

NATIONAL MASTERS NEWS

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

169th Issue

September, 1992

\$2.50

Nationals Draw 1075 to Spokane

10 World and 31 U.S. Records Set in 100° Heat

A total of 1075 masters athletes from 48 states and three foreign countries took part in the 25th annual TAC/USA National Masters Track and Field Championships on August 13-16 in Spokane, Wash.

The number was the third largest ever for a national meet, surpassed only by the record 1450 who came to San Diego in 1989 and the 1090 who competed in Indianapolis in 1990.

Of the total competitors, 838 (78%) were men and 237 (22%) were women, the highest female percentage in any of the 25 national meets. The 48 states represented was also a new high, with only Maine and Wyoming not represented. Canada sent a large contingent and participants came from as far away as Australia and South Africa.

With family members and friends included, the meet had an economic impact in the Spokane area of \$1 million, according to the Spokane Visitors and Convention Bureau.

The event was held at Spokane Falls Community College, about four miles from downtown Spokane, and hosted by Spokane Sports Unlimited.

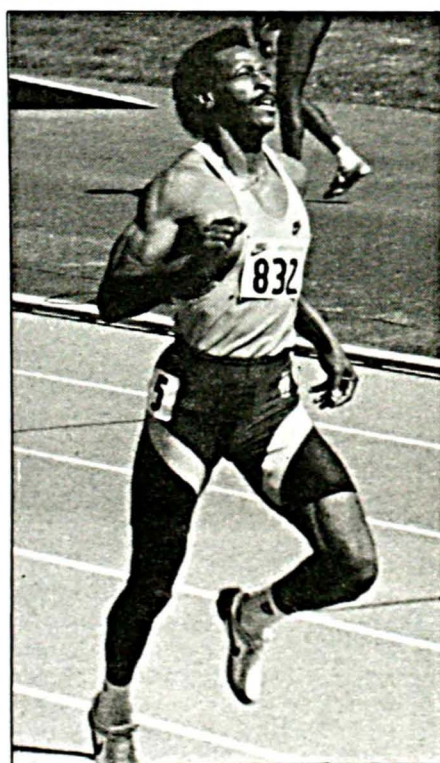
Competition was held in the traditional five-year age groups for both men and women from age 30-34 to age 95+. The oldest competitor was ninety-eight-year-old Tom Lane of San Diego, who won gold medals in the shot, discus and javelin.

After two back-to-back sessions in the Midwest, the meet returned to the Northwest for the first time since 1987, when Springfield, Oregon, was the host.

Unfortunately, the Midwest heat that hampered the 1990 Championships and the 1991 meets in Naperville,



Top finishers in the W60-64 5000 celebrate on the awards stand, National Masters Championships, Spokane, August 13-16. Marion Irvine, 62, Napa, Calif., was first (21:03.6); June Machala #1085, Spokane, second; Peggy Ainslie #1001, Seattle, third; and Thelma Wilson #1165, NYC, fourth. National Masters News/Jerry Wojcik



Stan Whitley, Alta Loma, Calif., won three M45-49 sprints and the long jump at the Nationals.

National Masters News/Jerry Wojcik

Ill., stalked the meet with a vengeance to Spokane, where the high daily temperatures (in the shade) were 98 (Thursday), 101 (Friday), 95 (Saturday), and 94 (Sunday). The stands were uncovered, so shade was at a premium. The temperatures on the track were an estimated 115-120 degrees.

But the record heat wave was offset by the equally warm reception given the athletes by the community of Spokane. The city's downtown streets were festooned with welcoming banners. A "Masters Night" was held at the local horse-racing track, dog-racing track, and baseball park. The opening ceremony featured skydivers and hearty welcomes by city officials.

10 World Records

At the close of the meet on Sunday, 10 world and 31 additional U.S. age-group records had fallen. Shirley Matson, 51, Moraga, Calif., altered four U.S. W50 records in her five victories from the 400 through the 10,000. Phil Raschker, 45, Marietta, Ga., took eight golds, which included one world and three U.S. W45 records. Pat Peterson, 66, Albany, N.Y., accounted for seven firsts and four U.S. marks. Polly

Clarke, 82, Estes Park, Colo., set two world W80 records in the sprints. Dan Buckley, 75, Phoenix, Ore., lowered two world M75 standards in the long hurdles and steeplechase.

Continued on page 3



Dan Bulkley, 75, Phoenix, Ore., on his way to a world record 56.50 in the M75-79 300mH at the Nationals.

National Masters News/Jerry Wojcik

CONTENTS

DEPARTMENTS

TAC Officers.....2
 Five Years Ago4
 Letters to the Editor4
 NMN Sustainers4
 Third Wind6
 Masters Racewalking10
 The Foot Beat12
 Ten Years Ago12
 Training Advice14
 Report from Britain17
 WAVA Officers17
 New Age-Group Athletes18
 Masters Scene19
 Schedule20
 Results22
 All-American Standards40

FEATURES

National T&F Meet.....1
 Nationals' Winners' Chart.....5
 Records at Nationals7
 Utica 15K8
 Stockbridge Summerfest8
 Nokomis Drum Run8
 National 10K Racewalk11
 Gardena 500011
 Trojan Meet12
 Nashville Meet.....12
 Illinois Meet12
 Boston Meet14
 Western States 10015
 Midwest Regionals16
 Helena Meet16
 Pain's Birthday16
 Texas Championships16
 Cleveland Classic16
 Russian Championships17
 European Championships17
 Western Regionals18
 Philadelphia Meet18
 Southwest Regionals.....18
 Indoor Rankings39

ENTRY FORMS

NMN Subscription Form.....4
 Crawford Norman6
 San Juan Meet.....9
 Racewalk Training Camp10
 Sri Chinmoy Meet12
 Classifieds13
 Publications Order Form13
 National 15K X-C.....15
 Track & Field News17
 NMN Advertising Rates.....19
 Las Vegas Half Marathon19
 National 10K X-C.....21
 T&F Rankings Book27
 Age-Record Book39

NATIONAL MASTERS NEWS

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



Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Managing Editor: Jack Hudock
Circulation Manager: Katie Williams
Advertising Manager: Open
Production Manager: Carol Covey
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: TACSTATS
Racewalking Records: Don Henry
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tynn

Correspondents: John Boyle (FL), Alex Coffin (NC), Bob Fine (FL), Carl Hammen (RI), Hal Higdon (IN), Bob and Carol Langenbach (WA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), Phil Raschker (GA), Bob Stone (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tynn (HI), John White (OH), David Zinman (NY), Maury Dean (NY).

International Correspondents: Alastair Aitken (GBR), Jorge Alzamora (CHI), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR).

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

Creative Art: Eugene Paasinen, Herb Parsons

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

The *National Masters News* is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director.

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

Some masters events are sponsored by TAC, 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 TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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

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

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

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

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

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

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

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

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)
 TRACK & FIELD

Chairman: Barbara Kousky 5319 Donald St. Eugene, OR 97405 (503) 687-8787	Secretary: Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216	Weight Events: Chuck Klehm 1218 North Route 47 Woodstock, IL 60098 (312) 551-3720	Regional Coordinators: East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547	Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066
Outdoor Meets: Bruce Springbett 220 Oak Meadow Dr. Los Gatos, CA 95030 (408) 354-7333	Treasurer: Al Sheahan P.O. Box 2372 Van Nuys, CA 91404 (318) 785-1895	Site Selection: Max Goldsmith 481 Marcus Lewisville, TX 75067	Southeast: Phil Mulkey & Phil Raschker P.O. Box 71022 Marietta, GA 30007 (404) 973-3825	West: Hugh Cobb 3180 Camino Arroyo Carlsbad, CA 92009 (919) 436-7696
Indoor Meets: Scott Thornsley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385	Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291	Race Walking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721	Midwest: Dick Green P.O. Box 6147 Rockford, IL 61125 (815) 332-4743	Northwest: Marti Thielman 406 W 32nd St. Vancouver, WA 98660 (206) 693-2256
Multi-Events: Rex Harvey 2661 Euclid Heights Blvd Cleveland Heights OH 44106 (216) 932-9368	Rankings: Jerry Wojcik 774 Blueridge Dr. Santa Maria, CA 93455	Team Manager: Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603	Awards: Bev LaVeck, above	WAVA Delegates: Barbara Kousky, Jerry Donley, Rex Harvey Alternates: 1) Pete Mundle 2) Marilyn Mitchell 3) Gary Miller
	Women's Representative: Christel Miller 1740 Grandview Ave. Glendale, CA 91201	Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 455-4440	Law Chairman: Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 (407) 499-3370	

LONG DISTANCE RUNNING

Chairman: Charles Des Jardins 5428 Southport Lane Fairfax, VA 22032 (703) 250-7955	Secretary: Carole Langenbach 4261 S. 184th Street SeaTac, WA 98188 (206) 433-8868	Championships: Kirk Randall 71 Bromfield St. Newburyport, MA 01950 (508) 465-9677	Championship Stats: Norm Green 405 Curtis Ct. Wayne, PA 19087 wk (215) 768-2480
Vice Chairman Men: Kirk Randall 71 Bromfield St. Newburyport, MA 01950 (508) 465-9677	Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391	Law and Legislation: Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218	Awards: Kirk Randall-Men Ruth Anderson - Women (address above)
Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)	Road Records & Rankings: Basil & Linda Honikman TACSTATS 915 Randolph Santa Barbara, CA 93111 (805) 683-5868	Nominations: Jerry Crockett 1124 W. Eskridge Stillwater, OK 74075 (405) 372-4010	Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553
			WAVA Delegates: Ruth Anderson, Norm Green

Nationals Draw 1075 to Spokane

Continued from page 1

Competition was available in 28 age groups with gold, silver, and bronze TAC national championship medals awarded to the top three U.S. citizens in each group. Per TAC masters rules, non-U.S. citizens who placed in the top three received duplicate medals. Ribbons were awarded to the fourth through six-place finishers.

A highlight of the four-day meet was the age-graded 100-meter dash. Each division winner of the 100m finals was invited to participate. Using the WAVA/NMN age-graded tables, each runner was given a distance handicap, based on age.

In the women's race, Clarke held off all younger runners to win in 11.20. In the men's contest, Bill Collins, 41, Missouri City, Tex., was the "champion of champions" for the third year in the last four, overtaking Payton Jordan, 75, Los Altos, Calif., in the last strides, 10.21 to 10.34.

The race was the culmination of Jordan's amazing masters career, which he topped by winning gold medals in the 100, 200 and regional relay.

Regional Relays a Hit

The regional relays turned out to be the hit of the meet. Held late Saturday afternoon, the Holiday Inn-sponsored event featured four 4x100 relay races among the seven masters regions: East, Southeast, Midwest, Mid-America, Southeast, West, and Northwest. The first race was for women age 50+, followed by women age 30-49, men 50+, and men 30-49. The 50+ teams were composed of four runners who lived in the same region whose total ages were 230 or more. The 30-49 squads were composed of four regional 30-49 runners whose total ages were 150 or more. Each team ran its youngest runner first, with the oldest anchoring. Each team wore different brightly-colored T-shirts, provided by Holiday Inns.

With the western teams expected to



Bill Collins, 41, far right, nips Payton Jordan, 75, far left, to win the men's age-graded 100-meter dash at the Nationals. Others, from left, are Jim Law, 65; Marion Sanchez, 60; Gil LaTorre, 55; and Paul Edens, 50. Photo by Gretchen Snyder

dominate, the East contingent, captained by Haig Bohigian, surprised in the senior women's race with a 62.90 victory. Next came the junior women and the East shocked again with an easy 51.08 triumph.

The West region staged a comeback with Jordan anchoring the senior men to a 49.04 win; then the West junior men's team blazed to a 42.42 win, but the East finished second (42.86) to score 31 total points overall to the West's 29, and claimed the \$1000 first prize from Holiday Inns.

The races were scored by points (10, 7, 5, 4, 3, 2, 1), with the West winning \$500 for second. The Southeast was third (21 points, \$400), followed by the Northwest (17, \$300), Mid-America (11, \$200), and Midwest (8, \$100). The Southwest did not field a team. Each region will determine how best to use its cash prize.

The camaraderie and enthusiasm were infectious, and Phil Mulkey, Holiday Inn representative and TAC Southeast Regional Chairman, said he hoped to repeat the event in 1993.

Some of the other top performances, by division, were:

M30-34

Peter Grimes, 33, San Francisco, posted quality wins in the short (14.43) and long hurdles (52.55). Jeff Helton, 31, Davie, Fla., had a rare gold combo, with a 2.00 HJ and a 13.97 TJ.



Wendell Palmer, 60, Pampa, Texas, M60-64 world-record holder in the discus, took the event in 176-5/53.78, with Len Olson (l), 61, Poyntelle, Pa., second, and Bill Garrahan, 63, Warwick, R.I., third, National Masters Championships, Spokane, August 13-16. National Masters News/Jerry Wojcik

M35-39

Martin Krulee, 35, San Jose, Calif., had the crowd abuzz with the meet's fastest 100 (10.97) and a 200 first (21.98). Ben Brown, 38, Ontario, Calif., took the 800 (1:56.04) in a tough field. Duncan Atwood, 36, Portland, Ore., included a 68.72 JT in his pentathlon win.

M40-44

Bill Collins, 41, Missouri City, Texas, raced to a WR 21.86 200 and won the 100 (10.99). Fred Sowerby, 43, Henderson, Nev., dethroned reigning 400 champion James King, 43, San Diego, Calif., with a 49.02. Ken Popejoy, 41, Wheaton, Ill., successfully defended his 800 (1:56.32) and 1500 (4:05.10) titles. Racewalker Ray Funkhouser, 41, Toms River, N.J., broke the U.S. record in the 5000 (22:27.0) and 20K (1:23:24).

M45-49

In a division filled with all-stars, Stan Whitley, 46, Alta Loma, Calif., took the three sprints handily and won the long jump by almost two feet at 21-9. Larry Alberg, 45, Ellensburg, Wash., dominated in the 800 (1:58.96), 1500 (4:02.40) and 5000 (15:31). Tom Gage, 49, Billings, Mont., was nonpareil in the HT (58.07) and won the SP and DT. Rex Harvey, 46, Cleveland, Ohio, took the pentathlon, and Gary Null, 47, NYC, the 5000 RW.

M50-54

Paul Edens, 51, Silverton, Ore., handed Walt Butler, 51, Pasadena, Calif., rare defeats in the 100 (11.88/11.89) and 200

(24.04/24.65). Butler won the 100H (14.01). Vic Heckler, 50, Chicago, starred in the middle distances, (2:06.44/4:25.37), while Mike Heffernan, 51, Portland, Ore., glittered in the long runs (16:05/34:17), Joe Keshmiri, 59, Reno, Nev., bested (15.07) a strong SP field, while Lloyd Higgins, 50, a coach in the Los Angeles area, gave lessons in the DT (56.66) and HT (51.50).

M55-59

Jim Mathis, 57, Memphis repeated as champion in the 400 (57.23) and won the 200 (25.43). Phil Mulkey, 59, Marietta, Ga., took the LJ (5.34) and TJ (10.05). Ed Oleata, 55, La Jolla, Calif., did an ironman with a pentathlon win and PV first (3.81). Jack Bray, 59, Greenbrae, Calif., was a double winner in the 5000 and 20K walks.

M60-64

Marion Sanchez, 60, Hayward, Calif., who says basketball is his favorite sport, managed, however, four firsts in the sprints and the 300H (45.65). Discus WR-holder Wendell Palmer, 60, Pampa, Texas, won with a 53.78 and took the SP (14.21). Max Green, 60, Taylor, Mich., strode to a U.S. record in the 5000 RW (25:48.16), and 20K (1:49:36).

M65-69

Jim Law, 66, Charlotte, N.C., won the dashes (13.12/26.63/63.45). Joe King, 66, Alameda, Calif., logged wins in the 1500 (5:05.62) and 5000. Mike Orlich, 66, Zephyr Cove, Nev., bested Phil Brusca, 65, Maryland Heights, Md., in the SP

Continued on page 5



James Stookey, 62, Dickerson, Md., first (10.13) in the M60-64 triple jump, waits for his award, with second Al Brenda, 64, Turlock, Calif., (9.58), third Jerry Reiserer, 62, Wichita, Kans., #695 (9.34), and fourth Robert Litton, Spokane, Wash., #510, (9.03). National Masters News/Jerry Wojcik



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

CROSS-COUNTRY CHAMPIONSHIPS

I do not think the WAVA Council should ever make decisions which affect the runners and the competitions, without first consulting those affected. I think two groups of cross-country competitors should be polled regarding the 1994 Cross-Country Championships: the ones who compete in Miyazaki in 1993, and the Hungarian competitors should Hungary be awarded the 1994 Championships.

I believe that runners who do not compete overseas should not be included in the poll. Polling these runners, who sometimes sign up for the international meets, but never actually go, would not give us an accurate assessment of what the travelling competitors want.

Marilyn Mitchell
New York, New York

OVERCOMING "BARRIERS"

I read with interest Mike Tymn's column (NMN July) in which he states the M45 10,000 "barrier" is 30 minutes (currently John Gilmour's 30:02.56). In September 1977, at the Pan Pacific Games trials, I broke the 10,000 "barrier" in 29:15. I was 45 at the time.

Jack Foster
Rotorua, New Zealand

EASTERN CHAMPIONSHIPS

I'd like to extend my thanks and appreciation to the officials who were responsible for putting on the TAC Eastern Championships. It was a pleasure to compete in a high jump where the event was broken up into reasonable age brackets, and it didn't take forever to get into the competition.

Jason Meisler
Santa Monica, California

BYRON FIKE ILL

Byron Fike, M80, often called the "Grand Old Man of Track," has been stricken with bone cancer. He is very weak and needs a walker to get around.

On October 6, he will be honored by being admitted to the Summit County Sports Hall of Fame in Akron, Ohio.

I'm sure he'd appreciate hearing from all of his friends. His address is 429 South Ave., Apt. 401, Tallmadge, OH 44278.

Bill Weinacht
Rocky River, Ohio

CORRECTION

I made an error when I sent in the results of the Minnesota Masters Track Meet on July 5. I should have listed Larry Marsh as the M60 division winner in the shot put with a throw of 39-10.

Rachel Lyga
Fridley, Minnesota

KUDOS

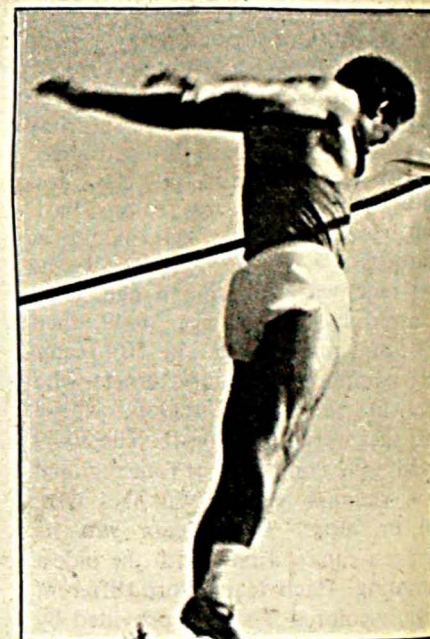
NMN is a great publication and it keeps getting better.

Carl S. Hammen
Saunderstown, Rhode Island



Ken Popejoy, 41, Wheaton, Ill., defended his 1500 (here, in 4:05.10) and 800 titles with M40-44 victories, National Masters Championships, Spokane, August 13-16.

National Masters News/Jerry Wojcik



Gary Hunter, 36, Fort Wayne, Ind., won the M35-39 pole vault (16-5), National Masters Championships, Spokane, August 13-16.

National Masters News/Jerry Wojcik

NATIONAL MASTERS NEWS

Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

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

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

Name _____

Address _____

City _____ State _____ Zip _____

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

Or Call:
818/760-8983

(Canadian checks accepted; add 15% to cover exchange. Please notify us of address changes four weeks in advance.)

Five Years Ago

- 20th Nationals Draw 976 to Eugene
- Phil Raschker Sets Three W40 WRs in Nationals (100/11.83, 400H/67.23, TJ/35-7)
- Doug Latimer, 49, is Top Master in Western States 100 Mile in 19:39:02
- Atlaw Belilgne, M40, Claims Masters Victory in Utica Boiler-maker 15K with a 50:26

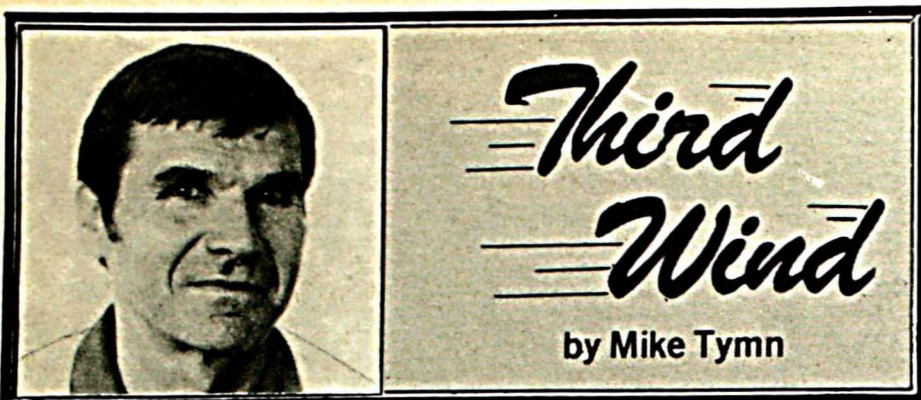
Eight Join NMN Sustainers

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

Special thanks this month goes to:

Leo Benning
Barbara Andersen
James McLatchie
Chester Unruh
Richard Donley
John Cook
Don Sibigroth
Allen McDaniel

Capetown, S.A.
St. Louis Park, MN
Houston, TX
Pearce, AZ
Tulsa, OK
Spring, TX
DeKalb, IL
Atlanta, GA



Efficient Swimming for Effective Cross-Training

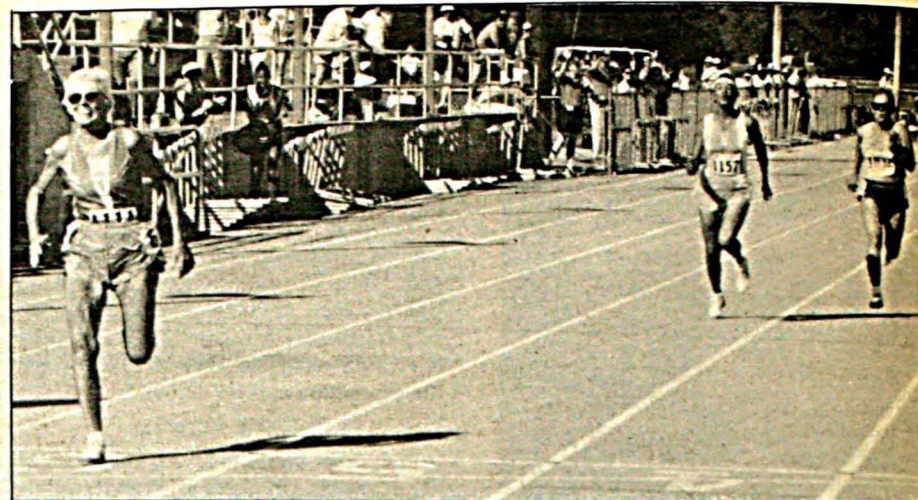
Watching Olympic swimmers in action, you might assume that swimming is as natural an activity as running. Not so. "It's a learned skill, like golf and tennis," says Jan Prins, former men's swimming coach at the University of Hawaii and now an associate professor of exercise physiology and biomechanics at that institution. "Not everyone can be a Mat Biondi, but there is a definite change in swimming speed if you observe what we call acceptable ranges of motion. If you stray outside of those ranges, you'll be going slow."

Masters track & field athletes and road runners who have come to recognize the value of cross-training, including swimming, may not be aware of some of the basic fundamentals of swimming. I sure wasn't.

Even though I had learned to swim, or so I thought, as a young boy, I had a rude awakening in 1959 when, as a young Marine Corps officer, I entered the All-Marine Triathlon, an event consisting of a 2-mile run, a 200-meter swim, and marksmanship with the .45

caliber pistol. I knew I could run and shoot well enough, and, since I had been able to outspurt most of my boyhood friends in races across 15- and 25-yard pools, I assumed I'd be able to do reasonably well in the swim. I also assumed that my running endurance would carry over somewhat to the demands of swimming 200 meters. I was wrong. I began struggling badly after one length of the 50-meter pool.

Still, I scored enough points overall to be informed by Colonel Don Hull,



Pat Peterson, 66, Albany, N.Y., breaks U.S. W65-69 record for the 100 with a 16.02, National Masters Championships, Spokane, August 13-16. Johnnye Valien, Houston, Texas, took second (18.36), and Shirley Dietderich, Berkeley, Calif., lane 4, third (18.84).

National Masters News/Jerry Wojcik

the officer in charge of the Army's Modern Pentathlon School at Ft. Sam Houston, Texas, that I would be considered for assignment to the school if I could cut 20 seconds off my swim time. I trained for two months, after which I went through a time trial and found myself around 20 seconds slower. I decided then that swimming was not my game.

Proper Breathing

I now know what the problem was: I didn't know how to breathe properly. I would gasp for air when my head was out of the water and hold my breath when it was in the water.

"I'm constantly surprised how many people don't know they're supposed to exhale in the water," said Prins, who earned his Ph.D. while studying under "Doc" Counsilman at Indiana University. "You exhale in the water and inhale when you turn your head. But there's more to it than that. Many people just explode it out through the mouth. What they need to understand is that you should exhale through the nose and mouth both, and you need to begin exhaling as soon as your face goes in the water. The air should go out smoothly so that the last bit of air is coming out as you turn your head to take the next breath."

Prins has reservations, though, as to the value of swimming for runners. "You'd think there would be, but actually there is very little crossover," he explained. "One of our physical therapists who is a very good biker and runner did a couple of 100s in the pool recently and, boy, she was just gasping. She was really winded after just three-or four-hundred meters. I think swimming is just so different from running and biking that nobody should really count on too much cross-training."

But Prins does feel that even though the musculature aspect is different that there is some cardiovascular carryover. Moreover, aging runners who find it difficult to bounce back the next day from running workouts can benefit from swimming as a calorie-burner as well as a muscle relaxer.

Focus on Efficiency

Prins also observed that too many inexperienced swimmers try to get by

on brute strength. "That seems to be especially true of triathletes," he said. "Because of their biking and running, they think they have to push hard. That's not really so true in the water. You have to focus more on efficiency and the only way you can get a handle on efficiency is by counting your strokes. I tell people if they can drop even two strokes in 25 yards, that's roughly the equivalent of swimming 100 yards less in the Tinman or 400 yards less in the Roughwater course. Most people can do more (than two strokes).

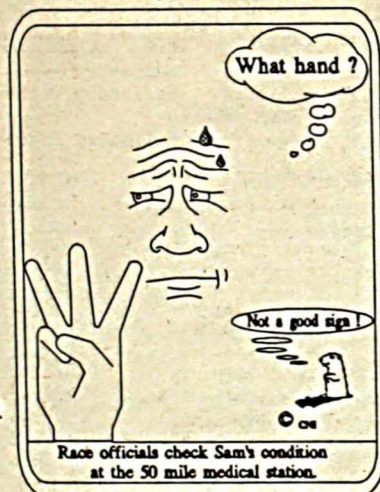
"Beyond a 25-yard all-out sprint, you can't sustain a real high turnover and keep your stroke efficient as well. Even the best swimmers in the world have to strive for efficiency in their stroke."

Kick Patterns

I had heard of swimmers changing their kick patterns by reducing the number of kicks per stroke and asked Prins if this is advisable. "Your kick should never be dictated by the turnover of your arms," he responded. "That's the bottom line. Years ago we used to say that distance swimmers had to kick two beats (per stroke) to conserve their energy and the sprinters had to have a six-beat kick. But then in the 1976 Olympics, the world-record holder in the 1500 meters was a six-beat kicker and the guy who broke the world record in the 100 freestyle two weeks after the Olympics was a two-beat cross-over kicker. So that theory went out the window. Your kick really should be your natural pace."

Prins feels that those training for competitive ocean swimming should spend more time in the pool than in the ocean. "If you just swim in the ocean, you get used to a nice, easy pace and it's very hard to break out of that," he offered. "If you're going to be successful at swimming, you've got to be able to regulate your intensity and it's very difficult to do that in the ocean. In the pool you can tell how hard you're going and vary the intensity by looking at the pace clock. What I tell people who ask me is that you might want to go in the ocean every fourth or fifth day but by and large you should be training three or four days out of that five-day cycle in the pool." □

From : Crawford Norman, Inc.
P. O. BOX 9003
Moscow, ID 83843



1993
CALENDAR

Follow the exploits of Sam, the ultimate ultrarunner.

ORDER FORM	
_____ Calendars @ \$ 9.95 each = \$	
Idaho Residents, add 5% Sales Tax	\$ _____
Shipping : \$ 1.00 per calendar	\$ _____
and \$.50 each additional calendar	
* Total	\$ _____
* Check or Money Order	
Payable to: CRAWFORD NORMAN, INC.	
(Allow 4- 6 weeks for delivery .)	

Spokane Nationals

Continued from page 5

M90-94

Arling Pitcher, 90, Indianapolis, chalked up seven firsts from the 100 (23.95) to the JT.

M95+

Tom Lane, 98, San Diego, Calif., who is blind, was a triple gold medalist in the M95+ SP, DT, and JT.

W30-34

Margaret Perrott, 33, Australia, was first in the 100 (12.91), with Louise Clark, 34, South Ozone Park, N.Y., U.S. gold medalist (13.53). Renee Sterrett, 30, Jamaica, N.Y., moved Perrott to second-place in the 200 with a 26.42 and won the 400 (58.55).

W35-39

Marcia Hulse, 37, Brooklyn, N.Y., won the 100 (13.02) and 200 (26.33). Danis Willet, 35, Stromsburg, Nebr., posted fastest 400 of the meet (57.37). Grace Apiafi, 35, Pasadena, Calif., turned in meet's bests in the (SP 14.14) and (DT 47.22).

W40-44

Polish Olympian Anna Wlodarczyk, 41, here on a tourist visa, broke the LJ WR (5.92) and was first in the 100 (12.87), 80H, and TJ, for which she also holds the WR. Donna Settles, 42, Marietta, Ga., was first U.S. in the 100 (13.74) and won the 200 and 400. Joan Stratton, 40, Mission Viejo, Calif., threw to golds in the SP, DT, and HT (36.00). Viisha Sedlak, 43, Boulder, Colo., won the 5000RW (25:06.7) but suffered her first masters loss to Gayle Johnson, 43, Columbia, Mo., in the 10K.

W45-49

Wunderkind Phil Raschker, 45, pole vaulted to a WR (2.61) and jumped to three U.S. records in her eight firsts, which started with the pentathlon on Thursday.

W50-54

Road-racer Shirley Matson, 51, showed that she was more than capable on the oval by winning everything from the 400 through the 10,000 (37:28.67), the last four with U.S. records. Vanessa Hilliard, 51, St. Petersburg, Fla., took firsts in the SP, DT, and HT (36.68).

W55-59

Carolyn Cappetta, 56, Concord, Mass., darted to wins in the 100, 200, and 400 (66.04). Jeanne Hoagland, 55, Los Angeles, ran a U.S. record 2:45.10 800, behind



Payton Jordan, 75, Los Altos, Calif., and Bill Weinacht, 75, Rocky River, Ohio, who went 1-2 in the 100 and 200, on the victory stand together for what may be the last time because Jordan announced he would retire after competing in the Nationals.

National Masters News/Jerry Wojcik



Phil Mulkey, left, representing Holiday Inns, and Barbara Kousky, TAC Masters T&F Chairman, present a \$1000 check and the winning plaque to Haig Bohigian, TAC East Regional Coordinator, and the winning East 4x100 relay teams in the All-Star Regional Relays. Photo by Gretchen Snyder

59-year-old Canadian Jean Horne's 2:44.54. Christel Miller, 57, Glendale, Calif., threw a national record JT (30.80) among her five firsts, including the pentathlon. Lucy Brobst, 59, Kitty Hawk, N.C., set a U.S. PV record (1.35).

W60-64

Betty Vosburgh, 61, Atlanta, TAC's 1991 female masters athlete of the year, broke the U.S. record in the TJ (8.05) in taking seven firsts. Lenore McDaniels, 64, Virginia Beach, Va., vaulted to a WR PV (1.85), winning three events. Ruth Eberle, 61, Florissant, Mo., doubled in the 10K and 5000 RWs, with a U.S. record 29:34.64 in the latter.

W65-69

Pat Peterson, 66, departed for her home in Albany, N.Y., with seven golds and four U.S. records — 100, 200, 80H (20.02), and 300H (73.09). Johnnie Valien, 67, Houston, Texas, LJ (3.24), and Miriam Gordon, 67, North Miami Beach, 5000 RW (31:50.53) captured U.S. records.

W70-74

Diane Friedman, 71, Cleveland, Ohio, took the 100 (19.00) and 200 (39.52). Carol Peebles, 71, Fond Du Lac, Wisc., churned out wins in the 400 (94.34) and 800.

W75-79

Pearl Mehl, 78, Boulder, Colo., was the master of the distance races, and Betty Jarvis, 77, Tahlequah, Okla., had a W40+ grand slam in the throws, including a 13.86 JT and 16.60 DT.

W80-84

Polly Clarke, 82, Estes Park, Colo., zipped to WRs in the 100 (19.32) and 200 (41.1). Canadian Ivy Granstrom, 80, included a 34:41 5000 in her three distance firsts.

Probably the oddest incident occurred when W50 5000-walk winner Elton Richardson, 53, NYC, wearing #50 in the 10K RW on Sunday, was mistakenly identified as #51 — who had apparently accrued too many RW infractions — and was pulled out of the race. Red-faced officials decided to award Richardson and Jaye Hanley, 52, San Diego, co-gold medals. Everyone agreed the whole business was unfair, but no one could come up with a wiser solution.

Outstanding Media Coverage

Athletes were pleased with outstan-

ding media coverage — spots and interviews on the nightly TV news, and feature stories, pictures, and three-deep results in the Spokane Spokesman-Review sports section. An awards stand for medal presentations worked well without being hokey.

The meet program was of high quality with several athletes' bios and all entrants listed by event and alphabetically. Unfortunately, it sold for \$3.00. That, and the sale of the previous day's results for \$1.00 caused volunteer of-

ficial Stan King and others to grumble that the meet was held "just to make money."

Some athletes felt some officials, not attuned to the ways of masters competitors, treated them with a heavy hand. On the other side, a discus competitor felt it was the best-officiated meet he'd ever attended.

Schedule Changes

Changing the times of some events, such as moving the 400 finals from 2

Continued on page 8

Age-Group Records Set at 25th TAC/USA National Masters Track & Field Championships Spokane, Wash., August 13-16, 1992

Event	Age	New Mark	WORLD RECORDS		Held By
			Name	Old Mark	
100	W80	19.32	Polly Clarke	20.44	Ruth Frith
200	M40	21.86	Bill Collins	21.9	Reginald Austin
200	M85	38.00	Russell Randall	39.3	Charles Booth
200	W80	41.1	Polly Clarke	45.27	Berta Hielscher
300H	M75	56.50	Dan Bulkley	56.82	Frank Finger
2000SC	M75	9:46.90	Dan Bulkley	10:10.66	Eugene Keller
2000SC	M80	13:24.59	Robert Boal	14:22.44	Charles Espy
PV	W45	2.61	Phil Raschker	2.51	Petra Pietersen
PV	W60	1.85	Leonore McDaniels	1.49	L. McDaniels
LJ	W40	5.92	Anna Wlodarczyk	5.83	Franciska Janssen
U.S. Records					
100	M85	17.89	Russell Randall	18.7	Buell Crane
100	W65	16.02	Pat Peterson	16.1	Polly Clarke
200	W65	33.21	Pat Peterson	34.2	Josephine Kolda
800	W50	2:25.29	Shirley Matson	2:31.41	Jutta McCormick
800	W55	2:45.10	Jeanne Hoagland	2:45.41	Vicki Bigelow
1500	W50	4:57.74	Shirley Matson	5:09.42	Jeanne Hoagland
5000	W50	18:02.0	Shirley Matson	18:44.6	Mila Kania
10,000	W50	37:38.67	Shirley Matson	38:53.6	Mila Kania
80H	M75	15.44	Herbert Miller	16.35	Claude Hills
80H	W65	20.02	Pat Peterson	20.61	Pat Peterson
300H	M80	83.53	Robert Boal	—	—
300H	W65	73.09	Pat Peterson	73.15	Pat Peterson
2000SC	W50	10:05.9	Judy Groombridge	—	—
HJ	W45	1.46	Phil Raschker	1.34	Pamela Calvert
PV	W55	1.35	Lucy Anne Brobst	—	—
LJ	W45	5.08	Phil Raschker	4.80	Irene Obera
LJ	W65	3.24	Johnnie Valien	3.18	Mary Bowermaster
TJ	M70	9.37	Tom Patsalis	9.17	Tom Kennel
TJ	W45	9.79	Phil Raschker	9.41	Pamela Calvert
TJ	W60	8.05	Betty Vosburgh	7.85	Leonore McDaniels
HT	M80	25.76	H. Paul Narcessian	24.78	Robert Ulsh
JT	W55	30.80	Christel Miller	30.53	Christel Miller
5000RW	M40	22:26.0	Ray Funkhouser	23:14	Robert Keating
5000RW	M60	25:43.16	Max Greene	26:03	Robert Mimm
5000RW	W35	25:32.4	Sally Richards-Kerr	—	—
5000RW	W60	29:34.64	Ruth Eberle	31:16	Collie Green
5000RW	W65	31:50.53	Miriam Gordon	32:46	Ruth VanSandt
10K RW	W35	53:33	Cindy Pafumi	—	—
10K RW	W60	59:43	Ruth Eberle	—	—
20K RW	M40	1:23:24	Ray Funkhouser	—	—
20K RW	M60	1:49:36	Max Green	—	—

Levisse, Grayson Steam in Boilermaker

by JERRY WOJCIK

Pierre Levisse, 40, of France/Colorado, who experienced his first loss since joining the masters ranks on July 4 in the Peachtree 10K, made up for it by beating an outstanding masters field with a course-record, 13th-overall 45:08 in the Utica Boilermaker 15K, Utica, NY, on July 12. John Campbell of New Zealand held the old record of 45:10, set in 1990.

Englishman Nick Rose, 40, was a far-off second, 40 seconds back, with a 45:48. Mexico's Artemio Navarro, 42, nipped Kenyan Joseph Nzau, Levisse's conqueror in the Peachtree, for third, both finishing in 46:09.

Levisse won \$1200, plus \$500 for the course record. Roger Robinson, M50, Vienna, Va., with a 53:57, won the top prize of \$500 of the M50+ cash awards.

Nancy Grayson, 42, of Columbia, S.C., after two near-record victories here, won her third consecutive W40-and-over title with a course record 54:58, seven seconds below Ngaire Drake's record of 1989. She, too, pocketed \$1200, plus the \$500 course-record bonus

Canadian Diane LeGare, 41, was a distant second with a 55:53. Suzanne Ray 40, of Alaska, third in 56:02, had the lead for a mile and ran with Grayson for another until Grayson took control.

Jane Hutchison, Webb City, Mo., won the W45 race in 57:55, with Barbara Filutze, Erie, Pa., second in 58:10.

Christine Tattersall, W50, Killingworth, Conn., won the first prize of \$500 of the allotted W50+ money, with a 61:03.

Open winners were Sammy Lelei (43:39) and Madina Biktagivora (50:22).

The race had 800 entrants at its inception in 1978. This year, a record 4600 entered, with a record 3975 finishing; total prize money was \$35,000.

Tragedy struck the race when a 52-year-old runner, who suffered from heart problems but had entered every race since 1982, collapsed at the seven-mile mark and was declared dead of a heart attack an hour later at a local hospital. □



Pierre Levisse, 40, of France, breaking the masters course record with a 45:08. Utica Boilermaker 15K, July 12.

Photo from Earle Reed, race director

Spokane Nationals

Continued from page 7

p.m. to 1 p.m. on Friday, with what many athletes considered inadequate notice, created ill will as some runners missed the event and others had to run without proper warmup. Advancing the relay times from the original schedule caused others to miss the relays or their airline flights.

Hugh Cobb, TAC West Regional Coordinator, saw inconsistencies in the no-false-start rule, when a 400 runner stumbled, off balance, over the line before the gun went off and was disqualified, while three false starts in the 100 the same day produced no DQ's.

Lap counters were in short supply as several 10,000 runners were stopped by officials a lap short of the distance.

Following long and highly disrespected traditions in the championships, on Thursday the pentathlon lasted forever. In the hammer, throwers sat around, as usual, for hours on hold as the event bogged down.

Organizers graciously hosted a reception for all athletes at the Sheraton Hotel on Friday with free drinks and eats, but an advertised "barbeque" on Saturday turned out to be just another \$6.25 dinner at the college cafeteria.

Highly-touted decathlete Dan O'Brien was a no-show at the colorful opening ceremonies, while the planned closing ceremonies were cancelled when athletes disappeared after the relays in a mad rush to the airport.

The organization and distribution of results was the best ever at a national meet. Results — complete with wind readings and heat-to-final qualifiers — were posted promptly. At meet's end, Dave Cook generously re-organized complete results of the meet on his computer for NMN readers.

Ruth Van Kuren acted as a "records

Continued on page 9

Stockbridge Sizzlers Stampede Summer Streets

by MAURY DEAN

If you're questing for the center of Saturday morning in the center of America, don't miss the Stockbridge, Mid-Michigan, Summerfest. Who wouldn't love a nice, flat 70° asphalt romp on silver maple streets of old Queen Anne Victorian gingerbread mansions?

You want numbers at your race? From a doddering 10K with measly 60 intrepid footstompers last year, a new 5K option exploded the Summerfest field this year on July 18 to over 300—many of whom decided which race to run at the 2-mile mark. Renee Maranian, M40, for instance, intended to run the 10K, made a wrong turn at

the 222nd cornstalk, got lost, and won the masters silver (22:29) in the 5K. Second overall woman in the race was W40 Carolyn Dick (20:45).

The M60 set was overwhelmed by Bill Heminger's 30th overall 20:13, and there was a nice race for the masters gonfalon between Larry St. Clair (17:03), and someone who has been fighting all year to zap the Seventeen Minute Monster decisively and finally did (16:54).

Gary Wolfram (33:08) and Helen Prussian (45:20) took the 40+ title in the 10K. □

Whoopee! Thar's GOLD in Central Park

by MAURY DEAN

I am going to share a secret with you — how to beat the odds and win in Central Park. Though I had a close race with Pat Ehlmann (17:51), I was able to win the masters gold (17:19) and also the 15-19 age group gold, trading the lead five times in the last half mile with another kid, 17-year-old Dave Seitz (17:22). OK, so what's the trick?

This Central Park is in Okemos, Mich., on the posh sidewalks of Meridian Mall on the outskirts of state capital Lansing. Not the Big Apple. The race was the Nokomis Drum Run 5K, July 11, which honors a major character in Henry Wadsworth Longfellow's Native American epic poem, *Hiawatha*.

A fine masters duel took place between Karen Eash (24:04) and Marge Hall-Nieman (24:31). Of 150+ participants, no 50+ women showed up. This was, perhaps, the race's, only drawback. Terry Mackie (19:52) won the M50-59, besting D.R. Seahawk (22:43) and Clark Berry (24:14).

Usually the speed of a field is deter-

mined by the size. Not always so, however. No matter where you go, there's always an excellent local runner. I celebrate two here: Will Kopachik, 40, ran a PR 18:36, broke the six-minute barrier for the first time, and won his first trophy. Pat Ehlmann, 41, not only ran a nice PR 17:51, but blasted the first two miles in a super 11:17 or so. Though it was the first race in the last 30 where I didn't know a soul, the Nokomis Drum Run 5K drummed a homespun sense of hospitality into me. Perhaps runners are the same everywhere: nice guys (& 'gals') who finish first. Or fourth. □

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



The Australian contingent, from left: Martin Lynch, M40, Margaret Perrot, W30, Alan Pollock, M50, and Peter Crombie, M45. TAC National Masters T&F Championships, Spokane, Wash., August 13-16. Perrott was first in the 100 (12:91).

National Masters News/Jerry Wojcik



Polly Clarke, 80, won the women's age-graded 100-meter dash at the Nationals. From left: Clarke, Millie Crews, 77; Diane Friedman, 74; Pat Peterson, 66; Betty Vosburgh, 61; Carolyn Cappetta, 56; Phil Raschker, 45; and Margaret Perrott, 33. Photo by Gretchen Snyder

Nationals Draw 1075 to Spokane Continued from page 8

coordinator" to keep tabs on potential world and U.S. records — an important job usually overlooked in other national meets.

The free shuttle bus service was used by few athletes, since it ran only every couple of hours. Taxis were in big demand. Car rental companies — even the local "Rent-a-Wreck" — were sold out. Hotels were packed. The closest motel one late-arriving couple could find was 60 miles away.

Ed Oleata, 55, and Phil Mulkey, 59, seasoned competitors, both said the meet was the best nationals they've ever attended. Another participant, who requested anonymity, said it was "the worst nationals ever." Most athletes' sentiments fell somewhere in between.

A major complaint was the meet "lacked excitement" and that it was difficult to find out what was going on.

The heat was a major problem and seriously detracted from the enjoyment of both athletes and spectators. Even had the temperature been 15 degrees cooler — in the normal mid-80s — it would have been prudent to hold events in the cool of the morning and evening. Mid-afternoon competition anywhere in the U.S. in August is rare-

ly held under optimum weather conditions. Most major U.S. tracks have lights, as did Spokane Falls CC, and it would seem to behoove future organizers to schedule an afternoon break between the morning and evening events.

Vernie Foxley and Maury Ray were the hard-working meet directors. More than 80 dedicated officials were on hand, some working all four days for food and lodging and no travel expenses.

The people of Spokane were friendly and conservative. The area is scenic and one of the fastest growing in the U.S. Housing prices are up 19.5% in the past year. Many participants strolled through beautiful Riverfront Park in downtown Spokane. Others drove 30 miles to visit Cour d'Alene, Idaho, a burgeoning vacation spot.

The 1993 Nationals will be held at Brigham Young University in Provo, Utah on August 11-14. Meet director Ben Stovall flew in from Provo to help officiate in Spokane and learn the ins and outs of directing a meet of this size. He promised a professionally-run meet and a good time for all next year in Provo. □

—Jerry Wojcik and Al Sheahan



Runners on the West Regional 4x100 relay team finished second in the overall competition with 29 points. Photo by Gretchen Snyder

SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS



PARQUE CENTRAL SAN JUAN, P.R. 10-11 OCTUBRE 1992.

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION
 AGE DIVISION: 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: \$5.00 FIRST EVENT, 10:00 EACH ADDITIONAL EVENT. RELAYS \$20.00
 AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION
 DEADLINE FOR ENTRIES: SEPTEMBER 30, 1992
 RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEARS INCREMENTS.
 ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P.M. SATURDAY AND SUNDAY.
 ENTRIES: SEND THE ENTRY FORM BELLOW WITH CHECK TO:
 PUERTO RICO MASTERS ASSOCIATION
 MR. ADALBERTO ALVARADO
 P.O. BOX 31300, 65TH INFANTRY STN. RIO PIEDRAS, P.R.
 REGISTRATION: AT PARQUE CENTRAL FROM 1:00 P.M. ON SATURDAY 10
 HOTELS: ACCOMODATIONS 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) 721-1000	QUALITY ROYALE	(809) 721-4100
EXCELSIOR	" (809) 721-7400	MIRAMAR	" (809) 722-6239
HOTEL TORO	" (809) 725-5150	TANAMA	" (809) 724-4160

SCHEDULE OF EVENTS:		TIME 1:00 P.M.	
TIME	SATURDAY OCT 10	SUNDAY OCT 11	
3:30 P.M.	1. 400 M. HURDLES	14. 400 M. (W-M)	
	2. 300 M. HURDLES	15. SHOT PUT (W-M)	
	3. POLE VAULT	16. LONG JUMP (W-M)	
	4. HAMMER		
	5. 110 M. HURDLES (M)	17. 800 M. (W-M)	
	6. 100 M. HURDLES (W-M)	18. JAVELIN (W-M)	
	7. 80 M. HURDLES (M)	19. HIGH JUMP (W-M)	
	8. DISCUS (W-M)	20. 5000 M. (W-M)	
	9. 3000 M. STEEPLECHASE	21. 200 M. (W-M)	
	10. 2000 M. STEEPLECHASE	22. TRIPLE JUMP	
	11. 100 M. (W-M)	23. 5K WALK (W-M)	
	12. 1500 M. (W-M)	AFTER 5K WALK	
		4 X 400 RELAY (W-M)	
AFTER	13. 10000 M. (W-M)		
10000	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 SIXTO ESCOBAR 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 OCT. 10, 1992) _____ DIVISION _____ M OR F _____
 PLEASE ENTER ME:
 1. _____ 5. _____
 2. _____ 6. _____
 3. _____ 7. _____
 4. _____ 8. _____
 SIGNATURE _____ DATE _____



MASTERS RACEWALKING

by ELAINE WARD

And Records Start To Fall...

Ray Funkhouser is 41 and entering the ranks of the masters elite. This year he set masters records in the 20K, 1:29:35; the 10K 43:26; indoor 3K 12:43; and July 6, in a local race, walked a 5K in 20:57.

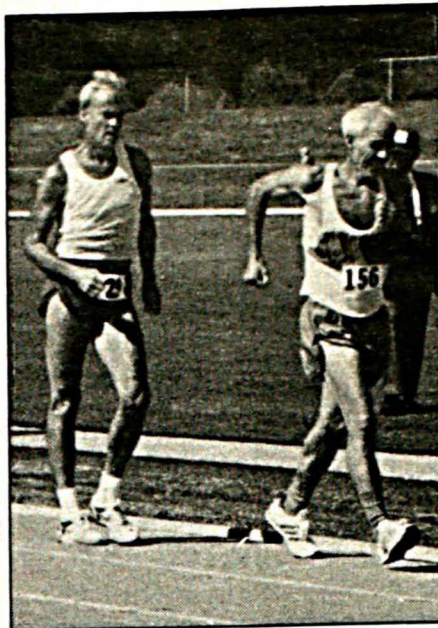
Ray, how did you get involved with racewalking?

I was a distance runner through high school and college, and then got into road racing. The summer of 1978 I was running in a summer track series, and decided to enter the walk. For the next two years, I trained as a runner, but when there was a racewalk somewhere, I would go and walk.

January 1, 1980 I made a New Year's resolution. I decided to make the full switch to racewalking. I realized that running and racewalking involved different muscles, and that I had to train with the technique if I ever wanted to

do anything in racewalking.

I was living in Virginia at the time, and gradually started improving. Then I got transferred to New Jersey, and it was the best thing that could have happened to me. I didn't know what to do with myself because there were racewalks every weekend. I started really having fun with what I was doing, and just kept trying to do better and better. By 1984, I won the National 20K and came in seventh in the Olympic Trials in Los Angeles. This put me on the National Team and I represented the U.S. at the first Pan American Racewalking Cup in Buca-



Jack Bray #29, 59, with a 25:06.9, pushed Max Green, 60, to a U.S. single-age record 25:06.2, TAC Western Regional Masters T&F Championships, Hayward, Calif., July 25-26.

Photo by Jerry Wojcik

maranga, Columbia in the 20K. I was on the National Team five years.

The race results last year, when you were 40, seldom show your name. If there a reason for this?

I got pneumonia in March of '91 and it took a long time to get my strength back. I planned to compete in Turku, but decided it wasn't worth the travel money to go and not race well.

You certainly are making up for lost time this year. Any special reasons for your success?

There are several. One of the most important is that I have changed my eating habits. I really watch my fat intake and stay away from fatty foods. I eat everything else. I still eat meat. I just make sure when I eat meat, however, that it is lean. I eat a lot of chicken, turkey and fish. I stay away from anything that is fried or has a high fat content such as cream sauces. So now when I pick up a container of food, I don't look so much at the calories as I do the fat content.

It is hard to keep completely away from fat. How much do you allow yourself?

I use a rough figure of about 50 grams of fat a day. I am not sure how close I get to that. I tend to eat a lot of pasta, and whenever I go out and have sauce, I make sure there is no meat or grease in it.

The second change I have made is that I lift weights three days a week. I am on a program that is written out for me so I don't have to think about it. I go into the gym and I follow the written workout for the day. It tells me exactly what weights to use, and how many sets and reps to do. Then every four weeks, I take a test and send my programmer the results. He adjusts my program according to my test results for the next month.

What kind of specific weight training are you doing?

Last November, I started on a year-round program with periodization so that I will peak for my big races. My programmer alternates me between a

rest phase which he calls an activation phase; a maximum strength phase, where I increase my weights with very few reps; and an endurance phase, where I do high numbers of reps with lighter weights. The endurance phase gets my muscles used to working in a fatigue state.

I think the weight training has helped my technique in that I am able to hold the posture for good, efficient walking longer. And probably my upper body strength is greater than it ever has been in my life.

Do you think competitive walkers generally would be better off if they paid more attention to upper body strength?

I would say for the majority of walkers, upper body and abdominal strength are probable weak areas and that their walking would improve by strengthening them.

So you have added diet awareness and weight lifting to your life. Is there any other ingredient to your success?

I have a training partner for the first time in my life, Phyllis Hansen. Now, when we set times to train, I know I have to be there because someone is depending on me. When you train on your own, you can get busy doing something at work and say, "Ok, I will workout a little later today," and before you know it, the day has passed and you have skipped the workout because of the pressures you have. It has been a big help to have a partner.

Also, I am coaching her. This has caused me to spend a lot more time reading, as well as analyzing, what she is doing, which makes me analyze what I am doing. I am using a heart-rate monitor during our track workouts, which has also been very helpful. It has taken me a few months to really get used to it. The numbers were always very interesting, but I didn't know what they meant all the time.

Now, when Phyllis and I are in what I call our "real training phase," we do intervals at the track once a week. We'll do some repeat 400s and repeat 1Ks. The pace we go depends on what race we are getting ready for. When my goal was to do a 1:30.0 20K I would walk the 1Ks slightly under the pace needed to do that time — slightly under a 1:30 1K.


At other times, I would give Phyllis a handicap based on the 1K time she was to go, and the 1K time I was to go so that theoretically we would finish together. I had my work cut out trying to catch her.

I know of others who workout with walkers who are much slower than they are and use this same kind of handicapping. It really is as effective as working out with someone who can go as fast as you.

There, also, are a lot of road races around here, and we average a race a week. I do not taper down for them, but actually train through them. So these races never interrupt our training.

How about the distance training? One day we do an "over distance" workout. If Phyllis was to do a 10K, we would walk one hour and twenty

Continued on page 11



AMERICAN RACEWALK ASSOCIATION

RACEWALK TRAINING CAMP

Oct 20 - 23, 1992
AND

INSTRUCTOR CERTIFICATION CAMP

Oct 24 - 25, 1992
SCOTTSDALE, ARIZONA

This ARWA member's Training Camp is for beginners through Olympic-bound competitors. Join us for two-a-day workouts plus seminars, video coaching, and individual coaching attention. Daily topics include speed, strength and form drills, biomechanics, mental training, fat reduction racing strategy, how to stay motivated, nutrition and more! You receive a workbook which you use to continue your training at home.

Registration fee covers all coaching, seminars, video-taping, workouts and handout materials including workbooks.

ARWA members Bronze-Level Certification Camp training program teaches you how to instruct racewalking and how to function professionally as an ARWA Instructor. We work to improve your technique but we do not teach beginners how to racewalk in this camp. We recommend that you attend the racewalk training camp prior to certification camp if you are a beginner or intermediate level walker. You must have CPR and Red Cross updated certifications. TO APPLY: send a ONE-PAGE resume and a videotape of yourself racewalking in profile as well as toward the camera. On this tape tell us WHY you want to be an ARWA Instructor.

TO REGISTER FOR THE TRAINING CAMP: Send \$485 per person to:
AMERICAN RACEWALK ASSOCIATION
P O Box 18323
Boulder, Co 80308-8323
(303) 447-0156

ARWA "Eagles" (previous camp attendees) pay only \$465. \$525 After Sept 15, 1992. Send \$150.00 deposit to hold your space, camp size is limited.

TO REGISTER FOR THE CERTIFICATION CAMP: Send \$175 per person to above address

Your primary coach is Vilsha Sedlak, #1 World-Ranked Master's Racewalker and double Gold Medalist in the 1991 World Veterans Games, World Record holder at 5K, 10K, 15K distances, and participant in the 1988 and 1992 U.S. Olympic Trials. Vilsha was the overall winner in the European Veterans Championships in Switzerland (1991). ARWA certified coaches and supporting staff teach this comprehensive racewalk Camp for all levels of racewalkers.

The SunBurst Hotel in Scottsdale, Arizona is Camp headquarters. Ask for ARWA special rates of \$60 single, \$70 double. Phone (800) 528-7867 for reservations.

Register Me! I am a member of ARWA or I have enclosed the \$25.00 annual fee. (This camp is for members only.)

Name _____
Address _____
City/Zip _____
I am a current member _____ or my ARWA annual fee is enclosed: \$ _____
I attended the ARWA (place) _____ camp in (year) _____ (year)
Mail to: AMERICAN RACEWALK ASSN, PO BOX 18323, BOULDER CO 80308-8323
(303) 447-0156

Masters Racewalking

Continued from page 10

minutes. Then I would try to get up early in the morning and go out myself for an hour to get two hours in.

Do you ever weight train on the same day you have a racewalking workout?

If both fall on the same day.

In other words, the weight training doesn't take away from the racewalking workout?

Not at all. The only time I cut back on the weight training is if a big race is coming up.

How many miles do you do in a week?

I have never been a high mileage person. Even when I was a runner. I am more concerned with the quality of the workout. In fact, even in my log, I usually don't record miles. I record the length of time and the effort. In other words, I write down whether I worked out one hour at race pace, or one and one-half hours at about 80 percent effort. But a ball park figure of mileage would be between 40 and 50 miles a week.

What are your goals as a new master? To knock off some old records?

One of the highlights of this year was at the Penn Relays when I walked a PR of 43:25 in the 10K, which was faster than my 1984 10K time of 43:38.

So your challenge is to beat your younger self?

Right now I feel good and I feel strong, and I'd like to keep at my present level of training until the World Veterans Games in Miyazaki next October. I would like to medal at a World Meet. □



Sherrie Hall, 40, top female in 17:46, Gardena 5000, Gardena, Calif., June 28.

Photo by Richard Lee Slotkin



Ray Funkhouser competing at the Olympic Trials. Photo from Elaine Ward

TAC National Masters 10K RW Championships

by JERRY WOJCIK

The Athletics Congress National 10K Racewalk Championships for juniors, seniors (open), and masters were held in Niagara Falls, N.Y., on July 11.

Masters firsts were Don DeNoon, M45, Carbondale, Ill., with a 45:14, and Gayle Johnson, W40, Columbia, Mo., in 53:42. Second master was also an M45, Robert Keating, Nashua, N.H., with a 46:26. Nick Bdera, M40, NYC was third in 49:32.

Terry McHoskey, Sterling Heights, Mich. won the M50 race. Two Canadians, Stuart Summerhayes (54:53) and Leonard Weinstein (59:25) finished 1-2 in the M55 contest, with Greg Witting, Buffalo, N.Y., the U.S. champion in 60:42.

Max Green, M60, Taylor, Mich., turned in the best masters performance of the day, a pending U.S. record 51:36, well below Howard Jacobson's 55:52 in 1991.

Robert Mimm, Willingboro, N.J., won the M65 race, with a 58:24, and Cokey Daman, Virginia Beach, Va., took the M70+ division gold in 61:03, a pending M70-74 national record.

Among the disqualified was Gary Null, NYC, M45, the pre-race favorite.

Second masters woman was Jeanette Smith, W40, Indianapolis, in 57:12. Kathy Frable, Midland, Texas, won the M45 race with a 59:09. Valerie Stone, Madison Heights, Mich., had to post a sparkling 57:24 to take the W50 crown by six seconds from Elton Richardson, NYC.

Canada's June-Marie Provost was first in the W55 race in 59:38, with Nancy Whitney, Silver Springs, Md., the U.S. winner with a 63:08.

Patricia Nesley, Washington, D.C., was the W60 winner in 65:42, and Joan Rowland, NYC, took the W65 race with a 69:01. Both times are pending U.S. age-group bests.

Masters team winners were the men's New England Walkers (Keating, Savelonis, Ullman), 2:31:55, and the women's Indiana Racewalkers (Smith, Gardner, Figueroa), 2:59:58.

Open firsts were Andrzej Chylinski (42:07) and Janice McCaffrey (46:13).

The event was held under the auspices of the Niagara Athletics Congress and its Racewalking Chairman, David Lawrence. □

Rono Edges Bell in Gardena 5000

Henry Rono and Doug Bell, both 41, continued their duel that had begun in the Carlsbad 5000 in March by staging a running clinic that lasted exactly 14 minutes and 43 seconds over 5000 meters of Gardena, Calif., city streets on June 28.

At the end, Rono triumphed by one second, 14:43 to Bell's 14:44, reversing their Carlsbad finish, where Bell ran 14:50 to Rono's 15:18.

They reached the mile together in 4:37. A minute later, Bell pulled ahead, appearing to try to take it to Henry. But it didn't work as Rono kept the pressure on and retook the lead.

Rono held the lead through the half-way point at 7:30, but Bell took over again about 8:10. By two miles in 9:24, Rono was back in front, pushing the lead and obviously working hard. Bell seemed content just to ride on Henry's shoulder.

At about 11:30, Rono decided to go for the win. He had a five-yard lead; he was feeling the pain; but he had the lead.

A minute later, Bell was 15 yards back and running out of real estate. Then came the last turn — a very wide, easy-to-handle turn. Bell took it close while Henry, for some reason, took the scenic route, yet lost no ground.

But Bell came inching up and at 14:35, with 150 yards to go, passed Rono.

That should have been it. Henry had run very well, but this wasn't the old Rono who could outkick a cheetah.

Or was it? At 14:28, Rono pulled even with Bell, and the old Rono form

was kicking in — the smoothness, the long, effortless stride. Rono glided into the lead, calling on the form and talent that carried him to five world records. Blazing down the final 50, he stretched his lead to 10 yards and the race was his. 14:43. A 4:44 pace. Yes, that's fast.

"I was a little worried," Rono admitted after the race, "but I was confident because I finally have my weight to where I feel well."

Bell said, "It's kind of an honor and privilege to be up with Rono, but I want to beat him, too."

Finishing a distant third in 16:05 was Ron Gee, 41, followed by Barry Schaeffer (40, 16:09), and Don Paul (41, 16:13).


Sherrie Hall, 40, topped all masters women in 17:46, with Shirley Matson, 50, second (17:50), and Joan Colman, 48, third (18:00).

—from Richard Slotkin



From l to r: Ron Gee (41, 16:05), Henry Rono (41, 14:43), Doug Bell (41, 14:44), and Armando Hernandez (#1642), Gardena 5000, Gardena, Calif., June 28.

Photo by Richard Lee Slotkin



Pagliano's Pediatric Pointers

THE FOOT BEAT

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

Shin Splints

Q. I'm a 56-year-old runner who suffers from shin splints. I don't want to quit running, but sometimes the pain is unbearable. What can I do to minimize my discomfort so that I can continue to compete?

A. Shin splints are probably one of the most painful, and least understood, of all running injuries. The ailment is also one of the most difficult to cure.

The term "shin splint" refers to pain along the inner side of the shin area. It can be a tendinitis, a periostitis (inflammation of the outer layers of the bone), or an actual fracture of the bone.

In most cases, shin splints are caused by excessive exercise, and faulty foot biomechanics. When the foot overpronates, too much tension is placed on the rear tibial tendon, and this leads to tendinitis and periostitis.

To properly treat the injury, you should have your foot examined by a foot specialist in order to rule out fractures or other biomechanical problems.

Using correct running shoes with shoe wedges, or an in-shoe orthotic should help to stabilize the foot.

If you are running high-mileage, you should cut back in order to allow the inflammation to subside. Ice the leg down after workouts for 8-10 minutes. Avoid running on concrete surfaces, and use moist heat at night to aid the healing process. Be sure to stretch properly prior to your workout, with special emphasis on stretching the Achilles' tendon.

Although shin splints cannot always be cured, you can reduce most of the pain by using these simple techniques. □

Sowerby Best Age-Graded Performer in Nashville

by RANDALL BRADY

The Nashville Track Club Open & Masters Meet drew 97 athletes, most age 30-and-over, to Vanderbilt University, July 11. Fred Sowerby was the standout with a hand-timed 49.4 in the M40 400 for an age-graded 97.0%, for which he received a \$50 gift certificate.

The next best performance was by Bill Duckworth, M55, who threw 178-1 in the javelin. Larry Pratt came down from Delaware to win the M50 discus with a 154-4. Milt Silverstein won the M70 100 (13.7) and 200 (28.8), above 90% in both performances.

Joy McDonald, W50, was the outstanding woman with a 14.5 in the 100 and a 29.9 in the 200.

The meet attracted athletes from New York, Virginia, Texas, Maryland,

and other states. Open runner, Bob Whelan, local Olympic trials qualifier in the 1500, blistered the field for the first sub-4-minute mile ever run in Nashville, with a 3:59.9. □

Ten Years Ago

- Nationals Draw 450 Competitors to Wichita
- Pat Dixon Sets New W60 10K WR With a 44:51
- New M80 800 (2:53.5) and 1500 (6:12.2) WRs Are Set by Harold Chapson in Hawaii
- Shirley Dietderich Breaks W55 200 AR in 35.00

Records Stretched in Trojan Meet

by JERRY WOJCIK

The University of Southern California in Los Angeles hosted the Trojan Masters Meet, July 12, and when it was over, three world and two U.S. age-group records were broken on the newly refurbished track.

Tom Patsalis accounted for an M70-74 WR in the 80mH with a 14.30 (old record 14.50, Al Guidet, 1989), and a U.S. record 31-4½ (30-1, Tom Kennel, 1991) in the triple jump.

Sprinter Stan Whitley lowered the M45-49 400 WR of 50.46 (Hanno Rheinecke, Germany, 1987) to 50.34. Vaulteur Carol Johnston increased the

M80 pole vault WR of 6-6½ (Bob Macconaghy, 1988) to 8-0.

Racewalker Todd Scully lowered the U.S. M40-44 record of 23:14 (Tom Keating, 1987) in the 5000 to 22:45. The event drew over 50 racewalkers.

In other action, Yvette La Vigne, W50, posted the best women's times of the meet in the 800 (2:39.49) and 1500 (5:25.06). Grace Apiafi of Jamaica won the W35 shot put with a 47-7¼ and the discus with a 160-0.

Meet organizer was Russ Reabold of the USC-based Trojan Masters Club. □

Trinkner Top Performer in Illinois Meet

by CRAIG DEAN, Meet Director

The Return To Illinois Masters Track and Field Championships were held in Byron on July 11. This year, the top three age-graded performers in each event were awarded prizes of \$50, \$30, and \$20, except for the 1500, in which cash awards were six deep, with the first three receiving \$200, \$100, and \$75. The awards were age-sex handicapped, using the Masters Age-Graded Tables published by the National Masters News.

Clarence Trinkner, 60, of Janesville, Wisc., had the meet's best age-graded performance of 98.0% with a 16.80 in the 110mH. Chuck Sochor, 64, Gowen, Mich., with a 61.40 400 (AG94.6%) and Harry Brown, 62, Wauconda, Ill., with a 60.20 400 (AG94.5%) had the next best performances.

Joe Bergthold, 70, Berwyn, Ill., had a stellar time of 28.2 in the 200 (AG93.9%). Dan Skarda, 41, ran the best distance performance, with an 8:34.9 in the 3000 (AG89.5%). Mike DeWitt, 41, Kenosha, Wisc., was the

outstanding walker, with a 12:55.9 in the 3000RW (AG91.7%).

Mike Goldman (M60, 4:56.5, AG88.8%) edged Mike Egle (M30, 3:59.1, AG 88.5%) for the \$200 first prize in the 1500.

The top performances among the women were Joyce Decker, 58, Woodstock, Ill., with a 17:32.7 in the 3000RW, and Darsie Bowden, 41, Evanston, Ill., with a 10:36.6 in the 3000.

Ken Fruit, our statistician, fed all results into his computer to calculate the age-graded performances for each event and the meet in general.

Athletes who did not pick up their awards may do so by going to the Con-dell Medical Center in Libertyville; call 362-2900 to arrange a time. By mail, write to Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048; enclose \$5.00 for postage and packaging for the first-place "mug" or \$3.00 for the medal.

A special thanks to our sponsors and organizing committee for making this meet a success. □

Fifth Annual

SRI CHINMOY

MASTERS TRACK & FIELD

40 AND OVER

Sunday, September 20, 1992 CSU Long Beach

<p>TAC SANCTIONED</p> <p>DATE: Sunday, September 20, 1992</p> <p>LOCATION: California State University (CSU) Long Beach</p> <p>DIRECTIONS: Exit Fry 405 at Bellflower Blvd. South, left (east) on Ather-ton, right on Farwood Dr. (CSULB parking lot); track is ahead on left</p> <p>DIVISION: 5 year age groups</p> <p>FACILITIES: New, 8-lane artificial surface track, 7mm spikes, concrete rings</p> <p>ENTRY FEE: First event \$10.00, additional events \$5.00 each. No Refunds. Stunning, multi-colored, high-quality t-shirt \$5.00. (Availability on race day not guaranteed - please order ahead).</p> <p>DEADLINE: All entries must be postmarked no later than September 11, or phoned-in no later than Sept. 13. Late/day-of-race entries add \$1.00.</p> <p>AWARDS: Sri Chinmoy Marathon Team medals to first three men/women in each event and age group.</p> <p>AID: Water, fruit and refreshments throughout day to participants.</p> <p>ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/597-1341.</p> <p>NOTE: 1992 TAC registration required (available at meet for \$12).</p> <p>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.</p>	<p>TRACK EVENTS</p> <p>10:00 am 5000m Race Walk</p> <p>10:45 am 2000m Steeplechase</p> <p>11:00 am 3000m Run</p> <p>11:45 am 80/100/110 Hurdles</p> <p>12:20 pm 800m Run</p> <p>12:40 pm 100m Sprint</p> <p>1:20 pm 400m Sprint</p> <p>1:40 pm 1500m Run</p> <p>2:00 pm 200m Sprint</p> <p>2:30 pm 300/400 Hurdles</p>	<p>FIELD EVENTS</p> <p>10:00 am Hammer</p> <p>10:30 am Long Jump</p> <p>11:15 am Javelin</p> <p>11:30 am Triple Jump</p> <p>12:00 noon High Jump</p> <p>1:00 pm Shot Put</p> <p>1:15 pm Pole Vault</p> <p>2:30 pm Discus</p>
---	---	---

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 (S): SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____ AMOUNT ENCLOSED _____

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

4) _____ 5) _____ 6) _____



WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors, heirs, assigns and assigns, 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, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in the event.

Admission Signature _____ Date _____

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2373, Van Nuys, CA 91404.

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



Shirley Matson, 51, Moraga, Calif., after U.S. record W50-54 4:57.44 in the 1500, National Masters Championships, Spokane, August 13-16.

National Masters News/Jerry Wojcik

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.00 postage and handling for each order.

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

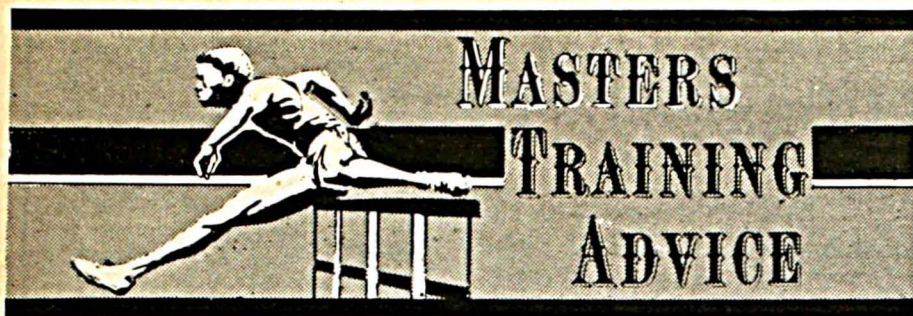
PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1991 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00.	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of April 15, 1992; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1992) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Time Master Calculator Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1992 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. \$46.00.	\$ _____
_____	TAC/USA Patches. Embroidered, 4" x 3" - \$3.50.	\$ _____
_____	U.S. Track and Field Team Patches. Embroidered, 3½" x 2½". \$3.50.	\$ _____
_____	U.S. Track and Field Team Lapel Pins, Cloissone enamel, 1½" x 5/8" bar pin with safety catch. \$3.50.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
_____	Run Fast by Hal Higdon How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.	\$ _____
_____	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	\$ _____
_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____ \$2.50.	\$ _____
	Postage and handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____



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

Name _____
 Address _____
 City _____ State _____ Zip _____



The Stumpy

by CLIFF BLAIR

I am no javelin thrower, believe me. To me it is a mysterious, frustrating event that I stink at. I only throw it once a year in a weight pentathlon, so why spend \$130 to \$140 for an implement that I would hardly ever use?

Like most non-javelin throwers I am fascinated by the flight of the javelin when someone else throws it, and totally frustrated by my own inept efforts. I am 6'4" and weigh about 260 pounds. On a good day, I can bench press and squat well into the 300s, but I could only throw that skinny little 800-gram missile 85 or 90 feet. It was very frustrating.

It was by far my weakest event costing me a lot of points so I decided to fool around a little to see if I could bring my distance up a little for the annual weight pentathlon at Dartmouth. Too cheap to buy the implement, I put my inventive mind into gear and came up with a simple, inexpensive substitute: the *stumpy*!

It's ugly and non-aerodynamic. In fact, it flies end-over-end, but it taught me more about throwing the javelin in my first workout with it than I picked up over the last 40 years! Not having the flight of the javelin to distract me, I very quickly understood some of my basic problems.

First, I learned to plant my lead foot before I started the pull. All those years, I had been starting my throw *before* my left foot touched down, and only getting a very frustrating partial effort.

As a non-javelin thrower I simply take four or five steps on the run up. I soon learned to flex or partially bend my legs on the approach. It allowed me to sort of flow into the throw without any hesitation. Then I discovered that the further back I reached before I started the pull, the higher the *stumpy* flew.

I hadn't touched a javelin in over a year and, with only four workouts on the *stumpy*, went into the fall pentathlon hoping, but not really expecting much. It was the fifth and final event, and this old man was getting pretty tired.

Guess what? This time I wasn't dead last! I was in the middle of the pack! Every throw was 20 feet farther than the year before!

There is, however, one serious problem with my latest invention. I have an awful time keeping a straight face when people ask "what in the world are you doing?" and I have to tell them I am practicing with my *stumpy*.

If you are a sometime-javelin thrower like me and could use a little extra distance, it will cost you a mere \$5.00 at the local hardware store. You may gain who knows how much extra distance this season and get a good chuckle when people get curious.

Buy a 12-inch piece of 3/4-inch pipe, threaded at both ends, and two end caps. Galvanized will be more visible, but black will do just fine. Then cut a 4-inch piece of 1-inch inside diameter heater hose purchased at your local auto parts store. Slide the piece of hose onto the pipe just far enough so that one of the end caps screw on snugly against it. Its a pretty tight fit so you may want to apply a little liquid soap to the pipe.

Empty, the *stumpy* weighs about 650 grams, so add lead pellets or sand to bring it up to the desired weight. Finally, just screw on the other end cap. As your strength and confidence improve, gradually add more weight.

If you are a 600-gram thrower and want to maintain the feel of the smaller diameter simply use 1/2-inch pipe and 3/4-inch I.D. heater hose instead.

In the beginning, I wrapped the *stumpy* with a chord like a javelin, but it kept coming undone. The hose is simpler, cleaner and stronger.

Start throwing light and easy, no more than twice a week. Go easy on that elbow. Throw totally relaxed, plant that lead foot before you start the delivery, and suddenly that awful, frustrating event becomes dynamic and explosive... it's fun! Who says you can't teach an old dog new trick?

I'm sure the javelin fraternity will be screaming contradictions at me, so to prove a point I will spend some time on my *stumpy* this spring, and we shall see what happens.

If you find me warming up at a javelin competition somewhere with my *stumpy* and ask "what the heck are you throwing?" don't expect a straight answer... or a straight face! □

(Cliff Blair is a masters competitor/inventor who lives in Holbrook, Mass. His article in the May issue on The Turn Machine drew more than 150 inquiries.)



Tom Gage, 49, Billings, Mont., 190-4, and Lloyd Higgins, 50, (r), Los Angeles, 168-11, were the "big" hammer throwers, with age-group golds, National Masters Championships, Spokane, August 13-16.
National Masters News/Jerry Wojcik

Reebok Boston Masters NEAC Championships

by FRED TRESELER

The 11th Annual Reebok Boston Masters Track & Field Championships were held July 12, at Northeastern University's Solomon Track in Dedham, Mass. This year's event, the largest in its history, registered 320 performances, one world record, four U.S. records, and 76 meet records. As in the past, athletes travelled a distance to participate, coming from 11 different states—from as far south as Florida, as far west as California, and as far north as Nova Scotia.

Through the corporate sponsorship of Reebok, the first three places in each five year age group received medals and the first place finishers received a merchandise prize. Chuck Haller, M55, who was second in the javelin, second in the shot put, and fifth in the discus commented, "Please pass on to Reebok the appreciation of one more aged athlete. It is nice to know that a major supplier who could well have made the decision to support only the efforts of Olympic and world-class superstars, can see its way clear to supporting the veterans as well." The young Boston Running Club, now 300 members strong, hosted the event. J. Bildner & Son, like Reebok, also a corporate sponsor of the Boston Running Club, donated the concessions that were sold at the meet to help benefit master athletes travel.

In the M75 mile, "Scotty" Carter from East Sandwich, Mass., crushed the existing world record of 6:15, cruising through the first 400 in 88 seconds and 2:57 at the half to finish in a blazing 5:57.0.

Pat Peterson, W65, from New York's Syracuse Chargers, dominated the dashes with three meet records, and two U.S. records. She warmed up for a record-setting day with a meet record 15.5 in the 100m. In the 200, Pat dash-

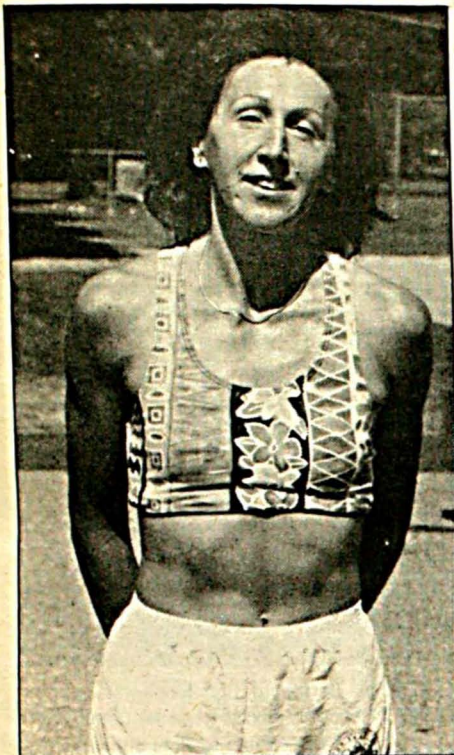
ed to a new U.S. record of 33.3. Pat's work was not yet done as she took to the starting line of the "Phil Surette 400m," in which she also set a U.S. record with a time of 81.8.

Libby Hageman, W70, won six events, setting one U.S. record and three meet records. She established a new U.S. record in the discus with a toss of 65-4.

The Jock Semple Invitational Mile was won by Dave Reinhart, M40, with a time of 4:24. National road warrior Larry Olson, M35, turned in a stellar performance with a 9:13.5 to win the Tony Sapienza 3K. Following his lead, off leg in the distance medley relay, BRC runner Gabriel Bernal won the M50 5K in 17:19. □



Yvette LaVigne, 52, Los Angeles, after the W50-54 1500, TAC National Masters T&F Championships, Spokane, August 13-16.
National Masters News/Jerry Wojcik



Anna Wlodarczyk, 41, of Poland, broke the world W40-44 record in the long jump with a 19-5/5.92, TAC National Masters T&F Championships, Spokane, August 13-16.
National Masters News/Jerry Wojcik

Western States 100 Mile Trail Endurance Run

by RUTH ANDERSON

On June 28, the first man, Tim Twietmeyer, 33, and first woman, Ann Trason, 31, in the Western States 100 Mile Endurance Run, held in Squaw Valley, Calif. really earned their headlines. Trason was third overall in 18:14:48, a new course record by nearly 15 minutes. Twietmeyer had received his 1000-mile buckle last year for ten finishes under 24 hours, once as high as second place. His 16:54:16 made him a winner in his eleventh try.

Second this year was Ray Scannel, 42, in 17:27:54. Six more over-40 men joined him in the top 12, with first M50 Bernd Leupold, 11th in 20:17:47. Twelfth overall was Joe Brainburg, 48, in 20:45:17, followed by Joe Marchand, 51, in 20:58:12.

Gard Leighton, 57, finished in 21:50:41. Third woman overall, Lynn O'Malley, 41, scored as first female over 40 in 22:37:39. Only five women earned the silver buckle for sub-24-hour finishes with Shelly Dunlap, (42, 23:22:02) and Carol Hewitt (44, 23:29:00) rounding out the group. Competition was very close in the W45 group with Linda Elam (46, 27:02:10) and Barbara Miller (47, 27:06:40) running a very tight race.

Two 50+ women finished this year; Dixie Madsen, 55, in 28:14:19 and Joan Szarfinski, 53, in 29:31:53. The amazing Helen Klein, 69, just shy of her 70th birthday, turned in a 29:36:32, her fourth completion. Ed Fishman, also 69, had a time of 29:44:09. Both received awards as the oldest finishers.

The weather was nearly perfect, and all 231 finishers really were "winners" this year. □

NEW YORK ROAD RUNNERS CLUB

1992 TAC/USA

THE NATIONAL MASTERS

ONLY FOR MEN AND WOMEN AGE 40 AND OVER

15 Kilometer Cross-Country Championships

(TAC Sanctioned)

Sunday, November 29, 1992 — 11:00am
Van Cortlandt Park, Bronx, New York

with the cooperation of the City of New York, Department of Parks & Recreation,
DAVID N. DINKINS, Mayor; BETSY GOTBAUM, Commissioner;
FERNANDO FERRER, Bronx Borough President; LEE BROWN, Commissioner of Police

Souvenir T-shirts, (not guaranteed to post-entrants), Awards Ceremony and complimentary buffet after race.

with the cooperation of the Millrose Team



AGE GROUP AWARDS/MEN AND WOMEN:
(6 each) 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

RULES: Masters Teams: Only association clubs are eligible to compete for team titles. Team age divisions are 40+, 50+, 60+, and 70+. A maximum of 8 declared entries per team.

Scoring is by aggregate time of top team finishers. Men 40+ and 50+ score 5 runners, 60+ and 70+ score 3 runners. All women's teams score 3 runners.

If entering more than one team (or if an individual is competing in a lower age group), team must declare in writing, half-hour before race to Meet Director. Lockers available (bring lock) at Stadium (242nd Street).

The Pete McArdle Memorial Trophy will be awarded to the first place male and female overall finishers

DIRECTIONS: Subway: Broadway IRT #1 local to 242nd Street (last stop) then walk North to Start on Flats. Car: from Major Deegan Expressway, Exit at Van Cortlandt Park South, Turn West 1 block to Broadway. Turn right (North) to Start. Parking on street. TAC rules will be strictly enforced. Athletes are reminded not to cut or fold competition numbers.

CHECK-IN: At Start, 9:30am-10:30am

ENTRY FEE: \$8.00 (post-entry: \$10.00). Checks payable to New York Road Runners Club

MAIL TO: Kurt Steiner, Meet Director; 1660 E. 21st Street; Brooklyn, NY 11210; Telephone: (718) 336-3025 (evenings) or the New York Road Runners Club, 212-860-4455 (days) Millrose coach: Joe Kleinerman.

TACMASTERS 1992 15K CROSS-COUNTRY CHAMPIONSHIPS NOVEMBER 29, 1992

NO REFUNDS, EXCHANGES OR TRANSFERS

I know that running in New York Road Runners Club (NYRRC) activities is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in NYRRC activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat, extreme cold, and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the NYRRC, Millrose, Guinness, TAC, the City of New York, Department of Parks & Recreation, the Metropolitan Athletics Congress, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE (parent must sign if entrant is under 18)

Date

Place	Time	Runners Number

Last Name		First Name	
Phone	Age on Race Day	Birth Date (month/date/year)	Sex
Mailing Address			
City	State (or Country if not USA)	Zip Code	
TAC Number			
Exact Name of Team			

World Relay Record Set in Midwest Regionals

by HARRY BROWN

More than 120 athletes competed in the TAC/Midwest Masters Regional Championships, held in Wauconda, Ill., near Chicago, on August 1.

The Midwest Masters T&F Club relay team of Joe Bergthold (IL), Chuck Sochor (MI), Harry Brown (IL), and Bob Sobolewski (IL) set a new M60 4x200 world record with a sensational 1:47.07 performance. The team shaved more than 22 seconds off the current standard of 2:09.5.

Some other notable performances were turned in by Richard Richardson, M55 (HJ, 5-4); Joyce Decker, W55 (5000RW, 19:08.34); George Lehman, M40 (PV, 12-0); and Ruth Welding, W35 (DT, 111-11).

Turning in a fast 100 was former U. of Chicago star Jerry Krainik (M40, 11.32). Later in the day he added the 200 with a 23.47. Nathaniel Williams won the M30 100 with a 10.88, while St. Louis native Charles Johnson took the M30 200 in 22.78. □



New World M60-69 4x200 relay record holders (from l to r): Joe Bergthold, Bob Sobolewski, Harry Brown, and Chuck Sochor. The team set the mark of 1:47.07 at the Midwest Regional Championships, Wauconda, Ill., August 1. Photo by Pam Sobolewski

Lorenz Revises Records in Helena Meet

by JERRY WOJCIK

Mavis Lorenz, 65, of Missoula, Mont., stole the spotlight by breaking four U.S. W65-69 field-event age-group records in the Helena Masters and Seniors Meet in Helena, Mont., July 11. She increased the long jump standard of 10-5/4 to 11-2, and the high jump mark of 3-8 to 3-11. Both former records were held by Mary Bowermaster.

Lorenz upped the discus record of 63-8, held by by Harriet Boyd, to 73-8,

and the javelin mark of 73-11, held by Edith Mendyka, to 80-3.

Meet organizer Manuel White, 76, broke single-age records in the javelin and discus, and Ross Carter, 78, took single-age records in the shot (36-7/4 AG 92.0%) and discus.

Sponsorship was provided by St. Peter's Hospital, the Helena Kiwanis Club, and the Helena Cougars Masters T&F Club. The use of the track at Vigilante Stadium at no expense was granted by Athletic Director Cecil Warren and Jim Opitz. □

100 Honor David Pain's 70th, Masters 25th Birthdays

David Pain, founder of the U.S. masters track & field program, was honored by about 100 people at his 70th birthday at the San Diego Hall of Champions, August 1.

The evening also served to salute the 25th anniversary of masters track & field. Pain organized the first six national masters championships in San

Diego from 1968-1973 before the meet began to move around the country. He helped introduce masters competition to Europe and Oceania and was instrumental in the staging of the first World Veterans Championships.

The room was filled with masters memorabilia, including programs from the early meets, record books from 1970 to the present, newspaper clippings, and more. The Hall has expressed interest in developing an entire section devoted to masters athletics, including a library of statistical data, record and writings on fitness and the aging process.

A retired attorney, Pain was lauded by Laurie Olson, his law partner, for his defense in landmark cases and in helping change California law. City officials saluted his achievement in raising funds to help restore the track at Balboa Stadium. Now a cyclist, he was praised by the local cycle community for his organizational work on their behalf. The Senior Olympics group thanked him for writing their new state constitution and promoting their activities. His family was there to show their support and affection. Other speakers praised his dedication to justice and fairness in whatever he did. Ken Bernard ably served as the master of ceremonies.

All in all, it's been a pretty impressive 70 years, and the feeling was there's much more to come. □



Ken Bernard, left, was MC for the 70th birthday celebration of David Pain, right, founder of U.S. masters track & field. Pain was presented with a print of what appears to be Michaelangelo's David. Upon closer reflection, however, we're not sure.

Meet Records Fall in Texas

by TIM MURPHY

Thirty-four meet records fell at the 12th annual Texas Masters T&F Championships, held in Arlington, on July 25.

Joining in the record-setting spirit was Chuck Miller, 54, who is recovering from a heart attack he suffered earlier in the year. Miller blazed through the 110H in 14.55. Mary Luker, W50, contributed with fine performances in the 80H (14.55), 100 (13.80), and 200 (29.66).

New master Johnnye Valien, W65, flew through the 100 (16.26) and 200 (38.93), then high-jumped 3-4, and leaped 10-1/4 in the long jump. Former Olympic great Thane Baker captured the M60 division with a respectable 12.25 in the 100.

The meet was expertly run by John Pritchett, with a big assist from Mark Carpenter who compiled the results and handled the awards. Thanks to Chuck Miller for the "Raging Bull" T-shirts. □

240 Entrants in Cleveland Classic

by JEFF GERSON

The Over The Hill TC and Buffalo Belles & Brawn successfully defended their men's and women's team titles in frigid weather at the 14th annual Cleveland Track Classic, June 20, in Wickliffe, Ohio, while Bernie Smith, M60, of the Canadian Masters garnered individual honors. Smith was named the meet's outstanding athlete after setting Canadian and meet records in the TJ (32-10 1/2) and 400 (61.3) and winning the LJ, 100, and 200 in a meet record 27.0.

Age-group MVPs included multiple winners Grover Coats (M50-LJ/TJ/HJ); Denver Smith (M60-100H/300H/PV/JT); Ed Matthews (M70-100/200/TJ/LJ); and Mark Leeper (M30-SP/PV/LJ).

Women co-MVPs were Rhonda Pope, W30, and Pat Peterson, W65. Pope set or tied records in the 100 (12.1), 200 (26.6), and 400 (60.4), while Peterson set records in the 300H (71.7), HJ (3-8), 400 (82.5), and won the 100.

Joe Chadbourne broke his own M60-64 national record in the hammer, with a 165-2. □



Programs from the first years of national masters track meets (1968-1973) were on display at the San Diego Hall of Champions, August 1, at the celebration of the 25th anniversary of U.S. masters track & field, and the 70th birthday of its founder, David Pain.



Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and
MARTIN DUFF of *Athletics Weekly*

The most remarkable UK effort in August was by Tessa Sanderson, W35, who placed fourth in the Olympic javelin finals in Barcelona with a throw of 63.58.

On the 18th of July, Barry Ferguson, M50, won his sixth successive 100H title with a British record-setting 14.86 in the National Veterans T&F Championships in Hendon. Nate Robinson of the U.S. took the M40 100 in 11.59, while Ed Mathews, 72, also from the

States, triumphed in the 100 (14.64), 200 (29.75), and 400 (1:10.11). Joe Caines of Royal Sutton ran an M40 200 in 22.64.

On the distaff side, Laurie O'Hara set a British 60+ mark of 17:10.9 in the 5000. Joyce Smith, 1981 London Marathon champ, won the 50+ 1500 in 4:58.74, another UK record. Former school teacher, Jo Odgen, W60, won her divisions in the 100 (14.84), 200 (31.34), HT (28.58), and JT (30.58). □

Moscow Hosts Russian Championships

by JERRY WOJCIK

The Russian National Veterans Track and Field Championships were held on July 11-12 in Moscow. Subtitled "Athletics Championships of the Commonwealth of Independent States," the meet also drew athletes



Clive Truter won the M50 100mH in 14.75, a national record, South African Masters Championships, Krugersdorp, May 8-9.

Photo by Leo Benning

from the Ukraine, Armenia, and Kazakstan, plus competitors from the U.S., Turkey, and Lithuania.

Nina Naumenko, W65, of Russia, broke Britta Tribling's world record of 6:10.77 for the 1500 with a 6:06.43.

Taisiya Chenchik, W55, of Russia, who has a pending world record of 1.43m in the high jump, finished with a 1.35m. Albina Chernova, W55, of Russia, ran the 800 in 2:43.15.

Three athletes represented the U.S. Woody Green was fourth (2:12.78) in the M30 800 and an uncontested winner (12:34) in the steeplechase. Lorraine Green won the W40 5000 RW with a 30:59 and competed in the 3000, discus, and javelin. Floyd Smith won the M55 high jump (1.60m) and placed fourth in the shot (9.75m). □

LATE FLASH: Rex Harvey of the USA was elected Chairman of WAVA's North American Region at the North American T&F Championships in Jalapa, Mexico, August 19. Harvey, who defeated Canada's Brian Oxley, will also serve as the North American delegate to the WAVA Council. A complete report of the meet will appear next month in NMN.

Lusis, Ozolina Star in 8th European Veterans Championships

by MARTIN DUFF

Former Olympic javelin standouts Janis Lusis (M50, 52.38) and Elvira Ozolina (W50, 45.94) of Latvia were the class performers in the 8th European Veterans Championships in Kristiansand, Norway on June 26-July 4. Along with fellow Latvian Janis Zirnis (M40, 67.18/JT) and Russian Olympic discus champ Nina Ponomareva (W60, 32.54/DT) they added spice to a meeting held in glorious sunny weather.

Fritz Assmy, the blind, former German war ace, cleaned up in the M75 sprints with a 13.80 100, a 29.95 200, and a 1:11.85 400. Britain's Ron Taylor was impressive in the M55s, winning the 100 (11.75) and 200 (24.38). Jose Waller, W70, won golds in the 1500 (6:56.37), 5000 (24:06.3), and 10,000 (49:02.85). Fellow 70-year-old James Todd of Northern Ireland turned in excellent performances in the 800 (2:34.35), 1500 (5:12.51), and 5000 (19:59.10).

The classy Dutchman Ron Marcelina overpowered the competition in the M45 division middle distances with 2:00.73 800 and a 4:08.99 1500. M40 Peter Browne was hampered in the contest by a pulled hamstring. □



Fritz Assmy, left, and Fritz Muhle both of Germany, on the victory stand at the European Veterans Championships for the M75 100. Assmy won in 13.80. Muhle clocked 14.31.

TRACK & FIELD NEWS

"Everything for
Track and Field Athletics"



Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

• **TRACK & FIELD NEWS.** With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: \$31.00 USA, \$39.00 rest of world.

• **TRACK TECHNIQUE.** Official TAC/USA technical quarterly with articles on training, technique, etc. Published since 1960. Now \$15.00 yr., USA; \$16.00 foreign.

• **BOOKS.** Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklist.

• **TOURS.** 1992 Olympics (Barcelona), 1992 U.S. Olympic Trials, 1993 World Championships (Stuttgart), etc. Popular sports tours since 1950. Write for information.

TRACK & FIELD NEWS
2570 El Camino • Suite 606 • Mountain View, CA 94040 • USA
(415) 948-8188

PRESIDENT:

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

EXECUTIVE

VICE PRESIDENT:

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

VICE-PRESIDENT

(Stadia):

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

VICE PRESIDENT

(Non-Stadia):

Jacques Serruys
Postbox 7
B8000, Brugge, Belgium

SECRETARY:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden



TREASURER:

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

PAST-PRESIDENT:

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

WOMEN'S Delegate:

Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

IAAF Delegate:

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

DELEGATE OF: NORTH AMERICA

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

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo Uruguay

ASIA:

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

EUROPE:

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

OCEANIA:

Jim Blair
43 Emslie Road
Pinehaven, Upper Hutt
New Zealand

AFRICA:

Col. Pascal Mackonguy
BP 1222 Brazzaville
Rep Pop Du Congo

200 Athletes Compete in Western Regionals

by JERRY WOJCIK

The Athletics Congress Western Regional Masters Track and Field Championships, after two stints in Southern California, moved north to Chabot College in Hayward, Calif., on July 25-26.

Including late registrants, some 200 masters, submasters, and a sprinkling of open athletes made up the field.

Two world and one U.S. age-group records fell. Six single-age world and 15 U.S. records were erased or tied.

Payton Jordan, 75, of Los Altos, Calif., again lowered Josiah Packard's world records of 14.3 and 29.5 for the 100 and 200. However, Jordan's times, a wind-aided 13.57 and a legal 29.2, were not as fast as his earlier attacks on Packard's marks.

Jutta McCormick, 51, bettered Gretchen Snyder's U.S. W50-54 800 record of 2:33.0 in 1984, with a 2:31.7.

The single-age world records went to Cherrie Sherrard, 53, 14.35 (old record 14.57), 80mH; Walt Butler, 51, 13.84 (14.1w), 100mH; Hugh Adams, 52, 14.51 (15.12), 100mH; Joan Ottaway, 48, 7:50.2 (7:55.2), 2000 SC; Larry Stuart, 54, 59.12 (58.96), JT; and Charlie Rader, 44, tied 1.98m high jump.

Jim Lytjen, 71, accounted for a pair of U.S. age records, with a 65.8 (66.11) 400 and a 2:31.1 (2:34.5) 800. Shirley Matson, 51, better known for breaking road records, also broke two U.S. age records, with a 2:34.4 (2:35.9) 800 and a 5:00.7 (5:09.42) 1500.

Peter Grimes, M30, was the standout submaster in the sprints, winning the 100 (11.23), 200 (22.64), and 110mH (14.34). Mark Cleary, M30, returned to competition after a ten-year absence to run a 2:07.9 800 and a 4:26.5 1500. Graeme Shirley beat strong M45-49 fields in the 800 (2:05.5) and 1500 (4:21.3).

In the vertical jumps, Annelies Steekelenburg, 44, upped the U.S. single-age record to 1.53m (1.51m), and John Besmer, M35, cleared 5.21m for pole vault honors.

Hal Smith, 56, returning after a several-year layoff, captured a U.S. age record in the shot with a 13.38m (13.35). Lloyd Higgins, 50, demolished the U.S. age record of 38.18m in the hammer with a 50.48m and held off Joe Keshmiri (48.52) and a tough M50 field in the discus to win with a 56.06m.

Shirley Dietderich, 65, revised the national age record of 19.66m in the discus to 19.88m.

Max Green, 60, walked to a U.S. age-record 25:06 (25:48) in the 5000 racewalk.

Athletes were treated to a hospitality gathering on Friday night at the Hayward Airport Executive Inn, which offered discounted room rates to meet entrants.

Jim Johnson was the meet director, with help from Don Rose, members of the Northern California Seniors TC, and a large contingent of volunteers and officials.



From l to r: Rita Kerr, Fei Mei Chou Lee, Marj Moore, Shirley Dietderich, Ray Gil, Christel Miller, Jutta McCormick, Kay Lyons, Cherrie Sherrard, Josie Kolda, and Gretchen Snyder, Western Regionals, Chabot College, Hayward, Calif., July 25. Photo by Shirley Dietderich

Johnson, Weslowsky Tops in Philly Meet

by PETER TAYLOR

Joe Johnson, 47, put together a 24.0 200 (AG 91.7%), 11.7 100 (AG 92.2%), and a 56.5 400 (AG 88.1%) to narrowly edge M45 Paul Henry in the Jim Bantum Sprint Triathlon, held on Philadelphia's La Salle U. track on July 25.

Joe Weslowsky, 31, won all three events in the middle distance triathlon with a 4:05.2 in the 1500, 53.5 in the 400, and 2:00.3 in the 800 for an overall score of 256.0. Jim Donahue, 53,

placed second with a score of 252.8. Maureen Fazio, 35, led all women by turning a 5:18.3 1500, a 1:12.6 400, and a 2:40.2 800.

Ken King, 40, took top honors in the Dave Martin All-Around Quadrathlon, high jumping 5-6, long jumping 18-10½, putting the shot 34-6¼, and sprinting the 200 in 26.0. He also led all pole vaulters with a leap of 12-0.

In the weight events, Ken Olson, 60, threw the 1kg discus 146-5½, the 2kg discus 110-5, the shot 41-8½, and the javelin 116-4. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT. 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
PAT BESSEL (GRAND ISLAND, NY)	9-19-37	55-59
TERREZENE BROWN (CA)	9-27-47	45-49
SKIPPER CLARK (BROOKLYN, NY)	9-15-47	45-49
JOAN FLYNN (HONOLULU, HI)	9-13-27	65-69
CHARLENE GROET (DEMOTTE, IN)	9-29-47	45-49
DORIS HERITAGE (SEATTLE, WA)	9-17-42	50-54
JUDY IKENBERRY (CRESTLINE, CA)	9- 3-42	50-54
ESSIE KEA (CLEVELAND, OH)	9-22-37	55-59
VIVIAN NELSON (HARRISBURG, PA)	9- 9-12	80-84
HELEN PALMER (LOS ANGELES, CA)	9-10-27	65-69
MARYBELLE RUSSEL (NV)	9-16-22	70-74
GRACE SCHWEITZER (SANTA BARBARA, CA)	9-17-17	75-79
DIANA SMITH (CLAREMONT, CA)	9-21-22	70-74
SALLY ANNE STIEGELMEIER (BEREA, OH)	9-21-32	60-64
DOROTHY STOCK (LA MESA, CA)	9-12-32	60-64
MARGARET TURNER (N. ORLEANS, LA)	9-14-37	55-59
CONNIE VOIGT (US)	9-17-37	55-59
JANILLE ZERNIGLE (MEDFORD, WI)	9-20-52	40-44
JANE BIRD (GB)	9-20-47	45-49
CATHERINE COLEMAN (AUS)	9-26-42	50-54
NADINE DE GHEUS (BEL)	9-12-47	45-49
MARLIESE HOFFMAN (WG)	9-16-42	50-54
ROSWITHA KOTZBAUER (WG)	9-10-32	60-64
LIISA KUJALA (FIN)	9-24-37	55-59
KERSTIN NILSSON (SWE)	9-10-42	50-54
HELGI PARTS (URS)	9-15-37	55-59
HAZEL RIDER (GB)	9- 2-32	60-64
DANA ZATOPKOVA (CZE)	9-19-22	70-74
BEN ANIXTER (SAN CARLOS, CA)	9-20-37	55-59
ARDEL BOES (GOLDEN CO)	9-24-37	55-59
JAMES BOLE (LONG BEACH, CA)	9- 6- 7	85-89
KELSEY BROWN (ANDOVER, NJ)	9- 5-27	65-69
E. N. CARTER (US)	9- 4- 2	90-94
JOSH CULBREATH (XENIA, US)	9-14-32	60-64
EARL FOSTER (LYNCHBURG, VA)	9- 9-22	70-74
BASCILIO FUENTES (KAUAI, HI)	9-23- 2	90-94
BILL GOOKIN (SAN DIEGO, CA)	9-22-32	60-64
FORTUNE GORDIEN (SAN BERNARDINO, CA)	9- 9-22	70-74
NEWLIE HEWSON (WASH. DC)	9- 5-22	70-74
EDWARD HILL (BIRMINGHAM, AL)	9-15-42	50-54
WILFRIED IRMEN (WG)	9-10-32	60-64
CHARLES JOHANNESMEYER (SANFORD, NC)	9-20-17	75-79
WILLIAM JOHNSTON (SALT LAKE CITY, UT)	9-29-37	55-59
JOHN A KELLEY (WATERTOWN, MA)	9- 6- 7	85-89
HARRY LOGAN (AUS)	9-30-17	75-79
PETER MIRKES (WG)	9-28-27	65-69
LAWRENCE O'NEIL (KALISPELL, MT)	9-21- 7	85-89
ALEX RENK (WG)	9- 1- 2	90-94
TOM ROBERTS (ATLANTA, GA)	9-14- 2	90-94
BOB SCHLAU (SC)	9-28-47	45-49
JAY SILVESTER (UT)	9-27-37	55-59
JACK SIRINGER (OLMSTED, OH)	9-10-12	80-84
WALTER STACK (SAN FRANCISCO, CA)	9-28- 7	85-89
JAN VERLOOP (HOL)	9-10-17	75-79
DAVE WACO (GRANADA HILLS, CA)	9-18-32	60-64
ROBERT WILLIAMS (MONTEREY PARK, CA)	9-19-27	65-69
WILBUR WILLIAMS (LOS ANGELES, CA)	9-15-32	60-64
KEN WINN (STONE MT., GA)	9-14-37	55-59

Collins, Raschker Star in Georgia

Bill Collins, M40, and Phil Raschker, W45, were the brightest stars in the Southeast Regional Masters Track and Field Championships held at Emory University on June 6.

Sprinter Collins ran the 100 in 10.69 and the 200 in 22.18. The world record for the 100 is a hand-timed 10.6 by Eddie Hart in 1989. The U.S. record is 10.87, also by Hart in 1989. Hand times are not accepted for U.S. records but are listed as "notable" performances.

The U.S. record for the 200 is 22.20 by Stan Whitley in 1988. Collins ran a pending 21.38 at the 1991 Nationals. The world record is 21.9 by Reginald Austin in 1977.

Raschker upped Pam Calvert's U.S. record of 1.34m in 1991 in the high jump to 1.42m, and stretched the U.S. triple jump record of 9.41m, also set by Calvert in 1991, to 9.70m.

Raschker led a blitzkrieg on women's pole vault world bests by increasing the W45 standard from 1.80m to 2.33m. Lucy Brobst upped the W55 mark of 1.40m to 1.48m, and Leonore McDaniels, W60, vaulted 1.34m, topping the 0.91m of Rudy Burr of Hawaii in 1977.

Betty Vosburgh, W60, finished with two U.S. records. She ran the 200 in 31.60 to erase Josephine Kolda's 33.3

in 1982, and threw the hammer 19.96m, about a meter better than Jimmie Reid's 18.94m in 1989. □



Sue Grigsby, 35, Everett, Wash., takes the plunge en route to a second 8:22.8, W35-39 2000 steeplechase, National Masters Championships, Spokane, August 13-16.

National Masters News/Jerry Wojcik

MASTERS SCENE

NATIONAL

• **Foot Locker** may offer \$100,000 to anyone over age 40 who can break four minutes for the mile. Leading candidate appears to be **Eamonn Coughlan**, who turns 40 in December.

EAST

• **Chris Webber**, 40, Sayville, NY, with a 20:52, and **Maddy Harmeling**, 47, Merrick, NY, in 25:30, were 40+ firsts in the Long Island Four Mile Championships, Ronkonkoma, June 27. **Bob Giambalvo**, 43, Shirley, NY, was second 40+ in 21:09, and **Marion Stanjones**, 53, Northport, NY, flew to a fifth W40+ in 27:12.

• **Vincent Gaines** (44, 1:17:06) and **Amy Bahrt** (41, 1:36:59) rolled to 40+ firsts in the NYRRC Westchester Half-Marathon, New Rochelle, NY, June 7. **Lisa Praskins**, 57, was second W40+ in 1:42:43. A week later, Gaines won the masters title with a 34:46 in the NYRRC Brooklyn Greenway 10K. **Barbara Anderson**, 40, was the W40+ titlist in 40:39, fifth of 175w.

• **Nicholas Caswell**, 42, garnered fastest M40+ honors with a 21:35 from challengers **Bob Hermes** (42, 21:42) and **Vincent Gaines** (44, 21:46) in the males-only NYRRC Father's Day Four Mile, Central Park, June 21. Eighty-nine-year-old **Max Popper** finished in 50:55. **Sam Skinner**, 49, fourth M40+ (21:58) in the Father's Day race, returned on June 28 to take the masters first with a 28:28 in the NYRRC Summer Solstice Five Mile, Central Park, with **Luis-Antonio Flores**, 50, in hot pursuit with a second M40+ (28:43). **S. Rae Baymiller** (48, 35:19) and **Patty Lee Parmalee** (52, 35:57) were top W40+.

• **Arlene Weitzel** broke the W85-89 WR in the shot put with a 14-1 in the Vermont Senior Olympics, Montpelier, June 22. The old record of 9-0 belonged to **Sarah Packham**, Australia. In a remarkable performance, **Jonathan Tobey**, M65, Townshend, VT, won nine gold medals from the 100 (13.5) through the javelin (107-10) — with the meet's best marks in all nine events.

• **Charles McMullen**, 41, broke **Ray Hatton's** 20-year-old, M40-44 U.S. record of 9:17.6 for the two mile with a 9:12.5 in the Nautilus of Pittsford Meet, NY, June 25. On June 11, McMullen won a masters mile race in 4:23.9 and \$100 in Pittsford.

• On July 21, a Boston Running Club team of **Gabriel Bernal**, 52, **Chuck Keating**, 50, **Roland Cormier**, 52, and **Kirk Randall**, 50, set a new M50-59 WR in the 4x1600 relay with a sizzling 19:50.2. The time cut 33 seconds off the old world standard of 20:23.8.

• The 1992 masters LDR pecking order keeps changing. At the Falmouth 7.1 miler on August 16 in Falmouth, MA, Mexico's **Artemio Navarro** claimed the masters first-place prize of \$3000 with a 33:44 to finish 23rd overall. He was followed by France's **Pierre Levisse** (40, 34:00, \$1500), Kenya's **Wilson Waigwa** (43, 34:23, \$750), and Kenya's **Joseph Nzau** (41, 34:34, \$500). Houston's **Carol McLatchie** (40, 40:05, \$3000) took W40+ honors with Alaska's **Suzanne Ray** (40, 40:13, \$1500) second.

SOUTHEAST

• **Larry Barden**, a 49-year-old UNC-Charlotte professor, won the Charlotte TC's Masters Mile, Charlotte, NC, in 5:02.88. He holds the record of 4:42 set in 1987.

• **Sam Gadless** broke **Paul Spangler's** U.S. M85-89 record of 39:15 for the 5000 RW with a 38:36, Florida Sunshine Games, Lake Worth, July 12.

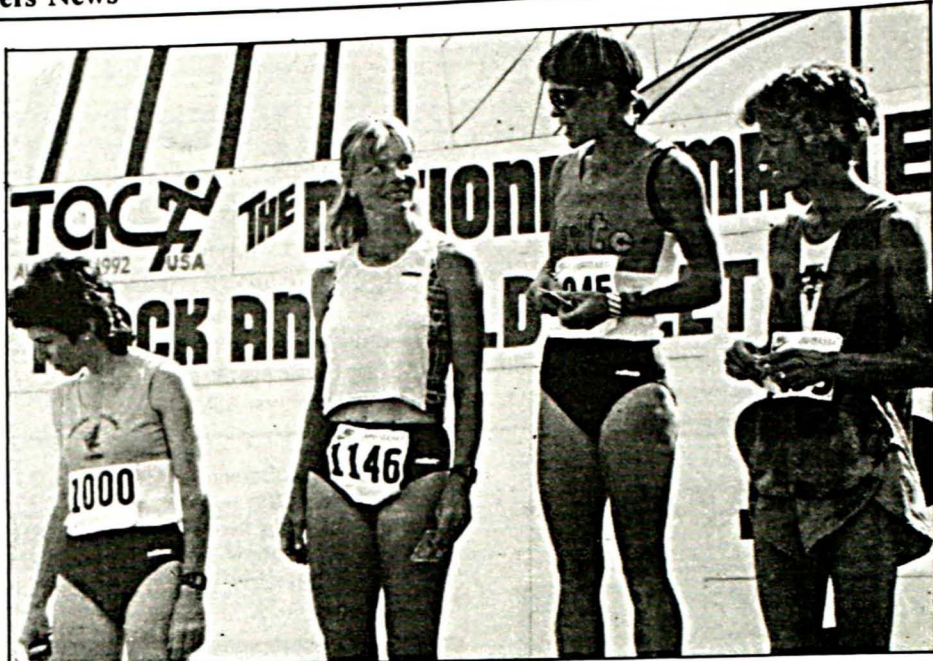
• **Betty Vosburgh** smashed the U.S. W60-64 hammer record (62-1, Jimmie Reid, 1989) with a 76-5 in the Southeastern Classic, Greenville, SC, June 27.

• **Thad Bell**, M45 sprinter, suffered the loss of his son on August 10. Thad, Jr. was a senior at Morehouse College. He died as a result of complications arising from a broken leg playing basketball. Memorials may be sent to Morehouse College or to: Dr. Thaddeus Bell, 80 Montesano Drive, N. Charlotte, SC 29448.

MID AMERICA

• **Ann Toya** upped **Harriet Boyd's** U.S. W65-69 discus record of 19.42m to 19.70m in the New Mexico Senior Olympics, Albuquerque, June 12.

• **Oleg Morozov**, 57, Gladstone, MO, was top age-graded performer with a 93.6% 1:16:38 in the Dam To Dam Half-Marathon, Des Moines, IA, June 13. **Jim Pollard**, 40, Boone, IA, won the masters first prize \$300 with a 1:09:31 (AG



Dee Dee Grafius, Oakdale, Calif., first W40-44 (2:24.58) in the 800, shares the awards stand with Debbie Stiles, #1146, St. Louis, Mo., second; Cathy VanLeuven, Modena, N.Y., third; and Judy Ace, San Francisco, fourth; National Masters Championships, Spokane, August 13-16.
National Masters News/Jerry Wojcik

90.6%). **Claudia Scott**, 41, Marion, IA, won \$300 for first W40+ in 1:25:05 (AG 83.3%), while **Wen-Shi Yu**, 57, Kew Gardens, NY, was best W40+ performer, with an AG 89.0% 1:31:21. A record 1376 runners finished in the 13th annual race.

• After being outrun by Frenchman **Pierre Levisse**, 40, and Kenyan **Joe Nzau**, 40, in five races, Englishman **Nick Rose**, 40, finally won one, with a 14th-place 33:52, worth \$1000, in the Bix 7 Mile, Davenport, IA, July 25. **Nzau** finished 19th (34:18) in front of **Levisse** (35:21), **Bill Rodgers** (44, 35:22), and **Gary Romesser** (40, 35:29). Pennsylvania's **Barbara Filutze**, 46, also picked up a grand, with a 23rd-place 41:48, with Texan **Carol McLatchie**, 40, 24th in 42:07, and New Zealand's **Judith Hine**, W40+, 26th (42:53).

• **Ron Daws**, a 1968 Olympian who was a guru to other runners and helped popularize long distance running in Minnesota, died July 28 of a



Leonore McDaniels, 64, Virginia Beach, Va., pole vaulted to a world W60 record (1.85/6-3/4), National Masters Championships, Spokane, August 13-16.

National Masters News/Jerry Wojcik

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to **National Masters News, P.O. Box 2372, Van Nuys, CA 91404.**

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

*Includes 2-colors.

- FREQUENCY DISCOUNTS (1-year period)**
3 to 5 insertions10%
6 to 12 insertions15%
- COMMISSIONS:** Agency commission of 15% allowed to recognized agencies.
- SPECIAL RATES**
25% discount for race and meet notices, (1/2 discount for races and meets under 200 participants.) Inserts: \$300. No frequency discounts or agency commissions.
- TERMS**
Net 10 days from billing date.
- CLASSIFIED RATES**
75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy.
- MECHANICAL REQUIREMENTS**
a. See display rates for ad sizes.
b. Photo offset printing.
c. Negative ok. No mats, cuts or plates.
d. 2-colors add \$50
e. Screen: 85 lines per inch.
- CLOSING DATES**
The 10th of the month before date of issue.
- CIRCULATION October 1990**
Paid: 5374 Distribution: 7500
Published monthly. Subscriptions \$24.00/year.
Mail order to: **National Masters News**
P.O. Box 2372
Van Nuys, CA 91404
Phone: 818/785-1895
Fax: 818/782-1135

26TH ANNUAL LAS VEGAS
Lite HALF MARATHON & RELAY (13.1 MILES)
SAT., DEC 19, 1992 at 7:30 A.M.
Sponsored by:
STARDUST RESORT & CASINO
(Mention Run For Room Reservations Only) 1-800-634-6757
Sorbothane
For entry information send a SASE to:
Bill Callanan/Tri-A-Run
6252 Clarice Ave., Las Vegas, NV 89107
Or call: (702) 870-8269 • Fax (702) 878-1038

WEST

• **Doug Bell**, 41, Greeley, CO, forged an age-graded 99.2% 13:56 in the Fontana 5K, Fontana, CA, June 6. Last year, Bell sped to a U.S. best 14:04 here.

• The oldest consecutively run foot race in the country west of Boston is the Western Hemisphere Marathon. The 45th edition will take place in Culver City, Calif. on December 6. Entries are limited to 6000 for the marathon and concurrent 5K. In 1971 **Bill Scobey** set the course record of 2:15:21 which still stands. In 1974, **Jacqueline Hansen** set the women's course mark of 2:43:55. **Laszlo Tabori**, **Rafer Johnson** and **Olga Connelly** are members of the WHM Advisory Committee. The event includes a carboload dinner, cash prizes and awards in 11 age categories, a 2-day Health & Fitness Expo, Jazzercise and Food Faire. For an entry form send an SASE to WHM, 4117 Overland Ave., Culver City, CA 90230. Or call 310-204-2965.

NORTHWEST

• Since turning 65 on April 4, **Billie Murphy** of Roy, WA, a long-time member of the Snohomish TC, won the W65-69 titles in the Lilac Bloomsday 12K (62:40); Capital City Marathon (4:00:04); Tacoma's Sound To Narrows 12K (61:29); and Cascade Run Off 15K (U.S. W65-69 age-record 1:17:32). Commenting on her success, she says, "I'm certainly not running fast, but I guess it's fast enough. Age has its privileges."

INTERNATIONAL

• France's **Jean-Michel Charbonnel**, who ran 2:12:39 in Paris last March, a month before his 40th birthday, is scheduled to run the **Twin Cities Marathon** (TAC National Masters Championships), October 4.
• **Yekaterina Podkapayeva** of the CIS (formerly Soviet Union) turned 40 in June and stunned masters-watchers with a phenomenal eighth-place 4:02.03 in the women's Olympic 1500 finals in Barcelona, Spain, August 8. Needless to say, the time was a world W40 record, erasing the 14-year-old mark of 4:20.7, set by England's **Joyce Smith** in 1978. On the masters age-graded scale, it was an incredible 103.7%.

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

September 5. TAC/USA National Masters Weight Pentathlon Championships, Seattle, Wash. Seattle Masters AC, Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-4219(d); 938-3895(e).
October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST

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

September 6. Potomac Valley Games. Alexandria, Va. PVSTC, Sharon Good, 12521 Eastbourne Dr., Silver Spring MD 20904. Includes 3K RW 708/243-1291.

September 27. NY Masters Outdoor Classic, Mitchell Field, Uniondale, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Lane, Great Neck, NY 11023. 516/487-1417 (7-9 pm only).

SOUTHEAST

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

September 12. Florida Track Circuit Meet. DeLand. 5-yr. age groups from 19 to 80+. SASE to: John Boyle, POB 1824, DeLand, FL 32721. 904/736-0002.

September 19-20. 8th Annual Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 919/476-1228.

September 26. Florida Circuit Meet, Tampa. 5-yr. age groups from 19 to 80+. SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/931-8997.

October 10. Nashville TC Open & Masters Meet, Vanderbilt U., Nashville, TN 37215. 615/383-6733.

MIDWEST

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

September 8-13. Wisconsin Senior Olympics. 55+. Helen Ramon, SE Wisc. Area Agency on Aging, 135 N. Executive Dr., Ste. 10, Brookfield, IL 53005. 414/821-4444.

September 13. Ohio TAC 56# Weight Throw/Wolfpack Throwing Classic, Worthington HS, Columbus, John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

MID-AMERICA

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

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. David

Simmons, 1550 Baseline, Boulder, CO 80302. 303/443-4919.

September 20. Fall Classic Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

WEST

Arizona, California, Hawaii, Nevada

September 13. Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/647-1889.

September 20. Sri Chinmoy Masters Meet, CSU-Long Beach, Calif. 40+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/838-4746.

October 3. Club West Masters Meet, Santa Barbara Comm. College, Calif. Lloyd Albright, P.O. Box 1079, Goleta, CA 93116. 805/682-9540.

NORTHWEST

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

October 20-23. Huntsman Chemical's World Senior Games, St. George, Utah. 50+. Sylvia Wunderli, Executive Director, 1355 So. Foothill Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

INTERNATIONAL

September 11-13. 13th All-Japan Masters Championships, Tottori Prefecture. July 10 deadline. Kinki Nippon Tourist, Tottori Branch, 706 Sakaemachi, Tottori City 680 Japan. Tel. 0857-23-1161.

October 9-12. VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 0 11 56 2 669 5006.

October 10-11. San Juan Masters International Meet. Capt. Adalberto Alvarado, PR Masters Assn., P.O. Box 31300, 65th Inf. Station, Rio Piedras, Puerto Rico 00929-0300.

October 24-25. Hong Kong Veterans International Meet. M&W35+. AVOHK, International Meet, G.P.O. Box 10368, Central Hong Kong.

November 30-December 6. VI WAVA Regional Oceania Championships, Norfolk Island, Ian Anderson, PO Box 158, Norfolk Island. M40+, W35+. Fax: 011-64-672-3-3106. Phone: 011-64-672-3-2115.

LONG DISTANCE RUNNING NATIONAL

August 1-October 31. RRCA Women's Distance Festivals. RRCA-sponsored races throughout the country. SASE to Women's Distance Festival, RRCA National Office, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.

September 7. TAC/USA National Masters 20K Championships, New Haven, Conn.

John Bysiewicz, P.O. Box 1893, New Haven, CT 06508. 203/397-0214.

October 4. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortensen, 15301 Highland Pl., Minnetonka, MN 55345.

November 8. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 13-15. Road Race Management Race Director's Meeting and Trade Show, Washington, D.C. SASE to Race Director's Meeting, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201. 703/276-0056.

November 14. TAC/USA National 25K Championships, San Diego, Calif. Joni Shirley, 8565 LK Murray Blvd., No. 223, San Diego, CA 92119. 619/465-1049.

November 21. TAC/USA National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 29. TAC/USA National Masters 15K Cross-Country Championships, Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.

December 6. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502/459-6820.

EAST

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

September 12, 26. Upstate NY Cross-Country Series, Rochester, 12th; Newark, 26th. SASE to Team Challenge '92, 170 Maywood Ave., Rochester, NY 14618. 716/385-2679.

September 13. Septemberfest 5K, Kittery Trading Post, P.O. Box 904, Kittery, ME 03904. 207/439-2700.

September 13. Dutchess County Marathon, Fishkill Plains, N.Y. Charles Sprauer, 234 Rosway Rd., Pleasant Valley, NY 12569. 914/635-2936.

September 17. Nike Capital Challenge 3 Mile. Jeff Darman, Director, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201. 703/276-0056.

September 19. Great Cow Harbor 10K (RRCA Eastern Regional Championships). SASE to GCH 10K, POB 1, Northport, NY 11760. 516/862-7722.

September 19. Alamo Alumni Run 5 Mile, Boston, Mass. Dave McGillivray Sports Enterprises, 617/932-9393.

September 20. Philadelphia Half-Marathon. PDR, Box 43111, Philadelphia, PA 19129. 215/864-8225.

September 20. Chubb Life 5K/10 Mile. SASE to Chubb Life Run, One Granite Place, Concord, NH 03301. 703/226-5007.

September 20. Eriesistible Marathon. Ken Chestek, 319 W. 10th St., Erie, PA 16502. 814/454-5868.

September 26. Fifth Avenue Mile, NYC. NYRRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

September 27. Islandwide Runner Half-Marathon, Manorville, N.Y. Islandwide Runner, Box 857, Middle Island, NY 11953. 516/969-4355.

September 27. The Great Race 10K. Mike Radley, Rm. 459, City-County Bldg., Pittsburgh, PA 15219. 412/255-2493.

October 3. Syracuse Freihofer's 5K For Women (TAC/USA Senior Women's National Championship). David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 4. Jersey Shore Half-Marathon, Long Branch, N.J. Also 20K RW. Dean Shorts, Box 150, Millburn, NJ 07041. 201/376-0231.

October 4. NYC Marathon Tune-Up 25K. NYRRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 11. Belmont Plateau Autumn Classic (5 miles cross-country), Fairmont Park, Phila. Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

November 1. New York City Marathon. NYRRRC, P.O. Box 881, FDR Station, New York, NY 10128. 212/860-4455.

Continued on next page

ON TAP FOR SEPTEMBER TRACK AND FIELD

TAC's National Masters Weight Pentathlon Championships will be decided in Seattle on the 5th.

Also on that date, the two-day Rocky Mountain Games begin in Boulder. The Potomac Valley Games are set for Alexandria, Va., on the 6th.

Florida hosts two meets this month, in DeLand on the 12th and Tampa on the 26th.

The 20th lists two meets: the Fall Classic, Lincoln, Nebr., and Sri Chinmoy, Long Beach, Calif. The NY Masters Meet is scheduled for the 27th on Long Island.

Overseas, the Japan Masters Championships start on the 11th.

LONG DISTANCE RUNNING

The National Masters 20K Championships take place on Labor Day in New Haven, Conn.

The Charleston 15 Mile, W. Va., is on the roster for the 5th. The Sentara Bay 10K, Hampton, Va., goes off on the 12th, followed on the 13th by the Dutchess County Half-Marathon, N.Y., and City of Lakes 25K, Minneapolis.

The next weekend finds a full skein, including the Prefontaine 10K, Coos Bay, Ore., and Cow Harbor 10K, Northport, N.Y., on the 19th, and the Eriesistible Marathon and Philadelphia Half-Marathon on the 20th.

On the 27th, marathons will be run in Berlin, Albuquerque, and Portland, Ore.

RACEWALKING

A busy month spotlights the National Masters 40K Championships, Fort Monmouth, N.J., on the 13th.

The first weekend holds the MAC 20K Championships in Central Park, NYC, on the 5th, and the North American Masters 15K in Albuquerque on the 6th.

On the 19th, the North American Masters 8K Championships in Orlando will include a 3K novice race.

The two-day Alongi Memorial Racewalk Festival kicks off on the 26th in Dearborn Heights, Mich., as does the MAC 15K Championships in Central Park.

Many t&f meets and road races include racewalking categories.

Continued from previous page

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

September 4. Midnight Flight 5K. \$1300 for M&W40+. Starts midnight, Friday night. John Bernhard, POB 1106, Anderson, SC 29622. 803/226-7360.

September 12. Sentara Bay Days 10K. Masters money. Sentara Hampton Health & Fitness Center, 300 Butler Farm Rd., Hampton, VA 23666. 804/766-2658.

September 26. Virginia 10 Mile. Marilyn Reynolds-Straub, P.O. Box 3035, Lynchburg, VA 24503. 525-5420.

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

September 5. Charleston 15 Mile. Danny Wells, 1001 Virginia St., E, Charleston, WV 304/348-5122.

September 7. Park Forest Scenic 10 Mile. Bud James, Parks & Rec. Dept., 200 Forest Blvd., Park Forest, IL 60466. 708/748-2005.

October 3. Bowling Green 10K. Rick Kelley, P.O. Box 1802, Bowling Green, KY 42102. 502/782-3600.

October 11. Columbus Marathon. Masters money. Doug Thurston, P.O. Box 26806, Columbus, OH 43226. 614/433-0395.

October 25. Chicago Marathon. Carey Pinkowski, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

MID-AMERICAColorado, Iowa, Kansas, Minnesota,
Missouri, New Mexico, N. Dakota, Nebraska,
S. Dakota

September 13. City of Lakes 25K. Masters money. Jeff Winter, 5115 Oliver Ave. S., Minneapolis, MN 55419. 612/920-6886.

September 26. 30th annual Jackrabbit 15, So. Dakota St. U., Brookings. Miles Mettler, race director, 605/697-6415.

September 27. Lovelace Duke City Marathon. Also half-marathon, 5K, and 20K walk. Duke City Marathon, Box 14903, Albuquerque, NM 87191. 505/888-2448.

WEST

Arizona, California, Hawaii, Nevada

September 3. Sunset In The Park 2.8 Mile/4.8 Mile Cross-Country. 6:00 p.m. SASE to: Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

September 5. 28th 4-Mile Cross-Country, San Diego. Masters Challenge Series. SDTC, Mark Leisinger, 619/239-3622.

September 7. Jerome Hill Climb 5 Mile, Jerome, Ariz. Road Racers, P.O. Box 37876, Phoenix, AZ 85069-7876.

September 13. Danny Marathon Relay (PA/TAC Masters Relay Championships) & Double Danny 50K, Danville, Calif. LDR/Basics, Inc., 1122 B St., Suite 213, Hayward, CA 94541. 510/537-2009. Masters money.

September 19. EGBOK 5K, Pasadena, Calif. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 213/828-4123.

October 4. Alamo Alumni Run 5 Mile, San Francisco. 415/668-2243. Rhody Co. Productions.

October 25. Twilight's Last Gleaming 4 Mile Cross-Country Challenge, Arroyo Verde Park, Ventura. 5:00 p.m. Awards in 6-yr. divisions. Andrew Hecker, P.O. Box 7793, Ventura, CA 93006. 805/642-3879.

December 6. 45th annual Western Hemisphere Marathon and 5K, Culver City, Calif. Cash prizes in 11 age categories. SASE to WHM, 4117 Overland Ave., Culver City, CA 90230. 310/202-5689.

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

September 7. Sister Cities Half-Marathon. Woodinville, Wash. Super Jock 'n Jill Event Promotions, 305 NE Maple Leaf Pl., Seattle, WA 98115. 206/522-7788.

September 7. Founders Day 8K Cross-Country. So. Oregon Sizzlers, Tom Burnham, 451 Thornton Way, Ashland, OR 97520. 503/482-4467.

September 19. Prefontaine Memorial 10K. Prefontaine 10K, Box 1380, Coos Bay, OR 97420. 800/762-6278 (OR); 800/824-8486 (out-of-state).

September 27. Portland Marathon. Portland, Ore. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076. 503/226-1111.

October 3. St. George Marathon. Kent Perkins, St. George Leisure Services Dept., 86 S. Main St., St. George, UT 84770. 801/634-5850.

CANADA

September 20. Ontario Masters Half-Marathon Championship/Coors Light Toronto Half-Marathon. Doug Smith, 58 Newmarket Ave., Toronto, Ont., Canada M4C 1V9. 416/699-5818.

INTERNATIONAL

September 27. Berlin Marathon, Berlin, Germany. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

October 4. BVAF Marathon Championships (The Flying Fox), Stone, Staffordshire. Monica Darlington, The Radfords, Stone, Staffordshire.

RACE WALKING

Fall Racewalk Clinics: September 8-October 13. (Tuesdays), 7 pm, Lincoln Memorial Reflecting Pool, Washington, DC; **September 12-October 24** (Saturdays), 8 am, T.C. Williams HS track, Alexandria, Va.; **September 12-October 24** (Saturdays), 9 am, Tilden Middle School track (formerly Charles Woodward HS), Bethesda, Md. \$40 for 6 sessions. Registration on site or send to Potomac Valley Walkers, Valerie Meyer, 2305 S. Buchanan St., Arlington, VA 22206.

September 5. MAC 20K Championships, Central Park, NYC. Gary Null, 200 W. 86th St., NY, NY 10024.

September 6. North American Masters 15K Racewalk & Territorial 5K, Albuquerque. 15K-M40+, W35+. 5K-all ages. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.

September 7. Potomac Valley Athletic Council 15K. Lincoln Memorial, Washington, D.C. 9 am. PVSTC, Sharon Good, 12521 Eastbourne Dr., Silver Spring, MD 20904. 703/243-1291.

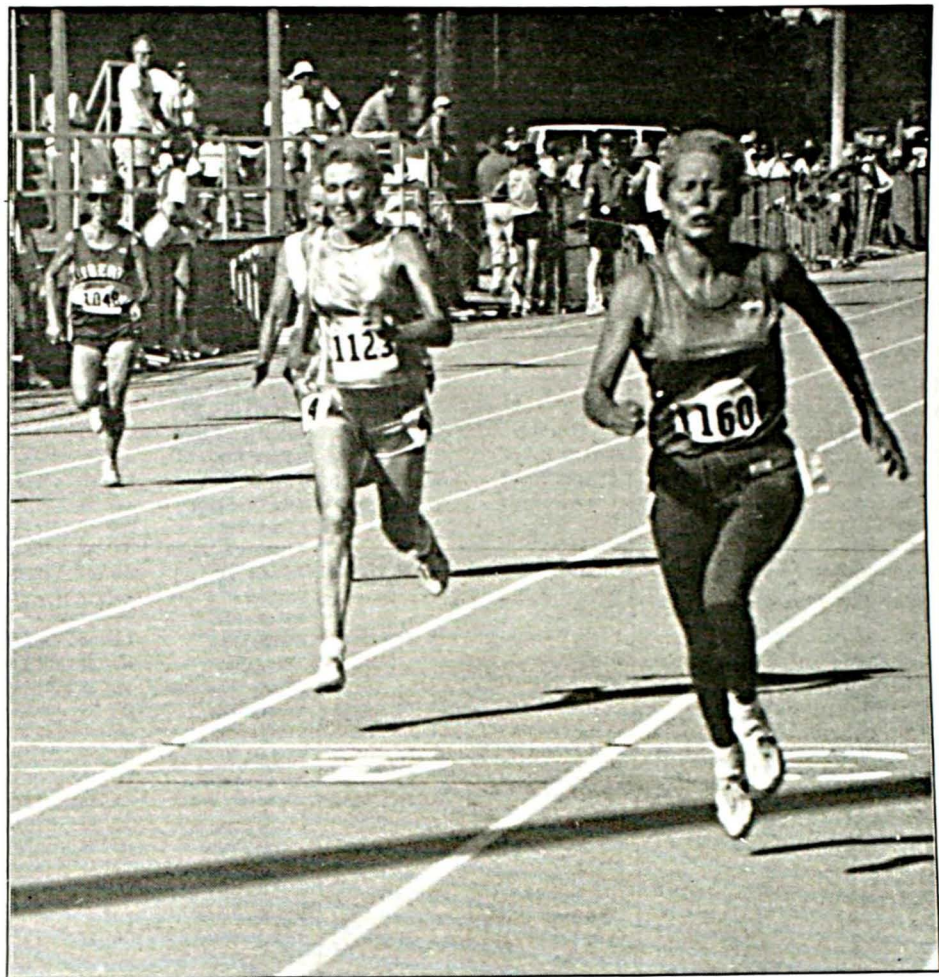
September 13. TAC/USA National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 201/222-9213.

September 19. North American International Masters 8K Championships, with non-championship open division & 3K citizens' novice racewalk. Held in conjunction with Prevention Magazine's 1992 Health and Fitness Festival, the Contemporary Resort Convention Center, Walt Disney World, Orlando, Fla. Verna Buchs, 585 Via Lugano, Winter Park, FL 32789. 407/645-4706.

September 26. MAC 15K Championships, Central Park, NYC. Park Walkers Club, c/o Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

September 26-27. Alongi Memorial Racewalk Festival, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.

October 18. TAC/USA National Masters 1-Hour & 2-Hour Championships, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02174. 617/698-1806.



Betty Vosburgh, 61, Atlanta, Ga., won the W60-64 100 in a U.S. record 15.10, National Masters Championships, Spokane, Wash., August 13-16. Nikki Ryan, Vancouver, Wash., was second (15.82), Leonore McDaniels, Virginia Beach, Va., lane 5, third (16.92), and Joyce Hals, Lexington, Mass., fourth (18.43).
National Masters News/Jerry Wojcik

1992 TAC/USA NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

following the TAC National Convention in Louisville, KY

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, December 6, 1992
1:00 P.M. 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+

LOUISVILLE 5K CROSS-COUNTRY CHAMPIONSHIPS AT 12:00 PM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o Jogger-Runner-Racer, Inc.
131 St. Matthews Avenue
Louisville, Kentucky 40207

Information:
Bob Kinny (502)896-4064 days
Bob Ullrich (502)459-6820 evenings

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

TAC/USA National Masters Championships Spokane, WA; August 13-16

100 METERS

M30-34			
1 Nathaniel Williams	IL	30	11.11
2 Al Ross	CA	30	11.30
3 Willie Jones	AZ	32	11.40
4 Remo Biagioni	NJ	33	11.48
5 J Smith	CA	33	11.55
6 Ellis Liddell	GA	34	11.68
7 Charles Johnson	MO	32	11.88
8 Cris Gibson	GA	31	NT
Wind - -3.91			
M35-39			
1 Martin Krulce	CA	35	10.97
2 James Perry	TX	35	11.34
3 Ben James	NY	35	11.50
4 James Bonilla	CA	36	11.55
5 Billy McKinney	OR	36	11.85
6 Thomas Rewolinski	WI	38	12.21
7 Tom Bloxom	TX	38	12.24
8 Eddie Mose	NJ	37	12.50
Wind - Not Available			
M40-44			
1 Bill Collins	TX	41	10.99
2 Eugene Driver III	CA	42	11.68
*Martin Lynch	AUS	40	11.89
3 Ezra Abdullah	CA	41	11.90
4 Daniel Thiel	LA		11.96
5 Thierry Boucquoy	CA	41	12.06
6 Dan Radiff	CO		12.23
7 Clifton Jackson	MO	43	13.04
Wind - -5.12			
M45-49			
1 Stan Whitley	CA	46	11.16
2 Steve Robbins	CA	49	11.55
3 Joseph Johnson	NJ	47	11.59
4 Ron Johnson	NY	46	11.83
5 Frank Little	CA	49	11.89
*Peter Crombie	AUS	47	11.92
6 Gregory Williams	WA	45	12.04
Wind - -0.62			
M50-54			
1 Paul Edens	OR	51	11.88
2 Walt Butler	CA	51	11.89
3 Alby Williams	MD	52	12.38
4 Hugh Adams	CA	52	12.38
5 Martyn Adamson	CA	53	12.46
6 Avital Schurr	KY	50	12.82
7 Paul Zimmerman	WA	51	12.94
8 Fred Niedermeyer	CA	52	12.98
Wind - -3.47			
M55-59			
1 Gilbert LaTorre	CA	55	12.57
2 Charley Miller	TX	55	12.72
3 Norb Wedepohl	AZ	56	12.73
4 Jim Mathis	TN	57	12.79
5 Richard Glasgow	CA	57	13.20
6 Harold Hitt	OR	59	13.65
7 B.J. Kuhn	OR	57	14.17
8 Haig Bohigian	NY	56	14.34
Wind - -2.96			
M60-64			
1 Marion Sanchez	CA	60	12.74
2 Donald Benton	CA	60	13.15
3 John Poppell	FL	61	13.19
4 Robert Sobolewski	IL	60	13.33
5 James Stookey	MD	62	13.66
6 Bob Feaster	CA	61	13.74
7 L S Anderson	NM	63	13.77
8 Bernard Stevens	CA	63	13.92
Wind - -2.45			
M65-69			
1 Jim Law	NC	66	13.12
2 Vernon Regier	CA	65	13.24
3 Oscar Harris	PA	68	14.70
4 Carl Orndoff	CA	65	14.89
5 Robert Higginbotham	CA	66	14.98
Wind - -0.18			
70-75			
1 William Bronson	OR	70	14.78
2 Tom Patsalis	CA	70	14.86
3 Don Saunders	CA	70	15.01
4 Ted	WA	70	16.27
5 KK Slaughter	CA	73	16.54
6 Albert Fairchild	CA	74	17.05
7 Angelo Oliver	RI	72	19.2
Wind - -6.24			

M75-79			
1 Payton Jordan	CA	75	13.83
2 Bill Weinacht	OH	75	14.30
3 Mel Flachs	IA	77	17.05
4 Frederick Praeger	CO	75	17.10
Wind - -2.91			
M80-84			
1 Virgil McIntyre	AZ	81	18.32
2 Wilfred Bigelow	CA	81	18.68
3 Emmett Bennett	SD	82	19.53
4 Hank Shinkosky	WA	82	23.32
Wind - -4.44			
M85-89			
1 Russell Randall	CO	85	17.98AR
Wind - -4.44			
M90-94			
1 Arling E Pitcher	IN	90	23.95
Wind - -4.44			
M60-64 - Heat 1			
1 Marion Sanchez	CA	60	12.96
2 Donald Benton	CA	60	13.15
3 Bob Feaster	CA	61	13.46
4 L S Anderson	NM	63	13.69
5 John Nelson	OR	61	15.55
Wind - -0.43			
M60-64 - Heat 2			
1 Robert Sobolewski	IL	60	13.49
2 James Stookey	MD	62	13.66
3 Don Kane	OR	60	13.98
4 Jack Fischer	WA	61	14.03
Wind - -2.07			
M60-64 - Heat 3			
1 John Poppell	FL	61	13.34
2 Bernard Stevens	CA	63	13.86
3 Tony Nasralla	CA	60	14.04
4 Jack Lance	N.J.	62	14.48
5 Lawrence Greco	NC	63	15.13
Wind - +0.00			
M60-64 - Heat 3a			
1 Ralph Daehler	OR	60	13.74
2 Chuck Sochor	MI	64	13.77
Wind - -2.83			
M50-54 - Heat 1			
1 Alby Williams	MD	52	12.66
2 Fred Niedermeyer	CA	52	12.96
3 Roger Childs	WA	53	13.46
4 Roger Nielsen	WA	52	13.63
5 Jack Karbens	HI	50	13.96
Wind - -0.53			
M50-54 - Heat 2			
1 Paul Edens	OR	51	12.24
2 Avital Schurr	KY	50	12.77
3 Orville Emerson	OR	54	13.09
4 Neil Harbinson	WA	54	14.15
Wind - -0.54			
M50-54 - Heat 3			
1 Walt Butler	CA	51	12.04
2 Martyn Adamson	CA	53	12.22
3 Hugh Adams	CA	52	12.23
4 Paul Zimmerman	WA	51	12.62
5 Emil Pawlik	MS	53	12.63
Joe Johnson	OR	50	DNF
Wind - -2.92			
M45-49 - Heat 1			
1 Stan Whitley	CA	46	11.64
2 *Peter Crombie	AUS	47	12.23
3 Gary Patterson	CA	48	13.12
Wind - -2.91			
M45-49 - Heat 2			
1 Frank Little	CA	49	12.23
2 Don Parker	CA	49	12.25
3 Larry Scheurer	WA	45	12.32
4 Ron Jensen	WA	49	12.88
5 Robert Baker	LA	47	12.95
Wind - -1.66			
M45-49 - Heat 3			
1 Steve Robbins	CA	49	11.67
2 Joseph Johnson	NJ	47	11.77
3 Ron Johnson	NY	46	11.85
4 Gregory Williams	WA	45	11.98
5 Ovid Plumb	WA	47	12.72
Wind - -1.17			
M40-44 - Heat 1			
1 Bill Collins	TX	41	11.33
2 Thierry Boucquoy	CA	41	11.93
3 Dan Radiff	CO		11.99
4 Paul Raymond	CA	44	12.06
5 Russ Anteronen	MN	44	13.03
6 Dennis Lichtenberger	AZ	44	13.17
Wind - +0.00			

M40-44 - Heat 2			
1 Clifton Jackson	MO	43	11.84
2 *Martin Lynch	AUS	40	11.89
3 Ezra Abdullah	CA	41	11.99
4 Wing Y Man	OR	41	12.58
Wind - -1.87			
M40-44 - Heat 3			
1 Eugene Driver III	CA	42	11.72
2 Daniel Thiel	LA		12.04
3 Norman Lewis	WA	42	12.39
4 Raymond Yeck	CA	44	12.46
5 Frank Nieto	WA	40	12.49
6 Matthew Sikowski	FL	42	12.54
7 Robert Fox	WA	44	12.93
Wind - -2.47			
M35-39 - Heat 1			
1 Martin Krulce	CA	35	10.87
2 Ben James	NY	35	11.29
3 Thomas Rewolinski	WI	38	11.85
4 Randy Kruse	OR	39	11.93
5 Gary Martin	OK	39	12.66
Wind - -0.74			
M35-39 - Heat 2			
1 James Perry	TX	35	11.24
2 Eddie Mose	NJ	37	11.94
3 Bradley Veile	ID	35	12.70
4 Glenn Hayes	TX	37	13.18
Wind - -5.76			
M35-39 - Heat 3			
1 Billy McKinney	OR	36	11.44
2 James Bonilla	CA	36	11.52
3 Tom Bloxom	TX	38	11.87
4 Gene Maxwell	TX	36	12.34
5 Willard Thompson	TX	39	12.37
Wind - -1.24			
M30-34 - Heat 1			
1 Nathaniel Williams	IL	30	11.11
2 Willie Jones	AZ	32	11.29
3 Al Ross	CA	30	11.31
4 Remo Biagioni	NJ	33	11.43
5 Charles Johnson	MO	32	11.44
6 Jay Mathis	TN	33	11.92
7 Rodney Wilson	OH	33	12.58
Wind - -1.25			
M30-34 - Heat 2			
1 J Smith	CA	33	11.31
2 Ellis Liddell	GA	34	11.41
3 Cris Gibson	GA	31	11.48
4 Leroy Johnson	WA	32	11.61
5 Willie Taylor	TX	32	11.72
6 Jeff Smoot	WA	30	12.72
7 Don Vaughn	FL		12.94

F30-34			
*Margaret Perrott	AUS	33	12.91
1 Louise Clark	NY	34	13.53
2 Marisa Sheldon	WA	33	15.82
3 Julie Wiedis	NJ	33	17.31
Wind - -0.60			
F35-39			
1 Marcia Hulse	NY	37	13.02
2 Danis Willet	NE	35	13.14
3 Irene Thompson	NY	38	13.16
4 Pamela King	TX	35	13.64
5 Lou Bloxom	TX	39	15.57
Wind - -4.33			
F40-44			
*Anna Wlodarczyk	CA	41	12.87
1 Donna Settles	GA	42	13.74
2 Carolyn M Taylor	AZ	40	14.39
*Marne McMillan	CAN	40	14.42
Wind - -1.89			
F45-49			
1 Phil Raschker	GA	45	13.82
2 Lorraine Tucker	NY	45	13.99
3 Betty Keating	KS	45	14.18
*Auril Douglas	CAN	46	14.82
*Catherine Roberts	CAN	45	15.19
4 Teddie Bell	WA	45	15.89
Wind - -4.02			
F50-54			
1 Mary Luker	TX	50	14.54
2 Jutta McCormick	CA	51	14.63
3 Nadine O'Connor	CA	50	14.67
4 Cherrie Sherrard	CA	53	14.90
5 Jan Catt	AZ	50	15.43
6 Joy MacDonald	FL	51	15.54
7 Sandy Pashkin	NY	50	15.57
8 Marti Thielman	WA	54	17.35
Wind - Not Available			

F55-59			
1 Carolyn Cappetta	MA	56	15.10
2 Rita Kerr	CA	57	16.46
3 Fei-Mei Chou	CA	57	16.57
*Louise Reed	CAN	57	16.71
4 V.P. Baker	OR	57	19.39
5 Marjorie Moore	CA	59	19.41
Wind - -3.03			
F60-64			
1 Betty Vosburgh	GA	61	15.10
2 Nikki Ryan	WA	60	15.82
3 Leonore McDaniels	VA	64	16.92
4 Joyce Hals	MA	60	18.43
Wind - -2.56			
F65-69			
1 Patricia Peterson	NY	66	AR16.02
2 Johnnye Valien	TX	67	18.36
3 Shirley Dietterich	CA	65	18.84
Wind - -5.23			
F70-74			
1 Diane Friedman	OH	71	19.00
2 Josephine Kolda	CA	74	20.01
3 Carol Peebles	WI	71	20.83
4 Irene Crane	OR	74	22.99
5 Helen Jensen	WA	73	26.20
7 Robert Fox	WA	70	-3.32

F75-79			
1 Millie Crews	WI	77	20.89
2 Pearl Mehl	CO	78	23.14
3 Marjorie Smith	NY	76	23.20
4 Betty Joslin	WA	77	27.73
Wind - -3.32			
F80-84			
1 Polly Clarke	CO	82	WR 19.32
Marilla Salisbury	CA	84	NT

AGE-GRADED 100 METERS			
1 Bill Collins	TX	41	10.21
2 Payton Jordan	CA	75	10.34
3 Jim Law	NC	66	10.79
4 Paul Edens	OR	51	10.87
5 Gil LaTorre	CA	55	11.15
6 Bill Bronson	OR	70	11.66
7 Marion Sanchez	CA	60	11.69
8 Virgil McIntyre	AZ	81	12.41
9 A.E. Pitcher	IN	90	13.51
10 Diane Friedman	OH	71	12.88
11 Millie Crews	WI	77	13.23

M30-34			
1 Nathaniel Williams	IL	30	22.41
2 Al Ross	CA	30	22.43
3 Peter Grimes	CA	33	22.44
4 J Smith	CA	33	22.90
5 Charles Johnson	MO	32	23.16
6 Willie Taylor	TX	32	23.61
7 Jay Mathis	TN	33	23.71
8 Sarrell Tobias	CA	31	24.14
Wind - Not Available			
M35-39			
1 Martin Krulce	CA	35	21.98
2 Ben James	NY	35	22.28
3 James Perry	TX	35	22.38
4 Milton Qualls	CA	38	22.69
5 James Bonilla	CA	36	23.64
6 Walden Curry	LA	39	23.71
7 Thomas Rewolinski	WI	38	23.77
Wind - -5.53			
M40-44			
1 Bill Collins	TX	41	WR 21.86
2 Terry Erickson	IL	40	22.92
3 Eugene Driver III	CA	42	23.06
4 Ezra Abdullah	CA	41	23.30
5 Daniel Thiel	LA		23.80
6 Dan Radiff	CO		24.19
7 Paul Raymond	CA	44	24.29
8 Norman Lewis	WA	42	24.81
Wind - -5.31			
M45-49			
1 Stan Whitley	CA	46	22.35
2 Joseph Johnson	NJ	47	23.30
*Peter Crombie	AUS	47	23.36
3 Kenneth Brinker	NJ	45	23.56
4 Ron Johnson	NY	46	23.58
*Robert Zimmerman	CAN	45	23.81
5 Don Parker	CA	49	23.85
6 Frank Little	CA	49	24.79
Wind - -2.25			
M50-54			
1 Paul Edens	OR	51	24.04
2 Walt Butler	CA	51	24.65
3 Alby Williams	MD	52	25.04
4 Martyn Adamson	CA	53	25.11

M55-59			
1 Jim Mathis	TN	57	

Continued from previous page

Table of race results for 400 METERS, M30-34, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, and M100-104. Includes names, states, and times.

Table of race results for M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, and M100-104. Includes names, states, and times.

Table of race results for F60-64, F65-69, F70-74, F75-79, F80-84, F85-89, F90-94, F95-99, and F100-104. Includes names, states, and times.

Table of race results for M35-39 - Heat 2, M40-44 - Heat 2, M45-49 - Heat 2, M50-54 - Heat 2, M55-59 - Heat 2, M60-64 - Heat 2, M65-69 - Heat 2, M70-74 - Heat 2, M75-79 - Heat 2, M80-84 - Heat 2, M85-89 - Heat 2, M90-94 - Heat 2, M95-99 - Heat 2, and M100-104 - Heat 2. Includes names, states, and times.

Table of race results for 1500 METERS, M30-34, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, and M100-104. Includes names, states, and times.

Table of race results for 5,000 METERS, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, and M100-104. Includes names, states, and times.

Continued from previous page

4 Bill Berg	WA	49	4-9% (1.47)
5 Robert Baker	LA	47	4-9% (1.47)
6 Dick Warwick	WA	46	4-8% (1.44)
*Grant Lamothe	CAN	48	4-5 (1.35)
M50-54			
1 Emil Pawlik	MS	53	5-5% (1.66)
2 David Baldwin	WA	50	5-5% (1.66)
3 Michael Akerman	OR	51	5-4% (1.63)
4 Dale Lance	OK	4	4-11% (1.51)
5 John Head	TX	54	4-7% (1.42)
6 Don Dvorak	CA	50	4-7% (1.42)
Joe Johnson	OR	50	NH
M55-59			
1 Phil Fehlen	CA	57	5-5 (1.65)
2 Dale Preedy	WA	56	5-1% (1.57)
3 Phil Muky	GA	59	4-10% (1.48)
4 Harold Creson	AZ	58	4-7% (1.42)
M60-64			
1 Herm Wyatt	OR	60	5-3 (1.60)
2 Jack Fischer	WA	61	5-1% (1.57)
3 Marion Sanchez	CA	60	5-0% (1.54)
4 Gordon Seifert	AL	64	4-11% (1.51)
5 Lawrence Pratt Sr	NJ	60	4-11% (1.51)
6 Bud Held	CA	64	4-9 (1.45)
7 Harvey Lewellen	OR	63	4-2 (1.27)
Robert Litton	WA	61	NH
Bill Butterworth	KS	61	NH
M65-69			
1 Vince Sempronio	OR	66	4-9% (1.45)
2 Edward Holmes	TN	67	4-7 (1.40)
3 Buck Bradberry	AL	65	4-6 (1.37)
4 Joe King	CA	66	4-4% (1.34)
M70-74			
1 Walter Dahlin	CA	71	4-6% (1.39)
2 Charles Obye	IA	70	4-5% (1.36)
3 Boo Morcom	NH	71	4-4% (1.33)
4 Arnold Scott	MT	70	4-2 (1.27)
5 Kenneth Wheeler	HI	71	3-10% (1.18)
6 Jim Johnson	CA	70	3-10% (1.18)
7 Armando Ricciardi	NV	72	3-10% (1.18)
8 Dick Bennet	AZ	72	3-8 (1.12)
M75-79			
1 Hamilton Morningstar	MI	75	4-1% (1.26)
2 Manuel White	MT	76	3-11% (1.20)
3 Jim Vernon	CA	75	3-5% (1.05)
M80-84			
1 Claude Hills	PA	80	3-8% (1.14)
TIE 2 Robert Boal	NC	80	3-7% (1.11)
2 Virgil McIntyre	AZ	81	3-7% (1.11)
4 Carol Johnston	CA	80	3-1% (0.96)
M85-89			
1 Russell Randall	CO	85	3-1% (0.96)
M90-94			
1 Arling E Pitcher	IN	90	2-9% (0.85)
F30-34			
1 Julie Wiedis	NJ	33	3-8% (1.13)
F40-44			
1 Annelies Steekelenburg	CA	44	4-11% (1.52)
F45-49			
1 Phil Raschker	GA	45	AR 4-9% (1.46)
2 Johnnie Hill-Hudgins	NJ	45	4-3% (1.31)
3 Michael Marie Hill	NJ	45	4-3% (1.31)
F50-54			
1 Becky Sisley	OR	53	4-0% (1.23)
2 Barbara Stewart	NY	50	3-0% (0.93)
F55-59			
1 Christel Miller	CA	57	4-1% (1.26)
2 Lucy Ann Brobst	NC	59	3-8% (1.14)
3 Fei-Mei Chou	CA	57	3-7% (1.11)
4 Marjorie Moore	CA	59	3-6% (1.08)
F60-64			
1 Leonore McDaniels	VA	64	3-11% (1.20)
F65-69			
1 Patricia Peterson	NY	66	3-6% (1.08)
2 Johnnie Valien	TX	67	3-5% (1.05)
POLE VAULT			
M30-34			
1 Doug Porter	WA	31	15-0
2 Dan Umenhofer	OR	32	15-0
3 Gregory W Charles	CA	31	12-0
M35-39			
1 Gary Hunter	IN	36	16-5
2 Craig Boyak	CA	38	16-0
3 Thomas Wilson	LA	39	13-6
M40-44			
1 Ed Lipscomb	OR	41	16-3 (4.96)
2 Steve Hardison	CA	42	15-0 (4.57)
3 Jerry Cash	OR	43	14-6 (4.42)
4 Mike Mikos	WA	44	14-6 (4.42)
5 James Blaylock	UT	42	14-0 (4.27)
6 Warren Wilke	CA	44	14-0 (4.27)
7 Michael Monahan	OR	43	13-6 (4.11)
8 Josef Pfister	WA	44	12-6 (3.81)
9 Johnnie Dye	SC	43	12-0 (3.66)
10 Anthony Bonanzino	WA	40	10-6 (3.20)
Reg Hulbert	WA	42	NH
Lee Urbaniak	WA	41	NH
Jim Williams	CA	40	NH
Phil Wolter	IN	44	NH

M45-49			
1 Greg Miguel	CA	45	14-1 (4.29)
2 Rex Harvey	OH	46	13-6 (4.12)
3 Tom Rauscher	NY	46	13-6 (4.12)
4 Garry Moro	CA	49	13-0 (3.97)
5 Michael Morris	CA	48	13-0 (3.97)
6 Daniel Borrey	CA	47	12-6 (3.82)
7 Richard Ying	WA	45	10-0 (3.05)
Johnston Ewing	TN	48	NH
Bruce Perkins	NV	46	NH
M50-54			
1 Larry Holmes	OR	50	12-6 (3.81)
2 Mardon Connelly	CA	50	12-6 (3.81)
3 Ron Edson	ID	52	8-0 (2.44)
M55-59			
1 Edward Oleata	CA	55	12-6 (3.81)
2 Thomas Woodring	CA	55	12-0 (3.66)
3 Donald Gray	OR	57	10-6 (3.20)
4 Phil Muky	GA	59	9-0 (2.74)
5 Jack Simms	CA	58	9-0 (2.74)
6 William Jankovich	WI	58	9-0 (2.74)
Tom Porter	WA	58	NH
John Diggs	MT	56	NH
M60-64			
1 Al Brenda	CA	64	9-0 (2.75)
2 Jerry Reiserer	KS	62	8-6 (2.59)
3 Harvey Lewellen	OR	63	8-0 (2.44)
4 Walter Diggs	TN	60	8-0 (2.44)
5 Chadwick Bolender	WA	61	8-0 (2.44)
Jerry Donley	CO	62	NH
M65-69			
1 Don Grosh	OR	67	9-2 (2.80)
2 Richard Nordquist	OR	66	8-6 (2.60)
3 Vernon Regier	CA	65	8-6 (2.60)
4 Thomas DeVaughn	AZ	69	7-0 (2.14)
M70-74			
1 Boo Morcom	NH	71	8-6 (2.60)
2 Dick Bennet	AZ	72	7-6 (2.29)
3 Jim Johnson	CA	70	7-0 (2.14)
M75-79			
1 Jim Vernon	CA	75	9-0 (2.74)
2 Manuel White	MT	76	7-0 (2.13)
3 Hamilton Morningstar	MI	75	6-5 (1.98)
4 Milo Lightfoot	IN	78	6-0 (1.83)
M80-84			
1 Carol Johnston	CA	80	8-0 (2.44)
2 Robert Boal	NC	80	5-6 (1.68)
M90-94			
1 Arling E Pitcher	IN	90	2-0 (0.61)
F45-49			
1 Phil Raschker	GA	45	WR 8-6% (2.61)
F50-54			
1 Barbara Stewart	NY	50	6-0% (1.85)
F55-59			
1 Lucy Ann Brobst	NC	59	AR 4-5 (1.35)
F60-64			
1 Lenore McDaniels	VA	64	WR 6-0% (1.85)
LONG JUMP			
M30-34			
1 Mick Ryan	WA	31	22-5 (6.83)
2 Vincent Martin	WA	33	20-11% (6.39)
3 Jeff Helton	FL	31	20-8 (6.30)
4 Jay Mathis	TN	33	20-1 (6.12)
5 Mark Carver	TN	32	19-9% (6.03)
6 Jeff Smoot	WA	30	19-3% (5.89)
7 Frank Makozy	PA	33	18-3% (5.57)
M35-39			
1 Mike Lariza	OR	36	20-8 (6.30)
2 Randy Kruse	OR	39	20-6% (6.25)
3 Bruce Sinkbeil	WA	36	20-4% (6.20)
4 David Ortman	WA	39	19-2% (5.85)
5 Timothy LaBeau	IL	37	18-4 (5.59)
6 Eddie Mose	NJ	37	17-1% (5.23)
7 Wendell Barrow	VA	35	16-9% (5.11)
8 Bill Harris	OH	35	16-8 (5.08)
M40-44			
1 Anthony Santos	GA	41	20-5% (6.24)
2 Frank Nieto	WA	40	19-3% (5.89)
3 Ezra Abdullah	CA	41	19-2 (5.84)
4 James Manor	CA	44	18-4% (5.61)
5 Jerry Cash	OR	43	18-0 (5.49)
6 Ivan Black	NY	43	17-8% (5.40)
7 Clifton Jackson	MO	43	17-7% (5.37)
8 Wing Y Man	OR	41	15-7% (4.77)
Steven Moncrief	WA	44	15-0% (4.58)
M45-49			
1 Stan Whitley	CA	46	21-9 (6.63)
2 Joseph Johnson	NJ	47	19-11% (6.08)
3 Robert Baker	LA	47	18-2% (5.56)
4 Herb Stein	TX	45	17-11 (5.46)
5 Pat Shober	WA	47	17-2% (5.24)
6 Oron Lott	WA	45	16-9% (5.11)
M50-54			
1 Ken Medley	NM	51	18-10 (5.74)
2 Frank Struna	MT	51	18-5% (5.63)
3 Emil Pawlik	MS	53	18-4% (5.60)
4 Dale Lance	OK	50	17-4% (5.29)
5 Dick Rex	OR	50	17-0% (5.20)
6 Bob O'Brien	NJ	52	16-4% (5.00)
7 Paul Zimmerman	WA	51	16-4 (4.98)

8 Roger Childs	WA	53	15-7% (4.76)
Roger Dean	WA	53	14-5% (4.41)
John Head	TX	54	13-10% (4.23)
Ed Arnold	CO	53	13-9% (4.20)
M55-59			
1 Phil Muky	GA	59	17-6% (5.34)
2 Dave Verbois	WA	55	16-6% (5.05)
3 Harold Creson	AZ	58	15-3 (4.65)
4 William Jankovich	WI	58	14-7% (4.45)
5 Haig Bohigian	NY	56	14-6 (4.42)
6 John Pistone	MA	59	14-5% (4.40)
M60-64			
1 James Stookey	MD	62	16-7% (5.07)
2 Ralph Daehler	OR	60	16-2% (4.94)
3 Jack Fischer	WA	61	15-8% (4.79)
4 Tony Nasralla	CA	60	14-11% (4.56)
5 Jerry Reiserer	KS	62	14-11% (4.56)
6 Art Alremow	OR	60	14-3% (4.36)
7 Quinto Biagioni	NJ	61	13-0% (3.97)
8 Jack Lance	N.J.	62	12-8% (3.87)
M65-69			
1 Buck Bradberry	AL	65	15-5% (4.72)
2 Robert Higginbotham	CA	66	14-0% (4.28)
3 Oscar Harris	PA	68	13-11 (4.24)
M70-74			
1 Tom Patsalis	CA	70	15-4% (4.68)
2 Charles Obye	IA	70	14-10% (4.54)
3 Boo Morcom	NH	71	13-6% (4.13)
4 William Bronson	OR	70	13-0% (3.97)
5 Arnold Scott	MT	70	11-10% (3.62)
6 Armando Ricciardi	NV	72	11-4% (3.47)
7 Jim Johnson	CA	70	11-1 (3.38)
8 Dick Bennet	AZ	72	10-3% (3.14)
M75-79			
1 Herbert Miller	CA	76	12-7% (3.85)
2 Hamilton Morningstar	MI	75	10-11% (3.35)
3 Mel Flachs	IA	77	10-6% (3.21)
M80-84			
1 Virgil McIntyre	AZ	81	9-10% (3.01)
2 Carol Johnston	CA	80	8-9% (2.69)
M85-89			
1 Russell Randall	CO	85	7-4% (2.25)
M90-94			
1 Arling E Pitcher	IN	90	4-9% (1.47)
F30-34			
1 Julie Wiedis	NJ	33	10-9 (3.28)
F35-39			
1 Pamela King	TX	35	16-10% (5.15)
F40-44			
*Anna Wlodarczyk	CA	41	WR 19-5 (5.92)
F45-49			
1 Phil Raschker	GA	45	AR 16-8 (5.08)
2 Lorraine Tucker	NY	45	15-9% (4.81)
3 Michael Marie Hill	NJ	45	14-2% (4.33)
M50-54			
1 Barbara Stewart	NY	50	12-5% (3.79)
2 Linda Ticknor	VA	64	11-6% (3.52)
3 Ann Carter	SC	50	10-11% (3.35)
F55-59			
1 Lucy Ann Brobst	NC	59	10-7 (3.23)
2 Marjorie Moore	CA	59	9-7 (2.92)
3 V.P. Baker	OR	57	9-5% (2.88)
F60-64			
1 Betty Vosburgh	GA	61	13-1% (4.01)
2 Leonore McDaniels	VA	64	12-6% (3.84)
F65-69			
1 Johnnie Valien	TX	67	10-7% (3.24)
F70-74			
1 Ruth Talley	CA	72	7-5% (2.27)
2 Florence Berry	IL	71	5-4% (1.63)
TRIPLE JUMP			
M30-34			
1 Jeff Helton	FL	31	45-10 (13.97)
2 Vincent Martin	WA	33	44-2% (13.48)
3 Jeff Smoot	WA	30	39-5 (12.01)
4 Frank Makozy	PA	33	39-1% (11.92)
M35-39			
1 Mike Lariza	OR	36	45-6% (13.87)
2 Timothy LaBeau	IL	37	38-4% (11.69)
*Greg Rees	CAN	36	36-0% (10.99)
M40-44			
1 Anthony Santos	GA	41	40-0% (12.21)
2 Ivan Black	NY	43	39-1% (11.92)
3 Scott Thorsley	PA	40	38-6% (11.75)
4 James Manor	CA	44	35-11% (10.95)
5 Wing Y Man	OR	41	34-3% (10.45)
M45-49			
1 KH Troy	WA	47	37-8% (11.49)
2 Robert Baker			

Continued from previous page

Table of race results for M55-59, M60-64, M65-69, M70-74, F30-34, F35-39, F40-44, F45-49, F50-54, F55-59, F60-64, F65-69, F70-74, F75-79, F80-84, F85-89, F90-94, F95-99, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M500-METER RACEWALK, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M10,000-METER RACEWALK, F30-34, F35-39, F40-44, F45-49, F50-54, F55-59, F60-64, F65-69, F70-74, F75-79, F80-84, F85-89, F90-94, F95-99, F10,000-METER RACEWALK, HAMMER, M30-34, M35-39.

Table of race results for M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M500-METER RACEWALK, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M10,000-METER RACEWALK, F30-34, F35-39, F40-44, F45-49, F50-54, F55-59, F60-64, F65-69, F70-74, F75-79, F80-84, F85-89, F90-94, F95-99, F10,000-METER RACEWALK, HAMMER, M30-34, M35-39.

Table of race results for M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M500-METER RACEWALK, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M10,000-METER RACEWALK, F30-34, F35-39, F40-44, F45-49, F50-54, F55-59, F60-64, F65-69, F70-74, F75-79, F80-84, F85-89, F90-94, F95-99, F10,000-METER RACEWALK, HAMMER, M30-34, M35-39.

Table of race results for M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M500-METER RACEWALK, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M10,000-METER RACEWALK, F30-34, F35-39, F40-44, F45-49, F50-54, F55-59, F60-64, F65-69, F70-74, F75-79, F80-84, F85-89, F90-94, F95-99, F10,000-METER RACEWALK, HAMMER, M30-34, M35-39.

Table of race results for M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M500-METER RACEWALK, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M10,000-METER RACEWALK, F30-34, F35-39, F40-44, F45-49, F50-54, F55-59, F60-64, F65-69, F70-74, F75-79, F80-84, F85-89, F90-94, F95-99, F10,000-METER RACEWALK, HAMMER, M30-34, M35-39.

Continued from previous page

Age Factored Scores by Age Group of: 1992 TAC National Masters Pentathlon
 Spokane Falls, Spokane, WA July 13, 1991
 (WAVA Implements, 1895 IAAF Scoring Tables & 1989 WAVA Five Year Age Factors)

30 - 34 AGE GROUP RESULTS

PL AGE	NAME	LJ	JT	200M	DT	1500M	TOTAL
1 31	PORTER, DOUG	6.25 670	58.08 761	24.1 698	33.92 543	4:55.37	605 3277
	FT-IN	20- 6	190- 6 1/2		111- 3 1/4	(1985=3150)	
2 33	BIAGIONI, REMO	6.22 664	46.78 582	22.5 845	33.90 542	5:34.24	396 3029
	FT-IN	20- 4 3/4	153- 5 1/2		111- 2 1/2	(1985=2916)	
3 32	CARVER, MARK	5.93 597	34.90 399	24.1 698	18.90 252	4:29.47	767 2713
	FT-IN	19- 5 1/4	114- 6		62- 0	(1985=2611)	

35 - 39 AGE GROUP RESULTS

PL AGE	NAME	LJ	JT	200M	DT	1500M	TOTAL
1 36	ATWOOD, DUNCAN	5.52 567	68.721006	24.2 749	33.34 566	5:18.07	526 3414
	FT-IN	18- 1 1/4	225- 5 1/2		109- 4 1/2	(1985=3010)	
2 36	REES, GREG	6.05 693	48.68 663	24.0 767	32.82 555	5: 7.86	582 3260
	FT-IN	19-10	159- 8 1/2		107- 8	(1985=2883)	
3 35	MILLER, ANDY	5.84 644	47.50 643	26.5 557	35.52 612	5:13.50	551 3007
	FT-IN	19- 1 3/4	155-10		116- 6 1/4	(1985=2638)	
4 39	ACEA, RUSSELL	5.58 582	33.78 416	24.4 727	24.94 392	4:37.16	767 2884
	FT-IN	18- 3 1/2	110- 9 3/4		81- 9 3/4	(1985=2557)	
5 37	PRATHER, BOB	5.02 457	33.48 411	27.1 512	24.64 386	4:43.94	724 2490
	FT-IN	16- 5 1/2	109-10		80-10	(1985=2182)	
6 38	WILLIAMS, FOOTS	4.79 407	39.82 515	26.0 592	23.88 370	5:12.80	555 2439
	FT-IN	15- 8 1/2	130- 7 1/2		78- 4	(1985=2126)	
7 39	WATSON, RICHARD	4.63 375	44.24 588	29.2 363	31.50 528	5:16.11	537 2391
	FT-IN	15- 2 1/4	145- 1 1/2		103- 4	(1985=2072)	
8 37	MOSE, EDDIE	5.09 471	40.36 524	25.7 620	18.06 254	8: 4.93	4 1873
	FT-IN	16- 8 1/4	132- 4 3/4		59- 3	(1985=1620)	

40 - 44 AGE GROUP RESULTS

PL AGE	NAME	LJ	JT	200M	DT	1500M	TOTAL
1 43	LAPP, RICK	6.10 790	35.98 488	23.90 858	26.56 454	4:43.57	781 3371
	FT-IN	20- 0	118- 0 1/2		87- 1 1/2	(1985=2749)	
2 44	WILKE, WARREN	5.04 523	54.58 821	26.1 647	32.56 587	5: 6.00	647 3225
	FT-IN	16- 6 1/4	179- 0 3/4		106- 9 3/4	(1985=2593)	
3 42	ALLERS, JOHAN	4.95 502	41.26 581	23.7 854	33.44 606	5: 0.69	677 3220
	FT-IN	16- 2 3/4	135- 4 1/4		109- 8 1/2	(1985=2629)	
4 40	THORNSLEY, SCOTT	5.60 659	39.38 548	25.0 739	28.88 505	4:49.36	745 3196
	FT-IN	18- 4 1/4	129- 2 1/4		98- 9	(1985=2593)	
5 42	TUCKER, JOHN	4.79 465	34.40 461	26.4 623	29.48 518	4:26.65	890 2957
	FT-IN	15- 8 1/2	112-10 1/4		96- 8 1/2	(1985=2407)	
6 41	MARTINEZ, ARNOLD	4.69 441	40.64 570	26.40 642	25.30 427	5:11.31	616 2696
	FT-IN	15- 4 1/2	133- 3 3/4		83- 0	(1985=2137)	
7 43	SHELLEY, TIMOTHY	4.38 373	36.58 499	27.2 561	23.76 393	5:13.62	604 2630
	FT-IN	14- 4 1/4	120- 0		77-11 1/4	(1985=1911)	
8 44	SOMERS, SCOTT	4.85 479	39.96 558	28.20 505	26.88 461	6:12.41	318 2321
	FT-IN	15-10 3/4	131- 1		88- 2 1/4	(1985=1778)	
9 44	SCHUSTER, NEAL	3.94 283	36.52 498	28.8 446	23.58 389	5:25.31	540 2156
	FT-IN	12-11	119- 9 3/4		77- 4 1/4	(1985=1665)	
10 44	CHANDLER, DENNIS	4.29 354	55.16 831	30.3 348	25.20 424	6:44.71	197 2154
	FT-IN	14- 0 3/4	180-11 1/2		82- 8	(1985=1627)	
11 44	MUFFSTUTTER, ALLEN	4.39 375	35.94 487	27.9 509	22.42 365	5:50.65	414 2150
	FT-IN	14- 4 3/4	117-10 3/4		73- 6 1/2	(1985=1650)	
12 44	MONCRIEF, STEVEN	4.46 390	37.10 508	28.2 488	21.96 355	6:22.95	276 2017
	FT-IN	14- 7 1/2	121- 8 1/2		72- 0 1/2	(1985=1523)	
13 43	WATHAMAY, GARY	0.00 0	26.06 317	31.5 278	17.14 254	6: 4.25	353 1202
	FT-IN	0- 0	85- 5 3/4		56- 2 3/4	(1985= 875)	

45 - 49 AGE GROUP RESULTS

PL AGE	NAME	LJ	JT	200M	DT	1500M	TOTAL
1 46	HARVEY, REX	5.98 857	46.32 720	24.64 858	36.94 696	6: 0.04	424 3589
	FT-IN	19- 7 1/4	151-11 1/2		120- 1 1/2	(1985=2613)	
2 47	ACKLEY, MICHAEL	5.43 702	37.66 556	26.1 716	31.46 606	4:30.17	925 3505
	FT-IN	17- 9 3/4	123- 6 1/2		103- 2 1/2	(1985=2619)	
3 46	REITER, WM.GORDO	5.34 677	37.04 545	26.02 739	26.46 488	4:58.08	751 3200
	FT-IN	17- 6	121- 6 1/4		86- 9 1/2	(1985=2337)	
4 45	STEIN, HERB	5.54 732	36.74 539	25.8 741	19.12 320	5:25.42	596 2928
	FT-IN	18- 2	120- 6 1/4		62- 8 3/4	(1985=2095)	
5 45	ROSE, JIM	4.99 584	37.96 562	26.4 689	32.84 639	6:17.09	350 2824
	FT-IN	16- 4 1/4	124- 6 1/4		107- 8 3/4	(1985=1995)	
6 48	STEMPEL, DENNIS	4.94 571	44.82 692	28.2 547	29.92 570	6:43.66	247 2627
	FT-IN	16- 2 1/4	147- 0 1/2		98- 1 3/4	(1985=1811)	
7 48	LAMOTHE, GRANT	4.53 469	34.16 491	27.2 623	20.66 355	5:35.59	543 2481
	FT-IN	14-10 1/4	112- 0 3/4		67- 9 1/4	(1985=1730)	
8 49	SCHIAVO, LUIGI	3.52 242	24.62 317	32.5 275	24.98 454	6:17.06	350 1638
	FT-IN	11- 6 1/2	80- 9 1/4		81-11 1/4	(1985=1042)	

50 - 54 AGE GROUP RESULTS

PL AGE	NAME	LJ	JT	200M	DT	1500M	TOTAL
1 50	CROHAN, THOMAS	5.31 764	38.72 634	27.14 718	36.94 696	5:43.18	566 3378
	FT-IN	17- 5	127- 0 1/4		121- 2 1/4	(1985=2244)	
2 54	LANCE, DALE	4.87 635	42.58 713	26.34 783	34.16 633	6: 0.43	482 3246
	FT-IN	15-11 1/2	139- 8 1/4		112- 0 3/4	(1985=2145)	
3 50	KARBENS, JACK	4.57 552	34.64 551	27.82 666	29.68 531	5:31.78	625 2925
	FT-IN	14-11 3/4	113- 7 3/4		97- 4 1/2	(1985=1906)	
4 50	GENT, BUCK	4.78 610	37.26 604	28.96 580	34.08 631	6:10.10	438 2863
	FT-IN	15- 8	122- 2 3/4		111- 9 1/2	(1985=1827)	
5 51	SHEEDY, ROBERT	4.75 602	36.32 585	29.44 546	29.50 527	6:22.09	386 2646
	FT-IN	15- 7	119- 1 3/4		96- 9 1/4	(1985=1644)	
6 53	DEAN, ROGER	4.52 540	28.62 431	29.80 521	27.72 488	5:30.59	631 2611
	FT-IN	14- 9 3/4	93-10 3/4		90-11 1/4	(1985=1653)	
7 53	PARKS, JOHN	4.78 610	27.16 402	27.63 680	24.50 417	16:39.99	0 2109
	FT-IN	15- 8	89- 1 1/4		80- 4 1/2	(1985=1359)	
8 54	RUBENSER, RICHARD	4.05 415	33:84 535	40.33 36	34.60 642	7:25.28	162 1790
	FT-IN	13- 3 1/4	111- 0 1/4		113- 6	(1985=1150)	
9 53	WILSON, BRAD	3.82 360	30.88 476	38.24 91	25.68 442	16:39.99	0 1369
	FT-IN	12- 6 1/4	101- 3 1/2		84- 3	(1985= 869)	

55 - 59 AGE GROUP RESULTS

PL AGE	NAME	LJ	JT	200M	DT	1500M	TOTAL
1 55	OLEATA, EDWARD	4.94 755	36.74 686	26.21 872	33.84 676	5:36.83	672 3661
	FT-IN	16- 2 1/4	120- 6 1/4		111- 0 1/4	(1985=2181)	
2 56	BOHIGIAN, HAIG	4.62 655	29.62 524	29.39 698	26.42 498	6:35.82	397 2772
	FT-IN	15- 1 3/4	97- 2		86- 8	(1985=1489)	
3 58	OVIATT, TED	3.71 396	22.06 355	31.23 498	28.26 542	6: 0.38	554 2345
	FT-IN	12- 2	72- 4 1/2		92- 8 1/2	(1985=1229)	
4 58	HARKISHTUN, TURK	3.48 335	43.52 844	37.08 183	33.50 669	7:37.50	181 2212
	FT-IN	11- 5	142- 9 1/4		109-10 3/4	(1985=1170)	
5 59	MULKEY, PHIL	4.68 673	30.82 551	99.99 0	0.00 0	16:39.99	0 1224
	FT-IN	15- 4 1/4	101- 1 1/4		0- 0	(1985= 634)	
6 59	PISTONE, JOHN	4.28 554	25.30 427	99.99 0	0.00 0	16:39.99	0 981
	FT-IN	14- 0 1/2	83- 0		0- 0	(1985= 486)	

60 - 64 AGE GROUP RESULTS

PL AGE	NAME	LJ	JT	200M	DT	1500M	TOTAL
1 62	REISERER, JERRY	4.58 743	33.70 607	30.41 633	33.42 612	6:21.97	539 3134
	FT-IN	15- 0 1/4	110- 6 3/4		109- 7 1/2	(1985=1599)	

2 64	SEIFERT, GORDON	3.97 546	27.32 464	28.28 790	25.52 437	5:38.62	750 2987
	FT-IN	13- 0 1/4	89- 7 1/2		83- 8 1/2	(1985=1556)	
3 60	FEICK, RAY	3.65 449	39.66 742	34.58 373	36.08 673	7:37.68	248 2485
	FT-IN	11-11 1/2	130- 1 1/4		118- 4 1/4	(1985=1239)	
4 61	MEUX, MILTON	3.53 415	31.32 553	32.53 493	33.98 625	7: 0.97	376 2462
	FT-IN	11- 6 3/4	102- 9		111- 5 3/4	(1985=1193)	
5 62	LANCE, JACK	4.06 574	18.70 277	29.88 671	24.44 413	7:37.68	248 2183
	FT-IN	13- 3 3/4	61- 4		80- 2	(1985= 984)	
6 61	SKARTVEDT, DARROLD	3.96 544	28.40 488	99.99 0	0.00 0	16:39.99	0 1032
	FT-IN	12-11 3/4	93- 2		0- 0	(1985= 476)	
7 62	BROBST, WILLIAM	3.01 273	19.34 290	99.99 0	23.98 403	16:39.99	0 966
	FT-IN	9-10 1/2</					

EAST

Potomac Valley Seniors TC Meets Alexandria, VA; May 24

Table of race results for Potomac Valley Seniors TC Meets, Alexandria, VA, May 24. Includes 100m, 200m, 400m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Table of race results for Potomac Valley Seniors TC Meets, Alexandria, VA, May 24. Includes 100m, 200m, 400m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Table of race results for Potomac Valley Seniors TC Meets, Alexandria, VA, May 24. Includes 100m, 200m, 400m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Table of race results for Potomac Valley Seniors TC Meets, Alexandria, VA, May 24. Includes 100m, 200m, 400m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Table of race results for Potomac Valley Seniors TC Meets, Alexandria, VA, May 24. Includes 100m, 200m, 400m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Table of race results for Potomac Valley Seniors TC Meets, Alexandria, VA, May 24. Includes 100m, 200m, 400m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Delaware County Senior Games Upper Darby, PA; June 20

Table of race results for Delaware County Senior Games, Upper Darby, PA, June 20. Includes 100m, 200m, 400m, 800m, 1600m, 3200m, 6400m, 12800m, 25600m, 51200m, 102400m.

Garden State Athletic Club Track & Field Meet Randolph, NJ; July 5

Table of race results for Garden State Athletic Club Track & Field Meet, Randolph, NJ, July 5. Includes 100m, 200m, 400m, 800m, 1600m, 3200m, 6400m, 12800m, 25600m, 51200m, 102400m.

Vermont Senior Olympics Montpelier; June 22

Table of race results for Vermont Senior Olympics, Montpelier, June 22. Includes 100m, 200m, 400m, 800m, 1600m, 3200m, 6400m, 12800m, 25600m, 51200m, 102400m.

Pittsford "Thursday Nite Races" Pittsford, NY; June 11

Table of race results for Pittsford "Thursday Nite Races", Pittsford, NY, June 11. Includes Masters Mile (40-49), 1 Charlie McMullen, 2 Tom Serafin, 3 Derck Frechette, 4 Jim Boyle.

Continued on next page

Continued from previous page

Table of athletic results for various events including 200m, 400m, 800m, 1500m, 3000m racewalk, 5000m run, 10000m run, 20000m run, 5000m dash, 10000m dash, 20000m dash, 5000m relay, 10000m relay, 20000m relay, 5000m hurdle, 10000m hurdle, 20000m hurdle, 5000m jump, 10000m jump, 20000m jump, 5000m throw, 10000m throw, 20000m throw, 5000m pentathlon, 10000m pentathlon, 20000m pentathlon.

Mt. Hebron Weight Pentathlon

Table with 2 columns: Name, Score. Results for Scott Bull, Larry Rosen, Peter Collins, Al Russo.

Philadelphia Masters Track Meet

Table of athletic results for Philadelphia Masters Track Meet, including 100m dash, 200m dash, 400 dash, 800 run, 1500 run, 5000m dash, 10000m dash, 20000m dash, 5000m relay, 10000m relay, 20000m relay, 5000m hurdle, 10000m hurdle, 20000m hurdle, 5000m jump, 10000m jump, 20000m jump, 5000m throw, 10000m throw, 20000m throw, 5000m pentathlon, 10000m pentathlon, 20000m pentathlon.

Jim Santum Sprint Triathlon

Table of athletic results for Jim Santum Sprint Triathlon, including Men's 200, 100, 400, and Women's results.

Women

Table of athletic results for Women's events.

Dave Martin All-Around Quadrathlon

Table of athletic results for Dave Martin All-Around Quadrathlon, including Men's mark, mark, mark, time, score.

Middle-Distance Triathlon

Table of athletic results for Middle-Distance Triathlon, including Men's 1500, 400, 800, and Women's results.

Note: All multi-events scored using Masters Age-Graded Tables (1989 ed).

SOUTHEAST

TAC Southeast Regional Masters Championships

Emory U., Atlanta; June 6

Table of athletic results for TAC Southeast Regional Masters Championships, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 5000m dash, 10000m dash, 20000m dash, 5000m relay, 10000m relay, 20000m relay, 5000m hurdle, 10000m hurdle, 20000m hurdle, 5000m jump, 10000m jump, 20000m jump, 5000m throw, 10000m throw, 20000m throw, 5000m pentathlon, 10000m pentathlon, 20000m pentathlon.

Table of athletic results for M35 Billy Johnson, James Perry, T J Lester, Walden Curry, Glenn Reid, Gary Rudick, Robbie Short, Bill Collins, Thomas Gillard, Robert Mitchell, David Craig, Greg Marshall, Pedro Vasquez, Lamar Beckom.

M45 John Hartfield

Table of athletic results for M45 John Hartfield, Mike Augeri, Ralph McCay, Nick Gailey.

M50 Avital Schurr

Table of athletic results for M50 Avital Schurr, Edwin Clark, Earl Wilson.

M55 Ralph Summerlin

Table of athletic results for M55 Ralph Summerlin, Pat Meagher.

M60 Gordon Seifert

Table of athletic results for M60 Gordon Seifert, Ted Sjogren.

M65 Frank Hayes

Table of athletic results for M65 Frank Hayes, Harold Johnson, Herb Johnson.

M70 Milt Silverstein

Table of athletic results for M70 Milt Silverstein, Jay Sponseller, William Carmen.

M75 Milt Williams

Table of athletic results for M75 Milt Williams, W30 Allison Stefanov.

M40 Donna Settles

Table of athletic results for M40 Donna Settles, Marie Berety, Phil Raschker.

M50 Joy McDonald

Table of athletic results for M50 Joy McDonald, W55 Betty Sjogren.

M60 Betty Vosburgh

Table of athletic results for M60 Betty Vosburgh, W30 Kris Gibson.

M30 Kris Gibson

Table of athletic results for M30 Kris Gibson, Todd Holm, Herman Barnett.

M35 Walden Curry

Table of athletic results for M35 Walden Curry, Michael Hall, Gary Rudick.

M40 Robert Mitchell

Table of athletic results for M40 Robert Mitchell, Pedro Vasquez, Greg Marshall.

M45 Alvin Seale

Table of athletic results for M45 Alvin Seale, Randall Brady, Robert Otley.

M50 Harvey Jones

Table of athletic results for M50 Harvey Jones, M55 Pat Meagher, Richard Peck.

M60 Gordon Seifert

Table of athletic results for M60 Gordon Seifert, Ted Sjogren, Larry Hall.

M65 Harold Johnson

Table of athletic results for M65 Harold Johnson, Herb Johnson, W70 William Carmen.

M70 William Carmen

Table of athletic results for M70 William Carmen, W30 Alice Jackson.

M75 Betty Sjogren

Table of athletic results for M75 Betty Sjogren.

Table of athletic results for W30 Rachel Blaha, MiMi Ney, W50 Mae Cleveland, W55 Evelyn Zerfloss.

5000m

Table of athletic results for 5000m events.

M40 Jim Scheckel

Table of athletic results for M40 Jim Scheckel, Lee Fidler.

M45 Frank Williams

Table of athletic results for M45 Frank Williams, William Kelch.

M50 George Sharp

Table of athletic results for M50 George Sharp, M55 Adrian Craven.

M60 Chas Williams

Table of athletic results for M60 Chas Williams, W35 Laura Murphy.

Short Hurdles

Table of athletic results for Short Hurdles events.

M40 Tom Gilliard

Table of athletic results for M40 Tom Gilliard, Lamar Beckom.

M45 Jim Rose

Table of athletic results for M45 Jim Rose, M50 Chuck Miller.

M55 Bob Moore

Table of athletic results for M55 Bob Moore, W70 William Carmen.

M60 Lamar Beckom

Table of athletic results for M60 Lamar Beckom, M50 Dave Ellis.

M70 Bill Carmen

Table of athletic results for M70 Bill Carmen, W60 Leonore McDaniels.

Long Hurdles

Table of athletic results for Long Hurdles events.

M30 Eric Bonaparte

Table of athletic results for M30 Eric Bonaparte, M35 William Cheadle.

M40 Lamar Beckom

Table of athletic results for M40 Lamar Beckom, M50 Dave Ellis.

M60 Leonore McDaniels

Table of athletic results for M60 Leonore McDaniels, M70 Bill Carmen.

Steeplechase

Table of athletic results for Steeplechase events.

M30 James Meadows

Table of athletic results for M30 James Meadows, Bill McAmis.

M35 Alfie Cronin

Table of athletic results for M35 Alfie Cronin, M40 Ian Dickson.

Triple Jump

Table of athletic results for Triple Jump events, including M30 Jeff Helton, M50 Mae Cleveland, M35 David Mosley, M50 Avital Schurr, M30 Nick Valerio, M30 Chris Kissane, M35 Keith Johnson, M40 Jim Scheckel, M45 Frank Williams, M50 George Sharp, M55 Adrian Craven, M60 Chas Williams, W35 Laura Murphy, W40 Cynthia Street, W45 Holly York.

Shot Put

Table of athletic results for Shot Put events, including M35 Billy Johnson, M40 Jim Accardi, M45 Jim Rose, M50 Mike Valle, M45 Jim Rose, M50 Chuck Miller, M55 Bob Moore, M70 William Carmen, W45 Phil Raschker, W50 Ann Carter, W60 Leonore McDaniels, M30 Eric Bonaparte, M35 William Cheadle, M40 Lamar Beckom, M50 Dave Ellis, M70 Bill Carmen, W60 Leonore McDaniels.

Discus

Table of athletic results for Discus events, including M30 Brad Davies, M35 John Blaha, M40 Russ Baker, M40 Jim Accardi, M45 Jim Rose, M50 Larry Pratt, M55 Phil Mulkey, M60 John Mull, M65 Floyd Simmons, M70 Shirley Margran, M30 James Meadows, Bill McAmis, Alfie Cronin, Ian Dickson, William Kelch, Open 1 S Nichols, M30 Houston Striders, M50 Nashville, M30 Nashville Striders, M30 Jeff Helton, M35 David Mosley, Glen Reid, John Blaha, Beasley Hendrix, M40 Jim Sauters, M45 Tom Brewer, M50 Mike Valle, M55 Harry Carpenter, Phil Mulkey, Bob Moore, Louis Vodopya, Gordon Seifert, William Brobst, Ed Holmes, Buck Bradberry, Vic Golowash, M75 Milt Williams, Charles Hirshey, M45 Phil Raschker, M50 Brenda Bloomfield, M55 Lucy Brobst, M60 Leonore McDaniels, Betty Vosburgh.

Hammer

Table of athletic results for Hammer events, including M35 Beasley Hendrix, M40 Russ Baker, Greg Hardwick, M50 Dick Bloomfield, Mike Valle, M55 Tim Twomey, Phil Mulkey, M65 Richard Bergenback, Jacob Stein, Vic Golowash, M70 Tom McDermott, Jack Wood, Chas Hirshey, M50 Brenda Bloomfield, M60 Betty Vosburgh.

Javelin

Table of athletic results for Javelin events, including M30 James Draine, Brad Davies, Mike Brown, Jan Ozer, Beasley Hendrix, M40 Russ Baker, Jim Accardi, Jeff Stevens, Phil Mulkey, M65 Richard Bergenback, Jacob Stein, Herb Johnson, M75 Jack Wood, Chas Hirshey, M35 Barbara Waddle, M45 Phil Raschker, M55 Lucy Brobst, M65 Audrey Bergenback, M30 Glyn Agnew, John Hunter, Jerry Edmondson, Brad Davies, M35 David Mosley, Glenn Reid, John Blaha, M40 Anthony Santos, Greg Marshall, Willie Josey, M45 John Hartfield, Tom Brewer, Jim Rose, M50 Dave Ellis, Mike Valle, Harold Drumgole, M55 Phil Mulkey, Bob Moore, M60 William Brobst, M65 Frank Hayes, Vic Golowash, M75 Chas Hirshey, M40 Marie Berety, M45 Phil Raschker, M55 Lucy Brobst, M60 Betty Vosburgh, Leonore McDaniels.

Weight Throw

Table of athletic results for Weight Throw events, including M40 Russ Baker, Greg Hardwick, M50 Dick Bloomfield, Mike Valle, M55 Tim Twomey, M65 Vic Golowash, Jacob Stein, M70 Tom McDermott, M75 Jack Wood, Chas Hirshey, M50 Brenda Bloomfield.

Continued on next page

Continued from previous page

Discus
M30 J Cieply 24.42m
M40 S Callaway 39.26
W40 E Carrillo 23.52
W60 M Haynes 6.24
Mile Racewalk
M30 Jorge Livermore 36:12.04
M40 Bill Suit 44 10:15
W30 Lisa Epstein 36 9:12
W40 Gail Goebel 48 12:35
W60+Y Gouffray 62 14:30

Weight Pentathlon
Naples, FL; July 18

Paul Brown 40 2962
SP11.56/DT31.11/JT39.16
RT36.32/35#13.26
R Vlaardingerbroek45 3465
SP12.57/DT37.74/JT51.52
HT35.82/56#6.94
Carlos Fraundorfer 612677
SP9.75/DT37.60/JT19.81
HT31.54/56#6.10
Larry Siegel 63 2429
SP10.79/DT31.70/JT17.37
HT16#17.15/56#4.95
Ham Morningstar 75 3401
SP9.46/DT32.41/JT27.00
HT29.11/56#3.20
Igor Storojeff 78
SP4.33/DT15.90/JT13.62
HT11.57/WT mark unavailable
Vanessa Hilliard 51 4306
SP10.73/DT30.84/JT29.72
HT32.55/20#13.08
Shot Put
John Sweatlock 45 10.34
Jerry Arline 50 11.67
Jon Albittz 54 11.78
Jim Brady 60 10.02
Jean Udell 66 5.43
Discus
John Sweatlock 45 31.24
Jerry Arline 50 38.76
Jon Albittz 54 33.11
Jean Udell 66 13.92
Hammer
Tom McDermott 74 38.27
Javelin
John Sweatlock 45 24.66
Jerry Arline 50 34.02
Jon Albittz 54 29.26
Jean Udell 66 14.94

MIDWEST

Midwest Masters Meet
Byron, IL; June 20

100m
M30 Joe Schwieterman 12.24
M35 Tom Revolinski 11.61
M40 Mike Davis 13.20
M45 Jim Lee 12.38
M50 George LaBelle 13.97
M55 Mike Murphy 14.45
M60 Clarence Trinkner 12.79
M70 Joe Bergthold 13.15
M75 Mel Flachs 16.28
W70 Flo Berry 18.41
200m
M30 J Schwieterman 24.68
M35 Tom Revolinski 24.18
M40 Al Wright 25.13
M45 Jim Lee 25.24
M50 Don Walsh 33.16
M70 Joe Bergthold 29.00
M75 Milo Lightfoot 34.13
W35 Leah Revolinski 34.21
W70 Flo Berry 45.04
400m
M35 Jeff Wilmarth 61.51
M60 Harry Brown 64.05
M70 Joe Bergthold 73.19
M75 Milo Lightfoot 80.74
800m
M30 Dick Kennedy 2:06.64
M35 Jim Nehls 2:04.59
M40 Jerry Feldhausen 2:08.34
M45 Stan Mathes 2:09.18
W30 Carla Hervert 2:32.00
W35 Leah Revolinski 2:54.00
1500m
M30 Dick Kennedy 4:30.59
M50 John Schultz 6:57.48
W30 Carla Hervert 5:03.14
Short Hurdles
M30 Joe Schwieterman 14.64
M35 Bob Zahn 15.40
M40 Stan Druckrey 14.58
M50 George LaBelle 18.67
M60 Clarence Trinkner 15.42
Long Hurdles
M40 Stan Druckrey 57.55
M40 Al Wright 300m 47.96
M60 Don Walsh 60.00
High Jump
M40 Mike Davis 5-0
M50 George Davies 5-0
M55 Mike Murphy 3-11
M60 Ed Failer 4-0
M70 George Rajcevic 3-8
M75 Wib Ragland 3-8
Pole Vault
M40 Mike Davis 12-0
M45 Matti Kilpelainen13-6
M50 George Davies 11-6

Long Jump
M35 Tim Le Beau 17-10
M40 Mike Davis 16-7 1/2
M50 George LaBelle 11-6
M60 Ed Failer 11-9
M65 Ken Yahiro 13-11 1/2
M70 George Rajcevic 10-8
M75 Mel Flachs 10-6
Triple Jump
M35 Tim Le Beau 37-10
M40 Mike Davis 34-1
M50 George LaBelle 22-8
M60 Ed Failer 21-2
M70 George Rajcevic 20-7 1/2
W70 Flo Berry 12-9 1/2
Shot Put
M35 Matt Byrnes 46-8
M40 Jerry Senters 46-9
M45 Bill Thompson 38-7 1/2
M50 George Davies 41-5 1/2
M60 Larry Marsh 39-2 1/2
M65 Ken Yahiro 28-10 1/2
M70 George Rajcevic 28-8
W35 Vicki Johnson 24-7
W45 Nancy Hamilton 18-3
W70 Flo Berry 18-6
Discus
M35 Pat Burns 136-3
M40 Jerry Senters 142-4
M45 Bill Thompson 120-1
M50 Terry Simons 136-8
M60 Larry Marsh 117-5
M75 Milo Lightfoot 87-3
W35 Vicki Johnson 68-6
W45 Nancy Hamilton 50-0
W50 Lucinda Hess 48-0
W70 Flo Berry 46-7
Hammer
M45 Bill Thompson 91-6
M60 Larry Marsh 105-3
Javelin
M35 Jim Wymore 134-10
M40 Mike Davis 124-7
M45 John Hess 112-1
Jim Hess 92-6
M50 George Davies 118-8
M60 Larry Marsh 108-10
M75 Milo Lightfoot 77-11
W35 Vicki Johnson 89-0
W45 Nancy Hamilton 45-0
W50 Lucinda Hess 49-1
W70 Florence Berry 43-4
Weight Throw
M50 George LaBelle 28-5
M60 Lloyd Smith 42-6
56# Weight
M50 George LaBelle 18-2
M60 Lloyd Smith 17-2

Cleveland Track Classic
Wickliffe, OH; June 20

100m
M30 Derrick Rippy 10.9
Ben James 11.0
Jesse Thomas 11.3
M40 Clarence Ray 11.4
Charles Allie 11.4
Alex Thompson 11.7
M50 Carlos Vernon 12.7
Joe Hemler 12.9
Jack Brunner 13.8
M60 Bernie SmithCAN 12.7
Troy Banks Jr 13.1
Chuck Sochor 13.3
M70 Ed Matthews 13.7
Bill Weinacht 13.9
M90 Everett Hosack 24.4
M30 Rhonda Pope 12.1
Deborah Leeper 12.6
LaDonna Winston 13.7
W40 Pamela Duncan 14.4
Jo Cross 14.5
Marie Berety 14.6
W50 Eunice Brown 15.4
S Stiegelmeier 15.9
Essie Kea 16.4
W60 Pat Peterson 16.2
Mary Patterson 17.9
200m
M30 Ed Harris 23.6
Gerald Miles 24.0
Willie Price 24.5
M40 Chas Allie 23.2
Rex Harvey 24.3
Alex Thompson 24.5
M50 Chuck LaChiusa 25.2
Joe Healer 27.3
Grover Coats 27.8
M60 Bernie SmithCAN 27.0
Chuck Sochor 27.9
Jack Greenwald 29.2
M70 Ed Matthews 29.7
Bill Weinacht 30.8
W30 Rhonda Pope 26.6
Carol Asam 31.0
Pat Finley 33.0
W40 Jo Cross 30.2
Marie Berety 31.4
W50 Pat Peterson 34.8
400m
M30 Ben James 49.2
Cris Gibson 49.7
Ed Harris 52.4
M40 Dorel Watley 51.3
Carter Grimmer 53.5
Bob Zimmerman 54.2
M50 Bob Bridges 62.6
Quent Meng 63.7
Jerry Drummond 64.8

M60 Bernie SmithCAN 61.3
Chuck Sochor 62.9
Jack Greenwald 64.6
W30 Rhonda Pope 60.4
Carol Asam 69.1
Geraldine Anthony81.3
W40 Pam Duncan 67.3
W60 Pat Peterson 82.5
Mary Patterson 85.5
800m
M30 Cris Brown 2:05.9
Bob Thomas 2:07.7
Willie Speight 2:18.4
M40 Dorel Watley 2:05.7
M50 Bob Bridges 2:29.7
Jerry Drummond 2:35.0
M60 Chuck Sochor 2:47.3
John Gullo 3:40.8
W30 Geraldine Anthony3:15.4
W50 S Stiegelmeier 3:29.4
W60 Mary Cavicchi 5:38.4
Mile
M30 John Metz 4:38.5
Doug Sedivy 4:45.4
Doug Yoder 4:49.4
M50 Geo Kapsulis 5:49.7
Jim Downey 6:20.1
M60 John Gullo 7:49.1
Dick Smith 8:56.4
W30 Julie ColeEverett5:23.2
Sue Stiegelmeier 6:17.6
Two Mile
M30 Doug Yoder 10:33.6
M50 Bob Beyer 11:56.8
M60 Dick Cavicchi 27:53.3
W40 Ruta Kunevicius 13:16.0
W60 Ruth Leff 19:13.0
Mary Cavicchi 25:17.5
Short Hurdles
M30 Nate Matthews 15.5
Joe Suvak 21.1
M40 Dolan Street 19.9
Walt Davis 20.4
Ralph Hughley 21.2
M50 Douglas Alberts 17.3
Ralph Hughley 17.9
Grover Coats 18.2
M60 Denver Smith 17.5
Andrew Thomson 18.9
Fred Hirsimaki 19.0
Long Hurdles
M30 Frank Makozy 59.5
Nate Matthews 60.8
Darrell Sharp 63.4
M40 Dolan Street 63.9
Jerry Plate 75.6
M60 Denver Smith 52.1
Andrew Thomson 53.7
Mark Richards 63.1
W30 Carol Asam 74.0
W60 Pat Peterson 71.7
4x100 Relay
M30 Buffalo Pioneers 46.0
Over The Hill TC 47.7
Ohio Alumni 48.5
M40 Nadia 46.9
Fitness 48.0
M50 Buffalo Pioneers 56.0
Over The Hill 57.3
4x200 Relay
M30 Buffalo Pioneers 1:34.2
Over The Hill 1:36.8
M40 Nadia 1:37.1
Fitness 1:44.3
Four Winds 1:52.2
M50 Over The Hill 1:57.6
4x400 Relay
M30 Over The Hill 3:41.8
Buffalo Pioneers 3:48.7
M40 Fitness 3:56.7
M50 Over The Hill 4:43.3
4x800 Relay
M30 Ohio alumni 8:43.7
M40 Fitness 9:51.5
M50 Over The Hill 11:02.7
High Jump
M30 Greg Coats 6-4
Alan Krist 3-8
M40 Eric Bray 5-2
Irvin Taylor 5-0
Allen Ray 4-8
M50 Grover Coats 4-8
Roger Burke 4-8
Doug Alberts 4-8
M60 Fred Hirsimaki 4-2
Andrew Thomson 4-2
Mark Richards 4-0t
Ted Swanson 4-0t
W40 Deborah Davis 4-0
W60 Pat Peterson 3-8
Pole Vault
M30 Mark Leeper 11-0
Joe Suvak 11-0
Mickey Kollas 10-6
M40 Rex Harvey 11-0
Allen RFay 10-0
M60 Denver Smith 8-6
Fred Hirsimaki 8-0
Long Jump
M30 Mark Leeper 21-6
Greg Coats 21-1
Willie Price 19-8
M40 Joe Brown 17-8.5
ArmandLaFromboise17-1.5
Irvin Taylor 13-8.5
M50 Grover Coats 16-1.5
Jack Brunner 14-2.5
Tom Hamilton 14-3

M60 Bernie Smith 15-5
Denver Smith 14-11.5
Ted Swanson 13-6.5
M70 Ed Matthews 13-5.25
W40 Marie Berety 14-4
Josephine Cross 13-9.5
Deborah Davis 10-11
W50 Dortha Swanson 9-9.5
Triple Jump
M30 Kelly Lycan 42-10
Greg Coats 39-7
M40 Joe Brown 36-1.25
ArmandLaFromboise34-10.25
Allen Ray 32-10.5
M50 Grover Coats 32-9
Carlos Vernon 30-8
Roger Burke 28-0
M60 Bernie SmithCAN 32-10.25
Denver Smith 30-9
Fred Hirsimaki 28-6
M70 Ed Matthews 28-6
W50 Dortha Swanson 19-11.5
Shot Put
M30 Mark Leeper 45-10.5
Mike Hambrick 45-9.5
Vonzell Barker 24-6
M40 Norm Bower 36-3
M50 Edgar Evans 34-8.5
Mal McGruder 31-6
M60 Pay Carstensen 38-5
Rudy Bredenbeck 35-9.5
Med Curran 34-6
M90 Everett Hosack 14-10
W30 Pat Finley 27-10
Nancy LaChiusa 19-5
W40 Ann Whitehead 27-10
Marilyn Gorecki 19-8.5
W50 Dortha Swanson 26-9.5
SallieSteigelmeier21-1.5
W60 Bernice Holland 29-8.5
Discus
M30 Mike Hambrick 155-0
Mark Leeper 146-0
John Ullrich 120-10
M40 Rex Harvey 128-3
Norm Bower 112-9
Dennis Przybala 84-6
M50 Larry Pratt 159-10
Edgar Evans 131-8
Malachi McGruder 107-9
M60 Rudy Bredenbeck 129-10
Denver Smith 118-10
Pay Carstensen 114-8
M90 Everett Hosack 46-3
W30 Nancy LaChiusa 59-10
W40 Ann Whitehead 66-7
Marilyn Gorecki 51-6
W50 Dortha Swanson 63-11
W60 Bernice Holland 84-11
Mary Thomson 52-9
Hammer
M30 Mike Hambrick 121-3
M40 Norm Bower 119-8
M60 Joe Chadbourne AR165-2
Pay Carstensen 127-9
Ned Curran 65-4
W30 Nancy LaChiusa 54-10
W40 Ann Whitehead 62-2
W50 Dortha Swanson 74-5
W60 Bernice Holland 87-10
Mary Thomson 62-10
Javelin
M30 James Hartman 183-0
John Ullrich 159-9
Rick Scott 157-9
M40 Armand LaFrombois139-10
Gary Kidd 118-2
Jim Tomayko 66-10
M50 Fred Parmenter 145-1
Mal McGruder 143-3
John Sloan 133-1
M60 Denver Smith 107-3
Rich Righter 107-2
P Carstensen 104-7
W30 Nancy LaChiusa 73-6
W40 Ann Whitehead 56-11
Deborah Davis 55-0
Marilyn Gorecki 40-5
W50 Dortha Swanson 58-7
W60 Bernice Holland 83-9
Weight Throw
M40 Norm Bower 40-10
Allen Ray 33-3.5
Walter Davis 18-3.25
M50 Edgar Evans 30-10
M60 Joe Chadbourne 49-5.5
W30 Nancy LaChiusa 22-11
Marilyn Gorecki 17-10.5
W40 Ann Whitehead 26-8
W50 Dortha Swanson 29-7.5
W60 Mary Thomson 26-3
M30 Tim Bailey 8:46.8
Craig Balloon 10:15.8
M40 Don Bredle 8:45.0
Dan Gumbish 9:16.0
Gary Kidd 9:21.7
W60 Mary Patterson 12:29.9
M40+ Teams:
Over The Hill TC 577
Buffalo Pioneers 123
Fitness 109
W40+ Teams:
Buffalo Belles&Brawn 198
Over The Hill TC 124
Cleveland Masters 56

Illinois Masters
Championships
Libertyville, July 11
100m
M30 Nate Williams 10.80
Bob Crawford 11.10
Chas Johnson 11.80
Tim Platek 12.10
Greg Sain 12.60
M35 Tom Revolinski 11.90
Randy Koopman 13.00
Chris Montalto 13.70
Glenn Duff 13.70
Adrian Arambulo 15.60
M40 Gerry Krainik 11.70
Al Wright 11.80
Alan Weisz 13.30
Mike Davis 13.40
M45 Clarence Ray 11.70
Jim Lee 12.00
Larry Gunn 12.80
M50 Dennis Buss 12.40
Jim Streeby 13.10
Chas Townsend 13.60
Greg Ford 13.90
M55 Pierre Dobrovolny 12.80
Bob Sobolewski 12.90
Wm Jankovich 14.50
M60 Harry Brown 12.90
Chuck Sochor 13.50
Clarence Trinkner 14.20
Art Jones 14.30
M65 Chas Clippard 14.10
John Walsh 14.90
Don Walsh 15.50
M70 Joe Bergthold 13.70
Lee Farmer 13.80
M75 Mel Flachs 16.80
Conrad Swanson 19.50
John Williams 22.20
W35 Debbie Allen 13.80
W45 Judy Friedel 17.00
W50 Marilyn Vanellin 16.90
W70 Flo Berry 18.40
Top AG Performances 100m:
Farmer 92.9%/Williams 92.5%/
Ray 92.2%
200m
M30 Bob Crawford 22.80
Chas Johnson 23.30
David Lee 25.40
Wm Johnson 25.70
M35 Tom Revolinski 23.60
M40 Gerry Krainik 23.60
Dan Connors 25.00
Chas Sumid 28.70
M45 Clarence Lee 23.80
Jim Lee 24.40
Rex Harvey 24.60
M50 Dennis Buss 24.90
Jim Streeby 26.40
Chas Townsend 29.20
M55 Bob Sobolewski 26.20
Cliff Pauling 26.90
M60 Harry Brown 26.10
Chuck Sochor 27.10
Art Jones 30.80
M65 Chas Clippard 29.90
John Walsh 31.50
Donald Walsh 32.00
M70 Joe Bergthold 28.20
M75 Milo Lightfoot 33.20
Mel Flachs 34.40
M90 Arling Pitcher 56.90
W35 Debbie Allen 28.00
W50 Marilyn Vanellin 39.10
W55 Nella Jenkins 37.30
W65 Dottie Gray 38.70
Adrienne Peevy 51.00
W70 Flo Berry 40.80
Carol Peebles 42.50
Top AG Performances 200m:
Brown 94.1%/Bergthold 93.9%/
Ray 92.4%
400m
M35 Jeff Watry 56.60
Al Smith 57.90
Steve Jensen 59.20
M40 Carter Grimmer 53.90
Dan Connors 55.00
Chas Bervard 62.10
Pat Malone 64.40
M45 Glennie Johnson 56.00
Jim Lee 56.30
Larry Gunn 59.10
Kingsley Clarke 60.00
M50 Jim Streeby 57.30
Ed Villadoliga 79.00
M55 Cliff Pauling 58.40
M60 Harry Brown 60.20
Chuck Sochor 61.40
Clarence Trinkner 66.70
M65 Duke Jenkins 72.30
Bob Gand 1:41.40
Joe Schmidt 1:41.90
M70 Joe Bergthold 67.70
Chas King 1:49.50
M75 Milo Lightfoot 78.30
Mel Flachs 84.40
W30 Cheryl Ritzi 66.70
Carla Hervert 66.80
W40 Deborah Anderson 64.50
W45 Pat Mueller 86.80
W55 Nella Jenkins 86.40
W65 Dottie Gray 86.00
W70 Carol Peebles 1:45.50
Top AG Performances 400m:
Sochor 94.5%/Brown 94.1%/
Bergthold 91.6%

800m
M30 Mike Egle 2:02.20
Dick Kennedy 2:04.50
Fred Hervert 2:09.30
M35 Jim Nehls 2:03.00
Dave Engelke 2:08.50
Dan Rinaldi 2:10.70
M40 Mike DeWitt 2:19.00
K M Bretl 2:47.80
M45 Stan Mathes 2:07.10
Drew Jackson 2:15.20
Wm Waterman 2:17.70
M55 Cliff Pauling 2:34.70
M60 Mike Goldman 2:26.30
Alex White 2:57.60
M65 Joe Schmidt 3:56.20
Bob Gand 4:01.10
W30 Carla Hervert 2:29.70
W35 Maureen Snider 2:49.20
Leah Revolinski 2:55.80
W40 Deborah Anderson 2:30.70
W50 Terry Untz 5:38.00
Top AG Performances 800m:
Mathes 89.6%/Goldman 87.8%/
Nehls 86.3%
1500m
M30 Mike Egle 3:59.10
Dan Skarda 4:04.00
David Brehmer 4:07.90
M35 David Raub 4:27.30
M40 Craig Dean 4:34.00
Mark Drakeley 4:43.40
Frank Gelber 5:00.00
Pat McCaskey 5:02.00
M45 Alex Posner 4:32.10
Stephen Kaufman 5:57.30
M50 Denny Litwin 5:41.60
Ed Villadoliga 7:07.90
M55 Ron Forster 5:47.00
Rich Kowalski 5:52.30
Lynnndon Ruber 6:24.50
M60 Mike Goldman 4:56.50
Alex White 5:44.50
Ted Paquesi 7:25.80
M65 Bob Gand 7:55.00
W30 Carla Hervert 4:55.90
W35 Janet Linn 5:40.20
Shelley Hazel 5:59.40
Judith Raub 6:01.10
W40 Deborah Anderson 5:04.70
Darsie Bowden 5:13.60
W55 Marion Kowalski 6:42.50
W65 Dottie Gray 6:59.10
W70 Carol Peebles 8:07.80
W75 Algene Williams 8:23.10
W80 Anne Clarke 9:05.80
Top AG Performances 1500m:
Goldman 88.8%/Egle 88.5%/
Skarda 88.2%/Brehmer 85.8%/
Posner 85.2%/Dean 84.1%
3000m
M30 Dan Skarda 8:34.90
David Brehmer 8:46.70
David Polin 9:06.70
M35 Dave Engelke 9:04.50
Keith Holzmueller9:20.70
Rick Terhune 9:34.50
M40 Bob Holliday 9:27.80
Darryl Johnson 9:38.70
Rick Wendruch 11:10.30
Lee Jampol 10:40.50
Ralph Schultz 12:30.00
M50 Jim Huskey 13:12.10
M55 Rich Kowalski 12:06.50
Lynnndon Ruber 12:14.80
M60 Alex White 12:31.30
M65 Gil Elenbogen 14:03.60
Joe Schmidt 16:26.50
W35 Patt Gilmour 11:34.10
Peg Cronin 11:44.50
Janet Linn 11:46.90
W40 Darsie Bowden 10:34.60
W45 Krystyna Miskini12:42.00
Pat Mueller 13:50.50
W55 Marion Kowalski 13:47.60
W75 Algene Williams 16:58.20
Top AG Performances 3000m:
Skarda 89.5%/Brehmer 86.6%/
Engelke 85.6%
Short Hurdles
M35 Robert Zahn 15.80
Jeff Watry 16.50
Steve Jensen 24.00
M40 Neal Schuster 22.00
M45 Rex Harvey 17.00
M50 Bruce Mills 18.10
M60 Clarence Trinkner 16.80
M70 Mel Buschman 21.10
W35 Debbie Allen 20.20
Top AG Performances Hurdles:
Trinker 98.0%/Mills 85.1%/
Harvey 85.1%
High Jump
M30 Jeff Watry 1.83
John Valiska 1.78
Ken Rowe 1.78
Robert Zahn 1.68
M40 Tom Rowe 1.68
Mike Davis 1.55
Neal Schuster 1.42
M50 George Davies 1.60
Chas Townsend 1.40
Bob Gary 1.37
M55 Louis Edelman 1.30
M60 Clarence Trinkner 1.52
Eugene Hess 1.35
Don Sibigtroth 1.22
M65 Tom Coughlin 1.30
M70 Mel Buschman 1.22

Continued from previous page

Table of athletic results including M75 Ham Morningstar, M40 John Anderson, M45 Rex Harvey, M50 George Davies, M55 Wm Jankovich, M60 Tom Hinkes, M75 Milo Lightfoot, Top AG Performances PV, Pole Vault, M30 Bob Crawford, M35 Jeff Watry, M40 Tom Rowe, M45 Stephen Kaufman, M50 Bob Gary, M55 Wm Jankovich, M60 Clarence Trinkner, M65 Kenneth Yahird, M70 Lee Farmer, M75 Ham Morningstar, M90 Arling Pitcher, M45 Judy Friedes, M50 Marilyn Vanellin, M65 Bernice Holland, M70 Flo Berry, Top AG Performances LJ, Triple Jump, M35 Ken Rowe, M40 Tom Rowe, M60 Eugene Hless, M75 Ham Morningstar, M90 Arling Pitcher, M65 Adrienne Peevy, M70 Flo Berry, Top AG Performances TJ, Shot Put, M30 Larry Wahl, M35 Matt Byrnes, M40 Jerry Senters, M45 John Kasperski, M50 George Davies, M60 Don Mather, M65 Tom Coughlin, M70 John Vishnevsky, M75 H Morningstar, M35 Ruth Welding, M45 Karen Huff, M50 Marilyn Vanellin, M65 Bernice Holland, M70 Flo Berry, Top AG Performances SP, Discus, M30 Larry Wahl, M40 Jerry Senters, M45 Lee Englund, M50 George Davies, M55 Everett Hardy, M60 Don Mather, M70 Mel Buschman, M75 Ham Morningstar, M35 Ruth Welding, M45 Karen Huff, M50 Nancy Hamilton, M65 Bernice Holland, M70 Flo Berry

Table of athletic results including Top AG Performances DT, Javelin, M30 Randy Leszczynski, M35 John Valiska, M40 Walt Kuc, M45 John Hesse, M50 Malachi McGruder, M55 Bob Warren, M60 Don Mather, M65 Tom Coughlin, M70 Mel Buschman, M75 Ham Morningstar, M90 Arling Pitcher, W35 Ruth Welding, W45 Karen Huff, W60 Vera Whiteside, W65 Bernice Holland, W50 Flo Berry, Top AG Performances JT, Lightfoot, 1500m Racewalk, M35 David Coutts, M40 Mike DeWitt, M45 Stephen Frey, M50 Selwyn Marcus, M55 Don Mowles, M65 Dick Weatherford, M70 Don Sibigroth, M75 Joe Schmidt, M80 Tom Kirley, M85 Chas King, M90 Wm Barnett, W30 Lana Arbuckle, W35 Donna Green, W40 June Bloom, W45 Maureen McDaniel, W50 Peggy Jacobs, W55 Rachel Norton, W60 Joyce Decker, W65 Lucy Breen, W70 Ruth Leff, Top AG Performances 1500mRW, DeWitt 89.3%/Mowles 87.6%/Leff 83.5%, 3000m Racewalk, M35 Peter Williams, M40 Mike DeWitt, M45 Stephen Frey, M50 Al Fisher, M55 Bob Brzenk, M60 Denny Litwin, M65 Edward Jiskra, M70 Dick Weatherford, M75 Mario Bertolani, M80 Larry Breen, M85 Tom Kirley, M90 Catherine Michel, W30 Lana Arbuckle, W35 Sally Winters, W40 Pam Randall, W45 Cyndy Simmons, W50 Maureen McDaniel, W55 Paula Stenker, W60 Rachel Norton, W65 Renee Weatherford, W70 Carol Walters, W75 Joyce Decker, W80 Fran Forys, W85 Nancy Hamilton, W90 Marilyn Vanellin, W95 Bernice Holland, W100 Adrienne Peevy, W105 Flo Berry, Top AG Performances SP, Senters 81.4%/Byrnes 80.5%/Morningstar 80.3%, Discus, M30 Larry Wahl, M40 Jerry Senters, M45 Lee Englund, M50 George Davies, M55 Everett Hardy, M60 Don Mather, M70 Mel Buschman, M75 Ham Morningstar, M35 Ruth Welding, M45 Karen Huff, M50 Nancy Hamilton, M65 Bernice Holland, M70 Flo Berry

Table of athletic results including Chuck Sochor, Art Jones, Eugene Hless, M 65 - 69, M 70 - 74, Joe Berghold, Art Holland, M 75 - 79, Mel Flachs, W 30 - 34, Joni James, W 35 - 39, Lynn Latoria, W 45 - 49, Mary Holland, W 50 - 54, Florence Berry, M 30 - 34, Charles Johnson, Joe Schwietzman, Dick Kennedy, M 35 - 39, Bob Parke, M 40 - 44, Jerry Krainik, Jerry Feidhausen, Pat Malone, H 45 - 49, Paul Montgomery, Larry Gunn, M 50 - 54, Gordon Beckmann, Terry Pliner, Mike Davidson, M 55 - 59, Estes Redditt, Chuck Sochor, Clarence Trinkner, M 65 - 69, Don Walsh, M 70 - 74, Art Holland, M 75 - 79, Mel Flachs, W 35 - 39, Lynn Latoria, M 40 - 44, Mary Holland, W 45 - 49, Florence Berry, Carol Peebles, M 30 - 34, Rodney Wilson, Joe Schwietzman, M 40 - 44, Stan Druckrey, Dan Connors, Paul Sumner, M 45 - 49, Larry Gunn, M 50 - 54, Gordon Beckmann, Mike Davidson, M 60 - 64, Chuck Sochor, Alex White, M 65 - 69, Dean Smith, Bob Gand, M 75 - 79, Mel Flachs, M 65 - 69, Harry Holland, W 70 - 74, Carol Peebles, 1:39.10, 1500m, M 40 - 44, Mark Drakeley, Pat McCaskey, Ron Winkler, M 45 - 49, Vic Hecker, Lee Jampol, M 50 - 54, Jim Verdier, Cordon Beckmann, M 55 - 59, Ernie Tracy, M 70 - 74, Carol Peebles, 8:35.0, 5000m, M 40 - 44, Paul Sumner, M 45 - 49, Ralph Schultz, M 55 - 59, Ernie Tracy, 19:47.16, 80/100/110m Hurdles, M 35 - 39, Bob Zahn, M 40 - 49, Stan Druckrey, M 50 - 54, Bruce Mills, M 60 - 64, Clarence Trinkner, M 65 - 69, Don Walsh, M 70 - 74, Mel Buschman, 17.77, 300m Hurdles, M 60 - 64, Clarence Trinkner, M 65 - 69, Don Walsh, 50.10, 4 by 100m Relay, M 30 - 39, Midwest Region, Midwest Flyers, M 60 - 69, Midwest Masters T. & F. Club, (Chuck Sochor, Harry Brown, Joe Berghold, & Bob Sobolevski), High Jump, M 30 - 34, David Lee, M 35 - 39, Jeff Watry, Bob Rowe, John Valiska, Bob Zahn, John Anderson, M 40 - 44, Tom Rowe, George Lehman, M 50 - 54, Mike Davidson, George La Belle, M 55 - 59, Richard Richardson, Mike Murphy, Louis Edelman, M 60 - 64, Bob Sobolevski, Estes Redditt, Clarence Trinkner, Eugene Hless

Table of athletic results including Arthur Jones, M 65 - 69, Tom Coughlin, M 70 - 74, Mel Buschman, Art Holland, Pole Vault, M 35 - 39, Jeff Watry, M 40 - 44, George Lehman, M 55 - 59, Bill Jankovich, Long Jump, M 30 - 34, Robert Crawford, M 35 - 39, Jeff Watry, James Hawkins, M 40 - 44, Tom Rowe, George Lehman, Pat Malone, Neal Schuster, M 50 - 54, George La Belle, M 55 - 59, Pete Stopoulos, Bill Jankovich, Richard Richardson, M 60 - 64, Clarence Trinkner, Eugene Hless, Arthur Jones, M 65 - 69, Dick Dresser, M 70 - 74, Mel Buschman, Art Holland, M 75 - 79, Mel Flachs, M 65 - 69, Mary Holland, W 70 - 74, Florence Berry, Triple Jump, M 35 - 39, James Hawkins, Ken Rowe, M 40 - 44, Tom Rowe, Pat Malone, M 50 - 54, George La Belle, M 55 - 59, Bill Jankovich, M 60 - 64, Eugene Hless, Arthur Jones, W 70 - 74, Florence Berry, 17.5, Shot Put (in meters), M 35 - 39, Matt Byrnes, M 40 - 44, Jerry Senters, Darrel Anderson, Pat Malone, M 45 - 49, Dick Woosencraft, Lee Englund, John Hecker, M 50 - 54, Bob Warren, Edgar Evans, George La Belle, Lee Slick, M 55 - 59, Bob Kemp, Richard Richardson, Louis Edelman, M 65 - 69, Tom Coughlin, Dick Dresser, M 70 - 74, Mel Buschman, Art Holland, W 75 - 79, Ruth Welding, M 45 - 49, Karen Huff, Nancy Hamilton, M 70 - 74, Florence Berry, 5.85, Discus, M 40 - 44, Pat Malone, Darrel Anderson, Neal Schuster, M 45 - 49, Lee Englund, Dick Woosencraft, John Hecker, M 50 - 54, Edgar Evans, Bob Warren, George La Belle, E. Fennelly, M 55 - 59, Everett Hardy, Bob Kemp, M 60 - 64, Don Mather, M 65 - 69, Dick Dresser, M 70 - 74, Mel Buschman, Art Holland, Nancy Hamilton, Karen Huff, M 65 - 69, Mary Holland, W 70 - 74, Florence Berry, Hammer (in meters), George La Belle, Weight Throw - 188, M 30 - 34, Randy Leszczynski, M 40 - 44, Paul Malone, M 55 - 59, Bob Kemp, M 70 - 74, Art Holland, Weight Throw - 208, M 30 - 34, Randy Leszczynski, M 40 - 44, Paul Malone, M 50 - 54, George La Belle, Lee Slick, M 55 - 59, Bob Kemp, M 70 - 74, Mel Buschman, Art Holland, Weight Throw 258, M 30 - 34, Randy Leszczynski, M 40 - 44, Paul Malone

Table of athletic results including M 50 - 54, Edgar Evans, George La Belle, Lee Slick, M 55 - 59, Bob Kemp, M 70 - 74, Mel Buschman, Weight Throw 288, M 40 - 44, Paul Malone, M 50 - 54, George La Belle, Carl Klehm, Javelin (in meters), M 30 - 34, Randy Leszczynski, M 35 - 39, John Valiska, M 40 - 44, Neal Schuster, M 45 - 49, John Hess, M 50 - 54, Bob Warren, George La Belle, M 55 - 59, Rich Richardson, M 60 - 64, Don Mather, M 65 - 69, Tom Coughlin, M 70 - 74, Mel Buschman, Art Holland, M 75 - 79, Karen Huff, Nancy Hamilton, M 65 - 69, Mary Holland, W 70 - 74, Florence Berry, Weight Throw 358, M 30 - 34, Randy Leszczynski, M 40 - 44, Paul Malone, M 50 - 54, Edgar Evans, Bob Warren, George La Belle, M 70 - 74, Mel Buschman, Weight Throw 988, M 30 - 34, Randy Leszczynski, M 40 - 44, Paul Malone, M 50 - 54, George La Belle, 5000m Racewalk, M 40 - 44, Glen Herold, Selwyn Frey, Selwyn Marcus, Tim Stewart, M 45 - 49, Don Howles, M 50 - 54, Art Kerbs, M 60 - 64, Larry Breen, M 70 - 74, Tom Kirley, W 40 - 44, Lynn Tracy, W 45 - 49, Sharon Perrino, W 50 - 54, Renee Weatherford, M 55 - 59, Joyce Decker, M 60 - 64, Lucy Breen, 36:54.20, MID-AMERICA, New Mexico Senior Olympics, Albuquerque, June 12-14, 50m, M55 Ray Salazar, M60 Lawrence Anderson, M65 George Form, M70 Paul Jones, M75 Eloy Avila, M80 Gus Keene, M85 Elisha Kinnebrew, M90 John Pino, M95 Mary Dominguez, M60 Betty Drakulich, M65 Margarita Sanchez, M70 Luise Nottage, M75 Constance Smith, M80 Donna Foor, 100m, M55 Richard Porter, M60 L Anderson, M65 George Form, M70 Paul Jones, M75 Eloy Avila, M80 Aubrey Thomson, M85 Elisha Kinnebrew, M90 Vestina Jaramillo, M60 Joan Doucet, M65 Thelma Tjiema, M70 Luise Nottage, M75 Ramona Trujillo, M80 Donna Foor, 200m, M55 Richard Porter, M60 L Anderson, M65 George Form, M70 Paul Jones, M75 Eloy Avila, M80 Aubrey Thomson, M85 Elisha Kinnebrew, M90 Vestina Jaramillo, M60 Joan Doucet, M65 Thelma Tjiema, M70 Luise Nottage, M75 Ramona Trujillo, M80 Donna Foor, 400m, M55 Richard Porter, M60 Lawrence Anderson, M65 Robert Snyder, M70 Paul Jones, M75 Lori Aho, M60 Joan Doucet, M65 Margaret Romero, M70 Samia Doro

Table of athletic results including 800m, M55 Bruce Delaney, M60 Ruben Gonzalez, M65 David Abalos, M70 Ira Caster, M75 John Alexander, W55 Lori Aho, W60 Ida Ruttler, W65 Margaret Romero, W70 Samia Doro, 1500m, M55 Harry Little, M60 Ruben Gonzalez, M65 Tony Quici, M75 John Alexander, W55 Mary Guinn, W60 Idella Toya, W70 Samia Doro, 5000m, M55 Harry Little, M60 Ruben Gonzalez, M65 Tony Quici, M70 Larry Johnson, W55 Lori Aho, W60 Helga Struse, W65 Margaret Romero, High Jump, M55 Hugh McKeen, M60 Gerald Doucet, M65 Dean Harvel, M70 Richard Reitman, W60 Joan Doucet, W65 Paula Blevins, Pole Vault, M55 Hugh McKeen, M60 James Turner, M65 Bruce Wirth, M70 Peter Culbertson, Long Jump, M55 Richard Porter, M60 Ed Wilkinson, M65 Sherman Duncan, M70 Hugh Hackett, M75 Henry Olguin, W55 Billie Moncure, W60 Ruby Marchant, W65 Mary Jimenez, W70 Luise Nottage, Shot Put, M55 Jim Aho, M60 James Turner, M65 Bruce Wirth, M70 Hugh Hackett, M75 James McMichael, M80 Casimir Bechner, W55 Dorothy O'Neal, W60 Judy Featherston, W65 Ann Toya, W70 Julia Gauna, W75 Lou Sandoval, Discus, M55 Floyd Riddle, M60 Tom Maloy, M65 William Lizut, M70 Hugh Hackett, M75 Ralph Cwyer, M80 William Canfield, W55 Dorothy O'Neal, W60 Judy Featherston, W65 Ann Toya, W70 Lucy Gallegos, W75 Lou Sandoval, Javelin, M55 Floyd Riddle, M60 Don Robertson, M65 Al Becchetti, M70 Hugh Hackett, M75 John Alexander, M80 Larry Sandoval, M90 John Pino, W55 Dorothy O'Neal, W60 Arlene Mayer, W65 Ann Toya, W70 Wilma Ross, W75 Lou Sandoval, 1500m Racewalk, M55 Arnold Levick, M60 Eugene Pierce, M65 George Caron, M70 Manuel DeBaca, M75 John Alexander, M80 Elmo Menetre, W55 Hatsuko Goodson, W60 Claudia Montoya, W65 Grace Djang, W70 Marjorie Holmes, W75 Ramona Trujillo, 5000m Racewalk, M55 Arnold Levick, M60 Eugene Pierce, M65 Harlan Van Over, M70 Manuel DeBaca, M75 John Alexander, M80 Federico Acosta, W55 Hatsuko Goodson, W60 Teresa Paul, W65 Grace Djang, W70 Josie Alexander, W80 Mary Norris, Continued on next page



Continued from previous page

Table of athletic results for 80 Hurdles, 100 Hurdles, 110 Hurdles, 300 IH, 5K, 4 X 100 Relay, Pole Vault, High Jump, Long Jump, Triple Jump, Hammer, Javelin, Shot Put, and 500m Race Walk.

Table of athletic results for 200m, 400m, 800m, 1500m, 3000m SC, 3000m, 4x100m, 4x400m, High Jump, Pole Vault, Long Jump, Triple Jump, Hammer, Javelin, Shot Put, and 500m Race Walk.

Table of athletic results for 100m Hurdles, 110m Hurdles, 3000m SC, 3000m, 4x100m, 4x400m, High Jump, Pole Vault, Long Jump, Triple Jump, Hammer, Javelin, Shot Put, and 500m Race Walk.

Table of athletic results for Discus, Hammer, Javelin, Shot, and 5000m Race Walk.

Table of athletic results for 50-54, 45-49, 40-44, 35-39, 30-34, 25-29, 20-24, 15-19, 10-14, 5-9, and 0-4 age groups.

Table of athletic results for 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39, 30-34, 25-29, 20-24, 15-19, 10-14, 5-9, and 0-4 age groups.

Table of athletic results for 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39, 30-34, 25-29, 20-24, 15-19, 10-14, 5-9, and 0-4 age groups.

Foothill College Throws Series - Meet 17 Los Altos Hills, CA July 18

Table of results for Foothill College Throws Series - Meet 17, including Weight Throw, Discus, Hammer, Shot, and Javelin.

TAC Western Regional Championships Hayward, CA; July 25-26

Table of results for TAC Western Regional Championships, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 50000m, 100000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 50000m, 100000m.

River City Summer Relays Sacramento, CA; July 18

Table of results for River City Summer Relays, including 60m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 50000m, 100000m.

Continued from previous page

Shot Put, Discus, Javelin, 1000 meters, 100H 33, 110H, High Jump, Pole Vault, Long Jump, 200 meters, 400 meters, 800 meters, 1500 meters, 3000 meters, 5000 meters, 100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 3000 meters, 5000 meters, 100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 3000 meters, 5000 meters

Washington State Games Bellevue, WA; July 16

100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 3000 meters, 5000 meters, 100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 3000 meters, 5000 meters

200 meters

F30 Cheryl Compton, M30 Ben Inman, M30 Leroy Johnson, M35 Dale Flickinger, M35 Patrick Kane, M40 Rob Casselman, M40 Ezra Abdullah, M40 Robert Fox, M40 Jeff Schaller, M45 Ron Jensen, M45 Gregg Williams, M45 Jerry Willette, M50 Paul Zimmerman, M50 Roger Olsen, M50 James Nielsen, M50 Greg Thompson, M55 Robert Miller, M55 Dave Verbols, M55 Jerry Wilson, M60 Robert Morris

400 meters

F30 Jennifer Spornick, F35 Theresa Haynes, M30 Ben Inman, M30 Donald Moore, M35 Russell Aca, M35 Dale Flickinger, M40 Rob Casselman, M40 Ezra Abdullah, M40 Drew Stevick, M40 Rick Teller, M45 Rich Tucker, Robert Morris

800 meters

M30 Bruce Pence, M35 Richard Day, M40 Armando Brionez, M40 John Crawford, M45 Richard Tucker, M45 Marty Stitsel, M45 Bill Etnyre, M45 Neal Stoddard, M50 Hal Westberg, M60 Ralph Miller

1500 meters

M35 Dave Schgren, M45 Marty Stitsel, M45 Bill Etnyre, M45 Jerry Willette

M45 Neal Stoddard, M50 Hal Westberg, M60 Leonard Trilsch

3000 meters

F35 Sue Grigsby, F60 Janet Kavades, M30 Steven James, M35 Jamie VanNostran, M35 Arthur Kuebel, M40 Doug Sturm, M45 Michael Hinz, M45 Daniel Lassiter

5000 meters

M30 Michael Sandlidge, M30 Stan Vollmer, M40 Ronald Hanson, M45 Daniel Lassiter, M55 Mel Preedy

100H 33

F30 Martha Mendenhall, M60 Chad Bolender, M60 William Hill, M60 Robert Morris

110H

M30 Dave Blackburn, M35 Russell Aca, M40 Steve Dilley, M40 Rodney Thornley, M45 Ken Troy

High Jump

M30 Martha Mendenhall, M30 John Shields, M30 Robert Smilh, M40 Rick Teller, M40 Drew Stevick, M40 Ezra Abdullah, M45 Ken Troy, M45 Joe Stefanile, M50 Robert Sheedy, M50 Brad Wilson, M50 Tom White, M60 William Hill

Pole Vault

M40 Mike Mikos, M40 Stuart Jones, M40 Rick Teller, M60 Chad Bolender

Long Jump

M30 Jeff Smoot, M30 Dave Blackburn, M30 Robert Smilh, M30 Mike DeAgular, M30 John Shields, M30 Gary Schneider, M30 Mark Wheeler, M40 Ezra Abdullah, M40 Rod Thornley, M45 Oron Lott, M45 Don Webb, M50 Paul Zimmerman, M50 Robert Sheedy, M50 Johnny Edwards, M55 Dave Verbols, M55 Jerry Wilson, M60 William Hill, M60 Leon Joslin

Triple Jump

F30 Cheryl Compton, F30 Martha Mendenhall, F65 Rosanne Sallee, M30 David Beemer, M30 Jeff Smoot, M30 Robert Smilh, M30 John Shields, M45 Ken Troy, M45 Oron Lott, M50 Abbey Ogolo, M60 Chad Bolender

Shot Put

F40 Susan Hinz, F40 Lois Lott, M30 Dean Moore, M30 Martin Rudy, M30 Mark Wheeler, M35 David Orman, M40 Phillip Boyer, M45 Jock McLaughlin, M45 Mike Records, M45 Tom Katrynyluk, M45 Ken Rose, M45 Donald Webb, M50 Larry Lundgren, M50 Tom White, M55 Paul Kaald, M60 Robert Fisher, M60 Oscar Werner, M80 Leon Joslin

200 meters

M30 RONALD WALLACE, MATTHEW JAQUA, TERRY JONES, M35 BILLY MCKINNEY, BRIAN VALLEY, PAULO ELLISON, MATT DONALDSON, M40 JEFF SCHALLER, TIMOTHY SHELLEY, M45 JACK CASEY, RON JENSEN, M50 PAUL EDENS, JOE A. JOHNSON, M55 J.C. HOFFMAN, M60 JOHN POPPELL, DON KANE, JACK COY, ART AFREMOW

Discus

F40 Susan Hinz, M30 Martin Rudy, M30 Dean Moore, M35 David Orman, M40 David Filling, M40 William Gailer, M40 Phillip Boyer, M45 Tom Katrynyluk, M45 Donald Webb, M50 Larry Lundgren, M50 Robert Sheedy, M50 Tom White, M60 Darrold Skartvedt, M60 Robert Fisher, M60 Oscar Werner

Javelin

F30 Peggy Nystrom, F40 Susan Hinz, M30 Mike DeAgular, M30 John Shields, M35 Patrick Kane, M35 David Orman, M40 Drew Stevick, M40 Rick Teller, M45 Joe Stefanile, M45 Ken Rose, M45 Tom Katrynyluk, M45 Donald Webb, M50 Gary Stenlund, M50 Robert Sheedy, M50 Brad Wilson, M50 Thomas White, M55 Turk Markishlun, M60 Darrold Skartvedt

3000 meter Race Walk

M40 Bob Novak, M40 Tim Marsh, M50 Sterling Kerr, M55 Paul Kaald, M55 Alexander Gendel, M60 Oscar Werner, M65 Dick Bennett, M60 Paul Kavades, M70 Warren Wilson

NW Regional Masters Track And Field Championships Portland, OR; July 24-25

100 METERS

M30 RONALD WALLACE, JAKE VON SCHERRER, M35 BILLY MCKINNEY, RANDY KRUSE, RALPH ELTING, M40 JEFF SCHALLER, WING MAN, TIMOTHY SHELLEY, M45 RON JENSEN, M50 PAUL EDENS, JOE A. JOHNSON, DICK REX, RAY HOLMGREN, M55 J.C. HOFFMAN, JIM SCHLEWITZ, DON GRAY, M60 JOHN POPPELL, DON KANE, JACK COY, ART AFREMOW, M65 DICK NORDQUIST, ALBERT JOHNSON, M70 CAL BOYD

400 METERS HURDLES

M65 DICK NORDQUIST, W30 WENDIE MOORE, M40 RICHARD TELLER, DAN TAYLOR, PATRICK ELLSBERG, M45 ROBERT ELLSBERG, M50 RICHARD BROWN, JACK KONDRASUK, TONY PADILLA, M55 RICHARD LEE, NEIL SALING, STAN ZAK, PAUL KAALD, M65 VINCE SEMPRONIO, JIM HOLLAND, HARVEY WILLIAMS, CAL HERSEY, WARD CHURCH, M70 JIM MINAH, GERALD CYSEWSKI, M75 ROSS CARTER, BOB BOUCKE, JOHN BESSON

200 METERS

M30 RONALD WALLACE, MATTHEW JAQUA, TERRY JONES, M35 BILLY MCKINNEY, BRIAN VALLEY, PAULO ELLISON, MATT DONALDSON, M40 JEFF SCHALLER, TIMOTHY SHELLEY, M45 JACK CASEY, RON JENSEN, M50 PAUL EDENS, JOE A. JOHNSON, M55 J.C. HOFFMAN, M60 JOHN POPPELL, DON KANE, JACK COY, ART AFREMOW

JOHN NELSON, M65 ALBERT JOHNSON, M70 CAL BOYD

400 METERS

M35 BRIAN VALLEY, M40 JIM JONES, JIM HIEBERT, JEFF SCHALLER, RICHARD TELLER, M45 RON JENSEN, FRANK LULICH, M50 JOE A. JOHNSON, BILL HUGHES, RAY HOLMGREN, ROBERT RYAN, DON KANE, JACK COY, W35 THERESA HAYNES, M40 MARY LIBAL, W70 IRENE CRANE

800 METERS

M35 MARTY DOWNS, STEVE KESSLER, M40 PAUL ZITZELSBERGER, M45 RICHARD TUCKER, MIKE CARNAHAN, M50 DON McMILLAN, W30 RENEE KOCH, W35 KATEY ANGEL, MARY RUSSELL, W40 KATHY HOLMSTROM, W55 SUSAN MEANS, W60 HELEN HERNER

1500 METERS

M35 ALLAN MUIR, CHRIS MARKS, CHRIS ABBOTT, SCOTT KESSLER, M40 PAUL ZITZELSBERGER, KEN BELL, JIM HIEBERT, LEE BARCKMANN, TIMOTHY SHELLEY, M45 AL BECK, GARY KRYSZAK, MICHAEL HINZ, M50 HERB PHILLIPS, ROBERT RYAN, BRAD WILSON, M55 KEN OGDEN, FRED BARRETT, W35 KATEY ANGEL, MARY RUSSELL, W40 KATHY HOLMSTROM, W45 LINDA FOLKESTAD, W55 SUSAN MEANS, W60 HELEN HERNER

5000 METERS

M30 JOE MANNING, M35 CHRIS MARKS, MARTY DOWNS, M40 KEN BELL, M45 AL BECK, ROD MALONE, M50 HERB PHILLIPS, JOE SNEDDON, M55 DAVID PITKETHLY, KEN OGDEN, MIKE CHRISTIANSEN

100 METERS HURDLES

M65 DICK NORDQUIST, W30 WENDIE MOORE, M40 RICHARD TELLER, DAN TAYLOR, PATRICK ELLSBERG, M45 ROBERT ELLSBERG, M50 RICHARD BROWN, JACK KONDRASUK, TONY PADILLA, M55 RICHARD LEE, NEIL SALING, STAN ZAK, PAUL KAALD, M65 VINCE SEMPRONIO, JIM HOLLAND, HARVEY WILLIAMS, CAL HERSEY, WARD CHURCH, M70 JIM MINAH, GERALD CYSEWSKI, M75 ROSS CARTER, BOB BOUCKE, JOHN BESSON

300 METER HURDLES

M65 DICK NORDQUIST, M40 RICHARD TELLER, DAN TAYLOR, PATRICK ELLSBERG, M45 ROBERT ELLSBERG, M50 RICHARD BROWN, JACK KONDRASUK, TONY PADILLA, M55 RICHARD LEE, NEIL SALING, STAN ZAK, PAUL KAALD, M65 VINCE SEMPRONIO, JIM HOLLAND, HARVEY WILLIAMS, CAL HERSEY, WARD CHURCH, M70 JIM MINAH, GERALD CYSEWSKI, M75 ROSS CARTER, BOB BOUCKE, JOHN BESSON

400 METER HURDLES

M30 JAKE VON SCHERRER, TERRY JONES, W30 WENDIE MOORE, M30 STEVE RENARD, RICK HENDERSON, M35 ROB FRANK, M45 JERRY FORD, CHARLES MONISMITH

5000 METER WALK

M30 STEVE RENARD, RICK HENDERSON, M35 ROB FRANK, M45 JERRY FORD, CHARLES MONISMITH

M50 BOB BREWER, M55 PAUL KAALD, M60 RICHARD VAUGHN, WILLIAM KINDER, M70 JOE MALLON, DON JACOBS, W30 BECKY OSUNA, W45 JUDY HELLER, W50 CAROLYN KORTGE

HIGH JUMP

M35 BILLY MCKINNEY, M40 RICHARD TELLER, JERRY CASH, DAVE PIETKA, M45 AL PHILLIPS, FRANK LULICH, M50 MIKE AKERMAN, JOE A. JOHNSON, BRAD WILSON, WAYNE BARTLEY, JACK KONDRASUK, M55 DONALD GRAY, M65 VINCE SEMPRONIO, WARD CHURCH, M70 GIL YOUNG, ROY ATHERTON, LES HINTZ, M75 JOHN BESSON, W50 BECKY SISLEY

POLE VAULT

M35 DAN WEST, M40 MIKE MIKOS, JERRY CASH, JOSEF PFISTER, JOHN DYE, M45 RICHARD YING, M50 TERRY CANNON, LARRY HOLMES, M55 DON GRAY, M65 DICK NORDQUIST

LONG JUMP

M35 RANDY KRUSE, PAULO ELLISON, M40 DAVE PIETKA, JERRY CASH, M45 ORON LOTT, PAT SHOBER, M50 DICK REX, JOE A. JOHNSON, JACK KONDRASUK, BRAD WILSON, M55 FRED BARRETT, M60 ART AFREMOW, M65 VINCE SEMPRONIO, STAN FEDERMAN, M75 CLARENCE TRAHAN, JOHN BESSON, BOB BOUCKE, W30 WENDIE MOORE

TRIPLE JUMP

M30 MATTHEW JAQUA, M35 MIKE LARIZA, PAULO ELLISON, M40 WING MAN, M45 ORON LOTT, M50 BRAD WILSON, JACK KONDRASUK, M65 STAN FEDERMAN, M70 ROY ATHERTON, M75 CLARENCE TRAHAN

SHOT PUT

M30 MARTIN JAQUA, M35 FORREST BROUILLARD, M40 RICHARD TELLER, DAN TAYLOR, PATRICK ELLSBERG, M45 ROBERT ELLSBERG, M50 RICHARD BROWN, JACK KONDRASUK, TONY PADILLA, M55 RICHARD LEE, NEIL SALING, STAN ZAK, PAUL KAALD, M65 VINCE SEMPRONIO, JIM HOLLAND, HARVEY WILLIAMS, CAL HERSEY, WARD CHURCH, M70 JIM MINAH, GERALD CYSEWSKI, M75 ROSS CARTER, BOB BOUCKE, JOHN BESSON

DISCUS

M30 MARTIN JAQUA, M35 FORREST BROUILLARD, M40 TIMOTHY SHELLEY, M45 MIKE MORAVEC, GEORGE MATTHEW, M50 RICHARD BROWN, JOHN GAMBILL

JACK KONDRASUK, WAYNE BARTLEY, TONY PADILLA, BRAD WILSON, M55 NEIL SALING, TURK MARKISHTON, STAN ZAK, M60 BOB FISHER, JOHN NELSON, KEN WEINBEL, M65 HARVEY WILLIAMS, DICK NORDQUIST, WARD CHURCH, DUDE RICE, M70 GERALD CYSEWSKI, ROY ATHERTON, M75 ROSS CARTER, AR (M78 age record), BOB BOUCKE, M80 RAY MOE, W40 SUSAN HINZ, W50 TRISH GAMBILL, W55 MELISSA BUCHAN

HAMMER THROW

M35 FORREST BROUILLARD, M45 GEORGE MATHEWS, M50 TONY PADILLA, BRAD WILSON, M55 RICHARD LEE, FRANK MILLER, TURK MARKISHTON, M60 KEN WEINBEL, M65 WARD CHURCH, DUDE RICE, M70 JIM MINAH, GERALD CYSEWSKI, ROY ATHERTON, M75 BOB BOUCKE, W40 SUSAN HINZ, AR (W40-44 age group record)

JAVELIN

M30 RON MCCONNELL, M35 PAULO ELLISON, M40 BILL WILSON, PATRICK ELLSBERG, TIMOTHY SHELLEY, M45 LADD ZASTOUPIL, AL PHILLIPS, BOB BURKHOLDER, ROBERT ELLSBERG, M50 GARY STENLUND, GARY REDDWAY, JOE A. JOHNSON, BRAD WILSON, TONY PADILLA, M55 TURK MARKISHTON, KEN BREWER, FRED BARRETT, M65 HARVEY WILLIAMS, CAL HERSEY, WARD CHURCH, M70 GERALD CYSEWSKI, JOE MALLON, M75 BOB BOUCKE, W40 SUSAN HINZ, W50 BECKY SISLEY, ROSE SCHLEWITZ

4X100 RELAY

M50 PMTC, ART AFREMOW, DICK REX, J.C. HOFFMAN, PAUL EDE

100 METERS - AGE GRADED

M50 PAUL EDENS, M35 BILLY MCKINNEY, M55 J.C. HOFFMAN, M40 JEFF SCHALLER, M60 JACK COY, M45 RON JENSEN, M65 DICK NORDQUIST, W45 TEDDIE BELL, W50 ROSE SCHLEWITZ, W55 V.P. BAKER

INTERNATIONAL

WAVA European Championships Kristiansand, Norway June 26-July 4

100m, M40 A. Florit, A. Basurko, V. Felicetti, M45 B. Hiestand, H. Barbot, P. Siehoff, M50 S. Bolsinger, R. Austin, F. Reichle, M55 R. Taylor, O. Burton, U. Schirov, M60 J. Verduyseye, H. Froelich, B. Parnaby, M65 H. Schegel, A. Hasler, K. Schumacher, M70 B. Sobrero, W. Anweller, K. Hover

Continued on next page

Continued from previous page

Table of athlete names, countries, and times for various events, including 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 80000m, 100000m.

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

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

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

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

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

Russian National Veterans Championships Moscow, July 11-12

Table of athlete names, countries, and times for Russian National Veterans Championships, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 80000m, 100000m.

Continued from previous page

Table with 2 columns: Race Name and Time. Includes events like M60 E Krutinin, M65 V Chernushkin, M70 F Michalic, etc.

Table with 2 columns: Race Name and Time. Includes events like LONG HURDLES, M35 A Fosilenov, M40 A Shashkov, etc.

Table with 2 columns: Race Name and Time. Includes events like M30 W Green USA, M40 V Aristov, M45 M Gribanov, etc.

Table with 2 columns: Race Name and Time. Includes events like M30 PSKOV, M40 Vladimir, M45 Kharkov 2, etc.

Table with 2 columns: Race Name and Time. Includes events like M45 Kharkov, M50 Kharkov, M55 Kharkov, etc.

Table with 2 columns: Race Name and Time. Includes events like HIGH JUMP, M30 V Kolupaev, M35 V Kuncovich, etc.

Table with 2 columns: Race Name and Time. Includes events like M40 A Ermishin, M45 A Kaskov, M50 M Kroschinskiy, etc.

Table with 2 columns: Race Name and Time. Includes events like M55 F Smith USA, M60 V Degtyarev, M35 T Oremina, etc.

Table with 2 columns: Race Name and Time. Includes events like M40 Y Adamov, M45 V Goncharenko, M50 G Bliznecov, etc.

Table with 2 columns: Race Name and Time. Includes events like M55 V Pantelev, M60 O Kurbatov, M65 M Grikurov, etc.

Table with 2 columns: Race Name and Time. Includes events like LONG JUMP, M30 S Grishin, M35 S Gurev, etc.

Table with 2 columns: Race Name and Time. Includes events like M40 A Bobrov, M45 S Saulyak, M50 A Loskutkin, etc.

Table with 2 columns: Race Name and Time. Includes events like M55 Y Jukov, M60 V Popov, M65 V Rud, etc.

Table with 2 columns: Race Name and Time. Includes events like M35 N Kovaleva, M40 K Lotova, M45 E Shafranskaya, etc.

Table with 2 columns: Race Name and Time. Includes events like M50 V Kudryavceva, M55 A Kolesnikova, M60 L Sokolova, etc.

Table with 2 columns: Race Name and Time. Includes events like TRIPLE JUMP, M40 V Stabrovskiy, M45 G Dessonov, etc.

Table with 2 columns: Race Name and Time. Includes events like M50 V Borodkov, M55 V Makeev, M60 V Popov, etc.

Table with 2 columns: Race Name and Time. Includes events like M65 V Rud, M40 K Lotova, M45 A Gladkaya, etc.

Table with 2 columns: Race Name and Time. Includes events like M60 L Gomeradze, M35 S Gurev, M40 A Tokaev, etc.

Table with 2 columns: Race Name and Time. Includes events like M45 L Smelash, M50 I Adamovich, M55 M Dugaev, etc.

Table with 2 columns: Race Name and Time. Includes events like M60 M Litvinenko, M65 M Grikurov, M70 V Khachkhardji, etc.

Table with 2 columns: Race Name and Time. Includes events like M80 S Andronov, W35 V Korsak, W40 T Bufetova, etc.

Table with 2 columns: Race Name and Time. Includes events like JAVELIN, M40 N Onishuk, M45 I Malafeev, etc.

Table with 2 columns: Race Name and Time. Includes events like W40 L Green USA, N Tarasova, W45 G Nikolaenko, etc.

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.

EAST NYRRC Westchester Half-Marathon New Rochelle, NY; June 7

Table with 2 columns: Race Name and Time. Includes Overall Nat Larson 29 1:08:39, Tora Hansen-Tangen 30:27:56, M40 Vincent Gaines 1:17:06, etc.

Table with 2 columns: Race Name and Time. Includes Overall M40 Y Adamov 2.70, M45 V Goncharenko 3.00, M50 G Bliznecov 3.80, etc.

Brooklyn Greenway 10K Brooklyn, NYC; June 14

Table with 2 columns: Race Name and Time. Includes Overall Rodolfo Obregon 24 31:41, Alicia Moss 30 34:34, M40 Vincent Gaines 34:46, etc.

NYRRC Father's Day 4 Mile Central Park, NYC; June 21

Table with 2 columns: Race Name and Time. Includes Overall David Clark 30 20:07, M40 Nick Caswell 21:35, Bob Hermes 21:42, etc.

NYRRC Summer Solstice 5 Mile Central Park, NYC; June 28

Table with 2 columns: Race Name and Time. Includes Overall Anthony Smith 26 25:31, Amy Fredericks 29:33, M40 John Trifol 31:28, etc.

Table with 2 columns: Race Name and Time. Includes M65 Jack Haar 27:13, George Thompson 27:37, M70 Wm Coyne 29:58, etc.

North Shore Half-Marathon Swampscott, MA; June 27

Table with 2 columns: Race Name and Time. Includes Overall Joel Rich 22 1:12:04, AnnMarie Starrett 30 1:25:52, M40 Bob Gillon 40 1:15:19, etc.

Long Island 4 Mile Championships Lake Ronkonkoma; June 27

Table with 2 columns: Race Name and Time. Includes Overall Andrew Whitney 30 19:55, Barbara Gubbins 32 22:51, M40 Christopher Webber 20:52, etc.

NYRRC Summer Solstice 5 Mile Central Park, NYC; June 28

Table with 2 columns: Race Name and Time. Includes Overall John Charlton 26 15:49, Dory Schaub 33 23:23, M40 Express Mail 18:58, etc.

NYRRC Summer Solstice 5 Mile Central Park, NYC; June 28

Table with 2 columns: Race Name and Time. Includes Overall Robert Murray 32 16:35, Anita Moats 22:11, Top Masters Bill Peay 17:55, etc.

NYRRC Summer Solstice 5 Mile Central Park, NYC; June 28

Table with 2 columns: Race Name and Time. Includes Overall Robert Murray 32 16:35, Anita Moats 22:11, Top Masters Bill Peay 17:55, etc.

NYRRC Summer Solstice 5 Mile Central Park, NYC; June 28

Table with 2 columns: Race Name and Time. Includes Overall Robert Murray 32 16:35, Anita Moats 22:11, Top Masters Bill Peay 17:55, etc.

Utica Boilermaker 15K Utica, NY; July 12

Table with 2 columns: Race Name and Time. Includes Overall Sammy Lelei KEN 43:39, Madina Biktairova CIS 44:01, M40 Pierre Levisse 45:08, etc.

Overall

Table with 2 columns: Race Name and Time. Includes Overall Kevin Ward 35 15:37, Karen Lutzke 29 17:39, M40 Maury Dean 17:19, etc.

Stockbridge Summerfest 5K/10K Stockbridge, MI; July 18

Table with 2 columns: Race Name and Time. Includes Overall Erik Randall 32:49, Nancy Patton 42:21, M40 Gary Wolfram 33:08, etc.

Town & Country Twilight 3 Mile Kendall, FL; July 3

Table with 2 columns: Race Name and Time. Includes Overall Jorge Ramos 36 15:25, Karen Macharg 43 18:33, M40 Rolando Cabrera 16:52, etc.

Camptown Races 3 & 1 Mile Long Cross-Country Deland, FL; July 4

Table with 2 columns: Race Name and Time. Includes Overall John Charlton 26 15:49, Dory Schaub 33 23:23, M40 Express Mail 18:58, etc.

Unionville Firecracker 5K Unionville, NC; July 4

Table with 2 columns: Race Name and Time. Includes Overall Robert Murray 32 16:35, Anita Moats 22:11, Top Masters Bill Peay 17:55, etc.

Colorado Springs 10K Colorado Springs, CO; July 19

Table with 2 columns: Race Name and Time. Includes Overall Gelindo Bordin 29:42, Amy Giblin 36:06, M40 1 Rick Katz 33:42, etc.



MIDWEST

Nokomis 5K Drum Run Okemos, MI; July 11

Table with 2 columns: Race Name and Time. Includes Overall Kevin Ward 35 15:37, Karen Lutzke 29 17:39, M40 Maury Dean 17:19, etc.

Stockbridge Summerfest 5K/10K Stockbridge, MI; July 18

Table with 2 columns: Race Name and Time. Includes Overall Erik Randall 32:49, Nancy Patton 42:21, M40 Gary Wolfram 33:08, etc.

Dam To Dam 20K Des Moines, IA; June 13

Table with 2 columns: Race Name and Time. Includes Overall Dave Halferty 23 1:04:00, Bonnie Sons 26 1:12:56, M40 Jim Pollard 1:09:31, etc.

Union-Trib 10K San Diego, CA; June 14

Table with 2 columns: Race Name and Time. Includes Overall Eoin Paly 32 15:10, Stacy KneeshawRucker 30 18:08, M40 Bill Sumner 16:56, etc.

Union-Trib 10K San Diego, CA; June 14

Table with 2 columns: Race Name and Time. Includes Overall Eoin Paly 32 15:10, Stacy KneeshawRucker 30 18:08, M40 Bill Sumner 16:56, etc.

Union-Trib 10K San Diego, CA; June 14

Table with 2 columns: Race Name and Time. Includes Overall Eoin Paly 32 15:10, Stacy KneeshawRucker 30 18:08, M40 Bill Sumner 16:56, etc.

Union-Trib 10K San Diego, CA; June 14

Table with 2 columns: Race Name and Time. Includes Overall Eoin Paly 32 15:10, Stacy KneeshawRucker 30 18:08, M40 Bill Sumner 16:56, etc.

Union-Trib 10K San Diego, CA; June 14

Table with 2 columns: Race Name and Time. Includes Overall Eoin Paly 32 15:10, Stacy KneeshawRucker 30 18:08, M40 Bill Sumner 16:56, etc.

Table with 2 columns: Race Name and Time. Includes M45 1 Barry Roth 36:35, 2 Jerry Ahlberg 36:53, 3 Ron Davis 37:10, etc.

Table with 2 columns: Race Name and Time. Includes M50 1 Pete Ybarra 35:47, 2 Bob McAndrews 37:55, 3 Phil Mann 39:02, etc.

Table with 2 columns: Race Name and Time. Includes M55 1 Jim Way 37:41, 2 Glen Ash 39:27, 3 Ron Walters 41:38, etc.

Table with 2 columns: Race Name and Time. Includes M60 1 Dale Goering 41:29, 2 Ernie Black 42:36, M65 1 Sam Gutierrez 53:54, etc.

Table with 2 columns: Race Name and Time. Includes M70 1 Rodge Rodgers 51:01, M75 1 Carl Marks 68:06, W40 1 Linda Cash 41:18, etc.

Table with 2 columns: Race Name and Time. Includes M80 1 Sharon Connolly 49:15, 2 Joan Trebilcock 49:35, W55 1 Grace Rome-Kuhn 49:57, etc.

Table with 2 columns: Race Name and Time. Includes M60 1 Neima Burnett 56:52, W60 1 Neima Burnett 56:52, W65 1 Neima Burnett 56:52, etc.

WEST Fontana Half-Marathon/5K Fontana, CA; June 6

Table with 2 columns: Race Name and Time. Includes Overall Salvador Chacon 26 1:04:56, Jennifer Henderson 33 1:16:30, M40 Barry Schaeffer 1:09:31, etc.

Table with 2 columns: Race Name and Time. Includes M45 Victor Seldivar 1:16:12, Randall Reece 1:23:17, Jerry Laverty 1:23:24, etc.

Table with 2 columns: Race Name and Time. Includes M50 Dave Arntson 1:20:31, Shel Nankin 1:20:53, Paul Williams 1:25:56, etc.

Table with 2 columns: Race Name and Time. Includes M55 Ben Bernal 1:27:46, William Wall 1:29:41, Dick Bulliss 1:31:38, etc.

Table with 2 columns: Race Name and Time. Includes M60 Pat Devine 1:22:53, Don Valentine 1:35:25, Bob Koch 1:34:12, etc.

Table with 2 columns: Race Name and Time. Includes M65 Gil Cisneros 1:45:17, Joe Klaus 1:54:43, Oscar Bergen 1:55:46, etc.

Table with 2 columns: Race Name and Time. Includes M70 Nancy Crocini 1:35:29, Susan Lien 1:36:02, Patti Titone 1:36:10, etc.

Table with 2 columns: Race Name and Time. Includes M75 Ria Rugg 1:38:08, Vicki Day 1:40:17, Kathy Litchfield 1:45:23, etc.

Table with 2 columns: Race Name and Time. Includes M80 Penny Morledge 1:47:14, Elena Guisa 1:51:53, W55 Clara Camero 1:46:06, etc.

Table with 2 columns: Race Name and Time. Includes M60 Mary Ehrlich 2:27:59, W65 Mary Storey 1:45:54, W70 Eliz Vinerman 2:39:22, etc.

Continued on next page

Continued from previous page

W45 Alicia Anaya	27:47
Char Spring	28:54
W50 Sandra Brown	24:18
Virginia Dickerson	25:48
W55 Marlys Creigh	24:56
W60 R Kachadoorian	28:28
W65 Consuelo Mena	47:40
W70 Judy Simon 76	29:54
--10K--	
Overall	
Paul Pilkington 33	29:01
Lorraine Moller 37	32:39
M40 Robert Baird	33:20
Marty King	33:43
Sam Hajj	33:47
M45 Don Shanahan	35:14
Loren McKnight	36:36
M50 Charles Adair	37:19
Francisco Saiz	37:25
M55 Sonny Monioz	36:31
Frank Ferrone	42:04
M60 Dick Robinson	42:13
M65 Gael Pierce	45:00
M70 Jim McCown 70	42:21
Wayne Zook 75	48:29
M80+Walt Kuetzing 80	53:10
W40 Cindy Cohagen	40:26
Willie Tenant	43:22
W45 Marilyn Carpenter	42:41
Suzanne Richardson	44:57
W50 P Pue	42:14
Kathy Loper	42:18
W55 Dixie Madsen	46:05
Martha Walker	49:22
W60 Chris Cromer	52:47
W65 Mary Storey	50:39
W70 Marjorie Easton 70	85:57

Westernstates 100 Mile
Squaw Valley, CA; June 27

W40-44	
Lynn O'Malley	22:37:39
Shelly Dunlay	23:22:02
Carol Hewitt	23:29:00
Deborah Wagner	25:42:22
W45-49	
Linda Elam	27:27:02
Barbara Miller	27:06:40
Beverly Brezik	28:15:31
W50-54	
Jan Fzarfinski	29:31:53
W55-59	
Dixie Madsen	28:14:19
W65-69	
Helen Klein	29:36:32
W40-44	
Ray Scannel	17:27:54
Dan Williams	18:50:23
Joe Schlereth	19:09:52
Ray Clark	19:40:23
Dow Mattingly	19:40:57
M45-49	
Joe Brannburg	20:45:17
Thomas Wright	22:06:04
Arthur Sarkas	22:35:04
Frank Ruona	22:43:11
James Budde	23:12:18
M50-54	
Bernd Leupold	20:17:47
Joe Marchand	20:58:12
Alfred Bogenhuber	21:26:32
Ike Heister	23:08:43
Max Bogenhuber	23:17:29
M55-59	
Card Leighton	21:50:41
Lee Rhodes	27:55:11
Russ Melason	28:27:33
Brooks Wade	28:32:32
Hap Arnold	29:02:10
M60-64	
Rob Volkenand	23:37:40
Hal Winton	25:48:35
Hendy Henderson	27:22:24
Edwin Mitchell	27:47:11
Bill Wood	28:33:40
M65-69	
Ray Piva	24:04:52
Ed Fishman	29:44:09

Gardena 5000
Gardena, CA; June 28

M40 Henry Rono	14:43
Doug Bell	14:44
Ron Gee	16:05
Barry Schaeffer	16:09
Don Paul	16:13
Joe Alvarado Jr	16:16
Byrle Smullen	16:17
Gary Shapiro	16:26
M45 Jussi Hamalainen	16:42
Ron Ogilvie	16:51
Ken Desmet	16:53
Charles Nak	17:06
Terry Martin	17:10
M50 Catarino Gonzalez	16:29
Jim Chenoweth	16:59
Cecil Smith	18:21
M55 Carlos Valle	17:37
Andre Tocco	18:34
Aldo Mora	18:41
M60 Antonio Gonzalez	18:52
Paul Saucedo	19:12
M65 Larry Banuelos	19:52
Jim O'Neil	20:52
M70 Bill Dietrich	26:56
Bob Ashimine	27:59
M75 Dutch Benedetti	24:56
John Hales	26:41

W40 Cherrie Hall	17:46
Loi Coker	18:57
Eva Cervantes	21:03
W45 Joan OttawayColeman18:00	
Wendy Watson	20:15
Sue Reinhardt	20:32
W50 Shirley Matson	17:50
Roberta Lamping	22:38
W55 Gina Faust	19:38
Shirley Blush	21:09
W60 Yukie Mochida	23:50
W65 Helen Dick	23:16

RACE WALKING

Eastern Regional Masters
50 Mile/50K RW
Championships
West Long Branch, NJ; May 17

--50 Mile--	
1 Alan Price M40	8:46:34
2 Shaul LadanyM50ISR9:16:52	
3 Elliott DenmanM5510:42:29	
--50K--	
1 M Daneau W30 CAN	5:02:55
2 Pat Bivona M50	5:30:16
3 Manny Eisner M50	5:58:41
4 Avram Shapiro M55	6:24:54
5 Marcia ShapiroW50	6:27:42
6 Gerry Kass M50	6:33:38
8 Isabel Stuper W40	7:13:30

TAC National Masters 10K
Racewalk Championships
Niagara Falls, NY; July 11

Overall	
Andrzej Chylinski	42:07
Janice McCaffrey CAN	46:13
M40	
1 Nicholas Bdera	NY 49:32
2 Brian Savilonis	MA 50:20
Roman Olszewski	CAN 50:50
3 William Norton	PA 52:12
4 Ron Morra	DE 54:12
5 Robert Ullman	NH 55:09
6 Takayuki Amano	NY 56:41
7 Douglas Harty	NY 56:45
8 Bob Elliott Jr	VA 56:53
9 Martin Smith	IA 59:51
10 Ross Barranco	MI 61:00
M45	
1 Don DeNoon	IL 45:14
2 Robert Keating	NH 46:26
3 Franco Patoni	NY 50:11
4 Alan Price	DC 50:37
5 Norm Frable	TX 50:51
6 Victor Sipes	MI 52:42
7 Leland Sandifer	NJ 54:25
8 Mike Freeman	CAN 56:31
9 Bob Lubelski	NY 60:28
9 John Sholeen	NY 60:47
M50	
1 Terry McHoskey	MI 52:14
2 Marino Scerpella	MI 55:53
3 Tom Zdrojewski	DE 57:01
4 Chester Cooley	NY 57:28
5 R W Bales	NY 58:06
6 Bernie Finch	WI 61:35
7 Thom Collins	MI 67:13
8 Edward Riha	IN 70:39
M55	
Stuart SummerhayesCAN	54:53
Len Weinstein	CAN 59:25
1 Greg Wittig	NY 60:42
2 Wayne Nicoll	NH 61:24
3 Bernard Kaufman	NY 62:21
4 Ed Merrill	DE 63:17
5 Jim Miller	VA 64:08
6 Jack Schlueter	KY 68:28
7 John McCullough	IN 68:50
8 Samuel Amato	NY 69:35
M60	
1 Max Green	AR MI 51:36
2 H Jake Jacobson	NY 57:10
3 Vance Genzlinger	MI 59:30
4 Fred Shaffer	PA 60:11
5 Mike Michel	SC 61:45
6 Leo Rivera	NY 63:04
M65	
1 Robert Mimm	NJ 58:24
2 Ed Gawinski	DE 62:51
3 Jack Hunter	PA 71:20
4 Alan Lawrence	NY 73:19
5 John Snaden	SC 73:52
M70+	
1 Cokey Daman	VA 61:03
Max Gould	CAN 64:18
2 Harold Wright	NE 65:31
3 Tim Dyas	NJ 66:20
4 Paul Geyer	FL 68:32
5 Bill Talmadge	KY 68:37
6 Don Johnson	NJ 70:32
7 Harry Drazin	NJ 79:01
W40	
1 Gayle Johnson	MO 53:42
2 Jeanette Smith	IN 57:12
3 Mary Will	PA 59:23
Liliana Whalen	CAN 60:25
4 Karen Fina	NY 60:39
5 Patty Kerr	IN 61:43
6 Jessica Krow	PA 61:51
7 Melody Melchi	MI 64:54
8 Ellen Willard	NY 65:05
9 Carol Harty	NY 65:07
10 April Capwill	PA 68:15

W45	
1 Kathy Frable	TX 59:09
2 Dorothy Sholeen	NY 60:29
Marilyn Chute	CAN 61:00
3 Judy Risner-GardneIN	61:20
4 Olga Figueroa	NY 61:26
5 Beth Alvarez	MD 63:08
6 Kathleen Wood	MI 63:38
7 Margie Alexander	IN 66:10
8 Joan Schindel	VT 66:32
9 Helen Adelson	NY 70:07
10 Maren Michaelson	NY 70:22
W50	
1 Valerie Stone	MI 57:24
2 Elton Richardson	NY 57:30
3 Lois Dicker	MD 60:28
Merike Himel	CAN 66:41
4 Helen Ellis	NY 73:37
W55	
June-Marie ProvosCAN	59:38
1 Nancy Whitney	MD 63:08
2 Beth Young-Grady	IN 64:05
Joan Sutherland	CAN 67:07
W60	
1 Pat Nesley	AR DC 65:42
W65	
1 Joan Rowland	AR NY 69:01
2 Queenie Thompson	NY 76:25
Teams	
M40+ New England Walkers	
(Keating, Savilonis, Ullman)	
Wolverine Pacers	2:36:32
Potomac Valley	2:38:21
W40+ Indiana RWs	2:59:58
(Smith, Gardner, Figueroa)	
Potomac Valley	3:02:45
Niagara Walkers	3:10:51

TAC Eastern Regional Masters
5K RW Championships
Central Park, NYC; July 19

M40 Joe Light	24:28
Tim Ferguson	25:30
Richard Harper	26:32
M45 Gary Null	24:13
Franco Pantoni	24:19
Leland Sandifer	25:12
M50 Jules Freemond	27:24
Tom Zdrojewski	27:31
Errol Edwards	29:16
M55 Stanley Schechter	29:54
Ed Merrill	29:56
Bernie Kaufman	30:20
M60 Leo Rivera	30:15
Avram Finger	31:31
M65 Ed Gawinski	29:46
W40 Nadya Dimitrov	30:09
Elaine Leonard	40:32
W45 Pat Salusollia	31:15
Melinda Lloyd	38:16
Ellen Schwalb	41:30
W50 Elton Richardson	28:05
Maria Cox	32:15
W55 Kitty Donohue	34:58
W60 Debbie Hyams	39:07
W65 Joan Rowland	33:57
Vivian Lowery	36:10
Teams	
M40 Natural Living	73:44
East Side Track	82:22
M50 PHAST	87:13
Metro RW	102:16
M60 Natural Living	102:28
W40 Park Walkers	102:46
Park Walkers B	122:70
Empire State Games	
5000 Racewalk	
Albany, NY; July 25	
M45 Dennis April	27:49
Rich Incremona	27:57
Bob Lubelski	29:10
M50 Frank Masterson	27:35
Steve Pudlas	31:16
M55 Bob Barrett	28:02
Ron Shepard	31:49
M60 Leo Rivera	30:36
Marv Eisenstein	33:48
Bill Hogan	38:42
M65 Jim Hartshorne	36:47
M70 Ervin Sorkim	40:39
M75 Len Vanderma	37:40
W40 Barb Wein	39:33
W45 Nanci Podlas	33:58
Lucila Cruz	38:47
Geraldine Havasy	45:06
W60 Minna Charles	38:52
W70 Margaret Tiso	41:09

U.S. MASTERS TRACK & FIELD RANKINGS

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

1992 Indoor Pole Vault
Rankings
Compiled by Tom Rauscher

30-34 Men			
1 Jerry Dowdy	4.41	9 Phil Johnson	3.50
2 Chad Cormack	4.25	Mike Sharratt	3.50
Jack Grubb	4.25	11 Rick Holmes	3.35
Paul Herda	4.25	James Peterson	3.35
5 Kevin Hanson	3.80	Jim Trott	3.35
Marty Rogier	3.80	14 David Hill	3.04
7 Stephen Mills	3.27	15 Ron Salvio	2.89
8 Lewis Affronti	3.20	16 Ed Laurelli	1.93
9 Matthew Barsic	3.04	45-49 Men	
John Oksas	3.04	1 Tom Rauscher	4.11
35-39 Men		45-49 Men	
1 Gary Hunter	5.08	1 Tom Rauscher	4.11
2 Thomas Bunner	4.40	2 Matti Kilpelainen	4.10
Wilson Soohoo	4.40	3 William Johnston	3.95
Tom Wilson	4.40	4 Rex Harvey	3.65
5 Mike McGinnis	4.15	Henry Hopkins	3.65
Peter McGinnis	4.15	6 William Busby	3.50
7 Jerry Hock	4.10	John Dye	3.50
8 Jim Henderson	3.96	8 Jan Decker	3.20
9 Kevin Pili	3.80	9 Jeff Blatt	3.04
10 Jim Fazio	3.65	Merle Norberg	3.04
11 Charles Barnard	3.35	11 Jim Corrigan	2.66
Gary Silbaugh	3.35	50-54 Men	
13 Jeff Watry	3.04	1 Gerald Counihan	3.81
40-44 Men		Wally Sokolowski	3.81
1 Jerry Cash	4.41	3 Dale Lance	3.50
2 Rich Christoph	4.40	4 David Ayers	2.89
3 Gene Bard	4.25	5 Joe Griffin	2.75
4 John Hoogasian	3.95	6 Harvey Boles	2.43
Phil Wolter	3.95	E. L. Gallagher	2.43
6 Mike Davis	3.88	55-59 Men	
7 Sam Prentice	3.81	1 Phil Mulkey	3.34
8 Bill Hansen	3.65	2 John Sharp	3.04
		3 Don Zimmerman	2.74
		80-84 Men	
		1 Carol Johnston	2.40
		45-49 Women	
		1 Phil Raschker	2.75
		50-54 Women	
		1 Madeline Bost	2.13
		55-59 Women	
		1 Rachel Lyga	1.82
		2 Lucy Brobst	1.52

Due to the large amount of results from the Nationals, rankings for the indoor 400 will be published in our October issue.

YOUR HELP
GIVES OTHERS
HOPE.



Masters Age Records 1991

(1992 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dieterich, Gordon Wallace 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, 1991.
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1991.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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

NATIONAL MASTERS NEWS

P.O. Box 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____



Continued from previous page

W45 Alicia Anaya	27:47
Char Spring	28:54
W50 Sandra Brown	24:18
Virginia Dickerson	25:48
W55 Marlys Creigh	24:56
W60 R Kachadorian	28:28
W65 Consuelo Mena	47:40
W70 Judy Simon 76	29:54
--10K--	
Overall	
Paul Pilkington 33	29:01
Lorraine Moller 37	32:39
M40 Robert Baird	33:20
Marty King	33:43
Sam Hajj	33:47
M45 Don Shanahan	35:14
Loren McKnight	36:36
M50 Charles Adair	37:19
Francisco Saiz	37:25
M55 Sonny Montoz	36:31
Frank Ferrone	42:04
M60 Dick Robinson	42:13
M65 Gael Pierce	45:00
M70 Jim McCown 70	42:21
Wayne Zook 75	48:29
M80 Walt Kuetzing 80	59:10
W40 Cindy Cohagen	40:26
Willie Tenant	43:22
W45 Marilyn Carpenter	42:41
Suzanne Richardson	44:57
W50 P Pue	42:14
Kathy Loper	42:18
W55 Dixie Madsen	46:05
Martha Walker	49:22
W60 Chris Cromer	52:47
W65 Mary Storey	50:39
W70 Marjorie Easton 70	85:57

W40 Cherrie Hall	17:46
Loi Coker	18:57
Eva Cervantes	21:03
W45 Joan OttawayColeman	18:00
Wendy Watson	20:15
Sue Reinhardt	20:32
W50 Shirley Matson	17:50
Roberta Lamping	22:38
W55 Gina Faust	19:38
Shirley Blush	21:09
W60 Yukie Mochida	23:50
W65 Helen Dick	23:16

RACE WALKING

**Eastern Regional Masters
50 Mile/50K RW
Championships
West Long Branch, NJ; May 17**

--50 Mile--

1 Alan Price M40	8:46:34
2 Shaul Ladany M50	8:51:52
3 Elliott Denman M55	9:12:29

--50K--

1 M Daneau W30 CAN	5:02:55
2 Pat Bivona M50	5:30:16
3 Manny Eisner M50	5:58:41
4 Avram Shapiro M55	6:27:42
5 Marcia Shapiro W50	6:27:42
6 Gerry Kass M50	6:33:38
8 Isabel Stuper W40	7:13:30

**TAC National Masters 10K
Racewalk Championships
Niagara Falls, NY; July 11**

Overall

Andrzej Chylinski	42:07
Janice McCaffrey CAN	46:13

M40

1 Nicholas Bdera	NY 49:32
2 Brian Savilonis	MA 50:20
Roman Olszewski	CAN 50:50
3 William Norton	PA 52:12
4 Ron Morra	DE 54:12
5 Robert Ullman	NH 55:09
6 Takayuki Amano	NY 56:41
7 Douglas Harty	NY 56:45
8 Bob Elliott Jr	VA 56:53
9 Martin Smith	IA 59:51
10 Ross Barranco	MI 61:00

M45

1 Don DeNoon	IL 45:14
2 Robert Keating	NH 46:26
3 Franco Patoni	NY 50:11
4 Alan Price	DC 50:37
5 Norm Frable	TX 50:51
6 Victor Sipes	MI 52:42
7 Leland Sandifer	NJ 54:25
8 Bob Lubelski	NY 60:28
9 John Sholeen	NY 60:47

M50

1 Terry McHoskey	MI 52:14
2 Marino Scerpella	MI 55:53
3 Tom Zdrojewski	DE 57:01
4 Chester Cooley	NY 57:28
5 R W Bales	NY 58:06
6 Bernie Finch	WI 61:35
7 Thom Collins	MI 67:13
8 Edward Riha	IN 70:39

M55

Stuart Summerhayes	CAN 54:53
Len Weinstein	CAN 59:25
1 Greg Wittig	NY 60:42
2 Wayne Nicoll	NH 61:24
3 Bernard Kaufman	NY 62:21
4 Ed Merrill	DE 63:17
5 Jim Miller	VA 64:08
6 Jack Schlueter	KY 68:28
7 John McCullough	IN 68:50
8 Samuel Amato	NY 69:35

M60

1 Max Green	AR MI 51:36
2 H Jake Jacobson	NY 57:10
3 Vance Genzlinger	MI 59:30
4 Fred Shaffer	PA 60:11
5 Mike Michel	SC 61:45
6 Leo Rivera	NY 63:04

M65

1 Robert Mimm	NJ 58:24
2 Ed Gawinski	DE 62:51
3 Jack Hunter	PA 71:20
4 Alan Lawrence	NY 73:19
5 John Snaden	SC 73:52

M70+

1 Cokey Daman	VA 61:03
Max Gould	CAN 64:18
2 Harold Wright	NE 65:31
3 Tim Dyas	NJ 66:20
4 Paul Geyer	FL 68:32
5 Bill Talmadge	KY 68:37
6 Don Johnson	NJ 70:32
7 Harry Drazin	NJ 79:01

W40

1 Gayle Johnson	MO 53:42
2 Jeanette Smith	IN 57:12
3 Mary Will	PA 59:23
Lilliana Whalen	CAN 60:25
4 Karen Fina	NY 60:39
5 Patty Kerr	IN 61:43
6 Jessica Krow	PA 61:51
7 Melody Melchi	MI 64:54
8 Ellen Willard	NY 65:05
9 Carol Harty	NY 65:07
10 Aoril Capwill	PA 68:15

W45

1 Kathy Frable	TX 59:09
2 Dorothy Sholeen	NY 60:29
Marilyn Chute	CAN 61:00
3 Judy Risner-Gardner	IN 61:20
4 Olga Figueroa	NY 61:26
5 Beth Alvarez	MD 63:08
6 Kathleen Wood	MI 63:38
7 Margie Alexander	IN 66:10
8 Joan Schindel	VT 66:32
9 Helen Adelson	NY 70:07
10 Maren Michaelson	NY 70:22

W50

1 Valerie Stone	MI 57:24
2 Elton Richardson	NY 57:30
3 Lois Dicker	MD 60:28
Merike Himel	CAN 66:41
4 Helen Ellis	NY 73:37

W55

June-Marie Provos	CAN 59:38
1 Nancy Whitney	MD 63:08
2 Beth Young-Grady	IN 64:05
Joan Sutherland	CAN 67:07

W60

1 Pat Nesley	AR DC 65:42
--------------	-------------

W65

1 Joan Rowland	AR NY 69:01
2 Queenie Thompson	NY 76:25

Teams

M40+ New England Walkers	(Keating, Savilonis, Ullman) 2:31:55
Wolverine Pacers	2:36:32
Potomac Valley	2:38:21
W40+ Indiana RWs	2:59:58
(Smith, Gardner, Figueroa)	
Potomac Valley	3:02:45
Niagara Walkers	3:10:51

**TAC Eastern Regional Masters
5K RW Championships
Central Park, NYC; July 19**

M40

Joe Light	24:28
Tim Ferguson	25:30
Richard Harper	26:32

M45

Gary Null	24:13
Franco Pantoni	24:19
Leland Sandifer	25:12

M50

Jules Freemond	27:24
Tom Zdrojewski	27:31
Errol Edwards	29:16

M55

Stanley Schechter	29:54
Ed Merrill	29:56
Bernie Kaufman	30:20

M60

Leo Rivera	30:15
Avram Finger	31:31

M65

Ed Gawinsky	29:46
-------------	-------

W40

Nadya Dimitrov	30:09
Elaine Leonard	40:32

W45

Pat Salusollia	31:15
Melinda Lloyd	38:16
Ellen Schwalb	41:30

W50

Elton Richardson	28:05
Maria Cox	32:15

W55

Kitty Donohue	34:58
---------------	-------

W60

Debbie Hyams	39:07
--------------	-------

W65

Joan Rowland	33:57
Vivian Lowery	36:10

Teams

M40 Natural Living	73:44
East Side Track	82:22
M50 PHAST	87:13
Hetro RW	102:16
M60 Natural Living	102:28
W40 Park Walkers	102:46
Park Walkers B	122:70

**Empire State Games
5000 Racewalk
Albany, NY; July 25**

M45

Dennis April	27:49
Rich Incebrona	27:57
Bob Lubelski	29:10

M50

Frank Masterson	27:35
Steve Fudias	31:16

M55

Bob Barrett	28:02
Ron Shepard	31:49

M60

Leo Rivera	30:36
Marv Eisenstein	33:48
Bill Hogan	38:42

M65

Jim Hartshorne	36:47
----------------	-------

M70

Ervin Sorokin	40:39
---------------	-------

M75

Len Vandermal	37:40
---------------	-------

W40

Bau Wein	39:33
----------	-------

W45

Nanci Podlas	33:58
Lucila Cruz	38:47
Geraldine Havasy	45:06

W60

Minna Charles	38:52
---------------	-------

W70

Margaret Tiso	41:09
---------------	-------

U.S. MASTERS TRACK & FIELD RANKINGS
(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1992 Indoor Pole Vault Rankings Compiled by Tom Rauscher		9 Phil Johnson	3.50	60-64 Men	
		Mike Sharratt	3.50	1 Jerry Donley	3.50
		11 Rick Holmes	3.35	2 Tom Hinkes	2.74
		James Peterson	3.35	Charles Stephenson	2.74
		Jim Trott	3.35	4 Dave Douglas	2.59
		14 David Hill	3.04	5 Donald Grey	2.43
		15 Ron Salvio	2.89	6 George Taylor	1.98
		16 Ed Laurelli	1.93		
				65-69 Men	
				1 Denver Smith	2.74
				2 Don Grosh	2.59
				3 Fred Hirsimaki	2.44
				4 Buzzy Hood	2.28
				5 Jack Doorlay	2.13
				70-74 Men	
				1 Boo Morcom	3.01
				2 Bob Warwick, Sr.	2.31
				3 Earl Cole	1.52
				75-79 Men	
				1 Jim Vernon	2.50
				2 Ham Morningstar	1.90
				3 Claude Hills	1.82
				4 Milo Lightfoot	1.70
				80-84 Men	
				1 Carol Johnston	2.40
				45-49 Women	
				1 Phil Raschker	2.75
				50-54 Women	
				1 Madeline Bost	2.13
				55-59 Women	
				1 Rachel Lyga	1.82
				2 Lucy Brobst	1.52

Due to the large amount of results from the Nationals, rankings for the indoor 400 will be published in our October issue.

**YOUR HELP
GIVES OTHERS
HOPE.**



Masters Age Records 1991
(1992 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dieterich, Gordon Wallace 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, 1991.
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1991.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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

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

Name _____

Address _____

City _____ State _____ Zip _____



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

Table listing recipients for M35-39, M40-44, M45-49, and M50-54 categories, including names, events, and dates.

Table listing recipients for M55-59, M60-64, M65-69, and M70-74 categories, including names, events, and dates.

Table listing recipients for M75-79, W35-39, W40-44, W45-49, W50-54, W55-59, and W60-64 categories, including names, events, and dates.

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS. Table with columns for Event, Age Group, and Time.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN. Table with columns for Event, Age Group, and Time.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN. Table with columns for Event, Age Group, and Time.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH. Form with fields for Name, Age-Group, Address, Sex, City, State, Zip, Meet, Date of Meet, Meet Site, Event, Mark, Hurdle Height, Weight of Implement, and checkboxes for Certificate, Patch, and Patch Tag.