

# 12,178 Athletes Take Part in 10th World Veterans Championships



More than 300 athletes from the USA marched in the opening ceremonies in Miyazaki. Colorado's Jerry Donley (left) and California's Dave Jackson carry the USA banner.

## Japan Welcomes Participants from 78 Nations to Miyazaki

It was an almost-spiritual experience for many of the 12,178 athletes from 78 nations who came to Miyazaki, Japan, for the 10th WAVA World Veterans Athletics Championships on October 7-17.

Long after the intensity and non-stop activity of the 11-day extravaganza have faded into a hazy, sentimental blur, what will remain firmly in the mind are the friendliness, the efficiency, the dedication, and the generosi-

ty of the people of Miyazaki.

Athletes were invited into the homes of Miyazaki residents. Local school children came to the track and besieged participants for their autographs. People went out of their way to be helpful to the visitors.

Thousands of local residents volunteered their time at the meet. The events went off beautifully, with only a few serious problems, most of which were quickly solved. The entire

community was involved.

"From the youngest child to the oldest person, they were all wonderful to us," said California's Nick Newton.

Miyazaki is a city of 300,000 on the island of Kyushu in southwestern Japan. It's the capital of Miyazaki prefecture (state) which contains about one million residents.

By Japanese standards, Miyazaki is a small, rural community. It's often looked upon

by the rest of the nation as New Yorkers might look upon Dubuque or Peoria — nice, but a bit slow and quaint.

One of the goals of the Miyazaki organizers was to put that image to rest.

That they did.

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**Special World Championships Issue**

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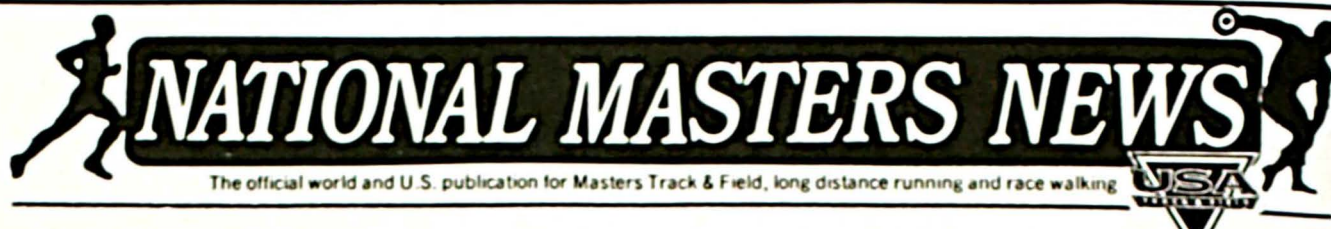
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The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class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

The *National Masters News* is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, 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 USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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

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

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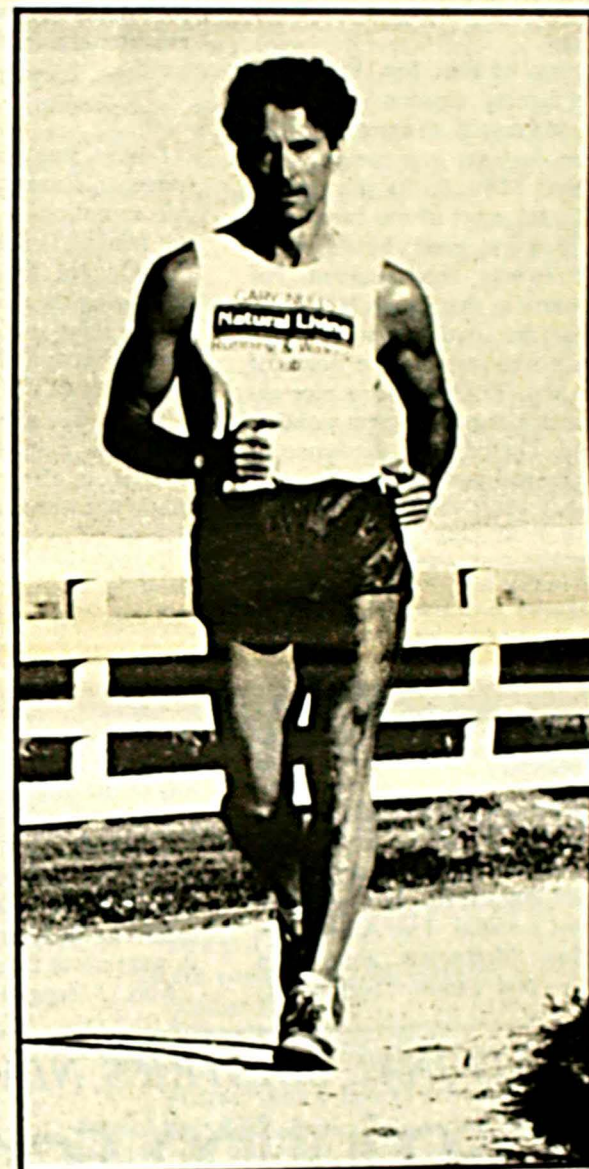
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#### WAVA WORLD CHAMPIONSHIPS

I had a wonderful time in Miyazaki. I can't say enough about the friendliness and generosity of the people of Miyazaki. It was an experience I will never forget.

Our group of Earl Fee, Bill Weinacht, Mel Larsen, Gordon Seifert, Bill Daprano and myself all agree it was the finest meet we have ever competed in. We all thank Miyazaki for the greatest time and track meet of our lifetimes.

Everything was great: hotels, food, parties, fireworks, entertainment. The farewell party at the Kanko Hotel was spectacular; the food beyond belief.

The visit and meal in the home of Mr. and Mrs. Kojima was a nice experience and a chance to meet wonderful people. The party at the home of artist W. Fujeno was a heart-warming experience. I can't thank these people enough for everything.

Much praise and thanks are in order to Barb Kousky and Tom Jordan for putting together a wonderful, detailed, perfect tour package that could not be improved on.

Thanks to everyone involved for making this trip so wonderful.

Chuck Sochor  
Gowen, Michigan

The age-70 middle-distance runners at the World Veterans meet were awesome. I ran my best times of the year in the 800, 1500, and 5000 but couldn't get a medal. Two Australians — Gordon McKeown and John Gilmour — and James Todd (GBR)

took seven medals in these events, leaving two for the rest of the world.

But Norman Hansen, Naoto Inada and I won the M70 team silver medal for the USA in the marathon. The meet was exciting, exotic and well managed.

Carl Hammen  
Sarasota, Florida

I have just returned from an extremely pleasant trip to Miyazaki, with one exception — the management of the relays. Thanks are due to Sandy Pashkin for the work she put into organizing the relay teams. However, I believe there is room for improvement in this area and that all runners need to contribute to this improvement.

In my age group (W35) there were only four competitors who expressed interest in the relays. We knew we might not win a medal but were excited that all of us would participate.

I was confused, therefore, by Sandy's announcement at the relay meeting that an older competitor would be dropping down onto the W35 team. This bumped one of the W35 runners into the alternate slot and, eventually, out of a race. We knew that the W35 runner would bust her gut to run her best for us. It was not clear to any of the original team members what recourse we had in this situation.

Another confusing change took place the morning of the relays. Somehow the order of runners in one team was changed, but at least three of us were never informed.

May I suggest that it would be

beneficial to the outcome of the races to have the team manager speak with runners about changes and listen to their opinions on those changes. We are all adults, and many of us, including me, have decades of competition experience which we would happily contribute to the team's benefit.

On another topic, I think a thank you note should be sent to Brian Keavany, the Canadian team leader, for the help he voluntarily and graciously gave to a USA athlete. Let us not forget that the behavior of our USA officials contributes to the image of the United States which we present to the world. No one should have to apologize to someone from another country for the less-than-polite behavior of a fellow athlete or team official.

On a personal note, having raced for over twenty-five years on three continents, I was impressed by the pure athleticism and friendliness of most of the people I met in Miyazaki. I hope to see everyone again at future competitions.

Lynn Davis  
Washington, D.C.

*(Pashkin said she followed the USATF-approved criteria, which says preference for selection of relay runners must be given to those who have run a 100 or 400 in the World Championships. She said the W35 runner mentioned above did not run a 400 in the meet and so was dropped in favor of the older runner, who had run a 400.—Ed.)*

At the USA team relay meeting in Miyazaki, October 16, I spoke up regarding the relay strategies of several other countries. They appeared to be moving runners down in age groups in order to win the most medals.

However, Sandy Pashkin, the U.S. team manager, said that wasn't how our teams would be selected. With few

exceptions, age groups would be kept intact and filled with the athletes available.

I said I didn't think this method would give the USA the best teams, but was told this was the system. Ms. Pashkin then proceeded to select the teams.

The next day, the USA men's 4 x 100 teams in the 45-49 and 50-54 age groups both finished fourth. I ran anchor on the 50-54 team. After both teams failed to medal, I was very upset. I felt we could have created a 45-49 team (including Paul Edens and myself from the 50-54 group) that would have been very competitive.

Another runner said "athletes are here to participate, not win medals." I couldn't believe my ears. I certainly would not have volunteered to compete (and paid \$7 per relay for the privilege of representing my country) if I thought we were there "to participate." This was not some weekend all-comers meet. This was the world championships.

If the people in authority for international competition think the criterion for choosing our relay teams should be "opportunity to participate" rather than "putting together teams that can win," then I obviously have no business running on those teams. But I don't think I'm unique. I think most American athletes compete to win. They strive for excellence, and winning a gold medal is the clearest evidence that they have achieved it. Corporate managers seek to hire the best person for the job. We should do the same in staffing our relay teams.

How could we improve the way relays are selected? I don't have the answer, but I have some suggestions.

First, we should state a basic commitment to winning for USA teams.

Second, we could identify a half-dozen U.S. meets each spring and summer where athletes could get qualifying times to be used in selecting relay members for major competitions. This would eliminate having to choose teams solely on the times that athletes made earlier in that meet's open competition. It would also mean athletes wouldn't have to run in the early rounds of the 100 and 400 to get a time and then scratch from the later rounds.

Third, we should consider having team managers for each age group. These managers would be in a better

Continued on page 5

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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.

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Toluca, Mexico  
Marco Island, Florida

**Write On:**

Continued from page 4

position to know and evaluate their athletes.

Finally, American corporations have recently learned the value of empowering their employees. The U.S. masters' administrative body should consider modifying the relay decision process to give the athletes some input into who is on their team. The athletes know who can contribute most and their voices should be heard.

*Stephen P. Robbins  
Del Mar, California*

The largest gathering of master walkers converged in Miyazaki, Japan for both the 10K/20K road walks and the 5K track walks. That's the good news. The bad news is that these judged events were inundated with both men and women walkers who showed no sign of ever having learned the basic principles of the sport of racewalking, sadly to the point of embarrassment.

There should absolutely be no reason for such a reputable organization as WAVA to allow judges to turn their heads on the numerous blatantly illegal racewalkers. It's not only embarrassing, but it weakens our sport tremendously. They should never have

been allowed to continue racing.

*Carl Acosta  
North Hollywood*

**DON'T GO METRIC**

In response to Mr. Jones' article in last month's NMN, "Go Metric," I'm sure there are many of us "19th Century-type number" people left in the USA who will disagree with his comments. How often I have heard friends and family say, "I saw your meet results, but it was in meters so I don't know how high you jumped." Well, I'm sure they could have gone to their calculators and multiplied it out (if they could remember what number to use) to see how high. But, instead, they more than likely dismissed it all with increasing disinterest.

I find that non-competitive track buffs tend to relate field-event heights and distances back to what they remember when they were in school, therefore metrics to the over-forty crowd may as well be hieroglyphics. Let's not drive another nail into the track and field coffin here in the U.S. by making our sport less interesting for our fans and supporters. After all, what fun is it to clear heights or throw distances if you can't share them with friends? I personally enjoy a compromise of both metric and feet listed

side by side in meet results, but not total metrics, please.

I say this: "When in Rome . . . But when in the U.S.A . . ."

*Larry Holmes  
Portland, Oregon*

**LEARN THE RULES**

As I continue my career as a USATF certified official, I periodically find myself in conflict with athletes and coaches regarding the athletes' compliance with the rules. I find that these misunderstandings are primarily caused by the athletes' and coaches' lack of knowledge and understanding of the rules and not by an intentional violation of the rules.

The governing bodies of track and field require that officials know and firmly enforce the rules while being objective and courteous. The rule books published by these governing bodies are neither perfect nor complete. The rule books do not cover all unusual situations and in these cases the meet referee, not the event official, must make a decision on how to fairly proceed with the competition.

It is not the event official's job to teach an athlete the rules just prior to or during a competition. The responsibility for knowing and understanding the rules rests with the athlete.

Athletes can also be a part of the rule making process. Event officials will welcome questions and suggestions on how to better manage competitions. My officiating specialty is the vertical jumps. I am presently soliciting suggested changes to the vertical jump rules from athletes and coaches. I believe that we can implement changes that will simplify the vertical jump rules by virtue of making them more consistent.

Finally, please remember that your event officials are unpaid volunteers who graciously donate their time to officiate your event. Being courteous to them when you question a ruling is very important. Officials are always proud of a competition that provides athletes with the opportunity to excel. Taking the time to thank the event officials for their work is something that keeps them coming back.

*Edward Seese  
Alameda, California*

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*Graeme Dalzell  
Murels Inlet, South Carolina*

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- Exceed Bars (Chocolate)**
- 12-\$15.99, 24-\$29.99, 48-\$55.99
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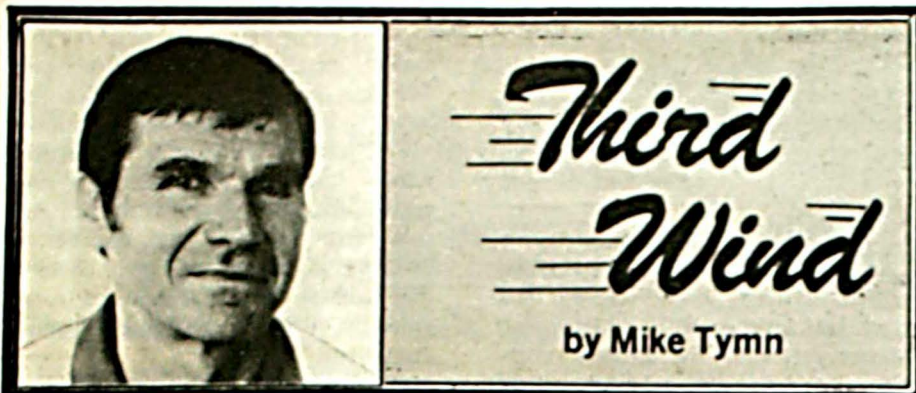
- Ultra Fuel Bars (Vanilla & Chocolate)**
- 1-\$2.39, 12-\$25.99, 24-\$49.99, 48-\$96.99
- Ultra Fuel (powder) - Retail \$17.99**
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- Phosfuel - Retail \$18.99 - 1-\$14.99, 3-\$41.99**

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- 10 carbohydrate concentrate packets can be used before, during & after training and racing.
- Great for Carbo-Loading



## Doug MacGregor Never Got the Word

As they say in the military, there are guys who never get the word. Doug MacGregor, a resident of Lebanon, New Hampshire, is one such guy. He doesn't know that he's not supposed to be setting personal records at age 54, especially with some 15 years of running behind him.

He doesn't know that you're supposed to train more than three times a week if you want to run 33:27 for 10K (the PR), as he did during August.

He doesn't know that you're not supposed to race every weekend if you want to remain rested and run your best.

Heck, this guy MacGregor thinks that pushing a lawn mower five times a week is cross-training.

To show you how really out if it he is, MacGregor had never even heard of *National Masters News* until I contacted him for this column.

In spite of all he doesn't know, MacGregor is one of the hottest age-class runners in this country. That 33:27, recorded on a certified course in the Saunders 10K, should speak for itself. He also has a recent 16:10 5K and a 1:15:30 half-marathon.

### Like a Carleton Fisk

"I'm almost like a Carleton Fisk, I guess," he replied when asked to explain his emergence as an elite masters competitor during the past two years. "I ran through high school and college, then I stopped. I didn't get started again until I was 39. But then I injured a hamstring at 40, and wasn't really healthy again until I was 44. Of course, I still had a son playing high school sports at the time, so I only ran five or six races a year. It wasn't until I got to be 48 or 49 that I really began to get into running full time, doing speed work and racing in racing shoes, things like that."

Born in Boston, MacGregor, now a junior high school science teacher, grew up in Tilton, N.H., where he ran cross-country at Tilton-Northfield High School. He then went on to compete in cross-country for the University of New Hampshire, winning the Yankee Conference championship in 1958 and finishing second in both '59 and '60. He also competed on the track, but can't remember his best times. "Maybe 4:35 or 4:36 for the mile, around 9:40 for two miles, something around there, not very fast," he said. "My heart was never really into it back then."

### Drinking and Overweight

After leaving college, MacGregor, like so many others, went astray. "I had a drinking problem, was overweight, had a lousy diet, and did everything else



Doug MacGregor

wrong as far as my health was concerned," he said.

Five-foot-seven and now 130 pounds, MacGregor recalled that his weight got up close to 160 pounds. It wasn't until June of 1978 when some friends asked him to join them in preparing for a local race that MacGregor began to reverse things. But his progress in the direction of elite status was slowed by the injury and family priorities.

"There were so many years that I didn't run, that I never had the chance to break down like other guys my age," MacGregor said.

Of course, you have to wonder how fast MacGregor might have been had he run seriously at a younger age. You also have to wonder if his current training regimen is allowing him to maximize his potential.



Sam Graceffo, first M55; Howard Rubin, first M65; Dan Cohen, second M55, in 5000, East Regionals, Syracuse, NY.

Photo from Evelyn White

### Typical Training Week

He said that a typical week of training calls for 20-25 miles, including a 10 miler, a track session of anywhere from four to 12 quarters in 80 seconds, and a race every weekend beginning in April. He takes a few months off during the winter.

"This might sound crazy, but I do a lot of cross-training by pushing lawn mowers," he said. "I have this lawn business during summer vacations and mow about five lawns a week by hand,

not a power mower. Each lawn takes an hour or an hour-and-a-half to do."

MacGregor said he also stretches for a half hour every morning and that he has to stretch and warm up for about an hour before every race. No one ever told him that too much stretching can be bad for a person.

Maybe it would be better for all of us if we didn't get the word.

But I don't think you should go so far as to cancel your subscription to *National Masters News*. □

## Cummings, Hutchison Tops in Tulsa 15K

by JERRY WOJCIK

Paul Cummings, 40, Lehi, Utah, and Jane Hutchison, 48, Joplin, Mo., were masters winners in the 16th annual Tulsa 15K on Oct. 30.

Cummings, a recent 40, with a swift 46:10, defeated Earl Owens, 44, winner (32:06) of the USATF Masters 10K Championships, Oklahoma City, Sept. 25, and Paul Raether, 40, masters first (14:58) at the Juan In A Million 5K, Las Vegas, Oct. 9. Owens finished in 49:26, with Raether at 51:18.

Fay Bradley took the M55 race with a sizzling 53:15. Jack Gentry ran a 61:12 for the M65 first.

Hutchison covered the course in 57:07, leaving second place to Martha O'Rourke (59:06), and third to Mary Hydrick (60:24). Ruth Nalepa, W50 winner in 60:35, was fourth.

About 7800 entrants braved freezing temperatures and wind gusts of up to 25 mph to vie for a share of the \$29,000 prize money, \$3000 of which went to masters. □

## George Sheehan Loses Race to Cancer

On Nov. 1, four days short of his 75th birthday, Dr. George Sheehan succumbed to a six-year bout with prostate cancer.

Sheehan, guru to thousands of runners, motivated his followers to reach out for their dreams through his inspiring books and personal appearances. He was sometimes referred to as "Mark Twain in sneakers."

A middle-distance runner in college, Sheehan gave up running when he became a cardiologist. In 1963, at age 45, he resumed his running career and soon became a strong age-group competitor. A highlight was his 3:01 Boston Marathon at age 61.

Sheehan began his journalistic career in 1968, at the Mexico City Olympic Games. For the past 20 years he was medical editor for *Runners World*.

He leaves his wife, Mary, their 12 children, 13 grandchildren and a multitude of runners for whom life will no longer be quite the same. So long, George. See you at the finish line. □

— Jane Dods

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

## Dashing Through the Snow - Chicago Marathon '93

by JANE DODS

Following a week of mild weather, Oct. 31 dawned cold and snowy. But that didn't stop some 7000 runners, including this writer, from taking a 26.2 mile sightseeing tour through the heart of Chicago. Dressed in clothes usually seen on ski slopes, runners stamped their feet while waiting in line at the snow-bedecked porta-potties. Picasso's famous statue in Daley Plaza also had a coating of white.

Once we were on the move, the 34° (12° wind-chill factor) atmosphere seemed bearable. As a runner far from the lead pack, I was able to get a pretty

good look at the diverse neighborhoods we ran through - from downtown and the Sears Towers, past "Planet Hollywood's" 40-foot high Godzilla, Comiskey Park, Soldier Field and Chinatown. (The pagodas and sinewy dragon sculptures were shrouded in a snow shower as I passed through.)

After the turnaround on Lake Shore Drive at mile 22, we were literally blown towards the finish line in Grant Park. A short hobble through the chute led me directly to a heated tent where the Chicago School of Massage had set up business. Here I gratefully had some of my kinks rubbed out. Al Capone could not have done better!

Overall masters winners were Gary Moss, 2:34:37, and Nancy Rollins, 3:12:30. □



Janet Wilson, Huntington Beach, Calif., broke her W40-44 U.S. record of 144-4 with a 146-7, USA All-Comers Championship Meet, Cerritos, Calif.

Photo by Claudia Scott

## Kurtis Wins in Detroit Free Press Marathon

Six-time winner and defending champion Doug Kurtis, 41, Northville, Mich., settled for third place overall with a 2:22:46 in a steady downpour in the Detroit Free Press/Mazda International Marathon in Detroit on Oct. 17.

In his third marathon in two weeks, Kurtis broke from a pack of six leaders with the eventual winner, Peter Maher (33, 2:19:53), but was unable to maintain the pace. Kurtis' winnings, including \$2000 for masters first, totaled \$3000, \$500 more than the second-place prize.

Second and third place went to Bob Schlau, M45, Charleston, S.C., with a 2:32:51, and Terry McCluskey, M45, Brookfield, Ohio, in 2:34:14.

Linda Leonard, W40, Kalamazoo, Mich., won the masters women's race with a tenth-place 3:08:02. Wen-Shi Yu, Kew Gardens, N.Y., took the W55 division win in 3:33:29. The first female was Amy Legacki (24, 2:43:07).

About 2400 runners, racewalkers, and wheelchair competitors covered the course in a steady downpour. Dr. Edward Kozloff of the Motor City Striders coordinated the race. □

## Waigwa, Nalepa Best in Cherry Street Mile

by JERRY WOJCIK

Kenyan Wilson Waigwa, 44, of El Paso, Texas, urged on by the crowd at the Cherry Street Mile, Tulsa, Okla., on Oct. 23, won the Elite Masters Championship race with a 4:03.08, knocking 25 seconds off the masters course record of 4:28.

Australian John Bermingham, 45, residing in Canada, was second in 4:07.99, with Charles McMullen, 42, Rochester, N.Y., third in 4:14.79.

Vic Heckler, 50, Chicago, was fifth in 4:29.70.

Ruth Nalepa, 50, San Antonio, Texas, won the Elite Masters Women's race with a 5:14.13 over Martha O'Rourke, 43, Tulsa, who finished in 5:18.97.

The 20-event program (all mile races) attracted nearly 1500 runners and racewalkers of all ages from 8-and-

under to 70-and-over.

In the M70+ race, Tulsaross Waltzer, 71, Tulsa, won with a 6:10. Lydia Borges, 50, Tulsa, took the W50-54 race in 6:15.

Racewalkers Paul Johnson, 56, Fort Smith, Ark., and Linda Brown, 52, Tulsa, winners in the Elite Masters division races, were also first walkers overall, Johnson in 7:16 and Brown in 8:35.

Poland's Michal Bartoszak, 23, repeated as World Class Male division winner with a narrow victory (3:48.56) over Ireland's Marcus O'Sullivan, 31 (3:48.93). Debbie Marshall, 27, Bridgeport, Pa., was the female titlist in 4:29.64.

The event, run on downtown Tulsa's Cherry Street, which has a downward slope, was directed by Fred Ebrahimi, and benefits charities in the Tulsa area. □

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Sunday January 16th 1994

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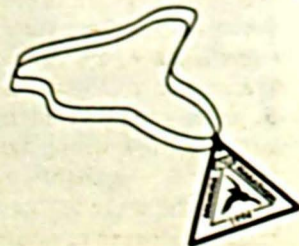
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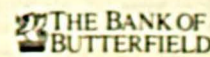
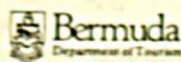
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Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## Foot Soaks

**Q.** One of the most commonly asked questions from veteran runners is: How should I soak my feet when they get sore or after races?

**A.** This is a good question. After long runs our feet tend to get tired and swollen. Many times we have some strange foot condition or athlete's foot that defies description. Our toe nails become loose and the sides become infected and sore. Open blisters form from rubbing on shoes. All these conditions respond well to foot soaks.

The concept of foot soaks derives from the use of wet dressings to take care of biatetic ulcers and open sores on the extremities. Solutions were applied with gauze compresses to the affected areas.

In the case of athletic problems, the salt solutions can be prepared, and we soak our feet in containers of the preparations.

Foot soaks are used to reduce inflammation, oozing types of sores on the feet; athlete's foot; ingrown and inflamed nails; swollen ankles and feet. Salt solutions reduce inflammation and help rid the area of crusts, debris and infection.

Probably the most common and easiest soak to prepare is a normal 9.0% saline solution. This is compounded by adding one level teaspoon of salt to one pint of water. It is good for simple erythema and simple skin problems. Soak for 20 minutes.

Epsom salt soaks or magnesium sulfate may be prepared by dissolving one tablespoon per quart of water. The affected area can be soaked for 20 minutes. This is similar to the saline solution but a little stronger.

Burrow's solution is known as solution of aluminum acetate. This comes as a commercial preparation such as

Domeboro tablets or packets. This solution is prepared by dissolving one tablet or packet in a quart of cool water. This makes a 1:40 solution. Remember, however, that after half an hour the solution becomes concentrated into a 1:10 strength and this will probably be too irritating and drying to the skin.

Potassium permanganate is a great solution. However, this must be made by a dispensing pharmacist. It is a solution that must be made fresh. One needs to crush a 65 mg. tablet of potassium permanganate into a quart of water for a 1:16,000 solution. This solution is antiseptic and drying, and stains the skin and clothing.

For those with persistent dry or moist fungus of the foot, you may wish to try a simple 1:1 solution of apple cider vinegar and water. Twenty minute soaks, 2-3 times a week, usually changes the acidity of the skin and kills the superficial fungus.

*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 □*

## Welch, Flexer Winners in Northwest 8K

by JERRY WOJCIK

Philip Welch, 44, Seattle, Wash., and Carole Flexer, 50, Bellevue, Wash., were the winners overall in the Northwest Masters 8K, held at Seward Park, Seattle, on Oct. 24. Welch finished first of 46 men entrants ages 40-and-over, with a 26:47. Michael Allison, 42, Seattle, was second in

26:56. Jim McGill, 45, Seattle, was third in 27:29.

Other division winners were Mike Donoghue (51, 29:03), Seattle; Dave Pitkethly (57, 29:36), Bellevue; and Mel Preedy (60, 31:30), Ravendale, Wash.

Flexer was tops in a field of 18 women in 31:21. Kate O'Neil, 46, Lake Stevens, Wash., took second with a 31:33.

Ruth Blauwiel, 40, Puyallup, Wash., was the W40 winner (35:05). Nancy Peterson (56, 39:45), Seattle, and Pat Johnson (61, 38:47), Federal Way, Wash., captured the other titles.

The race, run in cool, comfortable weather, was sponsored and directed by the Snohomish TC of Seattle. □



Diana Tracy, 40, Hermosa Beach, Calif., receiving \$750, a sterling silver cup, and a bottle of champagne for her overall victory, with a W40+ course-record 16:53, Juan In A Million 5K, Las Vegas, Nev., Oct. 9, from John Berry (1) and Tom Chase of radio station SUNNY, Las Vegas.

Photo by Ed Preciado

## Tracy Big Winner in Las Vegas

by JERRY WOJCIK

Diana Tracy, 40, Hermosa Beach, Calif., was the top female overall in the Juan In A Million 5K, in Las Vegas, Nev., on Oct. 9, with a W40+ course-record 16:53, worth a \$750 first prize. Tracy finished 35th of 491 finishers.

Four of the first five females were masters runners. Linda Mantynen, W45, Markleeville, Calif., finished second and 43rd overall in 17:20 for a \$500 award. Valerie Pinocci, W40, Las Vegas, Nev., was fourth (17:44), and Loi Coker, W40, Huntington Beach, Calif., fifth (18:21).

Paul Raether, 40, Portland, Ore., 11th overall, won the masters title and \$500 with an M40+ course-record 14:58. Nolan Smith, M40, Pasadena, Calif., 12th overall in 15:16, collected

\$250 as masters second, and Ron Gee, Los Angeles, 14th overall in 15:28, won the \$125 third prize.

Division winners included Tom Curry (52, 15:52), Las Vegas; Sonny Monioz (57, 17:49), El Segundo, Calif.; and Gaylon Jorgensen (64, 18:39), Henderson, Nev.

Mbarak Hussein, of Kenya/Arizona, was the overall winner in a course-record 13:30. Seventy percent of the finishers set personal bests in the race, directed by Ed Preciado. The primary sponsors were The Carpet Barn and Citibank of Nevada.

Proceeds from the event, the fourth annual, which included a fun run and kids' races, are applied to scholarships for children of Nevada's law enforcement officers killed in the line of duty. □



Nolan Smith, M40, Pasadena, Calif., second M40+ in 15:16, collected \$250, a plaque, and a bottle of champagne, Juan In A Million 5K, Las Vegas, Nev., Oct. 9.

Photo by Ed Preciado



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## Stenberg, Putnam Win National 10K X-C in Cold & Snow in Louisville

by JERRY WOJCIK

Clay Stenberg, Seattle, Wash., who joined the masters ranks on Sept. 28, took command early at the three-quarter mile mark and finished with a 33:01, well ahead of second-place Rory Trup's 34:56, despite a snow-covered, mud-slick course in the USATF National Masters 10K Cross-Country Championships on Oct. 31. Unseasonable temperatures in the mid-30s and over two inches of snow

greeted the 84 entrants — 76 men and 8 women — at the start of the race, held at E.P. "Tom" Sawyer Park in Louisville, Ky.

"It was flat; the snow wasn't too big of a problem," said Stenberg, adding that the mud did cause trouble in his bid for finishing under 32:30. His win was the second in a row for Seattle-based runners. Seattle's Herman Atkins, who did not return to defend his title, won last year.

Other division winners were Bob Bettencourt, 46, 36:13; Don Coffman, 50, 36:34; Frank Wagner, 55, 39:16; Ken Combs, 60, 41:06; and John Burton, 70, 50:06.

Vickie Putnam, 45, of the Detroit Motor City Striders, was the winner of the women's race with a 42:43; Carol Bellora, 46, was second in 45:11. Cecilia Brzys, 44, 50:28; Ellen Nitz, 53, 46:49; and Rose Taylor, 57, 49:13, were the remaining division firsts.

Trup's runner-up finish led the way for the Jamul Toads of San Diego to take the M40-49 team title. The M50-59 title went to the local Victory Athletic Club, one of the sponsors of the championships, in Louisville for the third time, along with the Mason-Dixon AC, and the Metro Parks TC. □



Byron Dyce, Gainesville, Fla., M45 1500 winner (4:25.32), USATF National Masters Championships, Provo, Utah.

Photo by Jerry Wojcik



Nancy Frisillo, 50, New Hartford, N.Y., first W50 (32:20), Central Fidelity Women's 8K, Alexandria, Va.

Victor Sailer/Agence Shot

25th

## DARTMOUTH RELAYS

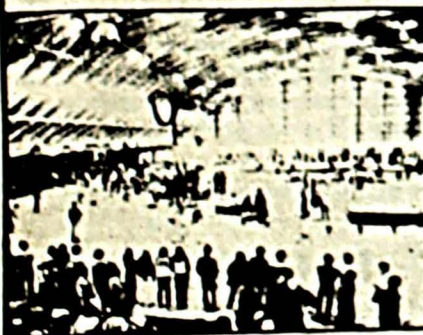
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### 10th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, January 16, 1994, 10:00 a.m.

SITE: Brown University Athletic Center, Hope Street and Lloyd Ave., Providence, RI (Adjacent to the Meehan Hockey Rink and Smith Swim Center)

DIRECTIONS: From North: I-95S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: I-95N to Branch Ave (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.

FACILITY: New, ultra-resilient, 200-meter, 6 lane, flat, California Products rubberized surface (field events, too). Use 3/16" spikes. Lockers and showers available.

AWARDS: First three places in all events.

DIVISIONS: Five-year groupings for men and women (30-80+) USAT&F Sanctioned.

(For USAT&F registration call (617) 566-7600.)

ENTRY FEE: Pre-entries will be \$6 first event; \$5 each additional event by Wednesday, Jan. 12, 1994.

\*\*Post entries will be \$7 first event; \$5 each additional event by 11:00 a.m. (for 12:00 p.m. events) and 1:00 p.m. for all other events.\*\*

### ORDER OF EVENTS: Track

12:00 p.m.  
55m Hurdles  
55m (Trials/Finals)  
Mile  
400m  
Mile Walk  
800m  
200m  
3,000m  
800m Relay (10 yr. groups-no fees/no awards)

### Field

10:00 a.m.  
Weight Throw (Young to Old)  
Long Jump (Old to Young)  
Shot Put-Following WT (Young to Old)  
Triple Jump-Following LJ (Old to Young)  
12:30 p.m.  
High Jump (Bar not lowered)  
Pole Vault (Bar not lowered)

### FOR ADDITIONAL INFORMATION CONTACT:

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Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil D. Steinberg, 46 Roberts Avenue, Pawtucket, RI 02860.

Waiver: In consideration of your accepting this entry for the 1994 Brown University Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the USAT&F Rhode Island Track and Field Foundation, or Brown University, their Agent, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.



## Bohdan Bulakowski — Part II

**BB:** As the racing season approaches, we go into the next level of training. We have built the foundation in the first three months of Level 1 training, and now we go forward.

During the foundation building, we had two easy running days for those who had no technique problems. In the second phase of training, Walk 2 replaces running. Walk 2 is very important because you almost have the speed and distance that you do in competition. This walk is like a middle process between basic training and racing. Your body reacts more like it does when racing. Essentially, the objective is to build up distance and build up pace.

A typical beginning one-week microcycle at Level Two training would be:

- Walk 1 - one hour - heart beat range of 120-140 for younger masters, and 110-130 for older masters.
- Walk 2 - ½ hour - heart beat range of 140-160 younger masters; 130-150 older masters.
- Walk 1 - one hour - as above.
- Technique Training with short tempo work.
- Walk 1 - one hour - as above.
- Walk 2 - ½ hour - as above.
- Rest day.

Remember it is important to stay in the heart-beat range prescribed above. If you are to do Walk 1, you must stay in the lower heart-beat range. If you go faster, then you are accelerating and doing Walk 2 and losing the benefits of training at the speed of Walk 1.

Recovery is extremely important to training; if you don't recover, you can't do the training. For example, if you find that your pulse rate is up the first thing in the morning and a speed workout is scheduled for that day, you don't do the speed work. You cut your workout back immediately and either do light training or rest. The body will

let you know.

If you are sick for three or four days, the next three days you would do very light training such as Walk 1 and observe yourself. See how you feel. If you are not ready to train, give up and go home. Drink lots of fluids. If you feel fine, you are ready.

Speed work is a little faster than Walk 2. The heart beat should be higher, almost race pace; i.e., 90 to 95 percent. If you were training for a 20K, you do 4 x 3K. In Europe, a 20K for men is a short distance. Or you might do 2K and 1K intervals. If you are going the longer interval, you go slower; if you are going a short interval, you go faster.

### Day Before and Race Day

**BB:** The day before a race, we always do a "warm-up." We do exactly the same routine we do to warm-up for a race but longer.

For example, we might start with an easy five-minute run, stretch for 10 minutes, do 20 minutes of Walk 1, do three times 100 meters of speed. If you are not on a track you can do one minute of speed, one minute slow, one minute of speed and one minute slow. After that, we cool down with a five minute walk and some more stretching.

After the warm-up on race day, we relax the 10 minutes preceding the race. You don't want to go to the start line tired. In other words, you don't want to warm up right to the start of the race so that when the gun goes off, you are already breathing hard. If you are tired and everyone else is rested, the gun will go off, they are gone, and you are wondering where they went.

You probably have noticed that



USA racewalkers celebrate their USA team medals at the World Veterans Championships in Miyazaki, Oct. 7-17. From left: California's Jolene Steigerwalt, Seattle's Bev LaVeck, Colorado's Viisha Sedlak.

some competitors go the first 100 meters of a race full out. In that 30 seconds, they can get their heart beat up to 160. That can tire you for the rest of the race.

During a race it is important to keep in control. Don't go out at a 1:40 lap pace if you can't hold a 1:40 lap pace. If you can hold a 2:00 minute lap, do the first lap in 2:00 minutes. Go your own pace regardless of what others are doing. The competitor who goes out too fast is going to slow down. If you average your steady pace, you may be surprised to find that there is little difference in the final time between you and the person who goes out too fast

except that you are not tired and have extra push to win at the end.

In a race, use your head, use your arms, use your legs. When you move your arms well, your legs are going to go well. When you use your head well, you can observe and assess what is happening in the race and can monitor your own pace and strategy. You can't change your level of training. If someone is a lot better than you, you can't do anything about that. But you can use your head at any time during a race to assess your resources and the possibilities of passing someone in front of you or keeping others from passing you. □

## Bulakowski, Berlin Best in 30K Racewalk

from JIM NORVILL

Bohdan Bulakowski, M40, a Polish Olympian now residing in the U.S., was first in the USATF National Masters 30K Racewalk Championships, Atlanta, Ga., on Oct. 31. Bulakowski, the subject of Elaine Ward's "Masters Racewalking" column in this issue, finished in 2:29:20.

Edward Whiteman, 54, Covington, La., was the first U.S. citizen in 2:47:34. Art Grant followed with a

3:07:47. Cokey Daman won the M70-74 race in 3:26:57.

Only two women finished: Arlette Berlin, 44, Dunwoody, Ga., in 3:32:40, and Kathy Frable, 48, in 3:34:10.

Contestants braved freezing temperatures, howling winds, and snow flurries in the race, staged by the Georgia Walking Club. □

### FIVE YEARS AGO December, 1988

- Ryszard Marczak (2:15:54) and Gail Scott (2:47:33) Are First Masters in New York Marathon
- At Age 50, Britain's Taff Davies Runs 30:35 10K
- World Veterans Distance Championships Draw 1468 Runners to Korea
- Bob Schlau, 41, Wins Stamford Marathon Overall in 2:20:40

### COMING NEXT MONTH

- 1993 Masters Athletes of the Year
- USATF Convention Report
- 1994 Schedule of Events
- History of the Masters Athlete — Part II
- Interval Training Advice for Masters

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# Levisse, Gibson Take New York Marathon Masters Titles

by MARILYN J. MITCHELL

Pierre LeVisse (41, France, 2:20:17) and Ellen Gibson (42, Park City, Utah, 2:50:17) took the masters titles in the 24th annual New York City Marathon, Nov. 14.

It was the second straight win for LeVisse, who clocked 2:19:42 last year.

Gibson's 16th overall place made her the first U.S. female finisher, since both the much-touted Anne Marie Letko and Kim Jones dropped out and were briefly hospitalized, the former for severe dehydration and the latter for a severe asthma attack.

Both Gibson and LeVisse took home \$3000 for their masters wins, neither qualifying for the time bonuses (additional amounts for a sub-2:15 for the men and a sub-2:33 time for the women).

Although the race was a week later than normal and cool weather was expected, this turned out to be the warmest November 14 in recent New York history — 70 degree temperature, 61% humidity and sunny skies with a 12 mph southwest wind.

More than 50 runners were hospitalized, with two of them being evacuated by helicopter in serious condition. Nonetheless, three of the top five male finishers and four of the top five female finishers recorded personal bests.

Gibson ran a 2:43+ marathon last year, but admits to racing too much last year at shorter distances and experiencing burn-out. "So I came (to New York) and this was great. I turned 43 recently, and I thought I should come while they still wanted me (as an invited runner). I've done a lot of 50K cross-country ski races, so I've done a lot of endurance events." Although the Boston Marathon looks attractive to her, she has no plans at this time to run it, as March is the height of her competitive ski season and that, coupled with copious amounts of snow in Utah, make it very difficult to do serious marathon training.

This year's second place woman, Judith Hine, who won this division last year said, "...this year's time is fairly similar to when I won it last year. It's been a couple of years since I've run 2:41. I think I have to work a little bit harder. I think I've been a little too consistent at 2:50. I've always liked the results I've had at New York. I've always been a person who could handle the hot weather. Even in the hot weather, I find I can run without drinking...This was my 48th marathon."

Where will 49th and 50th be? "As I'm running, I'm thinking, 'Should I take a break?' I did my first marathon in 1979 and I was one of those rare people in New Zealand doing distance work at that time. I will go back to New Zealand in January for a few months' break. I don't win enough money to keep myself over here for a whole year, but I'm lucky to have a friend in Atlanta for whom I keep

house in exchange for low living expenses."

Diane Legare (42, Canada, 3:00:32) and Maritza Martinez (41, Costa Rica, 3:03:11) rounded out the 40-year old female category. Fifty-year old Rae Baymiller of New York, who only started running last year, posted a very creditable 2:53:53 to take first place in the fifty-year old category, making her third masters woman overall.

On the men's side, LeVisse, who finished 22nd overall, said "My race was not very hard because I would like only just to win this race and save my energy for other races... in France. The first 10 miles, the pace was 2:17+. It's not bad, but after the 25K, I was the first master and the rest was (to) finish for me." Even under questioning he was not forthcoming about which races he was saving his energy for.

Doug Kurtis, second master in a time of 2:24:34, said he had done five marathons in the last six weeks with a best of 2:20+ and a worst of 2:25+, which was a marathon in Providence, R.I., two weeks ago. In an upbeat and cheerful mood, he said, "I sat behind Pierre until just about halfway." (laughs) "I let him do a lot of the work... Paul Cummings went out so fast the first mile, I thought he was way over his head... Pierre ran a smart race... a tough race... I'm just happy to finish second here today. We were 1:09 at the half (marathon). I run 100 miles per week and I'm blessed with a body that can recover real fast. And I just go out and have fun. I think this is my seventh New York Marathon, and this was the most fun. There are a lot of runners who go out and try to run as hard as they can, and that's not how you run on a (hot, humid) day like today."

Peter Gschwend (50, Switzerland, 2:25:16), Claudio Padilha (42, Brazil, 2:31:31) and Jose Rubio Jimenez (41, Mexico, 2:34:11) rounded out the men's field.

The women's winner, Uta Pippig, led from mile three, but the second pack of women provided a lot of excitement by constantly surging and changing position. Particularly exciting was 39-year old Emma Scaunich of Italy, who ran anywhere from second place to 9th place from the fourth mile to the end of the race, finishing 6th overall with a time of 2:35:02. Scaunich hails from Friuli in the vicinity of Veneto and now lives near Bologna. She should provide a lot of excitement next year in the masters category and perhaps it was her strong finish which prompted Grete Waitz to announce at the post-race awards ceremony, "If everything goes well, next year I may be 100% a part of everything." Previously Grete had said that she was not particularly interested in running masters events. She has been spending her time coaching other athletes, including the physically challenged. With a Grete Waitz and

Emma Scaunich entrance onto the masters marathon scene, things could get very interesting in 1994.

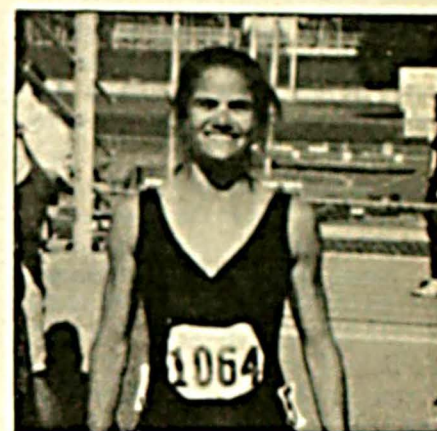
Sixty-two percent of this year's competitors were over the age of 40. The oldest male and female finishers were both 86 years old — Mavis Lindgren from Orleans, Calif., and Sam Gadless of Boca Raton, Fla. Sam was the oldest finisher and has done four marathons in the past 12 months. He thought that this marathon was "Great!" and although the New York Road Runners provided a limousine and driver for Mrs. Lindgren, Gadless insisted upon walking back to his hotel "... in order to cool down."

Next year will mark the 25th running of the New York City Marathon and demand for entry is expected to be very high. The race will be November 6, and in a departure from previous procedure, entry blanks may be requested by any American runner after January 2. Application forms will be mailed out simultaneously to all requesting them about May 16 or 17. Foreign entrants will be required to go through their New York Road Runners-designated tour operators. Approximately 12,000 places will be filled by Americans requesting forms, another 8000 by foreigners going through their tour operators, and approximately 6000 to 7000 runners will be selected by lottery. The balance of the field is made up of

elite invited runners. This year's race had 26,401 finishers (5,761 women and 20,640 men) with 583 men and 32 women running under three hours. Last year's race had 27,797 finishers.

Open winners were Andres Espinosa (30, Mexico) with a time of 2:10:04 and Uta Pippig (28, Germany) in 2:26:24. Complete results next month. □

(A few days after the race, Mitchell reported that ABC-TV, which has televised the NYC Marathon for several years, will not broadcast the race next year. —Ed.)



K.J. Specchio, Albuquerque, N.M., W30 200 winner (29:75), USATF National Masters Championships, Provo, Utah.

Photo by Jerry Wojcik

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## Philippa (Phil) Raschker

This month's Sorbthane Masters Athlete-of-the-Month is, once again, Philippa (Phil) Raschker of Marietta, Ga. The 46-year-old, 5-4, 100-pounder was phenomenal at the WAVA World Veterans Athletics Championships in Japan, Oct. 7-17.

She won an amazing ten medals — seven gold, two silver and a bronze — more than any other competitor has ever won in any World Veterans Championships.

She set a new world record in the pole vault for women age 45-49 with a leap of 3.14 (10-3½). She won the triple jump (10.50/34-5½), 80-meter hurdles (12.75), heptathlon (5681 pts.), 100 (12.90), 200 (26.58), and 400 (60.04).

In the one-lapper, she fought back from third place at the top of the stretch to dig deeper and find more, collapsing at the finish line in one of the meet's great races.

She grudgingly accepted two silver medals in the high jump (1.55/5-1) and long jump (5.26/17-3), and anchored The USA W35 1600-meter relay team to a bronze medal.

It gave her a total of 34 medals — 22 gold, 9 silver, and 3 bronze — in her six World Championships from 1983 to 1993.

There were many other athletes who performed brilliantly at the World Championships. Just to name a few.

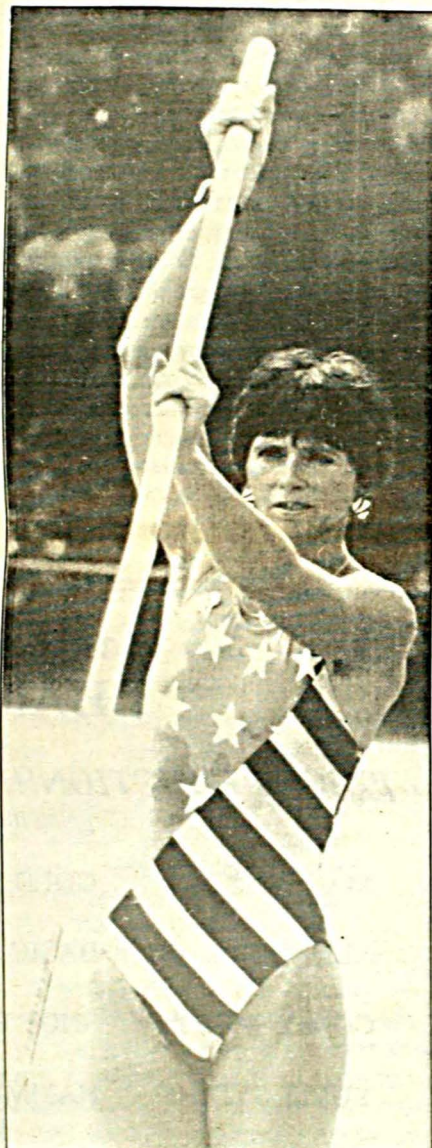
- California's **Johnnye Valien** won nine medals in the W65 division.

- California's **Paul Spangler** won seven gold medals as the oldest competitor in the meet at age 94.

- Georgia's **Phil Mulkey** set an M60 decathlon record and won three other gold medals.

- Oregon's **Dan Bulkley** won four gold medals in Miyazaki in outstanding times.

- Virginia's **Leonore McDaniels** won seven medals in Miyazaki, including



Phil Raschker, 46, of Marietta, Ga., won a record 10 medals (7 gold, 2 silver, 1 bronze) in the WAVA World Veterans Championships in Miyazaki, setting a new world W45 pole vault record of 3.14 meters (10'3½").

three gold, in the W65 bracket.

- Nevada's **Joe Keshmiri** set a world M55 shot put record.

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

For her efforts, Raschker will receive a check from Sorbthane of \$100. □

## Boston AA Disqualifies Candy Dodge

by MARILYN J. MITCHELL

The Boston Athletic Association announced on October 22 that it had officially disqualified 45-year-old Candy Dodge (Canyon Country, California) who had been the 5th masters woman in the 1993 Boston Marathon, which was run on April 19. BAA Director Guy Morse said, "Our on-course video documentation clearly revealed that Dodge did not complete the entire 26.2-mile marathon distance. The review of Dodge's participation at this year's Boston Marathon was the result of a request from officials of the City of San Francisco Marathon, who on July 23 disqualified Dodge from that marathon (held July 18) due to similar circumstances." Elizabeth Oberli-Schuh (Germany, 3:01:19) was moved into 5th place and all following women in that age division were moved up one place in the final standings.

Another Boston spokesman said that as far as he knew no attempts were being made to recover the prize money from Dodge, but that the disqualification has been brought to the attention of USA Track and Field in Indianapolis. Dodge had been considered an elite runner by the 1993 Boston officials and was, therefore, invited and provided with financial support for expenses.

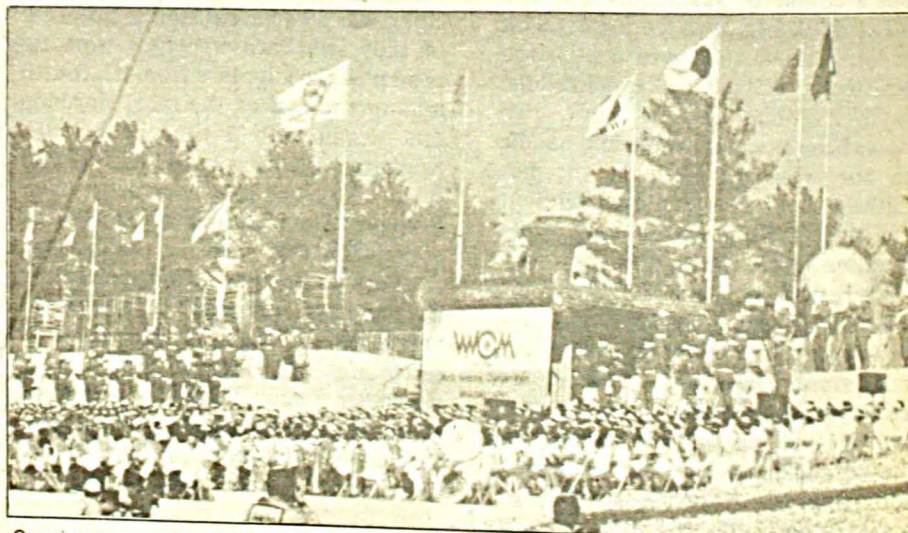
On November 10, Al Boka, Race Director for the Las Vegas International Marathon revealed that he had likewise disqualified Dodge from her Las Vegas finish (10th overall, 2nd masters woman), as she did not show up anywhere in that race's videotapes. He will make no attempt to recover the prize money nor will he re-number the finishing positions of his women finishers, but as far as he is concerned, Dodge is a non-finisher and he will never accept another race entry form from her. In his case, there was a 30-day period following the race before he issued the award check, and there were no protests nor allegations made in his race.

Dodge was disqualified in the 1993 San Francisco Marathon by the event's Games Committee pursuant to a protest filed by the fourth-place competitor, who alleged that Ms. Dodge never passed her. The Games Committee subsequently made a favorable rul-

ing on the protest after reviewing the verbal testimony of runners and officials, checkpoint bib number sheets and race videos. The prize money had not yet been given to her, so the only action taken by the SF marathon officials was to disqualify her and to move each subsequent woman up a position. No further action was being contemplated in early August.

When contacted by San Francisco race director John Mansoor in August, Ms. Dodge issued an official statement, saying in part, "I cannot begin to say how disappointed I am with the events that took place in the aftermath of the 1993 San Francisco Marathon. Since then, a few people have said and written some terrible things about me. This is the first time in my life that anyone has ever questioned my integrity, and it is not a very nice thing to go through. I would like nothing more than to be able to prove everyone wrong right here and now. But at this point in time, there is nothing I can either say or do that is going to change anyone's mind. For that reason, I have decided to accept the decision of the San Francisco Marathon to remove my name from the official race results. There will be no further comment on this issue. I would simply like to get on with my life now."

Las Vegas Race Director Al Boka — as are some race directors and officials elsewhere — is somewhat mystified because the elite masters know who their competitors are, and he cannot understand why no one expresses surprise nor lodges protests at the finish of the race when an unknown walks away with the win. As far as the writer of this article can tell, the 1993 San Francisco finish was the first time that Ms. Dodge's finish had been challenged, after a number of top finishes (several with prize money awards) in 1993 marathons, including San Diego (2nd overall, masters title), Los Angeles (7th overall, masters title), Las Vegas (10th overall, 2nd master) and Boston (5th master). She had also been the masters champion in the 1991 San Francisco Marathon and 3rd woman overall (2nd master) in the 1992 San Francisco Marathon, and there were no protests in those two races. □



Opening ceremonies at the 10th WAVA World Veterans Championships in Miyazaki, Oct. 9.

Photo by Jon Lomax

### TEN YEARS AGO December, 1983

- David Clark (2:17:30) and Cindy Dalrymple (2:44:01) Top Masters in New York City Marathon
- XVI World Veterans Distance Running Championships (IG-AL) Held in Perpignan, France
- Sal Vasquez, 43, Leads 1983 Masters 10K Rankings at 30:31

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# World Veterans Championships

Continued from page 1

Led by their progressive governor, Suketaka Matsukata, the people of Miyazaki proved that they were more than up to the task of staging such an enormous event — with style and an abundance of grace. They put on a show that many participants called the best World Championships ever.

From the elaborate opening ceremonies to the sentimental closing, athletes were in awe of the tremendous attention to detail displayed by the Japanese and their desire to make everything as perfect as possible.

There seemed to be two or three people for each job. Dozens of volunteers manned the packet pick-up tables, so athletes didn't have to wait. There was one helper to move each hurdle — about 80 volunteers in all, plus supervisors. There were judges everywhere — all courteous, soft-spoken and knowledgeable. Thirty-two officials worked the javelin, alone. Some of the top officials from throughout the country were flown in.

Contrary to the larger Japanese cities, few people in Miyazaki speak English. But interpreters were everywhere — in each hotel lobby, at the stadiums, in downtown information booths. They were essential — a vital part of the meet's success. Some were professionals flown in from Tokyo or Osaka. Most were volunteers who took crash courses in English, Spanish, French, and German earlier this year.

When problems developed, they

were handled at once. The shuttle bus from the hotels to the Sports Park, where all the action took place in three stadiums, was free. But when the buses became crowded, the organizers quickly added new buses to handle the load. When the buses from the track to downtown didn't stop at convenient points, the organizers got police permission to make the extra stops.

Many athletes said their fondest memories of Japan will be the experiences they shared when invited to the homes of Miyazaki residents.

"We were complete strangers, but these friendly people invited us for dinner and gave us gifts," said California's John Kelly. "These Games were the best in every respect."

### Largest Meet Ever

It was the largest track and field meet ever held. The competition was held in five-year age groups, beginning at age 40 for men and age 35 for women.

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). They were staged by the 10th World Veterans Championships Organizing Committee, led by the governor with hundreds of government officials and volunteers from the Miyazaki community.



Flags of 78 nations greeted athletes on their arrival at Miyazaki airport.

To try to make the event as perfect as possible, the Organizing Committee (OC), backed by the full taxing power of the prefectural government, spent a phenomenal US\$20 million — about 20 times more than was spent by any of the last three Championships (Turku in 1991; Eugene in 1989; Melbourne in 1987).

Since the revenues totalled less than US\$2 million, the event lost about US\$18 million.

Why spend so much on a track meet for older athletes?

"We consider it an investment in our future," said Shoichi Chuman, the brilliant Director of Planning for the event.

The Governor and his staff used the Games to address three major Japanese social problems:

1) Aging. The Japanese society, like other Western cultures, is rapidly aging. What should be done about it? This was a chance to focus attention on how older people can stay healthy, if they work at it.

2) Internationalization. The citizens of Miyazaki have previously had little opportunity to meet people from other nations. This was an opportunity to develop an ongoing cultural exchange program.

3) Information. New information and values from other areas of Japan and the world were not getting to Miyazaki fast enough. This was an attempt to help speed up that process.

"The staging of the Championships was not just for the competition," Chuman explained, "but for the exchange of ideas and values between our people and our guests from all over the world. It was our first experience with overseas visitors."

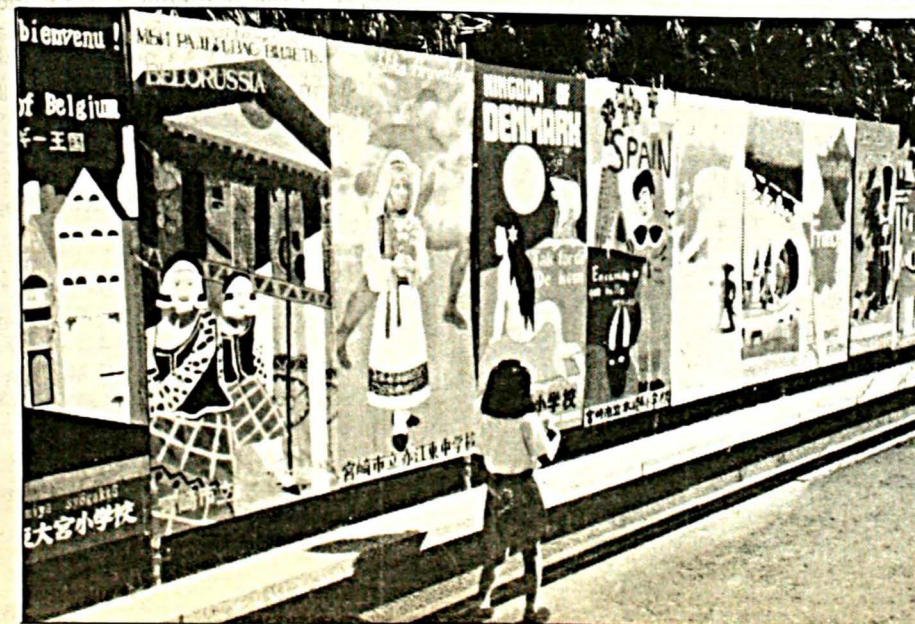
Governor Matsukata said the successful staging of the Games "has built up the confidence of our people to do a successful job of such magnitude. They have learned not to be afraid to take on a big task. We are pleased that people around the world now know how friendly Miyazaki people are."

Cesare Beccalli, WAVA President, congratulated the governor on the enormous success of the Championships, saying: "The people of Miyazaki are lucky to have a governor like you."

### 194 Heats in 100

The scope of the event was staggering. There were a record 194 heats, semi-finals and finals in the 100-meter dashes, compared to 123 in Eugene, 110 in Turku, and 124 in Melbourne. There were 20 heats in the M40 100. The marathon drew nearly 6000 en-

Continued on page 15



## PICTURES OF WELCOME 歓迎の絵

宮崎市内の小中学校の子供達が、大会に参加する選手達への歓迎の気持ちを、大きなキャンパスに参加国ごとに自由に表現した絵です。子供達も、選手の皆様の活躍を期待しています。

These pictures are offered to the participants of the World Veterans Championships by the primary school children of Miyazaki City, as a welcome gift from the heart. They were given free reign to express the excitement they feel about this very special world event, and there is one picture for every country represented in the Championships. The children of Miyazaki wish you all good health and good luck.

- |                  |                                      |                         |                 |                   |              |
|------------------|--------------------------------------|-------------------------|-----------------|-------------------|--------------|
| 1                | 2                                    | 3                       | 4               | 5                 | 6            |
| 1~ヨーロッパ (EUROPE) | 2~北・中央アメリカ (NORTH & CENTRAL AMERICA) | 3~南アメリカ (SOUTH AMERICA) | 4~アフリカ (AFRICA) | 5~オセアニア (OCEANIA) | 6~アジア (ASIA) |

The school children of Miyazaki made posters of each of the 78 nations represented in the World Veterans Championships. The posters were displayed in the Sports Park near the stadiums.

## World Veterans Championships

Continued from page 14

entrants. Almost 2000 runners finished the cross-country course. Over 1000 ran in the 5000-meter races.

About 2300 of the 12,178 entries were from outside Japan; 313 were from the USA; 19% of the total were women; 728 athletes were over age 70; 169 were over age 80; five were over age 90.

The total number of event entries was an astounding 19,675. After the normal 25% scratches, that left about 15,000 actual event-participants. Amazingly, most of the events went off on schedule, or close to it.

The track and field events, the racewalks, and the finish of the marathon were all staged in Miyazaki Sports Park, a beautiful flower-bedecked park 20 minutes from town and separated from the Pacific Ocean by 1000 meters of pine forest.

Two tracks and one throwing field, including a new, state-of-the-art, 400-meter track, built especially for this event, were in use from morning to sunset, with portable lights brought in on the first few event-crowded days.

### Festive Atmosphere

With almost all the activity within the confines of the Park, a wondrous, festive atmosphere prevailed. It was a joy to walk back and forth between the venues, greet friends, buy souvenirs, check the results and message boards; eat in the cafeteria; select photos; get a massage; buy postcards, exchange currency, and watch the action. A swimming pool and tennis courts were open to all visitors.

Each competitor's packet contained a superb, free, 252-page official program with entrants listed alphabetically by age group and numerically by event. Also enclosed were a comprehensive 36-page competitor's booklet and a detailed 96-page guide book, containing the shuttle-bus schedules and tourist information.

Communication was not always easy, but was smoothed somewhat by daily managers' meetings with WAVA and the OC. The national managers

would then convey the latest information to their country's participants. USA manager Sandy Pashkin held a 9:45 a.m. daily meeting in the grandstand.

The press and TV coverage was plentiful. The 400 and 1500 finals were nationally televised, live. The local newspaper printed daily results with an English summary, the first time English had ever appeared on its pages.

An international salon was held each evening in the Plaza Hotel. Visitors experienced many aspects of Japanese culture, and could sign up to exchange letters with Miyazaki citizens.

One official was assigned just to keep tabs on new world records and to work closely with Pete Mundle, WAVA's Records Chairman.

"Mr. Okada was wonderful," Mundle said after the meet. "He processed all the forms perfectly, so we'll be able to ratify every world record that was set."

That was good news, since many pending world marks from Rome (1985) and Turku (1991) have still not been approved because organizers never followed through on the paperwork.

One of the minor complaints was a lack of drinking water on the grounds. And the Japanese don't put towels in bathrooms, feeling it's not clean. One is expected to use one's handkerchief to dry the hands.

There was no charge for spectators. Hundreds of school children attended on the first few days.

Some complained about the announcing; it was in Japanese, of course, with some English translations. Each competitor in a final was introduced to the crowd, but there was little commentary on the races and no mention of the background of any competitor.

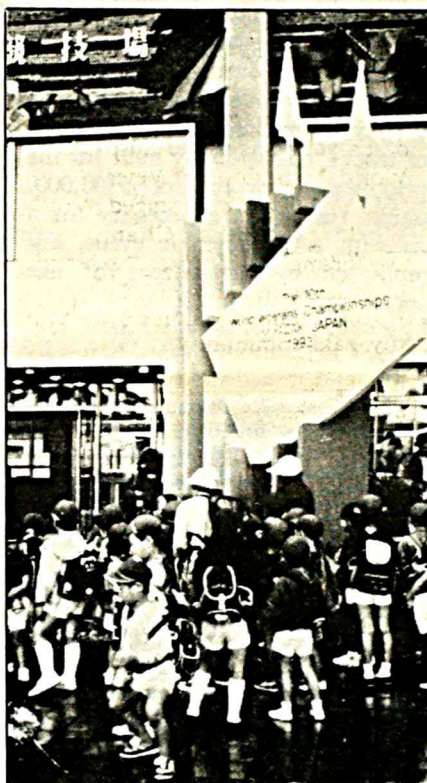
Award presentations were made in the grandstand with no drum roll or fanfare, so as not to interfere with the action on the field.

The most disturbing aspect of the Championships was the serious charge that some athletes were using



The paparazzi eagerly awaiting the arrival of the Prince and Princess of Japan at the Miyazaki Sports Park.

Photo by Jon Lomax



Hundreds of Miyazaki school children were taken on field trips to the Sports Park to greet the foreign visitors.

— with temperatures in the mid-70s, Fahrenheit (low-20s, Celsius).

A handful of athletes, including New York's Cassandra Clark, whose entry forms had not been received, attempted to enter the meet, but were turned down after a two-hour meeting of OC management. The OC was divided, but finally voted to adhere to the rules and not allow any late entries, regardless of the reason.

"We feared if we let one person in late, we'd have to do it for everyone, and it would cause many problems," they said.

Clark was devastated. Athletes had been advised in the entry form to contact Miyazaki if they didn't receive entry confirmation. But a few forgot to do so and, unfortunately, had to watch the meet from the sidelines.

### Day 2

Despite the rain, a tree-planting ceremony was held at the new stadium on Friday morning. Matsukata and Beccalli unveiled a commemorative statue, and a representative from each

Continued on page 16



Japanese schoolchildren line up for an autograph from a female athlete in Miyazaki.

performance-enhancing drugs. Because of the enormous expense and other complications in performing drug tests, the WAVA Council reversed its position and decided not to do drug testing. But the quiet accusations diminished the enjoyment of the meet and led Council members to resolve to try to find a way to implement drug testing in the future.

### Day 1

The predicted 19% chance of showers came true. A massive typhoon fortunately bypassed Miyazaki, but its tail still brought driving wind and rain on the first two days, Thursday and Friday, when the decathlon/heptathlon and 10,000 finals were held. Rain delays caused decathletes to compete under portable lights until 10 p.m. on Thursday. The weather brightened at midday on Friday and was perfect until the last few relays on the final day



Oakland's Ruth Anderson carries the USA flag in the opening ceremonies in Miyazaki.

Photo by Shirley Dietterich



# On The Run

by Hal Higdon

## A Long Run Under A Rising Sun

The man at the desk bowed. "Hi-gi-du-san?" he asked, examining the slip I had just handed him.

I bowed and corrected him: "Higdon-san."

He bowed and went to retrieve my race packet. Returning, he bowed again: "Here is your number, Hi-gi-du-san."

I thanked him, bowing more deeply.

I had been practicing the bow since seeing Sean Connery in "The Rising Sun." A slight head tilt works greeting others. Dipping from the shoulders is useful in thanking someone for a service rendered. I hadn't mastered the full bow, offered on special occasions, but my stay in Japan would last only a week.

I had come to Miyazaki, Japan for the Tenth World Veterans Championships. "Veterans" is what they call "masters" overseas. The World Vets is a track and field meet for men over 40, women over 35, held biennially in different cities.

Of the ten championships, which began in 1975, I have run all but one. The meet for masters has been held successively in Canada, Sweden, Germany, New Zealand, Puerto Rico, Australia, Italy, U.S.A. (Eugene, Oregon), and Finland. The 1995 Championships will be held in Buffalo, New York.

Sometimes I medal, sometimes not. In Finland, I had taken gold in the steeplechase. In Miyazaki, chances seemed slimmer. There were 12,163 entered in all events, three times more than previous championships. Half of us were running the marathon.

Other commitments forced me to fly to Japan only a few days before I raced. Leaving Tuesday morning, I arrived Wednesday evening, having "lost" a day crossing the international time line. I slept fitfully that night. It was the middle of the day back home. With no races Thursday, I attended a meeting of the World Association of Veteran Athletics, then headed to my room around 5:00 for an hour's nap before going out to dinner.

I awoke after midnight!

That killed my carbo-loading schedule, but I recovered at breakfast, focusing on fruit, juice and rolls plus the eggs and sausage that were part of the hotel's regular fare.

Hopping a shuttle bus, I headed to Miyazaki Sports Park, Friday, to obtain my race packet. In the U.S., most athletic facilities are connected to schools or colleges. For example: Notre Dame University with its multiple

arenas and sports fields, of which the football stadium is but one part.

In other countries, facilities often are built by the government. Miyazaki Sports Park probably equalled in size the entire Notre Dame campus and had four tracks, one specially built for the World Vets at a cost of \$300,000. Multiple tracks are a necessity for a meet with every Olympic event, but complicated by the dozens of age groups.

I watched part of the meet Saturday. Sunday, I jogged to the marathon starting line and joined the pack awaiting the gun. Most were Japanese, wearing identical yellow uniforms trimmed in red with a rising sun insignia.

Lost in a sea of yellow, I thought, "This can't be Kansas."

The course looped around downtown, then along the Pacific Ocean before finishing at the Sports Park.



Start of the Marathon in downtown Miyazaki.

Spectators lined the streets, waving flags and shouting "Gomba-Re!" and "Haiko!" which I interpreted to mean, run faster.

Alas for that. I ran well for half the distance despite high humidity and a hot sun. Water seemed scarce. I had difficulty breathing. I decided to quit near my hotel, but somehow made it past that point and finished.

I was handed a card identifying my overall place as 936, a long drop from first two years before, but it is good that the proud be humbled. Later, I traded my red-white-and-blue singlet to a Japanese runner for his yellow singlet featuring the rising sun. His wife took a photo. I bowed.

It was a long flight home with two more years before the World Vets shuffle off to Buffalo. Would 12,000 appear for that event, including a marathon finishing at Niagara Falls? Whatever the answer, Hi-gi-du-san will be there. □

## World Veterans

Continued from page 15

of the six WAVA regions planted a tree. The ceremony was amply covered by the media and appeared on TV and in the newspaper.

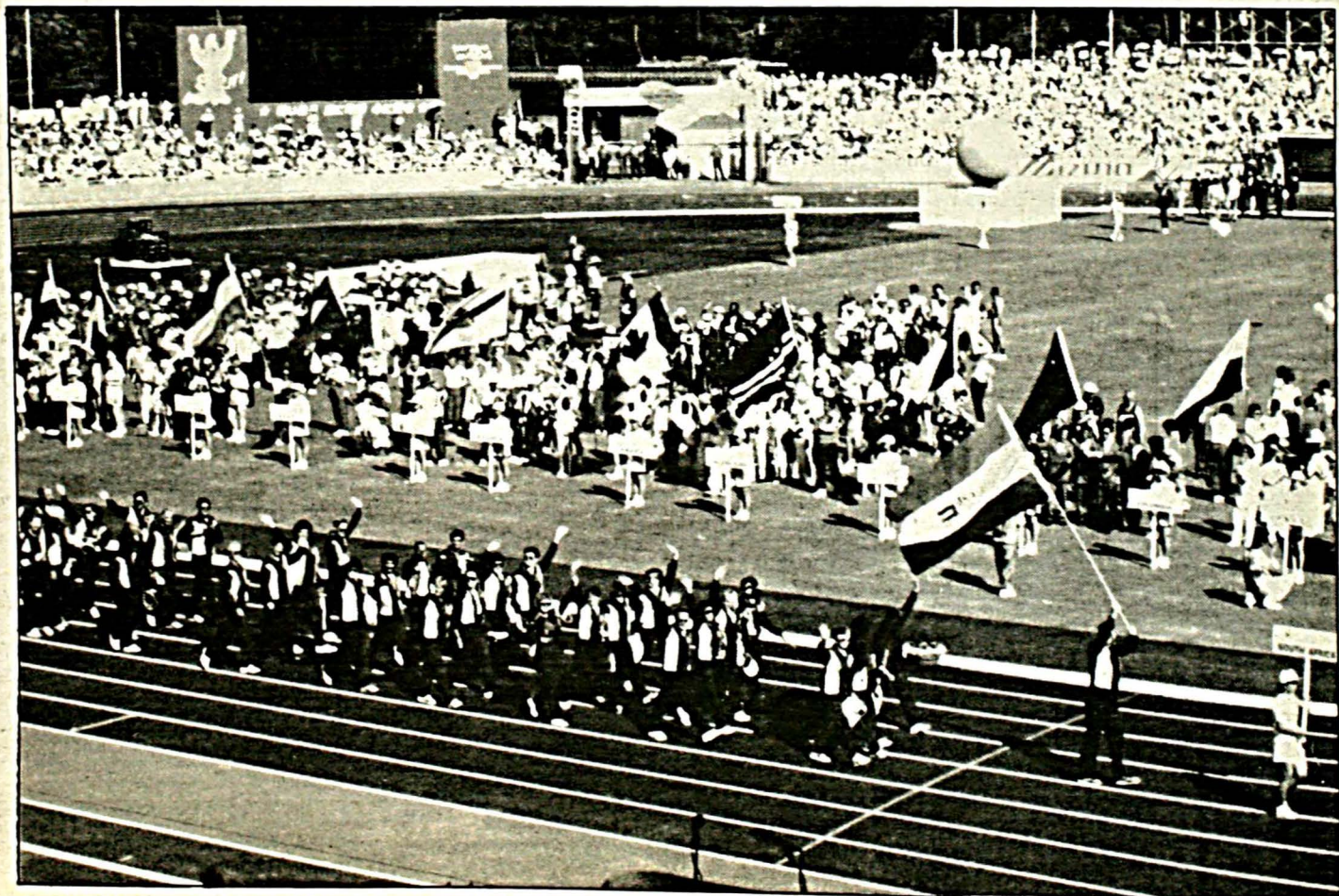
U.S. Olympians Frank Shorter and Evelyn Ashford were featured participants. Shorter placed second to Belgium's outstanding Omer Van Noten in the M45 10,000 and cross-country, while Ashford easily won the W35 200 on Sunday.

"This is the only meet I've ever been to where the top officials are as concerned about their own competition as they are about the meet," Shorter noted.

Ashford said: "I don't know much about the vets, but I'd like to learn more."

For the first time in memory, there were no problems with lap-counting in

Continued on page 17



South Africa was well represented at the opening ceremonies in Miyazaki. Durban was chosen to host the 1997 WAVA World Veterans Championships.



## World Veterans Championships

Continued from page 16

the 10,000. There was one lap counter for every one or two runners in all the distance races and walks.

On Friday evening, many athletes went to a special three-hour flame-lighting ceremony at Heiwadai Park, observing a colorful display of kimonos and traditional Japanese Noh theater.

An early problem came when athletes were asked to confirm (declare) their participation in an event by signing a sheet at the "Roll Call 1 Station" between 90-60 minutes prior to the event. Many athletes felt that was inadequate to allow for proper warm-up, and the OC later obligingly switched the check-in time to 120/60 minutes.

Thirty minutes prior to the event, athletes checked in at "Roll Call 2 Station" where they were assigned lanes, given hip numbers, and formally ushered into the stadium by a volunteer carrying a large sign displaying their age division. It was all quite impressive.

### Day 3

The competition got under way early with the javelin and long jump finals. The advancement from heats to semi-finals went well in most cases, but some problems arose which caused WAVA officials to resolve to spell out advancement procedures in detail with future organizers.

For example, in the 800, the M40s, M50s and M60s had eight runners in lanes in each heat, with 24 advancing to three semi-finals on Sunday and eight to the final on Monday. Perfect. But the M45s and M55s, with about the same number of entrants, had four 15-runner heats with no semis and only the first two advancing to the final. It made for brutal heats, with a bruising first turn and the chance that bad racing luck would eliminate a potential medalist.

"Overall, everything was well done, but athletically, the meet was not as good as Eugene," said England's Wilf Morgan.

Saturday afternoon, an estimated 18,000 people watched or participated in the most elaborate opening ceremony of any World Veterans Championships. It featured a 600-member women's choir, a



Evelyn Ashford carries the torch in the opening ceremonies in Miyazaki. Photo by Chuck Sochor

Usutaiko Dance performed by 500 school children, marching by 200 high school students, a 100-member brass band, thousands of balloons, and a parade by nations of most of the participating athletes. Each nation's athletes were preceded by a banner and flag of their country.

Giving national visibility to the event was the appearance of the Prince and Princess of Japan. The ceremony was televised live, nationally, with dozens of photographers and press reporters on hand.

### Day 4

Sunday was "All-Sports Day," a national holiday in Japan and something for other countries to consider adopting. The three venues were in use from early morning until 7 p.m. with heats in the sprints, and finals in the shot.

Continued on page 18



Athletes and flags from 78 nations at the opening ceremonies in Miyazaki.

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Japanese schoolchildren surrounded a USA athlete in the grandstand in Miyazaki.



# Women's Corner

by GLORIA FINE

## Miyazaki Was A "Trip"

Some of the wives who accompanied their husbands to the World Championships in Miyazaki enjoyed the experience of Miyazaki's newest luxury hotel, the Kanko.

To try and describe this towering marble masterpiece of open airy design is not easy. The masterful huge lobby dominated the area where a delicious "western" buffet held court. Here everyone "hung out" and gaped at the ceilings that seemed to stretch up hundreds of feet to the encircling balconies. Warm intricate paisley, floral, and striped fabrics warmed the icy marble floors. It was one of the most inviting lobbies I've ever seen.

The wonder of Japanese technology was everywhere, no expense having been spared. Plumbing was barely a whisper when flushed. The tubs were wide and deep, and the bidet was temperature controlled. It was the first time I ever sat on a "warmed" toilet seat. What a trip.

The Sports Complex to which we were all bused every day was huge. Three tracks dominated. Communication and all facilities were top-notch. All volunteers and officials got free box lunches.

But the things that counted the most were the *people of Miyazaki*. They turned out to be the friendliest, most accommodating — often going miles out of their way when you asked for directions. They allowed you to take endless photos of their beautiful babies and toddlers, the most enchanting in the world.

Parents do not hit their children in

Japan. They are gently admonished, instead. The parents must be doing something right, because it works. The children travel everywhere with the parents; no "babysitters."

Theirs is a culture of dignity and graciousness. I was completely captivated by their many kindnesses.

The weather was hot and sultry, just like South Florida, as I soon found out, when doing some judging on the track. This had to be the largest venue I'd ever seen. Tents housed food displays for sampling, toys, woodwork, and entertainment. I, for one, appreciated the total good organization of these people.

One of the more delightful experiences, and somewhat laugh-provoking, was our attempt to learn Origami, the ancient paper folding art. Easy for them (toddlers are weaned on Origami). We were all thumbs. The "grandmothers" all sat in stalls, legs tucked under, as they cut and snipped away, making the most beautiful bookmark souvenirs for us all to take home, free.

We made only one short side trip to a seaside area. Here you could see the largest domed complex in the world, where an "artificial environment" had been created under temperature controlled conditions. For US\$12, you could take your bathing suit, and enjoy a day at the "beach."



Gold medalists in the W65 1600 relay in Miyazaki, from left: Johnnye Valien, Diane Friedman, Patricia Nesley, Sumi Onodera-Leonard.

From Sumi Onodera-Leonard

To sum it all up, I took away happy memories of a truly unique society. Some aspects of the Japanese culture could well be copied by us. Space forbids my writing the volumes more that I could. Suffice it to say, it was well worth the jet lag I'm still suffering. □

## World Veterans

Continued from page 17

short hurdles, men's high jump, and women's 200, 800 and pole vault.

Meanwhile, cross-country runners were bused to the city of Saito, a 45-minute ride northwest of Miyazaki. The course and the races were "outstanding," according to many competitors.

A two-day holiday festival was held on Sunday and Monday evenings in Tachibana Park, on the bank of the Oyodo River and close to most of the hotels. Athletes mingled with local residents amid a plethora of food, bands, performers, and fireworks. The festival is normally held each summer, but was postponed to All-Sports Day to coincide with the Championships.

"It was a wonderful experience being exposed to Japanese culture," said California's John Cosgrove.

### Day 5

Action was again non-stop on Monday with finals in the men's 200, 800 and pole vault, women's high jump, discus, 5000, and road walks.

"The road walks had mid-80-degree weather, 50% humidity, and tight turns at each end of the course," said Bev LaVeck, USA Masters Racewalk Chairman. "Although medal winners appeared to be legal, the judging was very lax. In the track walk, the judging was much improved."

When schedule quirks forced field-event athletes to compete in two events at the same time, volunteers would run from one event to the other to inform the athlete of the status of the other event and when their turn was coming.

### Day 6

Tuesday was an off-day for competi-



Isabel Hofmyer (left, RSA) broke the W65 world record of Leonore McDaniels (right, USA) to win the 300-meter hurdles in 65.67 in Miyazaki.

Photo by Leo Benning

tion. Some athletes attended the WAVA Regional Meetings in the morning and the Stadia and Non-Stadia Committee Meetings in the afternoon. Others went to a sports symposium at Miyazaki University, featuring Frank Shorter and simultaneous translation in English and Japanese.

Still others went sightseeing to the "Segaia," an Ocean Dome/amusement center featured in *Time*, *Newsweek*, and other magazines when it opened earlier this year. It's a self-enclosed indoor beach, complete with surf and waves.

Others toured the city, sampling the food and marveling at the civility of the Japanese. There are small bumps in the sidewalks to guide blind persons. There are also beepers at each major intersection to announce when the light has turned green. Bike paths are everywhere. People get around on bicycles and mopeds more than in cars. The streets are completely safe; there is practically no crime, and the people are honest.

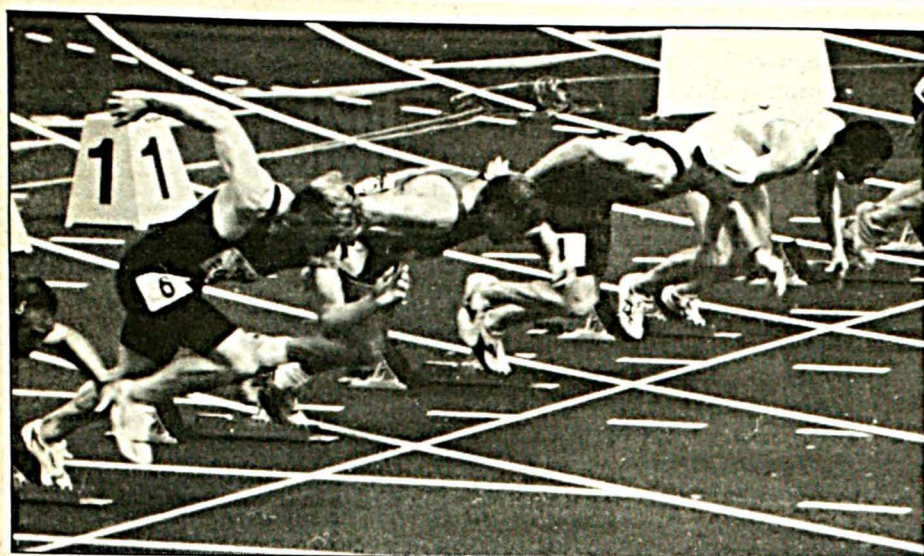
"I never saw a cop anywhere," said Newton.

The term "sticker-shock" was raised

Continued on page 19



USA gold medalists in the W55 1600-meter relay in Miyazaki. From left: Katie McIntyre, Christel Miller, Liz Szawlowski, Marti Thielmann.



Start of the M50 100 final. Steve Robbins (USA, white cap, lane 4) edged South Africa's Stan Wald (lane 5), 11.58 to 11.65.

Photo by Leo Benning

## World Veterans

Continued from page 18

to a new level in Miyazaki as astonished visitors shelled out US\$5.00 for a cup of coffee in the hotels, and spent between \$75 and \$200 per night for their hotel rooms. However, prices for fruit, pastry and meats at small grocery stores and bakeries were tolerable. A can of Coca-Cola sold for a reasonable US\$1.05 anywhere in Japan.

That evening, about 200 women gathered at the headquarters Kanko Hotel for the biennial Women's Meeting.

### Day 7

On Wednesday, the first of the 194 heats in the 100 began, while finals were held in the long hurdles, steeplechase, triple jump and hammer throw — all in perfect sunny weather with mild temperatures.

Some athletes and their families joined in a tea ceremony and listened to the music of the "koto" and other traditional Japanese instruments in the Japanese Garden in the Sports Park.

"I think these Games could be the



At age 94, Paul Spangler, of San Luis Obispo, Calif., was the oldest competitor in Miyazaki and a celebrity with the athletes, the press, and the spectators. He won seven gold medals from the 200 to the 10K.

Photo by Shirley Dietderich

best ever that we'll see in our lifetime," said Phil Mulkey of Marietta, Ga. "They've spent a fortune on equipment. I counted \$10,000 in new javelins lined up against the wall."

### Day 8

Thursday was another non-competition day, as WAVA's General Assembly meeting was held all day at the Kanko Hotel (see separate story).

Some who skipped the meeting toured the Miyazaki Prefectural Museum, the Saitobaru Museum, the Aoshima Botanical Gardens, the Miyazaki Science Center, the Miyazaki Municipal Museum, the Saito Folklore Museum, or took a day-trip on the train to nearby cities.

### Day 9

Heats in the 400 and 1500, and finals in the 100 filled Friday's agenda. That evening, a Kusunamiki Street Festival was held in downtown Miyazaki with stage shows, a chorus and terrace cafe.

### Day 10

The meet was winding down, but Saturday produced exciting action with the finals of the 400, 1500, 5000 race-walk and weight pentathlon, an "unofficial" event this year which will be official in 1995.

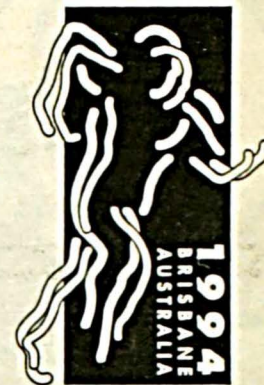
The farewell party was held Saturday night, and could have been better. It was crowded. The food ran out early, but was quickly replenished by the ever-alert Japanese. The music was

Continued on page 21



Harold Morioka of Vancouver, Canada was the star of the M50 division with three wins in the 800 (2:03.42), 400H (61.03), and 400, where he set a new world M50 record of 51.76.

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## SPEAKER'S CORNER

by LUCY ANNE and BILL BROBST

### Miyazaki Memories

We'll carry with us for a long time some very special memories of our trip to Miyazaki, Japan, for the World Masters Championships:

- Visiting the most civilized society we have ever seen.
- The inflexibility of the Japanese bureaucracy — everything has to be done by procedure, and decisions are by committee.
- Under USA constitutional law, that which is not specifically prohibited is allowed. In Japan, that which is not specifically allowed is prohibited.
- The inscrutable nature of the Japanese written language.
- The shortage of water and trash baskets. The Japanese don't drink much and don't trash much.
- The lack of graffiti.
- The high-tech electronic Japanese society, coupled with pre-historic brooms.
- The Japanese police force, like the Maytag repairman, has nothing to do. No guns, no batons, no handcuffs. No crime.
- The showering of gifts by the Japanese.
- Osaka Airport — funnelling ten million passengers through a single entry portal — world record bottleneck.
- Bow, bow, bow. And then bow once more.
- Not a cat to be seen, and few dogs.
- Shoe-box-size restaurants, stores, and houses.
- Everywhere you go, take your shoes off before you go in, even in the laundromat.
- The high cost of everything.
- The high incidence of osteoporosis — old people bent over.
- Japanese people walking not in

strides, but scurrying with short steps and scuffing heels.

- The most beautiful sports park and facilities.
- The depth of organization and planning of the meet — they thought of and provided for just about everything.
- The speed and accuracy at which hurdles were set up, adjusted, measured, aligned, and removed.
- The ready availability of plentiful and brand new vaulting poles, javelins and discs.
- The high quality vaulting pole and high jump pits and standards.
- The black sand in the jump pits.
- The incredible number of volunteers, like six people for every job, and their very long days.
- The authority given to the interpreters to spend government money to solve problems.
- The obvious intent on the part of the Japanese organizers to make the athletes feel welcome, comfortable, and happy.
- The eagerness of the meet officials to please and to do things right.
- The extent to which the Miyazaki organizers went to bring in so many

foreign language interpreters.

- The scarcity of toilet facilities, and their terrible smell when you could find one.

- Everything clean, clean, clean — except the toilets.

- The wettest decathlon/heptathlon in a long time.

- The start of the marathon — like a swarm of bees, with 5000 Japanese runners in yellow uniforms.

- The M65 4 × 400 relay — WOW!

- Dr. Paul Spangler — the 200, 400, 800, 1500, 5K, 10K, and 10K-CC — at 94!!

- The smoothness of the awards ceremony process.

- The collection of medals, mostly gold, by Phil Raschker and Phil Mulkey.

- The unbelieving look on 15-year-old Momoka's face when Lucy Anne offered to exchange her USA team uniform for Momoka's green staff uniform, and the look of sheer joy when they switched.

- The wonderful and different Japanese food, including octopus, squid, and unidentifiable vegetables. Oodles of noodles.

- The food supplies carried to Japan by many Americans, and their reluctance to delve into Japanese cuisine.

- Aquarius Isotonic Water and Coca-Cola — free!

- The cheerful faces of adorable, well-behaved children.

- The school children brought en masse, in uniform, to the stadium on field trips, and their eager cheering.

- The happy "Konichi-Wa" choruses of the school children.

- The Kanko Hotel party — more food than we've ever seen in one place, and the pushing and shoving to get at it.

- The drummers drumming, especially at the opening ceremonies.

- Kimonos and slippers provided at the hotels. Wash cloths everywhere, but not in the hotel bathroom.

- No dresser drawers at the hotel —



Lucy Anne and Bill Brobst of North Carolina. Recovering from cancer, Lucy Anne won the W60 pole vault in Miyazaki in 1.52/5-0.

live out of the suitcase.

- Public baths. Well, almost public.
- The comfortable, smooth bus rides and polite bus drivers.

- Clean taxis and uniformed drivers. Uniformed everyone, as a matter of fact.

- Bicycles and mopeds everywhere — primary modes of transportation in Japan, even for old people.

- The deafening silence of Japanese auto horns. Nobody beeps, at least not in Miyazaki.

- The Harley Davidson and BMW motorcycle exhibit at Osaka Airport.

- Telephone cards. Never did find out what they were for, but they were expensive.

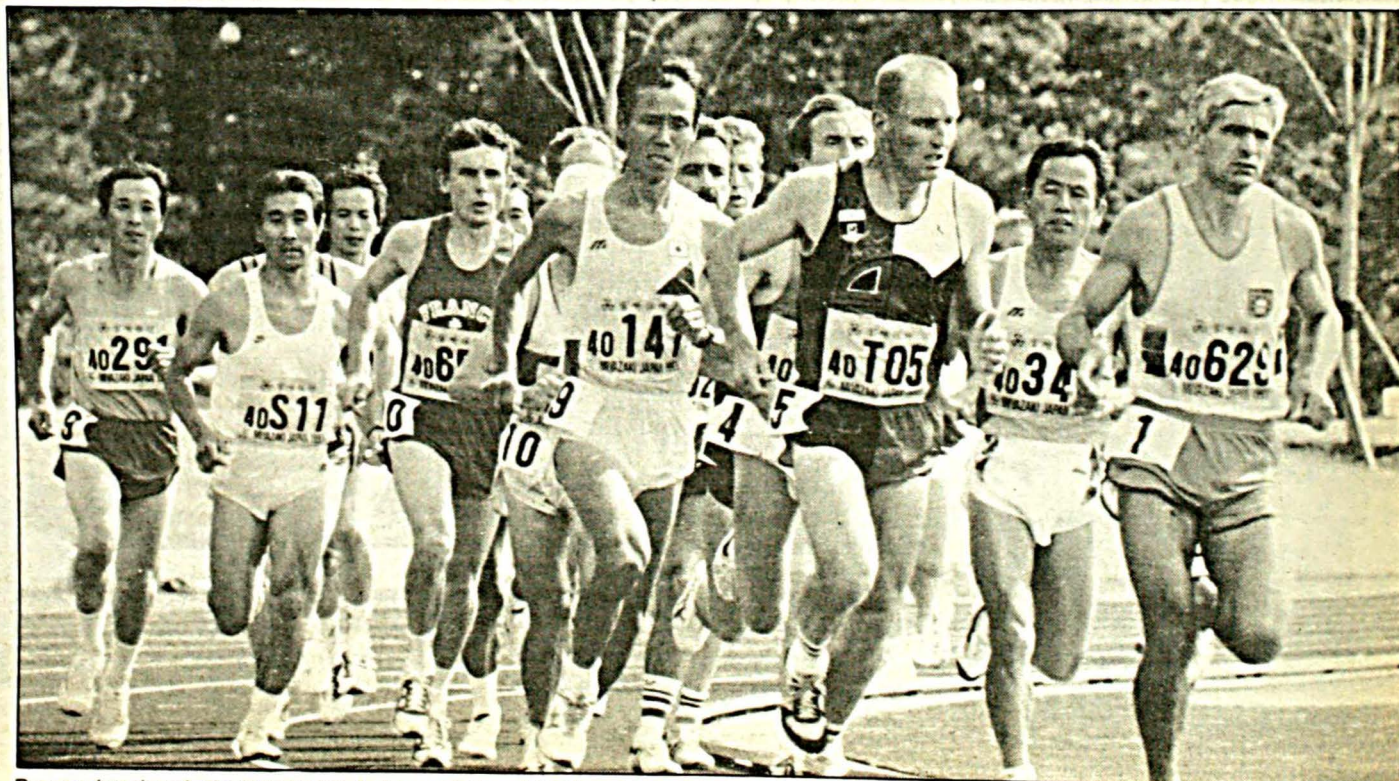
- The world's largest track meet, ever.

Buffalo has a tough act to follow. □

### VIDEO OF WORLD CHAMPIONSHIPS

A commemorative 90-minute video which covers exciting scenes of competition and special events throughout the Championships is available in NTSC (USA) or PAL (European) systems, with either English or Japanese narration.

For a copy, send US\$40.00 to NMN, PO Box 2372, Van Nuys, CA 91404, USA. NMN will combine the orders and wire one lump sum to Miyazaki. Deadline: December 15.



Runners bunch up in the M40 10,000 in Miyazaki. From left: Mizao Motowawa (JPN, 291), Fukuzo Ikeno (JPN, S11), Jean Bisson (FRA, 656), Noriyuki Yamashita (JPN, 141), Josef Hagemann (GER, T05), Kazunori Fukuoka (JPN, 341, 8th, 34:00), Antonio Riscado (POR, 629, 2nd, 32:35).

## World Veterans Championships

Continued from page 19

loud, but many enjoyed the dancing.

Tickets had sold for US\$30, but no one collected tickets at the door and many athletes who didn't pay got in free.

The Japanese were so nice, they were reluctant to say no to anyone, whether it was refusing admission to the farewell party or disqualifying athletes in the racewalks or steeplechase.

Or perhaps they couldn't imagine how anyone without a ticket would attempt to crash the party.

"We've never bought a ticket to any World Games farewell party," said one chicken-munching couple, "but we've always gotten in, anyway."

At the party, more than 20 athletes were honored by the organizers with plaques for participating in all 10 Championships.

### Day 11

The marathon began downtown at 9 a.m. on Sunday, wound its way through the city and continued on a flat road along the ocean. With a phenomenal 6000 runners, there were some congestion problems on the course and a lack of results at the finish, one of the few problem areas of the Championships.

The relays went off without a snag until rain came with three races to go. The elements shortened the planned 90-minute closing ceremonies to 30-minutes, but no one seemed to mind. Athletes swarmed on the field, anyway, exchanging pins, T-shirts, and addresses.

"I think these Games were the best ever," beamed Florida's Dick Lacey.

There were many moving personal stories in the Championships — some inspirational, some unfortunate. Among them:

- England's Keith Whittaker, 61, a near-certain medalist in the 300-meter hurdles, was told by his doctor three days before the meet not to compete because of an enlarged heart muscle. Incredibly, Whittaker had done "too much" intensive training and his heart muscle had become too large for his

heart; it was clogging his breathing and circulation apparatus. The President of the British Veterans made the trip anyway, but only as a spectator.

"They say I should be okay after about a year's rest," Whittaker said.

- Canada's Liz McBlain, 45, was on her way to the Edmonton airport to join the Canadian team on the flight to Miyazaki when she developed pains in her side and was rushed to the hospital for an appendectomy. Amazingly, she felt well enough five days later to fly to Miyazaki. Even more remarkably, she found the strength and courage to compete in two relays and the weight pentathlon on the closing days, winning the meet's "blood-and-guts" award.

- California's Marion Sanchez, 61, a surefire gold-medalist in the 300 hurdles and possible medalist in five other events, pulled a hamstring muscle in a 200-meter heat after winning a silver medal in the 100-meter hurdles and racing to a near-world record



The massage tables were packed from morning till night at the Miyazaki Sports Park.

Photo by Leo Benning

44.24 in a 300-meter hurdle heat. He gallantly attempted the 300H final, but couldn't make it over the first barrier. Undaunted, he was a guest speaker at the weekly luncheon of the Miyazaki Rotary Club.

- Sally Young, 40, a 1991 W35 gold

medalist from England, had to withdraw from competition when a car ran over her foot on opening day.

- Mexico's Antonio Villanueva, one of the most impressive performers in Turku in 1991, didn't show up because he had donated a life-saving kidney to his son. He reportedly is finished with competitive running.

### Post-Meet Tours

Following the Championships, many

athletes went on post-meet tours. Some went to China, some to Hong Kong. Others toured Japan on the 150-mph Shinkansen "bullet" trains, visiting the Hiroshima Peace Park, the Kyoto shrines and temples, the Japanese Alps, and the bigger cities of Tokyo, Osaka and Nagoya. Many flew directly home to be at work the following day.

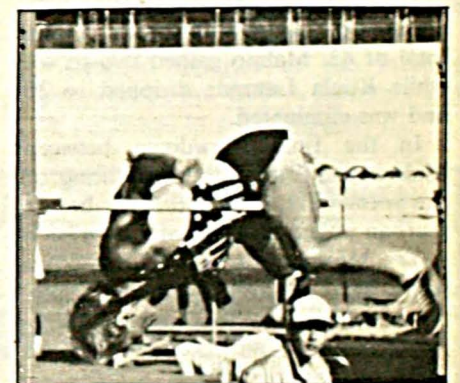
"The World Championships were an incredible experience," said Jon Lomax of Los Angeles.

So many people deserve kudos for their efforts in putting on these Cham-

Continued on page 24



Award ceremonies for the M65 200: Jim Law (USA, 1st, 26.05); Allan Meddings (GBR, 2nd, 26.39); Xavier Anton-Bofill (Spain, 3rd, 26.84).



Georgia's Phil Mulkey wins the M60 high jump at 1.56 (5-1 1/2).

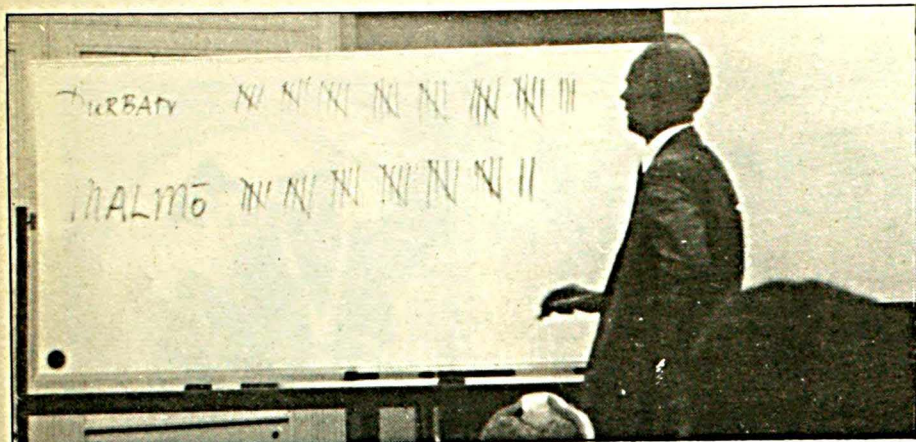
Photo by Leo Benning



USA gold medal winners in the M55 1600-meter relay (3:51.61). From left: Ed Oleata, Cliff Pauling, Martyn Adamson, Larry Colbert.



Dozens of volunteers were on hand to help pass out athlete's packets.



WAVA Secretary Torsten Carlus of Sweden records the votes in the dramatic runoff between Durban (South Africa) and Malmo (Sweden) at the meeting of the WAVA General Assembly in Miyazaki for the right to host the 1997 World Veterans Championships. Durban pulled ahead to win, 64-47.

## Buffalo, Durban Chosen to Host 11th and 12th WAVA Championships

In dramatic voting at the WAVA General Assembly meeting in Miyazaki on Oct. 14, the cities of Buffalo (USA) and Durban (South Africa) were chosen to host the 11th and 12th WAVA World Veterans Athletics Championships in 1995 and 1997, respectively.

Buffalo, Durban, and Malmo (Sweden) first vied to stage the 1995 event. After 30-minute presentations by each, Buffalo received a majority of 58 votes on the first ballot to 39 for Malmo and 15 for Durban.

Two other cities — Concepcion (Chile) and Kuala Lumpur (Malaysia) — joined Malmo and Durban in the bidding to host the 1997 Games.

On the first ballot, Malmo got 38 votes, Kuala Lumpur 32, Durban 26, and Concepcion 17. Since no one received a majority, the city with the fewest votes was eliminated.

The second ballot saw Durban pick up most of Concepcion's votes, with a total of 42. Malmo gained two to 40, while Kuala Lumpur dropped to 30 and was eliminated.

In the final showdown between Malmo and Durban, the counting of the votes went back and forth before Durban pulled away to win, 64-47.

The biennial non-stadia Championships, held in even-numbered years, were awarded without opposition to Toronto (1994) and Brugge, Belgium (1996).

Buffalo, which had won out over four other U.S. cities in an intense campaign to be the USA representative, waged a strong campaign in Miyazaki with about 10 city officials and sports people working hard for votes throughout the week. They set up shop at the Sports Park, gave a good pitch at each Regional Meeting, and sponsored an elaborate buffet for delegates the night before the vote. Overall, they spent \$100,000 on their successful effort.

Durban didn't spend *that* much, but its athletes set up a booth at the park and handed out brochures throughout the meet.

Malmo, the early favorite with much to offer, kept a low profile. Its two-person delegation had no presence at the Sports Park and didn't make a

presentation at the Regional Meetings. They basically shrugged and said: "Here's our offer. Take it or leave it."

The delegates left it, and opted for Buffalo. Many felt it was too soon to go back to Scandinavia, since Finland hosted the Games in 1991. Most felt South Africa is still in turmoil and might be too dangerous in 1995.

Buffalo promised a high-quality Championships at low prices. It has 3000 dorms at the University of Buffalo, where the 6000-athlete University Games were held in 1993, at \$34 a night for a single with three meals. There are motels across the street from the venues. Luxury hotels are a low \$50 to \$90 per night.

Two quality tracks — a new 8-lane and a secondary 6-lane — are within walking distance of an athletes' village. A third track is available. The marathon will use the famed Skylon Marathon course, host to the 1984 U.S. Olympic Trials.

The main track has lights, shade and a scoreboard. Free shuttle bus service will be provided. The racewalk course will be in nearby Niagara Falls.

"The Buffalo community will be very involved," said Barbara Kousky, USA Masters Track and Field Chairman.

A press release issued by Buffalo after the vote said: "Erie County has been awarded the World Veterans Games for 1995. The county, which went into the bidding as an underdog, beat out Sweden and South Africa for the designation. The games were held in Eugene, Oregon in 1989 and turned a profit of \$80,000. The Veterans Games are expected to attract some 10,000 older track and field athletes and guests and have an economic impact of \$25 million. The Games will be held in the summer of '95 in the new U.B. Stadium."

Kuala Lumpur waged a strong campaign to host the 1997 event, offering financial support from the government, a proposed new stadium (not to be completed until 1996, however), a new airport, and reasonable hotel rates.

But the WAVA Championships have never been to an African country. And



All smiles after their successful bid to host the 1997 WAVA World Championships was the Durban, South Africa delegation of, from left: Harry Naidu, Leo Benning, Heinie Naude, Hannes Booysen, Monty Hacker, and Henry Brand.

Photo from Leo Benning



"Come to Buffalo in 1995," says Vito Girrello to an Indian athlete at the Buffalo booth in the Sports Park in Miyazaki.

despite the inner turmoil today in South Africa, delegates hoped the internal problems would be solved in four years. Durban offered ideal weather, government support, free shuttle buses, moderate hotel prices

(\$62/\$105), low dormitory costs (\$15/\$29 w/meals), \$800 RT air fare from New York or London, two adjacent first-rate tracks, and a chance to see some of the most beautiful scenery in the world. □



The Flame-Lighting Ceremony at Heiwadai Park.

## Eugene Wins 1996 North American Bid

At a meeting of WAVA's North American Region in Miyazaki, Oct. 12, Eugene, Oregon was chosen, 16-3, over Puerto Rico, to host the 1996 WAVA North American Track and Field Championships.

Held in even-numbered years, the 1994 event will take place in Edmon-

ton, Canada, four days after the WAVA World Veterans Road Racing Championships in Toronto, and four days before the USA National Masters T&F Championships in Eugene.

Tour packages are being arranged to enable athletes to compete in all three major events in that 16-day time span. □



As WAVA President Cesare Beccalli looks on, Governor Suketaka Matsukata tells athletes at the closing ceremonies: "By bringing people together from all over the world, WAVA is a force for world peace. We hope you never forget Miyazaki and we look forward to seeing you again in the future."



The information table at the Kanko Hotel was usually crowded with athletes seeking information. The women on the left are interpreters.



Rain failed to dampen the dedication of the 10th WAVA World Veterans Championships Commemorative Stone, in the third stadium, Oct. 8.



Delegates confer before voting on a constitutional amendment at the WAVA General Assembly meeting in Miyazaki, Oct. 14.

## Beccalli Re-Elected WAVA President

At an eight-hour session of the WAVA General Assembly in Miyazaki on Oct. 14, Italy's Cesare Beccalli was re-elected President by a vote of 63-47 over Owen Flaherty of Great Britain.

England's Bill Taylor was re-elected Stadia Vice-President over Russia's Vadim Marshev, 84-27.

Re-elected with no opposition for another two-year term were Bob Fine, Executive Vice-President; Jacques Serruys, Non-Stadia Vice-President; Torsten Carlus, Secretary; and Al Sheahan, Treasurer.

In open voting on Constitutional amendments, delegates unanimously approved motions to:

- 1) Require a two-thirds majority to amend the constitution;
- 2) Prohibit a suspended athlete from serving as a delegate;
- 3) Permit voting substitutes for Regional delegates;
- 4) Require that each delegate of an affiliate must be a member of that affiliate;
- 5) Change the Council quorum from five to two-thirds of its members;
- 6) Establish the weight pentathlon as an official event, beginning in 1995.

In a heated debate, delegates eventually voted to stage a men's 30K and women's 20K Racewalk Championship in conjunction with the even-year Non-Stadia Championships. The current odd-year 5000 track walk and 20K (men)/10K (women) road walk championships will remain a part of the Stadia Championships.

The Council withdrew its proposal to stage a World Veterans Cross-Country Championships in conjunction with the IAAF XC Championships.

Finally, a proposal by the Nordic countries that an athlete's age be determined by year of birth rather than the date of birth was rejected, 32-73.

Detailed minutes of the meeting prepared by the WAVA Secretary will be published in a future issue. □

## Guschmann Elected WAVA Women's Rep

Hannelore Guschmann of Belgium was elected as Women's Representative to the WAVA Council with a majority vote on the first ballot over Marilyn Mitchell of the USA, Barbara Dunsford of Great Britain, and Liz McBlain of Canada.

England's Bridget Cushen, the former Women's Rep, stood down after serving the maximum five two-year terms.

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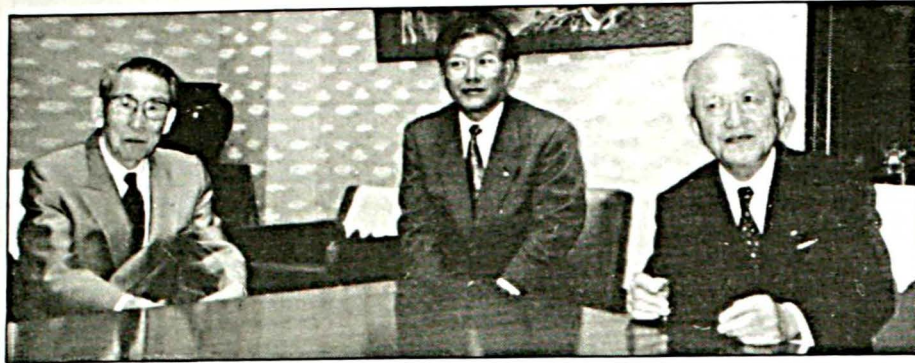
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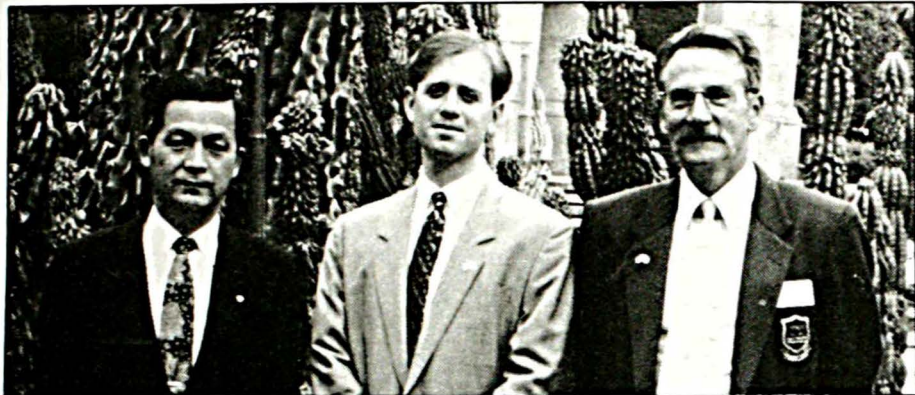
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**AFRICA:**  
Col. Pascal Mackonguy  
BP 1222 Brazzaville  
Rep Pop Du Congo



Kudos for staging a successful Championships went to, from left: Shuhei Nishida, Vice-President of the Organizing Committee and 1936 Olympic silver medalist in the pole vault; Hidenori Kawasaki, Executive Director of the meet; and Suketaka Matsukata, Governor of Miyazaki Prefecture, whose vision and dedication inspired his staff and the whole community of Miyazaki.



Three who deserve much of the credit for the successful World Championships. From left, Shoichi Chuman, Director of General Affairs and Planning Division; Vance Harper, an American working in Miyazaki whose language and administrative skills proved invaluable; and Rex Harvey of Cleveland, WAVA's North American and Multi-Events Chairman.

### World Veterans

Continued from page 21

championships that it's impossible to name them all. Besides, the Japanese way is to do things as a team, not as individuals. After the meet, Governor Matsukata went on television to thank 6000 workers.

But a few extraordinary individuals stand out, including:

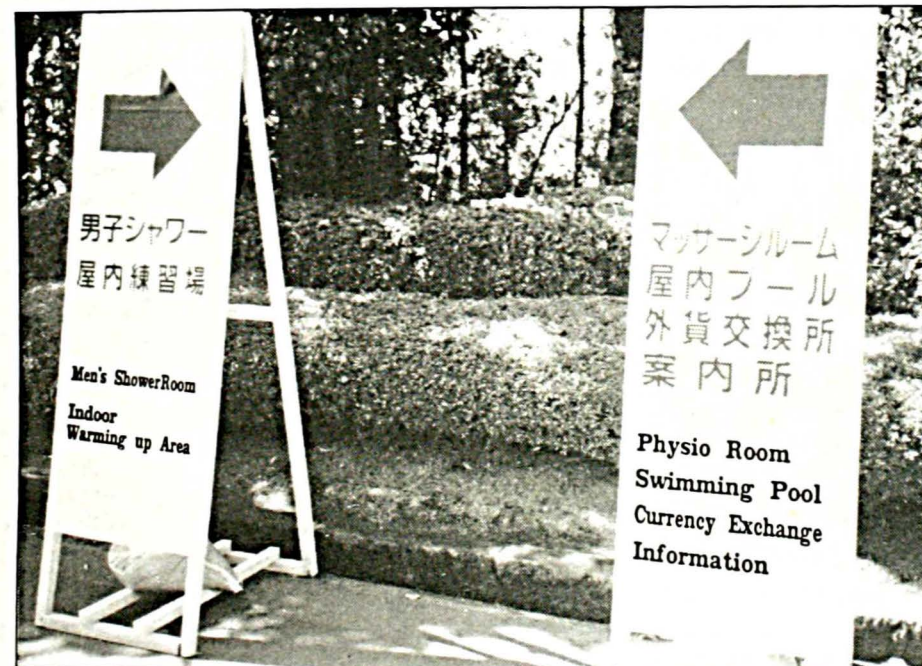
- The Governor, himself, whose dedication to the Games inspired his staff and the whole community of Miyazaki;
- Shoichi Chuman, Director of General Affairs and Planning Division;
- Hidenori Kawasaki, Executive Director;
- Shuhei Nishida, Vice-President of the Organizing Committee and 1936 Olympic pole vault silver medalist;
- Kyoshi Kounoike, Chairman of the Nippon Masters Board of Directors, a longtime participant in veterans athletics who fulfilled his dream of bringing the Championships to Japan;
- Katsuya Abe, meet director on the field;
- Yutaka Nishida, Event Sections Coordinator;
- Hiromi Kanaya, head of the Athletic Facilities and Transportation Division;
- Mikio Oda, President of the OC and President of the Nippon Masters Athletic Union;
- Yasutake Kuroki, Deputy Executive Director;
- Hisashi Zinjenji, Chairman of the International Committee for the Nippon Masters and M40 sprinter;
- Saeko Matsuo, International Committee Member of the Nippon

Masters;

- Mutsonori Kai, Section Chief of the Planning Section;
- Robert Henderson of Great Britain and Vance Harper of the USA, who were working in Japan and were recruited by the OC. Their language and administrative skills were invaluable;
- Yuji Watanabe, General Affairs Staff Member.

Thanks must also go to the hard-working, dedicated 15-member WAVA Council, which worked closely with the OC for over two years, guiding and advising them on hundreds of details.

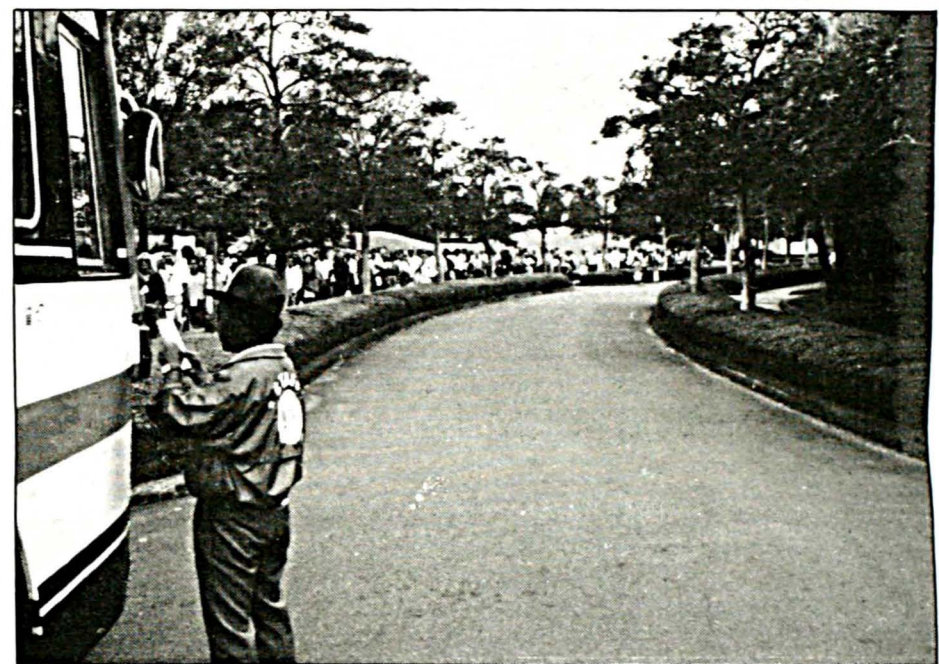
Many participants were reluctant to say goodbye to Miyazaki. The fun, the joy, the excitement, and the camaraderie of the 11 days had gone by too fast.



There were plenty of signs in the Miyazaki Sports Park.



Farewell Party at the Kanko Hotel.



The line to get on the bus got a tad long after the closing ceremonies in Miyazaki.

The World Veterans Championships will now move on to Buffalo and to Durban and to other places. But those who came to Japan in 1993 will never forget Miyazaki. Sayonara. □

—Al Sheehen

### SHUTTLE BUS ROUTES AND BUS STOPS

ROUTE NAME	ROUTE COROR	SHUTTLE BUS STOPS
DOWN TOWN		① MIYAZAKI EKI (MIYAZAKI STATION)
		② TACHIBANA-DORI GO-CHOME
		③ TACHIBANA-DORI SAN-CHOME
		④ KENCHO (PREFECTURAL GOVT. OFFICE)
		⑤ HOMUKYOKU (JUSTICE DEPARTMENT)
AOSHIMA		⑥ AZUMA-CHO
		⑦ PHOENIX HOTEL (RIVERSIDE PHOENIX)
		⑧ TACHIBANA KOEN (RIVERSIDE PARK)
		⑨ TACHIBANA-BASHI MINAMIZUME
		⑩ NISSEKI (NISSEKI GAS STATION)
HITOTSUBA		⑪ MIYAZAKI KOTSU AOSHIMA TERMINAL
		⑫ KODOMO-NO-KUNI KITA MON (NORTH GATE)
		⑬ SUIKOEN HOTEL
		⑭ SEASIDE HOTEL PHOENIX
		⑮ SEAGAIA CONDOMINIUMS/COTTAGES
		⑯ MIYAZAKI KUKO HOTEL (AIRPORT HOTEL)

Free shuttle buses took athletes from the Sports Park to the hotels in the three areas of Miyazaki.



# 57 World Records Set in Miyazaki

A total of 57 world age-group records were set at the 10th WAVA World Veterans Athletics Championships in Miyazaki, Japan, from October 7-17, as the level of performance was again remarkable.

Fifteen marks were set by men; 42 by women. Twenty-two came in track events; 34 in field; and one in racewalking.

German athletes accounted for an amazing 21 records, 18 of them by women. Japan was next with seven, followed by South Africa (4), Australia

(4), Sweden (3), and Great Britain (3). Athletes from the USA set two world marks (Joe Keshmiri in the M55 shot and Phil Raschker in the W45 pole vault).

USA performers picked up 60 individual gold medals, 54 silvers and 38 bronzes — a total of 152 medals, short of the 172 achieved in Turku, the 400 in Eugene, and the 199 in Melbourne.

In addition, USA relay teams garnered nine wins, five seconds and four thirds. USA cross-country teams notched three medals, while USA

marathon threesomes took home a silver and bronze. The USA racewalk contingent was awesome, winning nine of the 14 team gold medals, one silver and one bronze. Japan won 14 of the 16 cross-country team titles and all of the marathon team awards.

The top medal winners of the meet were all from the USA. Philippa (Phil) Raschker, 46, of Marietta, Ga., won seven gold and two silver medals in the W45 division — one of the most impressive performances in the history of the World Championships. She added

a bronze medal in the relay.

Johnnye Valien of Los Angeles won nine medals — two gold in the relays, three silver, and four bronze, in the W65 division.

Paul Spangler of San Luis Obispo, Calif., the oldest competitor in the meet at age 94, won seven golds unopposed.

Sweden's Britta Tibbling won five gold medals in the W75 division, including a world record in the 5000 racewalk. Japan's Mazumi Morita won

Continued on page 26

## GOLD MEDALISTS — WAVA WORLD VETERANS CHAMPIONSHIPS — MIYAZAKI, JAPAN — OCTOBER 7-17, 1993

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100	Zogaib	Kaihara	Robbins	Austin	Williams	Meddings	Hogan	Weinacht Rennschuh	Tateishi	Gathercole	Tsutsumi
200	Zogaib	Crombie	Wald	Austin	Romain	Law	Nel	Rennschuh	Suda	Gathercole	Spangler
400	Thompson	Crombie	Morioka*	Colbert	Romain	Selzer	Nel	Sponseller	Ernesaks	Aoki	Spangler
800	Cabral	Mercelina	Morioka	Ross	Neumann	Windred	McKeown	Bulkley	Takahashi	Morimoto	Spangler
1500	Cabral	Mercelina	Gaulen	James	Herlaar	Zethof	McKeown	Bulkley	Takahashi	Morimoto	Spangler
5000	Sato	Van Noten	Gaulen	James	Vicente	Miyauchi	Tamoi	Sato	Aellen	Kawakatsu	Spangler
10000	Karkkainen	Van Noten	Maesschalck	James	Vicente	Miyauchi	Gilmour	Sato	Aellen	Nakatomi	Spangler
SH	Martin	Brinker	Ferguson	Henry	Mulkey	Steedman	Van Zyl	Taskinen	Morita	---	---
LH	Cheadle	Charlton	Morioka	Holder	Standen	Sochor	Van Zyl*	Bulkley	Morrow	---	---
SC	Meder	Roussel	Stuczynski	Ferreira	Stuart	Horiuchi	Jones	Bulkley*	Tau*	---	---
HJ	Harkins	Spielvogel	Wille*	Bomm	Mulkey	Nevrup	Zensch	Kolhonen	Morita	Hosokawa	---
PV	Takanezawa	Harvey	Lagerqvist	Sterckx	Mulkey	Brenda	Hurri	Vernon	Morita	---	---
LJ	Fukura	Saulyak	Marila	Klimmer	Knaapila	Larsen	Tanaka	Marabotti	Morita*	Hosokawa	---
TJ	Chetti	Imahashi	Power	Pinto	Jackson	Jarvinen	Tanaka	Kolhonen	Morita*	Hosokawa	---
SP	Stimec	Krone	Liedtke*	Keshmiri*	Rzehak	vWachefeldt*	Liitia	Meier	Schepe	Ciccioni	Kazuhiko
DT	Umshler	Baraldo	Liedtke	Keshmiri	Helf	Filip	Frech	Foley	Riboni	Ciccioni	Okita
HT	Eder	Murofusi*	Stiglic	Singh	Potsch	Duholm	Carr	Foley	Riboni	Okazaki	Okita
JT	Markus	Malofeev	Mwalwanda	Varis	Shields	Noreborn	Eriksson*	Takarabe	Schepe	Okazaki	---
DEC	Kemp	Charlton	Marila	Schallau	Mulkey	Wichmann	Yoshitaka	Miura	Pajunen	---	---
CC	Fukui	Van Noten	Maesschalck	Aldegalega	Vicente	Sato	Gilmour	Stale	Aellen	Ishikawa	Spangler
MARA	So	Van Noten	Koch	Rosales	Vicente	Agnoli	Akimoto	Osselaer	Aellen	---	---
5KW	Ruzzier	Sultanov	Zschiesche	Ramirez	Bray	Mimm	Bomba	Fonseca	dePetra	Hasegawa	---
20KW	Ruzzier	Sultanov	DeNoon	Dickinson	Green	Mimm	Bomba	Hashimoto	dePetra	---	---
400R	Gr. Britain	Germany	Australia	Germany	Japan	USA	USA	Germany	Japan	---	---
1600R	Gr. Britain	Australia	Australia	USA	Germany	USA	USA	Japan	USA	---	---
CC	Japan	Japan	Japan	Japan	Japan	Japan	Japan	Japan	Japan	---	---
Mara	Japan	Japan	Japan	Japan	Japan	Japan	Japan	Japan	Japan	---	---
RW	Russia	USA	USA	Gr. Britain	USA	USA	USA	---	---	---	---
+WP	Grave	Myrvang	Liedtke	Speckens	Rzehak	Duholm	Johnson S	Svennevik	Schepe	---	---

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85
100	Mullinger	Murayama	Raschker	Behrendt	Gore	Cooper	Peterson*	Schneider'n*	Saumier	Gelbrich*	---
200	Ashford	Murayama	Raschker	Behrendt	Gore	Larsson	Peterson	Schneider'n	Yamada	Gelbrich*	---
400	Brown	Van Rooyen	Raschker	Hoffman	Cappetta	Gastaldi	Hofmeyr	Mangler	Tibbling	Iglesias	Nishiyama
800	Bellingan	Van Buege	Bandiera*	Orman	Chandler	Horne	Goldenhuis	Mangler	Tibbling	Luther*	---
1500	Bellingan	McLatchie	Bandiera	Orman	Soderstrom	Horne	Ross	Waller	Tibbling	Luther*	---
5000	Takahashi	McLatchie	Schmitt	Yamakawa	Soderstrom	Horne	Ross	Waller	---	Luther*	---
10000	Ceronio	Hirohama	Statham	Odermatt	Hashimoto	Shimazaki	Ross	Waller	---	Luther*	---
SH	Kirby	Wills	Raschker	Nakamura	Roovers	Larsson	Hofmeyr	---	---	---	---
LH	Brown	Edling	Allison	Karlsson	Roovers	Larsson	Hofmeyr*	---	---	---	---
SC	Ceronio	Wright	Hemmington	Orman	Nakamura	Carrier	Miura	---	---	---	---
HJ	Fabardine	Prezelj	Plischke*	Springmann	Schmalbruch*	Chrimes	McDaniels	Svensson	Yoda	---	---
PV	Kalviste*	Murayama	Raschker*	Pietersen*	McLennan*	Brobst	McDaniels	---	---	---	---
LJ	Geremias	Ohinata	Nishiuchi	Togawa	Schmalbruch*	Enarsson	Peterson	Schneider'n*	Nakashima	Frith*	---
TJ	Geremias	Ohinata	Raschker	Springmann*	Schmalbruch*	Mjelde	Peterson*	Campbell*	Sole	Frith*	---
SP	Mahuse	Schultz	Chalon	Searle	Williams	Chrimes*	Hamm	Grobler*	Kono	Gelbrich	---
DT	Yoneda	Schultz	Heinrich	Illgen	Domingos	Chrimes*	Hamm	Grobler	Reile*	Gelbrich	---
HT	Emmert	Bellanger*	Faldager*	Searle	Williams*	Schaefer*	Barth	Grobler	Reile	Frith	---
JT	Kalviste	Burgarova	Bezjak	Uchida	Schoenauer	Leiss	Hamm	Ronni	Reile	Gelbrich*	---
HEP	Geremias	Valkenberg	Raschker	Springmann	Werner	Larsson	McDaniels	---	---	---	---
CC	Ceronio	Hirohama	Statham	Odermatt	Severinkan's	Shimazaki	Ross	Hanakova	Jureidini	---	---
MARA	Kurosaki	Sato	Okura	Koga	Ishigami	Shimazaki	Asami	Waller	---	---	---
5KW	M'Guigan	McDonald	Bonnet	Seiler	LaVeck	Provost	Meyer	Van Sandt	Tibbling*	Vedemo	---
10KW	Suto	McDonald	Bonnet	Seiler	LaVeck	Provost	Gordon	Van Sandt	Tibbling	---	---
400R	Japan	Japan	Germany	Germany	Germany	Australia	USA	Germany	---	---	---
1600R	Gr. Britain	Australia	Canada	Germany	USA	Norway	USA	---	---	---	---
CC	NZL	Japan	Japan	Japan	Japan	Japan	Japan	---	---	---	---
Mara	Japan	Japan	Japan	Japan	Japan	Japan	Japan	---	---	---	---
RW	USA	AUS	USA	AUS	---	GER	USA	USA	---	---	---
+WP	Dewen	Schultz	Faldager	Searle	Williams	Schaefer	Holland	Grobler	Reile	Frith	---

\*World Record + Unofficial event



California's Will Robinson digs down and finds more in an M60 400 heat against Kusuo Sakai (left) and Tamotsu Uchida of Japan.

## World Records Set in Miyazaki

Continued from page 25

the short hurdles and all four M80 jumps with WRs in the long and triple jumps. Germany's Johanna Gelbrich claimed five W80 victories, including two world records.

Quadruple winners were Germany's Johanna Luther, who set four world W80 marks, Portugal's Francisco Vicente (M60), Great Britain's Josie Waller (W70), New Zealand's Shirley Peterson (W65), Sweden's Asta Larsson (W60), Georgia's Phil Mulkey (M60), Oregon's Dan Bulkley (M75), and Britain's Joselyn Ross (W65).

Triple gold medalists were Virginia's Leonore McDaniels (W65), Canada's Harold Morioka (M50), Britain's Stephen James (M55), Japan's Kunio Hosokawa (M85), South Africa's Mariet Ceronio (W35), Japan's Ritsuko Murayama (W40), New Zealand's Margaret Orman (W50), Germany's Christia Schmalbruch (W55), Britain's Rosemary Chrimes (W60), Germany's Isabel Hofmeyr (W65), Germany's Marianne Hamm (W65), South Africa's Lena Grobler (W70), Germany's Annchen Reile (W75), and Australia's Ruth Frith (W80).

Breaking the meet down by divisions, with an emphasis on USA performers, here's how it looked:

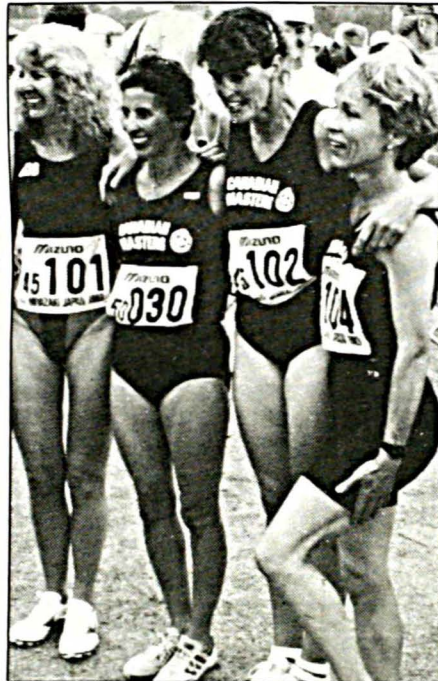
### M40

• Brazil's Jose Luiz Zogaib won the 100 (11.29) and 200 (22.60), while Tom Thompson of Texas, who was fourth in the U.S. Nationals, improved to win the 400 (51.47) and took bronze in the 100.

• Portugal's Carlos Cabral surprised defending world 1500 champion Ken Popejoy of Illinois in both the 800 (1:57.25 to 1:57.63) and 1500 (4:00.60 to 4:01.42), with Oregon's Ed Spinney courageously forcing the pace in the latter to just miss (4:01.71).

"This was my swan song," Popejoy said after the races. "I'm retiring from competition to spend more time with my family and in my law practice."

• Bill Cheadle (400H/56.68) and Dennis Umshler (DT/46.92) picked up golds in this



Canada's W45 gold-medal-winning 1600-meter relay team, from left: Pam Duncan, Anne Rosenitsch, Liz McBlain, Avril Douglas.

always-tough division while Jeff Kinstead (PV) and Randal Kruse (LJ) won silvers. James Grant got a bronze in the javelin.

• Teams from Great Britain won both the 400 and 1600 relays, while Russia claimed the road walk team crown.

### M45

• Belgium's Omer Van Noten bested 1972 Olympic marathon gold medalist Frank Shorter of Colorado in the 10,000 (32:12 to 32:44) and 10K cross-country (34:17 to 34:49).

• Australia's Peter Crombie captured the 200 (23.53) and 400 (52.76), while Holland's Ron Mercelina repeated his Turku wins in the 800 (1:59.19) and 1500 (4:04.47).

• Cleveland's Rex Harvey vaulted 4.10 for gold and garnered a silver behind Britain's John Charlton in a rain-blown decathlon. Charlton also won the 400H in 59.12.

• New Jersey's Ken Brinker sped to a 15.83 to take the 110 hurdles with California's Fred Johnston second. Norm Frable bronzed in the 20K road walk.

• Germany and Australia won the 400 and 1600 relays, respectively, with the USA team of Frable, Ed Kousky, and Gerald Patrick taking the road walk team gold.

### M50

• Canada's Harold Morioka was the star of this division with three wins in the 800 (2:03.42), 400H (61.03), and 400, where he established a new world M50 record of 51.76.

• California's Steve Robbins and South Africa's Stanley Wald exchanged sprint wins. Robbins took the 100, 11.58 to 11.65, while Wald got the 200, 23.52 to 23.75.

• Norway's Gunnar Gaulen impressed in the 1500 (4:16.79) and 5000 (15:56.12).

• Don DeNoon of Illinois finished first overall (1:34:55) in the 20K road walk, but had to fly home before the 5000 track walk.

• Germany's Klaus Liedtke successfully defended his titles in the shot (17.60WR) and discus (53.58).

• Pennsylvania's James Carmines got second in the 5000 walk, while Rich Hotchkiss of California spun to a bronze in the discus.

• Australia captured both relays, and the USA squad of Carmines, DeNoon and Victor Sipes walked to victory.

### M55

• Britain's Stephen James was outstanding in winning the 1500 (4:27.53), 5000 (16:28.77), and 10,000 (33:12.19).

• Australia's Reg Austin repeated his Turku triumphs with wins in the 100 (11.78) and 200 (24.04), keeping alive his streak of winning a gold medal in each of the 10 World Championships. A schedule conflict prevented him from defending his 400 title, which opened the door for New York's Larry Colbert, who won in 55.11. Colbert also anchored the winning USA 1600 relay squad, and took thirds in the 100 and 200.

• Nevada's Joe Keshmiri took the shot (15.85WR) and discus (51.38), while California's Al Henry won the 100H gold in 15.78.

• Silver medals went to California's Nick Newton (59, HJ, 1.65/5-5) and New Jersey's Ken Baker (800/2:11.63), while San Diego's Ed Oleata picked off a bronze with a 65.41 in the 400H.

• Germany won the 400 relay, while the USA tandem of Colbert, Oleata, Martyn Adamson, and Cliff Pauling took the 1600 gold. Great Britain captured the team walk.

### M60

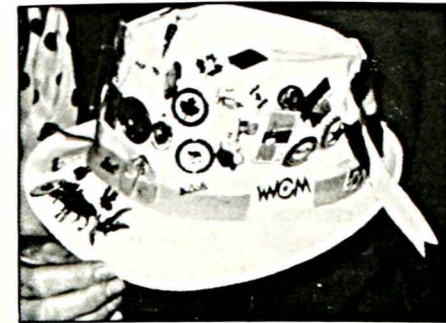
• Ralph Romain of Trinidad and Tobago was perhaps the most impressive performer of the meet, easily gliding through the 200 (25.37) and 400 (54.92) with amazingly graceful long strides. The lanky, 6-4, Washington, D.C. - area resident was asked to reveal his training secrets.

"Good genes," he confided.

• Portugal's Francisco Vicente captured the 5000 (16:56), 10,000 (34:26), cross-country (37:33), and marathon (2:49:59) in one of the finest long-distance performances of the meet.

• Atlanta's Phil Mulkey won four golds in the high jump (1.56, in an exciting jump-off with Finland's Olavi Niemi), pole vault (3.40), 100H (15.56, where he nosed out California's Marion Sanchez), and decathlon, where he smashed his own world M60 record of 8347 points, demolishing the Championships records of 7591, set by Australia's Rudy Hochreiter in 1989, with an astounding 8546 points. The score was earned in two days of torrential rains brought on by a typhoon hovering just off the coast of Miyazaki.

"The rain seemed to definitely affect the overall scores," Mulkey said. "The silver and bronze that went to good friends of mine, Germany's Helmut Fackler and Australia's James McGrath, went at 6100



Collecting pins in Miyazaki.

Photo by Jon Lomax

and 5700 points, respectively, both way below their expected 7000 plus."

Did the weather bother Mulkey?

"What weather?" he said. "I was really focused."

Perhaps the most remarkable aspect of his decathlon performance was that he won nine of the ten events outright. He also earned a silver in the long jump. Mulkey is a 1960 Olympic decathlete who had the highest score in the world in 1961.

• California's Dave Jackson peaked perfectly to edge Niemi, 11.53 to 11.51, in the triple jump.

• California's Jack Bray narrowly defeated Michigan's Max Green, 25:09.66 to 25:11.58, in the 5000 walk, but Green captured the 20K road walk (1:52:34) with Bray third.

• Jack Shields won the javelin (53.16), while silver medals behind Vicente went to Malcolm Gillis (marathon/3:10:55) and Pennsylvania's Norm Green (10,000/35:43). New England's Len Olson took bronze in the javelin.

• Japan (400) and Germany (1600) won the relays, as the USA threesome of Green, Bray and Bob Fine took home the road walk gold.

### M65

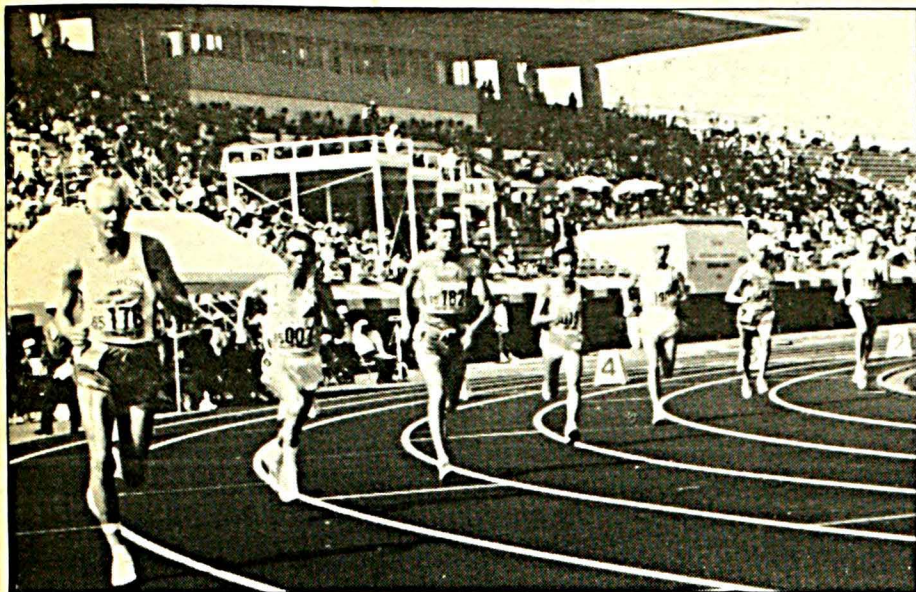
• Only New Jersey's Bob Mimm (5000RW/28:24, 20KRW/2:02:20), and Japan's Yoshimitsu Miyauchi (5000/18:38, 10,000/38:43) could capture two wins in this competitive division.

• Britain's Alan Meddings (100/12.71), North Carolina's Jim Law (200/26.05), and Germany's Wilhelm Selzer (400/59.08) divided the sprints, with Law getting the

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Japan's Ritsuko Murayama won the W40 100 (12.36), 200 (25.90) and pole vault (2.20) at the World Championships in Miyazaki.



Start of the M65 800 final. From left: Bill Fortune (USA, 6th, 2:33.20); Yoshimitsu Miyauchi (JPN, 7th, 2:35.45); Hein Zethof (HOL, 2nd, 2:28.32); Kazuo Maehara (JPN, 3rd, 2:28.47), Katsumi Horiuchi (JPN, 5th, 2:31.68); Gert Ekman (SWE, 4th, 2:29.54); Norm Windred (AUS, 1st, 2:27.99).

### World Records Set in Miyazaki

Continued from page 26

silver in the 100 and 200.

- Michigan's **Chuck Sochor** won the 300H (48.79) and took third in the 400, while **Mel Larsen** of Illinois won gold with a 5.12/16-9/8 long jump and annexed the 100 bronze.

- California's **Al Brenda** took home gold with a 2.80 pole vault and garnered a silver in the decathlon.

- The USA foursomes won both relays, with Sochor, Law, and **Bill Daprano** teaming with Larsen in the 400 and **Gordon Seifert** in the 1600.

- Mimm, **Giulio de Petra**, and **Bill Moreman** won the team RW award for the USA.

**M70**  
Australia's colorful **Bernie Hogan** was undefeated in world veterans competition before the meet and was leading down the stretch in the 200. But when South Africa's **Lucas Nel** went by with 30 meters to go, all Hogan could do was turn and gape in open-mouthed astonishment as Nel won, 28.04 to 28.48. Hogan got a measure of revenge later in the meet, winning the 100 in 13.45. Nel went on to win the 400 in 64.16, and barely lost the 800 to Australia's **Gordon McKeown** (2:36.57 to 2:36.68). McKeown also won the 1500 in 5:23.99.

- South Africa's **Albertus Van Zyl** won both hurdles, besting California's **Walter Dahlin** in each with a 15.02 (80H) and WR 51.38. (300H). Dahlin also took a silver in the high jump.

- Italy's **Carlo Bomba** took both walks, while Japan's **Juji Tanaka** won the long (4.80) and triple (9.56) jumps.

- Australia's legendary **John Gilmour** successfully defended his cross-country (44:52) title and also won the 10,000 (42:03).

- California's **Don Cotner** took silver in the 5000 walk, Texan **Tim Murphy** got second in the 100, California's **Melvin Lees** won silver in the 20K walk and bronze in the 5K walk, California's **Ray Spencer** took third in the 300H, and Minnesota's **Paul Geyer** took third in the 20K walk.

- The USA swept the relays with Spencer, Dahlin, Murphy, and **Bob Hunt** in the 400; and Dahlin, Hunt, **Archie Messenger**, and **Jay Sponseller** in the 1600.

- Geyer, Lees and **Troy Grove** won the team walk gold for the USA.

**M75**  
Oregon's **Dan Bulkley** was sensational as he won the 800 (2:47.61), 1500 (6:05.99),

300H (56.78), and 2000SC (9:44.19), and took second in the 80H.

- Double gold medalists included Japan's **Izo Sato** in the 5000 (22:03) and 10,000 (44:24), Finland's **Esko Kolhonen** in the HJ (1.35) and TJ (8.53), Australia's **Roy Foley** in the DT (33.96) and HT (37.98), and Germany's **Walter Rennschuh** in the 100 (13.99) and 200 (29.77).

- Ohio's **Bill Weinacht** dead-heated with Rennschuh to share the gold in the 100 and barely lost the 200 to the German (29.82).

- California's **Jim Vernon** won the pole vault (2.50/8-2 1/2) for the 10th consecutive time in the World Championships. He joined Reg Austin as the only two athletes to win gold medals in each Championships.

- Florida's **Jay Sponseller** took the 400 (70.93), while Germany (400) and Japan (1600) split the relays.

**M80**  
Japan's **Mazumi Morita**, one of the world's top veteran competitors for years, won five gold medals on his home turf: all the jumps and the 80H, including WRs in the LJ (4.12) and TJ (8.95).

- Switzerland's **Lucien Aellen** won the 5000 (24:44) and 10,000 (52:29), the USA's **Giulio de Petra** captured both walks (35:58/2:29:00), and Italy's **Mario Riboni** won the DT (32.18) and HT (26.66).

- North Carolina's **Bob Boal** took silver in the 300H and steeple. Pennsylvania's

	G	S	B	T	G	S	B	T	
M40	3	4	3	10	W35	1	1	2	4
M45	2	4	2	8	W40	2	0	2	4
M50	2	2	1	5	W45	7	4	1	12
M55	4	2	3	9	W50	0	1	1	2
M60	8	4	3	15	W55	1	1	3	5
M65	6	4	3	13	W60	1	0	0	1
M70	0	6	3	9	W65	4	10	8	22
M75	7	2	1	10	W70	2	2	0	4
M80	2	3	1	6	W75	1	3	1	5
M85	0	0	0	0	W80	0	1	0	1
M90	7	0	0	7					
Tot.	41	31	20	92		19	23	18	60

	G	S	B	T
1993	60	54	38	152
1991	73	57	42	172
1989	124	143	133	400
1987	85	70	44	199

Claude Hills got second in the HJ, and Texas' **Fred White** gained bronze in the 400.

- The USA 400 relay squad took second to Japan, while the 1600 foursome of Boal, White, **Virgil McIntyre**, and **Bert Morrow** won gold as the only team.

**M85**  
Japanese competitors were strong in this division. **Kunio Hosakawa** won three jumps. **Masami Okazaki** took the DT and HT, and **Takeji Morimoto** won the 800 and 1500.

- Australia's **Richard Gathercole** won the 100 (17.28) and 200 (35.99WR). Italy's

**Lamberto Ciccioni** lassoed the shot (7.24) and discus (24.00).

**M90**  
California's **Paul Spangler** was the meet's oldest participant at age 94. He entered and finished seven events unopposed, and was treated like a celebrity by the Miyazaki people and press.

**W35**  
South Africa's **Mariet Ceronio** won the 10,000 (37:10), 2000SC (7:45) and X-C (39:15). Double winners included Britain's **Allison Brown** in the 400 (57.12) and 400H (64.83), Estonia's **Maret Kalviste** in the PV

Continued on page 28

### U.S. MEDAL WINNERS IN 10TH WORLD VETERANS CHAMPIONSHIPS MIYAZAKI, JAPAN - OCTOBER 7-17, 1993

M40	G	S	B
Tom Thompson	400		100
Bill Cheadle	400H		
Dennis Umshler	DT		
Ken Popejoy		800	
"		1500	
Jeff Kinstead		PV	
Randal Kruse		LJ	
James Grant			JT
Ed Spinney			1500

M45	G	S	B
Ken Brinker	110H		200
Rex Harvey	PV	DEC	
Frank Shorter		10K	
"		CC	
Fred Johnston		110H	
Norman Frable			20KW

M50	G	S	B
Steve Robbins	100	200	
Don DeNoon	20KW		
James Carmines		5KW	
Rich Hotchkiss			DT

M55	G	S	B
Larry Colbert	400		100
"			200
Al Henry	100H		
Joe Keshmiri	SP		
"	DT		
Nick Newton		HJ	
Ed Oleata			400H
Ken Baker		800	

M60	G	S	B
Phil Mulkey	HJ PV		LJ
"	DEC		
"	100H		
Dave Jackson	TJ		
Jack Shields	JT		
Jack Bray	5KW		10KW
Max Green	10KW	5KW	
Malcolm Gillis		MARA	
Marion Sanchez		100H	
Norman Green		10K	
Len Olson			JT

M65	G	S	B
Jim Law	200	400	
"		100	
Chuck Sochor	300H		400
Mel Larsen	LJ		100
Gordon Siefert		HJ	PV
Al Brenda		PV	DEC
Bob Mimm		5KW	
"		20KW	

M70	G	S	B
Tim Murphy		100	
Ray Spencer			300H
Walter Dahlin		HJ	
"		80H	
"		300H	
Don Cotner		5KW	
Melvin Lees		20KW	5KW
Paul Geyer			20KW

M75	G	S	B
Bill Weinacht	100	200	
Dan Bulkley	800	80H	
"	1500		
"	300H		
"	SC		
Jay Sponseller	400		800
Jim Vernon		PV	

M80	G	S	B
Giulio de Petra	5KW		
"	10KW		
Bob Boal		300H	
"		SC	
Claude Hills		HJ	
Fred White			400

M90	G	S	B
Paul Spangler	200		
"	400		
"	800		
"	1500		
"	5000		
"	10K		
"	CC		

W35	G	S	B
Evelyn Ashford	200		
Kim Rupert			SC
Kathy Finch		5KW	10KW
W40	G	S	B
Carol McLatchie	1500		
"	5000		
Cheryl Kincaide			SC
Joan Stratton			IIT

W45	G	S	B
Phil Raschker	100	HJ	
"	200	LJ	
"	400		
"	80H		
"		PV	
"		TJ	
"		HEP	
Lorraine Tucker			100
Viisha Sedlak		5KW	
"		10KW	

W50	G	S	B
Linda Upton		1500	800

W55	G	S	B
Carolyn Cappetta	400		
Katie McIntyre		800	1500
Christel Miller			JT
"			HEP

W60	G	S	B
Lucy Brobst		PV	

W65	G	S	B
Leonore McDaniels	HEP	300H	80H
"	HJ	LJ	
"	PV	TJ	
Sumi Onodera			800
Suste Barnes			100
Johnnye Valien		HEP	400
"		80H	200
"		100	LJ
"			HJ
Miriam Gordon	10KW		5KW
Pat Nesley		5KW	
"		10KW	
Bernice Holland		DT	
"		JT	

W70	G	S	B
Ruth Van Sandt	5KW		
"	10KW		
Queenie Thompson		5KW	
"		10KW	

W75	G	S	B
Mary Haines		1500	
Betty Jarvis		DT	
"		JT	
Althea Jureidini	CC		10KW

W80	G	S	B
Mildred Smith		5KW	

## World Records Set in Miyazaki

Continued from page 27

(2.80WR) and JT (50.30), South Africa's **Koba Bellingan** in the 800 (2:17.11) and 1500 (4:39.04), and Brazil's **Conceicao Geremias** in the LJ (5.85) and TJ (12.40WR).

• **Evelyn Ashford** won the 200, California's **Kim Rupert** got bronze in the steeple, and **Kathy Finch** of Wisconsin took silver and bronze in the racewalks. After Ashford's race, athletes flocked around her asking for autographs and thanking her for competing and helping the meet gain recognition.

• Japan (400) and Great Britain (1600) divided the relays, while New Zealand interrupted Japan's cross-country domination.

• The USA team of **Finch, Lorrie Leiker**, and **Bev LaVeck** (cleverly dropping down from W55) won the road walk team crown.

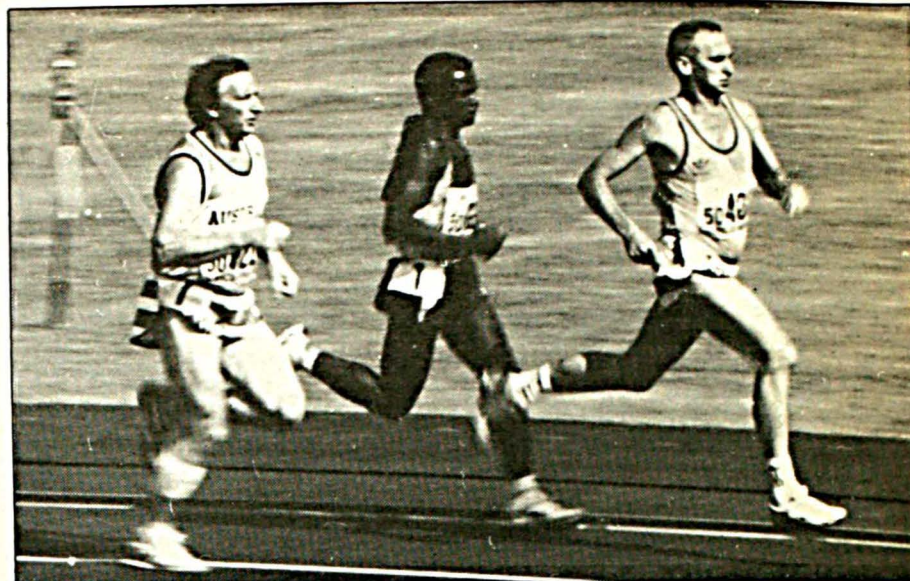
**W40**  
• Houston's **Carol McLatchie**, the USA 1992 W40 road runner of the year and the leading prize-money winner (\$16,000) among women masters road runners this year, took to the track and handily won the 1500 (4:38.73) and 5000 (17:13.49).

"I really love competing on the track," McLatchie said. "I would have been in Provo (at the USA Nationals), but I was in Stuttgart at the (open) World Championships. There's money to be made on the roads, but it's a real thrill to compete in the World Championships."

### NEW WORLD RECORDS SET IN 10TH WAVA WORLD VETERANS CHAMPIONSHIPS — MIYAZAKI, JAPAN — OCT. 7-17, 1993

Event	Div.	New Mark.	Name	Nation	Old Mark	Held by
100	W65	14.98	Shirley Peterson	NZL	15.04	Paula Schneiderhan
100	W70	15.42	Paula Schneiderhan	GER	16.2	Polly Clarke
100	W80	18.41	Johanna Gelbrich	GER	19.32	Polly Clarke
200	M85	35.99	Richard Gathercole	AUS	37.3	Harry Gathercole
200	W70	33.26	Paula Schneiderhan	GER	34.2	Polly Clarke
400	M50	51.76	Harold Morioka	CAN	51.8	Ron Taylor
400	W70	79.14	Anna Mangler	GER	89.62	Polly Clarke
800	W45	2:17.06	Judy Bandiera	AUS	2:19.2	Anne McKenzie
800	W60	2:51.27	Jean Horne	CAN	2:51.6	Joyce Hals
800	W80	3:54.81	Johanna Luther	GER	4:18.12	Berta Hielscher
800	W85	5:14.43	Matsue Nishiyama	JPN	6:14.1	Mary Ames
1500	W80	7:32.22	Johanna Luther	GER	8:36.90	Anne Clarke
5000	W80	28:32.67	Johanna Luther	GER	30:21.85	Mavis Lindgren
5000	W85	37:02.30	Matsue Nishiyama	JPN	41:56.2	Mary Ames
10000	W50	36:51.28	Ursula Odermatt	SUI	36:51.6	Edeltraud Pohl
10000	W80	58:40.03	Johanna Luther	GER	69:32.2	Ivy Granstrom
80H	M80	16.98	Mazumi Morita	JPN	17.29	Karl Trei
80H	W60	14.68H	Asta Larsson	SWE	15.5	Kirsten Hveem
80H	W65	18.33	Isabel Hofmeyr	GER	18.62	Rosaline Sole
300H	M70	51.38	Albertus Van Zyl	RSA	52.0	Trevor Newman
300H	W65	65.67	Isabel Hofmeyr	RSA	66.9	Leonore McDaniels
2K-SC	M80	11:51.48	Tadashi Tau	JPN	12:42.4	Bob Boal
HJ	M50	1.88	Dieter Wille	GER	1.88	Wyatt/Mandl
HJ	W45	1.58	Anela Plischke	AUT	1.55	Smallwood/Houser
HJ	W55	1.38	Christa Schmalbruch	GER	1.37	Rosemary Chrimes
PV	W35	2.80	Maret Kalviste	EST	2.70	Kalviste/Fabardine
PV	W45	3.14	Phil Raschker	USA	2.90	Phil Raschker
PV	W55	2.00	Dorothy McLennan	IRL	1.40	Dorothy McLennan
LJ	M80	4.12	Mazumi Morita	JPN	3.95	Gulab Singh
LJ	W55	4.80	Christa Schmalbruch	GER	4.60	Elzbieta Krzesinska
LJ	W70	3.58	Paula Schneiderhan	GER	3.51	Gwen Davidson
LJ	W80	2.26	Ruth Frith	AUS	2.20	Ruth Frith
TJ	M80	8.95	Mazumi Morita	JPN	8.29	Gulab Singh
TJ	W35	12.40	Conceicao Geremias	BRA	11.69	Masae Yoder
TJ	W50	10.08	Erika Springmann	GER	10.04	Kimiko Nakamura
TJ	W55	9.82	Christa Schmalbruch	GER	9.68	Elzbieta Krzesinska
TJ	W65	9.03	Shirley Peterson	NZL	7.85	Leonore McDaniels
TJ	W70	6.85	Sheila Campbell	RSA	6.72	Mary Wixey
TJ	W80	5.65	Ruth Frith	AUS	5.33	Ruth Frith
SP	M45	14.43	Tors von Wachenfeldt	SWE	#14.70	Disallowed
SP	M50	17.60	Klaus Liedtke	GER	17.56	Herman Hombrecher
SP	M55	15.85	Joe Keshmiri	USA	15.77	Herman Hombrecher
SP	W60	12.20	Rosemary Chrimes	GBR	11.23	Marianne Hamm
SP	W70	8.44	Lena Grobler	RSA	8.12	Katrina Smildstina
DT	W60	37.56	Rosemary Chrimes	GBR	32.68	Marianne Hamm
DT	W75	21.22	Annchen Reile	GER	20.84	Annchen Reile
HT	M45	63.46	Sigenobu Murofusi	JPN	62.52	Hans Potsch
HT	W40	42.02	Annie Bellanger	FRA	42.00	Lisa Kerch
HT	W45	44.56	Inge Faldager	DEN	40.78	Bev Savage
HT	W55	43.88	Evaun Williams	GBR	41.66	Evaun Williams
HT	W60	40.46	Jutta Schaefer	GER	30.46	Lydia Widera
JT	M40	75.08	Jorma Markus	FIN	71.10	Janis Zirnis
JT	M70	46.28	Erik Eriksson	FIN	46.18	Bill Morales
JT	M80	32.50	Gerhard Schepe	GER	28.80	Herb Anderson
JT	W60	32.58	Lieselotte Leiss	GER	32.24	Janina Paksyte
JT	W80	19.86	Johanna Gelbrich	GER	17.86	Irja Sarnama
SKRW	W75	32:44.76	Britta Tibbling	SWE		

H = Heptathlon # Record disallowed; light weight



In the M50 800 final, Elfas Mhkomole of South Africa is flanked by two Australians: Keith Wheeler (left) and Neil MacDonald.

Photo by Leo Benning

• Japan's **Ritsuko Murayama** won the 100 (12.36), 200 (25.90), and pole vault (2.20); Japan's **Akiko Ohinata** annexed the LJ (5.44) and TJ (12.00) by wide margins; Australia's **Christine Schultz** took home golds in the SP (13.61) and DT (44.32), and Australia's **Heather McDonald** won both walks (5K/25:03; 10K/51:38).

• France's **Annie Bellanger** set a new world W40 record with a 42.02 hammer throw.

• Japan won the 400 relay, while Australia took the 1600 relay and road walk titles.

**W45**  
• **Phil Raschker** was phenomenal and won the Sorbothane Masters Athlete-of-the-Month award (see page 12). The W45 400 was one of the meet's great races, with Raschker coming from third place with 100 to go to finish in 60.04, edging Australia's **Marge Allison** (60.29) and Canada's **Avril Douglas** (60.46) in the photo. All three times were more than two seconds faster than the winning W40 400 time.

• The world 800 record was broken by the first two finishers, Australia's **Judy Bandiera** (2:17.06) and **Douglas** (2:18.75). Bandiera also won the 1500 over defending champion **Pat Gallagher** of Great Britain, 4:52.81 to 4:54.28. "I thought I could run 2:16," a disappointed Douglas said after the race. "I was closing on her (Bandiera), but I should have moved sooner."

• Austria's **Alena Plischke** set a WR 1.58 high jump to beat out Raschker by one inch, and Japan's **Kumiko Nischi** took the long jump at 5.36.

• Britain's **Elaine Statham** captured the 10,000 (38:33) and XC (41:32), while Allison, at age 49, repeated in the 400H (66.73).

• Denmark's **Inge Faldager** improved on her Turku victory with a WR 44.56 HT.

• France's **Jacqueline Bonnet** gave Colorado's **Viisha Sedlak** her first losses in world competition, dethroning the three-time 5K and 10K walk champion in 25:27 and 54:12, respectively. "I've been out of training due to a frantic work schedule this year," Sedlak said, "but I was happy to come and compete, anyway, because participation is what this is all about."

• Another USA medalist was New York's **Lorraine Tucker**, who took home a bronze in the 100.

• Germany won the 400 relay, with Canada's quartet of **Douglas, Liz McBlain, Pam Duncan**, and **Anne Rosenitsch** collecting honors in the 1600 relay. The USA threesome of **Sedlak, Jolene Steigerwalt**, and **Kathy Frable** absorbed the road walk team crown.

**W50**  
• The Germans dominated this division as **Erika Springmann** leaped to a WR 10.08 TJ, and added wins in the HJ (1.45) and heptathlon (5554 points).

• Germany's **Martha Behrendt** upset defending champion and countrywoman **Brunhilde Hoffman**, 54, in the 100 (13.21) and 200 (27.86), but Hoffman repeated her Turku victory in the 400 (64.59).

• Germany's **Waltraud Seiler** triumphed in the 5K (26:07) and 10K (54:47) walks, and the Germans won both relays.

• New Zealand's **Margaret Orman** broke through with impressive wins in the 800 (2:28.97), 1500 (5:13.26), and 2000SC (7:46.90).

• **Linda Upton** of Massachusetts was the only USA medalist in this tough bracket with a bronze in the 800 (2:33.84) and a silver — only three seconds behind Orman in 5:16.25 — in the 1500.

• The Australians won the RW team award, and South Africa's **Petra Pietersen** broke **Madeline Bost's** world standard with a 2.44 (8-0) pole vault.

**W55**  
• Germany's **Christa Schmalbruch** set three WRs in the HJ (1.38), LJ (4.80), and TJ (9.82).

• Seattle's **Bev LaVeck** won the 5K (28:51) and 10K (58:37) walks by wide margins.

Continued on page 29



Japan's Ryoji Takahashi gets off a good leap in the M55 long jump.

## World Records Set in Miyazaki

Continued from page 28

- Holland's **Corrie Roovers** repeated her Turku wins in the 80H (14.22) and 300H (54.58), while Sweden's **Elsa Soderstrom** won the 1500 (5:40.59) and 5000 (21:18).

- New Zealand's **Judy Chandler** notched the 800 (2:43.49) with Arizona's **Katie McIntyre** second (2:56.24). McIntyre also claimed bronze in the 1500 as she improved over her performances in the U.S. Nationals.

- **Carolyn Cappetta** of Massachusetts successfully defended her 400 crown with a strong 66.35, three seconds ahead of Chandler.

- California's **Christel Miller** took home bronze in the JT (31.36/102-11) and heptathlon (4274 points).

- Britain's **Una Gore** took both sprints from Australia's **Wendy Ey** (13.65/13.80 and 28.84/29.04).

- Another British double winner was **Evaun Williams** in the SP (12.34) and HT (43.88WR).

- Ireland's **Dorothy McLennan** established a new WR with a 2.00 (6-7) pole vault.

- Germany won the 400 relay with the USA squad of Miller, McIntyre, Liz Szawowski, and Marti Thielman taking the 1600.

### W60

- Britain's **Rosemary Chimes** tripled in the HJ (1.25) SP (12.20) and DT (37.56), the latter two WRs.

- Sweden's **Asta Larssen** streaked to victory in the 80H (14.78WR), 300H (58.59), heptathlon (5638), and 200 (32.34).

- Canada's **Jean Horne** won three in the 800 (2:51.27WR), 1500 (5:45.86), and 5000 (21:47).

- Germany's **Jutta Schaefer** set a HT WR (40.43).

- Japan's **Mazaki Shimasaki** dominated the long distance events: 10,000 (42:52), XC (49:21), and marathon (3:54:52), while Canada's **June Provost** walked off with the 5K (29:46) and 10K (1:00:53) RWs.

- North Carolina's **Lucy Anne Brobst**, recovering from cancer, courageously won the pole vault in 1.52. Australia (400) and Norway (1600) took the relays, with Germany on top in the road walk.

### W65

- Five women swept 17 of the 23 gold medals in this group:

- Virginia's **Leonore McDaniels** won seven medals, including three gold in the HJ (1.20), PV (1.56), and heptathlon (4196).

- New Zealand's **Shirley Peterson** set two WRs in the 100 (14.98) and TJ (9.03), and added the 200 (32.31) and LJ (3.97).

- South Africa's **Isabel Hofmeyr** set two WRs in the 80H (18.33) and 300H (65.67), and added the 400 (79.77).

- Britain's **Joselyn Ross** swept the 1500 (6:07.13), 5000 (22:13), 10,000 (46:48), and XC (49:25).

- Germany's **Marianne Hamm** repeated her Turku triumph in the SP (9.46), and added golds in the DT (28.46) and JT (27.32).

- The USA showed great depth in this group. **Miriam Gordon** won the 10K walk (1:05:28) and placed third in the 5KW; California's **Johanne Valien** picked off three silver and four bronze medals; **Pat Nesley** got second in both walks; Ohio's **Bernice Holland** claimed the silver behind Hamm in the DT and JT, and won the unofficial weight pentathlon; **Sumi Onodera-Leonard** got third in the 800; and **Sue Barnes** got the bronze in the 100.

- The USA teams won both relays, with Valien, Barnes, Onodera-Leonard, and **Shirley Dietderich** in the 400, and Valien,



Houston's Carol McLatchie, USA's W40 1992 road runner of the year and the leading female masters prize money winner in 1993, won the W40 1500 (4:38.73) and 5000 (17:13.49) in Miyazaki. "I love running on the track," she said.

Gordon, Onodera-Leonard, and Diane Friedman in the 1600.

- The team of **Dawn Russell**, **Annie Barker**, and **Elizabeth Baker** was the only USA XC team to win, and the RW team won gold with Gordon, Nesley and **Joann Beers**.

### W70

- Germany's awesome duo of **Pauline Schneiderhan** and **Anna Mangler** are always threats to break world records when they change age groups, and this year was no exception. Schneiderhan broke two of Polly Clarke's 12-year-old marks in the 100 (15.42) and 200 (33.26 in a heat).

- Mangler won the 800 in 3:26.00, and the two faced off in the 400. Into the stretch, Schneiderhan had a narrow lead, but when she put the hammer down, her hamstring gave out and Mangler coasted to an easy win in 79.14, lowering Clarke's record by 10 seconds. Earlier, Schneiderhan also won the LJ (3.58WR).

- Britain's **Josie Waller** lived up to her press clippings with a quadruple in the 1500 (6:40.65), 5000 (24:22.05), 10,000 (49:36), and marathon (4:09:36).

- South Africa's **Lena Grobler** threw the shot to a WR 8.44/27-8¼, and also captured the DT (22.94) and HT (24.98), while teammate **Sheila Campbell** set a TJ WR (6.85).

- The USA's **Ruth Van Zandt** won both walks (35:50/1:16:15), edging New York's **Queenie Thompson** by 1:50 in the former, and by only one second in the latter. Needless to say, the USA team of Van Zandt, Thompson and **Althea Jureidini** won the RW title.

## Missing in Miyazaki

Perhaps the only disappointment of the 10th WAVA World Veterans Athletics Championships in Miyazaki was that so many top athletes were unable to make the trip.

The high prices in Japan, plus the time of year, held USA entrants to 313, a 34% drop from the 474 that went to Turku in 1991. Other countries showed similar declines.

Some performances in the USA National Masters T&F Championships bettered the winning marks in Miyazaki:

- **Bill Collins** won the USA M40 100 in 10.96, but didn't go to Miyazaki, where the winning M40 time was 11.29.

- **Stan Whitley** won the M45 200 in 22.59, but didn't go to Japan, where the winning M45 time was 23.53.

- **Jim Mathis** took the M55 400 in 54.60, but stayed home while 55.31 won in Miyazaki.

- **Jim Gillcrist** won the M65 high jump in 1.62 (5-3½), but couldn't make the trip, and the winning jump was 1.55.

Other potential medalists missing in Japan included: **Danielle Desmier**, **Deby Swezey**, **Del Pickarts**, **Anna Wlodarczyk**, **Stan Druckrey**, **Janet Wilson**,

**Fred Sowerby**, **Nolan Smith**, **Byron Dyce**, **Ralph Miller**, **Diane Palmason**, **Joe King**, **Charlie Rader**, **Greg Miguel**, **Patricia McNab**, and **Jim York**. All won gold medals in the U.S. Nationals.

Former World Games medalists missing included: **Manuel Vera**, **Milan Tiff**, **Jack Greenwood**, **Marti Vainio**, **Viktor Semenov**, **Eddie Hart**, **James King**, **John Buckley**, **Ron Robertson**, **Nelson Gomes da Silva**, **Alan Bradford**, **Herman Strauss**, **Jim Sutton**, **Luciano Aquarone**, **Horst Mandl**, **Ahti Pajunen**, **John Poppell**, **Hugo Schegel**, **Rune Bergman**, **Gudman Skriverik**, **Jim Lytjen**, **Warren Utes**, **Boo Morcom**, **Fritz Assmy**, **Ross Carter**, **Edeltraud Pohl**, **Marion Irvine**, **Betty Vosburgh**, and **Buell Crane**.

Some of those may or may not have been in shape, but safe to say the World Veterans Championships falls a bit short of being a true Championships since so many quality athletes can't afford either the time or the money to make the trip.

Wouldn't it be nice to have an international sponsor to pick up the tab for deserving athletes around the world? □

### W75

Sweden's versatile **Britta Tibbling** was the star of this bracket, winning five gold medals and setting a new WR in the 5000 walk (32:44.76). She also won the 400 (95.45), 800 (3:42.86), 1500 (7:30.76), and 10K walk (1:07:46).

- Germany's **Annchen Reile** repeated her Turku wins in the DT (21.22WR) and HT (17.72), and added the JT (15.10). She also won the weight pentathlon, an unofficial event this year which will be official in 1995.

- Oklahoma's **Betty Jarvis** took seconds to Reile in the DT and JT, while **Mary Haines** took silver in the 1500.

### W80

- Germany again proved its older women athletes are a notch above the rest of the world. Moving up to the W80 group, world record-holders **Johanna Gelbrich** and **Johanna Luther** added to their reputations. Gelbrich won five gold medals with two WRs; Luther ran to four WRs. Gelbrich began with an 18.41WR 100, lowering Polly Clarke's 1992 mark of 19.32. Her 41.22 just missed Clarke's 41.11WR. Gelbrich then set a JT WR (19.86) and won the SP (6.83) and DT (15.90).

- Luther set WRs in the 800 (3:54.81), 1500 (7:32.22), 5000 (28:32.67), and 10,000 (58:40.03).

- Australia's **Ruth Frith**, 84, successfully defended her titles in the LJ (2.26WR) and HT (18.32).

- The USA's **Mildred Smith** took second in the 5K walk.

### W85

- Japan's **Matsue Nishiyama**, the oldest female entrant in the meet set two WRs unopposed in the 800 (5:14.43) and 5000 (37:02.30). □

— Al Sheahan



Ralph Romain of Trinidad & Tobago was one of the most impressive performers in Miyazaki, breezing to wins in the M60 200 (25.37) and 400 (an amazing 54.92).

# MASTERS SCENE

## NATIONAL

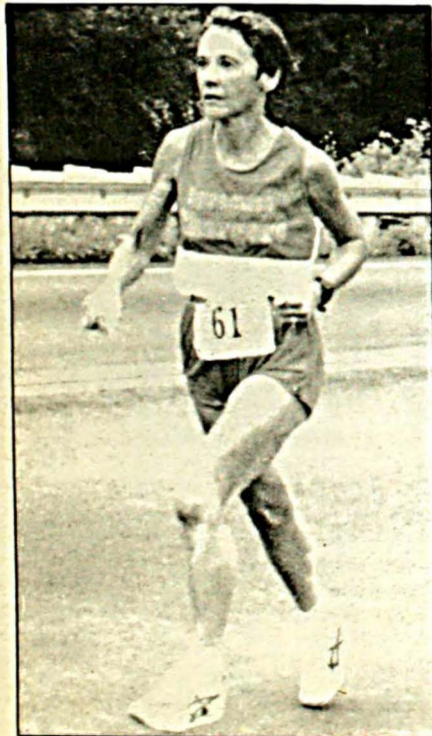
• Road Race Management, Inc., will publish the eighth annual, totally revised Guide to Prize Money Races and Elite Athletes on Feb. 1, 1994. The Guide is a "must have" desk-top reference for race directors seeking contact information; elite athletes seeking information about races; athlete agents; sponsors; and members of the media, and includes an alphabetical elite athlete directory with over 800 phone contacts and addresses, a listing of top finishers in 50 1993 races, a chronological listing of the 1994 prize structures for 400 races with contact lists, and much more. Pre-publication orders for the book are being accepted until Jan. 14 at \$47 (cover price \$52), plus \$2.95 per copy for postage and handling (\$8.50 foreign) at: Road Race Management Guide, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201. A check (US funds only), payable to Road Race Management, must accompany all orders (VA residents should add 4.5% sales tax). Phone: 703-276-0093.

• Over 100,000 collegiate athletic scholarships are available each year to male and female high school and junior college students. Students don't have to be all-state to qualify. Much of this money goes unused. A free publication detailing how to get the money is available from the National Sports Foundation, Box 940, Oakhurst NJ 07755; 1-908-493-1949.

• Not being seen by motorists is a hazard faced by runners, walkers, and bikers. SafeTops are 1½" round reflectors which help the wearer's nighttime visibility. They cost \$1.49 each (pin-on) and \$1.99 (clip-on), and are available in sporting good stores or from Yardbird Products at Box 4646, West Hills, CA 91308; 1-818-704-6402.

The correct address for Larry Patz, compiler of the 100, 200, 400, 1500, 5000, 4x100 4x400 relays, is: 534 Gould Hill Rd., Contoocook, NH 03229. Changes to the 1992-93 indoor rankings will appear in the January issue of NMN.

• Correction: in our Twin Cities story last month, we misprinted the time of Billie Murphy, the W65 winner, as 5:21.59. Her actual time was 4:09.56, which was printed correctly in the



Gloria Brown, 61, Grand Island, N.Y., clocked a 1:33:59 in Sauerkraut 20K, Phelps, N.Y.

Photo by Tim Matthews

results section.

• The U.S. National Senior Sports Organization (USNSO) will host a track & field, training and educational event for senior athletes age 55+ at Washington U. in St. Louis on June 17-19. "We expect more than 2000 athletes to participate," said spokeswoman Lisa Clough. No local qualifying is necessary. To get an entry form, please fill out form on page 48.

• Ed Froehlich, Director of the Quad City Times Bix 7 (Davenport, IA) was the 1993 recipient of Road Race Management's Director of the Year Award. Froehlich received his award at the annual RRM Race Director's Meeting and Trade Show in Washington, DC. The finalists besides Froehlich were Rich Ayers, Trinity Hospital Hill Run (Kansas City, MO), Bob Grossman, B'nai B'rith Health Run (Cleveland, OH), Bill Reef, Boulder Boulder 10K (Boulder, CO), and Les Smith, Portland Marathon (OR). Nominees were judged on overall ability, reputation of race, creativity and organizational ability. Previous recipients were Steve Bosley (Boulder Boulder), Julia Emmons (Peachtree), Chuck Galford (Cascade Run Off), Fred Lebow (NYC Marathon), Steve Shostrom (Steamboat Classic), and Jeanette Park (Gasparilla Classic).

## EAST

• The 98th running of the Boston Marathon is Monday, April 18, 1994. To qualify, runners must meet qualifying standards by running a USATF-certified marathon (or foreign equivalent) between Jan. 1, 1993 and Mar. 14, 1994, within the allowable time. Standards are unchanged from last year. For men: 3:10 (18-34); 3:15 (35-39); 3:20 (40-44); 3:25 (45-49); 3:30 (50-54); 3:35 (55-59); 3:40 (60-64); 3:45 (65-69); 3:50 (70+). For women: 3:40 (18-34); 3:45 (35-39); 3:50 (40-44); 3:55 (45-49); 4:00 (50-54); 4:05 (55-59); 4:10 (60-64); 4:15 (65-69); 4:20 (70+). For an application, send a SASE to: BAA, Box 1994, Hopkinton, MA 01748. Entry deadline is March 14.

• S. Rae Baymiller, 50, of the Central Park TC, was first female overall in the NYC Marathon Tune-Up 25K, Central Park, Oct. 10, with a 12-cylinder 1:38:10, which smashed Margaret Miller's W50-54 U.S. record 1:45:14 in 1980 by seven minutes. Alan Oman, 43, cranked out an M40+ first in 1:28:30. Sam Skinner, 51, won the M50 race, pulling away in 1:34:09.

• Ric Banning, Alexandria, VA, with a 52:27, and Linda Banning, Alexandria, in 65:18 were first masters in the Army 10 Miler, Washington, DC, Oct. 17. Tom Bernard, Arlington, VA, won the M45 race from a tough, large field with a 55:43.

• Wilson Waigwa (44, 14:40), Kenya/El Paso, TX, and Francie Larriau-Smith (41, 16:56), of Texas, each collected \$1000 for masters wins in the Harvard Health Downtown 5K, Providence, RI, Oct. 17.

• Barbara Anderson, 41, was first W40+ and 11th of 597 finishers, with a 1:29:33, NYRR Women's Half-Marathon, Central Park, Oct. 17, with Pam Cook, 44, second (1:36:19). Erika Abraham, 55, won the W55 contest in 1:39:37. In a later 5K at the site, Hugh Sweeney, 49, edged Vincent Shaw, 40, for the M40+ title by one second with a 17:08, NYRR Coed 5K. John McManus, 70, won the M70 in 21:23. Diane Ditchfield, 40, matriculated the course in 19:26 for the W40+ win. Arlene Kernis, 67, took W65 class honors with a 31:48.

• Larry Torella (44, 34:10) and Sue McDonald (42, 43:40) elected to win 40+ honors in the NYRR Roosevelt Island 10K, Oct. 24. Salih Talib (48, 34:40) was second M40+. Thelma Wilson (61, 52:54) won the W60 race.

• Barbara Filutze, 47, Erie, PA, logged a 40+ win by 11 seconds over Rebecca Stockdale, 42, Chaplin, CT, with a 36:02 in the Tufts 10K For Women, Boston, Oct. 11. Zofia Turosz, Hartford, CT, won the W50-59 contest in 42:36.

• Robert McNaught, M45, Boston, MA, was second overall in 2:42:37, Eriesistible Marathon, Erie, PA, Sept. 19. Patricia Hoffman, W40, won masters honors with a W40-44 course-record 3:32:59.

• The first three males overall in the Great Pumpkin Jubilee 10K, La Plata, MD, Oct. 24, were masters Bob Weiner, 46, 37:14, Bob Oberti, 46, 37:33, and Jim Stein, 42. The first five females were over 30, led by Winn Rincon, 33, 40:54.

• Barbara Stewart, 51, of NY, was inducted into the Cornell U. Hall of Fame, Ithaca, NY, Oct. 15. She was recognized for her undergraduate performance as goalie for the undefeated women's field hockey team (four years), #1 tennis player, and, more recently, her over 50 national championships in masters t&f. Dick Schaap, ABC and ESPN sports commentator and class of '55, made the presentation.

## SOUTHEAST

• Eric Hedges, 48, Columbia, MO, was left off the list of the top walkers in the USATF National Masters 5K Championships, Kingsport, TN, Sept. 18. He should have been credited with a fifth-place 30:01 in the M45 division.

• The Herb Anderson Memorial Weight Pentathlon will be held 8 a.m. at Atlantic High School in Delray Beach, FL, Dec. 27. "The meet is named in remembrance of Anderson, who set six world age-group records on this field in the first International Weight Pentathlon ever held," reports meet director Phil Partridge.

## MIDWEST

First masters hitting the tape in excellent times at the Columbus Marathon, Oct. 24, were Allen Choma (2:27:30) of Columbus and Ruta Kunevicius (3:11:36) of Solon, OH.

• USATF officials are asking for a remeasurement of the 10K course used for the Cleveland Revco Marathon and 10K. The request was made after Bill Rodgers, 45, ran 30:50 for 10K last May.

## SOUTH WEST

• The Louisiana Senior Games, Baton Rouge, Oct. 22-23, drew 285 t&f athletes, who listed 47 meet records. John Day, M85, won five gold medals. Dan Mestayer, M80, won eight events, three with meet records. Perennial LSG winner Elizabeth Norckauer, W65, took eight events.

## WEST

• Want to learn to throw the discus? National masters W40 champion and U.S. record-holder (44.06/144-6) Janet Wilson will hold a 10-week clinic on Saturdays at 10 a.m. from Jan. 29 to April 2 at Orange Coast College, south of L.A. Fee is \$60. For info., call 714-646-3176.

• Del Pickarts, 66, 1993 national masters M65 javelin champion (51.34/168-5) and world M60 record-holder (58.48), was the first winner of the annual Dr. Robert Watanabe Memorial Trophy. Pickarts was presented the award by George Simon, president of the Los Angeles Valley Athletic Club at its annual luncheon Nov. 14 in Marina del Rey, CA. A 1948 Olympic alternate, Pickarts made the 1949 USA team with a 10th-place world ranking of 230 feet. After laying off for 34 years, he picked up the spear and took third in the 1985 World Games in Rome. In four World Championships, Pickarts has won two gold, one silver, and one bronze medals.

• The Southern California Striders presented their annual awards at a November 14 luncheon in Los Angeles to Karen Huff, Janet Wilson, Sumi Onodera-Leonard, Johnnie Valien, Magdalena Kuehne, Avery Bryant, Tom Pico, Efraim Sanchez, Harold Willis, Al



Barbara Stewart, 51, class of '62, is congratulated by sports commentator Dick Schaap, class of '55, at her induction into the Cornell University Hall of Fame, Ithaca, N.Y., Oct. 15.

Photo from Tom Rauscher

Escobosa, Gunnar Linde, Hugh Cobb, and Sheridan Groves. President and MC Jon Lomax will turn over the club's reins on Jan. 1 to Hugh Cobb.

• Leading the masters through giant redwoods in the Humboldt Redwoods Marathon, Oct. 17, were Michael Duncan (2:42:42) and Cindy Beckett (3:31:25). In the accompanying half-marathon, Domingo Tibaduiza dashed through the forest in first place (1:08:35) with Debbie Waldear (1:23:20) outrunning the masters women.

## INTERNATIONAL

• Lost in Miyazaki: a blue-jeans jacket with master patches and embroidery on the back "USA WAVA Games." If found, please call Ms. Michael Hill at 1-609-921-0593.

• On Oct. 24, a very successful 2nd Citibank Auckland International Marathon kicked off the summer running season in New Zealand. Top masters honors went to Gary Small (2:38:53) and Colleen Stephens (3:05:12).

• Art Meaney, 49, was top master and 5th overall in the Fat Cat 6K in St. John's, Newfoundland, Canada, Oct. 10, with a 20:48.

• South Africa's great Anne McKenzie, 68, has been recuperating from severe injuries suffered after being hit by a car while on a routine cycling training run with her husband. Her right arm and shoulder were so badly injured that she has had to undergo several lengthy reconstructive surgeries. She has been able to begin walking slowly, but her right arm will have to remain strapped to her body for several months while it heals.

Anne had begun cycling originally to help strengthen an injured knee which had prevented her from competing in track. She is still the W50 800 WR holder (2:23.1). Since taking up cycling she has become one of South Africa's top masters cyclists. She had also been competing recently in the discus and shot put and had set several new records. Her doctors are predicting she will never be able to resume her athletic career. We hope she proves them wrong.

# 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.



November 30-December 4. USATF 15th National Convention, Riviera Hotel, Las Vegas. USATF, PO Box 120, Indianapolis, IN, 46206-0120. 317/261-0500.

## TRACK & FIELD NATIONAL

March 5. USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near O'Hare Airport), Chicago. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567 (h); 708/473-3700.

March 25-27. USATF National Masters Indoor Championships, Columbia, Mo. Don Dobson, U. of Missouri, 344 Hearnes Center, Columbia MO 65211. 314/882-4087; 882-6501.

June 17-19. USNSO Senior Open, Washington U., St. Louis. 55+. No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO — 63017. 314/878-4900.

August 11-4. 27th USATF National Masters Championships, Eugene, Ore.

### EAST

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

December 5, 12, 19. Buffalo Belles & Brawn Winter Indoor Program, 10 a.m. Buffalo



St. College Bubble. Vic DiGiacomo, 716/832-6521.

December 12. Philadelphia Masters Indoor Development Meet/4x400 relay. Haverford College. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

December 12. MAC Indoor Development Meet (selected events), Fordham U., 9 (or 9:30) am-6 pm. SASE to Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

December 18. Tri-State TC Indoor Holiday Festival. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

December 18. MAC Indoor Meet, USMA, West Point. 9 (or 9:30) am-6 pm. Roslyn Katz, see above.

December 19. Greater Rochester TC Meet, U. of Rochester Fieldhouse. 3 pm. Selected events. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116(h) /359-5257(w). Meet Hotline: 716/872-6652.

December 26. MAC Indoor Meet, Fort Washington Avenue Armory, NYC. 9 (or 9:30) am-6 pm. Roslyn Katz, see above.

January 7. 25th Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.

January 9. Philadelphia Masters Indoor Development Meet, Swarthmore College. 10 am. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

January 16. Brown U. Masters Indoor Championships, Providence, R.I. Send SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

January 22. 27th annual Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. M40+/W30+. Rick Hoebeke, director, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530(d); 387-6431(e).

February 13. Philadelphia Masters Indoor Meet, Kutztown, Pa. Full schedule, including Tom Robinson Mile. 10 a.m. Bill Krieger, 215/597-0200.

March 5. Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 North Penn St., Hatboro, PA 19040. 215/441-8584.

April 28-30. Penn Relays, Philadelphia. Thurs.: age-graded PV; Fri.: 4x100 (M40+, M50, other) /100 (M60, M50, M40); Sat.: 4x400 (M50+, M40+, other); 100 (M75+). Pete Taylor, 4014 Hallman St., No. 3, Fairfax, VA 22030. 703/385-4392.

### SOUTHEAST

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

December 4. USATF-South Carolina Weight Pentathlon Championships, Francis Marion U. John W. Snaden, Florence TC, 926 Sherwood Dr., Florence, SC 29501-5539. 803/665-4396.

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

January 23. USATF Southeast Regional Masters Indoor Championships, Murfreesboro, Tenn. Randall Brady, 615/383-6733.

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

### MIDWEST

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

January 15. Athlete's Foot Masters Indoor Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

### WEST

Arizona, California, Hawaii, Nevada

December 11-12. Winter Decathlon/Hep-tathlon. Andy Sythe, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/985-4666.

December 18. Stanford Throws Series #23, Stanford U. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

December 19, January 2, February 13, March 5-6. Pacific Association Indoor Pole Vault Development Grand Prix, Horace Crow PV Center, 2317 Central Ave., Alameda, Calif. Eddie Seese, 1144 Holly St., Alameda, CA 94502-7061. 510/623-8618.

January 29. College of the Desert Meet, Palm Springs, Calif. Mike Castaneda, 619/321-9299.

April 23. Bob Watanabe Memorial Meet, UCLA. Bill Adler, 619/325-6307.

### INTERNATIONAL

Easter, 1994. Australian Veterans Championships, Sydney. Kerry & Jean Thew, (047) 841761.

July, 1994. Oceania Regional Championships, Fiji.

August 4-7. North American Regional Association of WAVA Championships, Edmonton, Alberta, Canada. Liz McBlain, 403/438-2911, meet director.

September 4-October 8, 1994. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999.

## LONG DISTANCE RUNNING

### EAST

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

December 5. Brian's Run 10K. Brian's Run, PO Box 2440, West Chester, PA 19383. 215/251-5401.

December 19. MAC 30K Championships/Holiday Four Miler, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

### SOUTHEAST

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

December 5. First Tennessee Memphis Marathon. Masters money. Memphis Marathon, PO Box 84, MO-8, Memphis, TN 38101. 1-800/489-4040, x4726.

December 11. Rocket City Marathon. Masters money. Harold Tinsley, race director, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

December 12. Phoenix American Baby Boomer 5K & RW, Coconut Grove, Fla. 5:30 p.m. Masters money. Miami RC, 7920

## ON TAP FOR DECEMBER

### Track and Field

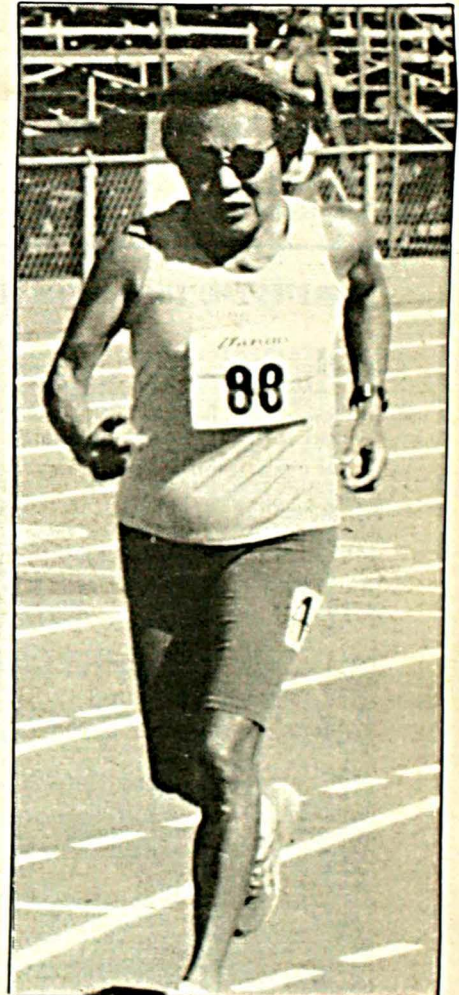
Action heads indoors in the East but stays outdoors in the Southeast and West, with weight pentathlons in South Carolina on the 4th and Florida on the 27th, a decathlon in California, 11th-12th, and a throws meet at Stanford on the 18th.

### Long Distance Running

Lots of movement on the 5th with marathons in Memphis, Dallas, and Sacramento. The masters-friendly Rocket City Marathon blasts off in Huntsville, Ala., on the 11th. The Fiesta Bowl 10K in Phoenix, and the Honolulu Marathon should lure heat-seeking runners on the 12th. The 27th annual Las Vegas Half-Marathon & Relay is the main attraction on the 18th. A skein of New Year's Eve races closes out the year.

### Racewalking

The slate includes the USATF-South Carolina 10K Championships, two Gran Prix 5Ks in NYC, and racewalks held along with many of the LDR events.



Sumi Onodera-Leonard, California, winning the W65 800 (3:30.50), USATF National Masters Championships, Provo, Utah.

Photo by Jerry Wojcik

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

January 16. Walt Disney World Marathon, Orlando. 407/827-7200.

Continued on next page

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**SOUTHWEST**

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

**December 5.** Dallas White Rock Marathon. Masters money. 214/528-1290.  
**December 18.** Texas Trail 50 Mile/50K, Huntsville. Norm Klein, director, Texas Trail Runs, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.  
**December 18.** Larry Fuselier 25K. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.  
**January 9.** 87th annual Jackson Day 9K. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.  
**January 16.** Houston-Tenneco Marathon. Marathon, 5900 Memorial Dr., Ste. 200, Houston, TX 77007. 713/864-9305.  
**January 22.** Mardi Gras Marathon. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

**WEST**

Arizona, California, Hawaii, Nevada

**December 5.** California International Marathon, Sacramento. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916/983-4622.  
**December 12.** Holiday Half-Marathon Relay/5K. Tucson, Ariz. So. Ariz. RR, 602/326-9383.  
**December 12.** Fiesta Bowl 10K. Rob Wallach, 6102 N. 16th Ave., Phoenix, AZ 85016. 602/277-4333.  
**December 12.** Honolulu Marathon. HM Assn., 3435 Waialae Ave., Rm 208, Honolulu, HI 96816. 808/734-7200.  
**December 18.** 27th Annual Las Vegas "Mini" Marathon (Half Marathon & Relay). SASE to Bill Callanan/Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269. Fax 702/878-1038.  
**January 16.** Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5417.



Chuck Moeser is second master (1:11:02) in the Hampton Coliseum Half-Marathon, Hampton, VA.

Photo by Action Sports of America

**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 5.** 28th Las Vegas Marathon/Half-Marathon/5-Person Marathon Relay. Masters money. Las Vegas Marathon, Al Boka, director, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

**March 6.** Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., No. 100, Los Angeles, CA 90025-3329. 310/444-5544.

**INTERNATIONAL**

**January 14-16.** Bermuda International Race Weekend (marathon/half-marathon/mile). The Bermuda Marathon Secretary, PO Box DV397, Devonshire DV BX, Bermuda. 809/238-2333.

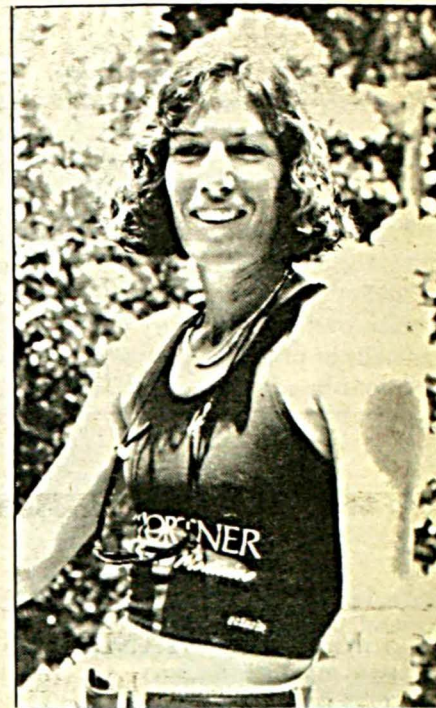
**July 30-31, 1994.** WAVA World Non-Stadia Championships, York, Canada.

**RACE WALKING**

**January 1-December 31.** One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

**December 4.** USATF-South Carolina 10K Racewalk Championships, Francis Marion U. John W. Snaden, Florence TC, 926 Sherwood Dr., Florence, SC 29501-5539. 803/665-4396.

**December 12.** Park Racewalker Annual Holiday Gran Prix 5K #2, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.



Rachael Portner, 39, broke the women's record in the Run To The Sun 36 Mile Ultra-Marathon, with 5:39, beating all comers (male and female). The run, in Maui, Hawaii, started at sea level and finished at 10,000 feet.

Photo by Tesh Teshima

**December 19.** Park Racewalker Annual Holiday Gran Prix 5K #3, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

**February 3-6.** ARWA Training Camp, Puerto Vallarta, Mexico. All levels. Beginners welcome. ARWA, 303/447-0156.

**WAVA/USATF Hurdles and Implements Specifications**

HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women						
30-49	4.00k	1.00k	4.00k	600gms.		
50 plus	3.00k	1.00k	3.00k	400 gms.		
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
50-59	6.00k	1.50k	6.00k	800 gms.		
60-69	5.00k	1.00k	5.00k	600 gms.		
70 plus	4.00k	1.00k	4.00k	600 gms.		

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

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC. 1993**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILLARD BENTON (SAN DIEGO, CA)	12-15-3	90-94
WILLIAM BOWERS (POWAY, CA)	12-17-18	75-79
WILLIAM BRACKNEY (WINSTON SALEM, NC)	12-9-28	65-69
F. COOLEY (HARTFORD, CT)	12-11-38	55-59
ROBERT DETWEILER (SWARTHMORE, PA)	12-16-13	80-84
DENNIS DEWITT (CA)	12-1-38	55-59
DAN FITZSIMMONS (CA)	12-25-43	50-54
JOE JOHNSON (APOPKA, FL)	12-1-43	50-54
SETH LINDGREN (SWE)	12-3-13	80-84
DAVID MORRISON (GB)	12-19-13	80-84
GUIDO MUELLER (WG)	12-22-38	55-59
JOSIAH PACKARD (SAN FRANCISCO, CA)	12-15-3	90-94
EMIEL PAUWELS (BEL)	12-22-18	75-79
JOSE PEREZ (SPA)	12-2-23	70-74
MILT QUALLS (US)	12-10-53	40-44
WOLF REINHARDT (WG)	12-26-28	65-69
LES ROBERTS (GB)	12-30-43	50-54
NORMAN RUSTAD (US)	12-3-38	55-59
EINO SALMINEN (FIN)	12-7-13	80-84
FRED SOWERBY (ANTIGUA)	12-11-48	45-49
DWIGHT STONES (US)	12-6-5	10-44
RICHARD STRAUB (SAN DIEGO, CA)	12-18-28	65-69
GODFREY SWAKALA (RSA)	12-19-38	55-59
RON TAYLOR (GB)	12-4-33	60-64
SYDNEY TOABE (FRESNO, CA)	12-23-23	70-74
JIM WALKER (EUREKA, KS)	12-14-33	60-64
HUEL WASHINGTON (SAN FRANCISCO, CA)	12-8-28	65-69
ROBERT YOUNGS (TOLAND, CT)	12-6-33	60-64
MARJORIE FOX (SMARTVILLE, CA)	12-3-33	60-64
CARMEN GOMEZ (PUR)	12-25-48	45-49
LAVINA HAEFELE (US)	12-7-23	70-74
JOHANNA HARGREAVES (SANTA BARBARA, CA)	12-17-18	75-79
JANET JORDAN (PORTLAND, OR)	12-7-48	45-49
LUCILLE LIGNON (VALEJO, CA)	12-28-38	55-59
IRENE OBERA (MORAGA, CA)	12-7-33	60-64
CARRIE PARS (LEXINGTON, MA)	12-21-38	55-59
BARBARA RACINE (US)	12-31-33	60-64
MARIA SUAREZ DE BERNAL (COL)	12-23-23	70-74
HELGA BORMUTH (WG)	12-23-38	55-59
ANN COOPER (AUS)	12-7-28	65-69
LYDIA DIEHL (WG)	12-6-33	60-64
GUN ERICKSSON (SWE)	12-31-43	50-54
GARCIA DE NOOEFINA (VEN)	12-14-33	60-64
GERTI REICHERT (WG)	12-31-38	55-59
SIGRID SCHROPFER (FRG)	12-31-38	55-59
JOSEPHINA GARCIA DE SCHULZ (VEN)	12-14-33	60-64
MIRIAM STANLEY (NZ)	12-16-33	60-64
MAVIS WILLIAMS (GB)	12-19-13	80-84
BETTINA WOODBURN (AUS)	12-6-23	70-74



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

**W55-59**

Annie Conneau	5K	20:24	8/01/93
Carol E. Finsrud	Discus	165-1	7/17/93
	Shot Put	36-9 1/2	7/17/93
Linda Lowery	Long Jump	4.71	7/21/91

**W45-49**

Jackie Jessup	5K RW	27:46	9/25/93
Sandy Womack	5K RW	28:22	9/12/93

**W55-59**

Martha Gamble	5K	23:41	9/04/93
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**W60-64**

Eleanor Wallace	10K	53:47	9/26/93
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**W55-59**

Patricia M. Nesley	20K RW	2:21:31	5/02/93
	1500M RW	9:21.43	5/11/93
	1 Mile RW	10:06.8	5/16/93
	3000M RW	19:16.8	5/16/93
	5K RW	33:13.8	6/13/93
	200M	34.88	6/15/93
	100M	17.37	6/17/93
	2 Mile RW	21:22	6/27/93
	10K RW	68:37	7/10/93
	15K RW	1:49:19	9/06/93

**M35-39**

Steve Watkins	5K	15:06	8/01/93
Stephen J. Winkel	Decathlon	5352	9/11/93

**M40-44**

Arnold A. Martinez	Pentathlon	2735	8/11/93
Mike Wiggins	5K RW	24:42.46	8/12/93
Bob Workman	Decathlon	5388	7/10/93
	High Hurdles	17.2	7/10/93

**M45-49**

Larry M. McIntyre	Pole Vault	12-0	7/22/93
Alan Taylor	800M	2:12.8	8/03/93
Robert Weiner	1500M	4:51.77	9/25/93

**M55-59**

Charlie Richard	Triple Jump	34-8 1/2	5/29/93
	Long Jump	17-1 1/4	5/29/93
	Triple Jump	35-10	7/24/93
Neil Salting	Discus	42.39	7/29/93
	Shot Put	12.01	7/30/93
Dr. Carlos Vernon	100M	13.0	7/25/93
	Long Jump	4.79	9/11/93

**M65-69**

Alan D. Cohen	Pentathlon	2807	9/04/93
Edward Fallor, Sr.	Long Jump	13-6	8/07/93
Alfred J. Jankola	56# Weight	4.10	4/30/93
	56# Weight	4.06	4/30/93
Dean Nelson	Triple Jump	27-6	6/21/93
	Javelin	115-2	8/11/93
	High Jump	1.36	8/11/93
	Long Jump	4.33	8/11/93



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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
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		18.0	19.0	20.0	21.3			
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
300H	57.6	59.7	62.0	64.4	67.2	70.6						
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3/4	5-9¼	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4¼	19-2¼	17-10¼	16-9	15-7	14-5¼	13-1¼	11-11¼	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1¼	31-8	29-2½	26-11	24-7¼	22-4	20-¼	18-¼
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-¾	42-8	39-4½	40-8½	36-9	39-4½	35-5¼	33-0	28-10¼	25-1¼	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2¼	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	73.0	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
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10¼	7-10¼	6-11	5-11	4-11	3-11	3-7¼	3-3¼	2-11	2-7¼	2-3¼
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	12-9½	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	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6¼	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 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	9:04	9:49	11:00	11:45	13:02
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41						

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 3 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.

EAST

NY Masters Fall Mini-Meet Long Island; Sept. 26

Table of track and field results for NY Masters Fall Mini-Meet Long Island; Sept. 26. Includes events like Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Pole Vault, and High Jump with names and times.

Maryland Senior Olympics Towson; Oct. 7-9

Table of track and field results for Maryland Senior Olympics Towson; Oct. 7-9. Lists names and times for various events.

Large table of track and field results for the Eastern region, listing names, times, and event categories like 400m, 800m, 1500m, 5000m, 10,000m, and 200m.

Large table of track and field results for the Midwestern region, listing names, times, and event categories like M80 F Herrelko, M85 K Babcock, and various race times.

Table of track and field results for the Midwestern region, listing names, times, and event categories like M50 Mike Valle, M60 Al Suggs, and M65 Frank VanDeventer.

MIDWEST

15th Annual Cleveland Track Classic Brunswick, OH July 24

Table of track and field results for the 15th Annual Cleveland Track Classic Brunswick, OH July 24. Lists names and times for various events.

Large table of track and field results for the Southwestern region, listing names, times, and event categories like M60 Mark Richards, M65 Ed Evans, and M70 Julius Moore.

Large table of track and field results for the Southern region, listing names, times, and event categories like M50 Bob Wid Halm, M55 Ed Evans, and M60 Jim Weaver.

SOUTHEAST

Florence TC Meet Florence, SC; Sept. 25

Small table of track and field results for the Florence TC Meet Florence, SC; Sept. 25. Lists names and times for 100m and 4x800 events.

Continued from previous page

El Paso Senior Games Kidd Field Oct. 2

Table of race results for El Paso Senior Games, including 50m, 100m, 200m, 400m, 800m, 1500m, 1000m RACEWALK, SHOT PUT, DISCUS, JAVELIN, and HIGH JUMP.

Louisiana Senior Olympic Games Baton Rouge, Oct. 22-23

Table of race results for Louisiana Senior Olympic Games, including 100m, 200m, 400m, 800m, 1500m, and 5000m.

Main race results table for National Masters News, including 5000m, 10,000m, Pole Vault, Shot Put, Discus, and 1500m RW.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old.

NATIONAL USATF National Masters 10K Cross-Country Championships Louisville, KY; Oct. 31

NYC Marathon Tune-Up 25K Central Park; Oct. 10

NYRRRC Coed 5K Central Park; Oct. 17

NYRRRC Women's Half-Marathon Central Park; Oct. 17

Army Ten Miler Washington, DC; Oct. 17

Tufts 10K For Women Boston, MA; Oct. 11

NYRRRC Coed 5K Central Park; Oct. 17

NYRRRC Women's Half-Marathon Central Park; Oct. 17

Army Ten Miler Washington, DC; Oct. 17

Tufts 10K For Women Boston, MA; Oct. 11

Philadelphia Masters Autumn 5 Mile Cross-Country; Oct. 17

NYRRRC Roosevelt Island Fall 10K NYC; Oct. 24

NYRRRC Women's Half-Marathon Central Park; Oct. 17

Boston Mayor's Cup XC Oct. 24

USATF/NE Marathon Falmouth, MA Oct. 24





10TH WAVA WORLD VETERANS CHAMPIONSHIPS — MIYAZAKI, JAPAN — OCTOBER 7-17, 1993

Heat (H) and semifinal (S) results include winners and USA finishers #Defending champion \*World record

100

Table listing results for the 100m race, including names like H1 Tom Thompson (USA 42:11.91), H2 Terri Kenji (JPN 41:11.86), and H3 Robert Bowen (USA 41:11.74).

Final results for the 100m race, including 1 Jose Luiz Zogaib (BRA 40:11.29), 2 Joseph Caines (GBR 41:11.35), and 3 Tom Thompson (USA 42:11.35).

M45

Table listing results for the M45 100m race, including H1 Masaharu Matsuki (JPN 49:11.91), H2 Kozabu Kaihara (JPN 47:11.66), and H3 Peter Crombie (AUS 48:11.68).

Final results for the M45 100m race, including 1 Kozabu Kaihara (JPN 47:11.54), 2 Roland Wolf (GER 46:11.61), and 3 Peter Crombie (AUS 48:11.62).

M50

Table listing results for the M50 100m race, including H1 Steve Robbins (USA 50:11.62), H2 Ed Arnold (USA 54:14.19), and H3 Stan Wald (RSA 51:11.65).

Final results for the M50 100m race, including 1 Steve Robbins (USA 50:11.58), 2 Stanley Wald (RSA 51:11.63), and 3 Noriyoshi Hidaka (JPN 50:11.79).

M55

Table listing results for the M55 100m race, including H1 Reg Austin #50 (AUS 56:12.23), H2 Larry Colbert (USA 56:12.36), and H3 Milton Newton (USA 59:12.21).

Final results for the M55 100m race, including 1 Reginald Austin # (AUS 56:11.78), 2 Ryosuke Tsurumaki (JPN 55:11.80), and 3 Larry Colbert (USA 56:12.14).

M60

Table listing results for the M60 100m race, including H1 Pierre Dobrovolsky (USA 60:13.09), H2 Tamotsu Uchida (JPN 62:12.99), and H3 Kiyoshi Mori (JPN 61:13.29).

Final results for the M60 100m race, including 1 Charles Williams (GBR 62:12.35), 2 Berthold Neumann (GER 62:12.63), and 3 Cliff McPherson # (GUY 64:12.66).

M65

Table listing results for the M65 100m race, including H1 Chuck Sochor (USA 66:13.40), H2 Minoru Kmoazaki (JPN 66:13.64), and H3 Noroyasu Furukawa (JPN 65:13.53).

Final results for the M65 100m race, including 1 Allan Meddings (GBR 65:12.71), 2 Jim Law (USA 67:12.78), and 3 Mel Larsen (USA 69:13.16).

M70

Table listing results for the M70 100m race, including H1 Bruno Sobrero (ITA 72:13.96), H2 Tim Murphy (USA 71:13.93), and H3 Bernie Hogan # (AUS 72:13.83).

Final results for the M70 100m race, including 1 Bernie Hogan # (AUS 72:13.45), 2 Tim Murphy (USA 71:13.52), and 3 Bruno Sobrero (ITA 72:13.64).

Table listing results for the 100m race, including 4 Lucas Nel (RSA 70:13.85), 5 Rudolf Ahrenkild (DEN 73:14.12), and 6 Graciela Pinto (ARG 45:13.92).

M75

Table listing results for the M75 100m race, including H1 Bill Weinacht (USA 76:14.10), Albert Fairchild (USA 75:17.28), and Al Guidet (USA 75:DNF).

Final results for the M75 100m race, including 1 Bill Weinacht (USA 76:13.99), 1 Walter Rennschuh (GER 75:13.99), and 3 Giuseppe Marabotti (ITA 77:14.23).

M80

Table listing results for the M80 100m race, including H1 Kozo Haraguchi (JPN 83:16.31), Fred White (USA 80:16.58), and Virgil McIntyre (USA 82:18.43).

Final results for the M80 100m race, including 1 Yuichi Tateishi (JPN 80:15.33), 2 Giichi Suda (JPN 81:15.37), and 3 Yasaburo Okada (JPN 81:16.17).

M85

Table listing results for the M85 100m race, including 1 Richard Gathercole (AUS 86:17.28), 2 Tokutaro Sano (JPN 85:17.96), and 3 Kumazo Kashiwada (JPN 87:20.18).

M90

Table listing results for the M90 100m race, including 1 Kazuhiko Tsutsumi (JPN 91:26.01).

W35

Table listing results for the W35 100m race, including H1 Beverley Peterson (NZL 36:12.89), H2 Jocelyn Kirby (GBR 35:12.63), and Irene Thompson (USA 39:13.38).

Final results for the W35 100m race, including 1 Angela Mullinger (GBR 38:12.35), 2 Jocelyn Kirby (GBR 35:12.39), and 3 Beverley Peterson (NZL 36:12.52).

W40

Table listing results for the W40 100m race, including H1 Ritsuko Murayama (JPN 40:13.10), H2 Lynne Choate (AUS 40:13.18), and Lavanya Ghose (USA 43:17.93).

Final results for the W40 100m race, including 1 Ritsuko Murayama (JPN 40:12.75), 2 Jocelyn Kirby (GBR 35:12.39), and 3 Lynne Choate (AUS 40:12.95).

W45

Table listing results for the W45 100m race, including H1 Phil Raschker (USA 46:13.74), Carole Rocherolle (USA 48:17.73), and H2 Lorraine Tucker (USA 46:14.12).

Final results for the W45 100m race, including 1 Phil Raschker (USA 46:12.90), 2 Ingrid Meier (GER 46:13.57), and 3 Lorraine Tucker (USA 46:13.77).

Table listing results for the 100m race, including 4 Margarith Daehler (SUI 46:13.77), 5 Doris Galiep (GER 48:13.77), and 6 Graciela Pinto (ARG 45:13.92).

W50

Table listing results for the W50 100m race, including H1 Erunhilde Hoffman (GER 54:13.57), Cathy Primmy (USA 50:16.35), and H2 Martha Behrendt (GER 51:14.03).

Final results for the W50 100m race, including 1 Martha Behrendt (GER 51:13.47), 2 Brunhilde Hoffmann (GER 54:13.42), and 3 Marianne Maier (AUT 50:13.77).

W55

Table listing results for the W55 100m race, including H1 Wendy Ey (AUS 55:14.01), Marti Thielman (USA 55:24.55), and H2 Reiko Naruishi (JPN 55:14.19).

Final results for the W55 100m race, including 1 Una Gore (GBR 55:13.65), 2 Wendy Ey (AUS 55:13.80), and 3 Christa Schmalbruch (GER 56:13.82).

W60

Table listing results for the W60 100m race, including H1 Ann Cooper # (AUS 64:15.12), Naomi Ryan (USA 61:16.02), and H2 Daphne Pirie (AUS 61:15.81).

Final results for the W60 100m race, including 1 Ann Cooper # (AUS 64:14.67), 2 Rosemary Chrimes (GBR 60:14.78), and 3 Asta Larsson (SWE 61:14.84).

W65

Table listing results for the W65 100m race, including H1 Shirley Peterson (NZL 65:15.49), Susie Barnes (USA 65:17.58), and Shirley Dietderich (USA 66:18.56).

Final results for the W65 100m race, including 1 Shirley Peterson (NZL 65:14.98\*), 2 Johnnye Valien (USA 68:16.71), and 3 Susie Barnes (USA 65:16.92).

W70

Table listing results for the W70 100m race, including H1 Pauline Schneiderhan # (71:15.59), H2 Sheila Campbell (RSA 70:16.44), and 1 P Schneiderhan # (GER 71:15.42\*).

Final results for the W70 100m race, including 1 P Schneiderhan # (GER 71:15.42\*), 2 Anna Mangler (GER 70:16.09), and 3 Sheila Campbell (RSA 70:16.21).

W80

Table listing results for the W80 100m race, including 1 Johanna Gelbrich (GER 80:18.41\*), 2 Nora Vedemo (SWE 80:19.41), and 3 Ruth Frith (AUS 84:20.67).

200

Table listing results for the 200m race, including H1 Jose Luiz Zogaib (BRA 40:24.43), H2 Joseph Caines (GBR 41:23.83), and H3 Jannie Breytenbach (RSA 44:24.08).

M40

Table listing results for the M40 200m race, including S1 Jannie Breytenbach (RSA 41:23.16), S2 Tom Thompson (USA 42:23.04), and S3 Jose Luiz Zogaib (BRA 40:23.09).

Final

Final results for the M40 200m race, including 1 Jose Luiz Zogaib (BRA 40:22.60), 2 Alasdair Ross (GBR 41:22.87), and 3 Joseph Caines (GBR 41:22.98).

M45

Table listing results for the M45 200m race, including H1 Peter Crombie (AUS 48:23.65), H2 Thaddeus Bell (USA 49:24.52), and H3 Mac Azougu (USA 45:24.06).

Final results for the M45 200m race, including 1 Peter Crombie (AUS 48:23.58), 2 Ken Brinker # (USA 46:24.14), and 3 Mac Azougu (USA 45:24.18).

M50

Table listing results for the M50 200m race, including H1 Steve Robbins (USA 50:24.21), H2 Stanley Wald (RSA 51:23.44), and Jon Lomaz (USA 53:26.48).

Final results for the M50 200m race, including 1 Stanley Wald (RSA 51:23.93), 2 Josef Bolsinger (GER 51:24.27), and 3 Steve Robbins (USA 50:24.81).

M55

Table listing results for the M55 200m race, including H1 Larry Colbert (USA 56:24.65), H2 Monty Hacker (RSA 58:25.57), and H3 Reginald Austin # (USA 56:24.36).

Final results for the M55 200m race, including 1 Reginald Austin # (AUS 56:24.04), 2 Tyosuke Tsurumaki (JPN 55:24.38), and 3 Larry Colbert (USA 56:24.52).

M60

Table listing results for the M60 200m race, including H1 Steve Robbins (USA 50:11.62), Ed Arnold (USA 54:14.19), and H3 Stan Wald (RSA 51:11.65).

Final results for the M60 200m race, including 1 Reginald Austin # (AUS 56:24.04), 2 Tyosuke Tsurumaki (JPN 55:24.38), and 3 Larry Colbert (USA 56:24.52).





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Table listing race results for W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, 10,000, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M40 (110H/39"), M45 (80H/30"), M50 (100H/36"), M55 (100H/36"), M60 (100H/33"), M65 (100H/33"), M70 (80H/30"), M75 (80H/30"), M80 (80H/30"), M85 (400H/36"), M90 (400H/36"), M95 (400H/36"), M45 (400H/30"), M50 (400H/33"), M55 (400H/33"), M60 (400H/30"), M65 (400H/30"), M70 (300H/30"), M75 (300H/30"), M80 (300H/30"), M85 (400H/30"), M90 (300H/30"), M95 (300H/30"), 3000 STEEPLECHASE, and M40.

Table listing race results for M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M40 (110H/39"), M45 (80H/30"), M50 (100H/36"), M55 (100H/36"), M60 (100H/33"), M65 (100H/33"), M70 (80H/30"), M75 (80H/30"), M80 (80H/30"), M85 (400H/36"), M90 (400H/36"), M95 (400H/36"), M45 (400H/30"), M50 (400H/33"), M55 (400H/33"), M60 (400H/30"), M65 (400H/30"), M70 (300H/30"), M75 (300H/30"), M80 (300H/30"), M85 (400H/30"), M90 (300H/30"), M95 (300H/30"), 3000 STEEPLECHASE, and M40.

Table listing race results for SHORT HURDLES, M40 (110H/39"), M45 (80H/30"), M50 (100H/36"), M55 (100H/36"), M60 (100H/33"), M65 (100H/33"), M70 (80H/30"), M75 (80H/30"), M80 (80H/30"), M85 (400H/36"), M90 (400H/36"), M95 (400H/36"), M45 (400H/30"), M50 (400H/33"), M55 (400H/33"), M60 (400H/30"), M65 (400H/30"), M70 (300H/30"), M75 (300H/30"), M80 (300H/30"), M85 (400H/30"), M90 (300H/30"), M95 (300H/30"), 3000 STEEPLECHASE, and M40.

Table listing race results for LONG HURDLES, M40 (400H/36"), M45 (80H/30"), M50 (400H/33"), M55 (400H/33"), M60 (400H/30"), M65 (80H/30"), M70 (80H/30"), M75 (80H/30"), M80 (80H/30"), M85 (400H/36"), M90 (400H/36"), M95 (400H/36"), M45 (400H/30"), M50 (400H/33"), M55 (400H/33"), M60 (400H/30"), M65 (400H/30"), M70 (300H/30"), M75 (300H/30"), M80 (300H/30"), M85 (400H/30"), M90 (300H/30"), M95 (300H/30"), 3000 STEEPLECHASE, and M40.

Table listing race results for Final, M40 (110H/39"), M45 (80H/30"), M50 (100H/36"), M55 (100H/36"), M60 (100H/33"), M65 (100H/33"), M70 (80H/30"), M75 (80H/30"), M80 (80H/30"), M85 (400H/36"), M90 (400H/36"), M95 (400H/36"), M45 (400H/30"), M50 (400H/33"), M55 (400H/33"), M60 (400H/30"), M65 (400H/30"), M70 (300H/30"), M75 (300H/30"), M80 (300H/30"), M85 (400H/30"), M90 (300H/30"), M95 (300H/30"), 3000 STEEPLECHASE, and M40.

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- 5 Valery Aristov RUS 43 9:55.23
- 6 Kenichi Haga JPN 41 10:05.50
- 7 Junichi Nakazawa JPN 43 10:32.84
- 8 Hisato Hasegawa JPN 40 10:54.83
- 16 Mark Lieberman USA 41 12:47.38

- M45**
- 1 Patrick Roussel FRA 46 9:49.69
  - 2 Harald Odegard NOR 47 10:02.32
  - 3 Bjoern Franzen SWE 46 10:06.21
  - 4 Barry Cooper NZL 46 10:21.75
  - 5 Takehisa Shinohara JPN 49 11:12.34
  - 6 Keiichi Kato JPN 47 11:14.88
  - 7 Tadashi Kato JPN 49 11:23.55
  - 8 Bob Carter NZL 47 11:26.94

- M50**
- 1 Jan Stuczynski POL 51 11:06.50
  - 2 John Walker AUS 50 11:10.85
  - 3 Kenji Takeda JPN 51 11:27.59
  - 4 Sune Mattsson SWE 52 11:45.67
  - 5 Kazuo Takatsuka JPN 51 11:54.14
  - 6 Yoji Fujii JPN 51 12:05.42
  - 7 Akira Kumagai JPN 53 12:30.40
  - 8 Takao Sasai JPN 50 13:20.72

- M55**
- 1 Joaquim Ferreira POR 56 11:34.80
  - 2 Alberto Rios ARG 58 11:39.35
  - 3 Les Farley AUS 55 11:45.63
  - 4 Manabu Miyasato JPN 58 11:46.12
  - 5 Toshio Nishimura JPN 56 11:58.48
  - 6 Manuel Navarro ESP 55 12:02.48
  - 7 Masaru Takayama JPN 57 12:03.16
  - 8 Michael Roberts AUS 55 12:17.72
  - 19 John Cosgrove USA 55 13:33.02

2000 STEEPLECHASE

- M60**
- 1 Ronald Stuart AUS 61 7:51.96
  - 2 Osmo Millridge AUS 61 8:00.47
  - 3 Gunther Ender GER 60 8:03.79
  - 4 Yutaka Matsunaga JPN 62 8:19.00
  - 5 Kokichi Nakahata JPN 60 8:30.65
  - 6 Karel Matzner TCH 64 8:30.66
  - 7 Kazuhiro Oni JPN 63 8:37.02
  - 8 Yoshi Fukudome JPN 60 8:45.43

- M65**
- 1 Katsumi Horiuchi JPN 67 8:01.18
  - 2 Da Silva Martins POR 65 8:08.93
  - 3 John Eccles NZL 68 8:39.60
  - 4 Martino Cuder ITA 65 9:03.05
  - 5 Herb Steinhof GER 65 9:08.26
  - 6 Chiuji Otake JPN 57 9:12.64
  - 7 Masayuki Takagi JPN 66 9:27.65
  - 8 Mino Nagano JPN 66 9:58.45

- M70**
- 1 Ioris Jones NZL 70 9:12.10
  - 2 Susumu Takahashi JPN 72 9:27.35
  - 3 Tsunetsugu Tomita JPN 71 9:42.81
  - 4 Ray Spencer USA 70 9:53.21
  - 5 Lun Ming Yip HKG 71 10:24.32
  - 6 Tsugio Shiki BRA 72 10:27.32
  - 7 Yoshi Ishihara JPN 71 10:27.40
  - 8 Kazuo Kawashima JPN 72 10:50.01
  - 9 Harold Daughters USA 72 12:27.73

- M75**
- 1 Dan Bulkley USA 76 9:44.19
  - 2 Muneaki Hase JPN 75 10:18.54
  - 3 Takuro Miura JPN 76 11:01.34

- M80**
- 1 Tadashi Tau JPN 81 11:51.48\*
  - 2 Bob Boal USA 81 13:14.33

- W35**
- 1 Mariet Ceronio RSA 36 7:45.56
  - 2 Gillian Castka HKG 37 7:57.96
  - 3 Kim Rupert USA 38 8:05.51
  - 4 Yoshimi Morimoto JPN 35 9:59.93

- W40**
- 1 Janis Wright AUS 42 8:33.24
  - 2 Steffie Badenhorst RSA 42 9:04.59
  - 3 Cheryl Kincaide USA 44 12:42.67

- W45**
- 1 Diane Hemmington NZL 46 10:25.26
  - 2 Kayoko Nagaike JPN 46 10:33.63

- W50**
- 1 Margaret Orman NZL 51 7:46.90
  - 2 Erica Mercer AUS 50 9:16.58
  - 3 Sachiko Kawazu JPN 51 9:36.41
  - 4 Yuko Mune JPN 52 10:30.99

- W55**
- 1 Kimiko Nakamura JPN 55 10:10.91
  - 2 Pamela Mews AUS 58 10:54.62
  - 3 Lynn Fraser NZL 56 11:10.88
  - 4 Alet Ten Tusscher RSA 59 12:52.28

- W60**
- 1 Ruth Carrier CAN 62 11:28.01
  - 2 Priyada Kanwar IND 60 14:51.83

- W65**
- 1 Mitsuko Miura JPN 65 15:46.83

- 400M RELAY**
- M40**
- 1 GBR (Franklin, Caines, Wells, Ross) 44.26
  - 2 USA (Hahn, Boven, Kruse, Thompson) 44.71
  - 3 AUS (Lynch, Davis, Atkins, Pease) 45.00
  - 4 CAN (Morioka, Dickson, Kemp, Zimmermann) 45.26
  - 5 GER (Hoefer, Lorenz, Bussman, Wader) 46.27
  - 6 JPN (Tokuda, Masuda, Hiyooshi, Jinzenji) 49.00

- 7 SUI (Eberle, Schinz, Brunner, Peyer) 51.04
- 8 IND (Jana, Mandava, Pathak, Parija) 51.21

- M45**
- 1 GER (Reichle, Bolsinger, Wolf, Hanke) 45.23
  - 2 JPN (Matsuki, Ikehata, Higo, Kaihara) 45.69
  - 3 AUS (Austin, Martin, Peters, Crombie) 46.41
  - 4 USA (Azougu, Harvey, Reiter, Bell) 48.24
  - 5 BRA (Makino, Francisco, Rolin, Neto) 50.21
  - 6 GBR (Charles, Charlton, Potts, Duffy) 51.61

- M50**
- 1 AUS (Fearnall, Clemens, Kernaghan, Turner) 46.58
  - 2 JPN (Shiomitsu, Hori, Tadakuma, Imagire) 46.77
  - 3 GBR (Ferguson, Thomas, Sweeney, Henson) 47.24
  - 4 USA (Edens, Arnold, Lomax, Robbins) 47.75
  - 5 GER (Hamaekers, Pientka, Klimmer, Lenk) 48.45
  - 6 SWE (Huiden, Edlund, Lagerquist, Trondset) 49.11
  - 7 RUS (Leschenko, Romanov, Nesterenko, Korolov) 49.69
  - 8 BRA (Lemos, Fernandes, Shimizu, Tanoue) 53.84

- M55**
- 1 GER (Boeckl, Sautter, Schirow, Gasper) 47.48
  - 2 USA (Newton, Oleata, Adamson, Colbert) 47.88
  - 3 JPN (Yamazaki, Akiyama, Ozawa, Tateoka) 49.07
  - 4 TPE (Lin, Wang, Huang C, Huang Y) 51.81
  - 5 GBR (Burton, James, Phillips, Ross) 53.08
  - 6 BRA (Oshiro, Araki, Coelho, Tominaga) 54.18

- M60**
- 1 JPN (Inoue, Kowaguchi, Uchida, Mori) 50.22
  - 2 USA (Hitt, Mulkey, Dobrovolny, Brown) 51.43
  - 3 GER (Fackler, Schafer, Schmid, Neumann) 51.67
  - 4 AUS (Lawson, Liascos, Thew, Solomon) 53.15
  - 5 TPE (Luo, Lee, Chiang, Kuo) 54.54
  - 6 FIN (Itkonen, Tammento, Javanainen, Knaappila) 54.58
  - 7 RUS (Arhipov, Sokolov, Upovichev, Metelkin) 58.89
  - 8 GBR (Lloyd, Feast, Day, Williams) DNF

- M65**
- 1 USA (Larsen, Sochor, Daprano, Law) 51.39
  - 2 JPN (Yamazaki, Tasaki, Komazaki, Mizushiri) 51.65
  - 3 FIN (Nieminen, Byggmatar, Suoknuuti, Jarvinen) 54.05
  - 4 AUS (O'Connor, Johnston, Whistler, Hogan) 54.23
  - 5 BRA (Matsunaga, Wada, Shimizu Y, Shimizu T) 54.29
  - 6 GER (Krenzer, Fischer, Schlegel, Selzer) 54.53
  - 7 GBR (Steedman, Crooke, Woods, Meddings) 55.50

- M70**
- 1 USA (Spencer, Dahlin, Hunt, Murphy) 57.56
  - 2 ITA (Marabotti, Gramodo, DiGuardo, Sobrero) 58.88
  - 3 JPN (Kizuki, Tanaka, Matoba, Kusumoto) 58.91
  - 4 GER (Albrecht, Eble, Voigt, Sieder) 64.21
  - 5 FIN (Pietila, Taskinen, Simola, Hurri) 65.30

- M75**
- 1 GER (Meyer, Thieme, Muhle, Rennschuh) 58.77
  - 2 JPN (Nakashima, Watanabe, Yabe, Takarabe) 58.97
  - 3 USA (Sponseller, Boal, Buckley, Wejnacht) 62.27
  - 4 BRA (Emori, Ide, Fonseca, Fischer) 62.46

- M80**
- 1 JPN (Morita, Okada, Suda, Tateishi) 63.82\*
  - 2 USA (Morrow, McIntyre, Hills, White) 71.65
  - 3 FIN (Raskinen, Pohja, Hallikainen, Pajunen) 75.76

- W35**
- 1 JPN (Iwai, Kume, Kato, Nakao) 51.57
  - 2 GER (Schmalfeld, Sander, Schoeppe, Hansen-Lang) 52.69
  - 3 USA (Schoenthaler, Dixon, Keeling, Thompson) 53.52
  - 4 IND (Jaiswal, Nelson, Agashe, Mehta) 54.05
  - 5 GBR (Standen, Smith, Thompson, Mullinger) 54.86
  - 6 BRA (Shimizu, Zogaib, Oliveira, Geremias) 55.90

- W40**
- 1 JPN (Saito, Akamine, Tasaki, Murayama) 50.85
  - 2 AUS (Perkins, Box, Hayes, Choate) 53.11
  - 3 SUI (Meili, Benz, Daehler, Pfeiffer) 55.71
  - 4 IND (Seethalakshmi, Murthy, Kalappa, Figueira) 74.64

- W45**
- 1 GER (Reinhardt, Meier, Gallep, Heinrich) 54.11
  - 2 GBR (Charles, Gallagher, Statham, Hocknell) 57.04
  - 3 AUS (Reeves, Cooper, Dundas, Allison) 57.17
  - 4 CAN (Douglas, McBlain, Rosenitsch, Duncan) 57.33
  - 5 USA (Mitchell, Primmey, Hill, Raschker) 57.76
  - 6 JPN (Kanematsu, Kanda, Kawakami, Nasu) 59.57
  - 7 ARG (Briones, Storto, Pinto, Goldmann) 63.52

- W50**
- 1 GER (Luedicke, Behrendt, Siebert, Hoffmann) 54.10\*
  - 2 AUS (Parrish, Horsnell, Seymour, Ey) 55.79
  - 3 JPN (Hori, Higa, Osada, Kuratsu) 56.99
  - 4 SWE (Nilsson, Stenholm, Nilsson K, Larsson) 60.33
  - 5 TPE (Hsieh, Lee, Chen, Chao) 63.53
  - 6 BRA (Tanoue, Shirahata, Cavalli, Penha) 65.23

- W55**
- 1 GER (Schmalbruch, Hofmann, Gruenefeld, Kreuzwieser) 56.90\*
  - 2 JPN (Kawano, Nakamura, Yamamoto, Naruishi) 57.84
  - 3 GBR (Graham, Williams, Ravenscroft, Gore) 61.58
  - 4 BRA (Shimizu, Kanegawa, Kikuchi, Sekisawa) 62.19
  - 5 USA (Miller, Cappetta, Chou, Kuehne) 62.23
  - 6 TPE (Yang, Lin, Hu, Huang) 65.15
  - 7 IND (Kodialbail, Samuel, Kanwar, Seethalakshmi) 78.61

- W60**
- 1 AUS (Pirie, Carr, Cooper, Hogan) 61.39
  - 2 JPN (Yatori, Mizuta, Hasumi, Koshikawa) 67.62
  - 3 RSA (Geldenhuy, Kruger, Hutchinson, Hofmeyr) 71.43
  - 4 NOR (Mjelde, Saether, Skarsvag, Hestmann) 72.82
  - 5 CAN (Horne, Carrier, Bailey, Saumier) DNF

- W65**
- 1 USA (Valien, Barnes, Dietrich, Onodera) 69.39
  - 2 BRA (Ide, Shiki, Minami, Nishimura) 77.26

- W70**
- 1 GER (Schuele, Mangler, Schneiderhan, Haule) 66.05

1600M RELAY

- M40**
- 1 GBR (Franklyn, Caines, Wells, Ross) 3:30.62
  - 2 USA (Bowen, Flowers, Radiff, Thompson) 3:31.88
  - 3 AUS (Gallagher, Atkins, Ryan, Molloy) 3:34.34
  - 4 JPN (Takahashi, Ozaki, Habuta, Ono) 3:37.93
  - 5 FRA (Kersall, Carre, Houdereville, Berrier) 3:38.34
  - 6 GER (Hoefer, Lang, Bussmann, Porcher) 3:46.36
  - 7 NZL (McPhail, Stachurski, Cooper, Neder) 4:03.88

- M45**
- 1 AUS (Austin, Gordon, MacDonald, Crombie) 3:38.49
  - 2 GBR (Peel, Watson, Potts, Duffy) 3:41.31
  - 3 USA (Reiter, Harvey, Bell, Robbins) 3:42.64
  - 4 GER (Millbradt, Hanke, Bolsinger, Wolf) 3:44.40
  - 5 JPN (Ikehata, Noguchi, Hamaguchi, Shinohara) 3:46.43
  - 6 FRA (Roussel, Brard, Olherry, Picot) 4:01.62
  - 7 BRA (Severo, Francisco, Fernandes, Rolim) 4:20.67

- M50**
- 1 AUS (Turner, Martin, Kernaghan, Fearnall) 3:39.77
  - 2 GBR (Smith, Thomas, Sweeney, Henson) 3:46.33
  - 3 GER (Hamaekers, Schuck, Pientka, Riedel) 3:49.12
  - 4 CAN (McIlwaine, Fee, Callender, Morioka) 3:50.91
  - 5 SWE (Huiden, Edlund, Lagerqvist, Trondset) 3:54.63
  - 6 BRA (Lemos, Lima, Oliveira, Araujo) 4:01.52
  - 7 USA (Lomax, Arnold, Owers, Baker) 4:08.87

- M55**
- 1 USA (Oleata, Pauling, Adamson, Colbert) 3:51.61
  - 2 GER (Holder, Geier, Gasper, Marchlowitz) 3:52.16
  - 3 JPN (Ozawa, Kawakami, Konoike, Ago) 4:00.69
  - 4 GBR (Burton, James, Feast, Ross) 4:10.36
  - 5 TPE (Chen, Huang C, Huang Y, Wang) 4:16.88
  - 6 BRA (Morita, Tominaga, Montanher, Penha) 4:17.54

- M60**
- 1 GER (Schafer, Schmid, Selzer, Neumann) 4:01.85
  - 2 JPN (Sawamoto, Uchida, Sameda, Shindo) 4:06.21
  - 3 AUS (Thew, Solomon, Morgan, Carr) 4:11.19
  - 4 USA (Mulkey, Robinson, Hitt, Wing) 4:15.85
  - 5 TPE (Lou, Chiang, Chen, Kuo) 4:44.53
  - 6 CAN (Oxley, Rappich, Busch, Martin) 4:47.96

- M65**
- 1 USA (Seifert, Daprano, Sochor, Law) 4:20.26
  - 2 JPN (Tamoto, Tasaki, Yamazaki, Komazaki) 4:32.61
  - 3 SWE (Ekman, Paulsson, Johansson, Yli-Luopa) 4:37.71
  - 4 GBR (Crooke, Meddings, McDowell, Steedman) 4:44.79
  - 5 AUS (Gilmour, Keith, Johnston, Kent) 4:46.36
  - 6 GER (Dietz, Fischer, Schlotte, Krenzer) 4:52.95

- M70**
- 1 USA (Sponseller, Dahlin, Messenger, Hunt) 5:02.99
  - 2 FIN (Tuisku, Makena, Taskine, Pietila) 7:15.58

- M75**
- 1 JPN (Miura, Nakashima, Yabe, Watanabe) 5:07.61
  - 2 BRA (Emori, Ide, Fonseca, Fischer) 5:21.98
  - 3 GER (Meyer, Thieme, Muhle, Rennschuh) 5:54.86

- M80**
- 1 USA (Morrow, Boal, McIntyre, White) 6:40.65

- W35**
- 1 GBR (Thompson, Smith, Hocknell, Mullinger) 4:12.70
  - 2 HOL (Kuipers, Thomas, Dudink, Van de Ven) 4:18.30
  - 3 USA (Dixon, Thompson, Davis, Raschker) 4:19.35
  - 4 GER (Schmalfeld, Schwarz, Schoeppe, Hansen-Lang) 4:20.22

- W40**
- 1 AUS (Choate, Hayes, Perkins, Allison) 4:18.75
  - 2 JPN (Akamine, Kobori, Kato, Tasaki) 4:34.33
  - 3 NZL (Chandler, Waring, Cheesman, Stewart) 4:53.68
  - 4 GBR (Statham, Thompson, Charles, Hocknell) 4:59.70

- W45**
- 1 CAN (Duncan, McBlain, Rosenitsch, Douglas) 4:34.43
  - 2 GER (Gallep, Meier, Widmann, Reinhardt) 4:44.08
  - 3 AUS (MacIver, Reeves, Cooper, Parrish) 4:49.49

- W50**
- 1 GER (Hoffman, Seibert, Luedicke, Behrendt) 4:41.90
  - 2 BRA (Shirahata, Penha, Tanque, Guerreiro) 5:50.28

- W55**
- 1 USA (Miller, McIntyre, Szawowski, Thielman) 5:52.89
  - 2 IND (Kanwar, Samuel, Kodialbail, Seethalakshmi) 6:51.35

- W60**
- 1 NOR (Hjertholm, Saether, Skarsvag, Mjelde) 6:18.77

- W65**
- 1 USA (Gordon, Valien, Friedman, Onodera) 6:42.90
  - 2 BRA (Shiki, Minami, Ide, Nishimura) 6:53.08

HIGH JUMP

- M40**
- 1 Steve Harkins USA 42 1.95
  - 2 Dusan Prezelj SLO 44 1.95
  - 3 Jan Huijbers HOL 42 1.90
  - 4 Robert Schinz SUI 40 1.90
  - 5 Katsumi Fukura JPN 42 1.85
  - 6 Yoshitaka Hiraoka JPN 42 1.75
  - 7 Jose Ramos MEX 41 1.70
  - 7 Shigeaki Sudo JPN 40 1.70
  - 17 Richard Watson USA 41 1.50

- M45**
- 1 Gunther Spielvogel GER 49 1.80
  - 2 Yoshiaki Kotani JPN 46 1.75
  - 3 Franc Vivod SLO 49 1.75
  - 4 Pieter Kruger RSA 47 1.70
  - 4 Juri Tarnak EST 47 1.70

- 4 Yoshihito Imahashi JPN 45 1.70
- 7 Daniel Olherry FRA 45 1.60
- 8 Hidekazu JPN 47 1.60

- M50**
- 1 Dieter Wille GER 50 1.88\*
  - 2 Sean Power GBR 50 1.75
  - 3 Hiroji Kibamoto JPN 52 1.70
  - 4 Ross Fletcher NZL 51 1.70
  - 5 Fridolin Eberle SUI 53 1.65
  - 5 Anton Holzgethan ITA 51 1.65
  - 7 Emil Pawlik USA 54 1.65
  - 8 Roland Van Woerkom RSA 51 1.65
  - 9 Richard Hotchkiss USA 54 1.60

- M55**
- 1 Gerhard Bomm GER 56 1.70
  - 2 Milton Newton USA 59 1.65
  - 3 Juergen Volkert GER 55 1.65
  - 4 Kiyoshi Tajima JPN 55 1.60
  - 5 Jean Pierre Danic FRA 55 1.60
  - 6 Pericles Pinto POR 56 1.55
  - 7 Fumito Ogata JPN 55 1.50
  - 8 Karl-Hei Marchlowitz GER 55 1.50

- M60**
- 1 Phil Mulkey USA 60 1.56
  - 2 Olavi Niemi FIN 61 1.55
  - 3 Hikmet Kandeydi TUR 61 1.50
  - 4 Leo Benning RSA 60 1.50
  - 5 Helmut Huber GER 61 1.50
  - 6 Saburo Ishigami JPN 63 1.40
  - 7 Isao Nakamura JPN 60 1.40
  - 8 Andy Heine RSA 63 1.40
  - 18 Bill Brobst USA 63 1.15

- M65**
- 1 Nils-Bertil Nevrup SWE 66 1.55
  - 2 Gordon Seifert USA 65 1.55
  - 2 Hans Schuffenhauer GER 67 1.50
  - 4 Karri Wichmann FIN 66 1.40
  - 4 Tomihiko Shimizu BRA 66 1.40
  - 6 Shoji Furuta JPN 65 1.35
  - 7 Noboru Yamamoto JPN 67 1.35
  - 7 Michio Kobayashi JPN 67 1.35

- M70**
- 1 Emmerich Zensch AUT 73 1.42
  - 2 Walter Dahlin USA 72 1.35
  - 3 Erko Simola FIN 70 1.30
  - 3 Ken Gorshkov EST 73 1.30
  - 5 Philipp Frech GER 73 1.25
  - 6 Saul Pelaez COL 71 1.25
  - 7 Shozo Suzuki JPN 71 1.25
  - 8 Fumiyasu Yamakawa JPN 71 1.20

- M75**
- 1 Esko Kolhonen FIN 79 1.35
  - 2 Takuro Miura JPN 76 1.30
  - 3 Reino Taskinen FIN 77 1.20
  - 4 Iwao Fujinawa JPN 78 1.20
  - 5 Shigeru Yamaguchi JPN 75 1.20
  - 6 Pertti Sumari FIN 79 1.15
  - 6 Nobuyuki Kiyoshima JPN 77 1.15
  - 8 Sueo Nasu JPN 76 1.15
  - 10 Jim Vernon USA 76 1.05

- M80**
- 1 Mazumi Morita JPN 80 1.15
  - 2 Claude Hills USA 81 1.10
  - 2 Koichi Nishitani BRA 82 1.10
  - 4 Ryohei Deguchi JPN 81 1.10
  - 4 Bob Boal USA 81 1.10
  - 4 Masatoshi Fujimoto JPN 80 1.10
  - 7 Toyoji Takahashi JPN 80 1.10
  - 8 Virgil McIntyre USA 82 1.10
  - 12 Richard Lacey USA 83 1.00

- M85**
- 1 Kunio Hosokawa JPN 85 .95

- W35**
- 1 Marie Fabardine FRA 38 1.50
  - 2 Atsuko Fujikawa JPN 37 1.50
  - 3 Paula Standen GBR 35 1.45
  - 4 Noriko Takeda JPN 37 1.45
  - 5 Margaret Dixon USA 39 1.30
  - 5 Kalimid Agashe IND 39 1.30
  - 7 Manju Jagador IND 37 1.25

- W40**
- 1 Stanka Prezelj SLO 41 1.60
  - 2 Szalai Lencsesne HUN 41 1.45
  - 3 Mariko Sadamitsu JPN 43 1.40
  - 4 Sumie Kato JPN 40 1.30
  - 4 Mari Kawabe JPN 41 1.30

- W45**
- 1 Anela Plischke AUT 45 1.58\*
  - 2 Phil Raschker USA 46 1.55
  - 3 Mia Dudink HOL 46 1.45
  - 4 Michael Marie Hill USA 46 1.35
  - 5 Johann Hill-Hudgins USA 46 1.30
  - 6 Arlete Nitzke BRA 49 1.25
  - 7 Nobuko Otsuka JPN 45 1.20
  - 7 Quiroga de la Vega BOL 48 1.20

- W50**
- 1 Erika Springmann GER 50 1.45
  - 2 Christel Hauser GER 50 1.45
  - 3 Marianne Maier AUT 50 1.40
  - 4 Sigrid Schroepfer GER 54 1.35
  - 5 Edith Graff BEL 51 1.30
  - 6 Irma Kirchhofs GER 53 1.30
  - 7 Yoko Sato JPN 52 1.25
  - 8 Midori Kuratsu JPN 54 1.20
  - 11 Cathy Primmey USA 50 1.15

- W55**
- 1 Christia Schmalbruch GER 56 1.38\*
  - 2 Taisja Tchentchik RUS 57 1.30
  - 3 Leili Kaas EST 59 1.25
  - 4 Erna Baumann GER 59

Continued from previous page

<b>W60</b>			
1 Rosemary Chrymes	GBR	60	1.25
2 Daphne Pirie	AUS	61	1.25
2 Elsa Enarsson	SWE	63	1.25
4 Aletta Kruger	RSA	60	1.15
4 Helgi Kivi	EST	60	1.15
4 Asta Larsson	SWE	61	1.15
7 Kazuyo Yokoi	JPN	62	1.10
8 Ingrid Langner	GER	64	1.05
<b>W65</b>			
1 Leonore McDaniels	USA	65	1.20
2 Christian Wippersteg	GER	65	1.10
3 Johnnye Valien	USA	68	1.05
4 Ilse Pleuger	GER	69	1.00
5 Joanne deWilde	BEL	66	.95
6 Mitsuko Miura	JPN	65	.85
<b>W70</b>			
1 Cunni Svensson	SWE	72	1.00
2 Elisabeth Haule	GER	74	1.00
3 Liselot Poluschinsky	GER	70	.95
<b>W75</b>			
1 Kahoru Yoda	JPN	75	.90
<b>POLE VAULT</b>			
<b>M40</b>			
1 Itsuo Takanezawa	JPN	42	4.40
2 Jeff Kinstad	USA	40	4.30
3 Andre Cimala	FRA	42	4.20
4 Fotis Katsikas	GRE	42	3.90
5 Kazunori Inoue	JPN	43	3.60
6 Hideharu Sasaki	JPN	43	3.40
7 Jose Ramos	MEX	41	3.10
7 Tsuchio Tetaka	JPN	41	3.10
<b>M45</b>			
1 Rex Harvey	USA	47	4.10
2 Flemming Johansen	DEN	47	4.00
3 Hans Brunner	SUI	45	4.00
4 Fuminori Miyabe	JPN	45	4.00
5 Anders Tollstern	SWE	46	3.80
6 Tsutomu Sudo	JPN	46	3.80
7 Kazuhiko Honda	JPN	45	3.50
8 Ivar Bredholt	NOR	48	3.50
<b>M50</b>			
1 Hans Lagerqvist	SWE	53	4.20
2 Fridolin Eberle	SUI	53	3.80
3 Dezso Kalo-Vasko	HUN	52	3.60
4 Masateru Morio	JPN	50	3.50
4 Ferenc Moldvai	HUN	54	3.50
6 Jose Henriques	POR	54	3.20
7 Peter Ovie	GER	50	3.20
8 Ruey-Fang Chu	TPE	53	3.00
9 Gary Isham	USA	53	2.90
<b>M55</b>			
1 Leo Sterckx	BEL	57	3.70
2 Anthony MacKay	GBR	55	3.40
3 Guerra Figueroa	CHI	58	3.40
4 Ed Oleata	USA	56	3.40
5 Tadshi Horino	JPN	58	2.70
6 Koichi Ito	JPN	59	2.60
7 Yukio Sibba	JPN	56	2.50
8 Yukio Sakuma	JPN	57	2.50
<b>M60</b>			
1 Phil Mulkey	USA	60	3.40
2 Hideo Taguchi	JPN	61	3.30
3 Richard Seidler	GER	60	3.20
4 Rigas Efstathiadis	GRE	62	3.10
5 Jerry Donley	USA	63	3.10
6 Thomas Hinkes	USA	64	2.90
7 James Day	GBR	60	2.90
8 Sueo Kobayashi	JPN	63	2.90
<b>M65</b>			
1 Al Brenda	USA	65	2.80
2 Alfred Woods	GBR	65	2.70
3 Gordon Seiffert	USA	65	2.70
4 Saichi Kiuchi	JPN	68	2.60
5 Esko Honkanen	FIN	67	2.50
6 Masaharu Taira	JPN	66	2.30
6 Tatsuo Mizushiri	JPN	65	2.30
8 Rinzo Kurihara	JPN	68	2.00
<b>M70</b>			
1 Kaino Hurri	FIN	70	2.80
2 Juji Tanaka	JPN	70	2.70
3 Suehiko Mori	BRA	71	2.10
3 Kaoru Yamada	JPN	71	2.10
5 Saul Pelaez	COL	71	2.10
6 Jinzo Takagi	JPN	73	2.00
7 Toru Mori	JPN	72	1.80
<b>M75</b>			
1 Jim Vernon	USA	76	2.50
2 Satoshi Tsunose	JPN	75	2.20
3 Willy Finnerger	NOR	75	2.00
4 Takuro Miura	JPN	76	1.90
<b>M80</b>			
1 Mazumi Morita	JPN	80	2.30
2 Ahti Pajunen	FIN	83	2.00
3 Taro Matsumoto	JPN	81	1.80
4 Claude Hills	USA	81	1.60
5 Bob Boal	USA	81	1.50
<b>W35</b>			
1 Maret Kalviste	EST	38	2.80*
2 Marie Fabardine	FRA	38	2.68
3 Juttai Schoeppe	GER	38	2.28
<b>W40</b>			
1 Ritsuko Murayama	JPN	40	2.20
2 Masumi Yamamoto	JPN	44	1.94
3 Wilma Perkins	AUS	44	1.86
4 Mimi De Villiers	RSA	43	1.86
<b>W45</b>			
1 Phil Raschker	USA	46	3.14*
2 Meriko Seki	JPN	45	2.04
3 Chikako Fujikawa	JPN	45	1.48
<b>W50</b>			
1 Petra Pietersen	RSA	50	2.44
2 Ann Rosenitsch	CAN	52	2.12

3 Agnes Segers	BEL	54	1.32
4 Midori Kuratsu	JPN	54	1.08
<b>W55</b>			
1 Dorothy McLennan	IRL	58	2.00*
2 Ingegerd Sbenholm	SWE	55	1.62
3 Midori Yamamoto	JPN	59	1.54
4 Vasantha Samuel	IND	56	1.38
5 Sheila Champion	IRL	58	1.38
<b>W60</b>			
1 Lucy Anne Brobst	USA	60	1.52
2 Priyadar Kanwar	IND	60	.96
<b>W65</b>			
1 Leonore McDaniels	USA	65	1.56
<b>LONG JUMP</b>			
<b>M40</b>			
1 Katsumi Fukura	JPN	40	6.56
2 Randal Kruse	USA	40	6.54
3 Yasumi Sawamoto	JPN	41	6.23
4 Kichio Eguchi	JPN	44	6.04
5 Tsunesabu Ikari	JPN	44	5.97
6 Hidehito Ochiai	JPN	43	5.87
7 Yuko Goto	JPN	40	5.86
8 Andre Fridenbergs	BEL	40	5.72
<b>M45</b>			
1 Uyacheslav Saulycy	RUS	47	6.45
2 Tapani Taavitsainen	FIN	49	6.45
3 John Charlton	GBR	46	6.33
4 Yoshihito Imahashi	JPN	45	6.07
5 Kazukuni Tojo	JPN	46	5.92
6 Vladimir Vyostok	SVK	46	5.90
7 Hoichi Hosokawa	JPN	46	5.81
8 Toshiya Nagata	JPN	47	5.72
<b>M50</b>			
1 Kyosti Marila	FIN	52	6.04
2 Leonel Carvalho	POR	50	6.00
3 Masahiro Akaishi	JPN	52	5.87
4 Arnold Hamaekers	GER	53	5.74
5 Sean Power	GBR	50	5.73
6 Ralf Gruenefeld	GER	52	5.71
7 Hiroshi Matsumoto	JPN	53	5.62
8 Peter Ovie	GER	50	5.55
31 Ed Arnold	USA	54	4.53
<b>M55</b>			
1 Hellmuth Klimmer	GER	55	6.11
2 Pericles Pinto	POR	56	5.88
3 Lothar BTst	GER	56	5.76
4 Jean Pierre Danic	FRA	55	5.68
5 Kiyoshi Tajima	JPN	55	5.63
6 Alvin Henry	USA	55	5.62
7 Enno Akkel	EST	55	5.52
8 Eugen Arnold	GER	58	5.38
25 Paul Williams	USA	58	4.67
<b>M60</b>			
1 Vilio Knaappila	FIN	60	5.56
2 Phil Mulkey	USA	60	5.43
3 Angel Joaniquet	ESP	60	5.42
4 Dave Jackson	USA	62	5.29
5 Yoshio Kita	JPN	61	5.29
6 Saburo Tshigami	JPN	63	5.26
7 Levis Standen	CHI	64	5.13
8 Jiro Sakata	JPN	62	4.89
26 Clarence Johnson	USA	63	4.04
27 Ed Mahany	USA	63	3.97
<b>M65</b>			
1 Mel Larsen	USA	69	5.12
2 Yoshiyuki Shimizu	BRA	65	4.95
3 Matti Jarvinen	FIN	67	4.90
4 Michio Kobayashi	JPN	67	4.88
5 Tatsuo Mizushiri	JPN	65	4.83
5 Heinz Zeller	GER	65	4.83
7 Kazushi Ishii	JPN	66	4.68
8 Akio Ishiguro	JPN	66	4.66
19 Oscar Harris	USA	69	4.19
<b>M70</b>			
1 Juji Tanaka	JPN	70	4.80
2 Bruno Sobrero	ITA	72	4.49
3 Mike Johnston	AUS	72	4.48
4 Horst Albrecht	GER	70	4.42
5 Tsutomu Sasaki	JPN	70	4.41
6 Ray Spencer	USA	70	4.25
7 Suehiko Mori	BRA	71	4.15
8 Saburo Sakano	JPN	73	4.05
<b>M75</b>			
1 Giuseppe Marabotti	ITA	77	4.34
2 Walter Rennschuh	GER	75	3.92
3 Esko Kolhonen	FIN	79	3.91
4 Shoji Miwa	JPN	77	3.67
5 Satoshi Tsunose	JPN	75	3.64
6 Yoshitaka Ide	BRA	77	3.53
7 Morio Yamaguchi	JPN	75	3.51
8 Yoshio Okazaki	JPN	79	3.45
<b>M80</b>			
1 Mazumi Morita	JPN	80	4.12*
2 Gicchi Suda	JPN	81	3.98
3 Yuichi Tateishi	JPN	80	3.77
4 Shinsaku Nakamura	JPN	81	3.40
5 Kizo Kimura	JPN	82	3.35
6 Kameo Jin	JPN	84	3.11
7 Karl Hein	FIN	80	2.95
8 Vladimir Younger	AUS	80	2.91
9 Claude Hills	USA	81	2.82
11 Virgil McIntyre	USA	82	2.69
<b>M85</b>			
1 Kunio Hosokawa	JPN	85	2.99
2 Masami Okazaki	JPN	88	2.67
3 Kumazo Kashiwada	JPN	87	2.09
4 Akira Gyoten	JPN	87	1.92
<b>W35</b>			
1 Conceicao Geremias	BRA	37	5.85
2 Yoshiko Nakao	JPN	35	5.19
3 Kazuko Tokuji	JPN	35	5.00
4 Annette Steenkamp	RSA	37	4.76
5 Kayoko Enda	JPN	37	4.75
6 Kumiko Otsuka	JPN	35	4.56
7 Hendrina van Heerden	RSA	37	4.56
8 Kayo Kosugi	JPN	35	4.53

<b>W40</b>			
1 Akiko Ohinata	JPN	43	5.44
2 Ritsuko Murayama	JPN	40	5.13
3 Jean Willis	GBR	44	5.12
4 Rieko Takahashi	JPN	42	4.49
5 Sumie Kato	JPN	40	4.46
6 Junko Kuzushima	JPN	43	4.39
7 Elizabeth Box	AUS	42	4.16
8 Keiko Kato	JPN	41	4.10
<b>W45</b>			
1 Kumiko Nishiuchi	JPN	45	5.36
2 Phil Raschker	USA	46	5.26
3 Monika Benz	SUI	46	4.72
4 Margarith Daehler	SUI	46	4.66
5 Lorraine Tucker	USA	46	4.48
6 Kinuyo Tamura	JPN	47	4.42
7 Dagmar Widmann	GER	48	4.11
8 Michael Marie Hill	USA	46	4.10
<b>W50</b>			
1 Takako Togawa	JPN	50	4.81
2 Christel Haeuser	GER	50	4.35
3 Midori Kuratsu	JPN	54	4.35
4 Irma Kirchsufs	GER	53	4.29
5 Chieko Nakamura	JPN	52	4.23
6 Edith Graff	BEL	51	4.22
7 Jacqueline Charles	GBR	52	4.09
8 Noriko Nakamura	JPN	54	3.81
<b>W55</b>			
1 Christa Schmalbruch	GER	56	4.80*
2 Elfriede Hofmann	GER	55	4.30
3 Ingegerd Stenholm	SWE	55	4.22
4 Leile Kaas	EST	59	4.19
5 Kimiko Kawano	JPN	57	4.16
6 Erna Baumann	GER	59	4.13
7 Carina Graham	GBR	57	4.08
8 Maria Zahn	GER	57	4.03
<b>W60</b>			
1 Elsa Enarsson	SWE	63	4.08
2 Christa Kreuzwieser	GER	62	4.06
3 Rosemarie Kreiskott	GER	62	3.99
4 Yosie Hamamatsu	JPN	61	3.98
5 Patricia Carr	AUS	61	3.86
6 Gerd Mjelle	NOR	60	3.72
7 Elizabeth Steedman	GBR	60	3.67
8 Kazuyo Yokoi	JPN	62	3.63
10 Magdalena Kuehne	USA	62	3.27
12 Lucy Anne Brobst	USA	60	3.20
<b>W65</b>			
1 Shirley Peterson	NZL	65	3.97
2 Leonore McDaniels	USA	65	3.67
3 Johnnye Valien	USA	68	3.25
4 Dawn Russell	USA	69	2.71
5 Chieko Minami	BRA	66	2.56
6 Kimiko Tsukahara	JPN	68	2.44
7 Mitsuko Miura	JPN	65	2.21
<b>W70</b>			
1 Pauline Schneiderhan	GER	70	3.58*
2 Anna Mangler	GER	70	3.47
3 Sheila Campbell	RSA	70	3.19
4 Mary Wixey	GBR	72	3.10
5 Liselotte Schuele	GER	70	3.04
6 Liselot Poluschinsky	GER	70	2.67
7 Cunni Svensson	SWE	72	2.55
<b>W75</b>			
1 Tama Nakashima	JPN	76	2.61
2 Rosaline Sole	NZL	78	2.47
3 Aili Kaukinen	FIN	76	2.35
4 Kahoru Yoda	JPN	75	2.10
<b>W80</b>			
1 Ruth Frith	AUS	84	2.26*
<b>TRIPLE JUMP</b>			
<b>M40</b>			
1 Crescenzo Chetti	ITA	42	13.97
2 Joachim Meyer	GER	40	13.53
3 Yutaka Harama	JPN	43	13.43
4 Terukazu Kyuba	JPN	42	12.61
5 Premalal Weerasinghe	SRI	43	12.51
6 Puran Singh	IND	44	12.10
7 Davinder Jeet Singh	IND	40	11.95
8 Shigeki Aratake	JPN	43	11.91
22 Robert Hahn	USA	42	9.94
<b>M45</b>			
1 Yoshihito Imahashi	JPN	45	13.52
2 Tapani Taavitsainen	FIN	49	13.16
3 Gabriel Mankowski	POL	47	13.01
4 Reijo Pynnönen	FIN	45	12.87
5 Junichi Hasegawa	JPN	45	12.62
6 Patrick Bourbonneux	FRA	45	12.33
7 Norimi Nakamura	JPN	45	12.29
8 Ivar Bredholt	NOR	48	12.11
<b>M50</b>			
1 Sean Power	GBR	50	13.02
2 Leonel Carvalho	POR	50	12.82
3 Derek Boosey	CAN	51	12.82
4 Masahiro Akaishi	JPN	52	12.19
5 Mitsuru Fujimoto	JPN	52	12.02
6 Kyosti Marila	FIN	52	12.00
7 Joji Nakamura	JPN	51	11.76
8 Hidenori Omine	JPN	54	11.65
<b>M55</b>			
1 Pericles Pinto	POR	56	12.65
2 Norio Aibe	JPN	59	11.96
3 Lothar Best	GER	56	11.93
4 Koji Sakurai	JPN	57	11.89
5 Enno Akkel	EST	55	11.73
6 Kiyoshi Tajima	JPN	55	11.55
7 Gerhard Bomm	GER	56	11.36
8 Kenji Kurasawa	JPN	57	10.90
<b>M60</b>			
1 Dave Jackson	USA	62	11.53
2 Olavi Niemi	FIN	61	11.51
3 Levis Standen	CHI	64	11.45
4 Phil Mulkey	USA	60	11.21

5 Shigeo Tokutake	JPN	61	10.85
6 Angel Joaniquet	ESP	60	10.77
7 Vilio Knaappila	FIN	60	10.66
8 Jerzy Przyborowski	POL	63	10.33</

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<b>W45 (4kg)</b>	1 Berthe Chalou	BEL	45	10.91
	2 Mary Thomas	AUS	49	10.82
	3 Renate Vogel	GER	49	10.66
	4 Inge Faldager	DEN	45	10.36
	5 Gertrud Heinrich	GER	47	10.14
	6 Kinuyo Tanoue	JPN	46	9.82
	7 Doris Thiele	GER	48	9.47
	8 Hideyo Tanizawa	JPN	48	9.19
	9 Johann Hill-Hudgins	USA	46	8.90
	10 Lorraine Tucker	USA	46	8.77
<b>W50 (3kg)</b>	1 Helen Searle	AUS	54	12.59
	2 Karin Illgen	GER	52	12.13
	3 Erika Springmann	GER	50	11.79
	4 Marie-Louise Uys	RSA	51	11.39
	5 Brigitta Lange	GER	50	11.11
	6 Yasu Abe	JPN	52	10.88
	7 Keiko Uchida	JPN	50	10.27
	8 Helvi Erikson	EST	53	10.24
<b>W55 (3kg)</b>	1 Evaun Williams	GBR	55	12.34
	2 Odette Domingos	BRA	59	11.31
	3 Hedi Maxrath	GER	59	9.74
	4 Waltraud Gruenfeld	GER	55	9.67
	5 Sumiko Kodama	JPN	58	9.47
	6 Etsuko Iwama	JPN	56	9.46
	7 Tomoko Shinjo	JPN	55	9.31
	8 Annemarie Schoeten	GER	59	9.24
<b>W60 (3kg)</b>	1 Rosemary Chimes	GBR	60	12.20*
	2 Jutta Schaefer	GER	61	11.04
	3 Elisabeth Dwenger	GER	60	9.36
	4 Rachel Hanssens	BEL	64	8.29
	5 Chizuko Tabuchi	JPN	60	8.22
	6 Chiyoko Hayamizu	JPN	63	7.95
	7 Suzanne Malherbe	RSA	63	7.88
	8 Sally Polk	USA	63	7.66
<b>W65 (3kg)</b>	1 Marianne Hamm	GER	66	9.46
	2 Ilse Pleuger	GER	69	8.59
	3 Marianne Barth	GER	68	8.48
	4 Joanna de Wilde	BEL	68	8.44
	5 Maria Surza	ITA	66	8.44
	6 Christian Wippensteig	GER	65	8.22
	7 Bernice Holland	USA	66	8.22
	8 Hilde Keckeis	AUT	68	7.87
<b>W70 (3kg)</b>	1 Lena Grobler	RSA	70	8.44*
	2 Heather May	NZL	71	7.11
	3 Kameko Ozaki	JPN	72	6.18
	4 Mirjam Ronni	FIN	74	6.17
	5 Ilse Bellin	GER	72	6.10
	6 Liselot Poluschinsky	GER	70	6.09
	7 Marlis Fleckner	CHI	74	5.72
	8 Elsa Maestro	ITA	72	5.44
	9 Diane Friedman	USA	72	4.92
<b>W75 (3kg)</b>	1 Masayo Kono	JPN	79	6.61
	2 Liselotte Dezenter	GER	76	6.44
	3 Jozsefne Sik	HUN	76	6.21
	4 Annchen Reile	GER	78	5.75
	5 Betty Jarvis	USA	78	5.31
	6 Ethel Paveley	RSA	79	5.25
<b>W80 (3kg)</b>	1 Johanna Gelbrich	GER	80	6.83
	2 Ruth Frith	NZL	84	6.08
	3 Maria Tiemann	GER	80	4.75
	4 Hisa Nanbu	JPN	81	4.10
<b>DISCUS THROW</b>				
<b>M40 (2kg)</b>	1 Dennis Umshler	USA	41	46.92
	2 Andre Bozec	FRA	41	43.12
	3 Jorge Grave	POR	44	42.08
	4 Roger Roudaut	FRA	41	40.66
	5 Hiroshi Nakakawa	JPN	44	37.22
	6 Reinhard Metelmann	GER	42	35.12
	7 Gary Kelmenson	USA	43	34.20
	8 Royston Stevenon	GBR	41	33.82
	10 Edward Daniels	USA	41	33.54
	18 Peter Fagan	USA	40	26.38
<b>M45 (2kg)</b>	1 Luciano Baraldo	ITA	46	47.34
	2 Willi Zaiser	GER	47	43.54
	3 Ants Paju	EST	49	43.32
	4 Heinz Harre	AUT	49	42.54
	5 Ove Puisto	SWE	47	39.98
	6 Georg Kinadeter	GER	46	39.30
	7 Gerald Landzettel	AUT	47	38.92
	8 Jostein Myrvang	NOR	47	37.72
<b>M50 (1.5kg)</b>	1 Klaus Liedtke	GER	52	53.58
	2 Roland Heiler	GER	47	43.54
	3 Richard Hotchkiss	USA	54	44.32
	4 Minoru Noda	JPN	54	43.50
	5 Hans Roecken	GER	52	43.06
	6 Wilfred Mwalwanda	RSA	52	42.88
	7 Syozo Gotoda	JPN	52	42.52
	8 Cheng-Hung Lin	TPE	50	42.10
<b>M55 (1.5kg)</b>	1 Joe Keshmiri	USA	55	51.38
	2 Peter Speckens	GER	48	49.28
	3 Bjorn Heffellund	NOR	55	44.68
	4 Werner Schallau	GER	55	41.68
	5 Johann Hansen	GER	55	40.98
	6 Enno Pere	EST	55	40.68
	7 Edgar Kuechler	GER	57	39.90
	8 Bernd Rehpenning	GER	55	39.30
<b>M60 (1kg)</b>	1 Enrique Helf	GER	61	53.54
	2 Richard Rzehak	GER	63	47.26
	3 Len Olson	USA	62	46.20

	4 Omar Fierro	MEX	60	45.90
	5 Heinz Schulz	GER	60	45.40
	6 Leonhard Jansen	GER	60	42.56
	7 Takumi Matsushima	BRA	61	41.66
	8 Kuri Homme	NOR	63	39.24
	13 Ray Feick	USA	61	35.38
<b>M65 (1kg)</b>	1 Ladislav Filip	TCH	65	49.90
	2 Helmut Duholm	DEN	57	44.78
	3 Matti Jarvinen	FIN	57	43.32
	4 Nils Jonsson	SWE	69	42.20
	5 Horst Vieweg	GER	66	41.88
	6 Hans Schuffenhauer	GER	67	39.72
	7 Rene Croset	FRA	65	35.36
	8 Friedrich Morgenroth	GER	67	35.10
	12 Jacob Stein	USA	69	30.92
<b>M70 (1kg)</b>	1 Philipp Frech	GER	73	40.00
	2 Sam Johnson	NZL	71	37.98
	3 Arthur Dreher	GER	71	35.56
	4 Erko Simola	FIN	70	34.68
	5 Takatoshi Motomura	BRA	70	33.16
	6 Seiichi Kitajima	JPN	72	31.98
	7 Alfio Surza	ITA	72	31.64
	8 Hans-Richard Sieder	GER	72	30.14
<b>M75 (1kg)</b>	1 Roy Foley	AUS	76	33.96
	2 Erling Svennevik	NOR	75	32.56
	3 Takeo Nonaka	JPN	79	31.50
	4 Takashi Yokota	JPN	76	29.36
	5 Masayasu Hosokawa	JPN	75	27.42
	6 Yasuke Misumi	JPN	76	26.34
	7 Yoshio Okazaki	JPN	79	25.34
	8 Saburo Watanabe	JPN	75	24.20
	16 Eugene Bradford	USA	78	21.22
<b>M80 (1kg)</b>	1 Mario Riboni	ITA	80	32.18
	2 Ludwig Herbst	GER	80	24.54
	3 Bruno Porceddu	ITA	80	23.26
	4 Vladimir Younger	AUS	80	23.20
	5 Aldo Amoretti	ITA	82	22.46
	6 Frantisek Klempa	TCH	81	22.36
	7 Min-Te Lo	TPE	80	20.20
	8 Tatu Pohja	FIN	81	19.96
<b>M85 (1kg)</b>	1 Lamberto Cicconi	ITA	88	24.00
	2 Masami Okazaki	JPN	88	18.94
	3 Akira Gyoten	JPN	87	15.26
	4 Toshiyuki Mori	JPN	89	14.96
	5 Kunio Hosokawa	JPN	85	12.66
	6 Taro Suzuki	JPN	86	11.34
<b>M90 (1kg)</b>	1 Yosio Okita	JPN	90	9.38
<b>W35 (1kg)</b>	1 Yukari Yoneda	JPN	38	37.32
	2 Trenyi Rakoczi	HUN	38	34.50
	3 Gudrun Emmert	GER	37	34.30
	4 Avir Ouyntsetseg	MCL	39	29.46
	5 Waltraud Knapp	GER	38	28.30
	6 Kyoko Mikawa	JPN	37	28.12
	7 Eiko Kishi	JPN	36	27.78
	8 Toshiko Kosaka	JPN	36	27.08
<b>W40 (1kg)</b>	1 Christine Schultz	AUS	42	44.32
	2 Lida Berkhout	HOL	40	40.84
	3 Renate Hofmann	GER	41	38.22
	4 Tayabun Nisha	IND	40	36.28
	5 Joan Stratton	USA	41	36.14
	6 Siv Lovgren	FIN	40	35.06
	7 Annie Bellanger	FRA	42	32.38
	8 Kiyomi Oiwa	JPN	44	31.96
	10 Ranjana Ghose	USA	42	30.14
	20 Cheryl Kincaide	USA	44	20.22
<b>W45 (1kg)</b>	1 Gertrud Heinrich	GER	47	37.88
	2 Inge Faldager	DEN	45	35.78
	3 Berthe Chalou	BEL	45	32.92
	4 Mary Thomas	AUS	49	30.08
	5 Setsuko Miyasato	JPN	47	25.52
	6 Patricia Connell	AUS	48	25.18
	7 Rhondda Dundas	AUS	48	24.92
	8 Miyoko Wakasugi	JPN	49	23.10
<b>W50 (1kg)</b>	1 Karin Illgen	GER	52	40.26
	2 Gudrun Mellmann	GER	51	31.20
	3 Karin Schallau	GER	52	28.92
	4 Yasu Abe	JPN	52	28.70
	5 Helvi Erikson	EST	53	27.86
	6 Brigitta Lange	GER	50	27.80
	7 Keiko Uchida	JPN	50	23.86
	8 Anita Welz	GER	50	23.64
<b>W55 (1kg)</b>	1 Odette Domingos	BRA	59	37.72
	2 Corrie Roovers	HOL	58	28.80
	3 Maria Zahn	GER	57	27.46
	4 Hedi Maxrath	GER	59	26.08
	5 Annemarie Schoeten	GER	59	25.70
	6 Carina Graham	GBR	57	23.24
	7 Chiu-Man Lin	TPE	55	22.62
	8 Henrietta Jordaan	RSA	57	21.68
	15 Fei-Mei Chou	USA	58	18.76
<b>W60 (1kg)</b>	1 Rosemary Chimes	GBR	60	37.56*
	2 Antonina Ivanova	RUS	60	33.72
	3 Nina Ponomareva	UKR	64	31.78
	4 Jutta Schaefer	GER	61	31.38
	5 Unni Saether	NOR	60	24.44
	6 Elisabeth Dwenger	GER	60	24.24
	7 Jara Rosa	CHI	60	22.44
	8 Rachel Hanssens	BEL	64	21.42
	11 Sally Polk	USA	63	19.42
	17 Magdalena Kuehne	USA	62	16.56

<b>W65 (1kg)</b>	1 Marianne Hamm	GER	66	28.46
	2 Bernice Holland	USA	66	25.28
	3 Kaija Jortikka	FIN	69	24.78
	4 Ursula Foerster	GER	67	24.62
	5 Marianne Barth	GER	68	23.36
	6 Maria Surza	ITA	66	23.20
	7 Ilse Pleuger	GER	69	20.96
	8 Velta Tomsons	CAN	65	19.42
	10 Shirley Dietderich	USA	66	16.46
<b>W70 (1kg)</b>	1 Lena Grobler	RSA	70	22.94
	2 Hildegard Groth	GER	73	19.76
	3 Heather May	NZL	71	18.76
	4 Mary Garcia	COL	71	15.50
	5 Ilse Bellin	GER	72	14.64
	6 Mirjam Ronni	FIN	74	14.08
	7 Marlis Fleckner	CHI	74	12.88
	8 Mary Wixey	GBR	72	12.24
<b>W75 (1kg)</b>	1 Annchen Reile	GER	78	21.22*
	2 Betty Jarvis	USA	78	15.98
	3 Jozsefne Sik	HUN	76	15.72
	4 Ethel Paveley	RSA	79	12.92
	5 Liselotte Dezenter	GER	76	12.52
	6 Masayo Kono	JPN	79	11.88
<b>W80 (1kg)</b>	1 Johanna Gelbrich	GER	80	15.90
<b>HAMMER THROW</b>				
<b>M40 (7.26kg)</b>	1 Andreas Eder	GER	43	56.00
	2 Jorge Grave	POR	44	49.44
	3 Basie Koen	RSA	42	47.90
	4 Jean Quentel	FRA	42	46.46
	5 Takahiko Hirahara	JPN	40	44.64
	6 Edward Daniels	USA	41	42.90
	7 Hiroshi Nakakawa	JPN	44	41.74
	8 Gary Kelmenson	USA	43	40.06
<b>M45 (7.26kg)</b>	1 Sigenobu Murofusi	JPN	48	63.46*
	2 Jose Pedroso	POR	47	56.78
	3 Marshall Roodt	RSA	46	52.06
	4 Takashi Shindo	JPN	46	50.38
	5 Jostein Myrvang	NOR	47	43.16
	6 Nand Singh	IND	48	37.14
	7 John Solms	RSA	45	36.74
	8 Horacio Loya	MEX	48	36.64
<b>M50 (6kg)</b>	1 Srecko Stiglic			

Continued from previous page

6 Chin-Mei Lin TPE 61 19.14
7 Suzanne Malherbe RSA 63 18.78
8 Magdalena Kuehne USA 62 17.32

W65 (400g)

1 Marianne Hamm GER 66 27.32
2 Bernice Holland USA 66 26.02
3 Joanna de Wilde BEL 66 23.94
4 Shirley Dietderich USA 66 21.08

W70 (400g)

1 Mirjam Ronni FIN 74 21.62
2 Lena Grobler RSA 70 19.78
3 Heather May NZL 71 19.50
4 Mary Garcia COL 71 18.22

W75 (400g)

1 Annchen Reile GER 78 15.10
2 Betty Jarvis USA 78 13.86
3 Aili Kaukinen FIN 76 12.86
4 Ethel Paveley RSA 79 9.94

W80 (400g)

1 Johanna Gelbrich GER 80 19.86\*

10K CROSS COUNTRY

M40
1 Tatsumi Fukui JPN 41 33:28
2 Noriaki Fujii JPN 41 33:46
3 Antonio Riscado POR 43 34:03
4 Heimo Karkkainen FIN 42 34:44

M45

1 Omer Van Noten BEL 46 34:17
2 Frank Shorter USA 46 34:49
3 Arnold Bradshaw GBR 46 35:23
4 Makoto Watanabe JPN 48 36:04

M50

1 Gilbert Maeschalck BEL 50 35:23
2 Taichi Kitamura JPN 50 35:34
3 Walter Koch GER 53 35:52
4 Tadatoshi Iwamoto JPN 54 36:30

M55

1 Armando Aldegalega POR 55 35:46
2 Stephen James GBR 55 36:12
3 Sekinosuke Aoki JPN 57 37:47
4 Tomiteru Kimura JPN 58 38:15

M60

1 Francisco Vicente POR 60 37:33
2 Kunio Ichikawa JPN 60 39:09
3 Hans Thiene GER 60 40:23
4 William Dunne IRL 60 40:51

M65

1 Yoshie Sato JPN 66 43:47
2 Ron Franklin GBR 65 44:03
3 Da Silva Martins POR 65 44:20
4 Hirokazu Amie JPN 65 44:40

M70

1 John Gilmour AUS 74 44:52
2 Kristian Skarsvag NOR 71 45:02
3 Yukimitsu Kobayashi JPN 72 45:49
4 Yoshinori Ishihara JPN 71 48:23

M75

1 Torsten Stale SWE 76 51:02
2 Andre Osselaer BEL 77 52:05
3 Hidewo Matsusaka JPN 75 54:41
4 Shigeatsu Suzuki JPN 78 55:56

M80
1 Lucien Aellen SUI 81 56:02
2 Waichi Masuda JPN 82 63:37
3 Shigeru Matsuda JPN 83 66:28
4 Moriyoshi Yagi JPN 80 67:41

M85

1 Kiichi Ishikawa JPN 87 89:34

M90

1 Paul Spangler USA 2:41:11

W35

1 Marietjie Ceronio RSA 36 39:15
2 Gillian Castka HKG 37 40:49
3 Kovacs Zalakovicsne HUN 39 41:00

W40

1 Yoshiko Hirohama JPN 44 39:18
2 Helena Rantakari FIN 40 41:16
3 Mitsuru Tochiki JPN 42 41:27
4 Toshiko Hori JPN 44 43:16

W45

1 Elaine Statham GBR 49 41:32
2 Severina Pesando ITA 49 42:52
3 Judith Stewart NZL 45 43:32
4 Kiyoko Uchimura JPN 46 44:41

W50

1 Ursula Odermatt SUI 53 39:05
2 Edelsutha Trindade BRA 51 44:10
3 Miyoko Nishikawa JPN 50 44:17
4 Elke Bolsinger GER 52 45:08

W55

1 Asta Severinkangas FIN 56 45:39
2 Miyo Ishigami JPN 59 46:10
3 Hannelore Kruemper GER 57 46:51
4 Elsa Soderstrom SWE 57 50:15

W60

1 Masako Shimazaki JPN 62 49:21
2 Toshiko Tanaka JPN 60 51:09
3 Teiko Okamoto JPN 64 55:36
4 Joan Stubbings HKG 60 56:10

W65

1 Joselyn Ross GBR 65 49:25
2 Jane Geldenhuys RSA 66 54:25
3 Josefa Vocos ARG 67 55:49
4 Marlann Dahinden SUI 68 57:59

W70

1 Marie Hanakova TCH 71 62:50
2 Fusae Imazu JPN 72 67:26
3 Chitose Otsuki JPN 71 68:23
4 Elfriede Falke GER 72 71:50

W75

1 Althea Jureidini USA 75 79:39
2 Sigrid Nyberg SWE 77 86:38

CROSS COUNTRY TEAM SCORING

M40
1 JPN 1:42:06 2 GER 2:05:57

M45

1 JPN 1:50:02 2 RUS 1:54:32
3 NZL 1:58:22 4 GBR 2:17:08

M50

1 JPN 1:48:39 2 GER 1:51:41
3 AUS 2:00:15 4 NZL 2:03:35

M55

1 JPN 1:55:05 2 GBR 2:03:38
3 AUS 2:03:52 4 GER 2:09:40

M60

1 JPN 2:02:05 2 GER 2:17:34
3 USA 2:17:35 4 NZL 2:18:38

M65

1 JPN 2:15:19 2 GBR 2:20:51
3 FIN 2:36:17 4 GER 2:52:53

M70

1 JPN 2:25:51 2 USA 2:41:45\*

M75

1 JPN 2:42:58 2 GER 3:20:12

M80
1 JPN 3:17:46
W35
1 NZL 2:09:38 2 HKG 2:12:11
3 GBR 2:13:10 4 JPN 2:32:37

W40

1 JPN 2:04:01 2 HKG 2:42:42

W45

1 JPN 2:15:36 2 NZL 2:44:50

W50

1 JPN 2:18:01 2 GER 2:20:40

W55

1 JPN 2:36:18

W60

1 JPN 2:36:06

W65

1 USA 3:39:42+

% McAndres, Cote, DesJardins
% Vernosky, Devine, Jacobs
\* Inada, Hansen, Daughters
+ Russell, Barker, Baker

MARATHON

M40

1 Takeshi So JPN 40 2:22:29
2 Osamu Kitahara JPN 41 2:29:18
3 Ivo Silva POR 43 2:35:42
4 Mitsuyuki Shiota JPN 43 2:38:37

M45

1 Omer Van Noten BEL 46 2:33:03
2 Michi Yoshinaga JPN 46 2:43:44
3 Toshiaki Shimada JPN 46 2:44:43
4 Takayuki Kobayashi JPN 45 2:45:13

M50

1 Walter Koch GER 53 2:40:59
2 Heiji Takeiri JPN 50 2:42:00
3 Gil Maeschalck BEL 50 2:42:44
4 Kenshi Knodo JPN 51 2:44:06

M55

1 Manuel Rosales ESP 58 2:47:45
2 Toru Maki JPN 55 2:55:31
3 Kanetaka Orita JPN 57 2:58:06
4 Kiyoshi Tanaka JPN 57 2:58:41

M60

1 Francisco Vicente POR 60 2:49:59
2 Malcolm Gillis USA 60 3:01:55
3 Theodor Waterloo GER 61 3:03:49
4 Yoshio Endo JPN 63 3:05:25

M65

1 Sergio Agnoli ITA 67 3:10:16
2 Keizou Yamada JPN 65 3:18:07
3 Kanji Matsuda JPN 67 3:28:28
4 Hisashi Watanabe JPN 69 3:29:45

M70

1 Yoshio Akimoto JPN 72 3:28:11
2 Kristian Skarsvag NOR 71 3:36:01
3 Eisaburau Ogawa JPN 70 3:40:15
4 Hiroshi Onuma JPN 74 3:49:41

M75

1 Andre Osselaer BEL 77 3:50:22
2 Torsten Stale SWE 76 4:26:46
3 Jiro Tsuge JPN 4:30:06
4 Rac Shin Sung KOR 4:30:36

M80

1 Lucien Aellen SUI 81 4:42:29
2 Moriyoshi Yagi JPN 80 5:12:22
3 Yoshio Saigo JPN 5:16:52
4 Masayoshi Yonenaka JPN 5:40:08

W35

1 Shinobu Kurosaki JPN 35 2:58:24
2 Nobue Murasawa JPN 35 3:07:16
2 Mayumi Isono JPN 37 3:07:16
4 Naoko Mori JPN 38 3:09:03

5000m TRACK RACEWALK

M40
1 Fabio Ruzzier ITA 40 21:45:69
2 Bohdan Bulakowski POL 43 22:17:07

W40
1 Takiko Sato JPN 42 3:11:48
2 Sachiko Yogi JPN 42 3:11:57
3 Kuniko Hirata JPN 41 3:13:05
4 Hiroko Yano JPN 41 3:15:50

W45

1 Setsuko Okura JPN 47 3:12:13

W50

1 Yoshiko Koga JPN 53 3:08:45

W55

1 Yuriko Nishikawa JPN 50 3:28:06

W60

1 Masako Shimazaki JPN 62 3:54:52

W65

1 Keiko Asami JPN 4:40:32

W70

1 Jose Waller GBR 4:09:36

MARATHON TEAM SCORING

M40
1 JPN 7:30:24 2 POR 8:19:20
3 RUS 8:47:32 4 NZL 9:45:08

M45

1 JPN 8:13:40 2 NZL 9:27:16

M50

1 JPN 8:11:01 2 GER 8:30:45

M55

1 JPN 8:47:19 2 GER 10:13:26

M60

1 JPN 9:19:57 2 GER 9:46:02

M65

1 JPN 10:16:20 2 FIN 11:30:10

M70

1 JPN 10:57:27 2 USA 13:17:14#

M75

1 JPN 13:57:29

M80

1 JPN 16:09:22

W35

1 JPN 9:12:56

W40

1 JPN 9:36:50

W45

1 JPN 9:29:12 2 GER 11:39:22

W50

1 JPN 9:48:41 2 GER 11:11:06

W55

1 JPN 10:37:44

W60

1 JPN 12:15:34

W65

1 JPN 14:50:40

\*Gillis, Devine, Mitchell
# Hansen, Hammen, Inada

3 Shigeru Sasaki JPN 40 22:36:13
4 Jean Buschewitz FRA 44 22:37:88
5 Isao Komori JPN 44 23:41:68
6 Gerard Goujon BEL 43 23:42:68

M45

1 Rifhat Sultanov RUS 48 23:26:39

M50

1 Dieter Zschiesche GER 53 22:59:96

M55

1 Dario Ramirez COL 56 23:20:84

M60

1 John Bray USA 60 25:09:66

M65

1 Robert Mimm USA 68 28:23:68

M70

1 Carlo Bomba ITA 72 30:21:22

M75

1 Antonio Fonseca BRA 78 34:06:82

M80

1 Giulio de Petra USA 82 35:58:41

M85

1 Shigeru Hasegawa JPN 87 47:27:26

W35

1 Wilma M'Guigan RSA 37 27:50:50

W40

1 Heather McDonald AUS 44 25:03:39

W45

1 Jacquie Bonnet FRA 46 25:27:02

W50

1 Viisha Sedlak USA 45 26:06:10

W55

1 Tamae Itami JPN 46 27:41:69

W60

1 Celia Kelly AUS 46 28:07:77

W65

1 J Steigerwalt USA 49 29:06:91

W70

1 Kathleen Frable USA 48 29:22:47

W75

1 Ros Rosmanizar INA 48 31:54:92

W80

1 Carolyn Nash USA 46 36:26:05

W85

1 Kathryn Carmine USA 49 36:27:82

Continued from previous page

W50, W55, W60, W65, W70, W75. Lists of athletes and their scores for various events.

W80, 20K ROAD RACEWALK, M40, M45, M50, M55, M60, M65. Lists of athletes and their scores for various events.

M70, M75, 10K ROAD RACEWALK, W35, W40, W45, W50, W55, W60, W65, W70, W75. Lists of athletes and their scores for various events.

W50, W55, W60, W65, W70, W75. Lists of athletes and their scores for various events.

ROAD WALK TEAM SCORING, M40, M45, M50, M55, M60, M65, M70, M75. Lists of team scores and individual athlete scores.

WAVA WORLD CHAMPIONSHIP DECATHLON SCORING RESULTS MIYAZAKI, JAPAN, OCT. 8, 1993

40-44 AGE GROUP RESULTS, 45-49 AGE GROUP RESULTS. Detailed decathlon scoring results for various age groups.

50-54 AGE GROUP RESULTS, 55-59 AGE GROUP RESULTS. Detailed decathlon scoring results for various age groups.

Continued on next page

Continued from previous page

Table with 11 columns: PL AGE, NAME, RES., 100M, LJ, SP, HJ, 400M, HH, DT, PV, JT, 1500M. Includes entries for 8 Kjartan Solvberg and 20 Ray Fitzhugh.

60-64 AGE GROUP RESULTS

Table with 11 columns: PL AGE, NAME, RES., 100M, LJ, SP, HJ, 400M, HH, DT, PV, JT, 1500M. Includes entries for 1 Phil Mulkey, 2 Helmut Fackler, 3 James McGrath, 4 Josef Schwankner, 5 Zenichi Matsumoto, 6 Shizuo Iozaki, 7 Josef Paulus, 8 Mitsuo Hata, 16 William Brobst, 18 Robert Wainman.

65-69 AGE GROUP RESULTS

Table with 11 columns: PL AGE, NAME, RES., 100M, LJ, SP, HJ, 400M, HH, DT, PV, JT, 1500M. Includes entries for 1 Karri Wichmann, 2 Albert Brenda, 3 Ian Steedman, 4 Sasaki Tamoto, 5 Mario Cassioli, 6 Alfred Woods, 7 Willy Schlotte, 8 Takeshi Watanabe, 15 Gordon Seifert.

70-74 AGE GROUP RESULTS

Table with 11 columns: PL AGE, NAME, RES., 100M, LJ, SP, HJ, 400M, HH, DT, PV, JT, 1500M. Includes entries for 1 Yoshitake Tatsuta, 2 Saul Pelaez, 3 Fumiyasu Yanakawa, 4 Jonathan Hutchinson.

75-79 AGE GROUP RESULTS

Table with 11 columns: PL AGE, NAME, RES., 100M, LJ, SP, HJ, 400M, HH, DT, PV, JT, 1500M. Includes entries for 1 Takuro Miura, 2 Reino Taskinen, 3 Jan Konarik, 4 Willy Finnanger, 5 Keihachi Shimizu.

80-84 AGE GROUP RESULTS

Table with 11 columns: PL AGE, NAME, RES., 100M, LJ, SP, HJ, 400M, HH, DT, PV, JT, 1500M. Includes entry for 1 Ahti Pajunen.

Table with 11 columns: PL AGE, NAME, RES., 100M, LJ, SP, HJ, 400M, HH, DT, PV, JT, 1500M. Includes entries for 2 Vladimir Younger, 3 Kichisuke Ishikawa, 4 Claude Mills.

\* = Non-Standard Implements or Distances W = Wind Aided Performance
1 Decimal Digit = Hand Timing, 2 Decimal Digits = Fully Automatic Timing
Shotput:16=16 Pounds, 12=12 Pounds, 8=8 Pounds, 6=6 Kilograms, 5=5 Kilograms, 4=4 Kilograms
Hurdles:110,100,80=110,100,80 Meters, 42,39,36,33,30=42,39,36,33,30 Inches Discus: in Kilograms
Javelin:800=800 Gram, 600=600 Gram, 0=Old IAAF(pre-1987 Javelin, N=New IAAF(1987 Javelin)

WAVA World Championship Heptathlon Scoring Results
Prefecture Sports Park, Miyazaki, Japan, Oct. 7-8, 1993
(corrected to 1991 WAVA Standards, 1993 WAVA Age Grading, and 1985 IAAF Scoring)

Table with 11 columns: Place, Score, Name, Res., Hur., HJ, SP, 200M, LJ, JT, 800M. Includes sections for W35-39 Age Group, W40-44 Age Group, W45-49 Age Group, W50-54 Age Group, W55-59 Age Group, W60-64 Age Group.

Continued on next page

Continued from previous page

W65-69 Age Group

Table with 8 columns: Rank, Name, Country, and 6 performance metrics. Includes entries for Leonore McDaniels, Johnnye Valien, and Mitsuko Miura.

WAVA Exhibition Weight Pentathlon Scoring Results Prefecture Sports Park, Miyazaki, Japan, Oct. 16, 1993 1992 Foley Age Grading and Scoring

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W35-39 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W40-44 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W45-49 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W50-54 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W55-59 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W60-64 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W65-69 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W70-74 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W75-79 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. W80-84 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M40-44 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M45-49 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M50-54 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M55-59 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M60-64 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M65-69 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M70-74 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M75-79 Age Group entries.

Table with 8 columns: Scr., Name, Res., HT, SP, DT, JT, WT. M80-84 Age Group entries.

FAX-A-SUB

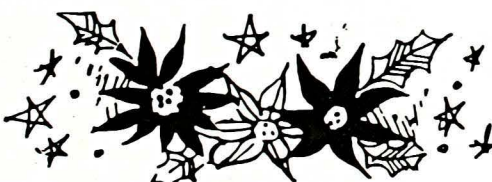
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**1994 USNSO  
TRACK & FIELD SENIOR OPEN**

WASHINGTON UNIVERSITY, ST. LOUIS, MISSOURI  
JUNE 17-19, 1994

*St. Louis, home of the U.S. National Senior Sports Organization (USNSO) and Washington University, invites you to join the country's top senior track and field athletes for three days of competition, training and education at the 1994 USNSO Track and Field Senior Open, June 17-19, 1994.*

**A Golden Opportunity**

Here's your chance to gather exclusively with 2,000 of the nation's most accomplished senior track and field athletes as you compete, train, and learn more about how to continue your ascent into sports prominence, while demonstrating the real changing image of aging in our country today.

**USNSO's Commitment to Senior Athletes –  
We Take You One Step Further**

USNSO, long recognized as the nation's leader in health and fitness for mature adults and host of the Senior Sports Classic, is now taking that role one step further. In addition to competition, USNSO is providing senior athletes the opportunity to train and learn from the best in the business of sports – from shoes to sprints, from weight training to nutrition. USNSO is committed to the development of the senior athlete to their highest potential. Benefit from the experience and expertise of these sports training and education professionals.

**A Program Just For You**

The 1994 USNSO Track and Field Senior Open features an exciting weekend with elements never before combined into a comprehensive program for male and female senior athletes age 55 and over.

**COMPETITION**

Competitions are in 5-year age groups for both males and females. Entry fee is \$50.00. A full range of track and field events are available at this competition.

**Track Events:**

- 100M, 200M, 400M, 800M, 1500M
- 4x100 F elays
- Low Hurdles
- Pentathlon
- 5K & 10K Road Race
- 1500M & 5K Race Walk

**Field Events:**

- Discus
- Hammer Throw
- High Jump
- Javelin
- Long Jump
- Pole Vault
- Shotput
- Triple Jump

**TRAINING**

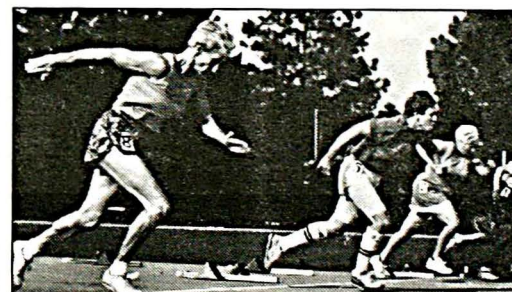
Sessions designed for senior track and field athletes and led by the nation's senior sports trainers will provide insight and hands-on opportunities to further develop your specific sport skills and training techniques.

**EDUCATION**

Learn from the experts as they provide input on the issues that most affect senior athletes today – get an edge on competition by learning more about the role of nutrition, the benefits of an appropriate cross training program, how to enhance your training regimen and sports psychology.

**RESOURCE CENTER**

Many of the country's leading companies who have joined USNSO in promoting fitness and sports to seniors will join you in St. Louis at the event's Resource Center, specifically designed with the senior athlete in mind. Test products, talk to company representatives, learn what business is doing to support senior's healthy, active lifestyles and have the opportunity to provide your personal feedback.



**YES**, I would like an entry form for the 1994 USNSO Track and Field Senior Open.

please print clearly

NAME \_\_\_\_\_ (first) \_\_\_\_\_ (last)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE ( ) \_\_\_\_\_

MALE  FEMALE DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_  
month day year

MAIL TO: USNSO, 14323 South Outer Forty Road, Suite N 300,  
Chesterfield, MO 63017. Phone: (314) 878-4900  
MN Allow six to eight weeks for delivery.