

# NATIONAL MASTERS NEWS

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

203rd Issue

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## 5529 Athletes From 74 Nations Enter XI World Veterans Championships in Buffalo



The University at Buffalo's Amherst campus will serve as the centerpiece of the XI World Veterans Athletics Championships in Buffalo. Shown in the foreground is the supplemental stadium at UB, site of a number of the preliminary track & field heats. The main stadium is at the top.

Photo courtesy of the University at Buffalo Office of Publications

### Record Number of Foreign Entries

A total of 5529 veteran athletes from 74 nations have entered the XI WAVA World Veterans Athletics Championships this month in Buffalo, N.Y.

It will be the second-largest World Veterans Championships ever held, surpassed only by the phenomenal 12,178 participants — including 9701 Japanese — who competed in Miyazaki, Japan in 1993.

The 74-nation total is close to the record 78 countries represented in Japan. The number of foreign entries is a new-high 3699, surpassing the previous high of 3687 non-Finnish entries at the 1991 Championships in Turku, Finland.

The number of USA entrants is 1830, 21 percent less than came to Eugene for the 1989 World Championships.

"Buffalo is a good tourist attraction to overseas visitors, especially Europeans," said Vito Borrello, Executive Director of the event. "Compared to Japan, the U.S. is inexpensive and easy to get to."

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## 1300 to Compete in 28th Nationals in Michigan

More than 1300 athletes from most of the 50 states and several foreign nations will participate in the 28th annual USA National Masters Track and Field Championships on July 5-9 in East Lansing, Michigan.

It could be the largest national masters meet ever, surpassing the 1400-plus who attended the meet in Eugene last year and in San Diego in 1989.

This event will be held on Ralph

## U.S. Senior Classic Draws 1417 T&F Athletes

by CHRISTINA GREEN

The U.S. National Senior Sports Classic V, held in San Antonio, Texas, May 17-24, hosted a field of more than 8000 athletes, ages 55-102, who competed in 18 sports, including 1417 in track and field.

The total marked a 239 percent growth rate since the biennial event began in 1987. Meet records were set in nearly every sport as 1659 medals were presented.

The number of track and field specific entries was 3616 (2.55 per entrant), with 57 meet records set.

The women's pole vault took place for the first time at the Classic, as four women in three age groups from 60-74 competed. They were joined by 66 men, the eldest of which was in the 85-89 age group.

Sprinter Jim Law, 69, of North Carolina, at the upper end of his age

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Young Track at Michigan State University, returning to the Midwest region for the first time since 1991, when Naperville, Ill., was the host.

Competition will be held in five-year age groups for both men and women from ages 30-34 to 95+. There are no qualifying standards to enter the meet, except to be at least age 30.

The entry deadline was June 16 with the final deadline June 25. No late entries will be accepted in East Lansing, with the exception of relay teams, which may sign up on the day of the relay.

### Awards to First Three

The first U.S. finishers in each event will receive an official USATF Championship medal. Non-championship medals will be given to foreign

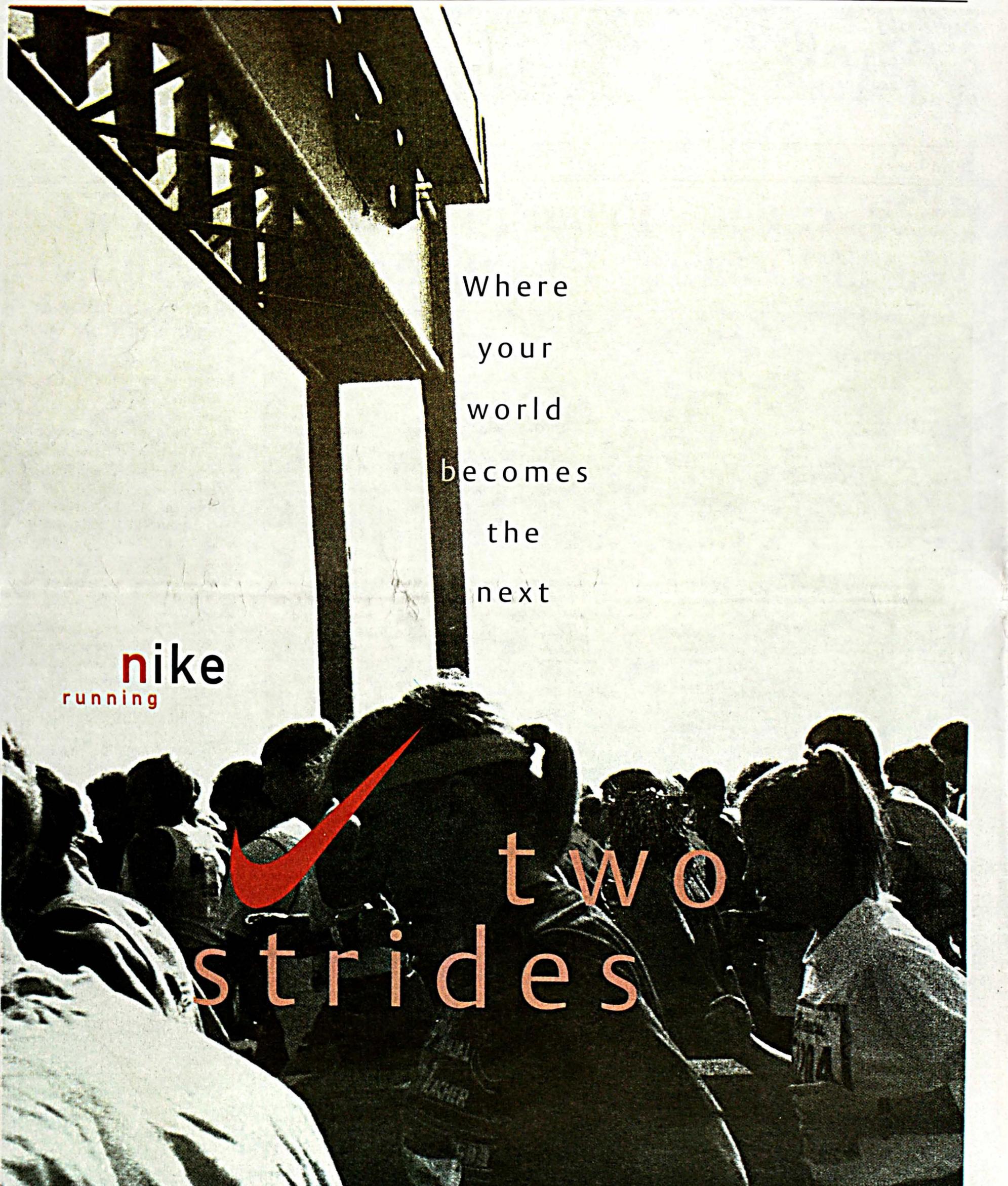
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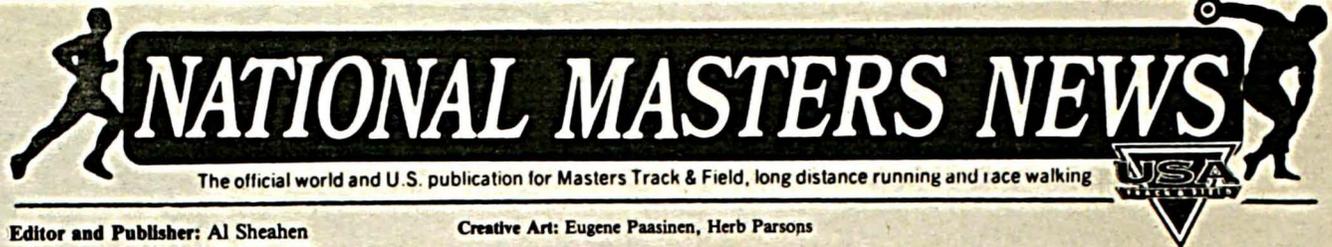
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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles,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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. **Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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### BOSTON STANDARDS

Re: Hal Higdon's column on age-grading the Boston Marathon (June, NMN), one obvious fallacy in the BAA age tables is a *decreasing* percentage increment for increasing age brackets for both males and females. A second is that the percentage increment for women is *less* than it is for men. Those errors are of relatively low magnitude — adding only 4 minutes at men 70+ and 11 minutes for women — but they clearly support 6- and 7-minute increments rather than the flat 5s. This is just an arithmetic error on BAA's part and could be corrected without complicating their tables.

I look to my experience to justify preference for WAVA over BAA grading philosophy. My wife and I both barely qualified for Boston at age 60 in 1983. Our qualifying races were the result of full year programs dedicated to building the necessary speed and endurance with reasonable risk of disabling injury. Had our times been only slightly worse, we could not have subjected our bodies to multiple qualifying attempts. Thus there is need to recognize both the inevitable slowdown with age, and the high dropout effect due to increased injury vulnerability. This factor is reflected by WAVA tables based upon actual performance.

W. Robert Schwandt  
Decatur, Illinois

### SUGGESTIONS

In a recent issue, you asked "What would you like to see in NMN?" I have some suggestions. How about:

1) An article on how to compete in multi-day competitions? I'm awesome on the first day; can't walk on the second day.

2) Coverage of the World Masters Games from Australia?

3) An article on what to do when you see someone cheating (e.g., throwing the wrong weight shot put, pulling the tape a few inches farther on the discus, etc.)?

4) An article on the best training seminars available to masters?

5) More articles about women athletes? Women are a small enough percentage; let's hear about more of us.

6) An article about why there are hurdles in the women's pentathlon and not the men's? Why not eliminate the hurdles, add another short running race, making it comparable to the men's, so more of us can do the event?

Deb Vestal  
Minneapolis

(We have asked Rex Harvey, USATF Multi-Events Chairman, to comment on numbers 1, 3 and 6. We requested the results from the Australian Masters, but are still waiting. We haven't been to any training camps, except John Cosgrove's excellent-but-defunct California camp; perhaps our readers have suggestions. We're trying to increase our women's coverage, as witness the long Women's Corner in May. We welcome these and other suggestions — Ed.)

### TRAINING ADVICE

I believe your June issue may have uncovered another alien runner

amongst us. We master runners here in Dallas have reviewed the arduous workout schedule provided by Harold Morioka in the last Training Advice column, and we don't know anyone 52-years-old from this planet who could complete this workout plan. Even those of us who think we are dedicated now have a clear vision of what makes up a champion's workout.

We want to offer our appreciation to Harold for sharing his schedule, and our hats are off to him for working so hard. Obviously his success is well-deserved and the result of diligence, desire, and dedication, not to mention those 500s in 70 seconds, 300s in 37.5, and 200s in 24.5.

I hope the Training Advice column can continue to provide insight on the habits of the elite runners. A lot of runners really have no idea how hard some athletes train to achieve their success. While it is disappointing to me, it does help to know that my own workouts have been woefully inadequate to prepare me to climb into the blocks to race Harold in the M50 400IH. I've got lots of work to do before East Lansing and Buffalo.

To those athletes worried about publicly disclosing their personal "workout secrets" in the Training Advice column, I refer you to Harold. There won't be too many of us duplicating that program.

Courtland Gray  
Dallas Texas

### WATANABE MEET

In response to Bill Adler's letter in the June 1995 issue of NMN, the following are reasons why the UCLA



Long jumpers William Daprano #325, M65, Georgia, and Jack Lance, M60, New Jersey, 1995 USATF National Masters Indoor Championships, Reno. Photo by Jerry Wojcik

Watanabe Memorial Meet is not better attended.

First, the entry fee is too high compared with other masters meets in Southern California. I suggest a base fee of \$15, plus \$5 for each additional event — athletes who compete in five events are the exception, not the rule. Second, the meet should be scheduled on a Sunday. Many masters athletes are active coaches for high school and college teams — during track season, their teams compete every Saturday at invitationals.

Third, the meet should not be scheduled on the same day as Mt. SAC, the largest invitational track meet in the western states. Masters athletes are also track fans and not likely to pass up the best meet of the season. This year, Mt. SAC added two masters events to the invitational schedule (M40+ 100 and 200) at no cost to the athletes. This meant that many of Southern California's best masters athletes had to choose between the UCLA meet and Mt. SAC. Given the opportunity to compete in a meet of this caliber, at no expense and hav-

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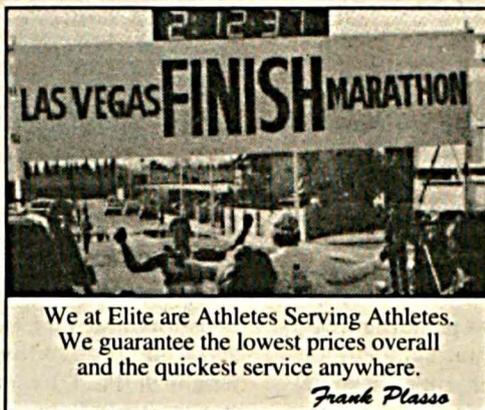
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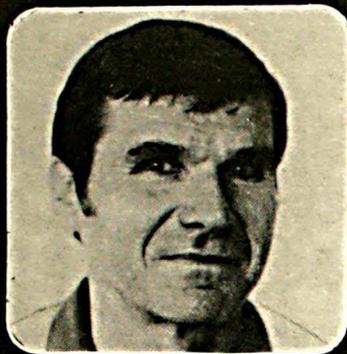


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- Icopro**  
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 1-\$14.40, 3-\$40.05 (\$13.35 each)  
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 1-\$19.16, 3-\$53.31 (\$17.77 each)  
 Endura Optimizer - Orange (2.8 lbs.) - Retail \$32.95  
 1 - \$26.36, 3-\$73.35 (\$24.45 each)  
 DMG - 2 oz. Retail \$14.95  
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## Third Wind

by MIKE TYMN

### Intensity Redefined

**H**aving training with weights for as long as I've been running, more than 40 of my 58 years, I didn't need to be sold on the idea of balanced fitness and training by Ed Bugarin, a personal trainer who calls his company STREND, from the words STREngth and ENDurance.

But Bugarin's approach to weight training is significantly different from the traditional approach, so my curiosity was aroused.

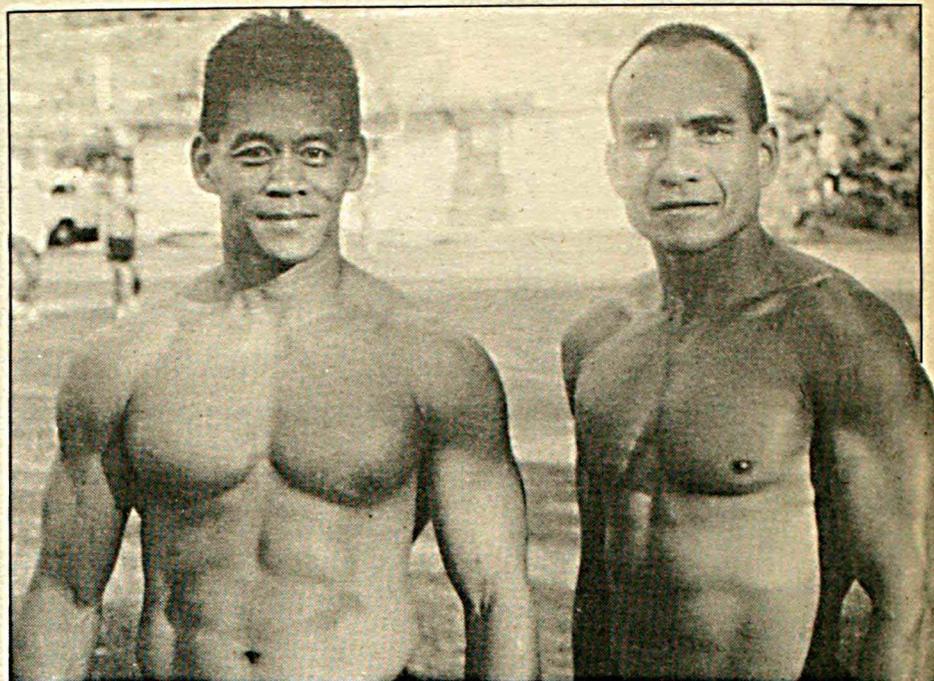
Besides, it is a fact that many endurance athletes, especially runners, are below average in upper-body strength. During a recent assembly at Rogers High School in Spokane, Washington, Gerry Lindgren, possibly the school's most famous alumnus, told the student body about his days as a phenom teenage runner during the early 1960s. "When I first came to Rogers I couldn't get in the front door," Lindgren said to an attentive audience. "The doors were so big and I was such a wimpy kid with a high

squeaky voice that I couldn't open them. I had to wait until a girl came in."

In spite of his wimpiness, Lindgren became a world-record holder and Olympian while still a teenager.

I figured Bugarin might have something to offer for many other wimpy endurance athletes, so I listened.

Bugarin agrees that if you want to be a champion in any sport, you have to focus on the specific activity in that sport. "The body becomes efficient in whatever you try to do," said Bugarin, 45, who became interested in fitness during 21 1/2 years in the Army, most of



Ed Bugarin (left) and Chris Pagdilao, two of Hawaii's non-wimpy masters runners.

Photo by Mike Tymn

it in Delta Force, the Army's counter-terrorist unit. "I've noticed over the years that if I run a lot I lose upper-body strength very quickly. And, vice versa, if I do a lot of upper-body weight work, I lose the running efficiency."

Bugarin is not into training champion athletes. He's more into teaching balanced fitness.

#### Key Ingredient to Success

"Throughout my military career, fitness was one of the key ingredients to success," Bugarin explained. "I really got into it when I got into Delta Force because I wanted to be the best of the best. That meant developing upper-body strength and cardiovascular endurance. Anything we did required those two elements. When you had those two elements, you were a dominating force."

Realizing that most people have only a limited amount of time for training, Bugarin developed a weight training program he calls SHIFT (STREND High Intensity Fitness Training), designed primarily to help endurance athletes maintain upper-body strength in just three 30-minute sessions each week.

"I spent a lot of time trying to figure out how to maximize time while economizing training," said Bugarin, who has done a little freelance security work, including protecting Haitian president Jean-Bertrand Aristide, since retiring from the Army in 1992.

Unlike most weight-training regimes, which call for three or four sets of different lifts with fairly heavy weights and a minute or two of rest between sets, Bugarin's program begins with very light weights and doesn't allow for any rest beyond the time it takes to move from one exercise to the next — 10 seconds, at most.

The first "evolution" calls for the individual to do 20 repetitions of 16 different exercises with very light weights. You begin with 20 bench presses, follow that up with two other chest exercises, move on to back exercises, then to the shoulders, and finally the arms.

#### A Waste of Time?

When Bugarin offered to take me through his SHIFT upper-body routine, I thought it would be a waste of time. When he said he'd start me out with 45 pounds in the bench press, I more or less laughed to myself. I am capable of benching 225 pounds and normally do sets of 8-10 with 175-185 pounds. But I went along with him.

"I tell most beginners they might not get through the first evolution on the first try," Bugarin said. "Most people want to sprint rather than pace themselves. They end up throwing up around the end of the first evolution." I wasn't ready to throw up at the end of the first evolution, but I had worked up a good sweat.

The second evolution calls for 16 repetitions of the same 16 exercises but with slightly heavier weights. "You should have your heart rate up to 100 miles per hour by the time you finish this evolution," Bugarin said.

I was still skeptical as I began the second evolution, but about half-way through I began to feel as I did at about 20 miles in my first marathon.

The third evolution begins immediately following the end of the second one and calls for eight repetitions of the same 16 exercises with heavier weights. By this time, the 90 pounds I was now benching felt like twice that much. "You should begin to feel the burn and both the strength and endurance factors should be kickin' in now," Bugarin said.

I could only nod as I struggled to finish.

"When you finish this routine," Bugarin continued, "you'll have had a workout and you'll have a new appreciation for the word *intensity*."

I made it through the three evolutions and felt as I did at the end of my first marathon. I was close to vomiting, but pride prevented it.

On my way home, I felt the need to stop at a grocery store for a cold drink. I wasn't sure I could make it in and out of the store. I did, but I had to park in the stall reserved for the handicapped. I felt fully justified in doing so. □

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7th \$100  
8th \$50

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6th \$75  
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#### 1994 Open Winners: (Both course records)

Anne Hare (NZ) 20:18 Khalid Kairouani (Mor) 17:59

#### 1994 Masters Winners:

Laura Lynn (CN) 24:01 Desmond O'Connor (US) 19:36

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\* World Record

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## It's Nancy Grayson Again at Cotton Row

by JIM OAKS

HUNTSVILLE, Ala. — When Jonathan Swift said, "The only thing constant is change," he didn't know about Nancy Grayson's future masters performances at the WZYP Cotton Row Run.

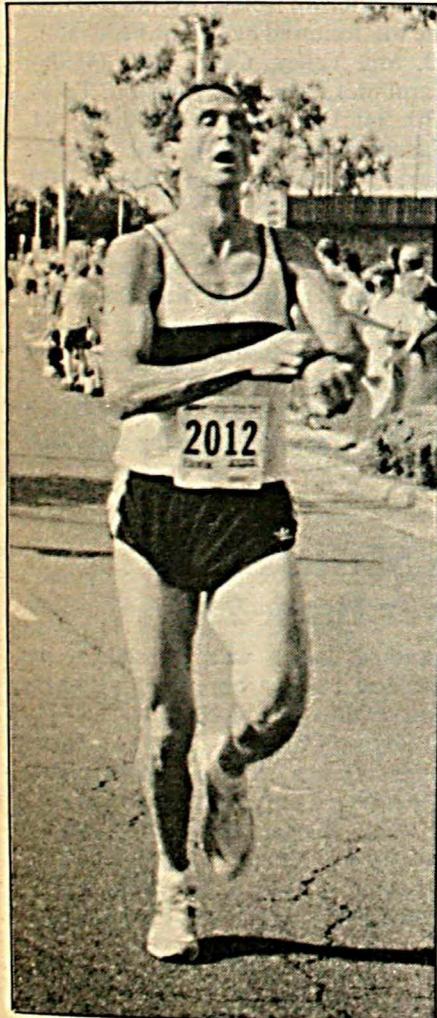
Grayson, the 1992 *Runner's World* female masters champion, took her sixth straight title at this Memorial Day 10K, held for the 16th time in warm, clear conditions. Grayson ran 37:21 (\$500) for the win, only the 14th time a female master has broken 38 minutes on this course. Six of those 14 sub-38 times, including the course record 35:34, are Grayson's.

The male masters title this year went to Paul Stemmer of Mobile, Ala., in 32:14 (\$500). Stemmer is a native of upstate New York who moved to Mobile last September. He duelled with David Geer of Clemson, S.C., and Desmond O'Connor of New Orleans in the first three miles. Then it became a Stemmer vs. O'Connor race in the last mile.

Stemmer took a five-second lead in the first mile, but was joined by Geer and O'Connor by mile two. "When those guys caught up, I thought, 'Well, no use fighting it,'" Stemmer said.

He stayed behind these two going up Mountain Wood hill, the significant climb on the course just beyond two-and-a-half miles. But when they topped the hill, Stemmer changed gears.

"When I got to the top, I made a real bold move and broke both of those guys as soon as I turned the corner (3.1



Tom Dooley, 51, Grand Master winner at the 1995 WZYP Cotton Row Run.

Photo by Jim Oaks

miles)," Stemmer continued. "Desmond was the only guy who tried to come with me, but I didn't see him. I thought I was by myself. Then I felt somebody coming up around five-and-a-half miles. I saw the shadow and saw this long, stringy hair so I knew it was Desmond."

However, Stemmer's kick was nine seconds stronger than O'Connor's, and the former Irish Olympian at 5000 took second in 32:23 (\$400). Geer finished a strong third in 32:27 (\$300), and Earl Owens of Dunwoody, Ga., former two-time masters winner here, took fourth in 32:53 (\$200). Fifth place money of \$100 went to Reno Stirrat of Marietta, Ga., with a 33:41.

Grayson had been pressed here last year by Kathy Barton in winning her fifth title, but this time she came a little more rested and ready for any challengers.

"(Race director) Lawrence Hillis was telling me ahead of time about all the masters women coming. I said, 'You know I don't come to Huntsville to take second place. I want to win.' So it worked out well," Grayson said with a laugh. "But it's never a given."

Grayson opened a ten-second lead on the other masters in the first mile and was never pushed in her division for the entire race. Pam Williams of Mandeville, La., ran 38:56 (\$400) for second, New Zealander Judith Hine of Marietta, Ga., was third in 39:28 (\$300), Alendia Vestal of Brevard, NC, took fourth in 39:37 (\$200), and Victoria Crisp, a veterinarian from Nashville, was fifth in 39:56 (\$100). This marked the first time since 1989 that five female masters have broken 40 minutes on the course.

"Mountain Wood kicks your fanny," Grayson said. "But after that, you have that nice long winding downhill and you can just kind of sit back and go for it. The nicest part of it is the Huntsville Track Club and the city of Huntsville that come out and support this. That's why I keep coming back."

Tom Dooley, 51, of Toccoa, Ga., was first male grand master for the second straight year in 35:58, good enough for 10th master overall. Pauline Niilend, 51, of Charlotte, N.C., was the fastest female grand master in 45:40, 11th among the women.

Jerry McGath, 57, Tupelo, Miss., ran 36:50; Malcolm Gillis, 61, Huntsville TC, ran 40:14; Ben Morton, 65, Fosters, Ala., ran 43:56; and Thomas Cantrell, 71, Huntsville, ran 54:48; all good winning times in their respective age divisions.

The same could be said for female age division winners Susie Klutz, 58, Winston-Salem, N.C., with a 46:42; Pat McClain, 60, Atalla, Ala., with a 55:32; and Joann Long, 65, Huntsville, with a 53:04.

In 1994, an attempt was made to identify runners who have run all 16 Cotton Row 10Ks. Last year, 12 were identified, but the publicity brought five others to our attention and we now



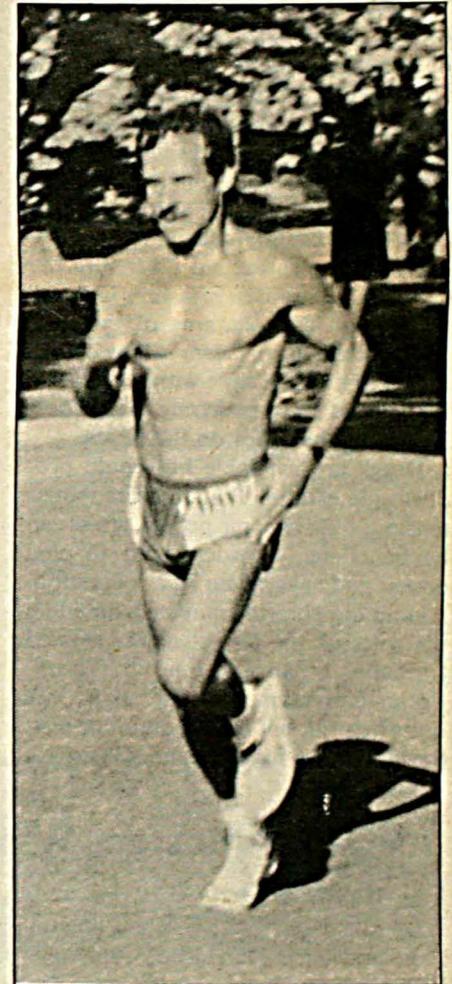
Part of the male masters field at the 1995 WZYP Cotton Row (l to r): Paul Stemmer, Reno Stirrat, David Geer, Desmond O'Connor, Dick Rujicka, Jerry McGath, Tom Dooley, Malcolm Gillis, and Earl Owens. Photo by Jim Oaks

know of 17 who have run them all. Two are age 38 and the rest are masters. The oldest is 69-year-old Hector Ramirez, Sr., who placed in his age division this year with a 55:25. Dewey Richards, 43, ran the best time of the group (41:13).

The quality of both the male and female fields was slightly better this year with five males under 33 minutes and five sub-40 females. That compares to four in each of the same categories last year.



Nancy Grayson takes control of the 1995 WZYP Cotton Row Run W40+ first (37:21), just past the mile mark. Photo by Jim Oaks



Paul Stemmer, 40+ winner in 32:14, leads the 1995 WZYP Cotton Row Run masters field just past the mile mark. Photo by Jim Oaks

Finishers in the 10K were 1256 males and 380 females. Of these, 567 were male masters and 131 female masters. Race sponsor radio station WZYP and the race committee gave \$800 to the Red Cross for tornado relief. Portions of Madison county (Huntsville) had been hit by a tornado the previous week.

Plan to join us in Huntsville on Memorial Day next year. Do any of you women think you can beat Nancy Grayson?



## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Foot Odor

**Q.** I'm a 46-year-old secretary, so I wear pumps and pantyhose five days a week. I have terrible looking feet — callouses and corns on both little toes, and an ingrown big toenail. But the worst problem is my feet have started sweating profusely, whether they're hot or cold, and have developed a terrible odor. My shoes are all ruined, and they emit an odor in the closet. At work, I can smell my own foot odor, with my shoes on, whether it's closed pumps, slings, or whatever. I'm afraid to get too close to my co-workers for fear I'll offend. I've tried foot soaks, sprays and powders, to no avail. I'm at my wits end. Have you ever heard of anything like this? Could it be menopausal or...?

**A.** Your question is a good one and usually provokes controversy in scientific circles. This condition is a lot more common than most people would like to admit in our "squeaky clean" society.

Excessive foot odor with sweating is called "bromodrosis hyperhydrosis" in scientific jargon. The soles of the feet have a large number of eccrine glands. Under emotional stress, foot sweating — and palm sweating — can increase. Some blame the condition on neurological disorders which are difficult to control by ordinary means.

There's no agreement on treatment. Some of the simplest measures include: 1) frequent daily bathing of the feet, with a change of clean, white cotton socks; 2) use of a shoe with a mesh top that allows air to penetrate to the foot; 3) walking barefoot on the beach.

Drugs are available but could produce side effects. Tranquilizers reduce tension, but for some people, stress can be beneficial. Powders tend to clog pores and aggravate the condition. Aluminum chloride may be painted on the soles of the feet at night. Diluted formalin is an old-time treatment. Potassium permanganate soaks are quite helpful, but tend to stain the feet. Sprinkling baking soda and talc twice a

day can be helpful.

However, there may be an answer to your problem. General Medical (1935 Armacost Ave., Los Angeles, CA 90025) has developed a product called Drionic, a low-voltage, battery-generated current that reduces sweating of the feet. It can also be used for the hands. It's light weight. You can place your feet in it. There's no chemical product involved. The suggested application is 30 minutes daily (or twice a day for faster results) until sweat is greatly reduced.

General Medical states that a six-week period should control excessive sweating. It appears to be a safe and sane method to control excessive sweating. □

*(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)*

### Missouri Masters Win in Hospital Hill Half

by JERRY WOJCIK

Charlie Gray, 41, Lee's Summit, Mo., and Jane Hutchison, 49, Webb City, Mo., took masters firsts in the Hospital Hill Half-Marathon, Kansas City, Mo., June 4. Each won \$750 in prize money.

Gray, seventh overall, had to run a Missouri Masters state record 1:10:30 to beat Doug Kurtis, 43, Northville,

Mich., ninth in 1:12:09. Joseph Nzau, Farmington, N.M., won the M45 race with a third M40+ 1:14:25.

Hutchison, who turns 50 in December, was an easy W40+ winner with a 1:26:20.

In a companion 8K, Pat Walsh, M40, Gladstone, Mo., in 28:25, and Sharon Greenwood, W40, Lenexa, Kans., who missed the top ten list by a second with a 34:51, were the masters titlists.

Dick Wilson, Lawrence, Kans., one of his state's top masters runners, won the M60 race with a 31:20.

Over 3000 runners entered the races. Of those, 2712 finished. Rainy conditions, which held participation down slightly from 1994, on the other hand, kept heat-related problems to a minimum. □



Pilgrim Health Care announced its title sponsorship of the New England 65+ Runners Club at a luncheon ceremony held at the Boston Racquet Club's outdoor track on May 31. Modeling the new Pilgrim Health Care singlet presented to Club officers by Kathleen O'Brien, of Pilgrim Health Care, are (left to right) Vice-President Jerry Panarese, Secretary Louise Rossetti, Treasurer Dr. Ray Cormier, Kathleen O'Brien, and President Phil Campbell. As title sponsor of the Pilgrim Health Care Falmouth Road Race, Pilgrim worked with race officials to expand senior categories for this year's race — senior categories now include ages 60-64, 65-69, 70-74, 75+.

### Rose, Tracy Score Victories in Bloomsday

by JERRY WOJCIK

Nick Rose, 43, England, and Diane Tracy, 42, Hermosa Beach, Calif., emerged from the throng of 52,000 participants in the Lilac Bloomsday 12K, Spokane, Wash., with masters firsts on May 7.

Winning his third straight masters title here, Rose finished 13th overall with a 36:54, leaving second place to Ric Sayre, 41, Ashland, Ore., almost a minute back at 37:52. Frances John Gailson, 41, Kirkwood, Calif., was third with a 38:21.

Stephen Lester, 52, Magna, Utah, won the M50 race in 40:31, a new U.S. age record. John Keston, 70, McMinnville, Ore., sped to an M70-79 win with a 48:41. Rose was the top male masters performer, with an age-graded 93.4%, followed by Lester, 91.2%, and Keston, 90.5%.

Don Kardong, the race's founder and now the elite athlete coordinator, won the M45 division race in 42:18.

Tracy was the leader in probably the tightest-packed women's masters finish ever. Fifteenth woman overall in 45:02, she was followed by Honor Fetherston, 40, Mill Valley, Calif., 16th (45:06); Carol McLatchie, 43, Houston, Texas, 17th (45:11); Gaylene Pridham, 41, Canada, 18th (45:18); and Suzanne Ray, 43, Anchorage, Alas., 19th (45:23).

Not far behind were Lorraine Caldwell, 40, Colorado Springs, Colo., 22nd (46:21), and S. Rae Baymiller, NYC, 23rd (46:22). Baymiller was the W40-and-over performance star with an age-graded 89.6%.

Rose and Tracy each collected \$1000. Sayre and Fetherston won \$800 apiece. □

### Vigil, Ray Take Masters Win in Old Kent River Bank 25K

by JERRY WOJCIK

Running amid record numbers of entrants and spectators, Pablo Vigil, M40, Loveland, Colo., and Suzanne Ray, W40, Anchorage, Alas., sped to masters victories worth \$1500 each in the Old Kent River Bank 25K, Grand Rapids, Mich., on May 13.

While about 23,000 spectators lined the course with a field of 3644, Vigil won in 1:23:00, almost two minutes faster than Doug Kurtis, M40, Northville, Mich., second in 1:24:51. Andy Palmer, M40, Tallahassee, Fla., was third in 1:25:10.

Bob Schlau, M45, Charleston, S.C.,

finished fourth with a 1:25:57. Jim Forshee, Ann Arbor, Mich., was the M65 winner in 1:45:59.

Ray won by more than two minutes over Debra Sharp, W40, Port Hueneme, Calif., with a 1:37:22.

Carol Bender, Middleville, Mich., won the W55 race with a 1:52:19, finishing seventh (\$100) in the money race, which went eight-deep for men and women masters.

The event, the USATF National 25K Open Championships for men and women, included a 5K, 5K walk, and a Kids' Run, and drew a total of 6888 participants. □

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## Write On!

Continued from page 4

ing masters events showcased, which would you choose? Furthermore, the exposure for masters track and field is greatly increased by their inclusion in a meet with thousands of spectators.

This meet can be successful if you are more flexible when choosing a date for the meet. Masters meets at Occidental College, Cal State-Long Beach, and UC-Irvine have all been successful and well-attended because they were scheduled on Sundays and the entry fees were reasonable. UCLA is a superior facility, and this meet can become one of the highlights of the Southern California masters circuit.

Don't give up. Be flexible, listen to advice, and this meet can become a success.

L. Wallace  
Los Angeles, California

### THE WEIGHT ROOM

I read with some concern the comments by Jerry Wojcik (June NMN) when he reported on an indoor meet wherein two weights were thrown in competition, the 25 lb. and 20 lb., presumably in the same age group.

As Technical Director for the Melbourne 1987 WAVA Championships, I was confronted with the possibility of lighter weights being inadvertently used in competition. I overcame that problem by color coding the hammers, shots and heavy weights by using yellow, green, red, white and blue for the 35 lb., 25 lb., 20 lb., 16 lb. and 12 lb., in that order. The color coding was well received by the officials.

As Secretary of the World Veterans Weight Pentathlon and Throwers' Club, I recommended to my member countries the use of color coding. I have also submitted to WAVA my recommendation for WAVA use of the color coding for future WAVA Championships and other WAVA conducted events. I expect the matter will be resolved at the Stadia Committee meeting in Buffalo.

Another matter of concern is the remarks in Rex Harvey's "How to Conduct a Weight Pentathlon" (March NMN).

Harvey says: "First of all, the events must be contested only in the correct order. This is a combined event, and conducting the events in any order than specified, invalidates the results."

I presume Harvey is speaking for USA consumption only, as he has not the authority to speak on behalf of the WAVA Stadia Committee as that matter has not been listed as an agenda item for resolution.

The World Veterans Championships in Melbourne, 1987 (120 competitors), Eugene, 1989 (110), Turku, 1991 (100), Miyazaki, 1993, and the annual Weight Pentathlon European Cup all used the staggered start to complete the program without scoring problems. The staggered start was successfully used in Japan with the blessing of WAVA, as were the Weight Pentathlons con-

ducted with WAVA Council blessing since Melbourne, 1987.

Roy Foley  
Murrumbidgee, Australia

I am a certified official for throwing events, so naturally I was horrified to see that at the Albuquerque Senior Olympics the M55-59 were throwing a 1k discus. My suggestion that since there was a 1.5k discus there why not make the throws legal, was met with outrage from the throwers and the person in charge. I have to admit that the outrage was returned. I would like to recommend that the M55-59 results from this meet not be used in national rankings.

While I'm on the subject, there is another widespread problem with proper weights being used in the shot put for women over 50. Many of the state senior games and other meets for those over 50 seem to feel that a 6-pound weight is close enough. Arizona State Senior Olympics uses a 6-pound, and word is that things are casually run at the senior games in Huntsman, Utah. Some of us carry a 3k to all the meets here and in Arizona just to make sure. I don't know the solution to the problem.

Judy Fetherston  
Albuquerque, New Mexico

### JAVELIN RECORDS

What's the reasoning behind the WAVA decision to throw out all age records made before the new rules javelin appeared?

It's as if the record holders never existed or aren't worthy of mention in the history of masters t&f competition. Consider the following: Janusz Sidlo, Poland, 282-10 at age 36; Janis Lulis, Soviet Union, 283-2 at age 37; Urs Von Warburg, Switzerland, 259-1 at age 42; and Larry Stuart, USA, 238-10 at age 46.

There is absolutely no correlation between those marks and the marks that have been recognized. The javelin marks dropped because of drug

testing, not the new javelin, and no other reason. It would have been nice if some world-class throwers had been consulted before such a drastic decision was made.

Larry Stuart  
El Toro, California

### WAVA PRESIDENCY

We have recently been treated to Cesare Beccalli's response to Don Farquharson on the subject of South Africa. Yet another messy, undesirable and probably unnecessary incident.

As someone fairly well-versed in the affairs of WAVA over the years, I must say I am dismayed that Beccalli claims the support of WAVA's Council in negating the South African election. Had I had the opportunity, I would have argued strongly against such an action.

As for the claim that Don's letter was simply a continuation of another battle, are we to assume that any criticism is out of order? Is a recent allegation by the man who led the Hungarian delegation in 1987, that Beccalli's Melbourne election was suspect, to be treated in the same way, as some kind of personal vendetta or lese majeste?

Incidentally, the Hungarian contretemps demonstrates precisely the kind of interference in the affairs of an affiliate which we can be sure startled our South African friends.

Brian Oxley  
Former member of WAVA Council  
Toronto, Canada

### NORTH AMERICAN ELECTION

There was an important irregularity in the North American Caribbean WAVA (NCCWAVA) election held in Edmonton in August, 1994.

The President and Vice President positions were uncontested and voted by acclamation. The Secretary position was also unopposed — I was the nominee — and just as the matter was being referred to the floor for a vote, Bob Fine nominated Francisco Cor-

richi, the interpreter, who, by his own admission, was 29 years old — too young to participate in a WAVA meet and too young to vote on WAVA matters.

Protests from the floor and subsequent entreaties by Barbara Kousky and Charles des Jardins, USA Track & Field and LDR Chairmen, respectively, and appeals by others to both Fine and Rex Harvey, NCCWAVA President, were unsuccessful, as both Fine and Harvey insist that no rule in the NCCWAVA expressly forbids such a maneuver.

This is clearly in violation of the WAVA Constitution and By-Laws, which state (article 10) that Regional Constitutions and By-Laws "may not conflict in any sense with the Constitution and By-Laws of WAVA," and (article 12) "Only voters who are members of affiliates shall be eligible for appointment as delegates to the General Assembly or for membership of the Council."

This clearly states that 29-year-old (now 30-year-old) Mr. Corrichi is ineligible for an office on the NCCWAVA Council. WAVA President Cesare Beccalli stated to me in a letter that he cannot do anything because he cannot interfere in the matters of a region, which is interesting because he is interfering in the election in the African region. The principle of nullifying an election is being arbitrarily applied in some regions and not in others.

I withdrew my name from nomination for all positions for which I was nominated out of disgust.

Marilyn Mitchell  
New York City

I thank Ms. Mitchell for her sincere concern about this and other aspects of veterans track and field. As Chair of the Edmonton General Assembly, I made the ruling that Mr. Corrichi's candidacy was valid according to the NCCWAVA Constitution as no age limits of any sort are imposed. I personally feel that knowledge and

Continued on page 19

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## Masters Racewalking

by ELAINE WARD

### Enrique Camarena — Part II

**L**ast month Enrique spoke of his training schedule and how he combines regular walking with running and racewalking. This month he addresses nutrition and race strategy.

#### Nutrition

**EW:** Does your training involve a special way of eating?

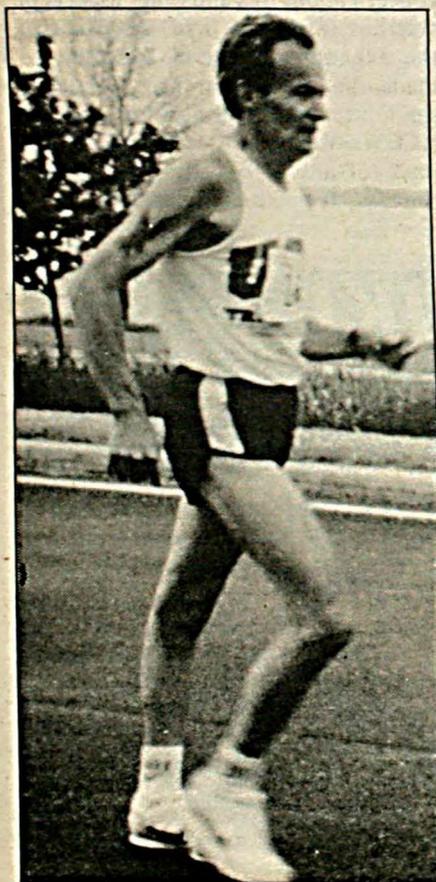
**EC:** I eat Mexican food. My body is used to spicy foods. Beans and rice are staples. I really am not afraid of eating anything because I am burning off everything. I take good vitamins and drink a lot of Carbofuel, a carbohydrate drink. It comes in powder form and is sold in health food stores.

**EW:** How much Carbofuel do you drink?

**EC:** Eight ounces of water with 3 scoops of Carbofuel. The scoop comes with the powder. I find that by drinking the Carbofuel before and after a race or workout, I recuperate faster — in a matter of 20 to 30 minutes.

When I race a long distance like the marathon, I take double the amount of Carbofuel before starting. It would be better to have someone along the course and take a second carbohydrate drink mid-race.

Ordinarily, I drink water during a race. If you have taken the Carbofuel,



John Elwarner, Sterling Heights, Mich., first M55 (53:02), USATF National Masters Men's 10K Racewalk Championships, Niagara Falls, N.Y., May 28. Photo by Dave Lawrence

you don't need to drink anything special. But there is a little trick to taking water. If you don't feel like drinking, just take a sip because water can get stuck in your stomach. On short distances, you probably don't need water.

I have another drink that I take every day for breakfast. It is very nutritious and tastes good. You blend 8-10 ounces of milk, 2 tablespoons of molasses, 1 egg yoke, 1 banana (or strawberries), and 4 teaspoons Brewer's yeast.

Another drink I take on weekends has a long recipe. It is a vegetable drink with lemon tea and yogurt that you make in a blender. The recipe is: One leaf of lettuce, one leaf of green cabbage, one bunch of celery, one bunch of parsley, one tomato, one medium carrot, several leaves of spinach, one medium beet, four radishes, one medium cucumber, one bell pepper with the seeds removed, ¼ of a purple onion, 1 head of garlic, juice of six lemons, 1 cup of plain or natural yogurt (lemon- or orange-flavored is okay), and 1 cup of lemon tea.

Blend all vegetables and lemon juice. Add the yogurt and tea last. As it takes a while to make, I will drink half on Saturday and the other half on Sunday. When I take this drink for two weekends in a row, I feel it's good for my immune system.

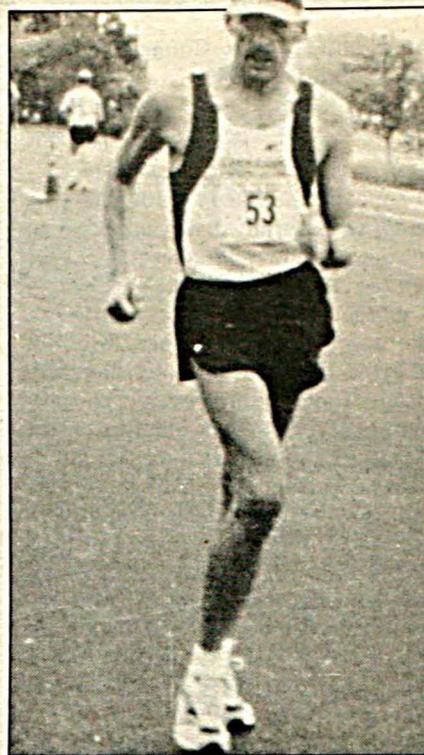
#### Mental Preparation

**EW:** A great deal has been written on mental preparation for a race. Do you prepare yourself mentally before a race?

**EC:** That is an interesting question and the answer is, "Yes." As soon as I start working out for a special race, I set my mind on that race. For example, when you cool down after a workout, and get home, there are moments when you really feel like relaxing. You have to take advantage of these moments. Don't let them pass. Sit down, relax your body, and let your mind go. Such moments are a valuable part of preparation.

**EW:** Let's imagine it is the morning of the 20K at the World Veterans Games this July. You are just waking up.

**EC:** My mind is already set not to be tense. If my race is at 8 a.m., I get up two to three hours before. I know I am going to race, but I am thinking about keeping completely relaxed. I am also focused ahead to warming up for the



Bohdan Bulakowski of Poland and LaGrange, Ga., was the first master (47:39), USATF National Masters Men's 10K Racewalk Championships, Niagara Falls, N.Y., May 28.

Photo by Dave Lawrence

race. Mentally, I am telling myself, "I am going to do my race. I am not going to follow the others. This is my race. My race. I have worked out hard for this race. I have endurance. I have done the speed work. I have everything I need for my race."

**EW:** Your mind is already focused on doing, not on worrying.

**EC:** I am thinking of nothing else but my race. If I have to drive to the race; my mind is on the race. If I am staying in a dorm and walking to the race, my mind is on the race. I meet people, "Good morning," but my mind is on the race.

#### Visualization and Racing

**EW:** Do you visualize yourself racing?

**EC:** I am focusing on the course. Suppose I am going to go around a 3-mile course that I know. When I start racewalking, I am focusing on the one-mile mark. That is my focus at the start line.

**EW:** If you are racing on a track, are you focusing on the other side of the track at the start line?

**EC:** My mind is already into the race — maybe even five laps ahead.

**EW:** And when you are actually racing, do you keep focusing ahead of yourself?

**EC:** Yes. I am racing at the spot, but thinking ahead of myself. When I am racing, I am telling myself to relax all the time.

**EW:** Actually, by focusing way ahead of yourself, you are also focusing ahead of the whole field.

**EC:** I learned to do this when I was running. I had gotten to know a lot of runners. Before a race, some would start coming up saying things like, "Hey, I'm going to beat you." You see, they were trying to get hold of my mind. But if you focus ahead of them, you are already there.

**EW:** When speaking of you to others, I have always said that you are your own person, that you race your own race.

## Bulakowski Wins, Savilionis First U.S. in 10K Walk

by JERRY WOJCIK

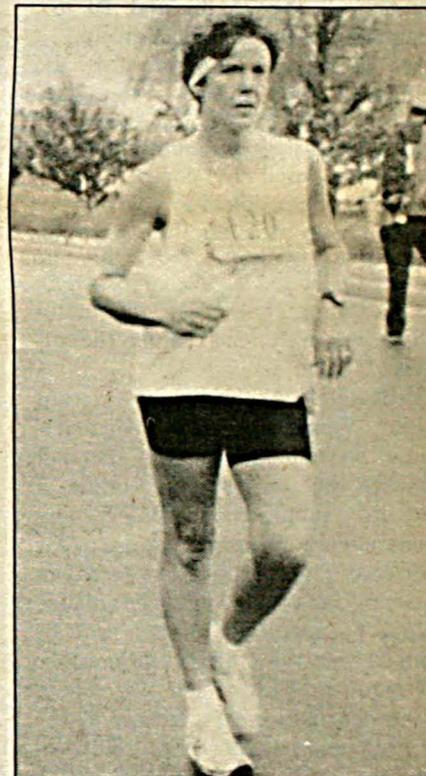
Bohdan Bulakowski, M45, a Polish citizen residing in LaGrange, Ga., was first finisher in the USATF National Masters Men's 10K Racewalk Championships in Niagara Falls, N.Y., May 28. The race was also the USATF Senior Championships, in which Bulakowski would have taken 11th place with his 47:39.

Brian Savilionis, M45, Manchester, Conn., was the first U.S. master, by six seconds with a 50:02 over Jim Carmine, M50, New Cumberland, Pa.

Max Green, Taylor, Mich., won the M60 race in 53:48. Harry Drazin, Interlaken, N.Y., the only M80 entry, finished in 82:18.

In the non-championship masters women's race, Phyllis Hansen, W40, Foros, N.J., was first in 54:38. June-Marie Provost, W60, Ontario, Canada, clocked a 61:27.

David Lawrence, racewalk chairman of the USATF Niagara Association, was the race director. □



Jeanette Smith, Indianapolis, Ind., was the first W45 (57:27) among the women who racewalked in the USATF National Masters Men's 10K Racewalk Championships, Niagara Falls, N.Y., May 28. Photo by Dave Lawrence

Someone could scream; the world could shake; Enrique would go on.

**EC:** I have been experiencing a lot of things that I never thought would happen to me. The more I discipline myself in what I am doing, the more I learn. Everything comes together. Discipline, mindset, relaxing, and racing. That's why I never get afraid that someone is going to beat me. If they can go faster, fine; but my mind is already set on what I am going to do.

**EW:** Except if that person is just ahead of you, nine times out of ten, you're going to pass him.

**EC:** That's where training comes in —

Continued on page 13

## Southeastern Meet Anniversary Draws Crowd

by JERRY WOJCIK

The Southeastern Masters Meet celebrated its 25th anniversary by doubling as the USATF Southeast Regional Masters Championships on May 5-7, Raleigh, N.C., and offering more than the usual schedule fare. The full schedule included regular and weight pentathlons, 5000 and 20K racewalks, and the superweight.

Entries in some events were deeper than they have been in most national championships. The M65 division had a staggering 16 in the discus and 14 in the shot. Large fields in the sprints produced world-class times. Jim Law, at the top of his age-group at 69, ran a 13.48 100 and 27.37 200. Milt Silverstein 75, won the 100 in 14.95 and 300 in 31.14. James Mathis won the M60 400 in 57.89.

Phil Raschker, 48, starting with an age-graded 93.1% 12.99 in the 100, was the women's standout, earning a half-dozen top marks, including a 12.4 hurdles, 10-6 in the pole vault, and 34-9½ in the triple jump.

Jean Horne, 62, ran a 2:58.03 800 and 5:58.55 1500, both in the 84% age-graded range. Canadian Earl Fee, 66,

cleared the 300H in 47.89, very near the world record of 47.82.

In the jumps, Keith Witherspoon, 42, voted the outstanding athlete in the 1994 Masters Indoor Championships, narrowly took the M40 long jump in 20-3 from Ken Edwards, 41, 19-11¾. James Stookey, 65, triple jumped an age-graded 90.4% 34-5¾.

Phil Mulkey, 62, maintained his position as the leading M60 shot putter with a 45-8½, an age-graded 89.0%. Bill Garrahan, 65, was the best of the 16-man discus field with a 134-11, and also the 14-deep shot crew with a 35-8.

Bernice Holland, 68, outperformed all the women in the discus (74-2) and shot (26-1). Penny Weaver, 60, hit the 80-4 mark with the hammer.

The regular pentathlon drew 22 contestants, including 83-year-old Bob Boal, recognized as the founder of the Southeastern Meet.

The weight pentathlon had 24 throwers, including six women, with Holland scoring an event-best 3510.

Robert Mimm, 70, racewalked 29:39.9 in the 5000. Dolores Rogers, 58, did the 20K in 2:14:17. □



Floyd Simmons (c), meet administrator, congratulates pentathlon winners M65 Denver Smith, #207, and M70 Fred Hirsimaki, USATF Southeast Regional Masters Championships, Raleigh, N.C., May 5-7.

Photo by Eileen Smith

## At 48, Raschker Places 3rd in USA Open Championships

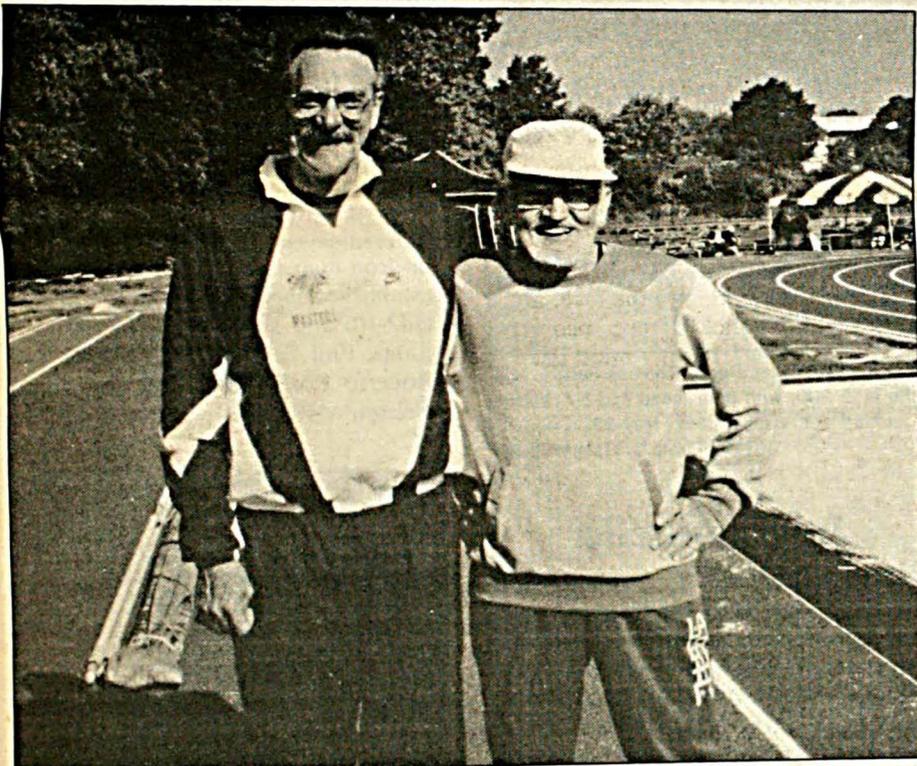
Phil Raschker, 48, of Marietta, Ga. placed third out of 28 contestants in the U.S. Open National Track and Field Championships, June 16, in Sacramento, Calif., with a pole vault of 10-10.

Last year, Raschker won the silver medal with a leap of 10-8. Her world W45 record is 11-1. In most events in Sacramento, the first three placers in each event qualified for the U.S. team which will compete in the IAAF World T&F Championships next month in Gothenburg, Sweden. But the women's pole vault is still an exhibition event, so Phil, winner Melissa Price (12-9) and

2nd place Stacy Dragila (11-5¾) won't be going to Europe.

Although not officially recognized by the NCAA, the women's pole vault is contested in high schools in four states — California, Montana, New Hampshire and Oregon.

To be on the mailing list for Women's Pole Vaulting Newsletter send a self-addressed envelope to Women's Pole Vault Development, 2915 Minnehaha Curve, Wayzata, Minnesota 55391. There is no charge for the newsletter, which is published three times annually. □



Rex Harvey, 48, was awarded the Bud Deacon Award for the best age-graded pole vault (13-5¾, 86.0%), USATF Southeast Regional Masters Championships, Raleigh, N.C., May 5-7. With him is Bob Boal, 83, who founded and donates the award.

Photo by Eileen Smith

## Irvine Hosts Dan Aldrich Memorial Meet

The Dan Aldrich Memorial Anteaters Meet was held again this year, May 28, at the University of California-Irvine, where Dan Aldrich served many years as Chancellor and was an outstanding masters thrower and ardent supporter of track and field.

A total of 164 athletes from ages 25 to 70+ competed. In addition to place medals and commemorative awards, plaques were given to the best male and female submasters and masters athletes. Clifton McKenzie, M40, and

Kathy Bergen, W55, were acknowledged as the outstanding masters. Henry Andrade, M30, and Denean Hill, W30, were the outstanding submasters.

Tom Patsalis tied the M70-74 U.S. record for the 80m hurdles with a 14.5. Dwight Stones, M40, high jumped 6-4. Sid Wing, M60, ran the 800 in 2:21.9.

The proceeds from the meet, which was well-staffed by volunteers and the university's men's and women's track team and staff, went to the UC-Irvine Dan Aldrich Memorial Scholarship Fund, established in 1994 to assist the men's track and field program. □

## Masters Age Records

(1995 Edition)

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1994.
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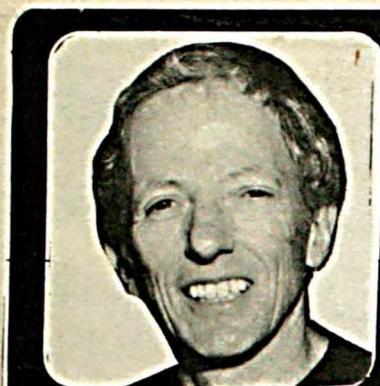
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## On The Run

by HAL HIGDON

### Running is a Moveable Feast

**J**oe Henderson wants to know how I train. The *Runner's World* columnist is writing a book, titled "Road Racers and Their Training." Joe sent questionnaires to a number of noted runners, including myself. He asks about our training habits.

I should be honored, but I'm also troubled. How can I summarize my training habits in the answers to half a dozen questions occupying two sides of a single sheet of paper?

Ernest Hemingway once wrote a book titled, "A Moveable Feast," sketches of his life in Paris during the Twenties. Hemingway stated, "If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast."

#### X-C Hors d'Oeuvre

I feel that way about my past training. I am still plucking bits and pieces off the training table of my youth, nibbling at a cross-country hors d'oeuvre here, sinking my teeth into a sandwich of track intervals there, washing it all down with a deep draught of long distance.

My training is moveable, because it rarely remains the same week-for-week, or year-to-year. I shift and sway, not from indecision, but because my goals change. One season, I might be focused on a marathon; another, my attention might be drawn to the track. Or I may be taking a mental and physical break from the stress of either effort.

Responding to Joe about my training practices, I wrote, "I follow the hard-easy approach. Not only day-by-day, but in weeks, months and even years. I regularly change my training focus and experiment with new methods, as my mood changes, and to test new approaches."

Given that philosophy, I found it hard to fulfill Joe's request to offer a typical week of training. Usually when runners are asked to offer sample weeks, they dive into their training diaries and produce examples of peak training, a "killer" week, one they never had achieved before and might never achieve again. In fact, apparently that's what Joe wanted.

#### A Sample Week

So I scanned my diary and selected a week last October, begun on Sunday with friends running 80 minutes in the dunes: loose footing, fast and slow as terrain and mood dictated.

Then, after an easy day on Monday, I went to a park on Tuesday for a series of repeats over a 1K cross-country loop. I ran ten of these at a pace near

my 10K race pace. Between each repeat, I walked three minutes.

This was a classic interval workout, similar to many I had done during my youth, only on trail instead of track.

Finally, after an easy day on Wednesday and complete rest on Thursday, I ran 12 miles on the road at marathon race pace. It was a tough workout; I finished fatigued.

I ended the week on Saturday by attending a sectional high school cross-country meet, getting my workout by running back and forth watching others compete.

My mileage that week was comparatively low, considering the long distances run: 39 miles total. That was because I did little on the easy days between the three hard days.

But how do I explain to Joe's readers, in the space allotted, the three or four months of progressive training that led up to that killer week? And do I want to admit that I considered my training last fall somewhat of a failure? I was experimenting with weekly long runs at race pace, looking for a new shortcut to success.

#### Crash and Fail

It was a mistake — what orthopedist Stan James calls a "training error." Eventually, I crashed and failed to perform at my anticipated level later that fall. The above-cited 12-mile run was, in fact, a planned 20-miler that I failed to finish!

But we learn from our mistakes, our feasts around the moveable training table. "There is never any ending to Paris," Hemingway had written, describing another lifestyle, "and the memory of each person who has lived in it differs from that of any other. We always returned to it no matter who we were or how it was changed or with what difficulties, or ease, it could be reached. Paris was always worth it."

I feel that way about my training. Even a failed experiment can be a success. Running is always worth it. □

(Hal Higdon is a Senior Writer for *Runner's World*. His next book, "Boston: A Century of Running," is a "coffee-table" book about the Boston Marathon, aimed at that event's 100th anniversary in April. Autographed and numbered copies can be reserved at a special pre-publication price by sending \$35 to: Hal Higdon, Box 1034, Michigan City, IN 46361-1034.)

## Visalia Classic Masters Meet

by BOB HIGGINBOTHAM

One hundred athletes attended the Visalia Classic, Visalia, Calif., May 20, and were served a great day of competition in beautiful 80° weather. Forty-six meet records were broken or established in a very successful meet.

The top performances came in events from the 100 through the 800. Dennis Duffy broke three meet records in the M50 200 (25.1), 400 (55.4), and 800 (2:12.2). Duffy is one of the top M50 athletes in the nation, and performed like it. Danny Goldman, M40, smashed the 400 record (54.4) and the 800 (2:05.3).

Alan Williams, M30, Ben Rivera, M60, and Kemi Solwazi, W55, had double victories in the 100 and 200.



Bill Knocke edges Bobby Thomas (left) to win the M55 200, with both timed in 12.7, Visalia Classic Meet, Visalia, Calif., May 20.

Photo by Glen Williams

## Jay Sponseller

Jay Sponseller, 77, Naples, Fla., died May 22 after a long illness. During a 15-year running career after his retirement from 35 years as a vice-president of the Provident National Bank, Sponseller had seven world records and was a world champion in the 400. He is the only athlete of any age to set world records in the 200, 400, and 800.

Born on a farm in Gettysburg, Pa., he graduated from Hatboro-Horsham High School in 1936, and the University of Pennsylvania in 1949. He was a veteran of World War II, having served in North Africa and Europe with the U.S. Air Force, where he rose to the rank of lieutenant-colonel.

Sponseller was very active in several civic service groups and had served as president of his local school board and as an American Red Cross board member.

He is survived by his wife of 52 years, Elizabeth, two sons, five grandchildren, and three great-granddaughters.

Donations in his memory may be made to the Jay N. Sponseller T&F

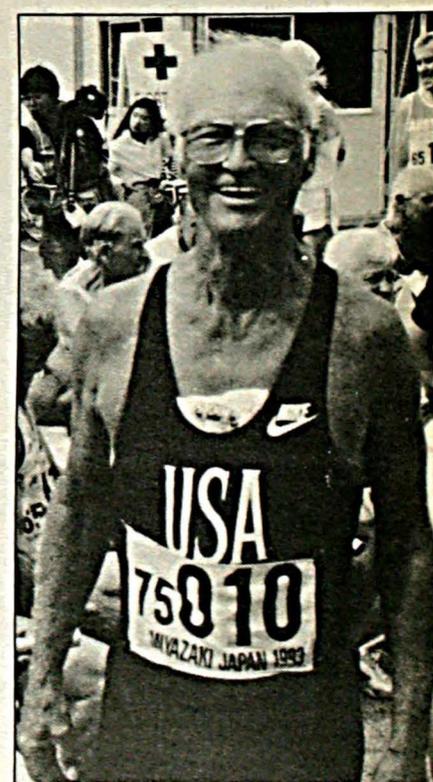


Charles Kirkby winning the M55 800 (2:21.2), Visalia Classic Meet, Visalia, Calif., May 20. Sid Wing, #164, won the M60 race (2:22.3).

Photo by Glenn Williams

Solwazi has performed for the Fresno City College track team for the last two years and is beginning an assault on the sprint records in the W55 group.

Richard Watson, M40, Yuma, Ariz., entered seven events and won four in an iron-man role. Amy Bublak, W30, established meet records in the javelin (142-10) and shot (39-7). In the high jump, Phil Fehlen, M55, cleared 5-4, Roberto Pozzi, M45, 5-4, and Keith Nelson, M40, 6-0.



Jay Sponseller

Scholarship Fund, c/o Hatboro-Horsham H.S., 899 Horsham Rd., Horsham, PA 19044-1271. □

## Racewalking

Continued from page 10  
 endurance, speed and breathing. Sometimes I will have the goal of beating someone. But again, you see, my mind is already set ahead.  
**EW:** Has competition in sports been important in your life?  
**EC:** By being able to set goals and achieve them, competition builds self-confidence and self-esteem. When you commit yourself to a training program and discipline yourself to do it, it's good for everything else in your life. Sports gives you a chance to prove yourself to yourself. □

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_____	<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$16.00 per year.	\$ _____
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	<b>Overseas Air Mail (add \$5.00 per book)</b>	\$ _____
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## The Weight Room

by JERRY WOJCIK

### What's Wrong in Write On?

Two letters in this month's Write On! section deal with problems that may be major or minor for throwers, depending on where they stand.

Judy Fetherston in her letter writes of, 1) discus throwers using the incorrect implements, despite the availability of the proper ones, and, 2) the use of a lighter shot among W50+ at certain Senior Games. As to the first, what can I say? If those M55s and others want to fool around, who cares, as long as the results indicate what's what? If there is any hint of impropriety, as Fetherston says there was at the Albuquerque meet, I know that Palmer Sweet, the discus ranker for 1995, will drop those results faster than you can say "Tom Wesselowski."

On the second matter, I decided to do some research before I started railing against all Senior Games, especially after last month's column, in which I scolded the Midwest Indoor Championships for not indicating proper weights in its results, only to have the correct results arrive two days after the June issue was printed.

So, I decided to call four Senior Games in the schedule and inquire about implement weights. Two of the responses said that the implements would correspond to national standards, but I didn't get any specifics. One of the other two phone numbers was no longer in use; and I couldn't

make a contact on the other because "the person to talk to about that" was at meetings.

After mulling over the results of my extensive national survey for several days, I said to myself (I do a lot of that lately), what's the point of this? Instead of this approach, why don't I take another tack? If this is a problem, let's offer suggestions to solve it. Tell prospective Senior Games or other meet entrants to inquire about implements beforehand and to advise meet directors of the correct specifications. If they don't comply, don't go to their meets again and tell them why. Let NMN know if the results are bogus; the NMN won't publish them or list the meet in its schedule next time.

I think part of the problem stems from the reluctance of Senior Games directors to spring for the correct implements, so they rely on borrowed ones, probably from the local high school coach, and those brought by competitors. I can't see directors buying shots and discuses and spending \$800 for five javelins to be used once a year, and who can blame them, especially when many of the Senior Games include other sports, such as archery, volleyball, basketball, etc., all of which necessitate providing equipment.

### Fifteen Years Ago July, 1980

- Bill Fitzgerald Sets M55 800 WR of 2:09.7
- Hal Higdon (M45, 2:32:42) and Alex Ratalle (M55, 2:34:59) Set U.S. Marathon Marks
- Gordon Farrell Ups M60 TJ WR to 39-0 in Grandfather Games
- North American T&F Meet Held in Mexico City

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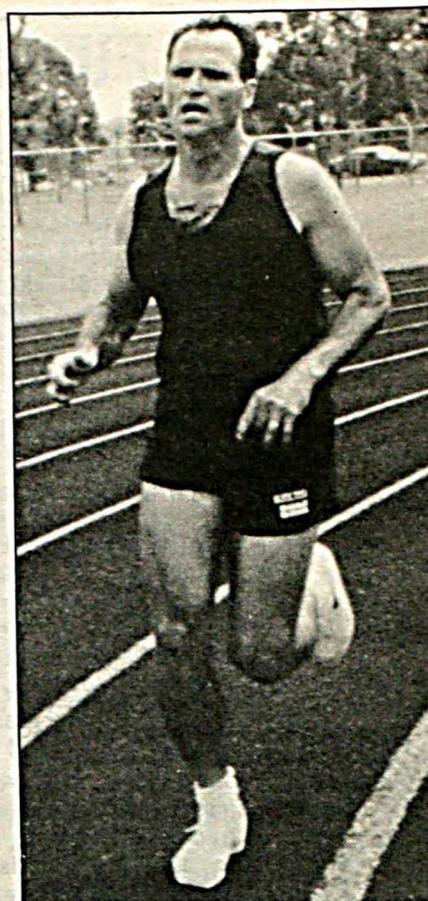


**Deborah Stegman**

*Bronze Medalist, 3K Racewalk National Masters Indoor Championship, Feb. 95 • Silver Medalist, 10K Along International Racewalk Classic, October 94  
Silver Medalist, 5K UASATF Western Regional Racewalk Championship, October 94 • Bronze Medalist, 5K Racewalk Masters National Championship, August 94*

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Johnny McBride, M35, in the decathlon 1500. USATF Southern Association Championships, Gonzales, La., May 26-27. The two-day meet included a decathlon, heptathlon, and weight pentathlon. Photo by Jeff Baty

Feel free to respond to Fetherston's letter or my treatise on this.

\*\*\*

Larry Stuart's letter raises the issue of "old" and "new" javelin records. It's technically not an issue because "old" javelin records are out. I agree with Larry that records with the "old" javs should be retained, but I don't think they should be listed with the "new" records and possibly perceived as official. Perhaps they can be retained, along with former English weight implement and yard track records, in some masters t&f archive of the Masters Hall of Fame that's been discussed recently.

In a few years, track fans (if there are any), won't even know what "old" and "new" was all about. I sat next to a young man in his early teens at the June 3 open meet on the eve of the Prefontaine at Hayward Field. He was in awe at how far the javelin traveled. When I offered that the "old" javelin went even farther but was replaced, because it went too far, by the "new" one, he looked at me as if I were daft.

Times change. □

### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 50098, Eugene OR 97405*

## Rankings Report

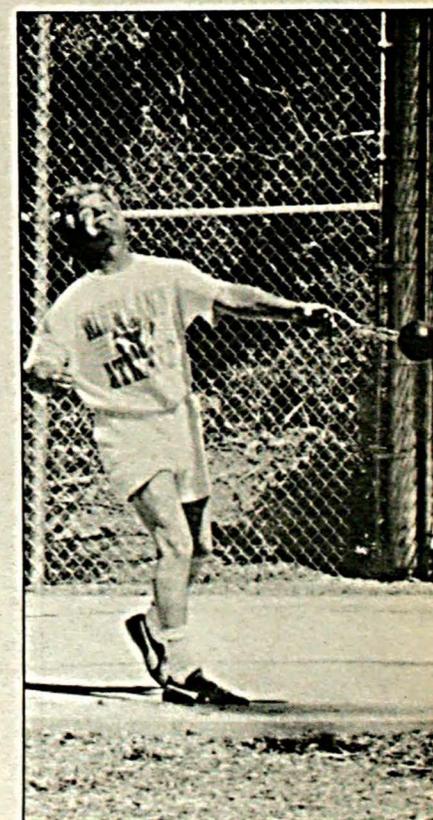
by JERRY WOJCIK,  
Masters T&F Rankings Coordinator  
The rankings for the 1995 indoor season are in this issue. In the past, they appeared in segments for several issues starting in July. For the first time, all of the rankings, including the 55m and 60m sprints and hurdles are in one section.

The indoor rankers (most of them also outdoor rankers), faced with an earlier deadline than usual, met the challenge. In appreciation for their work, they deserve a "Thank You" and a round of applause.

The outdoor weight marks will be combined with the indoor to make up the 1995 weight rankings. If an athlete's indoor mark is better than the outdoor one, the indoor will be retained and indicated with an "i". The indoor superweight is unranked, because there were so few marks that it wasn't worth the effort or space. However, those marks will be combined with the outdoor ones for the 1995 season lists.

In response to a question often asked about the rankings: the last ranking in each division is not necessarily the lowest mark. In almost every division, lower marks have been eliminated because of space limitations.

In 1989, many foreign athletes competed in U.S. meets before and after the WAVA Championships in Eugene. Directors who had foreign athletes in their meets did not designate them as such in the results; consequently, foreign athletes appeared in the rankings for that year. Masters meet directors and athletes should be mindful that the inclusion of foreign athletes may result in the elimination of U.S. competitors when the lists undergo editing for space prior to publication. □



Don Hughes, M55 winner (28-7), winds up at KELfield Meet, Santa Cruz, CA.

Photo by Gary Kelmenson

## 1300 to Compete in Nationals in Michigan

Continued from page 1

athletes who place. All competitors will receive a Certificate of Participation.

### Transportation

Northwest is the official meet airline, offering five percent discount to participants. Spartan Travel (800-968-2238) can arrange travel into the Lansing or Detroit airports, then on to Buffalo for those heading to the World Championships.

Free shuttles for athletes and accompanying persons will be available from the Lansing airport to major hotels and dorms on Tues., July 4 thru Thu., July 6. Free shuttle return to the airport will be available on Sun., July 9 and Mon., July 10 (before noon) from the dormitories. Most hotels will provide free shuttles to and from the airport.

### Packet Pick-Up

Competitors may pick up their packets at the meet headquarters in the Kellogg Center Hotel on Tue., July 4 from 6 p.m. to 10 p.m., at the track on July 5-7 (8 a.m. to 6 p.m.), and on July 8-9 (9 a.m. to noon).

Proof of registration with USA Track & Field will be required of all U.S. citizens. Registration will be available on-site, at \$15. Competitors must present their USATF cards when picking up their packets. Foreigners may compete as guests with no USATF registration required.

### Declaration

Declarations must be made at least one hour before the scheduled start of the event. Events starting before 10 a.m. may be declared the prior evening. Declaration sign-up sheets will be located at the track. The computer will assign heats and lanes based on the signed-in athletes.

### Admission

Admission on each day of the competition will be \$3 (children 10 and under admitted free). Athletes will receive free admission to all sessions upon presentation of their competition number and athletes' badges.

### Equipment

At the 1994 USATF Convention, the rule was changed to allow privately owned throwing implements to be ex-

empt from the "loss of identity" rule. In other words, implements that belong to individuals may be used, but do not have to be shared with other athletes during the competition. Meet management will have field-event implements and starting blocks available for use by all competitors.

### 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, at \$40 per team. For a state-by-state breakdown of each region, see the schedule pages.

### Sightseeing

The Lansing Tourist Bureau recommends:

- 1) The Michigan Historical Museum;
- 2) Historic Williamstown, with over 40 antique stores;
- 3) The Michigan State University Museum (free), featuring dinosaur skeletons;
- 4) The Impression 5 Science Center, with 150 scientific exhibits.

### Dinner/Dance

A post-meet dinner/dance will be open to all athletes and accompanying persons at the Kellogg Center on campus at the end of competition on Fri., July 7. The cost is \$12.50 per person.

### Athletes' Meeting

The general athletes' meeting will be held at Kellogg Center on Sat., July 8, following competition, and is open to all. Age-group awards for 1994 will be presented, and an open discussion will follow. Details of time and place will be in the competitors' packets.

### Age-Graded Races

The popular annual age-graded 100-meter races for men and women will again be staged, featuring the winners of each 100-meter final (see distance handicaps on this page). The races will be held Sunday afternoon and are sponsored by the *National Masters News*, with \$300 prize money: \$100 (first), \$30 (second) and \$20 (third) for each race.

### Off to Buffalo

Spartan Travel will provide charter



The 1995 USATF National Masters T&F Championships Organizing Committee, chaired by Meet Director Randy Williams (white sweatshirt), at the Michigan State U. Kellogg Center, East Lansing. Photo by Chuck Sochor

buses to Buffalo on Mon., July 10 at 10 a.m. for \$40. Estimated time of arrival in Buffalo is 6 p.m.

### Results

The complete results of the meet —

#### SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

1	1968	San Diego
2	1969	San Diego
3	1970	San Diego
4	1971	San Diego
5	1972	San Diego
6	1973	San Diego
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta
12	1979	Gresham, OR
13	1980	Philadelphia
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston
17	1984	Eugene, OR
18	1985	Indianapolis
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego
23	1990	Indianapolis
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA

#### DISTANCES TO BE RUN IN AGE-GRADED RACES

Age	Men	Women	Age	Men	Women
30	100.0	100.0	65	80.4	77.5
31	100.0	100.0	66	79.7	76.7
32	100.0	100.0	67	79.0	75.9
33	100.0	99.7	68	78.3	75.1
34	99.3	99.0	69	77.6	74.3
35	98.6	98.2	70	76.9	73.6
36	98.0	97.5	71	76.1	72.9
37	97.4	96.8	72	75.3	72.1
38	96.7	96.0	73	74.5	71.0
39	96.1	95.3	74	73.7	70.1
40	95.4	94.6	75	73.0	69.2
41	94.8	93.9	76	72.1	68.3
42	94.2	93.2	77	71.2	67.3
43	93.6	92.5	78	70.4	66.4
44	92.9	91.8	79	69.5	65.4
45	92.3	91.1	80	68.6	64.5
46	91.7	90.4	81	67.7	63.5
47	91.1	89.7	82	66.7	62.4
48	90.5	89.0	83	65.8	61.4
49	89.9	88.3	84	64.8	60.4
50	89.3	87.6	85	63.9	59.3
51	88.7	87.0	86	62.8	58.2
52	88.1	86.3	87	61.8	57.1
53	87.6	85.6	88	60.8	56.0
54	87.0	85.0	89	59.7	54.9
55	86.4	84.3	90	58.7	53.8
56	85.8	83.7	91	57.6	52.6
57	85.2	83.0	92	56.4	51.3
58	84.7	82.4	93	55.3	50.1
59	84.1	81.7	94	54.2	48.9
60	83.5	81.0	95	53.1	47.7
61	82.9	80.3	96	51.8	46.4
62	82.3	79.6	97	50.6	45.1
63	81.6	78.9	98	49.4	43.8
64	81.0	78.2	99	48.2	42.5
			100	47.0	41.2



Start of the M50 10,000, 1994 USATF National Masters Championships, Eugene, Ore. This year's meet will be held in East Lansing, Mich., July 5-9. Photo by Rex Dieterich

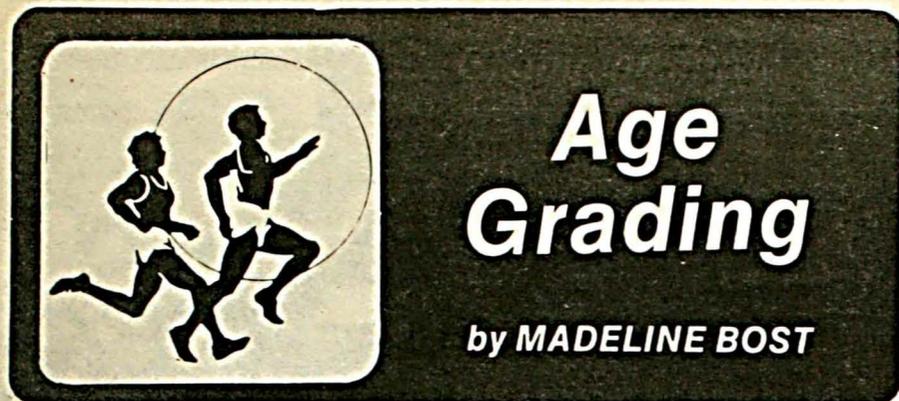
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## Age Grading

by MADELINE BOST

### Age-Grading Ideal For Road Races

When road racing blossomed into a national pastime about 20 years ago, the concept of special age divisions for older runners was developed. Because it is a biological fact of nature that men and women slow down and lose strength with age, it made sense to separate the older, or masters, runners to be judged separately from the open runners.

Sometimes a race would have 10-year age divisions and more progressive races further divided those divisions into 5-year groups. This made things much fairer for the older competitors — they only had to compete against those about their own age.

But could there be a way to evaluate all of the older competitors' performances by developing a sliding scale that would even things up and place all of them into one category? Wouldn't this make things more equitable when purse money was being paid to the masters runners?

#### An Even Shot at the Purse

When purse money is paid to masters runners we are, in effect, recognizing the age slowdown, but then invalidating the concept by giving the purse to the younger masters athletes who are naturally going to run faster than the 60-year-olds. With an age-grading system, the 60-year-old

would then have as even a shot at the purse as the 40-year-old.

With the advancement of computers, such a concept could be implemented. All that was needed was an accurate method to appraise the performances by the top athletes in each one-year age division to be factored against the top open athletes' performances.

Through many hours of work, researching and compiling data, the first age-grading tables were developed by the World Association of Veteran Athletes, the world governing body for masters track and field, long distance running and racewalking. Those first tables were published in 1989. By 1994, the tables were updated with new data, and they will continue to be updated, probably on a five-year basis.

The tables can be used in two ways — one by using an age-grading standard to determine an athlete's

## Masters Age-Graded Tables

- Keep track of your progress over the years.
  - Compare performances of older and younger individuals in the same or different events.
  - Select the best performance in an event among all age groups.
  - Score multi-events.
  - See how much your performance should decline with age.
  - Chart your own performance progress.
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- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
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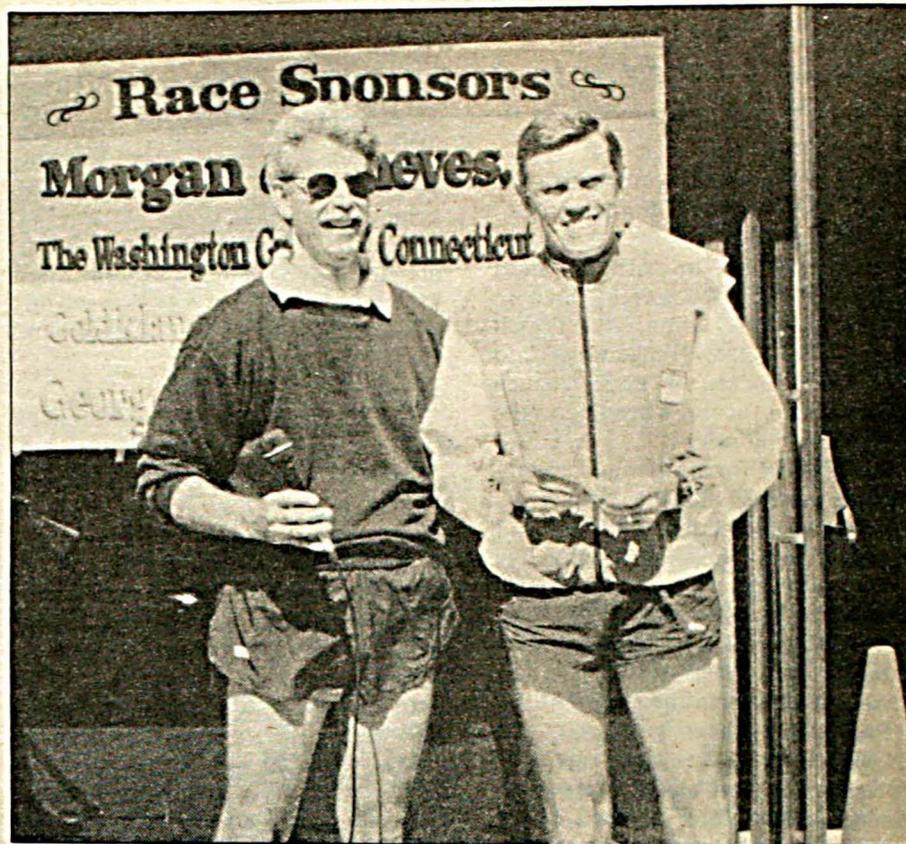
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Steve Geoffray (left) of sponsor Morgan and Cheves with M50 winner and third master John Slade, 51, Springfield, Va., in 30:45, Patriot's Cup Corporate Challenge 8K, Fairfax, Va., May 7.

Photo by George Banker

“performance-level percentage” and one to readjust an athlete's race time to that of an open athlete by using an age factor.

It is the latter that runners have been seeing on their race results postcard from CompuScore. Let's say you are a 53-year-old woman runner who has finished a 10K in 45:18. The 10K factor for you is .8545. By multiplying 45.18 (or 2718 seconds) by .8545 we reach 38:43 as your age-graded time.

#### Performance-Level Percentage

To determine your “performance-level percentage,” you would take your standard, which is 35:01, and divide 35:01 (2101 seconds) by 45:18 to get your PLP of 77.3%.

Most road racers prefer to see their age adjustment stated in terms of age-graded time, as in the first example. However, the performance-level percentage is more relevant in track and field.

Using the standards, we can determine that a 40-year-old man who runs 100 meters in 12.07 has a performance-level percentage of 85.6%. A 62-year-

old man high jumps 4-6 for a 79.7%. A 42-year-old woman runs 80m hurdles in 12.33 for a 89.4%. An 80-year-old man runs 1500m in 7:25 for a 74%, and a 46-year-old-woman puts the shot 34-1/2 for a 61%.

Without the age standards, we would have been hard-pressed to see which of these athletes had the superior performance. With them, we see that the 42-year-old woman hurdler's performance comes out on top.

Some road races have begun to use age-adjusted scoring for determining their masters purse money winners. The National USATF Masters LDR Committee is in full support of age adjustment and is working hard to encourage its adoption throughout the country.

#### Personal Relevance

Age adjusting has relevance on a more personal level. Individual masters athletes can use the tables to track their own performances. With age adjusting they can compare their best times at age 45 to their best times at 50 and 55.

While their actual time may be slower, their adjusted time could show that their performance has improved. This has particular significance for athletes who only took up the sport in their later years.

For example, a 43-year-old woman novice ran at 43:15 in a 10K. With age grading it becomes a 40:26 for a 74%. Ten years later she improved slightly by running a 42:37. However, with age adjustment, that 42:37 becomes a 36:25 for an 82%, a marked improvement that would not be otherwise apparent.

If you would like to chart your own performances, the tables are available from the *National Masters News* for only \$6.00., plus \$1.25 shipping. Contact NMN at P.O. Box 50098, Eugene OR 97405. □

## Ten Years Ago July, 1985

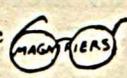
- Irene Obera Sets Two World W50 Records
- Atlaw Beligne, Judy Pickert Win in Cotton Row 10K
- Brian Oldfield Turns 40, Throws Shot 69-7
- Priscilla Welch, 40, Wins Overall in Freihofer's 10K

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<b>110m Hurdles</b>	
M30 Ken Frank, So. St. Paul	15.08 (92)
*M40 Robert Zahn, (WI)	15.53 (94)
M45 George LaBelle, Ham Lake	20.24 (88)
<b>100m Hurdles</b>	
*M50 George LaBelle, Ham Lake	18.03 (92)
*M55 Jim Peterson, Aitkin	18.32 (92)
<b>80m Hurdles</b>	
*M65 Bob Warwick, Sr., (OK)	14.84 (88)
*M70 Charles Obye, (IA-AZ)	14.78 (94)
W50 Sr. Rachel, Twin Cities	16.98 (89)
W55 Sr. Rachel, Twin Cities	18.70 (94)
<b>50m Sprint</b>	
MOPE Dick Christopher, Mpls.	6.95 (93)
M30 Tom Young, Coon Rapids	6.30 (89)
M35 Ken Pazdermik, Brooklyn Park	6.50 (90)
M40 Michael Sharratt, Shorewood	6.44 (94)
*M40 Howard Sundberg, (CA)	6.72 (92)
M45 Randall Clevon, Mpls.	6.47 (89)
*M45 John Ewing, (WI)	7.12 (89)
M50 George LaBelle, Ham Lake	6.84 (93)
*M50 Jim Muxen, (NE)	6.91 (90)
*M55 Gordon Siefert, (AL)	6.92 (88)
M55 Fred Biederman, Deephaven	6.95 (94)
M60 Don Rivard, St. Paul	6.60 (89)
*M60 L.S. "Andy" Anderson, (NM)	7.02 (90)
*M65 Bob Warwick, Sr., (OK)	7.66 (88)
M65 Chuck Olson, Nevis	8.09 (92)
*M70 Bob Warwick, Sr. (OK)	8.77 (92)
M70 Ray Skotte, Mpls.	9.29 (90)
M75 Ben Bjergo, Mpls.	37.94 (93)
WOPEN Jessica Sharratt, Shorewood	8.54 (93)
W35 Lisa Mangiamela, Bloomington	7.96 (93)
W40 Terry Sharratt, Shorewood	9.62 (93)
W50 Sr. Rachel, Twin Cities	8.26 (88)
W55 Sr. Rachel, Twin Cities	8.31 (93)
<b>Backward 50m</b>	
MOPE Bjorn Iverson, Prior Lake	15.37 (94)
*M40 Robert Zahn, (WI)	9.57 (94)
M45 Russ Anteronen, Mpls.	12.80 (94)
M55 Fred Biederman, Deephaven	11.52 (94)
M60 Paul Ohlin, Edina	14.08 (94)
WOPEN Zina Garrison, (CA)	15.61 (94)
W35 Lauren Zahn, (WI)	15.80 (94)
W40 Terry Sharratt, Shorewood	16.15 (94)
W55 Sr. Rachel, Twin Cities	15.19 (94)
<b>100m Sprint</b>	
MOPE Dick Christopher, Mpls.	13.50 (93)
M30 Bill Jahner, W. St. Paul	11.97 (92)
M35 Ken Pazdermik, Brooklyn Park	11.93 (90)
OM40 Robert Zahn, (WI)	11.15 (94)
M40 Michael Sharratt, Shorewood	11.73 (90)
*M45 Lloyd Corder, St. Louis, Pk.	11.73 (90)
M50 George LaBelle, Ham Lake	13.20 (89)
*M50 Jim Muxen, (NE)	13.23 (90)
*M55 Gordon Siefert, (AL)	12.82 (88)
*M55 John Haugo, New Brighton	12.88 (90)
*M60 L.S. "Andy" Anderson, (NM)	13.02 (92)
M60 Don Rivard, St. Paul	14.78 (88)
M65 Charles Cuddihy, Minnetonka	15.41 (92)
*M65 Bob Warwick, Sr., (OK)	15.53 (88)
*M70 Hugh Hackett, (NM)	15.07 (90)
M70 Ray Skotte, Mpls.	17.63 (90)
WOPEN Rhonda Lee Dean, Mpls.	12.29 (86)
W35 Lauren Zahn (WI)	14.97 (94)
W40 Terry Sharratt, Shorewood	19.25 (93)
*W45 Sr. Rachel, Twin Cities (MSF)	14.26 (84)
*W50 Sr. Rachel, Twin Cities (TN)	15.4 (87)
*W55 Sr. Rachel, Twin Cities	15.69 (92)
<b>200m Sprint</b>	
MOPE Ben Sharratt, Shorewood	30.78 (93)
*M40 Howard Sundberg, (CA)	25.53 (92)
M40 Greg LaLonde, Mpls.	29.50 (93)
M45 Randall Clevon, Mpls.	24.37 (90)
*M50 Jim Muxen, (NE)	23.99 (90)
M50 George LaBelle, Ham Lake	30.22 (92)
*M55 John Haugo, New Brighton	26.70 (90)
*M55 Gordon Siefert, (AL)	26.85 (88)
*M60 L.S. "Andy" Anderson, (NM)	26.97 (92)
M60 Don Rivard, St. Paul	32.56 (89)
*M65 Bob Warwick, Sr., (OK)	33.74 (88)
M65 Ray Skotte, Mpls.	45.80 (89)
M70 Ray Skotte, Mpls.	39.10 (90)
WOPEN Jessica Sharratt, Shorewood	42.36 (93)
W40 Terry Sharratt, Shorewood	43.02 (93)
W50 Sr. Rachel, Twin Cities (IL)	33.35 (87)
W55 Sr. Rachel, Twin Cities	35.78 (92)
<b>400m Sprint</b>	
MOPE Ben Sharratt, Shorewood	1:06.39 (93)
M40 Shawn Regan, Mpls.	57.66 (90)
M45 Ed Hayward, Edina	1:02.66 (90)
M50 Hugh Heimdahl, St. Louis PK	1:00.10 (93)
*M50 David Bennett, (CA)	1:01.16 (92)
*M55 Gordon Siefert, (AL)	1:00.37 (88)
M55 Don Rivard, St. Paul	1:13.80 (88)
*M55 Hector Guerra, Chile	1:18.6 (94)
*M60 L.S. "Andy" Anderson, (NM)	1:04.94 (92)
M60 Lloyd Young, Pine City	1:10.50 (88)
*M65 Bob Warwick, Sr., (OK)	1:25.89 (88)
*M70 Bob Warwick, Sr., (OK)	1:32.97 (93)
WOPEN Rhonda Lee Dean, Mpls.	1:08.84 (86)
W35 Lisa Mangiamela, Bloomington	1:13.72 (93)
W40 Terry Sharratt, Shorewood	1:38.13 (93)
W50 Sr. Rachel, Twin Cities	1:20.60 (87)
<b>4x100m Relay</b>	
Mike Sharratt Ken Sharratt	51.15 (93)
Chip Sharratt Dick Christopher	
<b>"Fastest Family" Fun Relay</b>	
GUERRA-Hector, Elana Melodona	1:25.73 (94)
Celeste Skewes	
M.SHARRATT-Terry, Jessica, Ben	1:08.74 (94)
Monica	
S.GIBB-Jim, Randy, Dave, Shane	58.68 (90)

MASTERS SENIOR OLYMPIC  
 Early Morning "R" Track and Field

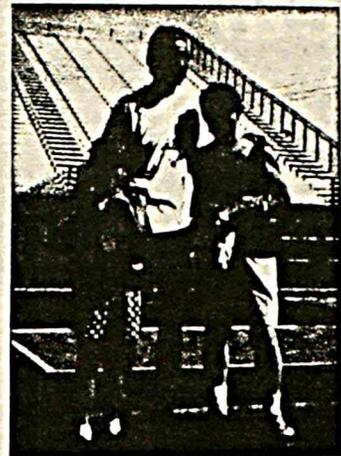


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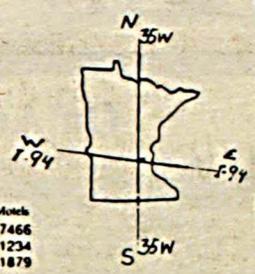
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The Guerras (Chile) Family Relay '94 USMSO Photo from Zina Garrison

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<b>Pole Vault</b>		<b>High Jump</b>		<b>400m FastWalk</b>	
MOPE Dick Christopher, Mpls.	11-0 (93)	M30 Ken Frank, So. St. Paul	6-0 (92)	M35 Jeff Sovereign, Landfall	2:33.77 (90)
M30 Ken Frank, So. St. Paul	12-6 (93)	M35 Patrick Boulay, Mpls.	5-6 (92)	M45 George LaBelle, Ham Lake	2:15.10 (88)
M35 Patrick Boulay, Mpls.	8-6 (92)	*M40 Tim Heikkila, Eagan	6-0 (90)	M50 George LaBelle, Ham Lake	2:04.65 (89)
M40 Michael Sharratt, Shorewood	12-0 (90)	*M40 Rex Harvey, (OH)	5-6 (89)	*M55 Gordon Siefert, -fun- (AL)	3:27.70 (88)
M50 Jim Noonan, St. Cloud	10-0 (90)	M45 Lee Washington, Mpls.	5-2 (89)	M60 Jim Gibb, Woodbury	2:16.25 (92)
*M50 Joseph Griffin, (WI)	9-0 (90)	*M45 John Ewing, (WI)	5-0 (89)	M70 Ray Skotte, Mpls.	2:42.20 (90)
*M55 Joseph Griffin, (WI)	9-0 (93)	*M50 Tom Langenfeld, Edina	5-4 (90)	*W30 Sally McMillan, (WI)	2:10.02 (90)
M60 Jim Gibb, Woodbury	8-0 (89)	*M50 John Ewing, (WI)	4-8 (90)	W40 Debra Gisch, White Bear Lk.	2:59.78 (93)
*M70 Bob Warwick, Sr. (OK)	7-3 (92)	*M55 Tom Langenfeld, Edina	5-3 (92)	W50 Donna McAndrews, S. St Paul	2:59.78 (93)
*WOPEN Zina Garrison, (CA)	2-8 (94)	M60 Emmett Edwards, St. Paul	4-2 (92)	*M60 Gertrude Siefert, (AL)	3:26.60 (88)
*W50 Sr. Rachel, Twin Cities	6-3 (89)	M60 Jim Gibb, Woodbury	4-2 (89)	M65 Lucille Smurka, Cottage Gr.	3:28.70 (88)
*W55 Sr. Rachel, Twin Cities	4-3 (94)	*M65 Charles Obye, (IA-AZ)	4-6 (90)	*W70 Ferno Obye, (IA-AZ)	3:53.09 (93)
<b>Hammer</b>		<b>Long Jump</b>		<b>800m Run</b>	
*M45 Carl Klehm, (IL)	84-4 (88)	MOPE Mike Lyga, Fridley	20-0 (89)	M30 Brian Bohne, Fridley	2:19.75 (89)
M45 George LaBelle, Ham Lake	46-6 (88)	M30 Bill Jahner, W. St. Paul	19-2 (92)	M40 Shawn Regan, Mpls.	2:14.55 (93)
M50 George LaBelle, Ham Lake	61-6 (92)	M35 Patrick Boulay, Mpls.	16-1 (92)	M40 Howard Sundberg, (CA)	2:17.72 (92)
M55 George LaBelle, Ham Lake	75-0 (94)	M40 Michael Sharratt, Shorewood	17-1/2 (90)	M45 Dick Peterson, Belle Plaine	2:57.60 (90)
*M60 Larry Marsh, (AZ)	108-10 (92)	*M40 Jim Bailorgen, (WI)	14-2 (89)	M50 Lowell Peterson, (WI)	2:29.16 (89)
*WOPEN Zina Garrison, (CA)	56-3 (94)	*M45 John Ewing, (WI)	16-9 (89)	M55 Don Rivard, St. Paul	2:47.20 (88)
*W50 Sr. Rachel, Twin Cities (WI) 3k	75-6 (89)	M45 Russ Anteronen, Mpls.	14-6 (94)	*M55 Ted Oviatt, (CA)	2:58.69 (92)
W55 Sr. Rachel, Twin Cities	72-0 (92)	M50 George LaBelle, Ham Lake	14-6 (89)	*M60 Lloyd Young, Pine City	2:36.41 (88)
<b>Shot Put</b>		<b>Triple Jump</b>		<b>1 Mile</b>	
*M40 Jerry Sinters, (IA)	43-6 (93)	MOPE Mike Lyga, Fridley	39-10 (89)	*M50 Rick Kleyman, Plymouth	4:57.50 (92)
M40 Paul Mangiamela, Bloomington	34-3 (93)	M30 Bill Jahner, W. St. Paul	39-4 (92)	M55 Gary DeFrance, Golden Valley	5:30.94 (92)
*M45 Carl Klehm, (IL)	37-6 (88)	M50 George LaBelle, Ham Lake	27-6 (92)	*M55 Ted Oviatt, (CA)	6:15.15 (92)
M45 Dan LaBelle, Harris	36-7 3/4 (93)	M55 Jim Peterson, Aitkin	32-9 1/2 (90)	M60 Lloyd Young, Pine City	5:56.35 (90)
M50 George LaBelle, Ham Lake	36-6 (92)	M60 Chuck Olson, Nevis	28-2 (92)	M65 Jim Gibb, Woodbury	9:33.46 (90)
*M55 John Haugo, New Brighton	44-8 1/2 (90)	*M70 Charles Obye, (IA-AZ)	12-3 (89)	WOPEN Michelle Lyga, Mpls.	9:58.00 (82)
*M60 Larry Marsh, (AZ)	39-10 (92)	W40 Deb Vestal, Mpls.	12-2 (92)	*W35 Elizabeth Sundberg, (CA)	6:28.72 (92)
M60 Emmett Edwards, St. Paul	34-8 (93)	*W50 Sr. Rachel, Twin Cities		*W40 Marcy Gilles, Eden Prairie	5:43.80 (94)
M65 Dale Mayland, Bloomington	27-8 (94)	W55 Sr. Rachel, Twin Cities		W50 Sr. Rachel, Twin Cities	7:51.28 (86)
*M70 Hugh Hackett, (NM)	32-6 (90)	<b>Nonreligious Nonpolitical</b>			
M70 Ray Skotte, Mpls.	27-0 (90)	<b>501(C)3 SANCTIONED ORIGINAL "Certificate of Thanks" Sent Immediately for your contributions for insurance-facility fees... MAKE GIFTS MEAN A LOT TO US</b>			
*M75 Ralph Bowyer, (NM)	26-1 (94)	<b>11 AUGUST IS GREAT - CELEBRATE !!</b>			
WOPEN Michelle Lyga, Mpls.	26-1 (89)	<b>WEATHER GOOD, BAD, OR FAIR, "R" MEETS NEVER CANCEL</b>			
W50 Sr. Rachel, Twin Cities (IL)	26-1 (89)	TRUI.Y Amateur-TRUI.Y NONprofit. Entry fees for the benefit of continuing USMSO are			
W55 Sr. Rachel, Twin Cities	22-10 (92)	S8-one event, \$15-unlimited and family. List names and ages under one family name on backside of			
<b>Javelin</b>		entry for the 4X100 family fun relay. Include any track history you care to share. Spectator fee: \$3			
M30 Craig Haugaard, Hutchinson	90-5 (89)	individual-\$5 family. Mail to: Rachel Lyga, 122-63 1/way NE, Mpls, MN 55432 612/574-9661			
M35 Patrick Boulay, Mpls.	111-2 (92)	<b>ENTRY FORM</b>			
*M40 Bill Schooler, (IA)	144-5 (89)	Name _____ Birthdate _____ Age on 9/1/95 _____ W ( J ) ( ) _____			
M40 Bruce Walburg, Eden Prairie	113-0 (89)	Please Print _____ SUZp _____ Phone( ) _____			
M45 Lee Washington, Mpls.	116-1 (89)	Home address _____ (No P.O. Please)			
*M45 Carl Klehm, (IL)	74-3 (88)	City _____			
M50 George LaBelle, Ham Lake	114-9 (90)	THINK you'll try it-Circle it!			
M55 Jim Peterson, Aitkin	98-5 (92)	(Cancellations are no problem)			
*M60 Larry Marsh, (AZ)	107-1 (92)	EVENTS(Circle) HJ LJ TJ SP PV 110-100-80hs 50M 100M 800M 400W Mile 400m 200m			
M60 Emmett Edwards, St. Paul	90-9 (89)	BEST MARK _____			
*M65 Charles Obye, (IA-AZ)	120-3 1/2 (88)	"AT YOUR OWN RISK." We can dial 911. But if you need medical supervision for exciting physical activity, please do not attend this meet.			
*M70 Charles Obye, (IA-AZ)	105-7 (94)	WAIVER: I, the undersigned, being of sound mind and physical condition, am participating in the 21st Century Masters/Senior Olympic Early Morning "R" Track & Field Meets of my own free Will. I know my own body's limitations, and take full responsibility for my own health. I have personal injury insurance, and do hereby agree to waive any future claims for injuries against anyone, directly or indirectly, as a result of my activities in connection with the meet.			
WOPEN Zina Garrison, (CA)	51-7 (94)	I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, or have, without a reasonable cause, my U.S. Constitutional Right of Privacy violated.			
W40 Deb Vestal, Mpls.	37-7 (93)	Date _____			
*W50 Sr. Rachel, Twin Cities	85-2 (89)				
W55 Sr. Rachel, Twin Cities	57-1 (94)				
<b>Discus</b>					
M35 Patrick Boulay, Mpls.	104-10 (92)				
*M40 Jerry Sinters, (IA)	144-3 1/2 (92)				
M40 Tim Heikkila, Eagan	89-4 (90)				
M45 John Creighton, Prior Lake	99-9 (94)				
*M55 John Haugo, New Brighton	119-10 (90)				
*M55 Ted Oviatt, (CA)	96-4 (92)				
M60 Emmett Edwards, St. Paul	125-2 (90)				
M65 Dale Mayland, Bloomington	101-11 (94)				
*M65 Bob Warwick, Sr. (OK)	85-0 (88)				
*M70 Hugh Hackett, (NM)	109-9 (90)				
M70 Ray Skotte, Mpls.	58-8 (90)				
*M75 Ralph Bowyer, (NM)	95-9 (90)				
*WOPEN Zina Garrison, (CA)	76-4 (86)				
W40 Deb Vestal, Mpls.	51-6 (93)				
W50 Sr. Rachel, Twin Cities (SLP)	66-2 (86)				
<b>Weight Bag Toss 35# 25# 20#</b>					
M50 George LaBelle, Ham Lake	29-3 1/2 (93)				
M55 George LaBelle, Ham Lake	23-5 (94)				
*M60 Larry Marsh, (AZ)	34-4 (92)				
M60 Emmett Edwards, St. Paul	32-6 (92)				
M65 Dale Mayland, Bloomington	22-8 (94)				
WOPEN Zina Garrison, (CA)	20-0 (94)				
W55 Sr. Rachel, 20# 18-8 (92)	16# 21-2 (94)				

Our Father, Even Your MN August days get HOT; have Mercy on the '96 Olympic Marathoners in GA-Amen "Blessed are the peacemakers."



## Speaker's Corner

by HARVEY WILLIAMS

### On An Athlete Dying Old

**W**hat do you do if you are an athlete and find out you are going to die soon? On May 10, after several tests, I called my doctor from my granddaughter's home to get the results, to see if I had inoperable prostate cancer. The answer was yes.

After asking the doctor how long I could expect to live (two years plus), crying some, and calling my wife, I went immediately to the track and ran and threw the discus. I found out years ago, after being under stressful conditions (working as an A.F. crash-rescue officer and after that with the Federal Investigation Agency), that the best way to relieve stress was to just run it off.

But, the main reason for writing this letter is to tell my fellow athletes what a great bunch of men and women they are. This excludes the bad officials. I have never met any T&F athletes in the last 15 years who didn't love the sport and would offer to help another athlete to improve.

I can remember the first time I met Al Oerter and Parry O'Brien, and they offered suggestions. Al was kind enough to make a short video for my granddaughter. I have received four-page letters from Ross Carter and Don

Mather, offering throwing suggestions.

I also remember when Jack Greenwood had his close call and went on to great things after his operation. Ross Carter did the same. Most T&F athletes look five to ten years younger than their counterparts. People look at 83-year-old Leon Joslin and say they wish they looked half that good when they're that age.

Two of the greatest moments of my athletic career were attending the World Championships in Eugene in 1989 and meeting foreign athletes, and being picked by Southwest Bell Telephone as the athlete for its annual shareholder report centerfold after the first Senior Olympics in St. Louis. I couldn't understand why because I took only a fourth in the javelin and a seventh in the shot.

I found out later that it was because I was one of the only athletes who hadn't dyed his hair, and I looked like the CEO.

Believe me, if you get a possible death sentence from your doctor, your whole world will change overnight. When they bury me, I've asked my wife to throw my best discus into the casket as it's going down. I'll be throwing "up there" and the age groups will go on and on. Also, I think the officials will be of much better quality. I'm going to throw until I drop, and I'll see everybody in Buffalo, if I can raise the money. I have a weekly paper route with my granddaughter, age 10. □

(Harvey Williams, 70, lives in Mountlake Terrace, Wash. He has been married to Helen for 50 years. They have three children and eight grandchildren. This year, he has thrown the discus 125 feet. -- Ed.)



Frank Toner winning the M75 100 in 14.9, Visalia Classic Meet, Visalia, Calif., May 20. Al Guidet, #178, was second, and Clarence Killion, third. Photo by Glenn Williams

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## Rose Takes Bell in Berwyn 5000; Utes Top Performer

A projected masters battle between Nick Rose, 44, of England, and Doug Bell, 44, Greeley, Colo., in the 13th annual Berwyn 5000, Berwyn, Ill., May 20, didn't materialize. Rose, third in 14:34, was a contender for first for much of the race, while Bell, U.S. M40 record holder in the 25K, faded to 11th with a 15:27. Gary Townsend, 42, Oak Park, Ill., was third master in 15:39.

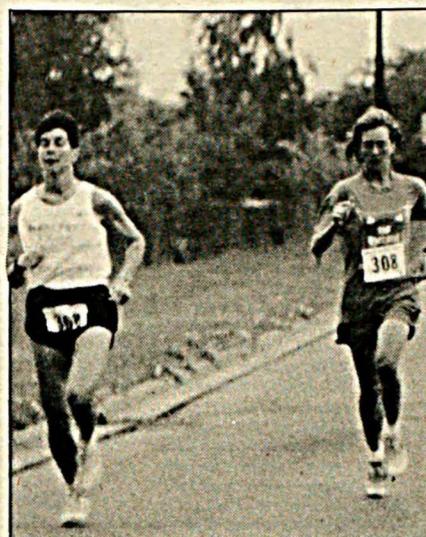
Rose, finishing 21 seconds behind winner John Kihonge, 24, said, "My

first priority is to win the masters division, but it's always nice to beat the youngsters."

Nancy Grayson, 45, Northville, Mich., ninth female in 17:46, was the W40-and-over winner. Charlene Soby, 44, Chicago, was second with an 18:03. Faith Walkwitz, 61, Bensenville, Ill., won the W60 race in 22:45.

Warren Utes, 74, Park Forest, Ill., topped the age-graded list with a U.S. age record 19:25, which equaled an A-G 13:17, or a 95.5% performance. Rose was second with a 13:22 (14:34). Grayson's 17:46 was an A-G 14:27, fifth on the list.

A record field of 800 contended for \$5300 in prize money under ideal racing conditions. □



Cathy Ventura-Merkel, 40, Arlington, Va. (left), third in 31:12, is caught by overall winner Erin Banks (30:58), 20, at 2.5 miles, Washington RunHers Mother's Day 8K, Washington, D.C., May 14. Photo by George Banker

### Five Years Ago July, 1990

- Earl Owens, 40, Runs 31:05 in Cotton Row 10K
- Jim Law, 64, Top Age-Graded Athlete in Birmingham
- Rick Hughson (40, 31:52) and Laurie Binder (42, 37:01) Win USA 10K

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**RUNNER'S**  
WORLD

Write On!

Continued from page 9

positive activity to further our sport are what are desirable in a candidate, not age.

Ms. Mitchell is correct that the WAVA Constitution requires that one must be at least 35 years old if they are female and at least 40 years old if they are male to be a member of the WAVA Executive Council. This is an obvious inequality, but that is another subject. WAVA, in general, attempts to give regional organizations as much latitude as possible which I personally agree with. Regions are free to organize as they see fit and to adopt their own constitutions and by-laws. As Ms. Mitchell points out, these constitutions may not conflict in any sense with the intent of the WAVA Constitution. As you may expect, regional constitutions differ from the WAVA Constitution in many details which are not contrary to the intent of the WAVA Constitution. A simple example is that the WAVA Constitution calls for a IAAF representative to be included in the Executive Council while the NCCWAVA Constitution does not include such a member.

For complete fairness, the validity of Mr. Corrichi's election in Edmonton will be an agenda item at the NC-CWAVA General Assembly in Buffalo (10 a.m., July 17, in the Hyatt Regency Hotel in downtown Buffalo).

Rex Harvey  
President NCCWAVA  
Mayfield Heights, Ohio

JAY SPONSELLER

Masters track & field has lost one of the real stalwarts of the sport with Jay Sponseller's death on May 22. It isn't just that he was a world class runner in each of his events, but that he was also the spark that inspired the rest of us to do our best through his example. His smile and friendly greeting for everyone he knew had a way of lighting up an entire stadium. He was the kind of guy you could never begrudge beating you in head-to-head competition. He was simply the best. We will miss him.

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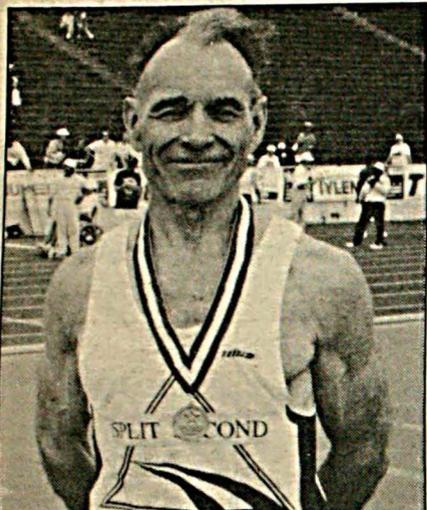
## Classic Draws 1417

Continued from page 1

group, still successfully defended his titles in the 200 and 400, and won a silver in the 100.

"This is a year that could have been humiliating for me," he said. "Here I am, competing against these young, strong, 65-year-olds whose Medicare cards aren't even rumped yet."

Former Olympian Phil Mulkey, 62, of Georgia, won four M60-64 gold



Jim Beall, 66, Waterford, Mich., won gold medals in the 1500 (5:20) and 5K road race (19:11) and a bronze in the 10K road race (41:25), U.S. National Senior Sports Classic, San Antonio, Texas, May 17-24. Beall will compete in the USAF Masters Championships in East Lansing and the WAVA Championships in Buffalo. Photo by Joyce Beall

medals (shot, high jump, javelin, pole vault) and a bronze (discus), setting two meet records in the high jump (5-1) and pole vault (11-1/4).

Jeanne Hoagland, 58, of Los Angeles, was a newcomer to the Classic and won gold medals in the W55 200, 800 and 1500 (5:46.41).

Harry Polites, 85, of New Jersey, proved it's never too late to go for the gold, becoming the only athlete at the meet to win seven gold medals, including two USNOSO records in the 800 and 1500.

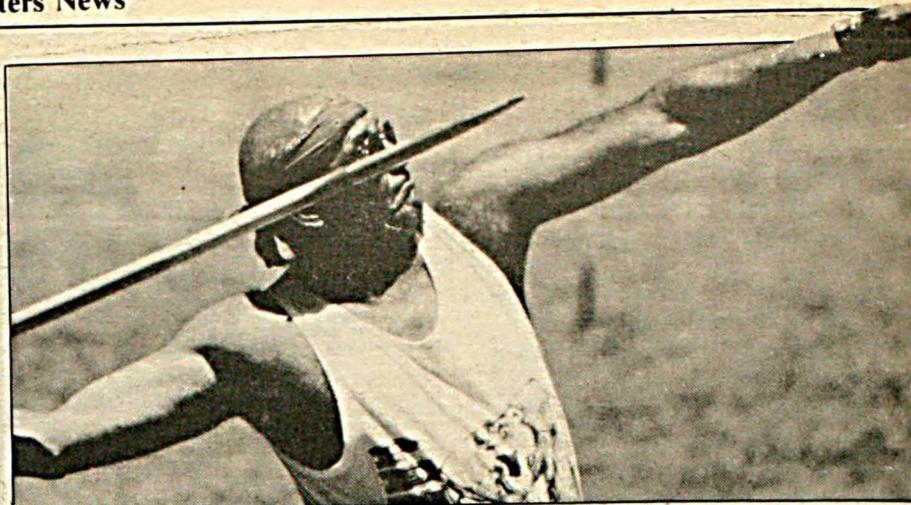
Janet Freeman, 62, of Ohio competed in seven T&F events as well as the triathlon and six swimming events.

Ross Carter, 81, won gold in the discus (110-2).

The meet included competition in archery, badminton, basketball, bowling, cycling, golf, horseshoes, racewalk, racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track and field, the triathlon, and volleyball. All athletes had to first qualify at local and state levels, bringing the total number of seniors involved on a nationwide level to about 250,000.

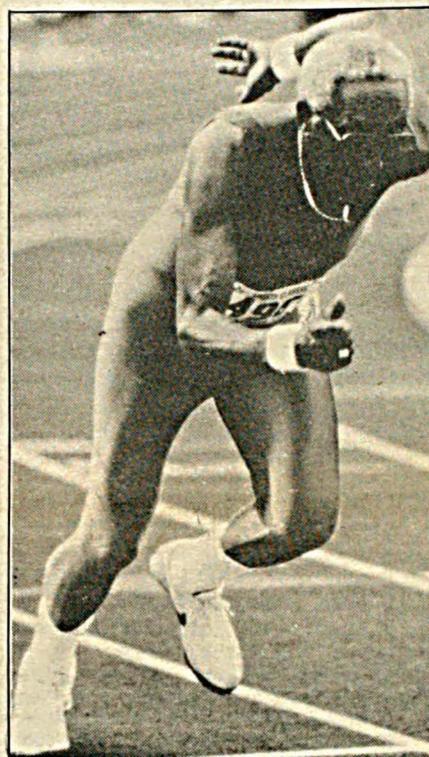
The U.S. National Senior Sports Organization (USNOSO) — a not-for-profit organization formed in 1985, designated by the President's Council on Physical Fitness and Sports — has hosted the Senior Sports Classic since its inception in 1987.

The 1997 event will be held in Tucson, Ariz., on May 21-29. □



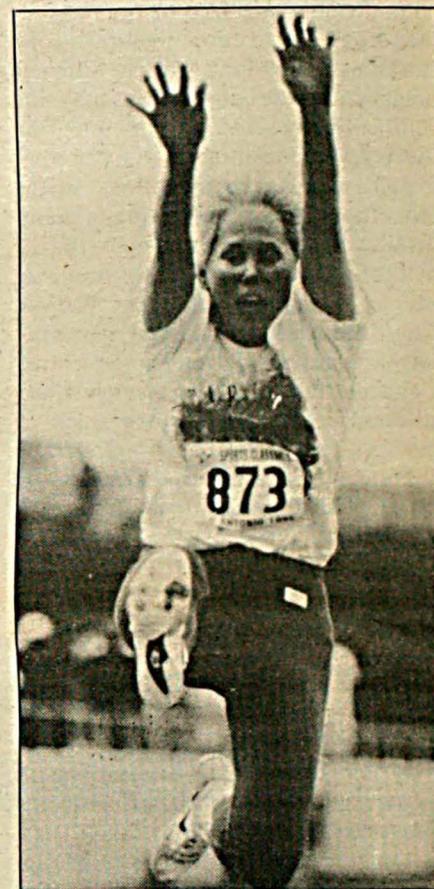
William Eisenhart, 57, of Altoona, Pa., competed in the field events at the 1995 U.S. National Senior Sports Classic V.

Photo by Rick Rickman/USNOSO



Jim Law, 69, of Charlotte, NC. Known as "America's Fastest Man Age 65+," Law won gold medals in the 200 and 400 sprints and a silver in the 100 at the Senior Sports Classic.

Photo by Rick Rickman/USNOSO



Senior Sports Classic medalist Betty Vosburgh, 63, of Atlanta, Ga. Vosburgh won 1 gold, 3 silver and 1 bronze medal in the track & field events. Photo by Rick Rickman/USNOSO

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## Moller Turns 40; Runs 33:35 in Advil 10K

by MARILYN MITCHELL

New Zealand's Lorraine Moller, 40, took top masters honors in the Advil 10K in New York City, June 10, with a 13th-overall 33:35 (92.9%AG), an outstanding 5:25-per-mile pace.

Moller missed any of the \$30,000 prize money, which went mainly to the first nine runners, but Gillian Horovitz, 40, as the third local runner to cross the line (36:17, 27th place overall) took home \$150 as a registered member of both USATF and NYRR.

Near-excellent race conditions for this time of year — 66 degree weather at the start which went into the 70s at finish time and completely overcast skies throughout the race — meant good times. The one detriment was high humidity.

About 7500 women competed in what is arguably billed as the world's most prestigious all-women's race. It was a truly stellar international field.

Sweden had a contingent of 122 women, while Grete Waitz, 40, who jogged in with a 52:33, led a group of 40 Norwegian runners. Though retired from racing, Waitz puts on one of the world's largest women's races — a 5K in Norway, held this year on May 6, with more than 43,000 participants.

Currently living in Boulder, Colo., Moller turned 40 on June 1. Her future includes the Peachtree 10K (July 4). In addition, she has her sights on her fourth Olympics, hoping to be chosen for the 1996 New Zealand team. Her most recent marathon best was a 2:32 in 1993; she's the bronze medalist from the 1992 Games.

"This actually might be my best time at this distance (10K)," she said. "I'm looking forward to getting older and getting better."

The overall winner was Delilah Asiago, 23, of Kenya in 31:22. □

U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Coordinator)

1995 Indoor 55m Compiled by Larry Patz

Table listing names and times for the 1995 Indoor 55m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Table listing names and times for the 1995 Indoor 60m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Table listing names and times for the 1995 Indoor 70-74 event, categorized by age groups (MEN'S 70-74, 75-79, 80-84, 85-89, 90-94).

Table listing names and times for the 1995 Indoor 80m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Table listing names and times for the 1995 Indoor 90m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Table listing names and times for the 1995 Indoor 100m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Table listing names and times for the 1995 Indoor 110m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Table listing names and times for the 1995 Indoor 120m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Table listing names and times for the Women's 70-74, 75-79, and 80-84 age groups.

1995 Indoor 400m Compiled by Larry Patz

Table listing names and times for the 1995 Indoor 400m event, categorized by age groups (MEN'S 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74).

Continued on next page

Continued from previous page. GARY CRAMPFORD 1:05.96 KEVIN SMITH 1:07.30 DAVE HERRINGTON 1:07.53 GEORGE RUX 1:07.66 JEFF STRAUSSMAN 1:08.30 DAVID WEISS 1:08.50 RON SLOZAT 1:08.90 MIKE NEDD CAN 58.87

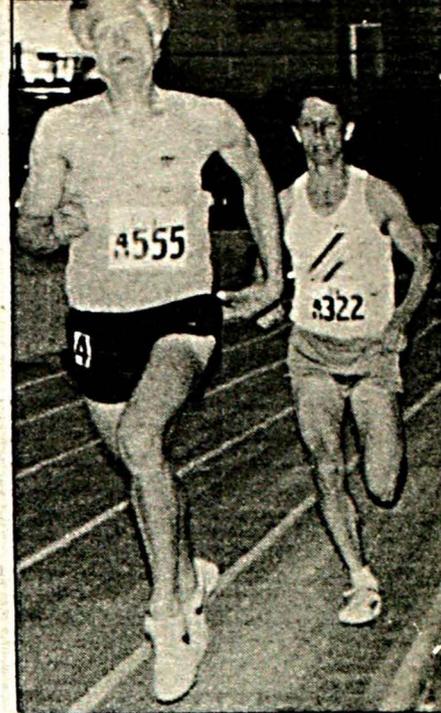
CAROL SMITH 1:20.50 KAREN BEARD 1:20.80 WOMEN'S 35-39 THERESA HAYES 1:01.73 LOUISE CLARK 1:04.51 DENISE MCFIELD 1:05.61 CHERYL ALSTON 1:06.98 LYNN DAVIS 1:09.55 CONNIE FANELLI 1:11.79 KAREN LAQUIDARI 1:15.30 AMY MORSA 1:19.50 NICHELLE DABNEY 1:20.50 S. O'HARA-COUGLIN 1:21.00 DIANE BECKWITH 1:26.50 DENISE O'BRIEN 1:26.70 BARR CLARKE 1:34.40 C. FELICZUK CAN 1:11.45

Bill Boyce 2:10.0 Rob Jackson 2:10.3 Kevin Kelly 2:11.6 P Bortolotti 2:11.9 Gary Tompkins 2:12.5 Anibal Rivera 2:12.7 Don Hodge 2:12.8 Dan Wizenreid 2:13.3 Jim Barboni 2:13.5 C Lutz 2:14.6 R Waterman 2:14.7 Steve Izzo 2:14.7 Joel Hoffmuth 2:14.7 Bob Crossin 2:14.7 Tom Surprenant 2:15.1 Bruce Bond 2:15.2 Jim Reppert 2:15.7 Bill Krieger 2:16.0 Jerry Feldhausen 2:16.6 D Waterman 2:16.9 Richard Clark 2:17.8 Juan Caspocia 2:18.1 Bob Pertak 2:19.6 Phil Griffin 2:19.9 S Heidenreich 2:20.7 John Ducey 2:21.1 Harold Jenkins 2:21.2 Tony Plaster 2:21.6 Arlene Mahoney 2:21.6 N Verdoliva 2:22.0 Dan Brennan 2:22.0 Richard Evans 2:22.2 T Cunningham 2:22.2 S Robertson CAN 2:02.2

Earl Fee CAN 2:17.6 M70-74 Archie Messenger 2:45.1 John McManus 2:47.8 Aveyry Bryant 2:52.5 Tom Walnut 3:11.8 Henry Kuric 3:38.5 Russ More 3:43.7 Roy Englert 4:04.5 Austin Newman 3:06.9 Nate White 3:19.3 Phil Ditz 3:22.8 George Blyn 3:24.2 Bob Matteson 3:27.9 Jim McGilvray 3:33.0 Bill Benson 3:36.3 B Kaplan 4:24.1 Bill Dyer 3:33.63 Dudley Healey 3:33.66 M30-34 Wayne DeMaris 2:18.7 Marcelle Curtis 2:20.9 Jane Hayes 2:27.2 C Macrilla 2:28.4 Kate Kinney 2:29.3 Kelly Etheridge 2:33.0 Jackie Shapiro 2:33.6 Pat Buzbee 2:35.9 Robert Perry 2:38.7 Fred Wilson 2:41.2 Ruth Yanai 2:42.4 Jennifer Frost 2:43.4 R Mosher 2:49.9 Deborah Yurth W35-39 Jennifer Fisher 2:17.0 Joan Sterrett 2:23.4 MaryEllen Malloy 2:26.5 A Coosi 2:27.2 Bernadette Flynn 2:36.4 Connie Fanelli 2:39.7 Franie Henson 2:41.0 Ruth Yanai 2:41.6 Maria Andrews 2:42.7 Karen Laquidari 2:43.4 Ann Tovey 2:48.4 Elna Casway 2:52.8 H Lutz 3:10.3 Amy Morse W40-44 W Dickson-Taylor 2:33.7 Harb Blaszak 2:35.2 Joyce Hayes 2:41.4 Irene Thompson 2:41.4 Janet Pletz 2:48.9 Nancy Lee Scott 2:50.2 Betty Clark 2:54.4 Myrna Mejors 2:57.3 Karen Carrino 3:01.5 Diane McNamus 3:07.8 Jane Benson 3:16.1 Dee Dee Grafius 2:26.4 Peggy Whitlow 2:28.3 Anne Schmitt 2:39.7 Kathy Holmstrom 2:47.1 Phil Raschker 2:47.4 Mary Hiatt 2:50.6 Sandy Miller 2:51.3 A Igoe 2:56.4 Anne Decker 3:05.6 Jennifer Pinto 3:13.4 Judy Warwick CAN 2:29.0 Jo Marchetti 2:40.6 Marilyn Morehead 3:07.6 M55-59 Madeline Bost 3:01.2 Merion Knight 3:13.8 Rita Kerr 3:14.0 Diane McIntyre 3:33.0 Grace Butcher 2:59.9 Liz Szawilowski 3:19.1 Lois Filreis 3:24.1 Melva Murray 4:40.3 Nancy Smalley 3:42.2 W70-74 Louise Adams 3:41.6 Pearl Mehl 6:26.4

Tim Ingall 35 4:51.6 B Thompson 4:52.1 George Blyn 6:36.22 Bill Benson 6:48.2 Bob Matteson 7:03.51 Jim McGilvray 7:22.8 M30-34 Dudley Healy 7:17.0 Bill Dyer 7:36.98 W30-34 Andrea Fischer 4:47.3 Doreen Greenan 4:57.3 Sherri Froshan 4:59.84 Sandy Gregorich 32 5:10.2 Carla Wvillie 5:13.20 Lorrie Harnell 34 5:17.2 W35-39 Joan Sterrett 4:59.2 Mary Olivieri 5:16.6 P DicksonTaylor 5:21.39 M Nauman 5:21.8 M AndrewsTurner 5:23.6 Mary Russell 5:28.6 Ann Tovey 5:30.1 Sandy Lovejoy 5:30.39 Karen Lein 5:31.44 Christina Gordon 5:31.7 W40-44 Honor Fetherston 4:55.73 Anne Ricar-Delli 5:07.21 Joyce Hayes 5:21.2 P DicksonTaylor 5:21.4 Debbie Judge 5:23.41 Doris Hearty 5:36.27 Regina Cahill 5:38.3 Gail Jones 5:39.99 J Roeder 5:46.1 Betty Clair 5:53.33 Laura Clark 5:54.11 W45-49 Anne Schmitt 5:17.79 Joan Shirley 5:18.97 Mary Rreodo 5:22.54 Anne Igoe 5:44.33 J Deker 5:49.6 Noel Bodwell 5:54.77 Becky Quartarolo 6:13.57 Judy Warwick CAN 5:18.70 W50-54 Joan Ottaway 5:12.43 Jo Marchetti 5:16.98 Janet Bober 5:40.72 Betty Criscione 6:20.4 J Teeple 6:23.2 Madeline Bost 6:01.6 Kathy McIntyre 6:39.04 K Schleusener 6:47.89 M70-64 F Riley 6:13.7 Marjorie Gilmore 6:33.4 Liz Szawilowski 6:40.94 Lois Filreis 6:44.1 W65-69 Nancy Smalley 7:22.70 W70-74 Louise Adams 7:21.22 Dawn Russell 7:29.4 W80-84 Pearl Mehl 12:37.13

George Blyn 6:36.22 Bill Benson 6:48.2 Bob Matteson 7:03.51 Jim McGilvray 7:22.8 M30-34 Dudley Healy 7:17.0 Bill Dyer 7:36.98 W30-34 Andrea Fischer 4:47.3 Doreen Greenan 4:57.3 Sherri Froshan 4:59.84 Sandy Gregorich 32 5:10.2 Carla Wvillie 5:13.20 Lorrie Harnell 34 5:17.2 W35-39 Joan Sterrett 4:59.2 Mary Olivieri 5:16.6 P DicksonTaylor 5:21.39 M Nauman 5:21.8 M AndrewsTurner 5:23.6 Mary Russell 5:28.6 Ann Tovey 5:30.1 Sandy Lovejoy 5:30.39 Karen Lein 5:31.44 Christina Gordon 5:31.7 W40-44 Honor Fetherston 4:55.73 Anne Ricar-Delli 5:07.21 Joyce Hayes 5:21.2 P DicksonTaylor 5:21.4 Debbie Judge 5:23.41 Doris Hearty 5:36.27 Regina Cahill 5:38.3 Gail Jones 5:39.99 J Roeder 5:46.1 Betty Clair 5:53.33 Laura Clark 5:54.11 W45-49 Anne Schmitt 5:17.79 Joan Shirley 5:18.97 Mary Rreodo 5:22.54 Anne Igoe 5:44.33 J Deker 5:49.6 Noel Bodwell 5:54.77 Becky Quartarolo 6:13.57 Judy Warwick CAN 5:18.70 W50-54 Joan Ottaway 5:12.43 Jo Marchetti 5:16.98 Janet Bober 5:40.72 Betty Criscione 6:20.4 J Teeple 6:23.2 Madeline Bost 6:01.6 Kathy McIntyre 6:39.04 K Schleusener 6:47.89 M70-64 F Riley 6:13.7 Marjorie Gilmore 6:33.4 Liz Szawilowski 6:40.94 Lois Filreis 6:44.1 W65-69 Nancy Smalley 7:22.70 W70-74 Louise Adams 7:21.22 Dawn Russell 7:29.4 W80-84 Pearl Mehl 12:37.13



Dan Peterson leads here in the M45 800, but Rich Schornstein won the race (2:02.45 to 2:02.80), 1995 USATF National Masters Indoor Championships, Reno, Nev. Both are from Colorado. Photo by Jerry Wojcik

1995 Indoor 800m Compiled by Bill Benson

M30-34 Bobby Dodd 2:00.0 Larry Beatty 2:00.1 Fin Martin 2:00.6 Oscar Heath 2:00.8 Adrian Brewster 2:02.3 Mark Powell 2:03.7 N Nesheim 2:04.6 Tyrone Nelson 2:05.3 Bic Stevens 2:05.5 Nick Pappas 2:05.5 Rob Bennett 2:06.2 L A Glazer 2:06.4 Rodney Furr 2:06.4 Dennis Jefferson 2:06.5 Lewis Conliss 2:07.8 Doug Miller 2:07.8 Chris Violette 2:08.8 Craig Lovthert 2:09.9 Matt Haffner 2:11.2 Phil Rougeux 2:11.2 Steven Eick 2:11.5 Robert Nessel 2:12.0 John Nelson 2:12.6 Doug Brooks 2:13.8 Ken Mann 2:14.4 Jeff Havens 2:15.3 Gary Griffin 2:17.8 Peter Bergeron 2:19.8 Kevin Lancaster 2:21.1 Mike Dzial 2:21.6 D Pallotta 2:23.9 M35-39 Rick Smith 1:59.6 Peter Corines 2:01.5 Doug Miller 2:04.6 Dick Kennedy 2:04.7 Anthony Watson 2:06.6 Miles Vaughn 2:08.4 Mark Cleary 2:08.9 Bob Thomas 2:09.4 D Salomone 2:09.4 Ron Nelson 2:09.4 Dan Mercier 2:10.2 Dennis Vejar 2:10.6 Stan Coleman 2:10.7 Frank St Dennis 2:10.7 Nikos Mourtos 2:11.9 Mario Bastos 2:12.2 C Crenshaw 2:12.6 Doug Christensen 2:12.6 Ed Pancoast 2:13.0 Kevin Hanlon 2:13.4 Willie Speight 2:13.6 Jeff Watry 2:14.4 D O'Connor 2:15.4 Mark Allen 2:15.5 Monty DiBattista 2:18.5 Ben Gorecki 2:22.5 William Wright 2:23.2 Steve Raker 2:23.6 Gary Burak 2:23.9 Tim McShon 2:24.7 R Skach 2:24.7 Bill King 2:25.5 M40-44 Steve Wolf 2:01.6 James Pryde 2:02.3 Stan Clark 2:02.7 Tom Harsthorpe 2:02.7 Marcel Phillippe 2:02.7 Rick Esley 2:03.6 Bruce Frey 2:03.6 Robert Walker 2:05.2 Vincent Shaw 2:07.0 Neil Hawk 2:07.0 Brad Brown 2:07.8 Wayne Morris 2:08.9 Gary Fanelli 2:09.7 Chris Armen 2:09.7 Scott Winston 2:10.0

1995 Indoor 1500m Compiled by Jerry Wojcik

M30-34 Rich Marion 4:05.62 Rodney Furr 4:16.4 Pat Wagner 4:16.59 Dennis Contois 4:17.77 John Molvar 4:17.94 Rick Ames 4:19.8 Daniel Haney 4:21.0 Doug Miller 4:22.0 L A Glazer 4:22.2 Scott Branta 4:27.23 Bob Nugny 4:28.0 Chris Lewis 4:28.5 Ted Polio 4:28.98 Paul Bliss 4:34.5 Earl Steinstracher 4:37.4 Ed Sanders 4:40.1 Groves Prince 4:41.7 Robert O'Connell 4:42.3 Sean Curley 4:43.4 Steve Simey 4:44.82 Richard Croak 4:45.68 Alan Sangape 4:46.7 Bill Ulrich 4:46.7 Alnaberto Alonso 4:48.5 Rick Browning 4:50.22 M35-39 Allan Muir 4:16.66 Tom Appel 4:18.02 Douglas Miller 4:20.29 Tom Watson 4:21.36 Joel Hope 4:23.06 Greg Miller 4:25.35 Mark Dickey 4:25.35 Guy Gordon 4:25.7 Casey Carlstrom 35 4:26.4 Mel Ulleeyer 4:27.6 J Lopez 4:27.6 Bruce Jacques 4:28.45 Charles Jewell 4:28.7 Jim Letts 4:30.05 Rick Argiture 4:30.6 J G Ruleau 4:31.59 Mark Cleary 4:31.95 Kyle Hibbart 4:35.1 William Brewer 4:35.3 Ed Pancoast 4:39.22 S Gang 4:39.5 Maurice Pointer 4:40.7 Jim Vivalo 4:41.1 Frank Tone 4:44.0 Randy Stach 4:45.6 Gregory Kelly 4:46.34

1995 Indoor Mile Compiled by Jerry Wojcik

M30-34 Cameron Stracher 4:26.10 M Gonsalves 4:28.05 Tony Ruiz 4:28.41 J Molvar 4:36.42 L A Glazer 4:40.65 Wayne Cottrell 32 4:42 Gary Griffin 4:44.8 Heath 4:45.21 Steven Eide 4:48.06 Craig Lovthert 4:50.1 C Hussey 4:51.91 Greg Langer 32 4:54 Richard Pointer 4:57.9 Ted Poulos 33 4:59 Alan Sangape 5:00.82 Sean Curley 32 5:01.4 Mike Biral 5:11.3 Adalberto Alonso 5:16.48 Grover Prince 5:19.47 Ritch Viola 33 5:20 M35-39 Doug Miller 4:33.37 Casey Carlstrom 35 4:36.0 Anthony Watson 4:37.67 S Brown 4:46.95 Kevin Woods 35 4:52.0 Gerry Horbstrak 4:53.07 Mike Porter 35 4:54 Maurice Pointer 39 4:55 E Pancoast 4:58.50 Robert Brush 5:01.86 Dale Nielsen 5:02.4 Greg Stephens 5:02.4 Chas McNulty 5:09.4 Greg Kelly 5:09.4 Phil Matroxia 5:09.8 Frank St Dennis 5:11.0 Marc Gilman 5:11.5 Jim Joseph 5:14.3 Kevin Hanlon 5:14.7 Tom Yurker 5:15.6 John Ashton 5:20.0 Rick Tosi 35 5:21 M40-44 Marcel Philippe 4:26.24 Tim Mcullen 4:26.92 James Pryde 41 4:28.2 Paul Mascali 4:28.42 Swag Hattel 4:29.91 Charlie McMillen 4:32.28 Gary Fanelli 4:33.61 Tom Hartshorne 4:33.66 Chuck Mosser 43 4:35.53 Paul Peterson 40 4:36 Gary Daniels 4:37.8 Bruce Frey 4:38.17 Tim Otis 4:39.72 Dan Morse 4:39.81 Joe Contario 41 4:41.68 Tim Ota 40 4:42.0 Tom Weber 41 4:45.58 Michael Samaan? 4:45.69 Mike McIlvillie 44 4:46.14 Jason Lee 4:46.64 Paul Ryan 44 4:48.06 Jack Afarian 4:49.7 S Schellenkamp 4:49.98 Randy Waterman 4:50.6 Larry Washington 434 50.8 Adam Chester 4:51.1 Gary Tompkins 4:51.5 Jim Terry 4:51.6 Dana Waterman 4:52.9 Scott Winston 41 4:53.1

1995 Indoor Mile Compiled by Jerry Wojcik

M30-34 Cameron Stracher 4:26.10 M Gonsalves 4:28.05 Tony Ruiz 4:28.41 J Molvar 4:36.42 L A Glazer 4:40.65 Wayne Cottrell 32 4:42 Gary Griffin 4:44.8 Heath 4:45.21 Steven Eide 4:48.06 Craig Lovthert 4:50.1 C Hussey 4:51.91 Greg Langer 32 4:54 Richard Pointer 4:57.9 Ted Poulos 33 4:59 Alan Sangape 5:00.82 Sean Curley 32 5:01.4 Mike Biral 5:11.3 Adalberto Alonso 5:16.48 Grover Prince 5:19.47 Ritch Viola 33 5:20 M35-39 Doug Miller 4:33.37 Casey Carlstrom 35 4:36.0 Anthony Watson 4:37.67 S Brown 4:46.95 Kevin Woods 35 4:52.0 Gerry Horbstrak 4:53.07 Mike Porter 35 4:54 Maurice Pointer 39 4:55 E Pancoast 4:58.50 Robert Brush 5:01.86 Dale Nielsen 5:02.4 Greg Stephens 5:02.4 Chas McNulty 5:09.4 Greg Kelly 5:09.4 Phil Matroxia 5:09.8 Frank St Dennis 5:11.0 Marc Gilman 5:11.5 Jim Joseph 5:14.3 Kevin Hanlon 5:14.7 Tom Yurker 5:15.6 John Ashton 5:20.0 Rick Tosi 35 5:21 M40-44 Marcel Philippe 4:26.24 Tim Mcullen 4:26.92 James Pryde 41 4:28.2 Paul Mascali 4:28.42 Swag Hattel 4:29.91 Charlie McMillen 4:32.28 Gary Fanelli 4:33.61 Tom Hartshorne 4:33.66 Chuck Mosser 43 4:35.53 Paul Peterson 40 4:36 Gary Daniels 4:37.8 Bruce Frey 4:38.17 Tim Otis 4:39.72 Dan Morse 4:39.81 Joe Contario 41 4:41.68 Tim Ota 40 4:42.0 Tom Weber 41 4:45.58 Michael Samaan? 4:45.69 Mike McIlvillie 44 4:46.14 Jason Lee 4:46.64 Paul Ryan 44 4:48.06 Jack Afarian 4:49.7 S Schellenkamp 4:49.98 Randy Waterman 4:50.6 Larry Washington 434 50.8 Adam Chester 4:51.1 Gary Tompkins 4:51.5 Jim Terry 4:51.6 Dana Waterman 4:52.9 Scott Winston 41 4:53.1

1995 Indoor Mile Compiled by Jerry Wojcik

M30-34 Cameron Stracher 4:26.10 M Gonsalves 4:28.05 Tony Ruiz 4:28.41 J Molvar 4:36.42 L A Glazer 4:40.65 Wayne Cottrell 32 4:42 Gary Griffin 4:44.8 Heath 4:45.21 Steven Eide 4:48.06 Craig Lovthert 4:50.1 C Hussey 4:51.91 Greg Langer 32 4:54 Richard Pointer 4:57.9 Ted Poulos 33 4:59 Alan Sangape 5:00.82 Sean Curley 32 5:01.4 Mike Biral 5:11.3 Adalberto Alonso 5:16.48 Grover Prince 5:19.47 Ritch Viola 33 5:20 M35-39 Doug Miller 4:33.37 Casey Carlstrom 35 4:36.0 Anthony Watson 4:37.67 S Brown 4:46.95 Kevin Woods 35 4:52.0 Gerry Horbstrak 4:53.07 Mike Porter 35 4:54 Maurice Pointer 39 4:55 E Pancoast 4:58.50 Robert Brush 5:01.86 Dale Nielsen 5:02.4 Greg Stephens 5:02.4 Chas McNulty 5:09.4 Greg Kelly 5:09.4 Phil Matroxia 5:09.8 Frank St Dennis 5:11.0 Marc Gilman 5:11.5 Jim Joseph 5:14.3 Kevin Hanlon 5:14.7 Tom Yurker 5:15.6 John Ashton 5:20.0 Rick Tosi 35 5:21 M40-44 Marcel Philippe 4:26.24 Tim Mcullen 4:26.92 James Pryde 41 4:28.2 Paul Mascali 4:28.42 Swag Hattel 4:29.91 Charlie McMillen 4:32.28 Gary Fanelli 4:33.61 Tom Hartshorne 4:33.66 Chuck Mosser 43 4:35.53 Paul Peterson 40 4:36 Gary Daniels 4:37.8 Bruce Frey 4:38.17 Tim Otis 4:39.72 Dan Morse 4:39.81 Joe Contario 41 4:41.68 Tim Ota 40 4:42.0 Tom Weber 41 4:45.58 Michael Samaan? 4:45.69 Mike McIlvillie 44 4:46.14 Jason Lee 4:46.64 Paul Ryan 44 4:48.06 Jack Afarian 4:49.7 S Schellenkamp 4:49.98 Randy Waterman 4:50.6 Larry Washington 434 50.8 Adam Chester 4:51.1 Gary Tompkins 4:51.5 Jim Terry 4:51.6 Dana Waterman 4:52.9 Scott Winston 41 4:53.1

1995 Indoor Mile Compiled by Jerry Wojcik

M30-34 Cameron Stracher 4:26.10 M Gonsalves 4:28.05 Tony Ruiz 4:28.41 J Molvar 4:36.42 L A Glazer 4:40.65 Wayne Cottrell 32 4:42 Gary Griffin 4:44.8 Heath 4:45.21 Steven Eide 4:48.06 Craig Lovthert 4:50.1 C Hussey 4:51.91 Greg Langer 32 4:54 Richard Pointer 4:57.9 Ted Poulos 33 4:59 Alan Sangape 5:00.82 Sean Curley 32 5:01.4 Mike Biral 5:11.3 Adalberto Alonso 5:16.48 Grover Prince 5:19.47 Ritch Viola 33 5:20 M35-39 Doug Miller 4:33.37 Casey Carlstrom 35 4:36.0 Anthony Watson 4:37.67 S Brown 4:46.95 Kevin Woods 35 4:52.0 Gerry Horbstrak 4:53.07 Mike Porter 35 4:54 Maurice Pointer 39 4:55 E Pancoast 4:58.50 Robert Brush 5:01.86 Dale Nielsen 5:02.4 Greg Stephens 5:02.4 Chas McNulty 5:09.4 Greg Kelly 5:09.4 Phil Matroxia 5:09.8 Frank St Dennis 5:11.0 Marc Gilman 5:11.5 Jim Joseph 5:14.3 Kevin Hanlon 5:14.7 Tom Yurker 5:15.6 John Ashton 5:20.0 Rick Tosi 35 5:21 M40-44 Marcel Philippe 4:26.24 Tim Mcullen 4:26.92 James Pryde 41 4:28.2 Paul Mascali 4:28.42 Swag Hattel 4:29.91 Charlie McMillen 4:32.28 Gary Fanelli 4:33.61 Tom Hartshorne 4:33.66 Chuck Mosser 43 4:35.53 Paul Peterson 40 4:36 Gary Daniels 4:37.8 Bruce Frey 4:38.17 Tim Otis 4:39.72 Dan Morse 4:39.81 Joe Contario 41 4:41.68 Tim Ota 40 4:42.0 Tom Weber 41 4:45.58 Michael Samaan? 4:45.69 Mike McIlvillie 44 4:46.14 Jason Lee 4:46.64 Paul Ryan 44 4:48.06 Jack Afarian 4:49.7 S Schellenkamp 4:49.98 Randy Waterman 4:50.6 Larry Washington 434 50.8 Adam Chester 4:51.1 Gary Tompkins 4:51.5 Jim Terry 4:51.6 Dana Waterman 4:52.9 Scott Winston 41 4:53.1

1995 Indoor 3000m Compiled by John Dickey

MEN'S 30-34 Mike Casner 8:45.57 Fred Harris 8:46

Continued from previous page. Table listing names and times for various events.

Table listing names and times for various events, including Harold Nolan, Al Swenson, Alan Beck, etc.

Table listing names and times for various events, including Burr Grim, Don Farley, Oliver Collins, etc.

Table listing names and times for various events, including Nancy Smalley, Doryl Brechbuehl, Louise Adams, etc.

Table listing names and times for various events, including Larry Salinger, Tom Thorne, Rob Hagin, etc.

Table listing names and times for various events, including William Detorn, Michael Hill, Johnnie Hill-Hudgins, etc.

Table listing names and times for various events, including 1995 Indoor 55m Hurdles, 1995 Indoor High Jump, etc.

Table listing names and times for various events, including 1995 Indoor Pole Vault, 1995 Indoor Long Jump, etc.



Christel Miller, California, W60 winner (7.94) shot put, with second-place Mary Hirst (c), California, and third-place Judy Fetherston, New Mexico, on the victory stand, 1995 USATF National Masters Indoor Championships, Reno.

Continued from previous page

Tom Thorne	4.69
Roger Williams	4.64
Lloyd Long	4.59
Edwin Stampler	4.48
Charles Varnet	4.35
Ben Lane	4.26
Henry Clapper	4.20
Mike Valle	4.15
James Brady	4.13
Alan Slater CAN	5.16
M55-59	
Dale Lance	5.51
Earl Cole	5.48
Paul Pawlik	5.48
Hans Gordon	5.28
Alvin Henry	5.25
Pete Stopoulos	4.92
Gerald Counihan	4.91
Dean Dopp	4.81
George LaBelle	4.77
Dee DeWitt	4.70
Bob O'Brien	4.62
Vince Ruffin	4.61
Stan Richmond	4.58
J Hills	4.55
John Head	4.53
Ed Kent	4.38
James Wagner	4.29
Norm Cyprus	4.19
Haig Bohigian	4.12
Bruce Mills	4.06
Dillon Maier	4.06
Sam Rumford	4.02
Paul Knuvila CAN	4.44
M60-64	
Phil Mulkey	5.12
Dick Richards	5.07
Jim Stookey	4.96
Dave Jackson	4.87
Lowell Bonifield	4.76
Norm Robinson	4.72
Jim Peterson	4.59
Clarence Trinkner	4.52
Ray Graves	4.45
Joe Hamler	4.43
John Copp	4.41
K C Keffner	4.37
Jack Lance	4.12
Oscar Taylor	4.11
Frank Brown	4.00
Frank Perry	3.99
Francis Lapointe	3.96
Lloyd Kempf	3.96
Bill Forde	3.85
Richard Wieland	3.84
Ted Swanson CAN	4.34
M65-69	
Jim Stookey	4.95
Syd Salt	4.48
Jerry Donley	4.46
Chuck Sochor	4.34
Ken Yahiro	4.31
Ray Propst	4.30
Denver Smith	4.29
Tom Delany	4.28
Tom Rice	4.27
Bailey Gore	4.22
Bob Higginbotham	4.21
Harvey Lewellen	4.17
Al Brenda	4.15
Grant Twitchell	4.14
Frank Brako	4.13
Gordon Seifert	4.09
Bill Townsend	4.06
Ed Falor	3.91
Eugene Hess	3.80
Bill Daprano	3.73
M70-74	
Mel Larsen	5.05
Ed Lukens	4.39
Fred Hirsimaki	4.23
Oscar Harris	3.88
Vern Mattson	3.86
Lester Farmer	3.83

**1995 Indoor Triple Jump**  
Compiled by Charles Mercurio

M30-34	Jeff Helton	13.14
	James Wardle	13.10
M35-39	Kevin Crawford	13.96
	Mike Lariza	13.57
	Vince Martin	13.19
	Sparks Sorlien	13.08
	Charlie Irwin	12.80
	Dave Stauffer	12.80
	Larry Carver	12.80
	Gary Lacey	12.80
	Jerry Rohn	11.67
	Frank Makoy	11.14
	Larry Hawkins	10.75
	Bill Mathers CAN	10.94
M40-44	Mike Skoflanc	11.90
	Scott Thomsley	11.80
	Mark Niastro	11.79
	Mark Gershon	11.17
	Ivan Black	11.16
	Keith Johnson	11.13
	Audy Hecker	10.89
	Douglas Fredricks	10.89
	Jim Dolezel	10.51
	Ken Rose	10.32
	James Hawkins	10.30
	Larry Isler	9.80
	Sergio Angulo	9.73
	Jeff Gallero	9.60
	John Olesky	9.58
	John Townsend	9.53
	Ken Kienzle	9.36
	Dan Gola	9.33
M45-49	Milan Tiff	14.82
	Angel Caffinero	11.84
	Ray Shaw	11.43
	Ken Troy	10.96
	John Meisner	10.36
	Dana Harrell	9.95
	Jim Shea	9.90
	Mike Milove	9.81
	Sarah Boslaugh	9.77
	John Weidiss	9.41
	Ethna Crowley	9.30
	Garry Fox CAN	9.12
	Taylor Tunstall	9.12
M50-54	Don Dvorak	11.19
	Jim Hollister	11.14
	Ken Winters	11.14
	Ken Medley	10.82
	Kirt Vener	10.81
	Roger Bagneski	10.47
	Bill Wood	10.21
	John Bateman	10.19
	Paul Gansle	9.86
	Dennis Stempel	9.78
	John Edwards	8.81
	Lloyd Long	8.10
	Alan Slater CAN	10.61
M55-59	Al Henry	10.87
	Mel Ramey	10.65
	Haig Bohigian	9.60
	Ed Kent	9.45
	Dee DeWitt	9.13
	Pete Stopoulos	9.09
	Bob O'Brien	8.77
	Larry Carter	8.73
	M Hong	8.59
	George LaBelle	8.48
	Roger Dean	8.39
	John Head	8.32
	J Hills	8.26
	Paul Knuvila CAN	10.04
M60-64	Dave Jackson	10.93
	Charles Richard	10.59
	Phil Mulkey	10.25
	Jim Stookey	10.14
	J Peterson	9.19
	F LaPointe	8.74
	Jack Lance	8.45

**1995 Indoor Shot Put**  
Compiled by Russ Reabold

M30-34	Dennis DeSoto	16.81
	Steven Hansen	14.76
	Tom Arrington	14.08
	Kevin Wood	12.87
	John Garvey	12.29
	Tom Mcnna	11.20
	Scott Thomas	9.75
M35-39	K Swanko	14.31

**1995 Indoor Weight**  
Compiled by Jerry Wojcik

M30-34	Kevin Wood	13.671
M35-39	Ken Jansson	19.441
	David Vandergriff	14.921
	Eric Hodgdon	12.911
	Charles Black	12.911
M40-44	Peter Farmer	16.641
	Wayne Willis	13.241
	C Reichert?	12.671
	Gary Kelmenson	12.581
	Don Filkins	12.571
	Carl Richard?	12.561
	Larry Readman	12.251
	E Daniels	11.681
	Forest Brouillard	11.531
	Patrick Burns	11.291
	Rich McMullin	10.231
	Mike Sherrill	9.591
M45-49	Mike Grisko	12.901
	P Gratanowski	12.821
	John Casamassima	12.541
	Pat Lynn	12.471
	Bob Sager	12.251
	Rich Smith	11.371
	D Gustafson	9.951
	Tim Edwards	9.871
M50-54	Tom Gage	16.851
	George Mathews	13.681
	Robert Neale	12.131
	Al Meville	10.431
	Hans Burnstrom	9.501
	William Burke	9.001
	Joe Singh	7.721
	P Fusco	7.291
M55-59	Dick Hatchkiss	13.441
	Norm Cyprus	11.621
	Rasal Terhune-Young	11.031
	Rick Hylke	10.461
	D Amey	8.581
	George LaBelle	8.481
	Frank Carl	8.301
	Steve Biddinger	7.261
M60-64	Stewart Thomson	16.081
	Len Olson	15.041
	Tom Wesselowski	14.511
	Pay Carstensen	13.521
	Vernon Spencer	13.421
	Fred Shanahan	12.821
	Don Hughes	11.361
	Bob Kemp	11.351
	Don Levesque	11.201
	Pete Barker	10.741
	P Soraparu	9.581
M65-69	Cliff Blair	14.051
	Ken Weinbel	12.351
	W Garahan	11.941
	Phil Busca	10.921
	Harry Hawke	10.741
	Vince Seapronio	8.991
	Harvey DeVries	8.531
	Jerry Wojcik 65	8.281
	Mel Curran	6.911
M70-74	A J Crawford	11.991
	Bill Bangert	11.111
	Charles Covino	8.951
	Jacob Stein	8.391
	Al Jankola	5.791
	Walter Jenkins CAN	8.911
M75-79	Manuel White	11.371
	A U Ricciardi	9.501
	Low Lehrs	6.351
M80-84	James York	6.891
	Leon Joelin	6.191
M90-94	Lorraine Tucker	9.92
	Pauline Thomas	9.56
	Johnnie Hill-Hudgins	8.95
	Phil Raschker	8.43
	Mary Mayvott	7.23
	Dianna Lickey	6.59
	K Wells	5.89
	Mary Lou Platts	5.86
M95-99	Vanessa Hilliard	10.95
	Marlene Sachs	9.60
	Roslyn Katz	9.56

**1995 Indoor 3000m Racewalk**  
Compiled by Jerry Wojcik

M30-34	Herman Nelson	12:28.88
	Robert Gottlieb	13:58.29
	Daniel Vogel	15:07.90
M35-39	Frankie Darden	15:57.9
M40-44	Ron Winkler	16:30.20
	Andrew Hecker	16:46.72
	Alan Robinson	17:02.8
	Steve Gardiner	17:31.20
	Art Klein	17:46.86
	Greg McCoy	17:58.59
M45-49	Tony Mempel	15:02.8
	Bill Fenner	15:13.29
	Norm Frable	15:35.18
	Ron Salvio	15:53.12
	Marcus Kantz	16:00.0
	Steve Frey	16:22.20
	Ed Sell	16:51
	Jim Goldstein 46	16:54
	Ross Baranco	18:10.77
	Andy Smith	18:23.88
	Steve Arubthnot 46	18:58
M50-54	Jim Carmine	14:21.18
	Ed Kousky	15:13.89
	Pat Drury	15:49.3
	Manny Eisner	15:52.36
	W Crandall	15:52.42
	Don Howles	16:41.46
	Richard Jirousek 5116-53	17:05.50
	Bob Brewer	17:23.08
	Larry Freeman	17:23.08
	Vic Litwinski 51	17:41
	Robert Brzek	17:50
M55-59	John Elwarner	15:24.04
	Paul Johnson	16:03.90
	John Schulz	16:23.17
	Mike Hoffer	17:56.01
	Stuart Sonne	18:39.47
	Joe Stefanowicz	19:00.2
	Beno Stein	19:33.01
M60-64	Jack Bray	15:46.43
	Bob Barrett	16:46.84
	Dick Petrucci	17:28.12
	Claude Wrathall	18:30
	George Kruck	18:44
	Cedric Huestace	18:46
	Joe Laburo	18:46
	Anthony Ryan	19:26.2
	Bob Davis	19:43.5
	Don Baltes	20:18.19
M65-69	Ed Gawinski	16:20.90
	V Genclinger	17:38.08
	John Cervetti	18:12.2
	Jack Orzetta	18:29.15
	Albert Goldman	18:36
	Bill O'Reilly 69	20:29
	Don Sibigtroth	21:13.18
M70-74	Mike Rolak	18:58
	Richard Bennet	21:41.97
	John Levinsohn	23:04.21
	Jay Charles	23:49.6
M75-79	Joe Ferrin	20:55.81
	Paul Geyer	21:09.47
	Troy Grove	21:50.95
	H Appenzeller	24:43.96
M85-89	Martin Bartels	26:12.7
M90-94	M Torrellas	15:39.51
	J Granucci	16:44.98
	Sarah Prince	18:05
M95-99	Victoria Herazo	13:25.68
	Gloria Ravis	15:32.0
	Theresa Kholian	15:39.75
	Deb Stegman	16:30.99
	Becky Comeaux	16:33.19
	Terri Krentz	17:29.20
	Terri Brothers	17:40.87
	Virginia Fogg	18:01.96
M100-104	Pat Wier	15:06.1
	Phyllis Harcen	16:01.5
	K Stoyanowski	16:31.13
	Lynn Tracy	17:09.90
	Laurel Williams	18:23.87
	Ann Davin	18:28.76
	Jeanne Davis	19:26.5
	Alice Winkler	19:35.6
M105-109	Donna Cetrulo	18:39.7
	Kathy Frable	18:50.60
	Alice Winkler	18:58
	Nancy Goldman	19:17.00
	Mary Hess-Hoffer	19:52.85
	Nancy Mackola	20:38
	Isabel Stuper	21:11.5
M110-114	Jeanne Bocci	18:06
	Valerie Stowe	18:34.49
	Lani LeBlanc	19:38.93
	Kathryn Carmine	20:25.46
	Jan Dondon	21:21.09
M115-119	Bev LaVeck	18:12.00
	Nancy Zielenski	20:08.55
M120-124	S Dockstader	19:09.83
	Judy Breen	21:47.70
M125-129	Roselyn Bingham	22:16.00
	Joan Rowland	22:26.33
	Charlotte Walker	23:37.30
M130-134	Iwona Watkins	22:32.08
	Minna Charles	23:50.3
	Jean Cotner	26:18.11
M135-139	Dorothy Roberts	28:47.11

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Name.....  
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M55-59	Joe Keshmiri	15.74
	Russ Hodge	15.34
	Dick Hatchkiss	14.63
	Glen Johnson	13.23
	P Choquette	11.99
	E Schmidt	11.60
	Morn Myrps	11.46
	Norm Cyprus	11.28
	Sam Rumford	11.05
	Frank Carl	10.92
	George LaBelle	10.87
	Ed Schmidt	10.77
	Dale Lance	10.52
	Robert Burke	10.51
	Tom Lewis	10.28
	Don Amery	10.17
	G Cormey	9.98
	B Warren	9.83
	Lew Overbeck	9.50
	J Mills	9.20
	John O'Neill	9.19
	Michael Hoffer	8.85
	Mark Hoff	8.37
	Bruce Mills	8.11
M60-64	Phil Mulkey	14.22

## 5529 Athletes From 74 Nations Enter XI World Veterans Championships in Buffalo

Continued from page 1

The World Veterans Athletics Championships are the premier international track and field competition for men 40 years of age and over, and for women 35 years of age and over. An additional 6000 accompanying persons are expected to attend the 11-day event beginning on Thursday, July 13, providing an estimated economic impact of \$25 million to the area.

### 13,152 Event Entries

The total number of event entries is 13,152, down 32 percent from the 19,207 in Miyazaki (1993), but up 17 percent from Turku (1991) and up four percent from Eugene (1989).

The marathon drew the most entries (965), followed by the 5000 (934), 100 (906), 200 (864), cross-country (851), and 400 (767).

Twelve of the 26 events have record-high entries, exceeding even the Miyazaki totals: 400 (767), 1500 (761), long hurdles (293), steeplechase (224), pole vault (222), discus (590), hammer (360), decathlon (246), heptathlon (60), weight pentathlon (350), 5000 racewalk (531), and 20/10K roadwalk (474).

Excluding the Miyazaki totals, 20 of the 26 events have record-high entries.

The number of decathlon entries (246) is up 41% from Miyazaki and 13% from Turku. The heptathlete total (60) is up 5% from Miyazaki. Weight pentathlon entries (350) are up 101% from Japan.

The combined racewalk totals (1005) are up 52% from Miyazaki and 12% from Eugene. The hammer throw entries are up 36% from Japan and 58% from Eugene.

### 565 From Germany

Next to the host country's total of 1830, the largest contingent will come from Germany (565), followed by Canada (317), Great Britain (222), Australia (216), Japan (158), India (137), and Finland (134).

Countries represented for the first time are: Antigua, Barbados, Bermuda, Djibouti, Mauritius, and Panama.

### 27 Percent are Women

Of the total of 5529 entrants, 4038 (73%) are men and 1491 (27%) are women. The percentage of women is the highest ever for a WAVA World Championships, surpassing the previous highs of 25% in Eugene and 24% in Turku.

Of the USA's 1830 entrants, 1421 (78%) are men and 409 (22%) are women. Countries sending more women than men are Argentina, Bermuda, Indonesia, Lithuania, Namibia, Mauritius, Peru, and the Philippines. One-third of Germany's sign-ups are female.

The new women's events continue to grow. The hammer throw drew 139 female entries, up 36% from 102 in Miyazaki and up 128% from 61 in Eugene. The triple jump lured 90, up 12% from 80 in Miyazaki. The pole

vault attracted 32, up 33% from 24 in 1993. Forty-eight women entered the steeplechase, up a solid 55% from Miyazaki's 31.

The first two days of the meet should be busy, with a record number of decathletes/heptathletes competing. The cross-country will also be held on Day One.

The 100-meter dashes should be something to see. With 906 entrants among all the age groups, it will take about 114 first-round heats, not to mention the quarter-finals, semi-finals and finals. It should be quite a show.

Competition will be held in the traditional five-year age groups through age 95-plus. Opening ceremonies are set for Friday, July 14. Then, action continues through Sunday, July 23, with off days on Monday, the 17th, and Thursday, the 20th.

### Camaraderie

While the competition is the reason for the whole affair, the best experience for most participants in Buffalo will be meeting and making friends with people from all over the world. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year, they will be staged by the Buffalo Organizing Committee, under the leadership of Vito Borrello, Executive Director; Neal Fatin and Robert Greene, co-chairs; Dick Barry, competition director; and hundreds of volunteers from the Buffalo community.



Shown here with the "first ticket" to the Opening Ceremonies of the XI World Veterans Athletics Championships are (from left to right): Neal V. Fatin, co-chair for the Championships and president of TR Services Business Telephone Systems; Dennis T. Gorski, Erie County Executive; Michael G. McGowan, staff director of community relations for NYNEX, and Vito J. Borrello, executive director of the Buffalo Championships.

"We are literally working day and night, seven days a week, to ensure the meet's success," Borrello said.

### Facilities

Two stadiums at the University of Buffalo will be the primary sites for the competition. The 16,500-seat stadium — built at a cost of \$23 million for the 1993 World University Games — will be the location for the majority of the action and all track and field finals, while a supplemental stadium, 1000 meters away, will handle the remainder.

The main stadium is an eight-lane, 400-meter track encircling a natural grass infield, 186-foot free-standing light towers to illuminate nighttime action, state-of-the-art training facilities, physical conditioning equipment, two large locker rooms for up to 800 athletes, luxury suites, and a 100-seat

press box.

The second stadium features an eight-lane, 400-meter artificial surface, an electronic scoreboard, and seating for 4000 spectators.

The marathon will use the Skylon route, a beautiful flat course starting in downtown Buffalo, going over the USA/Canada Peace Bridge into Canada, and following the Niagara River to Niagara Falls, Ontario.

The Robert Moses Parkway in Niagara Falls, N.Y. will provide a scenic route for the road racewalks, while Akron Falls Park will provide a challenging, rolling, grassy cross-country course.

### Nationwide Telecast

A one-hour live/highlight show of the first four days of the competition will be shown on Prime Network on

Continued on page 26

Number of Entries by Event and Age Group — XI WAVA World Veterans Athletics Championships — Buffalo, N.Y., July 13-23, 1995

EVENT	100	200	400	800	1500	5K	10K	SH	LH	SC	HJ	PV	LJ	TJ	SP	DT	HT	JT	DEC	WP	XC	MAR	5KW	20KW	10KW	TOTAL
M40	87	83	98	101	113	113	85	33	41	34	29	38	45	34	37	29	21	29	54	22	105	178	29	35		1473
M45	72	73	75	76	73	100	90	29	26	25	22	29	38	17	47	44	26	39	31	28	115	171	40	40		1326
M50	91	92	84	72	86	120	88	36	30	33	31	28	40	32	41	48	26	34	41	34	112	144	42	41		1426
M55	77	84	80	60	71	100	67	34	28	27	28	28	46	34	42	51	32	31	23	36	107	117	54	51		1308
M60	91	97	75	64	73	89	60	26	47	21	33	24	43	30	44	60	32	34	31	35	81	85	49	46		1270
M65	66	65	50	36	51	62	43	33	28	15	25	18	39	23	41	53	29	28	26	30	60	42	46	36		945
M70	47	44	35	24	32	48	42	20	13	13	21	13	30	16	30	38	24	21	20	22	40	33	27	18		671
M75	31	27	18	19	25	27	24	7	5	4	15	6	22	11	26	31	13	20	12	14	25	10	20	12		424
M80	21	24	19	20	18	14	10	10	5	3	14	4	17	9	21	25	15	17	7	11	10	4	14	12		324
M85	7	6	5	0	3	2	2	3	1	1	3	2	5	3	4	6	3	4	1	3	2	1	6	1		74
M90	4	5	1	0	1	1	2	0	0	0	1	0	0	2	3	2	0	1	0	1	0	0	1	0		25
M95	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0
<b>TOTAL</b>	<b>594</b>	<b>595</b>	<b>540</b>	<b>472</b>	<b>546</b>	<b>676</b>	<b>513</b>	<b>231</b>	<b>224</b>	<b>176</b>	<b>222</b>	<b>190</b>	<b>325</b>	<b>211</b>	<b>336</b>	<b>387</b>	<b>221</b>	<b>258</b>	<b>246</b>	<b>236</b>	<b>657</b>	<b>785</b>	<b>328</b>	<b>292</b>		<b>9261</b>
W35	40	41	32	16	28	36	19	11	13	9	16	3	20	12	13	15	11	12	13	7	22	32	14		15	450
W40	39	32	41	36	38	36	21	22	17	11	10	4	22	13	19	17	17	14	9	17	32	39	25		31	559
W45	46	40	27	27	30	42	28	13	6	10	10	5	23	8	23	24	18	16	11	11	33	31	43		37	562
W50	55	51	39	34	40	46	31	16	14	8	17	5	26	12	40	35	23	31	9	24	37	27	35		33	688
W55	47	37	30	21	26	35	25	14	9	4	14	8	21	18	38	26	22	22	10	16	29	29	33		25	559
W60	30	28	22	19	26	31	15	8	5	6	13	2	18	11	33	29	21	23	3	17	16	10	15		12	401
W65	23	18	15	9	8	12	10	5	5	0	14	4	12	6	29	23	10	21	5	9	10	6	15		12	281
W70	16	13	13	11	11	15	6	0	0	0	8	1	12	6	18	17	8	12	0	6	9	5	10		11	208
W75	6	5	3	1	2	1	1	0	0	0	4	0	6	2	11	10	5	8	0	5	5	1	8		5	89
W80	8	6	4	5	6	4	2	0	0	0	1	0	2	1	5	6	3	5	0	1	1	0	3		1	64
W85	2	1	0	0	0	0	0	0	0	0	0	0	2	1	2	1	1	0	0	1	0	0	2		0	13
W90	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0	2
<b>TOTAL</b>	<b>312</b>	<b>273</b>	<b>227</b>	<b>179</b>	<b>215</b>	<b>258</b>	<b>158</b>	<b>89</b>	<b>69</b>	<b>48</b>	<b>107</b>	<b>32</b>	<b>164</b>	<b>90</b>	<b>231</b>	<b>203</b>	<b>139</b>	<b>164</b>	<b>60</b>	<b>114</b>	<b>194</b>	<b>180</b>	<b>203</b>		<b>182</b>	<b>3891</b>
<b>GRAND TOTAL</b>	<b>906</b>	<b>868</b>	<b>767</b>	<b>651</b>	<b>761</b>	<b>934</b>	<b>671</b>	<b>320</b>	<b>293</b>	<b>224</b>	<b>329</b>	<b>222</b>	<b>489</b>	<b>301</b>	<b>567</b>	<b>590</b>	<b>360</b>	<b>422</b>	<b>306</b>	<b>350</b>	<b>851</b>	<b>965</b>	<b>531</b>	<b>292</b>	<b>182</b>	<b>13152</b>
<b>EVENT</b>	<b>100</b>	<b>200</b>	<b>400</b>	<b>800</b>	<b>1500</b>	<b>5K</b>	<b>10K</b>	<b>SH</b>	<b>LH</b>	<b>SC</b>	<b>HJ</b>	<b>PV</b>	<b>LJ</b>	<b>TJ</b>	<b>SP</b>	<b>DT</b>	<b>HT</b>	<b>JT</b>	<b>HEP</b>	<b>WP</b>	<b>XC</b>	<b>MAR</b>	<b>5KW</b>	<b>20KW</b>	<b>10KW</b>	<b>TOTAL</b>



# Countdown to Buffalo

## Opening Ceremonies to Rock and Roll

by BOB CHASE, Buffalo Organizing Committee

**H**undreds of local performers recruited from all across western New York will shine on a world stage at the rocking opening ceremonies for the XI World Veterans Athletics Championships on Friday, July 14, and again at the jazzy closing ceremonies on Sunday, July 23. NYNEX will sponsor both the opening and closing ceremonies.

"We're going to be putting on the world's premier exhibition of masters track and field talent when the Championships begin next month," said Neil V. Fatin, co-chair for the Championships. "NYNEX is enabling us to show our guest athletes and their families a world-class good time with two grand pageants."

Vito Borrello, executive director of the Championships, added that tickets will be \$18 for the opening ceremonies and \$18 for the closing ceremonies, both of which will be held at the main stadium at the University at Buffalo.

With the theme of "Still Rockin' After All These Years," the NYNEX Opening Ceremonies will celebrate a unique American phenomenon — good time rock 'n' roll from the '50s, and '60s. Athletes will be led onto the field by classic hot rods and street machines carrying local dignitaries.

Hundreds of singers, dancers and performers wearing poodle skirts, bobby socks, slicked-back hair and leather jackets will accompany the King of the Twist, Chubby Checker, in a performance of his greatest hits, finishing with the audience dancing with the performers in a carnival of song and fireworks. With his signature song "The Twist," Chubby Checker is the only artist in pop music history to reach Number One with the same song in two different years — in 1960, and again in 1962.

The NYNEX Closing Ceremonies, titled "All That Jazz — Buffalo Style," will take a pensive look back on the previous 11 days of competition and the lasting friendships made. The Buffalo Philharmonic, Buffalo area sax legend Bobby Militello and singer Maureen McGovern will headline the evening's entertainment, while hundreds of singers and dancers pay tribute to the athletes. Participants will extinguish their own personal Championships flames as they look ahead to the 1997 Championships in Durban, South Africa, and the evening will conclude with the most spectacular fireworks display ever seen in western New York.

The entertainment for the NYNEX Opening Ceremonies is being arranged by a talented team of experienced show producers and event planners.

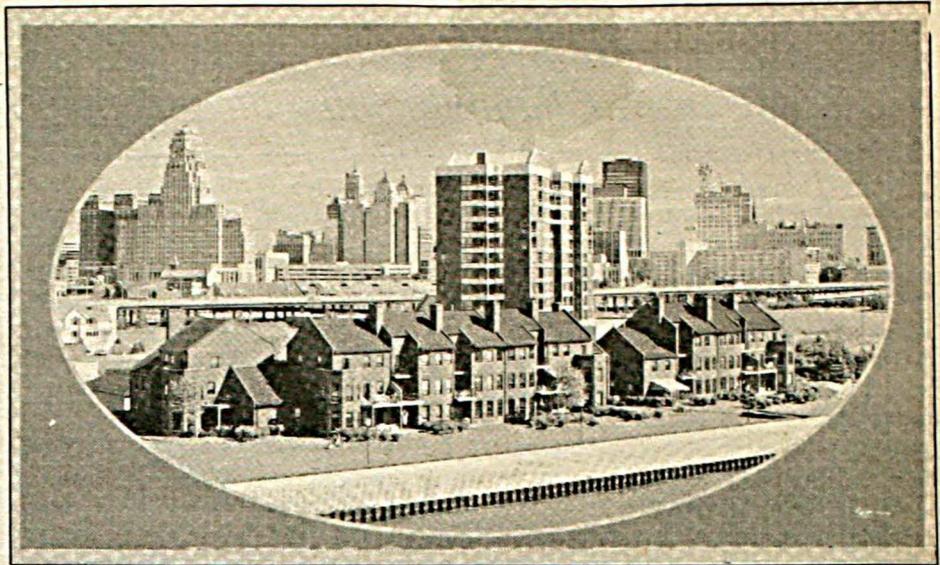
Jan Barrett of J.P. Barrett & Associates, Michael Brennan of Brennan & Associates, Lynne Kurdziel-Formato from the Department of Theatre at the University at Buffalo, and Mary Kate O'Connell of O'Connell & Company Productions are the local professionals responsible for designing, planning and directing these two special performances.

Buffalo's WGRZ-TV 2 will air a live, one-hour broadcast during the opening ceremonies and again during the closing ceremonies. These programs will feature highlights of the ceremonies and interviews with athletes, celebrity guests and competition organizers.

"These Championships give western New Yorkers an opportunity to show the world our wealth of culture, natural beauty and hospitality," said Joseph DeMauro, vice president and general manager of operations for NYNEX in the Buffalo area. "As a company that's served the people of western New York for more than a century, NYNEX is proud to be a major sponsor of this event." □



Dick Barry, Competition Director of the XI World Veterans Championships.



Buffalo

## World Veterans Championships in Buffalo

Continued from page 25

Sunday, July 16 at 9 p.m. EDT.

### Activities

A highlight of the week will be the Gala Reception, to be held on Wednesday, July 19 at The Pier, Buffalo's premier waterfront nightclub. The evening's theme will be "Hands Across America" featuring the dynamic variety of traditional American cultures.

The opening and closing ceremonies promise to be lavish, with a budget of \$250,000. The tab is being picked up by NYNEX, the regional telephone company, which had earnings of \$792 million in 1994 on revenues of \$13.3 billion. Tickets to the opening will sell for \$18 to the public. "We hope to sell out the stadium," Borrello said. (See separate story on this page).

A good place to socialize will be the beer and wine garden, on the University of Buffalo campus near the dorms and along the lake. Entertainment will be provided from 7 p.m. to 11 p.m. nightly.

### Travel/Accommodations

Travel and accommodations are being handled by Stovroff & Taylor Travel. Airline and rental car discounts are also available through Stovroff & Taylor, the official travel agency of the Championships. Phone 800-543-8616 between 8 a.m. and 6 p.m. EDT, Monday through Saturday.

### Sightseeing

Thirteen packages promoting regional attractions have been arranged including Niagara Falls, downtown Buffalo, Toronto, Buffalo architecture, the Albright-Knox Art Gallery, Chautauqua Institution, the Corning Glass Center, Genesee Country Village, and lunch and dinner cruises on Lake Erie. For information, contact the Travel Team Inc. at 800-245-8326.

### Free Shuttles

A free shuttle bus system will offer service between the major hotel areas, the athletes' village at the university dormitory area, and the competition venues. Transportation will also be provided from the Buffalo airport during peak arrival and departure times and for the banquet and WAVA

meetings.

### U.S. Team Meetings

U.S. team managers, Sandy Pashkin and Phil Greenwald, will hold daily meetings for all U.S. participants beginning July 13 at 10 a.m. in stadium #1. Athletes are urged to check the USA message board at stadium #1 and attend the daily briefings. Throughout the competition, Pashkin or Greenwald will be stationed in the stadium grandstand in an area above the finish line. Look for the USA banner and flag.

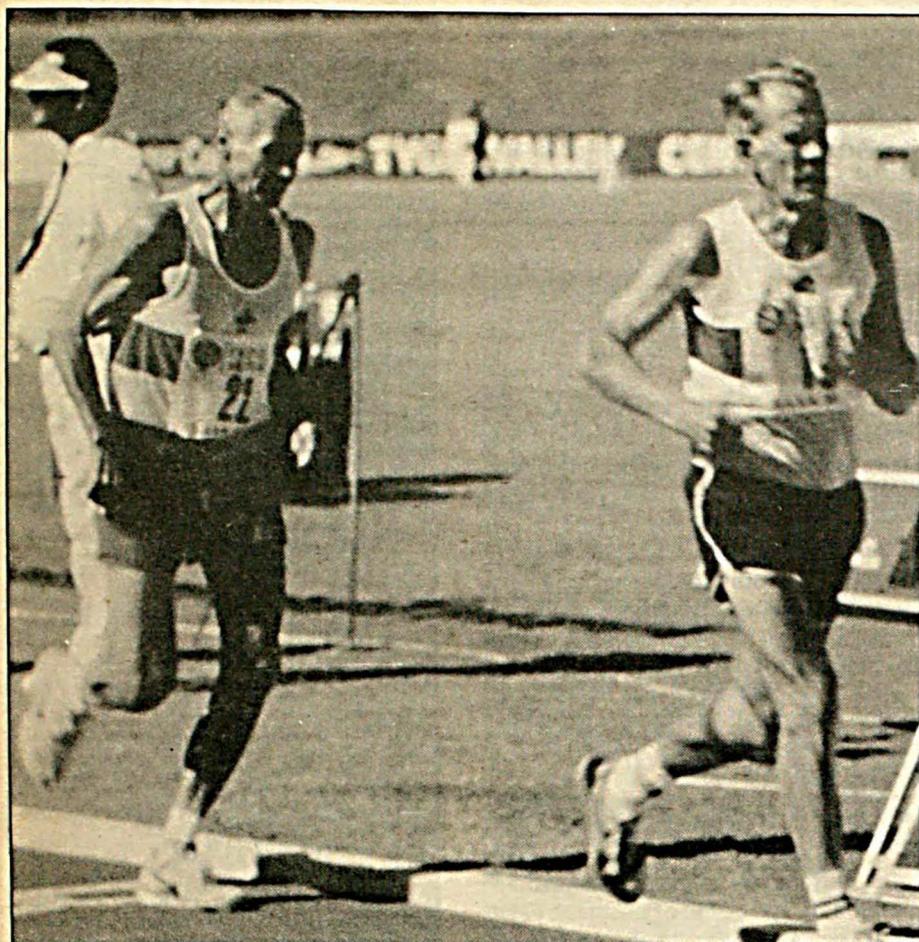
### Relay Teams

Relays (4 × 100, 4 × 400) are limited to one team per country. The selection

Continued on page 27

### Number of Entrants by Event at Last Four WAVA World Championships

Event	1989	1991	1993	1995
100	796	780	1438	906
200	787	704	967	868
400	730	619	668	767
800	710	572	604	651
1500	725	608	738	781
5000	957	765	1025	934
10000	608	700	553	671
10K	1110	-	-	-
SH	275	261	355	320
LH	290	232	260	293
SC	176	203	189	224
HJ	283	325	362	329
PV	172	160	164	222
LJ	469	475	713	489
TJ	272	285	374	301
SP	433	514	660	567
DT	453	537	561	590
HT	228	271	265	360
JT	389	379	490	422
DEC	196	217	175	246
HEP	40	54	57	60
WP	-	-	174	350
XC	832	824	1997	851
MARA	787	965	5776	965
5KW	474	430	394	531
20KW	260	256	177	292
10KW	167	117	91	182
TOTAL	12619	11253	19207	13152
Entrants	4754	4802	12175	5529
Events per entrant	2.65	2.34	1.58	2.38



Joe Botha won the 1500 with a national M75 record 5:53.54, South African Veterans Championships, Cape Town, April 22-23. Jan Grobbelaar (#22) won the M70 race in 5:57.2.

Photo by Leo Benning

### Four Cities to Bid for 1999 Championships

A record four cities will bid to host the 1999 XIII WAVA World Veterans Athletics Championships:

- 1) Gateshead, Great Britain
- 2) Kuala Lumpur, Malaysia
- 3) St. Petersburg, Russia
- 4) Vancouver, Canada

The choice will be made by the delegates to the biennial WAVA General Assembly on July 20 in Buffalo, New York. About 162 delegates, plus the 14-person WAVA Council, are eligible to vote. (The USA has five delegates.)

In 1993, Durban, South Africa, was chosen to host the 1997 Championships.

#### Non-Stadia Championships

In 1993, the 1996 Non-Stadia Championships were awarded to Brugge, Belgium. Japan was expected to bid for the 1998 event, but they did not sign a contract, as required. So the status of the 1998 Championships is uncertain.

#### Proposed Amendments

Also on the agenda in Buffalo will be various proposed amendments to the WAVA Constitution and By-Laws:

- To replace the 25K with the half-marathon at the non-stadia championships.
- To combine the Doping and Medical Committees.
- To require the General Assembly to approve the budget, by-laws, and all rule changes.
- To clarify the record-keeping process.
- To hold the marathon on the

penultimate day of the Championships.

- To limit the number of events for each athlete to three.
- To set an age limit. □

### World Veterans Championships in Buffalo

Continued from page 26

process varies from country to country. U.S. relay teams will be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Buffalo. USA relay members may compete only in their own age group.

#### Sections

The 5000 and 10,000 runs, steeplechases, and 5000 track walks will have seeded sections based on estimated performances. The faster sections will go last. Overall best times from all sections will determine the age-group winners.

#### Advancement from Heats

In track events from 1500 down, heats will be run, if necessary. At least two competitors will advance from each heat to the next round.

#### Medals

Medals will be awarded to the first three finishers in the individual events and the first three teams in the non-stadia and relay team events.

Medal standards will apply in all events except the non-stadia events, women's steeplechase, hammer throw, pole vault, triple jump, and for all athletes over age 90. In all other events, the last place finisher, where there are three or fewer competitors in an event, must meet the medal standard. Medal presentations will be held on the day after the event.

Certificates of participation will be given to all competitors.

#### Team Events

In team scoring events, an athlete may move down an age group subject

to declaration. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3rd in their team event. Teams will be formed by coun-

Continued on page 28

#### XI WAVA Championships Number of Participants by Nation

	Men	Women	Total
Albania	18	4	22
Antigua	0	1	5
Argentina	21	24	45
Armenia	1	1	2
Australia	152	64	216
Austria	30	14	44
Barbados	1	0	1
Belgium	18	13	31
Bermuda	0	2	2
Bolivia	10	4	14
Brazil	61	31	92
Canada	232	85	317
Chile	35	15	50
China	5	3	8
Colombia	49	46	95
Croatia	3	0	3
Czech Republic	45	7	52
Denmark	24	10	34
Djibouti	5	0	5
Dom. Republic	1	0	1
Estonia	31	18	49
Fiji	1	1	2
Finland	108	26	134
France	91	23	114
Germany	380	185	565
Great Britain	159	63	222
Greece	33	6	39
Guyana	7	0	7
Hong Kong	12	6	18
Hungary	30	9	39
Iceland	6	1	7
India	101	36	137
Indonesia	5	9	14
Ireland	21	8	29
Israel	2	1	3
Italy	65	14	79
Jamaica	0	1	1
Japan	129	29	158
Latvia	14	10	24
Lebanon	3	0	3
Lithuania	14	17	31
Malaysia	7	1	8
Mexico	35	18	53
Namibia	1	4	5
Netherlands	29	19	48
Mauritius	0	1	1
New Zealand	51	35	86
Nigeria	1	0	1
Norway	32	13	45
Pakistan	6	0	6
Panama	1	0	1
Papua New Guinea	1	0	1
Peru	8	10	18
Philippines	1	4	5
Poland	34	8	42
Portugal	65	10	75
Puerto Rico	19	3	22
Romania	3	2	5
Russia	79	31	110
Singapore	14	5	19
Slovakia	4	3	7
Slovenia	12	8	20
South Africa	43	40	85
Spain	43	11	54
Sri Lanka	4	1	5
Sweden	57	18	75
Switzerland	55	18	73
Taipei	46	14	60
Trinidad & Tobago	5	3	8
Turkey	5	1	6
USA	1421	409	1830
Uruguay	10	4	14
Venezuela	16	9	25
Yugoslavia	3	2	5
<b>TOTALS</b>	<b>4038</b>	<b>1491</b>	<b>5529</b>

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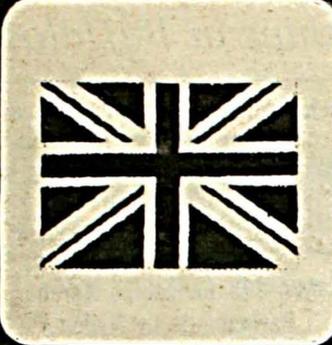
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Business: 216-531-3000 x3366  
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OPEN

**VICE-PRESIDENT (Non-Stadia):**  
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Korte Zilverstraat, 5  
B - 8000 Brugge, Belgium  
Fax: 32-50-334-325



# Report from Britain

from MARTIN DUFF

Nigel Gates, M40, continued to prove that he is the top British master, with stellar performances in the National Veterans Road Relay and BVAF 5K Championships, held on successive weekends at the end of May.

The 1994 World 10K champion ran a three-mile leg over the hilly Sutton Park, Birmingham, circuit, May 20, in

14:23, and then ran a 14:47 5K in the Cathedral City of Wells, Somerset, May 29.

Gates' team, Brighton, however, was not among the medalists at Sutton Park. Welsh team Swansea, with 1989 world 10K champion Alun Roper on their squad, recovered from a disastrous start (76th on the first lap)

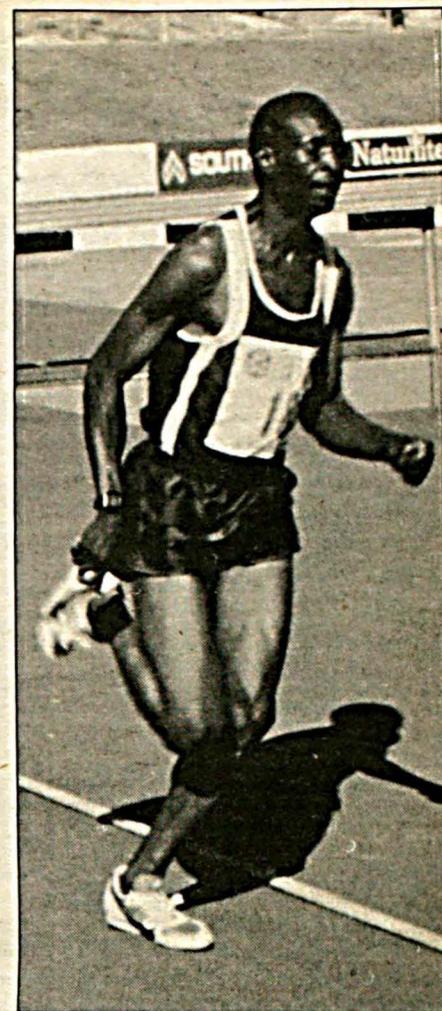
to win, with Martin Rees taking them to a fine victory in the last mile of the 8x3 mile race. Rees ran 14:44 for second best to Gates.

Northern clubs Bordes and Hallamshire won the W35 and W45 (3x3) races, respectively. The fastest was Janet Holt with a 16:23.

Rees was also runner-up to Gates in the 5K at Wells with a 14:56, and Mike Hages was third. Ahmed Amraoui was best M45 and sixth overall in 15:11.

The over 50s had a separate race, won by new M50 Graham Taylor (16:09), European Championships marathoner in 1966, who narrowly headed M50 Steve Birkin (16:10) and M55 winner, Les Presland (16:11).

Jill Harrison, 35, won the women's BVAF 5K, running in the women's open race, scoring in 16:50, ahead of Fiona Phillips (35, 17:18) and Barbara Boylan (49, 17:41). □



Vincent Lentoenyane, M45 800 winner (2:06.97), South African Veterans Championships, Cape Town, April 22-23.

Photo by Leo Benning

## 74 Nations Enter XI World Veterans Championships in Buffalo

Continued from page 27

try. Marathon, road walks and cross-country will be scored on aggregate times by teams of the first three of each country to finish in each 5-year age group.

### National Uniforms

In WAVA World Championships, everyone competes as an individual, not as a member of a national team. Athletes may wear a uniform of their choice — either a national uniform, club uniform, or favorite T-shirt. There will be national team scoring in the relays, marathon, cross-country and road walks.

Anyone wishing to score as a

member of a team must wear a uniform clearly identifying the country he/she is representing. Moreover, the Buffalo community is encouraging the wearing of national uniforms in the streets and around the town so residents will know where athletes are from.

### WAVA Meetings

Several important meetings will take place during the Championships, most of which are open to everyone (see meeting schedule).

### General Assembly

Everyone is invited to attend the WAVA General Assembly Meeting on Thursday, July 20 at the Hyatt Regen-

cy Hotel in downtown Buffalo. Only delegates may vote, however. Contact your national delegate if you have an opinion on some item of business. (The USA delegates are Ruth Anderson, Jerry Donley, Norm Green, Barbara Kousky, and Scott Thornsley. Alternates are Ken Weinbel, Joan Stratton, and Marilyn Mitchell.)

Continued on page 29

## European Veterans Road Races

by BRIDGET CUSHEN

Valladolid, 3000 ft. up in the mountains of Northern Spain was the venue for the IV European 10K, half marathon and 20K road walk for women, and 30K for the men, on May 9.

Surprisingly, a light ground frost greeted the walkers on their early morning start on the 2000m 15-lap course around the city center park. The two 46-year-old Russians, Alexander Oleinik and Viacheslav Troshkin, with the Swiss, Bernard Binggeli, set a blistering early pace but after 15K the Italian, Fabio Ruzzier, began to come through and go on for a decisive win. Binggeli held on bravely for the overall silver and first M45. Five were shown red cards by the international judges. Fourteen countries participated.

The women's championships was a rather tame affair in comparison, with World Cup representative, Teresa Palacio, Spain, W35 a full ten minutes clear of the runner-up.

The 10K one-lap flat course was a nail-biting affair with 42-year-old Klaus Goldammer of Germany just holding off the local favorite, Miguel Sanz, Spain, in the finishing straight. Omer Van Noten of Belgium picked up the bronze and led the M45 age group home.

The Dutch W40, Zantinga Hennie, had an untroubled win in the women's race in 36:11. There were 265 finishers representing 15 countries.

The half marathon on Sunday attracted a larger field with Albert Rungerr, Italy, clocking 1:09:52 over the two-lap course.

Willie Marshall, GB, easily won the M65 double. He has now won all European races since their inception eight years ago.

## CALENDAR OF EVENTS

### XI World Veterans' Athletic Championships

Day 1	Thursday, July 13	.....Decathlon and Heptathlon Cross Country
Day 2	Friday, July 14	.....Decathlon and Heptathlon Opening Ceremonies
Day 3	Saturday, July 15	.....Start of Track & Field Competition
Day 4	Sunday, July 16	.....Road Walks
Day 5	Monday, July 17	.....Non-Competition Day WAVA Regional Meetings WAVA Committee Meetings WAVA Women's General Meeting
Day 7	Wednesday, July 19	...Banquet
Day 8	Thursday, July 20	.....Non-Competition Day WAVA General Assembly
Day 10	Saturday, July 22	.....Weight Pentathlon - Men
Day 11	Sunday, July 23	.....Weight Pentathlon - Women Marathon Relays Closing Ceremonies

### 3<sup>RD</sup> WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



BRUGGE BELGIUM 29/30 JUNE 1996

Road : 10 -25 Km  
Walk : 20 Km Women  
30 Km Men

Entry forms, information and accommodation :

Jacques Serruys  
Korte Zilverstraat 5  
8000 Brugge - Belgium  
Tel. 00 32 50 341 781  
Fax : 00 32 50 334 325

## Championships

Continued from page 28

### Results

The results of the Championships will be published in the September issue of the *National Masters News*. Instructions for ordering a results book will be in the competitors' handbook.

### NMN Booth

The *National Masters News* will have a booth at the event, staffed by office manager Suzy Hess and Senior Editor Jerry Wojcik. The new 1995

Continued on page 30

## Bill Taylor

Bill Taylor, Vice President-Stadia of the World Association of Veteran Athletes, died while on a training run near his home in Oxford, England, June 11. He was 77.

On June 9, Taylor had his annual physical exam, mandatory in England for everyone over age 70. The doctor reportedly told him his heart was sound and he was in good shape.

When he didn't return from his run, his wife, Peggy, went to the track and found him lying in the nearby grass.

Taylor had been the WAVA Vice President of Stadia since 1989 and was unopposed in the upcoming elections in Buffalo, July 20, for a fourth term. He spent a week in Buffalo in late May, working long hours with the Buffalo organizers on the competitors' handbook, competition schedule, and other important technical matters. On June 8, he mailed an 8-page report to members of his Stadia Committee, finalizing plans for the Championships on July 13-23. His death was a shock and totally unexpected.

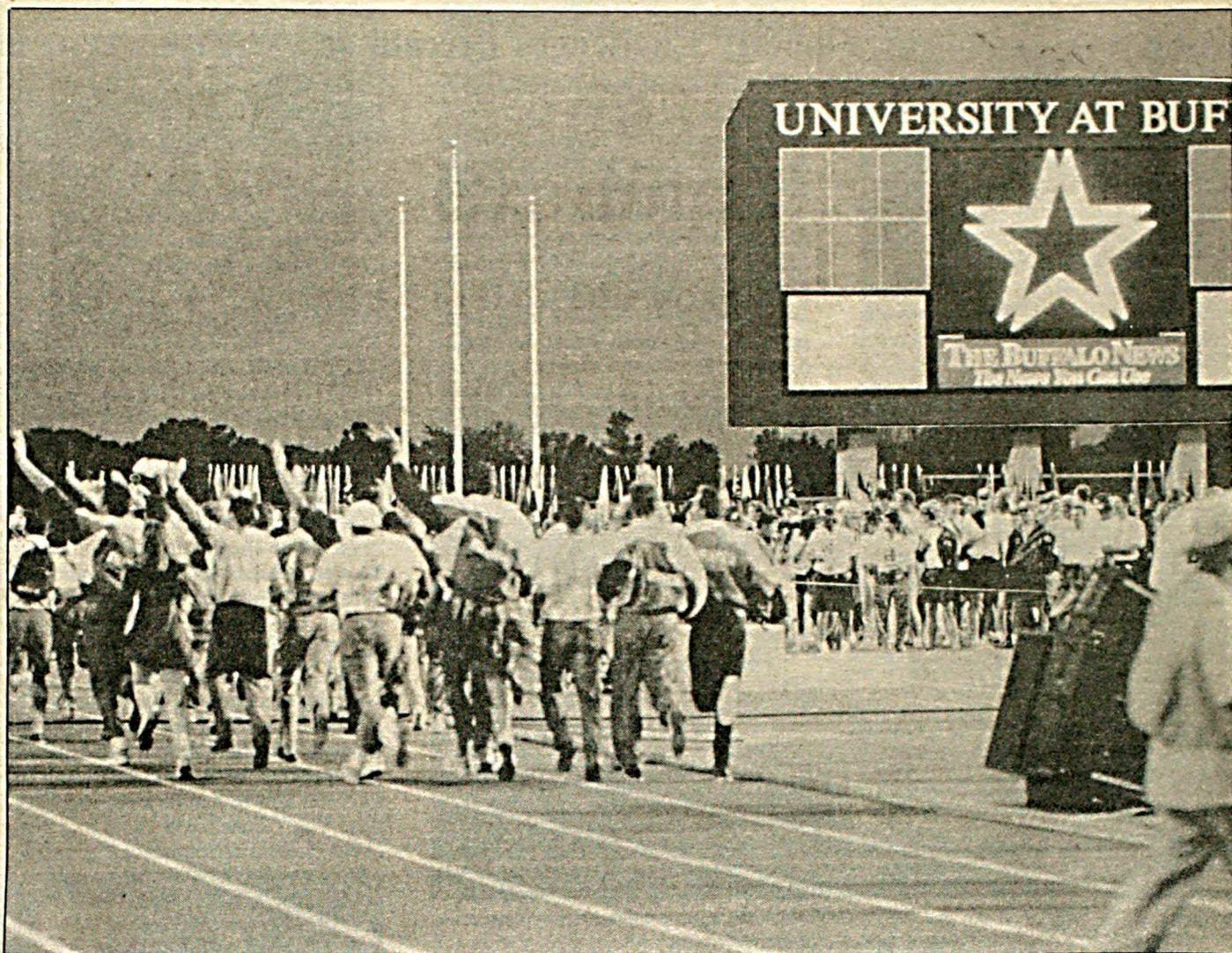
Taylor was a retired engineer and business manager who served 27 years in the Royal Air Force in a variety of posts. Since 1988, he had been Chairman of the British Veterans Athletic Federation. He was Chairman of the Midland Veterans Athletic Club (1987-1990) and the inaugural chairman of the Eastern Veterans Athletic Club (1978-1983).

Peggy said he had part of his gall bladder removed recently and started to complain of feeling bilious. Apparently, a built-up of acid got into the blood and caused a heart attack. The funeral was held June 22.

He played a major part in introducing the British "Veterans Athletics" newspaper. He drafted the Constitution and Rules of Competition for the British Veterans, and assisted in drafting the same documents for the European Veterans Association.

He was a school record-holder at the half-mile, mile and cross-country. He represented RAF Commands in the U.K. and overseas. He was a many-time British age-group champion and record-holder at 800 and 1500 meters. He won gold, silver and bronze medals in the European Veterans Championships.

The WAVA Council will meet on July 11 in Buffalo to recommend a suc-



More than 7,000 athletes celebrate the spirit of international cooperation and friendly competition at the Closing Ceremonies of the World University Games - Buffalo '93. Photo courtesy of the University at Buffalo Office of Publications



Bill Taylor inspecting the facilities in a visit to Buffalo in 1994.

cessor to Taylor. New Zealand's Jim Blair has worked closely with Taylor for six years as his close assistant, and would seem to be the logical heir apparent to the job. Nominations will also likely be accepted from the floor at the General Assembly meeting in Buffalo.

His wife, Peggy, was reportedly shocked but holding up well. She has cancelled her planned trip to Buffalo. In addition to his wife, Taylor is survived by three sons.

Taylor was a charming man, with typical British friendliness, quick wit, sense of humor and an ability to work in harmony with many diverse kinds of people. People were proud to call him their friend. He will be missed, to say the least. □



## RUN THE ORIGINAL! Athens, Greece November 5, 1995

In 490 B.C., Phidippides ran from the battlefield at Marathon to Athens to inform the Athenians of their victory over the Persian invasion. *Run his original route*, or choose the 10-K or 1/2 Marathon!

### Your 11-day/10-night package includes:

- ◆ A running camp environment featuring American distance experts Jeff Galloway, Jon Sinclair, and Creigh Kelley for training clinics and workouts. (Even Phidippides would have benefited!)
- ◆ Airfare\*, transfers, first class hotel, two meals per day.
- ◆ Organized tours to museums and ancient sites including the Acropolis, Delphi, Mycenae, and the town of Marathon.
- ◆ Race entry of your choice - 10-K, Half Marathon, or Marathon including a medal, certificate, and T-shirt.
- ◆ Autographed copy of Jeff Galloway's *Book on Running*.
- ◆ Arrival cocktail party, award dinner party, and more!

### Price:

- ◆ \$2,349 per person. \*This includes land and air price from Washington D.C. Dulles Airport. Call us for low add-on fares from other U.S. cities.
- ◆ Five-day and non-runner packages are available.

For a free information packet, contact  
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## Flaherty Challenges Beccalli for WAVA Presidency

For the fourth consecutive time, Spain's Owen Flaherty will challenge Italy's Cesare Beccalli for the presidency of the World Association of Veteran Athletes (WAVA).

The two are the only candidates for WAVA's top office. The election will be decided by the delegates to the WAVA General Assembly at its biennial meeting at the World Veterans Championships in Buffalo, N.Y. on Thursday, July 20.

Beccalli was first elected in 1987 in Melbourne by a two-vote margin, 62-60, over Belgium's Jacques Serruys. In 1989 in Eugene, he was opposed by Flaherty and prevailed, 78-42. In 1991 in Turku, four candidates ran against him, including Flaherty, who withdrew before the voting. Beccalli won over Canada's Alastair Lynn, 55-49. In 1993 in Miyazaki, Flaherty again campaigned, and again came up short, 63-47.

The WAVA Council has nominated Beccalli for a fifth and final term (five terms is the maximum allowed by the WAVA Constitution), while Flaherty, originally from Great Britain, was nominated by Aruba and Canada.

This year, Flaherty has upped the ante, claiming he has received allegations that there were irregularities in the 1987 election in Melbourne. He has leveled serious charges against Beccalli, which Beccalli has denied. The matter will be discussed in Buffalo.

### Other Elections

In other elections, Tom Jordan (USA) is challenging three-term incumbent Bob Fine (USA) for the post of Executive Vice-President. Jacques Serruys (Vice-President, Non-Stadia), Torsten Carlius (Secretary), and Al Sheahen (Treasurer) are running unopposed. Nominations closed on April 20, 1995.

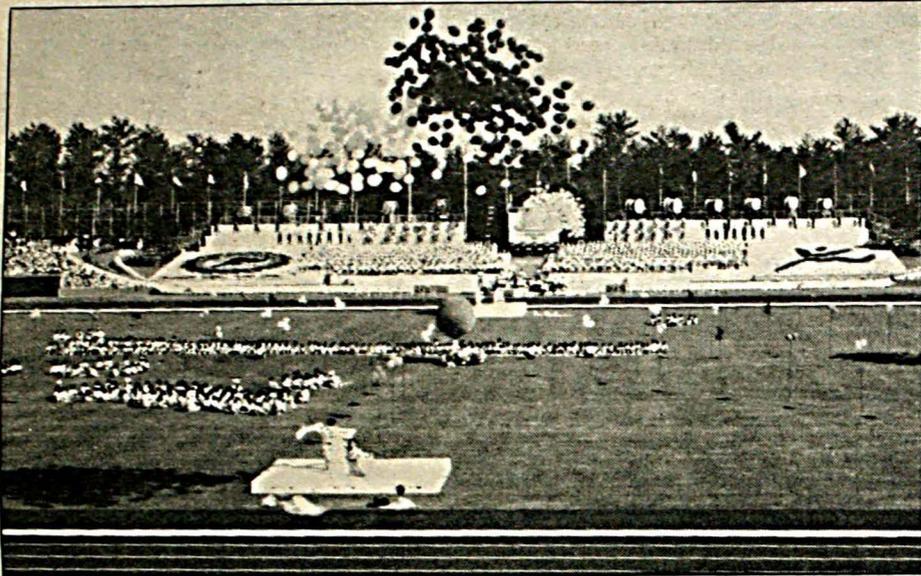
Bill Taylor (Vice-President, Stadia) was also unopposed, but he tragically died while on a run on June 11 near his home in Oxford, England (see separate story). The WAVA Constitution is silent on how to handle a situation like this. The Council will meet and will likely make a recommendation to the

Assembly. It is possible that candidates may be nominated from the floor for this important office.

For the Championships, Beccalli has appointed New Zealand's Jim Blair to replace Taylor as WAVA's technical liaison with the Buffalo organizers, and to act as V-P Stadia during the Stadia Committee meetings and the General Assembly.

The WAVA women's delegate will be chosen at the Women's Meeting on Monday, July 17. The incumbent, Hannelore Guschmann of Belgium, is the only known candidate at this point. However, nominations are permitted at the meeting.

The meetings of the six WAVA regions (Europe, Africa, North America, South America, Asia, and Oceania) will be held simultaneously at 9 a.m. at the Hyatt Hotel on Monday, July 17. The Stadia and Non-Stadia Committee meetings will also be at the Hyatt the same day at 2 p.m. The Stadia meeting will be open to anyone for the first hour or two, and then go to a closed committee session. The Non-Stadia group will meet privately until 4 p.m. and then open it up to all athletes. □



Releasing of the Balloons at the opening ceremonies in Miyazaki in 1993. Buffalo expects its ceremonies to sell out the 16,500-seat stadium at \$18 per seat.

### WAVA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

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

##### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

#### IMPLEMENTS

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

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



South Africa's 800-meter "twins," Koba Bellingan (left, W35, 1st, 2:17.11) and Athalie van Beuge (W40, 1st, 2:22.46) with an admirer in Miyazaki. The "twins" are expected to compete in Buffalo. Photo by Leo Benning

## World Veterans Championships in Buffalo

Continued from page 29

Age-Record Book will be available, along with Rankings Books, Age-Graded Tables Books, patches, pins,

free copies of NMN, and other items.

### USA is the Host

This is the second time the WAVA Championships have been held in the United States. It is not only the community of Buffalo that is hosting this event; it is the entire USA.

Each U.S. citizen should consider himself or herself as the host of this prestigious event. Each should make an extra effort to make our foreign visitors feel welcome. Many will be struggling with new customs and a strange language, just as we struggle when we go abroad. Let's make them feel at home. Smile. Say hello. Introduce yourself. Offer any assistance you can. Be a gracious host, as the Japanese were to us in 1993.

We hope you enjoy this special World Veterans Championships preview issue. If you're going to be in Buffalo, we hope you have a terrific time. □

Nations Represented in Miyazaki, but not in Buffalo	Nations Represented in Buffalo, but not in Miyazaki
Belarus	Albania
Brunei	Antigua
Cape Verde	Armenia
Congo	Barbados
El Salvador	Bermuda
Guam	Djibouti
Kazakhstan	Fiji
Kenya	Jamaica
Korea	Lebanon
Moldavia	Lithuania
Maldives	Mauritius
Noumea	Pakistan
Tonga	Panama
Ukraine	Venezuela
Uzbekistan	

# Masters Scene

## NATIONAL

• **Larry Carter**, Aurora, CO, was erroneously omitted from the M55 TJ results of the 1995 Indoor Nationals in Reno. He finished fourth with a 9.03. He was mistakenly lined out when he left before his final jump to catch a plane.

• The West Region "B" quartet of **Leslie McHampton**, Nancy Ogle, **Melinda Villar**, and **DeeDee Grafius** should have been shown as the W40-49 4 x 800 relay WR-holders in the age-group records published in the May 1995 issue. The squad, from California, broke the previous record of 10:26.6 with a 10:14.20 at the 1994 Nationals in Eugene but was erroneously omitted from the final results.

• Road Runners Club of America honored **Doug Kurtis**, Northville, MI, and **Suzanne Ray**, Anchorage, AK, as RRCA Master Road Runners of the Year at its 38th annual convention in Allentown, PA, hosted by *Runner's World* and the Lehigh Valley RRC. The RRCA is a non-profit organization composed of some 565 grassroots running clubs in 48 states and Guam. Its mission is to promote running across a wide spectrum of ages and levels. One of its services is the publication of materials on running, the most recent of which is *Why Run?*, an 18-page booklet by Olympian Don Kardong on the health benefits of running. The booklet is available for \$2 (postage & handling included), with a considerable discount for bulk purchases, from RRCA, 1150 S. Washington St., Alexandria, VA 22314. 703/836-0558.

## EAST

• The Maryland Masters (**Frank Crawford**, **Tom Jones**, **Ralph Penn**, **Jim Pride**) took the Masters Distance Medley Relay title, May 21, at the Reebok New York Games with a 3:38.51. Central Park Track Club was second (3:45.12), and Shore AC third (3:59.75). **Ed Goner** took a narrow lead for Central Park, but Maryland Masters' **Ralph Penn** overtook CPTC on the third leg, and anchorman **Jim Pride** lengthened the Maryland lead for a decisive win. This was the only masters event in the seventh edition of the Grand Prix event, which, at one time, had several masters relays and events. However, off-the-record remarks from the local USATF Association indicate that this may be the last time a masters event is included on the program because there was difficulty in fielding enough teams to fill up the lanes.

• On a sunny, 80-degree, June 4, 1143 runners took off on the WFAN Imus in the Morning 6.6K, Central Park; **Jack Porzio** (46, 23:22) and **Wendy Silverstein** (40, 28:29) bested the masters. Outstanding age-group performances also included **Phil Mangillo** (70, 28:58) and **Daisy Klein** (69, 39:51).

• **Steve Pecinovsky**, 40, set a new U.S. M40 record for 25K on the road at the USATF Men's 25K Racewalking Championships, Albany, NY, May 21. His 2:11:18 eclipsed the previous record of 2:11:40 set by **Eugene Kitts** in 1990. In the same race, **Ed Whiteman** set an M55 record in 2:17:23.

• The caption of the photograph on p. 11 in the June issue incorrectly identified **Ben Beach** as **Paul Peterson** in the DCRRC Old Town 20 Mile, Alexandria, Va. Beach, Bethesda, Md., was the first master and third overall (1:59:45). **Paul Peterson** was fourth (2:00:50).

• **Larry Harris**, 41, Silver Spring, Md., and **Cathy Ventura-Merkel**, 40, Arlington, Va., dashed to masters wins in the Freddie Mac 5K, Washington, DC, May 21. Harris repeated as 40+ winner with a 17:06. Ventura-Merkel, a mother of four and two-time winner, finished third in 18:52. The Freddie Mac Foundation's Reach Out To A Child campaign stages a run/walk series to provide funding for at-risk children in the host cities. The next circuit stop is San Francisco, July 20, followed by San Diego, Oct. 25. The Foundation's president,

**Leland Brendsel**, clocked a 20:32 for fifth M50. Secretary of Housing and Urban Development **Henry Cisneros** was second M55 in 25:37.

• **Dale Keenan**, 44, successfully defended his title in the Tom Robinson Memorial Masters 10K, Guilderland HS, NY, April 30, with a 34:03. **Jake Kearney**, 41, held off a late charge by **Peter Gerardi**, 43, to take second by seven seconds with a 35:14. **Jo-Ann Spinelli**, 42, was the best W40+ with a 43:55, with **Martha DeGrazia**, 44, second in 45:26.

• **Louis Calvano**, 41, 28:01, and **Marie Wickham**, 40, 32:49, bolted to 40+ firsts in the NYRR Central Park 5 Miler, May 7. **Patty Parmalee**, 55, took the W55 race in 35:52.

• **Sylvie Kimche**, 48, motored to the masters win with a 19:56, NYRR Advil 5K Tune-Up, Central Park, May 14. **Barbara Anderson**, 43, was second in 20:07. **Bertha Bellinghausen**, 61, finished 79th of 1374 with a W40+ age-graded best 85.0% 21:41.

• **Artemio Navarro**, 45, Mexico, ran an age-graded 93.6% 2:22:47 to capture the masters title and \$3000 in the Giant Eagle/City of Pittsburgh Marathon, May 7. **Doug Kurtis**, 43, Northville, MI, was second for \$1500 with a 2:24:14. **Deborah Miller**, 40, Wexford, PA, took the W40+ win with a 3:20:01. **Debra Cully-Smith**, 42, Gibsonia, PA, was second in 3:20:14. **Wen-Shi-Yu**, 60, Kew Gardens, NY, won the W60-69 race in 3:37:38. Masters m&w received equal cash prizes.

• **Terry Permar**, 40, Perkasia, PA, smashed the M40+ course record at the Broad Street 10 Miler, Philadelphia, May 7, with a 51:29, erasing **Gary Fanelli's** 1993 time of 51:53.

• **Jane Welzel**, W40, registered a masters win in the Freihofer's 5K For Women, Albany, NY, June 3, with a 17:06. **Carol McLatchie**, W40, was second in 17:31, three seconds better than **Rebecca Stockdale-Woolley**, W40. **Carrie Parsi** outlegged **Margaret Betz** by three seconds with a 20:05 for the W55 victory. The race served as the USATF Open Women's Championships, won by **Lynn Jennings** (15:24), with **Olga Appell** second (15:27).

• **Tucker Maney**, W50, Fairfax, VA, claimed a third in 33:45 in the women's race, Patriot's Cup Corporate Challenge 8K, George Mason U., May 7. **Douglas Pickett**, 44, Annandale, VA, charged into fourth place in the men's race in 29:31. **John Slade**, 51, Springfield, VA, was seventh (30:45).

## SOUTHEAST

• **Burr Grimm**, 61, turned in a top 40+ age-graded 88.7% 37:18 in the Shenandoah Apple Blossom 10K, Winchester, VA, May 6. Winning masters were **Ron Knepper**, 43, 35:57, and **Sandra Adams**, 45, 44:32.

## MID AMERICA

• **Charlie Gray**, 41, Lee's Summit, MO, won the age-graded division of the Wichita River 10K, May 13, with an adjusted 32:03. **Paul Heitzman**, 64, Eudora, KS, was second with an adjusted 32:04. Both came back strong the next day at the Children's Mercy 5K/10K, Gray the overall winner of the 5K (15:32), and Heitzman winning the M60 race (39:17).

## SOUTH WEST

• **Brian Bolton**, who was 57 on May 25, bested the field of the Wildflower 5K, Richardson, TX, April 29, with an overall victory in 16:42, an age-graded, world-class 91.4% for age 56.

• For the first time in 15 years, the Texas Masters Championships, Arlington, June 10, was rained out, when after 8:00 p.m., **Ray Burrus**, meet director, called everyone off the track. Burrus said, "We could have run in the rain, but with the lightning, it was just too dangerous for all concerned." Some running and most of the field events had been completed. Burrus hopes to reschedule the meet later in the summer.

## WEST

• **Joe Keshmiri**, Reno, NV, broke his U.S. M55-59 record of 175.4 in 1994 with a 176.4 for the 1.5kg discus in a throws meet at KELfield, Santa Cruz, CA, May 20. **Mike Buncic**, M30, qualified for the IAAF World Open Championships with a 206.8/63.00 discus throw.

• **Dave Odom's** correct time in the M65 100m results of the Steve Scott meet published in the June issue should have been 14.12.

• **Rick Sayre**, 41, Medford, OR, with a 37:54, and **Christine Kennedy**, 40, New Zealand, 8th woman overall, were the masters winners of the Bay to Breakers 12K, San Francisco, May 21. Runners-up were **Lloyd Stephenson**, 40, San Francisco, 38:23, and **Honor Fetherston**, 40, Mill Valley, CA, 44:28.

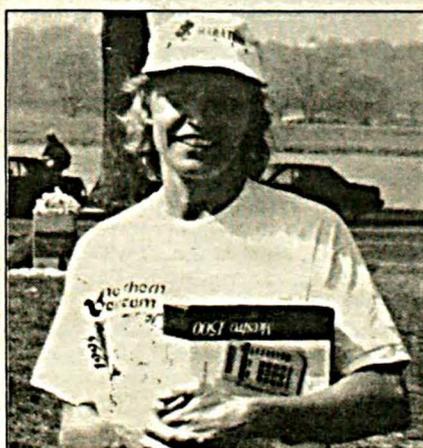
• **Burt Morrow**, 82, of San Marcos, CA, has become a bit of a celebrity. A top age-group hurdler, he made a TV commercial a year ago for Chiquita Bananas, in which he clears several hurdles. The commercial is apparently selling a lot of bananas, because it's still running on several channels in the West. Now Burt is the cover boy for the June issue of *Senior World Magazine*; in full color he's clearing a hurdle and looks pretty good doing it. He stretches for 20 minutes each morning and 10 minutes at night. "I could never get over the hurdles if I didn't stretch," he says. He works out on the track two days a week and lifts weights three times a week. He'll be in action this month at the Nationals in East Lansing, Mich., and at the World Games in Buffalo.

• The Helena Spring Throws & Weight Pentathlon Meet drew only five participants, May 27, but they posted 16 All-American marks, two U.S. age records, and one world age record — **Manuel White**, 78, 35# weight, 9.45.

• **Ladislav Filip's** claim against Long Beach, Calif., for reimbursement of \$642 as a result of the postponement of the Long Beach Senior Olympics in Nov. 1994 was rejected in January by the city. Filip, M65, a Czech citizen now residing in Eugene, was the WAVA discus champion in 1991 and 1993. He and his wife flew to Long Beach for the meet to discover that it had been postponed to Nov. 19 because of a "70% chance of rain" and the "bad shape" of the field, to protect athletes' safety. His plight was published in a letter in the Write-On section of the NMN January 1995. To show that the reasons for postponing the meet were ill-founded, Filip's wife videotaped him throwing on the field and a man "lying in the sunshine on the grass." According to Filip, other athletes, unaware of the postponement, showed up and were disappointed because they felt that the track was perfect. The city had offered to repay Filip's entry fee and T-shirt costs, but he rejected the offer, feeling that his acceptance of it would indicate that he was satisfied with their decision, ending his claim on the city.

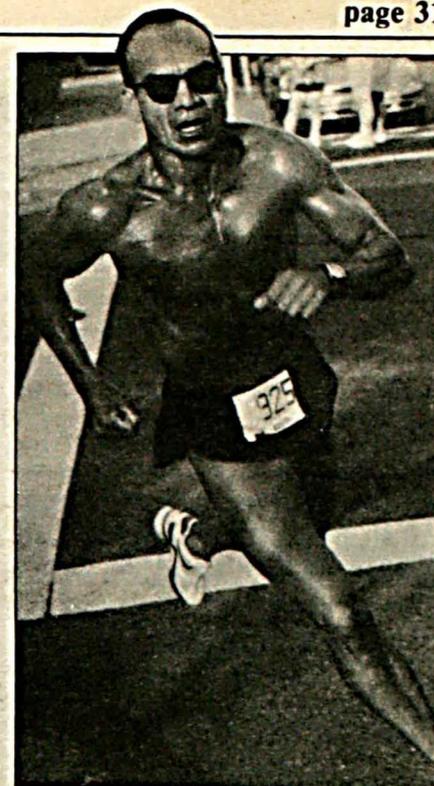
## NORTHWEST

• Omitted from the results of the London Marathon (May NMN) was the winner of the M70+ division. Oregon's **John Keston** ran 3:01:35, close to **Warren Utes'** U.S. M70 record of 3:01:14.



First masters woman, **Rose Malloy**, 46, in 62:13, Northern Telecom Cherry Blossom 10 Mile, Washington, D.C., April 9.

Photo by George Banker



**Chris Pagdilao**, 42, approaches the finish, in the Hawaiian Style 8K in Honolulu on May 8. Pagdilao, a Marine recruiter, clocked 28:40 and finished 5th overall in a field of 870.

Photo by Mike Tymn

## CANADA

• **Art Meaney**, 51, overshadowed the masters field in the Eclipse 5K, St. John's Newfoundland, May 3, with a 16:38, and clocked another masters win in 34:24 in the Timex Harbor Front 10K, St. John's, May 14. Coincidentally, both times age grade to 88.0%.

## INTERNATIONAL

• Some 150 athletes broke 26 South Africa age-group records in the 21st S.A. Masters T&F Championships, Cape Town, April 22-23. Participants included 20 athletes from Namibia, Austria, and Germany. About 80 S.A. athletes are expected to compete in Buffalo and about 10 in East Lansing.

## OPEN

• The number of finishers in U.S. road races grew in 1994 with the largest increases in the 5K (18%) and marathon (10%) over 1993, reports Road Running Information Center. The Race for the Cure events grew by 46%; the Chicago Marathon by 31%; the Home Depot 5K by 39%. However, despite the overall increase, 40% of the 5Ks had fewer finishers in 1994 than in 1993. The top reason given for a race doing well was "Promotion/Publicity" (34%). The most frequent reasons cited for declining attendance were "bad weather" (41%), "competing events" (21%).

• The 1995 USATF Competition Rules Book and Directory are each available through NMN (see form on page 13). Other USATF publications can be ordered directly from PO Box 120, Indianapolis IN 46206. They include: USA Junior T&F Annual (\$8) and USA Racewalking Handbook (\$8).

• Want a 22-seat suite to entertain your friends at the Olympic Games in Atlanta next year? It's yours for only \$495,000 for the 17 T&F sessions. That's a cool \$1323 per seat per session. If you apply for basketball and gymnastics at the Georgia Dome, you'll have to cough up \$529,000. We kid you not. **Scott Anderson**, director of Games Services, says: "The Olympic Patron Program and the Olympic Suite Program are virtually the only way to guarantee seating at the most sought after events of the Games. There will be no second offering, since there is a limited number of these exclusive packages available."

• The 30-year-old indoor meet in Los Angeles has lost Sunkist as its title sponsor. Promoter **Al Franken** is in negotiations with the MGM Grand Hotel to hold a meet in Las Vegas next Feb. 10.

# Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

## TRACK & FIELD NATIONAL

**July 5-9.** 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

**August 19.** USATF National Masters Weight & Superweight Championships, Seattle. Followed by Ultra Weight Classic. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206/932-3923. Fax 206/932-3917.

**August 26.** USATF National Masters Weight Pentathlon Championships, Nevada Union HS, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 916/273-3660.

## EAST

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

**July 2.** Independence Day Street Mile, Washington, D.C. START, Inc., PO Box 15374, Washington, DC 20003. Marcio Duffles, 202/544-4971.

**July 7.** Women's Pole Vault Clinic, Weston HS, Mass. All women, age 14+. No cost. 12-5 pm. Carla Morilla, Regis College, 617/893-1820, x2307; Steve Vaitones, 617/566-7600.

**July 7-9.** Mansfield University T&F Camp. Jim Taylor, camp director, Decker Gym G-7, Mansfield U., Mansfield, PA 16933. 717/662-4645.

**July 9, 23.** Potomac Valley TC Meets, Williams HS, Alexandria, VA. 703/671-2520.

**August 6, 20.** Potomac Valley TC Meets, Williams HS, Alexandria, VA. 703/671-2520.

**August 13.** Philadelphia Masters Summer Games, Swarthmore College. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.

**September 2-3.** Potomac Valley Games, site TBA. Sal Corrallo, 3466 Roberts Ln., N. Arlington, VA 22207. 703/243-1290.

**September 17.** NY Masters Fall Mini-meet, (Throws and Jumps only). Merchant Marine Academy, Kings Point, Long Island, N.Y. SASE to Roz Katz, 170-11 65th Av, Flushing, NY 11365. Roz Katz, 718/358-6233; Eric Weisbrot, 516/487-1417. Call 7-9 p.m. only.

**October 29.** Runner's Pentathlon (outdoor), Swarthmore College, Pa. 3000/800/200/1500/400. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.

## SOUTHEAST

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

**July 13, 20.** Nashville TC Meets. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

**July 29.** Jacksonville TC Summer Classic, Bolles Track. 5 pm. 10-yr. groups. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 388-7860.

## MIDWEST

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

**July 13-15.** Michigan Senior Olympics. 55+. Bill Sharpe, 312 Woodward, Rochester, MI 48307. 810/656-1403, x39. Open to out-state.

**July 29.** Midwest Masters Championships, Marshall U., Huntington, West Va. David Stooke, 119 Cheyenne Trail, Ona, WV 25545.

**August 12.** USATF Midwest Regional Masters Championships, Indianapolis. Ken Rowe, 6045 Evanston, Indianapolis, IN 46220. 317/251-9149.

## MID-AMERICA

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

**July 1.** USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo, Colorado Springs, CO 80907. 719/635-1264.

**July 16.** Cornhusker State Games, Ed Weir Track, U. of Nebraska-Lincoln. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

**August 6.** Masters Early Morning "R" Meet, Minneapolis, Minn. (Note: this meet does not follow USATF rules.) Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis MN 55432. 612/574-9661.

**August 6.** Athlete's Foot/Lincoln Mile. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

**September 2-3.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919. Nancy Manson, 303/341-7992.

**September 17.** Lincoln TC Fall Classic, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

## SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**August 16-20.** West Texas Senior Sports Classic. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806/767-2710.

## WEST

Arizona, California, Hawaii, Nevada.

**July 1.** KELfield Throws Series #40, Santa Cruz, Calif. Includes superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**July 1, 6, 13, 20, 27.** Timber Wolf Meets Encina HS, Sacramento. TWT&FC, PO Box 19142, Sacramento, CA 95819. 916/489-2708.

**July 1, 8, 15, 22, 29.** USATF SCA Summer All-Comers. 1, 15, 29 at Long Beach St. U.; 8, 22 at Los Angeles CC. Marv Thompson, LACC, 213/953-4261; Andy Sythe, LB St., 310/985-4666.

**July 5-August 10.** All-comers meets, Los Angeles. Wed. - Birmingham High; Thu. - Bell High. 7 p.m.

**August 5.** USATF Pacific Association Championships, Soquel HS, Calif. Age-

Graded Meet: open & masters athletes compete together and will be scored using the A-G tables for awards. Men & women separate. Bill Johnson, 408/335-0460. Santa Cruz TC, PO Box 1803, Capitola, CA 95103.

**September 2.** Nor Cal Seniors TC Classic, Berkeley. Dan Behrens, 2838 Enea Way, Antioch, CA 94509-4755. 510/754-3318.

**September 16.** KELfield 2nd Anniversary Meet. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**October 1.** Sri Chinmoy Masters Games, CSU-Long Beach, Calif. 40+. Bigalita Egger, 310/645-0271.

**October 7.** Club West Masters Meet, Santa Barbara City College. Club West, 937 Arcady Rd., Montecito, CA 93108. 805/969-5851.

## NORTHWEST

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

**June 30-July 1.** USATF Northwest Regional Masters Championships, Mt. Hood CC, Gresham, Ore. Joe Thielman, 3004 NE 48th St., Vancouver, WA 98663. 360/695-5414.

**July 6, 13, 20, 27.** USATF Alaska Meets, 13 & 27 Palmer; 6 & 20 Anchorage. 6 pm. Thomas Light, 907/786-7431.

**July 7-9.** Oregon Senior Games. 55+. No out-state. Ron Allen, 4840 SW Western Ave., Ste 900, Beaverton, OR 97005. 503/520-1319.

**July 28-29.** Montana Masters Meet, MSU, Bozeman. Mike Carignan, PO Box 5132, MSU, Bozeman, MT 59717. 406/994-5222.

**August 3, 12-13.** USATF Alaska Meets, 3 Anchorage; 12-13 Palmer. Decathlon at Palmer. Thomas Light, 907/786-7431.

**August 5.** Helena Summer Throws Meet & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

**August 5.** Key Bank Classic Masters Meet, Lincoln Bowl, Tacoma, Wash. Ken

## ON TAP FOR JULY

### TRACK AND FIELD

For masters this month, all roads lead to Michigan State University, East Lansing, which hosts the 28th annual USATF National Masters Championships on the 5th-9th, and after that, to Buffalo, N.Y., for the XI WAVA World Veterans Athletics Championships, on the 13th-23rd. Participants can sharpen their skills in the prior Mid-America Regional Championships on the 1st in Colorado Springs and compete later without the pressure of the Big Dance at the Midwest Masters Meet, Huntington, W.V., on the 29th.

### LONG DISTANCE RUNNING

The Peachtree 10K in Atlanta on the 4th is generally a sparkling, fruitful experience for masters runners. The 9th list ranges from the Utica Boilermaker 15K, N.Y., to the Chicago 20K and San Francisco Marathon. The Bix 7 Mile, Davenport, Iowa, on the 29th is another masters favorite.

### RACEWALKING

The 5000 track and the men's 20K and women's 10K road championships will air at both East Lansing and Buffalo. □

Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206/932-3923 or 206/938-3895.

## CANADA

**September 9.** Canadian Masters Athletic Association InterClub Championships, Metro T&F Centre, York U., Toronto, Ont. M35+, W30+. Awards Age-Graded Basis. CMAA, 1185 Eglinton Ave., East, Suite 202, North York, Ontario, M3C 3C6. 416/426-7325.

## INTERNATIONAL

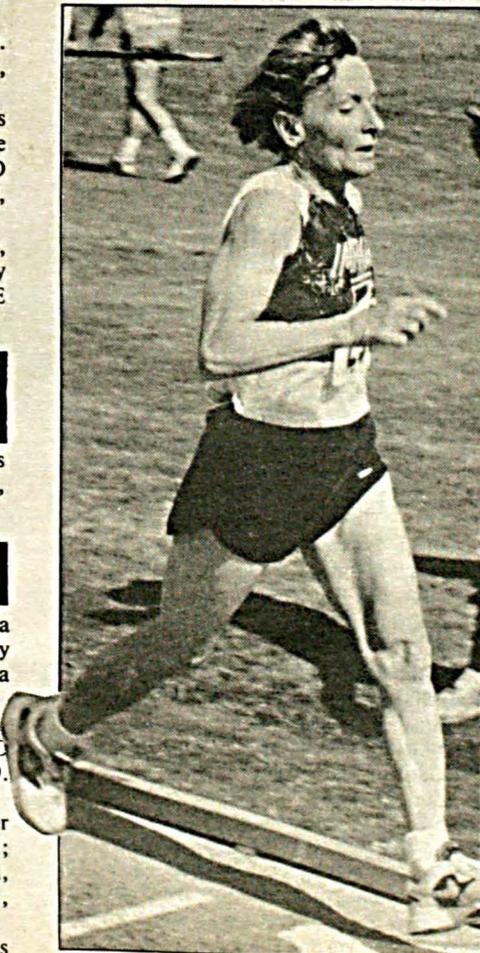
**July 13-23.** XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

**August 5-6.** 25th British National Championships, Whipton, Exeter. Ken Ballam, 152 Spring Road, Bournemouth BH1 4PX, England.

**September 9-10.** San Juan International Masters Meet, San Juan, Puerto Rico. Puerto Rico Masters Association, PO Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. Jesus Galvez, 809/789-7436.

**October 5-14.** 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

**October 8-10.** All Japan Masters Athletic Championships, Hiratsuka City, Kanagawa Prefecture. Nippon Masters Athletic Union, Fuji Kasai Bldg., 1-25 Kitanoshinchi, Wakayama City, 640 Japan. Tel: 0734-32-0787/7416.



Vickie Bigelow setting a W55 meet record 2:55.7 in the 800, Visalia Classic Meet, Visalia, Calif., May 20.

Photo by Glenn Williams

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# LONG DISTANCE RUNNING NATIONAL

**September 16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

**October 8.** USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

**October 15.** USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

**November 11.** USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253.

**November 18.** USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

## EAST

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

**July 9.** Utica Boilermaker 15K. Earle Reed, PO Box 4729, Utica, NY 13504. 315/797-5838.

**July 15.** Buffalo Subaru 4-Mile Chase, Buffalo, N.Y., 6 p.m. \$1625 to masters. CNCC, 697 West Delavan Ave., Buffalo, N.Y. 14222. 716/881-1652.

**August 12.** George Sheehan 10K, Red Bank, N.J. John Houlenbeek, PO Box 157, Spring Lake, NJ 07762. 908/974-8457.

## SOUTHEAST

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

**July 4.** Peachtree 10K. PRR, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

**August 26.** Maggie Valley Moonlight Run 8K. MGMR, PO Box 279, Maggie Valley, NC 28751. 704/926-1686.

## MIDWEST

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

**July 9.** Chicago Distance Classic 20K. Colleen Lawler, Lung Assoc., 1440 W. Washington Blvd., Chicago, IL 60607. 312/243-2000.

**July 14.** Bastille Day 5K. Chicago. 7 p.m. The Eventors, Inc., 46 E. Oak St., 2nd Flr, Chicago, IL 60611. Jane Canepa/Kanika Sago, 312/944-6667.

**August 19.** LaSalle Fest 4 Miler. Age groups to 85+. Diana Maas, First Federal Savings Bank, 475 Third St., LaSalle, IL 61301. 815/224-4400.

**August 19.** Parkersburg Half-Marathon (USATF Men's Open Championships). Half-Marathon, PO Box 718, Parkersburg, WV 26102. 304/424-2786.

## MID-AMERICA

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

**July 26-30.** Women's Running Camps. Diane Palmason, 4029 S. Roslyn St., Denver, CO 80237. 303/779-4294.

**July 29.** Bix 7 Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319/359-9197.

## SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 16.** Rivershock 5K Run/Walk, Jefferson, La. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.



Larry Harris, 41, first M40+ (17:06), Freddie Mac 5K, Washington, D.C., May 21.

Photo by George Banker

## WEST

Arizona, California, Hawaii, Nevada

**July 9.** San Francisco Marathon. SFM, PO Box 77148, San Francisco, CA 94107. 415/391-2123.

**July 23.** Wharf To Wharf 6 Mile, Santa Cruz, Calif. Kirby Nicol, PO Box 307, Capitola, CA 95010. 408/475-2196.

**August 20.** America's Finest City Half-Marathon. Neil Finn, American Lung Assn., Box 3879, San Diego, CA 92163. 619/297-3901.

**September 3.** Stomp Romp, Manteca, Calif. A 5K through the vineyard. Phone: 209/239-0015. Fax: 209/239-6207.

## NORTHWEST

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

**July 4.** Butte to Butte 10K, Eugene. OTC, Box 10825, Eugene, OR 97440. 503/687-1989.

**July 14-15.** Mt. Rainier To The Pacific Relay. 180 miles, 12 person running teams/102 miles, 7 person walking teams. Mt. Rainier National Park to Ocean Shores, Wash. PO Box 17086, Seattle, WA 98107. 206/782-6547.

**August 5.** Homer's Classic 10K. Joanne Stewart, Box 783, Silverton, OR. 503/873-8577.

**August 12.** Tyrannosaurus Tear 5K Run/Walk, Laramie, Wyo. Brent Breithaupt, Geological Museum, U. of Wyoming, PO Box 3006, Laramie, WY 82071-3006. 307/766-2646.

**August 25-27.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. June 30 deadline. Linda Stirling, 115 S.W. Ash St., Suite 523, Portland, OR 97204. 503/227-1371; fax 503/248-4114.

## INTERNATIONAL

**July 13-23.** XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+, WVC, 120 Church St., Buffalo, N.Y. 14202. Phone (716) 849-0704; Fax: (716) 849-0737.

**October 31-November 14.** Himalayan 100 Mile Stage Race (Oct. 31-Nov. 7) & Mt. Everest Challenge Marathon/Darjeeling 10K (Nov. 7-14). Force 10 Expeditions Ltd., PO Box 1925, Eagar, AZ 85925-1925. Phone/fax: 520/333-4840; 800/922-1491.

## RACE WALKING

**July 6.** USATF 5000 National Masters Championships, East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238. 313/834-0378.

**July 9.** USATF Men's 20K/Women's 10K National Masters Championships, East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238. 313/834-0378.

**July 16.** WAVA Men's 20K/Women's 10K Championships, Niagara Falls, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.

**July 21-22.** WAVA 5000 Championships, Buffalo, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.

**August 6.** USATF Eastern Regional 3K Championships, Central Park, NYC, Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

**August 27.** USATF Eastern Regional 10K Relay Championships, Central Park, NYC.

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

**September 3.** USATF Potomac Valley Association 15K Racewalk Championships, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., N. Arlington, VA 22207. 703/243-1290.

**September 10.** USATF National Masters 40K Championships, Ft. Monmouth, NJ. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080, 908/341-7386.

**September 16.** USATF National Masters 15K Road Championships, Kingsport, TN. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/229-4364(w), 615/349-6406(h).

**September 24.** USATF National Masters 15K Championships, Elk Grove, IL. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312/327-4493.

**September 30.** Alongi International RW Classic (3K, 5K, 10K, 20K), Dearborn Hts, Mich. Ross Barranco, 3235 Musson Rd., Howell, MI 48843.

**October 8.** USATF One-Hour Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617/731-9889; 617/734-6322.

**October 22.** USATF Eastern Regional 30K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18; NY, NY 10028. 212/628-1317.

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
RUDOLF AHRENKIEL (DEN)	7-16-20	75-79
DICK BENSON (FITZGERALD, GA)	7-30-25	70-74
DAVE BIEDERMAN (GRANADA HILLS, CA)	7- 9-30	65-69
JOHN BLAKESLEY (FULLERTON, CA)	7-17-30	65-69
ROBERT BOUTARD (FRA)	7-23-25	70-74
HERB CANTOR (OCEANSIDE, NY)	7-31-25	70-74
PREMYSYL DOLENSKY (CZE)	7-14-20	75-79
PHIL FEHLEN (CARLSBAD, CA)	7- 3-35	60-64
ROBERT FESS (RIVERSIDE, CA)	7- 7-25	70-74
JERRY HACKETT (CANYON COUNTY, CA)	7-21-40	55-59
STEVE HARDISON (CA)	7-15-50	45-49
GUDMUNDUR HERMANNSSON (ICELAND)	7-28-25	70-74
WHITNEY HICKS (COLUMBIA, MO)	7-22-35	60-64
KENNETH HIOB (APTOS, CA)	7-29-30	65-69
HERMANN HOMBRECHER (WG)	7-17-25	70-74
C. E. KLINE (COBBS CREEK, VA)	7- 1-10	85-89
TOSHIO KOJIMA (JPN)	7-10- 5	90-94
TOM LANGENFELD (EDINA, MN)	7-21-35	60-64
AL LAWRENCE (AUS-HOUSTON, TX)	7- 9-30	65-69
FRANK MCBRIDE (DETROIT, MICH)	7-15-30	65-69
BRYAN MURPHY (PLYMOUTH, MI)	7-25-40	55-59
MARCUS NEUHOF (LARCHMONT, NY)	7-19-15	80-84
RUDY NIMMONS (SENECA, SC)	7-31-20	75-79
OTAVAR PETILETY (CZE)	7- 7- 5	90-94
HERB PHILLIPS (CAN)	7- 9-40	55-59
MATT PRUITT (PINOLE, CA)	7- 4-45	50-54
FRANK REMS (GLENDALE, CA)	7-15-20	75-79
JAMES T SIMPSON (LYNDONVILLE, VT)	7-22-40	55-59
VERSAL SPALDING (BIRMINGHAM, ALA)	7-28-25	70-74
HAL THOMAS (AUS)	7-19-35	60-64
ROLF TORNAS (NOR)	7-20- 0	95+
ANTONIO VILLANUEVA (MEX)	7-20-40	55-59
JOHN VAN DER WANSEM (HOL)	7- 5-50	45-49
CAMILLE BAGBY (US)	7- 4-20	75-79
GINNY BAKER (BATTLE GROUND, WA)	7-14-35	60-64
VICKY BIGELOW (SAN LORENZO, CA)	7-22-35	60-64
MADONNA BUDER (SPOKANE, WA)	7-24-30	65-69
POLLY CLARKE (ESTES PARK, CO)	7-17-10	85-89
AVIS COOK (US)	7-12-35	60-64
ANN DIAZ (GLENCOE, IL)	7-14-40	55-59
POLLY HERZER (SUN CITY, AZ)	7-15-20	75-79
FAY RITA HOBBS (SANTA BARBARA, CA)	7-18-35	60-64
JANE HOROWITZ (SAN DIEGO, CA)	7-12-40	55-59
KAREN HUBBARD (ANN ARBOR, MI)	7-28-50	45-49
BETTY JARVIS (SOUTHERN PINES, NC)	7-25-15	80-84
RITA KERR (PALO ALTO, CA)	7-11-35	60-64
ELLEN MCCOY (ST. PAUL, MN)	7-27-20	75-79
JOAN ULLYOT (SAN FRANCISCO, CA)	7- 1-40	55-59
JOHNNYE VALIEN (HOUSTON, TX)	7-24-25	70-74
MAXINE WATERS (ALTADENA, CA)	7-14-45	50-54
JOYCE BANNISTER (AUS)	7-19-25	70-74
MARIANNE BARTH (WG)	7-26-25	70-74
DAGMAR BLUME (WG)	7-27-50	45-49
SHIRLEY DELAHUNTY (AUSTRALIA)	7-18-25	70-74
SISSEL FALCK (NOR)	7-10-40	55-59
ANNELESE GERHARDS (WG)	7- 4-35	60-64
ESTELLE JENKINS (CAN)	7- 9-25	70-74
ANNELESE JENSEN (DEN)	7-11-40	55-59
LIESELOTTE KALWEIT-MARLOTH (WG)	7- 7-35	60-64
HILDEGARD KECKEIS (AUT)	7-30-25	70-74
MONIKA LARSSON (SWE)	7- 7-45	50-54
LUCY LOPEZ (CHL)	7-18-30	65-69
TIARA LUND (NZ)	7- 3-45	50-54
ANNE MCKENZIE (RSA)	7-28-25	70-74
FAINA MYELNIK (URS)	7- 9-45	50-54
BETTY NORRISH (GB)	7- 4-30	65-69
MARICICA PUICA (ROM)	7-29-50	45-49
ANNCHEN REILE (WG)	7-21-15	80-84
CORRIE ROOVERS (HOL)	7-14-35	60-64
AIRA SEPPA (FIN)	7-16-20	75-79
BEVERLY SHINGLES (NZ)	7-25-40	55-59
TINA SMIT (AUS)	7- 5-25	70-74
BJORG SOLHEIM (NOR)	7- 9-40	55-59
ZOYA VADIMOVNA (ROM)	7- 2-55	40-44
KATHE WEBER (WG)	7-26-25	70-74
HELLA WERNER (WG)	7-27-35	60-64
RITA WINDBRAKE (WG)	7-28-45	50-54

Compiled by Pete Mundle, World and USA Masters T&F Records Chairman

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

<b>M30-34</b>			
Ron Nussle	High Jump	1.95	05-20-95
<b>M35-39</b>			
Donald Bunker	Triple Jump	45-11	02-24-95
Bruce W. Dawkins	1500M	4:13	06-17-92
<b>M40-44</b>			
Sergio Angulo	110HH	17.2	05-06-95
Hank Lawson	1500M	4:19.91	05-27-95
<b>M45-49</b>			
Riley McHugh	100M	11.32	05-27-95

<b>M50-54</b>			
Terrence Keeney	200M	25.8	04-15-95
Dennis McCraven	Shot Put	44-8	04-08-95
<b>M55-59</b>			
Dave Dill	Shot Put	37-11½	05-28-95
Don North	56# Weight	5.10	05-27-95

<b>M60-64</b>			
Bill Anderson	200M	28.3	04-08-95
	400M	64.5	04-08-95
	800M	2:30.5	04-15-95
Kenneth J. Jones	Mile	5:45.9	10-02-94
John R. Schermer	Shot Put	12.50	05-19-95

<b>M65-69</b>			
John Copp	100M	14.0	05-28-95
	200M	28.7	05-28-95
	300H	51.6	05-28-95
	Triple Jump	27-3	05-28-95
Dick Odom	100M	13.95	02-18-95
Grant Twitchell	Long Jump	13-8	10-26-94
	200M	29.43	02-18-95
William M. Flick	10K	1:00:49	05-28-95



## 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
	6-4½	6-3¼	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	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
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	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	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
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
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-¾	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3¾	42-8	39-4½	40-8¾	36-9	39-4½	35-5¾	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	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

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

## U.S. MASTERS 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	4-5½	4-2	3-11	3-8	3-6¾	3-4¾	3-2¾	3-0½	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
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7¾	3-3¾	2-11	2-7½	2-3½
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	13-11½	12-9½	11-8	10-6	9-4¾	8-6¾	7-8½	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	30-2½	28-2½	25-7½	23-7	21-0	18-8¾	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6¾	27-7	25-3¾	26-1	23-7½	21-4	19-0¾	17-3	15-5	13-11½
Jav	29.50	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	70-6¾	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	20.0	18.0	14.0	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

- notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-39: 33"; 40+: 30"  
 3) Shot put: 30-49: 4k; 50+: 3k.  
 4) Javelin: 30-49: 600gm; 50+: 400gm.  
 5) Hammer: 30-49: 4k; 50+: 3k.  
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

- CERTIFICATE       PATCH       PATCH TAG
- If you have equaled or bettered the standard of excellence, please fill out this application, completely.
  - A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
  - Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
  - Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
  - A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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

	1.5k	2k	3k	4k	5k	6k	7k	8k	9k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30				
F35	7:22	8:03	16:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23				
F40	7:37	8:21	16:53	27:26	44:47	56:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:56:48				
F45	8:03	8:41	18:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26				
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09				
F55	8:56	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24				
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43				
F65	9:48	10:36	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:26	7:39:46				
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:00:18	6:11:30				
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	5:27:36	6:49:28				
F80	12:03	12:58	2													

# 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 our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

U.S. National Senior Sports  
Classic V  
San Antonio, TX; May 17-24

<b>100m</b>	
M55 Emil Pawlik	12.90
Robert Shoemaker	13.04
Wayne Bennett	13.10
Ron Kirkpatrick	13.20
Nathaniel Carter	13.40
Clayton Davis	13.40
M60 Joe Hemler	13.02
Alex Johnson	13.36
Richard Glasgow	13.38
Fred Biederman	13.41
Ernest Alcoer	13.83
Harold Oliver	13.95
M65 Harry Brown	13.18
Jim Law	13.48
Jim Stookey	13.55
Earl Ventura	13.63
Gordon Albury	13.68
Chuck Sochor	13.72
M70 Mel Larson	14.39
Howard Hatcher	15.05
Charles Modlin	15.41
Francis Green	15.50
Jack Hipple	15.60
Mort Goldstein	15.65
M75 Milton Silverstein	15.22
Bill Weinacht	15.42
Roderick Parker	15.49
Ed Matthews	15.52
Paul Jones	15.71
Joseph Szakacs	15.79
M80 Muerell Loy	16.06
Donald Burroughs	16.12
Bill Stanford	16.52
Milton Williams	16.68
Murphy Domingues	16.84
Fred White	17.38
M85 Casimir Bechner	17.33
Orrin Graf	17.41
Russell Randall	18.90
Henry Johnson	18.90
Bill Flaitz	20.40
David Ryan	20.41
M90 Harold Meyers	22.97
W55 Lupe Simons	16.74
Carol Eisenbraun	16.81
Marion Coffee	16.86
Constance Martinez	16.92
Delores Hinds	17.05
Eileen Schmidt	17.41
M60 Irene Obera	14.64
Betty Vosburgh	15.89
Anne Yudell	15.96
Janet Freeman	16.08
Jean Schooler	16.69
Theres Emerson	16.75
M65 Patricia Peterson	17.43
Barbara Cavanagh	17.83
Sue Barnes	17.86
Leonore McDaniels	17.93
Alice Kellogg	17.96
Laura Blount	18.04
M70 Lavina Haeefe	17.15
Ruth Shanks	17.61
Josephine Sullivan	17.73
Josephine Stewart	18.17
Mary Holland	18.57
Margaret Hinton	19.02
M75 Mary Bowermaster	20.61
Mary Kay	21.35
Loretta Patterson	21.69
Florida Staton	21.73
Jennie Hughes	21.81
Dorothy Ray	22.50
M80 Millie Crews	21.45
Josephine Gregg	23.49
Mavis Borthick	23.63
Miriam Miller	23.70
Dorothy Bavaro	25.57
Adele Inks	27.28
<b>200m</b>	
M55 Wayne Bennett	26.15
Michael Boudreaux	26.61
Emil Pawlik	26.78
Ronald Kirkpatrick	26.90
Nathaniel Carter	26.96
Howard Weissner	26.99
M60 Joseph Hemler	26.93
Alexander Johnson	27.01
Clifford Pauling	27.71
Richard Glasgow	28.01
Hesley Debow	28.16
Fred Beiderman	28.29
M65 Jim Laws	27.30
Harry Brown	27.39
James Stookey	28.09
Gordon Albury	28.19
Lawrence Anderson	28.24
William Melville	28.68
M70 Melville Larson	28.83
Howard Hatcher	30.77
Jack Hipple	31.82
Paul Dziejyc	32.22
Bob Wingo	32.28
John Davison	1:03.82
M75 John Alexander	30.06
Roderick Parker	31.36
Ed Matthews	31.75
John Anoka	32.77
Paul Jones	34.91
M80 Donald Burroughs	34.24
Wayne Wakefield	34.32
Murrell Loy	35.51
Milton Williams	37.38
Fred White	37.47
Murphy Domingues	37.81
M85 Casimir Bechner	38.53
Herbert Steele	46.35
Harry Polites	48.56
Bill Flaitz	51.48
Harold Hoffman	1:02.24
M90 Harold Meyers	22.97
W55 Jeanne Hoagland	32.84
Julia McQueen	34.64
Carol Eisenbraun	34.71
Betty Hof	35.18
Erika Goldstein	35.25
Barbara Jordan	35.34
M60 Irene Obera	30.37
Betty Vosburgh	32.77
Anne Yudell	33.60
Joan Ducet	34.09
Janet Freeman	34.15
Lupe Parsons	34.57
M65 Ethel Lehman	35.70
Patricia Peterson	36.45
Leonore McDaniels	37.97
Lois Ribbons	40.64
Laura Blount	47.03
Sue Barnes	47.49
M70 Lavina Haeefe	36.79
Ruth Shanks	35.57
Josephine Sullivan	38.87
Josephine Stewart	39.44
Diane Freidman	39.65
Mary Holland	42.57
M75 Loretta Patterson	49.64
Samia Doro	50.57
Helen Fluke	51.83
Dorothy Ray	58.82
Helen Robinson	1:03.95
Esther Vrolyk	1:09.85
M80 Millie Crews	47.73
Mavis Borthick	50.49
Josephine Gregg	50.50
Miriam Miller	1:09.98
Dorothy Bavardo	1:17.21
M85 Allie Walker	1:09.51
<b>400m</b>	
M55 Michael Boudreaux	58.34
Ronald Kirkpatrick	59.59
Wayne Bennett	1:00.02
Howard Weissner	1:00.97
Roy Davis	1:01.32
Lee Walton	1:01.63
M60 Clifford Pauling	1:00.19
John Lovett	1:00.25
Frank Haviland	1:00.86
Paul Heitzman	1:02.82
Bill Anderson	1:03.71
Karl Horst	1:04.19
M65 Jim Law	1:01.70
Charles Sochor	1:01.74
Gordon Albury	1:02.60
Harry Brown	1:03.20
Jack Greenwald	1:04.65
William Allgood	1:05.76
M70 Charles Modlin	1:10.41
Paul Schmitt	1:11.47
Jack Haeefe	1:12.17
Archie Messenger	1:13.02
Jack Hipple	1:12.17
Glen Dody	1:14.11
M75 John Alexander	1:08.24
Erich Dahl	1:12.49
Roderick Parker	1:13.54
John Means	1:20.84
George Blyn	1:25.13
William Walsh	1:29.69
M80 Wayne Wakefield	1:19.89
Lloyd Houston	1:23.36
Delbert Bender	1:24.17
Murphy Domingues	1:27.52
Fred White	1:19.96
Milo Lightfoot	1:33.80
M85 Casimir Bechner	1:26.37
Russell Randall	1:41.28
Harry Polites	1:42.92
Harold Hoffman	2:31.34
W55 Julia McQueen	1:17.32
Betty Hoff	1:18.18
Carol Eisenbaum	1:20.24
Eileen Schmidt	1:21.62
Jean Buongiorno	1:22.25
Marion Coffee	1:23.98
M60 Irene Obera	1:11.82
Betty Vosburgh	1:14.58
Lupe Parson	1:15.12
Janet Freeman	1:18.14
Joan Ducet	1:19.02
Louise Reed	1:20.30
W65 Barbara Cavanaugh	1:22.84
Ethel Lehman	1:24.92
Lois Filreis	1:26.05
Patricia Peterson	1:31.61
Deborah Pyles	1:32.01
Shirley Goff	1:33.32
M70 Ruth Shanks	1:28.78
Louise Adams	1:30.62
Louise Akers	1:36.72
Diane Freidman	1:39.15
Margaret Haggerty	1:42.70
Po Adams	1:42.76
M75 Helene Keen	1:43.52
Helen Fluke	1:49.21
Loretta Patterson	1:58.58
Samia Doro	1:59.70
Sis Warnke	2:22.16
W80 Mavis Borthick	1:56.25
Josephine Gregg	2:06.09
Ivy Granstrom	2:13.17
Miriam Miller	2:28.35
M85 Allie Walker	2:34.09
<b>800m</b>	
M55 Henry Hawk	2:19.97
Cliff Bedell	2:21.30
Wally Brawner	2:23.70
Lee Walton	2:24.37
Sid Campbell	2:27.92
Richard Nair	2:31.50
M60 Ralph Miller	2:19.68
Clifford Pauling	2:23.56
Paul Heitzman	2:23.82
Christopher Noble	2:29.70
Herman Agoyo	2:30.32
Irwin Bernstein	2:31.81
M65 Ben Knaub	2:32.94
Jim Selby	2:34.71
Louis Beadle	2:35.04
Rodney Brown	2:40.17
Jim Moorehead	2:42.09
Jack Gentry	2:42.78
M70 Archie Messenger	2:45.72
Paul Schmitt	2:51.44
Clyne Lunsford	2:52.32
Harry Thompson	2:54.51
Carl Hammen	2:54.56
Michel Kagan	3:00.12
M75 Gordon Johnson	3:02.96
Austin Newman	3:03.66
Erich Dahl	3:03.68
John Roderiquez	3:34.41
Forrest Battles	3:36.05
James McGilvray	3:36.06
M80 William Dyer	3:34.54
Lloyd Houston	3:35.39
Maxwell Springer	3:49.52
Robert McCall	4:04.89
Meyer Silverman	4:11.32
M85 Harry Polites	4:08.50
Herbert Steele	4:40.17
Cleve Pomranky	6:08.74
W55 Jeanne Hoagland	2:51.73
Jean Buongiorno	3:02.16
Jean Otto	3:09.77
Betty Hoff	3:12.87
Bergliot Lucdtke	3:22.09
Ellen Schmidt	3:23.53
W60 Lupe Parsons	3:01.23
Janet Freeman	3:06.66
Evelyn Zerfoss	3:08.86
Sally Strazdins	3:11.85
Nessie Hollicky	3:15.52
Jean Hopkins	3:25.05
W65 Lois Filreis	3:13.19
S Onodera-Leonard	3:14.43
Shirley Goff	3:35.52
Helen Schley	3:44.58
Doris Aldrich	3:46.95
Agnes Reinhard	3:48.60
W70 Louise Akers	3:36.99
Louise Adams	3:40.39
Po Adams	3:54.24
Mary Norackauer	4:07.38
Millie Bolton	4:10.81
Ann Mikell	4:02.69
M75 Samia Doro	4:25.64
Elnora Martinelli	4:37.03
Alverna Dewald	5:33.38
M80 Mavis Borthick	4:41.23
Josephine Gregg	5:58.93
John Crews	5:04.90
Miriam Miller	5:38.84
Era Swetnam	6:37.40
W85 Allie Walker	5:48.63
<b>1500m</b>	
M55 Henry Hawk	4:50.05
Cliff Bedell	4:51.59
Bobby Kincaid	4:52.07
Jerry McGath	4:52.36
Wally Brawner	4:56.85
Lee Walton	4:59.37
M60 Paul Heitzman	4:56.00
Frank Haviland	5:14.35
Don Lein	5:18.18
Christopher Noble	5:19.63
Herman Agoyo	5:19.69
Leon Bierbower	5:23.23
M65 James Beall	5:20.14
Ben Knaub	5:22.64
Jack Gentry	5:25.67
Emie Herschfeld	5:37.94
M70 Robert McKeague	5:33.72
Archie Messenger	5:45.91
Paul Schmitt	5:54.39
Harry Thompson	5:56.46
Carl Hammen	5:57.88
Clyne Lunsford	6:02.22
M75 John Boots	6:04.20
Gordon Johnson	6:17.98
Austin Newman	6:18.08
Erich Dahl	6:32.29
Edmund Vuolo	6:50.51
William Benson	6:58.56
M80 William Dyer	7:16.60
Eugene Keller	7:18.06
Dudley Healy	7:18.15
Frank Levine	7:39.21
Maxwell Springer	8:06.28
Meyer Silverman	8:38.83
M85 Harry Polites	8:41.57
Herbert Steele	10:13.86
Harold Hoffman	11:19.57
Al Nellis	12:29.16
M90 William Hall	20:53.16
W55 Jeanne Hoagland	5:46.41
Kenny Fike	5:46.61
Constance Martinez	6:04.75
Jean Buongiorno	6:07.23
Julia McQueen	6:11.72
Jean Otto	6:23.44
Betty Hoff	6:36.25
M60 Phil Mulkey	11.25
Dave Klicker	9.2
John Lamb	8.8
Chuck Crawford	8.8
Hubert Conway	7.8
John Rutherford	7.8
M65 John Weiss	8.3
Samuel Griffith	8.3
Bailey Gore	7.5
Tom Maloy	7.5
Louis Youngblood	7.5
William Robst	7.5
M70 Adolph Hoffman	8.7
John Cleveland	7.11
William Chiffis	7.11
Howard Dewell	6.3
Alba Palmer	5.3
M75 Bob Warwick	6.3
Jesse Cummings	4.9.50
Orlie Parker	4.3
M80 Carl Wafford	5.7
John Boesenhofer	5.3
Stanford Trigg	5.3
Milo Lightfoot	4.5
Daniel Mestayer	4.5
M85 Herbert Steele	5.3
W60 Amy Hicks	4.3
W65 Leonore McDaniels	5.10
W70 Margaret Hinton	4.8
W75 Elnora Martinelli	3.4
Mary Bowermaster	3.2
W80 Bettie MacInnes	2.10
Dorothy Bavaro	2.8
Inga von Hortenau	2.8
<b>Long Jump</b>	
M55 Dale Lance	18-10.50
Emil Pawlik	18-9.75
Peter Stopoulos	16-6.50
Bob Bergfeld	16-5
Max Yates	16-3.50
James Baker	15-11.75
Wayne Mishler	4.7
Norman Robinson	4.7
M65 Jim Gillcrest	5.2
James Stookey	4.11
Peter Kronberg	4.11
Gerald Doucet	4.7
Paul Barndt	4.6
William Wambach	4.6
M70 Charles Obye	4.6
Francis Green	4.4
John Stirling	4.2
Adolph Hoffman	4.2
Raul Roderiques	4.2
Bill Simpson	4
M75 Burl Gist	4.2
James Cordell	4
Robert Wells	4
George Hoferer	3.10
Robert McAtee	3.8
Irwin Charles	3.8
Bob Warwick	3.8
M80 Milton Williams	3.10
Charles Roloff	3.6
E Todd	3.6
Budd Mates	3.6
John Bosenhoeffer	3.6
Milo Lightfoot	3.4
M85 Herbert Steele	3.5
Harold Hoffman	3.2
Bill Flaitz	2.10
Clarence Larson	2.5

Continued from previous page

Table of names and times for various events, including Frank Beck (24-5.75), John Tubb (24-4.50), M85 Herbert Steele (23-2.75), etc.

Table of names and times for various events, including Ruth Tubb (15), Sarah Overton (21-4.50), Emma Udovich (21-4.50), etc.

Table of names and times for various events, including PaulAllen 38 (24.9), Larry Colbert 58 (26.0), Ralph Romain 62 (26.1), etc.

Table of names and times for various events, including Junior McLeod (11.97), M35 Fred Feaster (11.92), M40 Bruce Clark (12.50), etc.

Table of names and times for various events, including Lynn Davis F38 (1:10.4), J J Wind 45 (1:11.2), Bud Averitt 75 (1:40.2), etc.

Table of names and times for various events, including M60 Tom Talbott (46.0), M65 Tom Delaney (30.0), Manny Herscher (32.5), etc.

EAST Potomac Valley TC Meet Alexandria, VA; April 23

MAC Chemical/New York Relays Randalls Island; May 6

Potomac Valley TC Meet Alexandria, VA; May 7

N.Y. Masters Spring Classic Kings Point, NYC; May 21

Continued on next page

Continued from previous page

Table of names and times for various events including 100m, 200m, 400m, 800m, 1500m Racewalk, and Weight Throw.

SOUTHEAST

USATF Southeast Regional Masters Championships Raleigh, NC; May 5-7

Table of names and times for the Southeast Regional Masters Championships events.

Table of names and times for various events including 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of names and times for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of names and times for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of names and times for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of names and times for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Continued on next page

Continued from previous page

Table of race results including names like Kathryn Carmines, Lois Dicker, Dolores Rogers, Betty Allgood, Pat Nesley, etc.

Florence TC Hot Feet Series

Florence, SC; May 13

Table of race results for Florence TC Hot Feet Series, including 5000m, Shot Put, Discus, Hammer, and Weight Throw events.

MID AMERICA

Denver TC Mile Run

Table of race results for Denver TC Mile Run, including names like Scott Deming, Bill Harvey, Ken Applegate, etc.

Western Slope Senior Games

Montrose, CO; May 12-13

Table of race results for Western Slope Senior Games, including 50m, 100m, 200m, and 400m events.

Table of race results for 400m, 800m, 1500m, 5000m, Shot Put, Discus, and 1500m Fastwalk events.

Denver TC Mile

Denver, CO; May 21

Table of race results for Denver TC Mile, including names like Daniel Haney, Scott Bainbridge, Guy Morris, etc.

SOUTHWEST

El Paso Senior Games

El Paso, TX; April 8

Table of race results for El Paso Senior Games, including 50m, 100m, 200m, and 400m events.

Table of race results for 400m, 800m, 1500m, 5000m, Shot Put, Discus, and 1500m Fastwalk events.

Kerrville Senior Games

Kerrville, TX; April 27-29

Table of race results for Kerrville Senior Games, including 50m, 100m, 200m, and 400m events.

Table of race results for 400m, 800m, 1500m, 5000m, Shot Put, Discus, and 1500m Fastwalk events.

Table of race results for 5K Road Race, including names like Jay Williams, Dario Flores Jr, Jesse Real, etc.

Tulsa Meet

Tulsa, OK; May 5

Table of race results for Tulsa Meet, including 200m, 400m, 800m, 1500m, 5000m, Shot Put, Discus, and 1500m Fastwalk events.

Greater New Orleans Regional

Senior Olympics

Tad Gormley Stadium; May 6

Table of race results for Greater New Orleans Regional Senior Olympics, including 100m, 200m, 400m, 800m, 1500m, 5000m, Shot Put, Discus, and 1500m Fastwalk events.

Table of race results for 400m, 800m, 1500m, 5000m, Shot Put, Discus, and 1500m Fastwalk events.

USATF Southern Association

Championships

Gonzales, LA; May 26-27

Table of race results for USATF Southern Association Championships, including 55m, 100m, 200m, 400m, 800m, 1500m, 5000m, Shot Put, Discus, and 1500m Fastwalk events.

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Texas Masters Championships U. of Texas, Arlington; June 10

(meet called during 100m, rain and lightning)

100m: M60 Joe Summerlin 13.30, M65 Andy Anderson 13.30, M70 Bob Wingo 15.20, M75 Angelo Oliver 16.80, M80 Fred White 17.20

800m: M35 Dave Desosa 2:01.30, M40 Tom Aspel 2:08.90, M40 Rick Basley 2:01.80, M40 Bob Wilkin 2:48.60, M45 Randy Taylor 2:12.90, M50 Troy Scoggins 2:34.10, M55 Dan McConnack 2:23.20, M65 Richard Widener 2:55.60, M70 Mike Kagan 3:10.90

3200m: M40 Jesse Sturgeon 10:15.70, M60 Rob Coffee 13:46.20

Short Hurdles

M35 Ken Ellis 15.00, M40 Stacey Price 18.40, M50 Courtland Gray 14.50, M55 Charley Miller 15.10, M60 Lowell Bonifield 18.50, M65 Bill Pardue 20.30, W30 Debra Salinas 17.80, 4x100m Relay: M30 Houston Elite TC 43.40, Metro TC 43.70, M40 Lufkin T&F Club 48.20

High Jump

M35 Ken Ellis 5-2, M40 Steve Cox 5-3, Mike Mitchell 4-7, M45 Jim Dolezel 5-0, Larry McIntyre 4-10, M50 Milan Martinec 4-5, Tim McGough 4-5, Sam Pfening 4-5, Mark Chapman 4-3, M55 John Head 4-7, M65 Val Smith 4-0, M75 John Alexander 3-9, W30 Erika Davis-Noble 4-5

Pole Vault

M35 James Fountain 13-11 1/2, Brian Elmore 11-6, M40 Wayne Rucker 12-5 1/2, M45 Warren Wilke 12-5 1/2, Dan Jones 11-6, Jim Dolezel 10-0, M40 Richard Thomas 21-9 1/2, Mike Mitchell 18-5 1/2, M45 Jim Dolezel 17-8 1/2, Tom Witherspoon 13-2, Ed Jones 20-10, John Hartfield 20-10, Lee Powell 15-9 1/2, Sam Pfening 12-6, M55 John Head 16-3/4, M60 Lowell Bonifield 16-3

Triple Jump

M30 Tanju Yurtsever 42- 1/2, M40 Mike Mitchell 36-3/4, M45 Jim Dolezel 33-4, Tom Witherspoon 28-4, M50 Lee Powell 31-1, Milan Martinec 27-11, Troy Scoggins 27-9, Sam Pfening 24-10 1/2, M55 John Head 29-8 1/2, M65 Val Smith 24-9 1/2

Shot Put

M30 Tim Tolson 40-9, M35 Ken Ellis 42-0, Cecil Noble 35-9 1/2, Gary Dzuris 34-5, M40 Ed Forester 34-8 1/2, Larry Childress 28-0, M45 Jerry Brewer 34-1 1/2, Tom Witherspoon 27-1, M50 John Hartfield 44-7 1/2, Sheppard Miers 41-3 1/2, Mark Chapman 38-9, Tim McGough 35-5 1/2, Jim Goodwin 31-10 1/2, M65 John Cantrell 38-0, Henry Wright 33-10, M60 Wendell Palmer 42- 1/2, M65 Val Smith 30-9 1/2, M70 Charles Covino 32-4 1/2

Discus

M50 Sheppard Miers 126-4, Jim Goodwin 120-3, Alan VanScotter 95-5, Mark Chapman 94-4, Monroe Ashworth 91-7, M55 Henry Wright 114-4, John Cantrell 109-11, M60 Wendell Palmer 148-9, Jim Carney 101-6, Bob Santine 98-0, M65 Val Smith 82-3, M70 Bill Carter 102-1, Charles Covino 94-4, M75 John Alexander 82-7, W55 Sylvia Brooks 53-10

Javelin: M30 Tim Tolson 124-6, M35 Gary Williky 153-11, Cecil Noble 121-3, Gary Dzuris 118-2, M40 Steve Cox 121-3, M45 Warren Wilke 153-11, M50 Milan Martinec 102-11, Jim Goodwin 102-3, Lee Powell 100-0, Gib Brown 98-10, M55 John Cantrell 98-11, M60 Zbyszek Przewodek 126-9, Wendell Palmer 100-5, Bob Santine 97-2, M65 Skip Meneely 118-8, Val Smith 100-2, M70 Bill Carter 86-10, Charles Covino 71-7, M75 Angelo Oliver 61-11

1500m Racewalk

M45 Norm Frable 7:15.10, M50 Joe Anderson 8:14.30, M55 Joel Stonecipher 8:42.80, M60 Presley Donaldson 8:00.80, W35 Cheryl Mellenthin dq, W45 Kathy Frable 7:49.10, Patty Mills 9:53.60, W75 Fan Berro-Caris 11:23.50

WEST

Phoenix Invitational Arizona State U.; April 8-9

100m

M30 Andrew Smith 12.44, M35 Kevin Nance 11.05, M40 Sava Onyepunuka 11.62, M45 Skeeter Fisher 15.65, M50 Jim Swayze 12.82, M55 Bob Osterhoudt 13.75, M60 Budd Hamilton 15.64, W30 Eliz Onyepunuka 13.31, W45 Maxine White 14.50

200m

M30 Don Kelly 27.45, M35 Willie Jones 22.46, M40 Kevin Nance 23.26, M45 Skeeter Fisher 31.91, M50 Bob Osterhoudt 28.48, M55 Fred Kerr 26.36, M60 Ray Graves 28.06, M65 Charles Rice 30.97

400m

M30 Eric Woolsey 54.42, M35 Cliff McKenzie 50.24, M40 Neil Howk 55.99

800m

M30 Carlos Cota 2:09.56, M35 David Jansen 2:07.33, M40 Neil Howk 2:02.82, M55 Cliff Bedell 2:26.55, M60 Chris Noble 2:27.40, M65 Charles Rice 2:40.00, W45 Karen Davis 2:59.40, M30 L. Billings 4:55.39, M35 Vito Perrone 4:37.06, M40 Jeff Chambers 5:00.32, M45 Mark Mahl 4:57.39, M55 Cliff Bedell 5:08.00, M60 Chris Noble 5:34.00, W35 Joan Hansen 4:41.58

3000m

W45 Karen Davis 12:36.00

5000m

M30 L. Billings 17:31.23, M35 C. Sanchez 17:06.61, M50 Phil Davis 24:34.30

110m High Hurdles

M35 Erwin Jones 16.02, M55 Dave Doerr 18.73, M60 Dave Douglas 19.63

Shot Put

M30 Andrew Smith 12.42, M35 T. Williams 12.42, M40 Richard Mann 8.60, M45 Skeeter Fisher 6.33, M60 Ben McGrady 12.66, M75 Roy Clark 8.21, W50 Kay Gower 6.91, W70 Renee Roloff 6.82

Discus

M35 Jeff Crothers 31.58, M40 Richard Mann 22.24, M50 Bob Osterhoudt 34.28, M60 Ben McGrady 41.34, W50 Kay Gower 15.18, W55 Sherr Pearson 16.40

Long Jump

M40 Pat Fahy 5.62, M50 Emmett Graham 5.31, M55 Dave Doerr 4.75, M60 Dave Douglas 4.35, W40 S. Hollingsworth 3.36, W50 Kay Gower 2.36

High Jump

M40 Pat Fahy 1.65, M45 Mark Mahl 1.20, M50 Brent Golden 1.40

Javelin: M30 Andrew Smith 39.60, M35 Jeff Crothers 22.30, M40 Mike Chapman 49.24, M45 Mark Mahl 32.10, M50 Emmett Graham 36.52, M55 Paul Taylor 33.62, M60 Ben McGrady 36.90, M70 Charles Obye 31.24, M75 Charles Roloff 23.72

Dan Aldrich Memorial Track Meet UC Irvine, CA; May 9

100m

M35 K Morning 11.37, J Bonilla 11.42, G Holmes 11.45, M40 K Nance 11.11, D Perrin 12.26, A Hecker 13.17, M45 G Johnson 12.10, S Groves 12.58, G Wong 13.09, M50 Parker 12.30, D Richard 12.62, W Butler 12.63, M55 B Knock 12.71, D Smith 12.79, R Tsuda 13.35, M60 N Newton 12.79, W Robinson 14.11, S Flory 14.12, M65 D Odom 14.29, J Selby 14.95, M70 T Patsalis 15.22, J Welch 18.54, M75 A Guidet 16.31, M80+ A Morrow 18.01, W35 K Vaughn 15.48, A Thomas 16.10, D Selby 17.66, W50 P Gudel 18.38, W55 K Bergen 14.29

200m

M30 A Ros 21.99, K Berry 22.05, M35 K Morning 22.86, J Bonilla 23.28, M40 G McHale 25.16, E McCalley 26.79, H Fitzpatrick 26.91, M45 H Castille 24.57, G Johnson 24.64, R Russell 27.16, D Parker 24.34, M50 D Reichard 25.66, B Knocke 26.37, M55 R Tsuda 26.68, D Glasgow 27.09, M60 N Newton 26.05, W Robinson 28.87, F Kishi 31.59, M65 J Selby 31.22, M75 A Guidet 39.39, W30 D Hill 24.60, W35 A Thomas 37.77, W50 P Gudel 42.49

400m

M30 K Berry 49.57, V Kastor 51.18, D Hall 54.40, M40 C McKenzie 49.89, C Tziantzis 56.14, B Fitzpatrick 59.11, M45 H Castille 55.13, R Russell 57.94, P Gnesin 1:01.93, M50 G Odell 1:05.51, M55 G Knocke 59.41, S King 1:03.89, M60 S Wing 1:07.77, M65 L Beadle 1:06.70, W30 D Hill 53.92, L Wallace 1:12.37, W35 D Nielson 1:02.80

800m

M40 G Lash 2:21.28, M45 R Russell 2:10.05, P Gnesin 2:22.10, D Hirst 2:26.05, M55 R McAlpine 2:21.88, C Kirby 3:33.33, M60 S Wing 2:21.92, M65 J Selby 2:34.63, L Beadle 2:45.65, A Escobosa 2:51.35, W30 L Wallace 2:47.15, W35 D Selby 3:53.43, W70 G Davidson 3:49.43

1 Mile

M35 J Hope 4:47.72, M45 D Seelinger 5:35.29, M55 C Burton 5:32.76, D Wharton 5:41.07, F Hartman 7:03.34

M65 G Linde 5:53.27, J Selby 6:01.39, E Sanchez 6:09.29, M70 G Davidson 8:19.28, W30 J Wallace 6:27.13, W35 D Selby 9:13.82

3000m

M40 G Shapiro 9:48.82, M55 D Wharton 10:55.06, F Hartman 11:52.64, M60 J Harper 13:07.99, M65 E Sanchez 12:40.70, H Willis 14:44.00, M75 N Jacobs 14:37.38

Short Hurdles

M30 H Andrade 14.12, M40 D Perrin 17.57, A Hecker 20.88, M45 S Grove 17.19, K Hann 21.73, M50 W Butler 18.06, M60 R Fitzhugh 22.00, M70 T Patsalis 14.50, M80+ A Morrow 19.24

Long Hurdles

M40 A Hecker 50.89, M45 S Grove 49.45, M60 W Robinson 51.73, D Douglas 55.93, W40 T Stough 1:10.53

2000m Steeplechase

J Cosgrove 13:17.07

3000m Steeplechase

M50 D Leaton 12:27.54

4x100m Relay

M30 Clipp/Brown/Weston/Harris 50.23

High Jump

M30 J Sanders 6, D Brown 5-10, S Barba 5-2, M40 D Stones 6-4, K Stone 5-6, M45 C Rader 6, R Pozzi 5-4, M50 H Petegrove 4-10, W Wood 4-10, D Holmes 4-4, M55 C Berger 4-8, F Hunter 4-8, M60 M Newton 5-2, D Douglas 4-4, M70 D Roser 4, W45 A Steekelberg 4-10, B Stratton 3-6

Pole Vault

M40 B Juarez 15-6, M Hogan 14-4, M45 D Borrey 14-6, M50 J Stringer 11-6, M55 T Cannon 12, M60 R Fitzhugh 9, M70 D Roser 7, M75 J Vernon 7, M80+ C Johnson 7-6

Long Jump

M30 D Brown 21-2, M35 K Morning 21, M40 A Hecker 17-1.50, M Dennis 16-10.50, M45 K Hann 15, L Clipp 14-10, M50 Graham 16-8, W Wood 15-3, G Odell 14-7, M55 J Trapp 16-8.50, R Tsuda 16-1.50, M60 R Fitzhugh 14-2.50, D Douglas 13-7, E Martin 13-4.50, M70 T Patsalis 14-5.75, W45 B Stratton 11-4.50

Triple Jump

M30 D Brown 34-4.50, M35 R Cannon 52-4.50, J Welch 35-11, M40 M Dennis 35-7, A Hecker 35-7, K Jokela 32-4, M45 W Wood 32-8, M70 T Patsalis 30-1.50, M75 C Mercurio 25-5.75, W45 B Stratton 23-6

Shot Put

M30 M Gonzalez 43, D Hall 42-7, S Barba 36-2.75, M35 Scott West 42-11, M40 W Bardner 44-9, D Perrin 33-11.75, M45 K Hann 28-2.25, M50 D McCraven 42-4.50, D Pena 36-2.75, G Kocing 28-2

M55 D Dill 37-11.25, R Wade 34-6.25, Marino 33-11.75, M60 M Devlin 37-2.75, R Fitzhugh 33-5.75, B Eldridge 32-0.25, M65 H Hawk 39-10.75, M75 C Odell 33-9.50, J Seifert 31-7, S Lampert 30-9.75, W35 K Vaughn 32-1, W40 J Wilson 32-3, W45 Glass 27-8, W60 M Hirst 26-3

Discus

M30 D Hall 145-4, M Gonzales 143, S Barba 120-2, M40 D Barret 118-2, W Gardner 117-11, A Hecker 61-3, M50 D McCraven 112-6, G Koeing 88-4, M55 J Marino 130-7.50, R Wade 109-7, D Dill 102-10, M60 M Devlin 100-10, R Fitzhigh 104-3.50, B Eldridge 95, M70 D Roser 100-10, B Davidson 60-2, W40 J Wilson 126-11, W50 P Hunter 59-2

Hammer

M35 S West 118-9, M55 A Sheinker 99-10, F Hunter 88-3.50, M60 D Douglas 99-6, M65 H Hawke 125-6, M75 S Lampert 98-10.50

Javelin

M30 S Barba 169-5, M40 D Perrin 156-8, W Gardner 147-8, D Barrett 108-8, Richard Rook 104-9, M50 D Pena 138-5, D Holmes 124-1, M55 F Hunter 100-9, M60 E Martin 123-11, M Devlin 113, D Douglas 97-5, M65 D Pickarts 127-2, M70 D Roser 102-11, M75 J Seifert 87-7, C Odell 78-11, W30 C Barre 45-7.50, W35 K Vaughn 75-2, W45 L Glass 80-2, W50 P Hunter 61-3, W55 P Devlin 51-2

5000m RW

M50 G Koeing 35:31.6, M60 L McGuire 32:43.0, M65 J Kelly 30:10.6, M70 B Davidson 43:41.0

Southern California Striders Meet of Champions CSU-Long Beach; May 14

100m

M30 M Gottlieb 12.47, M40 D Perrin 12.18, M Dennis 13.08, R Watson 13.11, M45 S Groves 12.42, G Wong 13.00, M50 F Little 12.31, T Kenney 12.89, W Butler 12.95, M55 K Dennis 12.25, R Tsuda 13.34, M60 M Newton 12.69, S Flory 13.69, W Robinson 13.78, M65 C McPherson 13.64, R Higginbotham 15.09, M70 J Schiavo 14.96, J Welch 18.16, M75 A Guidet 16.27, W35 S Banks 14.82, K Vaughn 15.21, C Norwood 18.22, M55 K Bergen 13.82, W60 M Kuehne 16.39, M Autry 17.61

200m

M40 W Collins 24.85, M45 D Parker 24.42, H Castille 24.64, M50 F Little 25.39, T Kenney 26.45, G Odell 28.00, M55 K Dennis 25.84, b Knocke 26.03, D Smith 26.74, M60 M Newton 25.80, W Robinson 29.00, F Kishi 31.90, M65 C McPherson 28.80

L Beadle 29.20, W30 L Wallace 31.20, W35 V Nixon 30.90, K Vaughn 33.2, C Norwood 41.10, W55 K Bergen 30.10, W60 M Kuehne 36.5, W65 S O-Leonard 36.2

400m

M30 K Berry 50.57, C Stephenson 51.11, V Kastor 51.45, M40 C Tziantzis 55.50, B Fitzpatrick 58.30, E McCalley 60.00, M45 D Parker 54.20, H Castille 55.10, P Gnesin 61.10, M50 G Odell 65.30, M55 B Knocke 60.40, M65 L Beadle 65.90, W35 V Nixon 69.80, W55 J Hoagland 72.60, W65 S O-Leonard 86.30

800m

M35 D Goldman 2:05.70, M45 R Rook 2:29.80, P Gnesin 2:34.70, M60 S Wing 2:24.20, R Archibald 3:00.40, M65 J Selby 2:50.20, S Coben 2:57.80, H Willis 3:06.60, W30 L Wallace 2:43.60, W35 D Selby 3:53.10, W50 B Frankel 2:46.30

1500m

M35 M Cleary 4:20.40, J Hope 4:21.30, M45 R Russell 4:33.80, D Hirst 5:10.20, M50 J Cabeza 4:36.40, M55 K Ogden 5:18.00, M60 R Culling 5:12.80, R Archibald 6:10.60, M65 P Devine 5:31.30, E Sanchez 5:42.60, M70 A Bryant 6:00.90, W35 C Norwood 7:50.60, D Selby 7:52.90

3000m

M30 K Lee 9:24.40, J Reed 9:31.70, M35 J Hope 9:31.20, M Cleary 9:39.30, D Norwood 9:41.90, M45 D Hirst 11:19.90, M Jacobs 13:15.20, M50 R Diaz 11:34.80, M60 R Archibald 13:47.90, M65 P Devine 12:01.20, M75 N Jacobs 14:11.00

Short Hurdles

M40 D Perrin 16.20, M Dennis 17.50, R Watson 21.30, M45 S Groves 19.90, M50 W Butler 14.16, M65 R Higginbotham 18.40

M30 A Selvidge 66.66

M40 A Hecker 67.31, R Watson 74.77, M45 S Groves 66.15, W35 D Nielsen 71.04, W40 T Stough 72.07

Steeplechase

M45 H Castille 12:03.80, M50 D Leaton 12:07.10, R Cavalletto 12:10.70, M55 J Cosgrove 12:59.10

Sprint Medley Relay

M60 SC Striders 4:47.40

High Jump

M30 B Stanton 6-9, J Sanders 6-2, D Brown 5-6, M40 M Embry 6-2, K Stone 5-4, R Watson 4-10, D Perrin 4-10, M45 R Pozzi 5-4, M50 H Petegrove 5-0, B Wood 4-10, T Rowan 4-4, M55 P Fehlen 5-4, B Bergen 4-8, M60 M Newton 5-2, R Fitzhugh 4-8, S Flory 4-6, M70 V Jones 3-8, W45 A Steekelberg 5-0, B Stratton 3-6, W55 K Bergen 4-0, W60 C Miller 4-0, W65 J Valien 3-2

Pole Vault

M30 G Charles 4.41, J Louis 4.26, M35 J Arbogast 2.90, M40 M Hogan 4.41, D Sparks 4.11, R Watson 2.90, M45 G Miguel 4.26, D Borrey 4.26, M50 J Stringer 3.58, M60 J Simms 2.90, R Fitzhugh 2.75, M70 D Roser 2.13, M75 J Vernon 2.13, W30 S DiMarco 3.05

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Table of athletic results for the Visalia Classic Meet, including events like Long Jump, Shot Put, Discus, and Hurdles.

Visalia Classic Meet, Visalia, CA; May 20

Table of athletic results for the Visalia Classic Meet, including events like 100m, 200m, 400m, and 800m.

Table of athletic results for the Oregon TC Masters Meet, including events like 100m, 200m, 400m, and 800m.

Table of athletic results for the Northwest Oregon TC Masters Meet, including events like 100m, 200m, and 400m.

KELfield Throws Series #39, Santa Cruz, CA; May 20

Table of athletic results for the KELfield Throws Series #39, including Shot Put, Discus, and Javelin.

USATF Pacific Assoc. Weight Pentathlon Championships, Santa Cruz, CA; May 27

Table of athletic results for the USATF Pacific Assoc. Weight Pentathlon Championships, including Shot Put, Discus, and Javelin.

Bruce Jenner Classic, San Jose, CA; May 27

Table of athletic results for the Bruce Jenner Classic, including 100m, 200m, and 400m.

USATF Arizona Masters Decathlon, Phoenix; June 2-3

Table of athletic results for the USATF Arizona Masters Decathlon, including 100m, 200m, and 400m.

NORTHWEST

Oregon TC Masters Meet, Eugene; May 17

Table of athletic results for the Oregon TC Masters Meet, including events like 100m, 200m, 400m, and 800m.

Oregon Senior Olympics, Silverton, OR; May 27

Table of athletic results for the Oregon Senior Olympics, including events like 100m, 200m, and 400m.

Table of athletic results for the South Africa Veterans Championships, including events like 100m, 200m, 400m, and 800m.

INTERNATIONAL

South Africa Veterans Championships, Bellville, SA; April 21-22

Table of athletic results for the South Africa Veterans Championships, including events like 100m, 200m, 400m, and 800m.

Continued on next page

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M55 S Mostert (WP)	17:05.69
M60 C Greeff (WP)	20:15.73
M65 G Loedolff (N Tvl)	20:29.63
M70 J Brobbelaar (WP)	22:53.24
M75 D Purdue (WP)	35:21.75
M80 F Jourdain (WP)	39:16.88
W30 L Stander (N Tvl)	20:35.79
W35 N Ceronio (Tvl)	18:11.65
W40 C Louw (EP)	19:00.06
W45 A Coetzee (N Tvl)	22:12.50
W50 G Buhrmann (Swd)	21:55.97
W60 A Ter Tusscher (Tvl)	28:52.08
W65 J Geldenhuys (WP)	25:53.21

**10,000m**

M30 N Bekapi (EP)	31:33.70
M35 C Lucas (WP)	32:50.10
M40 B Botya (W Tvl)	33:55.80
M45 H Cleophas (WP)	37:40.70
M50 N Visser (Tvl)	34:49.30*
M55 S Mostert (WP)	35:38.30
M60 R Bezuidenhout (Tvl)	40:44.60
M65 G Loedolff (N Tvl)	42:53.90
M70 J Brobbelaar (WP)	45:51.60
W35 M Ceronio (Tvl)	37:30.10
W40 C Louw (EP)	39:12.90
W50 J Hann (WP)	41:30.90

**Short Hurdles**

M40 N Frylinck (N Tvl)	16.12
M45 L Freitag (N Tvl)	19.47
M50 D Heunis (Swd)	18.98
M55 P Botha (EP)	19.12
M60 R Cross (WP)	20.72
M70 A van Zyl (Nat)	14.55
W40 A de Viliers (EP)	12.66
W45 M Ferreira (Tvl)	14.92
W50 H Kupper (Nam)	15.44
W60 E Nel (Nat)	18.98

**Long Hurdles**

M30 T Visser (WP)	59.09
M35 N Daniels (WP)	1:00.06
M40 A Vanderburgh (WP)	1:00.04
M55 P Botha (EP)	1:14.21
M60 A Heine (N Tvl)	52.16
M70 A van Zyl (Nat)	55.02
W40 A de Viliers (EP)	1:08.36
W50 Y de Wit (WP)	52.15

**2000m Steeplechase**

W35 M Ceronio (Tvl)	7:41.43*
W40 C Wallace (WP)	8:18.04*
W50 I Rossouw (Nat)	10:21.02
W60 A Ter Tusscher (Tvl)	12:48.02

**3000m Steeplechase**

M30 M Ruppert (WP)	10:03.90
M35 W Visser (WP)	10:05.62
M40 J Windt (EP)	11:40.54
M45 K Williams (WP)	11:59.55
M50 T Smith (Nat)	12:44.09
M55 J Jordan (N Tvl)	13:14.59

**High Jump**

M30 A van Staden (Nat)	1.73
M35 J Deyzel (EP)	1.63
M40 B Elton (WP)	1.83
M45 L van der Merwe (OFS)	1.50
M50 M van Rooyen (N Tvl)	1.50
M60 L Benning (WP)	1.45
M65 J Schoeman (W Tvl)	1.30
M70 A van Zyl (Nat)	1.30
M80 C Nel (WP)	1.03
W30 M Bester (N Tvl)	1.40
W40 H Freitag (N Tvl)	1.45
W45 M Ferreira (Tvl)	1.35
W50 H Kuppe (Nam)	1.30*
W55 N van Lill (Nat)	1.20
W60 A Kruger (OFS)	1.15

**Pole Vault**

M30 J Vermeulen (WP)	2.90
M55 J Kloppe (OFS)	2.70
M60 L Benning (WP)	2.10
M75 A van Zyl (Nat)	2.20
W50 P Pietersen (N Tvl)	2.40

**Long Jump**

M30 A van Staden (Nat)	5.88
M35 J Ellis (N Tvl)	6.28
M40 N Frylinck (N Tvl)	5.27
M45 G Breitenbach (N Tvl)	5.36
M50 T van der Mescht (EP)	5.15
M55 G Pistorius (OFS)	4.80
M60 R Cross (WP)	4.83
M65 J Schoeman (W Tvl)	4.09
M70 A van Zyl (Nat)	3.80
W30 C Gomes (WP)	5.30
W35 E Hartung (Nam)	5.57
W45 N Ferreira (Tvl)	4.13
W50 H Kuppe (Nam)	4.03
W55 N van Lill (Nam)	3.63
W60 G Theron (N Tvl)	3.45
W65 M du Plessis (Nam)	2.69
W80 E Paveley (Tvl)	2.00

**Triple Jump**

M30 C Herbst (WP)	11.86
M40 W Esterhuizen (EP)	9.69
M50 H van der Berg (N Tvl)	10.42
M55 G Pistorius (OFS)	10.30

M60 A Heine (N Tvl)	9.78
M70 A van Zyl (Nat)	8.38
W30 C Gomes (WP)	11.58*
W35 E Hartung (Nam)	7.29
W40 A Engelbrecht (W Tvl)	8.69
W50 H Kuppe (Nam)	8.88
W55 L Zimmerman (EP)	7.18
W60 A du Plooy (Tvl)	7.14

**Shot Put**

M30 H Geldenhuys (WP)	12.21
M35 T Liebenberg (W Tvl)	12.24
M40 J van Zyl (EP)	14.65*
M45 N Hough (WP)	11.19
M50 P Mylandzi (W Tvl)	13.26
M55 A Rzepecki (Tvl)	11.81
M60 R Mitchell (WP)	11.38
M65 B Stannius (WP)	9.61
M70 J Visser (Swd)	9.88
M75 G Glockner (Aus)	9.94
M80 C Sterley (N Tvl)	7.19
M85 B Wischmann (Ger)	7.32*
W30 R White (N Tvl)	12.32
W35 I Breinsberger (Aus)	9.04
W40 I Uys (W Tvl)	8.10
W45 H du Plessis (Tvl)	19.61
W50 M Uys (WP)	10.22
W55 J Bakkes (W Tvl)	10.25
W60 S Malherbe (WP)	8.03
W65 N du Plessis (Nam)	6.42
W70 L Grobler (N Tvl)	7.52
W80 E Paveley (Tvl)	4.85

**Discus**

M30 A Coetzee (WP)	42.40
M35 T Liebenberg (W Tvl)	36.20
M40 J van Zyl (EP)	47.42
M45 J Roodt (Nat)	37.80
M50 W Mwalwanda (W Tvl)	41.42
M55 S Johnston (WP)	38.64
M60 R Mitchell (WP)	36.60
M65 B Stannius (WP)	34.60
M70 J Visser (Swd)	33.42
M75 G Glockner (Aus)	26.78
M80 C Sterley (N Tvl)	21.44
M85 B Wischmann (Ger)	22.50*
W30 R White (N Tvl)	44.88
W35 J Olives (WP)	28.15
W40 M Marx (Tvl)	30.32
W45 H du Plessis (Tvl)	31.85
W50 M Uys (WP)	23.35
W55 L Zimmerman (EP)	25.85
W65 J Nel (EP)	17.30
W70 L Grobler (N Tvl)	19.77
W80 E Paveley (Tvl)	11.65

**Hammer**

M30 A Coetzee (WP)	42.34
M40 H Storm (E Tvl)	31.16
M45 J Roodt (Nat)	46.08
M50 H van der Berg (N Tvl)	35.18
M55 A Rzepecki (Tvl)	43.74
M60 G Naude (OFS)	32.94
M70 J Visser (Swd)	35.10
M75 L Botha (N Tvl)	29.48
M80 C Sterley (N Tvl)	27.88
M85 B Wischmann (Ger)	25.76
W30 R White (N Tvl)	39.10*
W35 R Farkas (Aus)	34.68*
W40 H Zarka (Aus)	24.26
W45 H du Plessis (Tvl)	35.04*
W50 M Uys (WP)	28.64
W55 N van Lill (Nam)	24.50*
W60 S Malherbe (WP)	20.48
W65 M du Plessis (Nam)	17.34
W70 L Grobler (N Tvl)	20.48

**Javelin**

M30 F Heyman (Tvl)	51.86
M35 T Liebenberg (W Tvl)	62.60
M40 H Storm (E Tvl)	44.16
M45 L van der Merwe (OFS)	53.82
M50 W Mwalwanda (W Tvl)	53.98
M55 J Kloppe (OFS)	37.40
M60 R Mitchell (WP)	35.32
M65 B Stannius (WP)	35.36
M70 J Visser (Swd)	29.88
M75 G Glockner (Aus)	24.22
M80 C Nel (WP)	18.76
M85 B Wischmann (Ger)	20.20*
W30 A Hennop (N Tvl)	31.66
W35 I Breinsberger (Aus)	29.98
W40 I Uys (W Tvl)	30.34
W45 H du Plessis (Tvl)	30.86*
W50 H Kupper (Nam)	23.92
W55 N van Lill (Nam)	23.90
W60 V Weigemoed (N Tvl)	19.26
W70 L Grobler (N Tvl)	17.08

**Weights Pentathlon**

M30 F Heyman (Tvl)	2825
M35 T Liebenberg (W Tvl)	3084
M40 H Storm (E Tvl)	2902
M45 J Roodt (Nat)	3464
M50 H van den Berg (N Tvl)	3044
M55 A Rzepecki (Tvl)	3652
M60 R Mitchell (WP)	3147
M65 B Stannius (WP)	2842
M70 J Visser (Swd)	3685

M75 L Botha (N Tvl)	3409
M80 C Sterley (N Tvl)	2886
M85 B Wischmann (Ger)	3865
W30 R White (N Tvl)	3456
W35 R Farkas (Austria)	2631
W40 I Uys	2157
W45 H du Plessis (Tvl)	3834
W50 M Uys	2760
W55 N van Lill (Nam)	2625
W60 S Malherbe (WP)	2682
W65 G du Plessis (Nam)	2133
W70 L Grobler (N Tvl)	3474

**Heptathlon**

W40 S van Rooyen (N Tvl)	4249
W45 M Ferreira (Tvl)	4408
W50 E Jordan (OFS)	4026

**Decathlon**

M30 I Hacker (Tvl)	5040
M40 J Allers (WP)	4014
M60 L Benning (WP)	5661

**5000m RW**

M35 N Ras (WP)	26:24.0
M45 G Oosthuizen (WP)	26:53.8
M50 J Spencer (N Tvl)	25:00.4
M55 M Rossouw (WP)	28:31.5
M60 J Hotson (WP)	27:35.9
M70 J Barnard (N Tvl)	40:00.4

M75 R Rogers (Nat)	35:54.3
M80 B Moodie (Swd)	38:13.1
W35 W McGuigan (Tvl)	28:12.2
W40 G de Szabo (Tvl)	31:07.4
W45 L Tregellas (WP)	31:32.8
W50 J Schafer (Nat)	30:34.2
W55 L Hatz (Tvl)	31:56.2
W60 H Rothman (WP)	32:14.4
W65 AVillet (WP)	33:24.9
W70 N Hutchinson (Nat)	35:59.5

**10,000m RW**

W45 W McGuigan (Tvl)	56:65
W40 G de Szabo (Tvl)	1:02:36
W45 L Tregallas (WP)	1:06:07
W50 J Schafer (Nat)	1:04:19
W55 L Hatz (Tvl)	1:04:19
W60 H Rothman (WP)	1:05:05
W65 A Villet (WP)	1:07:55
W70 M Hutchinson (Nat)	1:38:38

**20,000m RW**

M35 N Ras (WP)	1:48:24
M45 P Krieglger (Tvl)	2:22:56
M50 J Spencer (N Tvl)	1:47:40
M55 M Rossouw (WP)	2:06:20
M60 J Hotson (WP)	1:56:03
M75 R Rogers (Nat)	2:30:26*

\*SA Record

W30 Yumi Tomoda 33	30:42
W40 Andrea Otto	36:37
W45 Krystyna Turowska	37:25
W50 Mary Nathan	38:45
W55 Patty Pamaalee	37:09
W60 Thelma Wilson	39:41
W65 Bertha McGruder	50:09
Finishers: 175m/115w	

**Freddie Mac 5K**  
Washington, DC; May 21

**Overall**

Robert Lotwis 23	15:21
Denise Knickman 27	18:21
M40 Larry Harris	17:06
Jeff Breunig	18:27
Eric Brown	18:52
M45 Pat Sullivan	17:35
Ken Shipp	17:46
Wayne Carroll	18:41
M50 James Medas	19:23
Jose Yanez	19:38
Leland Brendsel	20:32
M55 Norm Miller	19:49
Henry Cisneros	25:37
Albert Bressi	26:45
M60 Kevin Kasunic	24:24
Peter Hui	26:13
W40 Cathy VenturaMerkel	18:52
Kathy Hibbert	19:57
Carol Ellis	21:40
W45 Evelyn Holst	26:20
Pat Sweeney	26:53
W50 Eliz Rodriguez	23:51

**Healthy Heart 5K Run**  
Morristown, NJ; May 25

**Top Age-Adjusted Masters Times**

M1 Victor Cruz, 55,	18:25 to 15:46
M2 Bruce Langenkamp, 45,	17:20 to 16:05
M3 Steve Kohorst, 44,	17:56 to 16:46
M4 Joseph Cozzi, 52,	19:05 to 16:46
M5 Charlie Slaughter, 40,	17:46 to 17:05
W1 Betty Conover, 46,	19:53 to 18:00
W2 Ann Gillespie, 51,	21:32 to 18:37
W3 Jane Parks, 42,	20:40 to 19:21
W4 Chiara Becchi, 47,	21:56 to 19:40
W5 Natalie Grabow, 49,	22:23 to 19:43

**Central Park, NYC; May 14**

**Overall**

Jeanne Peterson 25	17:11
W30 Kate O'Hern 31	17:27
Mary Braverman 33	17:58
Ana Rios 34	18:16
W40 Barbara Anderson	20:07
Catherine King	21:36
Susan Smith	21:40
W45 Sylvie Kimche	19:56
Jude Tallichet	20:39
Mary Rosado	20:48
W50 Kate Glynn	21:47
Janell McDyer	22:11
Suzanna Beltrandi	22:27
W55 Edith Jones	23:49
Susan Kossowsky	26:55
Billie Moten	26:57
W60 Bertha Bellinghausn	21:41
Charlotte Goldblatt	28:41
Christina Dabbs	29:01
W65 Toshiko d'Elia	23:14
Muriel Merl	26:30
Daisy Klein	29:36
W70 Jozi Neulinger	37:45
Vivian Lowery	39:17
W75+Althea Jureidini	77 35:12
Adrienne Salmini	79 47:01
Finishers: 1374	
Weather: hazy sun/65°	

**Southside Hospital 4 Mile**  
Bay Shore, L.I., NY; May 20

**Overall**

Mike Bunsey	20:15
Eugenia Maldonado	27:20
M40 Dennis Nee 45	22:30
Radhames Delgado	23:25
Matt Swit 46	24:52
M50 Maury Dean	22:38
Tony Venesina	24:25
Tom Shay	25:00
M60+Ray Fletcher	26:46
W40 Irene Robinson	31:50
Margaret Rossano	35:33
W50 Iliida Snagorinsky	36:48
Pat Delaney	36:56
W60+Althea Wetherbee	76 45:27
Ann Gilmore 75	48:28

**Ridgewood Run Masters**  
Mile/5K/10K  
Ridgewood, NJ; May 29

--Mile--

M40 Marcel Philippe	4:37
Steve Schellenkamp	4:39
Andrew Roney	4:57
Bob Pertak	5:02
Dave Hoch	5:06
M45 Kevin Smith	5:29
M70 John McManus	6:16
W40(3) Kathy Gribbon	5:46
(4) Paula D-Taylor	5:57
W45(1) Jan Vermilye	5:41
(2) Sylvie Kimche	5:42

--5K--

**Top Age-Adjusted Masters Times**

M1 John Thorpe, 45,	16:23 to 15:12
M2 John McManus, 71,	21:04 to 15:19
M3 Pat Cosgrove, 54,	17:45 to 15:20
M4 Witold Bialokur, 60,	18:50 to 15:25
M5 William Chawner, 47,	17:11 to 15:42
W1 Toshiko d'Elia, 65,	22:52 to 17:02
W2 Debbie Adams, 48,	20:51 to 18:32
W3 Sylvie Kimche, 48,	21:30 to 19:07

W4 Gloria Averbuch, 44,	21:53 to 20:09
W5 Erina Campbell, 45,	22:14 to 20:18

**M40 Carlos Ferreira 17:32**  
Paul McCavitt 17:39  
Jose Pais 18:01  
John Thorpe 16:23  
Wm Chawner 17:11  
Antonio Grazina 17:35  
Pat Cosgrove 17:45  
Feliciano Pereira 18:18  
Jim Webber 18:55

**M55 Richard Sinko 19:05**  
Henrique Matos 19:38  
Witold Bialokur 18:50  
Mark Lannigan 21:47  
M65 Jack Haar 22:59  
M70 John McManus 21:04  
M75 Charles Feldman 32:19  
W40 Janet Piez 21:43  
Gloria Averbuch 21:53  
Joanne Salamone 22:43  
W45 Debbie Adams 20:51  
Sylvie Kimche 21:50  
Erina Campbell 22:14  
W50 Eileen Cox 24:10  
W55 Gail Moss 26:50  
W60 Margurite Olsen 33:18  
W65 Toshiko d'Elia 22:52  
W75 Adrienne Salmini 46:34

--10K--

**Top Age-Adjusted Masters Times**

M1 Tony Cerminaro, 58,	37:14 to 31:13
M2 Roger Price, 46,	34:28 to 31:55
M3 Victor Cruz, 55,	37:04 to 31:56
M4 Bob Hermes, 45,	34:51 to 32:31
M5 Bruce Langenkamp, 45,	35:12 to 32:51
W1 Kathy Gribbon, 41,	38:36 to 36:41
W2 Madeline Bost, 55,	45:09 to 37:50
W3 Ann Gillespie, 51,	44:01 to 38:20
W4 Jane Parks, 42,	41:48 to 39:24

**M40 Ernesto Gonzalaz 34:56**  
David Dunne 35:22  
Jaime Fonseca 35:31  
M45 Roger Price 34:28  
Bob Hermes 34:51  
Bruce Langenkamp 35:12  
Doug Brown 38:00  
M50 John Nowatowski 39:03  
Richard Ortiz 39:08  
M55 Victor Cruz 37:04  
Tony Cerminaro 37:14  
Michael Goldman 40:35  
M60 Joe Brescher 44:23  
Joe LaBruno 44:32  
Don Bergman 46:03  
M65 Joe Burns 44:11  
Jack Haar 45:20  
M70 Lester Riddings 48:08  
Sab Kolde 49:42  
M75 Charles Feldman 62:48  
M80 Dudley Healy 53:06  
W40 Kathy Gribbon 38:36  
W45 Jane Parks 41:48  
Kuniko Hurley 43:35  
W45 Carol Gellman 44:44  
Inge Weissaupt 46:09  
W50 Ann Gillespie 44:01  
Marilyn Greeley 46:50  
W55 Madeline Bost 45:09  
W65 Janine Maltas 54:56

**Freihofer's Run For Women 5K**  
Albany, NY; June 3

**Overall**

Lynn Jennings	15:24
Olga Appell	15:27
W40 Jane Welzel	17:06
Carol McLatchie	17:31
R StockdaleWoolley	17:34
Joanne Scianna	17:51
Diana Tracy	18:09
W45 Deborah Bullerjahn	19:02
Jan Vermilye	19:13
Susan Gustafson	19:59
Jo Dee Shufelt	20:12
W50 Jo Marchetti	19:41
Jayne Grout	20:19
J	

Continued from previous page

Table of race results including M30 Fernando Azucena 37 22:32, M40 Mark Gilhuly 23:52, M45 Jack Porzio 23:22, M50 Gary Muhrcke 24:07, M55 Michael Goldman 25:59, M60 Michael Daly 28:44, M65 Jack Ryan 34:39, M70 Phil Mongillo 28:58, M75 Albert Goldstein 37:15.

Advil Mini Marathon 10K Central Park, June 10

Table of race results including Overall Delillah Asiago 23 31:22, W30 Gordon Bakoulis 34 34:50, W40 Lorraine Moller 40 33:35, W50 Evy Palm 53 39:45, W60 Wen-Shi Yu 60 45:41, W70 Edith Farias 71 55:11.

SOUTHEAST

Shenandoah Apple Blossom 10K Winchester, VA; May 6

Table of race results including Overall Earl Stoner 26 30:39, M40 Ron Knepper 35:57, M45 Gary Neus 41:16, M50 Ray Kitchen 37:40, M55 John Narramore 44:18, M60+Burrr Grim 61 37:18, M70 Toni Cruz 45:27, W40 Joyce Michaels 45:43, W45 Sandra Adams 44:32, W50 Mary Evans 56 53:45, W60+Peggy Bryant 62 69:17.

Patriot's Club Corporate Challenge 8K Fairfax, VA; May 7

Table of race results including Overall Ted Poulos 35 27:08, M40 Douglas Pickett 44 29:31, M50 John Slade 51 30:45, M60 Kun-Sik Pak 62 38:35, W40 Colleen David 45 34:19, W50 Tucker Maney 50 33:45.

WZYP Cotton Row Run 10K Huntsville, AL; May 29

Table of race results including Overall Thomas O'Gara 29 29:32, Michelle Murphy 25 35:07, M35 Keith Elliott 35:45, Michael Scarno 36:31, Joe Franca 36:41, Randall Roland 37:02.

Table of race results including M40 Gary Wolfram 44 77:08, M45 Earl Owens 32:53, M50 Tom Dooley 38:08, M55 Jerry McGath 36:50, M60 Malcolm Gillis 40:14, M65 Ben Morton 43:53, M70 Thomas Cantrell 54:28, M75 Albert Goldstein 37:15.

Old Kent River Bank 25K Grand Rapids, MI; May 13

Table of race results including Overall M40 Pablo Vigil 1:23:00, M45 Ed Best 52:46, M50 Pete Wayne 53:45, M55 Ron Rohrer 57:01, M60 Stan Clark 49:05, M65 William Workman 69:50, M70 Al Cornett 75:01, M75 George Purden nta.

MIDWEST

Briarwood 5K/10K/20K Ann Arbor, MI; April 9

Table of race results including Overall Aaron Prussian 22 16:43, M40 John Newton 46 18:48, M45 John Naramore 44:18, M50 Ray Kitchen 37:40, M55 John Narramore 44:18, M60+Burrr Grim 61 37:18, M70 Toni Cruz 45:27, W40 Joyce Michaels 45:43, W45 Sandra Adams 44:32, W50 Mary Evans 56 53:45, W60+Peggy Bryant 62 69:17.

Berwyn 5000 Berwyn, IL; May 20

Table of race results including Overall John Kihonge 24 14:13, M40 Nick Rose 44 14:34, M45 Jack Nelson 17:23, M50 Paul Perry 17:19, M55 Jack Nelson 17:23, M60 Otto Volkman 19:42, M65 Gerry Hopkins 21:23, M70+Warren Utes 74 19:25, W40 Diann Eley 42 45:28, W45 Nancy Grayson 17:46, W50 Susan Sterling 54 53:00, W55 Edith Horwath 60 58:11.

Table of race results including M40 Gary Wolfram 44 77:08, M45 Earl Owens 32:53, M50 Tom Dooley 38:08, M55 Jerry McGath 36:50, M60 Malcolm Gillis 40:14, M65 Ben Morton 43:53, M70 Thomas Cantrell 54:28, M75 Albert Goldstein 37:15.

Old Kent River Bank 25K Grand Rapids, MI; May 13

Table of race results including Overall M40 Pablo Vigil 1:23:00, M45 Ed Best 52:46, M50 Pete Wayne 53:45, M55 Ron Rohrer 57:01, M60 Stan Clark 49:05, M65 William Workman 69:50, M70 Al Cornett 75:01, M75 George Purden nta.

Cincinnati Heart 15K/5K Cincinnati, OH; May 26

Table of race results including Overall Noel Hallinan 47:02, M40 Stan Clark 49:05, M45 Ed Best 52:46, M50 Pete Wayne 53:45, M55 Ron Rohrer 57:01, M60 Stan Clark 49:05, M65 William Workman 69:50, M70 Al Cornett 75:01, M75 George Purden nta.

Berwyn 5000 Berwyn, IL; May 20

Table of race results including Overall John Kihonge 24 14:13, M40 Nick Rose 44 14:34, M45 Jack Nelson 17:23, M50 Paul Perry 17:19, M55 Jack Nelson 17:23, M60 Otto Volkman 19:42, M65 Gerry Hopkins 21:23, M70+Warren Utes 74 19:25, W40 Diann Eley 42 45:28, W45 Nancy Grayson 17:46, W50 Susan Sterling 54 53:00, W55 Edith Horwath 60 58:11.

Table of race results including W60 Faith Walkwitz 22:45, W65 Cam Meyer 29:17, W70 Kathy McDonough 29:28, W60 Faith Walkwitz 22:45, W65 Cam Meyer 29:17, W70 Kathy McDonough 29:28.

Cincinnati Heart 15K/5K Cincinnati, OH; May 26

Table of race results including Overall Noel Hallinan 47:02, M40 Stan Clark 49:05, M45 Ed Best 52:46, M50 Pete Wayne 53:45, M55 Ron Rohrer 57:01, M60 Stan Clark 49:05, M65 William Workman 69:50, M70 Al Cornett 75:01, M75 George Purden nta.

Cincinnati Heart 15K/5K Cincinnati, OH; May 26

Table of race results including Overall Noel Hallinan 47:02, M40 Stan Clark 49:05, M45 Ed Best 52:46, M50 Pete Wayne 53:45, M55 Ron Rohrer 57:01, M60 Stan Clark 49:05, M65 William Workman 69:50, M70 Al Cornett 75:01, M75 George Purden nta.

MID AMERICA

Children's Mercy Run 5K/10K Kansas City, MO; May 14

Table of race results including Overall CHARLIE GRAY 15:32, M40 DAVE CRAWFORD 18:04, M45 BOB COOK 19:18, M50 EUGENE WREN 19:26, M55 BOBBY KINCAID 18:36, M60 JIM BUCKLEY 20:43, M65 BOB MCALLISTER 20:47, W40 JOANN HEAP 20:48, W45 PEGGY ZLIM 23:57, W50 MARGARET DAVIS 23:49, W55 JANE MARKWELL 29:20, W65 ANNA BROCK 47:50.

Hospital Hill Half-Marathon/8K Kansas City, MO; June 4

Table of race results including Overall Peter Whitehead 64:17, M40 Charlie Gray 70:30, M45 Gary Nzuu 74:25, M50 Rick Hogan 83:07, M55 Thom Weddle 83:51, M60 Walt Wozniak 96:02, M65 Gerald Whitten 1:44:52, M70+Ed Burnham 2:24:49, W40 Marcia Dowling 92:42, W45 Jane Hutchison 86:20, W50 Brenda Davidson 1:43:45, W55 Jan Gillum 2:05:37, W60 Fritz Hazelregg 2:12:34, W70+Mary Otte 2:34:05.

WEST

Cinco de Mayo 10K Tucson, AZ; May 7

Table of race results including Overall Jimmy Rodriguez 26 30:56, M40 Tom Bulger 42 35:13, M45 Charles Koch 43 37:10, M50 David Mellady 56 38:37, M55 Frank Patania 62 45:36, M60 Naomi Benaron 43 41:28, M65 Valeria Koch 43 44:27, W40 Shirley Hester 52 49:11, W45 Meredith Little 61 57:19.

Run for the Crown Corona, CA; May 13

Table of race results including Overall Jeff Ambos 33 15:16, M40 Jeff Kinzel 17:21, M45 Don Irvine 18:13, M50 James Keller 18:51, M55 Wayne Mitchell 17:45, M60 Bruce Wagner 20:31, M65 Jay Hughes 19:10, M70 Wally Ingram 21:06, M75 Herb Hoggard 21:39, W40 Lorraine Gersitz 20:09, W45 Kim Strong 20:20, W50 Mary Sue 20:53, W55 Marrie English 24:17, W60 Julie Stearns 26:27.

Table of race results including Rhonda Gillis 26:57, Lou Montgomery 26:05, Jan Ingebritzen 31:45, Elaine Snyder 35:19, June Johnson 32:08, Joan Hainey 32:56, Sue Obradovitz 33:37, Nancy Tuley 32:31, Rosemary McMackin 35:29, Nancy Waterman 37:00, Mary Jhrlich 35:24, Alice Moreno 44:41, Nyla Cook 73 40:28.

Western Regional 10K/20K Championships Palo Alto, CA; May 21

Table of race results including Overall Susan Armenta 21 49:40, Karen Stoyanowski 40 53:01, Brenda Carpino 48 1:00:52, Barbara Steffans 51 1:01:26, Tamara Williams 40 1:05:08, Lani LeBlanc 52 1:06:39, Lorri Coppola 55 1:08:05, Ruth Van Sandt 73 1:12:47, Mark Green 39 1:29:30, Warrick Yeager 40 1:38:27, David Crabb 50 1:54:22, Bill Penner 48 2:02:26, Pete Giachetti 52 2:03:57, Art Klein 42 2:07:56, Keith McConnell 51 2:13:28, Jim Fisher 59 2:18:22, John Borset 66 2:30:19, Charles Woods 56 2:34:35, Ernie Lucken 80 2:35:54.

Bach Bay Classics Newport Beach, CA; May 21

Table of race results including Overall Alfonso Nunez 30 1:08:13, Kathy Smith 29 1:16:40, Nicolas Hernandez 1:11:56, Takashi Yagisawa 1:17:14, William Jukes 1:19:24, Donald Oana 1:19:57, Bill Sampson 1:20:06, Michael Griffith 1:21:04, Wayne Mitchell 1:20:25, Neville Pearson 1:20:45, Larry Owens 1:21:51, Charles Burton 1:27:28, Claude Brunl 1:29:32, Bob Norton 1:32:41, Richard Bruce 1:27:43, Charlie Unger 1:44:53, James Ryan 1:49:22, Bob Koch 1:38:16, Earl Alpee 75 1:56:15, Sherril Hall-Curl 1:25:48, Lorraine Gersitz 1:34:01, Sally Gray 1:34:14, Julie Lister 1:33:31, Carly Hagerman 1:40:29, Jodie Kinney 1:42:37, Ann Tack 1:45:04, Judy Ryan 1:47:27, Sandra Brookman 1:48:03, Mary Dugan 1:55:30, Mickie Shapiro 2:01:42, Amy Goldstein 2:08:51.

Overall

Table of race results including Wes Ashford 33 23:17, Marilyn Broady 31 23:42, M40 Dave Parsel 24:55, David Edzar 23:18, Ed Schindler 23:48, M45 P. Shufflebarger 27:27, Jim Pool 23:42, Pete Hainsau 29:27, M50 Shel Rankin 29:50, Bill Sokol 31:03, Mike Guscott 31:57, Derek Wharton 28:56, Tom Dilday 33:54, John Thomas 37:14, M60 Paul Saucedo 33:56, Darrel Jeffries 33:50, William Huramoto 45:00, Richard Wochschild 36:33, Jack Green 41:04, Manny Leon 44:20, M70 Sal Avila 73 47:19, Robert Satler 74 62:00, W40 Tanya Pool 35:29, Carol Vinbish 37:48, Sue Melchior 41:59, Debby Janieson 31:21, Diane Kunrow 37:57, Joyce King 38:28.

Continued from previous page

Table with 3 columns: Race/Participant, Time, and another column. Includes entries like Sandra Thomas 41:02, Alice Stotler 43:15, etc.

Fontana Days Run Fontana, CA; June 3

Table of race results for Fontana Days Run, including overall and master's categories.

Table of race results for Fontana Days Run, continuing from the previous table.

NORTHWEST

ORRC Hagg Lake 10.4-Mile Run Hagg Lake, OR; May 6

Table of race results for ORRC Hagg Lake 10.4-Mile Run, including overall and master's categories.

Table of race results for Marilyn Scott 1:30:31, Joanne Demay 1:31:35, etc.

Lilac Bloomsday 12K Spokane, WA; May 7

Table of race results for Lilac Bloomsday 12K, including overall and master's categories.

Table of race results for Lilac Bloomsday 12K, continuing from the previous table.

CANADA

Price Waterhouse Forest City Marathon/Canadian Masters Marathon Championships London, Ont.; May 14

Table of race results for Price Waterhouse Forest City Marathon/Canadian Masters Marathon Championships.

Table of race results for W45 Bonita Neglia 3:30:52, Joyce Mullin 4:13:24, etc.

Table of race results for M40 Rick Duhaime 2:59:49, Les Michalak 3:05:28, etc.

Table of race results for M45 Bud Willis 2:59:08, Charlie Hunt 3:14:37, etc.

Table of race results for M50 Dave Monteith 3:02:08, Alastair Bowers 3:02:59, etc.

Table of race results for M55 John Thompson 4:03:50, Jim McIlwham 3:39:06, etc.

Table of race results for M60 John Gaskin 3:41:15, Norm Frank 5:08:28, etc.

Table of race results for M65 Gerry Fenwick 3:59:05, Canio Polosa 4:03:22, etc.

INTERNATIONAL

European Veterans Road Races

Valladolid, Spain; May 9

Table of race results for European Veterans Road Races in Valladolid, Spain.

10K Road Run

Table of race results for 10K Road Run, including various international participants.

Half Marathon

Table of race results for Half Marathon, including various international participants.

Table of race results for W50 M Pruede, FRA 1:32:04, B Berghans, GER 1:33:11, etc.

Table of race results for W55 H Wentzien, GER 1:34:40, M Reispatt, GER 1:39:42, etc.

Table of race results for W60 R Choppin, FRA 1:39:13, E Kruger, GER 1:52:30, etc.

Table of race results for W65 E Quinton, GBR 1:45:23, M De Preter, BEL 1:48:26, etc.

Table of race results for W70 M Dahinden, SUI 2:05:18, H Wicks, GBR 2:05:19, etc.

Table of race results for W75 G Bulger, GBR 2:24:08, T Palacio, ESP 1:39:58, etc.

Table of race results for W80 E Codini, ITA 2:05:25, L Nitiagovskaya, RUS 1:49:15, etc.

Table of race results for W85 J Briz, ESP 2:04:54, E Tust, GER 2:18:56, etc.

Table of race results for W90 K Navratilova, TCH 2:31:25, H Maeder, SUI 1:52:16, etc.

Table of race results for W95 S Waltraud, GER 2:00:15, F De Wolf, BEL 2:02:21, etc.

Table of race results for W100 T Knaringer, GER 2:36:08, D Leclerk, FRA 2:11:25, etc.

Table of race results for W105 P Horwell, GBR 2:18:03, I Heed, BEL 2:26:18, etc.

Table of race results for W110 R Scott, GB 2:29:19, E Pagu, ROM 2:42:57, etc.

Table of race results for W115 D Cauvin, FRA 2:44:49, F Ruzzier, ITA 2:29:05, etc.

Table of race results for W120 A Egea, ESP 2:41:41, C Penolazzi, ITA 2:42:19, etc.

Table of race results for W125 B Binggeli, SUI 2:33:06, A Oleinik, RUS 2:34:10, etc.

Table of race results for W130 P Eisfeller, GER 2:44:25, M Dobson, GBR 2:49:31, etc.

Table of race results for W135 M Olier, FRA 2:53:25, P Andreotti, ITA 2:54:29, etc.

Table of race results for W140 B Caudron, FRA 2:38:54, E Shillabeer, GBR 2:43:58, etc.

Table of race results for W145 B Gore, GBR 2:48:22, M Sciarretta, ITA 2:56:56, etc.

Table of race results for W150 C Young, GBR 2:59:15, E Horwill, GBR 3:13:54, etc.

Table of race results for W155 IKucharenko, UKR 3:11:07, D Withers, GBR 3:13:51, etc.

Table of race results for W160 A Arena, ITA 3:25:44, C Bomba, ITA 3:21:11, etc.

Table of race results for W165 E Alomaine, BEL 3:23:09, J Fitzgerald, GBR 3:26:02, etc.

Table of race results for M60 Mick Ward 17:56, Ron Higgs 18:04, etc.

Table of race results for M65 Steve Charlton 18:29, M70 John Fraser 20:58, etc.

Table of race results for M75 Jill Harrison 16:50, Fiona Phillips 17:18, etc.

Table of race results for M80 Denise Hoogesteger 17:46, Sabrina Diggins 18:40, etc.

Table of race results for M85 Pat Gallagher 17:41, Barbara Kirk 19:24, etc.

Table of race results for M90 Dot Fellows 19:31, Pauline Rich 20:19, etc.

Table of race results for M95 Pam Jones 21:12, M60 Betty Smith 24:53, etc.

Table of race results for M100 Joselyn Ross 22:46, Betty Forster 25:25, etc.

Table of race results for M105 Victoria Herazo 35 1:35:39, Elton Richardson 56 2:02:07, etc.

Table of race results for M110 Debbie McLaughlin 42 2:03:47, Robin McIntosh 45 2:10:28, etc.

Table of race results for M115 Meg Ferguson 45 2:11:08, Olga Figueroa 49 2:23:44, etc.

Table of race results for M120 Carol Kuo 47 2:28:20, USATF Men's 25K Racewalking Championships Albany, NY; May 21

Table of race results for USATF Men's 25K Racewalking Championships, overall.

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Table of race results for M45 B Bulakowski POL 47:39, Brian Savillionis 50:02, etc.

Table of race results for M50 Jim Carmines 50:08, Victor Sipes 53:16, etc.

Table of race results for M55 Thomas Zdrojewski 56:25, Thomas Knatt 56:51, etc.

Table of race results for M60 Max Green 53:48, Stu Summerhayes CAN 55:58, etc.

Table of race results for M65 Ray Everson 59:--, Greg Wittig 62:15, etc.

Table of race results for M70 Tom Masterson 59:48, Bernie Finch 60:18, etc.

Table of race results for M75 Richard Huie 64:26, Max Green 53:48, etc.

Table of race results for M80 Stu Summerhayes CAN 55:58, Ray Everson 59:--, etc.

Table of race results for M85 Greg Wittig 62:15, Donald Sublett 68:30, etc.

Table of race results for M90 George Solis 73:50, Jack Starr 59:50, etc.

Table of race results for M95 Ed Gawinski 59:58, Vance Genzlinger 60:23, etc.

Table of race results for M100 William Fling 60:49, Marv Eisenstein 66:23, etc.

Table of race results for M105 Maynard Mickelson 67:12, John Snaden 78:49, etc.

Table of race results for M110 Robert Mimm 61:27, Walter Mawrys 71:19, etc.

Table of race results for M115 Newlie Hewson 72:01, Jack Hunter 72:03, etc.

Table of race results for M120 Jim Brown 72:04, Tim Dias 68:37, etc.

Table of race results for M125 Bill Tallmadge 69:36, Paul Geyer 71:42, etc.

Table of race results for M130 Harry Drazin 82:18, Phyllis Hansen 54:38, etc.

Table of race results for M135 Debbie McLaughlin 56:12, Sherry Watts 56:15, etc.

Table of race results for M140 W45 Jeanette Smith 57:27, Jackie Jessup 60:11, etc.

Table of race results for M145 Meg Ferguson 62:23, Valerie Stowe 63:52, etc.

Table of race results for M150 Kathleen Wood 69:15, Sani Bailey 64:35, etc.

Table of race results for M155 Ruth Everson 66:25, June-Marie Provost 61:27, etc.

Table of race results for M160 Patricia Nesley 67:43, Margaret Walker 72:21, etc.

RACE WALKING

USATF Women's 20K Racewalking Championships Albany, NY; May 21

Table of race results for USATF Women's 20K Racewalking Championships, overall.

USATF Men's 25K Racewalking Championships Albany, NY; May 21

Table of race results for USATF Men's 25K Racewalking Championships, overall.

USATF National Masters Men's 10K Racewalk Championships Niagara Falls, NY; May 28

Table of race results for USATF National Masters Men's 10K Racewalk Championships, overall.



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