

NATIONAL MASTERS NEWS

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775 Participants Set 33 World Indoor Records at USA Masters Championships in Boston



Finalists in the W40-44 60m, National Masters Indoor Championships, Boston, from left: Carole Solomon, Cindy Steenberg, Denise Foreman (first in WR 8.01), Irene Thompson, Cheryl Alston, Jacqueline Board, and Denise McField. Photo by Suzy Hess



Reggie Lewis Track & Athletic Center, site of the 1997 USATF National Masters Indoor Championships, Boston, March 21-23. Photo by Suzy Hess

by JERRY WOJCIK

As visitors to the city of Boston on March 21-23 were taking in the history outdoors, athletes were making history indoors in the USATF National Masters Indoor Track & Field Championships, held at the Reggie Lewis Track & Athletic Center in the Roxbury section of Boston.

The event drew a meet record 775 entrants, who broke or established 33 world and 17 U.S. age-group records. The participation was a 7% increase over the 727 entrants at the 1996 championships in Greensboro, N.C., and 11% more than the 700 athletes who went to Reno for the 1995 championships.

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Participants, competing in five-year age groups starting at age 30, came from 46 states and the District of Columbia, and numbered 639 men, up from 579 in 1996, and 136 women, down from 148 in 1996.

Massachusetts supplied the largest number of entrants with 130, followed by New York with 113 and New Jersey with 72. The largest contingent from a state out of the region came from California with 35. Fifteen athletes from Canada competed as guests.

Phil Raschker, 50, of Georgia, who broke seven W50 world records in the European Indoor Championships held in Birmingham, England, three weeks earlier, bettered eight listed W50 records in Boston by adding the 400 with a 63.84 to her record performances in the 60m, 200, 60H, high jump, pole vault, long jump, and triple jump at Birmingham. In Boston, she improved her high jump record from 1.50 to 1.53 (5-1/4) and her triple jump record from 10.14 to 10.49 (34-5).

Everett Hosack, 95, Ohio, also a stand-out in the Birmingham meet with five M95 world records, competed in Boston, winning the triple jump, shot put, and weight throw.

Louise Adams, Colorado, broke three W75 world records in the 400 (1:41.15), 800 (3:46.79), and 3000 (15:43.66), and established another in the mile (8:26.79).

Denise Foreman 41, Washington, passed up the hurdles, her specialty, with a sore Achilles' tendon, but broke three W40 world records in the 60m (8.01), 200 (26.08), and 400 (58.83).

Ed Lukens, New York, leaped to M75 world records in the long (4.23/13-10 1/2) and triple (9.38/30-9 1/4) jumps, and a U.S. record in the high jump (1.25/4-1 1/4).

All records are pending approval by the Records Committee at the 1997 USATF Annual Meeting in Dallas in December.

Fast Track

Runners agreed that the track was fast. "It's a great track. Fast. The only thing that slowed me down was me," said Wally Brawner, M55, Kansas, who missed out on first place in the 3000 with a 10:46.88 to a 10:46.28 by Bobby Kincaid, Missouri.

The 8-lane surface for the 60m and 60mH inside the 200m oval track was so fast, in fact, that younger runners in those events were flying over the high



Harold Nolan, #522, 50, New Jersey, won the M50 3000 race with a U.S. record 9:13.40. Larry Olsen, 50, Massachusetts, was second (9:17.27). Photo by Jerry Wojcik

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MASTERS CLUBS

Below is a list of masters track & field, long distance running, and race walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.

EAST

Achievements Unlimited Intl!
Women's MastersTrack Team
P.O. Box 2831
Elizabeth, NJ 07207
201/373-2353

The Achilles Heel
(for disabled)
9 East 89th St
New York, NY 10128
212/398-0348

Bohemia TC
c/o Ross Moore
28 Indian Trace
Kings Park, NY 11754
516/979-8445 (Mary)

Boston AA
131 Clarendon St
Boston, MA 02116
617/236-1652

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802

Buffalo Belles and Brawn
Charles La Chiusa
59 Mona Dr.
Buffalo, NY 14226

Central Park TC
7 W. 96th St., #8A
New York, NY 10025
212/864-4217

Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692
716/872-6652 Race Info.

Harrisburg Masters TC
60 Lindsay Lane
Carlisle, PA 17013

Hudson Mohawk Road Runners
P.O. Box 12304
Albany, NY 12212
518/273-3108 (race hotline)

Liberty AC
20 Riverview Dr.
Newbury, MA 01951-1807
508/462-9552

Maryland Masters TC
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652

Morris County Throwers Club
Kent Manno, President
230 Mendham Rd.
Morristown, NJ 07960
201/538-3231, Ext. 3372

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
412/244-9812

National Capital TC (GNATS)
38 Tindal Springs Ct.
Gaithersburg, MD 20879
301/948-6905

New England Walkers
83 Riverside Ave.
Concord, MA 01742
508/369-7912

New Jersey Striders TC
P.O. Box 885
Maywood, NJ 07607
201/791-7986

New York AC
180 Central Park South
New York, NY 10019
212/247-5100

New York Masters Sports Club
5831 Bell Blvd.
Bayside, NY 11364
718/224-3927

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

New York TC
Joyce Halls
80 Van Cortlandt Pk. So., #C32
Bronx, NY 10463
718/796-5128

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Park Racewalkers, USA
320 E. 83rd St., Box 18
New York, NY 10028
212/628-1317

Philadelphia Masters
Karl Castor
44 N. Penn St.
Hatboro, PA 19040
215/441-8545

Plainview Old Bethpage RRC
62 Sylvia Lane
Plainview, NY 11803
516/433-0919

Potomac Valley TC
c/o John Norton
3706 Howsen Ave.
Fairfax, VA 22030
703/352-3057

Run to Win Ladies - Maine
Coach Brian Gillespie
36 Colonial Rd.
Portland, ME 04102
207/772-2753

Shore AC
22 Addison Road
Howell, NJ 07731-1302
908/363-5426

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413/586-7411

Syracuse Chargers TC
118 Foxcroft Lane
Fayetteville, NY 13066
315/637-6211

Tri-State TC
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18619 Preston Rd.
Hagerstown, MD 21742

West Pennsylvania TC
RD2, 14400 Winchester Rd.
Trafford, PA 15085
412/372-1986

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Birmingham TC
P.O. Box 530363
Birmingham, AL 35253
205/995-5344

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
407/499-3370

Florida TC
P.O. Box 12463
University Station
Gainesville, FL 32604
904/378-8725

Greater Nashville AC
3161-B Parthenon Ave.
Nashville, TN 37212

Greenville TC
P.O. Box 16262
Greenville, SC 29607
808/268-6321

Gulf Winds TC
P.O. Box 3447
Tallahassee, FL 32315
904/386-GWTC (4982)

Huntsville TC
c/o Harold Tinsley
8811 Edgemoor Dr.
Huntsville, AL 35802
205/881-9077

Miami RC
Tropical Park
7920 S.W. 40th St. Miami, FL 33155
1-800/940-4RUN

Nashville RACERS
421 Valley Trace Dr.
Nashville, TN 37221
615/356-4607
rustri@ctrvx.vanderbilt.edu

Nashville Striders
P.O. Box 50431
Nashville, TN 37205

Nashville TC
2916 Oakland Ave.
Nashville, TN 37212
615/383-6733

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714

Pony Express Masters TC
P.O. Box 503
Norfolk, VA 23501
Attn: Leonore McDaniels
804/481-1714

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Potomac Valley TC
c/o Scott Bentley
6060 Ridge Ford Dr.
Burke, VA 22015
703/451-5869

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
804/272-3544

Spartanburg RC
820 Patch Dr.
Spartanburg, SC 29302
803/582-7128

World Elite Track Team
P.O. Box 71022
Marietta, GA 30007-1022

MIDWEST

Ann Arbor TC
P.O. Box 7551
Ann Arbor, MI 48107
313/663-9740 (Hot Line)

Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614/890-1309

Dayton Masters TC
P.O. Box 17706
Dayton, OH 45417-0706
Bob Jones, Pres.
513/837-2754

Midwest Masters T&F Club
633 Sunset Dr.
Janesville, WI 53545
608/756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
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Over the Hill TC
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South Euclid, OH 44121

River to River RC
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Manion, IL 62959

Bob Schul Racing Team
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Dayton, OH 45419
513/293-0123

Victory AC
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Louisville, KY 40206
502/456-2757

Wolfpack TC
4865 Arthur Pl.
Columbus, OH 43220
614/459-2547

MID AMERICA

American Racewalk Ass'n
P.O. Box 18323
Boulder, CO 80308-1323
303/447-0156

Denver TC
c/o Fleet Feet
2760 E. 2nd Ave.
Denver, CO 80206
303/320-0750 (Andre)

Heartland Racewalkers
c/o Health Plus
4500 W. 107th
Overland Park, KS 66207
Alan Poirsner, President
913/588-7510 (day)
913/649-3138 (eve)

Lawrence TC
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Lawrence, KS 66046

Lincoln TC
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Lincoln NE 68502

Prairie Striders
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Brookings, SD 57006

St. Louis TC
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St. Louis, MO 63139
314/781-3926
314/782-3726 (raceline)

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504
505/983-2144

SOUTHWEST

Dallas Masters T&F Club
1501 W. Lavender Lane
Arlington, TX 76013
817/274-0448
DallasMTAF@aol.com

East Texas T&F Club
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Tyler, TX 75701
903/561-9511

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Houston, TX 77274
713/777-6840

Houston Masters Sports Assoc.
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Houston, TX 77006-4956
713/523-5679

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Kenner, LA 70065
504/467-1197

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409/632-2431

New Orleans TC
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New Orleans, LA 70152-2003
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Oklahoma City RC
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Oklahoma City, OK 73120
405/752-9097

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210/651-5414

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318/984-4934

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Palo Alto, CA 94306
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L.A. Valley AC
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818/784-0496

Los Gatos AA
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Los Gatos, CA 95031
408/354-7333

Marin Race Walkers
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Kentfield, CA 94904-0021
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Monsoon TC
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San Francisco, CA 94114
415/626-8601

Pacific Racewalkers
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River City TC
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916/489-7881

San Diego TC
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San Diego, CA 92167
619/270-SDTC

Santa Cruz TC
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Capitola, CA
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Show Time TC
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Sierra Racewalkers
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916/722-5039

So. Calif. Corporate AA
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Redondo Beach, CA 90277
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Southern Calif. Striders
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Carlsbad, CA 92009
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Tamalpa Runners
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Central Park TC
Corte Madera, CA 94976
415/924-8223

Team Patriots
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Los Angeles, CA 90027-4711
213/662-1062

Timber Wolf T&F Club
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Sacramento, CA 95866-0201
916/489-2708

Trojan Masters TC
1125 Stinson
La Puente, CA 91744
818/917-6289
rreabold@hipusd.k12.ca.us

Walkers Club of L.A.
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Pasadena, CA 91107
818/985-9854

West Valley Joggers & Striders
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Sunnyvale, CA 94087
408/246-2651

West Valley TC
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San Carlos, CA 94070
510/635-9508

NORTHWEST

Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907/337-8606

Barron Park Striders
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Olympia, WA 98501
206/438-0051

Bigfoot Masters
Spokane Community College
N. 1810 Greene St., MS-2050
Spokane, WA 99207-5399

Eugene Running Club
351 Ransom Ct.
Eugene, OR 97401
Cathie Twomey Bellamy
541/343-4841

Oregon Road Runners Club
4840 S.W. Western Ave., #200
Beaverton, OR 97005
503/646-RUNR Gail Starelli

Oregon TC Masters
P.O. Box 11364
Eugene, OR 97440

Pacific Pacers (Racewalk)
6633 N.E. Windemere Rd.
Seattle, WA 98115
206/524-4721

Phidippides RC
P.O. Box 2315
Salem, OR 97308
503/399-7057

Portland Masters TC
12108 S.W. 13th Ct.
Portland, OR 97219
Kathy Holmstrom 503/245-6784

Racewalkers Northwest
P.O. Box 3914
Portland, OR 97208
503/256-2916
RacewalkNW@aol.com

RE-TREADS
16016 9th Ave. S.W.
Burien, WA 98166
206/246-0516

Seattle Masters AC
4103 Hillcrest Ave., S.W.
Seattle, WA 98116
206/938-3895

Snohomish TC
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SeaTac, WA 98188
206/433-8868

Southern Oregon Sizzlers
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Medford, OR 97501

Team Alaska TC
8053 Pioneer Dr.
Anchorage, AK 99504
907/566-8282 (hotline)
907/338-1667 (fax)

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Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Office Manager: Suzy Hess 541-343-7716
 Fax: 541-345-2436
 e-mail natmanews@aol.com

Associate Editor: Angela Egremont
Assistant Editors: Jane Dods, Janna Walkup
Subscription Manager: Stark Services
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Advertising Manager: Sue Hartman
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Sales Representatives:
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Contributing Editors: Hal Higdon, Dr. John
 Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), George
 Banker (MD), John Boyle (FL), Maury Dean (NY),
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 Hari Chandra (SIN), Bridget Cushen (GBR), Martin
 Duff (GBR), Don Farquharson (CAN), Jim Tobin
 (NZL), Jacques Serruys (BEL).

Photographers: George Banker (MD), Suzy Hess
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Treasurer: Madeline Bost P.O. Box 458 Ironia, NJ 07845 (201) 584-0679	Rankings: Jerry Wojcik P.O. Box 50098 Eugene, OR 97405	Rules Coordinator: Graeme Shirley (address above)	Southwest: John Head 21024 Cedar Branch Garden Ridge, TX 78266	WAVA Delegates: Ken Weinbel Barbara Kousky Scott Thomsley Alternates: 1) Joan Stratton 2) Bob Fine 3) Madeline Bost 3) Marilyn Mitchell
		Regional Coordinators: East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547	West: Gary Miller 1740 Grandview Ave. Glendale, CA 91201-1263 (818) 843-2139	

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		Indy Life Circuit: Charles DesJardins	IAAF Veterans Committee: Charles DesJardins (address above)



Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

INDOOR NATIONALS

The organizers and volunteers of the 1997 USATF National Masters Indoor Championships are to be congratulated on a very well run meet. The Reggie Lewis track is fantastic, lots of spring – the best indoor track I have run on – good for records. Of course, Boston is also a very interesting city to visit. This is the location for the next two years I hear – a great choice.

However, I have one small comment in regard to sending the Canadians their different medals by mail. This is the first time after many visits to U.S.A. masters indoor and outdoor meets where we were not given the U.S.A. meet medal at the meet. There were only about five Canadians competing, I believe. A medal is not the real reason for us to compete, though they do bring back fond memories of friends, etc. But, I personally cannot see the rationale in going to all this trouble ordering a handful of different medals, searching the many events for Canadian winners, locating their addresses and sending them out weeks later. At Ontario and Canadian masters meets Americans are given the same medals as the Canadians at the meet.

I will be telling my colleagues about the fast Reggie Lewis track, so I expect more Canadians including myself will compete next year.

Earl Fee
Mississauga, Canada

The 1997 USATF Masters Indoor

Championships in Boston, March 21-23, would not be complete without hearty congratulations to the 775 athletes from 46 states who made the championships a success.

It was the individual efforts from each athlete that created a competition that produced 33 world and 18 U.S. records. TRACS, Inc. and the Boston Running Club enjoyed meeting the athletes and hosting the event. We had an opportunity to meet athletes like Everett Hosack, from Ohio, who was our oldest competing athlete at age 95, and Phil Raschker, of Georgia, who broke eight listed W50 world records.

TRACS is looking forward to managing the National Masters Indoor Championships in 1999 and assisting in 1998. To better serve the athletes, we encourage your feedback on this year's event. Please call our office at 617-332-3919, or e-mail us at <http://www.brc.org>. Our goal for 1999 is to create the stage for the greatest Masters Indoor Championships ever conducted in the United States.

Congratulations to all the athletes who competed in the 1997 Championships. TRACS and the Boston RC wish you well with your athletic endeavors and look forward to seeing you compete here in 1998.

If you have a copy of a press clipping of the event that you would like to share, please mail to NMIC, 79 Manet Rd., Chestnut Hill, MA 02167. For each press clip, we will send you a 1997 National Masters Indoor Champ-

ionships lapel pin.

Fred Treseler, President,
TRACS, Inc.

Michael Pieroni, Meet Director

After my team, the Central Park TC, won the M40-49 4x800 relay at the National Indoor Championships in Boston, I went to get my awards (medal and championship patch). The people at the awards table had to discuss whether my teammates and I would even get patches then because they were running short and still had a day of competition left.

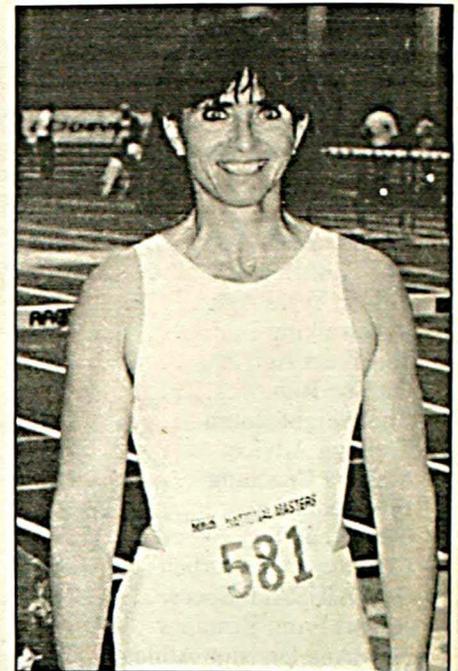
My first national championships, my "Olympic Games" in a sense, and awards are distributed on the basis of availability? I'm not a medals and patches "collector." My total entry fee was \$72 (\$25 for my first entry, \$15 for the second, \$10 for the relay, \$10 for two guest passes, and \$12 for a T-shirt), not to mention travel, lodging, and food expenses. The meet championship patches cost about \$1-\$1.50. This is not a positive way to encourage and develop continued participation by newcomers to masters events.

Also, it was difficult to get published results, and quick results are just as important to athletes as are awards. I hope the Boston RC and TRACS, Inc. will make improvements in these two areas when they stage the indoor Championships in 1998 and 1999.

Frank Schiro
New York, New York

EAST REGIONALS

A brief note to offer congratulations to the entire staff led by Haig Bohigian, East Regional Masters Coordinator, for the flawless conduct of the USATF East Regional Masters Indoor Championships, March 9.



Phil Raschker, W50, Georgia, broke eight world records in the National Masters Indoor Championships, Boston. Photo by Suzy Hess

Some 300 competitors and many family members and friends were treated to an updated facility at the 168th St. Armory in Manhattan. Parking, officiating, facilities, awards, timing, masseurs, results – all first class.

Jonathan Hutchinson
Torrington, Connecticut

HIGDON'S 5000 RECORD

I would like to comment on Hal Higdon's "Masters 5000 Record Nearly 25 Years Old" article in the April issue. The record is that old for two reasons. Hal ran a great time, and the athletes he named who could break that record run the roads because they get prize money and expenses.

Hal didn't have that option back in 1972. If he did, he might have been on the roads instead of the track. Some track meets are big in name, but pay no expenses or prize money. The roads have Masters purses, plus a circuit now. That is where the elite are and will stay.

Jeff Hlinka
Brecksville, Ohio

Continued on page 13

NATIONAL MASTERS NEWS

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Masters Athletics is booming!

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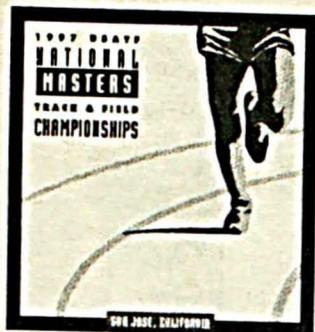
Thirteen Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics 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:

David Anderson
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 Dorly Brechbuehl
 John Fortin
 Max Jones
 Ron Manion
 Joseph Orsini
 Howard Rubin
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 Edward Seese
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 Leeds, England
 Jeffersonville, Pennsylvania
 Fair Oaks, California
 New Hartford, New York
 Jamaica, New York
 Benicia, California
 Atlanta, Georgia
 Davis, California



1997 USATF National Masters Outdoor Track and Field Championships

San Jose, California • San Jose City College
August 7-10, 1997

GENERAL INFORMATION
Meet Director: Steve Haas
Meet Information: (408) 288-2935

ELIGIBILITY: Competition is open to ALL men and women 30 years of age and older. Age on August 7, 1997 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport or birth certificate and USATF membership must be sent with your entry form to ensure eligibility.

Proof of registration with USA Track and Field will be required from all U.S. citizens. On-site registration will be available; however, we strongly urge you to obtain your USATF card in advance through your local association.

AWARDS: USATF Championship medals will be awarded to the top three U.S. citizens in each age division of each Championship final.

ENTRIES: All entries must be RECEIVED BY JULY 11, 1997. Confirmation of entry will be sent to all competitors who have registered by this date. Late entries received after July 11 will be assessed a \$50 penalty. All entries must be accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

RELAYS: Relays must be comprised of duly accredited athletes from a single club or region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team. If any relay team member has not also entered an open event, they will be required to provide proof of date of birth and USATF registration.

SHUTTLE: A free shuttle will be provided to and from San Jose City College, the dorms and the Hyatt San Jose, throughout the Championships.

CHAMPIONSHIP BARBECUE: A post meet barbecue, open to all athletes and their guests, will be held at the end of competition on Saturday, August 9, at San Jose City College. There will be a special guest speaker. Cost of the barbecue is \$20.00 and advance ticket purchase with your entry is required.

OFFICIALS' FUND: A \$15.00 donation to help supplement the expense of meals and uniforms for the officials. Please help support these volunteers.

DECLARATIONS: You will be required to make a final declaration in person when you arrive at San Jose City College. The earlier you do this for your event(s) the better. The deadline for this final declaration is two hours prior to the listed start time for your event(s). If you fail to appear at the declaration table before the two hour deadline, you will be scratched from that event.

AIR TRAVEL AND RENTAL CAR: Official Airlines, American and Reno Air and Official Car Rental Agency, Budget Rent a Car are pleased to offer exclusive discounts for all Masters participants and spectators. In order to take advantage of these special rates call the toll-free reservation numbers listed below.

AIRLINES
American Airlines
Star File # S0287LD
1-800-433-1790

Reno Air
Masters Convention
1-800-736-6426

RENTAL CAR AGENCY
Budget Rent a Car
BCD# U052123
1-800-772-3773

ACCOMMODATIONS-HOTEL/MOTEL:

Rooms have been blocked at the following hotels/motels. Please identify yourself as a competitor in the USATF National Masters Championships. Make your reservations at least 30 days prior to your arrival date to ensure accommodations and secure the group rate.

HEADQUARTERS HOTEL:

Hyatt San Jose
1740 N. First St., SJ 95112
Phone: (408) 993-1234
Fax: (408) 453-0259
\$79 sgl/dbl
\$89 trp/qd

San Jose Hilton & Towers
300 Almaden Blvd., SJ 95110
Phone: (408) 287-2100
Fax: (408) 947-4489
\$95 sgl/dbl

Holiday Inn
282 Almaden Blvd., SJ 95113
Phone: (408) 998-0400
Fax: (408) 998-0400
\$102 sgl/dbl
\$112 tpl/quad

LeBaron Hotel
1350 N. First St., SJ 95112
Phone: (408) 453-6200
Fax: (408) 437-9558
\$73 (1-4 people)

Red Lion Hotel
2050 Gateway Pl., SJ 95110
Phone: (408) 453-4000
Fax: (408) 437-2898
\$99 single occupancy
\$109 double occupancy

Best Western
455 S. Second St., SJ 95113
Phone: (408) 298-3500
Fax: (408) 298-2477
\$60 single occupancy
\$70 double occupancy

Dorm Facilities
San Jose State University
1 Washington Sq., SJ 95192
Phone: (408) 924-6180
Fax: (408) 924-7500
\$22 per person/double occupancy
\$30 single occupancy

National Masters Outdoor Track & Field Championships Schedule

THURSDAY:

a.m. Track Events		Field Events	
Pentathlon (M)		Hammer (W&M)	
Pentathlon (W)			
5000 Meters (W)			
5000 Meters (M)			

p.m. Track Events	
800 M Trials (W)	
800 M Trials (M)	
400 M Trials (W)	
400 M Trials (M)	

FRIDAY:

a.m. Track Events		Field Events	
5000 Walk (W)		Discus (M&W)	
5000 Walk (M)		Long Jump (M 60+)	
		Long Jump (W)	
		Pole Vault (M)	
		Pole Vault (M 60+)	
		High Jump (M30-59)	
		Javelin (W)	

p.m. Track Events

Short Hurdles (W&M)	
100 M Trials (W&M)	
1500 M Trials (W&M)	
400 M Finals (W&M)	
Steeplechase (W&M) (36 in. barriers)	

SATURDAY:

a.m. Track Events		Field Events	
10,000 M (W)		Shot Put (M)	
10,000 M (M)		Javelin (M60+)	
Long Hurdles (W)		Long Jump (M30-59)	
Long Hurdles (M)		High Jump (W)	
		High Jump (M60+)	
		Pole Vault (M40-59)	

p.m. Track Events	
800 M Final (W)	
800 M Final (M)	
100 M Final (W)	
100 M Final (M)	
200 M Trials (W)	
200 M Trials (M)	

SUNDAY:

a.m. Track Events		Field Events	
Road Walk (W)		Triple Jump (W, all ages)	
Road Walk (M)		Pole Vault (M30-59)	
1500 M Final (W)		Javelin (M30-59)	
1500 M Final (M)		Shot Put (W, all ages)	
		Triple Jump (M, all ages)	

p.m. Track Events	
200 M Final (W&M)	
Age Graded 100 M	
2 x 100 Relay (W&M)	
4 x 400 Relay (W&M)	
4 x 800 Relay (W&M)	

- Road Walk may be held off-site.
- Pole Vault starts minimum 1 1/2 hour after long jump starts.
- Order of competition: Women first, except where noted.
- Events will not be moved to different days in the final schedule.

1997 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS ENTRY FORM

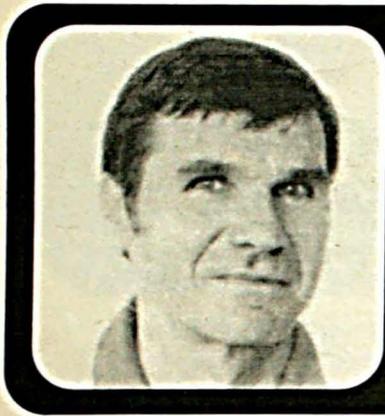
Last Name _____ First Name _____
 Address _____ City/State _____ Zip _____
 Telephone _____ Club/Affiliation _____
 M/F _____ Date of Birth _____ Age on Aug. 7, 1997 _____
 Event #1 & Best Mark _____ x \$30
 Event #2 & Best Mark _____ x \$15
 Event #3 & Best Mark _____ x \$15
 Event #4 & Best Mark _____ x \$15
 Pentathlon & Best Mark _____ x \$25
 Championship Barbecue..... x \$20.00 per person
 Championship T-Shirt (\$10.00) Size S M L XL XXL (\$12.00) _____
 Extra Shirts S _____ M _____ L _____ XL _____ XXL _____ x \$10 each
 1997 National Masters Outdoor Championship Program..... x \$3
 Officials' Fund..... x \$15
 USATF Registration No. _____ TOTAL ENCLOSED \$ _____



METHOD OF PAYMENT - Check or money order in U.S. dollars payable to "San Jose Sports Authority"
Mall to: San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. **Remember to include your proof of birthdate.**

WAIVER
 I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve the San Jose Sports Authority, San Jose City College, USA Track & Field, and the corporate sponsors 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 1997 USATF National Masters Outdoor Championships. I also verify that I am registered for the 1997 year with USA Track & Field.

Signature _____ Date _____



Third Wind

by MIKE TYMN

A Half Percent is The Goal

It's long been accepted that athletes are at their peak right around age 30. Theoretically, they are a little quicker in their early 20s, but what slight losses are experienced between 25 and 30 are usually more than offset by the gains from the adaptation, confidence, and savvy that accompany experience. Many highly-conditioned athletes are able to continue setting records during their early 30s. Somewhere around 35, they begin to detect slight losses and by 40 they are no longer able to compete as they had in their prime years.

Sure, you still occasionally find athletes in their 40s competing at the major league or world-class levels, but for the most part these are superstars who have dropped down to average. Nolan Ryan went from 100 mph fast balls in his prime to 90 mph in his 40s, but 90 mph is still pretty swift. If he had had a more average 90 mph fast ball in his prime, he most likely would have been retired by 40. Many of those still competing at 40 rely on finesse and guile. They are knuckleballers, place-kickers, back-up quarterbacks, and designated hitters.

Greater Longevity

Nevertheless, we are seeing much greater longevity in the athletic arena today than ever. More and more athletes are competing successfully into their late 30s and early 40s. This is no doubt due to the fact that more athletes are training year-round and their off-season regimens are aimed at conditioning the entire body rather than just the specific skills required for a particular sport. Most athletes of yesteryear were content to become couch potatoes during the off-season.

According to Walter M. Bortz, II, M.D., a professor of internal medicine at the Stanford University Medical School and former president of the American Geriatrics Society, the average sedentary person loses physical vitality at about two-percent a year beginning at age 30. He ways there are various gauges by which to measure this loss, probably the best one being the VO₂ max test, which measures how we extract oxygen from the atmosphere.

"It (the efficient use of oxygen) is the most important biological function we have," said Bortz, who was in my home state of Hawaii recently to promote his latest book, *Dare to be 100*. "When we measure other things, such as muscle strength, bone strength, and kidney function, we usually find that the results parallel those of the VO₂ drop off."

Linear Rate of Decline

Bortz added that the physical decline that comes with aging is pretty much linear from 30 to at least 70, as



Walter Bortz, M.D.

opposed to a sudden drop off at some age, such as 35, 40, or 45.

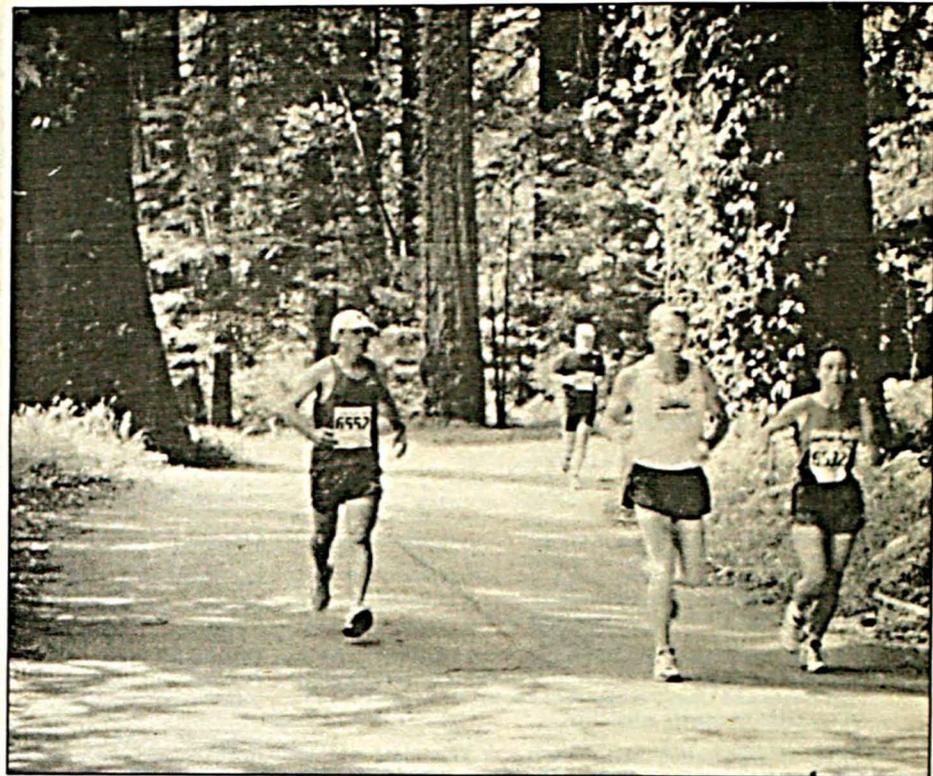
"Two percent doesn't sound like much when you take it a year at a time, but over a 40-year period, from 30 to 70, you're talking an 80 percent decline," Bortz continued his explanation. "That's pretty significant."

But it doesn't have to be that way. The studies show that a person who maintains an active lifestyle loses only around one-half of a percent a year. Thus, he or she loses roughly 20 percent between 30 and 70 rather than 80 percent. "You're not going to be the same person at 70 as you were at 30, unequivocally," Bortz offered, "but 20 percent is not very much."

Using the percentages mentioned by Bortz, we can see that the athlete of old – the one who was seasonal and concentrated only on developing the muscles or systems specific to his sport – may have lost as much as 20 percent of his capacity between 30 and 40, but the modern athlete – the one who trains year-round and strives for balance in training – would lose only five percent or thereabouts. In other words, the athlete at 40 should be 95 percent of what he or she was or could have been at 30.

Still Strong at 38

In 1985, Mary Slaney set the American record in the mile at 4:16.71. Based upon the half-percent factor, she should have lost four percent since age 30. That figures out to 10 seconds at her mile pace. Interestingly, Slaney, now 38, has a best mile



Avenue of the Giants Marathon and 10K. Scenery, ambiance, and sport. This year's event will be May 4. SASE: 281 Hidden Valley Road, Bayside, CA 95524. Photo by Gay Gilchrist

this year, at this writing, of 4:26.57.

In theory, using Bortz's half-percent a year factor, Slaney should be able to run a 4:42 mile at age 50, 4:55 at 60, and 5:08 at 70. That seems a bit fast, even if she were able to maintain motivation and remain injury-free over that stretch. On the other hand, a two-percent per year loss from age 30 would place Slaney at 5:08 at age 40, 6:00 at 50, 6:52 at 60, and 7:44 at 70. Of course, most women would take the two percent loss if they could run those times, but most women aren't starting

at 4:16.71. It may be that there should be a compounding effect applied to the decline; instead of figuring a half percent or two percent from age 30, we should take it a year at a time, applying each percentage to the preceding year. That way, the end result would be somewhat greater. That's a bit too much of a challenge for me at this time.

A half-percent a year appears to be a bit idealistic, but perhaps not impossible. One thing for sure: we can do a lot better than two percent a year. □

Exercise is Strongest Medicine

In spite of advances made since the running and fitness boom that began during the early 1970s, the nation as a whole still appears to be in pretty sad physical condition. Recent reports on obesity attest to this.

"Physical fitness is still an elite undertaking," says Walter M. Bortz, II, M.D., of Stanford University (see accompanying article). "I think for most of the country and the world exercise is still looked upon as work, and I think the pace and demands of economic survival are probably increasing faster than the understanding of the need and benefits of exercise."

"We are in a time warp. The strength and benefit of exercise are now without serious challenge. It's the strongest medicine there is. But knowing that on a rational basis and translating it into a daily activity is the tough part."

Still, Bortz feels that most people can find the time if they really want to. In *Dare to be 100*, his latest book, he advocates as little as walking a mile a day. "A mile a day is trivial," he explained, "but it's better than doing nothing. If you were to become the czar of fitness in

America, you focus in on Archie Bunker, not the 10Kers of the world. That's far more important from a public health perspective."

Bortz, 67, says he runs three miles twice a week and 10 miles every Sunday. He also lifts weights three times a week. Unlike his wife, Ruth, who won the W60 division of the Boston Marathon in 1991, Bortz is not interested in competition, although he enjoys taking part in races.

"I would think that the greater biological benefit would be derived from not being time urgent when you exercise," he offered.

Bortz and his wife help promote the Fifty-Plus Association wherever they go. This organization is devoted to educating mature adults on the importance of physical exercise. It has a quarterly publication offering all kinds of tips and information for beginners and competitors alike. They also sponsor an annual 8K race in Palo Alto, Calif. For more information on the Fifty-Plus Fitness Association, call 415-323-6160 or write to the organization at P.O. Box D, Stanford, CA 94309. □

– Mike Tymn



Start of the M55 mile, National Masters Indoor Championships, Boston, March 21-23, won by Sid Howard #329, 58, New Jersey, in 5:04.05. Tim Simpson #643, 56, Vermont, was second in 5:04.92. Photo by Jerry Wojcik

285 Athletes Set Three U.S. and 43 Meet Records

Central Park TC Captures Team Title in East Regionals

by HAIG BOHIGIAN

The 25th annual USATF East Regional Masters Indoor Championships were held at the 168th Street Armory T&F Center in New York City, March 9. Sponsored by Pfizer as arranged by Dr. Norbert Sander, Jr., the meet had a record 311 entries, and 285 actually competed. The event opened with the singing of the "Star Spangled Banner," and award ceremonies were carried out during the meet.

The overall team title was captured by the Central Park TC with a total of 104 points. Second place went to the Maryland Masters, who amassed 92 points. The all-women club of Achievement Unlimited International was third with 68, just edging Boston AA (67) and Philadelphia Masters (66).

The Boston AA won the 30-39 team title with 57 points; Central Park won the 40-49 title with 62. In the 50-59 and 60-69 divisions, the titles went to the Maryland Masters with 34 and 59 points, respectively. The North Jersey Masters were the 70+ team winners with 37 points.

In a meet studded with outstanding performances and close races, 43 meet records (28 track, 15 field) were broken or tied - 22 by men and 21 by women. The 200 alone had seven records broken; in the 400, six.

It was very difficult to select the outstanding male and female athletes of the meet, in order to award the 10 1/2" x 13" plaques provided by Pfizer. Larry Colbert, 60, was selected as the outstanding male athlete on the basis of his win in the 55m in 7.51 (an age-graded 95.5%) and two meet records in the 200 (26.40) and 400 (59.95). Michael Marie Hill, 50, and Toshiko

d'Elia, 67, shared the outstanding female award. Hill broke U.S. W50-54 records in the 200 with a 30.70, and triple jump with an 8.62 effort in winning four events. Co-winner d'Elia won the 1500 and broke the U.S. W65-69 record in the 800 with a 3:13.74.

An excellent performance was turned in by James Stookey, 67, the USATF 1996 Masters Male Athlete of the Year, who won six events, with a meet record in the high jump. The oldest athlete in the meet was Manfred d'Elia, 87, who set a record in the 55m with a winning time of 11.76. Jim Carmines, 53, set a record in the 3000 racewalk with a 13:52.73, and defeated Gary Null, nationally-known author and talk show host, in the process.

Anne Jennings, 33, edged Sophia Sheppard, 32, 7.53 to 7.59, to win the 55m, and set records in the high jump and long jump. Johnnie Hill-Hudgins, 50, won the weight throw and had records in the shot put and high jump.

Even the relays reflected the tightness of the events, when the first three teams across the finish were within three-tenths of a second of each other in the 4x200 relay, and the winner was disqualified. □

**TWENTY YEARS AGO
May, 1977**

- At Age 42, Miki Gorman is First Woman Overall in Boston Marathon (2:48:44)
- Corona del Mar (Calif.) TC Sets World M50-59 4x100 Relay Record (48.0)

Master The Board

To post your ad on The Master Board, call Lisa Fronti at 610-967-8896 or FAX 610-967-8883.

CLASSIFIED

ACCESSORIES & EQUIPMENT

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Large Toe Nail Problems

Most runners, at one time or another, have had the misfortune to irritate or damage the large toe nail. This usually comes from jamming the toe against the shoe or causing some kind of trauma to the nail. The nail will turn black and blue and a collection of blood will form under the nail. This is called a subungual hematoma. As we all know, these can be quite painful.

The pain is caused by the collection and pressure of trapped fluid underneath the nail. The athlete should relieve the pressure as soon as possible and drain the hematoma. This can be performed with a sterilized pin rotated between the fingertips through the nail over the fluid pocket. Once the fluid drains from the nail, the relief from pain is immediate.

In some cases, the pain is so severe that it is necessary to anesthetize the toe and avulse the entire nail plate. Usually the regrowth time is three months but most runners can resume training within a week.

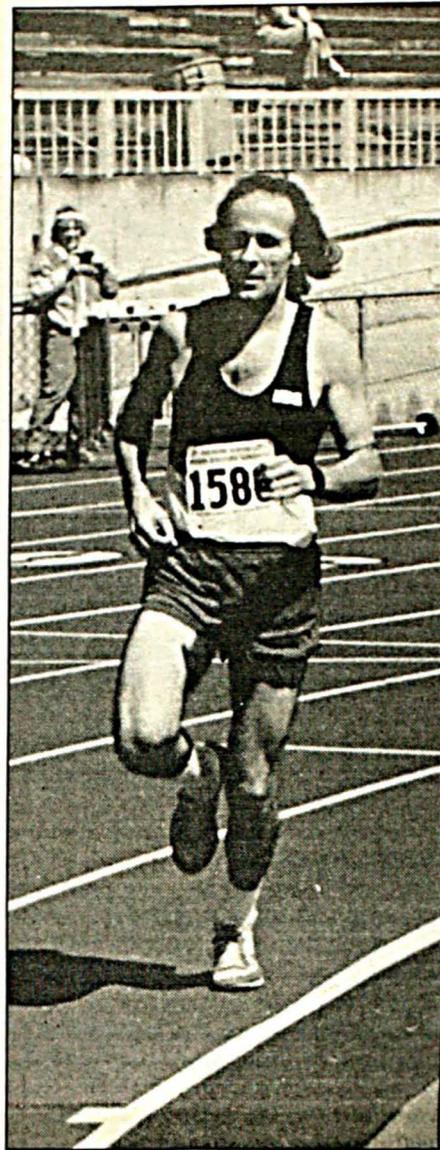
Another similar condition is a yellowish-clear fluid, called serotonin, which accumulates beneath the nail plate. This fluid can also be drained.

To speed up recovery and to prevent

infection, the area should be swabbed with Betadine or some similar topical antibiotic on a daily basis. For those who have a higher pain threshold, soaking in a 1:65 solution of Epsom salts and warm water on a daily basis will hasten healing.

The best treatment for the subungual hematoma, of course, is not to develop the condition at all. This can be accomplished by wearing proper fitting shoes and taking care on the down hill runs.

(Dr. John 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 50098, Eugene, OR 97405.)



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

Photo by Jerry Wojcik

National Masters News Age-Graded Mile in Hayward Classic Meet

The Hayward Classic, to be held June 28-29 at historic Hayward Field in Eugene, Ore., will again feature the National Masters News Age-Graded Mile. Each runner's time will be age-graded, and the best performer will be awarded a \$50 prize; the second-best performer will win \$25. Last year's winner was Dan McCormack, 57, who ran an age-graded 84.9% 5:18.97. This year's race is scheduled for 11:00 a.m. on Saturday.

The Seattle Masters Athletic Club will again present a \$25 award to the weight thrower with the best age-graded throw. Tom Gage, 53, won the award in 1996 with a 77.4% 54-8 throw with the 35-lb. weight. Both awards will be presented at a reception at the Phoenix Inn, the meet headquarters, on Saturday evening.

Team competition, started in 1996, will be held again. Entrants must indicate their team affiliations on the entry form. Traveling trophies will be awarded for the highest team scores by men, women, and combined.

The meet entry form was published in the April issue. For more information, contact Ruth Bremiller, 590 West 29th Ave., Eugene, OR 96405. 541-687-9675(h); 346-4923(w); e-mail: brem@unoneuro.uoregon.edu. □

Stiff Competition in USATF Indoor Heptathlon Championships

by JEFF WATRY

The first USATF National Masters Indoor Heptathlon Championships were held April 4-5 at Proviso West High School's fast 200m Mondo Track in Hillside, Ill., in conjunction with a two-day masters meet sponsored by USATF Illinois.

On Saturday, 28 heptathletes went to the 60m starting line, with medal positions still undecided in five of the

age groups, and came away with three world records and one tied U.S. record.

The M65 went to the line with three of the best multi-event athletes in the world going head to head. Clarence Trinkner held on for the division win, helped by his U.S. record-equaling time in the 60mH earlier in the day. Gordon Seifert, the 1995 world decathlon champion, finished a scant eight points behind, and Jim Stookey, 1996 Men's Masters Athlete of the

Year, third by 53 points.

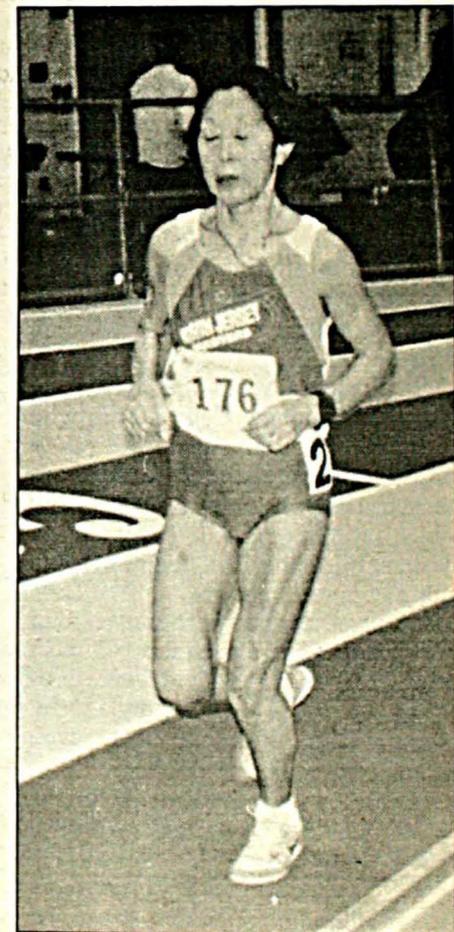
In the M55 division, Dale Lance tallied the meet's highest age-factored score of 5594 to hold off Emil Pawlik by fewer than 100 points. Lance's score was aided by an 18-8½ long jump.

Bill Angus ran a great 1000 to catch Rex Harvey and post a 10-point win in the M50 group. In the M35 division, Ken Ellis had the place rocking with his 15-1 pole vault clearance to cap his strong showing over two days.

In the most dominating performance of the weekend, Phil Raschker broke four W50 world records in her seven-event odyssey.

In the regular meet, Everett Hosack set an M95 world record in the 200. Stan Druckery, M45, flew over the hurdles in 8.69 and came back later with a great 200. In the M30s, Drzegorz Olszowik posted excellent times in the 1500 (4:05.55) and 3000 (8:58.18). Robert Lloyd recorded three impressive wins in the M50 60, 200, and 400.

The officials, volunteers, and USATF Illinois staff deserve praise for staging what is hoped will become a yearly fixture at this excellent facility. We hear that the organizers are putting in a bid for the 1998 Indoor Heptathlon and hope they can again put on this event. □



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

Photo by Jerry Wojcik

FIFTEEN YEARS AGO May, 1982

- Frank Duarte (40, 1:05:14) and Patricia Thomas (41, 1:16:01) Win National Masters 20K Championships
- Florida State Masters T&F Championships Draw 261 Entrants
- Sandra Kiddy Sets U.S. W45 Marathon Record of 2:57:12
- Derek Turnbull Establishes M55 800 WR With a 2:08.3 in New Zealand Veterans Championships

USATF NATIONAL MASTERS INDOOR PENTATHLON March 1-2, 1997 Chapel Hill, N.C.

REVENUES:	
Entry fees	\$ 975.00
USATF Grant	157.50
TOTAL REVENUES	\$1132.50
EXPENSES:	
Trainer	\$ 90.00
Awards	199.20
Refund	50.00
Food	230.08
Sanction fee	157.50
Meet director	200.00
TOTAL EXPENSES	\$ 926.78
SURPLUS	\$ 205.72
from Rex Harvey	

Indoor Nationals

Continued from page 1

jump mats that were used to stop them at the finish instead of landing on them.

"The mats to stop the sprinters in the 60 should have been set up differently," said Mitchell Lovett, M35 winner of the 60m, 200, and 400, displaying a deep scratch on the inside of his arm, incurred when he hit the mats in his 60m race. "The older guys landed on top, but some of the younger ones flew or somersaulted over the mats and onto the track."

Attesting to the fast surface of the oval track, records in the 200 and 400 took a beating, particularly in the lat-

ter, with seven world marks broken, most by two seconds or more. The most striking performance in the 400 was by Adina Valdez, 35, New York, who reduced the W35 world record of 58.60 by more than four seconds to 54.48, a phenomenal time indoors. She also broke the W35 U.S. record for the 800 with a 2:12.07.

Larry Colbert, 60, Maryland, won all three M60 sprints, saving his best for the 400, where he broke the world record of 58.86 with an age-graded 95.2% 56.32 going away. He also lowered the world 200 mark from 25.25 to 25.15, and remarked afterward, "An excellent meet. Some of the kids I've

coached have run on this track, and I've always wanted to run on it. I wasn't disappointed."

Strong Fields

The record number of entrants produced large, strong fields, resulting in close races. In the M50 60m, Joe Johnson, New Jersey, edged Ron Johnson, New Jersey, 7.65 to 7.66. Ron Johnson took the M50 200 in 24.73, with Roger Pierce, 52, Massachusetts, world record holder for the M45 200, second in 24.86. Pierce won the 400 race from Norman Witek, 54.84 to 55.34.

Jim Stookey, Maryland, fell or dived at the finish in the M65 200 to hold off a closing Richard Barretta, New Jersey, to win 27.72 to 27.74. Christel Miller, California, after narrowly winning the W60 60m race from

Barbara Jordan, Vermont, with both timed in 9.97, said, "I really didn't know who had won the race until I was told." Audrey Laray, Maryland, was third in 9.99.

In the W60 200, Maureen Murphy, Vermont, trailed Jordan from the start, but sprinted ahead in the last 15 yards to take the race in 34.97.

The closest finish of the meet came in the M35 800 race. Jeff Lindsay, 38, Oklahoma, was originally declared the winner in 1:55.84, with Anselm LeBourne, 37, New Jersey, second at 1:55.85. Upon re-examination of the finish photo by officials at LeBourne's request, both runners were credited with a 1:55.84 and a first-place tie.

Tom Hartshorne, New York, ran a

Continued on page 18

Age Group Records Set at USATF National Masters Indoor T&F Championships Boston, Mass., March 21-23

World Records

Event	Age	New Mark	Name	Old Mark	Held By
60m	W40	8.01	Denise Foreman	8.10	P. Raschker
60m	W50	8.13	Phil Raschker	8.13	U. Gore
200m	M45	22.89	Bill Collins	23.4	R. Pierce
200m	M60	25.15	Larry Colbert	25.25	R. Taylor
200m	W40	26.08	Denise Foreman	26.91	R. Hagenaars
200m	W50	26.64	Phil Raschker	28.93	Y. Priestman
200m	W55	30.00	Adlin Mair	30.30	C. Capetta
400m	M60	56.32	Larry Colbert	58.86	J. Mathis
400m	W35	54.48	Adina Valdez	58.60	A. Brown
400m	W40	58.83	Denise Foreman	60.97	M. Libal
400m	W50	63.84	Phil Raschker	65.63	M. Hocknell
400m	W65	83.06	Sumi O-Leonard	85.57	P. Peterson
400m	W70	93.07	Pat Peterson	93.1	L. Adams
400m	W75	1:41.15	Louise Adams	1:45.59	P. Mehl
800m	W75	3:46.79	Louise Adams	4:03.77	P. Mehl
Mile	M50	4:40.44	Dan Frye	4:40.6	V. Heckler
Mile	W65	6:59.89	Toshiko d'Elia	7:35.0	M. Stafford
Mile	W75	8:26.79	Louise Adams	establishes	
3000m	W75	15:43.66	Louise Adams	15:53.6	P. Mehl
60mH	W50	9.64	Phil Raschker	10.43	J. Hulls
60mH	W60	12.38	Christel Miller	12.3	H. Farmer
HJ	W50	1.53m	Phil Raschker	1.40m	T. Tsentsik
PV	W50	2.90m	Phil Raschker	2.55m	P. McNab
PV	W70	1.62m	Johnnye Valien	1.41m	J. Valien
LJ	M60	5.58m	Dick Richards	5.47m	D. Richards
LJ	M75	4.23m	Ed Lukens	4.15m	A. Koch
LJ	W50	4.92m	Phil Raschker	4.55m	S. Wood
TJ	M75	9.38m	Ed Lukens	8.58m	V. Colo
TJ	W50	10.49m	Phil Raschker	9.21m	S. Wood
TJ	W60	8.05m	Audrey Lary	7.98m	E. Steedman
TJ	W75	6.45m	Johnnye Valien	5.97m	J. Sullivan
SP	M95	4.01m	Everett Hosack	establishes	
3000mrw	M60	15:08.20	Jack Bray	16:03.8	M. Gould

U.S. Records

60m	M75	9.02	Tim Murphy	9.27	M. Silverstein
60m	W65	10.03t	Nikki Ryan	10.03	P. Peterson
200m	W70	36.08	Pat Peterson	37.85	M. Bowermaster
800m	W35	2:12.07	Adina Valdez	2:14.94	N. Shafer
800m	W40	2:22.46	Sue Parks	2:22.7	B. Pike
3000m	M50	9:13.40	Harold Nolan	9:14.84	D. Conway
3000m	M65	11:09.50	Paul Heitzman	11:10.70	P. Heitzman
3000m	W55	12:15.71	Carrie Parsi	12:23.13	W. Mosbrucker
3000m	W65	13:39.60	Toshiko d'Elia	14:54.28	Lois Filreis
60mH	M65	9.99	Clarence Trinkner	10.14	Ed Lukens
HJ	M75	1.25m	Ed Lukens	1.23m	H. Morningstar
PV	W60	1.71m	Sue Tunncliff	1.67m	L. McDaniels
SP	M65	13.03m	Len Olson	12.98m	B. Bangert
SP	W45	10.38m	Joan Stratton	10.05m	V. Hilliard
SP	W75	6.46m	Libby Hagemann	6.31m	K. Gradick
WT	W95	3.67m	Everett Hosack	establishes	
WT	W55	14.99m	Vanessa Hilliard	10.32m	J. Grissom
3000mrw	W45	15:56.75	Karen Davis	16:02.36	J. Smith

THE TWELFTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 22, 1997

SCHEDULE FOR OPEN (AGE 15-29)

in ONE AGE GROUP.

SUBMASTERS (AGE 30-39) AND MASTERS

(AGE 40+) in 5 year Age Groups

A NEW JERSEY GRAND PRIX SERIES MEET



Track Events	Time	Field Events	Time
5000 METERS	10:00 AM	POLE VAULT	10:00 AM
1500 METER RW	10:30 AM	SHOT PUT	10:00 AM
110 METER HH	11:00 AM	WEIGHT THROW	1:00 PM
MILE RUN	12:00 PM	HIGH JUMP	10:30 AM
100 METER	1:00 PM	LONG JUMP	10:00 AM
400 METER DASH	2:15 PM	JAVELIN	10:00 AM
800 METERS	2:30 PM	DISCUS	10:00 AM
200 METER DASH	3:00 PM	TRIPLE JUMP	2:00 PM
4x400 RELAY	3:45 PM		

SCHEDULE FOR YOUTH RUNNING EVENTS

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

PLEASE NOTE: REGISTRATION HAS CHANGED FROM PREVIOUS YEARS. ALL REGISTRATION CLOSING AT NOON FOR ALL EVENTS

RULES
SPIKES ALLOWED - 1/4" or less. HURDLE HEIGHTS & IMPLEMENTS - USATF/Open and Masters Rules.
ELIGIBILITY: USATF MEMBERSHIP REQUIRED. SO BRING CARD. NO EXCEPTIONS. CAN APPLY AT MEET. \$15. \$10 (youth)
FALSE START - No false start rule applies
FEES - Free to Randolph residents.
Pre-registered - (Received on or before June 15) \$6 per event for all events.
Received after June 15 - \$10 late fee added to first event, except for relays.
Relay Teams - \$16 per team, for Open and Masters, \$12 per team for youths.

ADDITIONAL INFORMATION
Meet Directors: Morton Hahn days 201-625-1764 fax 201-625-5195
Ken Brinker days 201-540-3860 evenings 201-366-6367 Email: sbrink@aol.com

AWARDS - Medals for first, second, and third place in each age group.
CONCESSION STAND AND SHOWER FACILITIES AVAILABLE
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PLEASE MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB.

(PLEASE PRINT)

LAST NAME _____ FIRST NAME _____ SEX: M F

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CLUB _____ USATF NO. _____ AGE AS OF 6/22 _____

EVENTS ENTERED: TRACK 5 K 1500 RW Hurdles Mile 100 400 800 200 4x400 Relay

FIELD PV SP WT HJ JT DT LJ TJ

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 _____ PHONE # _____
Parent/Guardian signature (if competitor is under 18)



Masters Racewalking

by ELAINE WARD

Active Stretching – The Last Word

Remember the era of ballistic stretching? Jump jump, bounce, bounce, kick kick. My introduction to this method of warming up was at a community run and walk. About fifteen or twenty minutes before race start, an announcement came over the loud speaker that an organized warm-up was about to begin. Following the migrating pack, I found myself in front of a smiling young thing standing on a raised platform. Soon she began to move with loud, fast, upbeat music while inviting her audience to join in. If you were like me, you spent half of the time trying to see what the leader was doing and the other half fumbling around trying to imitate her. Up-down, jump jump, sideways bounce, floor touch and up-down again. Just as you started to catch on and feel a little pride, the routine changed and the fumbling resumed.

At the conclusion of the warm-up, everyone headed to the start line with a positive affirmation of voice and waving arms. As for being warmed up, that depended on whether you were giving "A" to effort or to accomplishment. In my case, I usually felt my eyes were warmed up, but my body was undecided.

Gradually, ballistic stretching was phased out as unsafe. It was felt that the bouncy movements increased the possibility of muscle stress and tears. So entered the era of static stretching.

Static stretching, or long, slow stretching, still dominates exercise prescriptions. It is believed that holding a stretch for 20 to 30 seconds is the safest way to improve flexibility, increase performance, prevent injury and counter the aging process. However, the safety of static stretching is conditional. Athletes are cautioned to warm-up cold muscles before stretching them which leads to a real problem. Static stretching is not only quite boring, it hogs a precious amount of workout time. Good intentions, therefore, frequently get shelved.

Quicker Results

In contrast, a new form of stretching is gaining popularity. It made its debut about the time of the 1988 Olympics and offers a compromise between ballistic and static stretching. It is called "active" stretching. Active stretching can target specific muscles, combat stiffness by improving joint range of motion, and is time-efficient. Most importantly, athletes may notice results rapidly.

In active stretching you hold a stretch only 2-3 seconds, but you repeat each stretch 8-12 times. The briefer repetitive motions promote a gradual warming up of the muscles. As the opposing muscles contract and relax relatively quickly. The stretching is closer to natural movement.

Stretch Exercises

For example, warming up for the racewalking footwork might include the following active stretches:

- Facing a wall, stand three feet or so away with hands shoulder height against the wall. Rise up on the balls of your feet, hold 2 seconds, and lower your heels to the ground. These two movements both stretch and contract your calf muscles, Achilles tendon and shin muscles. Repeat the two movements 8 to 12 times.

- Stand with the balls of your feet on the edge of a stair step. Rise as high up on your toes as possible and hold 2 seconds. Then lower your heels below the level of the stair and hold 2 seconds. Again, these up and down movements both lengthen and contract the opposing calf and shin muscles. Repeat this exercise 8-12 times.

- Obeying the "straight knee rule" is aided by flexible hamstrings and strong quads. A simple active stretch for the hamstrings and quads can be done in a standing position. Straighten one leg in front of your body so your heel is 6-8 inches off the ground with your toes pointed up toward your shin. Hold 2 seconds. This movement stretches the ham-

strings and other back leg muscles while contracting the quads. To reverse this action, bend your knee and point your toes toward the ground without letting them touch. Again hold 2 seconds. Repeat 8-12 times.

- Hip flexibility is important for maintaining stride length and push-off. Any active movement involving hip rotation makes a useful warm-up for racewalking. However, an example of an active stretch for the hip involves a lying leg raise. Lie on your back with your legs straight. Wrap a rope around one foot. Keeping your leg straight, raise it up and across your leg. Hold 2 seconds and return your leg to its original position. Repeat 8-12 times.

Starter Kit

Meg Waldron is a certified neuromuscular therapist who has a starter kit of 13 active stretches using a rope. Waldron states that the kit has stretches for the hamstrings, quads and calf muscles as well as stretches for hard-to-name areas like "right behind the knee," "on the outside of the back of the thigh," and "that tight spot in the butt." For information on active stretching with a rope, call Waldron at 1-800-9-megafit.

Whether using a rope or turning favorite static stretches into active stretches, this new method of warming up may help you become a warm-up regular. □



Laurel Williams, 44, Arkansas, W40 winner (18:46.92), 3000 racewalk, National Masters Indoor Championships, Boston, March 21-23.

Photo by Jerry Wojcik

Masters Hall of Fame

Report by BEV LA VECK

Racewalk Rep on Masters T&F Committee

The National Racewalk Committee has nothing to do with the Masters Hall of Fame. Selection is made by the National Masters T&F Committee (of which Racewalking is part) and the National Masters Long Distance Running Committee.

In 1995, when we thought there would be three men and three women plus two contributors in the initial selection for the Hall of Fame, I corresponded with the masters racewalk subcommittee members who agreed that the men with greatest priority were Gordon Wallace, Larry Walker, Giulio DePetra, and Robert Mimm. Women were Lori Maynard and Viisha Sedlak. Not only were/are all of these athletes outstanding walkers, but they have had lasting influence and represent an important era. Contributors were Alan Wood and Elaine Ward. The thought was that Max Green, Don DeNoon, (maybe Mimm, too) and several others, including many currently competitive women, would have a chance in the future.

As it turned out, the selection procedure did not allow for recommendations from the racewalk, or any other, subcommittee. Rather, the voting was by the 150-member Masters T&F and LDR committees, based on performance data from WAVA, USA Championships, records, etc. Various things happened to prevent some of

the above-nominees from submitting their specific data (as opposed to testimonials from nominators) to Hall of Fame Administrator Marilyn Mitchell by the deadline. I gathered together the data for the posthumous awards.

At the 1995 Convention there was some small, vocal, and very obdurate opposition to RW having as many "slots" as T&F and LDR, since the latter two categories had many more candidates over the last 30 years or so. That is why the number of racewalkers was reduced to one man and one woman. I don't remember if the Racewalk Contributor category was merged in with the T&F Contributor category, or if there were so many contributor nominees that nobody got a majority of the vote. A majority vote was necessary to be selected with no run-offs. Many truly great T&F, LDR athlete and contributor nominees weren't chosen this time because the votes were scattered through a long list of candidates.

It's important to learn the selection procedure for 1997. If the Hall of Fame selections require a majority of the vote, there is a disadvantage in having lots of candidates. A Racewalk Subcommittee could help by paring down a list in some kind of "primary vote". However, this presupposes that the subcommittee recommendations are then heeded. □

Hoerneke-Gil Sets 50K RW World Best

by BEV LA VECK

Marina Hoerneke-Gil (Spain) edged Pam Ficken (Great Britain) in spirited competition for the W55 50K racewalk world best in the annual 50K event in Basildon, England, April 5. Hoerneke-Gil's time of 5:56:47 bettered the previous mark by Elizabeth Petterson (USA) by almost one hour, and was accomplished in very windy condi-

tions. Hoerneke-Gil also holds the W50 50K WB, and is known to athletes throughout the world for her language translation skills in WAVA meetings.

Sandra Brown, an accomplished ultra walker and runner from Great Britain, was first 45 (no time available). Sandra holds the W40 and W45 RW WB at 50K. □

Jones, Grayson Score Wins in National 8K

by JERRY WOJCIK

Steve Jones, 41, of Great Britain, and Nancy Grayson, 46, of Michigan, finished first in the USATF National Masters 8K Championships, run along with the LaSalle Banks Shamrock Shuffle, in Chicago, on March 23.

Jones, seventh overall, won the masters contest by almost a minute with a 23:52 over Poland's Antoni Niemczak, 41, who ran a 24:44. The first U.S. runner was Charlie Gray, 42, Missouri, who finished just two seconds behind Niemczak. Jones had the best performance in this division with an age-graded 93.1%.

The other men's division also featured high-ranked roadrunners. Gary Romesser, 46, Indiana, won the M45 race in an A-G 87.4% 26:23. Peter Hallop, 50, Michigan, took the M50 championship with an A-G 87.7% 27:07. Jack Nelson, 57, Illinois, was in the 88% range with an M55 win in 28:37.

But, the best performance by a mas-

ter came from Warren Utes, 76, whose 33:08 age-graded to a 94.3% and would have won the M65 race by 36 seconds.

Grayson ran a 29:49, finishing 15th female, with Cynthia Woods, 40, Illinois, second masters woman in 30:17, and Mary Ann Malarkey, 43, Illinois, third in 30:51. Grayson also led the age-graded list for masters women with an 87.2%.

The women's division races had a strong local flavor. In the W55 division, won by Dorothy Tanner, 55, Illinois, in 36:57, the top ten places went to Illinois residents. In the W60 race, the first six spots went to Illinois runners, led by Faith Walkwitz, 63, with a 39:36. Adele Heretik, 75, Illinois, won the W75 race in 53:32.

David Patt, of the Chicago Area Runners Association, was the meet director. The race had 1545 masters finishers (1129 men and 416 women) and 5014 non-masters (3222 male and 1792 female) for a total of 6559. □



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

Shirley Matson Blasts Masters Age Records at Fifty-Plus Paul Spangler Memorial 8K

by RAY STEWART

Shirley Matson continues to smash age-group, age-graded, and single-age records, with the latest onslaught coming at the Fifty-Plus Fitness Association's Annual Paul Spangler Memorial 8K in Palo Alto, Calif., on April 6. Matson's performance highlighted the morning race and accompanying 5K racewalk, both of which were part of the Fifty-Plus Fitness Association Annual Fitness Weekend. Well over 300 runners and several dozen racewalkers - all above age 50 - competed in the events that took place on the Stanford University campus and finished in Stanford Stadium.

Matson, 56, of Moraga, Calif., covered the 8K distance in 30:10, breaking the existing 55-59 age group record by exactly two minutes and the single age record by two minutes and 40 seconds. Her age-graded time was an amazing 94.7%.

The men's race was won by Michael Dove, 50, Salinas, Calif., who finished in a strong 26:50 (88.6% age-graded). Two other men's performances exceeded the 90% age-graded (world class) time in the race. Second-

place finisher Sal Vasquez, 57, ran a 27:17, which age grades at 92.5%.

John Keston, 72, also ran a phenomenal race. His time of 32:06 was just nine seconds off the single-age record (92.2% age-graded). Keston led a very strong M70 field in which the first five finishers all placed among the top 12 age-graded times overall.

No less than 15 men bettered 30 minutes in the 8K. Not to be outdone, the race featured other great women's performances in addition to Shirley Matson's. Barbara Miller, 57, finished second to Matson in 32:52 and Jutta McCormick, 56, placed third in 35:00, showing the strength of the 55-59 age group.

The 5K racewalkers were led by Jo Ann Nedelco, W50, Sausalito, Calif. in 28:15, and Ed Lane, M60, Mill Valley, Calif., in 29:16. Racewalker Dorothy Robarts, 87, also of Mill Valley, was the oldest competitor in either race.

The events were part of the Fifty-Plus Weekend, which included a health conference, dinner and accompanying events in swimming, cycling, in-line skating, and a fitness walk, all preced-

ing a health fair inside the stadium. The weekend was topped off by three- and four-generational family relays, with competitors ranging from age three to 84. □

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- National Masters Indoor Championships Draw 441 Participants to Baton Rouge, La.

- Peter Hallop (41, 15:52) and Judy Greer (40, 18:56) Win National Masters 5K Titles in DeLand, Fla.

- Norm Green, Jr., 55, Has Best Age-Graded Performance (51:05, 94.1%) in National Masters 15K Championships

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On The Run

by HAL HIGDON

Extreme Massage – Pampering Sore Muscles

After a day of skiing followed by a run the next morning at Big Sky Ski Resort in Montana this past winter, I signed up for a massage at the resort's Huntley Lodge. It was my first day of the winter on the slopes, and my muscles needed a certain amount of pampering. What better way to do that than with a sports massage?

I'm no stranger to the benefits of massage therapy. I have a regular massage therapist, Patty Longnecker, who visits every other week. She sets her table up in the basement, next to my HealthRider, and exercise bike. I consider massage therapy equally important to maintaining and improving performance as those machines.

Besides, it feels good.

The group of massage therapists that serve guests at Big Sky Ski Resort go by the name of Alpenglow. When I stopped by Alpenglow's office off the lobby in Huntley Lodge, the receptionist asked if I preferred a male or female therapist. I said it made no difference. I asked for an

hour's sports massage, rather than Swedish Massage, Oriental Cupping, Shiatsu or any of the other variations available. A half-hour massage costs \$45; an hour-and-a-half, \$105, but I consider those lengths too short and too long. An hour at \$75 seems just right, even though that's nearly double what I pay my regular massage therapist (who probably will start charging more after she reads this). For an extra \$5, I could be massaged with aromatherapy oils. I passed on that.

Professional Privilege

If I were a professional athlete, whose income was dependent on performance, I would schedule a massage



Finalists in the W60-64 60m, National Masters Indoor Championships, Boston, from left: Audrey Lary, Fei-Mei Chou, Ann Yudell (third in 9.99), Christel Miller (winner in 9.97), Phyllis Bradley, Maureen Murphy, and Barbara Jordan (second, also in 9.97). Photo by Suzy Hess

daily. Massage relaxes you. It promotes removal of fluids from the system. With regular massage, I figure I could train harder, and race faster. Sometimes the difference between victory and defeat is fractions of seconds. For the average recreational runner or skier, however, daily massage might be considered excessive.

But it does feel good.

Little evidence exists to prove that massage can make you a better skier, or runner or tennis player. I attend the American College of Sports Medicine's meeting every spring, and I can only recall a few studies attempting to link massage with performance. Results seem mixed. How do you measure the benefits of relaxation?

I have had both good and bad massages. One therapist at a cross-country ski resort in northern Minnesota once beat upon my body as though he were cracking walnuts with a hammer. A woman at the USATF masters track championships in Indianapolis one year made me scream in pain as she pulled and tugged on my arms and shoulder.

I told her to stop at which point she replied, "Don't you want to realign your body?"

I told her angrily: "Not several hours before running in the national championships!" It was not one of my better races.

She had been certified by the American Massage Therapy Association; the first person had not. However, you're more likely to avoid such problems if you do get an AMTA certified massage therapist. You'll get a better massage if you can direct the therapist's attention to any problem areas. As a runner, I usually instruct my therapist to concentrate more on the legs. She knows from experience that my right hamstring muscle often needs extra work. When I returned from Big Sky, I told her to focus on the lower back to relieve some pain resulting from a fall. (I was testing a borrowed pair of skis; it

does happen!)

New Age

If you've never had a massage, they usually are conducted in quiet areas with soft lights and soothing music. New Age music seems to be popular with massage therapists: melodies you've mostly never heard before and never will hear elsewhere. Nothing to distract the mind. After the therapist prepares the table with clean sheets, he or she usually disappears briefly to allow you to disrobe. Most massage is done on nude subjects covered, modestly, with a simple sheet. (You can remain partially clothed if you want.) If the therapist wants you lying face down or face up, he or she will tell you. After the therapist finishes, there sometimes is time to lie quietly a minute or two before dressing.

That's how it worked with my massage at Big Sky. My therapist was named Chris Estrem. His co-therapists call him "Chris Extreme," because that's how he likes to ski. Chris admitted that he was a confessed former ski bum, who had been working as a massage therapist for seven years, the last two of them at Big Sky. Chris knew his business. I accepted his card after the session and would not hesitate to use him again, or refer him to others visiting Big Sky. Another skier was exiting an adjacent room after a massage from another therapist, and I noticed a glow of relaxation on his face. I suppose that's why the Big Sky massage therapists refer to their business as Alpenglow.

Many major running races, particularly marathons, have groups of therapists who offer free (but brief) massages to runners after they finish. I usually prefer to obtain a post-race massage 24 to 48 hours later, figuring it works better that way. Muscle stiffness usually peaks about that time. I've found that I've run some of my best workouts the day after a good massage.

But even without any benefits to performance, massage still feels good. □

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Write On

Continued from page 4

STEEPLECHASE BARRIERS LOWERED

It took several faxes and email messages back and forth to South Africa, but I finally obtained confirmation that steeplechase barriers at the World Veterans Championships this summer will conform with the new IAAF and WAVA standards.

For the benefit of those who have not heard, the IAAF mandated lower barriers for women in the 3000 meter steeplechase, both those on the track and the one before the water jump. The new height is 2 feet 6 inches, the same as low hurdles. Men jump over 3-foot barriers, the same as intermediate hurdles.

WAVA followed suit and also mandated lower steeplechase heights for women in all age categories, and for men over 60. Men over 60 currently run a 2000 meter steeplechase; they will now use the same barriers as the women. Meet organizers wanting to comply with the rules will need either to construct a second set of barriers or purchase adjustable barriers, which are available from Gill Equipment. Barriers at the U.S. Olympic Trials in Atlanta were adjustable last summer—the women ran an exhibition “chase” over lowered barriers.

The entry blanks for Durban, however, failed to note the changed standards, mentioning (in a box) only the standards for shorter hurdle races. I now have a message from Linda Barron of the organizing committee in which she states:

“We will be abiding by the new WAVA and IAAF height regulations. New sets of barriers have been made to accommodate the various heights as laid down by WAVA and the IAAF for all age groups, including women and men 60-plus... For further peace of mind, Jim Blair, the WAVA representative in charge of stadia, will be visiting South Africa at the beginning of May for the S.A. Vets/Masters Champs at which all the equipment will be tested and inspected.”

If any readers of *National Masters News* are training to run the “chase” in Durban, be aware that if you are female and/or over 60, you can expect lowered barriers. So train accordingly.

I would also like to see the barriers lowered for M50 and M55 men running 3000 meters, but one (barrier) step at a time.

Hal Higdon
Long Beach, Indiana

DEADLINE

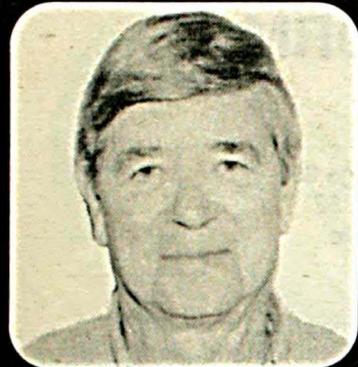
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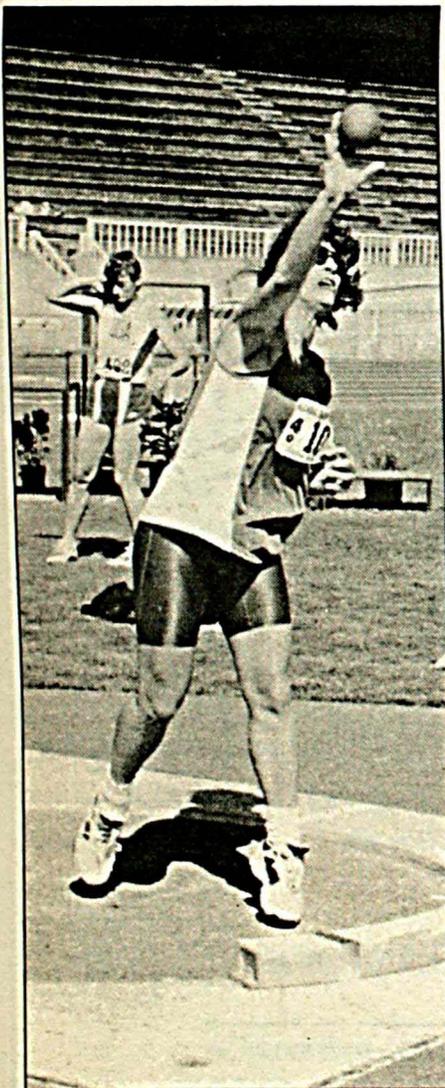
by JERRY WOJCIK

From The Biggest Little City in the World to The Hub of the Universe

After I hit a PR with the 25-lb. weight at the Silver State Indoor in Reno in February, I had hopes of not doing my usual indoor "El Foldo" at the Nationals in Boston. But, it wasn't meant to be. At Reno for the last two years, we've thrown the weight and superweight outdoors, which is why the meet has drawn, outside of national championships, possibly the best weight field in the country.

Ideally, weight and superweight throwers would like to throw the outdoor implements inside on a dirt surface at an indoor meet. We've been down this road before, and I'm sure some readers have taken a detour at this point.

There's been informal talk of the possibility of conducting the Reno meet as the West Regional Masters Indoor Championships for 1998, and somebody has even mentioned making it also, at the same time, the Northwest Regional Championships, so that



Kimie Allegre, U.S., W40 winner of the pentathlon with 2523 points, NCCWVA Regional Championships, Eugene, Ore.

Photo by Jerry Wojcik

you'd have multiple champions and such, depending on what region the participants were registered in.

Sounds interesting, but you'd need two Einsteins and four computer whizzes to keep the paperwork straight, and besides, has a regional championships ever been held outside of a region? I don't believe either region has ever had an indoor championships, so maybe it's worth a try. Good indoor facilities aren't readily available at any price in these parts.

Boston Uncommon

I don't know about everybody else, but my transition from outdoors to indoors usually resulted in minus feet and inches, and this time, sore feet and toes. I didn't help my cause any by getting to Boston a day early to take in the historic sites and walking from the meet headquarters Sheraton Boston to the North End, with frequent stops at churches, graveyards, statues, historic markers, antique shops, book stores, T-shirt emporiums, and Italian markets, where I bought biscotti, fresh mozzarella, rice balls, and olives that I lugged around for hours. I'd forgotten that in the east, Italian deli owners speak Italian, not Pharsee or Cantonese as they do out here in the West. Even bumped into a couple of Celtics, Brett Szabo and Marty Conlon, doing a television interview at the Paul Revere Statue at the Old North Church and got autographs for my grandson.

By the time I returned to the Sheraton, this time via the Boston subway system, my legs were gone. Even with fresh legs, I wouldn't have had a chance in the 25-lb. weight, not with the recent arrival of "The Dreaded Floridians" into the M65s. Sunshine Staters Austin Baggett, 65, and Len Olson, 65, finished 1-2, with Ray Feick, another new M65, from Pennsylvania, preventing a Florida clean sweep by taking third from Pay Carstensen. In the 56-lb. superweight, the M65 boys from Florida pulled a sweep, led by Baggett, who improved on his winning throw of 21-6 last year in Greensboro with a 22-2 1/4. Carstensen was second, and Olson,



All of the women superweight entrants, USATF National Masters Indoor Championships, Boston, standing, from left: Ruth Welding, W40, Vanessa Hilliard, W55, Suzy Hess, W55, Lisa Jaramillo, W30, Joan Stratton, W45, Deborah Ecklund, W35, Libby Hagemann, W75; seated, from left: Sue Hallen, W40, Lillian Snaden, W65.

Photo from Suzy Hess

third. Feick was fourth, and last year's champion, who improved on his last year's winning mark by 2 feet-8 inches, was fifth! And Wendell Palmer, M60 WR-holder in the discus and no slouch with the other implements, joined us on April 22. Is this a tough division, or what?

Baggett is a relative newcomer, who impressed onlookers in 1996 when he made his first national appearance in Greensboro. Everybody keeps telling me that he gets his strength from heaving bales of hay over his shoulder. I've never thought of Florida as a place where 65-year-olds muscle hay bales. I picture them swinging Big Bertha golf clubs in the morning and drinking banana daquiries in the evening.

Back Bay to Business

Other business was attended to in Boston by Olson, who, by the way, broke the M65 U.S. record for the shot with a 42-9. Olson, who took on the task of instituting superweight standards of excellence for the women and weight pentathlon standards for men and women, submitted the new standards for approval to a group of throwers.

The women's superweight standards were approved and have been added to the list, as were, after some minor revisions, the weight pentathlon standards for men and women. The problem with

determining superweight and weight pentathlon standards that are fair, neither too difficult nor too easy to attain, is that there aren't a lot of data to go on. Not many opportunities out there for men to heave the 56-lb. or for women to toss the 35-lb. or for either to do a weight pentathlon; consequently, scant statistics, and often in the same range by the same throwers, on which to base the standards.

I think that the 56-lb. superweight standard is a little soft on the older divisions and may need some adjustments. Based on the 1996 rankings for the 56-lb., 10 of 16 M55s would have qualified with the present standard of 5.00/16-4 1/4. In the M60s, 20 of 22 would have attained All-American status with the present standard of 4.50/14-9 (okay, some of them were those weight-throwin', shot-puttin' Floridians and Feick, but still!). If I can obtain All-American honors in the M65 division, you know that 4.00/13-1 1/2 for the M65 is flaccid.

The weight pentathlon standards are new and will properly need revision after more data are recorded on which we can base viable standards. After all, none of this is written in stone. More like clay.

Anyway, the new standards, it was decided, are retroactive as of January 1, 1997. □

1997 Indoor Rankings

by JERRY WOJCIK, USATF

Masters T&F Rankings Coordinator
This is the last issue from which marks will be taken for the 1997 indoor rankings, which will be published in the July issue. The 1997 indoor compilers are listed below. If your best indoor marks have not appeared by this issue, forward them with documentation to the compilers not later than May 16.

Athletes who submit field event marks can facilitate compiling the lists by submitting the marks in meters as well as in feet and inches. Marks sent to me instead of the appropriate compiler will not be forwarded.

• 55m/60m/200/400: Larry Patz, 544 Gould Hill Rd., Contoocook, NH

03229

• 800: William Benson, 6 Eton St., Valley Stream, NY 11581

• 3000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

• HJ/TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250

• LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

• SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744, reabold@hlpusd.k12.caus

• 55mH/60mH/PV: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905

• 1500/mile/3000 RW/WT: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. □

Wysocki Breaks U.S. 10K Masters Record at Azalea Trail

by JANNA WALKUP

For the second consecutive Indy Life Circuit race, a U.S. masters record was set. This time, brand-new master Ruth Wysocki, Canyon Lake, Calif., rewrote the record books as she sped to a 33:22 finish in the 20th annual Azalea Trail Run 10K in Mobile, Ala., on March 22. Wysocki, a 1984 Olympian, bettered Francie Larrieu-Smith's 34:08 set at the Advil Mini Marathon on June 12, 1993.

"I knew I had a chance (to win), but I haven't run a lot of 10Ks," said Wysocki, who turned 40 just two weeks prior to the race. "It was just such a fast course like they say. The course just seemed to fly by."

The combination of Azalea's traditional world-class competition, a well-paved, flat and mostly shaded route, and encouraging volunteers and fans, added up to record-breaking conditions for Wysocki.

"After each mile marker, there was an aid station," she said. "Then another mile marker and another aid station. So it was easy to shoot for something, one after the other. It wasn't one long,

intimidating course. For me, that helps."

The exuberant fans lining the route also helped Wysocki power along to her record. "The people made a big difference in this race. I mean, people were jumping up and down and yelling the whole route. That made me go faster, too."

In her first race as a master, Wysocki dominated a strong women's masters field, which included Ukrainian Tatiana Pozdnyakova (34:31) and top Americans Jane Welzel, 41, Ft. Collins, Colo., and Alice Thureau, 41, Fisher, Pa., who finished in 34:58 and 35:17, respectively. Thureau, who finished fourth overall but third in the Indy Life Circuit, maintained her first-place Circuit standing (27 points), while Honor Fetherston, 42, Mill Valley, Calif., with a fourth-place Circuit finish (36:41) kept her second place with 24 points.

For the men, Mexico's Martin Mondragon, 44, also dominated his competition. Mondragon, the masters 10K world record holder (28:56 set at Azalea in 1994), ran 29:59 for his

fourth straight masters win at Azalea. Early in the race, Mondragon was running with the lead pack of the men's open race. But then he dropped back midway before finishing strong.

"I'm a little disappointed I couldn't run faster," Mondragon said through an interpreter. "I started out very fast, slowed down a little, and then made a good finish, especially in the last mile or so."

Indy Life Circuit frontrunner Craig Young, 40, Colorado Springs, Colo., finished second (30:48), but first in the Circuit competition to add to his men's lead (28 points). Doug Kurtis, 45, Northville, Mich., who finished Azalea as the third Indy Life Circuit master (31:10) sits second in the Circuit standings. Gary Romesser, 46, Indianapolis, Ind., 31:06, earned the highest age-graded time (28:48 or 93.6%).

Overall, five men (Romesser, Kurtis, Bill Rodgers, Fay Bradley, and Young) and one woman (Wysocki) achieved world class status (90% or higher age-graded), and eleven men and seven women scored 80% or higher age-graded (national class).

The Azalea Trail Run offered \$28,000 in prize money with a record \$7000 for masters: \$3500 for masters eligible for the Indy Life Circuit (\$1000, \$500, and \$250 per gender)



Sharon Dolan, 50, W50-54 winner (1:36:38), Bethesda 20K, Bethesda, Md., March 2.
Photo by George Banker

and another \$3500 for the top five age-graded eligible runners (\$700, \$450, \$300, \$200, and \$100 per gender).

"The Indy Life Circuit has added depth to the masters field and injected an extra dose of excitement for the Azalea Trail Run. Indy Life and USA Track & Field deserve a round of applause for their efforts," said Gerald Tomlinson, Race Director. □

Plasencia Shatters U.S. 15K Masters Record at Gate River

by JANNA WALKUP

The second event on the Indianapolis Life 1997 Masters Circuit schedule followed the precedent established in the first event. Top competition, fast times, and record performances highlighted the Gate River Run 15K in Jacksonville, Fla., on March 8.

Despite temperatures over 80 degrees and high humidity, new master Steve Plasencia had no trouble making his mark on the Circuit, winning the masters title in 45:14 and shattering the U.S. masters record. Previous record-holder Bill Stewart's 45:58 at Gasparilla had stood since 1983. Plasencia, a two-time Olympian (1988 and 1992), finished eleventh overall in the open men's USA Championship earlier this year.

Plasencia, 40, Minneapolis, Minn., and Steve Jones (GBR), 41, from Boulder, Colo., pushed each other with the youthful American prevailing by just two seconds, 45:14 to 45:16. Jones, a former marathon world record holder (2:08:05), however, produced the best age-graded masters performance (43:40/94.95%). Plasencia ran the second-fastest masters age-graded time (43:57/94.3%).

Four other men, Bill Rodgers (49, 49:33; 45:01 A-G), Gary Romesser (46, 48:37; 45:12 A-G), Craig Young (40, 47:11; 45:50 A-G), and Fay Bradley (59, 55:00; 45:54 A-G), also earned world class age-graded status (90% or higher). Overall, 27 men achieved an 80% or higher (national class) age-graded score.

On the women's side, Jane Welzel, 41, Ft. Collins, Colo., won the masters title in 53:34 and also ran the best mas-

ters age-graded performance (51:07 or 89.7%). Welzel was followed by Alice Thureau, 41, Fisher, Pa., in 55:00 and Honor Fetherston, 42, Mill Valley, Calif., in 56:39. Eleven women turned in national-class performances, scoring 80% or higher age-graded.

First-place masters winners were awarded \$1000, with second and third places taking home prizes of \$500 and \$250, respectively. □

INDY LIFE CIRCUIT

1997 Indy Life Circuit Standings

Men	Age	State	Total
1. Craig Young	40	CO	28
2. Doug Kurtis	44	MI	23
3. Gary Romesser	46	IN	17
4. Lloyd Stephenson	42	CA	16
5. Bill Rodgers	49	MA	11
6. Steve Plasencia	40	MN	10
7. Steve Jones	41	CO	9
8. Miguel Tibaduiza	40	NV	8
9. Charlie Gray	42	MO	7
Jeff Foster	40	PA	7

Women	Age	State	Total
1. Alice Thureau	41	PA	27
2. Honor Fetherston	42	CA	24
3. Jane Welzel	41	CO	19
4. Kimberlee Campo	41	CA	18
5. Terry Mahr	48	OH	11
6. Ruth Wysocki	40	CA	10
7. Anne Audain	41	ID	8
8. Kathy Ward	42	CA	7
9. Laura Caldwell	44	OR	6
Mary Hanlon	42	FL	6



OVER \$3,000 IN CASH AWARDS

MASTERS the LEGENDS

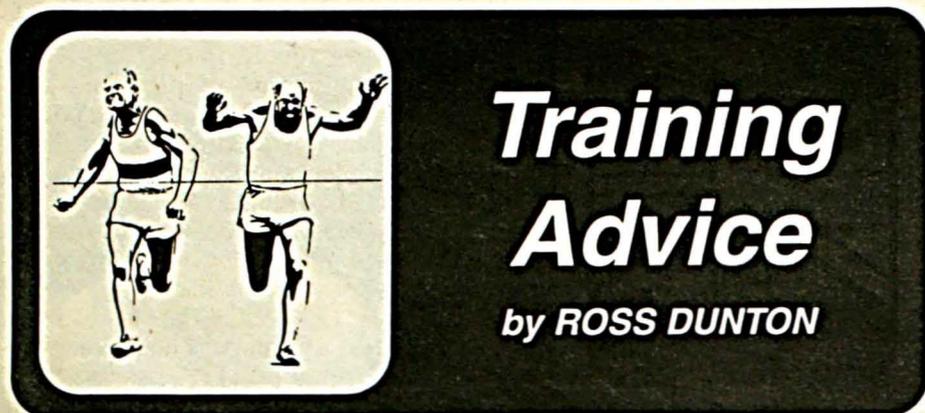


From Left To Right- Bill Rodgers, Ron Hill, John Campbell, Henry Rono

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Training Advice

by ROSS DUNTON

Speed Development – Ins and Outs

Running "ins and outs" is a method of training where you attempt to turn on all the body's nerve sensors in order to maximize effort and velocity. To do this, set up a 60-meter course divided into segments which are sequentially 10m, 20m, 10m and 20m in length. With a flying start, hit the first mark at maximum speed. Then, hold your breath during the 10m segments and breathe naturally during the 20ms. In the 10m "ins" you should be driving hard. In the 20m "outs," stride frequency should be maintained, but with no drive force.

When you hold your breath, the body releases some adrenaline and more body motor units are recruited. In addition, you will develop a sense of urgency to get to the end of the "ins" segment, thus helping to increase maximum speed.

A typical workout routine would be four to six runs with three minutes recovery between. When you feel comfortable running these, change the segment length to 15 x 15. If your current condition warrants, you may want to start with the 15 x 15. From there it is 20 x 10 and then to 25 x 5, maintaining a full course length of 60 meters. This will take a full training season to accomplish and, if properly done using the correct running mechanics, you will increase your maximum velocity.

If your race distance is 400 or 800, the initial "ins and outs" course should be approximately 90 meters in length and, ultimately, should be increased to at least 120 meters.

ATP and CP

The basic source of muscular energy is adenosine triphosphate (ATP). This is an immediately usable form of

chemical energy for muscular activity. At maximum exertion levels, the ATP is depleted in from one to two seconds. The ATP is replenished by creatine phosphate (CP). The re-synthesis of the ATP by the CP will continue until all of the stored CP is depleted. The amount of the CP which can be re-synthesized by the body will last about four to five seconds. Therefore, collectively, the body can normally produce ATP for about five to seven seconds. That is why even world class sprinters begin slowing down after about 80 meters in the 100.

For one to challenge and enhance the ATP/CP system, high intensity workouts with segments lasting from five to eight seconds must be done. High intensity means moving at near maximum velocity. One can either run or do another form of high intensity work, such as lifting weights for about eight seconds. If running, depending upon speed, one would run from 30 to 60 meters. If lifting, it would be three or four reps.

Approximately 50% of the ATP/CP is recovered/re-synthesized in 30 seconds. After the run or lifting set, a 30-second

recovery should be taken. After doing four of these, a three-minute recovery should be taken. In three minutes, 98% of the ATP/CP will be recovered. You should start with two or three sets of four reps and progress to four sets.

A typical track workout would be a set of 4 x 50 meters at 90-95% effort with a 70-meter slow jog between runs. After a set of four, jog a slow lap and repeat the set. Jogging a lap at a 12-minute mile pace would provide the three minutes needed for 98% recovery of the ATP/CP. Only low intensity work should be done in the 36 hours following this workout.

This is an anaerobic workout, not an anaerobic lactate workout. I will go into the anaerobic lactate/glycolytic system workouts in detail in a future edition of the NMN.

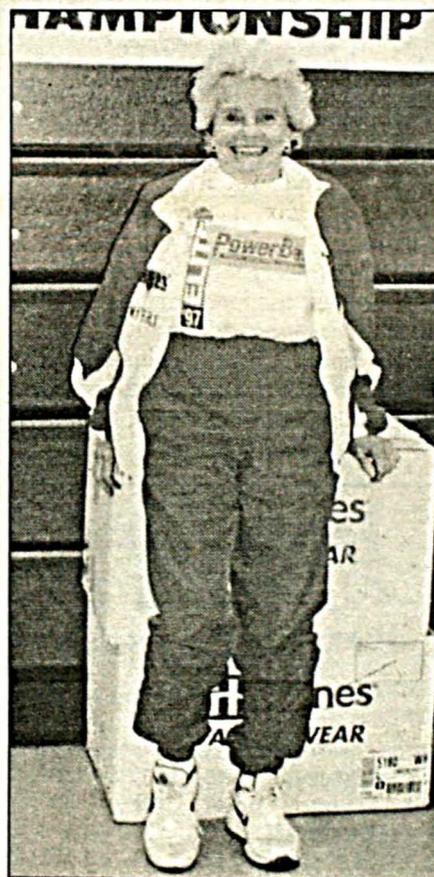
Dietary Supplement

Creatine monohydrate is available as a totally legal, non-prescription dietary supplement, and many athletes, including masters athletes, are overloading with it. I have found that many of the health food stores who sell this product are ill-equipped to provide adequate information relative to proper overloading. The NCAA has been



Ed Doheny, 53, first M50 (38:39), St. Paddy's Day 10K, Washington, D.C., March 16.

Photo by George Banker



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

involved with some testing and they currently have a request in for funding to perform additional testing. No long-term studies have been published on the product. If any reader would like additional information, you may contact me either through the NMN or directly.

You get faster by running faster, not by running farther. The proper execution of running mechanics, coupled with high intensity and high velocity training, will improve your performance. Remember the principle of overload and adaptation. The human body will adapt to a new load in from four to six weeks. At the end of that time, new training loads should be applied.

Endurance work locks in maximum velocity. Maximum speed training must be done prior to the endurance work. □

(Ross Dunton, 512 Somerset, Placentia, CA 92870 (714) 524-9966 - voice/(714)524-9992 - Fax. CoachR@PacBell.Net - E-Mail.)

MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627
AT&T/NJ Runners & Friends	Bernards HS-Mon.&Thurs., 5:30 p.m. Hunterdon Central HS; Sat.&Sun., 9 a.m. Flemington, NJ	S	L-Joe Hehn 908-563-7383
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776

C=Coach;L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; F=field events.

NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.

Subscription Problems?

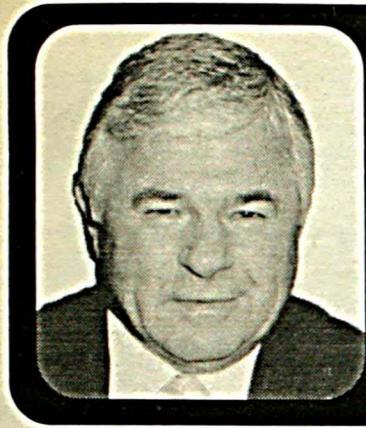
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To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Richard Magana, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

FIVE YEARS AGO

May, 1992

- National Masters Indoor Championships Draw 640 Athletes to Columbus
- Doug Bell (14:50) Beats Wilson Waigwa and Henry Rono in Carlsbad 5000
- International Veterans 8K X-C Held With IAAF X-C in Boston
- New Zealand's Derek Turnbull Sets Six World M65 Records



Track & Field Report

by **KEN WEINBEL**
Masters T&F Chairman

Report From The Chairman

The 1997 Indoor Championship Meet was a success. One could not ask for a better venue and the Boston contingency responsible for the conduct of the meet did everything possible to accommodate the athletes' wants and needs. The few glitches that occurred were noted and will most assuredly be attended to next year. Repeat performances are almost always better than inaugurations. Congratulations, Boston, and thank you.

Since taking office in December, I have directed attention to several issues which emerged precedent:

- Our deflated budget amount appropriated by the National Committee has created problems. Everyone has had to experience appropriation cuts and some programs were eliminated or put on hold until funding becomes available. Most of those affected are understanding and cooperative, but some are having difficulty coping. We will work through this problem; however, it does point out the importance of developing sources of revenue for our programs. It does not suffice to depend upon the National Committee as the sole source of operational monies.

- The 1997 WAVA Championships in Durban are fast approaching. Even though the *National Masters News* has regularly updated us in the "Count-down to Durban" releases with information regarding entry procedures, numerous inquiries regarding entry form acquisition and submittals prompt consideration of a need to study procedures and administration of the entry process to make it all more friendly for participating athletes. Suggestions are welcomed.

- Important issues are scheduled for discussion at the WAVA Convention in Durban. One such is a proposal by the Council that the election term be increased to four years (presently two years) but limited to, at most, three consecutive terms. If anyone has some input or wishes to express an opinion, contact one of the masters delegates.

- At the San Francisco USATF National Convention last fall, masters track and field athletes in attendance were introduced to the 1998 Nike World Masters Games to be staged Aug. 9-22 in Oregon at numerous venues. Athletics (track and field) will be held in Eugene-Springfield. Tom Jordan and Barbara Kousky have been contracted to serve as Co-Commissioners of the Athletics portion of the Games.

During the San Francisco presentation, several concerns immediately surfaced:

Inasmuch as past World Masters Games were not sanctioned, were the

Oregon Games sanctioned? We were advised by Barbara Kousky that they were not at that time, but that it was being attended to. Barbara's response alleviated that concern.

The starting date for the Games, Aug. 9, conflicted with the closing day of our own USATF Masters Championship scheduled for Orono, Maine. The overlap of dates would definitely impact one or both meets. Questions were asked as to what could be done to lessen the impact.

Entry fees for individual athletes to the Games were set at \$200. Questions were raised about the exorbitant amount. Unfortunately, there was no Nike World Masters Games representative present with authority to speak to the issue of the fees or the event schedule.

My election to the Chair took place later in the convention. As Chairman, I contacted Doug Single, General Manager of the Games, on behalf of USATF Masters Track and Field, for an audience with the Board of Directors. I was invited to the March 14 meeting and was placed on the agenda. Jack Elder, Director of Sports and Venues, hosted my visit and was most informative during consequential meetings.

The Board of Directors was made aware of our concerns, mainly, the conflict of dates and the entry fee amount. Co-Commissioners Jordan and Kousky had previously advised the Masters T&F Chair and Masters LDR Chair that, "In order to avoid any overlap with the USATF Masters National Championships in Maine, the first athletics events in the Nike World Masters Games will begin on Monday, August 10, 1998. This supersedes any previously published schedule you may have seen." This change still did not allow ample travel time and/or preparation time for athletes attempting to attend both meets. Although acknowledging our concerns over the matter, the Board advised that schedules were set and not flexible according to their Commissioners in Eugene. Prior and later conversations with the Eugene Commissioners concurred.

Masters Championship Events Chairman, Scott Thornsley and I con-

ferred with the Orono Meet Organizers and were able to structure a solution. The Orono, Maine, dates for our Outdoor National Championships have been changed to July 30-Aug. 2, thus allowing one full week between the two meets. Athletes who plan to compete in both meets will now have reasonable time to travel and prepare. We are most thankful to the Orono Committee for their cooperation. It is unfortunate that our National Championship dates were not considered and factored into the Nike World Masters Games schedule planning from the beginning.

The \$200 entry fee was another matter discussed at length. As with the

inflexible schedule, there was no possible opportunity for any negotiable compromise due to the established budgets. Calculations project a cost to the Games of \$206 per Athletics athlete. A prepared budget summary, justifying the amount, was presented to me by Jack Elder to share with masters athletes. The summary is included below for your perusal.

The 1998 Nike World Masters Games is a mammoth undertaking by a fine group of people trying to make it a true marquee event. The Track and Field portion of the Games needs the support of USATF Masters. Your officers' cooperative efforts and your participation are evidence of support. □

Summary of Athletics Operations Budget

Administrative cost for Eugene office for two years	\$150,000
Operations cost administered by Eugene office	\$165,000
Additional cost for Operations out of Portland office	\$427,400
Total cost to WMG Operations Budget	\$742,400

Summary of Other Division Budgets Direct Cost

Additional direct cost to WMG of other Dept. Budgets	\$155,400
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Summary of Total Direct Cost for Athletics

Cost for items to be covered under Operations division budget	\$742,400
Cost for items to be covered under other division budgets	\$155,400
Total cost for Athletics to WMG Operations & Other Budgets	\$897,800

Notes of Interest:

The amount of \$742,400 to be spent by Operations in direct cost represents 18% of the total Operating Expenses budget of \$4,150,000 for these like items. This is compared to the fact that there will be 4,350 competitors in Athletics which represents only 17% of the total number of 25,000 athletes.

The total direct cost of \$897,800 by Operations and other Divisions to conduct the Athletics competition alone calculates to \$206 per athlete in the Athletics competition. However, the above direct cost does not include the cost for the Portland staff, facilities, equipment and supplies for four years for the planning, promotion, administration and coordination, or for numerous other items which will also be covered by WMG. When you consider that the entire expenditure budget for the Games is \$17,000,000, it means that to conduct the Games for 25,000 athletes WMG is actually spending \$680 for every athlete.

Justification of Management Fee

The \$150,000 management fee can easily be justified when it is understood that without contracting with a management firm in Eugene, WMG will be forced to hire staff to live in Eugene for the next two years to plan and execute the event. The projected cost for this staff and their support would be at least:

Director of Competition (\$50,000/year for 2 years)	\$100,000
Support staff (1 assistant@ \$24,000/year for 2 years)	48,000
Office rental, equipment & supplies for 2 years	30,000
Telephone, fax, postage	10,000
Minimum total	\$188,000

Justification of Other Department Cost

The following are items listed in the budget with a cost that will be paid for by the WMG but from a Department budget other than Operations:

ITEM	DEPARTMENT	COST
Accounting & legal	Administration	2,000
Printing/stationery	Administration	12,500
Entry processing	Administration	16,800
Programs	Marketing	2,400
Results book	Marketing	24,000
Participation certificates	Administration	1,500
Registration kits	Administration	2,300
Media center	Communications	2,500
Photographer	Communications	2,200
T-Shirts	Marketing	(12,000)*
Apparel sales expenses	Marketing	(2,400)*
Souvenir sales	Marketing	(3,700)*
Pin sales	Marketing	(9,500)*
Volunteer credential	Administration	4,000
VIP & other credentials	Administration	2,000
Athlete registration	Administration	3,300
Athlete credentials	Administration	2,500
Social functions	Marketing	77,400
Total		\$183,000
*Cost to budget offset by sales income.		\$27,600
		\$155,400

Indoor Nationals

Continued from page 9

tactical race to win the M40 800 from Canadian guest Francois Martel, 2:03.36 to 2:04.07. Sid Howard, New Jersey, won the M55 800 handily by six seconds and met a challenge by Tim Simpson, Vermont, in the mile to win 5:04.05 to 5:04.92.

Steve Gallagher, Florida, defended his M40 title in the mile, winning in 4:27.49. Tim McMullen, New York, was second (4:28.98) in the race, which, with 21 entrants, was run in two sections.

Solo Re-Run

In the 60mH, Scott Tyler, a U.S. citizen residing in Canada, was forced to re-run the M60 race by himself when he was impeded in the finals, and a miscommunication between officials and the other competitors in that race on re-running the event resulted in his going to the starting line alone in the re-run. Tyler ran a 10.61 to take first place with a better time than the other runners in the initial race, from which the hurdler responsible for the infraction had been disqualified.

The five women pole vaulters who competed broke two world records and one U.S. record. In the 3000 racewalk, Jack Bray, California, broke the M60 record of 16:03.8 by a large margin

with a 15:08.20.

Libby Hagemann, who finally had the opportunity to compete in a national championships in her home state after several years of traveling to the Northwest and West Coast, won five firsts in the W75 jumps and throws.

Pat Peterson, W70, New York, who has been winning in a race with cancer, also won here, with four firsts in the sprints and high jump.

Throwers, generally disgruntled anyway about throwing indoor implements, had some reservations about the surface of the shot and weight throw rings, but all admitted that the sectors, bound by a wall on one side and by cyclone wire fencing to the ceiling on the other side, were the safest of all previous indoor championships.

Outdoor Weight Throw

The 56-lb. superweight was thrown outdoors. Despite a wind-chill factor of minus-three degrees, Fred Shanahan, M60 superweight winner with a 6.05 (19-10¹/₄), said, "One of the best-run indoors I've been to. The officials are very helpful. I'm looking forward to coming back next year."

Austin Baggett, M65, Florida; Everett Hosack, M95, Ohio; Joan Stratton, W45, Arizona; Vanessa

Hilliard, W55, Florida; and Libby Hagemann, W75, Massachusetts, recorded U.S. bests in the superweight.

Shot-putters Len Olson, M65, Florida, Stratton, and Hagemann, broke national age-group records. Hilliard destroyed the U.S. W55 record of 10.32 for the 16-lb. weight with a 14.99 (49-2¹/₄) mark.

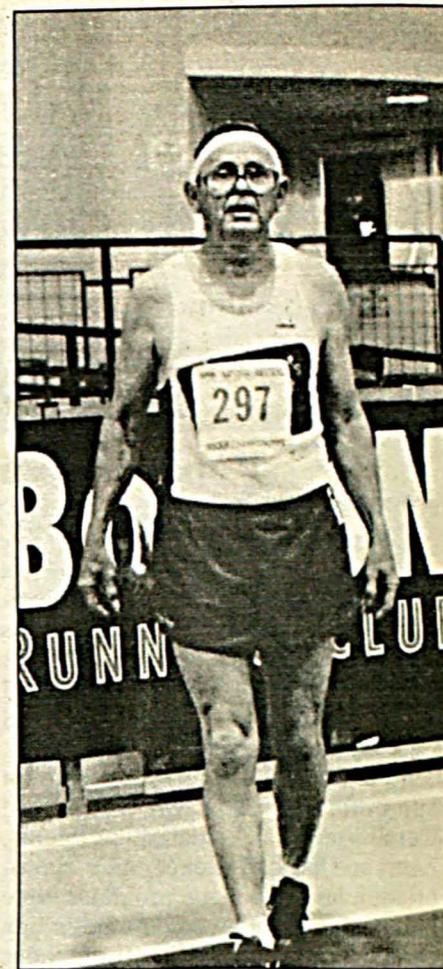
Ladislav Pataki, California, prevailed in an excellent field of ten M50 shot putters with a 15.66. Tom Gage, winner of the M50 35-lb. with a 15.76 (51-8¹/₂) and 56-lb. superweight with a 10.80 (35-5¹/₄), was second in the shot put at 14.57 (47-9¹/₄).

Remarkable Versatility

Some athletes who missed out on the records displayed versatility instead. Denise Jones, New York, took firsts in the W30 60m and the shot put. Tony Ciccone, New Jersey, won the M40 60mH and shot put contests. Norm Cyprus, M55, New York, performed the oddest hat trick with three wins in the pole vault, weight throw, and superweight, topped perhaps only by Madeline Bost's wins in the W55 800, mile, high jump, and pole vault.

Announcing for the three-day meet was done by Peter Taylor, of Philadelphia, assisted by Kirk Randall, of Boston. The meet was organized by TRACS, Inc., who will stage the championship meets scheduled for Boston in 1998 and 1999, and hosted

Continued on page 27



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

1997 USATF National Masters Indoor T&F Champions; Boston, Mass., March 21-23

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	**
60	Richards	Lovett	James	Collins	Johnson	Dennis	Colbert	Barretta	Larsen	Murphy	Trahan	
200	Fox	Lovett	Guiden	Collins	Johnson	Burrell	Colbert	Stookey	Larsen	Murphy	Trahan	
400	Fox	Lovett	James	Norman	Pierce	Burrell	Colbert	Chisolm	MacMillan	Mann	Matteson	
800	Byrne	Lindsay	Hartshorn	McMullen	Frye	Howard	Baker	Heitzman	Messengr	Geer	Newman	
Mile	Brosmith	LeBourne	Gallagher	Shaheed	Frye	Howard	Wimberley	Heitzman	McManus	Geer	Newman	
3000	Taylor	Harding	O'Hara	Shaheed	Nolan	Kincaid	Chase	Heitzman	Toabe	Geer	Levine	
60H	Birch	Jeremiah	Ciccone	Druckrey	Johnston	Tyler	Mulkey	Trinkner	Larsen	Lukens	—	
4x400	Central Park TC		Central Park TC		—		East		—		—	
4x800	WETC		Central Park TC		Central Park TC		—		—		—	
HJ	Patrone	McBarnett	Barrineau	Saners	Johnson	Head	Sullivan	Trinkner	Holmes	Lukens	Lightfoot	
PV	Littlefield	Charles	Sparks	McIntyre	Kilpelainn	Cyprus	Rykhus	Donley	Smith	Morcom	Lightfoot	
LJ	Tunstall	Font	Quick	Rea	Belinson	Schurr	Richards	Stookey	Soller	Lukens	Trahan	
TJ	Corrigan	Cranford	Quick	Wiltshire	Troy	Shields	Bohigian	Stookey	Smith	Lukens	Sorlien	
SP	Herr	Crawford	Ciccone	Shumaker	Pataki	Johnson	Vaughn	Olson	Semprnio	McDermot	Lightfoot	
WT	Herr	Bull	Vandergrif	Hedendal	Gage	Cyprus	Muller	Baggett	Bangert	McDermot	—	
SW	—	Crothers	Vandergrif	Edwards	Gage	Cyprus	Shanaman	Baggett	Bangert	McDermot	—	
3000rw	Ortega	—	Anderson	Smith	Friedlnder	Elwarner	Bray	Free	Flick	Dyas	—	
**M85	60m d'Elia; M95 TJ, SP, WT Hosack											
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75		
60	Jones	Banks	Foreman	Clarke	Raschker	Mair	Miller	Ryan	Peterson	Friedman		
200	Landrum	Sterrett	Foreman	Higgins	Raschker	Mair	Murphy	O-Leonard	Peterson	Friedman		
400	Doyon	Valdez	Foreman	Rosado	Raschker	McKenna	Murphy	O-Leonard	Peterson	Adams		
800	SnoReaser	Valdez	Parks	Rosado	Marchetti	Bost	Knight	—	—	Adams		
mile	SnoReaser	Morra	Parks	Rosado	Marchetti	Bost	Knight	d'Elia	—	Adams		
3000	SnoReaser	Morra	Belisle	Capwill	—	Parsi	—	d'Elia	—	Adams		
60H	Landrum	—	Solomon	Lowery	Raschker	—	Miller	—	—	—		
4x400	—		WE		—		—		—		—	
4x800	—		—		—		—		—		—	
HJ	Jennings	Crawly	Alston	Lowery	Raschker	Bost	Miller	—	Peterson	—		
PV	—	—	—	—	Raschker	Bost	Tunnickliff	—	—	—		
LJ	—	Crawly	McField	Klepack	Raschker	—	Miller	—	Holland	Hagemann		
TJ	—	Crawly	—	Lowery	Raschker	—	Lary	—	Valien	Hagemann		
SP	Jones	James	Welding	Stratton	Hudgins	Hilliard	Roman	Snaden	—	Hagemann		
WT	Housemn	Morrison	Welding	Stratton	Hudgins	Hilliard	Cirulnick	Snaden	—	Hagemann		
SW	Jaramillo	Ecklund	Welding	Stratton	—	Hilliard	—	Snaden	—	Hagemann		
3000rw	Moore	Williams	Davis	—	Linky	—	Parks	—	Rowland	—		

NATIONAL MASTERS NEWS

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

Records Section

May 1997

page 19



Masters Age Records

New Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of August, 1996, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of March 31, 1997, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

At the end of each section are a few marks which are waiting for final approval by the respective records committees.

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-USA athletes should use the WAVA record form, published in this section on page 26. The form should be sent, not to Mundle, but to the WAVA Records Committee Regional Chairmen (addresses on page 26). Both the world and USA Records committees are working to prepare one uniform record form to be used in the future.

All these records have been carefully scrutinized before approval by the Records com-

mittees. Mundle's single-age record book, however, due out next month, 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.

Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Coordinator. Also included this year are 3000-meter indoor marks. The USATF application form for a racewalking record is printed on page 27.

Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1996, issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF. □

THIS FORM SHALL BE USED FOR AMERICAN AND WORLD RECORDS.
IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES.

APPLICATION FOR RECORD

Send to:
Pete Mundle, Chairman, USATF and WAVA Records Committee,
4017 Via Marina, #C-301, Venice CA 90291, USA.

To THE RECORD COMMITTEE:

Gentlemen: Application is hereby made for a record in support of which the following information is submitted:

Description of Record: World _____ American _____ Association _____ Championship _____ Collegiate _____
Junior _____ Age Group _____ Masters _____
(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

1. Event _____ 2. Date and Time of Day _____ Men/Women _____
3. Record claimed (state time, distance, height or points achieved) _____ Indoor/Outdoor _____

4. Where held (Arena, Town and Country) _____

5. Force of following wind _____ Anemometer _____ Attendant's Signature _____

6. Name of Competitor, Club and Country _____
SURNAME GIVEN NAMES (PRINT)

(In relay events, the full names of the competitors should be printed in their running order)

AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by _____, was used.
The time recorded was _____, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above-mentioned, do 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 Association. (Refer to Rule).

Time _____ (Signature of Timekeeper) _____ (Address or USATF Official's Registration Number)

Time _____ (Signature of Timekeeper) _____ (Address or USATF Official's Registration Number)

Time _____ (Signature of Timekeeper) _____ (Address or USATF Official's Registration Number)

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

(Signature of Referee or Chief Timekeeper)

STARTER'S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter)

(Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application

10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:

_____ metres _____ centimetres, or _____ miles _____ yards _____ feet _____ inches,

the length of one lap was _____ metres _____ centimeters or _____ yards _____ feet _____ inches, that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)

(Address or USATF Official's Registration Number)

JUDGES' CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape. (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height) _____ (Signature of Judge) _____ (Address or USATF Official's Registration Number)

(Distance or Height) _____ (Signature of Judge) _____ (Address or USATF Official's Registration Number)

(Distance or Height) _____ (Signature of Judge) _____ (Address or USATF Official's Registration Number)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)

(Address or USATF Official's Registration Number)

GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)

(Address or USATF Official's Registration Number)

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 August 1, 1996

Men's World Five Year Age Group Records

100 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
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 11.70	Ron Taylor(GBR)	61	6-4-95
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 15.3	Barry Ivers(USA)	80	9-14-91
M85 16.3	Duncan McClean(GBR)	88	7-6-73
M90 19.9	Duncan McClean(GBR)	90	6-14-75
M95 39.00	Prtiavi Singh Azad(IND)	95	12-5-87

200 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 21.86	Bill Collins(USA)	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 23.37	Ron Taylor(GBR)	56	7-5-91
M60 24.00	Ron Taylor(GBR)	61	6-10-95
M65 25.6	Bernard Hogan(AUS)	65	12-6-85
M70 26.8	Payton Jordan(USA)	70	6-20-87
M75 28.14	Payton Jordan(USA)	75	6-20-92
M80 32.3	Josiah Packard(USA)	80	2-18-84
M85 35.99	Harry Gathercole(AUS)	86	10-11-93
M90 48.6	Collister Wheeler(USA)	90	7-30-87
p45.75	Buell Crane(USA)	90	6-23-90

400 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 48.10	Rolf Gisler(SWI)	41	7-22-95
M45 50.20	Fred Sowerby(USA)	45	8-12-94
M50 51.63	Steve Robbins(USA)	52	7-22-95
p51.60	Guido Mueller(GBR)	50	6-3-89
M55 52.6	Ralph Romain(TRI)	58	7-22-90
M60 53.88	Ralph Romain(TRI)	63	7-22-95
M65 57.97	Earl Fee(CAN)	66	7-22-95
M70 62.2	John Alexander(USA)	70	9-24-89
M75 68.5	Josiah Packard(USA)	75	6-23-79
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

800 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 1:51.25	Peter Browne(GBR)	41	6-11-90
M45 1:56.16	Ronaldo Mercelina(HOL)	45	7-7-91
M50 1:59.45	Ronaldo Mercelina(HOL)	50	6-15-96
M55 2:05.07	Tom Roberts(AUS)	55	8-1-89
M60 2:12.62	Derek Turnbull(NZL)	62	7-21-89
M65 2:14.33	Earl Fee(CAN)	66	7-18-95
M70 2:30.84	James Lytjen(USA)	70	6-8-91
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

1500 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 3:49.47	Wilson Waigwa(KEN)	40	8-5-89
p3:49.21	Wilson Waigwa(KEN)	41	7-29-90
p3:46.7	Dave Moorcroft(GBR)	40	6-19-93
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 4:39.87	Simon Herlaar(HOL)	65	7-16-94
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
M40 4:02.53	David Moorcroft(GBR)	40	6-19-93
M45 4:16.75	David Sirl(NZL)	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 4:54.07	Joop Ruter(HOL)	60	8-1-93
M65 4:56.4	Derek Turnbull(NZL)	65	2-29-92
M70 5:34.00	John Gilmour(AUS)	70	7-8-95
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(GBR)	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
M40 8:17.4	Jack Foster(NZL)	43	1-31-76
p8:05.8	Matti Vainio(FIN)	40	6-12-91
M45 8:36.0	Laurie Ohara(GBR)	45	7-8-77
M50 8:53.8	Ray Hatton(USA)	50	6-25-82
M55 9:09.2	Heijdens Adriaan(HOL)	55	4-26-94
M60 9:41.2	John Gilmour(AUS)	61	11-22-80
M65 9:47.4	Derek Turnbull(NZL)	65	2-8-92
M70 10:51.0	John Gilmour(AUS)	70	7-27-95
M75 12:04.0	Scotty Carter(USA)	75	6-28-92
M80 13:52.63	Ed Benham(USA)	82	5-4-90
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
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 15:51.8	Stephen James(GBR)	55	6-5-93
M60 16:33.3	John Gilmour(AUS)	61	8-9-80
M65 16:38.8	Derek Turnbull(NZL)	65	3-13-92
M70 18:43.61	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 25:50.97	Yoshiharu Ueda(JPN)	85	9-16-94
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
M40 28:33.4	Lucien Rault(FRA)	40	6-9-76
p28:30.88	Matti Vainio(FIN)	40	6-25-91
M45 30:02.56	Antonio Villanueva(MEX)	45	11-29-87
M50 31:01.90	Ron Robertson(NZL)	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(GBR)	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
M40 11-1330	18.919 John Van De Wansem(HOL)	40	10-16-90
M45 11-1268	18.862 Alain Mimoun(FRA)	45	3-20-66
M50 11-954	18.575 Alain Mimoun(FRA)	50	5-16-71
M55 10-1277	17.261 Herman Pekis(HOL)	56	7-10-94
M60 10-831	16.853 John Gilmour(AUS)	61	10-21-79
M65 9-1540	15.892 John Gilmour(AUS)	65	10-7-84
M70 9-1083	15.474 John Gilmour(AUS)	70	6-21-89
M75 8-335	13.181 Lou Gregory(USA)	75	12-17-77
M80 7-946	12.130 Paul Spangler(USA)	81	11-1-80
M85 6-472	10.088 Paul Spangler(USA)	85	11-18-84

STEEPLECHASE (35-59: 3000M; 60+: 2000M)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 8:41.5	Gaston Roelants(BEL)	40	7-6-77
M45 9:25.28	Ron Robertson(NZL)	46	12-5-87
M50 9:50.96	Nils Undersaker(NOR)	50	8-5-89
M55 10:14.0	Alan Bradford(AUS)	55	2-4-94
M60 7:03.8	Maurice Morrell(GBR)	60	6-8-93
M65 7:53.00	John Eccles(NZL)	65	11-2-90
M70 8:38.17	Dan Bulkley(USA)	71	8-5-88
M75 9:28.78	Dan Bulkley(USA)	76	7-17-93
M80 11:39.03	Eugene Keller(USA)	80	7-23-95

HURDLES 110M: 35-39,42"; 40-49,39"; 100M: 50-59,36"; 60-69,33"; 80M: 70+			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 14.24	Stan Druckrey(USA)	40	7-30-89
M45 14.7	Valbjorn Thorlaksson(ISL)	45	7-8-79
M50 13.57	Walt Butler(USA)	50	7-5-91
M55 14.78	Hugh Adams(USA)	55	6-10-95
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(USA)	65	7-5-91
M70 13.2	Albertos Van Zyl(RSA)	70	10-10-92
M75 15.1	Frank Finger(USA)	75	9-1-90
M80 16.98	Mazumi Morita(JPN)	80	10-9-93
M85 20.30	Karl Trei(CAN)	85	5-7-94

LONG HURDLES (400m: 35-49,36"; 50-59,33"; 300m: 60+,30")			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 52.7	Stan Druckrey(USA)	40	7-8-89
52.76	James King(USA)	40	8-3-89
M45 55.18	Guido Mueller(GBR)	47	8-1-86
M50 58.1	Jack Greenwood(USA)	50	7-3-76
M55 58.92	Guido Mueller(FRG)	56	7-16-95
M60 43.49	Jack Greenwood(USA)	63	8-3-89
M65 45.71	Earl Fee(CAN)	66	7-16-95
M70 50.4	Albertos Van Zyl(RSA)	70	4-17-93
M75 55.33	Dan Bulkley(USA)	77	10-2-94
M80 68.0	Karl Trei(CAN)	80	6-11-89

HIGH JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 6-11	2.11 Jim Barrineau(USA)	40	7-19-95
M45 6-3 1/2	1.92 Charlie Rader(USA)	45	7-31-93
M50 6-2	1.88 Herm Wyatt(USA)	51	8-21-83
6-2	1.88 Dieter Wille(GBR)	50	10-10-93
p6-2 1/2	1.89 Mark Zhelmov(UKR)	50	6-11-94
M55 5-10 1/2	1.79 Herm Wyatt(USA)	55	5-26-87
M60 5-6 1/2	1.69 Milton Newton(USA)	61	6-10-95
M65 5-4 1/2	1.64 Jim Gillcrist(USA)	65	9-25-93
M70 4-10 1/4	1.48 Ian Hume(CAN)	70	9-8-84
M75 4-8 3/4	1.44 Esko Kolhonen(FIN)	75	8-4-89
M80 4-0 3/4	1.24 Ian Hume(CAN)	80	6-4-95
p4-3 1/2	1.31 Esko Kolhonen(FIN)	80	7-16-94
M85 3-8 1/2	1.13 Buell Crane(USA)	85	7-26-85
M90 3-5	1.04 Buell Crane(USA)	90	7-28-90

POLE VAULT			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 17-8 1/4	5.39 Larry Jessee(USA)	44	6-28-96
M45 15-7 1/2	4.76 Jerry Cash(USA)	46	8-4-95
M50 14-9 1/4	4.50 Daniel Boray(BEL)	50	9-2-95
M55 13-7 1/2	4.15 Hans Lagerqvist(SWE)	55	7-15-95
M60 12-9 1/2	3.90 Herbert Schmidt(GBR)	61	10-14-71
M65 12-4 1/2	3.77 Boo Morcom(USA)	65	8-3-86
M70 10-10	3.30 Herbert Schmidt(GBR)	70	7-18-80
M75 9-6 1/4	2.90 Carol Johnston(USA)	75	2-7-87
M80 8-3	2.51 Carol Johnston(USA)	80	6-20-92
M85 6-2 3/4	1.90 Ahita Pajunen(FIN)	85	7-15-95
p6-6 3/4	2.00 Ahita Pajunen(FIN)	85	6-18-95

LONG JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 24-4 3/4	7.43 Tom Chilton(USA)	40	3-24-78
M45 23-10 1/4	7.27 Tapani Taavitsainen(FIN)	46	8-21-90
M50 21-7 1/2	6.59 Tapani Taavitsainen(FIN)	51	7-22-95
M55 20-10	6.35 Stig Backlund(FIN)	55	7-21-95
M60 19-11	6.07 Tom Patsalis(USA)	60	7-10-82
M65 17-4 1/4	5.29 Tom Patsalis(USA)	65	12-1-87
M70 16-6	5.03 Melvin Larsen(USA)	70	7-23-94
M75 15-8 1/4	4.78 Mazumi Morita(JPN)	75	7-30-88
M80 13-8 1/2	4.18 Suda Giichi(JPN)	82	10-15-94
M85 10-5 1/2	3.19 Kameo Sin(JPN)	85	9-17-94
M90 8-0 1/4	2.44 Buell Crane(USA)	90	4-21-90

TRIPLE JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 54-4 3/4	16.58 Ray Kimble(USA)	40	7-2-93
M45 46-6 1/4	14.18 Stig Backlund(FIN)	47	7-28-87
M50 44-5 1/2	13.55 Hermann Strauss(GBR)	51	7-14-82
p44-8 1/4	13.62 Stig Backlund(FIN)	50	6-17-90
M55 44-11	13.69 Stig Backlund(FIN)	55	7-19-95
p45-5 1/4	13.85 Stig Backlund(FIN)	55	7-2-95
M60 39-4 3/4	12.01 Jacob Rypdal(NOR)	61	12-5-87
M65 36-5 1/2	11.11 Matti Jarvinen(FIN)	65	7-27-91
M70 33-8 3/4	10.28 Tamaka Juji(JPN)	71	5-29-94
M75 32-11 3/4	10.05 Mazumi Morita(JPN)	75	7-31-88
M80 29-4 1/2	8.95 Mazumi Morita(JPN)	80	10-13-93
M85 22-8 3/4	6.93 Mitsuo Komura(BRA)	85	9-10-95
M90 18-1	5.51 Buell Crane(USA)	90	7-28-90

SHOT PUT (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 70-3	21.41 Brian Oldfield(USA)	40	8-22-85
M45 58-1 1/4	17.71 Pierre Colnard(FRA)	47	

Continued from previous page

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

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	249-2	75.94 Toivo Mooraast(EST)	40	5-15-92
	p258-8	78.84 Jorma Markus(FIN)	41	7-2-94
M45	208-0	63.40 Mauri Toivonen(FIN)	45	7-21-91
	p218-3	66.52 Karl-Heinz Janick(GER)	45	7-16-93
M50	215-9	65.76 Larry Stuart(USA)	50	4-30-88
M55	215-8	65.74 Larry Stuart(USA)	57	4-8-95
M60	191-10	58.48 Del Pickarts(USA)	60	11-28-87
M65	180-6	55.02 Bud Held(USA)	65	5-15-93
M70	151-10	Erik Eriksson(FIN)	70	10-9-93
M75	135-3	41.24 Manuel White(USA)	75	8-17-91
M80	106-10	32.56 Gerhard Schepe(FRG)	83	7-21-95
	p106-11	32.60 Gerhard Schepe(GER)	82	7-2-95
M85	82-4 1/4	25.10 Masomi Okazaki(JPN)	85	6-24-90
M90	57-2 3/4	17.44 Buell Crane(USA)	90	7-28-90
M95	33-10 1/4	10.32 Tom Lane(USA)	97	5-23-92

DECATHLON(1994 WAVA AGE GRADED SCORING TABLES)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	7789	Wolfgang Linkmann(GER)	41	6-6-81
M45	7780	Rex Harvey(USA)	45	7-18-91
M50	8114	Gary Miller(USA)	51	7-27-89
M55	8179	Dale Lance(USA)	57	7-14-95
M60	8419	Phil Mulkey(GA)	62	7-10-93
M65	7668	Pekka Penttila(FIN)	65	7-27-89
M70	8450	Gudmund Skriverik(NOR)	70	7-18-91
M75	6483	Gilberto Gonzalez(PUR)	76	7-27-89
M80	3607	A. E. PITCHER(USA)	84	7-27-86
M85	3631	A. E. PITCHER(USA)	87	6-17-89

PENTATHLON(1994 WAVA SCORING TABLES)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	4083	Werner Schallau(GER)	40	9-24-78
M45	4038	Gary Miller(USA)	45	9-30-83
M50	4283	Gary Miller(USA)	50	6-26-88
M55	4104	Richmond Morcom(USA)	56	8-12-77
M60	4089	Rudy Hochreiter(AUS)	61	12-3-87
M65	4282	Gudmund Skriverik(NOR)	65	7-31-86
M70	4286	Adolf Koch(GER)	70	12-3-87
M75	3537	Francisco Colon(PUR)	75	10-19-91
M80	2820	Karsten Brodersen(CHL)	80	12-3-87
M85	2472	Ken Carnine(USA)	85	6-19-93

NOTEWORTHY MARKS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	1500m	Steve Scott(USA)	40	6-1-96

MARKS TO BE APPROVED BY WAVA COMMITTEE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M85	35.82	Kizo Kimura(JPN)	85	10-20-96
M90	1:57.46	Toshio Kojima(JPN)	91	10-20-96
M40	11-1582	19.149 Jozef Eyckmans(BEL)	40	9-18-96
M55	14.49	Walt Butler(USA)	55	8-22-96
M85	18.06	Kizo Kimura(JPN)	85	8-18-96
M85	3-9 1/4	1.15 Kizo Kimura(JPN)	85	8-18-96
	3-10 1/2	1.18 Kizo Kimura(JPN)	85	9-14-96
M40	18-0 1/2	5.50 Larry Jessee(USA)	44	8-24-96
M45	15-8 1/4	4.78 Ed Lipscomb(USA)	45	10-5-96
M70	17-0 1/2	5.19 Melvin Larsen(USA)	70	8-12-94
M85	11-6 1/4	3.51 Kizo Kimura(JPN)	85	8-16-96
M60	39-4 3/4	12.01 Nevio Aide(JPN)	60	11-6-94
M85	23-6 3/4	7.18 Kizo Kimura(JPN)	85	9-16-96
M45	210-1	64.04 Ed Morlund(KS)	48	8-18-96
M80	110-9	33.76 Manuel White(USA)	80	8-18-96
	111-0	33.84 Manuel White(USA)	80	6-14-96

Women's World Five Year Age Group Records

100 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11.07	Evelyn Ashford(USA)	35	5-28-92
M40	12.0	Maeve Kyle(IRL)	40	4-25-70
M45	12.50	Phil Raschker(USA)	48	9-2-95
	12.5	Maeve Kyle(IRL)	45	1-21-74
	12.5	Wendy Ey(USA)	45	2-4-84
M50	12.9	Irene Obera(USA)	51	6-1-85
M55	13.6	Shirley Peterson(NZL)	55	1-21-84
M60	13.9	Shirley Peterson(NZL)	60	2-25-89
M65	14.98	Shirley Peterson(NZL)	65	10-19-93
	14.7	Shirley Peterson(NZL)	65	2-26-94
M70	15.42	Paula Schneiderhan(GER)	71	10-15-93
M75	16.87	Polly Clarke(USA)	75	8-31-85
M80	18.42	Hanna Gelbrich(GER)	80	10-15-93
M85	48.40	Sarah Packham(GBR)	87	11-3-90

200 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	22.47	Evelyn Ashford(USA)	35	8-13-92
	22.5	Marina Stepanova(URS)	36	6-27-86
M40	24.84	Phil Raschker(USA)	42	8-3-89
M45	25.46	Phil Raschker(USA)	47	6-20-94
M50	26.56	Marge Allison(AUS)	50	7-19-95
M55	28.40	Brunhilde Hoffmann(WG)	55	7-19-95
M60	29.67	Irene Obera(USA)	60	8-13-94
M65	31.38	Shirley Peterson(NZL)	65	3-27-94
M70	33.26	Paula Schneiderhan(GER)	71	10-10-93
	p32.94	Paula Schneiderhan(GER)	73	7-2-95
M75	35.93	Polly Clarke(USA)	75	8-31-85
M80	41.11	Polly Clarke(USA)	82	8-15-92
M85	69.28	Judit Forero De Gauna(COL)	85	7-19-95

400 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	50.56	Aurelia Penton(CUB)	35	7-15-78
M40	53.68	Sara Montecinos(CHL)	40	3-20-94
M45	56.82	Mary Libal(USA)	45	7-22-95
M50	58.51	Marge Allison(AUS)	50	7-22-95
M55	64.50	Brunhilde Hoffmann(WG)	55	7-22-95
M60	67.80	Irene Obera(CA)	61	7-22-95
M65	73.71	Anna Mangler(GER)	65	8-5-89
M70	79.14	Anna Mangler(GER)	70	10-16-93
M75	89.62	Polly Clarke(USA)	75	8-25-85
M80	1:40.45	Polly Clarke(USA)	80	8-3-90
M85	p2:50.3	Mary Ames(USA)	85	7-17-88
M90	3:45.62	Bertha Holt(USA)	90	6-29-96

800 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:57.10	Lyubov Gurina(RUS)	36	8-17-93
M40	2:05.46	Sara Montecinos(CHL)	40	3-19-94
M45	2:14.92	Barbara Blurton(GBR)	45	2-6-96
M50	2:22.03	Marge Allison(AUS)	50	10-29-94
M55	2:31.0	Gerda Van Kooten(HOL)	55	4-12-94
M60	2:46.2	Vicki Bigelow(CA)	60	8-5-95
	p2:45.83	Jofrid Jansen(FIN)	60	6-30-95
M65	3:01.18	Shirley Brasher(AUS)	65	4-19-92
M70	3:13.66	Nina Naumenko(URS)	71	7-18-95
M75	3:32.98	Johanna Luther(GER)	75	8-1-89
M80	3:54.81	Johanna Luther(GER)	80	10-10-93
M85	5:14.43	Matsue Nishiyama(JPN)	86	10-10-93

1500 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:57.73	Maricica Puica(ROM)	35	8-30-85
M40	4:02.01	Yekatarina Podkopayeva(URS)	40	8-8-92
M45	4:36.58	Heather Mathews(NZ)	45	2-2-92
M50	4:54.3	Carolyn Oxtan(GBR)	50	9-5-93
M55	5:07.3	Gerda Van Kooten(HOL)	55	5-10-94
M60	5:39.96	Vicky Bigelow(USA)	60	7-22-95
	p5:38.63	Jofrid Jansen(FIN)	60	7-2-95
M65	6:02.68	Shirley Brasher(AUS)	65	4-18-92
M70	6:14.52	Nina Naumenko(URS)	71	7-25-95
M75	7:09.72	Johanna Luther(GER)	76	8-5-89
M80	7:32.22	Johanna Luther(GER)	80	10-16-93
M85	p11:43.2	Anna Ward(USA)	85	6-2-90

ONE MILE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	4:17.33	Maricica Puica(ROM)	35	8-21-85
M40	4:23.78	Yekatarina Podkopayeva(URS)	40	6-9-93
M45	5:02.31	Heather Mathews(NZ)	45	11-16-91
M50	5:24.6	Elaine Statham(GBR)	50	8-27-94
M55	5:35.0	Gerda Van Kooten(HOL)	55	4-26-94
M60	6:24.8	Joselyn Ross(GBR)	63	9-18-91
M65	6:41.64	Rosamund Dashwood(CAN)	65	6-8-89
M70	7:26.0	Pat Dixon(USA)	70	6-24-89
M80	9:49.40	Ivy Granstrom(CAN)	80	5-31-92

3000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:27.83	Maricica Puica(ROM)	35	9-7-85
M40	9:11.2	Joyce Smith(GBR)	40	4-30-78
M45	10:18.10	Els Raap(HOL)	47	5-28-94
M50	10:24.01	Edeltraud Pohl(GER)	52	8-25-88
M55	11:13.11	Gerda Van Kooten(HOL)	57	7-2-96
M60	12:01.65	Denise Alfvoet(BEL)	60	5-16-96
M65	12:47.6	Joselyn Ross(GBR)	65	8-14-93
M70	13:50.8	Jose Waller(GBR)	70	10-4-92
M75	17:37.2	Bess James(USA)	75	8-10-85
M80	21:18.6y	Ivy Granstrom(CAN)	80	6-28-92
M85	p25:29.6	Mary Ames(USA)	85	4-30-88

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	15:13.38	Ingrid Kristiansen(NOR)	35	7-91
M40	16:02.88	Evy Palm(SWE)	43	7-17-85
M45	16:17.6	Evy Palm(SWE)	45	4-7-87
M50	17:25.6	Shirley Matson(USA)	50	9-26-91
M55	18:49.0	Jean Albury(AUS)	55	4-7-85
M60	19:14.8	Marion Irvine(USA)	60	10-19-89
M65	21:37.8	Joselyn Ross(GBR)	65	8-14-93
M70	23:21.2	Jose Waller(GBR)	70	10-4-92
M75	25:43.39	Johanna Luther(GER)	76	8-4-89
M80	28:32.67	Johanna Luther(GER)	80	10-11-93
M85	37:02.30	Matsue Nishiyama(JPN)	86	10-10-93

10,000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	31:20.28	Ingrid Kristiansen(NOR)	35	7-91
M40	33:00.78	Evy Palm(SWE)	43	7-27-85
M45	35:56.20	Eleanor Robinson(GBR)	45	7-18-93
M50	36:51.28	Ursula Odermatt(SWE)	53	10-8-93
M55	38:38.6	Jean Albury(AUS)	55	4-5-85
M60	43:58.66	Shirley Brasher(AUS)	62	7-29-89
	p42:17	Jean Albury(AUS)	60	4-13-90
M65	45:49.42	Shirley Brasher(AUS)	65	4-17-92
M70	48:10.98	Jose Waller(GBR)	71	7-18-93
M75	53:13.63	Johanna Luther(GER)	77	7-21-91
M80	58:40.03	Johanna Luther(GER)	80	10-7-93

2000 METER STEEPLECHASE * BEST PERFORMANCES *****

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7:05.76	Veronica Boder(GBR)	35	7-17-94
M40	7:48.8	Antoinette Shaw(AUS)	44	1-4-92
M45	7:45.96	Joan Colman(USA)	45	8-5-89
M50	7:43.99	Margaret Orman(NZL)	51	3-13-93
M55	9:13.6	Jan Morrey(AUS)	55	4-27-95
M60	10:29.91	Nan Little(NZL)	61	4-2-88
M65	12:44.98	Tony Smit(AUS)	66	4-18-92

Continued from previous page

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

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	219-10	67.00 Tuula Laaksala(FIN)	35	9-10-88
W40	170-1	51.84 Anneli Virkkala(FIN)	40	8-2-87
W45	156-7	47.74 Anneliese Gerhards(GER)	45	5-30-81
W50	159-4	48.56 Mary Thomas(AUS)	51	7-21-95
W55	151-2	46.08 Gertrude Schonauer(AUT)	55	8-29-92
W60	118-4	36.08 Heather Doherty(AUS)	60	10-23-93
W65	100-4	30.58 Joan Ogden(GBR)	65	7-19-92
	p105-11	32.30 Joan Ogden(GBR)	65	8-16-92
W70	81-11	24.97 Hanna Gelbrich(GER)	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(GER)	77	7-4-90
W80	65-2	19.86 Hanna Gelbrich(GER)	80	10-9-93
W85	14-5 1/4	4.40 Sarah Packham(GBR)	87	11-3-90

NOTEWORTHY MARKS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10.74	Marlene Ottey(JAM)	35	9-9-96
W35	21.93	Marlene Ottey(JAM)	35	8-25-95

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	1:56.53	Lyubov Gurina(RUS)	36	7-30-94
W40	1:59.25	Yekatarina Podkopayeva(URS)	42	6-30-94
	1500m			
W40	3:59.78	Yekatarina Podkopayeva(URS)	42	7-18-94
	5000m			
W40	15:51.7	Nicole Leveque(FRA)	42	6-12-94
	10,000m			
W40	32:12.07	Nicole Leveque(FRA)	42	8-13-94
	100m hurdles			
W35	p13.04	Yelizaveta Chemshova(RUS)	36	6-19-94
	long jump			
W35	22-5 1/4	6.84 Vera Olenchenko(RUS)	35	6-11-94
	javelin throw			
W40	210-2	64.06 Tessa Sanderson(GBR)	40	7-12-96

MARKS TO BE APPROVED BY WAVA COMMITTEE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W70	33.19	Monica Shone(GBR)	70	8-11-96
	200m			
W50	2:22.3	Carolyn Oxton(GBR)	52	6-29-96
	800m			
W55	p2:21.9	Carolyn Oxton(GBR)	52	7-24-96
	1500m			
W55	2:30.53	Jane Arnold(USA)	55	6-8-96
W65	2:54.5	Toni Borthwick(GBR)	65	7-28-96

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W50	4:52.2	Carolyn Oxton(GBR)	52	6-23-96
	1500m			
	4:50.5	Carolyn Oxton(GBR)	52	7-28-96
	4:48.78	Carolyn Oxton(GBR)	52	9-11-96
	3000m			
W55	11:05.2	Shirley Matson(USA)	55	9-8-96
	5000m			
	18:43.65	Shirley Matson(USA)	55	8-23-96
	10,000m			
W65	p45:42.98	June Machala(USA)	65	8-17-96
	80m hurdles			
W40	11.78	Deby Sweezey(USA)	40	8-12-93
	high jump			
W75	3-3 3/4	1.01 Margaret Hinton(USA)	75	8-17-96
	pole vault			
W55	8-2 3/4	2.51 Joy Macdonald(USA)	55	4-6-96
W60	6-10 3/4	2.10 Dorothy McLennan(IRE)	60	8-18-96
W70	6-0	1.83 Johnnye Valien(USA)	71	8-21-96
W75	4-11	1.50 Margaret Hinton(USA)	75	8-21-96
	triple jump			
W70	23-6 3/4	7.18 Mary Partridge(AUS)	71	10-19-91
W75	20-8 1/2	6.31 Mary Partridge(AUS)	75	3-23-96
	shot put			
W45	49-7	15.11 Leoie Bertino(FRA)	45	6-22-96
W80	25-3 1/2	7.71 Masayo Kohno(JPN)	81	9-15-95
	discus throw			
W55	142-3	43.36 Tamara Danilova(RUS)	57	8-10-96

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

Compiled by Peter Mundle and the Records Subcommittee of the USATF Masters T&F Committee through performances verified as of March 1, 1997

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

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
	10.6n	Eddie Hart(CA)	40	9-11-89
M45	11.02	Stan Whitley(CA)	48	4-17-94
	11.0n	Thane Baker(TX)	48	6-14-80
M50	11.2	Ken Dennis(CA)	50	7-18-87
M55	11.66	Ralph Summerlin(AL)	58	7-14-90
	11.6n	Payton Jordan(CA)	56	6-23-73
	11.6n	Alfred Guidet(CA)	56	6-22-74
M60	11.8	Payton Jordan(CA)	61	5-27-78
M65	12.6	Payton Jordan(CA)	65	6-12-82
M70	12.91	Payton Jordan(CA)	74	6-22-91
M75	13.72	Payton Jordan(CA)	75	5-30-92
M80	15.4	Josiah Packard(CA)	80	2-25-84
M85	17.98	Russell Randall(CO)	85	8-14-92
M90	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
	p21.38	Bill Collins(TX)	40	7-6-91
M45	22.30	Stan Whitley(CA)	46	6-20-92
M50	22.98	Stephen Robbins(CA)	53	6-30-96
	22.9n	Ken Dennis(CA)	50	7-18-87
M55	23.6	Alfred Guidet(CA)	55	6-24-73
M60	24.9	Payton Jordan(CA)	60	6-19-77
M65	26.05	James Law(NC)	67	10-10-93
	p25.87	Jack Greenwood(CO)	65	7-6-91
M70	26.8	Payton Jordan(CA)	70	6-20-87
M75	28.14	Payton Jordan(CA)	75	6-20-92
M80	32.3	Josiah Packard(CA)	80	2-18-84
M85	40.29	Konrad Boas(NY)	86	8-3-89
M90	48.6	Collister Wheeler(OR)	90	7-30-87
	p45.75	Buell Crane(ID)	90	6-23-90
M95	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	50.20	Fred Sowerby(NV)	45	8-12-94
M50	51.63	Stephen Robbins(CA)	52	7-22-95
M55	54.56	Rudolph Valentine(NY)	55	6-9-79
M60	56.77	Paul Johnson(US)	60	7-22-95
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	93.59	Russell Randall(CO)	86	8-12-93
M90	2:00.2	Paul Spangler(CA)	90	9-16-89

800 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:43.36	Johnny Gray(CA)	35	8-16-95
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	2:13.98	Jim Sutton(PA)	60	7-23-91
M65	2:25.3	Frank Finger(VA)	65	7-5-80
M70	2:27.57	James Lytjen(CA)	70	7-23-91
M75	2:40.0	Harold Chapson(HI)	75	5-14-78
M80	2:53.5	Harold Chapson(HI)	80	7-11-82
M85	3:58.3	Paul Spangler(CA)	85	5-5-84
M90	4:39.59	Paul Spangler(CA)	90	6-10-89
M95	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)	42	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

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M65	4:56.31	Joe King(CA)	65	7-27-91
M70	5:14.97	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
	p4:17.14	Ken Sparks(OH)	45	7-29-90
M50	4:32.2	Bill Fitzgerald(CA)	50	7-13-75
M55	4:55.3	William Fraser(MN)	55	7-22-85
M60	4:58.2	Jim Sutton(PA)	60	8-17-91
M65	5:22	Monty Montgomery(CA)	65	4-8-72
M70	5:42.2	Monty Montgomery(CA)	70	7-9-77
M75	5:57.2	Scotty Carter(MA)	75	7-12-92
M80	8:07.1	Paul Spangler(CA)	81	6-7-80
M85	12:23.6	Herb Kirk(MT)	87	8-26-83
M90	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(NM)	40	6-13-87
M45	9:06.6	Kirk Randall(MA)	45	6-13-87
	p8:55.6	Patrick Hambrick(LA)	45	6-28-94
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 Gammie(OH)	60	8-10-91
M65	10:51.0	Norman Bright(WA)	65	6-17-75
M70	11:46.2	Harold Chapson(HI)	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

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13:26.03	Steve Plasencia(US)	36	6-5-93
M40	14:59.6	Hal Higdon(IN)	41	8-25-72
M45	15:12.25	Mike Manley(OR)	47	8-1-89
M50	15:41.67	Nike Heffernan(OR)	50	7-25-91
M55	16:27.1	James O'Neil(CA)	55	1-12-81
M60	17:19.0	Clive Davies(OR)	64	8-2-80
M65	18:07.04	Joe King(CA)	65	7-25-91
M70	18:43.61h	Warren Utes(IL)	70	7-23-91
M75	20:55.39	Alfred Funk(MT)	75	8-1-89
M80	21:57.88	Edward Benham(MD)	81	8-6-88
M85	28:03.8	Paul Spangler(CA)	85	4-14-84
M90	37:39.38	Paul Spangler(CA)	90	8-1-89
M95	50:23.53	Herb Kirk(MT)	95	7-25-91

10,000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	28:02.41	Steve Plasencia(US)	36	6-18-93
M40	30:50.37	Larry Alberg(WA)	42	7-30-89
M45	31:48	Ray Hatton(OR)	45	6-11-77
M50	32:10.4	Ray Hatton(OR)	51	6-18-83
M55	33:00.66	Norman Green(PA)	57	7-29-89
M60	35:19.8	Clive Davies(OR)	63	8-19-78
M65	38:38.0	Norman Bright(WA)	66	8-3-76
M70	38:23.69	Warren Utes(IL)	70	7-20-91
M75	43:54.75	Edward Benham(MD)	75	9-25-83
M80	44:29.4	Edward Benham(MD)	81	8-4-88
M85	63:58.4	Paul Spangler(CA)	86	6-22-85
M90	71:40.78	Paul Spangler(CA)	90	7-29-89

ONE HOUR RUN

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11-1070	18.681 Ken Mueller(MA)	35	5-13-72
M40	11-965	18.585 Earl Owens(GA)	40	3-6-93
M45	11-223	17.907 Hal Higdon(IN)	48	6-26-79
M50	10-1335			

Continued from previous page

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 1500m, 500m, and 400m.

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for Triple Jump.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for Shot Put.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for Discus Throw.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for Hammer Throw.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for Javelin Throw.

DECATHLON(1994 WAVA AGE GRADED SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for Decathlon.

PENTATHLON(1994 WAVA SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for Pentathlon.

NOTEWORTHY MARKS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists notable marks for 1500m and 400m.

MARKS TO BE APPROVED BY USTFA COMMITTEE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists marks to be approved for 100m, 500m, and 400m.

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

100 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 100 meters.

200 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 200 meters.

400 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 400 meters.

800 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 800 meters.

1500 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 1500 meters.

ONE MILE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for one mile.

3000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 3000 meters.

Table with columns: W75, W80, W85, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 17:37.2, 25:09.0, and p25:29.6.

5000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 5000 meters.

10,000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 10,000 meters.

ONE HOUR RUN

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for one hour run.

2000 METER STEEPLECHASE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 2000 meter steeplechase.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for short hurdles.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for long hurdles.

HIGH JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for high jump.

POLE VAULT

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for pole vault.

LONG JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for long jump.

Continued on next page

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TRIPLE JUMP table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Phil Raschker, Becky Sisley, Leonore McDaniels, etc.

SHOT PUT (30-49: 4KG; 50+: 3KG) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Jane Frederick, Joanne Grissom, Vanessa Hilliard, etc.

DISCUS THROW table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Carol Finsrud, Janet Wilson, Joanne Grissom, etc.

HAMMER THROW (35-49: 4KG; 50+: 3KG) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Sarah Boslaugh, Joan Stratton, Brenda Bloomfield, etc.

JAVELIN THROW (30-49: 600G; 50+: 400G) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Karin Smith, Kate Schmidt, Lurline Struppeck, etc.

MARKS TO BE APPROVED BY USTFA COMMITTEE table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Jane Arnold, June Machala, Madeline Bost, etc.

Men's World Masters Relay Records

Men's World Masters Relay Records table with columns: Distance, Age, Time, Name, Residency, Meet Date. Includes 4x100, 4x200, 4x400, 4x800, 4x1600, and sprint medley records.

p = pending - missing birthdates, dates, etc. i = indoor performance

note: the sprint medley, distance medley and 4X1600 marks are unofficial

Men's World Masters Relay Records table (continued) with columns: Distance, Age, Time, Name, Residency, Meet Date. Includes 4x400, 4x800, 4x1600, and sprint medley records.

p = pending - missing birthdates, dates, etc. c = relay members include non-US citizens i = indoor performance

note: club records are listed before USA team records

- CDM: Corona Del Mar Track Club SDTC: San Diego Track Club
KHTC: King of the Hill Track Club NYPC: New York Pioneer Club
OHTC: Ohio Track Club WVC: West Valley Track Club
SCS: Southern California Striders PM: Philadelphia Masters
BRC: Boston Running Club HE: Houston Elite
BAA: BAA Running Club MMT: Midwest Masters T&F Club
PMTC: Portland Masters Track Club TR: Tamalpa Runners
SC: Syracuse Chargers

Women's World Masters Relay Records

Women's World Masters Relay Records table with columns: Distance, Age, Time, Name, Residency, Meet Date. Includes 4x100, 4x400, 4x800, and sprint medley records.

p = pending - missing birthdates, dates, etc.

Women's U.S. Masters Relay Records

Women's U.S. Masters Relay Records table with columns: Distance, Age, Time, Name, Residency, Meet Date. Includes 4x100, 4x400, 4x800, and sprint medley records.

p = pending - missing birthdates, dates, etc.

- TS: Track Shack HTC: Hill Track Club
SDTC: San Diego Track Club PS: Prairie Striders
NYMC: New York Masters Club BRC: Boston Runners Club

note for all categories: (sprint med) sprint medley order is 400-200-200-800 (dist med) distance medley order is 800-400-1200-1600

Compiled by Pete Mundle, WAVA and USTFA T&F Records Chairman

Men's U.S. Masters Relay Records table with columns: Distance, Age, Time, Name, Residency, Meet Date. Includes 4x100, 4x200, and sprint medley records.

Continued from previous page

World Best Performances - Racewalk

Table with columns: group, time, name, date, site, home. Lists racewalk records for 3000, 5000, 10K, 20K, 30K, 50K, and 100K meters.

USA Masters Men's and Women's Racewalking Records

Table with columns: group, time, name, date, site, home. Lists USA Masters racewalking records for men and women across various distances.

Table with columns: group, time, name, date, site, home. Lists Masters Men - Track records for 5000, 10,000, 15,000, 20,000, 30,000, and 50,000 meters.

Masters Men - Road

Table with columns: group, time, name, date, site, home. Lists Masters Men - Road records for 5K, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, and 100K.

Masters Women - Track

Table with columns: group, time, name, date, site, home. Lists Masters Women - Track records for 3000, 5000, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, and 100K.

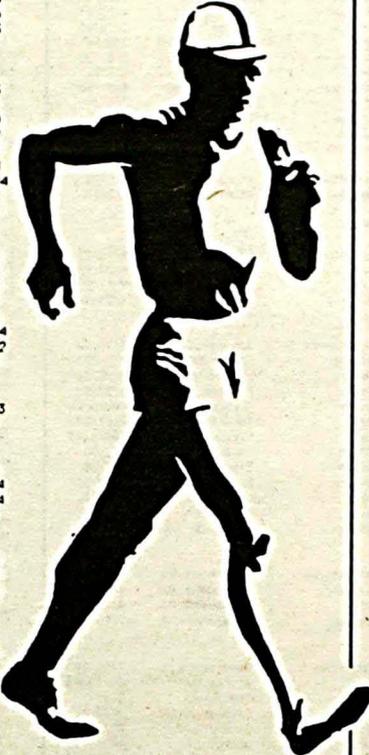
Masters Women - Road

Table with columns: group, time, name, date, site, home. Lists Masters Women - Road records for 5K, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, and 100K.

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10K F35-39	46:25 45:02.8	Victoria Meszo Sally Richards-Karr	Beijing, CHI Pottsdam, GER	4/29/95 5/11/96
F40-44	49:17	Sally Richards-Karr	Palo Alto, CA	5/22/94
F45-49	50:58	Gayle Johnson	Washington, DC	5/28/95
F50-54	57:06	JoAnn Nedelco	Provo, UT	8/14/93
F55-59	57:24	Elton Richardson	Eugene, OR	8/14/94
F60-64	59:30	Beverly LaVeck	Eugene, OR	8/23/96
F65-69	1:02:07	Ruth Eberle	Eugene, OR	8/23/96
F70-74	1:12:06	Ruth vanSandt	Palo Alto, CA	5/22/94
F75-79	1:09:21.8	Miriam Gordon	Fl. Lauderdale, FL	2/11/96
F80-84	1:14:33	Imogene Watkins	Niagara Falls, NY	7/16/95
	1:58:30	Marilla Salisbury	Indianapolis, IN	8/5/90
15K F35-39	1:10:27	Victoria Meszo	Albany, NY	5/21/95
F40-44	1:20:06	Sally Richards-Karr	Albuquerque, NM	9/5/93
F45-49	1:23:23	JoAnn Nedelco	Long Beach, CA	4/30/89
F50-54	1:26:42	Beverly LaVeck	Eugene, OR	8/16/87
F55-59	1:28:03	Beverly LaVeck	Portland, OR	5/12/91
F60-64	1:35:04	Joyce Decker	Kenosha, WI	9/25/94
F65-69	1:44:57	Ruth Leff	Kenosha, WI	10/16/94
F70-74	1:59:21	Rose Kash	Riverside, CA	5/24/92
F75-79	2:05:24	Adaline Crocker	Eugene, OR	8/16/87
20K F35-39	1:35:40	Victoria Meszo	Albany, NY	5/21/95
F40-44	1:52:07	Sally Richards-Karr	Toronto, CAN	7/31/94
F45-49	1:58:46	Beverly LaVeck	Seattle, WA	4/15/84
F50-54	1:56:18	Beverly LaVeck	Eugene, OR	8/16/87
F55-59	2:00:39	Elton Richardson	Fl. Monmouth, NJ	9/11/94
F60-64	2:12:26	Joyce Decker	Kenosha, WI	10/16/94
F65-69	2:18:07	Ruth Leff	Kenosha, WI	10/18/92
F75-79	2:49:18	Adaline Crocker	Eugene, OR	8/16/87
25K F35-39	2:14:52	Lynda Brubaker	Atlanta, GA	10/31/93
F40-44	2:57:08	Donna Cetrulo	Lincroft, NJ	9/9/90
F45-49	2:52:45	Emily Hewitt	Lincroft, NJ	9/9/90
F50-54	2:45:08	Jill Latham	Atlanta, GA	4/8/90
F55-59	2:38:41	Bev LaVeck	Palo Alto, CA	3/13/94
F60-64	2:45:45	Joyce Decker	Kenosha, WI	10/16/94
F65-69	2:57:47	Ruth Leff	Kenosha, WI	10/16/94
30K F35-39	2:42:47	Lynda Brubaker	Atlanta, GA	10/31/93
F40-44	3:00:29	Jeanne Bocci	East Meadow, NY	10/23/87
F45-49	3:08:49	Stella Cashman	East Meadow, NY	10/16/88
F50-54	3:10:03	Elton Richardson	Fl. Monmouth, NJ	9/13/92
F55-59	3:11:35	Elton Richardson	Fl. Monmouth, NJ	9/11/94
F60-64	3:46:10	Joan Rowland	East Meadow, NY	10/6/90
F65-69	3:29:41	Ruth Leff	Kenosha, WI	10/18/92
40K F35-39	4:17:27	Daniela Hairabedian	Atlanta, GA	4/8/90
F40-44	4:07:36	Jeanne Bocci	Fl. Monmouth, NJ	9/20/87
F45-49	4:26:42	Jeanne Bocci	Fl. Monmouth, NJ	9/15/91
F50-54	4:17:46	Elton Richardson	Fl. Monmouth, NJ	9/13/92
F55-59	4:28:40	Elton Richardson	Fl. Monmouth, NJ	9/11/94
F60-64	5:07:09	Marie Henry	Fl. Monmouth, NJ	9/20/87
F65-69	5:22:52	Joan Rowland	Fl. Monmouth, NJ	9/11/94
50K F35-39	5:25:17	Daniela Hairabedian	Atlanta, GA	4/8/90
F40-44	5:30:35	Jeanne Bocci	Durham, NC	2/21/88
F45-49	5:27:20	Beverly LaVeck	Monterey, CA	5/22/83
F50-54	5:43:26	Jill Latham	Atlanta, GA	4/8/90
F55-59	6:50:15	Elizabeth Petterson	Atlanta, GA	3/5/89
F60-64	7:27:49	Marie Henry	Durham, NC	2/21/88



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

To: WAVA Records Committee Regional Chairman
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: WAVA Records Committee Regional Chairman
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 ASSOCIATION OF VETERAN ATHLETES
PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF



WAVA RECORDS COMMITTEE 1996-1997

- President**
Pete Mundle 4017 Via Marina, Apartment C-301, VENICE, CA 90291, USA
- Asia**
M.K. Jacob 146 Jalan Meranti 7, Taman Sikamat Utama, 70400, SERAMBAN, N.S., Malaysia
- Africa**
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- Oceania**
Colleena Blair Box 48 078, Silverstream, UPPER HUTT, New Zealand
- South America**
Hector Acosta Manuel Pérez 6222, MONTEVIDEO, Uruguay
- Other members**
Dave Burton 71 Nethergreen Road, SHEFFIELD, S11 7EH England
- Roy Foley 7 Kinloch Avenue, MURRUMBEENA, 3163 Victoria, Australia
- Rex Harvey 160 Chatham Way, MAYFIELD HEIGHTS, OH 44124 USA
- Beverly LaVeck 6633 NE Windemere Road, SEATTLE, WA 98115 USA

Indoor Nationals

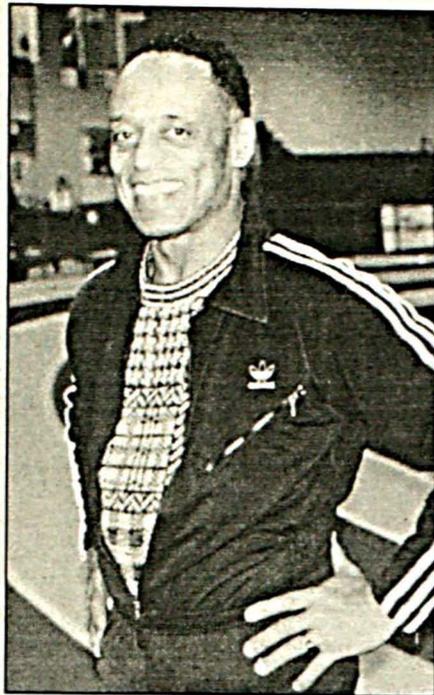
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by the Boston Running Club, in cooperation with the USATF New England Association.

Athletes found the facility spotlessly clean, large and airy with plenty of artificial and natural light and seating. Not all was perfect, however – a problem with the long jump pit caused a back-up until a second pit was put into use after tons of sand were brought in – but problems were resolved quickly and efficiently.

A notable downside was that there was no radio, TV, or newspaper coverage of the meet.

Fred Tressler, Mike Pieroni, and Tom Meagher served as meet directors. Carroll DeWeese, of Michigan, acted as chief referee. Meet officials urged participants to submit suggestions to make the next two championships here even better. □



Scott Tyler, 57, a U.S. citizen residing in Canada, winner of the M55 60mH in 10.61.

Photo by Jerry Wojcik

Wysocki Sets U.S. Masters Records

It didn't take long for Ruth Wysocki to make her presence felt on the masters scene after she turned 40 on March 8.

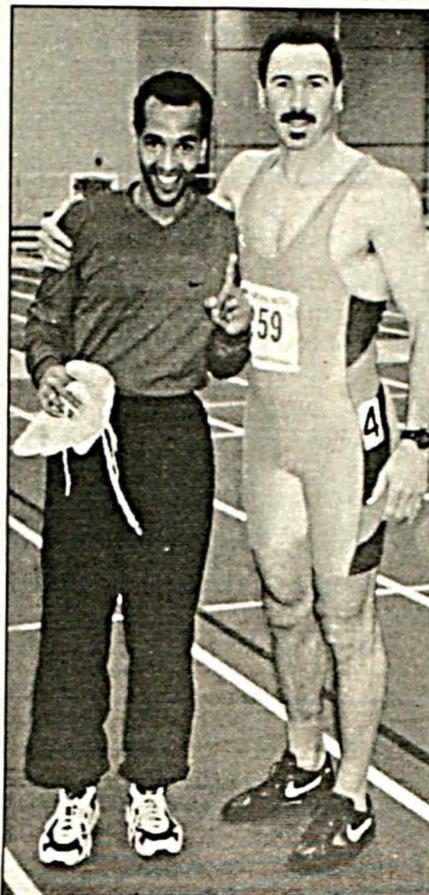
She set a new USA masters 5K road

record of 16:23 in the National Masters 5K Championships (Carlsbad 5000) in San Diego, April 13. Her time of 16:23 bettered Laurie Binder's six-year-old standard of 16:37.

Switching to the track a week later, Wysocki raced to a 4:15.94 in the women's invitational open 1500 at the Mt. Sac Relays, April 20, lowering the USA W40 mark of 4:38.73, set by Carol McLatchie in 1993.

Steve Scott, 40, was first master at Carlsbad in 14:39, close to Doug Bell's U.S. M40 road mark of 14:36.

Story and results next month. □



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

Photo by Jerry Wojcik

Libal Wins Age-Graded 100

Mary Libal, 47, of Corvallis, Ore., defeated a top field of female masters sprinters in the special Mt. San Antonio College 100-meter age-handicapped race, April 20, in Walnut, Calif.

Eight lanes were filled with women of different ages: Grace Dinkins, 30; Joy Upshaw-Margerum, 35; Elaine Iba, 36; Denise Foreman, 40, of Seattle; Libal; Kemisole Solwazi, 57; Sumi Onodera-Leonard, 68; and Johnnye Valien, 71.

Libal held off fast-closing Dinkins for the win, with Foreman placing third. Official times were unavailable at NMN press time. The announcer identified each runner before the race and explained what was going on. The crowd was excited as the field came together at the finish line. □

8000 To Compete in Senior Sports Classic

More than 8000 seniors, age 50-and-up, will participate in the 1997 Senior Sports Classic VI on May 21-28 in Tucson, Ariz.

Hosted by the U.S. National Senior Sports Organization (USNSSO), the biennial event will draw athletes from throughout the USA and Canada.

Competitors who qualified last year at the local and state level will compete in five-year age divisions in 18 sports: archery, badminton, basketball,

bowling, cycling, golf, horseshoes, racewalking, racquetball, road racing, shuffleboard, softball, swimming, table tennis, tennis, track and field, triathlon and volleyball.

An estimated 1300 will square off in the track & field competition.

The event is sponsored by Nuveen, General Mills (Total Cereal), Anheuser-Busch-O'Doul's, the Medicine Shoppe, Ramada, Howard Johnson, Days Inn and Park Inn International. □

USA TRACK & FIELD APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD

Identify appropriate category: Age-group record (e.g. 40-44) _____ Indoor/Outdoor Track/Road
Single-age "Best" (not an official USA T&F Record) _____

Event distance _____ Age _____ Official time achieved _____ Date _____

Where held (name of track or course, town, state, country) _____

Name of competitor, birthdate, address, phone # _____

If this is your first application, please enclose photocopy of birth certificate or passport.

Time recorded _____ Verification (to be completed by Event Referee)
Name of head timer _____

Watch #1 _____ Watch #2 _____ Watch #3 _____

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National Judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

List all judges	Certification #	Level of Certification
Judge #1 _____	_____	_____
Judge #2 _____	_____	_____
Judge #3 _____	_____	_____
Judge #4 _____	_____	_____
Judge #5 _____	_____	_____
Judge #6 _____	_____	_____

Course Certification # _____ Track 440y/400m/other _____ 2-in high continuous curb? yes _____ no _____

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF Association, National, or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

Signature, address, phone, USA T&F Certification # of Referee or Meet Director _____

Submit lap times and race results (including all competitors).
Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle WA 98115 (206)524-4721 bevlaveck@aol.com

10th ANNUAL NASHVILLE STRIDERS/NASHVILLE TRACK CLUB OPEN AND MASTERS MEET & INVITATIONAL 5000m SATURDAY JUNE 28TH VANDERBILT UNIVERSITY TRACK

Adult Events (19&above)	Adult Events (19 & above)	Youth Events (0-18)
1:00pm PV	5:30pm 80,100,110H	2:00pm 100m
2:00pm HJ	5:45pm 800m	2:20pm 1500m
2:30pm LJ	6:00pm 100	2:40pm 400m
3:00pm DT	6:20pm 3000mRW	2:50pm 1500mRW
3:30pm TJ	6:35pm 300, 400mH	3:10pm 100, 110mH
4:00pm SP	6:45pm 200m	3:30pm 800M
4:00pm JT	7:00pm 4 x 100m Relay	3:45pm 200m
(alternate site, map on reverse side)	7:10pm 1500m	4:00pm 3000m
	7:20pm 400m	Youth age groups: 0-8, 9-10
	7:30pm Women's Invitational 5000m	11-12, 13-14, 15-16, 17-18.
	8:00pm Men's Invitational 5000m	Adult age groups: 19-29, Masters: 30-34, 35-39, 40-44, 45-49, etc. Men & women.
	8:30pm 4 x 400 Relay	

Fees: \$6.00 first event, \$4.00 each additional event (excluding youth who pay \$2.00 flat fee). Youth may participate in 3 events. Awards: Medals to first 3 in each age group in adults, ribbons to first three in each age for youth. Facility: Eight lane polyurethane surface. Invited 5000m runners may be joined by non-seeded runners to make for a full race. Starting blocks provided. You must provide your own field implements. NOTE! NO MEET-DAY REGISTRATION except for youth. Entry cut off day: Thursday June 26, 1997.

Tear off and return with fees _____

Name: _____ Age: _____ Gender: _____

Address: _____ City: _____ Zip: _____

State: _____ Phone# _____

Events entered: (1) _____ (2) _____ (3) _____ (4) _____

Fees enclosed: \$ _____ Return with fees to: Nashville Striders

P.O. Box 128276
Nashville, TN 37212 (615) 331-0111

Waiver: In consideration of your acceptance of my entry into this meet I, myself, my heirs, executors, and administrators, waive and release any and all sponsors, including the Nashville Striders, Nashville Track Club, Vanderbilt University, officials, their successors or assigns from any and all liability arising from injuries and damages I may suffer as a result of my participation in this meet. I further state that I am physically fit to compete in this meet.

Signature: _____ Parent or guardian if under 18 _____

2 Months to Go



Countdown to Durban

DURBAN
SOUTH AFRICA

6000 Athletes Expected to Compete

Only two months remain until the 12th WAVA World Veterans Athletics Championships, July 17-27, in Durban, South Africa. The entry deadline was April 30. Organizers expect upwards of 6000 athletes from up to 80 nations will participate in the biennial event.

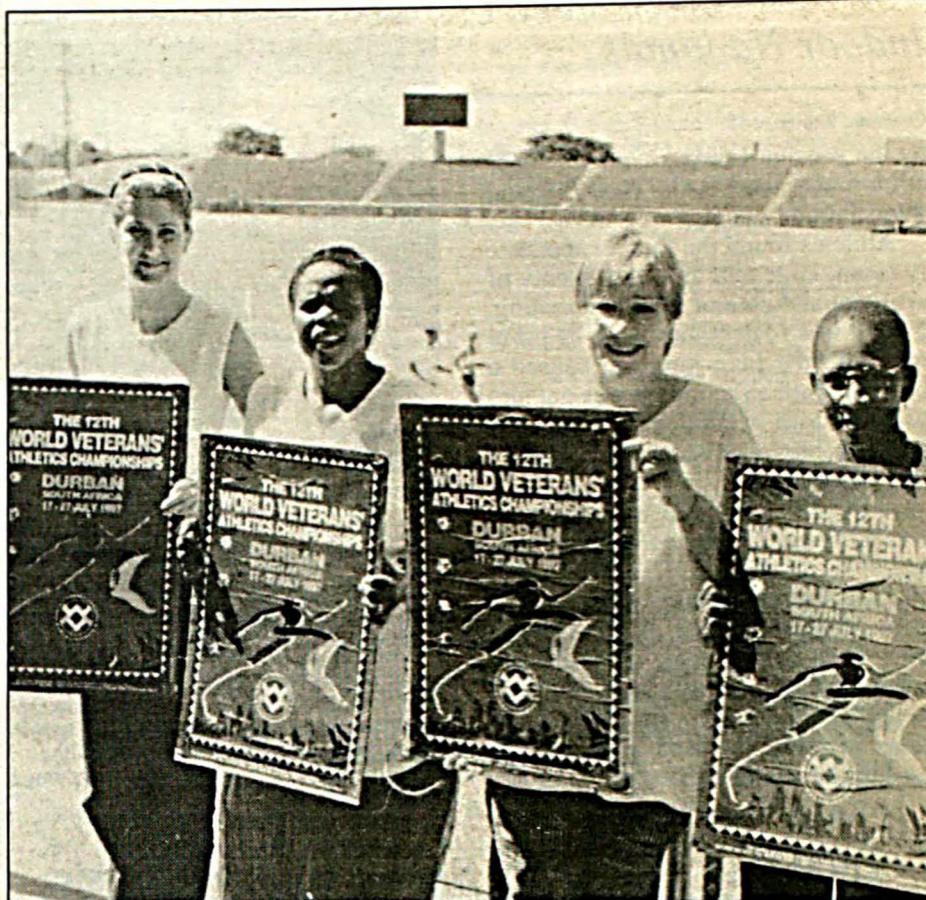
A total of 315 entrants from the USA have sent their entry forms to Sandy Pashkin, the USA Team Manager. That compares to 312 USA competitors who went to Miyazaki, Japan in 1993, and 474 who journeyed to Turku, Finland in 1991.

Jim Blair, Stadia Vice-President of the World Association of Veterans

Athletes (WAVA) will visit Durban this month to assist with final preparations.

The Championships are open to men age 40-and-over and women age 35-and-over. Competition will be held in five year age groups through age 95+.

Durban is the major city in the



The administration team of the Durban Organizing Committee at track one with the new scoreboard in the background. From left: Elaine Kay, Fikile Mtolo, Linda Barron and Linda Ngcipe.

WAVA/USATF						
Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69 70 Plus						
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
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"	7
60-69						
70 plus						
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69						
70 plus						
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59						
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.						

province of KwaZulu-Natal, which has 8.6 million people, or 23.1% of the total South African population of 37.2 million. One fourth of the population is under age 15. KZN harbors handle 90% of South Africa's fuel, coal and oil imports and exports.

The Greater Durban region attracts some 3.4 million visitors a year, generating an estimated US\$678 million cash flow into the city.

One of the classic books on South Africa is James Michener's *The Covenant*. A well-reviewed new book by Patti Waldmeir is *Anatomy of a Miracle; the End of Apartheid and the birth of the New South Africa*. □



WORLD
VETERANS'
ATHLETICS
CHAMPIONSHIPS

17 - 27 JULY 1997

DURBAN

KWA-ZULU NATAL
SOUTH AFRICA



Aerial shot of Durban with the Golden Mile hotels facing the Indian Ocean. Kings Park, home of the two tracks and the rugby stadium, can be seen in the middle.



Report from Britain

by MARTIN DUFF
and BRIDGET CUSHEN

Williams Claims Victory in X-C Championships

New veteran Mike Williams resurrected his running career by dominating the 10K M40-49 race in the British Cross-Country Championships at Silksworth in the northeast on March 22.

In the absence of Nigel Gates, his conqueror in the southern area event earlier in the month, Williams showed that he has improved dramatically with three weeks of extra training under his belt.

On a hilly but firm and dry course, Williams powered away from challenger Mike Girvan. Also left struggling in Williams' wake were Les Atkinson, Mike Hager, and Trevor Clark. With 150 yards to go, Williams maintained his strong lead to claim the victory in 32:10. He was followed by Girvan (32:41), Atkinson (32:58), M45 winner Hager (33:12), and Clark (33:16).

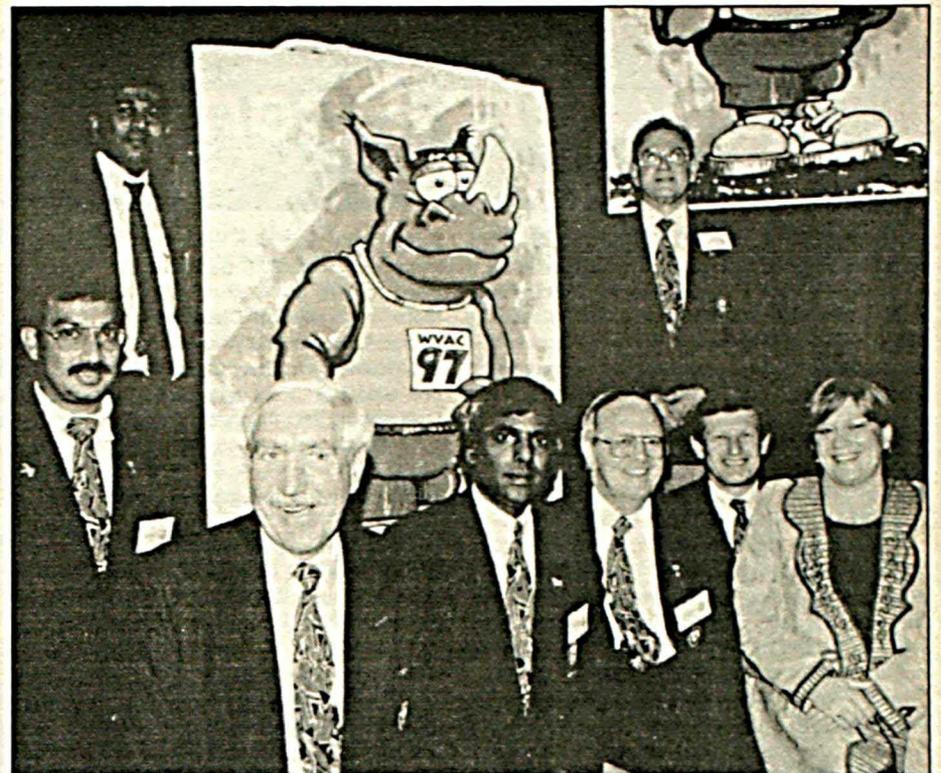
The over 50s, who ran a separate race, saw a race-long battle between southern champion Brian O'Neill and Scotsman Dougie Gemmell. O'Neill opened up a lead on each uphill section, only for Gemmell to close on the subsequent descent. O'Neill eventually prevailed by just four seconds, 34:04 to Gemmell's 34:08.

Leading the chase pack, a minute behind the winners, was newcomer Neil Robson (35:27), who went clear of Graham Wooltan (35:31) and M55 winner Roger Highnam (35:45). They were followed by Frank Reilly (35:55) and world champions Steve James (36:00) and Les Presland (36:26).

The top M60 finisher was Cyril Leigh in 38:18, back in the frame after being a top M45 performer over 10 years earlier. Derek Howarth was the first M65 in 43:42.

The over 70s, who competed with the women in a 5K race, were led by 75-year-old Bruce Davidson in 26:09.

Sheila Allen, winner of the women's race last year, made a brave attempt to retain her title, but her Houghton & Peterlee clubmate Lynn Harding, a Scottish International, proved too strong. The 35-year-old former marathoner won in 18:59, 60 yards clear of Allen. Gill Dean won the W45 title in 19:53.



Members of the Durban Organizing Committee launch a media drive. Top, from left: Harry Naidu, UBE the mascot, Monty Hacker. Bottom, from left: Rishi Hansraj, Willie James Ward, Vijay Nathaniel, Peter Grobler, Basil Carnie and Linda Barron.

Dot Fellows ran a strong race to win the W50 division in 22:16, with world

champion Joselyn Ross leading the W65 competition (26:32). □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ED ALMEIDA (SAN DIEGO, CA)	5-16-22	75-79
JACK ANGEL (PURCELL, OK)	5-3-27	70-74
KEN BRINKER (FLANDERS, NJ)	5-18-47	50-54
PHILLIP BRUSCA (MARYLAND HTS., MO)	5-7-27	70-74
DAN BULKLEY (PHOENIX, OR)	5-4-17	80-84
JOHANNES CYRUS (S. AFR)	5-24-32	65-69
KENNETH DENNIS (LOS ANGELES, CA)	5-13-37	60-64
HERBERT DOWLER (MODESTO, CA)	5-29-2	95+
JACK FOSTER (NZL)	5-23-32	65-69
FRANK FURNISS (SARASOTA, FL)	5-24-7	90-94
KERMIT HOLLINGSWORTH (CAN-IN)	5-3-32	65-69
RONALD JOHNSON (NZL)	5-31-32	65-69
ROBERT MACTARNAHAN (PORTLAND, OR)	5-1-12	85-89
FRITZ MUEHLE (WG)	5-31-17	80-84
JAN PARLEVLIET (FRA)	5-15-32	65-69
FRANZ POSLUSCHNI (WG)	5-13-2	95+
DAVID ROMAIN (TRI-ALBANY, CA)	5-15-42	55-59
MARION SANCHEZ (SAN LORENZO, CA)	5-23-32	65-69
JOHN SANDERS (DREXELL HILL, PA)	5-18-37	60-64
EMIL SCHULZ (WG)	5-9-27	70-74
WILLI SELZER (WG)	5-7-27	70-74
ALAN SLATER (CAN)	5-20-42	55-59
IRELAND SLOAN (ROANOKE, VA)	5-6-42	55-59
BILL SMITH (E. STRAUDSBURG, PA)	5-12-42	55-59
SCOTT THORNSLEY (CAMP HILL, PA)	5-5-52	45-49
ROBERT ULSH (DANVILLE, CA)	5-30-7	90-94
ALAN WELLS (GBR)	5-3-52	45-49
RICHARD WRIGHT (PASADENA, CA)	5-6-17	80-84
KAY ATKINSON (SAN FRANCISCO, CA)	5-23-17	80-84
REBECCA BAUM (SPRINGFIELD, IL)	5-20-47	50-54
MARY CHADBOURNE (US)	5-4-47	50-54
LINA CONNORS (NEW YORK CITY, NY)	5-2-42	55-59
LINDA FRISBY (GRAND JUNCTION, CO)	5-29-47	50-54
LORRAINE GREEN (LAFAYETTE, US)	5-15-52	45-49
MIKI HERVEY (DALLAS, TX)	5-10-42	55-59
MARIA JOHNSON (DALLAS, TX)	5-27-37	60-64
MARCIA MECHLENBURG (CHANEY, WA)	5-17-57	40-44
GRETCHEN MERTEN (EUGENE, OR)	5-1-42	55-59
SHIELA NEWTON (INGLEWOOD, CA)	5-8-37	60-64
GIRTS OZOLINS (TORANCE, CA)	5-0-37	60-64
SHARON SAHONCHIK (EUGENE, OR)	5-31-32	65-69
GINNY SARGENT (CA)	5-22-47	50-54
LINDA THURSTEN (SOMERVILLE, NJ)	5-11-42	55-59
JULES TRIGUEIRO (EUGENE, OR)	5-20-47	50-54
CLAIRE VIETH (WEBSTER GROVES, MO)	5-26-12	85-89
BETTY WAKE (CA)	5-17-37	60-64
MARLENE ALTMANN (WG)	5-21-37	60-64
BEVERLEY BLAIR (NZ)	5-12-42	55-59
URSULA BLASCHKE (WG)	5-30-32	65-69
NINA FAHNOE (DEN)	5-8-42	55-59
HILARY FARMER (GB)	5-20-27	70-74
JANE GELDENHUYS (RSA)	5-20-27	70-74
ANNE HOLCOMBE (AUS)	5-29-47	50-54
SONJA KUIPERS-OOST (HOL)	5-2-57	40-44
SZALAI LENCSESNE (HUN)	5-13-52	45-49
MAUREEN LEWINGTON (GBR)	5-7-47	50-54
MARGARET LOCKLEY (GB)	5-15-47	50-54
GLADYS MCKEOWN (AUS)	5-10-32	65-69
BJORG MOEN (NOR)	5-25-47	50-54
FAY RILEY (NZ)	5-21-42	55-59
YVONNE ROJANO (MEX)	5-29-37	60-64
MARTINE ROOMS (FRA)	5-6-52	45-49
EVELYN SAULL (CAN)	5-30-32	65-69
URSULA SCHMITZ (WG)	5-28-32	65-69
MILDA SCHNAKENBERG (WG)	5-26-47	50-54
FELICITY SKARIS (RSA)	5-25-37	60-64
JORUNN SUNDAL (NOR)	5-1-47	50-54
TUULA TORNI (FIN)	5-23-52	45-49
ELIZABETH TROMP (HOL)	5-16-17	80-84
CHRISTINE TURNER (NZ)	5-5-47	50-54
TEREZ HEDANE ZINK (HUN)	5-29-47	50-54

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

PRESIDENT:

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

EXECUTIVE VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-541-687-1989
Fax: 1-541-687-1016

VICE-PRESIDENT:

(Stadia)
Jim Blair
43 Emslie Road
Pinchaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

VICE-PRESIDENT:

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

SECRETARY:

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



TREASURER:

Al Sheahen
P.O. Box 2372
Van Nuys, CA 91404 USA
Phone: 1-818-981-1996
Fax: 1-818-981-1997

WOMEN'S DELEGATE:

Hannelore Guschmann
Sint Andriesdreef, 9
B - 8200 Brugge - St. Michiels
Phone: 32-50-387612
Fax: 32-50-393032

IAAF DELEGATE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F.
Mexico
Fax: 52-5-653-3159

DELEGATE OF: NORTH AMERICA

Rex Harvey
160 Chatham Way
Mayfield Heights, OH 44124
USA
Home Phone: 1-216-446-0559
Business: 1-216-531-3000 x3366
Fax: 1-216-531-0038

SOUTH AMERICA

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

ASIA

Hari Chandra
15 C Jalan Haji Salam
Singapore 1646
Phone: 65-2424967
Fax: 65-241-3116

EUROPE

Wilhelm Koster
Haydnstrasse 28
D-64347
Griesheim, Germany
Fax: 49-6151-880934

OCEANIA

Stan Perkins
106 Silkwood St.
Algester, Queensland
Australia
Fax: 61-7-5581-6766

AFRICA

Hannes Booysen
P.O. Box 5180
1403 Delmenville
South Africa
Fax: 27-11-827-7590

Masters Scene

NATIONAL

• Former distance great **Doug Padilla** was looking forward to turning 40 and setting some new masters road and track records. But he suffered extensive injuries when hit by a car last June. Padilla uses a wheelchair and has had five operations to try to save his leg from amputation. His insurance had lapsed before the accident. Donations may be sent to the Doug Padilla Recovery Fund, c/o Bob Wood, First Security Bank, 77 N. State St., Orem, UT 84057.

• **Races For The Cure** are a national series of 77 5K runs/walks to fund breast cancer research, education, screening, and treatment. For information about the 1997 Race For The Cure schedule, call 1-800-653-5355; for information on breast health concerns call the Susan G. Komen Breast Cancer Foundation's national toll-free helpline 1-800-IM AWARE.

• **Marathon and Beyond** is a new bimonthly publication for marathoners and ultramarathoners. Edited by **Rich Benyo**, the current issue features **Tom Derderian's** argument that the 1996 Boston Marathon was the 99th, not the 100th, running. The annual rate (six issues) is \$29.95 from Human Kinetics at 1-800-747-4457.

EAST

• **Paul Peterson**, 42, Bethesda, MD, seventh overall in 72:19, and **Linda Wack**, 41,

Germantown, MD, sixth female in 84:49, scurried to masters wins, 20th Bethesda 20K, March 2. **Herb Tolbert**, 50, Gaithersburg, MD, was third M40+ in 75:04, and **Claudia Piepenburg**, 48, Arlington, VA, second W40+ in 90:04. In the 5K, **Jim Whitnah**, 42, Chevy Chase, MD, finished second overall in 17:11, and **Elise Heumann**, 44, Gaithersburg, MD, fourth female in 22:37.

• **Chuck Moeser**, 45, Herndon, VA, with a 32:41, and **Linda Wack**, 41, Germantown, MD, in 39:06, cruised to masters wins, each taking an eighth place, St. Paddy's Day 10K, Washington, DC, March 15. Age-group winners **John Elliott**, 58, Columbia, MD, in 37:49, and **Janice Stoodley**, 56, Falls Church, VA, in 44:13, finished with the leaders.

• **Tom Carter**, 44, Johnson City, NY, third overall with a national-class 85.4% 51:25, and **Shirley Woolford**, 41, Burdett, NY, in 65:40, were top masters, FORKS 15K, Chenango, NY, March 23. **Tony Cerminaro**, 60, Jermyn, PA, also in the A-G 85% range, finished with the masters leaders in 58:56.

• **Charles Cellar**, 42, Carolina, RI, in 17:56, and **Joann Babat**, 41, New Kingston, RI, in 24:51, scored masters wins, St. Paddy's Day 5K, Jamestown, RI, March 16.

• Second overall in the NYRRR/Powerbar 20-Mile Run, Central Park, March 28, **Timothy Dunlap** (40, 15:20) overpowered the men's masters field by over seven minutes. Women's masters champ, **Helen Visgauss** (41, 2:36:42), was also unbeatable, crossing the line nearly eleven minutes ahead of her nearest competitor.

• Masters winners at the NYRRR Rites of Spring 10K, Central Park, March 15, were **Alan Ruben** (40, 32:57) and **Karl Proffitt** (40, 38:46). The M75 age-group was also a hotbed of contention determined only by seconds: **William Coyne** (75, 56:50), **Thomas Gibbons** (76, 56:59), and **Robert Davan** (76, 57:52).

• **Gillian Horovitz** (41, 29:08) turned in the performance of the day (86% A-G) in winning the women's race overall at the NYRRR/Powerbar 8 Flavor 8K, Central Park, March 23. Men's masters winner was **John Kenney** (40, 27:45). **Rosa Nales** (63, 40:22) easily outclassed her division, as did **Jack Haar** (70, 38:45) in his.

• Over 1500 runners crossed the line in Prospect Park at the NYRRR Brooklyn Half-Marathon, March 8. Masters firsts were **Audley Senior** (40, 1:16:54) and **Karl Proffitt** (40, 1:23:08). **Anna Thornhill** (56, 1:33:10) dominated her age-group with an 84% A-G performance.

• Third overall at the NYRRR Al Gordon Five-Miler, Central Park, March 2, **Jose Santiago**, 41, streaked to the men's masters finish in 27:54. **Gillian Horovitz** (41, 30:15) took the top spot in the masters women's race, third overall. Age-group standouts included **Kenneth Jones** (66, 33:32) and **Mary Nathan** (56, 35:17).

SOUTHEAST

• **Roberto Castillo**, a 40-year-old Miamian from Colombia, took the lead at three miles to win overall in the Calle Ocho 8K, Miami, Feb. 28, in 25:53. **Jorge Ramos**, 41, Hialeah, FL, was third in 26:08. **Char Davidson**, W40, was the first W40+ with a 35:15. On March 22, in the North Bay Village 5 Mile, Miami, Castillo outkicked Ramos in the last 20 yards to again win overall by :01 with a 26:22. **Sana Bridges**, W40, took first W40+ honors in 34:32. **Juan Yanes**, 47, 15:22, and **Lisa Epstein**, 47, 17:13, were first overall in the 2-mile walk.

• **Cynthia Woods**, 40, Bolingbroke, IL, flew to a women's overall first with an 18:34, Blue Angel 5K, Pensacola, Feb. 22. First master **Don Henderson**, 40, Ft. Walton Beach, FL, recorded a 17:44.

• The great **Philippa Raschker**, 50, was the subject of a two-column spread in the New York Times, April 9, by **Marc Bloom**. The story focused on Raschker's competing as a freshman for Atlanta's Life College and for her sensational performances at age 50 and before. After reading the story, CNN contacted the nine-time USATF female masters track & field athlete-of-the-year, and reportedly plans to do a TV feature.

MIDWEST

• **Bill Stewart**, 54, who still holds the U.S. masters indoor mile record (4:11.0 in 1983), will be released to a halfway house on May 20. Stewart has been serving time at a federal prison in Pennsylvania for conviction of selling classified government maps. "From there I should be home in three or four weeks," Stewart told NMN. "I was home (Ann Arbor, MI) on a furlough in mid-January. It was wonderful to be back and see so many friends. For the first time in 17 months, I was able to run more than 300 meters without making a 180-degree turn." Stewart's ability to travel will be limited until later this year, so his racing plans are on hold.

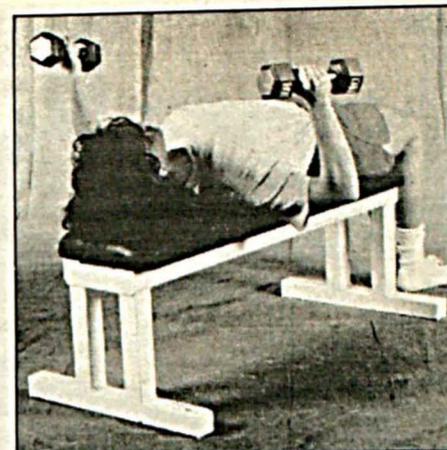
• **Denver Smith** erased **Mel Larsen's** M70 WR of 10:40 in 1995 for the 60mH with a 10:38, Lake Erie Championships, Kent St. U., OH, Feb. 16.

MID-AMERICA

• **Tim Taylor**, 45, in 28:00, and **Andriette Wickstrom**, 42, with a 33:38, hastened to 40+ firsts, YMCA Masters Classic 8K, Omaha, NE. **Ronn Baker**, 57, scored an age-graded 86.0% 29:21. **Bob Grissom**, 80, won the M70+ division race in 49:05. The race, in its 15th year, is the only race in the region that limits entry to those 35-and-over.

SOUTHWEST

• Placing in the top ten and receiving prize money at the Motorola Austin Marathon, Austin, TX, Feb. 16, were masters winners **Vladimir Anissimov** (40, 2:21:16) and **Marina Jones** (45,



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

2:53:40). Winning his division decisively was **David Gochnour** (M65, 3:42:22).

WEST

• **Payton Jordan**, 80, who holds WRs in the 100 for M60, M65, M70, and M75, and in the 200 for M60, M70, and M75, was a DNF in a masters 100 at the Stanford Relays, Stanford, CA, March 23. **Frank Toner**, 77, won the race in 15:74. Former U.S. senator **Alan Cranston**, 82, from California, who has conquered prostate cancer, ran a 22:47.

• **Jim York**, 83, upped the single-age WR for the 56-lb. weight to 3:23/10-7. **Gordon Powell** held the old record at 2:89/9-5 1/4.

• **Richard Flores**, 42, Windsor, CA, ran a 2:31:15 to win the masters division for the second consecutive year at the Sutter Home Napa Valley Marathon, Napa, CA, March 2. Flores was the third overall finisher. Former three-time women's winner **Christine Iwahashi**, 41, Sacramento, CA, sped to a 3:04:30 to claim the women's masters victory for the second straight year and finish sixth overall in the women's division.

NORTHWEST

• The field for the Hood To Coast Relay, Aug. 22-24, has been filled. The course limit of 875 12-person teams was reached on March 12. For those who still want to participate in the overall event, the shorter Portland To Coast Relay and Walk Relay still have openings. Another option for lone participants wanting to join a team is to get on a waiting list for teams that need additional runners or walkers. Last year, 700 people were placed. To get on the list, contact **Bob Hinkle** at Excel Fitness, 360-694-1109.

CANADA

• **Jean Horne** broke the W60 WR for the 400 of 80.26 held by **Betty Vosburgh**, with a 77.30 in the Ontario Masters Indoor Championships, Toronto, March 8. **Ed Whitlock** won the M65 1500 in 4:50.87, near **Earl Fee's** WR 4:47.11 in 1994, while **Fee** won the 200 (29.28) and 800 (2:24.3).

INTERNATIONAL

• Ten South African records were broken or established, seven in the walks, in the Western Province Championships, Bellville, Cape Town, Feb. 21-22. **Phillip Rabinowitz**, 92, one of the oldest athletes in the world, won the 20K RW with a SA record 3:19:35. **Helena Rothman**, W65, won the 5000 track walk (29:55.42) and 20K RW (61:19), both times better than the winning times in Buffalo in 1995. **Leo Benning**, M60, took four golds, including the HJ (1.51) and 2000 SC (9:11.36).



1997 Southern California Association Masters Track & Field District Championships

Occidental College

1600 Campus Road, Los Angeles, CA - Patterson Field

Sunday, June 8, 1997

Divisions: 5 year divisions for men and women, ages 30 and above.

Entry Fee: \$10.00 per event. Sorry, No Refunds.

Entry Deadline: All entries must be postmarked by June 2, 1997. Late entry is \$15.00 per event on a space available basis only. Please send in your entries early!

Order of Events: Competition order - oldest to youngest, with all women preceding the men. (except 11J and PV which starts at lowest height.)

Awards: USATF District Championship Medals to the top 3 residents. There will also be medals for non-district members who finish in the top 3 places.

Spikes: 9 mm elements are required for the track and runways. (exception: 12 mm elements are required for the Javelin runway.)

Miscellaneous: USATF Registration is required for all competitors. Registration forms will be available at the meet. The membership fee is \$15.00. (Please make payment separate from entry fees.)

Send check and entry form to:
Christel Miller
1740 Grandview Ave
Glendale, CA 91201

Make check payable to:
Christel Miller
Telephone: (818) 843-2139 (until 9 pm)
Co-Sponsor: Corona Del Mar Track Club

Schedule of Events

Track Events:	
12:00 pm	High Hurdles
12:30 pm	5000m Walk
1:15 pm	300m/400m 11J
1:45 pm	100m
2:40 pm	800m
3:15 pm	200m
4:00 pm	1500m
4:30 pm	400m
5:00 pm	5000m
Field Events:	
10:00 am	Hammer Throw
11:00 am	Pole Vault
	Javelin
	Long Jump
12:00 pm	Shot Put
1:30 pm	High Jump
	Triple Jump
	Discus Throw

Note: In the Shot Put and Discus, women and men 60+ will start as indicated. The men 59 and under will start approximately 90 minutes later.

Southern California Association Masters Track and Field Championships

Name: _____ Birthdate: _____ Age: _____

Address: _____ Sex: _____ USATF # _____

Phone: _____

EVENTS

BEST '96/'97 MARK

ENTRY FEE

1. _____ Club Affiliation: _____
2. _____
3. _____
4. _____ Total Fee: _____

I waive all rights that I or my heirs or assigns may have against Occidental College, USA Track & Field, and the sponsors of this event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event site. I declare that I am in sufficiently good health to participate in this event.

Signature: _____ Date: _____

Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. 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 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

May 21-28. U.S. National Senior Sports Classic VI, Tucson, Ariz. TLOC 4 East Congress, 2nd floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.
August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Haas, meet director. 408-288-2935.
August 16. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 206-932-3917.
September 20-21. USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).
October 11. USATF National Masters Weight Pentathlon Championships, Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000. 407-363-6627; fax: 407-363-6601.
July 30-August 2, 1998. 31st annual National Masters Championships, Orono, Maine.

EAST

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

May 14. Vermont Senior Games, Rutland, 50+. George Brown, 802-824-6521.
May 18. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.
June 1. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Lane, Great Neck, NY 11023; 516-487-1417; or Roz Katz, 718-358-6233 (7-9:30 pm, NY time).
June 1. USATF New Jersey Masters Championships, Monmouth Regional HS, Tinton Falls. Isabel Stuper, 31 Breakwater Sq., Howell, NJ 07728. 908-409-7644.
June 5. Vermont Senior Games, U. of Vermont, Burlington. 50+. George Brown, RD 5, Box 370, Montpelier, VT 05602. 802-824-6521.
June 5-8. Empire State Senior Games, Syracuse, New York, 50+. NYS-Parks, Central Region, 6105 E. Seneca Turnpike, Jamesville, NY 13078-9516. 315-492-9654.
June 11 & 25. Philadelphia Masters

Developmental Meets, Germantown Academy, Ft. Washington, Pa. 6 pm. Also X-C run. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.
June 13-15. Massachusetts Senior Games, Springfield College. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457.
June 22. Randolph Classic, Randolph, N.J. Morton Hahn, 201-625-1764(d); fax: 201-625-5195; Ken Brinker, 201-366-8367(e); e-mail: SBRINK@AOL.COM.
July 9, 16, 23, 30. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.
July 12. USATF East Regional Masters Championships, U. of Maine, Orono. Site of 1998 Championships. Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.
August 6. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.
August 17. Philadelphia Masters Championships, Swarthmore College, Pa. (See Aug. 6.)

SOUTHEAST

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

May 2-4. Southeastern T&F Meet, No. Carolina State U., Raleigh, N.C. (+ Throws Clinic and 20K RW.) Southeastern United States Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith 919-831-6640 (M-F, 9-5 EST).
May 3. Great Gainesville Meet. Frank Abrams, 528 N. W. 28th Ave., Gainesville, FL 32609. 352-372-7293.
May 10. USATF Southeast Regional Masters Championships, Orlando/Disney Sports Complex. Pentathlon/SC/5000RW. Walt Disney World Sports, Attn: Jeff Wentworth, PO Box 10,000, Lake Buena Vista, FL 32830-1000. 407-363-6627; fax: 407-363-6601.
May 16-17. Tennessee Masters Championships. Masters & open age groups for all comers. Weight pentathlon/10,000/steeplechase. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 423-483-7743.
May 17. Jacksonville Meet, Jacksonville, Fla. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860.
May 30. Jacksonville TC Mile Festival, Bolles School, 7400 San Jose Blvd., Jacksonville, FL. 7 pm. (See May 17.)
June 1. North American Invitational Weight Pentathlon, Showalter Field, Orlando, Fla. John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-

9248.

June 7. Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031. GESEIF@aol.com. Entry form in April NMN.

June 14. Miami-Northwest Express Meet. Jessie Holt, 305-836-2409, call after 9 pm.

June 21. South Carolina Masters Classic, Greenville. Adrian Cravan, 109 Woodhaven Ave., Greenville, SC 29609 864-627-3335(d). Brenda Bloomfield, 864-288-6560.

June 21. Florida Masters Championships, Kissimmee. Lionel Bonck, 407-321-8854.

June 28. Nashville Striders TC Open, Masters & Invitational Meet, Vanderbilt U. Track. Nashville Striders, PO Box 128276, Nashville, TN 37212. 615-331-0111.

July 19. Jacksonville TC Summer Classic, Bolles School, 7400 San Jose Blvd., Jacksonville, FL. 5 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860.

MIDWEST

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

May 18. North Coast Invitational Meet, Independence HS, Independence, Ohio. SASE to Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

June 7. Athlete's Foot Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, PO Box 465, East Moline, IL 61244. 309-792-1015.

June 7. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton Masters TC, 7567 Roselake Dr., Dayton, OH 45414. 513-837-2754.

June 14. USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

June 21. Midwest Masters Meet, Byron HS, Byron, Ill. Byron Park District, Ray Bielskis, 815-234-8435.

July 12. Masters Return To Illinois Meet, Libertyville HS, Libertyville. Craig Dean, 847-367-6347.

July 12. USATF Indiana Championships, Carmel HS, Carmel. SASE to USATF Indiana, 1338 E. Maple Ave., Noblesville, IN 46060. Bill McCormick, 317-773-4027.

July 26. USATF Midwest Regional Masters Championships, Carmel HS, Carmel. (See July 12.)

MID-AMERICA

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

May 15. Denver TC Meet, All-City Stadium. 6 pm. DTC, c/o Fleet Feet, 2760 E. 2nd Ave. Denver, CO 80206. Andre, 303-302-0750.

May 16-17. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-240-1058 or 800-873-0244.

June 1. USATF Minnesota Championships, National Sports Center, suburban Minneapolis. USATF Minnesota, 5429 Wooddale Ave., Edina, MN 55424. May 24 deadline.

June 7. USATF Mid-America Regional Masters Championships, Missouri Valley St. College, Joplin. SASE to Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417-451-2655(am); 451-7417(pm).

June 8. Jolly Jogathon Meet, Marysville,

ON TAP FOR MAY

TRACK AND FIELD

The U.S. National Senior Sports Classic in Tucson for men and women ages 50+ starts on the 21st and lasts through the 28th. Orlando hosts the USATF Southeast Regional Masters Championships at the Disney Sports Complex on the 10th. The Southeastern Meet, Raleigh, N.C., opens the month on the 2nd for a three-day stint. Athletes in the West have three meets to choose from: the Visalia Classic in Northern California, and the Arizona Championships, Tempe, both on the 3rd, and the Crown Valley Senior Games, Pasadena, Calif., on the 4th. Featured remaining meets include the Southern Calif. Striders, Long Beach, on the 10th; the Waterloo, Austin, Texas, 17th; the Bruce Jenner, San Jose, Calif., 18th; the Dan Aldrich Memorial, Irvine, Calif., 25th; and the Southwest Association Championships, Dallas, 31st.

LONG DISTANCE RUNNING

Two Indy Life Circuit Races top the running scene: Indianapolis Life 500 Festival Half-Marathon on the 2nd, and Freihofer's Women's 5K on the 31st. High-profile races abound - Bloomsday 12K, Spokane, on the 4th; Race For The Cure 5K, Peoria, 10th; Bay To Breakers, San Francisco, 18th; and both the Bolder Boulder, Colo., and Cotton Row 10K, Huntsville, Ala., on Memorial Day, the 26th. The best day for a 26.2-miler is the 4th, which lists the Pittsburgh, Revco-Cleveland, Long Island, Buffalo, Lincoln, and Avenue Of The Giants marathons.

RACEWALKING

The USATF Masters 15K Championships stride into action on the 18th in Elk Grove, Ill.

Kansas. No entry fee. Cleve Walstrom, Marysville, KS 66508. 913-562-3050(h); 562-3021(w).

June 8. Denver TC Meet, All-City Stadium. 11 am. 20K, 4-runner relay. Andre Raveling, 2760 E. 2nd Ave., Denver, CO 80206. 303-320-0750.

June 19. Denver TC Meet, All-City Stadium. 6 pm. (See June 8.)

July 17. Denver TC Meet, All-City Stadium. 6 pm. Andre Raveling, 2760 E. 2nd Ave., Denver, CO 80206. 303-320-0750.

August 5-10. Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

Continued on next page

Continued from previous page

August 30-31. Rocky Mountain Masters Games, Boulder, Colo. 50+. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452; Dave Simmons, 303-443-4919.

SOUTHWEST

Arkansas, Louisiana, Mississippi,
Oklahoma, Texas

May 17. Waterloo Championships, Buda, Texas (south of Austin). All ages. Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759. 512-918-0497.

May 31. USATF Southwest Association Masters Meet, Loos Field, Dallas. John Pritchitt, 1-800-30-GO RUN.

June 21. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620.

July 5. Texas Masters Championships, U. of Texas, Arlington. Dallas Masters T&F Club, 1501 W. Lavender Ln., Arlington, TX 76013. 817-274-0448. e-mail: DallasMTAF@aol.com.

July 12. USATF South Texas Association Championships, Clemens HS, San Antonio, Texas. Don Austin, PO Box 39148, San Antonio, TX 78218. 210-354-2891.

July 17-19. USATF Southwest Regional Masters Championships, East Ascension HS, Gonzales, La. Includes decathlon, heptathlon, weight pentathlon. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

WEST

Arizona, California, Hawaii, Nevada

May 3. Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 3. USATF Arizona Masters Invitational, McClintock HS, Tempe. Evening meet, starting at 5 pm. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

May 4. Crown Valley Senior Games & Racewalk, Occidental College, Los Angeles. 50+. Cynthia Vaughan, Crown Valley Senior Games, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062. Christel Miller, t&f director; Jim Hanley, rw director.

May 10. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 17. KELfield Throws Meet #61, Santa Cruz. See May 24.

May 18. Bruce Jenner Classic Meet, San Jose CC. M40+ 100/400/1500; M50+ 200; M60+ 100; W40+ 100. Bruce Springbett, 408-354-7333.

May 24. KELfield Weight Pentathlon,

Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. 4 throws per event/BBQ & beverages for all. No fees. Contact Kelmenson before meet.

May 25. Dan Aldrich Memorial Meet, UC Irvine, Irvine, Calif. Mac McCormick, 714-586-9942.

May 26-June 1. California Senior Games, Sacramento. 50+. Pam Rhodes, 916-277-6094.

May 31. USATF Hawaii Open & Masters Championships, U. of Hawaii, Manoa. Derek Goudge, 808-955-1966.

June 8. USATF Southern Calif. Association Championships, Occidental College, Los Angeles. Christel Miller, 818-843-2139 (until 9 pm), only local calls will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NMN.

June 14. Los Gatos Open & Masters Classic, Los Gatos HS, Calif. SC at West Valley College, Saratoga; HT, JT, weights at KELfield, Santa Cruz. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

June 14-15. Hawaii Aloha State Games, Kaiser HS, Honolulu. Hawaii residents only. Jack Karbens, 808-735-6366.

June 20-22. USATF Arizona Championships/Grand Canyon State Games, Arizona St. U., Tempe. All ages. Bob Flint, PO Box 10771, Scottsdale, AZ 85271. 602-949-1991.

June 28. USATF Pacific Association Championships/Age-Graded Meet, Soquel, Calif. Open & masters compete together; places determined by age-graded scoring tables; men & women separate. Santa Cruz TC, Bill Johnson, 408-335-0460.

June 29. Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 818-917-6289.

July 12. USATF West Regional Masters Championships, San Jose City College, Calif. Site of 1997 National Championships. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

October 4. Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

October 12. Sri Chinmoy Masters Games, Cal State Long Beach, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

NORTHWEST

Alaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

May 24. Silverton Senior Games, Silverton, Ore. Amy Castle, PO Box 783, Silverton, OR 97381. 503-873-8577.

June 5. (Thurs.) Team Alaska TC Series, site TBA. 6 pm. 50m to 10,000/1 jump & 1 throw event. TATC Hotline, 566-8282.

June 7. Seattle Parks Meet, Seattle, Wash. TBA.

June 12. (Thurs.) Team Alaska TC Series, site TBA. 6 pm. 50m to 10,000/1 jump & 1 throw event. TATC Hotline, 566-8282.

June 14-15. Portland Masters Classic, Mt. Hood CC. Paul Stepan, 503-666-8950.

June 19-21. Montana Senior Games, U. of Montana, Billings. Out-of-state welcome. June 1 deadline. MSG, 465 Freedom Ave., Billings, MT 59105. 406-252-2795.

June 19-22. Wyoming Senior Olympics, Riverton, Wyo. Wyoming Senior Citizens, Inc., PO Box BD, Riverton, WY 82501. 1-

800-856-4398.

June 28-29. Hayward Classic. Hayward field, Eugene, Ore. Ruth BreMiller, 590 West 29th Ave., Eugene, OR 97405. 541-687-9675(h); 346-4923(w); e-mail: brem@uoneuro.uoregon.edu.

July 12-13. Oregon State Games, Portland, Mt. Hood CC. 503-520-1319.

July 19-20. USATF Northwest Regional Masters Championships/Key Bank Classic, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923.

CANADA

June 15-16. British Columbia Championships, Langley. Micky Sherker, 604-276-9458; fax: 604-273-9021.

INTERNATIONAL

June 1. Baltic White Nights Veterans Meet, St. Petersburg, Russia. Valentina Zorina, Kartshikhina St., 22-24, 199151 St. Petersburg, Russia. Tel/fax: 7-812-355-3906.

June 28-29. BVAF Championships, Blackpool, England. Ian Thomas, 8 Sandygate Park Rd., Sheffield, S10 5TY, England.

July 10-25. 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

July 11-13. Russian Championships, Moscow. Vadim Marshev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, So. Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

September 28-29. Russia-Ukraine Match, Sochi, Russia. Vadim Marshev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

October 24-November 1. Australian Masters Games, Canberra. The Games Company, GPO Box 2697, Canberra 2601, Australia. Hotline: 06-207-9097.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING

NATIONAL

May 2 (Fri.) Indianapolis Life 500 Festival Half-Marathon, Indianapolis. Indy Life Circuit Race. 3X points. Don Carr, 4314 Matrea More Court, Indianapolis, IN 46254. 317-328-1632.

May 31. Freihofers Women's 5K Run, Albany, N.Y. Indy Life Circuit Race. USATF Adirondack Association, 233 4th St., Troy, NY 12180. 518-273-5552.

June 5-8. RRCA 40th Convention, Colorado Springs. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314.

July 12. Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A"

W. Almond, Orange, CA 92866. 714-288-9080.

July 20. Chicago Distance Festival 5K, Chicago, Ill. Indy Life Circuit Race (counts for men only). Carey Pinkowski, 54 W. Hubbard #600, Chicago, IL 60610. 312-527-2200.

September 1. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

October 5. USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1 1/2X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

EAST

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

May 4. Pittsburgh Marathon. U.S. Open Men's Championships. Susan Manko or Frank Raczkiwicz, 412-647-3555; Fax: 412-624-3184.

May 4. Long Island Marathon, East Meadow, N.Y. SASE to LI Marathon, Sports Unit, Eisenhower Park, E. Meadow, NY 11554. 516-0248.

May 4. Broad Street 10 Mile, Philadelphia. Bob Cameron, Dept. of Recr., 16th & Arch, 5th Flr., Philadelphia, PA 19103. 215-563-6184.

May 4. St. Dominic's Classic 5K Run/Walk, Blauvelt, N.Y. Shelly Morgan, 49 Gregg St., Tappan, NY 10983. 914-359-5425.

May 4. Buffalo Marathon. Marathon, PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 8. (Thurs.) Healthy Heart 5K, Morristown, N.J. 7:30 p.m. USATF-NJ Masters 5K Championships. 800-551-4664.

May 11. NYRRRC Advil Mini Tune-Up 5K, Central Park, NYC. 212-860-4455.

May 12. Run For Freedom 5 Mile & Mile, Newark, N.J. 12th annual. Prize money. Bob Budsock, Integrity House, 103 Lincoln Place, Newark, NJ 07102. 201-623-0600.

May 17. Long Island Endurance 50K & 50 Mile, Roosevelt Memorial Park, Oyster Bay. 8 am. Don Butchin, 516-826-7989.

May 18. Midland 15K, Far Hills, N.J. Mark Zamek, PO Box 5026, North Branch, NJ 08876. 908-722-7903.

May 24. Weston Memorial Day Weekend 5K Weston, Conn. Pat Glass, 203-454-2839.

May 25. Vermont City Marathon, Burlington. SASE to VC Marathon, PO Box 152, Burlington, VT 05402-0152. 800-880-8149.

June 5. (Thurs.) Long Island Police Appreciation 5K, Eisenhower Park, East Meadow. 7 pm. Ira Eskow, 516-921-0004.

June 7. NYRRRC Advil Mini Marathon 10K, Central Park, NYC. 212-860-4455.

June 8. Orange Classic 10K, Middletown, N.Y. Jim Bott, Times Herald Record, 40 Mulberry St., Middletown, NY 10940. 914-343-2181, X1200.

June 10. (Tues.) Merry Heart 5K,

Continued on next page

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Roxbury Township, N.J. 7 pm. USATF-NJ Grand Prix Series. 201-584-0679.
June 14. National Race For The Cure 5K, Washington, D.C. Race For The Cure, 1320-A Old Chain Bridge Rd., Ste. 330, McLean, VA 22101. 703-848-8884.
July 13. Utica Boilermaker 15K, Utica, New York. Box 4729, Utica, NY 13504. 315-853-3941.

SOUTHEAST

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

May 24. Expo 5K & 10K, Knoxville, Tenn. Masters money. Allan Morgan, 3530 Talahi Dr., Knoxville, TN 37919. 423-673-8020.
May 26. Cotton Row 10K & 2 Mile Run/Walk, Huntsville, Ala. Masters money top five m&w. Cotton Row, 94 Scenic Dr., Huntsville, AL 35801.
June 28. Loudoun Street Mile, Winchester, Va. Prize money for masters & senior masters (55+). SASE to Kathy Smart, 217 So. Washington St., Winchester, VA 22601. 540-662-1562.
July 4. Peachtree 10K, Atlanta. SASE (after March 1) to Atlanta TC, Peachtree, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

MIDWEST

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

May 4. Revco-Cleveland Marathon & 10K. 1-800-GO-REVCO.
May 10. Old Kent River Run 25K, Grand Rapids, Mich. OKRR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590.
May 10. Race For The Cure 5K, Peoria, Ill. RFTC, Box 9695, Peoria, IL 61612. 309-691-6906.
May 17. Run For Mental Health 5K & 10K, Warsaw, Indiana. Bill Crane 219-268-1236; Don Reinholt, 219-267-5940.
May 24. Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, PO Box 808, Wheeling, WV 26003. 304-242-7322.
May 25. Madison Marathon. MM, 449 State St., Madison, WI 53703. 608-256-9922.
May 26. Elkhart Great Race 10K & Half-Marathon, Elkhart, Ind. Bill Rodgers Masters 10K & Jim Ryan Mile. Great Race, c/o Ron Schmanske, PO Box 682, Elkhart, IN 46515. 219-293-8324.
June 14. Hoosier Marathon, Fort Wayne, Inc. Hoosier Marathon, c/o Fort Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-432-5998.

MID-AMERICA

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

May 4. Lincoln Marathon. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.
May 25. Med-City Relays & Marathon, Rochester, Minn. SASE to Relays & Marathon, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411.
May 26. Bolder Boulder 10K, Boulder, Colo. Bill Reef, PO Box 9125, Boulder, CO 80301. 303-444-RACE.
June 1. Hospital Hill Half-Marathon, Kansas City, Mo. Hospital Hill Run, Crown Ctr., 2405 Grand Ave., Ste. 200,

Kansas City, MO 64108. 816-274-3196.
June 7. Dam To Dam 20K, Des Moines, Iowa. \$400, 1st M&W40+. 515-241-3191, x3191.
June 8. KRDO Garden Of The Gods 10 Miler/RRCA National Championships, Colorado Springs. Fred Mais, 809 N. Cascade Ave., Suite F, Colorado Springs, CO 80903. 719-473-2625.
June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.
July 4. Coast To Coast Freedom Run 8K, Brookings, S. Dak. Eric Rasmussen, 425 22nd Ave. S., Brookings, SD 57006. 605-692-7775.
July 5. Alien Chase UFO 5K & 10K, Roswell, N.M. 505-624-0251.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 10. Gum Tree 10K, Tupelo. Masters money. Gum Tree Run, PO Box 789, Tupelo, MS 38802. Johnny Dye, director, 601-842-2039.
July 4. Baytown Heat Wave 5 Mile, Baytown, Texas. 713-383-7283.
August 2. Texas Avenue Mile, El Paso. 915-533-9062.

WEST

Arizona, California, Hawaii, Nevada

May 4. Avenue of the Giants Marathon & 10K, SASE: R.G., 281 Hidden Valley Rd., Bayside, CA 95524.
May 10. Revlon 5K Run/Walk For Women, Century City (Los Angeles), Calif. Judy Davis, Davis & Associates, 11132 Ventura Blvd., Ste. 414, Studio City, CA 91604. 818-752-4233.
May 10. Hillsea Race, Huntington Beach, Calif. Scenic 7.57 mile. Staggered start, based on sex & age. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.
May 11. Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. \$3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.
May 18. Examiner Bay To Breakers 12K, San Francisco. SASE to BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.
May 31. Fontana Days Half-Marathon & 5K. Fontana Days Run, Don Day Community Center, 14501 Live Oak Ave., Fontana, CA 92335. 909-350-6678.
June 14. Sober, Safe, & Healthy 3 Mile/Walk, Long Beach, Calif. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.
July 13. San Francisco Marathon. Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630. 1-800-722-3466 (CA only), 916-983-4622.
July 27. Wharf To Wharf 10K, Santa Cruz, Calif. SASE to WTW, PO Box 307, Capitola, CA 95010. 408-475-2196.
September 19-20. The Relay - Napa To Santa Cruz, Calif. 194 miles/12-member teams. Starts in Calistoga. The Relay, 570 El Camino Real, Suite 150, Redwood City, CA 94063. 415-508-9700; fax 508-9703.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

May 4. Lilac Bloomsday 12K. SASE April 15 to Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.
May 18. Capital City Marathon, Olympia, Wash. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.
May 31. Salt Lake City 10K. Greg Reid, 1965 W. 500 South, Salt Lake City, UT 84104. 801-972-7800.
July 26-August 1. Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.
August 22-24. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

INTERNATIONAL

May 11. BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, Parkers Patch, 27 Whittington Rd., Oswestry, Shrops., SY111JD. Tele: 01691 653338.
May 17. BV Road Relays Championships, Birmingham. Mike Wrenn, 108 Senneleys Park Rd., Northfield, Birmingham, B311AN. Tele: 01214 758806.
June 15. BVAF 10K Championships, Kings Lynn. Peter Duhlg, 42 Wimbotsham Rd., Downham Market, Norfolk, PE38 9PE. Tele: 01366 388188.
June 29. 24th Veterans Grand Prix 10K & 25K, Brugge, Belgium.
July 4-13. Road race series near Galway, Dublin and Cork, Ireland. Roadrunner Tours, PO Box 1034, Michigan City, IN 46360-1034. 219-879-0133. Internet: <http://www.halhighdon.com>.
July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

August 31. BVAF Marathon Championships, Stokes Ferry, Norfolk, England. Tony Hunt, The Dell, Stokes Ferry, Norfolk, England. Tele: 0136650 0309.

RACEWALKING

May 18. USATF National Masters 15K Racewalk Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493; 935-6865.
May 25. Art Keay Memorial 10K Racewalk, Toronto, Ontario, Canada. Ontario Racewalkers, 416-489-0561.
June 14. BVAF 20K Racewalk Championships, Birchfield, Birmingham. Dennis Withers, 33 Barkers Rd., Sutton Coldfield, Birmingham, B74 2NZ.
June 22. USATF National Masters Women 20K & Masters Men 25K Racewalk Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Ln., Schenectady, NY 12303. 518-473-9117.
July 12. USATF National Masters Men 10K Racewalk Championships, Niagara Falls. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217.
July 17-27. XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F International Schedule.
August 7-10. USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.
September 7. USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080. Ray Funkhouser, 908-341-7386.
September 13. USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.
September 14. BVAF 10K Racewalk Championships, Leicester, England. Peter Adams, 7 University Close, Syston, Leicester, LE7 2AY, England. Tele: 0116 2606628.
October 12. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.

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

M30-35

Roy Birch	Pentathlon	2968	03-01-97
James Byrne	800	1:59.75	02-01-97
	Mile	4:24.9	02-22-97

M35-39

Scott King	1500	4:09.20	03-15-97
Tim Nichols	5K RW	20:56	03-08-97

M65-69

Robert Leishear	25# Weight	10.90	08-08-96
Ray Propst	Pentathlon	2837	08-21-96

M70-75

Bill Bangert	Shot Put	11.73	03-23-97
	Weight	11.11	03-23-97
	Superweight	8.40	03-23-97

M75-79

Bob Horsley	100	16.3	02-15-97
	200	34.9	02-15-97
	Shot Put	28-2	02-15-97
Russell More	200	35.3	03-06-97

W40-44

Linda Lowery	100	14.0	05-11-96
	80HH	14.8	06-01-96
	Long Jump	4.82	03-31-96
	Triple Jump	9.58	05-04-96
	High Jump	1.32	05-11-96
	Discus	27.80	05-25-96

W50-54

Jo Ann Owen	5K RW	29.38	02-22-97
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W55-59

Suzy Hess	25# Weight	5.25	02-16-97
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W60-64

JoAnne Parks	3K RW	18:53.28	02-16-97
Janice Wolowicz	Shot Put	22-3	09-07-96



U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
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 1/4	6- 3/4	5-9 1/4	5-6	5-2 1/2	4-11	4-7 1/4	4-4	4- 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	10-0	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/4	41-6	39- 1/4	36-7	34-1 1/4	31-8	29-2 1/4	26-11	24-7 1/4	22-4	20- 1/4	18- 1/4
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.20	6.50	6.00
	49-10 1/4	46-3 1/4	42-8	39-4 1/4	40-8 1/4	36-9	34-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	21-4
Discus	44.80	42.60	40.60	38.00	36.40	34.00	31.60	29.20	26.80	24.40	22.00	19.60
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/4	53-2
Hammer	47.24	44.20	41.14	38.10	36.00	33.00	30.00	27.00	25.00	22.00	20.00	18.00
	155-0	145-0	135-0	125-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0	
Jav	62.00	57.00	52.00	48.00	43.00	38.50	35.00	31.00	27.00	24.00	21.00	18.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	

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

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 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	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 1/4	7-10 1/4	6-11	5-11	4-11	3-11	3-7 1/4	3-3 1/4	2-11	2-7 1/4	2-3 1/4
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 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	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 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
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 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
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 1/4	82-0	62-4	59-1	52-8	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	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
Wt. Pen.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 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.
 7) Superweight: 30-49: 35-lb; 50+: 25-lb

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. 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 put format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters Indoor Track & Field Championships Boston, Mass.; March 21-23

- 60m -

Table of 60m race results for M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200.

Table of 60m race results for M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300.

Table of 60m race results for M305, M310, M315, M320, M325, M330, M335, M340, M345, M350, M355, M360, M365, M370, M375, M380, M385, M390, M395, M400.

Table of 60m race results for M405, M410, M415, M420, M425, M430, M435, M440, M445, M450, M455, M460, M465, M470, M475, M480, M485, M490, M495, M500.

Table of 60m race results for M505, M510, M515, M520, M525, M530, M535, M540, M545, M550, M555, M560, M565, M570, M575, M580, M585, M590, M595, M600.

Table of 60m race results for M605, M610, M615, M620, M625, M630, M635, M640, M645, M650, M655, M660, M665, M670, M675, M680, M685, M690, M695, M700.

Continued on next page

Continued from previous page

Table of athletic results for various age groups (50-65) and events (55m, 100m, 200m, 400m, 800m, 1500m, Mile, 3000m, Long Jump).

Table of athletic results for Mike Feligno 46, Peter Hettrich 62, Tom Ryan 47, Peter Rath 58, J J O'Malley 43, Rich Merriam 41, Bill Pow 68, Joe Rhealt 73, Section 2: Tim McMullen 44, Bill McMullen 42, Tim Payne 46 CAN, Herb Engman 51, Kevin Morrisroe 45, Jim Davis 41, Women's Mile (Open & 40+), 1 Heidi McMillan 29, 2 Patti Ford 41, 4 Sue O'Malley 36, 5 Kathy Brown 49, 6 Mary Shaver 55, 7 Phyllis Radke 41, 8 Karin Gogolsky 41, 9 Lenie Tucker 58, 11 Gloria Brown 65, 13 Pam Ellis 43, *Age-Group Winners.

Chase MAC Indoor Championships 168th St. Armory, NYC; Feb. 28

Table of athletic results for Chase MAC Indoor Championships, 168th St. Armory, NYC; Feb. 28, 55m, M30 Charlie James 6.69, Evans Bonhomme 7.01, Manuel Chinchilla 7.21, M35 Derek Holloway 6.62, Val Barnwell 6.87, Kevin Cranford 6.94, M40 Steve Galetta 7.14, Robert Richardson 7.23, Denworth Frederick 7.31, M45 William Overby 7.14, Jesse Norman 7.15, David Friedman 8.55, M50 Ron Johnson 7.19, Mike Auheri 7.53, Rich Jones 7.67, M55 Gene Ballard 8.16, M60 Ric Rizzo 7.83, Don Beck 8.39, Tom Talbott 10.33, M70 Lester SR Wright 9.21, Manny Herscher N/A, W30 Denise Jones 8.98, W50 Norma Jones 9.48, 200m, M30 Charles James 24.24, Joseph Bencievenga 25.73, Patrick Smith 27.10, M35 Derek Holloway 22.98, Mitch Lovett 23.24, Val Barnwell 24.64, M40 Archie Glaspay 25.05, Denworth Frederick 25.72, Lou Cresci 26.29, M45 William Overby 24.50, Jesse Norman 26.18, David Friedman 33.15, M50 Ron Johnson 25.62, Edward James 30.02, Mel Rattimer 34.43, M55 William Burrell 27.25, M60 Ric Rizzo 28.32, Don Beck 30.28, Tom Talbott 35.19, M70 John McManus 34.01, Manny Herscher 35.01, W30 Althea Morris 26.64, Charlene Landron 28.27, Phyllis Spencer 28.48, W35 Alicia Johnson 30.21, Tina Cooper 31.05, W40 Marilyn O'Connor 30.86, Edna Crawley 31.09, Denise Crain 31.43, W45 Jennifer Piuto 30.60, Mary Trono 39.61, W50 Norma Jones 35.82, 400m, M30 Lyndon Providence 51.49, Charlie Goldie 1:00.26, Dennis Jamieson 1:02.74, M35 Sal Allah 52.22, Joseph Rossi 1:00.17, Grover Prince 1:00.48, M40 Adrian Sterrett 56.88, Anthony Baker 1:01.12, Ken Bakersfield 1:01.41, M45 Errol Lee 56.34, Dennis Brown 1:00.00, David Friedman 1:13.33.

Table of athletic results for M50 Richard Hamner 59.93, Frak Handelman 1:02.89, Mike Auheri 1:04.26, M60 J Aneshansley 1:09.37, Don Beck 1:10.21, M70 John McManus 1:16.27, W30 Althea Morris 1:00.33, Dawn Best 1:09.32, Denise Jones 1:21.32, W35 Alicia Johnson 1:07.35, Tina Cooper 1:12.47, W40 Denise Crain 1:09.59, W45 Jennifer Piuto 1:12.16, Mary Trono 1:27.84, 800m, M30 Robert Udewitz 2:05.70, Manuel Chinchilla 2:22.38, Glenn Kehler 2:26.59, M35 Jewis Jefferson Jr 2:07.47, Anthony Watson 2:07.52, Rich Agnello 2:07.75, M40 Joseh Gonzalez 2:19.45, M45 Don Hodge 2:18.81, Victor Diaz 2:25.15, Ron Salvo 2:30.28, M50 Hugh Sweeney 2:18.92, Michael Wilson 2:19.55, Jonathan Tetherly 2:26.80, M55 Joe Cordero 2:37.36, Paul Rehm 2:38.03, M60 Irwin Bernstein 2:40.85, M75 William Benson 3:36.30, W35 Janice Morra 2:30.43, Laura Frisch 2:48.92, W40 Edna Crawley 2:45.21, W45 Mary Trono 3:31.60, W50 Eileen Cox 3:06.51, W70 Queenie Thompson 4:49.82, Mile, M30 Kenneth Bohan 4:35.78, William Ochelein 4:40.43, L Glazer 4:47.19, M35 Grover Prince 4:56.21, Rich O'Brien 5:01.89, M40 Paul Mascali 4:37.26, John Roselli 5:54.80, M45 Rob Jackson 5:02.67, Tony Plaster 5:03.16, Juan Hernandez 5:23.23, M50 Hugh Sweeney 4:58.39, Stan Edelson 5:48.21, M55 Jim Fillis 5:40.70, Joe Cordero 5:43.35, Paul Rehm 5:44.13, Lewis Daly 5:57.52, M60 Gene Chase 5:43.39, John Connor 5:57.16, Gene Carbine 6:25.27, M65 Leo Schonhaut 6:39.91, Don Previn 7:28.70, Joe Kerman 7:59.47, M70 John McManus 6:34.47, M75 William Benson 7:41.92, W30 Elizabeth Murray 5:35.31, W35 Laura Frisch 6:31.31, W40 Regina Cahill 5:47.73, W45 Diane Hawkins 6:13.55, Mary Trono 7:24.63, W50 Eileen Cos 6:43.78, Nadine Goldman 8:13.55, 3000m, M30 Hans Parrado 8:56.53, Keith Sinclair 9:27.00, William Ochelein 9:31.75, M35 Alan Ruben 9:09.29, Anthonyatson 9:42.48, Sasha Sinclair 13:59.16, M40 Arnaldo Melendez 10:30.63, John Roselli 11:52.30, M45 Ron Stonitsch 9:39.56, Pete Gambaccini 10:09.91, M50 Hugh Sweeney 10:02.44, M55 Colman Mooney 10:40.39, Joe Cordero 10:46.83, M65 Leo Schonhaut 12:05.62, 55mH, M30 Charles James 8.02, M40 Tony Ciccone 8.59, M45 Ivan Black 10.29, M70 Manny Herscher 12.43, 4x200m Relay, M30 3ALU 1:44.72, 4x400 Relay, M30 GLOR 3:53.29, M40 CENT 3:30.54, NJMA 4:47.62, High Jump, M35 Joseph Rossi 4-8, M45 Ivan Black 4-10, Ron Salvo 4-10, Peter Gambaccini 4-6.

Table of athletic results for M50 Bill Walsh 4-6, M55 Gerald Counihan 4-10, Don Beck 3-6, Pole Vault, M35 Mike Bizzaro 12-6, M45 Ron Salvo 8, M50 Jeff Tindall 11-6, Bill Walsh 9-6, Long Jump, M35 Kevin Cranford 6.14, M40 Dennis Hansen 3.91, M45 Ivan Black 4.95, David Friedman 3.76, M60 Vince Ruffin 4.61, Vic Rizzo 4.59, Don Beck 3.88, M70 Manny Herscher 3.56, Triple Jump, M35 Kevin Cranford 13.85, M40 Robert Richardson 11.34, Dennis Hansen 8.48, M45 Ivan Black 10.52, Ron Salvo 8.63, David Friedman 8.14, M60 Don Beck 6.39, Tom Talbott 5.22, M75 Hillar Sarreste 6.46, Edward Coyle 4.76, Shot Put, M35 Stephen Corrigan 9.02, M40 Tony Ciccone 13.78, Bill Wolverton 13.27, Dennis Hansen 12.58, M45 Craig Schumaker 13.83, Dennis Chandler 11.03, Rich Dunphy 10.62, M50 Bill Walsh 11.05, Frank Monroe 10.47, Carl Leville 9.28, M55 Brian McKenna 10.21, M60 William Barker 10.74, M65 Thomas Brooks 9.33, M75 Edward Coyle 7.20, W30 Denise Jones 6.25, W35 Deborah Ecklund 7.20, W55 Roslyn Katz 7.38, W60 Anne Cirulnick 8.08, Weight Throw, M35 Stephen Corrigan 9.76, M40 Care Richard 13.56, Dennis Hansen 9.82, M45 Dennis Chandler 9.96, M50 Frank Monroe 10.35, Bill Walsh 9.22, Francis Weller 7.56, M55 Brian McKenna 9.22, M60 William Barker 9.72, W35 Deborah Ecklund 6.78, W55 Roslyn Katz 9.14, W60 Anne Cirulnick 7.90, Mile RW, M30 Bruce Logan 7:56.58, M35 Ting Nok 8:44.21, M45 Richard Mills 9:08.07, M50 Gary Null 7:29.22, M60 Bob Barrett 8:27.81, Jan Gero 9:49.21, Arnold Kline 10:44.25, M65 C Robinson 10:27.78, W50 Nadine Goldman 12:36.57, W60 Rhoda Green 9:44.40, W70 Joan Rowland 11:08.36.

USATF Regional Indoor Championships 168th St. Armory, NYC; March 9

Table of athletic results for USATF Regional Indoor Championships, 168th St. Armory, NYC; March 9, 55 METER HURDLES, M30 CHARLES JAMES UN 32 7.67, M35 JAMES JORDAN PON 35 8.07, LLOYD JEREMIAH UN 39 9.10, THOMAS MCHAHON SAC 37 9.24, M40 BARRY STEBBINS UN 41 8.24, TONY CICCONE NJS 40 8.35, BARRY BLAKE SAC 42 11.70, M45 IVAN BLACK NYAC 48 8.87, M50 JAMES DICKINSON UN 50 9.00, MICHAEL MILLOVE UN 51 9.10, MIKE CARROLL MM 50 9.53, BILL WALSH MM 51 15.06, M60 LEON TROUT SAC 62 9.69, M65 JAMES STOOKEY MM 67 9.87, JACK LANCE GSA 66 11.61, M70 BILL THOMSEN SC 70 10.58, MANNY HERSCHER NYT 71 12.08, FRANK BRAKO UN 71 13.10, OSCAR HARRIS FM 73 13.34, M75 JON HUTCHINSON UN 75 15.84, F30 SOPHIA SHEPPARD ITS 32 8.55*.

Table of athletic results for CHARLENE LANDRON UN 33 9.57, LISA DOYON BAA 33 9.58, DENISE JONES TOC 33 12.45, F35 CARYL SENN LIAC 35 9.00, F50 MICHAEL MARIE HILL UN 50 10.45*, 55 METER FINALS, M30 SHAWN RICHARDS UN 31 6.81, CHARLES JAMES UN 32 6.88, ANDREW JOHNSON BAA 34 6.88, RICHARD BRAY BAA 34 6.93, ANDRE BRIDGETT SAC 30 7.00, MANUEL CHINCHILLA UN 32 7.40, M35 MITCHELL LOVETT TOC 35 6.65, MATT GOEBOLT SAC 35 6.69, VAL BARNWELL UN 39 6.79, KEVIN CRANFORD UN 38 6.89, WARREN WASHINGTON UN 36 6.95, SIDNEY MILDEN GSA 37 7.12, WILLIAM VAUGHN TOC 35 7.41, AUBREY JONES TOC 37 7.44, M40 JOHN BROOKS CP 42 6.84, TYRONE GUIDEN UN 40 6.96, DON MCNEILL NJS 40 7.07, STEVE GALETTA FM 40 7.14, STEVE COENEN PON 40 7.14, DENWORTH FREDERICK TOC 41 7.25, MIKE MCPHERSON UN 40 7.27, M45 WILLIAM OVERBY CP 49 7.11, JESSE NORMAN CP 46 7.19, DENNIS BROWN NYP 46 7.58, DAVID FRIEDMAN SAC 46 8.74, M50 ROGER PIERCE BRC 52 7.33, JOE JOHNSON UN 52 7.35, TOM HARTMAN GSA 50 8.30, M55 ROOSEVELT WEAVER UN 59 7.77, GENE BALLARD UN 55 7.89, BOB O'BRIEN GSA 57 8.53, M60 55 METER FINALS, LARRY COLBERT PVT 60 7.51, BILL WRIGHT BRC 63 7.66, RICHARD RIZZO NYP 60 7.82, JOE HEMLER MM 62 7.83, DON BECK MM 61 8.25, LEON TROUT SAC 62 8.25, EDWARD MEZVINSKY FM 60 8.45, M65 JAMES STOOKEY MM 67 8.02, OSCAR TAYLOR UN 65 8.34, TOM RICE FM 68 8.50, JACK LANCE GSA 66 8.63, WILLIAM BERGEN MM 68 9.33, M70 HOWARD MACHILLAN SC 70 8.55, OSCAR HARRIS FM 73 8.76, ROBERT NAYLOR NJM 71 8.92, LESTER WRIGHT SR SAC 74 8.93, FRANK BRAKO UN 71 8.99, MANNY HERSCHER NYT 71 9.51, M75 JIM MANNO NJM 76 8.93, ROCCO BROWN NYP 75 9.95, M85 MANFRED D'ELIA NJM 87 11.76*.

F30 55 METERS, ANN JENNINGS BAA 33 7.53, SOPHIA SHEPPARD ITS 32 7.59, SHEYNE WILLIAMS AUI 34 8.47, DENISE JONES TOC 33 8.82, F35 LIA JAMES AUI 37 9.24, F40 IRENE THOMPSON SC 42 7.76, CHERYL ALSTON AUI 40 7.91, CAROLE SOLOMON AUI 43 8.16, RENEE DIGIACOMO FM 42 8.94, F50 NADINE LOWENSTEIN SC 51 8.66, NORMA JONES UN 50 9.28, MARY ROMAN UN 61 10.17, 200 METERS, M30 DOUG DICKINSON CP 32 22.95*, RICHARD BRAY BAA 34 24.06, JOSEPH BENCIEVenga UN 30 25.86, JOHN SICILLIANO ASP 31 33.99, M35 FINAL PLACES BASED ON TIME, VAL BARNWELL UN 39 23.82, MITCHELL LOVETT TOC 35 23.83, ANDRE JORDAN PON 35 24.70, LLOYD JEREMIAH UN 39 25.02, MATT GOEBOLT SAC 35 25.16, SIDNEY MILDEN GSA 37 25.34, CHRIS WILLES UN 35 25.82, WILLIAM VAUGHN TOC 35 26.17, NICHOLAS MONGIARDO UN 35 26.17, M40 200M FINAL PLACES TIME BASED, BEN JAMES UN 40 23.75, ARCHIE GLASPAY PVT 42 24.55, STEVE COENEN PON 40 24.70, ADRIAN STERRETT TOC 40 24.87, CHARLES LAMPERT UN 42 25.31, STEVE GALETTA FM 40 25.31, DENWORTH FREDERICK TOC 41 25.58, FRANCIS SCHIRO CP 44 25.96, KEN BAUFERFIELD GSA 42 26.45, ROCKDALE HUDSON GSA 42 26.76, MICHAEL OLIVER ATC 43 28.80, M45 JESSE NORMAN CP 45 24.48*, WILLIAM OVERBY CP 49 25.26, DAVID FRIEDMAN SAC 46 32.31, M50 FINAL PLACES BASED ON TIME, RON JOHNSON UN 51 24.64, FARAH SHABAZZ GSA 51 25.52, ROGER PIERCE ERC 52 25.55, MICHAEL ADGERI ERC 50 26.45, RICHARD HAMNER CP 52 27.6, TOM HARTMAN GSA 54.

EAST

Sugarloaf Indoor Meet #2 Northampton, MA; Jan. 28

Table of athletic results for Sugarloaf Indoor Meet #2, Northampton, MA; Jan. 28, 55m, M30 Andrew Gamble 7.1, M45 Robert Davis 7.1, M50 Gary Geiger 7.2, W45 Ruth Morse 10.8, W55 Judy Scott 11.7, 200m, M30 Pat Swift 24.2, M50 Gary Geiger 26.4, M60 Bruce Kurtz 40.0, M70 Doug Blanchard 38.4, W45 Ruth Morse 50.2, W55 Judy Scott 47.0, 400m, M30 Pat Swift 52.4, M35 David Wick 1:04.5, M40 Pat Clark 59.6, M50 Steve Prouty 1:02.2, M70 Doug Blanchard 1:26.2, W40 Sidney Letendre 1:08.7, 800m, M40 Roy Currie 2:08.5, M45 Joe Burleson 2:42.5, M50 Jonathan Tetherly 2:27.0, M55 Dominic Rappazzo 2:27.3, M60 John Burton 3:37.4, M70 Doug Blanchard 3:19.9, W35 Rena Rockwell 3:21.2, Mile, M30 William Brosmith 4:20.0, M35 Arthur Demers 4:43.2, M40 Chris Armen 4:54.2, M45 Mike McCusker 4:51.9, M50 Steve Prouty 5:19.4, M55 Dick Ashley 5:35.9, M70 Doug Blanchard 7:05.2, W45 Lyn Newell 7:20.5, W55 Jane Arnold 5:47.0, 3000m, M30 John Meredith 11:11.0, M55 John Hurley 12:35.8, M70 John Burton 15:52.8, Long Jump, M70 Doug Blanchard 5-7.

Syracuse Indoor Invitational Syracuse, NY; Feb. 1

Table of athletic results for Syracuse Indoor Invitational, Syracuse, NY; Feb. 1, M40+ Mile, Tim McMullen M40 4:38.03, Chas McMullen M45 4:39.49, Tim Payne M45 CAN 5:02.27, Bill McMullen M40 5:08.49, Pat Risagan 5:13.07, John Capoccia M40 5:14.94.

Kevin Morrisroe M45 5:15.35, Johli Alley 5:23.54, Joe Reynolds M55 5:46.26, Vince Colgan 5:51.90, Roger Hahn M60 6:31.21, Wally McRae 6:53.59, W40+ Mile, Patti Ford W40 5:26.44, Karyn Carrino W40 6:48.40, Yvonne Rothenberg W50 6:54.71, Diane Sherrer W45 7:00.45, M A Zeppetello W60 10:43.07.

Finger Lakes RC Indoor Meet Cornell U., Ithaca, NY; Feb. 16

Table of athletic results for Finger Lakes RC Indoor Meet, Cornell U., Ithaca, NY; Feb. 16, 55m, M40 Gary Geiger 8.1, M70 Howard MacMillan 8.3, W30 Karen Pyle 8.3, W40 Irene Thompson 7.4, W50 Nadine Lowenstein 8.4, W45 Kathy Grina-Corsivo 8.7, 200m, M35 Elliott Wanger 31.2, M40 David Cody 27.0, M55 John Hurley 32.9, M70 Howard MacMillan 32.5, M75 Verne Rockeasthe 36.9, W30 Karen Pyle 31.6, W40 Irene Thompson 27.8, W50 Nadine Lowenstein 30.6, 1500m, M30 John Trowse 4:09.5, M35 Casey Carlstrom 4:14.8, M40 Rick Cleary 4:50.9, M50 Herb Engman 4:41.1, W35 Sue O'Malley 5:25.0, Mile, M30 Sean Curley 4:59.1, M35 Dave Hawthorne 5:01.2, M40 John Whitman 5:10.8, M45 Kevin Morrigno 5:28.5, M50 Herb Engman 5:04.6, W30 Rebecca Heuer 5:08.1, W40 S Kreplin-Michaels 6:49.1, 3000m, M30 John Trowse 8:52.6, M35 Tim Ingall 10:13.5.

Upstate New York Indoor Mile Championships Hobart College, Geneva; Feb. 22

Table of athletic results for Upstate New York Indoor Mile Championships, Hobart College, Geneva; Feb. 22, M40+ Mile, Section 1: Tom Carr 51 5:25.0, Joe Reynolds 52 5:38.6.

Continued from previous page
W45 April Capwill 13:15.83
--55mH--
M40 Bill Fletcher 10.16
M55 Grover Coats 9.77
John Sloan 10.82
M65 Bill Simmons 10.66
--60mH--
M70 Denver Smith WR10.38
(Larsen/10.40/1995)
--4x800m Relay--
M40 OverTheHill TC 12:02.02
--2100m Sprint Medley--
M40 OverTheHill TC 6:25.58
--High Jump--
M45 Eric Bray 4-8
M50 Bill Walsh 4-6
M55 Grover Coats 4-6
M70 Denver Smith 4-2
--Pole Vault--
M35 Jeff Sprague 13-3.75
M45 Bob Berke 9-0
M50 Bill Walsh 10-0
M55 John Sloan 10-0
--Long Jump--
M50 Jerome Bellinson 5.36
Bill Walsh 4.56
M55 Grover Coats 4.86
M65 Bill Simmons 3.44
M90 Everett Hosack94 1.83
W75 Diane Friedman 1.71
--Triple Jump--
M50 Jerome Belinson 9.59
Bill Walsh 9.33
M55 Grover Coats 9.66
M65 Bill Simmons 7.92
M70 Denver Smith 8.64
W30 Linda Carly 10.94
--Shot Put--
M50 Bill Walsh 11.92
M55 John Sloan 10.40
M70 Denver Smith 10.51
M90 Everett Hosack 94 4.48
W35 Pat Finley 8.04
W45 April Capwill 9.76
Mary Hartzler 8.49
W50 Erika Szanto 9.87
W55 Audrey Gasdorf 8.68
W60 Phyllis Shunn 6.33
W65 Bernice Holland 8.01
--Weight Throw--
M35 Bob Higgins 14.31
M50 Bill Walsh 8.86
M55 John Sloan 10.16
W45 April Capwill 8.33
W55 Audrey Gasdorf 7.66
W65 Bernice Holland16# 7.58

USATF Illinois Indoor Championships Romeoville; March 8

--55m--
M30 Scott Thoms 7.18
Dennis Lofton 7.33
Eric Goodlow 7.55
M40 Mike Skoflanc 7.17
M45 Stan Druckrey 7.22
Ezra Abdullah 7.32
Pat Hall 7.82
M50 Robert Lloyd 7.53
Larry Kokinda 8.48
M55 Mike Murphy 8.31
Al Matheis 8.36
Phil Francis 10.41
M65 Harry Brown 7.84
Clarence Trinkner 8.12
M70 Ken Yahiro 9.64
M75 Tom Kennell 8.66
M80 Mel Flachs 11.29
W50 Penny Danielson 9.05
--200m--
M30 Eric Goodlow 26.01
Dennis Lofton 26.67
M35 Joe Schieterman 26.42
M40 Jeff Watry 26.66
M45 Stan Druckrey 24.44
M50 Roger Phillips 25.94
Robert Lloyd 26.16
Larry Kokinda 30.55
M80 Mel Flachs 45.05
W30 Kris Wolf 24.22
W50 Penny Danielson 34.54
--400m--
M30 Sean Banks 54.77
M40 Gerry Krainik 55.12
M45 Stan Druckrey 54.63
Ezra Abdullah 56.65
M50 Robert Lloyd 57.29
M65 Harry Brown 64.94
Clarence Trinkner 72.65
M80 Mel Flachs 2:07.84

--800m--
M30 Bob Jones 2:24.11
M35 Fred Hervert 2:11.97
Bennett Gorecki 2:13.08
Robert Fenci 2:19.14
M45 Ron Winkler 3:01.33
M50 Bob O'Connor 2:18.56
Efrin Beltran 2:25.21
Tom Sullivan 2:32.37
--1500m--
M30 Bob Jones 4:45.05
M35 Dave Argus 4:57.58
M40 Hal Carlson 4:33.59
M50 Paul Perry 4:33.10
Tom Sullivan 5:43.88
M55 John Craig 4:46.28
--3000m--
M35 Barry Lee 10:48.41
M40 Hal Carlson 9:32.20
M50 Tom Sullivan 12:15.80
W50 Lynn Ingalls 13:12.99
--55mH--
M30 Scott Thomas 8.14
M35 Joe Schieterman 8.47
M40 Jeff Watry 9.22
M45 Mike Davis 10.48
M65 Clarence Trinkner 9.26
--High Jump--
M30 Andre Boyce 6-4
M40 Jeff Watry 5-8
John Valiska 5-6
M45 Mike Davis 4-11
M50 Bob Shanahan 4-2
M65 Clarence Trinkner 4-10
--Pole Vault--
M30 Dave Gilbert 13-6
M35 John Sayre 14-9
M40 Keith Petranek 13-0
Jeff Watry 10-6
M45 Mike Davis 11-6
--Long Jump--
M30 Andre Boyce 21-8
M35 Joe Schieterman 18-2.50
M40 Mike Skoflanc 18-10
M45 Ezra Abdullah 17-5.00
Mike Davis 15-4.50
M55 Al Matheis 14-7
Phil Francis 11-8.50
M70 Ken Yahiro 12-4
M75 Tom Kennell 12-6
M80 Mel Flachs 8-4
W50 Penny Danielson 12-0
--Triple Jump--
M40 Mike Skoflanc 37-3
M55 Phil Francis 24-2
M75 Tom Kennell 27-2.50
--Shot Put--
M30 Scott Sheets 12.81
M45 Tim Seifert 12.43
Larry Readman 10.53
M55 Ron Sholes 10.06
Al Matheis 9.10
M70 Ken Yahiro 9.58
--Weight Throw--
M45 Larry Readman 11.16
M55 Ron Sholes 7.25
--3000m Racewalk--
M45 Ron Winkler 16:52.20
Garland Moore 18:30.41
M65 Alfred DuBois 18:05.30
W45 Alice Winkler 20:04.95

WEST

Stanford Masters 100m Stanford, CA; March 23

100m
Frank Toner 77 15.74
Al Fairchild 78 19.24
Alan Cranston 82 22.47
Perc Gartly 75 26.19
Payton Jordan 80 dnf

KELfield Throws Meet #59 Santa Cruz, CA; March 29

--Shot--
M40 Rich Watson 35-4.75
M45 Bob McKay 43-9
Gary Kelmenson 36-3.50
M55 Joe Keshmiri 50-6
Mike Parker 35-2.50
--Discus--
M40 Rich Watson 109-4
M45 Gary Kelmenson 114-1
M55 Joe Keshmiri 173-3
--Hammer--
M40 Rich Watson 111-3
M45 Gary Kelmenson 132-5
M60 Stew Thomson 163-3
--Javelin--
M40 Rich Watson 166-7

M45 Gary Kelmenson 110-2
--Weight Throw--
M40 Rich Watson 37-5.25
M45 Gary Kelmenson 43-2
M60 Stew Thomson 56-1
Don Hughes 35# 27-4.50
--56# Weight--
M40 Rich Watson 24-9.50
M45 Gary Kelmenson 29-9
M60 Don Hughes 18-9
M80 Jim York 83WR 10-7

CANADA

Ontario Masters Indoor Championships Toronto; March 8

--60m--
M35 Doug Ditchfield 7.64
Rich Sutherland 7.65
Mike Heron 7.87
M40 Kerry Smith 7.46
Mike Stevely 8.04
Rob Malpus 8.08
M45 Roy Chubb 8.18
M50 Alan Slater 8.15
Darrell Patterson 9.15
Joe Sholtes 9.23
M55 Chuck Lachiusa 8.45
Ken Mollineau 8.73
Clair Leahy 9.08
M60 Clark Little 8.96
KesarSingh Poonia 9.21
M65 Ted Swanson US 8.82
Chuck Sochor US 9.21
Ken Morris 9.38
M75 Mel Buschman US 10.64
Harry Miller 12.23
M85 Karl Trei 12.48
W40 Deb Lenz 8.46
Judy Sherrard 10.44
Maggie Dawkins 11.89
W55 Adri Roswell 10.30
W60 Edith Gray 9.78
W65 Doreen Carmichael 10.13
--200m--
M35 Doug Ditchfield 24.59
Dave Hill 25.94
Glenn Chipkar 26.33
M40 Kerry Smith 23.55
Rob Malpus 25.77
Horace Hudson US 25.99
M45 Steve Bogatek 26.10
Roy Chubb 27.31
M50 Bruce Mitchell 28.82
Francisco Machado 28.83
Glenn Hooper 30.62
M55 Bill Gairdner 28.36
Ken Mollineau 29.46
Hugh Wilson 30.11
M60 Clark Little 29.89
Dev Sharma 30.61
M65 Earl Fee 29.28
Bill Simons 30.28
Chuck Sochor US 31.97
W30 Linda Carly 28.41
Vikki Hearn 28.66
Karen Pyle 31.94
W35 Belinda McCoy 29.21
Carol Felepchuk 30.19
W40 Deb Lenz 28.27
Judy Sheppard 36.77
W45 Rhona Troll 30.04
W65 Doreen Carmichael 39.80
--400m--
M35 Doug Ditchfield 55.00
Glenn Chipkar 57.05
Scott Hopkins 58.84
M40 Ken Davis 57.12
Horace Hudson US 57.74
Dan Swanson 58.23
M45 Steve Bogatek 59.20
John Faulkner 62.20
Roy Chubb 65.27
M50 Francisco Machado 58.64
Bill Weir 65.52
John Powell 69.81
M55 Hugh Wilson 66.80
Don French 94.70
M60 Dev Sharma 70.62
Gerhard Krolow 72.70
M65 Chuck Sochor US 71.82
David Wilson 75.97
Ken Morris 77.19
W35 Carol Felepchuk 68.22
Cathy Willis 76.94
W40 Rachelle Clausen 69.78
W60 Jean Horne WR77.30
(80.26/Vosburgh/1996)
--800m--
M35 Stephen Keating 2:11.71
R DasilvaJardine 2:12.36

Glenn Chipkar 2:18.68
M40 Tim McMullen US 2:07.99
Fred Robbins 2:11.46
Brad Morley 2:12.34
M45 Ted Paget 2:18.4
John Picard 2:18.9
John Faulkner 2:21.1
M55 Hugh Wilson 2:36.0
M60 Jim Irons 2:40.6
Bill Bryson 2:55.5
M65 Earl Fee 2:24.3
David Wilson 3:09.4
M70 Kurt Gelbhaar 2:57.7
Don Farquharson 3:53.7
W35 Sharon Wilson 2:43.61
Kathy Willis 2:55.55
W40 Janielle Cloutier 3:06.74
W45 Linda Findley 2:37.72
W50 Mary Zadel 3:12.71
W55 Jean Doench 3:04.88
W60 Jean Horne 3:02.77
--1500m--
M35 Steven Keating 4:29.30
M40 Tim McMullen US 4:15.54
K Doerrdecker 4:34.75
Bill McMullen US 4:39.22
M45 Phil Pyatt 4:29.98
Garry Hastings 4:33.13
Ted Paget 4:33.47
M50 Bill Horwich 4:56.10
Jimmy O'Brien 5:15.53
M55 Robert Moore 4:53.42
Hugh Wilson 5:16.00
D Featherstone 5:16.32
M60 Bill Bryson 5:39.76
Gerhard Krolow 5:41.72
Richard Graves 5:55.61
M65 Ed Whitlock 4:50.87
David Wilson 6:05.50
M70 Kurt Gelbhaar 5:59.45
W35 Gloria Inglis 5:10.01
W40 Danielle Cloutier 6:10.66
W45 Linda Findley 5:16.55
W50 Mary Zadel 6:42.02
Georgia Gillis 6:56.37
W70 Dorly Brechbuehl 7:40.29
--3000m--
M35 James Earl 9:05.14
Rob Earl 9:10.37
Paul Roberts 9:11.86
M40 Joe Lehmann 9:21.81
Brian Burke 9:30.93
Steve Nesbitt 10:40.71
M45 Bryan Stride 9:45.39
Gaetan Breton 11:14.59
Doug Smith 11:48.69
M50 Bill Horwich 10:37.98
Bill Weir 10:51.91
Jimmy O'Brien 11:27.09
M55 Robert Moore 10:17.32
Jack Geddes 10:29.05
Brian Drewett 11:13.10
M60 Gerhard Krolow 12:23.89
Richard Graves 12:32.12
M65 Ed Whitlock 10:25.22
David Wilson 13:18.27
M70 Kurt Gelbhaar 12:33.83
Cliff Hall 13:10.03
M75 Odino Soligo 14:49.85
W35 Mairin Viol 13:08.26
Cathy Willis 13:15.57
JoselyneDumais 13:51.56
W40 Lynn Kobayashi 11:46.97
Laurie Goettl 15:32.13
W50 Margaret Rolfe 13:56.02
Georgie Gillis 14:52.98
W55 Joan Christensen 13:48.51
Adri Rowswell 15:30.07
Jean McKeigan 17:44.73
W70 DorlyBrechbuehl16:21.64
--60mH--
M35 Dan Glushetski 8.90
Mike Heron 9.30
Glenn Chipkar 9.68
M40 Horace Hudson US 10.26
M50 Alex Kosturek 11.06
M55 Hugo Bain 13.86
M65 Bill Simons 11.50
Ted Swanson US 11.80
--High Jump--
M35 Ambroise Courteau 1.66
Tim Manley 1.60
Scott Hopkins 1.55
M40 Ken Felepchuk 1.55
Wayne Bowman 1.40
M45 Roy Chubb 1.30
M50 Imrich Kiraly 1.55
Bob Campbell 1.35
M60 KesarSingh Poonia 1.11
M65 Bill Simons 1.41
Jim Mathers 1.29

Ted Swanson US 1.29
M75 Garry Bachman 1.11
Lembit Saar 1.08
Vic Koresaar 1.00
W35 AlexandRozierFlynn 1.40
W60 Edith Gray 1.20
W70 Helgi Pedal 1.14
--Pole Vault--
M35 Ambroise Courteau 3.90
Mark Schaber 3.75
M50 Matti Kilelainen 3.90
Hugh Miller 3.65
Jack White 2.20
M60 Jim Mathers 2.40
--Long Jump--
M35 Doug Ditchfield 5.93
Brian Paton 5.56
Dave Hill 5.56
M40 Ken Felepchuk 5.57
Wayne Bowman 5.26
Marek Nowicki 5.06
M50 Alan Slater 5.19
M55 Don French 3.13
M60 KesarSingh Poonia 3.94
M65 Ted Swanson US 4.21
Chuck Sochor US 4.04
Bill Simons 4.02
M70 Jahan Behboodi 2.44
M75 Mel Buschman 2.92
Harry Miller 2.11
M85 Karl Trei 2.82
W35 Gail Fowler 4.14
W40 Maggie Dawkins 3.18
W60 Edith Gray 3.55
Dorthea Swanson US 2.44
--Triple Jump--
M40 Ken Felepchuk 11.02
M45 Igor Kononov 11.26
M50 George Pachovsky 10.59
Alan Slater 10.55
Alex Kosturek 9.08
M60 KesarSingh Poonia 8.57
M65 Bill Simons 8.36
Ted Swanson US 8.02
Jim Mathers 7.03
M75 Harry Miller 4.87
M85 Karl Trei 5.99
--Shot Put--
M35 Scott Hopkins 9.45
M40 Wayne Bowman 10.96
Mike Stevely 9.29
M45 John Kasperski 11.68
M60 Juhann Toomes 11.11
KesarSingh Poonia 11.01
M65 Max Woerle 9.69
Jim Flowers 7.53
M70 Evalds Viskers 10.04
Peder Nielson 9.05
M75 Garry Bachman 11.32
Aleks Upmalis 9.75
Lembit Saar 9.53
M85 Karl Trei 6.51
W40 Maggie Dawkins 6.97
W55 Adri Rowswell 7.87
W60 Dorthea Swanson 7.34
W65 Velta Tomsons 7.19
W70 Helgi Pedal 7.10
--Weight Throw--
M40 Mike Stevely 7.22
M60 Emil Muller 17.62
Juhann Toomes 15.82
M65 Max Woerle 13.88
M70 Peder Nielsen 12.40
W60 Dorthea Swanson US 7.16
--3000m Racewalk--
M35 Tom Jenkins 16:50.2
M45 Mike Stones 15:18.8
M50 Mike Freeman 16:45.4
Steve Feith 17:51.6
MT Kelly 18:32.0
M55 Len Weinstein 18:32.9
M60 StuSummerhayes16:04.0
John Weston 20:02.2
M65 Sal Braccaccio 19:15.0
M70 Peter Fellowes 19:48.6
M75 Uno Limit 21:45.8
W35 Kelly Ykema 19:09.5
W40 Nancy Sweazey 16:06.8
Kerry Weaver 18:56.0
W45 Kathy Collins 19:09.3
W55 JeannieMcKeigan20:43.5

INTERNATIONAL

WP Veterans T&F Championships Bellville, C.T., South Africa Feb. 21-22

100m
M30 G Fitz BAK 11.59
M40 D Heyns BAK 11.91
M45 D Appollis CELT 12.67

M50 E Figland BAK 13.31
M55 J Ackerman GAUT N 13.80
M60 R Cross PINE 13.62
M65 M George ELSIES 14.65
M75 R Coomer BAK 18.84
M80 Purdue PINE WP 20.07
W30 C Gomes TAK 12.73
W35 A Salzwedel BAK 13.63
W40 A DeVilliers OP 13.68
W45 M Vos BAK 18.43
W50 S Alberts BAK 14.71
W55 H Boonzaier SPAR 20.27
W65 I Hofmeyr BAK 16.78
W70 P Whittington SWD 25.46
200m
M30 G Fitz BAK 23.60
M40 D Heyns BAK 24.39
M45 D Appollis CELT 24.86
M50 E Figland BAK 26.99
M55 J Ackerman GAUT N 27.57
M60 R Cross PINE 27.32
M65 M George ELSIES 30.85
M80 D Purdue PINE WP 43.32
W35 A Salzwedel BAK 28.02
W40 A DeVilliers OP 28.40
W50 S Alberts BAK 30.57
W55 Y DeWit BAK 30.38
W65 I Hofmeyr BAK 35.00
400m
M40 J Nortje PAARL 53.70
M45 A Voigt SWD 55.17
M50 V O'Donoghue DFF 1:00.38
M55 J AckermanGAUTN 1:10.63
M60 P Botha OP 1:08.40
M80 D Purdue PINE WP 1:57.09
W35 A Salzwedel BAK 1:05.19
800m
M40 T Dixon TNET 2:10.10
M45 A Voigt SWD 2:13.90
M50 V O'Donoghue DEF 2:25.60
M70 N Sharpley PINE 3:07.00
W35 R V Huyssteen BAK 2:28.41
W65 J Goldenhuys US 3:31.92
1500m
M40 L DuPreez GAUT N 4:27.20
M45 D Nienaber TNET 4:28.84
M50 V O'Donoghue DEF 4:57.87
M55 M Geutner CELT 5:15.17
M60 L Benning PINE 5:58.42
W30 S Hauman PAARL 5:35.67
W35 R V Huyssteen BAK 5:20.71
W40 C Cupido PINE 5:16.55
W45 M Vos BAK 7:11.14
W50 A Van Zyl HELD 6:28.35
W65 J Goldenhuys US 7:11.30
5000m
M35 M Ruppert STRA 16:28.42
M40 L DuPreez GAUT N 16:22.27
M45 D Nienaber TNET 16:16.02
M50 I Wilson FOR 18:09.73
M55 M Geutner CELT 19:12.06
M80 F Jourdain FISH 47:49.70
W30 S Hauman PAARL 21:00.96
W35 L Kahn ATL 17:58.45
W40 C Cupido PINE 19:12.93
W45 M Vos BAK 26:08.79
W50 J Hahn VOB 21:28.99
W65 J Goldenhuys US 26:57.48
10,000m
M35 C Griffiths VOB 38:51.7
M45 J Diener STRA 34:52.6
M55 C Swart TAK 40:36.3
M65 P O'Brien CELT 52:36.5
Short Hurdles
M45 J Allers BAK WP 19.61
M50 P V Rensburt SWD 21.78
M60 P Botha OP 18.75
W40 A De Villiers OP 13.48
W65 I Hofmeyr BAK 19.04
Long Hurdles
M40 J Nortje PAARL 1:00.46
M45 J Allers BAK 1:05.66
M50 K Louw BAK 1:16.80
M60 L Benning PINE 50.36
W50 M Tomlinson NAT 59.94
W55 Y DeWit BAK 55.10
2000m Steeplechase
M60 I. Benning PINE 9:11.36
M75 B Coomer BAK 15:41.89
W35 W Myburgh STRA 11:27.49
W40 C Wallace FISH 9:03.27
W50 M Tomlinson NAT 10:10.09
3000m Steeplechase
M40 M Ruppert STRA 10:26.35
High Jump
M40 J Deysel OP 1.66
M50 P V Rensburg SWD 1.15
M60 L Benning PINE 1.51
M75 P Frech 1.15
M80 C Nel 1.00

Continued from previous page

Table of race results including categories like Pole Vault, Long Jump, Triple Jump, Shot Put, Hammer, Javelin, 5000m RW, 10000m RW, and 20000m RW.

Table of race results for ACTVAC Championships Australia; March 15-16, Men's Champion of Champions 100m, Women's Champion of Champions 100m, and 5000m RW.

Table of race results for -5000m- and -800m- categories, including various runners and their times.

Table of race results for M65 Charlie Rann, M70 Len Childs, M70 Natalie Scarlet, W35 Delia Quigley, W40 Karen Boreham, W45 Jeanette Turner, W50 Raylea Rudov, W55 Jenny Bourke, W60 Mary Wahren, W65 Marg Dando, and M60 George Mencik.

Table of race results for Ken Sparks, Women's 15K Age-Graded Results, Azalea Trail Run 10K, Indy Life Circuit Race, Overall, M45 Gary Romesser, M50 Jan Frisby, M55 Fay Bradley, M60 Sonny Monoiz, M65 Richard Mitchell, M70 Paul Wissler, W40 Ruth Wysocki, W45 Terry Mahr, and W45 Deborah Pfeiffer.

Table of race results for Sandy Lind, Susan Riedel, Carol Battles, Jill Gottlieb, Carol Plemmer, Lu Jeffrey, Luvem Blackwood, W50 Kathy Groh, Marilyn Grissom, Marian Loftin, Lynn Millman, Carol Brim, Joyce Trumps, Janet Adams, Angela Dufour, Phyllis Logsdon, Chee Chee Street, W55 Nina Golub, Willy Moolenaar, Janette Cochran, Joanne Jordan, Sara Henley, Mary Watson, Gayle Beebower, Miriam Turner, Martha Rickerlor, Dot Barry, W60 Pat Fossum, Carol Leckband, Helen Corley, Betty Fehl, Carol Wooten, Janice Bond, Patty Schnell, Ann Knight, Betty Kriss, Helen Amazeen, W65 Mary Specking, Amelia Gassen, Billie Madero, Eva Oldham, W70 Faye Eisenacher, Daphne Dvorak, Men's 10K Age-Graded Results, Women's 10K Age-Graded Results, LaSalle Banks Shamrock Shuffle 8KUSATF National Masters Championships, M40 Steve Jones, M45 Gary Romesser, M50 Peter Hallop, and W45 Terry Mahr.

LONG DISTANCE RESULTS
Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL Gate River Run 15K Indy Life Circuit Race Jacksonville, FL; March 8. Masters Men: Steve Plasencia, Steve Jones, Craig Young, Gary Romesser, Doug Kurtis, Bill Rodgers, Scott McMillen, Lloyd Stephenson, Jeff Foster, Robert Castillo, Jane Weizel.

Masters Women: Alice Tharau, Honor Fetherston, Kimberlee Campo, Mary Hanlon, Joan Ottaway, Kim Halliday, Catherine Lempesis, Terry Mahr, Anne Shumaker, Steve Jones, Steve Plasencia, Bill Rodgers, Gary Romesser, Craig Young, Fay Bradley, Doug Kurtis, Jan Frisby, Doug Bell.

Continued on next page

Continued from previous page

Donald Jensen	31:54
Phil Heath	31:55
M55 Jack Nelson	28:37
John Craig	29:37
Rick Brodine	32:49
Frank Koster	32:50
Joe Arnold	33:49
Daryl Rolland	34:02
John Quinton	34:16
Frank Nicholson	35:15
Les Vaughan	35:20
Jerryl Riebling	35:55
M60 Norm Green	31:19
Otto Zorn	32:30
Thomas Joslin	33:32
Steve Goldberg	33:41
John Burnett	34:58
George Suter	35:10
Julian Gordon	35:28
Tom Brackenbury	36:12
John Cansino	36:29
Clayton Hall	37:29
M65 Danny Kelleher	33:46
Rich Lamermayer	36:55
Marc Levin	39:29
Joe Paleczny	39:50
Will Shelton	40:05
Alex Muster	40:48
Neil King	41:18
Paco Collazo	42:01
James Dolan	43:00
E Scheckman	44:02
M70 Robert McKeague	37:09
Sam Romberg	40:10
Don Swanson	40:17
Frank Braunz	41:17
Martin Prager	43:58
Bob Gand	47:04
John Andersen	51:10
Tony Bonder	53:31
Ben Squires	60:27
Phil Heath	31:55
M75 Warren Utes	33:08
Henry Kuric	50:05
Jack Gleason	51:57
Alex Maximiac	61:44
W40 Cynthia Woods	30:17
MaryAnn Malarkey	30:51
Nancy Fazio	31:11
Robin Sarris	31:12
Peggy Pate	31:24
Marietta Sievert	31:42
Patti Terhune	33:08
Ali Stout	33:16
Tandy Patrick	34:18
Jamie LaForce	34:37
W45 Nancy Grayson	29:49
Anne Gosch	32:45
Cindy Garner	34:19
Barbara Lies	36:24
Susan Lynch	36:49
Kathy Schwappach	38:09
Samantha Hoffman	38:25
Lynae Easter	39:10
Barbara Hocking	39:53
Colleen Trinko	40:04
W50 Nancy Rollins	33:02
Deborah Pausz	34:26
Lynne Ingalls	36:24
Sandy Kurtenbach	39:58
Kristin McKinnon	41:14
Joanne Kaeding	42:05
Karen Sivley	42:42
Eileen McMillan	43:08
Frances Hill	43:11
Linda Brodine	43:29
W55 Dorothy Tanner	36:57
Doris Schertz	40:53
Linda Fuhrer	43:57
Hillman Munzzo	43:58
Mary Cullen	44:53
Patricia Knabe	44:53
Patricia Walsh	44:58
Sandy Waliszewski	47:07
Terry Passaro	47:30
Pamela Baker	49:39
W60 Faith Walkwitz	39:36
Barbara Kummerer	47:05
Badonna Reingold	49:36
Edye Wolf	51:06
Maryann Cichowski	54:31
Lorraine Morgan	55:23
W65 Lois Gilmore	42:13
Cam Meyer	49:39
Barb Scheckman	53:16
Connie Doaier	56:15
Teresa Ramirez	62:06
W70 K McDonough	47:57

Doris Whitesell	56:16
W75 Adele Heretik	53:32
EAST	
NYRRC Al Gordon Five Miler Central Park, NYC; March 2	
Overall	
Stephen Marsalese 31	26:40
Carol Howe 31	26:44
M30 Victor Zamora 34	28:23
Michael McGarry 30	28:26
John Kirtley 33	28:33
M40 Jose Santiago	27:54
Victor Osayi	29:42
Richard Shaver	29:51
M45 Robert Francis	30:16
Douglas Broder	31:22
Eric Ohlson	31:42
M50 Maury Dean	30:08
Julio Aguirre	30:21
Michael Wilson	31:06
M55 Pat Cosgrove	30:26
Jeremiah O'Connor	30:50
James Fillis	31:33
M60 Adrian Horne	35:34
George Reilly	37:07
Daniel Jacobs	37:43
M65 Kenneth Jones	33:32
Joseph Burns	34:49
Leo Schonhaut	36:59
M70 Jack Haar	38:07
Sab Koide	44:32
M75 Robert Davan	43:23
William Coybe	45:50
M80+ Wilfredo Rios 80	48:39
V Carnevale 80	53:00
A Weintraub 87	58:40
W30 S Kessler 39	30:56
Anne Fraser 31	32:32
Lauren Kearney 30	33:22
W40 Gillian Horovitz	30:15
Kristine O'Shea	32:16
Nancy Stevenson	32:33
W45 Cecily Dexter	36:09
Bonny Omara	36:19
Maureen Barry	37:42
W50 Krystyna Turowska	37:25
Flora Flores	37:31
Chuang Chang	38:58
W55 Mary Nathan	35:17
Patty Parmalee	38:28
Wendy Burns	38:28
W60 Rosa Nales	39:33
Naomi Vogel	43:38
May Chou	46:25
W65 Thelma Wilson	41:47
Bertha McGruder	53:22
Joan Fisher	56:21
Bethesda Chase 20K & 5K Bethesda, MD; March 2	
Overall	
Mark Hoon 32	1:09:05
Fiona Branton 38	1:19:44
M35 Marty Horan	1:11:52
Don Reeves	1:12:35
Andy Smythe	1:16:13
M40 Paul Peterson	1:12:19
Jim Moreland	1:17:06
Vernon Loeb	1:17:43
M45 Bennett Beach	1:15:04
Jay Wind	1:18:22
John Kusek	1:20:07
M50 Herb Tolbert	1:15:41
George Myers	1:23:12
Bill Marsey	1:28:42
M55 Dick Hipp	1:24:28
Kirk Davies	1:25:21
Malcolm O'Hagan	1:25:45
M60 Quong Nuyen	1:36:48
Robert DuPont	2:00:47
M65 Tom Momiya	1:39:56
Harry Bratt	1:55:40
M70 Bill Morrison	1:48:46
Frank Pierce	1:49:56
Bill Osburn	1:54:32
W40 Linda Wack	1:24:49
Jane Sisco	1:31:02
GeorgeannWelde	1:32:09
W45 C Piepenburg	1:30:04
SusanHumphries	1:30:34
Anna Viviani	1:39:33
W50 Sharon Dolan	1:36:38
Ellie Thayer	1:50:31
W55 Judy Flannery	1:45:58
Anna Berdahl	1:49:09
Janet Newburgh	1:51:18
-5K-	
Overall	
Tony Belber 24	16:53

Monica Robbers 25	19:25
M35 Ted Poulos	17:53
M40 Jim Whitnah	17:11
M45 Rick Kelsey	21:09
M50 Imants Cellnieks	22:58
M55 Larry Lesser	26:34
M60 John Pease	34:07
M70 Jack Moskowitz	37:00
M75 Alvin Gutttag	44:21
W35 Collette Powers	22:12
W40 Elise Heumann	22:37
W45 Linda Sumpter	29:25
W50 Gail Nachman	32:30
NYRRC Brooklyn Half-Marathon Brooklyn, NYC; March 8	
Overall	
Michael Slinsky 27	1:08:37
Jana Jones 27	1:22:26
M30 Trevor Murray 31	1:11:17
S Marsalese 31	1:13:35
Carmine Petracca 33	1:14:09
M40 Audley Senior	1:16:54
William Bainlardi	1:21:07
Ivan Mills	1:21:42
M45 Jack McShane	1:17:47
Nicholas Caswell	1:20:04
Robert Briglio	1:20:39
M50 Tim Hassall	1:23:44
Julio Aguirre	1:23:57
Hector Rivera	1:25:59
M55 L-A Flores	1:27:26
Jose Mendez	1:28:41
Philmore Brewer	1:30:31
M60 Herbert Navarro	1:26:42
Richard Murphy	1:30:42
Otis Matthews	1:35:05
M65 Michael Daly	1:45:15
Jerome Olitt	1:47:37
Louis Castelo	1:49:20
M70 Andy Riggio	1:50:14
Samuel Oast	2:05:39
Sab Koide	2:07:50
M75 Wilfredo Rios	2:17:25
W30 Susan Yang 32	1:23:56
Suja Thomas 30	1:27:46
Nora Serna 38	1:28:05
W40 Kari Proffitt	1:23:08
Helen Visgauss	1:27:13
Marie Wickham	1:29:08
W45 Teiko Schultz	1:37:52
Diane Hawkins	1:41:25
Bonny Omara	1:41:45
W50 Marjorie Kos	1:39:56
Melanie Benvenue	1:42:02
Carol Johnston	1:42:49
W55 Ana Thornilss	1:33:10
Patricia Robinson	2:08:04
Dorothy Lynch	2:10:00
W60 Rosa Nales	1:53:49
Ellen Low	1:56:18
Naomi Vogel	2:03:53
USATF New England Championships/Stu's 30K Clinton, MA; March 9	
Overall	
Dave Dunham	1:39:15
Dana Goldfarb	1:57:28
M40 Wayne Jacob	1:45:24
M45 Jerry Learned	1:51:49
M50 Jon Stableford	1:59:59
M55 Leo Tomasetti	2:08:21
M60 Bill Riley	2:03:25
M65 Mike Sullivan	2:15:19
M70 Steve Brooks	3:03:43
M75 Carlton Mendell	2:52:35
W40 Terri Marlland	1:57:28
W45 Rose Galligan	2:21:11
W50 Mary Ryczek	2:11:15
W55 Diane Curley	2:49:41
W65 Lillian Christmas	4:19:14
Masters Teams	
M40 Grtr Lowell RR	5:26:12
M50 Cambridge SU	6:10:35
W40 Central MA Str	6:19:14
W50 Central MA Str	8:02:25
NYRRC Rites of Spring 10K Central Park, NYC; March 15	
Overall	
Houssine Siba 24	30:51
Regina Ronan 27	33:50
M30 Srba Nikolic 30	31:12
Michael Keohane 31	31:14
Trevor Murray 31	31:39
M40 Alan Ruben	32:57
Jaima Palacios	34:37
Skip Murphy	35:30
M45 Daniel Brach	34:35
Bob Moritz	35:34
Jack Porzio	36:30

M50 Tim Sassall	37:14
Samuel Skinnr	37:21
James Hudick	38:06
M55 Pat Cosgrove	38:59
Jack Brennan	41:14
James Fillis	41:26
M60 Witold Bialokur	39:21
Bob Ford	31:13
Joe Roche	44:49
M65 Joseph Burns	43:27
Guy Froelitt	48:59
Joseph Simonte	49:58
M70 Sab Koide	53:13
M75 William Coyne	56:50
Thomas Gibbons	55:59
Robert Davan	57:52
W30 A Babakhanian 30	37:43
Jean Chodnicki 37	37:48
Ellen Brach 31	38:53
W40 Kari Proffitt	38:46
Kristine O'Shea	40:17
Diane Gordon	40:46
W45 Mary Denitto	44:50
Bonny Omara	45:45
Maureen Barry	48:06
W50 Betty Horstmann	44:20
Maryanne Goldman	45:40
Flora Flores	47:11
W55 Patty Parmalee	46:40
Wendy Burns	48:57
Sara Herz	50:47
W60 Rosa Nales	49:59
Naomi Vogel	56:04
Marie Camardi	59:28
W65 Thelma Wilson	52:09
Margaret Mackey	1:38:59
W70 Edith Farias	58:57
Daisy Klein	1:05:53
St. Paddy's Day 10K Washington, DC; March 16	
Overall	
Edmund Burke 27	31:06
Jennifer Stearns 28	36:17
M30 Michael Fitch	31:51
Mark Hoon	32:23
Ron Kulik	32:29
M35 Kurt Kroemer	33:25
Terry McLaughlin	35:09
Dennis Coate	36:59
M40 Steven Ward	33:36
Bob Rodriguez	35:27
Glenn Kuhlmann	35:34
John Thoren	36:07
Dante Ciolfi	36:08
M45 Chuck Moeser	32:41
Jay Wind	37:30
Shah Mehrabi	37:48
Erick Long	38:00
M50 Ed Doheny	38:39
Bob Trost	38:41
Dennis Pinkard	38:50
M55 John Elliott	37:49
Warren Ohlrich	39:27
Malcolm Ohagan	39:44
M60 Dick Jamborsky	42:12
Bill Hoss	43:06
Bob Smith	43:32
M65 Larry Dickerson	42:39
Tom Momiya	44:33
Don McCarten	48:28
M70 Ray Blue	49:54
Bill Morrison	49:58
Marcel Bitoun	52:34
M75 Dennis Jenkins	47:30
W30 Teren Block	38:15
Monika Bracken	39:32
Donna Simmons	41:08
W35 Fiona Branton	37:04
L Minnix-Wolfe	37:24
Cecilia Lutz	37:56
Natalie Hughes	39:51
W40 Linda Wack	38:15
Jane Sisco	41:46
Judy Scarabello	45:28
W45 Susan Humphries	41:12
Sandra Adams	42:33
Toni Cruz	45:17
W50 Priscilla Prunella	48:30
Dee Chapman	52:33
Pat Welch	52:55
W55 Janice Stoodley	44:13
Anna Berdahl	50:11
Turkan Gardenier	54:27
W70 Kary Morrison	60:16
NYRRC/Powerbar 8K Central Park, NYC; March 23	
Overall	
Todd Williams 28	23:46
Gillian Horovitz 41	29:08

M30 Metodej Fikes 30	25:06
Keith Sinclair 30	27:57
Takeshi Yamazaki 34	28:24
M40 John Kenney	27:25
Skip Murphy	28:08
Abraham Golub	28:46
M45 Jack Porzio	29:01
Theodore Truet	29:46
Jose Soriano	31:56
M50 Julio Lugo	31:49
Wolfgang Sander	32:14
Jerry Wood	32:39
M55 Ramon Ruiz	32:39
John Courts Jr	34:14
Jozef Soffa	35:45
M60 Michael Goldman	32:12
Adrian Horne	35:32
Joe Roche	35:34
M65 Kenneth Jones	34:06
F Wheeler	41:25
Donald Preven	43:19
M70 Jack Haar	38:45
Samual Oast	49:38
W30 Stacy Creamer 37	32:13
Andrea Lieblein 31	32:16
Eudair Palman 38	32:27
W40 Gillian Horovitz	29:08
Asteria Claire	36:26
Angela Glass	37:59
W45 Laura Osorio	38:34
Rita LaBar	38:52
Pat Fry	40:59
W50 Carol Johnston	37:37
Sharyn Slick	37:57
Susan Lucas	40:11
W55 Wendy Burns	38:52
Sara Herz	40:32
M-L Michelsohn	41:42
W60 Rosa Nales	40:22
May Chou	45:06
Anne Perzeszty	51:57
W65 Thelma Wilson	42:34
Ingeborg Skoczek	49:02
Bertha McGruder	53:46
W70 Jozi Neulinger	1:03:41
Pearl Jones	1:11:15
NYRRC/Powerbar 20 Mile Run Central Park, NYC; March 23	
Overall	
Alem Kaysay 24	1:52:51
Jo Lodge 28	2:06:53
M30 C O'Driscoll 35	1:55:27
S Marsalese 31	1:55:35
C Petracca 33	1:55:52
M40 Timothy Dunlap	1:53:50
Jose Santiago	2:00:43
Ivan Mills	2:10:14
M45 Benoit Jadoul	2:07:07
Robert Briglio	2:07:55
M50 Hector Rivera	2:12:50
Julio Aguirre	2:13:56
Jay Satenstein	2:17:35
M55 Jose Mendez	2:23:58
Donald Platko	2:25:41
Aleksander Iljin	2:30:09
M60 Richard Murphy	2:24:25
Joseph Pascarella	2:58:26
Frank Voci	3:06:30
M65 Fernando Ruiz	3:18:37
Leo Schonhaut	3:19:17
Francisco Vidal	3:29:56
M70 Sab Koide	3:36:55
M75+ Wilfredo Rios 80	3:39:05
W30 S Kessler 39	2:17:45
Una Broderick 30	2:19:29
Suja Thomas 30	2:20:55
Helen Visgauss	2:26:41
W40 Marcia O'Kane	2:37:22
Laurie Shlafmitz	2:38:31
W45 Teiko Schultz	2:32:45
Mary Denitto	2:36:18
Leah Whipple	2:36:44
W50 Marjorie Kos	2:42:15
Flora Flores	2:48:46
Hilory Boucher	2:58:37
W55 Cindy Peterson	3:51:07
Eddie Sailer	4:55:30
W60 Naomi Vogel	3:25:20
SOUTHEAST	
Sunrunners 10K Vero Beach, FL; Feb. 23	
Overall	
J Munoz	34:09
L Mohlfe	39:59
M40 G Reed	38:12
S Hall	39:18
C Sullivan	39:39

Continued from previous page

M65	Frank Thompson	21:07
	Bob Levine	23:27
	Doyle Musselman	24:25
M70+	Bill Tribou	24:09
	Bob Arthur	26:05
	George Virgin	27:53
W40	Patty Dye	20:05
	Ellie Juliano	21:50
	Heidi Heidorn	22:31
W45	Paula Hage	22:40
	Mary Triba	24:52
	Kelly Elfers	25:37
W50	Joan Hyde	23:17
	Beverly Degennaro	23:52
	Sue Comstock	23:58
W55	Susan Levy	26:15
	Ruth Rubinfine	26:47
	Jacie Holfelder	27:20
W60+	Rebekah Stephens	24:55
	Sylvia Weiner	24:57
	Betty Kelly	25:07

**North Bay 5 Mile
Miami, FL; March 22**

Overall		
	Roberto Castillo 40	26:22
	Lisa Dorman 36	32:45
M35	Robert Leaf	27:04
M40	R Castillo	26:22
	Jorge Ramos	26:23
M45	Jeff Hlinka	28:38
M50	Bob Marren	30:29
M55	Bill Springer	30:34
M60	Benny Cepeno	35:53
M65	Ron Lafremouille	38:51
M70+	Carmello Crupi	39:54
W40	Sana Bridges	34:32
W45	Patty Nichols	38:51
W50	Helga Brandenburg	36:15
W55	Linda Sparrow	38:13
W60	Lois Balalor	45:20
W65	Sylvia Weiner	41:03

MID-AMERICA

**YMCA Masters Classic 8K
Omaha, NE; April 5**

Overall		
	Tim Francis 36	27:11
	Gaye Higley 38	31:12
M40	Ron Meiergerd	29:23
	Rob Cubrich	30:56
	Dennis Wilson	32:00
	Mike Itzsch	33:14
	Mike Aman	34:38
M45	Tim Taylor	28:00
	Jan Brusso	29:43
	Lou Soukup	30:31
	Kevin Gallagher	30:35
	Chuck Clark	31:02
M50	Gary Julin	28:43
	Bill Monahan	30:37
	Harvey Kunz	32:03
	Ted Haburn	33:19
	Albert Pease	36:05
M55	Ronn Baker	29:21
	Jose Badillo	33:36
	Ken Deman	34:57
	Dale Bellmyer	37:17
	Pete Feteron	38:55
M60	Leonard Fuxa Jr	35:03
	Don Nelson	35:17
	John Mordeson	39:11
	Elbert Reed	40:09
	Ed Sefic	42:29
M65	Al Weaver	38:13
	Tom Burkhardt	49:04
M70+	Bob Grissom 80	49:05
W40	Andriette Wickstrom	33:38
	Virginia Collier	34:46
	Carol Jacob	38:48
	Dee Kraft	38:49
	Mary Schneider	41:19
W45	MaryJane Bruening	38:36
	VanMarie Haburn	43:11
	Lavonne Folkers	43:49
	Lynne Doughty	49:23
W50	Anne Medeiros	36:46
	Sharen Rotolo	42:42
	Barbara Manning	42:48
	Janet Keyser	43:46
	Janice Strang	52:53
W55	Hiroko Mattingly	44:43
	Carol Deman	45:25
	Judy Schram	47:00
	Beverly Kilborn	49:19
	Jeanie Kelsay	53:09
W60	Ginni Inclan	53:07

SOUTHWEST

**Motorola Austin Marathon
Austin, TX; Feb. 16**

Overall		
	Andrew Tarasov 28	2:16:52
	Alla Doubaeva 28	2:39:55
M40	Vladimir Anissimov	2:21:16
	Joey Monzo	2:51:54
	Bryan Richards	2:53:12
	Jack Jones	2:55:58
	Brad Rhoden	2:57:04
	Richard Pennington	2:57:24
	Michael Rusnak	2:58:09
	Jose Mendo	3:00:55
	David Sing	3:03:55
	Jay Buescher	3:06:40
M45	Ty Schmalz	2:49:29
	Ken Koestner	2:50:00
	Robert Perez	2:52:00
	Charlie Greenwell	2:55:41
	Paul Seals	2:59:04
	Dan Grant	3:02:36
	Cecil Bone	3:03:51
	Henry Fluck	3:07:11
	Don Walker	3:08:04
	Jimmy McIntire	3:10:21
M50	Ed Craighead	3:06:09
	Herman Shields	3:20:32
	Fletcher Ward	3:26:00
	Tom Barron	3:26:49
	Rick Gastelum	3:28:09
	Thomas DeMore	3:28:36
	Rich Maxwell	3:29:06
	Phillip Nissen	3:29:22
M55	Bill Blackburn	3:09:39
	Gunnar Sanden	3:16:16
	James Hill	3:16:28
	Larry Lindeen	3:16:31
	Andrew Kotulski	3:23:10
	Edward Fras	3:23:24
	Francisco Vazquez	3:24:28
	Carlos Saucedo	3:27:01
M60	Tom Briggs	3:34:37
	Dick Green	3:35:16
	Alan Goodman	3:46:36
	Bill Duer	3:49:47
	Clifford Click	3:51:10
	Dan Shuff	3:58:57
M65	David Gochinour	3:42:22
	Jesse Real	4:08:56
	Omer Allard	4:16:04
	Jon Teng	4:20:52
	John Stowers	4:21:19
	Richard Mitchell	4:22:00
M70	Ross Walter	4:51:07
	John O'Sullivan	5:10:50
	John Alvey	6:18:33
W40	Joyce Deason	2:57:00
	Marla Rhoden	3:00:07
	Celeste Hamman	3:36:39
	K Silvers-Russell	3:37:16
	Margie Hughes	3:45:20
	Carol Brejot	3:46:49
	Jan Lebourgeois	3:47:00
	Jancy Nicce	3:50:11
W45	Marina Jones	2:53:40
	Coleen Isdale	3:36:59
	Judy Nichols	3:48:56
	Nancy Calhoun	3:56:23
	Brigitte Pruett	3:58:29
	Sue Jett	4:02:08
	Sherry Armstrong	4:13:02
	Linda Peckham	4:16:30
W50	Marsha O'Loughlin	4:08:25
	Patricia Torystad	4:13:21
	Mary Ruth Corley	4:29:51
	Suzanne Gonzalez	4:52:26
	Janet Crow	4:53:24
	Margaret Banks	5:02:44
W55	Sandy Shockey	3:57:12
	Geraldine Weber	3:58:17
	Cecilia Caballero	4:00:32
	Sharon Blount	4:13:58
	Jody Kehle	4:55:27
	Greetel Davis	4:57:45
W60	Betty Forsvall	5:11:36
W65	Joanita Reed	5:01:34

WEST

**Sutter Home Napa Valley
Marathon
Napa, CA; March 2**

Overall		
	Eoin Fahy 37	2:25:53
	Mary Coordt 27	2:56:49
M40	Richard Flores	2:31:15
	Paul Ruckel	2:45:21
	William Wilkey	2:47:58

M45	Will Pittenger	2:45:18
	Todd Hayes	2:56:31
	Juan Pina	3:01:45
M50	Brian Perkins	2:56:22
	Ian Reid	2:58:26
	Patrick Kalen	3:03:35
M55	Andrew Kotulski	3:14:41
	George Nye	3:15:47
	Robert Honer	3:20:08
M60	Ken Karcher	3:28:26
	Bill Galbrecht	3:41:18
	Ron Weston	3:44:45
M70	Burt Carlson	4:32:00
	George Billingsley	4:39:33
	Allen Bergman	5:02:11
W40	Christine Iwahashi	3:04:30
	Mo Bartley	3:13:21
	Cindy Scott	3:17:05
W45	Sue MacDonald	3:24:32
	Ann Hayes	3:28:33
	Mary Shields	3:32:14
W50	Cynci Calvin	3:24:29
	Judi Shade	3:26:49
	Sandra Anderson	3:45:27
W55	Judy Shipmans	3:40:08
	Ann Grove	3:52:50
	Rita Gilmore	4:19:32
W60	Myra Rhodes	3:46:43
	Mae Horns	4:09:38
W70	Etta Palmer	5:45:48

**Fifty-Plus Fitness Association
Paul Spangler Memorial 8K
Palo Alto, CA; April 6**

Overall		
	Michael Dove 50	26:50
	Shirley Matson 56	30:10
M50	Michael Dove	26:50
	Ewar Gordillo	28:08
	Frank Rugna	28:18
	Alphonso Jackson	28:31
	Jim Reitz	28:45
M55	Sal Vasquez	27:17
	Jim Williams	29:13
	Jon McPherson	29:19
	Byron Melendy	29:21
	Herb Phillips	29:22
M60	Jim Moore	30:54
	Bernie Hollander	31:16
	Norman Saucedo	31:16
	Darryl Beardall	31:46
	Robert Hudson	32:12
M65	Joe Newmyer	38:34
	Mark Ricaud	38:52
	Arnold Luza	39:26
	James Woollett	39:36
	Rick Thomas	39:39
M70	John Keston	32:06
	Joe King	33:07
	Jim O'Neil	34:00
	Boyce Jacques	35:17
	Ray Stewart	36:19
M75	Jack Friedlander	43:33
	Hutch Thurston	47:15
M80	Bill Nice	42:02
	Tertius Chandler	50:54
	Tony Marshall	55:39
M85	Joe Goodman	1:11:43
	Thomas Cullen	1:11:46
W50	Mary Jo Feeney	35:37
	L Fonda-Kosorek	36:46
	Ann Hardham	38:09
	Jean Schwisow	38:32
	Barbara Brady	38:39
W55	Shirley Matson	30:10
	Barbara Miller	32:52
	Jutta McCormick	35:00
	Edda Stickler	36:53
	Louise Walters	37:26
W60	Sylvia Hughes	38:33
	Sally Gidaro	40:16
	Gloria Dake	42:27
	M Levi	42:54
	Joan Masui	45:17
W65	Ruth Anderson	43:36
	Jeannine Cutter	43:36
	Ruth Anne Bortz	45:58
	Peggy Hanson	46:57
	Rosemary Ennis	56:31
W70	Joy Johnson	42:11
	Harriet Couson	43:09
	Dorothy Thomas	48:31
	Kit Pickles	49:24
	Mary Coropoff	67:17
W75	Jaclyn Caselli	51:24
	Judy Golding	58:29

5K Racewalk		
M50	J M Doane	30:12
	Gary Bower	31:22
	Gerard Perez	39:31
M55	Michael Marmor	33:15
	Stuart Kinney	33:16
	Ronald Walters	33:19
M60	Ed Lane	29:16
	Ben Young	44:49
M65	William Moreman	30:56
	Jon Dorset	35:38
	Abraham Berman	45:43
M70	Stanley Greenberg	37:12
M80	Ernest Lucken	37:04
W50	Jo Ann Nedelco	28:15
	Carolyn Nash	36:36
	Norma Hudnutt	37:07
W55	Lorri Coppola	32:17
	Doris Cassela	32:48
	Phyllis Abbate	34:58
W60	Shirley Dockstader	31:48
	Charlotte Williams	39:45
W65	Grace Moreman	38:00
W70	Barbara Spengler	41:45
	Barbara Chang	41:47
W85	Dorothy Roberts	46:00

INTERNATIONAL

British Cross-Country Championships Silksworth, Sunderland March 22		
10K		
M40	Mike Williams	32:16
	Mike Girvan	32:41
	Les Atkinson	32:58
	Trevor Clark	33:16
	Dave Wilson-Evans	33:17
	Graham Ratcliffe	33:29
M45	Mike Hager	33:12
	Charlie Dickinson	34:23

	Tony Hesketh	34:24
	John Clark	34:36
	Alan Catley	35:00
	Harry Burdett	35:05
M50	Brian O'Neill	34:04
	Dougie Gemmell	34:08
	Neil Robson	35:27
	Graham Wootton	35:31
	Frank Reilly	35:55
M55	Roger Highnam	35:45
	Steve James	36:00
	Les Presland	36:26
	Phil Lancaster	37:05
	Chris Elson	37:34
M60	Cyril Leigh	38:18
	Gordon Wiltshire	39:25
	Dennis Hayes	39:55
	Ian Barnes	40:04
M65	Derek Howarth	43:42
	Gerry Spink	43:52
	Bill Clapham	45:43
	Laurie Forster	45:50
5K		
M70	Bruce Davidson	26:09
	Dennis Eyres	27:24
	Jim Purcell	30:11
W35	Lynn Harding	18:59
	Sheila Allen	19:11
	Lynn Marr	19:24
	Jan Rashleigh	19:35
	Hilary Robinson	19:38
W40	Jackie Jackson	19:56
	D Hoogesteger	20:04
	Jan Meeten	20:09
	Sue Weatherburn	20:19
	Sue Ogilvie	20:30
W45	Gill Dean	19:53
	Josie Heffernan	20:17
	Caroline Marler	21:33
	Joan Allison	21:40
	Felicity Garland	21:55
W50	Dot Fellows	22:16

	Viv Hancock	23:09
	Rita Webb	25:00
W55	C Lee	23:30
	H Simpson	24:31
	K Stewart	24:55
W60	H Goodman	24:08
	M Holmes	26:03
	B Atkinson	29:18
W65	Joselyn Ross	26:32
	B Forster	30:12

RACEWALKING

**50-Plus 5K Racewalk
Stanford University
Stanford, CA; April 6**

W50	Jo Ann Nedelco	28:15
	Carolyn Nash	36:36
	Norma Hadnutt	37:07
W55	Lorri Coppola	32:17
	Doris Cassels	32:48
	Phyllis Abbate	34:58
	Shirley Nathan	35:01
	Tita McCall	38:15
W60	S. Dockstader	31:48
	C. Williams	39:45
W65	Grace Moreman	38:00
W70	Barbara Spengler	41:45
	Barbara Chang	41:47
W85	Dorothy Roberts	46:00
M50	J.M. Doane	30:12
	Gary Bower	31:22
	Gerard Perez	39:31
M55	Michael Marmor	33:15
	Stuart Kinney	33:16
	Ronald Walters	33:19
M60	Ed Lane	29:16
	Ben Young	44:49
M65	Bill Moreman	30:56
	Jon Borset	35:38
	Abraham Berman	45:43
M70	Stanley Greenberg	37:12
M80	Ernie Lucken	37:04

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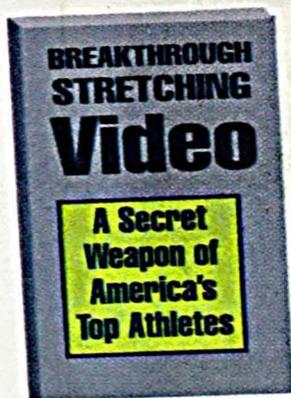
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