236.

June 5. Freihofers 5K for Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518/273-0267.

June 12. USATF/New England 10K Championships & 5K Run, Winthrop, Mass. Masters money, individuals & teams. Larry Keller, Winthrop Hosp., 40 Lincoln St., Winthrop, MA 02152. 617/539-0046.

June 12. NYRRRC Advil Mini Marathon 10K, Central Park. NYRRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

June 13. Orange Classic 10K. Mike Sullivan, 40 Mulberry St., Middletown, NY 10940. 914/343-2181 x482.

SOUTHEAST

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

May 1. Mug Race 5000, Palatka, Fla. Florida USATF/RRCA Masters RR Series. John Boyle, POB 1824, DeLand, FL 32721. 904/736-0002.

May 8. Knoxville Expo 10,000. Allan Morgan, 3530 Talahi Dr., Knoxville, TN 37919. 615/673-8020.

May 9. Mothers' Day 5K. John Boyle, Alta Vista, Box 1824, DeLand, FL 32731. 904/736-0002.

May 15. Run For The Turtles 5K, Siesta Key, Sarasota, Fla. Jerris Foote, Mote Marine Lab., 1600 Thompson Parkway, Sarasota, FL 34236. 813/388-4441.

July 4. Peachtree 10K. \$4500 masters. SASE to Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

MIDWEST

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

May 8. Old Kent River Bank 25K. Stuart Gillette, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.

May 16. Cleveland Marathon/10K. Marathon, 1925 Enterprise Pkwy., Twinsburg, OH 44087. 216/487-9811.

May 29. Big Boy 20K Classic. Hugh Stobbs, P.O. Box 1046, Wheeling, WV 26003. 614/633-5000.

May 29. Dexter-Ann Arbor Half-Marathon/10K/5K. Dexter-Ann Arbor Runs, 241 Sunset, Ann Arbor, MI 48103. 313.663-9740.

May 31. Great Race Half-Marathon/10K. Ron Schmanske, 421 So. 2nd St., Elkhart, IN 46515. 219/294-1661.

June 5. Oak-Apple 10K, Royal Oak, Mich. Edward Kozloff, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

MID-AMERICA

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

May 2. Lincoln Marathon/Half-Marathon. Nancy Sutton, LTC, 5309 South 62nd St., Lincoln, NE 68516. 402/423-4519.

May 15. Catch em if you can 10K, Brookings, S. Dak. Chuck Tiltum, Rt. 1, Box 230, Aurora, SD 57002. 605/693-3400.

May 31. Bolder Boulder 10K. \$10,000

masters. Meet Director. P.O. Box 9125, Boulder, CO 80301. 303/444-7223.

June 5-6. Trinity Hospital Hill Races (RRCA Half-Marathon Championships). Trinity Hospital Hill Run, 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816/274-3196.

June 6. Steamboat Marathon/Half-Marathon/10K Run & Walk, Steamboat Springs, Colo. SASE to SS Chamber Resort Assn., P.O. Box 774408, Steamboat Springs, CO 80477. Stacey Kramer, 303/879-0882.

June 13. KRDO Garden Of The Gods 15K, Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 19. Grandma's Marathon/Half-Marathon. Scott Keenan, P.O. Box 16234, Duluth, MN 55816-0234. 218/727-7932.

WEST

Arizona, California, Hawaii, Nevada

May 2. Avenue of the Giants Marathon, Weott, Calif. Gaye Gilchrist, 6 Rivers TC, 281 Hidden Valley Rd., Bayside, CA 95524. 707/443-1226.

May 8. Southern California Hillsea 7.57 Mile, Huntington Beach, Calif. Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

May 16. S.F. Examiner Bay To Breakers 12K. Masters money. Athletes Coordinator, P.O. Box 7260, San Francisco, CA 94120. 415/777-8743.

May 29. Mt. Wilson Trail Race (approximately 8.6 miles). Donna Harriman, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. 818/355-7135.

June 5. Fontana Days Half-Marathon/5K. Masters money. Barbara Smith, Fontana Community Services, 9460 Sierra Ave., Fontana, CA 92335. 714/350-7636.

June 6. Gardena 5000, Gardena, Calif. Also separate masters invitational. Masters money. Sonny Monioz, 310/324-7085, or Merle Heimberg, 310/464-8654.

June 6. Westlake Florist 5K/10K. Hyatt Westlake Plaza, 7:30 a.m. Kathy Panteles, 31800 Langspur Ct., Westlake Vill., CA 93161-4120.

June 12. Palos Verdes Marathon. Patricia Gill, P.O. Box 2856, Palos Verdes, CA 90274. 213/377-6707.

June 26-27. Western States 100 Mile, Squaw Valley, Calif. Helen & Norm Klein, 11139 Mace River Court, Rancho Cordova, CA 95670. 916/638-1161.

NORTHWEST

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

May 2. Lilac Bloomsday 12K. \$6000 masters. SASE to Lilac Bloomsday Assn., P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 16. Capitol City Marathon. Russ Chadwick, P.O. Box 1681, Olympia, WA 98507. 206/786-1786.

May 30. Rocky Mountain 50 Mile, Laramie, Wyo. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 306/635-3316.

June 5. Alaska Women's 10K. Larry Ross, 3605 Arctic #AA, Anchorage, AK 99503. 907/562-2162, xAA.

June 6. Emerald Landmark Five K. Eric Zemper, 2222 Willamette #32, Eugene, OR 97405. 503/485-4360.

June 19. TJ's 5K. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR 97403. 503/683-5635.

June 27. Cascade Run Off 15K. \$5000 masters. Chuck Galford, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

INTERNATIONAL

June 5. Festival De Primavera 5K/10K/10 Mile, Rosarita Beach, Baja California Mexico. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648.

714/841-5417.

June 20. 20th Annual Brugge Veterans Grand Prix 10K/25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, B-8000, Brugge, Belgium.

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.

July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

RACE WALKING

April-May. Potomac Valley TC Spring Racewalk Clinics, Washington, D.C. area. Saturdays & Tuesdays. Valerie Meyer, 703/671-3655.

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.

May 1. North American 20K Championships, Raleigh, N.C. Curt Clausen, 100-2C Kindletree Court, Cary, NC 27513. 919/460-6747.

May 1. Howard Wood Dakota Relays 5K Racewalk. 8 a.m. Dr. Glen Peterson, 1906 S. Hawthorne Ave., Sioux Falls, SD 57105. 605/336-6715.

May 16. USATF National Masters 50K Championships, Monmouth College, West Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.

May 23. Potomac Valley Walkers 10K/20K, Washington, D.C. Sal Corallo, 34-66 Roberts Lane No., Arlington, VA 22207. 703/243-1291.

May 27-31. ARWA RW Training Camp, Boulder, Colo. ARWA, 303/447-0156.

May 30. MAC 20K Championships and East Regional Championships, Central Park, NYC. Stella Cashman, Park Racewalkers, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

June 6. MAC 10K Championships and East Regional Championships, Forest Park, Queens, N.Y. Bernie Kaufmann, Unisphere Walkers, 75-02 Austin St., Forest Hills, NY 11375.

July 1-4. ARWA Training Camp, Boulder, Colo. ARWA, P.O. Box 18323, Boulder, CO 80303. 303/447-0156.

July 10. USATF National Masters Men's 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

August 11-14. USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule.

August 15. USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).

September 12. USTAF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.

September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.

September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385. 552/376-8019; 372-6908.

October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

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

W30-34			
Danis Willett	100M	12.64	8/14/87
	200M	26.04	7/6/91
	400M	57.85	5/20/92
W40-44			
Ranjana Ghose	100M	13.73	8/21/92
	200M	28.75	8/21/92
	400M	1:03.49	8/21/92
	Discus	30.71	8/21/92
	Long Jump	4.40	8/21/92
W45-49			
Lurline Struppeck	Javelin	121-4	7/11/92
	Discus	94-4	7/11/92
	Shot Put	32-2	7/11/92

W55-59			
Carolyn Cappetta	100M	14.8	6/28/92
	200M	30.3	6/28/92
	400M	66.5	6/28/92
Sondra McCoy	Javelin	70-9	10/13/91
W65-69			
Norma Elliott	Shot Put	20-5	2/20/93
W70-74			
Ethel Mayland	Shot Put	22-8	6/28/92
M30-34			
Jeff Helton	Pentathlon	2865 Pts.	2/19/93
Scott King	1 Mile	4:27.2	2/20/93

M35-39			
Douglas Sparks	Pole Vault	14-1 1/2	3/16/93
M40-44			
Steve Caloney	400M	54.33	2/14/93
M45-49			
Rich Dunphy	Shot Put	12.13	3/7/93
M50-54			
Dwaine Horton	High Jump	5-3	3/20/93
Sheppard Miers	Shot Put	45-10	6/13/92
Duane Thompson	Shot Put	41-1 1/4	1/23/93

M60-64			
Jack Keener	1 Mile	5:43.92	5/30/92
Herbert Waters, Jr.	3000M	12:28.4	6/28/92
M70-74			
Frank Campopiano	Shot Put	33-9	6/28/92
Michael Kagan	400M	1:16	10/20/92
	800M	2:57	8/13/92
	1500M	6:02.6	8/13/92
	5000M	23:09	8/13/92
Vernon Mattson	100M	14.8	6/28/92
	200M	31.9	6/28/92
	Long Jump	13-5	6/28/92
M80+			
Harold Mayland	Shot Put	28-3 1/2	6/28/92

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

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	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	8:54	9:04	9:49	11:00	11:45
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

WOMEN

1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-11	5-11	4-11	3-11	3-7 1/2	3-3 1/2	2-11	2-7 1/2	2-3 1/2
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20/Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.00	2.75	

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 50+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

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	10:13
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:03	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 1/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 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</						

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 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters Indoor Championships Bozeman, Montana; March 19-21

60m			
M30			
1 Mike McLeod	MT	7.29	
2 Kerry Sloan	NY	7.35	
3 Scot Ferda	MT	7.47	
4 Jay Mathis	TN	7.49	
5 Rodney Wilson	OH	7.73	
6 Frank Makozny	PA	7.85	
7 Donnie Vaughn	SC	8.01	
M35			
1 Ben James	NY	7.13	
Tom Dickson	CAN	7.23	
2 Robert Parizo	NH	7.36	
3 Tom Rewolinski	WI	7.53	
4 Ross Williams	CA	7.58	
5 Steven Schwab	MT	7.68	
6 Pat Sinclair	MT	7.95	
7 Steve Gardiner	WY	8.32	
M40			
1 Thierry Boucquoy	CA	7.56	
2 Gerry Krainik	IL	7.57	
3 Danny Thiel	LA	7.58	
4 Paul Murray	PA	7.64	
5 F Spiller	TX	7.74	
6 Bob Hahn	TX	7.78	
7 Dana Harrell	MA	7.99	
8 Matt Sitkowski	FL	8.01	
M45			
1 J Battaglia	NM	7.69	
2 Tyrone Carlis	FL	7.69	
3 Dale Bernauer	LA	8.18	
M50			
1 Steve Robbins	CA	7.39*	
Harold Morioka	CAN	7.39*	
2 Walt Butler	CA	7.63	
3 Rancy Cleven	MN	8.14	
4 Fred Niedermeyer	CA	8.36	
5 Dwaine Horton	UT	8.43	
6 Steve Rogers	MO	8.67	
7 Darrell Short	WY	8.78	
M55			
1 Milton Newton	CA	8.01	
2 Jim Mathis	TN	8.03	
3 Dale Lance	IN	8.05	
4 Ed Oleata	CA	8.16	
M60			
1 Marion Sanchez	CA	7.95	
2 Phil Mulkey	GA	8.28	
3 Gordon Seifert	MT	8.86	
4 Bob Graham	MT	8.95	
5 Jack Lance	NJ	9.07	
6 Richard Griewe	OH	9.14	
7 Ken Chomo	MT	10.49	
8 Bob Keegan	PA	11.54	
M65			
1 Jim Law	TN	8.35	
2 Jack Greenwald	OH	8.52	
3 Ed Cox	NY	8.58	
4 Bill Bowers	TX	8.76	
5 Jock Jocoy	CA	9.05	
6 Jim Moorhead	ID	9.16	
M70			
1 Joe Bergthold	IL	8.94	
2 Tom Patsalis	CA	9.11	
3 Arnold Scott	MT	10.05	
4 Dick Bennett	AZ	10.38	
5 Angelo Oliver	MA	11.74	
M75			
1 Jay Sponseller	FL	9.73	
2 Clarence Killion	CA	9.77	
3 Fred Praeger	CO	11.13	
M80			
1 Fred White	TX	9.81*	
2 Claude Hills	PA	10.47	
3 Virgil McIntyre	AZ	11.94	
M85			
1 Russell Randall	CO	11.74*	
W30			
1 Julie Wiedis	NJ	10.41	
W35			
1 Pamela King	TX	8.65	
W45			
1 Phil Raschker	GA	8.12*	
2 M Marie Hill	NJ	9.07	
Liz McBlain	CAN	9.43	
3 Johnnie Hill-Hudgins	NJ	9.46	
W50			
1 Marilyn Mitchell	NY	9.06	
2 Marti Thielman	OR	10.14	
W55			
1 Carolyn Cappetta	MA	9.55	
2 Christel Miller	CA	9.94	
3 Fei Mei Chou	CA	10.52	
W60			
1 Sallie Stieglemeier	OH	10.05	
W65			
1 Leonore McDaniels	VA	10.32	
2 Mavis Lorenz	MT	10.39	
3 Mary Boe	WY	10.55	
4 Josephine Sullivan	SC	11.13	
W75			
1 Pearl Mehl	CO	13.95	
200m			
M30			
1 Bob Stanley	IL	23.57	
2 Jay Mathis	TN	23.58	
3 Mike McLeod	MT	24.01	
4 Kerry Sloan	NY	24.02	
M35			
1 Ben James	NY	23.09	
2 Tom Rewolinski	WI	24.24	
3 Pat Sinclair	MT	26.34	
4 Steven Schwab	MT	26.39	
M40			
1 Tom Thompson	TX	23.49	
2 Gerry Krainik	IL	23.51	
3 Danny Thiel	LA	24.58	
4 Thierry Boucquoy	CA	25.32	
5 Paul Murray	PA	25.37	
6 Scott Thornsley	PA	26.36	
7 F Spiller	TX	27.00	
Randy Warick	CAN	28.62	
M45			
1 Tom Bassett	NE	24.53	
2 Tyrone Carlis	FL	25.14	
3 Dale Bernauer	LA	26.92	
M50			
Harold Morioka	CAN	23.76*	
1 Steve Robbins	CA	24.23	
2 Alan Olson	CA	26.48	
3 Rancy Cleven	MN	26.51	
M55			
1 Jim Mathis	TN	25.41	
2 Charley Miller	TX	25.68	
3 Milton Newton	CA	27.23	
4 Ed Oleata	CA	27.34	
5 Ian Goldfoot	LA	29.34	
M60			
1 Marion Sanchez	CA	26.41	
2 Phil Mulkey	GA	28.44	
3 Richard Griewe	OH	31.43	
M65			
1 Jim Law	TN	27.09	
2 Chuck Sochor	MI	27.66	
3 Jack Greenwald	OH	28.71	
4 Bill Bowers	TX	29.51	
5 Ed Cox	NY	29.95	
6 Jock Jocoy	CA	31.01	
7 Oscar Harris	PA	31.19	
8 Jim Moorhead	ID	31.53	
9 Don Tavolacci	MT	33.99	
M70			
1 Joe Bergthold	MA	29.65	
M75			
1 Jay Sponseller	FL	31.85*	
2 Clarence Killion	CA	34.02	
3 Milo Lightfoot	IN	36.54	
M80			
1 Fred White	TX	34.96	
2 Claude Hills	PA	36.77	
3 Virgil McIntyre	AZ	38.66	
M85			
1 Russell Randall	CO	39.79*	
W35			
1 Pamela King	TX	30.85	
2 Leah Rewolinski	WI	33.27	
3 Deborah Ellis	OH	39.04	
W40			
Marne McMillan	CAN	28.40	
W45			
1 Phil Raschker	GA	26.31*	
Liz McBlain	CAN	33.44	
W50			
1 Marilyn Mitchell	NY	30.87**	
2 Marti Thielman	OR	35.53	
W55			
1 Carolyn Cappetta	MA	31.45**	
2 Fei Mei Chou	CA	35.79	
W60			
1 Sallie Stieglemeier	OH	36.32	
W65			
1 Leonore McDaniels	VA	36.69	
2 Mary Boe	WY	37.56	
3 Joe Sullivan	SC	40.73	
4 Mary Norckauer	LA	49.28	
W75			
1 Pearl Mehl	CO	51.41	
400m			
M30			
1 Jim Eckenrode	GA	52.51	
2 Jay Mathis	TN	53.38	
3 Kerry Sloan	NY	53.61	
4 Frank Makozny	PA	56.21	
5 Rodney Wilson	OH	58.15	
M35			
1 Ron Fisher	CA	56.65	
2 Stephen Gascha	MT	59.14	
M40			
1 Fred Sowerby	NV	50.25*	
2 Tom Thompson	TX	53.20	
3 Russ Acea	WA	57.02	
4 Daryl Katcher	CA	57.58	
Randy Warick	CAN	64.86	
M45			
1 Rich Tucker	WA	56.40	
2 Gordon Reiter	MO	56.48	
3 John Cook	TX	59.20	
M50			
Harold Morioka	CAN	52.95**	
1 Dennis Duffy	CA	56.35	
2 Alan Olson	CA	57.89	
Frank Hearn	IRE	58.08	
3 Allen McDaniel	GA	60.56	
4 Dan Hamner	NY	60.95	
5 Tyrone Nelson	CA	62.22	
M55			
1 Jim Mathis	TN	57.13	
2 Joe Fodor	OH	66.75	
M60			
1 Marion Sanchez	CA	60.05**	
2 Gordon Seifert	MT	66.61	
3 Richard Griewe	OH	72.48	
4 Walt Diggs	TN	82.51	
M65			
1 Chuck Sochor	MI	62.76	
2 Jim Law	TN	63.66	
3 Jack Greenwald	OH	68.21	
4 Jim Moorhead	ID	74.49	
5 Oscar Harris	PA	76.46	
M75			
1 Jay Sponseller	FL	73.80*	
2 Milo Lightfoot	IN	86.05	
M80			
1 Fred White	TX	85.00**	
2 Virgil McIntyre	AZ	95.48	
M85			
1 Russell Randall	CO	1:40.86*	
W35			
1 Sheree Robertson	WI	66.82	
2 Deborah Ellis	OH	87.86	
W40			
Marne McMillan	CAN	62.04	
1 DeeDee Grafius	CA	63.34	
Judy Warick	CAN	64.53	
W45			
Liz McBlain	CAN	69.36	
1 Linda Upton	MA	71.04	
W55			
1 Carolyn Cappetta	MA	69.03	
2 Kati McIntyre	AZ	81.55	
3 Grace Butcher	OH	84.97	
W60			
1 Sallie Stieglemeier	OH	84.4	
W65			
1 Mary Boe	WY	1:35.84	
2 Mary Norckauer	LA	1:21.55	
W70			
1 Louise Adams	CO	1:33.1*	
W75			
1 Pearl Mehl	CO	1:55.6	
800m			
M35			
1 Rick Smith	MA	1:59.42	
2 Terry Howell	CA	2:02.53	
3 Rick Easley	TX	2:02.97	
4 Simon Hale	MT	2:05.58	
Scott Robertson	CAN	2:05.65	
M40			
1 Fred Sowerby	NV	2:00.66	
2 Brian Janssen	ID	2:06.92	
3 Daryl Katcher	CA	2:15.05	
M45			
1 Ken Sparks	OH	2:06.93	
2 Rich Tucker	WA	2:16.63	
3 John Cook	TX	2:16.91	
4 Robert Weiner	MD	2:18.05	
5 Jim Irwin	MO	2:23.52	
R Muzzolini	CAN	2:28.89	
M50			
1 Dennis Duffy	CA	2:15.78	
Frank Hearn	IRE	2:18.60	
2 Allen McDaniel	GA	2:20.66	
3 Alan Olson	CA	2:26.21	
4 Tyrone Nelson	CA	2:29.52	
5 James Huffman	OH	2:34.06	
M55			
1 Joe Fodor	OH	2:26.05	
2 Ken Ogden	OR	2:27.14	
3 Gary DeFrance	MN	2:37.89	
M60			
1 Gordon Seifert	MT	2:53.51	
M65			
1 Chuck Sochor	MI	2:55.31	
M75			
1 Alfred Funk	MT	3:00.91	
2 Jay Sponseller	FL	3:02.17	
W35			
1 Sheree Robertson	WI	2:30.94	
2 Leah Rewolinski	WI	3:03.12	
W40			
1 DeeDee Grafius	CA	2:25.54	
Judy Warick	CAN	2:28.44	
W45			
1 Linda Upton	MA	2:44.36	
W55			
1 Grace Butcher	OH	3:06.64	
2 Kati McIntyre	AZ	3:08.23	
W65			
1 Mary Norckauer	LA	4:29.75	

Continued from previous page

M65
1 Bill Townsend NY 28-4.5
2 Jim Moorhead ID 28-2.25
3 Ray Ryan WA 16-8

M70
1 Ed Lukens NY 32-8.5*
2 Tom Patsalis CA 30-6.5
3 Arnold Scott MT 25-1.25

M75
1 Ham MorningstarMI 20-8.5
M80
1 Claude Hills PA 22-0.25
W30
1 Debbie EckhardtNY 18-4.75

M45
1 Phil Raschker GA 35-6*
W50
1 Joann Grissom IN 25-7.5
W55*
1 Christel MillerCA 24-1

M65
1 Leonore McDaniels VA 23-11.75*
2 Jos Sullivan SC 20-11.25
3 Mary Norckauer LA 20-9.25

Shot Put
M30
1 Mark Heckel PA 46-5.5
2 Donnie Vaughn SC 28-2.25

M35
1 Bob Hartmann IL 37-8
M40
1 Roger Kamla TX 47-11.25
2 Jerry Senters IA 42-9.5

M45
1 Tom Gage MT 50-9.5
2 Rick Stowell MT 44-4.75
3 Gary Bills ID 43-7.25

M50
1 Steve Rogers KS 41-1
2 Carl Klehm IL 31-0
M55
1 Tom WesselowskiKS 39-8.5
2 F Lee Slick IL 28-11.75

M60
1 Phil Mulkey GA 45-8
2 Len Olson FL 42-3.25
3 Walt Diggs TN 30-11.25

M65
1 Phil Brusca MO 41-8.5
2 Jim Gilchrist FL 39-3
3 Vince SempronioOR 36-2.25

M70
1 Don Cumley NV 39-4**
2 Arnold Scott MT 36-11.75
Walt Jenkins CAN 31-7.25
Angelo Oliver MA 24-4.5

M75
1 Manuel White MT 36-6.75
2 H Morningstar MI 33-0.25
3 Murray Oguss AZ 31-8

M80
1 Burt DeGroot CA 22-9.75*
W30
1 Debbie EckhardtNY 22-1
M45
1 Johnnie Hill-Hudgins NJ 30-1
Liz McBlain CAN 31-1.75
2 Michael Marie Hill NJ 29-6.75

M50
1 Joann Grissom IN 38-8.25
2 Marti Thielman OR 24-5
M55
1 Christel MillerCA 26-9.75
2 Fei Mei Chou CA 21-11.5

M60
1 Sally Polk NM 25-11
2 Sallie Stiegelmeier OH 20-1.5
M65
1 Leonore McDaniels VA 21-9
Estell JenkinsCAN 20-10

M70
1 Ed Lukens NY 32-8.5*
2 Tom Patsalis CA 30-6.5
3 Arnold Scott MT 25-1.25

M75
1 Ham MorningstarMI 20-8.5
M80
1 Claude Hills PA 22-0.25
W30
1 Debbie EckhardtNY 18-4.75

M45
1 Phil Raschker GA 35-6*
W50
1 Joann Grissom IN 25-7.5
W55*
1 Christel MillerCA 26-9.75
2 Fei Mei Chou CA 21-11.5

M60
1 Sally Polk NM 25-11
2 Sallie Stiegelmeier OH 20-1.5
M65
1 Leonore McDaniels VA 21-9
Estell JenkinsCAN 20-10

M70
1 Ed Lukens NY 32-8.5*
2 Tom Patsalis CA 30-6.5
3 Arnold Scott MT 25-1.25

M75
1 Ham MorningstarMI 20-8.5
M80
1 Claude Hills PA 22-0.25
W30
1 Debbie EckhardtNY 18-4.75

M45
1 Phil Raschker GA 35-6*
W50
1 Joann Grissom IN 25-7.5
W55*
1 Christel MillerCA 26-9.75
2 Fei Mei Chou CA 21-11.5

M60
1 Sally Polk NM 25-11
2 Sallie Stiegelmeier OH 20-1.5
M65
1 Leonore McDaniels VA 21-9
Estell JenkinsCAN 20-10

M70
1 Ed Lukens NY 32-8.5*
2 Tom Patsalis CA 30-6.5
3 Arnold Scott MT 25-1.25

M75
1 Ham MorningstarMI 20-8.5
M80
1 Claude Hills PA 22-0.25
W30
1 Debbie EckhardtNY 18-4.75

M45
1 Phil Raschker GA 35-6*
W50
1 Joann Grissom IN 25-7.5
W55*
1 Christel MillerCA 26-9.75
2 Fei Mei Chou CA 21-11.5

M70
Walt Jenkins CAN 27-5.5
1, A U Ricciardi NV 27-7.25
2 Don Cumley NV 24-10

M75
1 Manuel White MT 30-9
2 Ham MorningstarMI 25-6.25
3 Fred Praeger CO 19-11.75

M85
1 Burt DeGroot CA 16-8**
W30
1 Debbie EckhardtNY 21-11
W45
Liz McBlain CAN 30-0.75

M50
1 Joann Grissom IN 34-4
W60
1 Sally Polk NM 31-8.75
W65
1 Mary Norckauer LA 19-11.5
Estell JenkinsCAN 16-4.75

56# Weight Throw
M35
1 Bob Hartmann IL 9.46m
M45
1 George Mathews WA 8.35
2 Bob Sager MT 6.58

M50
1 Carl Klehm IL 5.31
M55
1 F Lee Slick IL 4.24
M60
1 Len Olson FL 5.26
M65
1 Ken Weinbel WA 5.15
2 Jacob Stein KY 4.66

M70
Walter Jenkins CAN 3.86
1 A U Ricciardi NV 3.02
M75
1 Manuel White MT 4.90
2 Ham Morningstar MI 4.18

M80
1 Deborah Eckhardt NY 2.60
W50
1 Joann Grissom IN 4.17
3000M RW
M30
1 John Kerfoot ID 13:53.1

M35
1 Steve Gardiner WY 18:03.2
M40
1 Don Anderson IN*16:30.41
2 Larry Ryan PA 16:57.0

M50
1 John Elwarner MI 15:45.6
2 Ed Kousky OR 16:19.3
3 Lewis Slavik MT 17:15.9
4 David Bickel ND 18:00.2

M55
1 Paul Johnson AR 15:58.3
M60
1 VanceGenzlingerMI 17:47.00
2 Bill McClaren MT 20:36.5
3 Ken Chomo MT 20:57.5

M65
1 Robert Mimm NJ*17:18.7
2 Dick Bennett WA 19:15.3
3 A A Clevenger WA 22:46.6
M70
1 Don Cotner CA*20:33.4
2 Paul Geyer FL 20:39.5
3 Ed Anacker MT 22:49.3

M75
1 Don Johnson NJ*21:58
W30
1 Jackie Moore NM 17:50.4
2 Marj McClaren MT 18:46.3
W40
1 Viisha Sedlak CO 15:12
2 Phyllis Hansen NJ 16:24.5
3 Kay Jennings MT 20:24.2

M45
1 Jeanne Bocci MI 17:35.1
W50
1 Jean MacInness MT 19:30.8
W55
1 Sami Bailey IN#18:21.47
2 Martha Yale MT 23:12.53

M60
Phyllis GoodladCAN22:32.63
1 Lois McClaren MT 23:33.03
W65
1 Joan Rowland NY 21:56.49
2 Mary Norckauer LA 22:47.52

M70
1 QueenieThompsonNY*23:44.82
*US age-group record
#Age-group WR

M30
1 Mark Heckel PA 50-0.5
M35
1 Bob Hartmann IL 45-4.25
M40
1 Jerry Senters IA 37-11.5

M45
1 Tom Gage MT 58-3
2 George Mathews WA 45-4.5
3 Bob Sager MT 36-1.25

M50
1 Carl Klehm IL 27-9.5
2 Steve Rogers KS 27-1.25
M55
1 Tom WesselowskiKS 33-4.5
2 F Lee Slick IL 26-4.25

M60
1 Len Olson FL 44-3.5
2 Phil Mulkey GA 40-0.75
M65
1 Phil Brusca MO 40-7.5
2 Ken Weinbel WA 34-4.75
3 Jacob Stein KY 33-10.75

M70
1 Ed Lukens NY 32-8.5*
2 Tom Patsalis CA 30-6.5
3 Arnold Scott MT 25-1.25

M75
1 Ham MorningstarMI 20-8.5
M80
1 Claude Hills PA 22-0.25
W30
1 Debbie EckhardtNY 18-4.75

M45
1 Phil Raschker GA 35-6*
W50
1 Joann Grissom IN 25-7.5
W55*
1 Christel MillerCA 26-9.75
2 Fei Mei Chou CA 21-11.5

M60
1 Sally Polk NM 25-11
2 Sallie Stiegelmeier OH 20-1.5
M65
1 Leonore McDaniels VA 21-9
Estell JenkinsCAN 20-10

M70
1 Ed Lukens NY 32-8.5*
2 Tom Patsalis CA 30-6.5
3 Arnold Scott MT 25-1.25

M75
1 Ham MorningstarMI 20-8.5
M80
1 Claude Hills PA 22-0.25
W30
1 Debbie EckhardtNY 18-4.75

M45
1 Phil Raschker GA 35-6*
W50
1 Joann Grissom IN 25-7.5
W55*
1 Christel MillerCA 26-9.75
2 Fei Mei Chou CA 21-11.5

1000m
M35 Mark Caldwell 2:42.2
M40 Kevin Morrisroe 2:59
M45 Bob Micho 3:05.5
M55 Bob Milner 3:06.5

M65 Howard MacMillan 3:51.5
W30 Marilyn Brandt 3:14.7
W35 Jane O'Donnell 3:35.1
W40 Barb Blaszak 3:19.7

3000m
M30 Bob Brenner 9:37.7
M35 Ron Nelson 9:53.6
M40 Rick Cleary 9:53.8
M50 Allan Drew 12:35
M60 Ed Stabler 11:19.9

M70 Nate White 13:10.8
W30 Beth DeCiantis 9:55.1
W35 Nancy Scott 12:13.3
W40 Sue Sandstrom 12:12.9
W45 Kathy Brown 11:10.3

Long Jump
M30 Mark Powell 19-3
M40 Ray Panek Jr 16-5 1/2
M50 Paul Stelmazyk 16-4
M55 Bob Smullens 10-3
M70 Ed Lukens 14-1

Pole Vault
M40 Kevin Donovan 11-6
M45 Tom Rauscher 13-0
Shot Put
M30 Duncan Payne 29-9 1/2
M40 Jim Alexander 31-11
M55 Nick Palladino 27-5

Syracuse Chargers Meet
Syracuse, NY; February 7
55m
M30 Kerry Sloan 6.7
M40 Dan Swanson 7.4
M45 Bob Davis 7.2
Sam Hall 7.2

M50 Tim Collins 7.8
M55 Bob Smullens 9.8
M65 Bill Townsend 8.5
M70 Ed Lukens 8.5
W35 Irene Thompson 7.5
W60 MaryAnn Carrino 6211.2

400m
M30 Duncan Payne 62.6
M35 Dan Howe 85.7
M40 Dan Swanson 59.3
M50 Tim Collins 64.0
W35 Irene Thompson 62.9
W45 Nadine Lowenstein 71.3
W55 Glennette O'Rourke1:46.1

800m
M30 Mark Powell 2:03.8
M35 Mark Caldwell 2:06.3
M40 Mike Hasenauer 2:12.9
M45 Dale Ladd 2:17.2
M50 Tim Collins 2:36.3
M55 Mark Dillon 2:59.3
W40 MaryBeth Hasenauer2:43.9
W55 Glennette O'Rourke4:05.8

1500m
M30 Michael Platt 4:12.4
M35 Ron Nelson 4:27.1
M40 Jim Boyle 4:41.7
M45 Herb Engman 4:38.3
M50 Vincent Colgan 5:00.0
M55 Vanness Robinson 5:48.3
M60 Jerry Bisson 6:18.9
W30 Sarah Falso 5:15.4
W35 Jane O'Donnell 5:33.5
W40 MaryBeth Hasenauer5:25.8
W55 Glennette O'Rourke7:59.2

55mH
M30 Kerry Sloan 8.3
M50 Tim Collins 10.7
M65 Bill Townsend 65 9.9
M70 Ed Lukens 71 9.9

Triple Jump
M30 Kerry Sloan 36-10
M55 Bob Smullens 21-7
M65 Bill Townsend 65 29-3/4
M70 Ed Lukens 32-8 1/2

Pole Vault
M35 John Baker 13-0
M40 Kevin Donovan 40 10-6
M45 Tom Rauscher 46 12-6

Shot Put
M30 Duncan Payne 27-8
M55 Chuck Yost 34-9 1/2

Weight Throw
M35 -- Benditi 15.44m
M40 Pat Lynn 13.22
M55 Nick Palladino 8.22

1500m Racewalk
M30 Dave Talcott 32 6:32.9

Coors/MAC Indoor
Championships
USMA-West Point;
February 20
M30 John Burke 6.82
Rich Washington 6.89
M40 Tyrone Gordon 7.27
Phil Felton 7.36
M45 Joe Johnson 6.95
Ron Johnson 7.00
William Overby 7.08
M50 Rich Jones 7.44
Gene Ballard 7.63
M55 Cliff Pauling 7.78
Haig Bohigian 7.96
M60 Ross Mitchell 7.81
Bob Gerlough 8.31
M65 Ed Cox 8.05
M70 Vern Mattson 8.72

M75 Sparks Sorlien 9.48
W35 Louise Clark 7.59
W65 Minna Charles 15.06

200m
M30 John Burke 23.48
Fred Feaster 23.88
M35 Adrian Sterrett 24.95
Rockdale Hudson 26.79
M40 Errol Lee 24.60
Phil Felton 24.92
M45 Joe Johnson 24.34
Ron Johnson 24.37
Paul Henry 25.73
M50 Bob O'Brien 28.19
M55 Haig Bohigian 28.71
M60 Tom Talbott 37.03
M65 Ed Cox 29.42
Jern Dowling 31.38
M70 Vern Mattson 32.66
M75 Sparks Sorlien 37.73

400m
M30 Fred Feaster 54.62
M35 Adrian Sterrett 55.12
M40 Don Hodge 55.05
Ron McDonald 56.75
Phil Felton 56.76
M45 Paul Henry 56.56
Alan Taylor 56.97
Rab Hagin 57.43
M50 Bob O'Brien 61.51
M55 Cliff Pauling 61.05
Irwin Bernstein 65.96
M60 Tom Talbott 79.75
M65 Jim Dowling 72.78
M70 Vern Mattson 1:41.48

600y
M30 Vance Rogers 1:18.9
Fred Feaster 1:19.29
M35 Barry Blake 1:30.84
M40 Rob Jackson 1:21.37
M45 Joe Demaio 1:27.51
Mike Billman 1:31.26
M50 Ed Small 1:25.15
M55 Rich Rizzo 1:26.30
Cliff Pauling 1:27.47
M60 Tom Talbott 1:53.71
M65 Jim Dowling 72.78
M70 Vern Mattson 32.66
M75 Sparks Sorlien 37.73

800m
M30 Doug Miller 2:06.71
M40 Duane Green 2:04.57
Bob Pertak 2:17.97
M45 Markus Heidelberg2:09.23
Joe Demaio 2:19.63
M50 Sid Howard 2:18.82
M60 Tom Talbott 2:59.51
W35 Paula Dcksn-Taylor2:38.55
W40 Mary Rosado 2:40.07

1 Mile
M30 Mike McGinley 4:55.92
M40 Duane Green 4:46.93
Tom Ryan 5:08.24
Victor Medina 5:22.36
M45 James Pfaff 5:24.24
M50 Sid Howard 5:04.10
M60 Joe Kernan 6:49.92
M65 Don Brown 7:10.51
M75 George Jaffe 8:39.78
W35 Joan Sterrett 5:32.34
Wendy Cappallo 5:54.94
W40 Mary Rosado 6:11.61

3000m
M35 Seth Okrend 10:32.24
M40 Nick Caswell 9:42.28
Dan Gonzalez 10:00.24
M50 Stan Edelson 10:50.62
M75 George Jaffe 18:18.25
W50 Mary Ann Dowling15:46.94

5000m
M45 Hugh Sweeny 16:01.21

55mH
M30 David Olson 8.15
M40 Ivan Black 9.58

High Jump
M40 Ivan Black 5-0
M45 Alan Taylor 5-0
M60 Tom Talbott 3-0

Pole Vault
M30 Nick Mitchell 12-0
M50 Gerald Counihan 12-6

Long Jump
M30 Vance Rogers 5.68m
M35 Rockdale Hudson 5.18
M40 Dana Harrell 5.37
M45 Mike Billman 4.98
M50 Bob O'Brien 4.95
M65 Don Brown 3.18
M70 Vern Mattson 3.97
M75 Sparks Sorlien 3.56

Triple Jump
M30 Stacey Burks 10.28
M40 Ivan Black 9.34
M50 Bob O'Brien 8.81
M55 Haig Bohigian 9.51
M70 Vern Mattson 7.63
M75 Sparks Sorlien 7.31

Shot Put
M30 Nick Mitchell 41-9 3/4
M45 Rich Dunphy 39-3 1/2
Ed Fox 35-5 1/2
M55 Richard Deere 41-5 1/2
M60 Pay Carstensen 38-6
W50 Roslyn Katz 25-11

Weight Throw
M40 John Casamassima 42-4 1/2
M45 Frank Monroe 35-3 1/2
M50 Kurt Krastin 25-2
M60 Pay Carstensen 41-11
W50 Roslyn Katz 30-3

Roesch Memorial Meet
Buffalo, NY; February 28

55m
W40 Jo Cross 8.3
M30 Glenn White 7.3
M40 Horace Hudson 7.2
A LaFramboise 7.4

M50 Chuck La Chiusa 7.5
M60 Ted Swanson 7.7

300m
W40 Jo Cross 48.7
W50 Fran Rowe 1:09
W55 Edye Radice 1:03
M40 Horace Hudson 41.1
M45 Ted Sauer 47.4

800m
W35 Sylvia Kapturovski 3:34.4
W50 Fran Rowe 3:52.5
W55 Edye Radice 3:43.5
W60 Gloria Brown 3:13.1
M30 Peter DiPirro 2:23.3
M35 Gary Raby 2:37.8
M40 Horace Hudson 2:29
Peter Palmer 2:47.8
M45 Ted Sauer 2:43

1800m
W35 Sylvia Kapturovski 7:53.1
W45 Choon Hoch 7:57.3
W50 Fran Rowe 7:58
W55 Edye Radice 7:37.6
W60 Gloria Brown 6:41.5
M35 Gary Raby 5:40.5
M40 Peter Palmer 6:15.3

55m Hurdles
M30 Glenn White 8.5
M35 John Kapturovski 9.3
M40 A LaFramboise 10.6
M60 Ted Swanson 10.4

Long Jump
M40 A La Framboise 17-2 1/2
Shot Put
W35 Nancy La Chiusa 20-3/4
W55 Dortha Swanson 24-8 1/2
M40 A LaFramboise 27-10 1/2
M50 Arnold Harting 30-10 1/2
M70 Al Palmer 25-1

High Jump
M50 Arnie Harting 4-1
M60 Ted Swanson 4-3

USATF East Regional Masters
Indoor Championships
Lehigh U., PA; March 7

55m
Ivan Jordan Vic 6.67
Matt Godbolt Sh 6.73
Rich Washington un 6.84

M35
Ben James un 6.60
Thomas Jones un 6.65
John Brooks un 6.66

M40
Pershing Reid GB 7.02
Tyrone Gordon un 7.30
Karl Castor PM 7.31

M45
Joe Johnson MU 7.01
Melvin Fields Gln 7.09
Rab Hagin GS 7.40

M50
Richard Jones un 7.43
Walter Thorne NYP 7.66
Barry Kline PM 7.84

M55
Larry Colbert PV 7.33
Roosevelt Weaver NYP 7.36
Dick Ocker Har 7.70

M60
Bob Keegan PM 7.54
Jim Stookey Md 7.73
Ed Benham Md 8.29

M65
Ed Cox Syr 7.93
Tom Delany PM 8.16
Sam Madia WP 8.43

M75
Gar Schoener PM 9.17
Champion Goldy PM 9.18
Sparks Sorlien BAA 9.56

M80
Claude Hills PM 9.77
Jeremiah Gaines un 9.78
W30 Julie Wiedis un 9.83
W35 Marcia Hulse NYP 7.75
W45 Lorraine Tucker un 8.04
MichaelMarieHillun 8.55
W75 Marj Smith un 13.75

200m
M30
Fred Feaster un 23.99
Kerry Sloan Syr 24.01
Rodney Wilson OTH 25.77

M35
John Brooks un 23.26
Ben James un 23.39
Tom Jones un 24.11
Val Barmwell NYP 24.32
Frank Williams Vic 25.38

M40
Dorel Watley Na 23.89
Garry Crawford Gln 24.29
Errol Lee MU 24.73
Phil Felton PM 25.26
Karl Castor PM 25.51

M45
Joe Johnson MU 24.55
Ron Johnson MU 24.65
Ken Brinker MU 25.07
Mel Fields Gln 25.43

M50
Walter Thorne NYP 26.55
Richard Jones un 26.91
Bob O'Brien GS 28.34

M55
Larry Colbert PV 25.75
Cliff Pauling CP 27.13
John McDonald un 28.27

M60
Jim Stookey Md 27.80
Ed Benham Md 29.46
Bill Bergen Md 31.13

M65
Ed Cox Syr 30.01
Denver Smith OTH 30.56
Sam Madia WP 31.01

M70
Jim Manno NJ 31.12
John McCarthy PM 38.82
George Blyn PM 43.78

M75
Sparks Sorlien BAA 36.76
W35
Louise Clark un 27.55
W40
Jennifer Pinto NY 28.70

W45
Lorraine Tucker un 30.74
W75
Marjorie Smith un 53.02

400m
M30
Fred Feaster un 53.87
Kerry Sloan Syr 54.04
Nick Mitchell WC 55.21

M35
Rick Smith Bos 53.27
James Easter un 53.48
Don McNeill un 56.70

M40
Dorel Watley Na 53.38
Garry Crawford Gln 54.15
Karl Castor PM 55.76
Phil Felton PM 56.20

M45
Melvin Fields Gln 56.50
Paul Henry Sh 57.11
Tim Dickens PM 57.69
Bob Ihne Sh 57.99

M50
Walter Thorne NYP 58.83
Larry Simmons PM 60.66
Bob O'Brien GS 61.59

M55
Larry Colbert PV 57.54
Cliff Pauling CP 60.27
John Mac Donald un 62.41

M60
Ed Benham Md 65.98
Tom Talbott NYM 70.85
Arnold Meardon un 71.33

M65
Sam Madia WP 71.29
Oscar Harris PM 76.06

M70
Jim Manno NJ 71.49
George Blyn PM 76.20

M75
Louise Clark un 63.76
Mimi DePietro IA 65.16
W40 Jennifer Pinto NY 67.06

800m
M30
Lewis Jefferson NYP 2:15.78
Leo Morrissey un 2:45.45

M35
Rick Smith Bos 2:07.05

M40
Duane Green CP 2:06.94
Gary Tompkins PM 2:09.17
Mike Blake 2:13.14
Bruce Bond Bos 2:14.94

M45
Al Swenson Hrt 2:06.62
Gary Rust Por 2:07.78
Gary Gordon un 2:17.71

M50
Ed Small NYP 2:20.80
Dennis Pennenga un 2:21.85

M55
Cliff Pauling CP 2:23.13
Irwin Bernstein GS 2:32.08
Robert Evan PM 2:35.25

M60
Jim Sutton PM 2:23.87
Larry Dickerson PV 2:44.96
Arn

Continued from previous page

Table with 2 columns: Name and Time/Score. Includes entries like Kevin Smith un 4:51.80, Bob Weiner PV 4:52.29, M50 Sid Howard CP 4:39.84, etc.

Table with 2 columns: Name and Time/Score. Includes entries like M45 Norm Frable un 5-0, Jeff Blatt PM 5-0, M50 Barry Kline PM 5-1, etc.

Table with 2 columns: Name and Time/Score. Includes entries like M65 Denver Smith OTH 9.54, Bill Townsend Syr 8.62, Jack Downlay NYM 7.26, etc.

Table with 2 columns: Name and Time/Score. Includes entries like Ed Merrill PH 17:18.82, Leo Rivera NL 18:26.63, M65 Ed Gawinski PH 17:18.67, etc.

Finger Lakes TC Meet Ithaca, NY; March 21

Table with 2 columns: Name and Time/Score. Includes entries like 55m Jacaranda Henkel 30 9.9, 400m Carl Cappello 42 57.4, etc.

Greater Rochester TC Meet Rochester, NY; March 21

Table with 2 columns: Name and Time/Score. Includes entries like 45m M30 Barry Grimes 5.48, M40 Greg Bennett 5.96, etc.

SOUTHEAST

1993 Florida Senior Games Championships - Bradenton, FL; March 20

Table with 2 columns: Name and Time/Score. Includes entries like 100 Yard Dash M55 Thomas Estes 13.25, Richard Miller 13.27, etc.

Table with 2 columns: Name and Time/Score. Includes entries like Javelin M55 Robert Cseh 104-4, Chet Guzik 103-4, etc.

Continued on next page

Continued from previous page

Table of race results for various distances including 60m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m, 110000m, 120000m, 130000m, 140000m, 150000m, 160000m, 170000m, 180000m, 190000m, 200000m.

Table of race results for various distances including 1/2 mile, 3/4 mile, 1 mile, 1.25 miles, 1.5 miles, 2 miles, 2.5 miles, 3 miles, 3.5 miles, 4 miles, 4.5 miles, 5 miles, 5.5 miles, 6 miles, 6.5 miles, 7 miles, 7.5 miles, 8 miles, 8.5 miles, 9 miles, 9.5 miles, 10 miles, 10.5 miles, 11 miles, 11.5 miles, 12 miles, 12.5 miles, 13 miles, 13.5 miles, 14 miles, 14.5 miles, 15 miles, 15.5 miles, 16 miles, 16.5 miles, 17 miles, 17.5 miles, 18 miles, 18.5 miles, 19 miles, 19.5 miles, 20 miles.

Table of race results for various distances including 1/2 mile, 3/4 mile, 1 mile, 1.25 miles, 1.5 miles, 2 miles, 2.5 miles, 3 miles, 3.5 miles, 4 miles, 4.5 miles, 5 miles, 5.5 miles, 6 miles, 6.5 miles, 7 miles, 7.5 miles, 8 miles, 8.5 miles, 9 miles, 9.5 miles, 10 miles, 10.5 miles, 11 miles, 11.5 miles, 12 miles, 12.5 miles, 13 miles, 13.5 miles, 14 miles, 14.5 miles, 15 miles, 15.5 miles, 16 miles, 16.5 miles, 17 miles, 17.5 miles, 18 miles, 18.5 miles, 19 miles, 19.5 miles, 20 miles.

Bethesda Chase 20K Bethesda, MD; March 7. Overall results for various distances.

Boylston 30K Boylston, MA; March 7. Overall results for various distances.

NYRRC Brooklyn Half-Marathon, Prospect Park, NY; March 7. Overall results for various distances.

NYRRC Mike Hannon 20 Mile/4 Mile Central Park; March 28. Overall results for various distances.

NYRRC Rites Of Spring 10K Central Park; March 21. Overall results for various distances.

New Bedford Half-Marathon New Bedford, MA; March 21. Overall results for various distances.

NYRRC Brooklyn Half-Marathon, Prospect Park, NY; March 7. Overall results for various distances.

NYRRC Mike Hannon 20 Mile/4 Mile Central Park; March 28. Overall results for various distances.

NYRRC Mike Hannon 20 Mile/4 Mile Central Park; March 28. Overall results for various distances.

Art Reilly Jr 27:03, Bill Fortune 25:45, Joe Burns 27:26, Al Puma 29:12, George Thompson 28:01, John McManus 31:27, Sab Koide 32:38, Wallace Outler 31:59, Tom Gibbons 33:45, Al Goldstein 33:56, Jim Keeney 77 35:01, Jim Ottenberg 75 45:36, Diane Ditchfield 26:28, Linda Naples 28:24, Wendy Luscombe 28:32, Laurie Baker 28:16, Flora Flores 29:36, Susanna Beltrandi 31:00, Edith Jones 30:17, Kathy Nitschelm 31:09, Joan Bondell 33:19, May Chou 31:50, Margaret Carinci 32:00, Lynn Sherman 32:00, DollyAnn Finkelstein 37:53, Joan Fisher 38:04, Annie Zinker 42:02, Muriel Merl 33:56, Arlene Kernis 43:22, Jozi Neulinger 43:34.

Please see page 16 for results of Boston Marathon

SOUTHEAST

Max Bayne Half-Marathon St. Petersburg, FL January 17

Overall results for Max Bayne Half-Marathon including Ray Wunderlich 1:10:26, Mary Manus 1:27:33, Steve Mickles 1:16:25, Vickey Imes 1:37:31, M40 Dan Landry 1:19:28, M45 Ken Brashear 1:19:02, M50 John Holmes 1:26:12, M55 Claude Carr 1:38:07, M60 Jack Gough 1:29:44, M65 Harry Thompson 2:00:37, M70 Millard Shumate 1:45:50, M75 Jim Ward 2:11:58, M80+Charlie Espy 82 2:41, W40 Ellen Bernal 1:44:45, W45 Lenore Rupert 1:52:07, W50+Leah McElroy 1:47:39.

Pomoco Group/Hampton Coliseum Half Marathon RRCA Eastern Regional Half Marathon Championships Hampton, VA February 7

Overall results for Pomoco Group/Hampton Coliseum Half Marathon including Keith Dowling 23 1:04:41, Lorraine Hochella 29 1:14:34, Richard Banning 40 1:09:55, Chuck Moerer 41 1:11:02, Sadot Mendez 41 1:11:44, Sue Given 40 1:24:49, Claudia Ciavarella 43 1:24:58, Marny Gilluly 43 1:26:17, M40 Larry White 42 1:14:56, Don Lucy 43 1:17:54, Bill Devoe 41 1:20:44, Robert Astrop 41 1:22:46, Bruce Scheib 44 1:24:22, Jack Sen Dyer 49 1:16:44, Jack Bonberger 48 1:18:12, Ruben Beauchamp 1:18:23, Rick Thompson 45 1:19:34, Jeff Long 46 1:20:15, M50 Joe Caruso 53 1:24:06, Robert Wright 51 1:24:17, Michael Brownley 50 1:25:32, M55 Mel Williams 55 1:17:04, Jack Whitcomb 56 1:26:03, Chan Robbins 55 1:27:06, M60 Larry Dickerson 61 1:31:39, Herb Chisholm 66 1:35:55, Neil Wilson 64 1:38:08, W40 Donna Harrison 1:27:11, Linda Gulick 41 1:27:54, Jeanne Bowers 43 1:36:46, W45 Chris Stockdale 48 1:29:04, Joyce Ploeger 49 1:32:04, Barbara Biasi 45 1:39:27, W50 Karin Stronach 53 1:34:53, O.C. Thompsen 50 1:51:05, Jacq. Matthews 50 1:56:56.

5K Race Overall

Chris Carbonneau 22 15:40, Sandra Tignor 22 18:26, John Thelin 45 16:56, Rick Platt 42 17:05, Cecil Davis 49 18:10, Christie Wamsley Morris 21:19, Rachel Ellenson 41 22:31, Ginny Maxwell 44 22:40.

Stop The Jade Run 5K Vincentown, NJ; March 6

Overall results for Stop The Jade Run 5K including Chuck Crabb 15:17, Liz Moore 19:08, M40 Vince Phillips 18:01, M50 Maury Dean 17:36, M60 Jim Hubbard 22:21, W40 Carol Lanzo 21:38, W50 Susan Levy 25:50, W60 Lorraine Cepheus 33:27, Finishers: 200, Weather: 31°/snow/ice.

Lead VII 5K Levittown, NY; March 7

Overall results for Lead VII 5K including Brian Ronan 15:59, Liz Flanagan 20:05, M40 Willie Outsen 17:38, M45 Jerry Wood 19:19, M50 Maury Dean 17:43, M55 Joe Cordero 19:08, M60+Ray Fletcher 20:44.

Stop The Jade Run 5K Vincentown, NJ; March 6

Overall results for Stop The Jade Run 5K including Chuck Crabb 15:17, Liz Moore 19:08, M40 Vince Phillips 18:01, M50 Maury Dean 17:36, M60 Jim Hubbard 22:21, W40 Carol Lanzo 21:38, W50 Susan Levy 25:50, W60 Lorraine Cepheus 33:27, Finishers: 200, Weather: 31°/snow/ice.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL USAIF National Masters 8K Championships Virginia Beach, VA; March 20. M40: Nick Rose GBR 24:34, 1 Charles McMullen NY 25:04, 2 Paul Mascali NY 25:23, 3 Chuck Smead CO 25:28, 4 Lari Dunlap Sr MD 26:27, 5 Larry White VA 27:06. M45: 1 Bill Rodgers MA*24:41, 2 John Thelin VA 28:13, 3 Anson Clappcott GA 28:18, 4 Fred Steier VA 28:18.

Continued on next page

Continued from previous page

Gasparilla 15K
Tampa, FL; February 27

Overall
Valdenor Dos SantosBRA 42:41
Carmen deOliveira BRA 49:03
M40
Pierre Levisse FRA 45:29
Manuel Vera MEX 45:58
Joseph Nzau WY 48:59
Joseph Denny NC 52:00
Mike Allison WA 52:27
Royston Dillon FL 52:41
Steve Mikles FL 53:49
Mike Krywanski MI 53:53
Monty Sikes FL 54:16
John Schulte WA 54:20
M45
David Bowden FL 53:59
Ken Brashear FL 54:43
John Lashbrook IL 54:47
David Colpitts FL 55:59
Dan Healy FL 56:25
Mike Riley FL 56:37
Bob Mastrangelo OH 57:45
Robert Aby MN 57:50
Ramon Mancera MEX 57:55
Spiro Vamvakas OH 58:12
M50
F Martinez MEX 51:55
Mario Gonzalez MEX 52:35
Bill Springer FL 55:56
Vern Porter MA 56:23
Joe Burgasser FL 56:25
D Featherstone CAN 57:04
John Kajander TX 57:39
Bob Yee FL 57:57
Jim Bledsoe FL 58:33
Peter Scott FL 59:21
M55
William Riley MA 57:01
Jim Larson FL 57:54
John Randolph IL 59:48
Frank Robinson KY 61:10
Don Clark FL 62:00
Jack Taylor FL 62:29
Joe Goodwin FL 63:47
Kent Morgan FL 64:08
M60
Norman Green Jr PA 54:20
(breaks M60-64 record of 54:23)
Jim Blount FL 59:12
Jack Gough FL 61:53
Bob Gavreau NJ 62:29
John McGowan FL 62:46
Bob Borglund MA 63:18
Perry Silverman FL 63:47
George Armstrong KY 64:41
M65
Pat Gallagher FL 67:13
Robert Dennis WV 69:33
Richard Packard FL 69:34
Vince Flores FL 70:18
Ben Fredrick MN 70:40
Mike Blancford FL 73:59
M70
Bart Ross FL 70:01
Millard Shumate FL 76:56
Joe Norris IL 83:18
M75+
Dudley Healy 78 NJ 77:22
Ed Morgan Sr 75 KY 79:03
Paul Ounriff 76 FL 82:08
Joe Thornburg 76 MI 84:37
W40
Carol McLatchie TX 53:48
Nancy Grayson MI 54:34
Christine Mette FL 55:57
Cathy Kalway FL 61:01
Patti Kadis FL 63:24
Peg Miller FL 63:49
Lynn Breitlow WI 74:10
Karen Macharg FL 64:24
W45
Carol-Jean VosburghFL 64:27
Lorita Raguso FL 66:20
Joan Mulvihill SC 69:04
Rissie Thieler FL 69:06
Ann Makoske FL 69:13
Elaine Tober WA 69:43
W50
Nancy Frisillo NY 62:00
Vivian Johnson FL 67:06
Susan Isbell FL 67:18
Judy Powell FL 69:17
Elizabeth Scarry FL 70:10
W55
Wen-Shi Yu NY 68:49
Joan Foster FL 77:19
Sandra Johnson FL 78:24
W60
Margaretta Lutz PA 72:44
Doris Aronson FL 73:08
Cassie Bazar NJ 83:19
W65
Pepper Davis FL 76:52
Janine Maltas NJ 78:30
Lynn Edwards NC 80:26
W70
Martha Pembroke FL1:49:37
W75+
Helen Reiter 75 FL2:14:33

John Alden Life Fore-Miler
Miami, FL; March 6

Overall
Marcelo Cascabelo 29 18:45
Mary Level-Menton 29 23:06
M40 Alan Miller 21:39

Jeff Hlinka 21:45
Ron Downey 22:21
M45 David Bowden 22:14
Hector Rodriguez 23:16
William Shisler 25:42
M50 Louis Buttacavoli 25:32
Don Kemp 26:16
Roberto Cabrera 26:48
M55 Don Magyari 24:44
Ernest Bauer 25:40
M60 Alberto Cortes 29:30
Fred Fehl 29:57
M65+ A J Ryan 65 30:00
Robert Sagen 67 31:50
W40 Karen Macharg 25:01
Patti Kadis 26:39
W45 Mary Ryan 25:36
W50 Marjorie Ralston 31:52
W55 Betty Bray 31:40
W60 Sylvia Weiner 30:27
W65+Miriam Gordon 67 38:18

Citrus Classic 10K
Winter Haven, FL; March 20

Overall
Aaron Ramirez 28:57
Shelly Steely 33:01
Masters Men
Alan Rushmer 33:22
Bruce Kritzler 33:45
Frank Shorter 33:53
M40 Tony Grappo 36:21
M45 David Bowden 35:31
M50 Bill Springer 37:01
M55 Jim Larson 38:07
M60 Jim Blount 39:26
M65 John Mitchell 47:09
M70+Gordon Johnson 49:53
Masters Women
Carol Virga 38:22
Karen Macharg 40:10
W40 Cathie Schmidt 40:42
W45 R M Thieler 44:31
W50 Donna Haitt 45:48
W55 Juanette Imhoof 51:39
W60 Ruth Kimberly 63:16
W65+Evelyn Jennings 57:21

Shamrock Marathon
Virginia Beach, VA; March 20

Overall
William Frawley 22 2:21:06
Pamela Wilson-30 2:55:38
M40 Nick Manzini 2:38:05
Don Slusser 2:43:28
John Merk 2:43:50
M45 Don Rich 2:46:24
Jack Sornberger 2:49:51
Rick Thompson 2:50:15
M50 Robert Wright 2:57:29
George Wittman 3:00:20
Bryce Jenkins 3:02:55
M55 Mel Williams 2:45:--
Bernie Davis 3:01:24
Bob Ferguson 3:16:54
M60 James Bell 3:31:31
Franklin Mason 3:53:21
Harold Hickoff 4:07:01
M70+Cokey Daman 3:58:21
E B Lloyd 4:48:36
W40 ClaudiaCiavarella3:02:59
Betty Blank 3:19:26
Carol Bellora 45 3:22:36
Maggy Zidor 3:28:58
W50+Patricia Botts 3:49:12
Renate Woodard 3:55:20

Cooper River Bridge 10K
Charleston, SC; April 3

Overall
Paul Bitok KEN 28:31
Sabrina Dormhoeffer MN 33:53
M40 Nick Rose 30:21
Wilson Waigwa 31:09
Charles McMullen 31:40
Gordon English Jr 32:02
Richard Banning 32:22
Chuck Smead 32:31
Danny West 35:00
Don Lucy 35:10
Oliver Marshall 35:52
Paul Brown 36:00
M45 Robert Schlau 31:55
Greg Larson 34:43
Phil Peterson 34:52
Terry Vanatta 35:02
Brooke Meserole 37:15
Bill Peay 37:30
Russell Brown 37:48
Chuck Greer 37:50
Dan Young 37:56
Bill Seigler 38:30
M50 Charles Teseniar 38:47
George Brandreth 40:05
Keith Weaver 40:07
Dean Godwin 40:14
Theron Cochran 40:40
Bill Vetsch 40:53
Dupree Elvington 41:04
Tom Siegl 41:12
M55 James Allen 40:50
Bob Cunningham 41:35
Toby Transou 43:08

Thomas Fredricks 5K
Dayton, OH; March 20

Overall
Robert Yara 15:54
Michelle Kitz 19:22
Masters (40-49)
Dan Giner 17:17
Jackie Adair 22:54
Grand Masters (50-59)
Ron Rohrer 18:29
Jo Glover 27:20
Seniors (60+)
Don Gamble 19:20
Constance Breen nta
Finishers: 216
Weather: 40°/light rain/windy

Kansas City Ekiden Relay
Kansas City, MO; March 28

--25K--
(7.5K/5K/10K/2.5K)
M40+ Wandering Walukis1:30:42
(F Houdek/J Meyer/D Wescott/
K McQuarrie)
W40+ RealSundayBrunch 2:20:25
(S Gray/J Pitz/E Patterson/
J McHose)
--Marathon--
(7.5K/5K/10K/9.69K)
M40+ Motor CityStridrs2:32:53
(B Benton/T Mifaud/M Unger/
R Goepf/J Bennett)
W40+ Team Hot Flash 3:06:58
(S Ng/M Davis/M Dowling/
S Kilbride/D Callaway)

YMCA's Midwest Masters
Classic 8K
Omaha, NE; April 3

Overall Male
Dale Bradley (35) NE 25:51
Mike Cregeen (36) NE 26:22
Bob Garcia (37) NE 26:38
Ed Woerner (43) SD 26:46
M40
Ed Woerner (43) SD 26:46
Ron Meiergerd (40) NE 28:38
Jan Brusso (44) NE 29:06
Lou Soukup (41) NE 29:07
M45
Gary Julin (46) NE 27:50
Ron Olsen (46) NE 29:43
Rick Jackson (49) NE 30:02
Kevin Gallagher (45) NE 30:17

Tom Steele 44:08
John Nutt 44:19
John Thompson 44:25
Jim Wilson 44:31
Bob Fenning 45:13
M60 Charles Rose 36:37
Norm McAbee 40:51
Lee Swofford 42:33
Phil Szczepanski 43:51
Bob Walton 44:15
William Workman 45:20
Russ Worrell 47:10
David Anderson 48:18
M65 Charles Scott 47:59
Camille Toulouse 49:05
Carlyle Johnston 49:48
Joe Petrolino 50:10
Franklin Mason 50:47
John Cuturilo 50:47
M70+
David Mellard 70 46:20
Ed Shaffer 74 54:23
E B Lloyd 70 57:22
W40 Carol McLatchie 35:50
Nancy Grayson 36:16
Alendia Vestal 38:54
Becky Sox 40:18
Kiki Sweigart 41:32
Tina Barber 42:10
Donna Trask 42:31
Eileen Telford 42:41
W45 Barbara Filutze 36:21
Laurie Binder 37:16
Anne Boone 44:02
Joan Mulvihill 46:30
Kathy Jagges 47:07
Lyn SmithHammond 49:29
Carolyn Jarrell 50:02
Harriet Dubose 50:03
W50 Shirley Matson 37:30
Patricia Rhode 46:14
Louise Merring 49:14
Ann Marsh 52:03
Barbara Miller 52:44
W55 Susie Kluttz 44:05
Fauna Neagley 54:16
Barb Peters 54:29
Jane McBryde 57:27
W60 Ann Trammell 56:04
Nancy Bell 58:55
Pat Magnuson 63:50
W65 Faye Motley 63:32
Lucy Jones 79:44
W70+Margaret Wright 71 70:44
Bernice Williams75 90:22

MIDWEST

MID AMERICA

SOUTHWEST

Motorola Marathon
Austin, TX; March 7

Overall
Brad Hawthorne 2:17:53
Lori Norwood 2:47:08
M40 Doug Kurtis 3rd 2:18:07
Kassa Balcha 2:22:21
John DiCarlo 2:39:37
M45 Steve Shopoff 2:48:47
Ty Schmalz 2:49:29
Ed Prytherch 2:59:47
M50 Charlie Viers 2:55:03
Richard Teitz 3:12:18
M55 Francisco Dom 3:13:37
Gene Barnett 3:36:04
M60 Al Becken 3:24:05
M65 Jack Caldwell 3:28:19
M70+Don McNelly 4:51:44
W40 Carol Virga 2nd 2:49:42
Andrea Ray-Smith 3:09:09
W45 Josie Bowman 3:30:54
Ann Buller 3:35:04
W50 Midge Goodrich 4:06:29
W55 Joyce Gaskin 3:34:48

Crescent City 10K
New Orleans, LA; March 20

Overall
Phillimon Hannecks 27:45
Judy St. Hilaire 31:56
Masters Men
1 Wilson Waigwa 40 30:17
2 Joseph Nzau 41 30:39
3 Dr Pat 43 31:24
4 Mike Maniscalco 40 32:50
5 Ignacio Jimenez 43 33:32
6 Paul Waggenspack 40 33:35
7 Lee Fidler 42 33:38
8 Ted Heroman 40 34:00
9 James Klebba 50 34:04
Masters Women
1 Carol McLatchie 41 35:16
2 Barbara Filutze 46 35:52
3 Rachael Barbee 41 40:24
4 Ginger Streeter 42 41:34
5 Lisa Uter 42 42:14
6 Sarah Grace 41 42:17
7 Judy Tolliver 49 42:39
8 Francis Ard 54 42:45
9 C Aufderheide 42 43:15
10 Barbara Flanagan 40 43:16

Capitol 10K
Austin, TX; March 28

Overall
Keith Johnson 31 30:45
Annie Schweitzer 27 35:54
M40 John Di Carlo 41 33:43
Don Bergan 40 33:49
John Gonzalez 40 34:24
John Barnes 40 35:06
Pete Vandermay 43 35:24
M50 Bob Carpenter 50 37:48
Jay Minor 51 38:22
Carlos Saucedo 55 39:43
Tom Ford 52 40:29
Gary Schmidt 56 40:33
M60 Al Becken 64 42:21
Jack Caldwell 66 43:56
Joe Rybak 62 44:19
Robert Harms 60 45:27
Jim Simpson 60 46:40
M70 Bob McIntyre 72 46:55
Jim Southard 70 49:50
Dale Allen 72 54:58
M80+Sidney Smith 82 72:19
W40 Candy Linnell 40 39:48
Donna Spencer 41 40:13
Ruth Nalepa 49 40:55
Serai Abraham 41 41:49
W50 Mary Saucedo 50 50:06
Diane Pepin 55 50:14
Millie Williams 54 52:44
M60 Shirley Gilliland6257:38
Milly Malis 62 58:10
Charlene Ricketts6758:53
W70 Wanda Hall 71 65:00
Opal Johnson 78 81:54

Overall Female
Barb Baltzell (38) NE 32:35
Kris Powers (40) NE 34:22
Jan Schiessler (38) NE 34:50
Erin Sullivan (35) NE 34:56
W40
Kris Powers (40) NE 34:22
Judy Palma (40) NE 35:04
Serai Abraham 41 41:49
Bea Sides (41) NE 36:33
Jeannine Bruhn (41) NE 37:21
W45
Diane Johnson (46) NE 37:04
Percee Easdale (46) NE 38:02
Anne Medeiros (49) NE 38:24
Diane Sima (46) NE 43:22
W50
Barbara Manning (50) NE 41:04
Patricia Adwers (51) NE 43:08
Beverly Kilborn (53) NE 44:46
W55
Nancy McCormick(58) NE 40:04
Diane Neff (55) NE 1:13:23
W60+
Reva Stack (60) NE 49:09
Celeste Earl (60) NE 1:12:16
Gloria Samuelson (63) NE 1:13:23

Ted Riegleman Memorial 5K
Parkville, MO; April 4

Overall
Lenin Guerra 15:22
Barb Rinne 17:32
M40 Bob Logan 16:11
M50 Art McCullough 18:12
M60 Paul Heitzman 19:02
M70 Bill Dyer 26:23
M80+Howard Calkin 40:14
W40 Marcia Dowling 18:29
W50 Sue Johnson 25:20
W60 Ann Williams 24:09
W70+Jean Brunnenkant 39:27

WEST

Tucson Sun 15K
Tucson, AZ; March 7

Overall
Tom Ansberry 29 47:50
Joan Hansen-Lester 34 60:11
M40 Tim Varner 52:52
M45 Hayden Smith 55:27
M50 Gordon Foster 61:25
M55 Jack Currie 67:27
M60 Don Gravning 68:55
W40 Valeria Koch 67:46
W45 Marilyn Weik 77:28
W50 Sue Fletcher 72:09

50-Plus Fitness 8K
Stanford, CA; March 21

M50
Sal Vasquez 26:41
Dan Preston 27:27
Tim Rostage 27:42
James Williams 28:48
Tom Mota 29:07
Brian Vickery 29:08
Bill Graham 29:20
M55 Karl Gripenburg 29:09
Russ Kiernan 30:31
Ken Noel 30:48
Philip Hager 31:27
Karl Misner 31:41
Norman Saucedo 32:07
John Finch 32:12
M60 Pat Devine 32:21
Tom Guldman 32:37
John Russell 33:23
Gino Fredianelli 34:27
Richard Laine 34:34
Marcel Lassalle 34:47
M65 Jim O'Neil 33:01
Robert Malain 33:36
Stewart Ray 34:12
Don Pickett 37:25
M70 Walter Eugenio 35:40
Larry Johnson 38:51
Bud Rubin 41:25
Lee Thomas 41:50
M75 Bill Nice 40:42
Harry Harder 44:21
Tertius Chandler 45:21
M80 Albert Jarschke 43:00
Chick Dahlsten 43:37
Ralph Jago 52:03
M90 Paul Spangler 94 84:46
W50 Shirley Matson 29:34
Joan Ulyot 34:10
Gail Rodd 34:38
Jutta McCormick 35:12
Edda Stickle 35:35
W55 Wilma Maddock 36:31
M Shapiro-Perry 40:30
Dina Fields 40:36
Rita Kerr 41:01
M60 Marion Irvine 35:07
Ann Grove 37:26
Margarethe Styskel 38:50
W65 Grete Heinz 44:33
June Carroll 48:05
Helen Lachman 49:24
W70 Jaclyn Caselli 45:11
Judy Golding 47:42
Annette Long 59:07

Carlsbad 5000
Carlsbad, CA; March 28

Overall
Phillimon Hanneck 22 13:22
Shelly Steely 30 15:36

Overall
Nick Rose 14:33
Wilson Waigwa 14:41
Nolan Smith 15:22
Pat Hambrick 15:27
Paul Zitzelsberger 15:42
Wayne Buckingham 15:56
Wally Buckingham 16:05
Bill Strachan 16:06
Gary Shapiro 16:14
David Hunter 16:20
M45 Phil Camp 16:02
Byrle Smalen 16:09
Ron Jensen 16:12
Kent Oglesby 16:15
Bob Betancourt 16:31
Bill Salazar 16:43
M60 Vick Heckler 16:17
Mike Scott 16:19
Steven Lester 16:24
Mario Gonzalez 16:29
Jim Chenoweth 17:07
Benny Holt 17:41
M55 Brian Fermee 17:29
Sonny Monioz 18:06
Ken Noel 18:32
Oscar Lumpkin 18:50
Jerry Albert 18:56
M60 Paul Saucedo 19:26
Pat Devine 19:29
Dick Robinson 21:07
Marsh Haraden 21:43
Bob Holmes 21:45
M65 Jim O'Neil 19:33
John Cahill 20:03
Milo Sather 21:26
Sam Deluca 23:02
Walter Atcheson 23:27
M70 Jim McCown 71 21:10
Don Dilworth 73 23:07
Wayne Zook 76 24:09
M80+Walt Kuetzing 80 27:03
Willard Benton 89 33:24
Antonio Provost 82 40:43
W40 Diana Tracy 17:19
Randy Robbins 18:03
Janet Jordan 18:22
Sherri Hall 18:34
Mindy Ireland 18:50
Judith Hine 18:58
Loi Coker 19:00
Bev Clendinging 19:19
W45 Laurie Binder 17:55
Joni Shirley 19:31
Ann Walker 19:55
Margaret Neville 20:03
Yoko Eichel 20:31
W50 Eileen Fue 19:45
Yvette Lavigne 20:14
Kathy Loper 20:45
Carol Lasseter 21:03
W55 Tere Verdin 20:37
Judy Martin 23:47
Martha Walker 23:53
Peggy Acton 23:54
W60 Sumi OnoderaLeonard26:09
Elfriede Sarina 27:36
Pam Baker 27:54
W65 Mary Storey 24:31
Doris Gordon 26:49
Betty Roberts 32:59
W70 Gerry Davidson 72 26:52
Judy Simon 77 30:42
Mary Rice 71 41:08

INTERNATIONAL

British Veterans Cross-Country Championships
Burnley; March 7

M40 Robert Treadwell 33:20
Brian Kirkwood 33:33
Martin Rees 33:44
Kenneth Moss 34:15
Ian Bloomfield 34:24
M45 Alun Roper 34:10
Brian O'Neill 34:30
Harry Matthews 35:01
M50 Les Presland 35:41
Stephen James 36:11
Alan Jefferies 36:20
M55 Dick Cooper 37:15
Charles Crump 38:44
Cyril Leigh 38:46
M60 Eric Appleby 39:45
Ron Higgs 40:53
M65 Stephen Charlton 41:46
Bob Peart 41:46
Ron Lucas 41:49
M70 James Johnston 24:52
M75 Harold Wilson 28:58
M80 Stanley Bradshaw 41:50
W35 Maggie Statham 19:48
Julie Asgill 19:58
Viv Connell 20:00
W40 Christine Price 20:11
Diane Marsh 20:47
Diana Braverman 20:52
W45 Pat Gallagher 20:44
Pat Mee 22:19
Sally Dodwell 22:38
W50 Jean Hulls 23:48
Jeanne Bryan 23:55
W55 Mollie Smith 22:37
Lola Small 24:46
W60 Judith Elliott 26:27

Because of space limitations, Race-walking Results will appear next month

USA TRACK & FIELD NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS PROVO, UTAH - BRIGHAM YOUNG UNIVERSITY - AUGUST 11-14, 1993

ACCOMMODATIONS: Seven Peak Resort Hotel is serving as the meet headquarters hotel. We have secured a special rate of \$42.00/single and \$46.00/double (taxes not included). Mention the "National Masters Track & Field Championships". Seven Peak Resort Hotel can be reached at 1-800-777-7144. Other accommodations range from economy to moderate. These include the following hotels/motels:

- Best Value Western Inn 40 W. 300 So. (800)322-8029
- City Center Inn 150 W. 300 So. (800)453-4511 \$20-33
- Colony Inn 1380 So. University Ave (800)524-9999 \$24-66
- Columbian Best Western 70 E. 300 So. (800)528-1234 \$36-52
- Comfort Inn 1555 No. Canyon Rd. (800)228-5150 \$50-75
- Cottontree Inn 2230 No. University Parkway (800)528-1234 \$50-100
- Days Inn 1675 No. 200 West (801)375-8600 \$46-61

- East Bay 1282 So. University Ave (800)326-0025 \$29-55
- Motel 6 1600 So. University Ave (801)375-5064 \$29-32
- Rome Inn Best Western 1200 So. University (800)528-1234 \$40-56
- Safari Motel 250 So. University Ave (801)373-9672 \$23-50
- Super 8 1288 So. University Ave (800)843-1991 \$29-40
- Travelodge 124 So. University Ave (800)255-3050 \$30-55
- Valley Inn 1425 So. State (801)377-3804 \$24-28

Make your reservations early, it is the tourist season!!

* Half mile or less from track

CAMPUS FOOD AND HOUSING INFORMATION: Housing is available Tuesday, August 10 to Saturday, August 14. Check out is at 11:00 a.m. Accommodations include clean, comfortable sleeping rooms (two twin beds per room), with centrally located restrooms and showers that are near, but not in your room. Men and women are housed in separate buildings. The food and housing packages are as follows: (All packages include applicable taxes).

- | | | |
|--|--|---------|
| 1. Shared (2 per room) 3 meals per day per person | (Four nights Tuesday-Friday, lunch Tuesday through breakfast Saturday) | \$83.00 |
| 2. Shared (2 per room) 2 meals per day (lunch and dinner) per person | (Four nights Tuesday-Friday, lunch Tuesday through dinner Friday) | \$72.00 |
| 3. Housing Only - Shared (2 per room) per person | (Four nights Tuesday-Friday) | \$47.00 |
| 4. Food Only - 3 meals per day per person | (Lunch Tuesday through breakfast Saturday) | \$45.00 |

Please be aware that shorts, tank-tops and miniskirts are not acceptable attire for the cafeteria. Sweat suits are permissible.

On-campus housing is for those participating in or are directly involved with the competition. On-campus housing is not available for family members of the athletes. Housing for couples is not available.

The standards of Brigham Young University include abstinence from alcohol, tobacco, illegal drugs, coffee, and tea, and the observance of high moral standards. BYU reserves the right to request those not honoring these standards to leave their facilities. Use the reservation form on the application page.

GENERAL INFORMATION

Meet Director: Ben Stowell (801) 538-2062

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 11, 1993 will determine the competitor's age group. Individual competition will be held in age groups of five year increments starting at age 30. Relays will be held in age groups of 10-year increments. Proof of registration with USA Track & Field will be required from all U.S. nationals at on-site registration. Foreign competitors are allowed to compete, but need to provide similar proof of registration from their country's governing body. Proof of date of birth will be required

from all competitors at on-site registration. A driver's license, passport or birth certificate will be acceptable documentation.

AWARDS: USA Track & Field Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate awards will be given to foreign athletes who place.

ENTRY FEES AND PROCEDURES: Entry fee is \$20 for first event, \$15 for second event and \$10 for each subsequent event; pentathlon \$20; and relay \$40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 12th, 1993. Confirmation

of entry will be sent within seven days or no later than July 19, 1993. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1993, with \$20 late fee charged and no confirmation.

ON-SITE REGISTRATION & PACKET PICK-UP:

Packets consisting of number, t-shirt and updated schedule and information will be available at Seven Peaks Resort Hotel, 101 West 100 North, Provo, Utah, Tuesday, August 10 from 9 a.m. to 6 p.m. and at the track on days of competition from 7:00 a.m. to 4:00 p.m. Other meet information will be mailed with entry confirmation.

TRANSPORTATION: Delta Air Lines, Inc., in cooperation with The Utah Association of USA Track & Field, is offering special rates to the competition. Special zone fares are available from cities within the contiguous 48 states to Salt Lake City, Ut. Should published fares which provide a greater savings be available, reservations may be confirmed at that rate provided all applicable restrictions are met.

To take advantage of this discount, follow these simple steps:

1. Call Delta, or have your travel agent call, at 1-800-241-6760 for reservations from 8:00 a.m. - 11:00 p.m., Eastern Time - Daily.
2. Refer to File Number: E1061
3. Certain restrictions may apply and seats are limited.
4. These discounts are available only through Delta's toll-free number, so call today.

AVIS Rent A Car System, Inc. is providing special rates for those involved in the competition. Call 1-800-331-1600 and use the Avis Worldwide Discount (AWD) number, Y552649.

OFFICIALS: Most officials and all head officials will be nationally or master-ranked USA Track & Field Certified officials from across the United States.

ADMISSION (for Non-Competitors): \$2.00 per day, \$5.00 for three day pass, \$6.00 for four-day pass.

VENUE: Chevron 440 surfaced, 400-meter track with nine 48-inch lanes. Fully automatic timing will be used. Only 1/4 spikes may be used.

ATHLETES' BANQUET: We have made arrangements for a Dutch Oven Banquet for Friday night, August 13th, along with a "Mountain Man" demonstration. There will be a separate fee of \$10.00 per person for the banquet. Please indicate your desire to attend on the entry form and include \$10.00 per person with your check.

1993 USA TRACK & FIELD - NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

Please Print Clearly

Last Name		First Name	
Affiliation/Club	M/F	Division	Age on (8/11/93)
Address		City/State	
Zip			
Event #1 & Best Mark		X \$20 US	\$
Event #2 & Best Mark		X \$15 US	\$
Event #3 & Best Mark		X \$10 US	\$
Event #4 & Best Mark		X \$10 US	\$
Pentathlon & Best Mark		X \$20 US	\$
Relay - Team Name		X \$40 US	\$
Individual Relay Team Member Names:			
T-Shirt S M L XL XXL (add \$2 for each XXL)		Extra Shirts x \$7 US each \$	
Friday Night "Dutch Oven" Banquet		X \$10 US per person \$	
USA Track & Field Registration Number		Total Amount Enclosed \$	
Method of Payment... Check, Money Order or Cashier's Check in U.S. Dollars payable to "USA Track & Field - Utah Association"			
Mail to... USA Track & Field - Utah Association, 615 South 300 East, Salt Lake City, UT 84111			
<p>Waiver: I hereby declare I am in good health and properly conditioned for the competition, and of the stated age. I absolutely relieve the National Masters Track & Field Championships Organizing Committee, USA Track & Field the sponsoring organization, Brigham Young University and all officials conducting the meet of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of or in connection with the 1993 USA Track & Field National Masters Track & Field Championships.</p>			
Signature		Date	

For publicity purposes, please list on the back or on a separate attached sheet any past accomplishments (Olympics, national masters, etc.) or enclose resume, photos or newspaper clippings.

Tear at line and send lower portion to BYU for food and housing.

1993 USA TRACK & FIELD NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS BYU FOOD AND HOUSING REGISTRATION FORM

If campus food and housing packages are desired, complete this form and mail to the office of: SAB - REGISTRY, 116 SASB, Brigham Young University, Provo, UT, 84062. Please do NOT send any money, food and housing is payable upon arrival. Call (801) 378-3866 with questions.

PLEASE PRINT OR TYPE

Participant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Gender: _____ Desired Package (circle one)

	Female	Male	#1	#2	#3	#4
--	--------	------	----	----	----	----

Tentative Schedule of Events

Final schedule will be included in each athlete packet upon check-in in Provo
Age groups may be merged into one heat/flight
when entries are not adequate for a full field

WEDNESDAY AUGUST 11

- PENTATHLON (WOMEN) 8:00
- PENTATHLON (MEN) 9:00
- 5000M RUN (ALL FINALS) 8:30
- 800M (TRIALS*)
- * 12 or less per age group will advance to finals
- 400M (TRIALS*)
- * 9 or less per age group will advance to finals
- HAMMER THROW (PRELIMS & FINALS) 8:00 W/All ages Men to follow

THURSDAY AUGUST 12

- 5000M RACEWALK (ALL FINALS) 8:00
- 110M HURDLES (FINALS)
- 100M HURDLES (FINALS)
- 80M HURDLES (FINALS)
- 400M (ALL FINALS)
- 1500M (TRIALS)
- 100M (TRIALS)
- 100M (FINALS)
- 2000M STEEPLECHASE
- (ALL FINALS) W/All ages Men to follow
- 3000M STEEPLECHASE (ALL FINALS)
- POLE VAULT (FINALS) 8:00
- SHOT PUT (PRELIMS & FINALS) 8:30 Men Only
- JAVELIN (PRELIMS & FINALS) 8:00 Women Only
- TRIPLE JUMP (PRELIMS & FINALS) 8:00 W/All ages Men to follow
- HIGH JUMP (FINALS) 8:30

FRIDAY AUGUST 13

- 10,000M RUN (ALL FINALS) 7:00
- 400M HURDLES (ALL FINALS)
- 300M HURDLES (ALL FINALS)
- 800M (ALL FINALS)
- 200M (TRIALS*)
- * 9 or less per age group will advance to finals.
- 200M (FINALS)
- 4X100M REGIONAL RELAY (FINALS)
- DISCUS (PRELIMS & FINALS) 8:00
- LONG JUMP (PRELIMS & FINALS) 8:30

SATURDAY AUGUST 14

- 10,000M ROADWALK (FINAL) 7:30 W/All Ages
- 20,000M ROADWALK (FINAL) 7:30 W/All Ages
- 1500M (ALL FINALS) 10:30
- 4X100M RELAYS (ALL FINALS)
- 4x400M RELAYS (ALL FINALS)
- 4x800M RELAYS (ALL FINALS)
- 100M AGE-GRADED (FINAL) JAVELIN (PRELIMS & FINALS) 8:00 Men Only
- SHOT PUT (PRELIMS & FINALS) 8:00 Women Only

