

NATIONAL MASTERS NEWS

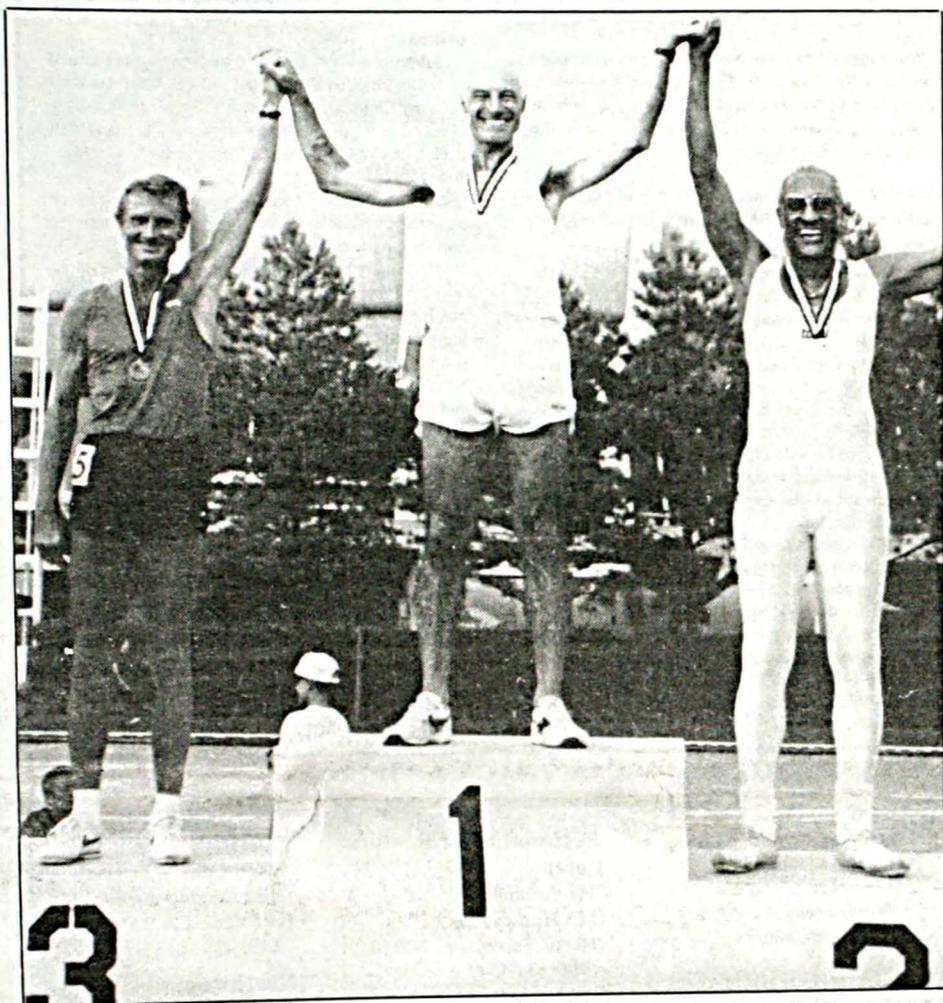
USA Masters
Track & Field News

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

180th Issue

August, 1993

\$2.50



Top finishers, M65 400, National Senior Olympics, Baton Rouge, June 15: Chuck Sochor, 59.77; Jim Law, 60.04; and Erling Krosby, 62.65.

Photo by Bill Weinacht

National Senior Sports Classic Draws 7500 to Baton Rouge

by PHIL MULKEY

Even though entries were limited to those over age 55, an estimated 7500 athletes came together in Baton Rouge, La., on June 12-18 for the 17-sport U.S. National Senior Sports Classic IV — the Senior Olympics.

About one-third of those entered either the track & field, racewalking, or road racing competition, combining for an impressive 6341 event-entries in

the 15 events staged in those three sports.

What do numbers like this really mean? For one thing they mean each event averaged 423 competitors. While the M&W 60-64 divisions had the largest share, many single events with a given age-group had more than 100 individuals.

The figures for the M&W 80-and-over categories were amazing: 100m-53, 200m-36, 400m-23, 800-14,

Continued on page 7

Buffalo Chosen as Site for 1995 WAVA Bid

Buffalo, N.Y., was chosen as the site for the USA bid to host the 1995 WAVA World Veterans Athletics Championships. Other contenders were San Jose, New Orleans, and Indianapolis. (See Track & Field Report on page 14.)

Other cities which are likely to bid for the 1995 event are Malmo

(Sweden), Durban (South Africa), and San Juan (Puerto Rico).

All bids must be submitted to the WAVA Secretary and contracts signed with WAVA by August 14. The decision will be made by the WAVA General Assembly at its biennial meeting in Miyazaki, Japan, on October 14. □

1000 to Compete in 26th Annual Nationals in Provo

More than 1000 athletes from most of the 50 states and five foreign nations will participate in the 26th annual USA National Masters Track and Field Championships on August 11-14 in Provo, Utah.

It's the first time a national meet has ever been held in the Rocky Mountain area. Provo is the home of Brigham Young University, where the meet will be held in the University's Track Stadium.

At 4200-foot elevation, the area is one of the most scenic in the USA. Average temperatures are 89°F high and 62°F low, with 20% humidity.

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

The entry deadline was July 12 with the final deadline July 31. No late entries will be accepted in Provo, with the exception of relay teams, which may sign up on the day of the relay.

Awards to First Three

The first three U.S. finishers in each event will receive an official USATF Championship medal. Duplicate awards will be given to foreign athletes who place. In attendance will be

athletes from England, Canada, Germany, France, and Australia.

The Utah Association of USATF, which will stage the meet, is experienced in hosting quality competitions, among them the 1984 Age-Group (Youth) Nationals, and the 1987 National Junior Olympics.

The Brigham Young facility has a nine-lane track, two long jump pits, two discus cages, two shot put rings, two pole vault pits, and three high jump pits. There are five acres of grass warm-up area to the North and East of the facility.

Welcoming Ceremony

A welcoming ceremony will be held Wednesday, the 11th, following the first day's competition, at the Stadium.

Continued on page 14

Kurtis, Grayson Win USA Half-Marathon

by EMMY STOCKER

Doug Kurtis never takes the weekend off. Just seven days after his 2:16:38 victory at Grandma's Marathon, in Duluth, Minn., he ventured to Fairfield, Conn., in search of the USATF National Masters Half-Marathon title on June 27.

The Fairfield Half-Marathon, serving as the championships for the first time, is known for its scenic, seaside route but feared for the hill and heat. This year, it poured rain.

But the rain didn't bother Kurtis; the 41-year-old No. 1 ranked masters runner captured the title with a 1:07:16 masters course record, placing fifth overall. Canadian Frank Lewis, 45,

Continued on page 5

Moorcroft Runs 4:02.53 Mile

In his first mile as a 40-year-old, David Moorcroft ran 4:02.53 in an open meet in Belfast, June 19. It's the fastest outdoor mile ever by a masters runner. He placed 10th, as the winner ran 3:59.24. His splits were 61, 2:03,

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Nancy Grayson, 43, wins the W40-44 title in 1:22:27 in the National Masters Half-Marathon. Victor Sailer/Agence Shot

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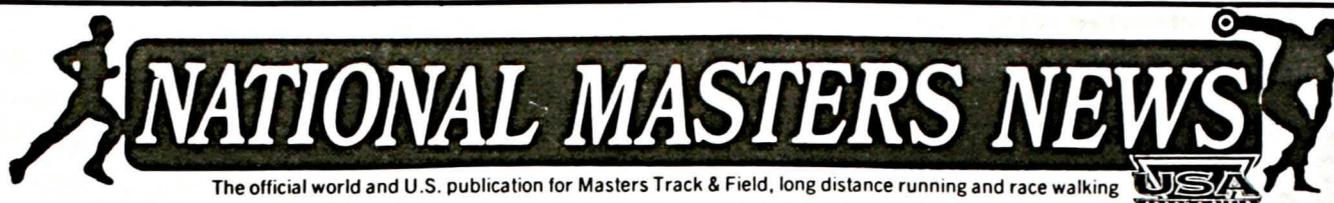
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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, 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 ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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Top three, Elite Masters Invitational, Gardena 5K, June 6: from L, Diana Tracy, 40, 17:31; Loi Coker, 42, 18:36; and Sherri Hall, 41, 18:48.

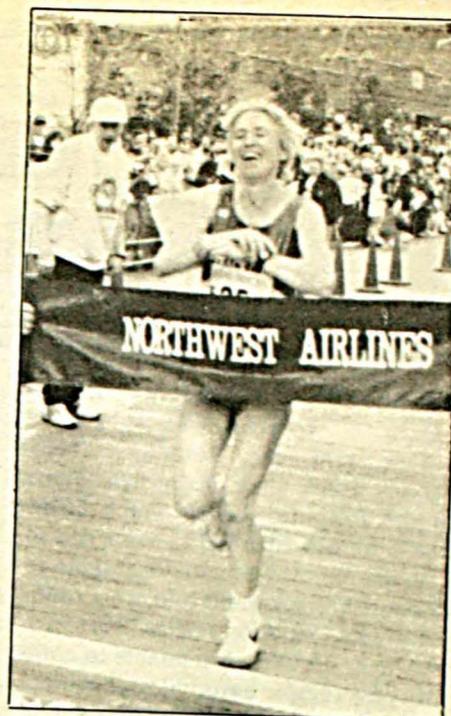
Kurtis Wins Overall In Grandma's

Doug Kurtis, 41, Northville, Mich., added to his world-record skein of 70 sub-2:20 marathons with an overall win in the 17th annual Grandma's Marathon in Duluth on June 19.

Kurtis' 2:16:38 was his fastest in four years and the fastest masters time in the world in 1993, bettering a 2:17:44 by Jean Charbonnel of France at Boston in April. Kurtis came from behind to overtake the leader in the final two miles. "This race is going to raise a few eyebrows," said Kurtis, whose victory was worth \$7800 from a purse of \$43,200.

Luis Lopez, 43, Costa Rica, was second master in 2:19:51. Jared Mondry, 51, Minneapolis, 2:41:57, Jim Schleisman, 60, Jefferson, Iowa, 3:10:15, and John Burton, 70, Wayzata, Minn., 3:45:55, were the other masters winners in ten-year division races.

Karen Blackford, 42, Ann Arbor, Mich., was the W40-and-over winner in 2:44:32. Janet Skaalen, 40, Minnetonka, Minn., ran a 2:53:01 for second. Audrey Schroeder, 53, Roseville, Minn., 3:24:09, and Beverly Lampe, 61, Monona, Wisc., 3:45:32, were the other W40+ division winners.



Karen Blackford wins the W40+ title in 2:44:32, Grandma's Marathon, Duluth, Minn., June 19.

Jeff Frey & Associates Photography

Alex Ratelle, 68, former *National Masters News* columnist, U.S. record holder, and retired physician, who has finished all 17 marathons, was given the Ron Daws Award for his contribution to long distance running. □

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MASTERS CLUB WELCOMES UNDER-30s

This year the Potomac Valley Seniors Track Club changed its name to the Potomac Valley Track Club. The Club was founded 21 years ago so that people over 30 would be able to compete in track meets and other running events. We soon realized that people under 30 were also unable to compete on a regular basis unless they were world-class athletes or were on a school team. We gradually expanded our program to include people of all ages, so this year we changed our name to recognize that fact, but we fully intend to continue our emphasis on competitors of all ages who would otherwise have no place to compete.

We conduct about ten all-comers track meets per year on Sunday mornings at T.C. Williams High School in Alexandria, Va., plus the Potomac Valley Games on Labor Day weekend. We also have a very strong racewalking program and conduct low-key LDR events. If you move to the Washington area or visit, we would love to have you participate and/or join. Call me at 703-352-3057.

John Martin, President PVTC
Fairfax, Virginia

DQs IN BATON ROUGE

As a result of the very tight judging of racewalk events in Baton Rouge, La., June 13-14, at the National Senior Sports Classic, many athletes may be discouraged from continuing the sport.

About one-third of the 400+ com-

petitors in the 5K and 1500 racewalks were disqualified. They were allowed to complete the events, but their names did not appear on the results list, so they had no record of their times, the reasons for their DQs, or their participation in the race.

Experienced walkers who had been competently judged in events over the years were DQ'd, along with many "beginners." Some were DQ'd without warning from the judges. The sport has been hurt, and changes must be made.

The difficulties in judging older people's knobby knees and arthritic joints have been discussed before. The consensus is, that if there is a physical inability to straighten the leg, and if it is as straight as possible when the supporting leg is in the vertical position, there should be no disqualification.

Racewalking offers enormous benefits at any age, but is particularly good for older people who want to stay fit. But those joints can no longer stand the strain of running or jumping. It provides the aerobic benefits of running and better upper-body conditioning than running. Let's learn to do it right, and give us judges who will give us that benefit of doubt.

Marjorie Holmes
(not DQ'd in Baton Rouge)
Albuquerque, New Mexico

REMARKABLE PERFORMANCES

Is Marion Sanchez, 61, getting his due? Last month, he enters a little track meet in California and turns in

performances of 94.4% (100), 95.5% (200) and an astounding 99.9% (300H), and it's sort of like "Ho-hum."

These are remarkable performances, and nobody seems to care all that much. What are these marks worth? Age-graded they would be 10.43, 20.52, and 47.03.

If you figured Marion at his prime (age 21), he would have bettered the then-world record in all three events; the 100 & 200 held by Jesse Owens, and the intermediate hurdles held by Glen Hardin in 50.8. In fact, his intermediate hurdles are right there with Edwin Moses.

And he can high jump, too. His winning effort in the Indoor Nationals was worth 7-4 compared to the then world record of 6-11 by Les Steers.

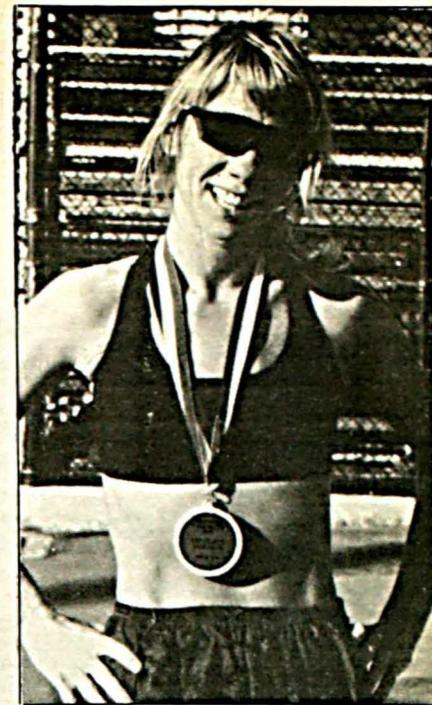
Obviously, he wasn't quite that great back in his collegiate career (I don't know his t&f background). But let's give him due recognition for his amazing performances now. And for his great improvement.

In the World Championships in 1989 in Eugene, he limited himself to just the high jump and 300 hurdles. That was four years ago. Today, he is jumping three inches higher and running the hurdles more than a full second faster. That ain't easy, McGee.

Phil Mulkey
Atlanta, Georgia

MACHO DISCUS MAN

I was sad when the time came to give my old 2-kilo discus away — all those trips together, years of practice, hitting a couple of really great throws when



Melodie Grigsby, first W40 (21:59), Windward 5K, Kailua, Hawaii, May 16.

Photo by Tesh Teshima

the chips were down.

I have great memories of seeing it sailing perfectly on a crossing wind. It brings tears to my eyes.

About five years ago they changed sizes on me; what a bummer. The new size was too small for my hand; it was too light; I couldn't lean on it. It wasn't as much fun.

But what the heck, I tried, and in about a year or so, I learned to do it right. Now it stays in the air longer, and I like that.

It seems to me, as I look back, that my old 2-kilo friend was starting to feel a bit heavy.

Richard Hotchkiss

ALL-AMERICAN STANDARDS

I request that a 3000-meter time be included in the U.S. Masters Standards of Excellence.

Debby Jamieson
Huntington Beach, Calif.
(The All-American Committee promises to look into it. — Ed.)

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Redwood City, California
Vancouver, Canada
Los Angeles, California
New York, New York
Eagle River, Alaska
Simsbury, Connecticut
San Diego, California
Helena, Montana



Eugene Driver winning the M40 200, USATF/SCA Championships, Cerritos College, Calif., June 27. Photo by Jon Lomax

Raschker Continues Assault On PV Record

Atlanta's Phil Raschker bettered her previous week's W45 world record performance in Knoxville, with a 3.11 meter (10-2½) pole vault at the Birmingham TC Classic on May 29. In addition, she managed to turn in a respec-

table 100 (12.86), 80H (12.76) and a 16-8½ long jump. An ailing Achilles tendon did not seem to hamper her.

Phil Mulkey won four age-graded events. Chuck Sochor had four age-graded %'s in the 90s. □

Three Pentathlons Held in Los Angeles

by GARY MILLER

Athletes came from near and far to compete in the USATF Southern California Pentathlon extravaganza, which offered three pentathlons under ideal conditions at Occidental College, Los Angeles, on June 19.

In the weight pentathlon, former decathlete Mike Deller, 44, was the overall age-factored winner with 3543 points. In the M70 division, Hugh Hackett, in his first weight pentathlon, finished with three strong tosses to take the win over Jim Minah, 3451 to 3295. The Dutchman Jan Smit outscored the Irishman Mike Devlin by just three points with a 3100 total to win the M60 age group.

Two competed in the women's track and field pentathlon: Annelies Steekelenburg (W45, 2739), and Tina Stough (W40, 2431). They found their

hurdle race too challenging when each tried to kill the last hurdle . . . very successfully, but both settled down to perform well in the final four events. Steekelenburg high jumped 1.47 and long jumped 4.35. Stough scored well in the long jump with 4.51 and 800 with 2:44.31.

In the men's pentathlon, Frank Reilly, M45, scored 4050 age-factored points. Ken Carnine, M85, had a national record in the discus with a 24.92 and a world best in total points.

The pentathlons were scored using the 1989 age-performance factor tables for five-year age groups. (The result was multiplied by the age-performance factor. The throws were rounded down, and the automatic timing was rounded up, e.g., 33.2078 meters to 33.20, and 22.9997 seconds to 23.00 in the 200.) □

Kurtis, Grayson Win USA Half-Marathon

Continued from page 1

was second 40+ (1:10:00). Alan Oman, Babylon, N.Y., followed with a 1:13:16.

Nancy Grayson (like Kurtis, of Northville, Mich.), 43, took masters honors with a tenth-place 1:22:27 in the race, which was also the women's open championships. Her time is a masters course record. Rebecca Stockdale, Chapin, Conn., was the second W40+, in 1:23:02. Claudia Ciavarella, Washington, D.C., took third in 1:24:49.

Kurtis wasn't sure how the race would go. "I had a great performance in Duluth, so coming here I just didn't know what I could do. 1:07:16 was a nice comeback." Kurtis ran in a pack

of six in the rain for almost ten miles. "I wanted to give up," he said, "but we all hung in there. It's a tough course."

The weather didn't stop the estimated 1000 masters who competed; some came from as far as Wisconsin and Texas. Said race director Steve Lobdell, "We had an exciting masters race and a record masters turnout (amid the 2000 open runners). He praised the volunteers for helping in the event, which benefited the Connecticut Burn Foundation.

Age-graded prize money was awarded to the over-40s, as well as to the winners, with \$250 going to the top age-graded man and woman. □

SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS



PARQUE CENTRAL, SAN JUAN, P.R.

September 11-12, 1993

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION

AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69
70-74; 75-79; 80 AND OVER.

ENTRY FEE: \$10.00 FIRST EVENT, \$5.00 EACH ADDITIONAL EVENT. RELAYS FREE.

AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION.

DEADLINE FOR ENTRIES: SEPTEMBER 9, 1993.

RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEAR INCREMENTS.

ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P. M. SATURDAY AND SUNDAY.

ENTRIES: SEND THE ENTRY FORM BELOW WITH CHECK TO:
PUERTO RICO MASTERS ASSOCIATION
MR. JESUS E. GALVEZ
P.O. BOX 31300
65TH INFANTRY STATION
RIO PIEDRAS, P.R. 00929-0300

OR CALL MR. GILBERTO GONZALEZ JULIA-TEL: 765-5702

REGISTRATION: AT PARQUE CENTRAL FROM 10:00 A.M., ON SATURDAY 11.

HOTELS: ACCOMMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANTS.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE CENTRAL
CARIBE HILTON TEL. (809) 721-0303 OCEAN SIDE TEL. (809) 722-2410
HOLIDAY INN - (809) 253-2929 QUALITY ROYAL - (809) 721-4100
EXCELSIOR - (809) 721-7400 MIRAMAR - (809) 722-6239
HOTEL TORO - (809) 725-5150 TANAMA - (809) 724-4160

SCHEDULE OF EVENTS:

TIME	SATURDAY SEPT. 11	SUNDAY SEPT. 12
3:00 P.M.	1. 400 M. HURDLES	14. 400 M. (W-M)
3:30 P.M.	2. 300 M. HURDLES	15. SHOT PUT (W-M)
	3. POLE VAULT	16. LONG JUMP (W-M)
	4. HAMMER THROW	
4:30 P.M.	5. 110 M. HURDLES (M)	17. 800 M. (W-M)
	6. 100 M. HURDLES (W-M)	18. JAVELIN THROW (W-M)
	7. 80 M. HURDLES (M)	19. HIGH JUMP (W-M)
5:00 P.M.	8. DISCUS THROW (W-M)	20. 5000 M. (W-M)
6:00 P.M.	9. 3000 M. STEEPLECHASE	21. 200 M (W-M)
	10. 2000 M. STEEPLECHASE	22. WEIGHT THROW
7:00 P.M.	11. 100 M. (W-M)	23. 5K WALK (W-M)
7:30 P.M.	12. 1500 M. (W-M)	AFTER 5K WALK
8:00 P.M.	13. 10000 M. (W-M)	4 X 400 RELAY (W-M)
	AFTER 10000 M.	
	4 X 100 RELAY (W-M)	

ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY HEREAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE CENTRAL AND ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

NAME _____ PHONE _____

ADDRESS _____

AGE (AS OF SEPTEMBER 11, 1993) _____ DIVISION _____ F OR M _____

PLEASE ENTER ME:

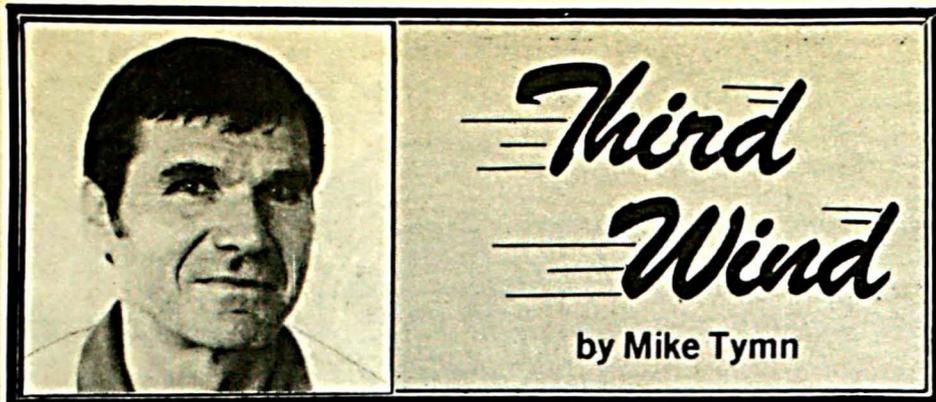
1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

SIGNATURE _____ DATE _____



26 Champions 25 Years Later

It was in 1968 that Dr. Jack Daniels, one of our sport's leading physiologists, tested 26 of North America's best distance runners in his laboratory. Early this year, Daniels brought them all back to his lab to see how they had held up after a quarter of a century.

The runners included the likes of Jim Ryun, George Young, Bob Schul, Gerry Lindgren, Mike Manley, Oscar Moore, Bob Day, Tracy Smith, and others whose names bring back memories to those of us who followed track during the 1960s. To be considered for the 1968 testing, the runner had to be ranked among the top 10 in the world in his event.

"Originally, we wanted to do a 20-year follow up, but couldn't get the funds," said Daniels, who now teaches and coaches at State University of New York in Cortland and was in Honolulu recently. He is still assembling the data from his 25-year study and also finishing up a book on running. Although he was not yet prepared to present final conclusions from his study, he did discuss some of his preliminary observations.

"One thing is that I think it is better to be fit and fat than unfit and lean," said Daniels, who won silver and bronze medals in the '56 and '60 Olympic Games as a member of the U.S. Modern Pentathlon team.

"Certainly that appears to be true from an aerobic point of view. Those who did a little training but had gained 20 or 30 pounds fared better in their stress tests than the few guys who had stayed pretty lean and looked fit, but who hadn't been involved in any exercise program."

Five Years Ago August, 1988

- Lurline Struppeck Breaks Own W40 National Record in Javelin with 129-3 & Pat Peterson Breaks W60 U.S. Record in High Jump with 3-9 in New Orleans.
- Payton Jordan (M70, 27.7 in 200) Is Top Performer with a 96.9% in Los Gatos, CA.
- Steve Lester Breaks U.S. M45 10K Record in Magna, Utah, with a 30:09.
- Nude Mile-Markers Highlight Hollywood's Tetrack Trail 8-Mile Run.

Not wanting to name anyone specifically, Daniels said he was surprised to find that the few lean individuals who had not exercised in years looked fit. "I'm not so sure they didn't feel fit, too," he added, "although they didn't test out as fit. Still, though, they were way above the average person for their age group. I think the average max VO₂ (aerobic capacity) for somebody who is 49 years of age, which was the average of the group, is about 42 ML per kilogram of body weight. The average of this group was 56."

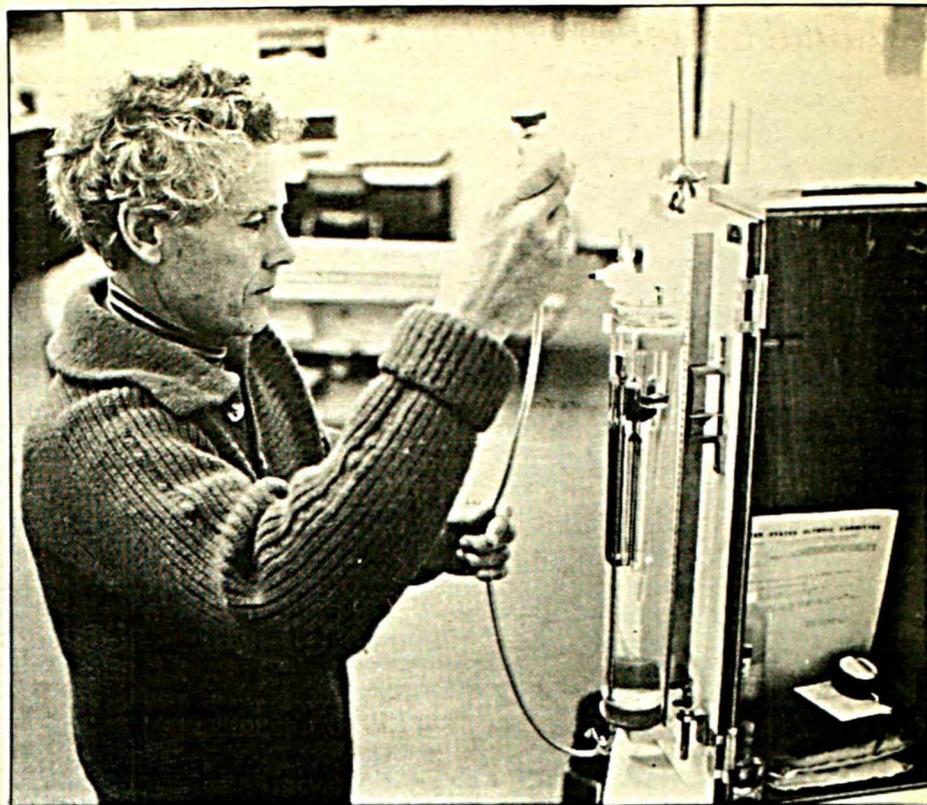
When Daniels tested them 26 years ago, the average max VO₂ was 78. The loss was 24 percent, but part of that was a function of the increase in weight. Factoring out the increase in body weight, the loss amounted to only 17 percent. This, according to Daniels, seems to support the theory that there is a "genetic hitch" to being an elite athlete. "You find somebody who is 20 or 30 pounds overweight in his late 40s or early 50s and has a VO₂ max in the 50s. Well, that's pretty good. There are a lot of people as young adults who are training quite seriously who don't reach that kind of VO₂ max. It certainly suggests that a lot of them (those tested) had a high VO₂ max to begin with, and although they discontinued training, they maintained a much higher capacity."

Few of the 26 continued training and competing after their college or Olympic years. "Maybe it was because most of them were pretty successful," Daniels offered. "And there was no money then. That was a big contributing factor why they didn't continue running."

Several of them have competed in the masters arena, and Daniels saw some indications that several of them would soon test themselves in over-50 competition.

Daniels did name three who stood out in their most recent test — Chris McCubbins, Brian Kivlann, and Tracy Smith. All three have competed in masters competition.

Daniels laughs when he recalls that one of the group weighed 210 pounds, 70 pounds over his competitive weight, when Daniels phoned him to invite him



Jack Daniels in his Athletics West/Nike Lab Days.

Photo by Warren Morgan

to be tested. When he showed up for testing four weeks later, his weight was down to 180. "He hadn't run a step in 20 years, but when he showed up for the test he had been running every day except the last two," Daniels said. "He tested quite well, better than average. I think it shows how little training a person of this caliber needs to do to get going again."

Another preliminary observation has to do with heart rates. "It was interesting to see that they still had pretty high maximum heart rates," Daniels commented. "In fact, we had five or six guys who had higher max heart rates than they did 25 years ago."

Blood pressure was not tested 25 years ago but was this time. "We did find that some of the runners who were pretty fit had high blood pressure," Daniels commented, "It makes you wonder how much you can ward off some of these things. If you have a

family history of something, being an elite athlete is probably no guarantee of safety. One guy even had a bypass. He ended up going for an hour run with the others, even though he was 60 pounds overweight."

It is sometimes suggested that runners are more susceptible to arthritis than the general population, but Daniels did not find this to be the case among the 26 he tested.

Daniels was not able to separate body weight from percentage of body fat 25 years ago, but speculates that the average increase in body fat among the 26 was about 10 percent.

Twenty-five of the 26 were college graduates. "That's pretty encouraging," Daniels ended. "I think it shows that runners are pretty dedicated to what they're doing. I don't think we'd find a graduation rate that high in other sports." □

California State Senior Olympics Set For San Diego

The San Diego Senior Sports Festival will host the first California State Senior Olympics, September 17-26, in San Diego, Calif., with 27 sports being offered, including track and field, cross-country, triathlon, and racewalking.

All ages from sub-masters (30+) in five-year age groups may enter.

The track program will take place on Saturday and Sunday, September 18-19. The racewalk events are set for Monday, September 20, with the 5K cross-country run on Tuesday, the 21st. (See back page for complete details and entry form.)

The triathlon will include a 1500m open-water swim, 5K cross-country run, and a 28-mile bicycle race.

The track and field competition will be conducted at the University of California campus (UCSD) in La Jolla on the coast just north of San Diego. Cool weather between 65-75 degrees usually prevails.

The track facilities are excellent, and include a separate hammer throwing area. Participants will be assured a professionally-managed event. Many of the people involved are those who also managed the highly-successful 1989 TAC National Masters meet held at SDSU.

Use the entry form on the back page or send an SASE with 52¢ postage to San Diego Senior Sports Festival, 2820 Camino del Rio South, Suite 306 J-K, San Diego CA 92108. □

National Senior Sports Classic

Continued from page 1

1500m-12, 5K-9, 10K-7, 5K walk-33, HJ-21, PV-6, LJ-32, SP-59, DT-56, and JT-39. These folks are in obvious good health and are serious about their competition.

The United States National Senior Sports Organization out of St. Louis, Mo., put on a well-promoted and well-attended program. A lot of extras are offered at the National Classic Championships, which are scheduled every two years: spectacular opening ceremonies; a Louisiana Mardi Gras celebration complete with king and queen overseeing their parade as they toss candy, trinkets, beads and doubloons from atop their regal floats to the anxious crowd; a real Cajun dinner; the Jazz breakfast on the last morning of competition; plenty of parties, food and dance bands. Tours, clinics, health testing, and souvenir shops are set up on "Red Stick Alley."

Much of the packaging and promotion costs, as well as less visible expenses, are taken care of in large part by the major national corporate sponsors such as Holiday Inn-Worldwide, MetLife, TWA, Nuveen, Odoul's, AT&T, Total, Johnson & Johnson, Tylenol and The Medicine Shoppe. In addition, the basic entry fees brought in more than \$350,000. The Senior Olympic National Championships is now more than just a track meet. It is

an event — a bonafide "happening."

Phil Mulkey, M60, and Betty Vosburgh, W60, both of Atlanta, Ga., and of Holiday Inn's World Elite Track Team, were easily the outstanding performers of the meet for men and women. Mulkey won five gold medals (HJ 5-0, PV 11-0, LJ 17-8½, SP 47-9, & DT 160-3) and Vosburgh was even better winning six (100m 15.49, 200m 31.97, 400m 74.72, HJ 3-9, LJ 12-7½, & JT 84-10). Even more outstanding perhaps, all of Mulkey's and Vosburgh's performances were new National Classic records. Both athletes stated that the competition was quite keen, in terms of both the number of competitors and the level of performances. "It wasn't just a question of 'Can I break a record?'" Mulkey said. "Most of the time it was absolutely necessary in order to win the event."

Indeed, upon reviewing the final results, it is obvious that this National Championships is on a par with the USATF National Masters Championships in performance, and far exceeds the latter in depth. A performance that failed to even make the finals here would, many times, be good enough to collect a medal at the USATF meet. And while that statement is generally true in all of the men's divisions, it is an absolute certainty for all the women's events, in all divisions.

This fledgling meet, that has only had its fourth Championships since 1987, definitely has come into its own. Many of the competitors are capable of performing well on an international level. World track and field championships notwithstanding, these kinds of competitive performances would show well in Japan in October.

The Pete Maravich Assembly Center was filled with 15,000 athletes and spectators on the opening day to witness the "Celebration of Athletes" and the lighting of the torch by Lucy Anne Brobst of North Carolina. It was announced that while Lucy's participation in the Games may have been cut short by her very recent recovery from chemotherapy, this former National Champ was chosen for the honor because, despite a harrowing last few months, she was still there for the Games. She epitomized what the Games was really all about.

Another 10,000 watched the final event in track and field. All of the 100 meter heats and finals were held in a dramatic display of speed to be served up on the last evening. The L.S.U. track, which offers a softer surface on its nine lanes circling the infield, has a special surfaced nine lane sprint corridor right down the center, apex to apogee, that is much firmer and therefore much faster. So designed that it does not disturb the availability of two pole vault pits, three high jump pits, four long jump pits, six shot put rings, five discus/hammer cages, and a

javelin area immediately adjacent to the edge of the finish line area, the L.S.U. state of the art T&F facility handled the constant flow of competitors with unprecedented ease.

The officiating was the best. But with 623 sprinters contending the 100 meters, the qualifying was cut-throat and deadly. Automatic timing would pick the nine finalists in each division who would run for their titles about ten o'clock that same night. Starting the qualifying at 6 p.m., every bit of that time was needed to run off the 85 heats.

The media certainly appreciated the show. Two local TV affiliates kept the entire area informed with their interview and action broadcasts. The newspapers recorded and reproduced every result, supporting the reporting with great color photos and interesting "inside" stories. Nationally, the festivities were picked up by ABC's *Good Morning, America*, and ESPN taped an hour segment that was played a couple of weeks later.

The USNSO group claims to have touched more than a quarter-million adults over the age of 55 as they all go through the mandatory qualifying of their respective state and local Games. It has become a huge program. It would appear that with the coming of the great Senior Olympic program, "old age" (whatever that means or implies) has in no small part, been taken care of in a very positive way. □

PARTICIPATION IN NATIONAL SENIOR SPORTS CLASSIC

100				1500				SHOT PUT				1500 RACEWALK			
Age	M	W	T	55	44	26	70	55	49	45	94	55	43	52	95
55	86	47	133	60	56	37	93	60	67	44	111	60	61	61	122
60	80	57	137	65	54	21	75	65	47	45	92	65	54	66	120
65	85	50	135	70	35	12	47	70	37	39	76	70	54	54	108
70	49	41	90	75	21	9	30	75	42	27	69	75	34	36	70
75	45	30	75	80	7	3	10	80	27	17	44	80	22	20	42
80	25	15	40	85	0	1	1	85	9	3	12	85	8	3	11
85	5	4	9	90	1	0	1	90	1	0	1	90	1	1	2
90	2	0	2		218	109	327	95	2	0	2	95	1	0	1
95	2	0	2		67%	33%			281	220	501		278	293	571
	379	244	623						56%	44%			49%	51%	
	61%	39%													
200				HIGH JUMP				DISCUS				5000 RACEWALK			
Age	M	W	T	55	45	43	88	55	45	43	88	55	40	38	78
55	67	25	102	60	62	43	105	60	62	43	105	60	60	51	111
60	71	43	114	65	50	46	96	65	50	46	96	65	44	43	87
65	73	36	109	70	51	39	90	70	51	39	90	70	50	31	81
70	49	27	76	75	48	26	74	75	48	26	74	75	22	23	45
75	40	30	70	80	24	18	42	80	24	18	42	80	14	12	26
80	19	10	29	85	9	2	11	85	9	2	11	85	5	1	6
85	2	3	5	90	0	0	0	95	3	0	3	90	1	0	1
90	1	0	1	95	3	0	3		292	217	509		236	199	435
95	1	0	1		292	217	509		57%	43%			54%	46%	
	323	184	507												
	64%	36%													
400				POLE VAULT				JAVELIN				5K ROAD RACE			
Age	M	W	T	55	10	0	10	55	27	33	60	55	54	45	99
55	53	31	84	60	20	0	20	60	53	37	90	60	79	43	122
60	59	33	92	65	14	0	14	65	38	35	73	65	63	32	95
65	57	33	90	70	14	0	14	70	33	29	62	70	48	14	62
70	45	22	67	75	7	0	7	75	30	17	47	75	19	7	26
75	24	18	42	80	5	0	5	80	20	9	29	80	6	1	7
80	15	5	20	85	1	0	1	85	7	2	9	85	0	2	2
85	1	1	2		71	0	71	90	0	0	0		270	144	414
90	1	0	1					95	1	0	1		65%	35%	
	255	143	398						209	162	371				
	64%	36%							56%	44%					
800				LONG JUMP				10K ROAD RACE							
Age	M	W	T	55	50	26	76	55	46	25	71				
55	45	29	74	60	58	45	103	60	68	26	94				
60	56	32	88	65	66	36	102	65	46	16	62				
65	54	23	77	70	42	23	65	70	36	11	47				
70	38	16	54	75	36	15	51	75	11	4	15				
75	19	13	32	80	15	6	21	80	4	1	5				
80	7	5	12	85	7	2	9	85	0	2	2				
85	1	0	1	90	1	0	1		212	85	297				
90	1	0	1	95	1	0	1		71%	29%					
	221	118	339		276	153	429								
	65%	35%			64%	36%									

Grand Opening Sept. 18

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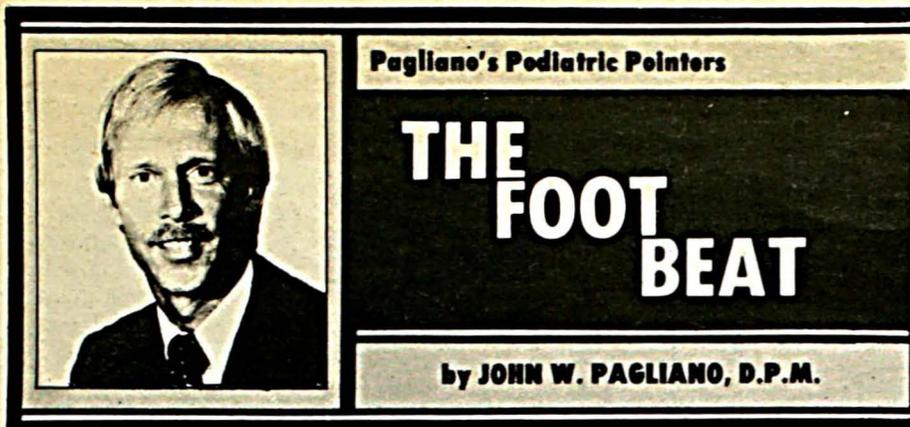
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Pagliano's Pediatric Pointers

THE FOOT BEAT

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

"Pump Bumps"

Q. In 1970, I started jogging to lose weight and stopped smoking. By 1972, I was running 50 miles a week and had started racing. I required orthotics for heel spurs and eventually developed "pump bumps" on the inside back of both heels. My podiatrist wanted to operate. It would involve disconnecting the Achilles tendon, "removing" the "bumps" and reconnecting what was left of the tendon. Three different orthopedists asked me how much I really wanted to continue running, saying this was a Larry Bird type operation, and success rates were low. I continued to train and race for another two years, but had to give it up. Recently, a new "sports" podiatrist gave me new and quite different orthotics. They are a little more flexible and much higher in the arch. This podiatrist said the operation wasn't that serious, and he had had good success with it. I've started back running, and so far, I'm only getting some dull pain from my right heel.

Could the "wrong" orthotics have actually caused the "pump bumps," and what is your opinion of the operation to remove them? Would I be able to resume running and racing at a serious level?

A. Pump bumps are technically known as retrocalcaneal exostosis. They are usually caused by chronic irritation from rubbing by ill-fitting shoes. This irritation will cause the bone to respond to the pressure with excessive growth.

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.
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 - Score multi-events.
 - See how much your performance should decline with age.
 - Chart your own performance progress.
-
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-
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-

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P.O. Box 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____



Karen Kokesh, St. Louis, W40 first (12:13) and Dan Sebben, St. Louis, M40 first (9:57) in VP Fair 3K at St. Louis, Mo., July 4.

Photo by Hank Kiesel

Runners develop the same syndrome if they over-pronate or have a high arch with a tight Achilles. In these cases, the bump usually forms more to the outside of the heel.

This irritation may also cause a bursal formation around the heel area which is also quite painful.

The Achilles tendon also inserts into the middle one-third of the calcaneus in the back of the heel. When the calcaneus goes through the rolling motion when running, it can irritate the Achilles and cause an Achilles tendinitis. If there is a bone bump, bursae and Achilles tendinitis, we can call this a 'runner's bump.'

I often recommend semi-flexible orthoses for runners. This allows for a proper range of motion, yet reduces abnormal rearfoot pronation. These can also raise the heel slightly and provide protection to the back of the heel.

You may also wish to cut out a 1/4" felt doughnut to place around the bump in order to keep it from rubbing up against the heel counter.

If there is an associated bursitis, I would recommend the use of a cortisone injection into the bursal area.

Oral anti-inflammatories are also effective in these cases. I would ice the heel down after running for 8-10 minutes.

You may opt to rest for 4-6 weeks to see if the inflammation is reduced, and then return to running on an asymptomatic basis.

There are surgical repairs to remove pump bumps, but the removal of the Achilles tendon is very radical. I really have never seen a case where this was performed on an athlete. I don't know why it was recommended.

The standard procedure is to make a small incision along the side of the heel in the area of the bump and shave off

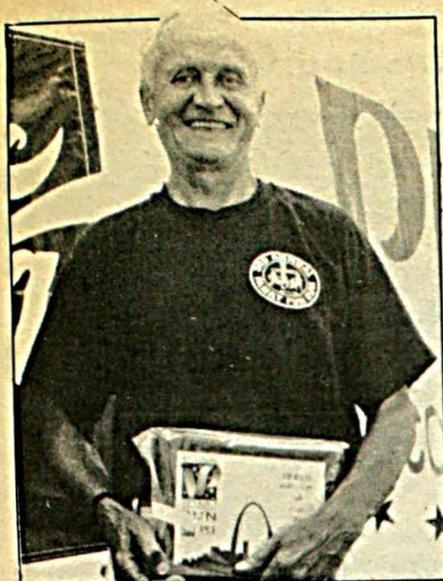


Charlene Soby, Chicago, W40 first (39:18) in the VP Fair 10K, St. Louis, Mo., July 4.

Photo by Hank Kiesel

the bump. This way you can avoid the Achilles tendon. As in every elective surgery, I would suggest you undergo the procedure only after all else has been tried. The success rate is quite high with this type of procedure. It avoids the Achilles tendon, and there is minimal post-operative pain.

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



Ernie Hirschfeld, Missouri, M65 first (44:53), in VP Fair 10K at St. Louis, Mo., July 4.
Photo by Hank Kiesel

Kurtis First Master in VP Fair 10K

by HANK KIESEL
With the Mississippi River above flood stage and a starting temperature of 80° with humidity at 70%, the 13th annual VP Fair 10K got under way at 7:35 a.m. on July 4 in St. Louis, Mo. Doug Kurtis, 41, Northville, Mich., was the first master through the chute in 31:55. Charlene Soby, 42, Chicago, Ill., took top honors on the women's side with a 39:18. In the 3K, Dan Sebben, 42, St. Louis, 9:57, and Karen Kokesh, 41, St. Louis, 12:13, were 40+ winners. About 2000 runners participated in the two races. Prize monies provided by the two sponsors, Coca-Cola and Pet Inc., totaled \$9700. □

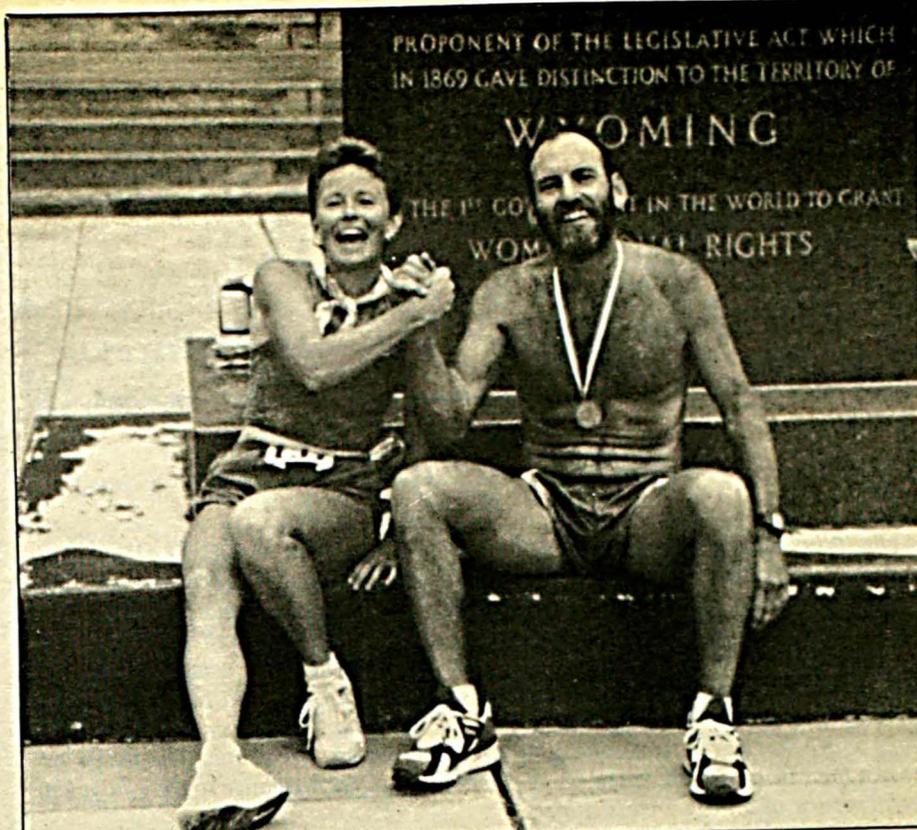
Masters Place High in High Places

by BRENT WEIGNER
Runners from 19 states and Canada met in Laramie, Wyo., on May 30 for the 10th Annual Rocky Mountain 50-Mile Run and 2nd Annual Wyoming Marathon. Three of the marathoners — Richard Brown, 52; Norm Frank, 62; Don McNelly, 72 — were on a quest to run a marathon in every state and the District of Columbia, and this was the only marathon being held in Wyoming.

Clay Shaw, 41, running the marathon in honor of his wife who recently pass-

ed away, led until 22 miles when Doug Laufer, 40, passed him and opened up an insurmountable lead. However, as fate would have it, Laufer made a wrong turn allowing Shaw to take advantage of the mistake and win with a new course record of 3:32:16.

Masters runners also were outstanding in the 50-Mile Run. Randi Bromka, 41, dominated the course with her 7:03:19 first-place overall. Second overall, Roger Frans, 47, was the first male finisher in 7:17:08. □



Randi Bromka, 41, and Roger Frans, 47, congratulate each other after taking top honors overall in the Rocky Mountain 50-Mile Run, Laramie, Wyo., May 30.
Photo from Brent Weigner

PRIZE MONEY LEADERS MASTERS WOMEN 1992				PRIZE MONEY LEADERS MASTERS MEN 1992			
RK	NAME	ST/N	1992 \$ #	RK	NAME	ST/N	1992 \$ #
1	Gilbert, Sherlet	CA	\$27,650 8	1	Leviisse, Pierre	FRA	\$33,550 18
2	Grayson, Nancy	SC	\$15,325 20	2	Kurtis, Doug	MI	\$29,700 15
3	McLachlan, Carol	TX	\$12,900 15	3	Nzau, Joseph	KEN	\$24,750 8
4	Roden, Anne	GBR	\$10,500 1	4	Navarro, Artemio	MEX	\$18,850 9
5	Filutze, Barbara	PA	\$10,450 17	5	Ross, Nick	GBR	\$9,150 12
6	Portanski, Bernadine	NZL	\$9,500 2	6	Tibaduiza, Domingo	COL/NV	\$8,500 16
7	Welch, Priscilla	GBR/CO	\$9,200 11	7	Waigwa, Wilson	KEN/TX	\$7,050 10
8	Hubbard, Karen	MI	\$8,600 4	8	Romesser, Gary	IN	\$6,975 18
9	Ray, Suzanne	AK	\$8,950 5	9	Bell, Doug	CO	\$5,525 13
10	Hine, Judith	NZL	\$8,300 9	10	Marczak, Ryszard	POL	\$4,950 4
11	Virga, Carol	FL	\$4,800 8	11	Stahl, Kjell-Erik	SWE	\$4,000 1
12	Jordan, Janet	OR	\$3,750 4	12	Owens, Earl	GA	\$3,950 13
13	Lampesis, Catherine	SC	\$3,625 15	13	Charbonnel, Jean-M	FRA	\$3,500 2
13	Silverio, Cheryl	PA	\$3,625 4	13	Hill, Leonard	OR	\$3,500 3
15	Hutchison, Jane	MO	\$3,300 6	15	Campbell, John	NZL	\$3,450 8
16	Smekhnova, Raisa	CIS	\$2,500 2	16	Wheway, John	GBR	\$3,000 1
17	Blinder, Laurie	CA	\$2,400 5	17	Vera, Manuel	MEX	\$2,700 6
18	Lynn, Laura	CAN	\$2,000 2	18	Lopez, Luis	CRC	\$2,600 5
18	Emo, Adele	CAN	\$2,000 2	19	McMullen, Charlie	NY	\$2,550 7
20	Hall, Sherri	CA	\$1,900 4	20	Kiecker, Barney	MN	\$2,500 2
21	Wood, Mary	CO	\$1,800 3	21	Schlauf, Bob	SC	\$1,790 7
22	Matsuda, Chie	JPN	\$1,500 1	22	Rodgers, Bill	MA	\$1,750 7
22	Murphy, Ellen	TN	\$1,500 1	22	Laberge, Reynald	CAN	\$1,750 2
24	Mieszczak, Nancy	NY	\$1,450 3	24	Paul, Don	CA	\$1,875 3
25	Vestal, Alendina	NC	\$1,425 9	25	Queesel, Claude	CAN	\$1,500 1
26	Ciavarella, Claudia	VA	\$1,400 3	25	Froment, Mike	GBR	\$1,500 2
27	O'Rourke, Martha	OK	\$1,375 5	27	Jiminez, Ignatio	MEX/TN	\$1,440 6
28	Matson, Shirley	CA	\$1,200 5	28	Mendez, Sadot	NC	\$1,400 7
29	Stockdale-Wolley, Reba	CT	\$1,150 5	29	McCluskey, Terry	OH	\$1,350 3
30	Niemczyk, Cecilia	NM	\$1,075 2	30	Olsen, Larry	MA	\$1,125 7
31	Ottaway, Joan	CA	\$1,025 5	31	Lewis, Frank	CAN	\$1,000 1
32	Hughes, Janice	OH	\$1,000 1	31	Judson, Ken	PA	\$1,000 3
32	Oahier, Nancy	NY	\$1,000 1	31	Urnberg, Richard	SUI	\$1,000 1
32	DeMaere, Truus	NTH	\$1,000 1	31	Cook, Evan	GBR	\$1,000 1
35	Kidd, Christine	L	\$950 3	31	Carroll, Tom	MA	\$1,000 6
35	Ralya, Cheryl	NY	\$950 3	31	Piva, Ray	CA	\$1,000 1
37	Villeden, Lis	VA	\$900 4	37	Nixon, Gary	CT	\$950 3
38	Leonard, Linda	MI	\$750 1	37	Foster, Lowry	FL	\$950 3
38	Ashworth, Teresa	NA	\$750 1	39	Hurst, Kurt	SUI	\$900 2
38	Streeter, Ginger	LA	\$750 2	39	Rono, Henry	KEN	\$900 3
38	Simmie-Keecker, B	CA	\$750 1	41	Bradley, Jeff	PA	\$800 4
42	Scott, Claudia	IA	\$700 3	41	Atkins, Herm	WA	\$800 2
43	Brent, Sally	CO	\$650 3	43	Sharp, Thomas	IN	\$750 1
43	Townsend, Susan	TN	\$650 2	43	Morris, Thomas	NA	\$750 1
45	Ulmer, Martie	TN	\$600 3	45	Pearson, Jim	FL	\$700 3
45	Stoeckle, Elaine	RI	\$550 5	45	Gomez, Rodolfo	MEX	\$700 3
46	Townsend, Sue	TN	\$500 1	47	Pelarske, Jim	MN	\$650 4
46	Heimberg, Merle	CA	\$500 1	48	Uts, Warren	UT	\$600 1
46	Sigmon, Nancy	NC	\$500 1	49	Whetham, Rob	MN	\$550 2
46	Svenson, Donna	MI	\$500 1	49	Matthews, Cliff	MA	\$550 5
46	Bugyi, Judy	PA	\$500 1	49	Smead, Chuck	CO	\$550 2
46	Gilles, Marcie	MN	\$500 3				
46	Proud, Diane	NA	\$500 1				
46	Legra, Diane	CAN	\$500 1				
46	Hoffman, Loretta	KY	\$500 1				
46	Hutchison, Jane	MO	\$500 1				
46	Varga, Astrid	CAN	\$500 1				
46	Bovic, Nina	NA	\$500 1				

1993 USATF NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

the third year for this successful meet in Louisville, KY

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, October 31, 1993
11:00 AM EST



Hosted by
Victory Athletic Club
Mason-Dixon Athletic Club
Metro Parks Track Club



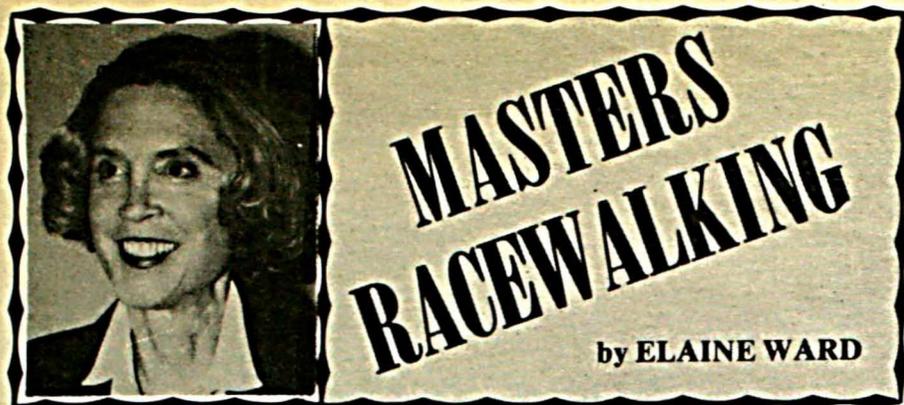
MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS
INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+
TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

KENTUCKY 5K CROSS-COUNTRY CHAMPIONSHIPS AT 10:00 AM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40241

Information:
E. P. "Tom" Sawyer State Park (502)426-8950 days
Bill Nault (502)897-3772 evenings
Bob Ullrich (502)459-6820 evenings



Age-Graded Standards

The following is the second part of last month's interview with Bev LaVeck. This part discusses the new age-graded standards and factors for racewalking. Age-Graded Standards: These standards serve as a common denominator for comparing the scoring of an 80-year-old and a 40-year-old. They work well when you want to score men and women in a race together or separately, or when you want to compare performances in several events (such as at a track and field meet). Age Factors: Factors can be used to compare an individual's performance in a given event with what he/she did, or might have done in his/her prime. The factor expresses the rate of decline based on age. It converts a performance to the equivalent performance of an open-class athlete.

BEV: In the next few months, WAVA will be coming out with new age-graded standards and factors for all events. It has been a real challenge to come up with a system that is fair and approximately equal across events so that you can compare racewalkers to hurdlers. Al Sheahan of *National Master News*, and Rex Harvey, WAVA North American Chairman, have put in a tremendous amount of time on this. To help determine the standards, we utilize the single-age world bests for all RW events.

Even though USATF only recognizes 5-year age group records, one reason for keeping a fairly comprehensive list of single-age bests is to make the factors such that nobody gets well over 100 percent and that somebody gets over 85 percent. The only way to do this is to have an active list of performances by single age.

EW: That is a wonderful plug for the hard work of Alan Wood and others besides yourself who have been keeping these single-age bests.

BEV: When it is understood that single-age bests have no status as records, they can be useful. I get excited about their status as data. They offer a way of finding out what people can do and what is realistic to expect for certain ages.

The other thing that I found interesting is that people who have been racewalking for years have tremendous swings in their times. Some years they are not racewalking particularly fast; others they are racewalking really fast; and then, they aren't walking fast again. Motivation, time, health, other activities all enter in. You don't see the steady decline that you might picture in theory.

EW: How do stellar performances like Ray Funkhouser's recent ones affect the standards?

BEV: They really do. I feel that we cannot consider exceptional performances as flukes. I think they do set a standard, and we have to take them in-

to consideration. To my knowledge, there is only one that we did not include. We have accommodated a few really outstanding performances. For example, James Grimwade, M70, of Great Britain has some incredibly fast times, as has Britta Tibbling. I computed the age-graded performances of the best performers for men and women, for each single age, to see how close to 100 they would come. We had the standards all set when we got word about Gary Little's incredible 20K as M50. If I were accumulating a list of world notable performances, I certainly would put his in. But because his time would have thrown off the table for all ages, I decided to exclude it.

Another interesting problem that came up concerned what to do about the factors comparing men and women. At first, we were going to use the same factors for both men and women because we didn't know if there was any reason why men and women would age differently. However, we found when you look at the data, that women came out with much lower age-graded scores if we used the same factors as for men, which might suggest that women age faster than men.

So we began looking at the variables. For instance, in racewalking, the body of racewalkers is not that large. This is especially true of the body of women racewalkers worldwide for the last 15 years. We don't really have the depth and range of women walkers that would include very, very high performers in comparison to men. This alone could affect the factors.

EW: Then, women haven't had the Olympics to pull them into the sport as the men. Olympians make up two-thirds to three-quarters of the men's fields at the World Veterans Games. There are only a handful of comparable women.

BEV: The last time they did the Age-Graded Tables, they gave a 10 percent break to the women straight across the

Racewalking Pros and Cons

LACTATE VELOCITY TRAINING

I am a 64-year-old who took up racewalking a little over two years ago and am now dedicated to be the best that I can be. Though I competed well last year, especially in the 5K, I am still learning which training methods are best for me, with particular respect to long distance.

I am doing workouts that correspond to the "Supra Maximal" and the "Vox Max" workouts. But I do not have a clear idea about what to do for the "Lactate Threshold Velocity." Could you explain what you mean by "A typical workout should consist of the following: (1) a 20-30 minute tempo walk at a 5K pace. (2) 3x8 minutes with a very short recovery." What is a "tempo walk?" Is it all-out or controlled, uninterrupted or broken up? I will greatly appreciate any help that you can give me. "Lactate threshold velocity" sounds like exactly what I need!

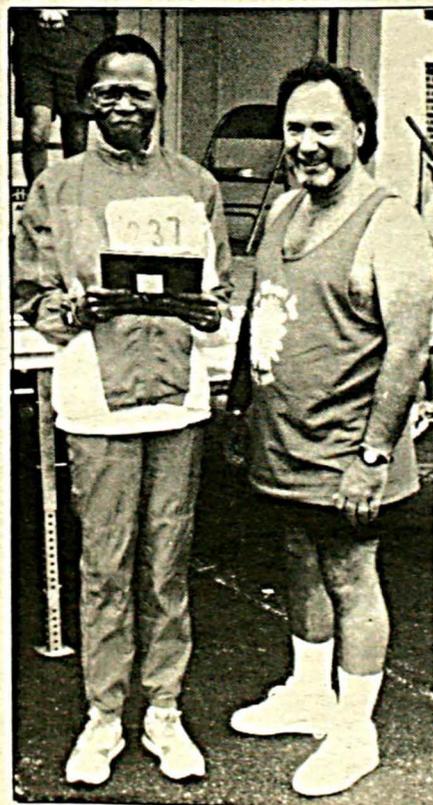
Robert Eisner, Carmichael, California

ANSWER BY IAN WHATLEY

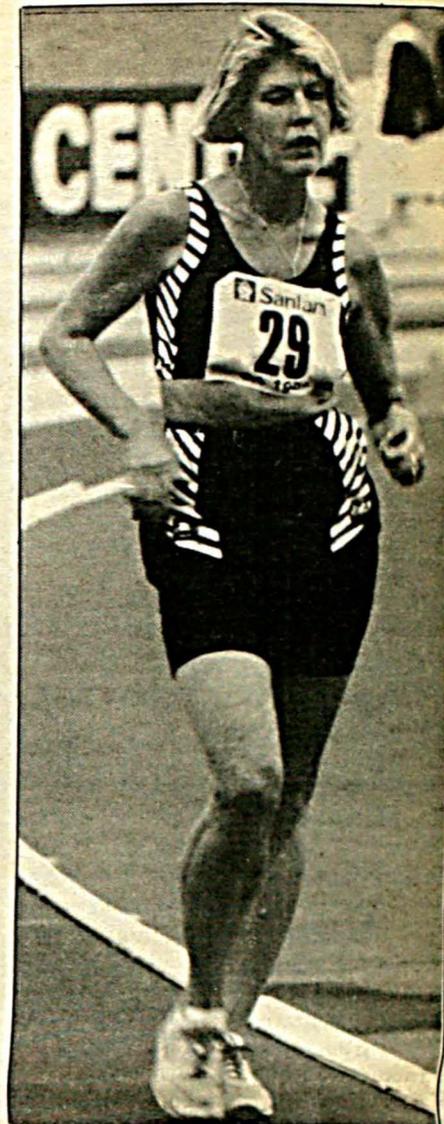
I have done some study on Mr. Eisner's questions concerning Lactate Threshold training. As with any recent scientific advance, opinions on the topic abound; some apparently contradicting others and each with its own technical vocabulary. I have tried to mix the research findings with practical experience to generate a useful answer.

Tempo Walk

A "Tempo Walk" is a workout at Lactate Threshold Velocity (LTV) in which the athlete warms up, and then walks at a speed 10 to 20 seconds per mile slower than 10K race pace. This is a continuous effort for 20 to 30 minutes and is followed by a warm-



Elton Richardson, 54, overall first racewalker (33:11), Long Island Women's 5K, Jericho, July 3, receives trophy from Myron Goldstein, sponsor of Hope Physical Therapy of Plainview, L.I.
Photo from Mike Polansky



Patsy Clemmans, W45, competed in the South African open championships in the 5000 racewalk in April, taking third (27:07). Clemmans, who has a best 10K time of 60:00, is planning to compete in the World Veterans Games, Miyazaki, Japan, in October.
Photo by Leo Benning

down. If you have had a Lactate Threshold test on a treadmill, you will be able to use a target heart rate instead of a target velocity.

Bursts

Another training session at LTV could consist of a warm-up followed by 3 bursts of 8 minutes walking at 10-20 seconds per mile slower than 10K race pace. A 1 minute rest is taken between efforts. This is enough time to keep the walker mentally alert and able to walk with correct technique, but with most of the workout close to the target blood lactate level. As with any hard session or race, warm down at an easy pace.

LTV Objective

The objective of training at LTV is to improve the speed at which an athlete can walk without a rapid rise in blood lactate concentration. Several studies have shown that the faster your LTV, the faster you can race. There is even good evidence that this measure is a better predictor of race performance than is Maximum Oxygen Uptake.

Don't drop all other training in favor of 5 LTV sessions a week! A mixture of training methods is most likely to get you to your best race fitness. □

PROFILE

Francie Larrieu-Smith

by MARILYN MITCHELL

A lot of runners are able to be competitive well into their 30s. Francie Larrieu-Smith, at age 40, is still competitive with the best of them, and is gracefully making the transition from open competition to masters running.

On June 12, she set a new U.S. masters 10K road record (looped-course) with a 13th-place overall (34:08) in New York City's Advil Mini-Marathon.

Larrieu-Smith, who calls Texas her home, made her first Olympic team in 1972. She sat out 1984 and if she succeeds in making the 1996 team, she will be the first American to make six Olympic teams.

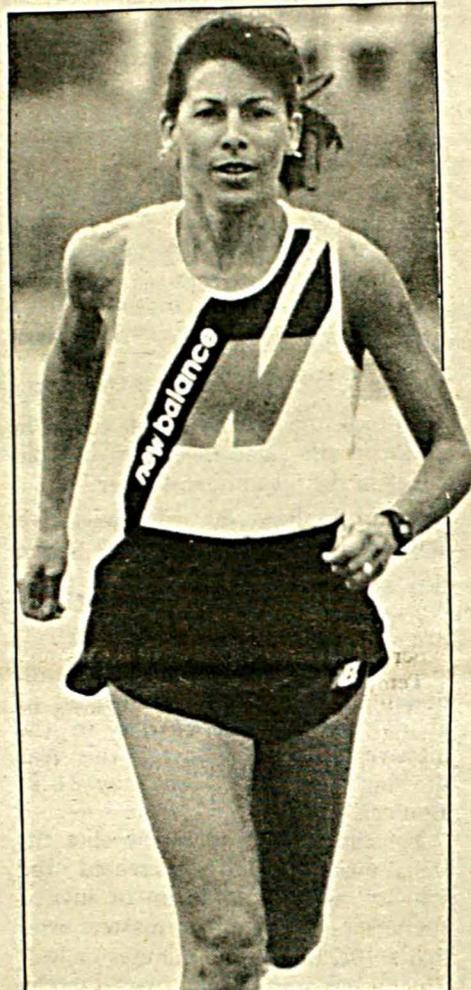
She was the U.S. flag-bearer in the opening ceremonies in 1992 where she finished 12th in the Barcelona Olympic marathon. She was second in the 1991 London Marathon (2:27:35). She has set 36 U.S. and 12 world records, and has the second fastest U.S. women's 10K time in history (31:28.92).

"I'm glad I don't have to run another marathon to qualify for the 1996 trials," she said after the Advil race. "I do notice that recovery is not as swift as 10 years ago. Being 40, I'm now in uncharted territory. There's something about turning 40. I am 40. I'm not getting any younger."

She feels she's had "kind of a slow start" this year. "Coming off an Olympic year is draining emotionally and physically, but I feel like I still have a lot of time. I feel that my 10K time should be able to come down another minute."

Actually, Larrieu-Smith alternates between wanting to go for the masters records and taking a more laid-back attitude of running-the-best-race-possible-and-letting-the-records-fall-if-they-will. With the help of Advil and her 12-year sponsor, New Balance, she is giving clinics around the country, doing work with the Mini-Marathon and the Race for the Cure, particularly trying to encourage women to develop life-long fitness and exercise habits.

"There are lots of [world] masters records owned by Priscilla Welch — very good records — and eventually I hope to go after them. It's been a long, hard road coming back after last summer (the Barcelona Olympics). I really gain energy from coming to an event like the Mini-Marathon. I am still doing interval training — it's something I enjoy the most. I'm not competing now on the track, but hope to do some of that next year. As for mileage, I'm doing approximately 90 miles a week, but this is not a message which should be sent out to those people running for fitness. These people have jobs and families... the bulk of the people should maintain a level of fitness and a



Francie Larrieu-Smith

consistent program and not try to do what elite athletes do."

She thinks that a women's-only race is very important because a lot of women do not have a race history and are intimidated by mixed-sex races initially, until they run a few women's races and see "... that it is no big deal." Half of this year's field of 5500 women were first-time racers. "I'd like to see the Advil Mini Marathon with 10,000 to 15,000 women. Women who come out year-after-year."

"I really didn't want to run this year on the track at all: I just wanted to go out and have fun. And run on the race circuit (Race for the Cure) and stay at home and enjoy my running and share what it is that I do with the masses out there. *That* makes up running. I love every aspect of competition and training but I have this view of running for fitness. I can't imagine not running. As a kid, all I could imagine was competing and making an Olympic team and then giving it up."

When not running, Francie plays with her four dogs (three of which are

strays and one of which is her running partner for runs shorter than one hour) and is very involved in getting perennials into her flower beds in place of annuals. She has several varieties of plants and flowers, but about the only real requirement for making it into that flower bed is 1) look pretty and 2) be a perennial!

What about the future? Again, Larrieu-Smith alternates between thinking that her future might be in the marathon and thinking that some distance other than the marathon

would be her 1966 goal. At this time, she says she is glad she really doesn't have to do another marathon in order to qualify for the 1996 trials.

But while she says that she will not likely try for the 1996 marathon, she might give it up altogether and concentrate solely on the 10K for the next three years. "It's not unrealistic to think that I could make the Olympic marathon team at [age] 43. Priscilla Welch was 42 when she ran the New York City marathon and won." □

Runner DQ'd in San Francisco Marathon

Candy Dodge, 43, was disqualified from her third-place overall finish (2:46:18) in the San Francisco Marathon, July 18.

In an investigation prompted by complaints from other runners, Dodge, of Canyon Country, Calif., did not appear at any of the checkpoints on the race videotapes.

Janet Skallen, 40, of Minneapolis received the \$1000 for the masters' victory.

Dodge neither explained her results nor admitted guilt.

"This is the first time in my life that anyone has questioned my integrity," Dodge said in a statement released by race officials. "But... there is nothing I can say

or do that is going to change anyone's mind. I accept the decision... to remove my name from the official results."

Dodge will not be charged with criminal action, officials said.

She has been credited with four other marathon finishes in 1993. Officials of the Boston Marathon, in which Dodge won \$1000 (5th master, 2:53:26), are reviewing race video to see if her time was legitimate.

Dodge has earned more than \$3000 at various big-city marathons, among them the 1993 Los Angeles Marathon, where she reportedly won \$1500 for her 1st W40+ time of 3:03:10. In the past, the L.A. Marathon has not used videotapes. □

NORTHERN CALIFORNIA SENIORS TRACK & FIELD CLASSIC

SUNDAY, September 12, 1993, Edwards Field, University of California, Berkeley

For men and women 30 years up (masters and sub-masters)
Sanctioned by USA/T&F. Sponsored by No. Cal. Srs. T.C., Inc.
Off Freeway 80, take University Avenue east to Oxnard right to track.
Entry fees — First event \$10, each additional event \$5, relays \$20.

Deadlines — Registrations must be received by Tuesday, Sept. 7, for time to prepare the final schedule and program. Relays may be entered up to one hour before the event.

TAC Number — required to process an application.

Awards — Medals, top 3 places, all age groups, all events.
Cash awards for some age graded best performances, to be determined at the meet.

John Satti \$25 award, winner of the men 75-79 long jump.
Two Harry Koppel plaques, best men/women 100M (age-graded).

HOSPITALITY Room, Shattuck Hotel, 2086 Allston Way, Berkeley, one block west of track (510)845-7300. Open 3:00 P.M. Saturday, Sept. 11 until 9:00 P.M. Packets available at the hospitality room on Saturday and at the N.E. corner of the track, Sunday, 7:45 on. Another close hotel, Durant Hotel, 2600 Durant Ave (510)845-8981 (In CA 1-800-5Durant; outside CA 1-800-2Durant).

TENTATIVE SCHEDULE OF EVENTS:

Running Events (Order, women, men older to younger)	Field Events
9:15 3000M	8:00 Hammer
10:15 High Hurdles	8:30 High Jump
10:30 1500M	9:15 Long Jump
11:00 Interm. Hurdles 300/400	Shot
11:30 800M	(follows hammer)
Lunch for officials	Javelin (follows hammer)
1:20 4 X 100 relay	Lunch for officials
1:30 100M	1:00 Triple Jump
2:30 200M	1:30 Discus
3:30 400M	Pole Vault
Relays, as requested	

Applications and entry checks (payable to N.C.S.T.C. Classic) should be mailed to Mark Grubi, P. O. Box 424512, San Francisco, CA 94142-4512. (415)285-3352, 8:00 to 10:00 A.M. or 6:00 to 9:00 P.M.)

Name	Events	Best recent time/distance	Fees:
Address _____	_____	_____	_____
City/St/ZIP _____	_____	_____	_____
Phone/Age group _____	_____	_____	_____
CURRENT TAC # _____	_____	_____	_____

TOTAL

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the No. Cal. Srs. T.C., University of California, any individual associated with the operation of this meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the NCSTC Classic meet held on September 12, 1993 at U.C., Berkeley.

(Signature & date)



MASTERS ATHLETE OF THE MONTH

Doug Kurtis

This month's Sorbothane Masters Athlete-of-the-Month is Doug Kurtis, 41, of Northville, Mich.

In the past 60 days, Kurtis achieved his 70th and 71st career sub-2:20 marathons, breaking Kjell Erik-Stahl's record of 69.

Kurtis captured masters honors with a 2:19:21 in the Revco-Cleveland Marathon, May 16. Five weeks later, on June 19, he finished first overall in the prestigious Grandma's Marathon in Duluth, Minn. in 2:16:38 — his fastest time in four years and the fastest masters time in the world this year.

Just seven days later, he took home the masters USATF national half-marathon title with a 1:07:16 win in Fairfield, Conn. And on July 4, he was first 40+ in 31:55 in the VP Fair 10K in St. Louis. As of July 4, Kurtis has won more prize money in 1993 (\$36,300) than any other U.S. runner, open or masters.

Runners-up for this month's award

included:

- **Francie Larrieu-Smith**, 40, with a new U.S. 10K closed-loop course record 34:08 for women over 40; and a 33:49 "aided" 10K at Peachtree, July 4.

- **Ken Popejoy**, 42, with a 4:10.17 mile in New York, May 22; and a 19:34 in the Steamboat Classic 4-miler in Peoria, Ill., June 19.

- **Shirley Matson**, 52, who was overall winner of the 83rd annual Dipsea 7.1-mile cross-country race in Mill Valley, Calif., June 13.

- **Britain's Nigel Gates**, 40, with a fast 45:49 masters win in the Cascade Run Off 15K in Portland, Ore., June 27.

- **Holland's Carla Beurskens**, 40,



Doug Kurtis crosses the finish line in 2:16:38 to become the 17th annual Grandma's Men's Open and Master winner, June 19, Duluth, Minn.

Jeff Frey & Associates Photography

who took the women's 40+ crown in 51:06 in the same race, and clocked 21:25 in the Steamboat 4-miler.

- **Phil Mulkey**, 60, who won five gold medals at the National Senior

Bolder Boulder Makes Waves

by JANE DODS

The Bolder Boulder 10K is traditionally run in waves (according to ability and/or gender) due to the massive influx of runners - this year drawing over 32,000 on May 31 in Boulder, Colo.

For the first time, a new elite citizens' masters group was created - the "40-40" wave - made up of invited runners plus any other masters who had a 10K time of 40 minutes or less. This wave started off first, thereby allowing the local NBC affiliate, which covers the race live for the first three hours, to televise the entire masters-only field.

On the men's side, a very determined Manuel Vera, 42, pushed an early pace and wore out Pierre Levisse, 41, about three miles into the race. Vera won in 30:48, earning \$1600 in prize money. Levisse followed up in 31:01, taking home \$1050. After completing his first masters-only competition, he stated, "I don't enjoy this. I felt very old during the race."

Boulder's Frank Shorter, 45, had every intention of running a strong race, but ran into problems. A pulled calf muscle forced him to jog after about a mile. Said Shorter afterwards, "The smart thing would have been to stop, but the emotional thing was to keep going."

The women's champion was Carol McLatchie, 41, who won easily over her familiar foe, Jacqueline Gareau, 40, 36:12 to 37:27. McLatchie earned \$1300 and Gareau \$850. Asked how she felt about a masters-only race, McLatchie replied, "At first, I was a little ap-

Sports Classic in Baton Rouge, La.

- **Betty Vosburgh**, 62, who took six golds in Baton Rouge.
- England's **Nick Rose**, 41, with a fast 18:54 in the Steamboat 4-miler.
- France's **Pierre Levisse**, with a 19:22 in the same race.
- **Bill Rodgers**, 45, with a U.S. M45 record 1:08:05 in the Trinity Hospital Hill Half-Marathon, June 6.
- **Earl Owens**, 43, who broke Cotton Row's 10-year-old masters course record with a 31:05 for the 10K.
- **Steve Robbins**, 50, who ran 100 in 11.56 and 200 in 23.33 in California.
- **Nancy Grayson**, 43, with a 37:19 at Cotton Row and a 1:22:27 at the USA Masters Half-Marathon.
- **Marion Sanchez**, 61, with a sub-45 300-hurdle race.

The award is limited to performances on U.S. soil or to U.S. athletes, but mention should be made of England's Dave Moorcroft, 40, whose 4:02.53 mile in Belfast, June 19, is the fastest outdoor mile ever by a masters runner.

Sorbothane sponsors the Athlete-of-the-Month Award every other month in NMN. Sorbothane is a lightweight, shock-absorbing, air-infused insole which can be found at most sporting goods stores.

For his efforts, Kurtis will receive a check for \$100, compliments of Sorbothane. □

prehensive, but before, the masters kind of got lost in the elite race, and this is a nice way to showcase them."

In the citizens' race, awards were given 10-deep (where applicable) for each individual age all the way up to age-81, going to Helen Phillips (1:52:27) and age-91 to Emil Demarche (2:41:46). □



Bob Weiner, Maryland, third M45-49 in the 1500 in 4:43.9, USATF National Masters Indoor Championships, Bozeman, Mont.

NMN/Jerry Wojcik

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG 1993

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARTYN ADAMSON (DANVILLE, CA)	8-23-38	55-59
HY BOOTH (SAN MATEO, CA)	8- 2-18	75-79
STAN COBEN (WESTWOOD, CA)	8- 6-28	65-69
ALBERT COOPER (EL MONTE, CA)	8-27-18	75-79
STAN DRUCKREY (MILWAUKEE, WI)	8-10-48	45-49
FERNANDO FERRERA (POR)	8-21-18	75-79
WILLIAM GARTHUNE (VA)	8- 3- 8	85-89
CARL HAMMEN (SAUNDERSTOWN, RI)	8-26-23	70-74
BIRGER HAUG (NOR)	8-19- 8	85-89
ARQUIMEDES HERRERA (VEN)	8-27-38	55-59
BRUCE HESCOCK (BETHANY, CT)	8-24-33	60-64
KARL LEITGES (WG)	8-18- 8	85-89
SERGIO LIANI (ITA)	8- 3-43	50-54
FRANK LITTLE (ALTADENA, CA)	8- 3-43	50-54
ROBERT LONG (TORRANCE, CA)	8- 4-18	75-79
BASIL NIELSEN (GB)	8-10-23	70-74
BOB OGLE (BURBANK, CA)	8-20-18	75-79
DODJU PATARINSKI (BULGARIA)	8-16-33	60-64
AWIN PHILLIP (NEW YORK CITY, NY)	8- 8-28	65-69
CARMELO RADO (ITA)	8- 4-33	60-64
WALTER RENNSCHUH (WG)	8- 2-18	75-79
JAMES SHETTLER (PLEASANT HILL, CA)	8- 9-33	60-64
KARL STORCH (WG)	8-21-13	80-84
LEW THORNE (EUGENE, OR)	8-27-38	55-59
CARLOS VERA-GUARDIA (VEN)	8-30-28	65-69
BRYAN WESTFIELD (ANN ARBOR, MI)	8- 2-43	50-54
KATEY ANGEL (OR)	8-23-53	40-44
CAROL CARTWRIGHT (RESEDA, CA)	8-16-28	65-69
MARION EPSTEIN (BROOKLYN, NY)	8-31-18	75-79
PATRICIA FINKE (PORTLAND, OR)	8-25-43	50-54
ELLEN FULLER (IRVINE, CA)	8-16-28	65-69
JOANNE GRISSOM (INDIANAPOLIS, IN)	8- 4-38	55-59
ANDREA HATCH (BRAINTREE, MA)	8-13-43	50-54
DEBORAH HEATON (REDLANDS, CA)	8-17-48	45-49
DIXIE MARQUEZ (TULSA, OKLA)	8-22-38	55-59
ELAINE MATTHEWS (NEW POLTZ, NY)	8- 1-43	50-54
ROBYN PAULSON (SAN FRANCISCO)	8-28-33	60-64
ELLEN ROSE (IRVINE, CA) SEE FULLER	8-16-28	65-69
KAREN SCANNELL (SAN FRANCISCO, CA)	8-23-38	55-59
URSULA SCHREIBER (INDIO, CA)	8-14-38	55-59
LUCY SHAPIRO (CA)	8- 0-38	55-59
CHERRIE SHERRARD (CHICO, CA)	8-25-38	55-59
LENNIE TUCKER (LIVERPOOL, NY)	8- 5-38	55-59
VICTORIA ADAMS (NZ)	8-12-53	40-44
FIONA ARGENT (GBR)	8-24-53	40-44
A. AVELLAN (ARG)	8-20-33	60-64
ANNA FLAIBANI (ITA)	8-19-28	65-69
ISABEL FOLEY (NZL)	8-14-33	60-64
JUDITH JAENSCH (AUS)	8- 6-48	45-49
SONJA LAXTON (RSA)	8- 6-48	45-49
ADA LETINSKY (CAN)	8-14-38	55-59
JOHANNA LUTHER (WG)	8- 2-13	80-84
WENDY O'DONNELL (CAN-PORTLAND, OR)	8-21-43	50-54
SARAH PACKHAM (GB)	8-17- 3	90-94
MARGARETA SARVANA (FIN)	8-30- 8	85-89
ELIZABETH STEEDMAN (GB)	8- 8-33	60-64
JUDITH STEWART (NZ)	8-26-48	45-49
MAIJA SUOMINEN (FIN)	8-18-28	65-69

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Official world scoring tables for men's and women's combined-event competitions. \$12.00

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

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WAVA Handbook

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

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

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

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The ultimate training and racing guide. \$14.95.

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

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MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

U.S. Site for 1995 WAVA Bid Chosen

Buffalo, N.Y., was selected as the U.S. site for our bid to host the 1995 World Association of Veterans Athletes' Championships. Selection of the site for the world meet will be decided by the WAVA General Assembly delegates in Miyazaki, Japan, on October 14.

The U.S. Site Selection Committee held two conference calls and then met in Columbus, Ohio, on the weekend of July 10, to review bids submitted by Buffalo, Indianapolis, New Orleans and San Jose. Prior to the Columbus meeting, Indianapolis withdrew its bid, citing difficulty of securing housing at the same time the second venue would be available. Many U.S. cities have convention and special-event commitments well into the next decade, and it is often difficult to obtain sufficient hotel space one or two years in advance. Individual members of the Site Selection Committee made visits to the three remaining locations.

All of the sites were highly qualified and capable of hosting the Championships. While it was not an easy decision, we are extremely excited about the possibility of Buffalo hosting the Championships.

Careful deliberation and a quantitative rating grid enabled us to focus on what was most important and to compare all sites equitably. We looked at such factors as quality and condition of venues, including their proximity to each other and to housing facilities; costs and availability of housing options, and meet management experience. Other considerations included financial and marketing experience,

weather, and the availability of certified officials.

In July, Buffalo enjoyed enormous success in hosting 136 countries in the 1993 World University Games, the world's second largest sporting event after the Olympics. More than 50,000 tickets were sold for the opening ceremony, and many of the sporting sessions, including track and field, were sold out. With 18,000 volunteers and infrastructure in place for future such events, Buffalo promises to put on a WAVA meet that will exceed the competitors' expectations, if awarded the bid by the WAVA General Assembly.

Selecting a competition site is never an easy task, and this was no exception. It required a great deal of time, and effort, cooperation, and a willingness to look at all factors in an objective manner. The following committee members deserve our thanks and appreciation: Track & Field Representatives: Bill Collins, Tom Gage, Marilyn Mitchell, Pete Stopoulos, and Tom Thorne; Long Distance Running Representatives: Ruth Anderson, John Boyle, and Charles DesJardins (Ex-Officio). Thomas McLean, Director of Operations for USA Track and Field also served as an ex-officio member and provided us with valuable assistance. □

Masters Racewalking

Continued from page 10

board. Because of the data, we decided to go ahead and give a 10 percent break to the women again, even though it bothered us philosophically.

However, it is really possible that there is a difference in the aging process between men and women. If women really do start losing muscle strength around age 50 at a different rate than men, even though they lift weights and do other conditioning activities, then the factors should be different. Personally, I suspect that women cannot sustain the same hard training that men do and that as the data accumulates, it is going to show comparative differences in events that

require strength. This is how I am rationalizing using different factors for men and women.

We can say, "Gee, theoretically they ought to be the same," but you also have to look at the data, and the data says that the women are slowing down faster than the men in their late 40's and early 50's. You just can't ignore what exists.

The only thing that will challenge this data is the data collected as women Olympians join the ranks of Masters. If our sport develops stronger women athletes in their 20's and 30's, and if they continue to compete at high levels into their late 40's and 50's, the proof will be there. □

1000 to Compete in 26th Annual Nationals

Continued from page 1

A Dutch Oven Banquet will be held Friday, the 13th, along with a "Mountain Man" demonstration.

On Saturday afternoon, following the close of competition, the annual athletes' meeting will be held in Cannon Center on the campus. Awards will be presented to the top 1992 athletes-of-the-year. Barbara Kousky, USATF's Masters Track & Field Chair, will lead the meeting in a discussion of items of importance to the masters track and field program. Suggestions are welcome. Everyone is invited.

Transportation

All major airlines fly into Salt Lake City. Delta Air Lines is offering special rates to the competition. Call Delta at 1-800-241-6760; refer to file number E1061.

Avis Rent-a-Car is also providing special rates. Call 1-800-331-1600; use the Avis discount number: Y552649.

Provo is about a 45-minute drive from Salt Lake City. Taxis and limousine service are also available.

Amtrak stops in Provo daily. Most of the hotels in Provo are within a mile of the track. There will be no free shuttle service, but the local buses run at 10-15 minute intervals from the hotel area to the Stadium. The BYU dorms are only a 200-meter walk from the track.

No Sunday Competition

Traditionally, the national meet is held on Thursday through Sunday. However, BYU prohibits Sunday competition, thus this year's event is set for Wednesday through Saturday.

No smoking, drinking, coffee, or tea

is allowed on the BYU campus. No "short shorts" are allowed in the cafeteria. Non-married couples of the opposite sex are not permitted to stay in the BYU campus dorms.

Packet Pick-Up

Packets consisting of number, t-shirt, and updated schedule and information will be available at the Seven Peaks Resort Hotel, 101 West North, Provo, on Tuesday, the 10th, from 9 a.m. to 6 p.m., and at the track on days of competition from 7:00 a.m. to 4:00 p.m.

Other meet information was mailed with entry confirmation, which should have been received by July 27 by those athletes who met the July 12 deadline. If you have not received your confirmation, call 1-801-538-2062.

Massages will be available at the stadium for a nominal donation. Results will be posted promptly. Local newspaper and TV coverage is expected.

Most officials and all head officials will be nationally- or master-ranked USATF certified officials from across the USA.

Declarations

The declaration procedure used in the 1990 and 1991 nationals will generally be used in Provo; namely, all athletes must check in 45-to-60 minutes before the start. The computer will then assign heats based on the signed-in athletes.

For non-competitors, admission to the stadium will be \$2 per day, \$5 for a three-day pass, or \$6 for a four-day pass.

Proof of age and USATF membership will be required of all U.S. nationals at on-site registration. Foreign competitors should provide similar proof of registration from their coun-

Continued on page 15



George Mathews, M45, Seattle, 56-lb. weight thrower, USATF National Masters Indoor Championships, Bozeman, Mont.

NMN/Jerry Wojcik

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

1000 to Compete in 26th Annual Nationals

Continued from page 14
try's governing body.

Special Events

The popular, annual age-graded 100-meter races for men and women will again be staged. Based on the new, revised WAVA age-graded tables, the races will feature the winners of each 100-meter final (see distance handicaps on this page). The races will be held Saturday afternoon and sponsored by the *National Masters News*, with \$200 prize money of \$50 (first), \$30 (second), and \$20 (third) for each race.

The special "regional 4 x 100 relays" will take place on Friday afternoon, following the 200 finals. Each of the seven regions may enter a team in each of four races: 1) women age 50+; 2) men age 50+; 3) women age 30-49; 4) men age 30-49.

The 50+ teams may be composed of any four 50+ runners who live in a region as long as their total ages are 230 or more. The 30-49 quartets may be composed of any four regional 30-49 runners whose total ages are 150 or more. Regional coordinators may sign up their teams in Provo. Entry fees of \$40 per team per relay should be given to race director Phil Mulkey.

The races will be scored by points (10,7,5,4,3,2,1). Unfortunately, Holiday Inns dropped its two-year sponsorship of the races, so there's no prize money this year. But the 16 winning team members will each receive a

special patch. Medals will be awarded three-deep to runners in each relay. Each participant will receive a t-shirt. The winning region will receive a plaque.

The USATF National Championship relays (4 x 100, 4 x 400, 4 x 800) will be held Saturday following the age-graded 100s. Teams may be composed of members of a single club or a single region (based on a rule change at last year's convention). For a state-by-state breakdown of each region, see the schedule pages.

Sightseeing

In Utah and the surrounding Rocky Mountains are some of the most outstanding vacation spots in the USA. Within driving distance are four national parks: Bryce Canyon, Canyonlands, Zion, and Capitol Reef. Within a day's drive are Yellowstone National Park and the Grand Canyon. Utah contains six national monuments, including Dinosaur Monument, which contains the largest quarry of Jurassic Period dinosaur bones ever discovered. The Amtrak train ride from Denver to Provo is among the most scenic in the world.

Salt Lake City is the U.S. choice to host the Winter Olympics in either 1998 or 2002. Salt Lake's metropolitan area is the western U.S. hub for Delta Air Lines and handles some 10 million passengers a year.

Nearly half of all Utahans are bilingual or multilingual. The Mormon Church broadcasts programs worldwide in as many as 29 languages

simultaneously.

The Great Salt Lake is the largest lake west of the Mississippi; the state of Rhode Island could easily fit within its shores. The lake is about eight times saltier than the ocean. The water has such buoyancy that swimmers, reportedly, can float in a standing position.

Other Salt Lake attractions are Tim-

panogas Cave National Monument, Bingham Canyon Mine, and the Heber Creeper, one of the last active steam-engine trains.

Results

The complete results of the meet — including all heats and finishers — will be published in the September issue of NMN. □

Gates, Beurskens Win In Cascade 15K

Nigel Gates, 40, of Great Britain with a 45:49, won the men's masters race and \$1000 in the Cascade Run Off 15K in Portland, Ore., on June 27, where the top five masters were non-U.S. runners.

Mexico's Artemio Navarro, 43, finished second in 46:14. France's Pierre Levisse, 41, the favorite, faded to third with a 46:44.

Mike Heffernan, 52, Portland, with a 51:30, and John Keston, 68, McMinnville, Ore., posted strong age-group victories.

The masters women registered outstanding performances. Carla Beurskens, 42, Holland, was fourth female with an impressive 51:06, also worth \$1000. Carol McLatchie, 40, Texas, was second in 53:19. Shirley Matson, 52, Calif., showed that her recent top masters times are for real with a third-place 55:49.

Billie Murphy, 66, Washington, took the W65+ race handily in 1:17:46.

Nearly 6000 runners took part, competing for total prize money of \$30,000. □

Matson First Overall In Dipsea

by JERRY WOJCIK

Shirley Matson, 52, of Moraga, Calif., was the overall winner (60:34) of the 83rd annual Dipsea Race in Mill Valley, Calif., June 13. The challenging 7.1 mile cross-country course begins with a climb of 672 stairs and continues to climb before the final two-mile downhill finish at Stinson Beach.

Runners are given handicapped starts based on age. Olympian marathoner Gabriele Andersen, 48, started two minutes behind Matson, closed the gap, yet finished 38 seconds behind for second place. Sal Vasquez, 53, who has won the race five times, finished third.

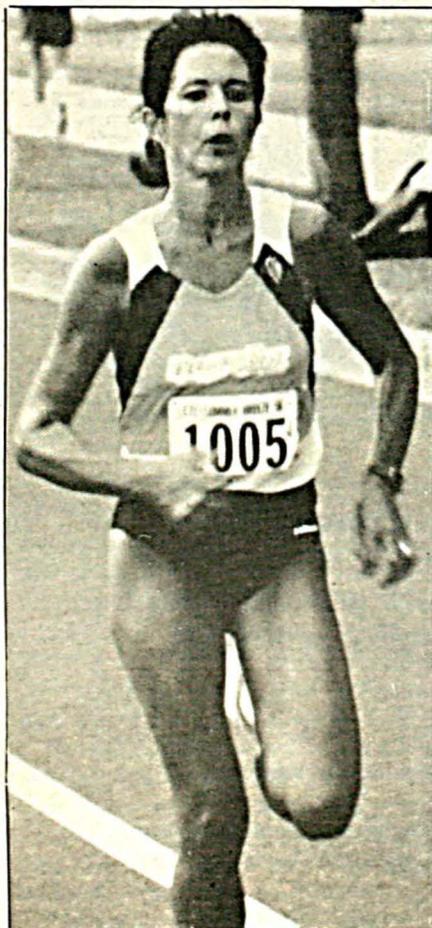
Two weeks later, Matson was third-

masters woman (55:49) in the Cascade Run Off 15K, in Portland, Ore., June 27, setting a U.S. single-age record and bettering her 1986 time by one second. □



DISTANCES TO BE RUN IN AGE-GRADED RACES

Age	Men	Women	Age	Men	Women
OC	100.0	91.6			
30	100.0	91.6	65	80.2	71.6
31	99.5	91.1	66	79.5	70.9
32	99.0	90.6	67	78.8	70.2
33	98.4	90.2	68	78.1	69.4
34	97.9	89.7	69	77.4	68.7
35	97.4	89.2	70	76.7	68.0
36	96.9	88.7	71	75.9	67.2
37	96.3	88.1	72	75.1	66.4
38	95.8	87.6	73	74.3	65.7
39	95.3	87.0	74	73.5	64.9
40	94.7	86.5	75	72.8	64.1
41	94.2	85.9	76	71.9	63.2
42	93.7	85.4	77	71.0	62.4
43	93.1	84.8	78	70.1	61.5
44	92.6	84.3	79	69.3	60.7
45	92.1	83.7	80	68.4	59.8
46	91.5	83.1	81	67.4	58.8
47	91.0	82.6	82	66.4	57.9
48	90.4	82.0	83	65.5	56.9
49	89.9	81.5	84	64.5	56.0
50	89.3	80.9	85	63.5	55.0
51	88.7	80.3	86	62.4	53.9
52	88.2	79.7	87	61.2	52.8
53	87.6	79.1	88	60.1	51.7
54	87.0	78.5	89	59.0	50.6
55	86.5	77.9	90	57.9	49.5
56	85.9	77.3	91	56.6	48.3
57	85.2	76.7	92	55.3	47.1
58	84.6	76.1	93	54.1	45.8
59	84.0	75.5	94	52.8	44.6
60	83.4	74.9	95	51.5	43.4
61	82.8	74.2	96	50.1	42.0
62	82.1	73.6	97	48.6	40.6
63	81.5	72.9	98	47.1	39.2
64	80.8	72.3	99	45.7	37.8
			100	44.2	36.4



Benita Schlau, Charleston, S.C., wife of M40+ standout Bob Schlau, was third woman master in her first race after turning 40 five days earlier.

Photo by Charlie Kluttz

Masters Age Records 1992

(1993 Edition)

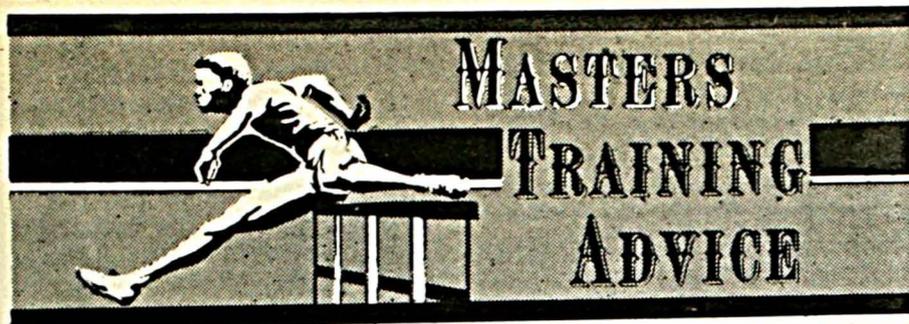
Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dieterich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1992.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
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Weight Training for Masters Athletes

by ROSS DUNTON

Most masters athletes had little or no weight training when we were in school. As a result, we probably do not include weight training as an integral part of our training program.

A basic principle in training is the concept of overload. This overload, if applied properly, will cause the body to adapt. This load must be greater than the normal level. It becomes a stressor.

When a stressor is presented to the body, the body will respond with alarm. As the stressor is continued, the body will resist in different ways. If this resistance is positive, the body will adapt. If this resistance becomes too great or non-productive, the body will go into a state of exhaustion.

Once we decide to include weight training in our program, the question becomes, "What do I do now? How do I develop a program which will produce a positive result for me?"

As with all training, the work should be "event specific" and the stress increased in a periodic fashion. Therefore, if possible, a portion of the weight training should resemble the movements which we use in our specific events. However, most of our movements are complex *multi-joint* movements which are a mixture of power and balance. It is difficult to

simulate these movements.

The weight exercises which most closely duplicate these multi-joint movements — power cleans, snatches, lunges and squats — are accomplished using "free weights." To avoid accident or injury requires specific training on proper technique. Additionally, a second person should be present during the session to act as a "spotter" to assist the lifter.

The *single-joint* movements are not as technically challenging. Most masters athletes should begin with these exercises, such as leg and arm curls, leg extensions, seated presses and stomach crunches. Most gyms and exercise/health clubs have a number of different machines on which to perform these routines.

The weight room is not for the development of endurance. That is done on the road or track. The weight room is primarily for the development of strength and power. From power comes speed.

Depending upon the availability of equipment, six to eight different

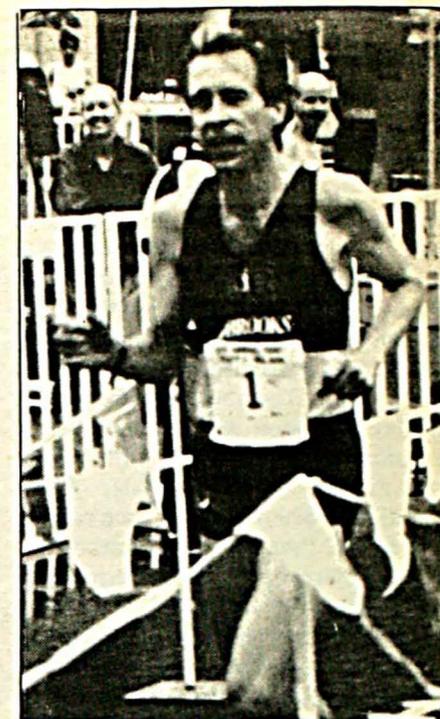
routines need to be selected by the beginner. These include leg presses, quad extensions, hamstring curls, and exercises for the stomach, back, arms and shoulders. Emphasis should be placed upon repetition of movement. This creates rhythm and helps to develop better technique. As a start, three sets of 15 repetitions with very light weights should be done at each station.

Progressive overload is the key to productive weight training. Gradual increases in the weight lifted cause the body to adapt to the higher strength level. On a regular basis, the weight should be slightly increased and the number of repetitions should be decreased.

Along with the load increases, the rest period between repetitions should be decreased. One method of keeping track of the time between reps is to count your breaths. This progressive overloading should be continued until only one or two lifts can be accomplished. Step by step progressive overloading causes the body to adapt positively and to improve.

This training should be done two or three times a week — not on consecutive days and not within three days prior to competition. Three to four months should be allowed to go through this program. Once completed, and after a period away from the weight room, you may either switch to a maintenance program or restart this at a slightly higher initial weight.

Masters athletes of all ages and strength levels can benefit from a weight training program. There are no set beginning weights. One pound is enough to start with. The key to this, as with all training, is to progressively overload the body on a periodic basis. Overloading is essential for adaptation



Bill Rodgers in the chute after setting a new M45-49 U.S. record in the half-marathon at the Trinity Hospital Hill Run, Kansas City, June 6. Photo from Bonnie Mahar Smith

to occur.

This program need not be limited to masters athletes. Studies have shown that this kind of "progressive overload" training will greatly improve the physical well-being and quality of life of anyone who does it. Recently, a group of older non-athletes was put on a weight training program as part of a study conducted by Gothenburg University. The participants increased in strength, but their muscle mass did not increase. What they found was that the exercise caused the body to train itself to use more of the available muscle fibers. □

Ross Dunton is a 60-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in La Habra, Calif.



Bob Hartmann, M35, Illinois, in the 56-lb. weight (9.46m), USAF National Masters Indoor Championships, Bozeman, Mont.

NMN/Jerry Wojcik



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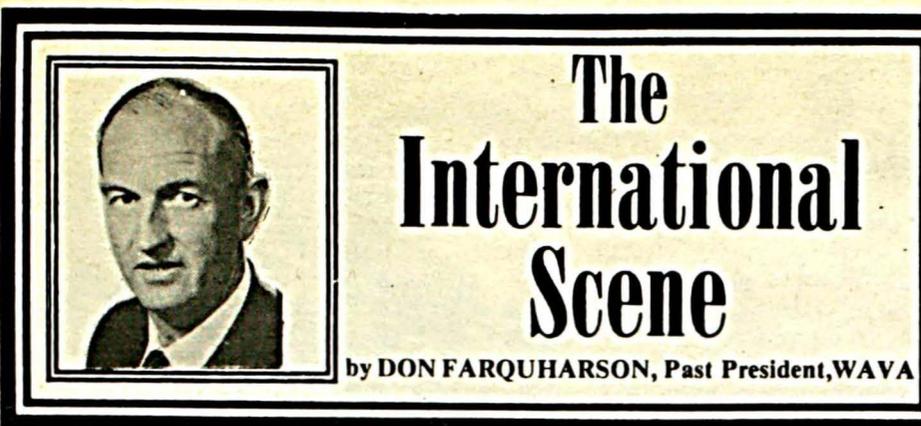
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The International Scene

by DON FARQUHARSON, Past President, WAVA

“Survivors” to be Honored in Japan

A small group of 24 “survivors” — competitors who have taken part in each of the first 10 WAVA Championships — will be recognized in Miyazaki in October at the 10th WAVA World Veterans Athletics Championships.

The following have participated in the first nine meets. Hopefully, they will be fit and well in Japan. We thank the Japanese Organizers for thoughtfully arranging this recognition.

Ruth Anderson	USA	Roland Johansson	SWE
* + Reg Austin	AUS	Don Johnson	USA
Norbert Barth	GER	Colin McDowell	GBR
Robert Boutard	FRA	Bob Mimm	USA
Hari Chandra	SIN	Jim O'Neil	USA
Phil Conley	USA	+ Isobel Saumier Cunningham	CAN
Gerard Dumas	CAN	Ray Spencer	USA
Willie Dunne	IRL	Jack Stevens	AUS
John Dunsford	GBR	* + Jim Vernon	USA
Don Farquharson	CAN		
Bob Fine	USA		
Nolan Fowler	USA		
+ John Gilmour	AUS		
Max Gould	CAN		
Konrad Hernelind	SWE		

*Have won gold medals at all championships.

+ Have won medals at all championships.

Cross-Country

One of the issues to be debated at the General Assembly meeting in Miyazaki will be the fate of our cross-country championships.

A motion will be made that if IAAF assent is granted, the WAVA Cross-Country Championships be henceforth staged as part of the IAAF's Cross-Country Championships in even-numbered years.

Admittedly, we run this exciting race “out of season,” but, nevertheless, it has been a most popular event in each of our nine WAVA World Championships.

Over the years, it can boast a total of 4407 finishers, ranging from some of the greatest veteran distance runners to the many worthy middle-of-the-pack devotees to those whose current fitness caused them to temporarily eschew the glory of the track but were still willing to “have a go” before the less critical gaze of the countryside event.

Inevitably, even with the best of intentions, should this motion pass, this race would become a showcase for the elite of the younger veterans with the field perhaps filled out by larger numbers from the home country.

This would be most evident when the IAAF venue is a country where veteran ranks are thin. Unlike the open-class competitors, veterans would be faced with yet another costly journey.



Alex Carnie, M70 shot putter, South African Masters Championships, May 7-8. Photo by Leo Benning

A British proposal, whereby we retain the cross-country event at the WAVA Championships in the odd-numbered years while accepting the IAAF offer (if tendered) in the even-numbered years, has much merit. It would allow us to “test the waters” without losing something which many feel, instinctively, is the essence of real running. Let your national veterans body know what you think about this before Miyazaki, not afterwards when it may be too late.

Missing Trophies

As WAVA's historian and former

president, it embarrasses me to tell you that we have an unsolved mystery right in our own organization.

It concerns “the case of the missing trophies.”

In preparation for the first World Veterans Track and Field Championships in 1975 in Toronto, the Canadian Organizing Committee purchased three large silverplated trophies to be held between championships by the overall winning national teams in cross-country, marathon, and road walking events.

Continued on page 18



Top three in the Brugge Veterans Grand Prix 25K, Belgium, June 20. From left: Johan Hoppe (M40, Belgium, 2nd, 1:23:04); Klaus Goldammer (M40, Germany, 1st, 1:22:31); Omer Van Noten (M45, Belgium, 3rd, 1:23:31).

British Runners Rule At Brugge

The 20th annual Veterans Grand Prix 10K and 20K were held in Brugge, Belgium, on June 20 for men ages 40-and-over and women 35-and-up in five-year age divisions. Entrants, which included a large and successful contingent from Great Britain, came from as far away as Japan, the U.S., and South Africa.

Andrew Catton, M40, of Britain, won the 10K race in 31:32, with countryman Alan Roper, winner of the M45 division, second in 31:49.

Czech Karel Hovorka, M40, finished third in 32:09. Stephen James, Britain, was ninth for the M55 win in 33:50.

In the women's race, Diane Marsh, W40, ran a 37:18 to win it, with Jopie Daane, W40, Holland, second in 37:48, and Felicity Garland, W45, Britain, third with a quick 37:57.

Jean Hann, South Africa, won the W50 race in 40:19. Joselyn Ross, Britain, powered to a W65 victory with a 45:25.

Britain's men's teams took both the country-team and club (Bradford Air-dale) championships.

In the 25K, Germany's Klaus Goldammer, M40, won overall in 1:22:31, with Belgium's Johan Hoppe, M40, second in 1:23:04. Omer Van Noten (1:23:31) and Jozef Van De Water (1:24:36) placed 1-2 for Belgium in the M45 race. Leo Hohmann, Germany, took the M60 division in 1:40:24.

Among the women, Marie-Christine Christiaens, W35, had an easy time, winning in 1:35:50. Lisette Devoogt, Belgium, won the W45 race in 1:42:55. In perhaps the best performance of the race, Jose Waller, Britain, won the W70 gold with a 2:05:11.

Belgium took the men's country-team trophy. Britain's Thames Hare and Hounds trio won the club contest.

Next year's Brugge Grand Prix is scheduled for June 26. □



2 Months To Go

Countdown to Miyazaki

More Than 6000 Athletes Expected in Japan

Only two months remain until the 10th WAVA World Veterans Athletics Championships take place, October 7-17, in Miyazaki, Japan.

The entry deadline was extended to July 20, and organizers reported, at NMN press time, that more than 5000 athletes had already signed up.

WAVA Council members Bill Taylor, Vice-president, Stadia Committee; and Jim Blair, Oceania Representative, flew to Miyazaki last month to confer with the Miyazaki Organization Committee (OC) and help plan details of the event.

"Miyazaki is expecting up to 7000 competitors," Blair said, "mainly Japanese participants in the long distance races and the marathon."

Taylor reported entries on July 1

totalled over 4000 from Japan and 1000 from overseas.

"They were disappointed with the low number of overseas entries, and extended the deadline a few weeks," Taylor said.

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

Entry certificates will be sent to all entrants prior to September 1. □



W40-44 in the 80mH, Indian Veterans National Athletic Championships, Madurai, Tamilnadu, May 21-23.

Photo from V. Suryanarayana

International Scene

Continued from page 17

Because of their size, each trophy was housed in a custom-made carrying case. WAVA, whose existence was planned in Toronto at the first "General Assembly," would be the owner of these awards.

From the beginning, these awards were keenly competed for and, in time, as the names of successive winning countries were added to the plates, they

became part of WAVA history.

Alas, at some stage they quietly disappeared. I recall they were presented in Melbourne in 1987, but did not show up for the 8th Championships in Eugene, USA, in 1989.

To replace these fine trophies would cost some thousands of dollars. Meantime, we are all denied the excitement of seeing them presented, usually the final award presentation of each cham-

pionships.

If you can throw any light on the whereabouts of the trophies, you will have done a service to your fellow veteran athletes. Please contact me with any clues at 269 Ridgewood Rd., Westhill, Ontario, Canada M1C 2X3; telephone 416-282-2555; fax 416-495-4310. No questions will be asked, no names published, and you will not be asked to pay carriage. Help solve "the case of the missing trophies."

Road Racing

The 1994 WAVA World Veterans Road Championships will be held in Scarborough, Ontario, Canada on July 30-31. Scarborough forms the eastern portion of metropolitan Toronto and was given its name when the wife of upper Canada's first Lieutenant Governor remarked on the similarity of its shoreline bluffs to those of the English Scarborough.

The Mayor and City Council are solidly behind the efforts of the Canadian Masters Organizing Committee to make this event one which will be long remembered as the best in road racing.

The WAVA-authorized events are 10K, 25K, and 20K road walk. More data will be published at a later date, but entry books will be distributed in Japan in October. It may be many years before a WAVA Road Racing Championships is held in North America again. Mark this one down now. Don't miss it. The CMAA may be contacted at 1220 Sheppard Ave. East, Willowdale, Ontario, Canada M2K 2X1.

As an additional attraction of your

Canadian visit, the North and Central American and Caribbean Region of WAVA Track and Field Championships will be held a few days later — on August 4-7 — in Edmonton, Alberta, and is open to all competitors regardless of country or region.

The meet will offer all T&F events in 5-year age classes, as well as an 8K cross-country race, a pentathlon, a road walk and road run. The meet will be a natural warm-up for the USA Masters T&F Championships one week later (August 11-14) in Eugene, Oregon.

Contacts for the North American Championships: P.O. Box 51030, Edmonton, Alberta, Canada T5W595, fax 403-479-8363, or phone meet director Liz McBlain, 403-438-2911 or Bruce Thomas, 403-474-8928.

I wish you good health and a great year's competition. □

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Ten Years Ago August, 1983

- World Veterans Games Threatened as Puerto Rico's Governor Demands South Africans Be Banned from Competition.
- Harvey Schellenberg, 50, and Gilberto Gonzales, 70, Set World Age-Group Records in National Decathlon.
- Dan Conway (2:23:25) Beats Bill Hall and Ralph Zimmerman to Win Masters Title in Grandma's Marathon.



Report from Britain

By ALASTAIR AITKEN
and MARTIN DUFF

New masters have been making the headlines in Britain in recent weeks. Former world 5000 record holder Dave Moorcroft, 40 in May, set a new world M40 mile mark of 4:02.53 in Belfast on June 19. He was due to face Eammon Coghlan in Stockholm on July 5 but pulled out with a cold. After a couple of weeks training, he intends to reassess his racing program.

Coghlan fell in the Stockholm mile but got up to finish in slow time.

Pat McNab set a W50 mark of 2.60 in the pole vault to finish second in the

Southern Open Championships; the first time the event has been held in a major senior setting.

Steve Charlton, 67, set a new British M65 record of 17:38.4, June 21, for the 5000, improving his own record by 14 seconds.

Jo Ogden continues to set British W65 marks; her best being a 31.8 200.

Bronwyn Cardy-Wise, the WAVA double 10K road champion for 1989 and 1992, and now 40, ran a speedy 33:06 six miles at Petersborough in a race won by Suzanne Rigg (ex-U.S.) in 31:56. □

Indian Championships Held

by V. SURYANARAYANA

The Indian Veterans National Athletic Championships were held on May 21-23 in Madurai, Tamilnadu. With the admission of three new states this year, the participating affiliates increased to 24.

Over two dozen records were broken. A large number of participants will be sent, based on performance stan-

dards, to the World Veterans Championships in Miyazaki, Japan, in October.

The men's team championship trophy went to the state of Punjab team. The women's trophy was won by Kerala state, which also took the combined team trophy. Joginder Singh, 100, was awarded the trophy for best performance by a thrower. □

Moorcroft Runs 4:02.53 Mile

Continued from page 1

3:04, with a 58 last 400.

Born April 10, 1953, Moorcroft's bests for the 1500/mile are 3:33.79/3:49.34, both set in 1982. He ran 13:00.41 for a WR 5000 in 1982, a time which has only been bettered by Said Aouita.

He was a finalist at 1500 in the 1976 Olympics and finished last in the 1984 Olympic 5000. He's been a member of the Coventry Godiva Harriers since he

was 12 years old.

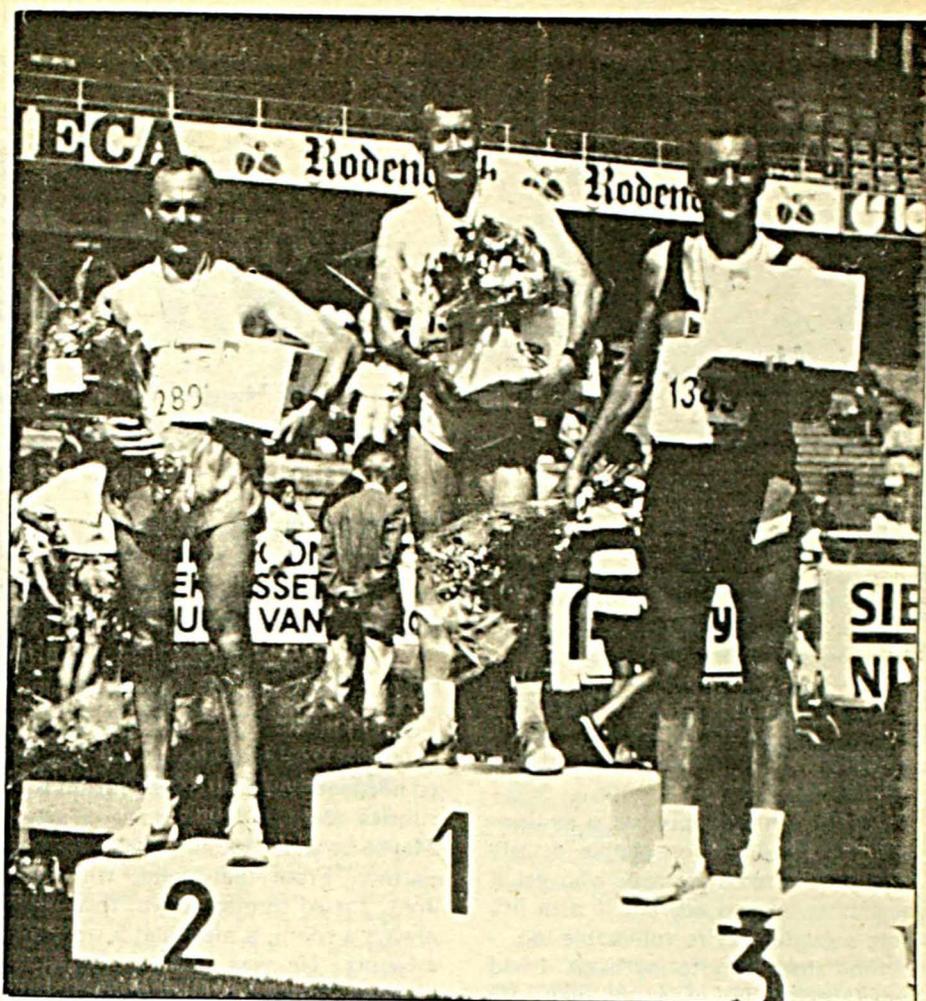
Eamonn Coghlan, 40, who set the current world masters indoor mile record of 4:01.39, is rounding into good form. The two men plan a showdown and sub-4 attempt during the current European season.

Moorcroft also said he'd like to run against Coghlan next winter at Millrose and other meets. □

—From Wilfred Morgan and Marc Bloom



Typical scene at subway station in Japan.



First three in the Brugge Veterans Grand Prix 10K in Belgium, June 20: Andrew Catton, M40, Britain, 31:32; Alan Roper, M45, Britain; and Karel Hovorka, M40, Czech Republic, 32:09.

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7¼"	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	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	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 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7¼"	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.



On The Run

by Hal Higdon

Running Can't Prevent Old Age

John was sitting beside his bed in a Cleveland nursing home when I arrived early on a Sunday morning. It was his 75th birthday. I offered a greeting, "How are you doing, John?"

His response was frank: "Not too well, Hal."

John had Alzheimer's disease, which gnaws at your memory and affects your ability to communicate.

He also had osteoporosis, a weakening of the bones. Most people identify osteoporosis with women, who get it beginning around 60, but if men live long enough, they're vulnerable too.

John stood to grip my hand. I had remembered him as a tall man. He stood 6 feet 1 inch to my 5 feet 10. But osteoporosis had shrunk John. I looked down on him. He was now 5 feet 4.

He had always been shy, mild-mannered. But John's personality, too, seemed to have shrunk with his size. He spoke in half sentences, a few words at a time.

John had been an athlete. Lean and lanky, he had participated in basketball, tennis and boxing when younger. Then he became involved in road running in the mid-60s, when the sport began to expand on the heels of Dr. Ken Cooper's best-selling book, *Aerobics*.

He wandered into my life around then. John was a salesman and included northwestern Indiana among his territories. Maybe we met at a race. Maybe he called looking for a training partner. From that point, whenever John passed through town, there was always a room, a meal and a workout awaiting. He was recently divorced, separated from his three boys on the East Coast. We became a second family for John.

I had two sons and a daughter who must have been three or four at the time. He used to carry her around on his shoulders. "What was the girl's name?" John asked during my visit.

"Laura."

"Oh, yes."

He served half a year as president of the Road Runners Club of America in 1967. In 1970, when he was 52, John ran fast enough to set an American single-age record at Boston.

By now John's second wife, June, had arrived, offering coffee and doughnuts. She identified his

marathon time as 2:47.

John, eyes shut, seemed to have been dozing. He corrected her: "2:57."

Later, I replayed the incident for my wife, Rose. "Just like a runner," she smiled. "Forgets everything but his marathon time."

John's marathon days have passed. He now pads around his room in stocking feet. He moves quickly, but his stride is but a few inches. "Have to stretch," he announced.

I had lost track of John. He had switched jobs and reduced running commitments after remarrying. We saw each other only when I chanced through Cleveland. Christmas cards once a year.

I was spared seeing him decline. June recalled John's first signs of disorientation. He became confused. He fell down the stairs and broke several ribs. She was afraid to leave him alone. One time she found him trying to climb out the window.

Physical therapy restored some of John's mobility. But nobody yet has found an effective treatment for Alzheimer's disease. June identified some of John's problems as hereditary.

Running had failed to provide an effective barrier against old age. One reason why many of us run is for physical fitness: to live longer, to live better. Dr. Ralph Paffenbarger suggests that those who exercise live 2.4 years longer than those who don't. Dr. Ken Cooper concurs, but identifies quality of life as more important than quantity of life.

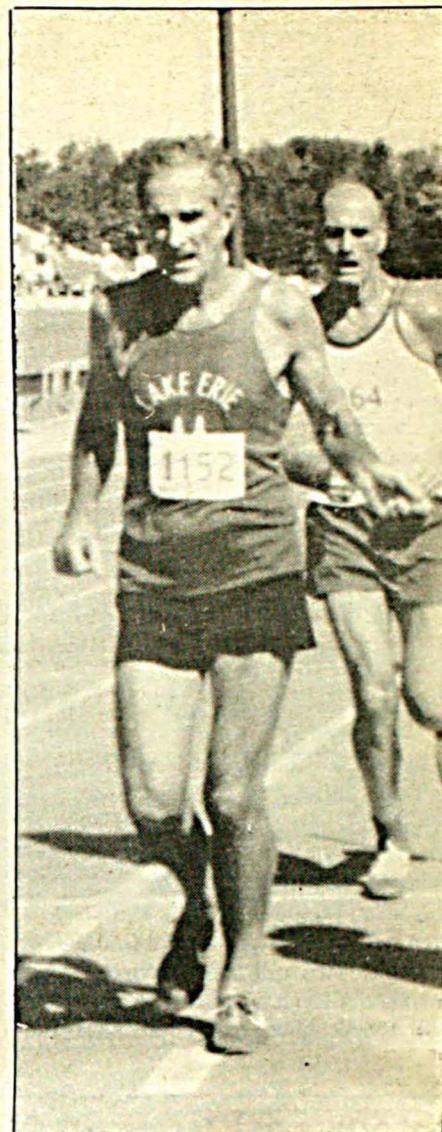
But what if you live long and no quality remains?

"That's so sad," said Laura, after I returned home and told her about the man who carried her on his shoulders.

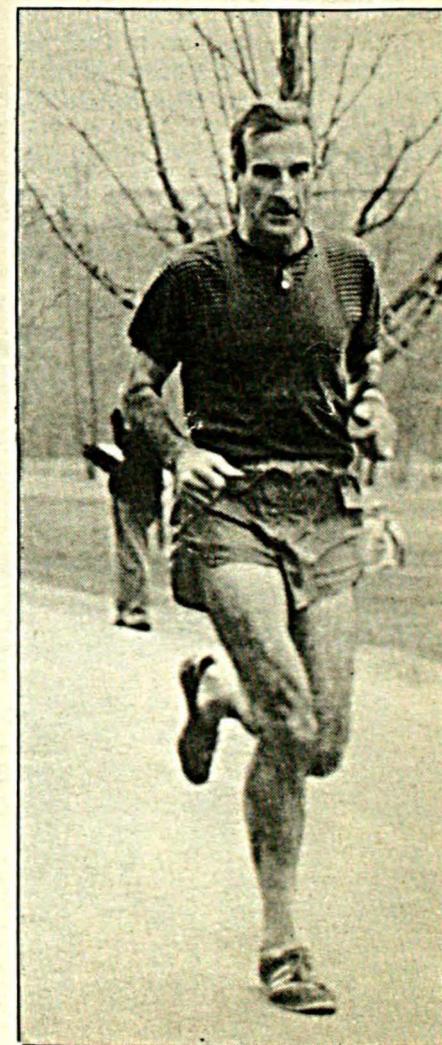
Somehow I didn't feel sad about seeing John. I felt good reliving moments with an old running partner.

We do the best we can. We survive. None of us can predict what lies at the end of the road. I still have warm memories of my friend, John O'Neil.

□



John O'Neil at the I World Masters T&F Championships in Toronto in 1975.



John O'Neil in 1966

NOW AVAILABLE

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MASTERS SCENE

NATIONAL

• **Paul Reese**, 76, continues his quest to run across all the Western states. He put Arizona behind him this spring, running the 390 miles from east to west in 18 days. His book *Ten Million Steps* about a trans-America run will be published this fall.

• USATF has designated two companies — Valian Associates, North Tarrytown, NY, and Wilson Trophy Co., St. Louis, MO, as authorized suppliers of championships medals. The USATF's Awards & Medals Subcommittee approved three designs and sizes for youth, junior, masters, and open championships.

• **Ed Ayers**, founder and former editor of *Running Times Magazine*, left the publication in 1991 to work on environmental issues. Ayers now edits *Worldwatch Magazine*, a Washington-D.C. based environmental publication with 200,000 readers worldwide. "I still run daily," said Ayers, who is planning on entering an ultra-marathon soon, "but I enjoy this work very much. I feel I have to do what I can to help preserve the planet."

EAST

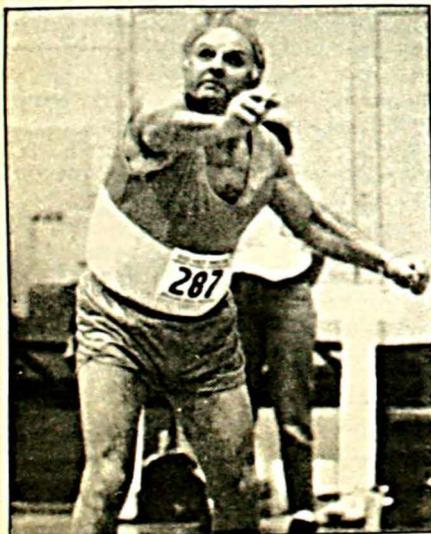
• Britain's **Nick Rose** was 13th overall and 1st 40+ in 46:00 (\$1200) in the Utica Boiler-maker 15K, July 11, in Utica, NY. **Manuel Vera** was second master (46:35/\$600); England's **Nigel Gates** was third (46:49; \$300).

• **Sam Skinner**, 50, edged **Bob Hermes**, 43, for the M40+ title, both timed in 21:58, in the Familyfun Magazine 4 Mile, Central Park, NYC, June 20. **Ann Makoske**, 48, of Florida, with a 26:43, finished seventh of 179w. **May Chou**, 57, took the W55 handily in 30:36.

• **Ed Stabler**, 64, North Syracuse, NY, was the overall age-graded best in the 23rd annual Vestal 20K, Vestal, NY, June 19, with a 1:06:10 (1:25:53). First W40+ **Margret Betz**, 56, Conklin, NY, was second with an AG 1:07:06 (1:34:06). **Gabe Yankowitz**, 43, Manlius, NY was first M40+ (1:19:55). Awards were given to the top 27 age-graded performers, excluding the first three men and two females overall.

• **Torella Lawrence** (43, 1:13:18) captured first masters position in the Westchester Half-Marathon, June 6. **Amy Bahrt** (41, 1:36:26) led the women, with **Flora Flores** (47, 1:36:40) right behind her. M75+ honors went to **Wilfredo Rios** (76, 2:13:23).

• **Charlie McMullen**, 42, Rochester, NY, broke the world single-age record for the two



Vince Sempronio, of Oregon, third M65 in the shot put (36-2¼), National Masters Indoor Championships, Bozeman, Mont.

Photo by Dave Bayliss

mile with a 9:17.6, in the Timothy Dodge Meet, June 24. The old record of 9:28.2, set in 1970, was held by **Pete Mundle**.

• **Alden Clark** (41, 29:58) and **Dorothy Fuscald** (44, 37:13) were 40+ winners in the Lesbian & Gay Pride 5 Mile, Central Park, NYC, June 26. **Jim Irvine**, 58, of Scotland, ran a 30:36 to win the M55 race. **Ed Kratt** (43, 12:29) and **Inger Berger** (49, 16:57) won 40+ honors in the shorter 2-mile run.

• Fifty-year-old **Sam Skinner** beat all the younger M40+ to the finish with a 35:15 in the NYRRC Brooklyn Greenway 10K, Prospect Park to Coney Island, June 27. **Ellen Friedman**, 40, took the W40+ race with a 44:29. **Thelma Wilson**, 61, ran a 52:20 for the W60 first.

• **Pat Peterson**, 67, appreciates the letters of support she's received at Strong Memorial Hospital in Rochester, NY, where she's been undergoing bone-marrow therapy for cancer. She's too weak to reply now, but she hopes to leave the hospital soon and will respond when she gets home.

SOUTHEAST

• **Erik Johansson**, 68, racewalker for the Miami RC, stepped out to an excellent division-winning time of 10:37.9 in a one-mile race, June 15.

• **Francie Larriue-Smith**, 40, ran a ninth-place 33:49 to win the W40+ crown and \$1500 in the Peachtree 10K, Atlanta, July 4. The time betters her 34:08 in the Advil 10K, June 12, NYC; however, the course, point to point, is considered "aided" because of a drop in elevation. **Suzanne Ray**, 41, Arkansas, was second (36:05). **Manuel Vera**, 42, Mexico, was the M40+ winner and \$1500 richer with a 29:44, defeating **Nick Rose**, 41, Britain, who closed in 29:50.

• Two outstanding, age-graded results showed up in the DeLand, FL, Heritage 5K, May 16. **Jim Blount**, 64, ran a 14:27 (18:46) and **Elaine Geyer**, 71, clocked in at 17:50 (29:03).

• On his way to a 15:27 masters victory in the Low Country Classic Invitational 5000 in North Charleston, SC, June 19, **Bob Schlaw** of Charleston ran 14:59.9 for three miles to better the national M45 record in that distance.

• **Lucy Anne Brobst**, W60, out of athletic action for this entire season due to heavy chemotherapy treatment for cancer, is back in training. The North Carolina heptathlete, who holds the W60 AR record for the indoor triple jump and WR pole vault, will contest her first meet at the Nationals in Provo.

• **Phil Mulkey**, 60, won three events at an all-comers in Atlanta, but at, perhaps, a very dear price. Mulkey, who has upped the WR in the decathlon twice this year, pulled a hamstring muscle that has placed doubts about the rest of his season.

• **Gordon Seifert**, M65, of Birmingham, AL, underwent arthroscopic surgery and will miss the Nationals in Provo, but still hopes to be ready for Miyazaki in October.

MIDWEST

• England's **Nick Rose** hot-footed to the masters win with an 18:54 in the Steamboat Classic 4 Mile, Peoria, IL, June 19. **Pierre Levisse** (19:22), France, and **Ken Popejoy** (19:34), Illinois, followed. **Carla Beurskens** of Holland won the W40+ race in 21:25, with Dutch compatriot **Manna Lukkien** second (24:10).

• Despite a temperature of 75° with 95% humidity, **Nancy Grayson**, 43, easily outclassed her age-group competition taking third place overall at the Parkersburg, WV, 10K, June 19. **Dale Leeper**, 44, led the masters men in 35:49.

• **Fred Hirsimaki**, 68, was inducted into the Hancock Sports Hall of Fame, Findlay, OH, April 17. He was a multi-sport athlete at the U. of Findlay and professional baseball player, and is an active masters competitor.

MID AMERICA

• The Trinity Hospital Hill Run in Kansas City, June 6, was the site for **Bill Rodgers'** U.S. record-breaking M45 half-marathon. Bill rolled over the course, and his competitors, in 1:08:05.

• Twenty-eight states and three foreign countries were represented in the first leg of the KRDO Triple Crown of Running, the Garden of the Gods 15K, Manitou Springs, Colo., June 13. Top men's master was **Walt Seibert** (40, 55:29); **Marilyn Stapleton** (46, 1:07:38) topped the masters women.

SOUTH WEST

• In a throw-a-thon in Texas in June, **Wendell Palmer**, 61, Pampa, TX, broke single-age discus WRs for the 2kg (139-7), 1.5kg (166-1), and 1kg (194-8), while **Margaret Palmer White**, 99, Palmer's mother, set WRs for the W95 shot (4kg, 11-4/3kg, 12-6½) and DT(20-6).

WEST

• **Deby Swezey** broke the U.S. record for the W40-44 80H (12.10 by **Phil Raschker**, 1987), with a 12.06 in the Trojan Masters Classic, Cromwell Field, USC, July 11. **Steve Robbins** won the 100 and 200 in top-ranked M50 times of 11.56 and 23.33 in a headwind. **Sid Wing** flew to an M60 800 victory in 2:20.69. **Mike Bailey** broke the 50-foot barrier by a half inch to win the M35 shot put.

• **Joe Keshmiri**, 55, broke the U.S. M55-59 SP record of 44-6, held by **Hal Smith** and **Jim Hart**, with a 47-11¼, at a Stanford Throws meet, June 5.

• **Chuck McMahon**, San Diego, world champion at age 60 in the weights and record holder in 1975, is recovering from heart problems and will be ready soon to throw again.

• **Burt Morrow**, 80-year-old hurdler and sprinter from So. Calif., was recently featured in a television commercial for Chiquita bananas. He was selected from three U.S. National Senior Sports Organization athletes who auditioned. "It was quite an experience," he said after filming at Stanford U. "It's not often an 80-year-old gets to star."

• **Mary Blish**, 45, Torrance, CA, was first female overall (3:19:01) in the Palos Verdes Marathon, Palos Verdes, CA, June 12. **Steve Radigan**, 41, Milpitas, CA, won the M40+ race (2:56:16). **Sandra Kiddy**, 56, Bishop, CA, who, several years ago was first overall in an ultra-marathon, won the W55 gold (3:22:41). In its 27th year, the Palos Verdes, the third oldest in the U.S., along with a relay and 5K, drew a total of 1255 participants.

• **Domingo Tibaduiza**, 43, Reno, NV, won the M40-49 section of the Mother Lode Mile, a street mile with a turn around, Sonora, CA, June 27. **Harvey Franklin**, 50, Oakland, CA, took the M50+ segment (4:57.6). **Patricia Fanelli**, 40, won the W40+ contest (5:29.1).

• **Sandra Kiddy**, 56, easily outdistanced her competitors winning the W55 age-group in 3:22:41 at the very hilly Palos Verdes Marathon, June 12. **Steve Radigan**, (41, 2:56:16) was the only master to crack three hours on this tough course.

NORTHWEST

• Portland, Oregon's Natural Gas Spring Classic 8K, April 25, brought out some fine times. **Doug Kurtis**, 41, just edged **Henry Rono**, 41, 24:49 to 24:56, while **Carol McLatchie** led the masters women with a 28:51.

INTERNATIONAL

• **Albertos Van Zyl** of South Africa broke his M70-74 WR (52.2) for the 300H with a 50.4 at a meet in Durban, April 17.



Joe Keshmiri, M55 shot put U.S. record holder Stanford Throws Meet, June 5.

Photo by G. Kelmenson

• Two women have announced their interest in the position of Women's Representative of WAVA: **Barbara Dunford** of Great Britain and **Marilyn Mitchell** of the USA. **Bridget Cushen**, the current women's rep, is stepping down after serving the maximum five two-year terms.

• Veterans excelled in the Hong Kong Open Championships, June 12-13. **Lee pa-lun**, 37, lapped the entire field on his way to a 33:18.01 victory in the 10,000. On the women's side, **Yuko Gordon**, 43, captured the best age-graded performance of the day with a 5:00.86 (85.3%) in the 1500.

• **Kipsubei Koskei**, of Kenya, was the M40+ standout in a 7.9K race in Darmstadt, Germany, June 30, with a 23:30.

• On July 13, a federal judge reaffirmed the \$27.4 million the court awarded to **Butch Reynolds**, the world 400 record-holder (43.29), who was banned by the IAAF for allegedly using steroids. The IAAF had appealed the decision, arguing that U.S. courts have no jurisdiction over the international governing body. Judge Joseph Kinneary made the award, saying the IAAF acted maliciously.

• **Gilberto Gonzalez-Julia**, who turned 80 this year, invites all masters athletes to the annual San Juan Masters Track and Field Championships in San Juan, PR on September 11-12. "It will be a perfect tune-up for the World Games," he said. Gonzalez, who was widowed two years ago, recently married his second wife, **Sara Arrutia**, 56, of Chile. They met in 1983 when she placed 5th in the 1500 in the World Games in San Juan. Under hurdler Gonzalez' tutelage, she plans to compete in the 300 hurdles in Miyazaki. □

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schedule

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



TRACK & FIELD NATIONAL

August 11-14. 26th USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

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

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

August 11-14, 1994. 27th USATF National Masters Championships, Eugene, Ore.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

August 5. Tri-State TC Classic. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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

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

SOUTHEAST

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

September 11-12. Thomasville Fall Masters Decathlon/Heptathlon. SASE to Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 919/476-1228 (after 6:30 p.m.).

September 25. USATF Southeast Regional Masters Championships, U. of Florida, Gainesville. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

December 27. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. 8 a.m. Randall Cooper, 222 N.E. 22nd Lane, Delray Beach, FL 33444.

MIDWEST

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

August 3-6. Michigan Senior Olympics, Rochester, 55+. Marye Miller, Older Persons Commission, 312 Woodward, Rochester, MI 48307. 313/656-1403.

August 12-14. Quad Cities Senior Olympics, Moline, Ill. 55+. Edie Sanders, 309/757-3120.

September 12. Ohio/USATF Wolfpack Throwing Classic (6 events), 56-lb. Weight, Thomas Worthington HS, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

August 1. Masters/Senior Olympic EM "R" Meet, Twin Cities. SASE to Rachel Lyga, 122 63 1/2 Way NE, Minneapolis, Minn., 55432. 612/574-9661.

August 8. Athlete's Foot/Lincoln Mile, site TBA. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.

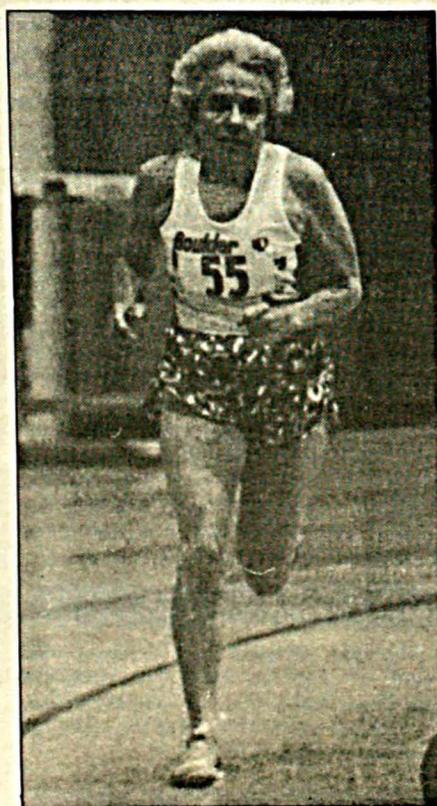
September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Pent/Wt. pent. 5000RW. SASE to Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919; Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

September 19. Lincoln TC Classic, Woody Greeno Track, 11 a.m. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

SOUTHWEST

Louisiana, Mississippi, Texas.

August 18-22. UMC West Texas Senior Sports Classic, Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806/767-2710.



Record-breaking Louise Adams, W70, of Colorado, National Masters Indoor Championships, Bozeman, Mont.

Photo by Dave Bayliss

September 24-26. Arkansas Senior Olympic Games, Hot Springs. Gail Ezelle, 905 W. Grand, Hot Springs, AR 71913. 1-800-467-2170.

WEST

Arizona, California, Hawaii, Nevada, New Mexico.

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

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

September 12. Sri Chinmoy Masters, CSU-Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., Culver City, CA 90230. 310/645-0271.

September 17-19. California State Senior Olympics, UC-San Diego, La Jolla, Calif. (Note: age 30+). Sam Cohen, 2820 Camino del Rio S., #306, San Diego, CA 92108. 619/543-9046, or 800-246-9077.

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

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

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

NORTHWEST

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

August 27-28. Montana Sr. Olympics, Kalispell. M&W50+. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105. 406/252-2795.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah. 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA

August 14. Canadian Masters Interclub Championships, York U., Toronto. 35+. CMAA, 1220 Sheppard Ave. E., Willowdale, Ont. 416/495-4059.

August 28-29. First Annual National Decathlon/Heptathlon Championships (also invitational weight pentathlon), Montreal, Quebec. E.F. Hume, 132 Evergreen, Dod. O. Quebec H9A 156. 514/684-7528.

September 11-12. Canadian Masters National Championships, Centennial Stadium, Etobicoke, Ont. M35+, W30+. CMAA, 1220 Sheppard Ave. E., Willowdale, Ont. 416/495-4059.

August 4-7, 1994. WAVA North American Regional Championships, Edmonton, Canada.

INTERNATIONAL

September 11-12. San Juan Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Association, c/o Mr. Jesus E. Galvez.

October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.

October 7-17. 10th WAVA World Veterans Athletics Championship, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

ON TAP FOR AUGUST

TRACK AND FIELD

The 26th annual USATF National Masters Championships are expected to draw over 1000 athletes to Provo, Utah, August 11-14. Pre-championships activity is available on the 1st in Minnesota, and post-championships action can be had in Pennsylvania on the 22nd. The month is sprinkled with Senior Olympics meets for men and women 55+.

LONG DISTANCE RUNNING

Races of interest include the Asbury Park 10K and America's Finest City Half-Marathon on the 15th; Pikes Peak Ascent and Marathon on the 21st-22nd; Parkersburg Half-Marathon on the 21st; Falmouth Road Race on the 22nd; and Maggie Valley Moonlight 8K and Crim 10 Mile on the 28th.

RACEWALKING

The 5000 track and the road 10K for women and 20K for men USATF Championships take place with the Nationals in Provo. The women's 20K and men's 25K championships are scheduled for the 15th in Lake Placid, N.Y.

July, 1994. Oceania Regional Championships, Fiji.

LONG DISTANCE RUNNING NATIONAL

September 18-19. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Held along with open championships. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419/475-0731.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Tom Sawyer State Park, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207-5003. 502/897-3772, or Bob Ullrich, 502/459-6820.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

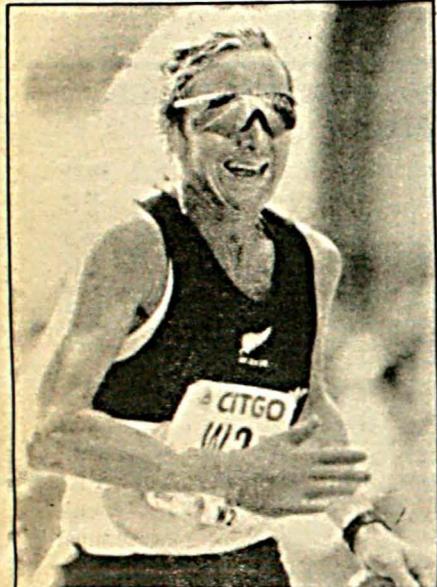
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EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

August 3. Newburyport 10 Miler. Tues., 6:40 p.m. P.O. Box 366, Newburyport, MA 01950. 508/454-9735.
 August 7. Phelps Sauerkraut 20K, Shortsville, N.Y. George Tillson, Wilborn Rd., Shortsville, NY 14548. 714/289-4250.
 August 14. Asbury Park 10K, Asbury Park, N.J. John Haulenbeck, P.O. Box 157, Spring Lake, NJ 06772. 908/974-8457.
 August 15. NYRRC Hispanic Half-Marathon, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.



Bernardine Portenski, 43, of New Zealand, first masters woman (2:41:18), Boston Marathon. Victor Sailer/Agence Shot

August 22. Falmouth Road Race 7.1 Miles. J. Carroll/R. Sherman, P.O. Box 732, Falmouth, MA 02541. 508/540-7000.
 August 29. Annapolis 10 Mile. Annapolis Striders, P.O. Box 187, Annapolis, MD 21404. 410/268-1165.
 August 29. NYRRC Back To Work 4 Mile, Central Park, NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.
 September 6. New Haven 20K/5K. John Busiewicz, P.O. Box 1893, New Haven, CT 06508. 203/387-0214.
 September 12. Chubb Life 5K/10 Mile. Chubb Life Run, One Granite Place, Concord, NH 03301. Michael Holmes, 603/226-5216; Linda Frawley, 226-5298.
 September 12. NYRRC 5K Race For The Cure, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.
 September 19. Eriesistible Marathon. Kenneth Chestek, 447 Kahkwa Blvd., Erie, PA 16505. 814/455-4562.
 September 19. Philadelphia Half-Marathon. PDR, P.O. Box 43111, Philadelphia, PA 19129. 215/293-0786.
 October 2. NYRRC Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

SOUTHEAST

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

August 14. Full Moon Frolic 8 Mile. John Boyle, Alta Vista, Box 1824, DeLand, FL 32731. 904/736-0002.
 August 28. Maggie Valley Moonlight 8K. Linda Gillman, c/o Maggie Valley Chamber, P.O. Box 87, Maggie Valley, NC 28751. 704/926-1686.
 September 18. Virginia 10 Miler. SASE to Marilyn Reynolds-Straub, P.O. Box 3035, Lynchburg, VA 24503. 804/525-5420.

MIDWEST

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

August 7. Allen Park 5 Mile, Allen Park, Mich. Edward Kozloff, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.
 August 21. Parkersburg Half-Marathon. \$3800 masters. Dorsey Chevront, Jr., P.O. Box 718, Parkersburg, WV 26101. 304/424-2786.
 August 28. Crim 10 Mile. Masters money. Lois M. Craig, race director, P.O. Box 981, Flint, MI 48501. 313/235-3398.
 September 4. Charleston 15 Mile/5K. Charleston Distance Run Comm., P.O. Box 2749, Charleston, WV 25330. 304/348-6464.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

August 21-22. Pikes Peak Ascent/Marathon (22nd). Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.
 September 12. Lovelace Duke City Marathon. Marathon, P.O. Box 14903, Albuquerque, NM 87191. 505/888-2448.
 October 3. Twin Cities Marathon, Minneapolis-St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

WEST

Arizona, California, Hawaii, Nevada, New Mexico.

August 15. America's Finest City Half-Marathon. Neil Finn, ALA, 2750 Fourth Ave., San Diego, CA 92103. 619/297-3901.
 August 21. Las Vegas Mt. Charleston Runs, 18/8/4 Miles. Cool altitude. Mike Naylor, 625 Shadow Ln., P.O. Box 4426, Las Vegas, NV 89106. 702/383-1276.
 October 2. 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850. Entry form in June issue.
 October 9. Juan In A Million 5K. Masters money. Ed Preciado or Eileen Brown, 700 East Charleston Blvd., Las Vegas, NV 89104. 702/385-1281.
 December 18. 27th Annual Las Vegas "Mini" Marathon (Half Marathon & Relay). SASE to Bill Callanan/Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269. FAX 702/878-1038.

NORTHWEST

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

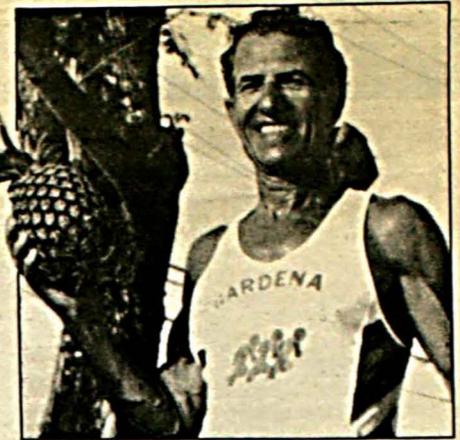
September 6. Founders Day Lithia Park 8K. Tom Burnham, So. Ore. Sizzlers, 451 Thornton Way, Ashland, OR 97520. 503/482-4467.
 September 18. Prefontaine Memorial 10K, Coos Bay, Ore. Prefontaine 10K, P.O. Box 1380, Coos Bay, OR 97420. 800/762-6278 (OR); 800/824-8486 (out-of-state).

INTERNATIONAL

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.
 July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.
 August 11-14. USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule.
 August 12. ARWA Technique Clinic. In conjunction with USATF Nationals, Provo, Utah. 6 p.m. track. ARWA, 303/447-0156.
 August 15. USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).
 September 5. North American Masters 15K Racewalk Championships. Also 5K and Open Divisions. Albuquerque, N.M. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.
 September 11. Tournament of Walkers 3K/5K/10K (track). Cal Tech, Pasadena. Richard Oliver, 11431 Sunshine Terrace, Studio City, CA 91604. 818/985-9854.
 September 12. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.
 September 12. Ohio/USATF 2-Hour Track Run/RW Championships, Thomas Worthington HS, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.
 September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.



Andre Tocco of California, M50-59 third (43:40), Wahiawa Pineapple Run 6.75 Mile. Honolulu, shows off his Hawaiian Dole Pineapple.

Photo by Tesh Teshima

September 19. MAC 5K Championships, Central Park, NYC. Richard Goldman, Metropolitan RWRs, 2711 Henry Hudson Parkway, NY, NY 10463.
 September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385, 552/376-8019; 372-6908.
 September 25-26. Alongi Festival, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127.
 October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.
 October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

Sixth Annual
SRI CHINMOY
MASTERS TRACK & FIELD
40 AND OVER

Sunday, September 12, 1993 **CSU Long Beach**

<p>TAC SANCTIONED DATE: Sunday, September 12, 1993 LOCATION: California State University (CSU) Long Beach DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, left (east) on Alherton, right on Farwood Dr. (CSULB parking lot); track is ahead on left DIVISION: 5 year age groups FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings ENTRY FEE: First event \$13.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed!) DEADLINE: All entries must be postmarked no later than September 2, or phoned-in no later than Sept. 5. Late/day-of-race entries add \$1.00. AWARDS: Sri Chinmoy Marathon Team medals to first three men/women in each event and age group. AID: Water, fruit and refreshments throughout day to all participants free. ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/597-1341 for reservations. NOTE: 1993 TAC registration required (available at meet for \$12).</p>	<p>TRACK EVENTS 9:30 am 5000m Race Walk 10:15 am 2000m Steeplechase (women) 10:30 am 3000m Steeplechase (men) 11:00 am 3000m Run 11:45 am 80/100/110 Hurdles 12:20 pm 800m Run 12:40 pm 100m Sprint 1:20 pm 400m Sprint 1:40 pm 1500m Run 2:00 pm 200m Sprint 2:30 pm 300/400 Hurdles 2:45 pm 4 x 100m Team Relay</p> <p>FIELD EVENTS 9:30 am Hammer 10:30 am Long Jump/Discus 11:30 am Triple Jump 12:00 noon High Jump 12:30 pm Shot Put 1:15 pm Pole Vault 2:00 pm Javelin</p>
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Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230.
 Make checks payable to: SCMT. For more information please call (310) 645-0271.

ENTRY FORM

Mail or call in to the Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230. Phone: (310) 645-0271.

NAME (Last) _____ (First) _____ AGE _____ SEX _____

DATE OF BIRTH _____ TAC # _____ TELEPHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE: SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____ AMOUNT ENCLOSED _____

PLEASE ENTER ME: 1) _____ 2) _____ 3) _____

4) _____ 5) _____ 6) _____

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition and will do so if directed.

Athlete's Signature _____ Date _____

PowerBar
Fuel for Optimum Performance

SRI CHINMOY MARATHON TEAM

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

U.S. National Senior Sports Classic IV

Baton Rouge, LA; June 12-18

100m

M55 Jimmy Weaver 12.65

Larry Colbert 12.67

Wayne Bennett 12.88

Richard Martin 13.07

Bobby Thomas 13.15

M60 Alexander Johnson 13.29

Ernest Wesswick 13.40

Clarence Trinkner 13.53

Bob Alexander 13.53

Thomas Phillips 13.59

M65 Jim Law 13.24

Chuck Sochor 13.55

Louis Riecke 13.68

Tom Martin 13.77

William Melville 13.92

M70 Paul Saunders 13.91

Tim Murphy 14.09

Edward Matthews 14.62

Blair McFarlane 14.71

Vincent Buckley 15.11

M75 Bill Weinacht 14.54

Clarence Killion 15.92

Donald Burroughs 15.95

Champion Goldy 15.97

Milton Williams 16.20

M80 Casimir Bechner 17.08

Daniel Mestayer 17.51

H. Brownlee Smith 17.63

Murphy Domingues 17.86

Virgil McIntyre 18.52

M85 Harold Hoffmann 21.45

Emil Johnson 21.59

Elmer Glenn 30.55

M90 Waldo McBurney 24.06

William Hall 27.67

M95 Guy Sibley *36.05

Orlando Bernabe 59.63

W55 Marilyn Fitzgerald 15.32

Fei-Mei Chou 16.66

Mary Garcia 17.09

Shirley Smith 17.15

Bernice Bordelon 17.38

M60 Betty Vosburgh 15.49

Nikki Ryan 15.71

Joan Dugan 15.73

Janet Freeman 15.99

Mary Patterson 16.94

W65 Lavina Haefele 16.49

Leonore McDaniels 16.59

Dorothy Brill 17.28

Patricia Nesley 17.37

Sue Barnes 17.51

M70 Margaret Hinton 18.07

Luise Nottlage 18.27

Diane Friedman 18.69

Lucille Kusters 19.82

Helen Beauchamp 20.06

M75 Mary Bowermaster 17.83

Molly Mackown 19.28

Lucille Monroe 19.64

Josephine Santora 20.63

Millie Crews 21.28

M80 Marie Uebel 21.96

Josephine Gregg 23.09

Miriam Miller 23.89

Marnie Evans 26.15

Kate Phillips 26.70

W85 Flora Mendoza *25.43

Rose Monda 28.86

Topsy Ruple 34.76

200m

M55 Lawrence Colbert 25.34

Wayne Bennett 25.54

Jimmy Weaver 25.64

Bobby Thomas 26.54

Ernie Walls 26.74

M60 Alexander Johnson 27.14

E. Estes Redditt 27.83

Bob Alexander 27.85

M85 Emil Johnson 43.84

William Maine 82.74

M90 Waldo McBurney 47.54

M95 Guy Sibley 83.84

W55 Marilyn Fitzgerald 31.94

Louise Reed 34.68

Fei-Mei Chou 35.69

Mary Garcia 35.93

Barbara Jordan 36.02

M60 Betty Vosburgh 31.97

Janet Freeman 32.75

Joan Doucet 34.51

Ethel Lehmann 35.79

Mary Patterson 35.90

W65 Leonore McDaniels 34.18

Lavina Haefele 34.84

Patricia Nesley 34.88

Johnnie Valien 36.44

Sue Barnes 37.34

M70 Margaret Hinton 39.61

Diane Friedman 39.96

Lucille Kusters 41.82

Thelma Kelley 43.20

Melanie Paschal 43.58

M75 Lucille Monroe 39.80

Molly Mackown 41.93

Velma Jacobs 43.24

Millie Crews 43.80

Josephine Santora 45.37

M80 Marie Uebel 46.44

Josephine Gregg 48.84

Margaret Jackson 53.74

Miriam Miller 53.94

Mitzi Probst 62.94

Kate Phillips 63.84

W85 Rose Monda 90.84

400m

M55 Larry Colbert 56.05

Kenneth Baker 58.00

Clifford Pauling 58.83

Wayne Bennett 59.72

Ernie Walls 59.85

M60 John Lovett 1:00.85

Tony Nasralla 1:03.52

Paul Heitzman 1:04.01

Edward Benham 1:04.54

Irwin Bernstein 1:04.86

M65 Chuck Sochor 59.77

Jim Law 1:00.04

Erling Krosby 1:02.65

Jack Greenwald 1:04.10

Benjamin Knab 1:04.93

M70 Paul Schmitt 1:09.18

Erich Dahl 1:10.59

Robert Wingo 1:13.42

Merle Knox 1:13.54

Rod Parker 1:13.88

M75 Lloyd Houston 1:19.93

Chuck Whitney 1:23.62

Neil Rust 1:24.74

Forrest Battles 1:25.27

Milo Lightfoot 1:25.50

M80 Casimir Bechner 1:28.44

Murphy Domingues 1:29.54

Daniel Mestayer 1:35.87

Anthony Denardis 1:37.10

Luman Parrott 1:37.22

M85 William Maine 3:55.27

M90 Waldo McBurney 2:14.06

W55 Marilyn Fitzgerald 1:39.99

Louise Reed 1:16.76

Lupe Parson 1:20.38

Roddie Larsen 1:21.83

Betsy Hall 1:23.44

M60 Betty Vosburgh 1:14.72

Janet Freeman 1:16.92

Joan Doucet 1:17.75

Ethel Lehmann 1:22.93

Mary Patterson 1:26.68

M65 Dorothy Brill *1:22.00

S. Onodera-Leonard 2:24.32

Leonore McDaniels 1:26.88

Shirley Goff 1:35.84

Dottie Gray 1:40.20

M70 Anna Romagna 1:35.09

Ted Sjogren 2:36.72

M65 Benj. Knab lies*2:25.31

Chuck Sochor 2:31.43

Fred Frost 2:31.72

James Moorhead 2:35.70

Robert McKeague 2:36.16

M70 Archie Messenger 2:36.33

Paul Schmitt 2:51.81

Erich Dahl 2:53.71

Bart Ross 2:54.36

Thomas Burris 2:55.24

M75 Neal Emerson 3:20.90

Larry Lindower 3:24.92

Larry Patterson 3:26.88

Josiah Smith 3:38.57

Maxwell Springer 3:40.55

M80 Sam Monastero 3:51.84

Ehett Bennett 4:00.91

Anthony Denardis 4:02.56

Luman Parrott 4:08.61

Clyde Villemez 4:17.65

M85 William Maine 8:23.42

W55 Francis Ard 3:00.19

Marilyn Fitzgerald 3:00.96

Kati McIntyre 3:01.19

Rita Alles 3:03.23

Evelyn Zerfoss 3:04.07

M60 Janet Freeman 2:58.34

Liz Szawowski 2:58.54

Margaret Norris 3:14.54

Jean Hopkins 3:21.34

Peggy A. Ainslie 3:22.24

W65 S. Onodera-Leonard 3:22.54

Dorothy Brill 3:26.08

Nancy Snalley 3:33.54

Agnes Reinhard 3:34.48

Shirley Goff 3:34.60

M70 Melanie Paschal 3:52.43

Anna Romagna 3:57.67

Angie Smith 4:02.07

Samia Doro 4:04.33

Helen Fluke 4:07.05

M75 Mavis Borthick 4:29.20

Kate Bauer 4:31.15

Sis Warnke 4:48.15

Alyce McCormick 4:52.15

Millie Crews 4:56.64

M80 Josephine Gregg 5:13.76

Allie Walker 5:42.96

Hazel Hanks 8:56.18

1500m

M55 Charles Wimberley 4:50.32

Jim Larson 4:56.01

Julius Huhn 5:02.06

Frank Haviland 5:03.97

Bailey Abernathy 5:05.31

M60 Jim Sutton 4:46.84

Paul Heitzman 4:55.76

Joseph Fernandez 4:59.71

Tom Cooka 5:33.48

Jim Schoonard 5:35.63

M65 Benjamin Knab 5:13.69

Julius Defabis 5:14.26

Fred Frost 5:18.52

Robert McKeague 5:29.23

Casper Holroyd 5:37.05

M70 Archie Messenger 5:37.51

Thomas Burris 5:44.35

Bart Ross 5:57.79

Michel Knagan 6:07.22

Paul Aradio 6:12.26

M75 Neal Emerson 7:03.83

Edmund Vuolo 7:04.56

Larry Patterson 7:04.98

Larry Lindower 7:13.45

Maxwell Springer 7:36.97

M80 Sam Monastero 7:59.88

Clyde Villemez 8:19.37

Ehett Bennett 8:26.37

M85 William Maine 17:11.84

M90 William Hall 17:22.26

W55 Rita Alles 6:11.56

Evelyn Zerfoss 6:20.37

Kati McIntyre 6:23.73

High Jump

M55 Henry Wadsworth 5-2

Jerry Sullivan 5-2

Bob Bergfeldt 5

Charles Newman 5

Roy Morgan 5

M60 Phil Mulkey 5

Jack Fischer 5

Clarence Trinkner 4-8

Robert MacCallum 4-8

K. Christiansen 4-6

M65 Peter Kronberg 4-7

Jack Myers 4-7

Dick Taylor 4-7

Samuel Griffith 4-6

William Wambach 4-6

M70 Charles Obye 4-4

Paul Saunders 4-4

Victor Jones 4

Mel Buschman 4

Seymour Duckman 4

M75 Ham Morningstar 4-1

Bill Owen 4

Continued from previous page

Table of race results for 1500m RW, 5000m RW, and 5K Road Race, listing names and times.

Table of race results for 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m, listing names and times.

Table of race results for 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m, listing names and times.

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EAST

Table of Penn Relays Philadelphia, April 28 results.

Coors MAC Masters Championships

Table of St. John's U. NYC, June 5 results.

SOUTHEAST

BTC Classic Birmingham, AL; May 29

Table of BTC Classic Birmingham, AL; May 29 results.

Continued on next page

Continued from previous page

Shot Put
M30 J. Aubrey 40-4
M35 P. Brock 34-2
B. Hendrix 27-6
D. Byars 27-1 1/2
M40 R. Baker 40-5
J. Accardi 39-2
R. Watson 32-5
M45 N. Cooper 34-9
M50 D. Pett 39-5 1/2
L. Boots 32-1/2
M55 L. Vodopya 35-5
M60 P. Mulkey 48-1 1/2
M65 B. Bradberry 33-9
V. Golowash 26-9 1/2
M70 W. Nettles 36-8
M75 C. Hirshey 20-9
W55 I. DeMunari 20-11

Discus
M30 J. Aubrey 134-7
B. Davis 113-9 1/2
M35 P. Brock 89-5 1/2
D. Byars 78-1
M40 R. Baker 128-7 1/2
J. Accardi 117-6
P. Frederick 108-7
R. Watson 98-3
M50 D. Pett 115-5
M55 L. Boots 97-10 1/2
M60 P. Mulkey 154-8 1/2
M65 B. Bradberry 106-2
R. Berganbach 104-2 1/2
D. Daprano 102-5
M70 W. Nettles 94-3
M75 C. Hirshey 53-8 1/2
W55 I. DeMunari 47-5 1/2
W65 A. Berganbach 39-3 1/2

Javelin
M30 J. Aubrey 189-10 1/2
B. Davies 169-1 1/2
M35 B. Hendrix 132-5
D. Byars 118-10 1/2
T. Krebs 95-10 1/2
M40 R. Baker 182-7 1/2
R. Watson 122-5
M45 R. Sander 173-2 1/2
M50 L. Boots 121-5 1/2
M55 W. Duckworth 155-3
M60 J. Shields 150-4 1/2
P. Mulkey 127-7
M65 B. Daprano 112-7
R. Berganbach 103-2
V. Golowash 74-2
M70 G. Nordgren 88-7
W55 I. DeMunari 50-6 1/2
W60 B. Vosburgh 70-1
W65 A. Berganbach 32-1 1/2

M55 Dwayne Bolton 36-5
M60 Walter Diggs 28-4 1/2
W40 Linda Ellis 16-5
Discus
M35 Bobby Conn 122-2
M40 Mike Wigton 113-10
M45 D. Ellis 105-3
M50 Jim Raynor 101-8
M55 Dwayne Bolton 105-1
M60 Walter Diggs 85-0
W40 Jeannette Hawkins 42-4
W45 Sharon Bushe 55-4
Javelin
M35 Bobby Conn 117-6
M40 Don Torok 161-7
M45 B. Miller 74-6
M50 Jim Raynor 69-1
M55 Dwayne Bolton 93-6
M60 Walter Bushe 33-10
Pole Vault
M35 Steven Winkel 10-0
M40 Chuck Lax 10-6
M45 John Ewing 10-6
M55 Plato Toulitatos 7-6
M60 Walter Diggs 4-0
100m
M50 David Ellis 16.23
5000m Racewalk
W45 Ann Viles 35:23

Northwest Classic
Miami, FL; June 12-13

100m
M30 C Louden 10.66
Richard Dorsett 11.29
David Jones 11.40
M35 Harvey Jackson 11.26
Sheldon Plowright 11.32
Tony Brooks 11.36
200m
M30 C Louden 21.38
P. Blount 21.91
R. Dorsett 22.91
M40 Wm Street 24.34
400m
M30 J Taylor 48.46
M40 W Street 55.85
3000m
M30 Cleber Sirianni 9:26.50
4x100m Relay
M30 Jamaica Police 44.71
High Jump
M30 Jeff Helton 2.03m
M35 E Reid 1.89
Long Jump
M35 C Heron 4.94
M45 Tyrone Carlis 5.90

Miami Runners Club
Miami, FL; June 15

100m
M35 Alfredo Delgado 15.4
M40 Matthew Sitkowski 12.6
W30 Lisa Dorfman 17.1
200m
M30 Alfredo Delgado 31.8
M40 Tim Daniels 28.8
400m
M30 Joe Gilboy 62.6
M40 Tim Daniels 67.5
Laureano Cancio 79.8
W40 Eleanor Carrillo 2:01.6
800m
M40 Tim Daniels 2:40.4
Harvey Greene 2:50.5
Travis Dowell 3:00.4
Laureano Cancio 3:08.1
M50 Joseph Boyle 4:07.0
W35 Karen Callaway 2:46.8
1 Mile
M40 Harvey Greene 6:12.9
Travis Dowell 6:24.5
Laureano Cancio 6:26.3
M55 Henry Forer 7:59.0
W30 Lisa Dorfman 5:43.0
W35 Karen Callaway 6:09.6
2-Mile
M35 Luis Rivera 11:09.0
M40 Travis Dowell 12:49.2
Laureano Cancio 14:28.8
Joseph Serota 14:58.6
Harvey Greene 15:04.9
1 Mile RW
M30 Michael Hammett 17:28.6
M35 Davidson Handerson 18:23.1
M40 John Blair 16:43.4
M65 Erik Johansson 10:37.9
W30 Ann Gallagher 16:26.6
Cindy Schwartz 19:24.7
W30 Doris Sampson 11:04.8
W40 Serena Jaffee 21:21.6
W45 Linda Ruben 19:00.1

Low Country Classic Meet
North Charleston, SC;
June 19

100m
Matt Deveaux 34 12.2
David Edwards 45 12.5
Walt Lancaster 53 13.1
200m
Matt Deveaux 34 25.8
David Edwards 45 26.5
Thomas Kendall 52 28.1
400m
Jarvey Young 36 1:00.2
Ralph McCay 49 1:01.1
Keigh Ambrose 50 1:08.4

800m
John Hedges 30 2:10.9
Keith Ambrose 50 2:43.3
1 Mile
John Hedges 30 4:58.8
Keith Ambrose 50 5:59.5
Tessa Garton 44 W7:10.4
2-Mile
Chuck Rudolph 30 10:19.9
Bill Gilliam 41 12:17.6
Keith Ambrose 50 12:28.1
Elizabeth Casey 30 W14:08.4
Tessa Garton 44 W14:59.7
5000 Invitational
Bob Schlaue M45 15:27.0
Long Jump
Rick Devaun 38 17-9 1/4
Thomas Kindel 13-6 1/2
Gilbert Krebs 65 9-9 1/4
Triple Jump
Phil Norris 32 29-8 1/4
Gilbert Krebs 65 21-10

Naples On The Gulf Weight
Pentathlon
Naples, FL; June 19

(SP/DJ/TJ/HY/WT)
Harry Becker 34 1486
9.32/23.00/25.53/17.91/--
Rudy Vlaardingbroek 453446
12.57/39.40/51.26/35.22/10.06
Jerry Arline 51 3310
11.63/41.93/36.58/38.92/10.92
Jon Albitz 54 2667
11.75/35.22/31.90/25.83/8.13
Carlos Fraundorfer 61 2839
9.06/36.72/20.68/34.74/11.43
Austin Baggett 62 3383
10.76/38.02/28.80/37.46/13.21
Larry Siegel 64 2456
10.82/29.57/18.39/22.97/8.07
Igor Storojoff 79 1609
5.28/14.67/13.46/8.79/3.60

Miami RC Meet
Miami, FL; June 22

100m
M30 Thomas Rieman 31 12.8
400m
M30 Thomas Rieman 31 61.7
M40 Travis Dowell 43 77.1
800m
M30 Mike Drapluk 31 2:10.9
M40 Laureano Cancio 423:03.2
M50 Joe Boyle 51 4:02.9
1 Mile
M30 Djamel Rabahallah 334:34.6
M40 Travis Dowell 43 6:19.8
M30 Patty Cohen 32 5:45.1
Two Mile
M30 Ramond Pusey 30 10:29.4
M40 Laureano Cancio 4214:38.6
M50 Joe Boyle 51 19:09.4
1 Mile Racewalk
M30 Mike Hammett 34 17:42.0
M40 John Blair 40 16:35.0
M60+Erik Johansson 6810:47.0
Al Quintana 60 10:48.0
W30 Doris Sampson 38 11:05.0
W40 Linda Ruben 46 20:22.0

Tennessee Sportsfestival
Nashville, June 25-26

100m
M30 William Green 11:07
M40 David Craig 11.78
M45 Randall Brady 12.50
M50 David Denman 12.22
M55 Jim Mathis 11.96
M60 Bob Alexander 12.86
M65 Frank Hayes 14.00
M75+Clyde Speakes 18.16
W30 Rhonda Howard 13.22
W35 Maryanne Howland 15.46
W45 Linda Phillips 15.84
200m
M30 Stan Jefferson 22.86
M35 Steve Wilson 23.87
M40 David Craig 23.90
M45 Ron Villmon 32.36
M50 Dave Ellis 28.38
M55 James Mathis 24.54
M60 Estes Redditt 27.64
W30 Rhonda Howard 28.48
W45 Linda Overton 35.00
400m
M30 Stan Jefferson 49.97
M35 John Goolspy 53.91
M45 Jim Montmarquet 55.19
M50 Don Lamb 58.25
M55 James Mathis 51.57
M60 Fred Lovelace 74.18
W30 Tracie Williams 79.12
800m
M30 Scott King 1:57.65
M35 Norman Dodson 2:10.25
M40 Ron Merville 2:09.75
M50 Bud Joyner 2:45.96
M55 Richard Peck 2:25.80
M60 Larry Hall 2:53.60
W30 Tracie Williams 3:28.11
1500m
M30 Scott King 4:07.19
M35 Stan Hollenbeck 4:34.14
M40 Carl Pederson 4:39.86
M45 Bud Joyner 5:55.25
M55 Richard Peck 5:07.87
W30 Franee Laywell 5:06.82
Short Hurdles
M30 Andrew Reynolds 16.18
M35 Al Rodd 18.29

M40 Richard Finnie 17.25
M50 Dave Ellis 15.97
4x100 Relay
M50+Chattanooga TC 55.63
Pole Vault
M35 Steve Winkel 10
M40 Chuck Lax 13-3
M45 John Ewing 10-6
M55 Plato Toulitatos 7-6
Long Jump
M30 Willfieldlette 20-1
M35 Ernest Charles 15-3 1/2
M40 Taylor Weatherbee 17-3 1/2
M45 Terry Brown 15-6-3/4
M50 David Denman 14-1 1/2
M55 Dwayne Bolton 12-11 1/2
M60 Frank Hayes 13-5 1/4
Triple Jump
M40 Taylor Weatherbee 36-8
M55 Abraham Ghasaui 26-6 1/2
Shot Put
M30 Jeff Field 36-4
M35 Bobby Conn 38-3
M40 Larry Galloway 41-9
M45 Dean Lotz 30-5
M50 David Denman 36-9
M55 Dwayne Bolton 38-4
M65 Ed Holmes 33-0
W30 Monica Walker 32-4
Javelin
M30 Jeff Field 194-3
M35 Al Rodd 137-4
M40 Don Torok 154-1
M45 Dave Hirsch 126-7
M55 Dwayne Bolton 89-4
M65 Richard Bergenback 104-7
W50 Alice Lynn 52-4
W65 Audrey Bergentack 30-1 1/2

Miami RC Meet
Miami, FL; June 29

100m
M30 N Brown 31 12.2
200m
M30 N Brown 31 22.0
400m
M30 N Brown 31 57.0
M40 Travis Dowell 43 79.1
M50 Bob Judge 51 1:43.4
W30 Sara James 38 1:53.6
800m
M30 Mike Drapluk 31 2:08.8
M40 Tim Murr 40 2:31.4
M50 Joe Boyle 51 4:00.0
1 Mile
M30 Jorge Ramos 37 4:41.0
M40 F Rojas 43 5:14.2
M50 Henry Forer 58 8:15.0
Two Mile
M30 Ramond Pusey 30 10:31.0
M40 F Rojas 43 10:56.6
M50 Joe Boyle 51 16:12.6
1 Mile Racewalk
M30 Mike Hammett 34 15:57.6
M40 John Blair 40 15:58.5
M60+Ron Storm 71 9:53.3
W30 Doris Sampson 38 10:41.2
W40 Serena Jaffee 40 21:45.5

Miami RC Meet
Miami, FL; July 6

100m
M30 Napoleon Brown 32 11.7
200m
M30 N Brown 32 24.6
400m
M30 N Brown 32 56.2
Mike Drapluk 31 57.5
W30 Ann Gallagher 34 68.3
800m
M30 C McCaskey III 362:32.6
M40 Harvey Greene 40 2:54.9
M50 Joe Boyle 51 4:00.4
W30 Patty Cohen 32 2:40.7
1 Mile
M30 Jorge Ramos 37 4:39.4
M40 Rolando Cabrera 435:07.9
W30 Patty Cohen 32 5:44.8
W40 Gisela Haynes 4810:36.3
Two Mile
M30 Jorge Ramos 37 10:13.0
M40 Travis Dowell 4314:49.4
M50 Joe Boyle 51 19:02.9
1 Mile Racewalk
M30 Chuck Bryant 37 9:38.9
M40 Ron Rodin 46 13:02.2
M60 Erik Johansson 6810:47.8
W30 Lisa Epstein 36 9:44.8
W40 Gisela Haynes 4812:15.3
W60 Mary Haynes 69 15:23.1

MIDWEST

Athlete's Foot Meet
Rock Island, IL; June 10

100m
M30 Chas Johnson 11.3
Bob Feller 11.5
M35 Bob Zahn 12.2
Mike Campbell 12.8
Gene Anderson 13.4
M40 Al Wright 11.8
Kevin McMahon 13.5
Russ Hart 13.6
M45 Jim Lee 11.9
Ed Lillis 12.7
Wayne Wilson 13.4
M50 Leroy Corey 12.9
John Robinson 15.2
Dallas Armstrong 15.3

M55 Pierre Dobrolovny 12.4
Don Amery 13.5
Mike Murphy 13.6
M60 Harold Lawrence 13.5
Don Sibigtroth 16.4
M65 Mel Larsen 13.2
Chuck Sochor 13.5
M70 Geo Rajcevic 16.6
M75 Mel Flachs 17.6
W30 Kathy Lee 14.0
W45 Penny Danielsen 15.5
M65 Marylou Parker 22.4
200m
M30 Chas Johnson 23.2
M35 Gene Anderson 28.9
M40 Al Wright 24.9
M45 Jim Lee 24.8
Wayne Roosevelt 26.6
Wayne Wilson 28.5
M50 Leroy Corey 26.7
John Robinson 31.6
Dallas Armstrong 32.5
M55 Terry Pliner 28.2
Don Amery 28.3
Mario Bertolani 34.6
M65 Chuck Sochor 29.1
M75 Mel Flachs 37.3
W45 Penny Danielson 36.2
400m
M35 Rick Martin 67.7
M40 David Miller 57.5
Russ Hart 64.3
Kevin McMahon 66.5
M45 Jim Lee 54.8
Ed Lillis 58.1
Kingsley Clarke 58.4
M50 John Robinson 67.4
Dallas Armstrong 75.8
M55 Terry Pliner 64.5
M60 Harry Brown 60.0
M65 Chuck Sochor 60.0
M75 Mel Flachs 93.4

800m
M35 John Anderson 2:09.6
M40 David Miller 2:07.4
J Feldhausen 2:10.7
M45 Jim Braig 2:18.1
Kingsley Clarke 2:21.9
M50 John Robinson 2:50.5
Jim Graham 3:11.5
M60 C Trinker 3:02.1
M65 Chuck Sochor 2:58.7
M75 Warren Wiggins 4:36.5
W55 Donna Gulley 3:28.1
Gregg Newell Mile (1600m)
M30 Bill Gustafson 4:24.0
Steve Beck 4:35.1
M35 John Anderson 4:40.0
Rick Martin 5:22.4
John Dickey 5:36.6
M40 David Miller 4:55.3
David Spataru DQ 4:58.3
Don Fish 5:02.2
M45 J Cottingham 5:36.0
Jack Keppy 5:41.5
M50 John Robins 5:33.1
Jim Graham 6:07.3
D Armstrong 6:19.8
M55 Frank Brown 5:59.1
M70 Geo Rajcevic 7:40.1
M75 Warren Wiggins 10:13.4
W30 Teresa Grimes 5:38.7
W35 Muriel Nuamann 5:27.6
W55 Donna Gulley 7:08.2
W60 Eleanor Wallace 8:02.3
3000m
M30 Bill Gustafson 8:59.6
M35 E Anderson nta
M40 David Spataru 10:25.1
M45 Jack Keppy 11:40.6
M50 John Robinson 11:52.4
Jim Graham 12:14.0

Short Hurdles
M35 Bob Zahn 16.0
Jeff Watry 16.5
M45 John Meisner 19.4
Neil Schuster 22.0
M50 Bruce Mills 18.7
M60 C Trinker 16.1
M65 Chuck Sochor 17.8
Ernie Hammond 30" 28.8

4x100m Relay
M30 Feller/Lillis/Peeters/Johnson 48.1
M55 Larsen/Amery/Stopoulos/Brown 51.5
4x400m Relay
M50 Graham/Corey/Robinson/Armstrong 5:05.1

High Jump
M35 Jeff Watry 6-0
Tim Stamp 5-6
John Valiska 5-6
M40 Bernie Peeters 5-2
Steve Baker 4-8
M45 John Meisner 5-8
Neil Schuster 4-4
Wayne Wilson 4-4
M50 Bruce Mills 4-6
George LaBelle 4-4
M55 Floyd Smith 5-0
Mike Murphy 4-4
Don Amery 4-2
M60 C Trinker 4-8
Harold Lawrence 4-6
Don Sibigtroth 3-10
M75 Ernie Hammond 3-0
M70 Geo Rajcevic 3-8
M75 Wib Ragland 3-8
Pole Vault
M30 Brett Anderson 14-6

M35 Steve Jensen 11-0
Jeff Watry 11-0
Tim Stamp 11-0
M40 John Anderson 13-6
Gene Bard 10-0
M45 Merle Norberg 10-0
David Hill 9-0
Neil Schuster 7-6
M55 Joe Griffin 9-0
Frank Brown 7-0
M60 Jerry Welborn 9-0
Long Jump
M35 Jeff Watry 18-4
Mike Campbell 17-6
Steve Jensen 15-9 1/2
M40 Russ Hart 15-4 1/2
Steve Baker 11-5
M45 John Meisner 17-1
David Hill 15-5 1/2
Merle Norberg 15-4
M55 Pete Stopoulos 17-2
Don Amery 13-8
Joe Griffin 12-6 1/2
M60 H Lawrence 15-0
C Trinker 14-1
Don Sibigtroth 11-8 1/2
M65 Mel Larsen 16-4 1/2
Chuck Sochor 13-9
Ernie Hammond 8-5 1/2
M70 Geo Rajcevic 11-3
M75 Mel Flachs 9-4 1/2
W45 P Danielson 13-1
W60 M Bobowski 10-1
Triple Jump
M35 Mike Campbell 31-5 1/2
Jeff Smith 23-8
M40 Bernie Peeters 33-2
Steve Baker 31-9 1/2
M45 John Meisner 36-5 1/2
Ernie Hammond 23-6
M55 Floyd Smith 27-5 1/2
M60 Harry Brown 30-1 1/2
C Trinker 29-9
M65 Ernie Hammond 19-1 1/2
M70 Geo Rajcevic 21-8
W60 Millie Bobowski 20-3

Shot Put
M35 Jeff Watry 37-0
Steve Jensen 36-11
Tim Stamp 33-10
M40 Matt Byrnes 45-0
Bernie Peeters 32-7
M45 Bill Mauck 38-0
Phil Grover 32-10
M50 Scott Berry 41-5
Jim Nepple 37-10
Ed Schmidt 34-2
M55 Bob Warren 36-8 1/2
Don Amery 36-3
Floyd Smith 33-8 1/2
M60 Jim Hamer 38-2
Don Sibigtroth 28-1 1/2
M65 Phil Brusca 43-0
Frank Wallace 28-5
M70 G Rajcevic 30-5
M75 Warren Wiggins 19-5
W35 Vicki Johnson 22-8
W60 Millie Bobowski 25-1 1/2

Discus
M30 Joe Beadle 165-9
M35 Larry Duncan 115-10
Steve Jensen 106-11
Jeff Watry 105-6
M40 Gene Bard 98-6
Bill Johnson 92-6
M45 Bill Mauck 120-5
Phil Grover 90-10
M50 Scott Berry 142-1
Ed Schmidt 102-11
M55 Bob Warren 110-2
Don Amery 96-0
M60 Don Mather 140-11
C Trinker 122-4
Jim Hamer 111-10
M65 Phil Brusca 129-2
Frank Wallace 83-1
W35 Vicki Johnson 65-7

Javelin
M35 John Valiska 146-7
Steve Jensen 138-11
Jeff Watry 134-4
M40 Jim Wymore 145-8
Steve Baker 97-10
M45 Neil Schuster 107-1
M50 George LaBelle 107-0
M55 Bob Warren 110-6
M60 Don Mather 137-1
M65 Phil Brusca 119-10
W35 Vicki Johnson 87-2

20# Weight
W35 Vicki Johnson 22-9
25# Weight
M60 Jim Hamer 24-4
M65 Phil Brusca 38-4
M70 Geo Rajcevic 20-9

35# Weight
M35 Jeff Smith 19-2
M50 George LaBelle 30-2 1/2
M55 Bob Warren 31-2 1/2
Don Amery 26-3
Floyd Smith 24-1

56# Weight
M50 George LaBelle 18-7
M55 Bob Warren 19-0
Don Amery 18-5
Floyd Smith 13-8
M60 Jim Hamer 15-8

Continued from previous page

1500m Racewalk
M30 Wm Haney 10:42.9
M40 Dean Easterlund 7:22.2
M50 Don McLean 9:30.6
M55 Paul Johnson 7:07.7
Frank Brown 8:06.2
M60 Don Sibigtroth 10:01.6
M65 Ernie Hammond 10:56.0
Frank Wallace 11:30.7
W35 Teresa Nicola 8:40.7
Cindy Simmons 9:41.3
Janet Malone 10:40.2
W40 Alice Winkler 9:31.4
W45 K Schoeberl 9:52.0
W50 Barb Welsch 9:12.7
Carol Brittain 10:43.6
W65 Gene McClaran 9:17.3
Marylou Parker 13:01.9
3000m Racewalk
M40 D Easterlund 15:52.8
M55 Paul Johnson 15:33.3
Frank Brown 17:27.3
M65 Ernie Hammond 23:58.2
W35 Cindy Simmons 20:18.7
W50 Barb Welsch 19:02.5
Carol Brittain 22:05.2
W65 Gene McClaran 18:42.1

USATF/Illinois T&F State Championships
Lisle, June 12

100m
M30 Timothy Vinson 11.59
Ron Robinson 12.76
M35 John Grey 12.94
M40 Jerry Krainik 11.59
M45 Jim Lee 12.16
M55 Pierre Devereaux 12.63
W35 Lynn Latoria
200m
M35 Thomas Rewelinski 23.61
Bob Zahn 24.66
John Grey 26.59
M40 Kevin Asselin 26.95
W35 Lynn Latoria 31.27
Lynn Rewolinski 32.55
400m
M40 Kevin Asselin 62.88
M45 Jim Lee 56.20
Kingsley Clark 56.09
Eren Beltran 62.27
M60 Alex White 76.04
800m
M30 Dick Kennedy 2:03.87
M35 Kingsley Clarke 2:18.56
Lee Tampl 2:29.74
M60 Alex White 2:29.33
1500m (Dick Pond Metric Mile)
M30 Todd Busted 4:45.80
Steven Gasser 4:54.30
M35 Kenneth Stevens 4:55.80
M50 Vic Heckler 4:23.60
John Craig 5:01.40
M55 Wenwar Tracy 5:28.20
M60 Alex White 5:18.20
W35 Patti Terhue 5:37.40
Judy Raub 6:18.60
5000m
M40 Chuck Sackett 19:51.20
M55 Ernest Tracy 20:00.20
Short Hurdles
M40 Stan Druckrey 15.06
M45 Johnie Meisner 18.07
Long Hurdles
M30 Roy Birch 55.21
M40 Stan Druckrey 59.27
3200 Relay
Open Men/Masters
Northview 8:33.60
Lake Forest/Lake Bluff "A" 8:39.00
Greg Domantay Team 9:08.60
Mixed Open/Masters
UCTC 9:39.38
Highland Park 9:59.90
Northview "A" 10:34.70
Northview "B" 10:40.70
Distance Medley
Quantum Performance 10:58.00
Oak Forest 11:04.40
Lake Forest 11:11.60
Mixed Open/Masters
Northview 11:55.30
UCTC 12:28.00
Highland Park 12:57.60
High Jump
M35 Bob Robinson 5-8
M35 John Valiska 5-6
Bob Zahn 5-4
M45 Johnie Meisner 5-8
M50 George Davies 5-3
M55 Floyd Smith 5-2
M65 Tom Coughlin 4-4
W75 Wm Ragland 3-10
Pole Vault
M30 Brett Anderson 14-6
David Lee 12
M35 Keith Petranek 13-6
M40 John Anderson 13
M50 George Davies 11
Long Jump
M30 Ray Birch 10-8 1/2
M45 Johnie Meisner 16-7
M65 Ken Yahirol 13-6

USATF Indiana Masters Championships
Indianapolis, June 13

100m
M40 Mark Galovic 13.5
W35 Donna Pope-Green 13.3
W45 Chris Davis 15.8
W50 Cathy Primmer 16.2
200m
M40 Mark Galovic 28.3
W35 Donna Pope-Green 28.7
W45 Chris Davis 35.5
W50 Cathy Primmer 33.9
400m
M40 Mark Galovic 61.5
W30 Angela Nealy 72.8
W35 Donna Pope-Green 69.6
W50 Cathy Primmer 77.5
800m
M40 Pat Malone 2:29.5
M50 Jim Verdier 2:36.1
1500m
M50 Jim Verdier 5:17.4
High Jump
M30 Mike Davidson 6-0
M40 Ken Rowe 6-0
M45 Henry Hopkins 5-2
M55 John Sharp 4-8
W30 Angela Nealy 4-6
W50 Cathy Primmer 3-8
Pole Vault
M35 Bob DisPennett 11-0
M45 Henry Hopkins 12-0
M55 John Sharp 10-0
Long Jump
M40 Pat Malone 4.77m
M45 Henry Hopkins 5.05
M55 John Sharp 4.37
W45 Chris Davis 3.19
W50 JoAnn Grissom 3.53
Triple Jump
M40 Ken Rowe 10.40
W50 JoAnn Grissom 7.24
Shot Put
M30 Jim Bell 13.20
M45 Chris Nicolim 10.05
M50 Edgar Evans 11.46
M60 Jerry England 9.92
W50 JoAnn Grissom 11.61
Discus
M30 Jim Bell 40.78
M40 Pat Malone 27.90
M45 Bill Meacham 32.06
M50 Edgar Evans 33.02
M55 Everett Hardy 36.56
M60 al Pike 35.86
W50 JoAnn Grissom 24.70
Hammer
M60 Jerry England 39.28
W50 JoAnn Grissom 28.54
Javelin
M40 Pat Malone 42.40
W50 JoAnn Grissom 600gr 24.76
3000m Racewalk
M40 Don Anderson 15:09
M45 Max Walker 16:12
M50 Dennis Withem 19:17
M55 Cedric Hustace 18:14
W30 Abigail Oliver 19:18
W35 Annette Smith 17:04
W40 Cheryl Sunman 21:15
W45 Jackie Jessup 17:25
W50 Dorothy Withem 18:32

Star of the North Games
Blaine, MN; June 26-27

100m
M30 Don Tarasewicz 38 11.59
M40 P Montgomery 47 12.54
M50 Randy Cleven 50 12.83
M60 Ray Eiland 60 14.51
W30 J A Jackson 30 12.63
W40 Jane Sweet 45 18.95
W50 Trudy Dubois 56 20.77
200m
M30 John Allen 31 24.20
M40 P Montgomery 47 26.30
M50 Randy Cleven 50 25.99
M60 Ray Eiland 60 31.25
M70+Wm Andberg 82 39.93
W30 J A Jackson 30 27.16
400m
M30 John Allen 31 52.50
M40 Doug Holmberg 41 59.98
M50 Hugh Heidahl 51 65.86
M60 Dick Olson 60 81.91
M70+Wm Andberg 82 92.05
W30 J A Jackson 30 68.51
800m
M30 Scott Brink 34 2:03.60
M40 Gary Westlund 42 2:38.93
M50 John Bonde 50 2:56.89
M60 Dick Olson 60 3:04.59
M70+Wm Andberg 82 3:37.43
W30 Kim Kopp 34 2:47.9
1500m
M30 Scott Brink 34 4:09.72
M40 Gary Westlund 42 5:19.78
M50 John Bonde 50 6:15.74
M60 Dick Olson 60 6:10.13
W30 Kim Kopp 34 5:46.82
5000m
M30 Scott Brink 34 15:46.27
M40 Gary Westlund 42 20:41.24
M50 Sev Blenkush 50 20:24.03
Short Hurdles
M30 Cole Nelson 37 16.09
M40 Jeff Ryan 40 21.90
M50 George LaBelle 54 18.7
300mH
M30 Cole Nelson 37 42.2
M40 Doug Holmberg 41 51.3
M50 Ron Ueland 50 59:36
W30 Cathy Gorecki 31 51.95
4x100m Relay
M30-39 Still Fast at 30 46.45
(Gang/Herda/Nevison/Allen)
W30-39 Nameless 58.81
(Langlois/Wachutka/Kopp/Jackson)
High Jump
M30 John Payne 32 5-4
M40 Pat Doulay 40 5-2
M50 Tom Langenfeld 57 4-10
W30 Joan Johnson 34 1.47
Pole Vault
M30 Jim Wolter 35 13-6
M50 Jim Noonan 53 10-0
Long Jump
M30 Paul Herda 31 19-4
M40 Doug Holmberg 41 16-2
M50 Mike Merriman 50 15-7
W30 J A Jackson 30 4.85
W40 Deb Vestal 41 2.37
Triple Jump
M30 John Allen 31 36-7
M50 Mike Merriman 50 33-9
W40 Deb Vestal 41 4.80
Shot Put
M30 Jeff Kemink 33 49-8
M40 Terry Bentele 40 42-6
M50 George LaBelle 54 37-3
M60 Delmar Benesh 61 10.64
W30 Darcy Eidem 34 6.58
W40 Jane Sweet 45 5.94
Discus
M30 Paul Zabee 35 118-4
M40 Howard Mather 43 123-2
M50 Carl Mooney 52 144-4
M60 Emmett Edwards 64 29.62
W40 Jane Sweet 45 16.15
W50 Trudy Dubois 56 13.36
Javelin
M30 Joe Rodriguez 34 157-1
M40 Jim Rosamilia 42 152-11
M50 Mike Holler 51 142-11
M60 Emmett Edwards 64 30.84
W30 Darcy Eidem 34 15.34
W50 Trudy Dubois 56 10.36
5000m Racewalk
M40 Gary Westlund 42 25:55.12
M50 DeWayne Walker 50 28:07.62
W30 Kathy Finch 38 30:02.71
W40 Jane Sweet 45 39:40.03

USATF Southwestern Championships
Dallas, June 5

100m
M30 J Mathis 12.03
M35 D McBay 12.64
M40 R Hahn 12.70
M45 J McCough 14.60
M50 D Ellis 14.42
M55 J Mathis 12.84
M60 B Alexander 13.83
M65 O Maldaudy 14.20
M70 T Murphy 14.03
200m
M30 D McClure 25.03
M35 D Curry 24.81
M40 J Dolezel 26.90
M45 J McCough 31.27
M50 J Marks 28.31
M55 J Mathis 25.25
M60 B Alexander 28.47
M65 B Bowers 29.66
M70 T Murphy 28.84
400m
M30 P Hudson 52.27
M35 R Faslev 53.26

Triple Jump

M30 Don Carter 49-2
M45 Johnie Weisner 37-3
M55 Floyd Smith 27-10 1/4
Shot Put
M30 Robert Kushner 35-8
M40 Matt Byrnes 46-3-3/4
Jerry Senters 43-2 1/2
Darrel Andersen 34-1 1/4
M15 John Hess 32-4
M50 George Davies 42-7 1/4
Scott Berry 39-10-3/4
M55 Floyd Smith 34-7-3/4
M65 Tom Coughlin 33-8
Discus
M35 Robert Hartmann 126-8
M40 Jerry Senters 130-9
Darrel Andersen 96-10
M45 Lee Englund 128-7
John Hess 95-11
Jim Hess 75-4
M50 Scott Berry 145-3
George Davies 129-1
Rod Pearsall 82-1
Javelin
M35 John Valiska 153-5
M45 John Hess 106-10
Jim Hess 85-6
M55 Ken Yahirol 103-2
Tom Coughlin 102-5
W40 Lucinda Hess 44-7
Hammer
M35 Robert Hartmann 134-2
M50 Rod Pearsall 78-7

USATF Indiana Masters Championships
Indianapolis, June 13

100m
M40 Mark Galovic 13.5
W35 Donna Pope-Green 13.3
W45 Chris Davis 15.8
W50 Cathy Primmer 16.2
200m
M40 Mark Galovic 28.3
W35 Donna Pope-Green 28.7
W45 Chris Davis 35.5
W50 Cathy Primmer 33.9
400m
M40 Mark Galovic 61.5
W30 Angela Nealy 72.8
W35 Donna Pope-Green 69.6
W50 Cathy Primmer 77.5
800m
M40 Pat Malone 2:29.5
M50 Jim Verdier 2:36.1
1500m
M50 Jim Verdier 5:17.4
High Jump
M30 Mike Davidson 6-0
M40 Ken Rowe 6-0
M45 Henry Hopkins 5-2
M55 John Sharp 4-8
W30 Angela Nealy 4-6
W50 Cathy Primmer 3-8
Pole Vault
M35 Bob DisPennett 11-0
M45 Henry Hopkins 12-0
M55 John Sharp 10-0
Long Jump
M40 Pat Malone 4.77m
M45 Henry Hopkins 5.05
M55 John Sharp 4.37
W45 Chris Davis 3.19
W50 JoAnn Grissom 3.53
Triple Jump
M40 Ken Rowe 10.40
W50 JoAnn Grissom 7.24
Shot Put
M30 Jim Bell 13.20
M45 Chris Nicolim 10.05
M50 Edgar Evans 11.46
M60 Jerry England 9.92
W50 JoAnn Grissom 11.61
Discus
M30 Jim Bell 40.78
M40 Pat Malone 27.90
M45 Bill Meacham 32.06
M50 Edgar Evans 33.02
M55 Everett Hardy 36.56
M60 al Pike 35.86
W50 JoAnn Grissom 24.70
Hammer
M60 Jerry England 39.28
W50 JoAnn Grissom 28.54
Javelin
M40 Pat Malone 42.40
W50 JoAnn Grissom 600gr 24.76
3000m Racewalk
M40 Don Anderson 15:09
M45 Max Walker 16:12
M50 Dennis Withem 19:17
M55 Cedric Hustace 18:14
W30 Abigail Oliver 19:18
W35 Annette Smith 17:04
W40 Cheryl Sunman 21:15
W45 Jackie Jessup 17:25
W50 Dorothy Withem 18:32

Star of the North Games
Blaine, MN; June 26-27

100m
M30 Don Tarasewicz 38 11.59
M40 P Montgomery 47 12.54
M50 Randy Cleven 50 12.83
M60 Ray Eiland 60 14.51
W30 J A Jackson 30 12.63
W40 Jane Sweet 45 18.95
W50 Trudy Dubois 56 20.77
200m
M30 John Allen 31 24.20
M40 P Montgomery 47 26.30
M50 Randy Cleven 50 25.99
M60 Ray Eiland 60 31.25
M70+Wm Andberg 82 39.93
W30 J A Jackson 30 27.16
400m
M30 John Allen 31 52.50
M40 Doug Holmberg 41 59.98
M50 Hugh Heidahl 51 65.86
M60 Dick Olson 60 81.91
M70+Wm Andberg 82 92.05
W30 J A Jackson 30 68.51
800m
M30 Scott Brink 34 2:03.60
M40 Gary Westlund 42 2:38.93
M50 John Bonde 50 2:56.89
M60 Dick Olson 60 3:04.59
M70+Wm Andberg 82 3:37.43
W30 Kim Kopp 34 2:47.9
1500m
M30 Scott Brink 34 4:09.72
M40 Gary Westlund 42 5:19.78
M50 John Bonde 50 6:15.74
M60 Dick Olson 60 6:10.13
W30 Kim Kopp 34 5:46.82
5000m
M30 Scott Brink 34 15:46.27
M40 Gary Westlund 42 20:41.24
M50 Sev Blenkush 50 20:24.03
Short Hurdles
M30 Cole Nelson 37 16.09
M40 Jeff Ryan 40 21.90
M50 George LaBelle 54 18.7
300mH
M30 Cole Nelson 37 42.2
M40 Doug Holmberg 41 51.3
M50 Ron Ueland 50 59:36
W30 Cathy Gorecki 31 51.95
4x100m Relay
M30-39 Still Fast at 30 46.45
(Gang/Herda/Nevison/Allen)
W30-39 Nameless 58.81
(Langlois/Wachutka/Kopp/Jackson)
High Jump
M30 John Payne 32 5-4
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M50 Tom Langenfeld 57 4-10
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M30 Jim Wolter 35 13-6
M50 Jim Noonan 53 10-0
Long Jump
M30 Paul Herda 31 19-4
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W30 J A Jackson 30 4.85
W40 Deb Vestal 41 2.37
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W40 Jane Sweet 45 5.94
Discus
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M40 Howard Mather 43 123-2
M50 Carl Mooney 52 144-4
M60 Emmett Edwards 64 29.62
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Javelin
M30 Joe Rodriguez 34 157-1
M40 Jim Rosamilia 42 152-11
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M60 Emmett Edwards 64 30.84
W30 Darcy Eidem 34 15.34
W50 Trudy Dubois 56 10.36
5000m Racewalk
M40 Gary Westlund 42 25:55.12
M50 DeWayne Walker 50 28:07.62
W30 Kathy Finch 38 30:02.71
W40 Jane Sweet 45 39:40.03

USATF Southwestern Championships
Dallas, June 5

100m
M30 J Mathis 12.03
M35 D McBay 12.64
M40 R Hahn 12.70
M45 J McCough 14.60
M50 D Ellis 14.42
M55 J Mathis 12.84
M60 B Alexander 13.83
M65 O Maldaudy 14.20
M70 T Murphy 14.03
200m
M30 D McClure 25.03
M35 D Curry 24.81
M40 J Dolezel 26.90
M45 J McCough 31.27
M50 J Marks 28.31
M55 J Mathis 25.25
M60 B Alexander 28.47
M65 B Bowers 29.66
M70 T Murphy 28.84
400m
M30 P Hudson 52.27
M35 R Faslev 53.26

MID AMERICA
Lincoln TC Decathlon/
Heptathlon
Lincoln, NE; June 12-13

M30 Steve Davis 4814
M40 Mike Maryott 5956
Jim Kniep 4988
M45 Ken Winters 4121
M55 Albert Maxey 4121
W45 Sandy Maryott 3126
M40+ age-factored

Star of the North Games
Blaine, MN; June 26-27

100m
M30 Don Tarasewicz 38 11.59
M40 P Montgomery 47 12.54
M50 Randy Cleven 50 12.83
M60 Ray Eiland 60 14.51
W30 J A Jackson 30 12.63
W40 Jane Sweet 45 18.95
W50 Trudy Dubois 56 20.77
200m
M30 John Allen 31 24.20
M40 P Montgomery 47 26.30
M50 Randy Cleven 50 25.99
M60 Ray Eiland 60 31.25
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4x100m Relay
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Shot Put
M30 Jeff Kemink 33 49-8
M40 Terry Bentele 40 42-6
M50 George LaBelle 54 37-3
M6

Continued from previous page

Table with 2 columns: Name and Time. Includes Javelin, Weight Throw, M35 Eric Hodgdon, M40 Gary Kelmenson, M55 Don Hughes, M70 Bob Stone.

USATF/Pacific Championships Los Gatos, CA; June 12

Table with 2 columns: Name and Time. Includes 100m, M30 J Smith, A Tucker, E Hall, M35 F Lagula, M40 R Yeck, F Denby, E Washington, M45 P Raymond, W Brunt, G Patterson, M50 B Probst, M Wasserman, M55 G LaTorre, R Fuller, M Cote, M60 M Sanchez, B Feaster, B Stevens, M65 V Regier, B Jordan, C Orndoff, M70+F Toner 73, A Fairchild 76, W Bigelow 82, W30 J Margerum, W35 M Lewis, L McCarthy, M40 B Mason, W45 J Duff, W65 s Dietdrich.

200m

Table with 2 columns: Name and Time. Includes M30 J Smith, A Tucker, C Hughes, M35 M Qualls, R Stokes, W Trudeau, M40 R Sims, F Malone, R Yeck, M45 P Raymond, L Lettieris, G Mader, M50 M Adamson, D Duffy, B Knocke, M55 G LaTorre, R Fuller, M Cote, M60 M Sanchez, B Stevens, B Feaster, M65 V Regier, b Jordan, C Orndoff, M70+F Toner 73, P Spangler 94, W35 M Lewis, W40 B Mason, J Ace, W45 J Duff.

400m

Table with 2 columns: Name and Time. Includes M30 C Hughes, A Tucker, J Shepardon, M35 M Qualls, R Fisher, R Trudeau, M40 R Sims, E Washington, R McHugh, M45 d Pogue, S Barnett, P Raymond, M50 M Adamson, M55 R Fuller, M60 M Sanchez, B Stevens, F Gunther, M65 W Atcheson, B Jordan, M70+P Spangler 94, W30 J Case, W40 D Grafius, J Ace, W55 R Kerr.

800m

Table with 2 columns: Name and Time. Includes M30 A Pacheco, M35 R Kushman, J Fabris, K McMillan, M45 S Barnett, D Duffy, M50 W McMillan, T Nelson, M55 J Bevins, P Richardson, N Saucedo, M60 F Gunther, J Metzgar, M65 A Bryant, D King, M70+P Spangler 94, W30 F Nunley, J Case, W40 D Grafius, M Villar, L Mantynen.

Table with 2 columns: Name and Time. Includes W55 V Bigelow, R Kerr, 1500m, M30 S Kautz, M35 R Kourman, N Mourtos, M40 D Amster, J Casillas, J Gorman, R Govi, M45 G Brock, J Hampton, M50 H Franklin, T Rostege, M55 J Bevins, M60 C Ellsworth, M65 A Bryant, D King, W Atcheson, M70+P Spangler 94, W30 T McCourt, F Nunley, W40 M Villar, L Mantynen, W55 V Bigelow, 5000m, M35 N Mourtos, M40 D Amster, G Galloway, M45 M Dove, B Dunn, B Clark, M50 T Mann, M55 J Bevins, M60 C Ellsworth, M65 D King, Short Hurdles, M40 S Pardi, M45 F Johnston, M Holzgang, M60 M Sanchez, J Martel, M70+W Dahlin 72, Long Hurdles, M35 S Vegar, M40 S Jones, M55 O Legend, M60 M Sanchez, M65 C Orndoff, M70+W Dahlin 72, 4x100m Relay, M30-34 Jaguar TC, 4x400m Relay, M30-34 Run West TC, High Jump, M30 D Kolakowski, M40 P Sullivan, C Johnston, M45 B Wood, M Holzgang, M50 J Burns, H Pettegrove, D Stempel, M55 P Fehlen, M Newton, M60 M Sanchez, M65 J Silsdorf, M70+W Dahlin 72, W Bigelow 82, B Boucke 79, W45 B Stratton, Pole Vault, M30 B Olsen, M40 J Williams, E Seese, B Ceron, M45 P Heglar, B Holting, R Werne, M50 D Stempel, M60 A Brenda, T Harney, M65 D Grosh, M70+J Vernon 76, Long Jump, M40 S Pardi, R Holmes, C Johnston, M45 B Wood, M Holzgang, C Clipp, M50 D Stempel, M55 O Legend, M60 A Brenda, M65 J Silsdorf, M70+B Boucke 79, W30 J Margerum, W35 L McCarty, W45 B Stratton, Triple Jump, M30 D Medina, M40 D Behrens, C Johnston, S Pardi, M45 B Wood, M Holzgang, M50 D Stempel, M55 O Legend, G Dawson, M60 A Brenda, J Cauldwell, Shot Put, M30 J Garvey, M35 G Trefalis, E Hodgdon, M40 - McKay, G Kelmenson, M45 J Woods, M Garrett, M50 M Parker, D Faler, M55 J Hart, J Ross.

Table with 2 columns: Name and Time. Includes M60 B Feaster, M65 E Chynoweth, J Silsdorf, M70+R Carter 79, B Cronkhe 76, H Boucke 79, W40 J Stratton, Discus, M30 J Garvey, M40 G Kelmenson, M50 M Parker, D Nuttall, M55 J Hart, J Ross, M60 A Brenda, J Cauldwell, M65 W Atcheson, J Silsdorf, M70+R Carter 79, B Stone 73, H Cronkhe 75, W40 J Stratton, W65 S Dietderich, Hammer, M35 E Hodgdon, M40 B McKay, M55 J Hart, M65 J Silsdorf, M70+B Stone 73, B Boucke 79, W40 J Stratton, Javelin, M40 B Powers, M50 J Burns, D Nuttall, M55 P Conley, W50 F Conley, W65 S Dietderich, 5000m Racewalk, M40 S Bockoven, A Klein, M45 D Wong, M50 K De Ford, C Woods, M55 J Fisher, M60 D Petruzzi, D Kobrin, M70+D Cotner 70, G de Petra 82, S Sorensen 71, W35 T Iknoian, L Leiker, M40 C Mash, W45 J Nedelco, H Rigney, W55 P Graves, G Selle, W65 J Cotner.

Stanford Throws Series #17 Stanford U; June 26

Table with 2 columns: Name and Time. Includes Shot Put, M35 Eric Hodgdon, M40 Davie McKenzie, Gary Kelmenson, Discus, M40 Gary Kelmenson, M55 Joe Keshmiri, Hammer, M30 Torre Gustafson18#, Dave Swan, M35 Eric Hodgdon, M40 Davie McKenzie, Gary Kelmenson, M70 Bob Stone, Javelin, M40 Tony Grant, Gary Kelmenson, Weight Throw, M35 Eric Hodgdon, M40 Gary Kelmenson, M70 Bob Stone.

USATF So. Cal. Championships Norwalk; June 27

Table with 2 columns: Name and Time. Includes 100m, M30 Mike Streeter, M40 Eugene Driver, Glenn Johnson, M45 Frank Little, Sheridan Groves, M50 Stephen Robbins, Don Parker, M55 Milt Newton, Richard Glasgow, M60 Frank Kishi, M65 Jock Jooey, Joe Welch, M70 Tom Pico, George Simon, M30 April Thomas, W35 Wendy Jacob, W55 Julie Lopp, W60 Magdalena Kuehne, M30 Mike Streeter, M35 Wn Harry, Pete Takematsu, M40 Eugene Driver, Glenn Johnson, M45 Frank Little, M50 Charley Loftis, Bob Morgan, M55 Milt Newton, Roget Tsuda, M60 Frank Kishi, M65 Jock Jooey, Harold Willis, M70 Tom Pico, George Simon.

SCA/USATF District Pentathlon/Weight Pentathlon Championships; Los Angeles; June 19

Table with 2 columns: Name and Time. Includes STEEKLINBURG, Annelies 45-49, STOUGH, Tina 40-44, CARNINE, Ken 85-59, RICCIARDI, Armando 70-74, ARCHIBALD, RICHMOND 60-64, OVIATT, Ted 55-59, FITZHUGH, Ray 55-59, ROWAN, Terry 50-54, REILLY, Frank 45-49, WEINSTOCK, Wm. 45-49, SIART, Wm. 45-49, KILROY, Jon 40-44, ROOK, Ron 40-44, CAIN, AI 40-44, HECKER, Andrew 35-39, STREETER, Mike 30-34, HUFF, Karen 50-54, HACKETT, Hugh 70-74, MINAH, Jim 70-74, SMIT, Jan 60-64, DEVLIN, Mike 60-64, DOUGLASS, Dave 60-64, SCHIAVO, Luigi 50-54, WOODWARD, Mike 50-54, STARBUCK, Thomas 45-49, DELLER, Mike 40-44, IVORY, Robert 30-34, Invitational: SP W55 Christel Miller 8.89/W60 Shirley Kinsey 6.68/UT M55 40.32/M55 Clarence Treat 29.22/W40 Janet Wilson 43.30, W35 Wendy Jacob, W40 Tina Stough, W45 Suzanne Schweitzer, W50 Jeanne Carter, W55 Julie Lopp, M30 Aaron Gray, M35 Peter Mogg, Kirby McMullan, M40 Eugene Driver, Herman Castille, M45 Rob Russell, M50 Don Parker, Steve Ryan, M55 Jesse Carrington, M60 Ross Dunton, M65 Louis Beadle, M70 Joan Case, M75 Jeane Hoagland, M35 Neil Bojko, M40 Rick Garrison, M45 Otto Petersen, M50 Rich Jones, M55 Jim Bevins, M60 Ray Archibald, M65 Harold Willis, M70 Carolyn Beck, W45 Bonnie Frankel, M30 Gil Guzman, James Reed, M35 Joe Steinman, Irwin Merain.

Table with 2 columns: Name and Time. Includes M45 Tony Quintero, M50 Richard Jones, M60 Mel Schultz, Ray Archibald, M65 Avery Bryant, W40 Marina Jones, M300m, M35 Joe Steinman, M40 Steve Kellmyer, M45 Otto Petersen, M60 Ray Archibald, Wal De Roth'e, Short Hurdles, M30 Lavell Davenport, M45 Sheridon Groves, M55 Al Henry, M60 Will Robinson, Bill Adler, M70 Burl Gist, George Simon, Long Hurdles, M30 Mike Streeter, M35 Andrew Hecker, M45 Sheridon Groves, Jorge Birnbaum, M50 Bill Knocke, Bob Morgan, M60 Will Robinson, Dave Douglass, Steeplechase, M35 Neil Bojko, M50 Luigi Schiavo, M55 Jim Bevins, M65 Avery Bryant, 4x100m Relay, M45 Monsoon TC, High Jump, M35 Mel Embree, M45 Chas Rader, Roberto Pozzi, M55 Milt Newton, Phil Heaton, M60 Dave Douglass, M75 Jim Vernon, M80 Carol Johnston, W45 Ann Steekelenburg, W55 Christel Miller, Pole Vault, M40 Wn Stamper, M45 Gregg Miguel, Wayne Shaul, M55 Hal Smith, M75 Jim Vernon, M80 Carol Johnston, W60 Shirley Kinsey, Long Jump, M30 Rudy Huber, M40 Don Perkins, Vinson Nobles, M45 Jorge Birnbaum, LeRoy Clipp, M55 Roget Tsuda, Ed Martin, W40 Deby Swezey, Tina Stough, W45 Ann Steekelenburg, W55 Christel Miller, W60 Magdalena Kuehne, Triple Jump, M30 Lev Davenport, M35 Tom Stuthard, Andy Hecker, M70 Chas Mercurio, W60 Magdalena Kuehne, Shot Put, M35 Val Olotoa, Scott West, M40 Wn Pendleton, Russ Reabold, M45 Doug Wells, Dan Borrey, M50 Art Altschiller, Luigi Schiavo, M55 Hal Smith, M60 Dave Douglass, Walt DeRoth'n'e, M65 Bill Bangert, M70 Wilbur Thompson, Mik Logan, W40 Janet Wilson, W55 Christel Miller, Hammer, M35 Scott West, M40 Ed Arcaio, Wn Pendleton, M50 Wbe Sheinker, Luigi Schiavo, M55 Bob Humphreys, M60 Dave Douglass, M65 Bill Bangert, M70 Mike Logan, Javelin, M30 Mike Streeter, M40 Ron Rook, M45 Tom Starbuck, Wn Siart.

Continued on next page

National Masters News

August, 1993

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M50 Dave Nuttall 36.08, Luigi Schiavo 24.58, M55 Hal Smith 37.94, etc.

Trojan Masters Track Classic Los Angeles, CA July 11

Table with 2 columns: Name and Time. Includes entries like M100 Luis Morales 11.18, M30 J Smith 11.65, M35 James Bonilla 11.65, etc.

200 Meters

Table with 2 columns: Name and Time. Includes entries like M30 Luis Morales 22.21, M35 Kipperr Bell 23.99, M35 Dennis Scott 23.19, etc.

300 Intermediates

Table with 2 columns: Name and Time. Includes entries like M50 Fred Neidermeyer 46.73, M60 Marion Sanchez 45.51, M60 Will Robinson 49.30, etc.

Table with 2 columns: Name and Time. Includes entries like Bob Holmes 69.68, Phillip Williams 1:11.70, Louis Simms 1:15.03, etc.

800 Meters

Table with 2 columns: Name and Time. Includes entries like M30 Stephen Taggart 2:13.51, M35 Peter Mogg 2:02.23, M35 Neal Bojko 2:07.00, etc.

1500 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Lee Johnson 4:44.27, M40 Ian Cumming 4:16.36, M40 Ron Rook 5:00.75, etc.

5K Run (hand times)

Table with 2 columns: Name and Time. Includes entries like M30 Gil Guzman 16:27, M30 Stephen Taggart 16:34, M30 Frank Ebner 16:50, etc.

100 Hurdles

Table with 2 columns: Name and Time. Includes entries like M50 Walt Butler 14.05, M50 Larry Sallinger 15.59, M50 Fred Niedermeyer 16.03, etc.

80 Hurdles

Table with 2 columns: Name and Time. Includes entries like M70 Walter Dahlin 15.16, M70 Burl Gist 15.79, M70 Bob Hunt 17.13, etc.

400 Intermediates

Table with 2 columns: Name and Time. Includes entries like M30 Robbie Birdwell 62.1 ht, M35 Andrew Heckler 1:11.04, M45 Sheridon Groves 66.93, etc.

300 Intermediates

Table with 2 columns: Name and Time. Includes entries like M50 Fred Neidermeyer 46.73, M60 Marion Sanchez 45.51, M60 Will Robinson 49.30, etc.

4 X 400 Relay

Table with 2 columns: Name and Time. Includes entries like M45 Pico Rivera A.C. 4:59.34

Table with 2 columns: Name and Time. Includes entries like M55 Everett Murdoch 4' 3", M55 Phil Fehlen 5' 5", M55 Nick Newton 5' 5", etc.

Pole Vault

Table with 2 columns: Name and Time. Includes entries like M30 Robert Gonzalez 9' 6", M35 Mike Hogan 15' 0", M40 Matt Wagner 13' 0", etc.

Long Jump

Table with 2 columns: Name and Time. Includes entries like M30 Lavelle Davenport 20' 9", M35 Mike Streeter 14' 5", M35 Andrew Heckler 16' 10", etc.

Triple Jump

Table with 2 columns: Name and Time. Includes entries like M35 Tom Stuhard 40' 6 1/2", M40 Joel Whitfield 36' 5", M40 Mike Deller 42' 3", etc.

Shot Put

Table with 2 columns: Name and Time. Includes entries like M35 Mike Bailey 50' 0 1/2", M40 Scott West 42' 4 1/2", M40 Bill Pendleton 45' 3", etc.

Discus

Table with 2 columns: Name and Time. Includes entries like M35 Mike Bailey 137' 3", M40 Mike Deller 140' 0", M40 Russ Reabold 125' 0", etc.

Table with 2 columns: Name and Time. Includes entries like M30 Mike Streeter 100' 2", M30 Tom Wendler 98' 4", M35 Mike Bailey 163' 11", etc.

NORTHWEST

Tom Gage Classic Bozeman, MT; May 16

Table with 2 columns: Name and Time. Includes entries like Shot Put M45 Bob Sager 38-5, M50 Tom Gage 52-6, etc.

Athletics East/Inspport Street Mile

Table with 2 columns: Name and Time. Includes entries like Gresham, OR; June 5, Elite M40+ Eric Ojala 40 4:24.65, etc.

Senior Sports Festival Seattle; June 5

Table with 2 columns: Name and Time. Includes entries like 100m M30 Gerald Edwards 11.96, M35 Randy Blomgren 13.75, etc.

Table with 2 columns: Name and Time. Includes entries like M65 Tom Norwood 15.35, M75 Al Klier 18.49, M80 Henry Schumacher 29.96, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Tim Douglas 64.96, M40 Dennis Creson 58.03, M50 Ron Jensen 59.15, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Mike McCluskey 2:02.04, M35 Greg Beyerlein 2:04.49, M40 Robert Walker 2:06.60, etc.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Iffrig 5:05.57, M60 Mel Preedy 5:32.71, M65 Louie Miovski 6:18.86, etc.

400 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

800 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

1500 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

5000 Meters

Table with 2 columns: Name and Time. Includes entries like M30 Tim Swietlik 16:30.99, M35 Jim Ney 34:05.10, M35 Chris Marks 35:15.80, etc.

10000 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Jim Ney 34:05.10, M35 Chris Marks 35:15.80, M35 Joe Sherry 35:24.20, etc.

Shot Put

Table with 2 columns: Name and Time. Includes entries like M30 Doug Porter 11.30, M40 Bob Cox 8.43, M45 George Mathews 11.44, etc.

Discus

Table with 2 columns: Name and Time. Includes entries like M45 George Mathews 33.64, M50 Robert Roy 43.44, M55 Turk Markishtum 35.50, etc.

Javelin

Table with 2 columns: Name and Time. Includes entries like M30 Doug Porter 21.56, M45 George Mathews 45.74, M50 Brad Wilson 21.28, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Jack Coy 14.19, M45 Joanne Stewart 15.73, M50 Rose Schlewitz 17.84, etc.

200 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

400 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

800 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

1500 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

5000 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

10000 Meters

Table with 2 columns: Name and Time. Includes entries like M35 Wayne Franklin 25.06, M40 Steve Brown 26.43, M45 Wayne Grupp 25.23, etc.

Shot Put

Table with 2 columns: Name and Time. Includes entries like M30 Doug Porter 11.30, M40 Bob Cox 8.43, M45 George Mathews 11.44, etc.

Discus

Table with 2 columns: Name and Time. Includes entries like M45 George Mathews 33.64, M50 Robert Roy 43.44, M55 Turk Markishtum 35.50, etc.

Continued on next page

Continued from previous page

Table of race results for various events including 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 5000m Racewalk, 100m High Hurdles, 5000m Racewalk, 3000m Racewalk, High Jump, Long Jump, Triple Jump, Discus, Shotput, and Javelin.

Volcano Classic St. Helens, OR June 12

Table of race results for the Volcano Classic event, including 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 5000m Racewalk, 100m High Hurdles, 5000m Racewalk, 3000m Racewalk, High Jump, Long Jump, Triple Jump, Discus, Shotput, and Javelin.

100 Meters

Table of 100m race results for various events.

200 Meters

Table of 200m race results for various events.

400 Meters

Table of 400m race results for various events.

800 Meters

Table of 800m race results for various events.

INTERNATIONAL

Natal Championships Durban, South Africa; April 17

Table of race results for the Natal Championships in Durban, South Africa.

100m

Table of 100m race results for various events.

200m

Table of 200m race results for various events.

400m

Table of 400m race results for various events.

800m

Table of 800m race results for various events.

1500m

Table of 1500m race results for various events.

Table of race results for various events including 500m, 1000m, 1500m, 2000m, 2500m, 3000m, 3500m, 4000m, 4500m, 5000m, 5500m, 6000m, 6500m, 7000m, 7500m, 8000m, 8500m, 9000m, 9500m, 10000m.

5000m

Table of 5000m race results for various events.

10000m

Table of 10000m race results for various events.

5000m Racewalk

Table of 5000m Racewalk results for various events.

10000m Racewalk

Table of 10000m Racewalk results for various events.

5000m Racewalk

Table of 5000m Racewalk results for various events.

Table of race results for various events including 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

10000m

Table of 10000m race results for various events.

15000m

Table of 15000m race results for various events.

20000m

Table of 20000m race results for various events.

25000m

Table of 25000m race results for various events.

30000m

Table of 30000m race results for various events.

Table of race results for various events including 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

35000m

Table of 35000m race results for various events.

40000m

Table of 40000m race results for various events.

45000m

Table of 45000m race results for various events.

50000m

Table of 50000m race results for various events.

55000m

Table of 55000m race results for various events.

Ronkokoma 4 Mile Long Island, NY; May 26

Table of race results for the Ronkokoma 4 Mile event in Long Island, NY.

Ridgewood Master's Mile Ridgewood, NJ; May 31

Table of race results for the Ridgewood Master's Mile event in Ridgewood, NJ.

The Ridgewood Run 5K Ridgewood, NJ; May 31

Table of race results for the Ridgewood Run 5K event in Ridgewood, NJ.

The Ridgewood Run 10K, Ridgewood, NJ; May 31

Table of race results for the Ridgewood Run 10K event in Ridgewood, NJ.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old.

NATIONAL

USATF National Masters Half-Marathon Championships Fairfield, CT; June 27

Table of race results for the USATF National Masters Half-Marathon Championships.

EAST

Southampton 8K Long Island, NY; May 5

Table of race results for the Southampton 8K event in Long Island, NY.

New England AC Grand Prix Agawam, MA; May 23

Table of race results for the New England AC Grand Prix in Agawam, MA.

Team Results:

Table of team results for various events.

EAST

Southampton 8K Long Island, NY; May 5

Table of race results for the Southampton 8K event in Long Island, NY.

New England AC Grand Prix Agawam, MA; May 23

Table of race results for the New England AC Grand Prix in Agawam, MA.

Continued from previous page

W60 Toshiko Delia 45:50
Helen Anderson 53:34
Melva Murray 57:43
W65 Janine Maltas 51:58
916 Finishers

Freddie Mac Run for Shelter 5K Washington, DC; June 6

Overall Andrew Flood 15:38
Jennifer Clarkin 18:54
M40 Thomas Skelly 18:26
Jay Jacob 18:29
Rick Loughery 18:31
M45 Bob Oberti 16:41
Paul Quinn 17:20
James Medas 17:43
M50 Edward Doheny 17:35
Leland Brendsel 21:09
George Cushnac 21:11
M55 Al Marcy 21:23
Roger Bunkhart 23:53
Albert Green 25:09
M60 David Branch 21:19
Keith Olson 21:52
Roger Lowen 21:08
M65 George Robertson 26:09
Ray Blue 27:25
Harold Jones 35:43
M70 Alvin Guttg 32:40
Henry Heymann 32:54
M80 Harold Howard 65:14
Katherine Molestky 23:42
Betty Schultz 24:35
Susanne Furman 24:48
W45 Chris Stockdale 19:49
Elizabeth Rodriguez 21:47
Evelyn Holst 24:02
W50 Susan Doherty 25:40
Karen Lovelace 28:32
Carol Slich 31:10
W55 Charlotte Edwards 23:26
Tommi Ford 28:45
Ann Ball 37:53
W60 Frances Salatino 43:28
Laurette Kramer 44:02
Doreen Strahler 44:25

Westchester Half-Marathon New Rochelle, NY; June 6

Overall Jaime Palacios 33 1:11:16
Eileen Barnes Corley 1:21:21
M40 Lawrence Torella 1:13:18
Robert Briglio 1:19:26
Michael Dougherty 1:19:35
M45 Salih Talib 1:15:18
Hector Vargas 1:15:29
Adolf Lawrowski 1:21:58
M50 Samuel Skinner 1:19:01
Harvey Weisberg 1:19:18
L.A. Flores 1:20:27
M55 Alan Fairbrother 1:28:01
Philmore Brewer 1:31:05
G. Kirschner 1:37:54
M60 Arnie Green 1:30:41
Frank Lorey 1:40:25
Bill Horowitz 1:47:50
M65 John Corrigan 1:37:38
Frank Mortillo 1:45:59
Dimitrick Morca 2:11:17
M70 Francis Kwaku Wallace 1:54:55
Wallace Cutler 2:13:23
M75 Wilfredo Rios 2:14:39
Charles Feldman 3:16:47
Frank Brownstein 3:16:47
W40 Amy Bohrt 1:36:26
Laura Osorio 1:39:43
Carol Gellman 1:42:59
W45 Flora Flores 1:36:40
L. Dariusz 1:40:24
Laurie Baker 1:43:16
W50 P.L. Pamalee 1:38:43
Sara Herz 1:55:27
Ruth Greher 1:56:40
W55 Wen-Shi Yu 1:39:18
Lynn Sherman 1:54:00
Naomi Vogel 2:07:59
W60 Cassie Bazar 2:11:06
G. Ballesteros 2:44:12
Finishers: 675m/165w
Weather: 60°/h78%/wNW15mph

Johnson & Higgins Twilight Classic 5K, Parsippany, NJ; June 9

M40 David Dunne 16:27
Roger Price 16:39
Rolando Castro 16:54
Victor Cruz 17:28
M50 Jan Kristiansen 10:52
Scott Marsh 19:46
M60 Stan Chodnicki 21:06
Joseph LaRocca 22:57
Joseph Schulz 23:31
M70 Santee Tallia 24:36
Dudley Healy 24:45
Roland Mueser 39:07
W40 Jane Parks 21:15
Wendy Kovacs 21:54
Fran Drymon 23:24
M50 Madeline Bost 21:00
Joan Saltz 21:31
Ann Gillespie 23:23
W60 Lois Filreis 25:05
Joyce Kusche 26:30
Phyllis Gorman 29:14
1,080 Finishers

Jeff & Kay's Excellent Adventure 5K Waynesburg, PA; June 9

Overall John Campbell 14:44
Sandra Fischer 18:36
M10 John Campbell 14:44
Glenn Tacy 16:30
Ron Calissie 17:15
M45 Carl Hatfield 16:48
Joe Jannotta 19:33
Larry Hines 19:42
M50 Raymond Renaud 18:33
Jan Kikta 18:42
Rick Thistlewaite 19:15
M55 Joseph Silvaggio 23:36
Neal Sheridan 26:32
M60 Donald Zemer 20:40
Gehrett Smith 22:08
W40 Joan Hines 21:40
Renee Proden 23:04
Sue Blevins 23:56
W45 Sandy Miller 31:22
W50 Dolores Clarke 26:25
Margie Renaud 27:55
Ray Kikta 29:38

Mike Eruzione 5/10K Winthrop, MA; June 12

5K Overall Jose Tocha 14:49
Barbara Remmers 17:44
M40 Lou Ruggiero 16:13
Bob Hudd 17:40
M45 J. Roger Brown 17:32
Paul McCarthy 18:45
M50 Richard Auger 18:37
Jack Dobbyn 22:39
M55 Leonard Efron 18:10
Richard Sides 23:55
M60 John Booras 31:03
Nelson LeClair 34:46
M65 Thomas Gustenboden 32:52
M70 Jim Boudreau 34:03
M75 Brian Killkelly 31:35
Markus J. Smith 29:19
W40 Elizabeth Quinn 22:39
Sharon Dobbyn 31:19
W45 Doris Cate 32:57
Mary Guffey 32:57
W55 Jeanne Shepardson 33:31

Shelter Island 10K Shelter Island, NY June 12

Overall Kevin Ruch 30:21
Jeanne Peterson 35:21
M40 Paul Mascali 32:41
M50 Maury Dean 36:04
M60 Louis Joline 41:13
M70+Mel Freidel 64:38
W40 Lindsey Folsom 41:32
W50 Harriet Oster 48:10
W60 Joan Gillen 75:18

Run For the Roses 10K Denville, NJ June 19

OPEN MASTERS Men 42 Gary Fanelli 32:33
40 David Dunne 34:12
48 Atid Bellane 34:23
OPEN MASTERS Women 53 Madeline Bost 44:08
40 Pam Schottcnfld 44:15
42 Kuniko Hurley 45:34
M40 Roger Price 35:31
Walt Wisniewski 37:16
George Cleffi 38:04
M45 Jack Cubbinson 35:22
John Corcoran 36:15
Rodames Acosta 37:13
M50 Geo Wittman 39:08
WojtkDobrzanski 40:44
Scott Marsh 41:47
M55 Mike Evans 35:28
Eugene Chase 39:46
Jim Miller 47:49
M60 Bill Enole 44:32
Stan Chodnicki 46:00
Doug Dickerson 48:23
Lester Ridings 50:16
Leonard Morqan 52:34

Lesbian & Gay Pride 5 Mile Central Park, NYC; June 26

Overall Jerode King 27 26:14
Stacy Creamer 33 32:52
M40 Alden Clark 29:58
M45 Ed Barry 32:18
M50 Bill Loughran 31:40
M55 Jim Irvine 30:36
M60+Joe Burns 64 34:11
W40 Dorothy Fuscaldio 37:13
W45 Bonnie Dietrich 38:55
W50 Edith Jones 38:48

22nd Vestal 20K Vestal, NY; June 19

RESULTS GRADED BY AGE AND SEX BASED ON NATIONAL MASTERS NEWS TABLES
This listing is produced by adjusting each finisher's time based on tables
produced by The National Masters News and the World Association of Veteran
Athletes. The resulting time is theoretically what each runner should be
able to run at about age 27. In addition, female runners' times are
adjusted further so that male and female times can be listed together on
an even footing.
Awards are given to the first 27 on this list after removing the overall
3 male and 2 female winners of the race.

1 Ed Stabler 64 M 1:25:53 1:06:10
2 Margret Betz 56 F 1:34:06 1:07:06
3 Charlene Lyford 27 F 1:19:19 1:09:00
4 Timothy Wunsch 30 M 1:09:04 1:09:04
5 Charles Woldt 39 M 1:14:42 1:10:53
6 Bob Pulz 34 M 1:13:24 1:11:46
7 Kathaleen Dechard 23 F 1:22:30 1:11:46
8 Gary Fancher 32 M 1:12:43 1:11:55
9 Ronald Hulslander 36 M 1:15:19 1:12:48
10 Rob Vieyra 52 M 1:25:04 1:13:42
11 Ron Herreid 27 M 1:13:53 1:13:53
12 Gabe Yankowitz 43 M 1:19:55 1:13:54
13 Michael Hudyncia 34 M 1:15:44 1:14:03
14 George Grooms 53 M 1:28:42 1:16:12
15 Eric Eaton 33 M 1:17:57 1:16:39
16 Ron Findley 54 M 1:30:35 1:17:08
17 Robert Somerville 40 M 1:21:59 1:17:18
18 Kathy Kroft 39 F 1:34:41 1:17:44
19 Kim Collaro 36 F 1:32:55 1:17:51
20 Fran Fitch 42 M 1:23:53 1:18:05
21 Tim Rent 36 M 1:20:56 1:18:13
22 Fred Bostrom 55 M 1:32:54 1:18:25
23 Mark Smith 28 M 1:18:34 1:18:34
24 Rich DeFeo 45 M 1:26:13 1:18:40
25 Karen Kemmis Stopyr 32 F 1:32:03 1:19:06
26 Harland Bigelow 46 M 1:27:21 1:19:10
27 Barbara Ann Morriss 45 F 1:41:00 1:19:24
28 Greg Amend 28 M 1:19:44 1:19:44
29 Drew Wasko 40 M 1:24:34 1:19:44
30 Jerry Patton 58 M 1:37:18 1:19:47
31 Paul McMahon 44 M 1:27:04 1:19:59
32 Tom Povlock 59 M 1:38:36 1:20:03
33 Graham Upton 38 M 1:24:08 1:20:20
34 Dennis Uhlig 39 M 1:24:52 1:20:32
35 Brian Killkelly 29 M 1:20:38 1:20:38
36 Markus J. Smith 28 M 1:21:04 1:21:04
37 David Gerer 27 M 1:21:07 1:21:07
38 Tony Fulgerl 41 M 1:26:35 1:21:07
39 Richard Clements 50 M 1:32:24 1:21:20
40 Paul Dunham 51 M 1:33:14 1:21:26

W55 Edrie Ferdun 51:11
W60+Daisy Klein 67 51:15
Finishers: 425m/207w
Weather: 74°/h76%/w9mphSW

NYRRC Brooklyn Greenway 10K Prospect Park; June 27

Overall Blaine Backus 29 31:19
Adah Akor 18 37:15
M40 Mike Daugherty 35:17
Juan Cespedes 36:47
Larry Smith 37:32
M45 Vince Gaines 35:27
Adolf Lawrowski 36:39
Enrique Urrea 37:04
M50 Sam Skinner 35:15
Luis Flores 36:00
Manfred Konrad 36:36
M55 Murray Schader 43:06
Dario Deleon 45:20
M60 Al Puma 46:17
Georges Maurel 46:35
M65 Art Kalb 50:48
M75+George Jaffe 78 56:15
Wilfredo Rios 76 56:24
Chas Feldman 77 57:23
W40 Ellen Friedman 44:29
Carolyn Moore 45:54
Jacqueline Seltzer 46:02
W45 K Turowska 48:59
Sylvia Magdael 49:33
Pat Oleszko 50:20
W50 Pat O'Hanlon 50:39
Ruth Greher 52:04
Irene Sherbet 57:32
W55 Lynn Sherman 52:10
Anne Perzeszty 63:33
W60 Thielma Wilson 52:20
W70+Althea Jureidini 7579:29
Finishers: 344m/97w
Weather: 78°/humid/rain

Family Fun 4 mile Central Park, NYC; June 20

Overall Jaime Palacios 33 20:36
Gordon Bakoulis 32 21:40
M40 Bob Hemesch 21:58
Chip Carey 22:36
Larry D'Ippolito 23:19
M45 Phil Tona 25:09
George Kovacs 25:45
Kiyoshi Tagami 26:05
M50 Sam Skinner 21:58
Sid Howard 23:21
Manred Konrad 23:25
M55 James Fillis 24:59
Alan Fairbrother 25:14
Dan Jacobs 28:23
M60 Eric Seiff 27:12
Joe Burns 27:29
M65 John McManus 27:20
Jack Haar 27:58
M70 Wallace Cutler 31:22
Tom Gibbons 36:30
M75+Jim Keeney 77 35:09
Wilfredo Rios 76 36:49
Chas Feldman 77 36:50
W40 Maria Havrilak 33:38
Ellen Halperin 34:21
Andrea Talmud 34:23
W45 Ann Makoske 26:43
Bonnie Dietrich 30:32
Rita LaBar 32:02
W50 Ruth Greher 35:08
Ann Fahy 35:12
Barbara Bulow 35:47
W55 May Chou 30:36
W60 C G Goldblatt 39:37
Finishers: 556m/179w
Weather: 76°/h76%/w7mphNE

Firecracker 5K (1 mile long) Southampton, NY; July 3

Overall Kevin Corliss 16:00
Barbara Gubbins 17:54
M40 Ed Nolan 18:04
Phil Toths 18:14
M50 Maury Dean 17:49
Tony Nemesina 18:58
M60 Martin Smith 22:41
Ed Batcheller 23:48
M65 Warren Elmslie 21:45
M75+Andy Neidnig 28:39
W40 Diane O'Donnell 20:14
Barbara Seindnes 22:15
W50 Harriet Oster 22:23
W60 Lea Killian 27:01
W70+Loretta Sheehan 27:12

Long Island Women's 5K Jericho, NY; July 3

W40 Maddy Harmeling 48 19:14
W50 Janice McGeary 25:38
W55 Wen-Shi Yu 22:07
W60 Cecele Miller 26:47
W65 Margie Munro 27:36
W70+Erna Frank 76 44:00

Ft. Lauderdale 5K Racewalk Plantation, FL; July 4

Overall Eric Schmook 28 24:39
Linda Stein 45 28:23
M40 Willis Ross 46 34:33
M50 Jay Caplan 50 36:01
M60 Murray Glaser 63 32:45
M70 Chris Lorenzo 74 36:16
W40 Pat Baran 49 36:58
W50 Mary King 54 35:40
W60 Vivian Jeffers 69 36:55
W70 Mabel Rapplean 74 40:35
Age-Grading Miriam Gorden 3rdW 67 32:52/83.9%
Robert Fine 2ndM 62 28:10/81.9%
Linda Stein 1stW 45 28:23/80.5%

MID AMERICA Bolder Boulder 10K Boulder, CO; May 31

Overall Arturo Barrios 29:04
Uta Pippig 33:39
M40 Manuel Vera 30:48
Pierre Lervise 31:01
Rodolfo Gomez 31:22
Wilson Waigwa 31:33
Joseph Nzau 31:51
Pablo Vigil 32:22
Doug Bell 32:30
Domingo Tibaduiza 32:43
Chuck Sneed 32:55
Ric Rojas 33:29
M15 Dave Dooley 34:58
John Swartz 35:15
Bill Smitham 35:40
Charley Perez 35:90
Kent Oglesby 36:00
Sandy Dunlap 36:10
James Elsing 37:00
Fred Romkema 37:05
Greg Owings 37:08
M50 Pete Yharrat 35:39
Bill Stewart 36:17
Robert McAndrews 37:22
Eddie Schneider 38:17
Hector Isais 38:37
Abe Valdez 38:40
Bo Rodriguez 39:31
Dennis Kavanaugh 39:45
M55 Ken Randall 38:25
Phillip Mann 39:37
Ross Westley 40:12
Rich Romero 40:12
Ken Simms 41:54
Arch Harvey 41:56
Richard Sanderson 42:05
M60 Ken Luff 40:24
Verne Carlson 40:51
Bill Fortune 42:02
Bill Turley 43:23
Richard Nagler 44:90
M65 Ken Bodine 49:07
Jack Townshend 49:39
Gerald Puls 51:31
Dick Gardner 51:54
M70 Irving Weiss 54:09
Joseph Rheault 55:36
Rodge Rodgers 56:04
M75 Leslie Whittemore 1:02:32
M80 Walter Johnson 1:33:19
M85 William Royal 1:52:07
M90 Emil Demarche 2:41:46
W40 Carol McLatchie 36:12
Jacqueline Careau 37:27
Louise Fairfax 37:58
Sheri Hall 38:15
Lorraine Caldwell 38:47
Sally Brent 39:09
Ann Duxberger 40:58
Nathalie McCoy 41:05
W45 Laurie Binder 38:40
Manna Lukkien 40:25
Marilyn Stapleton 42:23
Gail Hunter 43:06
Bogie Bogner 44:27
Laurie Rugenstein 44:29
Mary Lee Lacroix 44:47
W50 Rosanne Pappas 45:52
Bette Poppers 46:05
Betty O'Leary 47:37
Patty DeZeroga 48:16
Caroline Luttrull 48:27
W55 Diane Palmason 45:02
Libby James 49:36
Grace Rome Kuhn 50:50
W60 Matilee Christman 54:01
Gloria Siekmeier 55:51
W65 Nancy Smalley 56:00
W70 Kaye Jean 1:05:06
W75 Verna Jacobs 1:13:03
W80 Helen Phillips 1:52:27

Cazenovia 10 Mile/5K Cazenovia, NY; July 4

--10 Mile-- Overall Bill Khan 20 53:51
Marian Teitsch 30 62:09
M40 Rich Rima 58:35
M45 Tom Lamme 58:43
M50 Lorne Runge 71:46
M55 Al Hummel 67:12
M60 Don Field 73:34
M65 Tom Walnut 80:00
M70 L. R. More 93:46
W40 Joan Butler 66:04
W45 Jennifer Calder 69:21
W50 Yvonne Tasker 80:44
W60 Lois Bell 90:37

NYRRC Brooklyn Greenway 10K Prospect Park; June 27

Overall John Trowse 26 15:02
Ann Nicholson 17 18:35
M40 Jeff Johnson 17:05
M45 Steve Murphy 18:23
M50 Ray Kneer 16:55
M55 Kermit Cadrette 19:56
M60 David Ianuzzi 21:37
M65 Howard MacMillan 23:13
M70 Vince Sabino 28:35
M75 Chas Jorgensen 31:58
W40 Diane Sherrer 21:49
W45 Diane Ward 28:05
W50 Jean Aldrich 31:59
W55 Shirley Pollay 33:57
W60 Anne Teitsch 33:54

SOUTHEAST Heritage 5K DeLand, FL; May 14

M40 D. Dees 17:25 16:06
C. Harms 17:57 16:42
G. Kenny 18:22 17:05
K. Booth 18:40 17:36
M. Michaud 19:03 17:57
M. Iluck 21:55 20:24
M45 J. Bryant 18:47 16:47
H. Shoff 18:53 17:06
P. Vernon 19:51 17:36
M50 R. Starnes 20:03 17:04
P. Little 20:13 17:47
M60 J. Blount 18:46 14:27
M65 E. Taylor 38:32 29:22
M75 H. Tucker 35:33 24:01
W40 B. Davis 26:46 22:07
P. Barnard 27:38 23:00
C. Lefko 28:52 23:40
W50 N. Duxbury 31:48 24:25
J. Scales 41:25 33:29
W55 L. Downs 40:09 29:19
W70 E. Geyer 29:03 17:50
W75 E. Pecoraro 35:16 19:31

Trinity Hospital Hill Half-Marathon Kansas City, MO; June 6

Overall Marcos Barreto 1:05:33
Madina Biktagirova 1:16:52
M40 Doug Kurtis 1:07:53
Dave Daun 1:14:49
Richard Jarrett 1:20:52
Frank Murphy 1:21:39
Terry Wiese 1:21:51
Bob Buhmester 1:22:01
Curtis Hancock 1:22:40
James Mahoney 1:23:39
M45 Bill Rodgers 1:08:05
Robert Fernandez 1:23:40
Roger Newell 1:23:59
Richard Ebel 1:24:45



Continued from previous page

Table of race results for Garden of the Gods 15K, Manitou Springs, CO; June 13. Includes names like Leonard Kupersmith, F. Brink, Mike Little, etc.

Garden of the Gods 15K Manitou Springs, CO; June 13

Table of race results for Garden of the Gods 15K, Manitou Springs, CO; June 13. Includes names like M411 Carpenter, Kathryn Evans, M40 Walt Seibert, etc.

Grandma's Marathon Duluth, MN; June 19

Table of race results for Grandma's Marathon, Duluth, MN; June 19. Includes names like Overall Doug Kurtis 41, Lorraine Hochella 29, etc.

VP Fair 10K/3K St. Louis, MO; July 4

Table of race results for VP Fair 10K/3K, St. Louis, MO; July 4. Includes names like Overall Eddie Hellebuyck, Heather Lucas, M40 Doug Kurtis, etc.

WEST

Table of race results for West region, including Fontana 5K and Gardena 5K. Includes names like M40 Donald Ocana, Kendall Scott, etc.

Gardena 5K Gardena, CA; June 6

Table of race results for Gardena 5K, Gardena, CA; June 6. Includes names like Overall Barak Hussein, Linda Sommers, M40 Nolan Smith, etc.

Palos Verdes Marathon Palos Verdes, CA; June 12

Table of race results for Palos Verdes Marathon, Palos Verdes, CA; June 12. Includes names like Overall Jaime Ortiz 30, Mary Blish 45, M40 Steve Radigan, etc.

Table of race results for Mother Lode Street Mile Sonoma, CA; June 27. Includes names like M40 Dom Tibaduiza 43, James Tracy 43, etc.

Mother Lode Street Mile Sonoma, CA; June 27

Table of race results for Mother Lode Street Mile, Sonoma, CA; June 27. Includes names like M40 Dom Tibaduiza 43, James Tracy 43, etc.

NORTHWEST

Northwest Natural Gas Spring Classic 8K Portland, OR; April 25

Table of race results for Northwest Natural Gas Spring Classic 8K, Portland, OR; April 25. Includes names like M40 Douglas Kurtis, Henry Rono, Bob G. Ray, etc.

Wyoming Marathon Laramie, WY; May 30

Table of race results for Wyoming Marathon, Laramie, WY; May 30. Includes names like 1 Clay Shaw, 2 Doug Laufer, 3 Mark Roccabruna, etc.

Table of race results for Rocky Mountain 50-Mile Run Laramie, WY; May 30. Includes names like 1 Randi Bronka, 2 Roger Frans, 3 Rex Metcalf, etc.

Rocky Mountain 50-Mile Run Laramie, WY; May 30

Table of race results for Rocky Mountain 50-Mile Run, Laramie, WY; May 30. Includes names like 1 Randi Bronka, 2 Roger Frans, 3 Rex Metcalf, etc.

Oregon RRC Summer 5K Hillsboro, June 17

Table of race results for Oregon RRC Summer 5K, Hillsboro, June 17. Includes names like M40 Geo Riemer, John Timoney, M45 John Larsen, etc.

Cascade Run Off 15K Portland, OR; June 27

Table of race results for Cascade Run Off 15K, Portland, OR; June 27. Includes names like Overall Sammy Lelei 28, Carolyn Schuwalow 27, Top Masters Men, etc.

Butte To Butte 10K Eugene, OR; July 4

Table of race results for Butte To Butte 10K, Eugene, OR; July 4. Includes names like Overall Matt McGuirk 28, Nicole Woodward 22, M40 Robert Towne, etc.

Table of race results for Brugge Veterans Grand Prix 10K/25K Brugge, Belgium; June 20. Includes names like M40 Andrew Catton, Karel Kovorka, Kirill Kosmin, etc.

INTERNATIONAL

Brugge Veterans Grand Prix 10K/25K Brugge, Belgium; June 20

Table of race results for Brugge Veterans Grand Prix 10K/25K, Brugge, Belgium; June 20. Includes names like M40 Andrew Catton, Karel Kovorka, Kirill Kosmin, etc.

Table of race results for various international events. Includes names like W70 Johanna Luther, Maki Sato, Tadako Sato, etc.

INTERNATIONAL

Brugge Veterans Grand Prix 10K/25K Brugge, Belgium; June 20

Table of race results for various international events. Includes names like W70 Johanna Luther, Maki Sato, Tadako Sato, etc.



Continued from previous page

RACE WALKING

**20K RW Championships
Eastern Regional
Championships
Central Park, NYC; May 30**

Doug Fournier	26	1:33:25
Nick Bdera	44	1:48:47
Takao Anano	43	1:50:26
Herb Zydek	51	1:52:35
E. Richardson	F54	1:59:14
Erroll Edwards	51	2:07:55
A. Fernandez	40	2:13:30
S. Shechter	60	2:15:59
Suzanne Burke	F43	2:18:58
Richard Lann	58	2:19:37
Per Hollander	51	2:22:47
Kint Shah	47	2:23:37
Larry Mishkind	64	2:24:42
Eugene Hobgood	56	2:34:30
Sol Tanenbaum	76	2:47:56
Elaine Leonard	F46	2:54:52
Steven Rogh	48	3:06:48
C. Narcisco	54	2:48:03

**Western Regional 10K
Racewalk Championships
Van Nuys, CA; June 13**

M45 Peter Armstrong	56:32
Steve Leitner	58:30
Ernest Ramos	66:47
M50 Larry Walker	47:08

Wayne Wurzbarger	56:52
John Schulz	59:21
M55 Carl Acosta	58:34
Richard Oliver	59:46
Arvid Rolle	64:50
M60 Jack Bray	54:01
Mel Schultz	62:48
Paul Sutherland	63:19
M65 Mel Grantham	70:40
M70 Jorge Newbery	72:32
W40 Lorraine Miller	60:49
Helen Hoover	64:54
W50 Jaye Hanley	60:03
Vangie Campos	64:08
W55 Carol Ferris	72:14
Pat Willis	78:07
W60 Ria Marsh	66:54
W65 Alice Garcia	78:01

**USATF Southeastern Regional
Masters 8K Racewalk
Championships
Taylors, SC; June 26**

Overall	
Ian Whitley	36:13.3
Cheryl Rellinger	41:55.4
M40 David Hale	46:14.5
M45 Paul Alvord	48:53.7
M50 Doug Brown	51:02.4
M60 Joe Rogers	51:29.0
M65 Bhag Sidhu	54:30.5
M70 L A Sloan	57:34.6
M80 Al Nellis	65:18.6

**Trojan Masters 5K Racewalk
USC Cromwell Track;
Los Angeles, CA
July 11**

M45 Steve Leitner	27:30
Rob McMillon	29:22
Ernie Ramos	30:09
M50 Wayne Wurzbarger	26:43
Bill Neder	27:38
Jesus Orendain	28:51
M55 Carl Acosta	27:55
Bob Meador	29:20
Arvid Rolle	30:40
M60 Mel Schultz	29:29
Paul Sutherland	29:57
John Gallagher	33:19
M65 Dick Underwood	34:01
Mac Noritake	34:31
M70 Jorge Newbery	34:09
W40 Helen Hoover	30:35
W45 Donna Cunningham	27:24
Barbara Kowalski	31:26
Yoshi Mitoma	32:15
W50 Jaye Hanley	29:47
Helena Gerundo	30:21
Tammy Kiernan	30:51
W55 Shirley Capps	32:54
Carol Ferris	34:07
Pat Willis	37:27
W60 Ria Marsh	32:38
W65 Joann Beers	34:00
Alice Garcia	37:43
five judges	



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Rankings

Continued from page 25

Men's 60-64

1-10	
James Stookey	5.29
Phil Mulkey	5.18
Clarence Trinkner	4.45
Ted Swanson	4.38
Hank Perry	4.25
Bill Butterworth	4.17
Stan Giles	4.17
Gordon Seifert	4.17
Harvey Lewellen	4.16
Bob Graham	4.08

11-20	
Bill Wright	4.08
Richard Greiwe	3.95
Jack Lance	3.81
FrancisLaPointe	3.78
Alan Maxwell	3.74
Don Sibigtroth	3.55
Russ McDaniels	3.51
Paul Soraparu	3.44
Walter Diggs	3.39
George Taylor	3.35

Men's 65-69

1-10	
Jim Gillcrest	4.87
Mel Larsen	4.80
Denver Smith	4.72
Jim Gilchrist	4.70
Chuck Sochor	4.54
Oscar Harris	4.50
Buck Bradberry	4.49
Frank Hayes	4.43
Ken Yahiro	4.41
Bill Daprano	4.26

11-20	
Bob Higginbotham	4.26
Tom Delany	4.24
Bill Townsend	4.23
Fred Hirsimaki	4.09
Helmut Lange	4.08
Jim Moorhead	3.75
Ed Failor	3.70
Eugene Hess	3.68
Don Brown	3.18
Don Grey	3.14

Men's 70-74

1-10	
Ed Lukens	4.66
Tom Patsalis	4.45
Boo Morcom	4.41
Vern Mattson	3.97
Mel Buschman	3.96
Tom Kennell	3.72
Ed Matthews	3.68
Arnold Scott	3.65
George Rajcevic	3.56
Art Holland	3.51

11-16	
Armando Ricciardi	3.47
Dick Bennett	3.34
Bud McGarvey	3.21
Bob Warwick	3.15
Ed Coyle	2.57
Cameron Hutcheson	2.50

Men's 75-79

Sparks Sorlien	3.68
Mel Flachs	3.37
Hans Warwas	3.17
Ham Morningstar	2.77

Men's 80-84

Karl Trei CAN	3.27
Claude Hills	3.23
Virg McIntyre	2.87
Jeremiah Gaines	1.86
M Bartels	1.51
- Clark	1.23

Men's 85-89

Russ Randall	2.66
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Women's 30-34

L Waltemate	3.86
Angela Nealy	3.41
Julie Wiedis	3.39
Marcia Wallace	4.04
Becky DeLass	3.89

Women's 35-39

Pamela King	4.38
Maria Mallia	4.32

Women's 40-44

Deb Vestal	2.59
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Women's 45-49

Phil Raschker	5.53
Lorraine Tucker	4.42
Liz McBlain CAN	4.41
Michael Marie Hill	4.03
Penny Danielson	3.91
Mary Lou Platis	3.04

Women's 50-54

Joann Grissom	3.47
Barbara Stewart	3.42
Ann Carter	2.97
Judy Willmott	2.97
- Ramsden	1.90
Essie Kea	3.47

Women's 55-59

Christel Miller	3.07
Dortha Swanson	2.64

Women's 60-64

Leonore McDaniels	3.63
Joyce Finley	2.01
- Ruben	1.75

Women's 65-69

Leonore McDaniels	3.70
Mavis Lorenz	3.44
Mary Holland	3.12
Mary Norckauer	2.88
Josephine Sullivan	2.87
Mary Boe	2.80
Patricia Peterson	2.73
Ann McGowen	2.45
Virginia O'Connor	1.33

Women's 70-74

Libby Hagemann	2.57
Doris Berlepsch	1.50

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