

# NATIONAL MASTERS NEWS

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

171st Issue

November, 1992

\$2.50

## Nzau, Gilbert Win U.S. Marathon Titles



Joseph Nzau, 40, of Kenya, crosses the finish line in 2:16:12 to capture the men's masters title and finish second overall in the TAC/USA National Masters Marathon Championships. Photo by John Kelly

by JERRY WOJCIK

Joseph Nzau, 40, of Kenya and Laramie, Wyo., captured the men's masters victory with a second-overall 2:16:12 in The Athletics Congress National Masters Marathon Championships, run along with the Twin Cities Marathon, in Minneapolis on October 4. Sharlet Gilbert, 41, of Richmond, Calif., won the W40-and-over race with a 2:40:19.

Nzau lost the overall win to David Mungai (23, 2:15:33), one of several Kenyans whom Nzau trains and works out with in Laramie.

France's Pierre Levisse, 40, sixth overall, was second M40+ in 2:17:52. Artemio Navarro, 42, Tampa, Fla., ran a 2:19:50 for third.

Nzau had the best age-graded performance of 95.5%. Ryszard Marczak, 47, of Poland, winner of the M45 race in 2:23:14, was the second-best performer (AG 95.1%), and Levisse, third (AG 94.3%). Warren Utes, 72, Park Forest, Ill., M70 winner in 3:09:10, outperformed all M50+ finishers, with a 92.5%.

Dick Ruzicka, 55, St. Petersburg, Fla., won the M55 race in 2:51:18. The M60 contest went to Ed Stabler, 63, North Syracuse, N.Y., who finished in 3:01:18. John Keston, 67, McMinnville, Ore., took the M65 division race with a 3:04:04.

The masters debut of France's Jean Michel Charbonnel, 40, was less than auspicious when he finished tenth master in 2:26:39.

In the women's contest, Bernardine Portenski, 43, of New Zealand, followed Gilbert for second W40+, with a 2:41:43. Suzanne Ray, 40, Anchorage, Alas., winner of the National Masters 10 Mile Championships, Flint, Mich., August 22, took the third slot in 2:41:50.

Mary Wood, 47, Montrose, Colo., won the W45 race in 2:51:49. Marilyn Schnogrich, 51, Duluth, Minn., was the W50 winner with a 3:29:47. Sandra Kiddy, 55, Bishop, Calif., won the W55 contest in 3:08:43. Toshiko d'Elia, 62, Ridgewood, N.J., was the W60 victor in 3:31:22.

Portenski had the best W40+ performance (AG 91.6%), with Gilbert in second at 91.1%. Kiddy's AG 86.9% performance was tops for all finishers W50-and-over.

The women's winner was Janis Klecker, 32, Minnetonka, Minn., in 2:36:50. □

## Whitley, Carter Star in Northern California Meet

by JERRY WOJCIK

The Northern California Seniors Track and Field Classic was held at Edwards on the UC-Berkeley campus on September 13.

In addition to the usual five-year category awards, the host club awarded eight \$50 prizes to the best age-

graded performances by men and women in four categories: sprints and hurdles (100, 200, 400, hurdles); distance (100, 200, 400, hurdles); jumps (HJ, PV, LJ, TJ); and throws (SP, JT, HT, DT).

Stan Whitley, 46, the Sorbothane Masters Athlete-of-the-Month in October, was the top performer in the sprints with a 50.35 400 for an age-graded 98.0%. Whitley also ran a near-record 22.39 200. Jutta McCormick, 51, was the best woman in the sprints, with a 66.57 400 (87.0%).

Michael Ackely, 48, with a 2:07.4 800 (90.7%), and Dee Dee Grafius, 43, with a 4:58.0 1500 (92.9%), took the distance awards.

High jumpers Marion Sanchez, 60, with a 5-0 (86.8%), and Christel Miller collected another \$50 for the best effort among the women throwers, with a javelin toss of 29.92 (79.0%). Ross Carter, 78, outperform-

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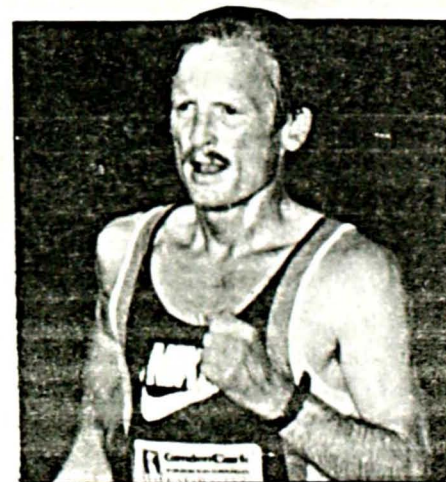
## Nzau, Ray First in National 10 Mile Championships

Joseph Nzau, 40, was first in TAC's National Masters 10 Mile Championships, with a 17th-place 49:48. The championships were run along with the Bobby Crim 10 Miler in Flint, Mich., on August 22. Colombia's Domingo Tibaduiza, 42, a resident alien living in Reno, was second in 50:16. Wilson Waigwa, 43, also of Kenya, who lives in El Paso, Texas, finished third in 50:38.

The first U.S. master was Douglas Kurtis, 41, of Northville, Mich., in 50:57.

Ken Rowe (45, 56:14), Okemos, Mich., won the M45 division race. Jim O'Neill (54, 54:07), Holland, Ohio, took the M50 contest with a masters best age-graded performance of 96.5%

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Douglas Kurtis, 41, of Northville, Mich., first U.S. citizen (50:57). TAC National Masters 10 Mile Championships (Bobby Crim 10 Miler). Flint, Mich., August 22.

Victor Sailer/Agence Shot

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# NATIONAL MASTERS NEWS



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



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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.

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**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.**

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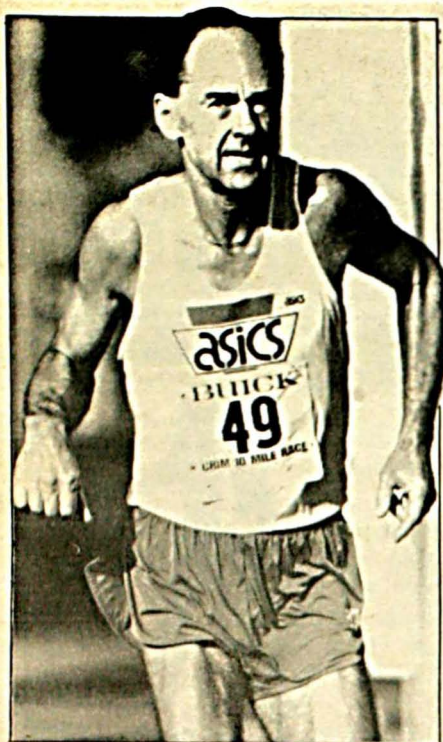
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Bill Olrich, 56, of Lexington, Ky., first M55-59 (57:49), TAC National Masters 10 Mile Championships (Bobby Crim 10 Miler), Flint, Mich., August 22. Victor Sailer/Agence Shot

## Nzau, Ray First in National 10 Mile Championships Continued from page 1

for his 54:54. Nzau's performance was a 96.0%.

The remaining men's winners were Bill Olrich (56, 57:49), Lexington, Ky., with an excellent AG 92.0%; Norman Eastman (61, 63:27), Holt, Mich.; James Forshee (66, 64:41), Ann Arbor, Mich., with an AG 91.3%; Marlynn Bandlow (70, 84:27), Kewadin, Mich.; John Evans (76, 86:00), Grandville, Mich.; and James Ramsey (2:08:19), Detroit, the oldest finisher at age 84.

In the masters women's race, Suzanne Ray, 40, of Anchorage, Alas., was first in 58:47, followed by Karen Hubbard, 42, Ann Arbor, in 59:14, and Barbara Filutze, 46, Erie, Pa., a second back at 59:15.

Filutze's time was four seconds under Shirley Matson's U.S. W45-49 best of 59:19, and gave Filutze the best age-graded percentage of 92.9% for W40-and-over. Hubbard was next best with a 90.2% and Ray close at 89.6%.

The other division winners were Judy Carroll (50, 70:00), Kent, Ohio; Wen-shi Yu (57, 73:51), Jamaica,

N.Y.; Helen Dziwura (64, 2:01:06), Flint; and Barbara Andersen (67, 84:39), Minneapolis.

The Crim Festival of Races drew a record 12,455 participants for the 10 mile, 8K run/walk, 5K run/walk, plus races for youths and tots. Lois Craig was the event organizer. □



Mary Wood, 47, Montrose, Colo., third (62:53) W45-49, TAC National Masters 10 Mile Championships, Flint, Mich., August 22, and first W45 (2:51:49) in the National Masters Marathon Championships in Minneapolis, Minn., on Oct. 4. Victor Sailer/Agence Shot

## Bell, McLatchie Tops in Maggie Valley 8K

by JERRY WOJCIK

Doug Bell, 41, of Greeley, Colo., and Carol McLatchie, 40, Boulder, Colo., raced to masters victories in the Maggie Valley Moonlight 8K in North Carolina, on August 29. The wins were valued at \$1200 apiece, as the masters first six men and women collected the same amounts of prize money as the open finishers did.

Bell's time of 24:45 gave him a masters-best, age-graded 91.9%. Douglas Kurtis, 40, Northville, Mich., was Bell's closest competition, finishing second in 25:03 for \$1000. Charles McMullen, 41, Rochester, N.Y., took the third prize of \$800 with a 25:11. Earl Owens, 43, Dunwoody, Ga., the second best M40+ age-graded performer at 90.6%, finished fourth in 25:25, worth \$600.

Bill Olrich, 56, Lexington, Ky., was

the standout of the other division winners, with a 28:31 (AG 89.3%).

McLatchie won her \$1200 with a 28:25, with Nancy Grayson, 42, Columbia, S.C., second in 29:03, and Carol Virga, 41, Boca Raton, Fla., third with a 29:22.

Joan Hartnett Ottaway, 48, Sausalito, Calif., fourth in 30:01, was the best age-graded W40+ with an 89.2%. Susie Kluttz, 55, Winston-Salem, N.C., won the W55 race handily in 34:59.

Besides nearly \$20,000 in prizes, the slightly misnamed race offers runners a late evening jaunt (women at 7:30 p.m. and men at 9:00 p.m.) on a well-lighted highway through the heart of Maggie Valley, one of the most popular summer vacation spots in the Southeast. □

## National 56-pound Weight Throw Championships

by DICK and BRENDA BLOOMFIELD  
Weight throwers from 12 states participated in excellent weather at the 1992 TAC National 56-pound Weight Throw Championships held at Eastside High School in Greenville, S.C., on October 3.

Nolan Fowler Awards were presented for the men's best age-graded 35-pound weight throw, which was won by Tom McDermott of Bradenton, Fla., with an M70 toss of 7.65m. Women's best age-graded 20-pound weight throw was won by Brenda Bloomfield, W50, of Greer, S.C., with a heave of 7.45m.

Russ Baker, 42, of Jonesboro, Ga., had the best 56-pound throw of the meet at 9.29m.

U.S. single age records were set by Gordon Powell, 83, of Holly Hill, Fla.,

in the 25-, 35-, and 56-pound weight throws. George Mathews of Seattle, was voted the best "screamer" of the meet. □

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## Five Years Ago

- Kjell-Erik Stahl (41, 2:18:01) and Laurie Binder (40, 2:41:15) Are Top Masters in Twin Cities Marathon
- Barbara Filutze, 42, Sets U.S. W40 10K Record (33:41) in Pittsburgh's Great Race.
- Gail Scott, 41, Shatters U.S. W40 Marathon Record With a 2:37:13 in St. George, Utah
- National Masters 10K Titles Go to Larry Olsen (40, 31:32) and Barbara Filutze (42, 35:15)




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### BOB WATANABE

Masters track and field has lost a great competitor with the passing of Bob Watanabe. In addition to being a fine sprinter, he had a wonderful sense of humor, and was always willing to share with those around him.

I'd like to suggest that we establish the Bob Watanabe Award, and give it every year to the outstanding male athlete at the outdoor nationals. If there isn't enough funds in the masters budget, I will gladly pay for the first year's award.

I would like to do something to keep the memory of such a great man alive.

*John Poppell  
Panama City, Florida*

A book should, or could be written about Dr. Robert Watanabe, the man. I can only scratch the surface of a person you would love to be with, anywhere, any time. How to describe a man with so many talents, so many varied interests, so much love and compassion for his fellow man and such a genius at his chosen profession, orthopedic surgery. How?

Bob Watanabe was many things, but pure and simple, he was a "Runner." In our field of endeavor, he was a "Runner's Runner." Whether it was World Games, National Championships, Sri Chinmoy or Senior Olympics, Bob was there. Be it hot, cold, rain, or fog, no matter, Bob would run

in the streets, on the track, in the hills -anywhere. That kind of runner.

Around the track we all knew Bob to be a quiet, sweet and gentle man. But, on the inside was a burning, competitive flame that was only recently extinguished by the fierce ravages of Lymphoma cancer.

Running to Bob Watanabe was the fuel to burn that enabled him to mentally and physically become the genius he was in his other endeavors, such as orthopedic surgery and photography. Robert Watanabe's inventions in the field of arthroscopic surgery, cameras, tools and methods have changed orthopedic surgical procedures around the world.

On the field, he was such a simple, uncomplicated man. The lineups at each track meet for taping this and that sore spot and the free diagnosis and advice he dished out so lovingly to his fellow runners — he loved it. I remember a meet in Bakersfield where a small line had formed in front of Bob and he taped one after another; until just one remained. A young athlete, very serious, told Bob that "you must be the team trainer - I would like a massage." Bob just smiled and said "I don't do massages."

He was one of the world's leading surgeons, dispensing, as only he knew how to do, his good will towards his brother athletes. There was a time when I thought Bob was a "Saint" — sent to earth to perform his goodly acts. However, God could never have

allowed a saint to have as much fun as Bob had here on earth. No way.

Bob loved life and lived it to the fullest. He loved people and changed their lives forever by knowing him. Somewhere near the top of the list of what Bob loved the most has got to be a "good joke" and laughter. If you are going to think of Bob, smile and laugh with him — don't cry for him. He would like that.

*George Simon  
Los Angeles, California*

### NATIONALS

The city of Spokane and the many excellent volunteers that officiated at the 1992 Nationals are to be commended for putting on an outstanding event, especially considering the 100-degree conditions.

Bill McClure and I hope to develop a similar group of crack volunteers to serve as officials for the 1993 season here in Birmingham. Spokane was great, although I must admit that Al Sheahen's announcing was missed.

*Gordon Seifert  
Birmingham, Alabama*

The 1992 Nationals were terrific. I got to compete with Larry Almberg in the 1500, and I got to meet Shirley Matson, who came across as a wonderful, unassuming lady in addition to being a phenomenal running machine. Having the honor and privilege of witnessing a legend like Payton Jordan in action was wonderful. Thanks to everyone, and I'll see you to Provo in '93.

*Neal Stoddard  
Seattle, Washington*

The organizers of the recent Nationals in Spokane are to be congratulated. It is generally a thankless task, but there were at least a thousand



Milo Lightfoot, 78, of Indiana, finished third (81-7/24.88) M75-79 division, TAC National Masters Championships, Spokane, Wash., August 13-16.

*National Masters News/Jerry Wojcik*

athletes there that sincerely appreciated their efforts.

The highlight was definitely the Holiday Inn All-Star Masters Regional Relays. In reading about it ahead of time, it seemed massively complicated, but in fact the event itself was fairly simple. One of the best features was requiring each team to run in order of youngest to oldest, putting the senior member in the spotlight at the end. It was an exciting team effort — especially thrilling because results were totally unpredictable because of the combined age scramble. Our thanks to the organizers for providing a terrific event for everyone — runners and spectators alike.

The one suggestion I might offer for future Nationals is to sign up Al Sheahen as commentator again, as in the past. It adds a great deal to have someone familiar with the masters, and Al is our man. We missed him.

*Barbara Stewart  
New York, New York*

*Continued on next page*

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### 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:

**Bill Gaedke**  
**John Williams**  
**Laurie & Jim Rothrock**  
**Leonard Olson**  
**B.J. Weigner**  
**William Poletti**  
**Tom Talbott**  
**Gordon Seifert**

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**Pioneer, CA**  
**Cos Cob, CT**  
**Birmingham, AL**



## Write On

Continued from page 4

Not meaning to detract in any way from what may be the finest National Championship meet I have ever attended, I do have some serious questions regarding the wind readings for the sprints (the jumps were not available for publication).

In the 41 100-meter races, all had negative readings. This in itself is not unusual. The problem comes several fold: 1) that the wind would vary readings of 0.00 twice (this reading is always suspicious) to as high as -6.24 with other bursts exceeding 5 mps. That's a lot of gusting, and those gusts are really quite high. 2) Not to diminish Bill Collins' performance in any way (he's a great standard of performance performer with which to evaluate) but his very fine 100 of 10.99 was achieved INTO a negative 5.12 wind.

Those familiar with those kind of wind readings know the extent of "damage" that kind of headwind can do. (Conversely, a tailwind of that magnitude can produce some incredibly fast times.) T&F NEWS with its chart on aiding/hindering wind readings show this would equate to a hand-timed 10.2/10.3, and for a 41-year-old that's more than just quick, when calculated for a NEUTRAL wind.

The 41 races of the 200 meters ranged from (all negative) -.31 to a gale-like -7.73 and more than a dozen readings exceeding 5mps, and once again, our aforementioned Collins forced his way through a -5.31 to a WR of 21.86 which, using the same scale, equates to a 21.0/21.1 with a wind reading of 0.00!

Hurdle wind readings were "reasonably acceptable" ranging from a couple of 0.00 to only one "excessive" reading of +2.68. In the long jump and triple jumps (in which I was a competitor as well as having a personal interest in other age-group jumpers), I found that the readings were once again very sporadic and generally "too high" relative to my own personal experience which has been considerable over the past 45 years of competition.

Do I have any answers as to the doubts I have with the readings? Not

even a suggestion! Still, without any speculation as to wherein an error would lie, I maintain quite strongly that these readings are in definite error in some way.

Phil Mulkey  
Atlanta, Georgia

### WAVA ROAD RACE CHAMPIONSHIPS

My first disappointment with the WAVA Road Race Championships (Birmingham, England, August 29-30), was the lack of participants lists (as promised). It really is nice to know names of competitors before the race, both as a sociable aspect, as well as for age group competition. There were no complete results following either the 10K or 25K for the competitors. I am still waiting, as of September 29th, for mailed results.

I am further disappointed that NMN did not receive the 25K women's results three-deep for 50 and up. We were medalists, after surviving very difficult weather conditions. If a British friend had not copied the report in *Athletics Today*, I would still not know my fellow bronze medalists names. Alas, this publication only lists first initials (which is a pet peeve of mine).

List of the 3rd place finishers in the 25K:

W50 - Kathlene Hope, 1:55:22 GBR  
W55 - Mary Anstey, 1:59:51 GBR  
W60 - Ruth Anderson 2:18:00, USA  
W65 - Iris Hubbard, 2:36:36, GBR  
W70 - Elfriede Falk, 2:50:14, GER

Ruth Anderson  
Oakland, California

### NATIONAL WEIGHT PENTATHLON

I would like to express my appreciation to Ken Weinbel and George Mathews for conducting a first class weight pentathlon at the Huskies Stadium in Seattle, Washington. The facility was excellent, as was the luncheon that followed the meet. A special thanks goes to the officials, who ran a high-quality, professional meet.

Len Olson  
Poyntelle, Pennsylvania  
Continued on page 7



Bob Watanabe (lane 4) winning a close M65 100 in 13.04, National Masters Championships, Naperville, Ill. Jim Law (lane 5), was second (13.09), Mel Larsen (lane 6), third (13.24).

Photo by Jerry Wojcik

## Watanabe Dies of Cancer

Bob Watanabe, one of the most popular athletes in the masters track and field community, died on September 30 after a long battle with lymphoma cancer. He was 66.

A Los Angeles orthopedic surgeon, Watanabe died at St. John's Hospital in Santa Monica, where he had practiced sports medicine with an emphasis on the aging.

He was a national masters sprint champion on several occasions, and in 1991 was ranked third in the nation in the M65 100 (13.04) and 200 (25.91).

His cancer was first diagnosed in December, 1991. After several months of chemotherapy, he went back to work and regained 25 pounds. He competed in the SCA/TAC masters meet at Occidental on June 20, and at the Trojan meet at USC on July 12. He reportedly entered the nationals in Spokane, but the disease spread and he returned to the hospital in August.

Bob was a well-liked, friendly competitor. He could often be seen taping the Achilles tendons and hamstrings of fellow athletes before their races.

At a memorial service on October 5 at the Westwood United Methodist Church, more than 500 people came to say goodbye. The overflowing crowd was composed of family, patients, masters athletes, and friends from the Asian and UCLA communities, including former Bruin coaches John Wooden and Jim Bush. A funeral was held the following day at Forest Lawn Memorial Park.

Watanabe began sprinting as a teenager living in San Luis Obispo, Calif., and used it as an outlet for anger and frustration when his Japanese-American family was interned in Poston, Ariz., during World War II.

After the war, he enlisted in the Army, running with its Olympic track team. He then went to UCLA to study medicine.

"I felt guilty about my lingering bitterness at the way we'd been treated," he told the *Los Angeles Times* in 1985. "Then the guilt feelings turned into a real desire to help others. Medicine seemed the answer."

Bob also was an accomplished amateur photographer. His photos of

meets often appeared in the *National Masters News*. He helped to make training films illustrating kinds of treatment in orthopedic surgery. He was asked by UCLA and the American Academy of Orthopedic Surgeons to help devise teaching techniques in medicine. For 25 years, he was the team physician at the Hula Bowl.

He also was proficient in woodcarving, claiming there's a close connection between orthopedics and working in wood. Speaking at the memorial service, Dr. Harold Harada said: "Bob was truly a renaissance man in our day."

In his low-key style, Watanabe was instrumental in helping to persuade the Japanese to bid for the 1993 WAVA World Veterans Championships. He competed in several Japanese national masters championships, and was eagerly planning to act as interpreter and guide for dozens of U.S. masters athletes next year in Miyazaki. It is very sad that he did not live to fulfill that dream.

His death is also a sober reminder that eating right and being in top condition is still no guarantee of long life; that a serious illness or accident can strike at any time; that, as Bob once said: "time lost can never be found."

"Bob loved life and lived it to the fullest," teammate Nick Newton said at the service.

Watanabe is survived by his son, Craig, and daughter, Diane, from his first wife Ruth; by his mother, Misao; and four sisters.

A memorial run sponsored by Bob's teammates from the Los Angeles Valley Athletic Club is planned for Sunday, November 1 at 8:00 a.m. at 26th & San Vicente in Santa Monica. It's hoped this run will become an annual event in Bob's memory. Participants and others who wish may make donations in Bob's name to the John Wayne Cancer Institute at St. John's Hospital. Further information may be obtained from LAVAC President George Simon at 818/784-0496.

Bob's positive, happy outlook and strong competitive spirit will be greatly missed by all who had the good fortune to know him. □



Athletes study the results board at the Nationals in Spokane, August 13-16.





# Third Wind

by Mike Tymn

## Afflictions After 40

In his book, *Symptoms After 40*, Kenneth Anderson identifies several hundred afflictions, conditions, diseases, signs, and symptoms more likely to be found in those over 40 than those under. They range from abdominal hernia through Kimmelstiel-Wilson disease to Zollinger-Ellison syndrome. However, Anderson's research failed to turn up any of the afflictions I identified in this publication back in 1981, not to mention a couple of others I have since identified.

Some of the disorders encountered in my exhaustive research are common to all runners, but most seem to be found more often in older runners. I'll admit to having suffered at one time or another from at least a few.

Since my initial research, I have been able to better identify some of the symptoms of the disorders. Here is my updated list:

**Jockomania:** This is a common ailment affecting first-time marathon finishers. It doesn't matter how slow his time was, the individual wears his finisher's T-shirt to the office and holiday season parties, expecting recognition as the ultimate athlete. He has his finish-line photograph blown up to poster size and displayed in his living

room or in his office so that all can see and give acclaim. He might even have the finish-line photo made into a Christmas card.

**Varsity-Letter Syndrome:** This is a more advanced form of Jockomania and is quite common among masters athletes. The person afflicted with this has graduated from the T-shirt stage and now wears the most fashionable sweats and running shoes wherever he goes. He sews numerous patches to his jacket and perhaps even drapes a few medals from it. He sets aside a special room in his house to display his trophies and medals.

**Ultra-Sophisticated Elitism:** Found most often in the upper echelons of the sport, this malady results from the person's need to be identified as "more than just a runner," even though his life is built around running. He avoids running parties, but makes an appearance when his sponsor insists upon it. He prefers not to associate with those runners clearly suffering from Jockomania or Varsity-Letter Syndrome and wouldn't be caught dead wearing a finisher's T-shirt.

This person rarely sticks around to pick up his award. In an attempt to humanize himself, he boasts of his beer-drinking prowess and his junk food preferences ("Wow, how good

## No. California Meet

Continued from page 1

ed all shot putters with a 38-4 (96.0%).

The John Satti award of \$25 was inaugurated for the winning M75 long jump and went to Bob Boucke, 79, for his 2.12.

Hammer throwers went on an age-record rampage, with U.S. records going to Richard Hotchkiss, 53 (48.94), and James York, 79 (25.62), and a world record to Stew Thomson, 59 (48.92).

Jim Johnson, who also staged the Western Regional Championships in July, was the meet director, with assistance from club president Don Rose and his family, and Ed Miller, and Mark Grubi. □



Tony DuPont, 51, of Bristol, New Hampshire, is the first to cross the finish line in the Ultramarathon de Panama, a 50.4-mile race cross the North American continent — from the Atlantic Ocean to the Pacific Ocean — on Sept. 5-6. DuPont, running with a two-hour head start on the official winner, captured the M50-59 age division with a time of 8:17:31, under humid and otherwise adverse conditions. Photo by Mike Tymn

would this guy be if he took his training seriously?" is the desired reaction). Stories about him usually begin: "There is nothing in his home — no trophies, medals, or other memorabilia — to identify him as a great runner."

**Born-Again Anaerobia:** This problem is most often found among older runners who, after years of smoking, drinking, and gluttonizing, achieve some kind of immortality as a result of running a few miles non-stop or finishing a race. It becomes their mission in life to convert all their friends and associates to this new way of life. They are quick to find fault with others and they are instant experts on training and racing.

**Record Colitis:** A product of the age-class record book, this affliction is another one very common among masters athletes. The person who suffers from this is more concerned with seeing his name in the record book than with the quality of the record. No matter that her age-57 record is two minutes slower than the age-59 record; it's an American record nonetheless.

**Plodder's Syndrome:** This is common among hometown heroes when some big guns from out-of-town show up. Instead of winning the local race as usual, or a least finishing in the top three, the hometown flash is made to look like just another plodder. Her friends ask her what happened to her, even though she set a personal record in the race. She replies that she was bothered by a leg injury and wasn't able to properly prepare for the race. This is sometimes referred to as "Big Fish in a Little Pond Syndrome."

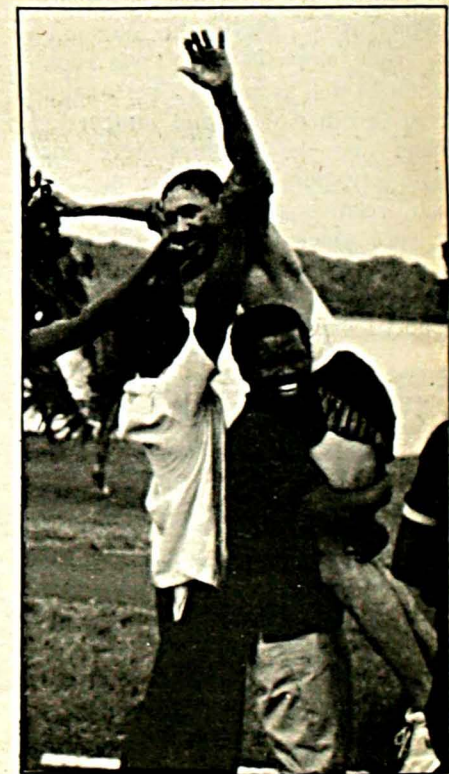
**Middle-of-the-pack Marxism:** Runners who reach a plateau below the awards level are sometimes hit with this disorder. They demand greater distribution of awards, insisting that even though they train only half as hard as the winners they try just as hard in the race and therefore deserve equal reward and recognition.

**Methuselahosis:** This disorder is found only in those over 40. Because the gains from adaptation during the

first five to seven years of running usually run ahead of the losses to aging, this individual becomes convinced that he has defied Father Time. He sees no end to his improvement. If he's running 37 minutes for 10K at 45, he expects to run 32 minutes by the time he reaches 70. It's all in the positive attitude. If you believe you can do it, you can do it is this person's motto. Nothing is impossible if you really believe.

Rare is the runner who is not touched by at least two or three of these disorders. Which brings us to the question often asked by non-runners: "Are there any normal runners around?"

The truth, as I see it, is that all runners, especially those in the masters arena, are simply normal normals. □



Luis Camano, 40, is hoisted by fellow Panamanians in celebration of his victory in the 50.4-mile Ultramarathon de Panama on Sept. 5-6. In winning the race for the fourth time, Camano recorded a time of 6:19:15. He set the race record of 5:53:38 in 1991. Photo by Mike Tymn

## The Charlotte Observer Marathon

NationsBank  
January 9, 1993

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## Write On Continued from page 5

As one of many who participated in the National Weight Pentathlon, I would like to compliment George Mathews and Ken Weinbel for doing an excellent job. This meet was very well organized, had excellent officials, and had a great social function and fine meal afterwards.

*Bob Sager  
Belgrade, Montana*

### AGE-GRADED TABLES

Derek Turnbull, 65, exceeded the 100% age-graded level four times this year, which should draw attention to the fundamental flaws in the WAVA age-graded tables.

The standards are based on the records achieved in previous years. Where those records were soft (e.g. the old M65 5000 and 10,000 marks of 17:43 and 36:03), Turnbull's 16:38 and 34:42 meant age-graded efforts of 102.0% and 101.7%, respectively.

Since age-graded tables are being used to award cash prizes (e.g. Twin Cities Marathon), it would be fairer to round off the figures to the nearest five-percentage points and divide the money equally in case of a tie.

*Max Jones  
West Yorkshire, England*

### ATHLETE OF THE MONTH

After setting four U.S. records in a single month (800, 1500, 5000, and 10,000), Shirley Matson of Moraga, Calif., must be wondering what it takes to be recognized as the Masters Athlete-of-the-Month.

I'm curious myself. What more could a competitor do in a single month? Perhaps the judgment of whoever makes the selection was clouded by a little Sorbothane between the ears.

*Jim Goodnik  
Oakland, California*

*(Matson was a strong contender for the honor. It went to Stan Whitley because he had better age-graded marks than Matson, and because he set three world M45 records the previous month. — Ed.)*

### JOLTING WORKOUTS

The 7.6 and 6.4 earthquakes that hit our area in July had a profound, short-term effect on me.

In recent years I have trained every other day in order to maintain an 80% result-level in the short dashes and the horizontal jumps.

Three hours after the 7.6 jolt, I worked out and had a tired feeling and poor results. Minutes after I finished, the second jolt came, and after-shocks continued.

Just before my next workout two days later, there was a 5.5 jolt. At the workout, I performed at a level which I would rate about 100%. It was a fast way to get into shape for peak performances.

This jumpy-jumper effect con-

tinued for three more workouts before wearing off.

*Joe Caruso  
Palm Springs, California*

### SUGGESTIONS

With a new track year coming soon, here are some more or less brilliant suggestions to those who organize our track meets.

1) Include a 50- or 60-meter sprint. It makes a nice added event for sprinters.

2) Eliminate the "No false start rule." After all we are human, and we traveled a long distance.

3) Take a reasonable approach to pre-registering relay teams. What club knows ahead how many it can field in any one age group?

4) Keep Saturday as the basic day for meets.

Finally a word of thanks for all your planning and good work. We appreciate it.

*Clarence Killion  
Sanger, California*

### CHISHOLM'S LAWS

When I submitted Chisholm's Laws of Running, which you published in April, I neglected to include numbers 13-15.

Number 13: Warm weather races starting later than 8 a.m. are set for reasons other than runners' concerns (late-rising politicians/celebrities, media coverage, etc.)

Number 14: Concerning the best time to run — no one (at home or work) misses you at dawn.

Number 15: Race Directors who feel that age-group winners prefer trophies should take the acid test — offer a choice between trophies and gift certificates!

*Herb Chisholm  
Alexandria, Virginia*

### RENAMED MEET

The Minnesota Masters Early Morning "R" Track and Field Meet has added the "Senior Olympics" title to its name. We're now into our 13th year and are looking forward to many more.

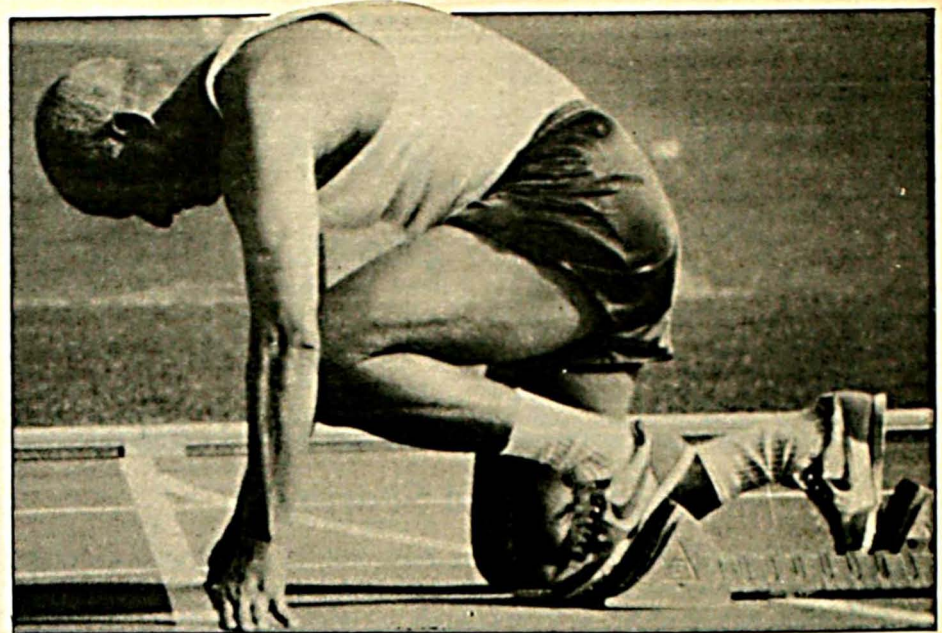
Thanks to NMN, countless others can share the results of our efforts. Look for the new MMSO track entry form in the December issue.

*Rachel Lyga  
Minneapolis, Minnesota*

### THANK YOU

I'd like to offer a belated thanks to Jim Pearce and his staff for handling the National Indoor Championships, and to Haig Bohigian and his staff for putting on a first-class Eastern Outdoor Regional Championships. Without these dedicated professionals, we would not be able to experience the joy of competition.

*Barry Kline  
Washington, Pennsylvania*



Sri Chinmoy set a personal best 13.7 in the M60 100 in the Sri Chinmoy Masters Games, New York, July 11.

## Sri Chinmoy Games

by DAVE POWELL

Another perfect day in Southern California greeted the participants of the 5th annual Sri Chinmoy Masters Games at CSU-Long Beach on September 20. Athletes from as far away as Colorado participated in this year's event. This was a new venue and allowed a 2000m steeplechase.

Edith Mendyka, 81, took home a string of W80 records in the long jump (AR 1.57), shot put (AR 5.48), discus (WR 21.96), and javelin (AR 14.64). More than ten of the athletes had a faster time here in the running events than at the Nationals in Spokane.

Sri Chinmoy, an internationally-known peace ambassador, is planning to attend next year's meet in Long Beach, September 12. The founder of the Sri Chinmoy Marathon Team, which organizes race events worldwide, tries through his own example to "inspire others to transcend their own limits" and "never give up." He was recently honored by the Canadian Niagara Falls Parks Commission, which named Niagara Falls the "Sri



George Simon at the Sri Chinmoy Masters Meet, Long Beach, Calif., September 20.

Photo by N. Kracht

Chinmoy International Peace Falls."

Our thanks for the success of the meet go not only to all the competitors but also to Andy Sythe, head track coach at Long Beach, who has been most supportive and helpful, and to Marv Thompson, our faithful starter, as well as to everybody else — too numerous to mention — who kindly assisted us whenever needed. □

## Eastern Regional Championships

by HAIG BOHIGIAN,  
Eastern Regional Coordinator

The Eastern Regional Masters T&F Championships were held at Randall's Island, NYC, August 1, with 166 athletes competing. The NY Masters won the overall team title with 193 points, and also captured the 50-59 team title with 120, but lost the 60+ title to the Philadelphia Masters, 66 to 73. The Garden State AC took the 30-39 and 40-49 titles.

Two men won four events: Ed Lukens, 70, HH, LJ, TJ, and JT; and Claude Hills, 80, 100, TJ, PV, and HJ. Triple winners were Cliff Pauling, 57, 200, 400, and 800; Barry Kline, 52, both hurdles and HJ; and Herb Cantor, 67, SP, DT, and JT.

Twelve men were double winners. Among them were Ken Brinker, 45, with a 15.72 in the HH and 52.42 in the 400, and Joe Johnson, 47, with an

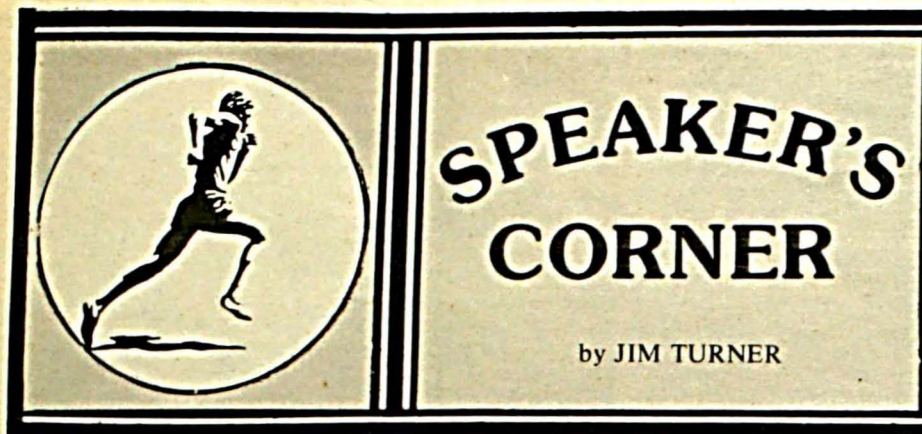
11.84 100 and 23.59 200. Gary Null, 47, turned in a fine 24:21.63 in the 5000 racewalk.

Libby Hagemann, 71, won the LJ, SP, DT, HT, WT, and JT. Irene Thompson, 38, won the 100, 400, HH, SP, and JT. Roslyn Katz, 50, Barbara Stewart, 50, and Lorraine Tucker, 45, each won four events.

The success of the meet can be shared by the 33 TAC officials and volunteers who helped conduct the meet. The use of fully automatic timing by Northeast Timing was crucial.

The meet was co-sponsored by the NY Masters and Valian Associates after it became clear that the scheduled host, the Potomac Valley Seniors, could not host it before the Nationals in mid-August. A special thanks to Beatrice Kee, president of the NY Masters and members Arthur Bradley and Bill Benson. □





## Age-Graded Scoring

**M**ost masters runners, particularly those who have competed for many years, have seen their pace slow. Although we know intellectually that some slowing occurs with the changes in our physiology as we age, it can still be difficult to accept. What we need is a way to measure our present performance against a standard that takes into account the inevitable slowing. The recent introduction of age-graded scoring tables now enables us to do exactly that.

A set of tables of "standard" times has been published for all the major racing distances for men and women starting at age 30 for each single age up to age 90. These standards correspond approximately to world record times for a person for that age and sex at that distance. Your age-graded score is obtained by dividing the standard time by your actual time and converting the result to a percentage. Before dividing, both your time and the standard time must be converted to a common time unit, typically expressing minutes and seconds as minutes with a decimal point. For example, the standard for 52-year-old males for 8K is 24:35. If his actual 8K time is 31:20, his age-graded score is  $24.58/31:33$   $100\% = 78.4\%$ .

The following classification of age-graded scores is often used:

- 90%+ = World Class
- 80-89% = National Class
- 70-79% = Regional Class
- 60-69% = Local Class

Your age-graded score can be used in numerous interesting ways. One use is to compare present times with times you achieved in the past. For example, my own best 10K time of 36:12 occurred at age 39. My best 10K time since turning 50 has been 37:48 at age 51, 1:36 slower. The age 39 age-graded score is 78.4% while the age 51 score is 81.5%, which happens to be my all time best age-graded score. This makes it a lot easier to accept the loss of 96 seconds.

Another use of age-graded scores that is coming into more common practice is to base masters race awards on the relative ranking of the age-graded score. The masters athlete with the highest age-graded score receives the first place masters award, the second highest age-graded scorer receives the second place award and so on. Even when race awards aren't based on age-graded scores, it still enables race officials to acknowledge strong performances of older athletes. For example in the 1992 running of our Fifty Plus 8K race, John Keston, age 67, finished 15th overall but recorded the best age-graded performance of the day, an outstanding 94.85%.

Age-graded scoring allows you to compare your own performances at different race distances. For example, if your 5K and 8K age-graded scores are about 75%, but your best 10K result is closer to 70%, you could reasonably expect to achieve a substantial improvement in your 10K time.

Direct comparison of men and women is possible with age-graded scoring. Just think of how many arguments you can get into over that one! A novel way to look at men's versus women's standards is to identify at what ages men and women should compete on equal terms. For example, the women's age 50 8K standard of 27:14 approximately matches the men's age 63 standard of 27:20. Thus it is fair to say that these two should compete on even terms, an "age handicap" of 13 years. This age handicap may drop as more women masters runners compete seriously and standard times for women become more stringent.

Age-graded scoring opens up a new



Cheryl Kincaid, W40-44 2000 Steeplechase winner (13:44) from California, heads for an enviable dip at the National Masters T&F Championships, Spokane, Wash., August 13-16, where temperatures soared over 100° daily.

National Masters News/Jerry Wojcik

realm of "round number" possibilities. We've all set round number goals for ourselves such as achieving a sub 6 minute mile, a sub 40 minute 10K or a sub 4 hour marathon. Age-graded scores give you a whole set of new round numbers to shoot for. You might try to break 70% at a particular distance or at any distance. You can try to achieve a national class (80%) or world class (90%) performance.

At the risk of confusing matters, there is an alternative way of computing age-graded results using "age factors" instead of age standards. Age factors are mathematically equivalent to age standards but they are expressed as a fraction of the open competition standard. Using our prior example, the age factor for a 52-year-old male runner at 8K is 0.8664. The most common use of the age factor is to calculate what a race time at a certain age would be equivalent to as a younger open competition time. Applying this to our initial example, the actual run time of 31:20 of our age 52 runner would be equivalent to  $.8664 \times 31:20 = 27:09$  as an open competition time. This approach may be of particular interest to runners who started running later in life and are curious about what kind of race times they might have achieved if they had competed when they were younger. Of course you can never set the clock back and know for sure, but this method gives some insight into what you might have done.

## Age-Graded Medalists At Nationals

by PHIL MULKEY, *TAC Masters Southeast Regional Co-Coordinator*  
Once again, I've taken on the project (see page 9) of age-grading the National Masters Track and Field Championship meet, held in Spokane in August, 1992. The primary purpose of this examination is to find the medalists if we all were competing on a level playing field; if we were in our prime.

To this end, I have age-graded the entire meet on a single-age level to show total equity. What could be fairer?

Such a mythical meet gives our truly outstanding performers a platform to show how well they are actually doing. Certainly the superstars stand out as expected. But what about some of the other folks? Maybe some names you had never heard of before also stand out.

There is a by-product to this project that reflects on the authenticity of the age-grading system, itself. In past meets, we've found the grading to be slanted in favor of the sprinters and hurdlers, followed in order by the runners, jumpers, throwers, walkers and multi-eventers. This meet confirms that bias, and should hopefully influence the revision of the tables currently being done by WAVA.

The ultimate problem I have in accepting such age-graded performances is they seem too generous. Almost

The complete set of age-graded tables is available from NMN, P.O. Box 2372, Van Nuys, CA 91404. The cost is \$5.95 plus \$1.25 for shipping.  (Reprinted from *Fifty Plus Fitness Association Bulletin*, Fall, 1992.)



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

without exception, all the medalists performed beyond anything they had done when they were in their prime. This is not to say that some are not working harder now than ever before, and, as a result, are able to perform in a superior manner. Still, I personally LJed 24-4½ in the 1960 Olympic Trials, and yet was credited with nearly a foot farther (25-3½) at the Spokane meet. I question if I have gained that kind of skill with the amount of work I'm putting in.

This is not an effort to defame our age-graded tables. A lot of hard work went on in many corners of the world to come up with those tables. We had to start somewhere. It now appears that with all the actual empirical data gained that perhaps some adjustments are due.

Stan Whitley won three firsts (100, 200, LJ) with a silver in the 400 to easily lead all male performers. Ray Funkhouser (5KRW, 20KRW) and Tom Gage (SP, HT) each won two championships. Al Funk (10K, 5K) and Dan Bulkley (SC, LH) each took a gold and silver.

The distaff side of the meet saw Phil Raschker winning five events (200, SH, PV, LJ, PEN) plus three bronze medals. Shirley Matson took four golds and four of the top five percentages. Grace Apiafi was the only other double-gold winner.



1992 National TAC Masters Age-Graded Track & Field Championships

|   |       |
|---|-------|
| <b>100 meters</b>                         |       |
| :10.23 STAN WHITLEY (46) CA               | 96.2% |
| :10.30 Payton Jordan (75) CA              | 95.5% |
| :10.32 Bill Collins (41) TX               | 95.4% |
| <b>200 meters</b>                         |       |
| :20.05 STAN WHITLEY (46) CA               | 97.8% |
| :20.22 Bill Collins (41) TX               | 96.9% |
| :20.86 Paul Edens (51) OR                 | 94.0% |
| <b>400 meters</b>                         |       |
| :44.00 FRED SOWERBY (43) NV               | 98.3% |
| :44.31 Stan Whitley (46) CA               | 97.7% |
| :44.48 James King (43) CA                 | 97.3% |
| <b>800 meters</b>                         |       |
| 1:44.33 DON PARKER (49) CA                | 97.5% |
| 1:46.16 Ralph Miller (60) WA              | 95.8% |
| 1:46.88 Larry Almborg (45) WA             | 95.1% |
| <b>1500 meters</b>                        |       |
| 3:38.79 LARRY ALMBERG (45) WA             | 95.7% |
| 3:46.92 Jim Lytjen (71) CA                | 92.3% |
| 3:47.01 James Hatcher (42) MT             | 92.2% |
| <b>5000 meters</b>                        |       |
| 14:02.56 MIKE HEFFERMAN (51) OR           | 92.2% |
| 14:04.15 Alferd Funk (78) MT              | 92.0% |
| 14:09.03 Larry Almborg (45) WA            | 91.5% |
| <b>10,000 meters</b>                      |       |
| 28:53.50 ALFERD FUNK (78) MT              | 93.1% |
| 28:58.39 John Keston (67) OR              | 92.9% |
| 29:57.01 Mike Hefferman (51) OR           | 89.8% |
| <b>110 meter hurdles</b>                  |       |
| :13.26 WALT BUTLER (51) CA                | 97.2% |
| :13.73 Hugh Adams (52) CA                 | 93.9% |
| :13.83 Emil Pawlik (53) MS                | 93.2% |
| <b>400 meter hurdles</b>                  |       |
| :48.21 JAMES KING (43) CA                 | 97.5% |
| :48.85 Dan Bulkey (75) OR                 | 96.2% |
| :49.14 Rob Casselman (40) WA              | 95.6% |
| <b>Steeple Chase</b>                      |       |
| 8:43.16 DAN BULKEY (75) OR                | 92.7% |
| 9:11.32 Avery Bryant (68) CA              | 87.9% |
| 9:17.94 Jim Smith (70) OK                 | 86.9% |
| <b>5000 meter walk</b>                    |       |
| 21:10.75 RAY FUNKHOUSER (41) NJ           | 89.0% |
| 21:23.82 Jack Bray (59) CA                | 88.0% |
| 21:25.43 Max Green (60) MI                | 87.9% |
| <b>20,000 meter walk</b>                  |       |
| 1:28:40 RAY FUNKHOUSER (41) NJ            | 88.7% |
| 1:31:30 Max Green (60) MI                 | 85.8% |
| 1:34:56 Robert Mimm (67) NJ               | 82.8% |
| <b>High Jump</b>                          |       |
| 7'3 3/4" CHARLES RADER (44) CA            | 92.3% |
| 7'2 1/2" Phil Fehlin (57) CA              | 91.1% |
| 7'2 1/2" Walt Dahlin (71) CA              | 90.8% |
| <b>Pole Vault</b>                         |       |
| 18'8" ED LIPSCOMB (41) CA                 | 94.4% |
| 17'4 1/2" Steve Harrison (42) CA          | 88.0% |
| 17'2" Ed Oleata (55) CA                   | 86.7% |
| <b>Long Jump</b>                          |       |
| 26'5" STAN WHITLEY (46) CA                | 91.7% |
| 25'3 1/2" Phil Mulkey (59) GA             | 87.6% |
| 25'0 1/2" James Stookey (62) MD           | 86.9% |
| <b>Triple Jump</b>                        |       |
| 52'2 1/2" TOM PATSALIS (70) CA            | 88.5% |
| 51'4 1/2" Frank Struma (51) MT            | 87.2% |
| 50'11 1/2" Buck Bradberry (65) AL         | 86.3% |
| <b>Shot Put (16 lb)</b>                   |       |
| 60'3" TOM GAGE (49) MT                    | 89.9% |
| 59'5" Joe Keshmiri (54) NV                | 89.0% |
| 59'2 1/2" Don Cumley (72) NV              | 88.5% |
| <b>Discus (2K)</b>                        |       |
| 209'1" LLOYD HIGGINS (50) CA              | 91.7% |
| 197'7" Wendell Palmer (60) TX             | 86.6% |
| 195'6" Stew Thompson (59) CA              | 85.7% |
| <b>Hammer (16 lb)</b>                     |       |
| 237'3" TOM GAGE (49) MT                   | 94.1% |
| 222'8" Bill McWilliams (56) MA            | 88.3% |
| 219'3" Stew Thompson (59) CA              | 85.7% |
| <b>Javelin (800G)</b>                     |       |
| 288'8" BUD HELD (64) CA                   | 97.3% |
| 280'10" Bill Duckworth (57) GA            | 94.6% |
| 268'6" Phil Conely (57) CA                | 90.5% |
| <b>Pentathlon (LJ, JT, 200, DT, 1500)</b> |       |
| 3661 ED OLEATA (55) CA                    | 87.1% |
| 3589 Rex Harvey (46) OH                   | 85.4% |
| 3414 Duncan Atwood (36) CA                | 81.2% |
| <b>100 meters</b>                         |       |
| :12.38 MARCIA HULSE (37) NY               | 86.9% |
| :12.46 Betty Vosburgh (61) GA             | 86.4% |
| :12.63 Phil Raschker (45) GA              | 85.3% |
| <b>200 meters</b>                         |       |
| :24.51 PHIL RASCHKER (45) GA              | 88.0% |
| :24.54 Betty Vosburgh (61) GA             | 87.9% |
| :24.78 Marcia Hulse (37) NY               | 87.0% |
| <b>400 meters</b>                         |       |
| :51.91 CAROLYN CAPPETTA (56) MA           | 92.1% |
| :54.19 Betty Vosburgh (61) GA             | 88.2% |
| :54.27 Danis Willet (37) NE               | 88.1% |
| <b>800 meters</b>                         |       |
| 2:02.94 SHIRLEY MATSON (51) CA            | 91.8% |
| 2:06.20 Carol Flexer (49) WA              | 89.4% |
| 2:07.58 Jutta McCormack (51) CA           | 88.5% |
| <b>1500 meters</b>                        |       |
| 4:12.92 SHIRLEY MATSON (51) CA            | 91.9% |
| 4:21.95 Carol Flexer (49) WA              | 88.7% |
| 4:32.50 Dee Dee Gratius (43) CA           | 85.3% |

|   |       |
|---|-------|
| <b>5,000 meters</b>                     |       |
| 15:31.38 SHIRLEY MATSON (51) CA         | 92.5% |
| 16:08.04 Marion Irvine (62) CA          | 89.0% |
| 16:39.22 Janet Jordan (43) OR           | 86.2% |
| <b>10,000 meters</b>                    |       |
| 32:15.56 SHIRLEY MATSON (51) CA         | 92.6% |
| 34:12.42 Marion Irvine (62) CA          | 87.3% |
| 36:22.22 Julie Groombrge (52) WA        | 82.1% |
| <b>100 meter hurdles</b>                |       |
| :14.95 PHIL RASCHKER (45) GA            | 81.9% |
| :16.02 Christel Miller (57) CA          | 75.7% |
| :17.84 Leonore McDaniels (64) VA        | 69.7% |
| <b>400 meter hurdles</b>                |       |
| :58.27 BETTY VOSBURGH (61) GA           | 90.8  |
| :64.00 Leonore McDaniels (64) VA        | 83.1  |
| :67.41 Pat Peterson (65) NY             | 77.5  |
| <b>Steeple Chase (2K)</b>               |       |
| 7:39.78 KIM RUPERT (37) CA              | 78.2% |
| 7:43.39 Judi Groombridge (52) WA        | 77.6% |
| 7:56.20 Sue Grigsby (35) WA             | 75.5% |
| <b>10,000 meter walk</b>                |       |
| 48:15 GAYLE JOHNSON (43) MO             | 88.5% |
| 48:25 Ruth Eberle (61) MO               | 88.2% |
| 48:44 Visha Sedlak (43) CO              | 87.6% |
| <b>High Jump</b>                        |       |
| 5'11 1/2" A. STEEKELNBURG (44) CA       | 87.3% |
| 5'9 1/2" Christel Miller (57) CA        | 85.1% |
| 5'9" Phil Raschker (45) GA              | 84.8% |
| <b>Pole Vault</b>                       |       |
| 10'8 1/2" PHIL RASCHKER (45) GA         | 90.3% |
| 10'1 1/2" Leonore McDaniels (64) VA     | 86.4% |
| 8'2 1/2" Barbara Stewart (50) NY        | 69.0% |
| <b>Long Jump</b>                        |       |
| 20'4" PHIL RASCHKER (45) GA             | 83.2% |
| 20'2 1/2" Leonore McDaniels (64) VA     | 82.7  |
| 20'2" Betty Vosburgh (61) GA            | 82.5  |
| <b>Triple Jump</b>                      |       |
| 40'10 1/2" LEONORE MCDANIELS (64) VA    | 83.6% |
| 40'10" Betty Vosburgh (61) GA           | 83.5% |
| 39'4" Phil Raschker (45) GA             | 80.5% |
| <b>Shot Put (4K)</b>                    |       |
| 50'1" GRACE APIATI (35) CA              | 77.9% |
| 45'4" Cherrie Sherrard (53) CA          | 72.0% |
| 44'11 1/2" Vanessa Hilliard (51) FL     | 71.4% |
| <b>Discus (1K)</b>                      |       |
| 164'11" GRACE APIATI (35) CA            | 76.1% |
| 160'5" Janet Wilson (39) CA             | 74.1% |
| 140'6" Vanessa Hilliard (51) FL         | 64.8% |
| <b>Hammer (4K)</b>                      |       |
| 156'9" VANESSA HILLIARD (51) FL         | 79.2% |
| 140'10" Sally Polk (62) NM              | 71.5% |
| 139'5" Judy Fetherston (60) NM          | 70.8% |
| <b>Javelin (600G)</b>                   |       |
| 176'5" CHRISTEL MILLER (57) CA          | 81.3% |
| 173'11" Becky Sisley (53) OR            | 80.1% |
| 163'6" Vanessa Hilliard (51) FL         | 75.3% |
| <b>Pentathlon (1H, HJ, SP, LJ, 800)</b> |       |
| 3702 PHIL RASCHKER (45) GA              | 71.1% |
| 3123 Christel Miller (57) CA            | 60.0% |
| 2902 Marlene Sachs (40) VT              | 55.8% |
| <b>TOP TWENTY PERCENTAGES (Male)</b>    |       |
| 98.3% 400 Fred Sowerby                  |       |
| 97.8 200 Stan Whitley                   |       |
| 97.7 400 Stan Whitley                   |       |
| 97.5 400H James King                    |       |
| 97.5 800 Don Parker                     |       |
| 97.3 400 James King                     |       |
| 97.3 JT Bud Held                        |       |
| 97.2 HH Walt Butler                     |       |
| 96.9 200 Bill Collins                   |       |
| 96.2 100 Stan Whitley                   |       |
| 96.2 400H Dan Buckley                   |       |
| 95.8 800 Ralph Muller                   |       |
| 95.7 1500 Larry Almborg                 |       |
| 95.6 400H Rob Casselman                 |       |
| 95.5 100 Payton Jordan                  |       |
| 95.4 100 Bill Collins                   |       |
| 95.1 800 Larry Almborg                  |       |
| 94.6 JT Bill Duckworth                  |       |
| 94.4 PV Ed Lipscomb                     |       |
| 94.1 HT Tom Gage                        |       |
| <b>TOP TWENTY PERCENTAGES (Female)</b>  |       |
| 92.6% 10K Shirley Matson                |       |
| 92.5 5K Shirley Matson                  |       |
| 92.1 400 Carolyn Cappetta               |       |
| 91.9 1500 Shirley Matson                |       |
| 91.8 800 Shirley Matson                 |       |
| 90.8 400H Betty Vosburgh                |       |
| 90.3 PV Phil Raschker                   |       |
| 89.4 700 Carol Flexer                   |       |
| 89.0 5K Marion Irvine                   |       |
| 88.7 1500 Carol Flexer                  |       |
| 88.5 800 Jutta McCormack                |       |
| 88.5 10KW Gayle Johnson                 |       |
| 88.2 400 Betty Vosburgh                 |       |
| 88.2 10KW Ruth Eberle                   |       |
| 88.1 400 Danis Willet                   |       |
| 88.0 200 Phil Raschker                  |       |
| 87.9 200 Betty Vosburgh                 |       |
| 87.6 10K Marion Irvine                  |       |
| 87.6 10KW Visha Sedlak                  |       |
| 87.3 HJ A. Steekelenburg                |       |

**CLOSEST MARGINS OF VICTORY: (Male)**

|     |      |                      |
|-----|------|----------------------|
| 10K | 0.2% | (Funk vs Keston)     |
| 5K  | 0.2% | (Hefferman vs Funk)  |
| 400 | 0.6% | (Sowby vs Whitley)   |
| 100 | 0.7% | (Whitley vs Jordan)  |
| 200 | 0.9% | (Whitley vs Collins) |

**WIDEST MARGINS OF VICTORY: (Male)**

|    |      |                        |
|----|------|------------------------|
| PV | 6.4% | (Lipscomb vs Harrison) |
| HT | 5.8% | (Gage vs McWilliams)   |
| DT | 5.1% | (Higgins vs Palmer)    |
| SC | 4.8% | (Bulkey vs Bryant)     |
| LJ | 4.1% | (Whitley vs Mulkey)    |

**CLOSEST MARGINS OF VICTORY: (Female)**

|      |      |                         |
|------|------|-------------------------|
| TJ   | 0.1% | (McDaniels vs Vosburgh) |
| 200  | 0.1% | (Raschker vs Vosburgh)  |
| 10KW | 0.3% | (Johnson vs Eberle)     |
| LJ   | 0.5% | (Raschker vs McDaniels) |
| 100  | 0.5% | (Hulse vs Vosburgh)     |

**WIDEST MARGINS OF VICTORY: (Female)**

|     |       |                         |
|-----|-------|-------------------------|
| PEN | 11.1% | (Raschker vs Miller)    |
| HT  | 7.7%  | (Hilliard vs Polk)      |
| III | 7.7%  | (Vosburgh vs McDaniels) |
| HH  | 6.2%  | (Raschker vs Miller)    |
| SP  | 5.9%  | (Apiati vs Sherrard)    |

**TEAM SCORING (10 year age-groups 5-3-1)**

|        |    |
|--------|----|
| Men:   |    |
| M40    | 82 |
| M50    | 53 |
| M70    | 29 |
| M60    | 24 |
| M30    | 1  |
| Women: |    |
| W50    | 51 |
| W40    | 48 |
| W60    | 47 |
| W30    | 25 |

\*Total sweep of an event by an age-group:  
M40 400, M50 1H, W50 JT, W60 1H

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Jack Gentry, 64, Rogers, Ark., winning the age/sex handicapped Bud Light Stadium 10K, St. Louis, Mo., September 6, with a 29:46 (his actual time 39:46).

Photo by Hank Kiesel

## Gentry First in Stadium 10K

by HANK KIESEL

The Bud Light Stadium 10K is not an age-graded event in the usual sense. Each runner is given a starting time handicap based on the 1991 TAC/USA individual age/sex records for 10K. The advantage of the handicap is that each runner has a chance to cross the finish line first no matter the age or sex. That's why the Stadium 10K, hosted by the St. Louis TC, is traditionally the most exciting run in St. Louis.

The excitement for the 14th annual race, September 6, was provided by two masters runners. Jack Gentry, 64,

Rogers, Ark., finished first in 29:46 (actual time 39:46); and Leon Fennell, 60, St. Louis, took second in 30:25 (38:25). Gentry ended Fennell's three-year reign as the Stadium Run champion.

Terry Mahr, 43, Oregon, Ohio, 31:09 (38:09) and Marty Cooksey, 38, Chestfield, Mo., 31:20 (37:20) were sixth and seventh women overall.

Approximately 1700 runners participated, with awards to the first 150 finishers. Every runner received a T-shirt and a free general admission ticket for the Cardinals-Giants baseball game following the run. □

## Minnesota Masters 15K

by JACK MORAN

The Minnesota Masters 15K Championships in Edina, September 20, saw its closest finish since 1981, when Dan Conway nosed out Paul Noreen by five seconds. John Emmons, 46, was expecting Jim Pelarske, 41, to do his "usual kamikaze thing" and blast off from the start, which would have been helped by the short downhill in the first half mile.

Instead, Pelarske, who had been beaten by Emmons twice in recent months, decided to be a little cautious. Emmons, who was watching Pelarske, suddenly realized that the other runners were watching him. They crept along at 5:30 pace through the overall half mile, when Barney Klecker, 41,

just getting back into racing form, decided that he'd had enough and took off, with Emmons, Pelarske, and Doug Suker, 41, in pursuit.

They caught him at the 1.5-mile turnaround, with Emmons and Suker taking the lead and Pelarske following. They went through 5K in 16:38. "I felt sluggish until about the four-mile mark," Pelarske said. "Then I started to feel better and took off." After the seven-mile mark, he started throwing in some surges and maintained the lead he picked up on the downhill to win in 50:10, followed by Emmons (50:30), Suker (50:38), and Klecker (52:51).

Gloria Jansen, 45, was aiming at a 63:00 and for a while ran with Carol Klitzke, 45, who had beaten her in a 25K the week before, but Jansen decided the pace was too slow and picked it up, going through the 5K in 21 flat and winning in a personal best 62:44. "I knew I had reached a new level this year," she said, "when I ran a 1:30 PB at Bruegger's, and felt I could have



Terry Mahr, 43, Oregon, Ohio, is pleased with her first female finish in a sixth-overall 31:09 (her actual time 38:09), in the age/sex handicapped Bud Light Stadium 10K, St. Louis, Mo., September 6. Photo by Hank Kiesel

gone even faster."

Besides the regular five-year age-group awards, the Masters 15K also gives awards in "Novice" divisions to runners who have never won their age-group in any race ever.

Thanks to Blue Cross and Blue Shield of Minnesota, who have now been sponsoring the race for ten years, and to Q Cumbers, who are in their second year of sponsorship. □

## Problems Mar Club West Meet

The annual Club West Masters Track and Field meet in Santa Barbara, Calif., October 3, drew about 180 athletes from at least seven states to the Santa Barbara City College facility hard by the Pacific Ocean.

Amid gentle breezes and perfect weather, Mark Richards, M60, of Virginia, won the trophy for scoring the most points of any athlete. Bob McGowan, M60, took high-scoring track honors, while Richard Hein, M60, of Texas, was the top field-event scorer.

The Ray Williams Memorial Trophy for the best 500 time for M60+ went to Gunnar Linde, while Washington State's Jim Minah won the trophy as best hammer thrower over age 65.

Christel Miller set a new U.S. W55 javelin record with a throw of 102-2, breaking her own mark of 100-2, set in 1990.

Stan Whitley, 46, continued his quest for national masters athlete-of-the-year honors with winning efforts in the M45 100 (11.64), 200 (22.7) and 400 (50.4).

Former national masters champion Doug Smith was back after several years on the sideline, with medal performances in the M50 100 and 200. It was also good to see 93-year-old John Whittemore competing in all four throwing events.

The meet was marred, however, by organizational problems. The entry form

promised throwers three preliminary and three final throws for the top four athletes in each five-year age division — a total of six throws. But the organizing committee, over the objections of meet director Lloyd Albright, ruled that because of higher-than-expected entries, the throwers would be limited to four throws each.

The throwers were livid. The meet has always had the reputation of mucking up the field events, but this was the last straw for many.

"I'll never come back to this meet again," stormed veteran thrower Dick Hotchkiss.

Another problem was a lack of timers. In the results submitted to NMN, no times were submitted for at least six hurdlers.

"That's a minimum requirement for a meet," said one runner, "to give every runner a time, especially when most of us drove several hours to get here."

Another suggested throwers and those hurdlers should at least receive an apology and a return of their entry fee from the organizers.

Next year's meet is scheduled for five days before the start of the 10th WAVA World Veterans Championships in Japan. Some athletes may want to use the meet as a tune-up effort.

"I'll see that the problems don't occur again," Albright promised. □

## Cliff Climbers Scramble at Sea Cliff 5K

by MAURY DEAN

John Lupski, M40 (17:41), and Jackie Gow, W40 (21:03), dashed up Long Island's toughest cliff to haul in the heaviest masters hardware in the Sea Cliff 5K, September 5. Easy rolling hills lull the 818-strong stampede through the first mansion-bedecked shady mile. Suddenly you're alone with Isaac Newton and gravity as you fall over a deep dark drop into a vine-tangled hollow at the bottom of a grand suburban canyon. Thundering at sub-five pace, you know full well you'll soon pay the price for your rocket afterburners. You're dealing with nasty thoughts about hiking — not running — up the endless uphill.

We were blessed with cool and muggy weather — an oddity for Labor Day. The quad-powered triathletes thrived on the grueling uphill. The flatland pancakers suffered the most. Despite the terrain, some noble races were run and won.

Take John McManus, for instance. The 68-year-old blasted a 20:40, besting L.I.'s other 65+ star Bert Jablon by two minutes (22:42). Or

Nancy Fraser, blessed with a five-year-birthday (55), won third master in a supersonic 23:59 (W40-44 Marilyn Barger won silver in 23:11).

Masters athletes kept up with other age groups at Sea Cliff. Fifty-nine-year-old race director Jack Williams, who puts this race on to help severely disabled kids at the Sea Cliff Hospital, was astounded to note that masters times shaded open age-group divisions, and like so many current race directors, he featured the silver-haired champs first, so the kids could see what they had to look forward to.

When I was a kid in the '50s, the only time I'd see men run was to first base. I never thought I'd see the day when the race winners were nudging the half-century mark. Tom Derderian's "Quantum Leap" article in the October 1992 *Runner's World* chronicles his astounding story — at 42, he goes back and makes his college cross-country team. Whereas, football stars are put out to pasture at 32, and baseball tolls the knell of retirement at 38, and hockey or basketball 35, we hang-in-there harriers keep on running and running and running. □



## Romain Sets Record in Downpour

by JERRY WOJCIK

Ralph Romain, 60, of Trinidad and Tobago, didn't let a pouring rain that moved the high jump indoors deter him from a world record at the Potomac Valley Games in Alexandria, Va., on September 6. Romain, who holds the M55-59 world record at 52.6, broke the M60-64 record for the 400 with a hand-timed 54.6.

Jack Greenwood held the record of 57.64, made when he was 63 in 1989.

In other events, Denver Smith, 66, broke the 52-second barrier for the 300H with a 51.8. Gordon Bobell, 56, conquered a wet ring to lead all hammer throwers with a 144-6.

Contestants in the judged 3000 racewalk were paced by Alan Price (45, 15:05.1) and Judy Goldston (43, 17:31.3).

The meet was preceded by a series of Potomac Valley Senior development meets, which started in early May. □



Richard Brown, 52, of Oregon, took second (49-0/14.94), M50 shot, TAC National Masters Championships, Spokane, Wash., August 13-16. National Masters News/Jerry Wojcik

## Rankings Update

Please send decathlon, heptathlon, and regular pentathlon marks (single event and totals) which have not appeared in the NMN to Rex Harvey, 2662 Euclid Heights Blvd., Cleveland Heights, OH 44106.

Corrections for all 1992 indoor rankings will be published in the December issue. □



Masters chair Barbara Kousky, left, and Rules Committee Chairman Graeme Shirley answer questions at the Masters T&F meeting in Spokane. Photo by Gretchen Snyder



Don Cumley, 72, of Nevada, shown here at the Hayward Meet, Eugene, Ore., in June, is currently ranked in the top three M70-74 shot putters with a 12.56/41-2½, his winning put at the Nationals in Spokane in August. National Masters News/Jerry Wojcik

## 14th TAC

### Convention Set for Louisville

The 14th Annual National Convention of The Athletics Congress, the national governing body for Athletics in the USA, will be held in Louisville, Ky., on December 1-5.

Everyone is invited to attend. TAC needs the active participation of athletes, race and meet directors, and anyone interested in the governing of track and field, road running and race walking to help develop and promote our sport.

Masters are a vital link in TAC's program. Both the Masters Track and Field and Masters Long Distance Running Committees will meet daily to discuss rule changes, sites for future championships, awards, and more.

All meetings will be held at the headquarters hotel: the Galt House (800) 626-1814 in Louisville. Prior to November 9, the room rates are \$59 single, \$69 double, \$79 triple.

TAC's name will likely be changed at the convention. Leading candidates are "U.S. Track and Field Federation" and "USA Track & Field."

The 1993 National Masters LDR Championships have already been awarded for the 8K, 8K X-C, 10K, half-marathon, marathon and 50 miles. The Masters LDR Committee will consider bids on other standard distances. For more info, contact Kirk Randall (address on page 2).

TAC Executive Director Ollan Casell, who has long been under fire, was given a vote of confidence by the TAC Executive Committee in September and is expected to be retained as Director for another term by TAC's Board of Directors in Louisville.

For more info on the Convention, call TAC at (317) 261-0500. □

### Dartmouth Relays and Leverone Field House



Since its inception in 1970, the Dartmouth-United States Track & Field Federation Relay Meet has grown from a field of 300 competitors to the top indoor attraction in the Northeast. Dartmouth Coach Clark Wallin, who serves as the director, expects over 3,500 participants for this year's event.

Leverone Field House, site of the Dartmouth Relays, is considered one of the finest and fastest indoor facilities in the East. The Astro-trak is a six-lane, 220-yard layout comprised of three-eighths inch poured-in-place polyurethane.

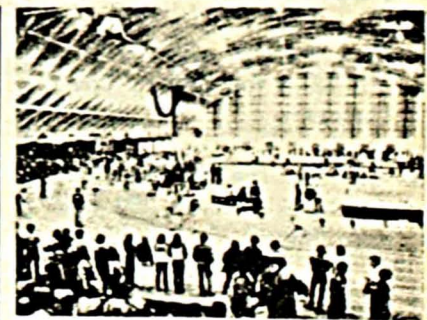
At the west end of the field house is a 17,440-square foot area of astroturf for weight events. The track also includes a 60-yard sprint and hurdles segment. The track and out-laying area is rust red color, providing the perimeter for the long jump, high jump and pole vault pit plus runway on the green infield. Leverone Field House was designed by Pier Luigi Nervi, who gained fame for his creation of the complex used for the 1960 Olympic Games in Rome.

## 24th DARTMOUTH RELAYS

Friday, January 8, 1993


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For further information call or write Carl Wallin, Head Track Coach, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848  
646-2540  
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**Pagliano's Podiatric Pointers**

## THE FOOT BEAT

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

### Achilles' Paratendinitis

**Q.** I'm a fifty-two-year-old male sprinter. During a high-speed workout a few months ago, I felt a pain in my left Achilles' tendon area. I stopped training for two weeks, then began again with slow jogging which I was able to tolerate well. However, when I tried an easy sprint, the pain came back. I have developed a small lump on the inside of the tendon, and the pain has decreased to a point where I can now do light sprinting. Can I steadily increase my training level? Can you recommend any treatment that might help me?

**A.** What you have developed is an Achilles' paratendinitis. The Achilles' itself has no synovial sheath, and the inflammation you describe is in the soft, connective tissue known as the paratenon.

Inflammation of the paratendinous tissue can cause pain and swelling in the back of the Achilles. The tendon can also become thickened in that area, and be sore to the touch. In severe cases, the area can also become extremely swollen and distended, with a "creaking" along the tendon.

I usually recommend three to six weeks of complete rest, with hydrotherapy and ultrasound to increase blood circulation in the affected area. You have to remember that as you age, the circulation in the Achilles' tendon decreases and it takes much longer to heal. Apply moist heat to the back of the tendon for 20 minutes a day.

Using a heavy-duty training shoe with a 1/8-inch heel lift will help reduce stress on the tendon. Once the pain subsides, start off your training routine with some easy jogging, preceded by a half-mile walk to loosen up the tendon. Ice down the afflicted area for five minutes after each workout session.

Achilles' paratendinitis is an injury that you must take care of in the pro-

per manner, or it will tear again and cause even more problems. The nodule or "bump" that you describe may remain for quite a while; if it isn't tender to the touch, I wouldn't worry about it. Gradually increase your running level as long as you are pain free. □

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



Rufus King III, winner (18:50) in the Judges-Men category, Nike Capital Challenge 3 Mile, Washington, D.C., September 17.

Photo by Bill Fitz-Patrick

### Nike Capital Challenge

Calling a time out from monitoring the serious issues debate between Vice-President Dan Quayle and Murphy Brown, official Washington gathered in East Potomac Park on September 17 for the 12th running of the Nike Capital Challenge three mile. Over 600 runners on 140 teams took part. Among the entrants were over 40 members of Congress, a dozen Federal Judges, several White House teams decked out in special uniforms with team names like Tipper's Taboo and Hilary Too and Spotted Towels (Endangered Cleatsies). NASA fielded two teams one led by its top official, Administrator Daniel Goldin, and the other by Astronaut Charles Bolden. Bush Campaign co-chair, Representative Vin Weber (R-MN) followed his team, The inVINcibles, to victory in the House Division.

Joining in the fun was official "whistle blower" and starter, Olympian Pattisue Plumer, who jumped in at the back of the pack after getting the field underway. Teams had to be captained by a U.S. Senator, Representative, Cabinet Member, or Sub-Cabinet presidential appointee, Federal Judge, or a Media person. A captain in this event is not an honorary position, as each VIP had to finish the course for their team to count.

Competition in the highly sought after and prestigious *Best* and *Worst* team name categories was intense. The IRS's team "No Pain No Capital Gain" won *Best* honors and "Odor in the Court," Federal Court of Appeals Judge Glenn Archer Jr.'s entry, took the *Worst* title. Second best team name was "Way off the Record" captained by USA Today sportswriter Dick Patrick, which nipped "Tipper's Taboo and Hilary Too", a White House entry.

As always, the race had a festive air with a fife and drum band entertaining runners at the start and finish. Two race officials dressed as a Donkey and Elephant "worked" the race crowd. Political signs lined the start area with slogans like "When He Runs, Does Bill Clinton Inhale?", "If Ross Perot called a press conference in the forest, would the trees listen?", "Jim Baker has come back more times than Elvis", and "Tanks for the Memories — Mike

### Colon Shines in Don Harris Memorial

by PETER TAYLOR

Francisco Colon, 76, of Utuado, P.R., was one of the top performers in the Philadelphia Masters Don Harris Memorial Track Classic, held August 30 in Wynnewood, Pa. The meet, which commemorates the longtime Philadelphia Masters competitor and good-will ambassador who passed away in June 1988, was conducted at Lower Merion H.S. under perfect weather conditions.

Colon won six events — the 100 (14.66), HJ (4-0), JT (33.84m), DT (27.78m), SP (9.78m), and the LJ (3.81m) — to top all masters in his age division. Joe Johnson, 47, downed Ken



Representative Mike Synar (D-OK), fastest congressman (20:03), Nike Capital Challenge 3 Mile, Washington, D.C., September 17.

Photo by Bill Fitz-Patrick

Dukakis." Post race the runners sipped Perrier and munched on fruit and almond and chocolate croissants.

Oklahoma Democratic Representative Mike Synar, fresh from a tough primary win, ran to victory (20:03) in his division and was the fastest legislator. Senator Max Baucus (D-MT) won his tenth title (20:18) as fastest Senator, while Representative Susan Molinari (R-NY) was first woman Representative (26:37). Former presidential candidate Senator Bob Kerrey was the second Senator, running a swift 22:09. Kerrey of Nebraska led an elite Navy SEAL Team in combat in Vietnam until he was severely wounded, forcing the amputation of his right leg below the knee. With the use of a prosthesis, Kerrey is able to run quite well. The U.S. Department of Agriculture's "USDA Full of Crop" team led by General Counsel

Continued on page 13

Brinker, 45, in the 200, 23.0 to 23.2 Johnson also won the M45 100 (11.65) and LJ (5.74m).

Bob Bowen recorded a nice M40 triple, winning the 100 (11.83), 200 (23.6) and 400 (54.4). M70 standout Ed Matthews took his age division in the 100 (14.3) and 200 (29.4). Alabama invader Gordon Seifert, 64, high jumped 4-10 and ran the 400 in 1:04.3. Puerto Rican Gilbert Gonzalez, 79, turned in a 32.3 200.

Louise Clark took the W30 sprints in 12.93, 26.8, and 1:04.1, while Marcia Hulse topped the W35s in 13.20 and 27.2. Jennifer Pinto, W40, turned in a 13.64 100, 27.9 200, and a 1:04.7 400. □

### Ten Years Ago

- Mike Manley, M40, Runs a 2:17:32 in the Beijing, China Marathon
- The San Diego Track Club Sets U.S. Masters 100 Mile Relay Record
- Ken Prior (41, 54:05.6) and Laurie Binder (W35, 55:21.5) Capture Masters Titles in Bob-by Crim 10-Miler
- A New U.S. M60 Half-Marathon Mark of 1:21:19 is Set by Jack Start, 61



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**DISCOUNT PRICES for Masters. BOOKS FOR RUNNERS.** Unique gifts for the holidays. FREE catalog. Great selection of Logs. The CAVU Co., 60121 Sweetgrass Lane - Dept. NM - Bend, OR 97702. 503-382-0864.

**Capital Challenge**

Continued from page 12

Alan Raul again won honors as the fittest team in Washington.

The Nike Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit, and raised \$7000 for the District of Columbia Special Olympics. Challenge sponsor, Nike, donated \$2500 in the names of the winners as well as paying all race expenses. All entry fees went to the District of Columbia Special Olympics.

— From Jeff Darman

**Statement of Ownership Management and Circulation**

1a. Title of Publication. National Masters News. 1b. Publication No. 0744216. 2. Date of Filing: 9-30-92. 3. Frequency of Issue: Monthly. 3a. No. of Issues Published annually: 12. 3b. Annual Subscription Price: \$24.00. 4. Publication Mailing Address: P.O. Box 2372, Van Nuys, CA 91404. 5. General Business Office Address: 6320 Van Nuys Blvd., Suite 207, Van Nuys, CA 91401.

6. Publisher: A. Sheahan, 6200 Hazeltine Ave., Suite R, Van Nuys, CA 91401. 7. Owner: Al Sheahan, same address. 8. Bondholders, Mortgages and Other Security Holders: None. 9. Not Applicable.

10. Extent and Nature of Circulation: Average no. copies each issue during preceding 12 months: A. Total No. Copies (net press run) 6500; B. Paid Circulation 1) Through dealers 30; 2) Mail Subscription, 5515; C. Total Paid Circulation, 5545; D. Free Distribution, Complimentary, Promotion 930; E. Total Distribution 6475; F. Copies Not Distributed: 1) Office Use, left over, spoiled 25; 2) Return from News Agents: 0; G. Total 6500.

Actual No. Copies of Single Issue published Nearest to Filing Date: A. Total Copies: 6400. B. Paid Circulation: 1) Through dealers: 30; 2) Mail Subscription 5408; C. Total Paid Circulation: 5438. D. Free Distribution, Complimentary, Promotion, 937. E. Total Distribution: 6375. F. Copies Not Distributed: 1) Office use, left over, spoiled, 25; 2) Return from News Agents: 0; G. Total: 6400.

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## North American Racewalking Championships

Recently, I received a letter inquiring how various racewalking events are designated as official "North American" championships. Because this subject is of great importance and interest to the entire racewalking community, I present the letter in its entirety and the response of Bob Fine, North American Racewalking Chairman:

I read with interest in the July issue of NMN the results of the North American Masters 10K Racewalking Championships in Van Nuys Calif., on June 7. This set me to thinking that, despite the fact that I am most active in racewalking in Canada and belong to the Canadian Masters Athletic Association, the Ontario Masters Track and Field Association and the Ontario Racewalkers, receiving each of their publications, as well as the National Masters News, I had never heard of the North American 10K Racewalking Championships prior to reading the results. So I began to check.

A look back through your paper as far as January revealed that this competition had not once appeared in the 'Future Events' listings. Then I checked with the editors of the three publications of the organizations to which I belong as well as with the Technical Advisor and racewalking editor of 'Athletics', the official publication of Athletics Canada, the governing body of track and field in Canada. None of them had received any information concerning this event. Which means, that Canadians, so far as I can ascertain, knew nothing of it. Certainly

none of the results contain the name of a Canadian.

Yet the 10K racewalk rankings which appeared in your June issue show four Canadians in the first three or four in their age groups. And at the TAC 10K championships in Niagara Falls July 11, no less than six Canadians finished in the first three in their masters age divisions.

Which leads me to ask two questions. 1) Who sanctioned these races as North American Championships? (It couldn't have been WAVA, or we would have heard about them.) 2) How can you call something a North American Championship if you fail to let Canadians know it is taking place? I look forward with interest to the answers.

Stuart Summerhayes  
Cambridge, Ontario

I am the North American Racewalking Chairperson. Each year I send out application forms to all the racewalking clubs and activists I know of, seeking their sponsorship of various North American Racewalking Championships.

People are not falling all over each other to sponsor these events. I usually award the various events (3,5,8,10,15, 20K) on a first-bid basis. Each meet director is responsible for publicity. I advise the National Masters News about the events.

These events are, in effect, sanctioned by WAVA. (I was given the authority to issue such sanctions by David Pain, former North American Chairman.)

The only Canadian group I know which is involved in racewalking is the Burlington Runners. They have never responded to my inquiries.

If you, or any group you're associated with, would be interested in hosting any of these events, please contact me. I will be more than happy to place you on my mailing list and would give preference to a Canadian sponsor.

I look forward to working with you in better publicizing these events.

Bob Fine

3250 Lakeview Blvd.

Delray Beach, FL 33445

(The dates of the North American Championships are available in the Ohio Race Walker and the Southern California Racewalking News. — EW.)

(The Van Nuys meet notice may have been lost in the mail, because NMN publishes advance notice of all Association, Regional, National and WAVA racewalks that we know of. It's our opinion that no event should bear the title "WAVA North American Championships" unless it is a major, well-promoted, well-attended, well-organized event. Assigning North American Championship status to several small racewalking events each

Correspondence continues to come in regarding masters judging. The following suggestions are from an 84-year-old racewalker from South Africa.

### JUDGING

I think a study should be made by a panel of orthopedic doctors and racewalk judges to discover whether people suffering from leg-stiffness and arthritic bent knees really gain an unfair advantage. This is the crux of the matter.

One solution to the "bent-leg" problem among the older competitors, who in the opinion of the judges should be DQed, is to allow the walker to complete the course and thus not suffer the ignominy of being hauled off. Further, he should be given his official time, but he should not receive a medal even if he finishes in the first three. At least it would give the walker the consolation of completing the race, which is a great consideration for some walkers.

Many competitors have to travel great distances at considerable expense to compete in the masters international races. To be DQed and not allowed to finish the race seems excessive. For example: In 1989 at the National Masters TAC Championships in San Diego, there were two others besides myself



Ray Funkhouser, 41, Toms River, N.J., won the M40-44 5000 track walk and the 20K road walk, National Masters Championships, Spokane, August 13-16. Funkhouser was fourth (1:31:57) in the U.S. Olympic Trials, New Orleans, June 25.

National Masters News/Jerry Wojcik

year dilutes the prestige of the name "WAVA North American Championship." Unless a group is willing to devote considerable resources to staging a major racewalk, perhaps Championship status should be limited to the racewalks held at the biennial North American Track & Field Championships. This is a matter for the WAVA North American Regional Council. — Al Sheahan, NMN Editor.)

## Racewalking Pros and Cons

who were DQed: Francis Scully of Australia and Peter Tearle of New Zealand, both of whom travelled 8000 miles to reach San Diego.

For all my moans about DQs, I have one piece of good news — the doctors assure me that after my knee joint replacement, my left leg should only be at the most two degrees short of straight, instead of the ten degrees prior to the operation! However, post-op, my stride length has decreased from 108 cm to 84 cm, a loss of about 9 inches. My strides per minute have fallen from 145/150 down to 120.

Both of these factors are no doubt due to the fact that the knee has not yet regained its former condition; in fact, it is still warm to the touch. My doctor has told me that I must not exercise at more than a brisk walk until such time that the swelling has completely subsided. This has been going on for six months and is most distressing.

There is one critical factor for us in South Africa. Before we can go to Japan we have to be accepted by the IAAF. On page 21 of the July NMN it was reported that the IAAF has provisionally accepted South Africa, but this has to be ratified at the IAAF Congress next year in Stuttgart.

Connor Johnston  
South Africa

## NOW AVAILABLE

### 1991 U.S. Masters Outdoor T&F Rankings Book

- Men's and womens 1991 U.S. 5-year track & field age-group rankings.
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## North American Region Reorganized

by REX HARVEY, NCCWAVA President

Significant changes were made to what was formerly called the North American Region of WAVA in Jalapa, Mexico, the site of this year's North American Championships August 19-23.

### Masters Organization

For those new to, or unfamiliar with, the overall organization of our sport, here is a little snapshot of the structure of masters (veterans) track and field. As you know, we are an evolving organization and it is sometimes hard to keep up.

The governing body for worldwide track and field (or "athletics" as it known in other countries) is the International Amateur Athletic Federation (IAAF). The IAAF is separate from the International Olympic Committee (IOC), but a major feature of IAAF activity is to work closely with the IOC to ensure successful staging of athletics events at the Olympic Games.

The IAAF has an eleven-person Veterans Committee, chaired by Cesar Moreno Bravo of Mexico. However, the responsibility of organizing and regulating the sport of masters (women over 35 and men over 40) is the function of the World Association of Veteran Athletes (WAVA).

WAVA was independently organized at the grassroots level 15 years ago. It has rapidly grown by providing a desired service to its members.

Both the IAAF and WAVA are subdivided into the same regions: Asia, Europe, North and Central America, Oceania (mainly New Zealand and Australia), South America, and Africa.

### Regional Organization

Along with elections of new officers, and Standing Committee Chairs considerable reorganizing was done at the business meetings held at this year's

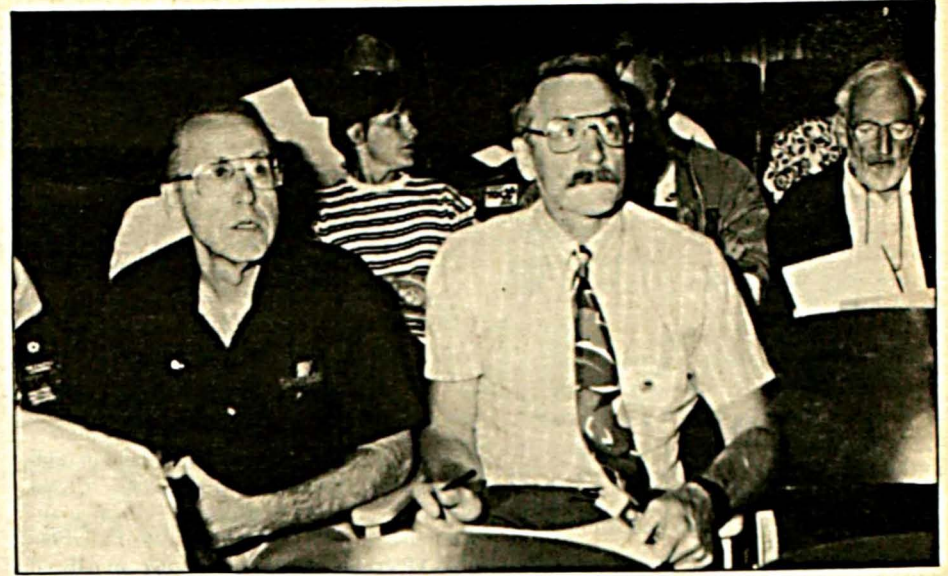
WAVA North American Championships. The old Constitution was completely dropped and an entirely new Constitution adopted. The new Constitution was drafted by Brian Oxley, circulated for comments, then modified first by the Executive Committee and finally by the General Assembly. There was a lot of work by many people to create the resulting Constitution and many compromises were made as the document was closely debated, point by point.

In the new Constitution, the name was changed to more accurately reflect the actual membership in the organization. Our regional organization will now be known as the North and Central American and Caribbean Regional Association of WAVA, or NCCWAVA for short.

Its basic organization encourages action in behalf of the athlete, not in behalf of the bureaucracy. It contains many checks and balances that were lacking before. It should serve us well as we move ahead developing masters track and field in our geographical area of the world. Anyone interested in the actual text of the Constitution can contact me or any of the NCCWAVA officers for a copy.

The by-laws are being developed for the new Constitution and I will report when they are finished.

As President, I have exercised the option of also serving as the Regional Delegate to the WAVA Executive Council as provided in the new Constitution. So please, everyone in the Region, let me know your ideas and I



The General Assembly meeting in Jalapa, Mexico. From left: Charles DesJardins, Barbara Kousky, Rex Harvey, Phil Mulkey (behind Harvey), Bob Boal.

will pass them along to WAVA. I cannot work for your concerns if I don't know them.

### Thanks

I want to personally thank all those who were responsible for the very enjoyable Regional Championships that were held in Mexico this year. The meet director, Mr. Marcelino Contreras and his group of organizers, administrators, and officials worked very long and hard on the meet and truly deserve our thanks.

The Mexican team conducting the meet included Lorenzo Amaya, WAVA world champion in the steeplechase and a Mexican Athletes Representative; Carlos Brito, to whom

entries were sent; Bernardo Contreras, Marcelino's twin brother and close lieutenant, Bernardo Contreras Jr., who did a fine job of translating many hours each day; Francisco Corishi, who also did considerable volunteer translation; Bethuel Cruz, who, along with others, helped late into the night with the demanding job of multi-event scoring; Gregorio Orazco, who organized the exceptional opening ceremony; Antonio Villanueva, who, in addition to being a masters world - record holder in several distance events, is the Sports Director for the city of Jalapa and did yeoman work in conducting the meet; and Hector Villanueva, who served as the Technical Director of the

Continued on page 16

### 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

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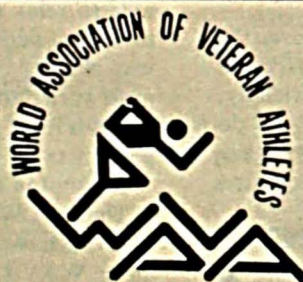
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### SECRETARY:

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## Minutes of WAVA Non-Stadia Committee Meeting — Birmingham, England — August 29, 1992

Present: Jacques Serruys (chair), Ruth Anderson, Norman Green, Fred Jesbera, Manfred Steffny, Win Verhoorn, plus Cesare Beccalli and Hans Axmann of the WAVA Council.

### Road Race Championships

Serruys said the first separate WAVA Road Race Championships held August 29-30 in Birmingham at 10K and 25K were approved by the General Assembly in Turku last year.

### Road Walks in Championships

The committee voted to recommend to WAVA that a 20K road walk for women and a 30K walk for men be added to the Road Race Championships — held in even-numbered years. Walks were offered in Birmingham without world championship status.

### 1994 Championships

The Committee recognized that waiting for the 1993 WAVA General Assembly to select a site for the 1994 Championships would leave too little time for an organizer to prepare. Beccalli proposed this committee make a recommendation for 1994 to the WAVA Council, and then let the General Assembly in Miyazaki decide on 1996. The

Committee agreed to recommend Toronto for 1994, subject to a site-selection visit by Serruys and also either Steffny, Verhoorn or Green in early November. If Toronto is deemed unacceptable, Brugge, Belgium was offered by Serruys as a back-up.

### WAVA World Cross-Country Championships

There is talk of moving the WAVA Cross-Country Championships from the summer Track & Field Championships, held in odd-numbered years, to the IAAF Cross-Country Championships, held in even-numbered years. Hungary, host of the 1994 IAAF event, has agreed to stage an official masters championship race if WAVA and the IAAF agree.

Having cross-country at the summer games adds competitors who also may participate in other events. A separate cross-country event adds travel costs. Having our championships associated with the IAAF "open" world championships gives us more coverage in the media. Green said the 1992 Boston race had been a success (where an "unofficial" masters race was held) because 1) veterans demonstrated to younger runners that running is a life-long activity; 2) the quality of older runners can be a motivator to younger athletes; 3) our veterans had the opportunity to watch the open championships the next day.

The Committee agreed to recommend that the WAVA cross-country championships be held with the IAAF Championships on a continuing basis.

### Ultra-distance Events

The International Association of Ultrarunners (IAU) intends to establish regional and world championships and is seeking WAVA support in the form of our sanction. Should we merely sanction their events or organize our own? The Committee decided to postpone the matter to its next agenda after Beccalli clarifies the IAU status with IAAF.

### Age-Group Confusion

When do athletes change age-group? WAVA rules say on an athlete's birthdate on the first date of competition. But some countries use January 1. Germany will again offer an amendment to the WAVA rules in Miyazaki, proposing that the year of birth, rather than the date of birth, determine an athlete's age. IAAF has agreed to abide by WAVA rules.

*from Norman Green, Secretary,  
WAVA Non-Stadia Committee*



Chinese-Taipei placed third in the medal tally with a total of 104, 7th Asian Veterans Athletic Championships, Singapore, June 11-14.  
Photo by Hari Chandra

## Czechoslovakia to Host European Road Championships

The city of Upice, Czechoslovakia was the sole bidder and will host the biennial European Veterans Road Racing Championships in late May, 1993.

The successful bid was approved by the General Assembly of the European Veterans Athletics Association (EVAA) at its annual meeting on June 30 in Kristiansand, Norway, site of this year's EVAA Track and Field Championships.

There were two bids for the next EVAA T&F Championships in 1994 — from Athens, Greece; and Banska-Bystrica, Czechoslovakia. After discussion, Athens was chosen.

The T&F Championships are held in even-numbered years, while the Road Championships are staged in odd-

numbered years.

Hans Axmann, EVAA Chairman, was congratulated by the group on his 70th birthday and was presented the first EVAA golden pin as a token of appreciation for his outstanding work on behalf of European Veterans.

Organizers from the 1993 WAVA World Veterans Championships in Miyazaki, Japan were on hand to promote next year's event.

The EVAA now has 23 affiliates with 54 delegates entitled to vote. The Assembly decided there will be no EVAA affiliation fee as the same amount will be paid by IAAF through WAVA EVAA.

*From Andre Findeli, EVAA Secretary*

## North American Region Continued from page 15

meet and took positive action with every situation he faced. Forgive me for not mentioning by name the many others who also made major contributions.

As has been mentioned before, the meet was not technically perfect in many ways, but it was warm, friendly, and embodied a lot of why we do masters track and field. The mingling of friends, ideas, customs, and cultures

through the medium of hard-fought, but amiable, competition was, and is, our organization at its best. Almost everyone, after a couple of days, was able to relax and let events happen at their own pace. The opening ceremony was classic, certainly the longest and most varied that I have ever witnessed. It was a most interesting and enjoyable pageant.

### Edmonton in 1994

The NCCWAVA Championships are held each even-numbered year (between WAVA World Championships) and will be held next in Edmonton, Alberta, Canada, tentatively August 3-7, 1994. The Canadian organizers are working hard to make the Edmonton Championships a first class competitive meet to top off the 1994 season. For many of us it will provide, not only an excellent chance for good performances, but also a chance to visit this progressive Canadian city on the edge of the northern plains near the beautiful Canadian Rockies.

In conclusion, I thank all of those who supported me in my successful bid for the Presidency of NCCWAVA. My success is actually yours. I will work hard for the organization, and hope to show that I am worthy of your confidence. □

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

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

## X WORLD VETERANS CHAMPIONSHIPS MIYAZAKI, JAPAN — OCTOBER 7-17, 1993 TRAVEL TOGETHER AND SAVE!!!

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*Minutes of the General Assembly*  
**North and Central American and Caribbean  
 Region Association of WAVA (NCCWAVA)**

The General Assembly meeting of the above Regional Association was held in Jalapa, Mexico, on August 20, 1992, chaired by acting President Don Farquharson.

Cesare Beccalli, WAVA President, and Cesar Moreno Bravo, IAAF Veterans Committee Chairman, asked the Assembly to be aware of WAVA-IAAF ties. They promised financial assistance from the IAAF to our region.

Shoichi Chuman of Japan promised an outstanding WAVA World Veterans

Championships next year in Miyazaki, Japan.

The chair ruled the standing committee chairs could not vote on Assembly business. Bob Fine challenged the ruling, saying all officers should vote since they are the ones that do the work. The challenge was upheld, 12-6.

Brian Oxley, regional delegate to WAVA, reported on the WAVA Council meeting in Miyazaki in May, 1992.

Zeno Constance, Secretary, distributed copies of the minutes of the 1991 meeting held in Turku, Finland.

In the absence of Al Sheahan, Treasurer, Farquharson distributed Sheahan's financial report.

Elections were held, with the following results:



Rex Harvey, 45, of Cleveland, Ohio, long jumping in the WAVA North American Masters T&F Championships, Jalapa, Mexico, August 19-23.

### Quote of The Month

"The runner, the thrower and the jumper are unconditionally alone. No one can help them. No one can make them look better than they really are. No one can throw a block for them or pinch-hit them out of a tight spot. A running contest personifies Everyman's life struggle — the life struggle conceived on an ideal, almost Platonic plane. In life, the best man often loses; on the track he nearly always wins. There is no one pulling strings or playing the angles on the track. No referee blows a whistle; no coach's favorite gets the starting halfback or forward or shortstop assignment. There is no sign directing anyone to the back of the bus. What could be more democratic?" — John Telford

*The Longest Dash*

**President:** Rex Harvey (USA) 11; Brian Oxley (CAN) 6.

**Vice-President:** Marcelino Contreras (MEX). (Don Farquharson declined nomination.)

**Secretary:** Zeno Constance (TRI) unopposed.

**Treasurer:** Jack Loman (CAN) 10, Phil Raschker (USA) 9.

**Standing Committee Chairs:**  
**Stadia:** Don Farquharson (CAN) 10, Barbara Kousky (USA) 9.

**Non-Stadia:** Norman Green (USA) unopposed.

**Multi-Events:** Liz McGlain (CAN) unopposed.

**Racewalking:** Bob Fine (USA) unopposed.

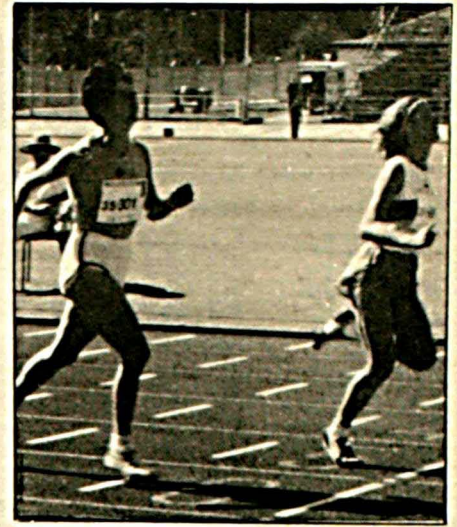
**Women:** Ruth Anderson (USA) unopposed.

Brian Oxley, on behalf of the Executive Committee, presented Marcelino Contreras with a pair of track shoes as a token for his hard work in planning a successful Regional Championship.

After discussion and debate, the new Constitution was adopted. Green thanked Oxley and Harvey for their hard work getting the Constitution to its final stages.

Harvey agreed to serve as the regional representative to the WAVA Council as specified in the new Constitution.

Antonio Garcia of Costa Rica said his



Athalie van Beuge nips (60.98) R. Koekemoer (61.19) for the W35 400 first, South African Masters Championships, Krugersdorp, May 8-9.

Photo by Leo Benning

country is interested in hosting the 1996 Regional Championships.

Harvey said he and Oxley would be working to complete the official draft of the new Constitution.

—Respectfully submitted by  
 Zeno Constance, Secretary

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### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV. 1992

| ATHLETE (RESIDENCE)                     | BIRTHDATE | AGE GROUP |
|---|-----------|-----------|
| JAN BUSTAD (PUYALLUP, WA)               | 11-13-47  | 45-49     |
| IRENE CRANE (MILWAUKIE, OR)             | 11-19-17  | 75-79     |
| MYRRA EBERLY (LOS GATOS, CA)            | 11-30-32  | 60-64     |
| MARGARITA EKISS (W. AMHERST, NY)        | 11- 1-47  | 45-49     |
| LYNN GRAHAM (FRESNO, CA)                | 11- 3-47  | 45-49     |
| GAIL GUSTAFSON-RODD (SAN FRANCISCO, CA) | 11-23-42  | 50-54     |
| GAIL HOLM (US)                          | 11-15-37  | 55-59     |
| SUSANNE HUNTER (LINCOLN, MA)            | 11-30-42  | 50-54     |
| SUSAN KIEFFER (BEVERLY HILLS, CA)       | 11-17-42  | 50-54     |
| HELEN KLEIN (CITRUS HTS, CA)            | 11-27-22  | 70-74     |
| FRANCIE LARRIEU-SMITH (TX)              | 11-23-52  | 40-44     |
| BARBARA NEUHAUSE (HOUSTON, TX)          | 11- 1-27  | 65-69     |
| LUCILLE SAMPSON (MIDDLETOWN, OH)        | 11-19-27  | 65-69     |
| KATHY SHIPP (TEMPE, AZ)                 | 11-21-42  | 50-54     |
| CAROL STRAUD (SARATOGA, CA)             | 11-13-42  | 50-54     |
| ELIZABETH SZWALOWSKI (MIDDLESEX, MA)    | 11-11-32  | 60-64     |
| MARILYN WALLACH (BURLINGAME, CA)        | 11- 4-52  | 40-44     |
| MAVIS COLLINS (AUS)                     | 11-19-17  | 75-79     |
| GWEN DAVIDSON (AUS)                     | 11-28-22  | 70-74     |
| HEATHER DUCAT (AUS)                     | 11-11-47  | 45-49     |
| LINDA FINDLEY (CAN)                     | 11-28-47  | 45-49     |
| WILFRIEDE HOFFMANN (WG)                 | 11-27-32  | 60-64     |
| DOROTHY HOLMES (GB)                     | 11-21-47  | 45-49     |
| JANE HOLMES (GB)                        | 11-21-47  | 45-49     |
| LIESELOTTE LIESS (WG)                   | 11- 2-32  | 60-64     |
| ARMANDO ALDEGALEGA (POR)                | 11-23-37  | 55-59     |
| OTIS CHANDLER (LOS ANGELES, CA)         | 11-23-27  | 65-69     |
| DEREK CLAYTON (AUS)                     | 11-17-42  | 50-54     |
| BOB CURRAN (SEPULVEDA, CA)              | 11-26-22  | 70-74     |
| FELIX ERAUSQUIN (SPA)                   | 11-20- 7  | 85-89     |
| GORDON FARRELL (VAN NUYS, CA)           | 11-23-17  | 75-79     |
| AL FEOLA (PLACENTIA, CA)                | 11- 6-32  | 60-64     |
| WALTER FREDERICK (PICO RIVERA, CA)      | 11- 3- 7  | 85-89     |
| BILL GILLIGAN (W. ROXBURY, MA)          | 11-23-17  | 75-79     |
| BERT MORROW (CAN-SAN MARCOS, CA)        | 11- 2-12  | 80-84     |
| JOSEF NECEK (CZE)                       | 11- 4-27  | 65-69     |
| HANS NORDENGEN (NOR)                    | 11-30-17  | 75-79     |
| GHULAM RAZIK (PAKISTAN)                 | 11-11-32  | 60-64     |
| TORMOD RESELL (NOR)                     | 11- 5- 7  | 85-89     |
| HANNO RHEINECK (WG)                     | 11-17-42  | 50-54     |
| HARVEY SCHELLENBERG (REEDLEY, CA)       | 11-10-32  | 60-64     |
| DAVID SIREL (NZ)                        | 11- 9-42  | 50-54     |
| FRITIOF SJOSTRAND (SWE-LA, CA)          | 11- 5-12  | 80-84     |
| WILSON VIBLE (WILMINGTON, DEL)          | 11- 8-17  | 75-79     |
| JANIS ZIRNIS (URS)                      | 11-28-47  | 45-49     |

## Masters Age Records 1991

(1992 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

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# WORLD & U.S. OUTDOOR & INDOOR RECORDS

(set in 1992 Compiled by Peter Mundle)

## MEN'S 1992 WORLD OUTDOOR RECORDS AS OF SEPT. 30, 1992 p=pending

| EVENT           | GROUP | MARK      | COMPETITOR (STATE)    | MEET DATE |
|-----------------|-------|-----------|-----------------------|-----------|
| 100 meters      | M75   | 13.4      | Payton Jordan (USA)   | 4-25-92   |
| 200 meters      | M40   | 21.86     | Bill Collins (TX)     | 8-15-92   |
| 200 meters      | M45   | 22.30     | Stan Whitley (USA)    | 6-20-92   |
| 200 meters      | M75   | 28.18     | Payton Jordan (USA)   | 7-20-92   |
| 400 meters      | M45   | 50.24     | Stan Whitley (USA)    | 6-20-92   |
| 800 meters      | M65   | 2:17.8    | Derek Turnbull (NZL)  | 3-15-92   |
| 1500 meters     | M65   | 4:39.9    | Derek Turnbull (NZL)  | 3-14-92   |
| one mile        | M65   | 4:56.4    | Derek Turnbull (NZL)  | 2-29-92   |
| one mile        | M75   | 5:57.2    | Scotty Carter (USA)   | 7-12-92   |
| 5000 meters     | M65   | 16:38.8   | Derek Turnbull (NZL)  | 2-8-92    |
| 5000 meters     | M75   | 20:21.62  | Derek Turnbull (NZL)  | 3-13-92   |
| 10000 meters    | M65   | 34:42.2   | Kosaku Kanamori (JPN) | 5-10-92   |
| 2K steeplechase | M75   | 9:46.90   | Derek Turnbull (NZL)  | 3-15-92   |
| 2K steeplechase | M80   | 13:24.59  | Dan Bulkiy (USA)      | 8-14-92   |
| 300m hurdles    | M75   | 56.50     | Dan Bulkiy (USA)      | 8-15-92   |
| 300m hurdles    | M80   | 83.53     | Bob Boal (USA)        | 8-15-92   |
| 300m hurdles    | M80   | 71.9      | Dan Bulkiy (USA)      | 8-31-92   |
| high jump       | M60   | 5-6 1/4   | James Gilchrist (USA) | 9-19-92   |
| high jump       | M80   | 4-0 1/4   | Virgil McInton (USA)  | 6-20-92   |
| shot put        | M95   | 4.6       | Tom Lane (VA)         | 5-23-92   |
| shot put        | M60   | 18.0      | Wendell Palmer (TX)   | 4-24-92   |
| discus throw    | M65   | 170-1     | Del Pickarts (USA)    | 5-23-92   |
| javelin throw   | M95   | 33-10 1/4 | Tom Lane (VA)         | 5-23-92   |
| javelin throw   | M65   | 170-1     | Del Pickarts (USA)    | 5-23-92   |
| javelin throw   | M95   | 33-10 1/4 | Tom Lane (VA)         | 5-23-92   |

## WOMEN'S 1992 WORLD OUTDOOR RECORDS AS OF SEPT. 30, 1992

| EVENT           | GROUP | MARK     | COMPETITOR (STATE)          | MEET DATE |
|-----------------|-------|----------|-----------------------------|-----------|
| 100 meters      | W35   | 11.13h   | Evelyn Ashford (USA)        | 7-31-92   |
| 100 meters      | W35   | 11.07    | Evelyn Ashford (USA)        | -         |
| 100 meters      | W80   | 19.32    | Polly Clarke (USA)          | 8-14-92   |
| 200 meters      | W35   | 22.47    | Evelyn Ashford (USA)        | 8-13-92   |
| 200 meters      | W80   | 41.11    | Polly Clarke (USA)          | 8-15-92   |
| 400 meters      | W60   | 2:51.6   | Joyce Hals (MA)             | 7-24-92   |
| 800 meters      | W65   | 3:01.18  | Shirley Brasher (AUS)       | 4-19-92   |
| 1500 meters     | W40   | 4:02.01  | Yekatarina Podkopaeva (URS) | 8-11-92   |
| 1500 meters     | W40   | 4:02.01  | Yekatarina Podkopaeva (URS) | 8-11-92   |
| 1500 meters     | W45   | 4:16.58  | Heather Mathews (NZ)        | 8-8-92    |
| 1500 meters     | W55   | 4:13.22  | Vicki Bigelow (CA)          | 6-12-92   |
| one mile        | W80   | 9:06.22  | Ivy Granstrom (CAN)         | 8-16-92   |
| 1000 meters     | W80   | 9:49.40  | Ivy Granstrom (CAN)         | 5-31-92   |
| 5000 meters     | W70   | 21:18.6y | Ivy Granstrom (CAN)         | 6-28-92   |
| 10,000 meters   | W65   | 44:31.4  | Jose Waller (GB)            | 6-6-92    |
| 10,000 meters   | W70   | 48:49.42 | Shirley Brasher (AUS)       | 4-17-92   |
| 10,000 meters   | W80   | 69:32.2  | Jose Waller (GB)            | 6-7-92    |
| 2K steeplechase | W35   | 8:00.0   | Ivy Granstrom (CAN)         | 8-15-92   |
| 2K steeplechase | W40   | 7:48.8   | Kim Rupert (USA)            | 7-26-92   |
| 2K steeplechase | W50   | 7:58.2   | Antoinette Shaw (AUS)       | 1-4-92    |
| 300m hurdles    | W65   | 73.09    | Margaret Orman (NZL)        | 3-14-92   |
| pole vault      | W45   | 8-6 3/4  | Patricia Peterson (USA)     | 8-15-92   |
| pole vault      | W60   | 4-11     | Phil Raschker (USA)         | 8-14-92   |
| pole vault      | W60   | 6-0 3/4  | Leonore McDaniel (VA)       | 6-16-92   |
| long jump       | W40   | 19-4 1/4 | Leonore McDaniel (VA)       | 8-14-92   |
| triple jump     | W40   | 40-3 1/2 | Anna Wlodarczyk (POL)       | 8-14-92   |
| triple jump     | W80   | 17-5 3/4 | Anna Wlodarczyk (POL)       | 8-23-92   |
| shot put        | W95   | 11-5 1/2 | Ruth Frith (AUS)            | 4-19-92   |
| hammer throw    | W50   | 141-2    | Margaret White (USA)        | 9-7-92    |
| hammer throw    | W50   | 142-1    | Janice Davis (AUS)          | 4-12-92   |
| javelin throw   | W35   | 212-10   | Helen Searle (AUS)          | 4-17-92   |
| javelin throw   | W65   | 100-4    | Tessa Sanderson (GBR)       | 7-10-92   |
|                 |       |          | Joan Ogden (GBR)            | 7-19-92   |

## 1992 U.S. OUTDOOR RECORDS AS OF SEPT. 30, 1992 p=pending

| EVENT           | GROUP | MARK      | COMPETITOR (STATE)    | MEET DATE |
|-----------------|-------|-----------|-----------------------|-----------|
| 100 meters      | M45   | 11.16     | Stan Whitley (CA)     | 8-15-92   |
| 100 meters      | M75   | 13.72     | Payton Jordan (CA)    | 5-30-92   |
| 100 meters      | M85   | 17.98     | Russell Randall (CO)  | 8-14-92   |
| 200 meters      | M45   | 21.86     | Bill Collins (TX)     | 8-15-92   |
| 200 meters      | M75   | 28.14     | Stan Whitley (CA)     | 6-20-92   |
| 400 meters      | M45   | 50.24     | Payton Jordan (CA)    | 6-20-92   |
| 800 meters      | M60   | 2:14.13   | Stan Whitley (CA)     | 7-12-92   |
| one mile        | M75   | 5:57.2    | Ralph Miller (WA)     | 8-15-92   |
| 2K steeplechase | M75   | 9:46.90   | Scotty Carter (MA)    | 7-12-92   |
| 2K steeplechase | M80   | 13:24.59  | Dan Bulkiy (OR)       | 8-14-92   |
| 300m hurdles    | M75   | 56.50     | Herb Miller (CA)      | 8-14-92   |
| 300m hurdles    | M80   | 83.53     | Dan Bulkiy (OR)       | 8-14-92   |
| high jump       | M80   | 5-6 1/4   | Bob Boal (NC)         | 8-15-92   |
| pole vault      | M75   | 10-4 1/2  | James Gilchrist (USA) | 9-19-92   |
| pole vault      | M80   | 8-3       | Boo Morcom (PA)       | 8-22-92   |
| triple jump     | M75   | 30-6 1/4  | Carol Johnston (CA)   | 6-20-92   |
| shot put        | M55   | 44-6      | Tom Patsalis (CA)     | 8-14-92   |
| shot put        | M80   | 30-3      | Hal Smith (CA)        | 5-23-92   |
| shot put        | M95   | 14-6      | Leon Joslin (WA)      | 6-20-92   |
| discus throw    | M55   | 171-8     | Wendell Palmer (TX)   | 5-23-92   |
| discus throw    | M60   | 189-0     | Wendell Palmer (TX)   | 4-18-92   |
| discus throw    | M80   | 102-4     | Leon Joslin (WA)      | 6-20-92   |
| discus throw    | M85   | 72-2 3/4  | Burt Degroot (CA)     | 6-20-92   |
| hammer throw    | M60   | 164-11    | Joe Chadbourne (OH)   | 6-20-92   |
| hammer throw    | M80   | 84-6 1/4  | Paul Narcission (RI)  | 8-13-92   |
| javelin throw   | M65   | 170-1     | Del Pickarts (CA)     | 5-23-92   |
| javelin throw   | M95   | 33-10 1/4 | Tom Lane (CA)         | 5-23-92   |

| EVENT           | GROUP | MARK     | COMPETITOR (STATE)     | MEET DATE |
|-----------------|-------|----------|------------------------|-----------|
| 100 meters      | W35   | 11.13h   | Evelyn Ashford (USA)   | 7-31-92   |
| 100 meters      | W35   | 11.07    | Evelyn Ashford (USA)   | -         |
| 100 meters      | W60   | 15.10    | Betty Vosburgh (GA)    | 8-14-92   |
| 100 meters      | W65   | 15.17    | Pat Peterson (OR)      | 7-14-92   |
| 100 meters      | W80   | 19.32    | Polly Clarke (CO)      | 8-14-92   |
| 200 meters      | W35   | 22.47    | Evelyn Ashford (USA)   | 8-13-92   |
| 200 meters      | W60   | 31.26    | Betty Vosburgh (GA)    | 8-15-92   |
| 200 meters      | W65   | 33.21    | Pat Peterson (OR)      | 8-15-92   |
| 200 meters      | W80   | 41.11    | Polly Clarke (CO)      | 8-15-92   |
| 400 meters      | W55   | 66.04    | Carolyn Cappetta (MA)  | 8-15-92   |
| 800 meters      | W55   | 2:25.29  | Shirley Matson (CA)    | 8-14-92   |
| 800 meters      | W60   | 2:45.10  | Jeanne Hoagland (CA)   | 8-15-92   |
| 1500 meters     | W50   | 4:57.44  | Joyce Hals (MA)        | 8-15-92   |
| 1500 meters     | W55   | 5:14.2   | Shirley Matson (CA)    | 7-24-92   |
| 10,000 meters   | W50   | 37:28.67 | Vicki Bigelow (CA)     | 8-16-92   |
| 10,000 meters   | W60   | 44:39.05 | Shirley Matson (CA)    | 8-15-92   |
| 2K steeplechase | W35   | 8:00.0   | Marion Jarvine (CA)    | 8-15-92   |
| 2K steeplechase | W50   | 10:05.9  | Kim Rupert (CA)        | 7-26-92   |
| 300m hurdles    | W65   | 20.02    | Judy Goombridge (WA)   | 8-14-92   |
| 300m hurdles    | W65   | 73.09    | Patricia Peterson (NY) | 8-14-92   |
| high jump       | W65   | 4-3 1/2  | Phil Raschker (GA)     | 8-15-92   |
| high jump       | W60   | 4-3      | Leonore McDaniel (VA)  | 8-14-92   |
| pole vault      | W45   | 8-6 3/4  | Mavis Lorenz (MT)      | 5-2-92    |
| pole vault      | W55   | 4-5      | Phil Raschker (GA)     | 8-14-92   |
| pole vault      | W60   | 6-0 3/4  | Lucy Ann Brobst (NC)   | 8-14-92   |
| long jump       | W45   | 16-6 1/2 | Leonore McDaniel (VA)  | 8-14-92   |
| long jump       | W65   | 11-9 1/2 | Phil Raschker (GA)     | 8-15-92   |
| triple jump     | W45   | 32-1 1/2 | Mavis Lorenz (MT)      | 8-1-92    |
| triple jump     | W60   | 26-5     | Phil Raschker (GA)     | 8-14-92   |
| shot put        | W65   | 28-6 1/2 | Betty Vosburgh (GA)    | 8-14-92   |
| shot put        | W95   | 11-1 1/2 | Bernice Holland (OH)   | 8-14-92   |
| discus throw    | W40   | 112-9    | Margaret White (USA)   | 9-2-92    |
| discus throw    | W65   | 84-0     | Joan Stratton (CA)     | 7-25-92   |
| discus throw    | W65   | 84-9     | Bernice Holland (OH)   | 5-2-92    |
| hammer throw    | W40   | 132-3    | Mavis Lorenz (MT)      | 8-1-92    |
| hammer throw    | W75   | 58-4 3/4 | Joan Stratton (CA)     | 5-23-92   |
| javelin throw   | W45   | 121-4    | Betty Jarvis (NC)      | 5-2-92    |
| javelin throw   | W55   | 101-0    | Lurline Struppeck (LA) | 7-11-92   |
| javelin throw   | W65   | 88-0     | Christel Miller (CA)   | 8-16-92   |
|                 |       |          | Mavis Lorenz (MT)      | 6-20-92   |

## MEN'S 1992 WORLD INDOOR RECORDS AS OF SEPT. 30, 1992

| EVENT       | GROUP | MARK      | COMPETITOR (STATE)             | MEET DATE |
|-------------|-------|-----------|--------------------------------|-----------|
| 60 meters   | M75   | p8.9      | Maribotti Guiseppi (ITA)       | 2-23-92   |
| 60 meters   | M80   | p9.7      | Vittorio Colo (ITA)            | 2-23-92   |
| 200 meters  | M45   | p22.70    | Stan Whitley (USA)             | 4-5-92    |
| 200 meters  | M40   | p50.15    | Fred Sowerby (USA)             | 4-2-92    |
| 400 meters  | M40   | p50.16    | Fred Sowerby (USA)             | 4-4-92    |
| 800 meters  | M55   | 2:08.9    | Ken Baker (USA)                | 3-22-92   |
| 800 meters  | M60   | 2:16.64   | Earl Fee (CAN)                 | 1-18-92   |
| 1500 meters | M60   | 4:44.39   | James Sutton (USA)             | 4-4-92    |
| 60m hurdles | M50   | 8.83      | Scott Tyler (CAN)              | 3-9-92    |
| 60m hurdles | M70   | p10.5     | Tom Patsalis (USA)             | 4-4-92    |
| high jump   | M50   | p5-11     | 1.80 Victoriano Dovrandi (ITA) | 2-22-92   |
| high jump   | M80   | 4-0       | 1.22 Wesley Ward (USA)         | 2-15-92   |
| pole vault  | M40   | 15-3      | 4.65 Richard Christoph (USA)   | 3-1-92    |
| pole vault  | M70   | 9-11      | 3.02 Boo Morcom (USA)          | 3-7-92    |
| pole vault  | M80   | 7-10 1/2  | 2.40 Carol Johnston (USA)      | 4-4-92    |
| long jump   | M80   | 11-8 1/2  | 3.57 Karl Trei (CAN)           | 3-10-92   |
| triple jump | M80   | p25-1 1/4 | 7.65 Vittorio Colo (ITA)       | 2-22-92   |
| shot put    | M80   | 30-5      | 9.27 Leon Joslin (USA)         | 4-4-92    |
| JK racewalk | M40   | p12:42.62 | Ray Funkehouse (USA)           | 4-4-92    |
| JK racewalk | M60   | p14:44.51 | Max Green (USA)                | 4-4-92    |

## WOMEN'S 1992 WORLD INDOOR RECORDS AS OF SEPT. 30, 1992

| EVENT       | GROUP | MARK       | COMPETITOR (STATE)              | MEET DATE |
|-------------|-------|------------|---------------------------------|-----------|
| 60 meters   | W45   | p8.35      | Phil Raschker (USA)             | 4-4-92    |
| 60 meters   | W65   | 10.03      | Patricia Peterson (USA)         | 4-4-92    |
| 200 meters  | W65   | 35.4       | Patricia Peterson (USA)         | 3-23-92   |
| 200 meters  | W65   | 35.25      | Patricia Peterson (USA)         | 4-5-92    |
| 400 meters  | W55   | 67.6       | Carolyn Sue Cappetta (USA)      | 1-10-92   |
| 400 meters  | W60   | 80.26      | Betty Vosburgh (USA)            | 4-4-92    |
| 400 meters  | W65   | 85.57      | Patricia Peterson (USA)         | 4-4-92    |
| 800 meters  | W70   | 1:44.86    | Carol Peebles (USA)             | 3-14-92   |
| 800 meters  | W65   | 3:30.74    | Dottie Gray (USA)               | 4-5-92    |
| 1500 meters | W55   | p6:53.0    | Dorly Brechbuehl (CAN)          | 3-27-92   |
| 3000 meters | W55   | p11:39.6   | Molly Turner (CAN)              | 4-5-92    |
| 60m hurdles | W65   | 14.9       | Miniotti Bruna (ITA)            | 2-22-92   |
| high jump   | W45   | 4-10       | 1.47 Patricia Peterson (USA)    | 4-4-92    |
| pole vault  | W35   | p8-0       | 2.44 Phil Raschker (USA)        | 2-23-92   |
| pole vault  | W40   | 8-0 1/2    | 2.45 Phil Raschker (USA)        | 3-14-92   |
| pole vault  | W45   | p9-0 1/4   | 2.75 Phil Raschker (USA)        | 2-16-92   |
| pole vault  | W50   | p5-11      | 1.80 Ann Marie Rosenitsch (CAN) | 4-4-92    |
| long jump   | W45   | 5-1 1/2    | 1.56 Lucy Ann Brobst (USA)      | 2-16-92   |
| long jump   | W45   | 17-7 3/4   | 5.38 Phil Raschker (USA)        | 2-23-92   |
| triple jump | W60   | 12-4 3/4   | 3.78 Betty Vosburgh (USA)       | 2-23-92   |
| triple jump | W45   | 32-5 1/2   | 9.89 Phil Raschker (USA)        | 2-23-92   |
| triple jump | W45   | p33-10 1/2 | 10.32 Phil Raschker (USA)       | 4-4-92    |
| triple jump | W65   | 25-3 1/2   | 7.71 Betty Vosburgh (USA)       | 4-4-92    |
| shot put    | W65   | 27-6       | 6.74 Heidi Pedel (CAN)          | 3-9-92    |
| JK racewalk | W35   | p16:18.85  | Heidi Pedel (CAN)               | 3-9-92    |
| JK racewalk | W40   | p14:23.33  | Mataji Graham (USA)             | 4-4-92    |
|             |       |            | Viisha Sedlak (USA)             | 4-4-92    |

## 1992 U.S. INDOOR RECORDS AS OF SEPT. 30, 1992 p=pending

| EVENT        | GROUP | MARK       | COMPETITOR (STATE)          | MEET DATE |
|--------------|-------|------------|-----------------------------|-----------|
| 60 meters    | M80   | 9.97       | Barry Ivers (ME)            | 4-5-92    |
| 200 meters   | M40   | p22.70     | Bill Collins (TX)           | 4-5-92    |
| 200 meters   | M40   | p22.70     | Stan Whitley (CA)           | 4-5-92    |
| 200 meters   | M80   | 33.87      | Barry Ivers (ME)            | 4-5-92    |
| 800 meters   | M40   | p1:57.03   | Ken Popejoy (IL)            | 4-5-92    |
| 800 meters   | M55   | 2:08.9     | Ken Baker (NJ)              | 3-22-92   |
| 1500 meters  | M60   | 2:17.09    | James Sutton (PA)           | 4-5-92    |
| 1500 meters  | M60   | 4:44.39    | James Sutton (PA)           | 4-4-92    |
| 3000 meters  | M45   | p9:02.50   | Joe King (CA)               | 4-4-92    |
| 3000 meters  | M65   | 11:12.03   | Albin Swenson (CT)          | 4-5-92    |
| 60m hurdles  | M80   | p14.86     | Jim Foshee (MI)             | 4-5-92    |
| high jump    | M75   | 4-0 1/4    | 1.22 Ted Hatlen (CA)        | 4-4-92    |
| high jump    | M80   | 4-0        | 1.22 Ham Morningstar (MI)   | 4-4-92    |
| pole vault   | M40   | 15-3       | 4.65 Wesley Ward (IN)       | 2-15-92   |
| pole vault   | M70   | 9-11       | 3.02 Richard Christoph (OH) | 3-1-92    |
| pole vault   | M80   | 7-10 1/2   | 2.40 Boo Morcom (PA)        | 3-7-92    |
| triple jump  | M70   | p31-11 3/4 | 9.75 Carol Johnston (CA)    | 4-4-92    |
| triple jump  | M75   | 27-5 1/2   | 7.65 Tom Patsalis (CA)      | 4-3-92    |
| shot put     | M80   | 30-5 1/2   | 8.37 Robert Sorlien (RI)    | 3-22-92   |
| shot put     | M80   | 30-5       | 13.32 Richard Lee (OR)      | 4-4-92    |
| weight throw | M55   | p45-5 3/4  | 9.27 Leon Joslin (WA)       | 4-5-92    |
| weight throw | M60   | p55-0 3/4  | 13.86 Bill McWilliams (US)  | 4-5-92    |
| weight throw | M75   | p30-11     | 16.78 Cliff Blair (MA)      | 4-5-92    |
| weight throw | M80   | 23-6 3/4   | 9.42 Nolan Fowler (TN)      | 4-5-92    |
|              |       |            | 7.18 Leon Joslin (WA)       | 4-5-92    |

| EVENT      | GROUP | MARK  | COMPETITOR (STATE)  | MEET DATE |
|------------|-------|-------|---------------------|-----------|
| 60 meters  | W35   | 8.19  | Irene Thompson (NY) | 4-4-92    |
| 60 meters  | W45   | p8.35 | Phil Raschker (GA)  | 4-4-92    |
| 60 meters  | W50   | 8.98  | Mary Luker (TX)     | 4-4-92    |
| 60 meters  | W60   | 9.87  | Betty Vosburgh (GA) | 4-4-92    |
| 200 meters | W65   | 10.03 | Pat                 |           |



National Long Distance Running Records and Bests

COMPILED BY TACSTATS / USA 915 RANDOLPH RD. SANTA BARBARA CA 93111, [805 683-5868]

Key to Codes

R - Ratified U.S. Record or Best
D - Proof of birthdate needed
P - Pending - application or more information needed
U - Unvalidatable, cannot be ratified

W - Open record set in 'women only' race

D - Proof of birthdate needed

a/c - All-comer's record (non U.S. citizen)

a - Performance possibly aided by wind and/or slope, not eligible for record

MASTERS MEN

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'All-Comer's Records (non-U.S. citizens)' and 'Men 40-44'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 40-44' and 'Men 45-49'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 45-49' and 'Men 50-54'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 50-54' and 'Men 55-59'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 55-59'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 60-64'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 60-64' and 'Men 65-69'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 65-69' and 'Men 70-74'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 70-74' and 'Men 75-79'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 75-79' and 'Men 80-84'.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes 'Men 80-84'.



Men 85-89 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like WILLARD BENTON, PAUL SPANGLER.

Men 90-94 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like JACOB BISHIN, LLOYD WALTERS.

Men 95 & over table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes name HERB KIRK.

MASTERS - WOMEN

All-Comer's Records (non U.S. citizens)

All-Comer's Records table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like HEATHER MATTHEWS, PRISCILLA WELCH.

Women 40-44 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like LAURIE BINDER, GABRIELE ANDERSEN.

Women 45-49 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like GABRIELE ANDERSON, BARBARA FILUTZE.

Women 50-54 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like SHIRLEY MATSON, WILMA PARKER.

Women 55-59 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like GINA FAUST, JOYCE GASKIN.

Table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like HELEN DICK, WEN-SHI YU.

Women 60-64

Women 60-64 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like MARGARET MILLER, MARY STOREY.

Women 65-69

Women 65-69 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like HELEN DICK, MARY STOREY.

Women 70-74

Women 70-74 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like GERRY DAVIDSON, HEDY MARQUE.

Women 75-79

Women 75-79 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like ANNE CLARKE, ALGENE WILLIAMS.

Women 80-84

Women 80-84 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like ANNE CLARKE, LEONA LUGERS.

Women 85-89

Women 85-89 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes names like MARY AMES, RUTH ROTHFARB.

Women 90-95

Women 90-95 table with columns: DIST, TIME, GRPREC, NAME, AGE, HSTATE, RCODE, RSTATE, RDATE. Includes name RUTH ROTHFARB.



# MASTERS SCENE

## NATIONAL

• **Mark Covert's** running streak reached 24 consecutive years on July 23, 1992. Covert, who finished seventh in the marathon in the 1972 U.S. Olympic trials, has run over 100,000 miles, an average of 11.8 miles a day, during the streak. Covert is the cross-country and track coach at Antelope Valley College, just north of Los Angeles. "At this point, the streak is a lot of fun," he told the *Los Angeles Times*. "When I look at the numbers, I just have to smile. They're just phenomenal. They're crazy." Covert's streak, which is approaching 9000 days, is the longest in the nation. It's the second-longest in the world behind Ron Hill of Great Britain, whose streak will hit 28 years next month.

• Holiday cards designed for runners are available from Mountain Maniac Cards, 203-862-8927. The 5"x7" cards and matching envelopes come in packs of ten for \$12.50.

• **Trivia question:** Who was the first person to run a four-minute mile? (See answer at end of Masters Scene).

## EAST

• From **Cliff Blair** of Massachusetts, hammer and weight thrower who offered to share his "Turn Machine" with NMN readers several months ago: "I operate a one-man business and work hard six days a week from spring till fall and simply haven't had time to put a package together to send out. I will get it done in October and mail them all out in November... What I assumed would be a dozen inquiries now fill an entire file drawer. They come from Cold Bay, Alaska, in the north to Australia in the south and all points in between including countries in the old Soviet Union that I never heard of before."

• **Belinda Saunders**, 41, finished 16th of 3214 runners, with a 19:09, NYRR Women's Race For The Cure 5K, Central Park, September 13. **Anne Davies**, 45, was second W40+ in 19:22. W70+ winner **Althea Wetherbee**, 73, ran a 29:29, which would have placed her first in the W60-64 contest.

• **Albin Swenson**, 45, Wolcott, CT, ran a personal best 15:19.73 in a try for the U.S. M45 track record (15:12), in the Hartford TC 5000, September 16. **Ed Sparkowski**, 37, Simsbury, CT, topped the field with a 14:58.99.

• **Jim Boyle**, 42, Rochester, NY, tenth of 494 finishers, in 1:11:47, and **Peggy Wiltberger**, 40, Buffalo, fourth woman in 1:22:28, hastened to masters firsts in the Sauerkraut 20K, Phelps, NY, August 1. **Ray Kneer**, 50, dogged Boyle much of the race, but youth prevailed. Kneer was second in 1:12:36. Awards for the winners went to the top three or top 10% in each age group, whichever was greater. **George Tillson** was race director.

• **Rob Benedetti** (40, 33:52), second of 530 finishers, and **Marion Browne** (46, 48:23) registered victories over the 40+ candidates in the NYRR Roosevelt Island Fall 10K, NYC, September 19. Top vote getters for best performance included division winners **Witold Bialokur** (57, 38:35) and **John McManus** (69, 42:30).

• **Joseph Nzau**, 40, of Kenya/WY, tripped and sprawled at the 9½-mile but recovered well to place fifth in 63:30 (\$1500), one second ahead of France's **Pierre Levisse**, 40, in the Philadelphia Half-Marathon, September 20. **Priscilla Welch**, 47, of England/CO, finished 13th woman in 78:05 (\$1000), with **Carol McLatchie**, 40, of Texas, trailing in 78:30.

• **Wilson Waigwa**, 43, of Kenya/TX, outlegged the masters field, with an 11th-place 30:01 (\$1000), followed by **Charles McMullen** (41, 30:53), of New York, and **Luis Lopez** (43, 31:03) of Costa Rica, Pittsburgh 10K, September 27. Pennsylvania's **Barbara Filutze**, 46, won the \$1000 for W40+ first, with a 35:52.

• **Ernesto Ayala** (40, 1:17:02) and **Ann Davies** (45, 1:27:02) chalked up 40+ firsts in the NYRR Staten Island Half-Marathon, September 20. **Juan Rivera**, 85, took the M75+ race in 1:53:55, which, if all data is correct, breaks the U.S. M85-89 record by 33 minutes.

• **Joe Kleinerman**, 80, a pioneer of U.S. road racing, was honored at the annual Staten Island AC's awards dinner, September 23. A competitor since his high school days, a respected official, and founder of the NYRR in 1959, Kleinerman, now the coach of the Millrose AA, introduced age-group road racing to America in 1964 in a six-miler. "There was a lot of AAU opposition at the time, but we had the race on Staten Island for 40-year-olds and above. The following week we ran at Van Cortlandt with the same setup." He resumed competitive running a few years ago but has been recently sidelined after a knee replacement operation. Kleinerman hopes to resume running in 1993. Others honored by the SIAC included **Bernie Wright** and **Fran Messina** as masters athletes of the year.

• The Boston Running Club quartet of **Gabe Bernal**, **Chuck Keating**, **Roland Cormier** and **Kirk Randall** combined for a 4x1600 relay on the Boston College track on July 21 in 19:50.2, breaking the old U.S. M50-59 mark of 20:43.6, set by the NY Masters in 1984.

• **Tom Powers** (42, 2:54:04), Newfield, NY, and **Janet Stein** (41, 3:37:43), Conklin, NY, forged masters victories in the Virgil Mt. Madness 21.1 Mile Trail Run, Ithaca, NY, August 16.

## SOUTHEAST

• **John Fredericks**, 44, and **Alba Campbell**, 45, were first in the North American Masters 8K RW Championships, Orlando, FL, September 19. Fredericks of Hollywood, FL, finished in 45:19; Campbell, Orlando, was first of 21 W40+, in 49:32. The event was held in conjunction with *Prevention Magazine's* Health & Fitness Festival in Orlando.

• **Sadot Mendez** (40, 33:08), Hertford, NC, and **Claudia Ciavarella** (43, 37:52), Arlington, Va, each collected \$150 for 40+ firsts in the Sentara Bay Days 10K, Hampton, VA, September 12.

• **Ken Sedberry** (44, 59:19) Bakersville, NC, and **Chris Stockdale** (48, 70:25), Takoma Park, MD, galloped to masters titles in the Greenbelt, MD, 15K, September 6.

## MIDWEST

• **Joe Chadbourne** broke his U.S. M60-64 hammer record (50.28) for the 5kg with a 50.40 in the Wolfpack TC Throwing Classic, Columbus, OH, September 13.

• Midwesterners are seeing a new TV ad for

Cleveland-based Society Bank. Five bankers in business suits walk to the starting line, go to their marks, and begin to hurdle as the announcer drones: "There are many formidable hurdles to financial security." If two of the "bankers" look familiar, it's because they're master hurdlers **John Cosgrove**, 51, and **Fred Niedermeyer**, 52, both of Los Angeles, where the commercial was filmed. "It was hard work," Niedermeyer said. "We hurdled from sun-up to late afternoon in 100-degree heat. As it turns out, the ad is a spoof of rival bank ads. We're even supposed to get paid — someday."

## MID AMERICA

• **Ed Whiteman**, 53, of Louisiana, in 1:21:32, and **Eliza Woodbridge**, W40, of New Mexico, with a 1:27:03, strode to firsts in the North American Masters 15K RW, Albuquerque, September 6.

## SOUTH WEST

• The Tyler 5000 X-Country Classic, U. of Texas-Tyler, September 12, added a new twist to x-country by age-grading the results, as well as maintaining the traditional age-group categories. **Dennis Baker**, 40, second in 17:43, had the best AG time of 16:12. First W40+ **Rhonda Carpenter**, 44, was seventh AG female, with a 26:14 (28:48).

• **Tim Murphy**, Irving, TX, claimed a M70-74 WR for the 100y dash with a 12.16 in the Hill Country Masters Meet, Mason, TX, June 19.

• **Tim Varner** (41, 47:26), Flagstaff, and **Irene Topor** (40, 63:08), Tucson, forged 40+ firsts in the Saguaro National Monument Run (8.03 miles), Tucson, September 7.

## WEST

• **Jan Levet**, 41, logged 68.05 miles for fifth place and female honors in the Pacific Association/TAC Ultra Gran Prix 12-Hour (Wine Country Run For Sight) on the Sonoma H.S. track, September 12-13. **Martin Jones**, 49, was second of 25 finishers, with 72.53 miles, and amassed \$5000 in pledges of the \$15,000 raised to collect and distribute eyeglasses to the poor around the world.

• **Joan Ottaway**, 48, Sausalito, CA, nabbed 40+ age-graded honors with a 36:45 for 92.1%, Monterey Bay 10K, Pacific Grove, CA, September 20. **Joe King**, 66, Alameda, CA, had the second-best performance (91.9%) with a 38:50.

• **Hal Smith**, 56, of Tarzana, CA, who won the M55 shot (13.38m) at this year's Western Regionals, was saluted in the *Los Angeles Times* for his volunteer work with arrested youths. A former wide receiver with the Chicago Cardinals and Oakland Raiders from 1959 to 1962, and now a successful contractor, Smith visited Juvenile Hall in Los Angeles with two other pro footballers — **Tim Brown** (Philadelphia, 60s), and **Reggie Berry** (San Diego 70s). Smith had spent some time in the Hall after bashing his father's head with a rock when he was 12. "He deserved it," Smith said. "He was a drunk who used to beat up by mom." Smith told the youths there are alternatives to being a criminal for



**Charlie Wimberley** (1), 58, of New Orleans, being congratulated for winning the Grandmasters division of the Freedom Mile in 5:01 in Baton Rouge, LA this year. At the nationals in Spokane, Wimberley won the M55 800 (2:15) and placed second in the 1500 (4:41). He won the 1500 and 3000 at the National Indoor meet this year in Columbus, and won the New Orleans Senior Games M55 400 and 800 titles. A four-year track letterman in college, Wimberley gave up running for 24 years before returning as a master. The modest oilfield service company operator said he's "had a good year so far." He only competes in alternate years, using the in-between time for local two-mile and 5K road races. He does twice-a-week speed sessions on the track, coached by **Jim McClatchie**. Photo by **Les Reynolds**

life. "It's a hateful system, but you can't beat it," he told them. "The only thing you can do is join the system — but join on your own terms. Quit listening to the crap people tell you about being tough. The toughest thing you can do is walk away from your homeboys. There's nothing cool about spending your life in jail." Later, Smith said: "Someone once gave me a talk that got me thinking, maybe I can get someone else to think."

• Two masters couples won their division races in the Silver State Races, Reno, NV, August 30. **Fred** (1:29:48) and **Sandra Kiddy** (1:35:55) won in the 50-59 division in the half-marathon, and **Ed** (40:23) and **Judy Hagerman** (45:07) took the 50-59 golds in the 10K.

## NORTHWEST

• **Bob Ray** (40, 33:45), Lincoln City, OR, and **Kate Sharples** (42, 44:40), North Bend, OR, rambled to 40+ wins in the Prefontaine Memorial 10K, September 15, in Coos Bay, OR. Steve Prefontaine's hometown. **Edward McKean-Smith**, 83, Coquille, OR, was the oldest, but not the last, of 648 finishers, in 79:50.

## INTERNATIONAL

• Answer to Trivia Question: Stump your friends with this one. **Derek Ibbotson** ran 4:00.0 in London on September 3, 1958:



Masters hurdlers **John Cosgrove**, center, and **Fred Niedermeyer**, right, filming a commercial for an Ohio bank.

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# schedule

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



December 1-5. 14th Annual TAC Convention, Galt Hotel, Louisville, Ky. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 316/261-0500.

## TRACK & FIELD NATIONAL

March 20-21. TAC/USA National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

August 11-14. 26th TAC/USA National Masters Championships, Provo, Utah. Brigham Young U. Contact: TBA.

### EAST

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

December 13. Philadelphia Masters Indoor Development Meet & Bill Cox 400 dash, Haverford College, Haverford, Pa. 9:30 am. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807.

December 19. Tri-State TC Holiday Indoor Classic, Hagerstown (MD) Junior College. 6 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

January 3. Philadelphia Masters Meet, Kutztown U., Kutztown, Pa. 10:00 a.m. Awards in 55/200/400/800/Tom Robinson mile/4x200/HJ/LJ/SP. Other events for competition only. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

January 8. Dartmouth Relays Masters Meet, Hanover, N.H. Carl Wallin, Athletic Dept., Dartmouth, Hanover, NH 03755. 603/747-2840.

January 16. Brown U. Indoor Invitational T&F Meet. SASE Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (e).

January 17. Philadelphia Masters Meet, Swarthmore College, Swarthmore, Pa. 10:00 a.m. See January 3.

January 31. Boston TC Invitational, Selected masters events. Jim O'Brien, 36 Granville St., Dorchester, MA 02124. 617/282-5537.

### MIDWEST

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

January 9. Midwest Masters T&F Meet, Westwood Sports Complex, Sterling, Ill. Field events 11 a.m., track events 11:30 a.m. Harry Brown, 610 Hillside Ave., Wauconda, IL 60084. 708/526-7686.

### MID-AMERICA

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

January 17. Minnesota Masters-Senior Olympic EM "R" T&F Meet. 1 p.m. Rachel Lyga, 122 63½ NE, Minneapolis, Minn. 612/574-9661.

### WEST

Arizona, California, Hawaii, Nevada

November 14. Long Beach Senior Olympics, Veterans Stadium, Long Beach, Calif. 55+. Long Beach Parks, 2760 Studebaker Rd., Long Beach, CA 90815. 310/421-9431; 3503.

December 5. Throws Series #10, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/479-0202.

### INTERNATIONAL

November 21-22. La Vega International Championships, La Vega, Dominican Republic. Dra. Olga Rocio Cruz, c/Sanchez #102, La Vega, R.D. 809/573-2422/573-4297.

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

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. Overall winners in the masters division are determined by best male and female age-graded marks. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/455-4440.

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.

February 20. TAC/USA National Masters 50 Mile Championships, Houston, Dan Brannen, 40 Witherspoon Ct., Morris Township, N.J. 07960. 201/285-1551.

March 20. TAC/USA National Masters 8K Championships, Virginia Beach. Jerry Bocré, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.



### EAST

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

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

November 21. Syosset 5K Sprint & RW, N.Y. 516/433-0919.

November 26. Manchester 4.78 Mile. Manchester RR, P.O. Box 211, Manchester, CT 06040. 203/649-6456.

December 6. Brian's Run 10K. Brian's Run, P.O. Box 2440, West Chester, PA 19383.

April 19. 97th Boston Marathon. Must meet qualifying times. Deadline March 8. SASE to Boston Athletic Assn., P.O. Box 1993, Hopkinton, MA 01748. 508/435-6905.

### SOUTHEAST

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

November 15. Alzheimer's Half-Marathon, Miami. Florida Masters RR Series. 305/227-1500.

November 15. Watermen's Museum 10 Mile. Masters money. Watermen's Museum, POB 531, Yorktown, VA 23690. 804/887-2641.

November 15. Old Reliable 10K. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602. 919/829-4843.

November 21. Vulcan Run 10K. Birmingham TC, P.O. Box 360044, Birmingham, AL 35236. 206/995-5344.

November 26. T-Day Ten Miler, DeLand, Fla. Florida Masters Series. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

November 26. Jacksonville Half-Marathon. Also 5K. Doug Alred, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/731-3676.

November 26. Atlanta Marathon. Atlanta TC, 3097 E. Shadowlawn Ave. NE, Atlanta, GA 30305. 404/231-9064.

December 5. Citrus Bowl Half-Marathon. Jon Hughes, Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-2425.

December 6. Baby Boomer 10K, Miami. Florida Masters RR Series. 305/227-1500.

December 6. First Tennessee Memphis Marathon. Masters money. Kim Cherry, Box 84, Ste. 1001, Memphis, TN 38101. 800/489-4040, x4726.

December 12. BASF 10 Mile (RRCA Southern Region Championships). Masters money. SASE to BASF Road Race, P.O. Box 98, Dalton, GA 30722. 1-800/652-9964.

December 12. Rocket City Marathon. Harold Tinsley, 8811 Edgemoor Dr., Huntsville, AL 35802. 205/881-9077.

January 9. Charlotte Observer Marathon/10K. \$8500 for M&W40+. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

### MIDWEST

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

November 14. Oak Brook Challenge Cross-Country. TAC Open/Masters Illinois Championships. Illinois TAC, 708/833-7303.

November 15. Ohio TAC Cross-Country Championships, Cincinnati. 8K-M/5K-W. Don Livingston, 7876 Wainwright, Maineville, OH 45039. 513/459-8155.

November 28. Ohio TAC 100K Championships, Toledo. Bill Heminger, 2523 Melva Ct., Toledo, OH 43611. 419/726-4336.

### MID-AMERICA

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

November 22. St. Louis Marathon. Also

## ON TAP FOR NOVEMBER

### TRACK AND FIELD

Slim pickings this month, unless you head to the WAVA Regional Oceania Championships, Norfolk Island, starting on the 30th, or a meet in the Dominican Republic on the 21st. Senior games (55+) activity is slated for Long Beach, Calif. on the 14th, and four Florida sites during the month. Check the U.S. Senior Sports Organization Games schedule published in October.

### LONG DISTANCE RUNNING

As t&f starves, runners can overindulge in four TAC national championships: 5K cross-country, Columbus, 8th; 25K, San Diego, 14th; 8K cross-country, Boston, 21st; and 15K cross-country, Bronx, 29th.

The month opens with a biggie — the NYC Marathon — on the 1st. The schedule for the 8th includes marathons in Orange, Calif., and San Antonio, Texas, and a half-marathon in Long Beach, Calif.

Offerings on the 15th include the Watermen's Museum 10 Mile in Virginia, and the Phoenix 10K in Arizona. The weekend of the 21st-22nd shows the Vulcan 10K in Alabama and Tulsa Marathon on Saturday, and the St. Louis Marathon on Sunday.

The Thanksgiving Day menu lists, among other choices, a marathon in Atlanta, a 10 mile in DeLand, Fla., and a half-marathon in Jacksonville. The Seattle Marathon and the Ohio TAC 100K Championships are set for the 28th.

### RACEWALKING

Events include the MAC 40K Championships, NYC, and a racewalk in the Syosset 5K on Long Island on the 21st, and a one-hour postal walk in New Jersey on the 22nd. □

4M. St. Louis TC, 2385 Hampton Ave., #101, St. Louis, MO 63139. 314/781-3926.

### SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

November 8. San Antonio Marathon. Also 5M. John Purnell, 903 N. St. Mary's St., San Antonio, TX 78215. 512/732-1332; 246-YMCA.

November 21. Tulsa Marathon. John Castillo, 5123 S. Detroit Ave., Tulsa, OK 74105. 918/742-4127.

November 22. Larry Fuselier State Championships 25K, Belle Chase, La. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC; 468-1488. December 6. Dallas White Rock Marathon. WRM, 3607 Oak Lawn, Dallas, TX 75219. 214/526-5318.

Continued on next page



Continued from previous page

December 19. Texas Trail Endurance Run, Huntsville, Texas. 50 mile trail run and trail marathon. Rudy Alvarez, Box 4456, Houston, TX 77210. 713/639-5889 or 800/285-8098.



From l to r: Martin Adamson, M50 (24.75, 200); Martie Behrens, W40 (67.16, 400), and Ray Yeck, M40 (25.04, 200), TAC/Pacific Masters Championships, Los Gatos, Calif.

Photo by Shirley Dietderich

**WEST**

Arizona, California, Hawaii, Nevada

November 7. Santa Barbara Half-Marathon. John Brennan, Box 6616, Santa Barbara, CA 93160. 805/964-2591.

November 8. Veterans Day 10K, Tucson, Ariz. Dave Mellady, 602/792-1450, x6701.

November 8. Long Beach Shoreline Half-Marathon. Michael Braunstein, 21 39th Pl., Long Beach, CA 90803. 310/433-4557.

November 8. Orange County Marathon, Irvine, Calif. Michael Marckx, 567 San Nicholas, Ste. 101, Newport Beach, CA 92660. 714/640-2593.

November 15. Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602/229-1060.

November 29. Run To The Far Side 10K/5K, San Francisco. 415/668-2243.



Javelin sextet from l to r: Phil Fehlen, John Burns, Phil Conley, Turk Markishtum, Don Rose, and Karl Meyer, TAC/Pacific Masters Championships, Los Gatos, Calif., July 13.

Photo by Shirley Dietderich

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.

December 6. San Diego Marathon. Lynn Flanagan, In Motion, 7847 Convoy Ct., Ste. 105, San Diego, CA 92111. 619/268-5882.

December 6. California International Marathon, Sacramento, CIM, P.O. Box 161149, Sacramento, CA 95816. 916/477-2786.

December 13. Honolulu Marathon. HM, 3435 Waialae Ave., #208, Honolulu, HI 96816. 808/734-7200.

December 19. Las Vegas Half-Marathon. Also relay. Bill Callanan, Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269.

January 16. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5417.

January 16. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00/M90 110:00; W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/W70 75:00/W75 90:00/M80 100:00. See Jan. 16 above.

February 6. Las Vegas International Marathon/5-Person Relay/Half-Marathon. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. 702/876-3870.

**NORTHWEST**

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

November 28. Seattle Marathon. P.O. Box 31849, Seattle, WA 98103. 206/547-0885.

**CANADA**

November 1. Canadian Masters AA Club Cross-Country Relay Championships, Toronto. Don Farquharson, 1220 Sheppard Ave. East, Willowdale, Ontario, Canada M2K 2K1.

November 21. Canadian Masters National Cross-Country Championships, Etobicoke, Ontario. Dave McKendrick, P.O. Box 280, Tottenham, Ontario, Canada LOG 1W0. 416/936-4584.

**INTERNATIONAL**

November 7. Rosarito Beach Holiday Runs, Baja California, Mexico. SASE to



In a mixed age-group 400, Val Scott, W30, barely edged Martie Behrens (lane 1), W40, 66.3 to 66.4, to the finish. Shirley Matson (center), 51, set a U.S. single-age record with a 66.5. TAC Western Regional Masters T&F Championships, Hayward, Calif.

Photo by Jerry Wojcik

Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

November 15. BVAF 10K Championships, Barnsley, Yorkshire. Max MacNally, 29 Havercroft Rise, South Hiendley, Barnsley, Yorkshire.

Seminar & 5K (8th). Plantation, Fla. Paul Geyer, P.O. Box 630096, Miami, FL 33163. 305/935-6063.

November 21. MAC 40K Championships, Central Park. Gary Null, P.O. Box 918, Planetarium Station, NY, NY 10024.

November 22. One Hour Postal, Monmouth College, N.J. Shore AC, c/o E. Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.

**RACE WALKING**

November 6-8. Martin Rudow Invitational

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|                  |                   |           |         |
|------------------|-------------------|-----------|---------|
| <b>M30-34</b>    |                   |           |         |
| Jeff Helton      | High Jump         | 6-7       | 6-6-92  |
| <b>M35-39</b>    |                   |           |         |
| James, Perry Jr. | 100M              | 10.81     | 7-11-92 |
|                  | 200M              | 22.85     | 7-11-92 |
| Matt Byrnes      | Shot Put          | 14.76     | 7-11-92 |
| <b>M40-44</b>    |                   |           |         |
| Dale Wilcoxson   | Discus            | 141-11    | 6-28-92 |
| Rob Jackson      | 400M              | 52.98     | 8-1-92  |
| Mike McCracken   | 800M              | 2:05.8    | 8-1-92  |
| John von Rohr    | Shot Put          | 44-10½    | 8-2-92  |
|                  | 35# Weight Hammer | 42-10     | 6-27-92 |
|                  |                   | 152-8     | 8-9-92  |
| <b>M45-49</b>    |                   |           |         |
| Allen McDaniel   | 800M              | 2:11.93   | 6-6-92  |
| Mike Augeri      | 200M              | 25.0      | 5-16-92 |
|                  | Pentathlon        | 2888 pts. | 5-16-92 |
| <b>M50-54</b>    |                   |           |         |
| Richard Soukup   | 100M              | 12.40     | 8-8-92  |
| Walter Cockreham | Javelin           | 143-5¼    | 9-5-92  |

|                  |             |          |         |
|------------------|-------------|----------|---------|
| <b>M55-59</b>    |             |          |         |
| Charles Richard  | Long Jump   | 17-6 3/4 | 6-29-92 |
| Patty Devlin     | Javelin     | 62-4     | 9-20-92 |
| Norm Saucedo     | 800M        | 2:24     | 7-30-92 |
| Everett Hardy    | Discus      | 136-3    | 7-11-92 |
| <b>M60-64</b>    |             |          |         |
| Larry Dickerson  | One Mile    | 5:47.13  | 8-12-92 |
| Rudy Bredenbeck  | Discus      | 132-0    | 7-21-92 |
| James Spitzer    | 1500M RW    | 8:03     | 7-11-92 |
|                  | One Mile RW | 8:08     | 9-6-92  |
| <b>M65-69</b>    |             |          |         |
| Walt Atcheson    | 2000M SC    | 10:17.05 | 8-13-92 |
| Howard MacMillan | 200M        | 29.8     | 2-23-92 |
| <b>M70-74</b>    |             |          |         |
| Charles Mariott  | Discus      | 32.36    | 5-29-92 |
|                  | Javelin     | 34.18    | 5-29-92 |
| Donald Hull      | Long Jump   | 3.65     | 5-16-92 |
|                  | Hammer      | 32.23    | 7-12-92 |

|                  |              |           |         |
|------------------|--------------|-----------|---------|
| <b>M75-79</b>    |              |           |         |
| Fred Praeger     | 100M         | 16.40     | 9-5-92  |
| <b>M40-44</b>    |              |           |         |
| Rene Blenden     | 200M         | 30.03     | 8-1-92  |
|                  | 100M         | 14.53     | 7-25-92 |
| Sandy Maryott    | Shot Put     | 8.9       | 6-13-92 |
| <b>M60-64</b>    |              |           |         |
| Barbara Thompson | 5K           | 25:51     | 6-27-92 |
|                  | 10K          | 39:54     | 3-10-92 |
| Betty Vosburgh   | Hammer       | 23.29     | 6-27-92 |
|                  | Discus       | 21.00     | 6-27-92 |
|                  | Triple Jump  | 25-3¼     | 4-3-92  |
|                  | Weight Throw | 21-8      | 5-2-92  |
|                  | Pentathlon   | 3686 pts. | 2-23-92 |
|                  | Heptathlon   | 5702 pts. | 7-29-92 |
| Melva Murray     | 10K          | 54:33     | 8-8-92  |
| <b>M65-69</b>    |              |           |         |
| Helen Lonroth    | 1500M RW     | 10:24     | 6-5-92  |

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

| Event | MEN   |       |       |       |       |       |       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 |
| 1500  | 6:42  | 6:53  | 7:03  | 7:15  | 7:29  | 7:45  | 8:04  | 8:26  | 8:54  | 9:24  | 9:49  | 10:11 | 10:36 |
| Mile  | 7:12  | 7:24  | 7:36  | 7:49  | 8:04  | 8:21  | 8:41  | 9:18  | 9:42  | 10:30 | 11:48 | 12:36 | 14:03 |
| 3000  | 13:59 | 14:23 | 14:46 | 15:12 | 15:36 | 16:12 | 16:54 | 18:00 | 19:00 | 20:30 | 23:00 | 24:36 | 27:18 |
| 2Mile | 15:04 | 15:30 | 15:54 | 16:24 | 16:54 | 17:30 | 18:12 | 19:24 | 20:27 | 22:06 | 24:48 | 26:30 | 29:24 |
| 5000  | 23:36 | 24:13 | 24:48 | 25:33 | 26:24 | 27:18 | 28:24 | 30:24 | 31:54 | 34:33 | 38:42 | 41:24 | 45:54 |
| 10K   | 48:08 | 49:10 | 50:27 | 51:54 | 53:33 | 55:26 | 59:06 | 63:21 | 66:30 | 70:09 | 78:36 | 84:06 | 93:18 |
| 15K   | 1:12  | 1:14  | 1:16  | 1:19  | 1:23  | 1:27  | 1:31  | 1:35  | 1:40  | 1:47  | 1:58  | 2:10  | 2:22  |
| 20K   | 1:38  | 1:40  | 1:43  | 1:47  | 1:52  | 1:57  | 2:02  | 2:09  | 2:17  | 2:27  | 2:40  | 2:55  | 3:10  |
| 50K   | 4:30  | 4:36  | 5:00  | 5:09  | 5:20  | 5:41  | 5:53  | 6:20  | 6:48  | 7:12  |       |       |       |

| Event | WOMEN |       |       |       |       |       |       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 |
| 1500  | 7:25  | 7:29  | 7:53  | 8:08  | 8:26  | 8:45  | 9:08  | 10:29 | 11:15 | 11:58 | 12:50 | 14:17 | 15:36 |
| Mile  | 8:00  | 8:15  | 8:30  | 8:45  | 9:03  | 9:42  | 10:18 | 11:30 | 12:09 | 12:54 | 13:48 | 15:21 | 16:48 |
| 3000  | 15:30 | 16:00 | 16:30 | 17:00 | 17:33 | 18:48 | 20:06 | 22:12 | 23:33 | 25:00 | 26:48 | 29:48 | 32:36 |
| 2Mile | 16:44 | 17:15 | 17:46 | 18:18 | 18:54 | 20:12 | 21:36 | 24:00 | 25:21 | 26:54 | 28:54 | 32:09 | 35:09 |
| 5000  | 26:13 | 26:56 | 27:42 | 28:33 | 29:36 | 31:33 | 33:48 | 37:30 | 39:36 | 42:06 | 45:09 | 50:18 | 55:12 |
| 10K   | 53:25 | 54:41 | 56:12 | 58:00 | 63:12 | 65:48 | 70:33 | 76:06 | 82:42 | 87:54 | 94:12 | 1:02  | 1:11  |
| 15K   | 1:24  | 1:26  | 1:29  | 1:32  | 1:35  | 1:39  | 1:46  | 1:55  | 2:04  | 2:13  | 2:22  | 2:33  | 2:48  |
| 20K   | 1:54  | 1:57  | 2:01  | 2:05  | 2:09  | 2:14  | 2:23  | 2:34  | 2:47  | 3:00  | 3:13  | 3:38  | 3:47  |
| 50K   | 5:11  | 5:26  | 5:36  | 5:46  | 6:00  | 6:25  | 6:41  | 7:13  |       |       |       |       |       |

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

| Event  | 30-34 | 35-39  | 40-44  | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84  |
|--------|-------|--------|--------|-------|-------|-------|-------|-------|-------|-------|--------|
| 100    | 13.8  | 14.2   | 14.6   | 15.0  | 15.6  | 16.2  | 16.9  | 17.8  | 18.8  | 20.0  | 21.2   |
| 200    | 28.0  | 29.2   | 30.3   | 31.4  | 32.5  | 34.0  | 35.7  | 37.5  | 40.0  | 43.5  | 47.0   |
| 400    | 63.5  | 65.5   | 67.5   | 69.5  | 71.5  | 73.5  | 78.5  | 83.7  | 90.0  | 96.5  | 103.3  |
| 800    | 2:32  | 2:35   | 2:40   | 2:46  | 2:54  | 3:05  | 3:19  | 3:36  | 3:56  | 4:09  | 4:35   |
| 1500   | 5:10  | 5:19   | 5:29   | 5:40  | 5:58  | 6:20  | 6:48  | 7:23  | 8:04  | 8:52  | 9:48   |
| Mile   | 5:34  | 5:44   | 5:55   | 6:07  | 6:26  | 6:49  | 7:19  | 7:46  | 8:47  | 9:39  | 10:45  |
| 5000   | 19:45 | 20:30  | 21:20  | 22:16 | 23:12 | 24:16 | 26:08 | 28:08 | 30:08 | 32:21 | 34:26  |
| 10000  | 41:00 | 42:40  | 44:40  | 47:00 | 49:30 | 52:00 | 56:00 | 60:00 | 66:00 | 76:00 | 86:00  |
| 100H   | 17.2  | 18.2   |        |       |       |       |       |       |       |       |        |
| 80H    |       |        | 15.0   | 15.8  | 16.5  | 17.6  | 18.7  | 20.2  | 22.2  | 25.0  | 28.0   |
| 400H   | 75.5  | 79.9   | 84.4   | 88.8  |       |       |       |       |       |       |        |
| 300H   |       |        |        |       | 66.0  | 72.0  | 79.0  | 87.0  | 96.0  |       |        |
| HJ     | 1.42  | 1.35   | 1.27   | 1.19  | 1.12  | 1.07  | 1.02  | .97   | .92   | .89   | .84    |
|        | 4-8   | 4-5¼   | 4-2    | 3-11  | 3-8   | 3-6¼  | 3-4¼  | 3-2¼  | 3-0¼  | 2-11  | 2-9    |
| LJ     | 5.00  | 4.60   | 4.25   | 3.90  | 3.55  | 3.20  | 2.85  | 2.60  | 2.35  | 2.10  | 2.00   |
|        | 16-5  | 15-1   | 13-11¼ | 12-9¼ | 11-8  | 10-6  | 9-4¼  | 8-6¼  | 7-8¼  | 6-11  | 6-7    |
| TJ     | 10.00 | 9.20   | 8.60   | 7.80  | 7.18  | 6.40  | 5.70  | 5.20  | 4.70  | 4.20  | 3.80   |
|        | 32-10 | 30-2¼  | 28-2¼  | 25-7¼ | 23-7  | 21-0  | 18-8¼ | 17-1  | 15-5  | 13-9¼ | 12-5¼  |
| Shot   | 10.30 | 9.30   | 8.40   | 7.70  | 7.95  | 7.20  | 6.50  | 5.80  | 5.25  | 4.70  | 4.25   |
|        | 33-9¼ | 30-6¼  | 27-7   | 25-3¼ | 26-1  | 23-7¼ | 21-4  | 19-0¼ | 17-3  | 15-5  | 13-11¼ |
| Jav    | 29.50 | 33.50  | 27.50  | 21.50 | 25.00 | 19.00 | 18.00 | 16.00 | 15.00 | 14.00 | 13.50  |
|        | 129-7 | 109-11 | 93-6   | 70-6¼ | 82-0  | 62-4  | 59-1  | 52-6  | 49-2  | 45-11 | 44-4   |
| Discus | 30.0  | 27.8   | 26.0   | 24.0  | 22.0  | 20.0  | 18.0  | 16.0  | 15.0  | 14.0  | 13.5   |
|        | 98-5  | 91-2   | 85-4   | 78-9  | 72-2  | 65-8  | 59-1  | 52-6  | 49-2  | 45-11 | 44-4   |
| Hammer | 35.0  | 32.5   | 30.0   | 25.0  | 23.0  | 22.0  | 20.0  | 18.0  | 14.0  | 12.0  | 9.0    |
|        | 131-3 | 114-10 | 98-5   | 82-0  | 75-6  | 72-2  | 65-8  | 59-1  | 45-11 | 39-5  | 29-7   |
| 20#Wt. | 10.00 | 9.00   | 8.00   | 7.00  | 6.00  | 5.00  | 4.00  | 3.50  | 3.25  | 3.00  | 2.75   |

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

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 100   | 11.0  | 11.33 | 11.67 | 12.0  | 12.5  | 13.0  | 13.5  | 14.0  | 15.0  | 16.5  | 18.0  | 20.0  |
| 200   | 22.4  | 23.3  | 24.2  | 25.1  | 26.0  | 27.2  | 28.5  | 29.8  | 32.4  | 35.8  | 39.8  | 44.0  |
| 400   | 51.0  | 52.5  | 54.0  | 56.0  | 58.5  | 61.5  | 65.0  | 70.0  | 76.5  | 84.5  | 94.0  | 105.0 |
| 800   | 2:01  | 2:04  | 2:08  | 2:13  | 2:19  | 2:27  | 2:37  | 2:49  | 3:06  | 3:27  | 3:54  | 4:24  |
| 1500  | 4:11  | 4:15  | 4:22  | 4:32  | 4:45  | 5:02  | 5:24  | 5:47  | 6:22  | 7:03  | 7:59  | 9:15  |
| Mile  | 4:31  | 4:35  | 4:42  | 4:53  | 5:07  | 5:25  | 5:49  | 6:14  | 6:51  | 7:38  | 8:42  | 10:17 |
| 5000  | 15:30 | 15:42 | 16:06 | 16:44 | 17:30 | 18:24 | 19:36 | 21:08 | 23:30 | 26:00 | 29:00 | 37:30 |
| 10000 | 32:11 | 32:35 | 33:30 | 34:45 | 36:15 | 38:10 | 40:30 | 44:15 | 48:30 | 54:30 | 61:15 | 69:30 |
| 110H  | 15.3  | 16.4  | 17.75 | 18.75 |       |       |       |       |       |       |       |       |
| 100H  |       |       |       |       | 18.0  | 19.0  | 20.0  | 21.3  |       |       |       |       |
| 80H   |       |       |       |       |       |       |       |       | 18.0  | 21.0  | 25.0  | 30.0  |
| 400H  | 57.6  | 59.7  | 62.0  | 64.4  | 67.2  | 70.6  |       |       |       |       |       |       |
| 300H  |       |       |       |       | 48.0  | 51.0  | 55.0  | 60.0  | 66.5  | 74.5  | 84.0  | 95.0  |
| 3K-SC | 10:00 | 10:20 | 10:55 | 11:40 | 12:30 | 13:20 |       |       |       |       |       |       |
| 2K-SC |       |       |       |       |       |       | 9:30  | 10:30 | 12:00 | 14:00 | 16:30 | 19:30 |
| HJ    | 1.94  | 1.85  | 1.76  | 1.68  | 1.59  | 1.50  | 1.41  | 1.32  | 1.23  | 1.13  | 1.02  | .92   |
|       | 6-4¼  | 6-3¾  | 5-9¼  | 5-6   | 5-2¼  | 4-11  | 4-7¼  | 4-4   | 4-¼   | 3-8   | 3-4   | 3-1   |
| PV    | 4.40  | 4.15  | 3.90  | 3.60  | 3.30  | 3.05  | 2.80  | 2.55  | 2.30  | 2.05  | 1.80  | 1.50  |
|       | 14-5¼ | 13-7¼ | 12-9¼ | 11-9¼ | 10-10 | 10-0  | 9-2¼  | 8-4¼  | 7-6¼  | 6-8¼  | 5-11  | 4-11  |
| LJ    | 6.55  | 6.20  | 5.85  | 5.45  |       |       |       |       |       |       |       |       |



# 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  
56-Pound Weight Throw  
Championship  
Greenville, SC; October 3

### 56-Pound Weight

|                   |      |
|-------------------|------|
| M30 C. Klehm      | 5.18 |
| M35 J. Baty       | 8.59 |
| M40 R. Baker      | 9.29 |
| M45 G. Mathews    | 9.00 |
| L.B. Clayton      | 6.80 |
| M50 D. Bloomfield | 8.33 |
| M. Valle          | 6.68 |
| M55 T. Twomey     | 7.22 |
| M60 P. Carstensen | 6.48 |
| L. Olson          | 6.13 |
| T. Bartenfeld     | 4.70 |
| N. Curran         | 4.15 |
| B. Patrick        | 3.98 |
| M65 C. Sampson    | 6.36 |
| D. Bergenback     | 4.40 |
| M70 T. McDermott  | 4.58 |
| M80 G. Powell     | 2.89 |
| M85 D. Bloomfield | 2.89 |

### 35-Pound Weight

|                   |       |
|-------------------|-------|
| M30 C. Klehm      | 7.41  |
| M35 J. Baty       | 13.61 |
| M40 R. Baker      | 12.97 |
| M45 G. Mathews    | 13.51 |
| L.B. Clayton      | 10.45 |
| M50 D. Bloomfield | 11.91 |
| M. Valle          | 10.22 |
| M55 T. Twomey     | 11.36 |
| M60 L. Olson      | 10.55 |
| P. Carstensen     | 9.26  |
| N. Curran         | 6.82  |
| T. Bartenfeld     | 6.72  |
| B. Patrick        | 6.10  |
| M65 C. Sampson    | 9.22  |
| D. Bergenback     | 8.34  |
| M70 T. McDermott  | 7.65  |
| M80 N. Powell     | 4.70  |
| M85 G. Powell     | 5.68  |

### 25-Pound Weight

|                   |       |
|-------------------|-------|
| M30 C. Klehm      | 9.47  |
| M35 J. Baty       | 16.34 |
| M40 R. Baker      | 15.63 |
| M45 G. Mathews    | 17.00 |
| L.B. Clayton      | 12.63 |
| M50 D. Bloomfield | 14.88 |
| M. Valle          | 12.83 |
| M55 T. Twomey     | 14.94 |
| M60 P. Carstensen | 12.83 |
| L. Olson          | 12.72 |
| T. Bartenfeld     | 9.08  |
| N. Curran         | 8.60  |
| B. Patrick        | 7.66  |
| M65 C. Sampson    | 12.60 |
| D. Bergenback     | 10.84 |
| M70 T. McDermott  | 10.47 |
| 80 G. Powell      | 6.11  |

### 20-Pound Weight

|                   |      |
|-------------------|------|
| M50 B. Bloomfield | 7.45 |
|-------------------|------|

### 16-Pound Weight

|                   |      |
|-------------------|------|
| M50 B. Bloomfield | 9.85 |
|-------------------|------|

### Shot Put

|                   |       |
|-------------------|-------|
| M30 C. Klehm      | 8.72  |
| M35 J. Baty       | 12.71 |
| M40 R. Baker      | 12.18 |
| M45 G. Mathews    | 11.28 |
| L.B. Clayton      | 11.13 |
| M50 M. Valle      | 11.68 |
| D. Bloomfield     | 8.71  |
| L. Olson          | 12.71 |
| P. Carstensen     | 11.34 |
| N. Curran         | 10.09 |
| B. Patrick        | 9.42  |
| M60 B. Bloomfield | 7.69  |

## EAST

TAC/USA Eastern Regional  
Masters Championships  
Randall's Island, NYC  
August 1

### Men's 100 Meters

|                 |               |
|-----------------|---------------|
| RICH BIAGIONI   | NJS 33 11.10  |
| FRED FEASTER    | NJ 32 11.20   |
| MILES VAUGHN    | UN 34 11.40   |
| DC. MILLER      | UN 31 11.80   |
| DON MC NEILL    | NJS 35 12.05  |
| WILLIAM VAUGHN  | PE 39 12.06   |
| KEN BAHERSHEJ   | GSAC 37 12.86 |
| ROCKDALE HUDSON | GSAC 38 13.01 |
| TED DANER       | NYS 37 13.50  |
| JOE HACK        | PE 42 11.89   |
| ROD JACKSON     | NYP 42 12.33  |
| PHIL FELTON     | IM 43 12.34   |
| WILLIAM CORSEY  | UN 43 12.43   |
| JOHN BURKH      | IM 42 13.43   |

|                |               |
|----------------|---------------|
| JOSEPH JOHNSON | NJ 47 11.84   |
| LLOYD HART     | SC 48 12.00   |
| PAUL HENRY     | GSAC 47 12.17 |
| MIKE AIGERI    | UN 45 12.33   |

|              |               |
|--------------|---------------|
| GENE BALLARD | NYP 50 12.58  |
| JULIO MARIN  | NISC 50 13.19 |
| BOB O'BRIEN  | GSAC 52 13.87 |

|              |             |
|--------------|-------------|
| ALEX JOHNSON | UN 59 13.45 |
| JOE HEIJER   | UN 57 13.77 |

|                |               |
|----------------|---------------|
| BOSS MITCHELL  | CA 63 13.61   |
| ED COX         | SC 64 13.67   |
| JACK LANCE     | GSAC 62 14.58 |
| CHANNY K GHOSE | SRI 61 14.59  |
| TOM MC CONROKE | NYS 60 14.97  |

|                |              |
|----------------|--------------|
| MAURICE LEHNER | NYM 66 17.58 |
|----------------|--------------|

|             |             |
|-------------|-------------|
| ED MATTHEWS | IM 72 15.00 |
| KEN JACK    | NY 71 14.64 |

|              |             |
|--------------|-------------|
| CLAUDE HILLS | IM 80 17.88 |
|--------------|-------------|

|               |              |
|---------------|--------------|
| FRED FEASTER  | NJ 32 23.19  |
| RICH BIAGIONI | NJS 33 23.34 |

|                 |               |
|-----------------|---------------|
| JAMES EASTER    | UN 37 23.85   |
| LOU MC NEILL    | NJS 35 24.10  |
| ROCKDALE HUDSON | GSAC 38 26.52 |

|                   |              |
|-------------------|--------------|
| ERROL LEE         | NJ 42 25.02  |
| PHIL FELTON       | IM 43 25.26  |
| VIRENDRA GAUTHIER | SRI 40 28.03 |

|                |               |
|----------------|---------------|
| JOSEPH JOHNSON | NJ 47 23.59   |
| KEN BRINKER    | GSAC 45 23.64 |
| PAUL HENRY     | GSAC 47 25.28 |
| MIKE AIGERI    | UN 45 UN*     |

|             |               |
|-------------|---------------|
| JULIO MARIN | NISC 50 27.26 |
|-------------|---------------|

|                 |              |
|-----------------|--------------|
| CLIFF PAULING   | CPC 57 27.24 |
| JOE HEIJER      | IM 57 27.64  |
| ALEX JOHNSON    | UN 59 27.68  |
| HILLIP PLANT    | NYP 56 29.01 |
| DOUGLAS ALBERTS | IM 57 30.02  |

|                |               |
|----------------|---------------|
| ED COX         | SC 64 28.51   |
| BOSS MITCHELL  | CA 63 28.65   |
| JACK LANCE     | GSAC 62 30.19 |
| CHANNY K GHOSE | SRI 61 30.91  |

|             |              |
|-------------|--------------|
| ED MATTHEWS | IM 72 29.38  |
| KEN JACK    | NYP 71 29.74 |

|               |              |
|---------------|--------------|
| JAMES EASTER  | UN 37 52.26  |
| ROBERT WALKER | CPC 39 53.00 |
| KERRIT HUMMEL | UN 38 55.16  |
| TERRY LEANESS | UN 36 58.19  |

|               |              |
|---------------|--------------|
| ROD JACKSON   | NYP 42 53.31 |
| PHIL FELTON   | IM 43 54.54  |
| MICHAEL BLAKE | CPC 42 57.62 |

|             |               |
|-------------|---------------|
| KEN BRINKER | GSAC 45 52.42 |
| LLOYD HART  | UN 48 52.88   |
| PAUL HENRY  | GSAC 47 55.97 |
| JOHN KUH    | SAC 48 59.31  |

|             |               |
|-------------|---------------|
| BOB O'BRIEN | GSAC 52 60.33 |
| DAN HANMER  | UN 52 61.87   |

|                 |               |
|-----------------|---------------|
| CLIFF PAULING   | CPC 57 60.86  |
| IRWIN BERNSTEIN | GSAC 59 62.06 |
| HILLIP PLANT    | NYP 56 67.29  |

|                |             |
|----------------|-------------|
| ARNOLD HEARDON | UN 62 71.54 |
|----------------|-------------|

|                 |                |
|-----------------|----------------|
| LEWIS JEFFERSON | NYP 30 2:06.25 |
| JEFFREY JOHNSON | CPC 34 2:10.68 |

|               |                |
|---------------|----------------|
| ROBERT WALKER | CPC 39 2:03.52 |
| TERRY LEANESS | UN 37 2:17.29  |

|                   |                |
|-------------------|----------------|
| VIRENDRA GAUTHIER | SRI 40 2:07.53 |
| MICHAEL BLAKE     | CPC 42 2:09.46 |

|                   |                |
|-------------------|----------------|
| HARRY NOLAN       | SAC 45 2:05.97 |
| HARRIS HEIDELBERG | UN 47 2:06.52  |
| JOHN KUH          | SAC 48 2:15.87 |
| SALIM TALIB       | UN 47 2:27.65  |

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| DAN HANMER | CPC 52 2:18.00 |
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| CLIFF PAULING   | CPC 57 2:20.67  |
| IRWIN BERNSTEIN | GSAC 59 2:30.53 |

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| ARNOLD HEARDON | UN 62 2:46.65 |
| JOE KEIRAN     | NYM 62 UN*    |

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| JOHN MC MANUS | HR 69 2:42.54 |
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| WILLIAM BURSON | NYM 73 3:17.91 |
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| CLIFF PAULING   | CPC 57 2:20.67  |
| IRWIN BERNSTEIN | GSAC 59 2:30.53 |

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| ARNOLD HEARDON | UN 62 2:46.65 |
| JOE KEIRAN     | NYM 62 UN*    |

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| JOHN MC MANUS | HR 69 2:42.54 |
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| WILLIAM BURSON | NYM 73 3:17.91 |
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| LEWIS JEFFERSON | NYP 30 4:25.40 |
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| MILES VAUGHN | UN 36 4:17.52 |
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| HARRY NOLAN     | SAC 45 4:19.76 |
| JOSEPH BURLESON | HTC 45 5:09.02 |

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| JOHN MC MANUS | HR 69 5:34.49 |
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| RICK PIESCHIEL   | CPC 40 16:03.19 |
| HANSJOSEF THIELE | CPC 40 17:25.62 |
| ROBERT CAPLIN    | SS 42 18:21.87  |

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| SALIM TALIB | UN 47 22:55.00 |
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| STAN EDELSON    | SAC 51 18:27.25 |
| GILBERT MACKLIN | UN 52 26:36.81  |

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| DES MARGERSON | NYP 66 24:18.92 |
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| KEN BRINKER | SAC 45 15.72 |
| BARRY KLINE | UN 52 17.13  |

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| DOUGLAS ALBERTS | IM 57 17.27  |
| RALPH BARCOTE   | NYM 58 24.14 |
| LARRY PRATT     | NJM 60 19.38 |

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| BILL THURSHAD | SC 65 19.83 |
| BOB MORGAN    | UN 71 15.71 |

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| DOUGLAS ALBERTS | IM 57 74.31  |
| RALPH BARCOTE   | NYM 58 90.18 |
| LARRY PRATT     | NJM 60 51.96 |

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| DOUGLAS ALBERTS | IM 57 74.31  |
| RALPH BARCOTE   | NYM 58 90.18 |
| LARRY PRATT     | NJM 60 51.96 |

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| DARRY KLINE | UN 52 70.73 |
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| DOUGLAS ALBERTS | IM 57 74.31  |
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| RALPH BARCOTE   | NYM 58 90.18 |
| LARRY PRATT     | NJM 60 51.96 |

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| HAIG BOUTIGIAN | NYM 56 9.20  |
| MORTON HAN     | GSAC 56 6.36 |

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| JACK LANCE        | GSAC 62 8.92 |
| QUINTO BIAGIONI   | IM 62 8.57   |
| CHARLES STEVENSON | UN 62 8.57   |

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| BILL THURSHAD | SC 65 8.6 |
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| ED MATTHEWS     | SC 70 9.6   |
| ED MATTHEWS     | IM 72 8.11  |
| HILJAR SAARESTE | AME 70 7.61 |

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| CLAUDE HILLS | IM 80 6.82 |
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| WILLIAM WOLVERTON | SAC 35 14.35  |
| JOHN KALNAS       | GSAC 36 11.36 |

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| RICH KALNAS   | GSAC 40 12.80 |
| RICH DUNNIN   | GSAC 44 11.96 |
| MIKE KALNAS   | GSAC 41 10.24 |
| RICHARD SMITH | UN 43 9.26    |
| STEVE BUDIVAS | NYM 44 8.51   |

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| PAUL HENRY     | UN 47 11.10   |
| NORM CYRUS     | NYAC 50 11.53 |
| BRIAN MC KEENA | NYM 51 11.05  |
| JOHN BRONSTEIN | GSAC 54 10.15 |
| DOUGLAS POWER  | UN 50 10.12   |
| JULIO MARIN    | UN 50 9.70    |
| JERRY SULLIVAN | GSAC 52 9.01  |
| JOHN HUGGINS   | UN 52 8.77    |

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| RICHARD DEERE  | UN 55 12.21  |
| MARTIN KINTISH | NYM 59 10.55 |
| KURT KRASTIN   | NYM 57 9.91  |

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| RAY FEICK        | IM 60 12.26 |
| RICHARD HOLLOWAY | SC 62 10.96 |
| JOHN PAVACIC     | NM 61 9.61  |



Continued from previous page

3000m Open M 1 Kathy Kanes 30 11:40
5000m Open M 1 Gerry Clapper 31:14.43
M27-34 Mike Sterling 31 15:53
M35-44 M Pointer 36 16:28
M45+ C Villeneuz 46 17:13
Open W 4 C Zimmerman 33 20:21
Short Hurdles Open M 1 L. Jeremiah 30 15.42
Long Jump Open M 5 Rick Cook 41 16-4
Shot Put Open M 3 Bob Feeny 39 33-7

Potomac Valley Seniors TC Meet Alexandria, VA August 23

100m M30 Ivan Jordan 30 10.9
M40 Melvin Fields 47 11.9
M50 Larry Colbert 55 12.7
M60 Joel Holman 62 14.5
W30 Marg Zalenska 32 14.4
W70 Carla Convery 72 20.4
200m M30 Ivan Jordan 30 22.6
M40 Melvin Fields 47 24.0
M50 Larry Colbert 55 25.3
M60 Joel Holman 62 29.6
M70 Ed Matthews 72 29.7
W30 Lynn Davis 36 30.6
W40 Jillian Kelly 45 32.7
W70 Carla Convery 72 48.8
400m M40 Melvin Fields 47 54.8
M50 Larry Colbert 55 55.4
W30 Lynn Davis 36 68.0
800m M30 Clint Kiser 30 1:59.4
M40 A Elmehdaoui 43 2:05.8
W30 Valerie Meyer 34 2:45.9

One Mile M30 C Chaudhari 31 4:36.1
M40 Jim Moreland 40 4:53.7
M50 Jim Derham 50 5:38.5
M60 Chester Salkind 61 8:10.4
W40 Evelyn Holst 45 6:26.3
3000m M30 Ted Poulos 30 9:49.4
M40 Jim Moreland 40 10:10.8
M50 Al Morris 50 11:15.4

Short Hurdles M60 John Martin 65 20.8
High Jump M60 John Martin 65 3-10
Long Jump M30 Nathan Lewis 33 17-1
M40 Fat Crandall 41 16-6
M60 Mark Richards 62 12-4
W30 Marg Zalenska 32 13-3
W70 Carla Convery 72 6-10
Shot Put M30 Ron Shekels 34 43-11
M40 Phil Ochs 40 35-2 1/2
M50 Phil Scudieri 56 35- 1/2
M60 Ned Curran 63 32-4 1/2
W30 Pat Brown 39 20-7
W50 Sharon Good 59 19-6
W60 Cesarina Olschner 67 16-7
W70 B Kleinschmidt 70 18-9 1/2

Discus M30 Ron Shekels 34 142-6
M40 Eric Gyaki 43 67-3
M50 Phil Scudieri 56 130-11
M60 Ned Curran 63 87-5
M80 Clarence Larson 82 51-8
W30 Pat Brown 39 56-9
W50 Sharon Good 59 45-4
W60 Cesarina Olschner 65 38-2
W70 B Kleinschmidt 70 47-2
Javelin M40 Russ White 48 184-5
M50 Phil Scudieri 56 127-6
M60 Mark Richards 62 111-6
M80 Clarence Larson 82 51-8
W30 Pat Brown 39 56-9
W50 Sharon Good 59 45-4
W60 C Olschner 65 38-2
W70 B Kleinschmidt 70 47-2

One Mile Racewalk M30 Ed Goldstein 34 10:16.7
M60 Joel Holman 62 10:22.7
M70 John Dunaway 70 10:33.9
M80 Clarence Larson 82 13:25.2
W30 Valerie Meyer 34 9:00.1
W70 Mary Lathram 77 12:27.3
3000m Racewalk W40 Ron Clarke 45 17:05.8
M70 John Dunaway 70 21:47.3
W30 Valerie Meyer 34 18:28.0

Don Harris Memorial Meet Wynnewood, PA August 30

100m M30 Tim Street 11.29
Remo Biagoni 11.43
Darryl McMillan 11.83
Terry O'Connell 12.19
Ken Rouse 12.20
Brad Kell 12.63
M35 Barry Staton 11.45
Don McNeill 11.58
Ernest Moody 12.58
Rockdale Hudson 12.72

James Easter 12.72
Bobby Bennett 12.82
Jack Mroz 13.45
M40 Bob Bowen 11.83
William Corsey 12.13
Clarence Curry 12.26
Phil Felton 12.29
Karl Castor 12.49
Woody Disharoon 12.51
Dana Harrell 12.81
Charles Pleasant 12.84
John Clay 15.55
M45 Joe Johnson 11.65
Melvin Fields 11.81
Mike Augeri 12.12
Tim Dickens 12.95
Michael Paul 18.02
M50 Dick Ocker 12.86
Tom Hartman 13.29
M55 Larry Colbert 12.63
Horace Stephens 14.63
M60 Bob Keegan 12.90
Jim Stookey 13.21
Ed Cox 13.36
Jack Lance 14.19
Giorgio Chiavelli 14.62
Bill Bergen 14.86
Phil McCloskey 14.92
M65 Oscar Harris 14.52
Rudy Valentine 14.65
Walker Pierson 15.12
Albert Hedrick 19.09
M70 Ed Matthews 14.34
M75 Francisco Colon 14.66
Gilberto Gonzalez 16.16
Garfield Schoener 16.50
W30 Louise Clark 12.93
Lisa Lockley 13.30
W35 Marcia Hulse 13.20
W40 Jennifer Pinto 13.64
W50 Barbara Stewart 15.54

200m M30 Fred Feaster 22.86
Remo Biagoni 22.8h
Tim Street 23.36
Darryl McMillan 24.29
Terry O'Connell 24.79
Ken Rouse 25.00
Frank Makozy 25.10
Jim Craig 27.00
M35 James Easter 23.16
Don McNeill 23.50
Larry Schworer 23.90
Tony Natale 25.00
Garry Crawford 25.03
Rockdale Hudson 26.37
Bobby Bennett 26.44
Ernest Moody 26.51
Barry Staton 27.47
M40 Bob Bowen 23.6
Greg Florant 24.0
Errol Lee 24.3
Phil Felton 24.3
Clarence Curry 24.9
Charles Pleasant 26.4
Dana Harrell 26.7
M45 Joe Johnson 23.0
Ken Brinker 23.2
Ron Johnson 23.9
Bob Ihne 25.6
M50 Dick Ocker 26.5
Tom Hartman 27.6
Lawrence Suid 32.1
M55 Larry Colbert 25.5
Vince Ruffin 28.3
Phil Plant 29.4
Bob Hassenger 32.3
Ed Cox 32.0
Bob Keegan 28.5
Jack Lance 29.8
Giorgio Chiavelli 30.0
Bill Bergen 30.4
M65 Rudy Valentine 29.1
Oscar Harris 31.6
Bud McGarvey 34.9
M70 Ed Matthews 29.4
George Blyn 40.0
M75 Gilberto Gonzalez 32.3
W30 Louise Clark 26.8
Emily Sims 35.8
W35 Marcia Hulse 32.6
Mia Lentz 32.6
W40 Jennifer Pinto 27.9

400m M30 Fred Feaster 55.0
Terry O'Connell 56.3
Pat Shannon 56.7
M35 James Easter 52.5
Garry Crawford 52.6
Larry Schworer 54.7
Tony Natale 55.5
Jack Mroz 1:02.3
M40 Bob Bowen 54.4
Phil Felton 54.8
Karl Castor 54.9
Greg Florant 55.1
Bill Bixler 58.2
John Clay 1:16.4
M45 Ken Brinker 53.2
Melvin Fields 53.8
Bob Ihne 57.1
Tim Dickens 59.3
Mike Augeri 1:01.1
Rab Hagin 1:03.2
M50 Jim Donohue 1:02.05
Barry Kline 1:03.32
Tom Hartman 1:04.22
M55 Larry Colbert 59.11
M60 Gordon Seifert 1:04.03

M65 Rudy Valentine 1:08.9
Oscar Harris 1:14.2
Bob Parsons 1:14.3
Jerry Nolan 1:25.4
Marvin Levy 2:21.1
W30 Louise Clark 1:04.1
W40 Jennifer Pinto 1:04.7
W45 Sue Green 1:28.1
W50 Ronni Levy 1:41.6
800m M30 Jerry O'Brien 2:26.6
M35 James Pryde 2:02.6
Miller Allen 2:10.9
Dallas Jacobs 2:11.6
Warren Fisher 2:11.8
Rissa Patton 2:17.2
Steffen Knight 2:19.9
Tony Natale 2:34.8
M40 Karl Castor 2:12.78
Denny Mellish 2:14.75
Ben Draper 2:15.46
Jim Yester 2:23.46
M50 Dennis Pennenga 2:16.21
Jim Donohue 2:20.92
Larry Harvey 2:25.19
Robert Ross 2:39.77
M55 Robert Evan 2:43.40
M65 Marvin Levy 5:08.12
M70 George Blyn 3:32.12
W30 Maureen Doherty 3:39.30
W35 Maureen Fazio 2:36.23
W40 Diane McManus 3:23.75
1500m M30 Juven. Rodriguez 5:07.76
M35 James Pryde 4:10.14
Russ Patton 4:33.99
Ed Murphy 4:37.50
Dallas Jacobs 4:41.00
M40 Denny Mellish 4:30.47
Fred Dedrick 4:45.21
Russell Floyd 5:08.57
M50 Jim Donohue 4:52.72
Bill Preston 5:47.21
M65 Luther Burdelle 5:38.38
Jerry Nolan 6:36.30
M70 George Blyn 6:42.87
W30 Diane Shannon 5:40.68
Kathy Harte 6:13.88
Maureen Doherty 7:24.62
W35 Neysa Westman 6:04.37
Mia Lentz 6:09.31
W40 Loretta McCarthy 5:27.87
Diane McManus 6:35.60
W45 Sue Green 6:54.35
W50 Ronni Levy 6:47.68
3000m M30 Joe Wesolowski 8:56.6
Larry Rechtin 9:20.4
Mike Ruggio 9:35.7
Dan Newman 10:28.6
Tom Yunker 10:57.4
Juv. Rodriguez 11:15.0
Sergio Ortiz 11:53.0
Brad Kell 12:58.0
M35 Ed Murphy 10:07.8
Don Wisniewski 10:19.0
M40 Frank Goldcamp 10:43.3
Larry Hart 10:55.0
Bruce Kiesel 11:27.8
K. Mecklenborg 11:46.8
M45 Lou Coppens 10:43.8
Bill Cooper 11:02.0
M55 Bob Evan 12:59.0
M60 Don Teague 13:06.4
M65 Jerry Nolan 14:40.9
M70 George Blyn 14:39.8
W30 Kathy Harte 14:43.2

high jump (feet/inches) M30 Mike Pascuzzo 6-10
M35 Barry Staton 5-4
M40 Richard Sobel 5-2
William Corsey 5-0
Rob Schaible 5-0
Ivan Black 5-0
Ed Laurelli 4-10
Woody Disharoon 4-10
M45 Jan Decker 4-8
M50 Barry Kline 5-2
M55 Vince Ruffin 4-4
Morton Hahn 4-0
M60 Gordon Seifert 4-10
Lawrence Pratt 4-3
Paul Sorapar 4-2
Bill Bergen 4-0
Mark Richards 3-10
Art Harris 3-10
M70 Ed Lukens 4-2
M75 Francisco Colon 4-0
Gilberto Gonzalez 3-6
Bob Detweiler 3-0
M80 Claude Hills 3-8
W30 Julie Wiedis 3-8
W35 Mary Ellen Malloy 4-0
W45 Michael Hill 4-4
Johnnie Hill-Hudgins 4-2
W50 Barbara Stewart 3-10

pole vault (feet/inches) M30 Theodore Sloan 13-6
Chad Carmack n.h.
M40 Ken Kring 12-2
Rich Holmes 10-6
M45 Jim Corrigan 9-0
Jan Decker 9-0
M60 George Taylor 5-5
M65 Jack Doorlay 7-6
M75 Gilberto Gonzalez 5-5
W50 Barbara Stewart 5-8

long jump (in meters) M30 Remo Biagoni 5.86
Eric Longfield 5.65
Brad Kell 5.44
M35 Barry Staton 6.44
Rockdale Hudson 4.96
M40 William Corsey 5.50
Dana Harrell 5.50
Ivan Black 5.15
Woody Disharoon 5.11
Ed Laurelli 5.00
Richard Ryan 4.76
Joel Westman 4.49
M45 Joe Johnson 5.74
Mike Augeri 4.81
Jan Decker 4.47
Palmer Sweet 4.35
Michael Paul 2.75
M55 Vince Ruffin 4.66
Horace Stephens 4.11
M60 Jim Stookey 4.69
Tom Delany 4.24
Jack Lance 3.94
Giorgio Chiavelli 3.73
Paul Sorapar 3.51
George Taylor 3.49
Mark Richards 3.27
Ed Lukens 3.99
Oscar Harris 3.91
Jack Doorlay 3.80
M70 Ed Lukens 4.30
Ed Matthews 3.86
Hillar Saareste 3.61
John McCarthy 2.87
M75 Francisco Colon 3.81
W30 Julie Wiedis 3.55
W35 Patricia Brown 3.27
W45 Michael Hill 4.04
W50 Barbara Stewart 3.55
W70 Libby Hagemann 2.49

triple jump (in meters) M30 Frank Makozy 11.74
M40 Ivan Black 11.70
Ken Kring 11.37
Ed Laurelli 9.73
Richard Ryan 9.50
M50 Nate Byrd 8.62
M55 Morton Hahn 6.92
M60 Jack Lance 8.23
Paul Sorapar 7.40
George Taylor 6.48
M65 Bill Townsend 8.67
M70 Ed Lukens 9.47
Ed Matthews 8.07
Hillar Saareste 7.47
M75 Gilberto Gonzalez 5.84
M80 Claude Hills 6.13
W50 Barbara Stewart 6.78
W70 Libby Hagemann 5.10

shotput (in meters) M30 Warren Taylor 15.71
Al Russo 12.32
Joseph Lava 12.02
Eric Longfield 11.64
Chad Carmack 11.09
M35 William Wolverton 15.10
John Kalnas 11.08
Nick Helfrich 9.95
M40 Henry Kalnas 12.33
Rich Dunphy 12.07
Woody Disharoon 9.80
Mike Kalnas 9.77
Joel Westman 9.71
Dick Lentz 8.51

80m hurdles M70 Ed Lukens 14.39
W45 Michael Hill 14.69
100m hurdles M60 Lawrence Pratt 17.11
Bill Townsend 19.75
Mark Richards 21.05
George Taylor 24.44
110m hurdles (39") M30 Frank Makozy 17.40
M35 Ken Scupp 19.36
M40 Gene Hoffman 17.45
Ivan Black 19.52
M45 Ken Brinker 15.25
110m hurdles (42") M50 Barry Kline 20.05
300m hurdles M35 Ken Scupp 47.39
M40 Gene Hoffman 46.09
Ivan Black 47.09
Bill Bixler 47.36
M60 Lawrence Pratt 53.3
Mark Richards 58.4
George Taylor 1:09.9
M80 Claude Hills 1:11.9
W35 Mary E. Malloy 56.3

M45 Joe Kalnas 11.01
Terry Shuman 10.85
Palmer Sweet 10.68
Frank Monroe 9.70
Edward Fox 9.54
M50 Paul Morrone 13.00
Glen Johnson 12.24
Jai Singh 10.23
John Bronstein 9.75
John Hudgins 7.91
M60 Len Olson 13.32
Ray Feick 12.72
Pay Carstensen 11.61
Richard Holloway 11.32
Paul Sorapar 10.13
Giorgio Chiavelli 8.98
Bill Bergen 8.72
Art Harris 8.60
M70 Paul Eberhardinger 7.46
M75 Francisco Colon 9.78
Eugene Wood 8.92
Gilberto Gonzalez 8.90
Herman Hand 7.88
Bob Detweiler 6.61
W30 Emily Sims 5.21
W35 Neysa Westman 7.02
Patricia Brown 6.58
W40 Skipper Clark 7.69
Marianne Winters 6.91
W45 Johnnie Hill-Hudgins 9.60
Joyce Barnes 6.78
W50 Barbara Stewart 7.10
W55 Anne Cirulnick 9.08
Sharon Good 5.68
W70 Libby Hagemann 7.58

discus (in meters) M30 Warren Taylor 44.68
Greg Gassner 38.76
Eric Longfield 34.54
Al Russo 33.68
M35 John Kalnas 37.96
Tom Talbot 37.40
William Wolverton 35.18
M40 Tim Williams 42.34
Mike Kalnas 37.40
Dick McMullin 36.42
Rich Dunphy 33.30
Dennis Chandler 29.44
Woody Disharoon 28.78
Mike Sherrill 26.76
Joel Westman 26.72
Dick Lentz 25.82
M45 John Abbott 38.26
Terry Shuman 37.22
Edward Fox 32.44
Len Olson (61) 32.36
Frank Monroe 30.00
Palmer Sweet 28.60
M50 John Bronstein 38.12
Glen Johnson 34.26
John Lang 31.04
Jai Singh 28.06
M55 Len Olson (61) 39.22
M60 Len Olson 44.56
Ray Feick 37.06
Richard Holloway 35.98
Pay Carstensen 30.64
Giorgio Chiavelli 30.62
Tom Delany 30.10
Art Harris 27.84
M65 Manny Herscher 28.28
Bud McGarvey 23.76
M70 John McCarthy 30.16
John Hagemann 27.58
Bob Norman 21.92
M75 Francisco Colon 27.78
Gilberto Gonzalez 23.92
Eugene Wood 22.92
Bob Detweiler 19.98
M80 Claude Hills 22.38
W35 Neysa Westman 18.26
Patricia Brown 17.78
W40 Skipper Clark 21.88
W55 Anne Cirulnick 19.04
Sharon Good 12.30
W70 Libby Hagemann 18.48

javelin (in meters) M30 Eric Longfield 38.02
Al Russo 32.90
M35 Bob Sing 57.70
M40 Dennis Chandler 52.34
Dick McMullin 49.60
Woody Disharoon 37.32
M45 Edward Fox 32.74
Michael Paul n.m.
M50 George Reynolds 48.86
John Hudgins 31.34
M55 Morton Hahn 29.00
M60 Ray Feick 41.28
Len Olson 39.74
Richard Holloway 39.24
Giorgio Chiavelli 25.32
Art Harris 25.18
Paul Sorapar 21.46
M65 Bud McGarvey 32.40
Jack Doorlay 24.60
M70 Ed Lukens 33.32
Bob Norman 29.06
John McCarthy 27.70
Paul Eberhardinger 16.90
M75 Francisco Colon 33.84
Gilberto Gonzalez 23.30
Herman Hand 17.24
Bob Detweiler 14.22
Eugene Wood 14.20
W30 Julie Wiedis 15.72
W35 Patricia Brown 17.66

weight throw (in meters) M30 Greg Gassner 14.62
M40 Mike Sherrill 10.44
M45 Frank Monroe 10.26
M50 John Bronstein 8.80
M60 Len Olson 14.06
Pay Carstensen 12.87
Ray Feick 11.68
Rich Holloway 9.81
Paul Sorapar 4.84
M65 Lev Mozhaev 13.32
M70 Paul Eberhardinger 8.02
M75 Gilberto Gonzalez 6.56
Bob Detweiler 6.52
Eugene Wood 5.78
W40 Marianne Winters 6.86
Skipper Clark 6.78
W55 Anne Cirulnick 8.08
W70 Libby Hagemann 8.12
2-mile racewalk M40 Alan Robinson 18:46.6
M45 Larry Simmons 17:46.0
Stan Kauffman 21:58.7
M50 Bill Preston 17:48.0
M55 Arthur Noll 18:10.5
Ed Merrill 18:39.1
Ellis Lesack 20:40.6
M65 Ed Gavinski 18:09.2
Ray McKeeman 23:03.8
M80 Col. Al Sabaroff 25:25.1
W35 Ellen Marshall 17:07.4
Susan Karlson 19:27.3
Mary E. Malloy 22:03.5
Robin Kershaw 23:07.6
Joan Tremain 25:00.7
W40 Ceane Rabada 21:41.4
W50 Nancy Rose 25:02.0

Potomac Valley Games Alexandria, VA September 6
100m M30 Frank Makozy 33 12.5
Larry Finley 34 12.6
M35 Jeff Waldo Sr 35 11.1
Don McNeill 35 11.4
Larry Lee 37 11.4
M40 Joe Mack 42 11.7
Bill Corsey III 43 12.0
Larry Isler 41 12.2
M50 Al Gardner 51 13.5
George Schember 50 13.7
Mike Valle 51 13.8
M55 Larry Colbert 55 12.5
Jim Bradley 56 14.0
Horace Stevens 56 14.2
M60 Tom Delany 64 13.8
Joel Holman 61 14.3
Larry Greco 63 15.0
W30 Pat Finley 33 14.9
Katherine Ilax 31 16.7
W60+Pat Nesley 64 17.3
Carla Convery 72 20.1
200m M30 Ivan Jordan 22.7
Larry Finley 25.9
M35 Jeff Waldo Sr 23.7
Don McNeill 23.7
Larry Lee 24.4
M40 Tommy Little 25.7
Larry Isler 25.9
Hayward Corley 25.9
M45 Mel Fields 24.4
M50 Jack Hudson 29.7
M55 Larry Colbert 26.5
Jim Bradley 29.6
Horace Stephens 29.9
M60 Joel Holman 29.5
Tom Delany 30.2
Bill Bergen Jr 32.0
M65 Denver Smith 30.1
Chas McGarvey 34.6
M70 Ed Matthews 72 30.6
W30 Lynne Davis 36 31.6
Pat Finley 33 32.4
W70 Carla Convery 72 49.7
400m M30 Archie Glaspy 37 54.2
Frank Makozy 33 54.5
Horace Hudson 39 54.6
M40 Dorel Watley 52.2
Jay Wind 69.8
M45 Rob Barbee 63.0
John Haubert 63.9
Norbert Myslinski 68.3
M50 Larry Colbert 55 55.9
Barry Kline 52 64.8
M60 Ralph Romair. WR 60 54.6
M70 Newlie Hewson 70 88.4
W30 Bernadette Creed 35 67.6
Lynne Davis 36 69.5
Pat Finley 33 75.7
800m M30 Cline Kiser 1:59.0
Chandra Chaudhari 2:03.7
Tony Boerio 2:31.5
M35 John Mornino 2:10.3
Miller Allen 2:11.2
M40 Dorel Watley 2:00.8
Abdul Elmehdaoui 2:05.3
Tommy Little 2:14.1



















Continued from previous page

Table with columns for race number, name, and time. Races include M55 Witold Bialokur, M60 Geoff Bardsley, M65 John McManus, M70 Al Goldstein, M75 Wilfredo Rios, W40 Loretta Jefferson, W45 Marion Browne, W50 John Bondell, W55 Margaret Carinci, W60 Melva Murray, W65 Evelyn Hudson.

NYRR Staten Island Half-Marathon

Table with columns for race number, name, and time. Races include M40 Ernesto Ayala, M45 Vincent Gaines, M50 Pat Cosgrove, M55 Jos Viverito, M60 Bill Fortune, M65 John Corrigan, M70 William Coyne, M75+ Juan Rivera, W40 Amy Bahrt, W45 Ann Davies, W50 Anna Thornhill, W55 Rosa Nales, W60 Thelma Wilson, W70 Althea Jureidini.

Empire One RC Masters 10K

Table with columns for race number, name, and time. Races include M40 Dave Reinhart, M45 David Ksieniewicz, M50 John Hale, M55 Richard Shook, M60 Dave Madsenco, M65 Ted Buckout, M70 Bill Tribow, M75 Bob Matteson, W40 Elaine Stoeckle, W50 Winnie Hopfe, W65 Connie Bills.

Jersey Shore Half-Marathon

Table with columns for race number, name, and time. Races include Tom Bowermaster, Kimberly Keenan, M40 Mike McIlave, M50 Pat Cosgrove, M60 Joe Burns, M70+Fred Ely, W40 Laurene Jones, W50 Judy Kesin.

SOUTHEAST

Table with columns for race number, name, and time. Races include Michelin Midnight Flight 5K/10K, Masters Men, Masters Women, Grandmasters Men, Grandmasters Women, Sentara Bay Days 10K.

Sentara Bay Days 10K

Table with columns for race number, name, and time. Races include Overall, M40 Sadot Mendez, M45 Jeff Long, M50 Mel Williams, M55 Tom Bashara, M60+Andrew Polansky, M65 David Madsenco, M70 Bill Tribow, M75 Bob Matteson, W40 Elaine Stoeckle, W50 Winnie Hopfe, W65 Connie Bills.

MIDWEST

Metro-Macomb Runners 10K

Table with columns for race number, name, and time. Races include Overall, M40 Bill Benton, M45 Dan Phillips, M50 Herb Seegert, M55 Marv Stevenson, M70+Joe Thornburg, W40 Maggy Zidar.

MID-AMERICA

Bud Light Stadium 10K

Table with columns for PLACE, LNAME, FNAME, AG, S, HAND, CDP, ACTUAL. Races include GENTRY JACK, FENNELL LEON, GASSMANN ZEAN Z, WILLIAMS BOBBY, HIRSCHFELD ERNIE, MAHR TERRY, COOKSEY MARTY, FRIEDLANDER RICH, SAPA MELISSA, KARDONG DON, GALLAGHER PATRICK W, DAUM DAVE, MEDDOWS MARVIN K, BENFIELD GORDON, MC MAHON LARRY, GILBERT JOY, SCHMITT BILL, POWERS JIM, CROSSAN LARRY, HARTNETT JOHN, CANDY BERNIE, HOSLER MARK, GLOSSMAN JANET, HESSLER DICK, WEAVER DARRELL, POHLMAN DOUG, MURRAY TONY, MICHALAK JEAN, TOLLER PETER, HESSLER PETER, OWEN CHRISTOPHER, DREON RENZO, TOBBEN MATTHEW, WIESE TERRY W, PANABECKER JAMES, PANKE ROBERT, WIESE GLEN, MERCER NICK, LARSON CURT, ACKERMAN NEIL, POLLARD JAMIE B, SWINSON CHRIS, GILBERT KEN, HILL DORRIS J, VAUGHN RICH, BELLMER JACK, REDMORE DEREK, MUNCH JOHN, SWINSON STEVE, WIDES CATHERINE.

Minnesota Masters 15K TAC Championships

Table with columns for race number, name, and time. Races include M40 Jim Pelarske, Doug Suker, Barney Klecker, Luke Brock, Jack Ankrum, M45 John Emmons, Bob Besinger, Charlie Black, Kris Marinoff, Bob Dahl, M50 Jared Mondry, Jim Mayerle, Doug Saari, M55 Ralph Koenig, John Adams, Floyd Bouley, M60 Greg Prom, George Sivanich, Arnold Gilbertson, M65 Benjamin Fredrick, John Burton, Ken Hodges, M70 Emil Balz, Howard Brady, W40 Barbara Fletcher, Deedee Anderson, M45 Gloria Jansen, Carol Klitzke, Joyce Pfaff, W50 Judy Cronen, Audrey Schroeder, M55 Mae Horns, DeEtte Andersen, W60 Jan Lloyd, W65 Barbara Andersen, W70 Betty Haleen.

Novice Winners

Table with columns for race number, name, and time. Races include M40 Keith Kowalsky, M45 Harold Hammond, M50 Doug Saari, M55 Gerald Onstad, M60 Darold Guttormson, M70 John Engebretson, W40 Joyce McMunn, W45 Mary Pfaff, W50 Sandra Bauer.

SOUTH WEST

Tyler 5000 Cross-Country Classic

Table with columns for race number, name, and time. Races include Overall, Jeffrey Woelfel, Christie Lammers, M40 Dennis Baker, Bill Hall, Jim Jones.

NORTHWEST

Prefontaine Memorial 10K

Table with columns for race number, name, and time. Races include Overall, Bob Stolz, Janet Stamper, M40 Bob Ray, Bruce Engdahl, Mike McLain, Robert Towne, Jerry Gentry, Tom Brown, Tim Wall, M45 Mike Tyler, Fred Pietrzak, John Seggie, Dave Haverstock, M50 Richard Northrup, Erich Kaufman, Jim Clarke, M55 Dean Hatfield, John Wagner, M60 Pat Porter, Ron Calhoun, M65 Orlo Keniston, Ken Macy, M70 Bob Stevens, Jack Kirkpatrick, M75 Dan Kinsley, M80+Ed McKean-Smith, W40 Kate Sharples, Bonnie Thurman, Susan Miller, Betty Bassett, W45 Anne Morrow, Dolly Peters, Linda Brewer, W50 Susan Bradley, Carolyn Tecube, Rosalie Johnson, W55 Shirley Ingram, Carlene Scorby, W60 Lorraine Sharman, Phyllis Stevens, W75 Roberta Burles.

CANADA

Ontario Masters Championships

Table with columns for race number, name, and time. Races include M15 Maureen Griffith, Louise Gingras, Marisa Minlon, W40 Louise Fairfax, Laura Lynn, Nancy Mieszcak, W45 Leticia Reid, Nancy Steifox, Pearl Bader, M50 Emanuel Gunter, Susan Legate, Margaret Rolfe, W55 A. Vander Vleuten, Wendi Hanger, Claudia Hungeron, M60 Marlene Murdoch, Rayna Dixon, W65 Sheila Barnett, Dorly Brechbuehl, M65 Eddie Raposo, Karel Jircik, Mike Vidito, M40 Charlie McMullen, Henry Bickford, Frank Lewis, M45 Bill Dunford, Nell Weir, Terry Emmett, M50 Ken Inglis, Dave Saunders, Robert Moore, M55 Brian Delaney, Norm Abbott, Jim Glynn, M60 Ed Whitlock, Jim McIlwham, Felix Charles, M65 Richard Maxwell, Maurice French, Maurice Rawlins, M75 Sidney Pritchard.

Monterey Bay 10K

Table with columns for race number, name, and time. Races include Overall, Jose Aispuro, Christine Kennedy, M40 David Riddle, M45 Mike Dove, M50 Karl Griepenburg, M55 Glynn Wood, M60 Don Dow, M65 Joe King, M70+Albert Jarschke, W40 Rietha Weeks, W45 Joan Ottaway, W50 Ann Grove, W55 Jan Holloway, W70+Peggy Pridmore.

INTERNATIONAL

Western Province Masters Cross-Country Championships

Table with columns for race number, name, and time. Races include M35 L Chivell, J Smit, M40 D Nienaber, C Prince, M45 G Cray, J Smith, M50 G Meyer, R Hugo, M55 L Benning.

Table with columns for race number, name, and time. Races include J Winter, M60 P O'Brien, W30 C Hardenburg, B Crook, W35 S Mouton, C Wallace, W40 A van Beuge, L Donald, W45 P Sparg, N Nurse, W60 J Gledenhuis.

RACE WALKING

MAC 20K Championships

Table with columns for race number, name, and time. Races include Overall, Marc Varsano, Kaisa Ajaye, M40 Gary Null, Franco Pantoni, M50 Tom Zdrojewski, Stan Schechter, M60 Ed Gawniski, Avram Finger, W40 Andrea Armano, W60 Vivian Lovery.

North American Masters 15K RW

Table with columns for race number, name, and time. Races include M40 Andrew Smith, Larry Martinez, M45 Norm Frable, Peter Armstrong, M50 Ed Whiteman, Paul Johnson, Bob Brewer, M60 Joe Thompson, H Ziegenhorn, M65 Maurice Sheehan, M80 Elmo Menetre, W40 Eliza Walbridge, Diana Zavit, W45 Kathy Frable, W50 Susan Johnson, Anita Romero.

MAC 20K RW Championships

Table with columns for race number, name, and time. Races include Overall, Marc Varsano, Kaisa Ajaye, M40 Gary Null, Franco Pantoni, M50 Stan Schechter, Charles Acree, M60 Avram Finger, M70+U Milleter, W40 Andrea Armano, M Michaelsen, W60 Vivian Lovery, Q Thompson.

North American Masters 8K RW Championships

Table with columns for race number, name, and time. Races include M40 John Frederick, Steve Christlieb, M45 Gene Ophelm, Dale Nelson, Jim Malone, M50 Chuck McLaughlin, Rod Anderson, M55 Lee Duffner, Bob Cella, M60 Tom White, Bob Fine, M65 Syl Murray, MI 53:37, M70 Paul Geyer, John Evans, W40 Eliz Nelson, FL 49:39, Tish Beach, FL 53:51, W45 Alba Campbell, FL 49:32, Bonnie Lytel, FL 57:27, W50 Kay Cella, FL 57:17, Sandra Hulst, FL 58:01, W55 Martha Miles, MS 60:27, W65 Hiriam Gordon, FL 59:22.

MAC 15 RW Championships

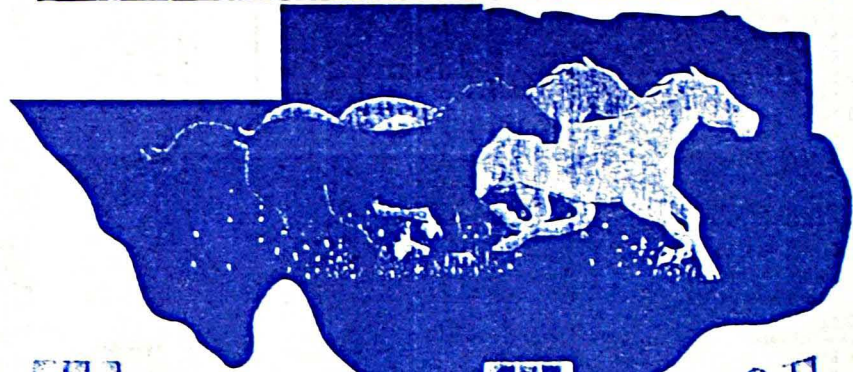
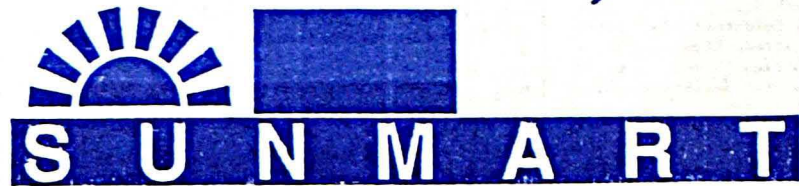
Table with columns for race number, name, and time. Races include Overall, Michael Korol, Elton Richardson, M40 Gary Null, Franco Pantoni, M50 Stan Schechter, Herbert Zydek, M60 Avram Finger, M70+Wm Sauckler, W40 Ana SanAntonio, W50 E Richardson, W60 Q Thompson, W70+A Jureidini, Masters Clubs, M40+ Natural Living, (Null/Pantoni/Zydek), W40+ Natural Living, (Morales 105:28/Michaelson 108:58/Thompson).





# Huntsville State Park

# December 19, 1992



## Texas Trail Endurance Run

### 50 Mile Trail Run & Trail Marathon

Soft dirt trails through beautiful and scenic forest with rolling hills to provide variety and challenge. The trail is well maintained, well marked, and VERY FAST.

- **START:...** 6:00 am 50 mile race ... 9:00 am Marathon
- **\$ 40.00** by 12/01/92, **\$ 50.00** from 12/01/92 to 12/18/92. Add **\$ 5.00** for checks from non U.S.A. banks.
- **NO RACE DAY REGISTRATION!**
- **Accurately measured course!** Four 12.5 mile loops for 50 mile race. (1.2 mi. + 2 loops for marathon)
- **24 well equipped aid stations.** (12 aid stations, marathon)
- **11 hour time limit.** (8 hr. limit for marathon)
- **Pre-race pasta dinner 12/18/92** from 6 pm to 8:30 pm. (1 guest included). **\$ 10.00** each additional guest.
- **Post race bar-b-que** includes food and soft drinks. (1 guest included). **\$ 5.00** each additional guest.
- **Awards Ceremony** at 5:00 pm at the start/finish line.
- **Camping at Huntsville State Park.** Motels in Huntsville, TX.
- **Additional race information** will be provided **AFTER** entry is received.
- **Contact: Rudy Alvarez, P.O. Box 4456 Houston, TX 77210 (713) 639-5889** or Brent Bergevin 1-800-285-8098.

**ENTRY FORM:...** Make checks payable to **SUNMART-TEXAS TRAIL ENDURANCE RUN.** MAIL TO: P.O. Box 4456, Houston, TX 77210

CIRCLE ONE! RACE: 50 mile Marathon SEX: Male Female T-SHIRT: S M L XL XXL

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone No.: (day) \_\_\_\_\_ (night) \_\_\_\_\_ Age (on 12/19/92) \_\_\_\_\_ Birth Date: \_\_\_\_\_

# ULTRAS completed: \_\_\_\_\_ Best 50 mile time: \_\_\_\_\_ # marathons completed: \_\_\_\_\_ Best marathon time: \_\_\_\_\_

Name of GUEST (1 free) \_\_\_\_\_ ENTRY FEE: \$ \_\_\_\_\_

# of Sunmart-TT50 runs Completed: \_\_\_\_\_ Number of ADDITIONAL guests at:... | Pre-race: \_\_\_\_\_ X \$ 10.00 = \$ \_\_\_\_\_

| Post-race: \_\_\_\_\_ X \$ 5.00 = \$ \_\_\_\_\_

I realize that there are risks associated with competing in this event and in consideration of your accepting this entry, I the below signed intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any persons, organizations, officials, and/or

TOTAL AMOUNT DUE \$ \_\_\_\_\_

sponsors of the TEXAS TRAIL ENDURANCE RUN and their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, and recordings of me, or other record of this event, for any legitimate purpose. Also, I understand that the race director has the right to reject any entry.

Signature of Race Applicant.....: \_\_\_\_\_ Date: \_\_\_\_\_

MINIMUM AGE: 18 years on 12/19/92: