

NATIONAL MASTERS NEWS

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

221st Issue

January 1997

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Matthews, LaVeck Top Racewalkers

Stookey, Libal Named Best 1996 T&F Athletes; Matson, Keston Top LDR Picks

Honors Also Go To Butler, Hilliard, Thornsley, Harvey, and Valien

Utes, Ottaway, Romesser, Vasquez Among 27 Runners Honored at USATF Convention

James Stookey, 65, of Dickerson, Md., was named the outstanding age-40-and-over male track and field athlete of 1996 by the Masters Track and Field Committee of USA Track and Field, the national governing body for athletics in the United States.

Mary Libal, 46, of Corvallis, Ore., was voted the top female masters performer by the same group at the 18th annual convention of USATF in San Francisco on December 6.

The top racewalking awards went to Jonathan Matthews, 40, of Bloomington, Ind., and Bev LaVeck, 60, of Seattle.

The best single-performance-of-the-year awards were shared by Walt Butler, 55, of Altadena, Calif., for his

M55 world record 14.49 in the 100m hurdles at the WAVA North American Regional Championships in Eugene, Ore., Aug. 21; and by Vanessa Hilliard, also 55, of St. Petersburg, Fla., for her W55 world record hammer throw of

Continued on page 22

Shirley Matson, 56, and John Keston 71, were among 27 runners honored by the Masters Long Distance Running Committee of USA Track and Field at its 18th annual convention in San Francisco on December 6.

The LDR Committee's awards are based on five-year age-group categories, rather than on an overall "best masters" runner.

Matson, of Moraga, Calif., set six U.S. age 55-59 age records during the year and was unbeaten in her division. She set marks in the 5K (18:27, 93.7%), 10K (37:28, 95.3%), 12K (45:41, 94.5%), 10-mile (1:04:46, 90.5%), 25K (1:41:01, 92.1%), and half-marathon (1:23:09, 93.6%).

Keston, 71, of McMinnville, Ore., again nearly became the first sub-3-

hour age 70+ marathoner with a 3:00:58 (94.1%) at Twin Cities, Oct. 6. He logged a 19:18 5K (92.4%), 32:07 10K (90.9%), and 39:28 10K (93.5%).

Warren Utes, 76, of Park Forest, Ill., bettered his own U.S. record in the 5K (19:40, 97.0%), and had outstanding times in the 8K (33:22, 93.6%), 10K (41:55, 94.3%), and marathon

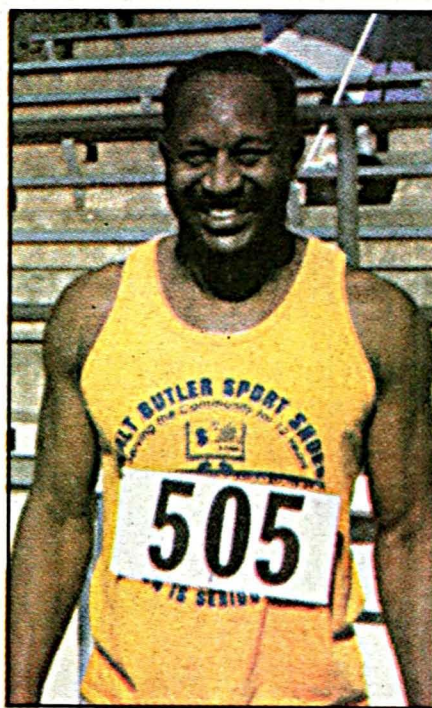
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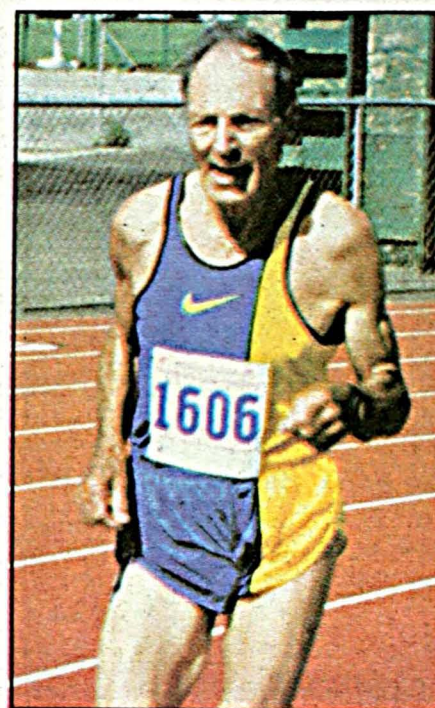
James Stookey



Mary Libal



Walt Butler



John Keston

Ken Weinbel Elected Masters T&F Chairman

by AL SHEAHEN

Ken Weinbel of Seattle was elected the new Chairman of the Masters Track and Field Committee at the annual convention of USA Track and Field in San Francisco, Dec. 6.

In the closest vote in the history of masters T&F, Weinbel, who has served as weight-events chairman for three

years, upset incumbent Barbara Kousky of Eugene by a vote of 27-26.

Kousky had served as chair for seven years, and was seeking her fifth term.

Weinbel, who captured the M65 hammer throw bronze medal at the 1996 National Masters T&F Championships in Spokane, waged a success-

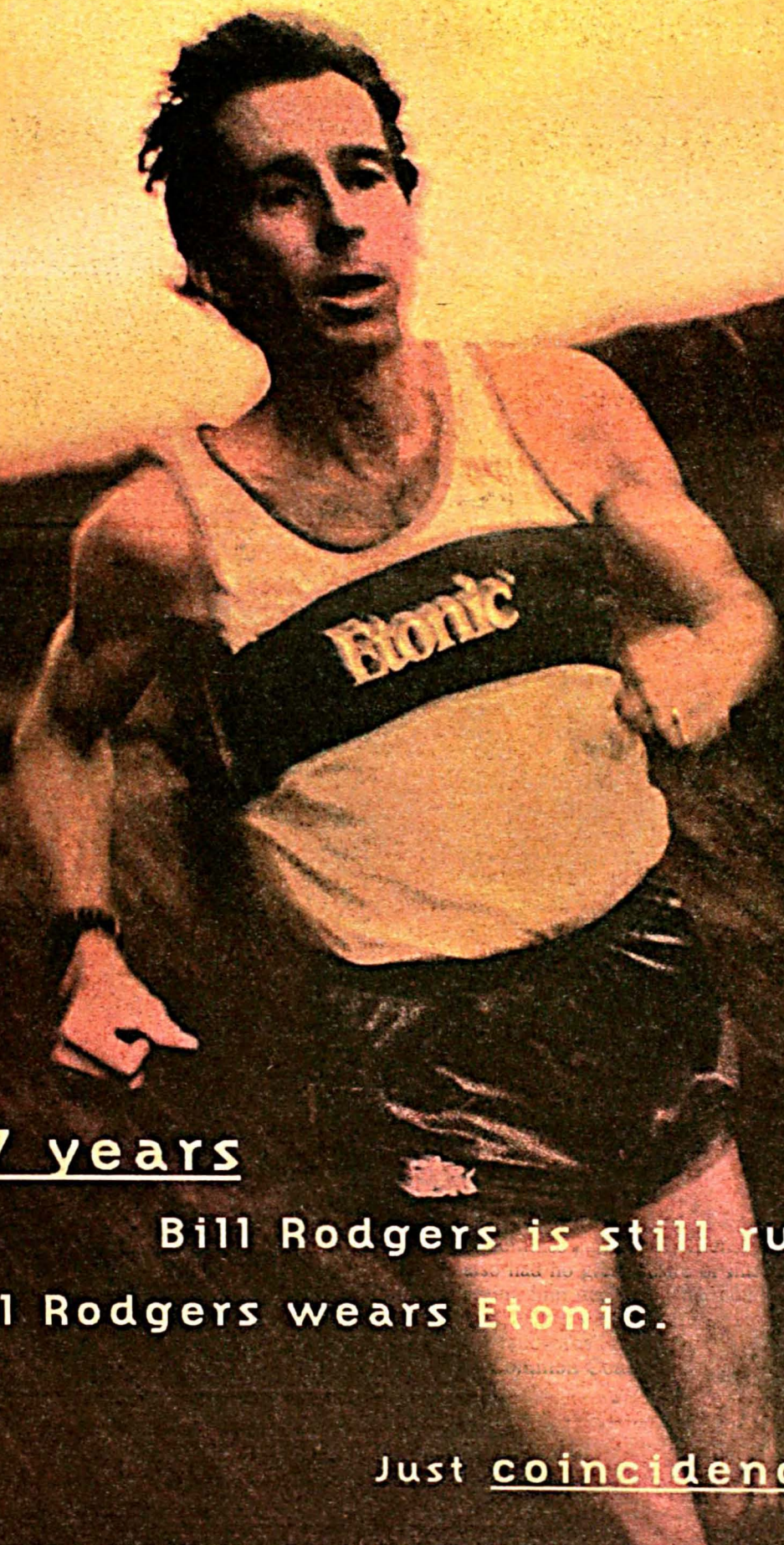
ful campaign on a platform of pursuing national corporate sponsorship, improving communication between national, regional and association levels, and promoting visibility and image.

"It's time to put this organization on a business level," Weinbel told the

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After 47 years

Bill Rodgers is still running.

Bill Rodgers wears Etonic.

Just coincidence?

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 month it delivers 32 to 48 pages of results, sched-
 ules, entry forms, age records, rankings, photos, arti-
 cles, 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 lim-
 ited to age 40 +, 50 + or 55 + (please check the
 schedule for details). Some events require advance
 registration. Some require a current USATF card
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 area, or 317/261-0500. There are no qualifying stan-
 dards for most masters athletics events.

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LYING ABOUT YOUR AGE

This is on response to the letter by the Ravenscrofts, (Dec. issue) which was in response to Madeline Bost's "Speakers Corner" article (Nov. issue).

Recapping very briefly, runner Parks (40-44 age group) asked runner Franky during a race what her age was. Franky replied, "I'm 38." After the race Franky, who beat Parks by a few seconds, told Parks that she was actually 41. Bost's article was justifiably critical of such poor sportsmanship.

The Ravenscrofts don't agree with Bost's interpretation. They first question whether Parks had the right to even ask the question. Clearly there is nothing that does or should prevent one runner asking another runner a question. Freedom of speech applies even during a race. I agree with the Ravenscrofts that the runner being asked the question is not obligated to answer, but from there on the Ravenscrofts go very far off the mark in their analysis of the situation.

Franky could have simply not responded at all to the question or could have put off the questioner with a response like "Just run your own

race." Neither seems every friendly but both are acceptable. To intentionally lie about your age is quite a different matter. It seems to me clearly to be very unsportsmanlike conduct, not just "engaging in strategy" which is how the Ravenscrofts view it.

The Ravenscrofts then criticize Parks for running the race at less than her greatest effort. This seems completely irrelevant to the point of Bost's article. There are many legitimate situations where you run a race at less than full effort. You might be doing a 10K at marathon pace as training, testing your legs after recovery from an injury, or saving for a more important race, which in fact Parks did have coming up two days after the 10K in question.

The Ravenscrofts view both parties as being on equal moral footing when they say "We find neither action particularly admirable, but believe Franky did not violate any implicit agreement between herself and Parks." Surely this is a small minority view. Except for being too trusting of an opponent's good sportsmanship, Parks didn't do anything wrong, Franky did. I'd rather make Parks "mistake" anytime.

The Ravenscrofts then write "What if Parks had asked Franky 'Do you intend to run really fast at the end?' and Franky had said no and then really kicked in for a final sprint ... would Parks be justified in complaining about poor sportsmanship? Of course not."

What the Ravenscrofts may not realize in posing this question, which they intend to have such an "obvious" answer, is that in bicycle racing the situation they describe is a fairly common occurrence. Often a small group of cyclists will manage to break away from the main race body. By working together they can sometimes maintain or even open their gap. It is common and acceptable practice for cyclists in such a group to "cut deals" amongst themselves. Sometimes a relatively weaker rider in the breakaway group will tell the others that he doesn't intend to contest the final sprint as they near the finish line. He still stands to get a relatively high finish and doesn't threaten the others in the group for the top position. If that cyclist then does partake in the final sprint, either from a change of mind or it was his intent all along to do so, he would be held in very low regard by all who knew what he did, even if he didn't finish high in the sprint, and the story would get around very quickly in the local cycle racing community.

The Ravenscrofts do make some good points about how the problem of age group identification could best be solved by the race directors themselves. It doesn't seem very hard to do (inking on calf with age, a small age-

group tag pinned to the back of shirt, etc.) but it seems to be done only at very high level races (national, world championships, etc.)

James Turner
Menlo Park, California

NIKE MASTERS GAMES

In 1998, the Athletics (track & field and road running) portion of the Nike World Masters Games will be held in Eugene-Springfield. We are honored to be hosting this prestigious international event.

In order to avoid any overlap with the USATF Masters National Championships in Maine, the first Athletics events in the Nike World Masters Games will begin on Monday, August 10, 1998. This supercedes any previously published schedule.

Tom Jordan & Barbara Kousky
Co-Commissioners, Athletics
Eugene, Oregon

POLLY CLARKE

Goodbyes are always hard to say. That is especially true when it comes to masters track and field. Because of a hard fall at age 86, I can no longer participate.

Many thanks to meet directors, officials, participants, and the *National Masters News*. I'm very grateful to all, including my coach and husband, John Clarke.

My experiences in the running/race-walking segments of my life will never be forgotten, and the people I've met will always be very special.

Polly Clarke
Estes Park, Colorado

PULSE TRAINING

My training buddies and I are trying to make a training schedule for the coming year. We want to train by pulse rate, but can't find literature that is helpful. If you can help us with information or suggestions, contact me at Denver TC, PO Box 9723, Denver, CO 80209.

George Linn
Denver, Colorado

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Scott, Kennedy Win National 10K X-C

by PHIL PHYTHIAN, Pacific Association LDR Chair

A big cross-country meet was held Dec. 7 on the farm – the Leland Stanford Junior University farm, that is, in Northern California.

Steve Scott, 40, of Leucadia, Calif., the U.S. open and masters mile record holder, and Chris Kennedy of Sunnyvale, Calif., were first overall in their respective 10K events at this year's USATF National Championships.

The two masters races capped a day of competition on a challenging, hilly course over the Stanford golf links. Earlier in the day, men's and women's junior and open championship races were held.

The event, jointly hosted by USATF Pacific Association and Stanford U., was a major undertaking with over 800 runners of all ages competing in seven different races of distances varying from 5.3K to 10K. The youngest was age 14, and the oldest was 82-year-old Dudley Healey of New Jersey.

A strong field made for an exciting M40 race that saw Scott take it out hard with Miguel Tibaduiza, 40, of Reno, Nev., on this shoulder for the first few miles. Scott's Toddy Toads teammate, John Konigh, wasn't far behind.

When the runners reached the fairly steep fairway hills in the third mile, Scott opened a gap and extended it as the race progressed. He won in 32:09 with Konigh second (32:24) and Tibaduiza third (32:30). Fifteen M40 runners were under 34 minutes on a tough course.

As a side note, 17 hours later, Tibaduiza ran the Pacific Association Marathon Championships in Sacramento, winning the masters title in

2:23:20. In the M45 competition, Jerry Learned of Massachusetts won in 35:44, outpacing Bill McDermott (CA, 35:14) and Jim McGill (WA, 35:37).

Eight teams vied for the M40 team title, won by the Toddy Toads from San Diego. The Central Mass Striders, led by Dave Raunig and Gerry Daniels, placed second just ahead of the Boston AC.

A special achievement was acknowledged at the awards ceremony when it was noted that, exactly 20 years earlier, Scott led essentially the same team of "toads" (then known as the Jamal Toads) to a senior men's championship.

Local runner David Furst won the M50 race in 36:22. Ageless Sal Vasquez, named 1996 M55 runner of the year just two days earlier at the USATF convention, took the M55 (35:44).

In 50s team competition, Vasquez, Furst, and Neal Chappelle, led the West Valley Joggers and Striders to the win over Tamalpa Runners and Snohomish Track Club.

Oakland's Jim Moore (39:57) bested Bill Iffrig (WA, 40:48) for the M60 crown, while Southern Californian Patrick Devine won the M65 over newly elected USATF Masters LDR Chair Jerry Crockett of Oklahoma. Tamalpa edged Snohomish for the team title.

Doug Blanchard (MA, 48:39) and Healey (63:54) won the M70 and M80 titles, respectively.

Following Kennedy (37:30) in the W40 race were Kim Campo (CA, 37:39) and Honor Fetherston (CA, 38:03). Kennedy led all the way but Campo and Fetherston were closing at the end.

Rebecca Stockdale-Woolley (CT,

Indoor Nationals Set for Boston

With less than three months to go, Boston is anticipating up to 800 athletes – age-30-and-over, from most of the 50 states – to participate in the 1997 USATF National Masters Indoor Track and Field Championships.

The meet will be held in the Reggie Lewis Track & Athletic Center in Roxbury, a Boston suburb, on March 21-23.

The track is a 6-lane, lightly-banked, 200-meter Mondo track, 8 lanes on the straightaway.

TRACS, Inc., a professional athletic consulting company, will direct the meet, which is hosted by the Boston Running Club in cooperation with USATF New England.

The Sheraton Boston, located at 39 Dalton St. in the Back Bay section of Boston (800-325-3535), will be the meet headquarters (\$115/night). The hotel is six miles from Logan Airport. A shuttle will take athletes the three miles from the Sheraton to the track. The airport is only two miles from downtown Boston.

Marathon Tours (800-444-4097) has available information for air travel and accommodation needs. (Mention

the meet.) Or call the Boston Convention & Visitors Bureau at 800-888-5515. For meet info, call 800-761-5787. (In Mass., dial 617-332-3919.) Web site: <http://www.brc.org>. Fax: 617-964-8356.

The only qualifications required to enter the meet are to be age 30 or older on March 21, 1997, be a member of USA Track & Field (if a U.S. citizen; foreigners are not required to join USATF), and be physically able to compete.

The official entry form is printed on page 7. □

TWENTY YEARS AGO January, 1977

- Miki Gorman, 41, Wins AAU National Women's Masters 10K X-C in Belmont, Calif. in 38:54

- AAU holds 89th Annual Convention in Phoenix; Masters LDR Committee Formed



Steve Scott leads Miguel Tibaduiza in the National Masters 10K Cross-Country run.



Christine Kennedy leads a group in the National Masters 10K Cross-Country.

Photos by Ed Lock

39:10) took the W45 crown over Deborah Bullerjahn (MA, 41:10) and Sharlet Gilbert (CA, 41:51). Campo's San Diego Track Club was the first W40 team, followed closely by Central Mass Striders and the West Valley (San Francisco area) TC. Only 44 seconds separated the three teams.

Joan Ottaway (CA, 40:28), Katherine Ives (MA, 44:35), and Kathy Loper (CA, 45:33) were the W50 medal winners, while Carrie Parsi (MA, 44:07) earned W55 awards.

Parsi and Ives, joined by Andrea Hatch, led the greater Boston area Liberty club to the W50s team title over Tamalpa.

Suzy MacLeod (OR, 52:41) captured W60 honors, followed by three Liberty club runners, Mary Harada (54:32), Joyce Hals (55:19) and Jan Rasmussen (55:36).

In W65, Margarethe Styskei (CA, 50:15) was first, followed by the first lady of USATF and ultra running, Ruth Anderson. □

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– Dr. Joel D. Wallach

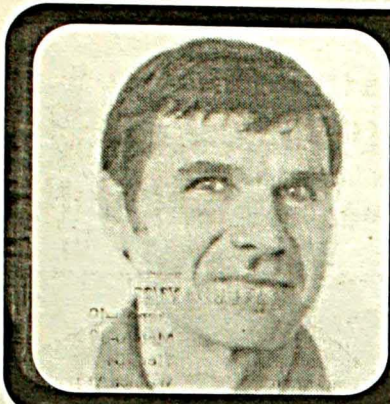
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by MIKE TYMN

Revisiting the D-D-D-Dynamic Ds

As we move into a new year, I thought it an appropriate time to revisit the 25 Dynamic Ds that I first presented here in 1981, and then revised in this column 12 years ago. This one is revised even more. The intent is to use these 25 Ds as a check list in making your resolutions for 1997 or in setting your athletic goals. You might want to rate yourself on the following scale and then grade yourself at the end by using this scale: 5-absolutely; 4-fairly certain; 3-I think so; 2-not sure; 1-doubt it; 0-no way.

1. Define - Have you defined your goals? Have you spelled out exactly what you hope to achieve? Are they specific enough so that you will know if you have succeeded? _____

2. Destiny - Now that you've defined it, ask yourself if you really have what it takes to do it. Maybe you're too big, too small, too young, too old, or too busy with other things to carry it out. Are you being realistic? _____

3. Desire - Are you really hungry for it? Do you wake up thinking about it and go to bed with it still on your

mind? _____

4. Determination - Wanting it is one thing; being prepared to make all the necessary sacrifices is something else. Are you really determined? _____

5. Dedication - If you have the desire and are determined, are you ready to dedicate yourself to pursuing the goal? (This means making adjustments in your lifestyle and eliminating as many conflicts as possible.) _____

6. Decision - If you haven't placed a "5" after each of the above categories, then go no further. You won't succeed. If you have, then this is the



Medalists in the Huntington Beach Distance 5 Mile, Huntington Beach, Calif., from left: Orianna Cavallaro (33:38), Debby Jamieson (47, 33:24), and Ya Yoi Liu (39, 31:28).

Photo from Debby Jamieson

commitment step, the one in which you decide to go for it or retreat and think about something else. Is the commitment made? _____

7. Dream - You must now begin to visualize yourself doing it in perfect rhythm and harmony. Can you see it? _____

8. Design - Have you designed a plan or program? Is it specific enough? _____

9. Division - Have you established intermediate goals so that you don't lose interest or momentum as you pursue your ultimate goal? _____

10. Discipline - Are you prepared to exercise self-control in ways that correct, mold, or strengthen your habits? _____

11. Dare - Are you aware of all risks that must be undertaken? Are you willing to take all necessary risks? _____

12. Defy - Are you prepared to stand up to those who try to obstruct your progress? _____

13. Diligence - While assuming risks and standing up to others who get in your way are often necessary, wanton disregard for one's safety, health or well being is not. Can you walk the thin line between recklessness and superfluous caution? _____

14. Development - This means long, arduous training. Do you have the patience necessary to undergo this training? _____

15. Drive - You can't effectively develop in a plodding manner. Are you prepared to pursue your goal with vigor, spirit, and intensity? _____

16. Depth - There will be times when you must dig deep into your reserves and hurt a little. Are you willing to do this? _____

17. Distance - This is the quantity aspect to the training. Do you have the time to put in the hours or miles necessary to achieve your goal? _____

18. Dash - Quality is the other side of the coin. Does your training program have enough quality time built into it? _____

19. Distribute - This is the pacing aspect. Are you prepared to distribute your efforts in an effective manner - not only in the workout itself, but throughout the week, the month, the year? _____

20. Diet - You don't run a high-powered engine on low-grade gasoline. Have you worked out a dietary plan to be sure you get the right nutrients and proper amount of calories? _____

22. Document - Do you plan to document your progress, noting what seems to be working and what doesn't? _____

23. Discern - Are you flexible enough that you'll be able to effectively monitor your progress and make changes in your program along the way? _____

24. Delight - "Drudgery" is not one of the Ds. Although it's going to be a lot of hard work and involve a lot of discomfort and inconvenience, will you be able to take pleasure in the pursuit, savoring those moments of complete release that follow a hard workout? _____

25. Divine - You can interpret this one in your own way, but you might stop and ask yourself if, in spite of the perhaps selfish nature of your pursuit, you'll still have enough time and energy "to give unto others..." Will you? _____ (This one counts 25 points, i.e., 25, 20, 15, 10, 0).

Now, score yourself. There are 145 possible points. If you have scored 140 or better, there are three possibilities: 1) Your goals are not tough enough; 2) You are not being very realistic; 3) You have what it takes and should go for it. If your score is under 140, you should rethink your goals. □

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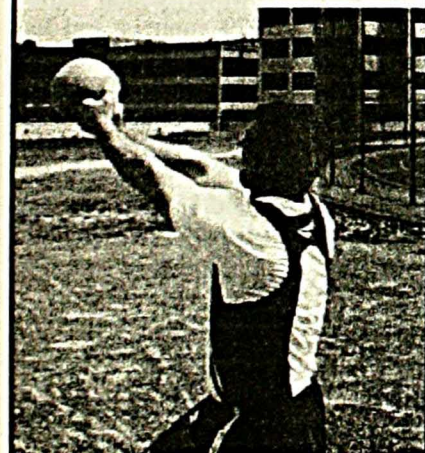
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Ed Sparkowski, 41, third M40-44 (26:37), USATF New England Cross-Country Championships, Boston, Nov. 10. Photo by Herb Ryan



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1997 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
 March 21-23, Reggie Lewis Track & Athletic Center, Boston, MA
 Directed by TRACS, INC., Hosted by the Boston Running Club
 In cooperation with USATF-New England

FRIDAY 3/21		MEET SCHEDULE		SATURDAY 3/22	
4:30	TRACK - Registration 3 PM 3000Meters All	9:00	FIELD ShotPut Women ShotPut Men 70+ LongJump Men30-39 PoleVault Men40-49 LongJump Men40-49	2:30	Weight Men40-49 Weight Men30-39 3:00 HighJump Men70+ 4:00 LongJump WomenALL
4:00	FIELD PoleVault Men 60+ Weight Women TripleJump Women PoleVault Women Weight Men 60+ TripleJump Men 60+	10:00	ShotPut Men40-49 ShotPut Men60-69 LongJump Men50-69 ShotPut Men50-59 ShotPut Men30-39 HighJump Men30-49 HighJump Men40-49 PoleVault Men50-59 LongJump Men70+ HighJump Men50-59 HighJump Men60-69 PoleVault Men30-39 Weight Men50-59	9:00	TRACK - Registration 8 AM 3000M Racewalk 200M Prelim 800M Final 200M Final 4 x 400 Relay
6:00	TRACK - Registration 8 AM 60Meters PrelimALL Women then Men 60Meters Final 11:00 Mile Women 11:45 Mile Men 2:00 400Meters Women then Men 4:00 60 Meter H Trials/Finals 5:00 4 x 800 All	10:30	ShotPut Men40-49 ShotPut Men60-69 LongJump Men50-69 ShotPut Men50-59 ShotPut Men30-39 HighJump Men30-49 HighJump Men40-49 PoleVault Men50-59 LongJump Men70+ HighJump Men50-59 HighJump Men60-69 PoleVault Men30-39 Weight Men50-59	9:00	3000M Racewalk 11:00 200M Prelim 1:00 800M Final 3:00 200M Final 3:30 4 x 400 Relay
9:00	SATURDAY 3/22 TRACK - Registration 8 AM 60Meters PrelimALL Women then Men 60Meters Final 11:00 Mile Women 11:45 Mile Men 2:00 400Meters Women then Men 4:00 60 Meter H Trials/Finals 5:00 4 x 800 All	12:00	ShotPut Men30-39 HighJump Men30-49 HighJump Men40-49 PoleVault Men50-59 LongJump Men70+ HighJump Men50-59 HighJump Men60-69 PoleVault Men30-39 Weight Men50-59	9:00	FIELD TripleJump Men30-39 10:00 Superweight Women 10:00 HighJump Men40-49 10:30 TripleJump Men50-59 12:30 TripleJump Men50-59

GENERAL INFORMATION

- **ELIGIBILITY:** Open to ALL men & women 30 years of age & older, including non-US citizens. Individuals will compete in 5-year age-groups, relays in 10-year age-groups. 1997 USATF membership, available at meet for \$15. USATF competition rules.
- **ENTRY:** Deadline is March 1, 1997, Fees: \$25 for the first event, \$15 for each additional event. Late fee of \$10 per event after March 1st, No entries accepted after March 14. Relays register on-site only (\$40). Entry fees are non-refundable and must be included with entry application. Entry fee includes: admission for 2 to the Championships, additional tickets are \$5/day, children under 12 free. No additions/changes after entry deadline.
- **AWARDS:** USATF Championship medals will be awarded to the first three places in each age-group/event.
- **FACILITY/IMPLEMENTS:** 6 lane, lightly banked 200 meter Mondo track, 8 lanes on the straightaways. Starting blocks will be provided. There will be two shot/weight circles throwing on to a synthetic surface soft shell shot and bag weight implements only, except for Superweight, which will be contested outdoors. Only 1/4" pyramid spikes or flats permitted, no hexagonal elements. All shoes will be checked, acceptable spikes implements will be available at the meet (\$3 per set). The track must remain clear at all times during the competition. Only athletes actually competing at that time will be allowed on the track/infield.
- **COMPETITION ORDER:** Women followed by men - oldest to youngest. Age groups may be combined to fill sections. Starting heights will be determined by facility equipment. Pole vaulters must bring their pole rated to their body weight. Preliminary rounds of the 60M Hurdles, 60M & 200M will be run as Finals if the number of entrants in an age-group does not exceed the number of available lanes. The Championships will not be delayed due to accidents, late wake-ups or any other unforeseen reasons.
- **DIRECTIONS:** By car: I-95 to Rte 128 South to I-93 North to Mass Ave/Roxbury Exit; go straight off ramp through lights (Mass Ave) on to Melnea Cass Blvd; follow 1 mile to Tremont St; go left & follow 1/2 mile. For more information call (617)541-3535. Public transportation, Orange line of MBTA, Roxbury Crossing station. Shuttle bus service will run from meet hotel only.
- **RESULTS:** Mailed to all competitors, on-line: <http://www.brc.org>. Automatic timing by FinishLynx operated by Flash Results.
- **SOUVENIRS:** A wide variety of meet apparel & memorabilia will be available.
- **MEET HOTEL:** Sheraton Boston, (617) 236-2000, 39 Dalton St, Boston 02199. 2 miles from track. A world class hotel located near all area attractions. Mention the Championships at the time of making your reservation in order to get the special rate.
- **TRAVEL INFORMATION:** Marathon Tours, (800) 444-4097 has available information for your air travel and accommodation needs, mention the National Masters Meet. Boston Convention & Visitors Bureau at (800) 888-5515.
- **MEET INFORMATION:** Call (617) 332-3919, outside MA (800) 761-5787, web site: <http://www.brc.org>, fax (617) 964-8356.
- **FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS:** Help ensure the high quality of these Championships and future meets with a donation. There are three levels from which to choose: GOLD \$100, SILVER \$50, BRONZE, \$25. Gold level contributors will receive a event polo shirt and pin. Silver level contributors receive a meet T-shirt and lapel pin. Bronze level contributors receive a pin. All contributors will be listed in the official meet program and receive a full set of meet results.

ENTRY FORM

NAME _____ ADDRESS _____
 CITY _____ ST _____ ZIP _____ PHONE(____) _____
 AGE(asa/3/21/97) _____ DATEofBIRTH _____ '97USATF# _____ MALE _____ FEMALE _____ CLUB _____

EVENT	EVENT FEES: FIRST EVENT - \$25 SUBSEQUENT EVENTS - \$15 RECENT PERFORMANCE	FEE
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

T-SHIRT ORDER - \$12 (PRE EVENT) TOTAL NUMBER _____ AMOUNT \$ _____ @ \$12.00

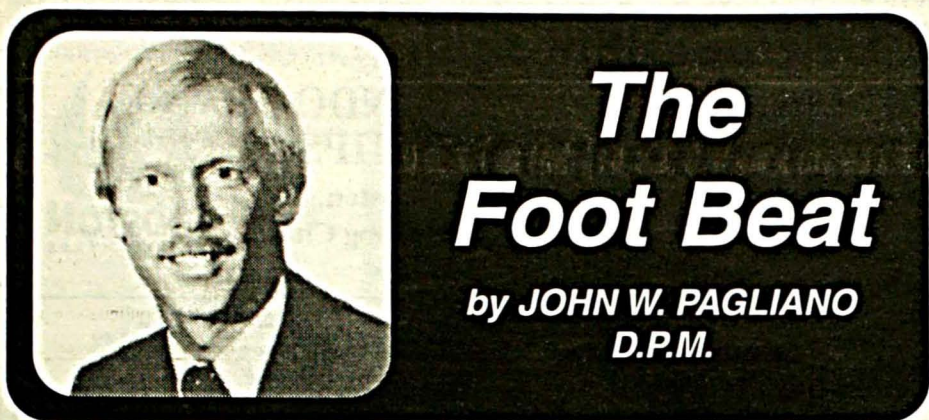
SM MED LG XL XXL

FEES DUES:
 EVENTS: _____
 T-SHIRTS: _____
 FRIENDS: _____
 TOTAL: \$ _____

MAKE CHECKS PAYABLE TO: National Master Indoor Championships (NMIC). Fees must be paid prior to meet & checks must be drawn from US banks. No faxed entries. No additional events may be entered once entry deadline has passed 3/14/97. Fill out entry form completely or it will be returned.
MAIL TO: National Masters Indoor Championships, 79 Manet Rd, Chestnut Hill, MA 02167.

ENTRY DEADLINE IS MARCH 1, 1996 - LATE FEE OF \$10.00 PER EVENT AFTER MARCH 1, 1997 - NO ENTRIES AFTER MARCH 14, 1997.
 Assumption of Risk: I hereby declare that I am in good health & properly conditioned for the competitions, & that I am the stated age on this application. I also verify that I am registered with USATF. In consideration of my entry in the National Master Indoor T & F Championships in Boston, MA I do hereby, for myself & anyone entitled to act in my behalf, waive & release TRACS, Inc, BRC, USATF-NE, Reggie Lewis T & A C, Roxbury Community College, & all sponsors, volunteers, & their representatives & successors for all claims &/or liabilities of any kind which may arise or be occasioned as a result of my travel & participation to the competition. I authorize meet personnel & its agents permission to request emergency medical treatment or care as necessary to insure my well-being.

APPLICANT SIGNATURE _____ DATE _____



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Black Toenail Syndrome

Q I'm a 63-year-old runner. A few months ago, I decided to increase my speed workouts and mileage. Everything has been going along fine except that lately I've noticed several of my toes on both feet have started turning black. What's going on and what can I do to stop it?

A Black toenail syndrome or "runners' toes" is one of the most common ailments among masters runners. These are thick, discolored toes that usually develop in the manner you described - after an increase in speed and mileage.

The blackness usually occurs on the first and second toes. The cause is often a poorly-fitted shoe. The toe is forced to rub up against the end of the shoe, and the nail - and the nail bed - become traumatized. This results in bleeding beneath the toenail which creates the "blackish-blue" appearance.

When this happens, the toe becomes very sore to the touch. The best treatment is to make a small hole under the

nail and drain out the bloody residue. Afterwards, apply an antibiotic such as Betadine to reduce the chance for infection. If the nail is in very bad shape, I would also suggest removing it. Apply an antibiotic and sterile dressing or band aid.

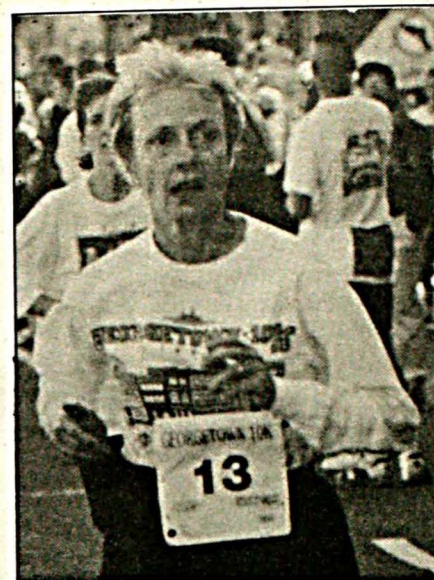
Obviously, to avoid this condition in the future, purchase better-fitting shoes. Allow at least 1/4" between the end of the toe and the end of the shoe. Apply vaseline to the toe area before

running, and be sure to wear a good sock with a high cotton content for even more protection.

Keep the nail filed down as thinly as possible. This will prevent fungus from invading the traumatized area and creating that thick, discolored look.

Some runners are more prone to this condition than others - especially those with an elongated second toe (Morton's Syndrome) that protrudes out further than the others. If you are among this group, the most important aspect of treatment is to size your shoes properly and apply heavy layers of vaseline to the area before running. □

(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, MNM, Box 50098, Eugene, OR 97405.)



First W60-64, Charlotte Edwards, 61, McLean, Va., in 47:33, Georgetown 10K, Washington, D.C., Oct. 6. Photo by George Banker



Masters winning team, from left: Tony De Crapeo, Herb Tolbert, Spark Rogers, Charlie Ross, Ed Ryan, Peter Kirk, and George Myers, Army 10 Miler, Washington, D.C., Oct. 13. Photo by George Banker

D.C. Hosts Georgetown 10K and Army 10 Miler

Motorists out for a Sunday morning drive on M Street in Georgetown on Oct. 6 found themselves surrounded by 3000-plus people in the four-lane street, walking around, talking, half-clothed, and drinking (Powerade). A quick roll down of the window and it was discovered that the street belonged to runners of the 17th Georgetown 10K, a long-standing part of local runners' training schedules as they entered the home stretch for the Marine Corps Marathon.

The weather was ideal, and the event attracted all levels of performance, from the serious to the casual. The post-race food, supplied by J. Paul's Restaurant, which, along with the establishments, had the task of feeding the runners, was worth the effort.

Masters firsts went to Joe Sullivan, 40, Silver Spring, Md., 22nd in 34:33, and Cathy Ventura-Merkel, 41, Arlington, Va., 10th female in 39:34. Norton Compton, 41, Alexandria, Va., was second master in 34:48. Hideko Pirie, 51, Fairfax, Va., was the second W40+, with a 41:48. She posted the best age-graded time among the masters women with an 82.2%. That honor for the M40+ went to M55 race winner, Donald Ardell, 58, Orlando, Fla., who ran an A-G 87.5% 36:45.

A week later, on Oct. 13, many of those runners returned to the D.C. area for the Army 10 Miler, which started in 1985 with 1379 runners and has grown to be the largest 10 miler in the country since 1988 (3336) and counted 7578 finishers this year.

Masters winners were David Kanneur, 40, Richmond, Va., 19th overall with a 52:24, and Linda Wack, 40, Germantown, Md., who finished 17th female in 63:16. Jim Whitnah, 42, Chevy Chase, Md., was second to Kanneur with a 53:07 but edged him for best M40+ A-G performance, 87.8% to 87.7%. Cathy Ventura-Merkel, W40+ winner of the Georgetown 10K, was second by 14 seconds to Wack and also edged her on the A-G graded scale, 81.4% to 81.1%.

Randon Fritsch, 51, Baltimore, Md., won the W50 race with the best W40+ performance (66:16, 85.1%), with Pirie at 68:59. Larry Dickerson, 65, Burke, Va., recorded one of the better masters times with a win in 68:05, as did Tami Graf, 60, Lusby, Md., in winning the W60 race in 78:38.

The prestigious Commander's Cup was captured by Fort Hood, Texas, led by Michael Bernstein, 25, with a course record 47:59. Chris Udavich, 25, Fort Lewis, Wash., was the female winner in 58:35. □

The 21st Century AGELESS GAMES, USA

Early Morning "R" Track and Field
A.O. 1991 WINTER-FEBRUARY 2
(Minnesota resident/outsider/international)

<p>15m Hurdle</p> <p>MOPEN Steve Dolan, Bloomington 8.8 (91)</p> <p>M40 Bill Johnson, W. St. Paul 7.50 (94)</p> <p>M45 John Ewing, (WI) 9.45 (89)</p> <p>M50 John Ewing, (WI) 9.21 (91)</p> <p>M55 Sam Peterson, Aitkin 9.74 (89)</p> <p>M55 Don Amery, (IL) 10.91 (94)</p> <p>M60 Sam Peterson, Aitkin 9.65 (95)</p> <p>M60 Bill Jankovich, (WI) 10.38 (94)</p> <p>M65 Emmet Edwards, St. Paul 14.22 (96)</p> <p>M65 Bob Warwick, Sr. (OK) 11.45 (89)</p> <p>M70 Mal Buchman, (MI) 11.45 (91)</p> <p>WOPEN Allan Bibla, Aitkin 12.12 (96)</p> <p>W30 Candy Corvick, Brooklyn Center 10.06 (93)</p> <p>W30 Sr. Rachel, Twin Cities 11.84 (88)</p> <p>W35 Sr. Rachel, Twin Cities 12.80 (93)</p> <p>W60 Sr. Rachel, Twin Cities 12.16 (96)</p> <p>15m</p> <p>MOPEN Steve McClure, Golden Valley 8.99 (96)</p> <p>M30 Bill Johnson, W. St. Paul 9.55 (93)</p> <p>M35 Ken Padovani, Brooklyn Park 7.90 (93)</p> <p>M45 Ted Bialostocki, (IA) 9.09 (93)</p> <p>M40 Jim Doland, (OK) 8.69 (88)</p> <p>M40 Michael Sharratt, Shorewood 8.81 (91)</p> <p>M45 Lloyd Young, Pine City 9.34 (96)</p> <p>Jim Lee, (WI) 9.61 (95)</p> <p>M50 George LaBelle, Zimmerman 13.34 (95)</p> <p>M55 Sam Peterson, Aitkin 12.75 (94)</p> <p>M55 Wayne Bennett, (TX) 12.75 (95)</p> <p>M60 Bill Jankovich, (WI) 11.80 (96)</p> <p>M60 Fred Biederman, Des Moines 14.87 (95)</p> <p>M65 Harvey DeVries, Eden 15.05 (95)</p> <p>M70 Mal Buchman, (MI) 18.25 (96)</p> <p>M75 Ben Bjerg, Mpls. 41.38 (96)</p> <p>M100 Arnold Bing, Mpls. 6.32 (92)</p> <p>WOPEN Allison Bibla, Aitkin 6.93 (94)</p> <p>WOPEN Annapa Bennett, (Africa) 6.84 (89)</p> <p>W40 Kathy Martin, Apple Valley 7.33 (93)</p> <p>W50 Sr. Rachel, Twin Cities (IL) 6.88 (95)</p> <p>W55 Sr. Rachel, Twin Cities 6.90 (91)</p> <p>W60 Sr. Rachel, Twin Cities 6.83 (91)</p> <p>Backward 15m</p> <p>M40 Randy Bennett, Woodbury 7.50 (93)</p> <p>M45 Dan LaBelle, Harris 7.12 (91)</p> <p>M55 Wayne Bennett, (TX) 7.41 (94)</p> <p>M55 Fred Biederman, Des Moines 7.32 (94)</p> <p>M60 Alan Brevik, (SD) 7.0 (96)</p> <p>M60 Fred Biederman, Des Moines 8.59 (89)</p> <p>WOPEN Zina Garrison, (CA) 8.70 (95)</p> <p>WOPEN Annapa Bennett, (Africa) 11.45 (91)</p> <p>WOPEN Andrea Bibla, Aitkin 31.72 (94)</p> <p>W40 Sophie Anderson, (So. Africa) 37.47 (93)</p> <p>W55 Sr. Rachel, Twin Cities 15.98 (94)</p> <p>W60 Sr. Rachel, Twin Cities 15.10 (95)</p> <p>200m</p> <p>MOPEN Chad Nelson, Fridley 32.75 (93)</p> <p>M35 Shavo Ragan, (OK) 27.00 (89)</p> <p>M45 Ted Bialostocki, (IA) 27.66 (93)</p> <p>M40 Jim Doland, (OK) 28.09 (95)</p> <p>M40 Murray Portney, Apple Valley 31.09 (93)</p> <p>M45 Jim Lee, (WI) 25.4 (95)</p> <p>M45 Randy Bennett, Mpls. 26.26 (89)</p> <p>M50 Jim Lee, (WI) 27.34 (95)</p> <p>M50 Larry Morrisette, Maple Grove 30.63 (96)</p> <p>M55 Ray Eskin, Des Moines 29.48 (91)</p> <p>M60 Fred Biederman, Des Moines 29.54 (95)</p> <p>M60 Lloyd Kempf, (SD) 32.0 (95)</p> <p>M65 Bob Warwick, Sr. (OK) 37.61 (89)</p> <p>M65 Ray Skotze, Mpls. 41.04 (89)</p> <p>M70 Bob Warwick, Sr. (OK) 37.78 (91)</p>	<p>M75 Ben Bjerg, Mpls. 2.30 (96)</p> <p>W50 Sr. Rachel, Twin Cities 34.40 (91)</p> <p>W55 Sr. Rachel, Twin Cities 35.87 (91)</p> <p>W60 Sr. Rachel, Twin Cities 39.36 (95)</p> <p>800</p> <p>M30 Brian Bohan, Fridley 2:22.02 (89)</p> <p>M35 Jim Wierman, St. Paul 2:21.26 (96)</p> <p>M40 Michael Seaman, St. Louis Park 2:19.00 (93)</p> <p>M40 Larry Morrisette, Maple Grove 2:34.18 (96)</p> <p>M45 Shavo Ragan, Mpls. 2:19.83 (96)</p> <p>M55 John Hanks, Mount Airy 2:51.98 (94)</p> <p>M70 Lloyd Young, Pine City 2:49.26 (91)</p> <p>M40 Kathy Martin, Apple Valley 2:57.65 (91)</p> <p>One Mile</p> <p>M30 Brian Bohan, Fridley 6:06.81 (89)</p> <p>M35 Larry Doughty, St. Paul 5:21.02 (94)</p> <p>M35 Lane Rodriguez, (So. Africa) 7:02.90 (96)</p> <p>M40 Michael Seaman, St. Louis Park 4:57.91 (93)</p> <p>M45 Richard Jensen, Burnsville 5:23.31 (89)</p> <p>M40 Lloyd Young, Pine City 5:26.70 (89)</p> <p>M70 John Burton, Weyman 7:19.81 (94)</p> <p>M70 John Burton, Weyman 7:12.12 (93)</p> <p>W55 Julia Kallay, (NH) 7:11.03 (94)</p> <p>W40 Harvey Gillen, Eden Prairie 5:49.56 (94)</p> <p>500m FastWalk</p> <p>M55 George LaBelle, Zimmerman 2:12.05 (93)</p> <p>M60 Don Skagrovich, (IL) 2:06.89 (94)</p> <p>WOPEN Annapa Bennett, (Africa) 2:27.50 (95)</p> <p>W40 Deb Vostal, Mpls. 3:58.78 (93)</p> <p>500m</p> <p>MOPEN Steve McClure, Golden Valley 32.45 (91)</p> <p>M30 Brian Bohan, Fridley 38.64 (89)</p> <p>M35 Brian Bohan, Fridley 37.78 (91)</p> <p>M45 Ted Bialostocki, (IA) 1:02.74 (93)</p> <p>M40 Randy Bennett, Woodbury 56.09 (95)</p> <p>M40 Jim Doland, (OK) 1:04.15 (93)</p> <p>M45 Steve Gulligan, Egan 1:07.65 (93)</p> <p>M45 George Run, North Oaks 1:07.65 (93)</p> <p>M50 Larry Morrisette, Maple Grove 1:07.31 (96)</p> <p>M55 Wayne Bennett, (TX) 1:09.63 (94)</p> <p>M55 Ray Eskin, Des Moines 1:21.72 (91)</p> <p>M60 Bill Jankovich, (WI) 1:21.45 (96)</p> <p>M60 Larry Bennett, Golden Valley 1:37.78 (96)</p> <p>M65 Bob Warwick, Sr. (OK) 1:24.80 (89)</p> <p>M70 Bob Warwick, Sr. (OK) 1:27.03 (91)</p> <p>W30 Candy Corvick, Brooklyn Center 1:10.00 (93)</p> <p>W50 Sr. Rachel, Twin Cities (WI) 1:20.21 (89)</p> <p>W55 Sr. Rachel, Twin Cities 1:38.01 (93)</p> <p>W60 Sr. Rachel, Twin Cities 1:45.09 (96)</p> <p>5K/10K/15K</p> <p>Michael Sharratt, John Ewing 48.3 (91)</p> <p>Randy Claven, Lloyd Corvick</p> <p>Tenness Family Fun Run</p> <p>JANNEY- Bill, James, Jimmy Ham, 1:11.13 (94)</p> <p>Theresa Everson</p> <p>Paul Vanh & WPhamp</p> <p>MOPEN Steve White, St. Louis Pt. 14.4 (91)</p> <p>M30 Kevin Hansen, Foley 13.0 (89)</p> <p>M40 Michael Sharratt, Shoreview 11.6 (91)</p> <p>M40 Phil Johnson, Weyman 11.6 (91)</p> <p>M40 Jim Doland, (OK) 10.0 (95)</p> <p>M45 Michael Sharratt, Shorewood 11.0 (95)</p> <p>M55 Joseph Orlich, (WI) 9.0 (92)</p> <p>M55 Jim Noonan, St. Cloud 9.0 (92)</p> <p>M60 Bill Jankovich, (WI) 8.0 (94)</p> <p>M60 Jim Peterson, Aitkin 6.1 (95)</p> <p>M65 Bob Warwick, Sr. (OK) 7.4 (89)</p> <p>M70 Bob Warwick, Sr. (OK) 7.7 (91)</p> <p>W50 Sr. Rachel, Twin Cities (IL) 6.6 (88)</p> <p>W55 Sr. Rachel, Twin Cities 6.0 (91)</p> <p>W60 Sr. Rachel, Twin Cities 5.11 (95)</p>
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See Masterboard and Mid-America Schedule

Weinbel Elected

Continued from page 1

group before the vote. "We have a big opportunity to bring the baby boomers into our program, and we need a business plan to prepare for them."

A successful businessman, Weinbel has had 20 years experience in design, manufacturing and construction of athletic facilities. He has been the President of the Rekortan Sports Corporation of Seattle, the Director of Marketing of Rubaturf Sports, and a Vice-President of Martin Surfacing, Inc., among other executive positions.

He was the head track and field coach at Dartmouth College in New Hampshire, and has 40 years experience as an athlete, coach and administrator. He is a certified USATF official.

Weinbel promised he could deliver sponsorship during his term in office.

Kousky cited her accomplishments during her tenure, including the successful string of indoor and outdoor national championships. "Change can be necessary or unhealthy," she told the delegates before the vote. "Change for change's sake is not a good idea."

Weinbel automatically becomes a member of the 22-member Executive Committee of USATF. One of the tasks of that group will be to find a successor to Ollan Cassell, the Executive Director of USATF. On Dec. 3, the

Board of Directors of USATF voted, 52-34, not to renew Cassell's contract, which expires in March, 1998. Kousky's role in that campaign may ultimately have had an effect on her masters T&F position.

In talking with more than 15 dele-

FIFTEEN YEARS AGO January, 1982

- Jim Burnett and Judy Fox Named Top U.S. T&F Athletes of the Year
- Ed Benham and Marion Irvine Voted Best LDR Performers
- Gordon Wallace and Lori Maynard Picked as Top Racewalkers
- Other awards Go To Bruce Springbett, Fred Mannis and Bill Shrader
- Kirk Randall and Judy Fox Win National Masters 10K X-C

gates after the one-vote margin was announced, few were willing to be quoted, for fear of offending either party.

No One Over-riding Issue

They all agreed, however, that there was no one over-riding reason for Weinbel's narrow win, but rather an accumulation of things.

Among the reasons cited were:

- 1) Weinbel's speech before the vote,

promising sponsorship and a business-like approach to bringing in new participants to the program.

- 2) The belief that the meetings were run too leisurely and with not enough attention paid to Robert's Rules of Order.

- 3) The perception that appointments by the Chair were sometimes made to achieve gender balance rather than on

Continued on page 25

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Masters Racewalking

by ELAINE WARD

1996 Masters Racewalk Report

This month's column is by Bev LaVeck, the racewalking liaison between the USATF Masters T&F Committee, which has jurisdiction over masters racewalking, and the USATF Racewalking Committee, which has jurisdiction over the youth and open divisions in racewalking.

The main topic of this year's report has to do with the identity of racewalking. In recent years there has been an influential belief in measuring "progress" by the increasing numbers of recreational walkers, by the growth of racewalk clinics in local associations and by the exposure of walking in health-related publications and other media. Growth may be becoming a substitute for competitiveness in international racing as a measure of progress.

The USATF Racewalking Committee is composed of people who are energetically motivated to contribute

to the sport. The most likely way to contribute is to promote racewalking locally by holding clinics and events. Many are very successful in developing large clubs or programs with many walkers. The people most likely to be drawn to these events are near age 40, many considerably older. And a number of these may be neither motivated or encouraged to learn correct, legal racewalking technique. In other words, an increasing number of racewalkers are health/fitness/recreational walkers (which is fine and worthwhile), or obsessed with speed. However, their satisfaction with judged, competitive racewalking, as we know it, is questionable.

Serious Judging

Although I haven't heard much talk of this, I suspect a parallel development is the gradual willingness to judge masters racewalkers seriously. It used to be common for judges to leave while masters were competing, to look away, and to hold a sort of patronizing "at least you're out there" or "they came so far" attitude.

I am sure I'm not the only judge to tire of constantly reinventing the degree of illegality I'll permit in a masters racewalker (with a significant



Elton Richardson, W55, leads in the mixed age-group 5000 racewalk, followed by Jackie Kerby-Moore, W35, and Kathy Frable, W50, 1996 National Masters Championships, Spokane.

Photo by Jerry Wojcik

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the USATF Masters Track and Field Committee.

	Men	Women
1978	John Allen	
1979	Ron Laird	Lori Maynard
1980	None	
1981	Gordon Wallace	Lori Maynard
1982	Bob Mimm	Bonnie Dillon
1983	John Knifton	Beverly LaVeck
1984	Larry Walker	Jeanne Bocci
1985	Bob Mimm	Ruth Leff
1986	Guillo de Petra	Beverly LaVeck
1987	Max Green	Ruth Eberle
1988	Bob Mimm	Marie Henry
1989	Larry Walker	Joann Nedelco
1990	Eugene Kitts	Viisha Sedlak
1991	Max Green	Viisha Sedlak
1992	Ray Funkhouser	Elton Richardson
1993	Don DeNoon	Sally Richards-Kerr
1994	Don DeNoon	Elton Richardson
1995	Max Green	Elton Richardson
1996	Jonathan Matthews	Bev LaVeck

OUTSTANDING RACEWALKERS - 1996

Selected by the Masters Track & Field Committee of USATF

Age	Men	State	Women	State
30-34	Colin Peters	WA	None	
35-39	Mike Blanchard	CO	Victoria Herazo	GA
40-44	Jonathan Matthews	IN	Sally Richards	CO
	Warrick Yeager	CA	Phyllis Hansen	NJ
45-49	Stan Chraminski	WA	Jeanette Smith	IN
50-54	James Carmines	PA	Jolene Steigerwalt	CA
55-59	John Elwarner	MI	Elton Richardson	NY
60-64	Max Green	MI	Bev LaVeck	WA
65-69	Jack Starr	DE	Ruth Eberle	MO
70-74	Bill Flick	PA	Joan Rowland	NY
75-79	Tim Dyas	NJ	Jane Dana	CA
80-84	Bill Tallmadge	KY	None	
85-89	None		Dorothy Robarts	CA

number of racewalkers violating the straight-leg rule). And I am tired of developing criteria for "excusing" some bent knees (e.g., the walker isn't gaining an advantage).

I have tolerated some bent knees because they weren't quite as bad as others. And I'll admit that I've let affection for some of my favorite "emeritus" walkers restrain my calls. But, over time, this is even more uncomfortable than making hard calls.

Walkers are attributing the increasing numbers of DQ calls to the change in the rules. True, the straight-leg-on-contact rule makes bent knees clearer in slow, over-striding walkers. However, I suspect that judging standards are changing and accounting for the increase in DQs.

We're seeing a strong negative reaction to tougher judging by some highly vocal racewalkers as well as meet directors who are inclined to want to manage the DQs so as to have happier competitors. These protesters are very detrimental to the willingness of judges to volunteer their time, money,

good intentions and expertise.

Participation vs. Competition

Both Masters T&F and The Racewalking Committee are going to have to decide whether their main mission is to provide participation opportunities for a large number of people, or to provide high quality development and competitive opportunities for (probably) fewer. A lot can be said for both missions, but they are different.

A large fitness-walking body won't help the emergence and development of young competitive racewalkers, unless youth development is also a priority of the organizers of fitness walkers. There is not much evidence that young elite racewalkers bubble up out of recreation/fitness racewalking.

Most racewalkers in local programs are too busy with jobs, family, "life" and/or too serious about their own training, to form a consistent support system (coaching, officiating, etc.) for young racewalkers.

Perhaps a significant amount of committee energy can be devoted to both "elite" and "mass" programs, but

Continued on page 11

USATF NATIONAL MASTERS RACEWALKING CHAMPIONSHIPS

March 23	3000 (indoor)	Boston, MA
May 18	15K	Elk Grove, IL
June 22	30K (men); 20K (women)	Albany, NY
July 12	10K (men)	Niagara Falls, NY
July 17-27	World Championships	Durban, So. Africa
Aug. 7-10	National Championships	San Jose, CA
Sept. 13	5K Road	Kingsport, TN
Sept. 14	40K	Long Branch, NJ
Oct. 12	One-Hour	Cambridge, MA

Racewalking

Continued from page 10

the two shouldn't be blurred. Perhaps it is okay for the USATF Associations to independently develop their own programs with minimal involvement of the USATF Racewalking Committee. However, it is a bigger challenge to target and develop large numbers of young, motivated and talented racewalkers than it is to promote walking for health and fitness. Within masters, the challenge is to decide how (and when and where) to be inclusive.

Masters Statistics

Although there were fewer racewalkers competing in the 1996 Masters T&F Championship in Spokane than in 1992 (Spokane) and 1994 (Eugene), the total number of participants in the meet was also less. Proportionally, the number of racewalkers has remained the same: the 5000 meter racewalk drew 11-12% of the total number of competitors in all events each year and the 10K/20K road walks drew 8-9%.

Looking at the ages of competitors in all the 1996 USATF masters championships, the 45-49-year-old men and women are the largest group - same as in 1995 - with most men between 45-75 and most women between 35-65.

There were 39 masters records ready to be submitted for ratification at the Convention and an additional 20 or so that lacked satisfactory documentation. This brings the total of possible new USATF masters and age 35-39 marks to approximately 60 - the same as in the past two years. A few possible records set on foreign soil are in the "maybe-you-shouldn't-hold-your-breath" pile, verifying that course certification, laps and timing are especially problematic for races abroad.



Paul Geyer, M75 racewalker, double gold medalist in both the Nationals in Spokane, and the NCCWAVA Regionals in Eugene.

Photo by Jerry Wojcik

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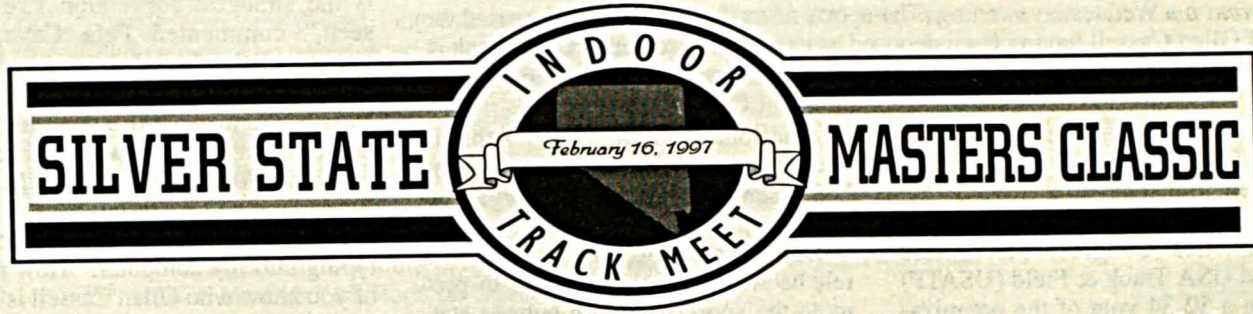
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The Second Annual Indoor Masters Track and Field Meet is sponsored by the University of Nevada and the Silver State Striders. The Track is the University of Nevada's Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

WHERE: Reno Livestock Events Center (Exit Wells Avenue off Interstate 80, proceed north on Wells for two blocks)

WHEN: February 16, 1997 (SUNDAY) **TIME:** 7:30 a.m.

WHO: All men and women 30 years and up (sub-masters 30-39, masters 40-95)

FEES: \$15.00 for first event, \$10.00 each thereafter - Relays \$20.00 per team.

DEADLINES: Registration must be received by Saturday Feb. 8, 1997 for final schedule. (walk in registration is limited to lane & time availability)

AWARDS: Medals, top 3 places, all age groups, all events.

3/16 SPIKES ONLY

Schedule and the order of events are tentative.

RUNNING EVENTS

3000m Racewalk - 8:30
3000m Run - 9:15
60m Dash - 10:00
800m Run - 10:45
Relays as requested (4 X 200, 4 X 400, 4 X 800) - 2:00

200m Dash - 11:15
1500m Run - 11:45
60m Hurdles - 1:00
400m Dash - 1:30

FIELD EVENTS

Weigh-In and measure - 8:45
Pole Vault - 9:30
Long Jump - 9:30, followed by Triple Jump
Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw
High Jump - 10:45

Application and entry checks (Silver State Striders) and mail to Silver State Striders • P.O. Box 21171 • Reno, NV 89515 • (702/329-2814)

NAME _____ Male Female
ADDRESS _____ ZIP _____
CITY / STATE _____
CLUB AFFILIATION _____ USA/T&F # _____
DATE OF BIRTH _____ AGE _____ PHONE # _____

	1ST	2ND	3RD	4TH	5TH
EVENTS ENTERED:	_____	_____	_____	_____	_____
BEST RECENT PERFORMANCE:	_____	_____	_____	_____	_____

COMPETITORS #
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WAIVER AND MEDICAL TREATMENT AUTHORIZATION

In consideration of my entry in the Reno Nevada - Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Track, Reno, Nevada, on February 16, 1997, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, the Silver State Striders, the City of Reno, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet. I grant permission to all of foregoing parties to use any photographs, video or motion pictures, record of any other record of the meet for any legitimate reason. I understand that all entry fees are final with no refunds. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have No physical injuries or defects that will preclude me competing. I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.



Applicant Signature _____

Date _____





On The Run

by HAL HIGDON

Revolution in San Francisco

I was hosting a Chat Room session for *Runner's World Daily* on America Online. About a dozen runners had accessed the session via their home computers on a Wednesday evening. The sports news that morning had carried the story of Ollan Cassell having been deposed as executive director of USA Track & Field at that organization's annual convention in San Francisco. I asked those who had met me online to chat what they thought about Cassell's ouster.

I stared at my computer, waiting for their responses.

Cassell, the long-time head of the Amateur Athletic Union (AAU) – then The Athletics Congress (TAC) and renamed USA Track & Field (USATF) – lost in a 52-34 vote of the organization's board of directors that *Runner's World Daily* reporter Jim Ferstle described as both "intense" and "rancorous." The board in San Francisco voted not to renew Cassell's contract, which actually doesn't expire until March 31, 1998. Cassell retains his position as vice president of the

International Amateur Athletic Federation (IAAF) and serves as the U.S.'s senior delegate to that organization.

Delegates opposed to Cassell, who felt he was not doing enough to promote the sport, has worn buttons stating: "It's a vision thing." Cassell said afterwards: "It's not what I expected when I came here." Executive board member Bob Hersh moved to begin a search for a new director. Retiring president Larry Ellis stated: "We've got to learn to cooperate and work with each other." Women's long-long dis-

tance running chairman Julia Emmons told Ferstle: "Many of us, privately, have been thinking about the vote and worrying about the aftermath."

Ironically, the following day, convention delegates ousted Emmons from her position, replacing her with Houston's Carol McLatchie, a three-time competitor in the Olympic Marathon Trials. To complete the carnage, delegates later removed Barbara Kousky from her position as chairman of the masters track and field committee. The new chairman is Seattle's Ken Weinbel, previously chairman of Weight Events. In another vote, Suzy Hess replaced Marilyn Mitchell as secretary of the masters committee. "This is the strangest convention I've ever seen," commented Pete Cava, the USATF media director.

Juicy Stuff

This was juicy stuff, I thought, wondering what if those who had joined me in the *Runner's World Daily* Chat Room agreed. As moderator, I had decided to introduce the subject by typing into my computer: "How many of you know who Ollan Cassell is?" As my question appeared online and on my own computer screen, I continued to wait for a response. It was slow in coming.

Inevitably, only one person correctly identified Cassell as executive director of USATF. Nobody else apparently knew, or seemed to care. What had appeared to me monumental changes for USATF failed to trigger the interest of at least this small group of runners, who preferred talking about their most recent knee injuries or their next marathons.

Discussing the changes initiated in San Francisco later by email with *Runner's World* columnist Joe Henderson, I commented that replacing Cassell as executive director probably would have little effect on the organization, or our sport. "Cassell did not cause all of the problems associated today with the marketing of track and field, nor will removing him cure them," I said. One of the main problems is the indifference not merely of the American public, but the indifference of rank-and-file runners, who are more interested in training for their next 5K or marathon than watching Carl Lewis and Michael Johnson compete for glory and bucks, either in person or on TV.

As both an athlete and a reporter, I have had no love for Ollan Cassell. Our relationship has been at worst contentious, at best tolerant of each other, at no times particularly friendly. Yet, I also had no great desire or interest in seeing him deposed. That could be a sign of the same indifference felt by my fellow road runner.

Common Coach

Coincidentally, Ollan and I shared the same coach in the early 1960s: Fred Wilt, an Olympic distance runner, FBI agent and, later, women's coach at Purdue University. I came close to making the Olympic team in the marathon in 1964; Ollan made that team as a member of the 4x400 meters



Ray Blue, 72, first M70-74 (48:49), Vietnam Veterans Memorial 10K, Washington, D.C., Nov. 10. Photo by George Banker

squad that won the gold medal. Fred coached both of us by mail, so Ollan and I rarely met, except occasionally at a track meet.

A dozen years later after Cassell had ascended at a young age to the presidency of the Amateur Athletic Union, I wrote an angry and opinionated article for *Runner's World* attacking that organization for failing to properly administer the growing sport of long distance running. I was featured on the cover of the April 1976 issue tearing my AAU card in half. After it appeared, Cassell wrote a vitriolic letter to the magazine attacking both me and my views.

One of my complaints was that within the old AAU, long distance running was both ignored and dominated by other sports, which included swimming, boxing and synchronized swimming. Even the track and field people themselves looked down on us roadies, although they were interested in selling memberships to us in growing numbers. Road runners were seen mainly as a source of revenue.

Ironically, several years later, it was Cassell who spearheaded the split that resulted in TAC (now USATF) separating itself from the old AAU. Some years later, I was assigned by *The Runner* to write an article about Cassell. We met in his office in Indianapolis. Neither of us mentioned our previous angry exchanges. I didn't feel it was worth opening old wounds; apparently, neither did he. Later encounters between the two of us have been reasonably cordial. The most recent one was last year at the

Continued on page 13

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On The Run

Continued from page 12

Women's Olympic Trials in Columbia, South Carolina, walking along the street after Jenny Spangler's surprise victory. We shared comments on how exciting the race had been. It was about a 30-second encounter, and then our paths separated.

Gently into the Night

Ollan Cassell may or may not go gently into that good night, as described by Dylan Thomas. I suspect Cassell will not stick around until the March 31, 1998 expiration date of his contract. Because of his longevity at the top of USATF, as well as because of his contacts within IAAF circles, he probably will smoothly shift to a job with some sports organization that will bring him more money, if not more power.

If you're looking for a precedent, consider how quickly, after Spiro Angew was removed as Vice President of the United States, he was able to obtain consulting assignments with various international oil moguls. Emmons and Kousky probably will not do quite as well, but that's the difference between retiring as a Lieutenant and retiring as a General.

Will the passing of Cassell (and Emmons and Kousky) signal any change in the marketing and administering either of track and field or distance running and their masters equivalents? The bureaucracy remains. How did the rock group The Who put it in song? "Meet the New Boss! Same as the Old Boss!"

Whoever takes over the leadership of USATF and its various committees certainly will try to cure what everybody acknowledges is our sport's major problem: the indifference of the general public and sponsors. But maybe a greater problem, which may be more difficult to solve, is the indifference of those participating in the *Runner's World Daily Chat Room*, who didn't hear of Ollan Cassell, didn't really care to discuss him and his troubles, and would just as soon talk about training for their next 5K or marathon.

And, in retrospect, that's not entirely bad.

(Hal Higdon is Senior Writer for Runner's World and a four-time world masters champion in the 3000 meter steeplechase and marathon.)

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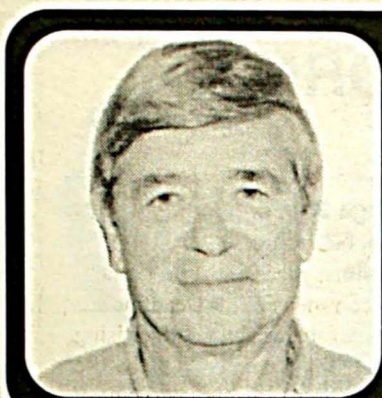
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The Weight Room

by JERRY WOJCIK

Shake Up in Baghdad By The Bay

Two shocks jolted San Francisco's Westin St. Francis Hotel during the 1996 USATF Annual Meeting. The first one hit about midday on Tuesday, Dec. 3, when the Board of Directors voted 52-34 not to extend the contract of Ollan Cassell, who has held the office of USATF Executive Director for over 30 years. Prior to the meeting, the USATF Executive Committee had voted 12-9 to terminate his contract, which runs through March 1998.

The second tremor hit on Friday, Dec. 6, when, coming out of the forest (those that haven't been clear cut) of the Northwest – actually, Seattle – like the elusive Sasquatch, Ken Weinbel challenged Masters T&F Chair Barbara Kousky, who had held the office for seven years. Unlike the evasive, malodorous Bigfoot, however, Weinbel won't be disappearing into the misty groves of the Northwest after he came out smelling like roses with a narrow 27-26 win. Some analysts attribute his victory to the aftershock of Cassell's imminent dismissal, as

well as to that of other committee officeholders who were dethroned.

Weinbel, a half-miler in his early t&f life, had been the Masters Weight Event Coordinator and has competed in national outdoor, indoor, weight, and weight pentathlon championships. He was the head t&f coach at Dartmouth college for many years and meet director of the Northwest Regional Championships, and served as consultant and contractor for the Montreal and Los Angeles Olympic venues.

In another surprise, Suzy Hess, also



Vanessa Hilliard, W55, Florida, women's Outstanding Single Performance award winner for 1996 for her 156-8 hammer throw.

Photo by Suzy Hess

an active thrower, was elected as Masters T&F Committee Secretary. Throwers can no longer complain about lack of representation.

Throwing Rules

In between the voting jolts, less tremulous decisions on rules and regulations affecting throwers were acted on by the committee.

A proposal to delete the superweight as a mandatory indoor championships event was rejected. Proponents argued that because the superweight is rarely contested indoors for lack of adequate facility anyway, why require it on the indoor schedule? Opponents argued that, historically, the SW was rarely thrown indoors; neither, for that matter, was the weight. However, the committee adopted a proposal to remove the SW as mandatory in regional and association level meets, reasoning that such a requirement was an economic and facility burden on directors of small meets.

The pre-1991 600g javelin is no longer legal, in conformance with IAAF and WAVA specifications; the submission stated that six years was sufficient time to come into compliance.

An amendment to make the 20-lb. weight the standard for all women age-30-and-over was defeated. Proponents stated that the 16-lb. indoor weight is not readily available. The weight specs for women – when contested as an

individual event and not in a weight pentathlon – remain at 20-lb. for W30-49, and 16-lb. for W50+.

These amendments to rules regarding the shot were adopted: the maximum diameter for all outdoor shots shall be 130mm for men and 110mm for women; and (I'm quoting from the "1996 Rules Committee Report – Amended Items" sheet available at the end of the convention). "The diameter for a synthetic covered indoor shot can be a maximum of 15mm larger than the corresponding outdoor men's shot and 20mm larger than the corresponding outdoor women's shot. Weight bags have no diameter requirement."

A proposal, mentioned in my November column, to change the M50-59 javelin from 800g to 700g never hit the floor, nor did any discussion on combining the national weight pentathlon championships with the outdoor championships.

Throwing Laurels

Congratulations to Vanessa Hilliard, W55, Florida, whose age-graded 100+% 156-8 hammer toss was the Outstanding Single Performance by a woman in 1996. Other women throwers honored were Carole Finsrud, W35, Texas; Joan Stratton, W40, Arizona; Margaret Hinton, W75, Texas; and Betty Jarvis, W80, Colorado.

Male throwers selected for age-group awards were Tom Gage, M50, Montana; Vince Sempronio, M70, Oregon, who was chosen as outstanding field eventer for his AR high jump but is a highly-ranked thrower and beat me at the 1995 Hayward Meet before he did me a favor by graduating to the M70s this year; Don Cumley, M75, Nevada; Ross Carter, M80, Oregon; and Everett Hosack, M90, Ohio.

We're Going to Disney World!

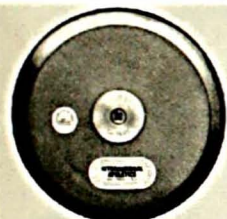
A group from the Orlando, Fla., area, which won the bid for the 1999 Masters Outdoor Championships, is expected to bid for the 1997 Weight Pentathlon to take place sometime in the late fall or early winter. □



Bob Saga, 48, deposits the 200-lb. weight, Ultra Weight Classic, Seattle, Wash.

Photo by Jerry Wojcik

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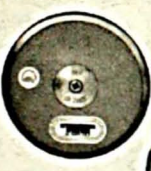
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NMN Subscribers Reach 7836

A total of 7836 readers subscribe to the *National Masters News* as of Dec. 1, 1996.

This is a slight increase over the 7828 at this time last year, and an increase of 31% from the 6000 subscribers at the end of 1994.

Much of the increase has resulted from the monthly insert card in *Runner's World*. Of the first 7707 *Runner's World* readers who accepted our offer to receive a free issue, 2559 (33%) have become paid subscribers.

Of the first 1379 *Runner's World* subscribers who came up for renewal, 542 (39%) converted and paid.

The average renewal rate for all subscribers for the past six months is 72%.

On this page are state-by-state and regional breakdowns of all subscribers.

The Masters Track and Field Committee divides the USA into seven regions, each with its own chairman.

The East is the largest region with 1832 subscribers - 23.4% of the total. Next comes the West with 1661 (21.2%). The Midwest (1104) is the third largest, followed by the Southeast (914), Mid-America (685), Southwest (600), and Northwest (595).

The West showed the biggest increase (5.3%) from last year, followed by the Northwest (3.1%), Southwest (2.6%), Mid-America (2.1%), and Southeast (1.8%). The East and Midwest both showed

decreases of 2.9%.

California has the most subscribers (1375) of any state, followed by New York (547), Texas (390), Florida (300), and New Jersey (299).

Nevada showed the biggest increase (30%) from last year, followed by Arizona (15.8%), Rhode Island (15.2%), North Carolina (14.4%), West Virginia (12.9%), and Idaho (12.1%). The biggest drops came from D.C. (13.3%), Oklahoma (11.4%), Arkansas (9.8%), Indiana (7.9%), and Pennsylvania (7.9%).

USA subscribers comprise 94.3% of the total. Canada (157, 2.0%) and foreign subscribers (288, 3.7%) make up the rest. Canadian subscribers fell off 11.3% from 1995, while foreign readership dipped 10%.

On page 28 are the USATF membership totals by association as of October 31, 1996. Total membership is 125,039, up a startling 29.2% from 1995. The largest increases were from Maine (718%), Oklahoma (298%), Wyoming (210%), and New England (105%). □

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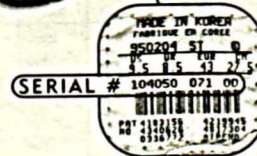
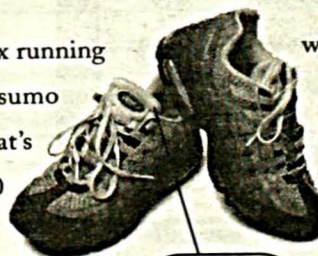
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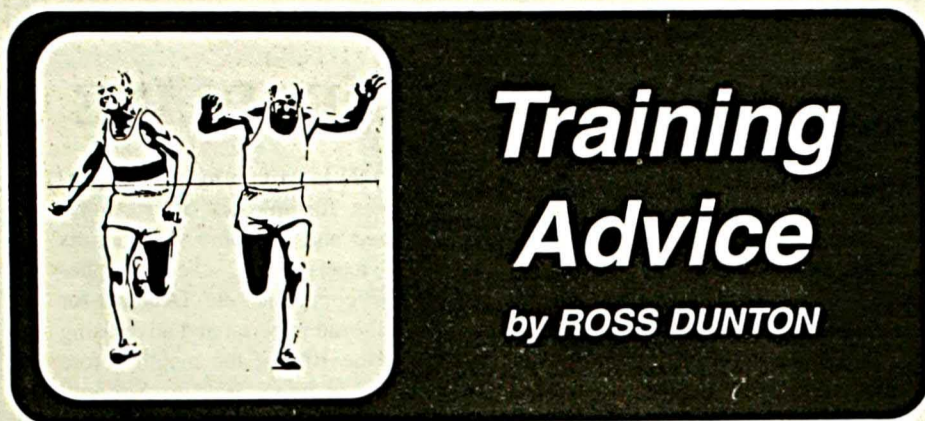
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CT	110	1.4	IA	58	0.7
DE	21	0.3	KS	87	1.1
MA	200	2.6	MN	84	1.1
MD	144	1.8	MO	140	1.8
ME	30	0.4	ND	13	0.2
NH	54	0.7	NM	76	1.0
NJ	299	3.8	NE	55	0.7
NY	547	7.0	SD	18	0.2
PA	293	3.7	MA	685	8.7
RI	38	0.5	AR	37	0.5
VT	22	0.3	LA	80	1.0
DC	13	0.2	MS	31	0.4
E	1832	23.4	OK	62	0.8
AL	46	0.6	TX	390	5.0
FL	300	3.8	SW	600	7.7
GA	144	1.8	AZ	149	1.9
NC	135	1.7	CA	1375	17.5
SC	69	0.9	HI	50	0.6
TN	109	1.4	NV	87	1.1
VA	111	1.4	NW	1661	21.2
SE	914	11.7	W	1661	21.2
IL	254	3.2	AK	21	0.3
IN	129	1.6	ID	37	0.5
KY	67	0.9	MT	30	0.4
MI	253	3.2	OR	206	2.6
OH	249	3.2	UT	44	0.6
WI	117	1.5	WA	247	3.2
WV	35	0.4	WY	10	0.1
M	1104	14.1	NW	595	7.6
E - East	USA	7391	94.3		
SE - Southeast	CAN	157	2.0		
MW - Midwest	FOR	288	3.7		
MA - Mid-America	TOTAL	7836	100.0		
SW - Southwest					
W - West					
NW - Northwest					
*Northern Va.					



Mechanics of Track and Field

By education and experience, my background is in mechanical engineering. I have studied mechanics and used those basic fundamentals when doing engineering design. Not until I attended the USATF Level II coaching school did I ever consider applying mechanics to participation in track and field.

Newton's Law Number III reads, "When two particles exert force in each other, these forces are equal on magnitude, opposite in direction, and collinear." To put it another way, in a balanced force system, for every action there is an equal and opposite reaction.

Another of Newton's Laws states that a body in motion continues in

motion in the same direction. When running a curve, you do not continue in motion in the same direction. You need to change direction slightly on every stride. The problem is how to get the body to do this more easily and efficiently. In accord with Law Number III, what needs to be done is to cause an action that will produce the wanted



Charlotte Edwards, 61, first W60-64 (46:20), Vietnam Veterans Memorial 10K, Washington, D.C., Nov. 10. Photo by George Banker

maximum turnover rate, it is necessary to get a proper heel lift. What this does is shorten the distance from the hip pivot-point to the foot as the foot comes forward and passes under the body. Since the lever length (pivot-point to foot tip) is shorter, the foot will come through more quickly and produce a quicker stride. Be careful not to exaggerate the back kick because this will produce a skewed motion. The foot should produce a circular path that is bisected by the long axes of the body.

To produce maximum heel lift, the runner must work on producing strength and flexibility in the knee joint. 'Butt kicks' and full squats with weights are recommended drills to help produce this strength and flexibility.

Arm Swing

Direction of the arm swing is another motion involving mechanics. The forward arm motion should be slightly inward, but should never go beyond the 'belly button'. By going slightly inward, because of the 'action/reaction' effort, the feet will land more in line. However, on a downhill cross-country or road course, it is better to raise the elbows outward so that they are from eight to twelve inches from the body. This will cause the feet to also spread out and produce the needed stability on a down hill.

Controlled arm/shoulder action is critical during hurdling. As the arm/shoulder goes behind the body when going over the hurdle, the foot is thrown out of alignment, causing an unbalanced landing. It usually takes another stride to recover from this. Watch hurdlers, and whenever you see one who staggers slightly on the first two steps after a hurdle, you will see a hurdler who is putting his arm and shoulder behind when crossing the hurdle.

Hurdling

In hurdling, the lead arm and the lead leg begin movement bent at the elbow and knee, respectively. The arm and leg must then extend simultaneously. If this does not happen, technical and balance problems will occur.

Over and over, action/reaction is involved in track and field. That is why one has to 'drive out of the blocks' on a start. That starting block pushes back on the foot just as hard as the foot pushes on the block. Push that block hard and it will push you hard. I used to have an instructor who would throw a piece of chalk across the classroom and into the blackboard. Then he would ask 'how hard did the blackboard hit that piece of chalk?'

As you train, make a point of analyzing the mechanics of relative action and reaction, and you may find some room for improvement.

In a future article we will look at how some of Newton's Laws are involved in the mechanics of the high jump.

(Ross Dunton (714) 524-9966/voice - (714) 524-9992/fax COACHR@PAC BELL.NET/e-mail: 512 Somerset Drive, Placentia, CA 92870.)

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
60-69						
70 Plus						
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
50-59						
60-69						
70 plus						
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59						
60-69						
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"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.762m 30"				
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.						

reaction.

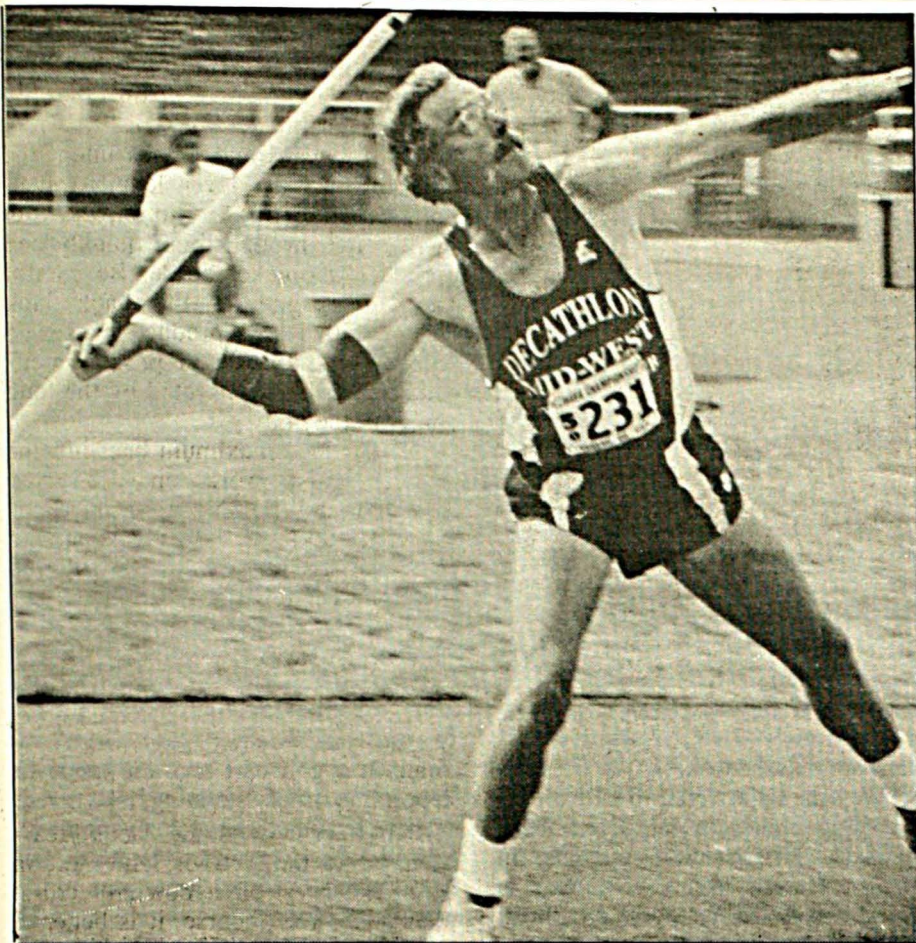
The next time you run a curve at a relatively high rate of speed, the motion of your right arm should be down and out, away from the body. The hand should go below the waist, behind and out from the hip. By throwing the arm outward, you are forcing the body to produce an equal and opposite reaction. This actually forces the left knee and foot inward and propels the body into the curve. Simple as this is, it works.

Heel Lift

Another critical item relating to mechanics is heel lift. To get a maxi-

TEN YEARS AGO January, 1987

- Jack Greenwood, 60, and Christel Miller, 51, Named Top T&F Athletes of the Year by TAC
- Laurence Olson, 40, Defeats Atlaw Beligne, 41, in the National 15K Cross-Country 49:43 to 52:06
- TAC Names 40-year-olds Web Loudat and Barbara Filutze Outstanding Long Distance Runners of the Year
- Deon Dekkers, 40, of Houston, Wins National 8K Title in 25:37



Ohio's Rex Harvey, 50, was voted the top masters multi-event athlete of the year at the USATF convention in San Francisco. Photo by Suzy Hess

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN. 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
NORMAN ASHCROFT (GB)	1-20-17	80-84
SEARCY BARNETT (OAKLAND, CA)	1-14-47	50-54
FRANCOIS BLOMMAERTS (BEL)	1-13-47	50-54
BUCK BRADBURY (AUBURN, AL)	1- 3-27	70-74
LUDVIK DANEK (CZE)	1- 6-37	60-64
MARTY ENGEL (CHESTERPORT, NY)	1-25-32	65-69
CARL FLOWERS (SANTA MONICA, CA)	1-15-47	50-54
CARLOS FRAUNDORFER (US)	1-21-32	65-69
ROLF GUSTAVSON (SWE)	1- 7-17	80-84
NIKOLAY KARPOV (URSS)	1-24-32	65-69
TAUNO KOSKELA (FIN)	1-11-17	80-84
KURT KRISTAHN (WG)	1-26- 7	90-94
ALOIS KRUL (CZE)	1-28-27	70-74
SPENCER LETCHER (CA)	1- 8-32	65-69
PIET MAYOOR (HOL)	1-30-32	65-69
BRUCE MCPHAIL (NZL)	1-26-37	60-64
RALPH MILLER (SEATTLE, WA)	1-18-32	65-69
JOHN MONTOYA (COLTON, CA)	1-13-12	85-89
TOIVO MOORAST (EST)	1- 5-52	45-49
PARRY O'BRIEN (MISSION HILLS, CA)	1-28-32	65-69
CHARLES OBYE (SUN CITY WEST, AZ)	1- 2-22	75-79
NATHANIEL PAGE (REX, GA)	1-26-57	40-44
TOM RANDOLPH (DETROIT, MI)	1- 4-42	55-59
TAAVI ROIVANEN (FIN)	1-14-32	65-69
SEPP SCHWANKNER (WG)	1-13-32	65-69
HEIKKI SIMOLA (FIN)	1-16-12	85-89
KNUT SKRAMSTAD (NOR)	1-10-37	60-64
DEAN SMITH (WOODLAND HILLS, CA)	1-15-32	65-69
WELDON SMITH (WAUKEGAN, ILL)	1-11-32	65-69
ALBIN SWENSON (WALCOTT, CT)	1-22-47	50-54
JOHN WALKER (NZ)	1-12-52	45-49
HAROLD WHITE (US)	1-31-32	65-69
WAYNE ZOOK (SAN DIEGO, CA)	1-29-17	80-84
JUDY ACE (CA)	1- 7-52	45-49
PEGGY AINSLIE (SEATTLE, WA)	1-26-32	65-69
EDITH CARLISLE (SANTA MONICA, CA)	1- 8-22	75-79
ANN CARTER (AUGUSTA, GA)	1-18-42	55-59
SHARON GREINER (CA)	1-29-42	55-59
WANDA GROVES (MEDICINE LODGE KS)	1-28-42	75-79
CAROL HONEYWELL (GRANADA HILLS, CA)	1-29-37	60-64
BERNIE KLEINSCHMIDT (ANNADALE, VA)	1-12-22	75-79
CAROL KLITZKE (OSSEO, US)	1-28-47	50-54
YVONNE LIVETT (LOS ANGELES)	1-22-37	60-64
MURIEL SIMMONS-MCCORD (WYANDOCHE, NY)	1-31-47	50-54
DONNA POPE-GREEN (IN)	1-29-57	40-44
IRENE RUDOLF (SAN FRANCISCO, CA)	1-26-42	55-59
NIKKI RYAN (VANCOUVER, WA)	1- 4-32	65-69
SUE STRICKLIN (SAN FRANCISCO, CA)	1-13-37	60-64
MELINDA VILLAR (SAN RAMON, CA)	1-30-52	45-49
KAREN ADAMS (AUS)	1-17-52	45-49
YORDANKA BLAGOEVA (BUL)	1-19-47	50-54
BRONWEN CARDY-WISE (GBR)	1-26-52	45-49
WENDY FELDMANIS (GB)	1-10-32	65-69
LYNN FRASER (NZL)	1-22-37	60-64
MARIE HANAKOVA (CZE)	1-22-22	75-79
YURIKO HOMMA (JPN)	1-32-42	55-59
ELISABETH KODITZ (WG)	1- 8-27	70-74
BIRGITTA LINDSTROM (SWE)	1-23-37	60-64
JIMENEZ MARIE NARANJO (SPA)	1-21-32	65-69
JULIA DE NUNEZ (PER)	1- 1-27	70-74
ANNELISE DAMM OLESON (DEN)	1- 2-42	55-59
EVY PALM (SWE)	1-31-42	55-59
NOREEN PARISH (AUS)	1-15-42	55-59
BRENDA PARKINSON (AUS)	1- 4-37	60-64
NOREEN PARRISH (AUS)	1-15-42	55-59
INGEBORG PFULLER (ARG)	1- 1-32	65-69
JOCELYNE RICHARD (CAN)	1-18-42	55-59
PAOLA CLO-SAGOT (ITA)	1-13-47	50-54
CHRISTINE SCHMALBRUCH (WG)	1- 8-37	60-64
CAROLE SMITH (GBR)	1-29-57	40-44
MASIE STEVENS (AUS)	1- 6-17	80-84
PRUE TAYLOR (NZ)	1-17-47	50-54

Master The Board

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FEBRUARY 2 - The 21st Century AGELESS GAMES. USA. See Mid-America Schedule Power Arms-Field event record pending Weather Whatever-R meets never cancel. SASE to: Rachel Lyga, 122-63 1/2 Way, Twin Cities, MN 55432. (612) 574-9661.

MAY 4 - Avenue of the Giants Marathon & 10-K, Northwestern, CA. SASE: NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

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6 Months to Go



Countdown to Durban

Entry Form in This Issue

The entry and housing forms for the XIII WAVA World Veterans Athletics Championships are published in this issue (pages 20-21). The event will be held in Durban, South Africa from July 17-27, 1997, for men age 40-and-over and women age 35-and-over. It will feature all the common track and field events, as well as racewalks, a marathon and cross-country runs.

More than 5000 participants from over 75 nations are expected to attend.

The official deadline is April 30, and will be strictly adhered to. However, the effective deadline for USA athletes is really April 10, because all USA entries must be first sent to USA Track & Field to be approved and forwarded to Durban by April 30.

Completed entry forms, together with a copy of your birth certificate or current passport showing date of birth, as well as a photocopy of your 1997 USATF membership card, and the appropriate entry fees (payable as outlined on the entry form) must be sent to Sandy Pashkin, USATF Team

Manager, 301 Cathedral Parkway, #6U, New York, NY 10026.

Once the entry forms, proof of birth and USATF membership have been verified and stamped, the entries will then be forwarded to the organizers in Durban. Any entry sent directly to Durban without the USATF Masters Stamp will be returned to the athlete. All confirmations will be sent directly to the athlete by the Durban organizing committee.

Several masters tours are being arranged at relatively low cost (see ads in this issue).

Monthly Newsletter

Linda Barron, the chief executive officer of the championships, says



Typical view of downtown Durban, South Africa.

plans are on schedule.

"We sent a newsletter to all national governing bodies in mid-December," she said. "The stadium upgrade, in terms of the electronic scoreboard, is almost completed. We start a provincial awareness campaign for the event during the second week of January, consisting of newspaper ads and street posters."

The Games are continually updating their website: <http://www.wava.org.za/>.

"We have expanded our staff to include Fikile Mtolo, the wife of Willie Mtolo, the 1992 winner of the New York Marathon," Barron said.

Cross-Country-Course

"I traveled over the cross-country

route in a golf cart and am happy to report it is simply stunning," she raved. "There's something for everyone - ups, downs river views, bird life and great vistas. Another great plus is the spectator vantage points which make watching a pleasure. Vince O'Donogue, who was part of the organizing committee for the IAAF World X-C Championships held in Cape Town in 1996, designed the course; in his opinion, it is far better than the Cape course and one of the best he has ever done."

Barron said she met with the Durban Metro Council, which is providing the financial underwriting for the event. "The city is 100% behind our efforts." □

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Fax: 1-818-981-1997

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B - 8200 Brugge - St. Michiels
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Fax: 32-50-393032

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Fax: 65-241-3116

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Griesheim, Germany
Fax: 49-6151-880934

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Algester, Queensland
Australia
Fax: 61-7-5581-6766

AFRICA

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P.O. Box 5180
1403 Delmenville
South Africa
Fax: 27-11-827-7590



Report from Britain

by MARTIN DUFF

Great Britain vs. Ireland X-C

England again took most of the honors when the ninth Great Britain vs. Ireland Cross-Country Championships took place at Beach Park, Irvine, Scotland, Nov. 9. England's sequence in the M50 was broken by a strong Republic of Ireland team, who, in turn, lost their W35 title to Scotland.

England's Derek Mullen, M40, well up at Brugges, took the overall title in 34:01, ahead of a posse of Englishmen, led home by M45 winner and Brugges silver medalist Mike Hager, 34:11. Pete Yeomans, M40, 34:13, and Jim Estall, M40, 34:20, followed.

World M50 champion Alun Roper,

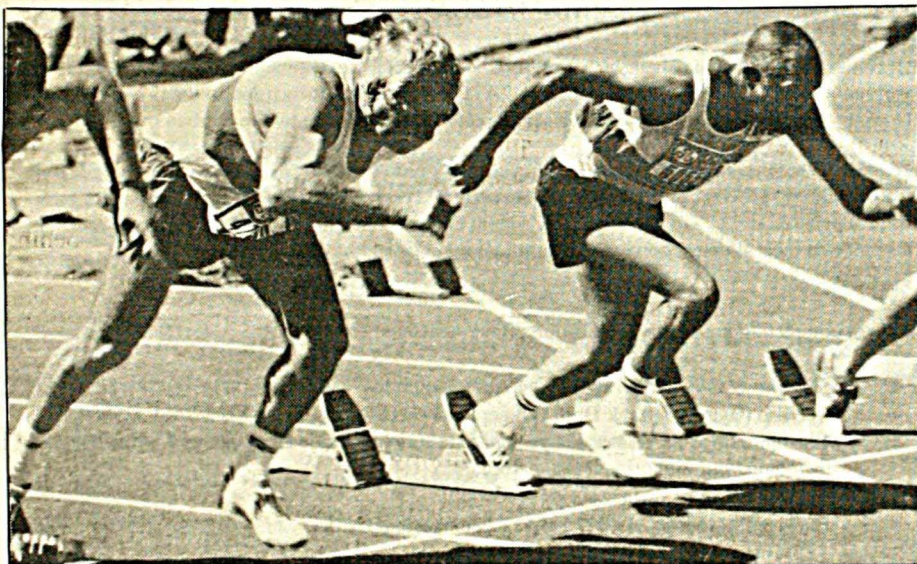
Wales, kept his title in 35:03. England's Graham Patton was the M55 victor in 36:44.

Scotland's Lynn Harding, W35, who represented her country in the 1990 Commonwealth Games, was the women's winner in 18:48 over last year's runner up, Welshwoman Frances Gill, W35, 18:54. Harding led the Scottish W35 team to a rare victory. Denise Hoogesteger, England, repeated her 1994 W40 victory with a 19:29.

Pat Gallagher overcame months of injury to take the W50 race in 20:05 from fellow world champion Elaine Statham, 20:42, adding the team title for Wales along the way. □



Start of the WAVA World Veterans 10K Road Championships, Brugge, Belgium, June 29. Winner Jeff Eycmans of Belgium (1010) takes the early lead. Photo by Steve Smythe



Sprinters in the M50-54 get good starts in the South Western District Championships, Oudtshoorn, South Africa, Oct. 26. Kobus Louw (1) was fourth (13.8), and Edgar Figland, second (13.2).

Photo by Leo Benning

Namibia Hosts Africa Regionals

by LEO BENNING
WINDHOEK, Namibia - The WAVA Africa Regional Track and Field Championships were held here Sept. 20-21.

The well organized meet attracted only about 170 participants - mainly South Africans (75%) and Namibians. A handful came from Angola, Botswana and Kenya.

Due to the South Africa National Veterans Championships held in May, most South Africans could probably not afford to travel to Windhoek in September, as most are no doubt saving to go to Durban next July.

Age-graded performances in the world-class 90% range came from Monty Hacker, 61, RSA, in the 100 (12.99) and 200 (26.50); Raj Rathedi, 40, Botswana, in the 800 (1:58.20);

and Juergen Spencer, 55, RSA, in the 20K walk (1:41:44).

Esca Taljaard, 38, RSA, broke a national record in the 100mH with a 16.08. Events included a decathlon, heptathlon, and weight pentathlon.

Jim Blair, WAVA Stadia Vice-President, of New Zealand, also participated. □



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17 - 27 JULY 1997
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COMPETITION ENTRY FORM

Surname: First Name:
 Date of Birth: Day: Month: Year: Initials:
 Age: as of 17 July 1997 Gender: M/F
 Postal Address:
 City: State: Zip Code:
 Country Code: Club:
 Code
 W()
 Telephone: H() Fax No:



DURBAN SOUTH AFRICA

17 TO 27 JULY 1997

MARK EVENT HERE WITH AN 'X'				MARK EVENT HERE WITH AN 'X'					
X	Event	Woman	Men	Best Performance Since 24/7/97	X	Event	Woman	Men	Best Performance Since 24/7/97
	100m	All Age Groups	All Age Groups			High Jump	All Age Groups	All Age Groups	
	200m	All Age Groups	All Age Groups			Pole Vault	All Age Groups	All Age Groups	
	400m	All Age Groups	All Age Groups			Long Jump	All Age Groups	All Age Groups	
	800m	All Age Groups	All Age Groups			Triple Jump	All Age Groups	All Age Groups	
	1500m	All Age Groups	All Age Groups			Shot Put	All Age Groups	All Age Groups	
	5000m	All Age Groups	All Age Groups			Discus	All Age Groups	All Age Groups	
	10000m	All Age Groups	All Age Groups			Hammer	All Age Groups	All Age Groups	
	80m H	W40 & older	M70 & older			Javelin	All Age Groups	All Age Groups	
	100m H	W35 only	M50 - M65			Wt. Pent	All Age Groups	All Age Groups	
	110m H	NONE	M40 - M45			Decathlon	NONE	All Age Groups	
	300m H	W50 & older	M60 & older			Heptathlon	All Age Groups	NONE	
	400m H	W35 - W45	M40 - M55			10km RW	All Age Groups	NONE	
	2000 SC	All Age Groups	M60 & older			20km RW	NONE	All Age Groups	
	3000 SC	NONE	M40 - M55			Cross - Country	All Age Groups	All Age Groups	
	5000m Walk	All Age Groups	All Age Groups			Marathon	All Age Groups	All Age Groups	

To verify your requests, please write out NAME OF EACH EVENT ENTERED:

1. _____ 4. _____ 7. _____
 2. _____ 5. _____ 8. _____
 3. _____ 6. _____ 9. _____

1. W.A.V.A		= US \$ 15,00
2. 1st Event		= US \$ 30,00
3. 2nd Through 5th: No. of events	x US \$ 10,00 each	= US \$
4. 6th onwards:	x US \$ 20,00 each	= US \$
5. Combined Events Fee	x US \$ 30,00 each	= US \$
6. Banquet Tickets (No. ordered)	x US \$ 30,00 each	= US \$
(* After 30th April, 1997 tickets will cost US \$35)		
7. Official Programme (No. ordered)	x US \$ 7,50 each	= US \$
8. Official results Booklet (No. ordered)	x US \$ 15,00 each	= US \$
9. Video (No. ordered)	x US \$ 30,00 each	= US \$
TOTAL(add above lines together)		= US \$

Payment:

1. Bank draft or cheque in U.S. Dollars (\$) Payable to: XII World Veterans' Championship

2. Visa Mastercard American Express Name: _____
 Number
 Expiry Date _____

Signature _____
 Credit card authorisation as per card signature. This signature authorises the Local Organising Committee 1997 World Veterans' Athletic Championships Durban to debit my Visa/Mastercard with the total amount reflected above.

Waiver
 I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the XII World Veterans' Championships Organising Committee, the sponsoring non-profit organisations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or connection with) the XII World Veterans' Championships.

Signature _____ Date _____

Drug Testing
 I have read the information in the Entry Booklet about drug testing, and agree, if chosen, to submit to testing in accordance with IAAF procedures.

Signature _____ Date _____

Unless both the Waiver and the Drug Testing consents are signed, dated and delivered timeously with your entry form, your entry will not be accepted.

Certified by National Governing Body
 Signature or Stamp _____ Date _____

All USA masters athletes planning to participate at the XII World Veterans' Athletic Championships in Durban are required to submit their competition entry through USA Track & Field (the National Governing Body for masters athletics in the USA). This is a requirement of WAVA (World Association of Veteran Athletes) and is being upheld by the Durban Organizers.

Any USA athlete's entry form received by the Local Organizing Committee in Durban, without the official stamp of USA Track & Field, will not be processed and will be returned to the athlete. Completed entry forms, together with a copy of your birth certificate or passport showing date of birth, as well as a photocopy of your 1997 USATF membership card, and the appropriate entry fees (no personal checks accepted) must be sent to:

Sandy Pashkin, USATF Team Manager
 301 Cathedral Parkway, 6U
 New York, NY 10026

Once the entry forms, payment, proof of birth, and USATF current membership have been verified, the entry will receive the official USATF stamp and be forwarded to the organizers in Durban. Confirmation of entry will be sent directly to each athlete by the Durban organizers.

The entry deadline set by the Durban Organizers is April 30, 1997. In order to allow ample time for processing, all USA entry applications must be received by the Team Manager no later than April 10, 1997. Travel agents may submit competition entry forms to the Team Manager as a service to their athletes; however, all information must still be provided.

When completing your entry application please remember to:

- Sign the Waiver and Drug Testing Authorization.
- Enclose Payment: Bank Draft (no personal checks) payable to XII World Veterans' Championships or Visa or Mastercard. Be sure to include all credit card information, including your authorization signature.
- Enclose Proof of Birth.
- Enclose Photocopy of 1997 USATF Membership Card.

	JULY 1997	NON-STADIA	STADIUM 2	STADIUM 1		JUMPS	THROWS
DAY 1	Thursday 17	10 km Cross-Country		Decathlon	Heptathlon		
DAY 2	Friday 18			Decathlon	Heptathlon	Long Hurdles Prelim. (if necessary)	
DAY 3	Saturday 19		W 10,000m/ M 10,000m (M65+)	100m Prelim.	800m Prelim.	Long Hurdles Semis	Long Jump Hammer Throw
DAY 4	Sunday 20	W 10 km/ M20 km Road Walk	M10,000m (M40-60)	100m Semis & Final	800m Semis	Long Hurdles Final	Shot-put
DAY 5	Monday 21	WOMEN'S ASSEMBLY REGIONAL & W.A.V.A. COMMITTEE MEETINGS					
DAY 6	Tuesday 22		W5000m	200m Semis	800m Final	Short Hurdles Semis	Pole Vault Discus Throw
DAY 7	Wednesday 23		M5000m	200m Semis	200m Final	Short Hurdles Final	Triple Jump Javelin Throw
DAY 8	Thursday 24	W.A.V.A. GENERAL ASSEMBLY					
DAY 9	Friday 25			W5000m Race Walk	1500m Semis	400m Semis	Men's Weight Pentath.
DAY 10	Saturday 26			M5000m Race Walk	1500m Final	400m Final	High Jump Women's Weight Pentath.
DAY 11	Sunday 27	Marathon		Steeplechase	4 x 100 Relay	4 x 400 Relay	

OPENING CEREMONY • SATURDAY 19 JULY BANQUET • WEDNESDAY 23 JULY CLOSING CEREMONY • SUNDAY 27 JULY

Travel and Housing

You are responsible for making your own arrangements. Housing information is included in the Entry Booklet and there are several travel agencies arranging group tours to Durban. Please do not send your housing reservation form to the Team Manager.

All rates are quoted on a per night charge. Most hotels have an 11.00 a.m. check-out and all have private bathrooms. Meals at the various hotels are available at between US\$7,50 and US\$20 for lunch and dinner. Furthermore, breakfasts, where not provided for at the Deluxe, tourist and budget hotels sell at approximately US\$7 to US\$12 for a full English style breakfast. Arrangements can be made to claim and recover the VAT portion included in the hotel and self-catering accommodation rates provided that these claims are made by foreign visitors. A claims bureau will be set up for the benefit of non-South African visitors and a nominal processing fee will be charged on VAT recoveries. Room reservation form instructions to be placed on reverse of room reservation form.

ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Copies accepted. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

If you are planning to be involved with or are booking through your TVO or NGB, please do not fill out this form.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available. Use 1, 2 & 3 to indicate your preference for housing. If you wish to room with a particular person, you must provide us with the name of the other occupant and include a deposit for two people.

The person whose name appears at the top of this form will be responsible for the payment by both persons.

Indicate any disability/physically challenged request:

Deposit Requirements: A deposit for the first night must accompany the reservation as follows: Luxury \$119,05 per room, deluxe \$100,00 per room, tourist \$71,43 per room, budget \$50,00 per room. Individual invoices will be sent with your confirmation, listing your hotel assignment, daily rate, and balance due. Please see the Payment and Refund Schedules below for an additional explanation.

Payment Schedule

31 January 1997	25% of total housing package due
1 May 1997	Balance in full due for housing/accommodation packages.

Accommodation Refund Schedule

1 December 1996	Full refund with R50,00 per room cancellation fee.
28 February 1997	
1 March 1997	Full refund less R200,00 per room cancellation fee, however, should the accommodation be resold by the LOC, the LOC will consider accepting a R75,00 per room cancellation fee.
15 June 1997	
16 June 1997 onwards	No refund, however, should the accommodation be resold by the LOC, the LOC will consider accepting a R150,00 per room cancellation fee.

NOTE: This refund policy applies per room and not per person per room. Substitutions will not constitute cancellations.

Postmarks will determine order of acceptance for housing and for refunds due if applicable.

Deposit for first choice: (Housing reservation will not be accepted without deposit)

US Dollars (\$)

Deposit must be by bank draft in US Dollars (\$), or by Master Card or Visa credit card.

Name of credit card VISA MASTERCARD

Name as it appears on credit card

Credit Card Number

Expiry Date Credit Card holder's signature _____

This signature authorises the Local Organising Committee 1997 World Veterans' Athletic Championships Durban to debit the card holder through his Visa/Master Card with the amount specified above, and if no amount is specified, with the amount of the deposit currently due by the party named in the above reservation form in accordance with the abovementioned payment schedule.

Please enclose the appropriate deposit for your first housing choice (payable in U.S. Dollars) and mail to:

1997 World Veterans' Athletic Championships Durban
P.O. Box 1044
DURBAN
4000
REPUBLIC OF SOUTH AFRICA

NOTE: NO TELEPHONE RESERVATIONS WILL BE ACCEPTED. BECAUSE OF DURBAN'S TEMPERATE WINTER (JULY) CLIMATE WHICH COINCIDES WITH WINTER SCHOOL AND UNIVERSITY HOLIDAYS, THE CHAMPIONSHIPS WILL BE TAKING PLACE DURING THE PRIME TOURIST SEASON. IT FOLLOWS THEREFORE THAT ONLY A LIMITED QUANTITY OF HOTEL ACCOMMODATION IS AVAILABLE AND THAT THE LOC WILL BE HARD PRESSED TO RELEASE BLOCK BOOKED ACCOMMODATION WHICH IS NOT TAKEN UP PUNCTUALLY, TO AVAIL LOCALS AND OTHER TOURISTS THE OPPORTUNITY OF SECURING ACCOMMODATION WHICH THROUGH BLOCK BOOKINGS IS NOT AVAILABLE. FURTHERMORE, ALL RESERVATIONS WILL BE ASSIGNED ON A FIRST-COME, FIRST-SERVE BASIS AND IT FOLLOWS THAT THE SOONER YOU SEND IN YOUR RESERVATION FORM WITH DEPOSIT, THE BETTER WILL BE YOUR PROSPECTS OF SECURING YOUR PREFERRED CHOICE.

Quality of accommodation	Rates
1. Luxury - 1 person 1 bed	R725,00-R891,50
2 persons 2 beds or 2 persons 1 bed	R495,00-R566,50

These rates include breakfast
All amenities of luxury hotels including large air-conditioned rooms, restaurants, cocktail lounges, swimming pool and gymnasium

2. Deluxe - 1 person 1 bed	R407,00-R565,00
2 persons 1 bed 2 persons 2 beds	R297,00-R385,00

Large rooms with air-conditioning, restaurants, lounges and swimming pools, and some with health centres

3. Tourist - 1 person 1 bed	R225-R330,00
2 persons 1 bed 2 persons 2 beds	R149,50-R233,00
3 persons 2 or 3 beds	R165,00
4 persons 2 or more beds	R155,00

These rates may or may not include breakfast, depending upon the hotel.
Clean, affordable air-conditioned rooms with colour TV, restaurant, lounges, swimming pools and some with health centres

4. Budget - 1 person 1 bed	R99,00
2 persons 1 bed 2 persons 2 beds 3 persons 2 beds 4 persons 2 beds	R100,00-R155,00

These rates may or may not include breakfast depending upon the hotel. Clean, inexpensive air-conditioned rooms with colour TV, restaurant facilities and lounges. Some may have swimming pools.

5. Self Catering/kitchenettes at R45,00-R124,00 per night per person per apartment, subject to stipulated minimum occupancy of 2 - 6 persons. These apartments are air-conditioned, have colour TV, restaurant facilities and entertainment, and some also have swimming pools.

6. University and Technikon Dormitories at R180,00 per person per night, which includes 3 meals per day. Linen is provided with beds made up upon arrival and linen service. Shared bathrooms are available on each floor. Dormitory accommodation is situated some distance from the stadium and is not in close proximity to the beach front hotels. Rebates on the quoted rate of R180,00 per person per night will be available for those athletes not wishing to avail themselves of three meals per day. These rebates of R25,00 per meal would be applicable to lunch and dinner which can be treated as optional. Dormitories are only available for single occupancy.

It will be of interest to note that the beachfront hotels are situated between 3 and 5 kms (1 to 3 miles) from the stadium. Furthermore, the city hotels are situated about 5 to 6 kilometres (2 - 4 miles) from the stadium whereas the dormitory accommodation is anywhere between 8 and 16 kilometres (5 to 10 miles) from the stadium, depending upon the particular dormitories in which athletes are housed. Furthermore, the budget hotels and the dormitories will provide breakfast and can, if necessary, provide lunch and dinner as well, as optional extras.

NOTE: All rates quoted above include Value Added Tax (VAT).

NOTE: This form is only to be used if requesting room reservations directly from the LOC. If booking through NGB's or TVO's, it is then not necessary to use this form. In such latter event, refer to your TVO or NGB.

ACCOMMODATION / ROOM RESERVATION FORM

Surname First Name

Address

City State

Country Postal Code

Daytime Telephone Fax

Home Telephone

Office Telephone

Name of all persons occupying room:

1. <input type="text"/>	Adult	Age if child
2. <input type="text"/>	Adult	Age if child
3. <input type="text"/>	Adult	Age if child
4. <input type="text"/>	Adult	Age if child
5. <input type="text"/>	Adult	Age if child

Does anyone in party smoke? Y/N

Arrival Date: Day _____ Month _____ Departure Date: Day _____ Month _____

Circle date of each night you are staying:

JULY
14 17 18 19 20 21 22 23 24 25 26 27 28 29

HOUSING PREFERENCE

Use numbers 1, 2, 3 to indicate your first, second and third preference for housing and sleeping arrangements.

NOTE: Information provided by athletes on this form will constitute the basis upon which they will be referred to throughout the competition. Care should therefore be taken to ensure that correct information is furnished, particularly with regard to the names by which athletes wish to be referred to.

Hotel Options:

All rates are quoted in South African Rand. Exchange Rate Guide: US\$ 1 = R 4,50

NOTE: Rates quoted are per person and the compulsory state hotel grading levy is applicable only to hotels and is charged per night per room, irrespective of the number of occupants.

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

GWILYM BROWN AWARD

Presented to the outstanding male and female track & field athletes in the masters program.

Year	Men	Women
1978	George Ker	
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phil Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/Parry O'Brien	Irene Obera
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almborg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot put, 70-3
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almborg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 46	300 hurdles 45.20
	Philippa Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100, 13.4
	Shirley Matson, 51	10,000, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put 12.27 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 points
1995	James Barrineau, 40	High Jump (6-11, 2.11m)
	Mary Libal, 45	400 (56.82)
1996	Walt Butler, 55	100m hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)

Special recognition goes to the relay team of Denise Foreman, Jacqueline Board, Irene Thompson, and Mary Libal, who set a new world W40 4X400 record of 3:58.7.

OUTSTANDING MULTI-EVENTS ATHLETE

1985	Boo Morcom	1986 Gary Miller
1987	Gary Miller	1988 Gary Miller
1989	Rex Harvey	1990 Christel Miller
1991	Rex Harvey/Betty Vosburgh	1992 Boo Morcom/Phil Raschker
1993	Phil Mulkey/Phil Raschker	1994 Phil Mulkey/Phil Raschker
1995	Dale Lance/Phil Raschker	1996 Rex Harvey/Johnnye Valien

1996 AGE-GROUP AWARDS

Age	Track	Field	Track	Field
30	Kettrell Berry	CA Greg Coats	OH Sheri Wright	WA Anne Jennings
35	Anselm Lebourne	NJ Bill Halverson	CA Kim Jones	WA
40	Kevin Morning	CA Jim Barrineau	VA Joyce Upshaw-Margerum	HI Carol Finsrud
45	Bill Collins	TX Ed Lipscomb	OR Cindy Steenbergen	TX Joan Stratton
50	Stan Whitley	CA Tom Gage	MT Mary Libal	OR Phil Raschker
55	Walt Butler	CA Emil Pawlik	MS Jo Marchetti	CT Marlene Sachs
60	Bobby Thomas	CA Phil Fehlen	CA Shirley Matson	CA Vanessa Hilliard
65	Jim Sutton	PA James Stookey	MD Vicki Bigelow	CA Christel Miller
70	Mel Larsen	IL Vince Sempronio	OR Sumi Onodera-Leonard	CA Leonore McDaniels
75	Milt Silverstein	AZ Don Cumley	MD Pat Peterson	NY Johnnye Valien
80	Frank Finger	VA Ross Carter	OR Margaret Hinton	TX Margaret Hinton
85	Tony Castro	CA Ted Hatlen	CA Pearl Mehl	CO Betty Jarvis
90	Everett Hosack	OH Everett Hosack	OH Mabel O'Hare	OR

Track and Field Awards

Continued from page 1

156-8 (47.76m) in Gainesville, Fla., April 27.

Scott Thornsley of Troy, Ala., was named the top T&F administrator of the year, while Rex Harvey, 50, of Mayfield Heights, Ohio, and Johnnye Valien, 71, of Los Angeles, were named the outstanding multi-event



California's Bobby Thomas was named the outstanding M60 track athlete of the year by USA Track & Field. He won gold medals in the three sprints at the 1996 Nationals in Spokane with age-graded performances in the 93+% range.

Photo by Jerry Wojcik

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978	Pete Mundle
1979	Al Sheahan
	Kathy Brieger
1980	Bob Fine
	Ruth Anderson
1981	Bruce Springbett
	Fred Mannis
1982	George Hatzfeld
	Jack Kelly
1983	Jim Kelly
1984	Jerry Donley
1985	Gary Miller
1986	Pete Mundle
1987	Frank & Dorothy Anderson
1988	David Pain
1989	Jim Puckett
1990	Barbara Kousky
1991	Jerry Wojcik
	Nate & Evelyn White
1992	Rex Harvey
1993	Rex Harvey
1994	Bill Busby
1995	Sandy Pashkin
1996	Scott Thornsley

athletes.

Stookey had a remarkable year. At the indoor nationals in Greensboro, N.C., he won four events in his M65 bracket, including the 200 (28.06), long jump (4.89/16-1/2), and triple jump (10.37/34-1/4). At the outdoor nationals in Spokane, he captured six victories, including the 300 hurdles (48.86, 91.1%), 100 (13.42, 91.4%), 200 (27.68, 90.2%), long jump (4.91/16-1/4, 86.6%), and triple jump 10.30/33-9/16, 90.9%). At the North American meet, he notched three more wins, including the 100m hurdles (17.13, 90.0%).

Libal won the 100, 200, and 400 in three major meets - the Canadian Nationals in Vancouver, the USA Nationals and the North American meet. Her best times, respectively, were 12.73 (92.3%), 25.81 (92.6%), and 58.68 (91.4%). Libal also won the 100m age-handicap race at the USA Nationals in 11.81 (91.1%). In Eugene, she also anchored the USA 4X400 relay team to a new world W40 record of 3:58.7 with a blazing 56.9 leg.

That race was awarded "special recognition" by the committee as one of the most outstanding and thrilling performances of the year.

Runners-up in the outstanding athlete balloting were Stan Whitley, 50, of Altadena, Calif., who won three sprints at the nationals - the 100 (11.44, 96.5%), 200 (23.07, 96.7%), and age-handicapped 100 (10.36, 95.2%); and Philippa Raschker, 49, of Marietta, Ga., who won six events at the indoor nationals, most in the 93+ percentage range, before succumbing to injuries which prevented her from competing in the major outdoor meets. It was only the second time in the past ten years that Raschker did not win the top award.

Matthews won the USATF 5K race-walk road championship, and set new U.S. M40 records in the 5K RW (20:45, 93.5%) and 10K RW (43:57, 90.7%). A respected USATF open team member, Matthews is beginning a parallel career as a master.

LaVeck won the USATF 5000 track RW (29:03, 88.6%) and North American 5000 and 10,000 (59:30, 88.0%). She set new U.S. W60 records at 3000, 5000 and 10K. This was her third "outstanding racewalker" award (1983 and 1986).

Using a special point-system, Harvey garnered 21 points and Valien 14 points to lead the multi-eventers. Harvey had the best overall score (3350 points) in the National Pentathlon and North American Pentathlon (3467), and the second-best (to Emil Pawlik, 55) in the National Decathlon (7279). Valien had the best women's overall totals in the National Heptathlon (4683) and North American Pentathlon (3762), while placing second overall (to Anne Jennings, 33) in the National

Continued on page 23



Christel Miller (l), W60, and Joan Stratton, W40, in the Parade of Champions, 1996 USATF Convention, San Francisco. Each was named the outstanding U.S. field athlete of the year in their respective divisions by USA Track & Field. Photo by Jerry Wojcik

Track and Field Awards

Continued from page 22
Pentathlon (3324).

Thornsley was recognized for his outstanding work as national indoor and outdoor meet coordinator for the past six years. Thornsley's job is to solicit bids for indoor and outdoor national championships and to then work closely with the winning bidders to ensure quality meets. Thornsley has been able to attract multiple bids for most championships, and deserves some of the credit for the successful staging of the meets over the past several years.

The awards were coordinated by Don Austin (track & field) and Bev LaVeck (racewalking), and were cho-

sen by members of the respective awards' sub-committees.

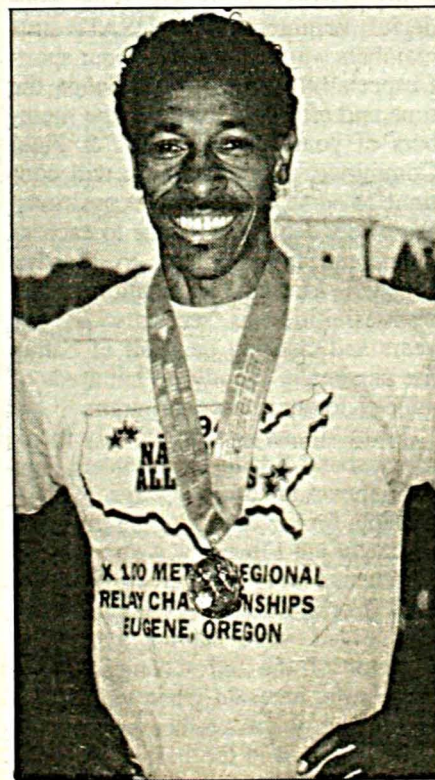
The winners were announced at the USATF Awards breakfast at the Westin St. Francis Hotel in San Francisco, Dec. 6. Personalized plaques will be presented to each winner at the 30th annual USATF National Masters T&F Championships in San Jose, Calif., on Aug. 8.

The Committee also selected outstanding T&F athletes in each five-year age division for both men and women in track, field, and racewalking categories (see separate charts). Those winners will receive personalized certificates at the Nationals in San Jose.

-Al Sheahan



New York's Pat Peterson overcame cancer to become the outstanding U.S. female track athlete of the year in her age 70-74 division.



California's Stan Whitley won the award for top U.S. M50 track athlete of 1996. Photo by Jerry Wojcik

LDR Awards

Continued from page 1
(3:18:10, 91.9%).

Joan Ottaway, 51, of Sonora, Calif. set a new U.S. W50 half-marathon mark of 1:18:42 (95.2%) in the USATF National Masters Championships in Las Vegas. She also turned in winning W50 times in the 5K (18:06, 91.1%), 8K (29:42, 90.8%), and 10-mile (62:53, 88.9%).

Gary Romesser, 45, of Greenwood, Ind., led the M45 runners with a 10K in 31:07 (92.9%), 8K in 25:45 (88.9%), and 5K in 15:45 (88.8%).

Sal Vasquez, 56, of Suisun City, Calif., again took M55 honors with a 16:16 5K (93.9%), 27:24 8K (91.2%), 36:01 10K (86.9%), and 1:55:04 30K (86.9%).

Brad Hawthorne, 40, of Oakland, Calif., won the M40 award with a 2:18:22 marathon (93.2%) in Virginia,

March 16. He added an 8K in 25:26 (86.8%) and 31:24 10K (88.7%).

Jane Welzel of Boulder, Colo., was the top W40 female runner, turning in solid times in the 10K (34:18, 91.0%), 5K (16:28, 91.7%), 8K (28:16, 87.4%), 25K (1:29:47AR), and marathon (2:44:54, 86.4%).

June Machala of Washington state took W65 honors with solid efforts at 10K (46:44, 85.3%), 12K (55:39, 86.6%), and 5-mile (37:07, 85.1%).

Other division winners included Rebecca Stockdale-Woolley (W45, CT), Ken Sparks (M50, OH), Bill Olrich (M60, KY), Wen-Shi Yu (W60, NY), Joe Fernandez (M65, MA), Mary Storey (W70, CA), Gerry Davidson (W75, CA), Dudley Healy (M80, NJ), Judy Simon (W80, CA), Harry Polites (M85, NJ), Anne Clarke (W85, IL), and Max Popper (M90, NY).

For the first time ever, an award went to a runner in the age 100+ division - Herb Kirk of Portland, Ore.

The ultra-runners of the year were Kevin Setnes, 42, of Eagle, Wis., and Sue Ellen Trapp, 50, of Lehigh Acres, Fla.

The Otto Essig Award for meritorious service went to Basil and Linda Honikman, directors of the Road Running Information Center in Santa Barbara, Calif., and to Carole Langenbach of SeaTac, Wash., who is retiring as Secretary of the Committee after many years of devoted and productive service.

The complete awards by five-year age groups are listed on this page. The awards were coordinated by John Boyle (men) and Ruth Anderson (women). Final choices were made by the full committee at the convention. □

-Al Sheahan



Oregon's Myra Fromme, 92, was named best women's track athlete of the year in the women's 90-94 division. Photo by Suzy Hess

USATF MASTERS LONG DISTANCE RUNNING COMMITTEE - 1996 ATHLETES OF THE YEAR

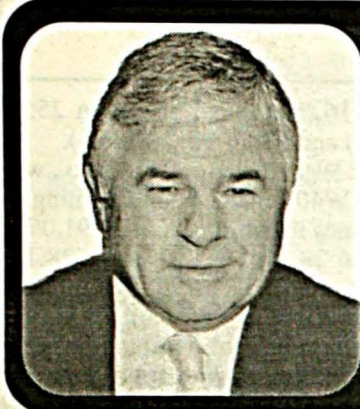
Age Group	Male	State	Female	State
40-44	Brad Hawthorne	CA	Jane Welzel	CO
45-49	Gary Romesser	IN	Rebecca Stockdale-Woolley	CT
50-54	Ken Sparks	OH	Joan Ottaway	CA
55-59	Sal Vasquez	CA	Shirley Matson	CA
60-64	Bill Olrich	KY	Wen-Shi Yu	NY
65-69	Joe Fernandez	MA	June Machala	WA
70-74	John Keston	OR	Mary Storey	CA
75-79	Warren Utes	IL	Gerry Davidson	CA
80-84	Dudley Healy	NJ	Judy Simon	CA
85-89	Harry Polites	NJ	Anne Clarke	IL
90-94	Max Popper	NY	None	
95-99	None		None	
100+	Herb Kirk	OR	None	

Ultra Runners of the Year:

Kevin Setnes, 42 WI Sue Ellen Trapp, 50 FL

Otto Essig Award for Meritorious Service:

Basil and Linda Honikman CA
Carole Langenbach WA



Track & Field Report

by KEN WEINBEL

Goal: To Exceed Expectations

The 18th Annual Meeting of USA Track and Field has come and gone. Elections were held and gavels passed. I am honored to have been elected to Chair the Masters Committee and wish to thank those who nominated and supported me. My goal is to exceed your expectations.

Deserving accolades to Barbara Kousky, past chairman, for her devotion and contributions to USA Masters Track and Field. Barbara responsibly and successfully officiated the masters program during her tenure. Her efforts and accomplishments are genuinely appreciated.

We now move forward, enforced with knowledge from the past and energized with vision to the future. Evaluation of "where we are at" prompts an active agenda.

An overall identification of our mission and reaffirmation of fundamental commitments of the masters program is in order. As we have grown in partici-

pant numbers, our needs have progressively changed. Only youth athletics exceeds the number of participating master athletes. We need now to evaluate if we are promoting satisfactory programs for our member athletes and are ready to attract and embrace the mass of Baby Boomers eligible for masters track and field.

It is timely and vital that we strive to elevate masters track and field to a prominent level of recognition within the athletic and public communities. Event performances being achieved by today's master age athletes are truly outstanding. It is important to share their prodigious efforts with the public media.

A nation-wide program needs to be developed to attract the attention of the media to obtain more comprehensive coverage of our events and recognition of our accomplishments. It is most important that we promote the image of masters competitors as vibrant, skillful, active athletes and escape the stigma of geriatric participants.

This Chair advocates a Listen, Learn and Respond administration. Recent communications with Regional and Association Representatives have revealed an array of concerns, requests and recommendations. I propose to prepare a prioritized agenda to address all issues - most importantly improving the lines of communication between National, Regional and Association levels.

Our membership is composed of dynamic, competent individuals. It is important to tap this source of expertise, experience and energy as we progress through a unified agenda for the future betterment of masters track and field. I invite your participation and involvement. □



Ken Weinbel

Thanks For The Memories

by BARBARA KOUSKY

Chairing the final meeting of the Masters Track & Field Committee at Convention this year reminded me a lot of when I dropped my daughter off at UC-Davis for her first term of college. It hurt, and I cried a lot, but the further I got away from Davis, the less it hurt, and by the time I'd returned home to Eugene, I (like most parents going through the process) was feeling much better and looking forward to the changes this step would bring to both our lives. Now I am looking forward to another series of change.

I consider it a privilege to have served as your representative these past seven years. It gave me an opportunity to work closely with some wonderful volunteers and USATF staff members who are devoted to our sport. I especially want to acknowledge the time and effort put forth by the members of your Masters Track & Field Committee, many of whom will continue to serve in their same positions. We owe a debt of gratitude to each of them, and in particular, to Marilyn Mitchell. Marilyn, in addition to her responsibilities as secretary for six years and chairing the Hall of Fame, has personally introduced hundreds of athletes to our masters program.

I would also like to publicly thank my husband Edgar. His constant support, shown in so many ways, made it possible for me to devote the time to a volunteer job I loved.

When I was Co-Director of the 1989 World Veterans' Championships, I received wise advice from the Director of the '87 Championships, Peg Smith. She said when you have a difficult problem, remember to ask yourself, "is it in the best interests of the athletes?" We followed that advice for the Championships, and when I assumed the responsibility of being

your representative, I continued to follow it, but with one change - I added the word all. Adding "all" to the equation ("Is it in the best interests of all the athletes?") made making decisions more difficult, but I believe it made them more equitable. □

Difficult decisions seemed to be the norm this year, particularly the last one dealing with Ollan Cassell's contract renewal. There were many issues and factors to consider, some which I believe weren't given proper consideration. As with other decisions made during my tenure, I would be happy to answer any questions regarding my involvement or the process.

I won't miss the contentious atmosphere brought on by the difficult decisions, but I will miss the regular contact with the people of whom I've grown very fond. I sincerely hope you will support Ken in the same manner in which you have supported me these past years.

Best wishes for good training and competition in the new year. Ed and I look forward to seeing you in Boston at the Indoors. □



Barbara Kousky

KENNETH T. WEINBEL

QUALIFICATION, T & F RELATED:

- < Long term experience, forty years as an athlete, coach and administrator, including, twenty years in design, manufacturing and construction of athletic facilities.
- < Consulting experience on an International level: Europe, Asia and the Caribbean.
- < Consultant for the 1976 and 1984 Olympic Track and Field venues.
- < Certified USA Track and Field Official.
- < Active Master Athlete, Pacific Northwest Association.
- < Noted for expertise in organization and meet management for all levels of competition.
- < Noted for expertise in design, materials and construction of athletic facilities.
- < Reputation for competence, expertise and integrity within professional and athletic communities.

EDUCATIONAL BACKGROUND:

- < B.S., M.S., Studies: Engineering, Physiology, Administration, Marketing.

PERTINENT PROFESSIONAL BIO., T & F RELATED:

- < Dir. of Physical Education, Track and Field Coach, Colby College, Maine.
- < Head Track and Field Coach, Dartmouth College, New Hampshire.
- < Director of Marketing, Rubaturf Sports, Seattle, Washington.
- < President, Rekortan Sports Corporation, Seattle, Washington.
- < Vice President, Martin Surfacing, Inc., Hunt Valley, Maryland.
- < President, Master Connection Incorporated, Seattle, Washington.

NOTEWORTHY APPOINTMENTS, T & F RELATED:

- < Former member, N.C.A.A. Track and Field Committee.
- < Former Director, U.S.A. Olympic Training Camp.
- < Former President, Heptagonal Coaches Association (Ivy League).
- < Former President, I.C.A.A.A. Track Coaches Association.
- < Chairman, Pacific Northwest Masters Track and Field.
- < National Weight Coordinator, U.S.A. Masters Track and Field.

NOTEWORTHY ACCOMPLISHMENTS, T & F RELATED:

- < Personally involved in consultation, construction and/or installation of approximately two hundred track and field facilities.
- < Consultant for Monsanto Corporation, 1976 Montreal Olympics Track and Field venues.
- < Contractor for the 1984 Los Angeles Olympics Track and Field venues. Technical advisor for the renovation of the L.A. Coliseum. Provided and installed the track and field surfacing for the Olympic venues.
- < Contractor for the 1990 Goodwill Games Track and Field venue, University of Washington, Seattle, Washington. Technical advisor to the architect of record.
- < Contractor for the 1994 Commonwealth Games, Victoria, B.C. Track and Field venues. Technical advisor to the architect of record.
- < As member of the NCAA Track and Field Committee was responsible for the conduct of the championship meets and editing the official NCAA Track and Field Guide.
- < Founder and Meet Director of the Dartmouth Relays.
- < Founder and Secretary of Seattle Masters Athletic Club.
- < Meet Director for Masters Weight Pentathlon and Weight Throws Championships.
- < Meet Director for annual Key Bank Classic and Northwest Regional Championships.
- < Master Athlete, National Championships.

Weinbel Elected

Continued from page 9

the basis of ability.

4) The feeling that Kousky never consulted with, sought the advice of, or disclosed her opinions to the Committee re the attempts to remove Cassell in 1992 and 1994, and prior to the crucial vote on Cassell in San Francisco.

5) A miscalculated effort not to defeat Kousky but to simply send her a message that not all was well.

One exception to the desire to remain anonymous was Scott Thornsley, the Masters National T&F Meet Coordinator, who has served on the Masters T&F Executive Committee since 1989.

Thornsley made several observations:

"1) The weight throwers community has grown in number and influence over the last several years, and has been successful in voicing its concerns.

"2) The multi-event community felt slighted last year when the executive committee ignored its recommendation as to where the 1996 National Decathlon Championships should be held.

"3) The perception that Kousky was involved in too many activities at the national level which did not pertain exclusively to masters athletics.

"4) The perception that there was often-times a possible conflict of interest with Kousky as both committee chair and professional meet promoter, under the umbrella of Northwest Event Management.

"5) That with the 1996 election of Tom Jordan as WAVA Executive Vice-President, Northwest Event Management had become too influential in the masters movement.

"6) A general mood among some members that having served seven years as chair, a change for change's sake was not inappropriate.

"7) That Kousky simply waited too long to formally announce her intention to serve one last two-year term."

While Thornsley acknowledged these issues, he did not feel, when viewed separately or combined, that they justified the removal of the existing chair.

Instead, he and others viewed Kousky's close defeat as the result of her active support of Cassell.

Support of Cassell a Factor

"Having the courage to speak out against the procedure used to oust Cassell, Kousky suffered the consequences," Thornsley said. "First, there was a strong effort to remove all attending masters athletes who had last year been elected to serve as 'active athletes,' and replace them with open active athletes who would then vote in a block against Kousky.

"Second, there was an effort by several USATF Association and other organizations to have representatives attend the voting session with the sole intent to not necessarily vote for

Weinbel, but to vote against Kousky."

Thornsley said on the day before the election, he personally was approached by "unknown individuals who were sent to the wrong masters committee meeting in which to vote against Kousky."

Even Kousky, herself, admitted that John McArdle of the Athletes Advisory Committee confronted her in the hallway in front of witnesses saying, "We'll be there Friday to vote you out."

Finally, Thornsley admitted to being in a public place and, along with several others, overheard a comment from a nationally elected USATF office holder exclaim pleasure at seeing Kousky defeated in the wake of her support for Cassell.

Voting Procedures Questioned

Sandy Pashkin, the USA team manager who has served in that role since 1989, complained that proper voting procedures were not followed. According to Section 8-F-1 of the USATF by-laws, a three-person panel from the Member Services Committee was supposed to oversee the election, which it did.

"But there were irregularities," Pashkin said. "First, the rules say none of those three is permitted to vote, but one did. Second, no proxy voting is allowed, but at least one ballot was accepted from a person who had left to catch a plane. Third, any Association delegate not listed in the 'Directory' is supposed to have a letter on Association stationery authorizing him or her to substitute for the listed delegate, but some substitutes turned in only a scratch of paper and got a ballot, anyway."

Masters T&F secretary Marilyn Mitchell agreed: "There probably were some irregularities; the national office never sent us a revised list of voting delegates like they normally do."

Kousky said a review of the daily sign-up sheets revealed that nine people who voted in the election did not show up at any other session during the week.

When asked about the election of Weinbel, Thornsley said Weinbel had engaged in an open and fair discussion of his opposition. "He probably acquired more support that he previously believed he enjoyed, though not enough to win the election.

"Instead," Thornsley continued, "it was the intrusion of individuals who have absolutely no interest in the masters community that wound up tipping the scales in Weinbel's favor. Ken was the ultimate beneficiary of not only his own supporters within the Masters Committee, but also of an effort orchestrated by individuals at the national level."

Charges Denied

USATF officials at the national level denied the charges by Thornsley and Pashkin.

"We had no influence on the election," said Steve Holman, then head of the Athletes Advisory Committee.

"The by-laws give us the right to appoint 20 percent of the voting delegates of any sport committee. We tried to do that, but Kousky wouldn't accept our people, so we didn't pursue it. I decided it wasn't worth a fight."

David Greifinger, a board member active in the dump-Cassell movement, agreed with Holman.

"The (USATF) Law and Legislation Committee ruled that the Athletes Advisory Committee does have the right to appoint voting delegates to any sport committee," he said, "but AA didn't want to fight it when Kousky refused. The only AA person who voted in the masters T&F election was Doug Nordquist, who had a vote of his own, anyway.

"I know some of the athletes were upset with Barbara for her role in the Cassell affair," Greifinger continued, "but I was in the room for the masters vote, and every vote cast was by someone over age 40."

McArdle also denied the charge he was out to get Kousky.

"The only people who voted were those in the book," he said. "We never sent anyone in to vote against Barbara."

Nancy Ditz, the athletes representative to the USATF Executive Committee who made a key motion at the Board of Directors meeting which ousted Cassell, agreed that no tampering had taken place.

"Barbara and I have had our disagreements, but she is a strong woman and I respect her," Ditz said. "The open athletes had no influence in her election."

Prior to the vote, Ed Koch, USATF Law and Legislation Chairman, ruled



Suzy Hess, newly-elected Secretary of the USATF Masters T&F Committee.

by phone from New Jersey that the Athletes Advisory Committee did not have the right to appoint 19 "active athlete" delegates.

"I wasn't at the convention," he later said, "but my opinion was that the 19 athletes legally elected by Masters Track & Field in 1995 were the ones who should vote."

(See "Who Are Active Athletes" sidebar for details.)

Bob Langenbach, the head of the three-person Member Services panel which conducted the election, agreed with Pashkin that the letter of the law was not followed, but for good reasons.

Continued on page 29

Who Are "Active Athletes"

When the Masters Track and Field Committee met in San Francisco, there was confusion as to which "active athletes" would be allowed to vote in the meetings. At the 1995 convention in Atlanta, 19 masters athletes were elected by the Masters T&F Committee to be voting members of the Committee. This was based on the USATF bylaws (Article 14-D-8), which state the make-up of each sport committee shall include: "Active athlete members; that number of active athlete members which shall be at least 20% of the total authorized membership of the committee, such active athletes to be selected by those registered attendees at the meetings of this NGB who are active athletes engaged in the particular sport discipline of the committee."

The make-up of the committee also includes:

- 1) One member to be named by each Association;
- 2) One member to be named by each amateur sports organization (such as NCAA, ARRA, etc., which rarely send a rep to the committee meetings);
- 3) One member from Athletes for the Disabled;

4) One member to be named by the Officials Committee;

5) Five at-large members selected by the members of the committee;

6) Any person elected by the committee to serve as an officer (Chair, Vice-Chair, Secretary, Treasurer).

The figure of 19 active athletes was arrived at as being 20% of the "total authorized membership of the committee."

Of the 19 athletes elected in 1995, only 13 were present in San Francisco. Originally, this would not have mattered, as it was the intention of the committee to elect 19 new members, based on who was at the convention.

However, there is another, contradictory clause in the USATF bylaws (Article 13-B-3a): "The Athletes Advisory Committee chair may appoint active athletes to fill vacancies and/or serve as a voting alternate."

Based on 13-B-3a, Steve Holman, chair of the Athletes Advisory Committee, appointed 17 people and gave the list to chairman Kousky. She refused to accept the list, citing Articles 14-D-8, as well as Article 13-B-3c, which states: "The ... group

Continued on page 26

18th Annual Convention of USA Track and Field

Summary of Masters Track and Field Committee Meetings

BARBARA KOUSKY, Chair, Presiding Active Athletes (see separate story)

Age-Grading

Age-grading is becoming accepted. Boston may use age-grading as a financial incentive at the national indoor meets. The Santa Cruz Track Club is staging an age-graded meet on June 28. Hy-Tek will update its computer program to include a single-age option as well as its current five-year AG. The committee mandated the use of single-age-grading in any meet which uses age-grading.

Awards

The final sub-committee consisted of Don Austin (Chairman), Suzy Hess, Christel Miller, Jerry Wojcik, Pete Mundle, Joan Stratton, and Marti Skaer. (See separate story and charts.)

Budget

USATF tentatively allocated \$36,000 to the committee for 1997, a 3% increase over the \$34,800 1996 grant (see separate chart).



Scott Thornsley was named the outstanding masters track & field administrator of the year by USATF at its San Francisco convention.

Photo by Jerry Wojcik

USATF MASTERS TRACK & FIELD COMMITTEE BUDGETS - 1996/1997

	1996 Budget	1997 Budget
Chair	\$5700	\$5700
Vice-Chair	900	900
Meet Coordinator	2700	2700
Administration	500	250
Awards	1000	1000
Board of Directors	500	500
Data Base-Membership	750	500
Indoor Games	500	500
Outdoor Games	500	500
Hall of Fame	500	350
Market Research	500	0
Meet Manual	300	300
Multi-Events	2100	2100
Racewalking	900	900
Rankings	2000	2000
Records	2000	2000
Regionals:		
East	1300	1300
Southeast	1300	1300
Midwest	1300	1300
Mid-America	1300	1300
Southwest	1300	1300
West	1300	1300
Northwest	1300	1300
Secretary	2000	2000
Substance Abuse	100	50
Team Manager	500	2700
Treasurer	1450	1450
Weights	300	500
Total	\$34,800	\$36,000
Submitted by Madeline Bost, Treasurer		

However, that figure may be reduced pending a further review of overall USATF 1997 projected revenues (anywhere from \$7 million to \$9 million) in January.

Championships - 1999 Indoor

Boston edged Chicago, 23-17, for the right to host the 1999 Indoor Nationals. TRACS, Inc., a professional athletic consulting firm, promised multiple sponsors, media coverage on ESPN-2 or a local network affiliate, and the experience from hosting the same event in 1997 and 1998. The meet will be held on the Reggie Lewis track in Roxbury, a Boston suburb. Some voters felt three straight years in the same city would be an advantage in terms of know-how and experience by the organizers; others felt the event should be moved around the country each year. Chicago's bid was hampered by the fact that the bidders could not guarantee the six-lane West Proviso High School track, and might be forced to use an alternate four-lane track, instead.

Championships - 1999 Outdoor

The Walt Disney World Sports Complex in Orlando, Fla., was the sole and successful bidder for the 1999 Outdoor Nationals, on Aug. 15-18. "We intend to become the World's premier multi-sport venue designed for athletes and fans alike," the presenters said. The facility has a 400m polyurethane track with nine 48-inch lanes, 2000 seating capacity, and electronic scoreboard. An \$8 daily fee (\$25 per meet) will be charged to spectators. (Spouses/friends of athletes are admitted free.) Brooks Johnson will direct.

Championships - 1997 Indoor

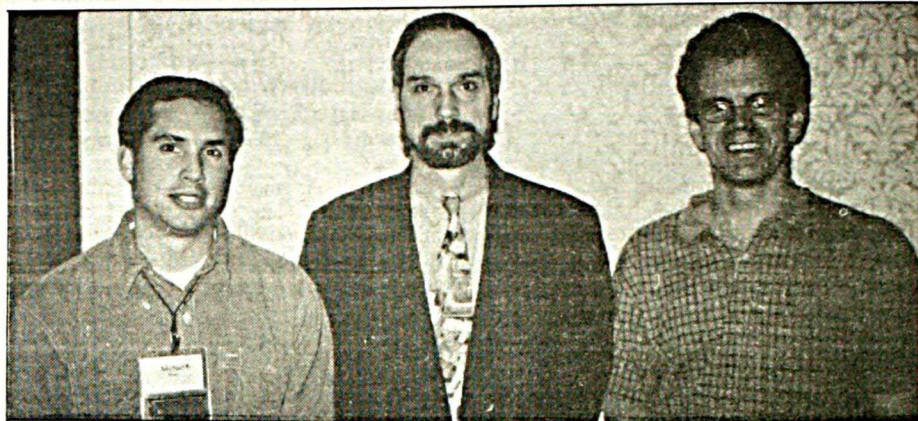
As reported last month, TRACS, Inc., stepped in after Columbia, Mo., dropped out and will stage this year's meet in Boston, March 21-23. (See entry form on page 7 and separate story.)

Championships - 1997 Outdoor

The meet will be held in San Jose, Calif., Aug. 7-10. The facility has been resurfaced. The Hyatt will be meet headquarters; rooms are available for \$79 per night. San Jose will also host the West Regionals on Sat., July 11.

Championships - 1997 Multi-Events

- 1) The Decathlon/Heptathlon will be held in Thomasville, N.C., Sept. 20-21.
- 2) The Outdoor Pentathlon will be held at the Nationals in San Jose, August 7.
- 3) The Indoor Pentathlon is set for Chapel Hill, N.C., March 1.
- 4) The Indoor Heptathlon (men and women) takes place in Chicago, April 5-6.
- 5) The Weight Pentathlon is set for Orlando (Disney World) in October or November.



Representatives for the winning TRACS, Inc., bidders for the 1999 Masters Indoor Championships, Boston, Mass., from left: Mike Pieroni, Fred Tresseler, and Mike Cook, at the 1996 USATF Convention, San Francisco. Photo by Jerry Wojcik

6) The Superweight is set for Seattle, Aug. 16.

Championship Rights Fee

There was again discussion on whether to charge a rights fee for some of our championships, or perhaps demand a share of any profits. No action was taken.

Election of Officers

Per the by-laws, four officers are elected for a two-year term in each even-numbered year.

Chairman: Ken Weinbel of Seattle defeated current Chair Barbara Kousky of Eugene, 27-26 (see separate story).

Vice-Chair: Graeme Shirley of San Diego ran unopposed and was unanimously re-elected.

Secretary: Suzy Hess of Eugene received 33 votes to 17 over current Secretary, Marilyn Mitchell.

Treasurer: Madeline Bost of Ironia, N.J., ran unopposed and was unanimously re-elected.

Election of WAVA Delegates:

The USA is entitled to five delegates at the biennial WAVA General Assembly. T&F traditionally selects three, and LDR two. The T&F chair is an automatic delegate. Ten candidates were nominated for the remaining two spots. A minimum of 50 percent of the 58 ballots cast was necessary to be elected.

First ballot: Barbara Kousky 27, Joan Stratton 19, Scott Thornsley 16, Bob Fine 12, Madeline Bost 6, Marilyn Mitchell 6, George Mathews 5, Pete Mundle 5, Ed Daniels 4, John Cosgrove 3. A second ballot was held among the top four candidates: Forty ballots were cast: Kousky 25, Thornsley 21, Stratton 18, Fine 14.

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Active Athletes

Continued from page 25

... selecting members of any committee ... may designate an alternate," and another sentence in 13-B-3a, which reads: "Vacancies in a committee shall be filled by the committee..."

No action was taken by the Committee at its first meeting on Tuesday.

After a delay of over one hour on Wednesday evening, Kousky announced that, after heated discussions with members of the Athletes'

Advisory Committee and a phone conversation with Ed Koch, USATF Law and Legislation Chairman, the 19 athletes elected in 1995 would remain as voting members. No elections were held to choose the missing six.

However, in the Friday morning meeting, Kousky announced that, after further negotiations with the Athletes Advisory Committee, a compromise had been reached so those six spots could be filled, four by the Masters T&F Committee and two by the Athletes Advisory Committee.

Those six were then permitted to vote in the Friday election for 1997-98 officers.

Koch later admitted the by-laws need clarification. He had ruled the AA Committee did not have the right to appoint all 19 members of the Masters T&F Committee. Sections 14-D-8, 13-B-3c, and one sentence of 13-B-3a, all of which give the committee the right to select its own delegates, seem to overrule the sentence in 13-B-3a which says the AA "may" fill a vacancy.

Koch invited interested parties to send suggestions for new language to him at: 14 Canterbury Lane, New Milford, N.J. 07646. □

- Al Sheahan

USATF NATIONAL MASTERS T&F CHAMPIONSHIPS		
Meet	Site	Date
1997		
Indoor	Boston MA	March 21-23
Outdoor	San Jose CA	August 7-10
Decathlon/Heptathlon	Thomasville NC	September 20-21
Indoor Pentathlon	Chapel Hill NC	March 1
Outdoor Pentathlon	San Jose CA	August 7
Indoor Heptathlon(m&w)	Chicago IL	April 5-6
Weight Pentathlon	Orlando FL	Sept or Oct
Weight/Superweight	Seattle WA	August 16
1998		
Indoor	Boston MA	March 26-28
Outdoor	Orono ME	August 6-9
1999		
Indoor	Boston MA	TBA
Outdoor	Orlando FL	August 15-18

San Francisco, California – December 3-7, 1996

Minutes of Masters LDR Committee Meetings

Tues. Dec. 3, 9 a.m., Executive Committee
 Chuck DesJardins, Chairman, reported on the 1997 Masters Road Circuit to be sponsored by Indianapolis Life, a company interested in supporting masters. So far there are eight races on the circuit; one or two more may be added. Chuck will be circuit administrator.

Chuck reported on the USATF Executive Committee meeting. Later today, the Board of Directors will vote whether to renew Ollan Cassell's contract. Other concerns are that USATF has a current budget deficit of \$825,000, and the projected budget for 1997 may be reduced from \$9 million to \$7.6 million if certain revenues don't materialize. We all need to spend carefully in the first quarter.

Carole distributed the first draft of our committee's operating procedures, a document which needs to be completed by the end of 1997. Basically, it's Article 14 (Sport Committees) of USATF's By-laws, with modifications. We must build upon this first draft. It was noted that Masters T&F used USATF's main bylaws as the basis for their first draft of operating procedures.

Ruth reported on two upcoming veterans events: the IAU 100K Veterans Championships in Rodenbach, Germany, on April 12, 1997; and the 1998 Oceania Veteran Games on January 18-25, 1988, in Hawkes Bay, New Zealand.

Liaisons were named for our 1997 Championships: One mile road, Jan. 12, and 5K road on April 13: Chuck; Half-marathon, Feb. 9: Jerry; 12K on Feb. 22: Mick; 8K road on March 23: Norm; 8K X-C on Sept. 1: Carole. Events with liaisons still to be named: 100K, 10K, marathon and 15K.

Chuck reported on the investigations into possible cheating by masters runners. The results from Carlsbad have been revised, but the Pittsburgh Marathon incident has not yet been resolved.

Several members reported on the late arrival of their ballots for the Masters Hall of Fame.

We approved all proposed rule changes except those which would require automatic timing for all championships, and would require competition numbers on front and back.

Tues. Dec. 3, 6 p.m.

Board of Directors: Jerry reported the vote was 52 to 34 to not renew Ollan Cassell's contract as Executive Director in March, 1998. The main reason cited was USATF's lack of marketing success and the subsequent lack of athlete support for Mr. Cassell.

1997 Road Circuit: Chuck introduced Indy Life's Director of Marketing, Kurt Jaenicke, who detailed his company's interest in representing healthy choices for living, such as running. The CEO for Indy Life is also a runner. A program has been instituted called "Runners Edge" which is a life insurance for runners. The criteria for choosing circuit events is to target certain population areas and to choose good existing masters events that give prize money of \$1000 or more to masters. The amount being donated by Indy Life for the 1997 circuit is \$85,000 with \$50,000 of that going for cash awards in the final scoring.

Wed. Dec. 4, 8 p.m.

Treasurer's Report: Jerry Crockett was appointed in October to fill the vacancy of George Vernosky, who had been our treasurer since 1979. Thank you for all those years of service to Masters, George. Jerry reported from the original \$11.5 million requested from USATF's committees, the budget was pared down to \$7.6 million. The amount of revenue in the "for sure" column is \$4 million, but the optimistic figure for 1997 is \$9.1 million, which the Budget and Finance Committee finally settled on. Our committee was granted \$36,000, but we may lose 10% of it. Places to cut back include reduced assistance to championships (liaison travel) and fewer executive committee meetings. (Note: by election, our executive committee was later reduced from

eight to six members.) To date we have spent \$31,752 of our 1996 budget of \$34,500.

Awards: John Boyle and Ruth Anderson conducted the voting for our Outstanding Athletes of 1996. (See separate story).

It was suggested that someday we name an award after long-time masters administrator, Bob Boal.

Elections: As there were no additional nominations, the slate recommended by the nominations committee was accepted by acclamation: Chairman: Jerry Crockett; Vice-Chairman, women: Ruth Anderson; vice-chairman, men: John Boyle; secretary: Norm Green; Treasurer: Chuck Desjardins.

WAVA delegates elected were Ruth Anderson and Norm Green, with Chuck DesJardins as an alternate. For our representative to USATF's Board of Directors, we elected John Boyle. Our chairman will automatically be a member, as will the U.S. member of the IAAF Veterans Committee (Chuck). Norm Green announced his candidacy for treasurer of WAVA; a motion passed that we support his candidacy.

Item 134: Madeline Bost presented her new wording for the rule proposal which would allow masters LDR teams to be composed of any runner from an Association, not just from the same club. A motion passed, 12-7 that the item be rejected as amended.

Thur. Dec. 5, Joint Masters T&F and LDR, 2:30 p.m.

WAVA Report: Norm said there will be postal vote next year re the decision to hold a 25K road run instead of a half-marathon at Non-Stadia Championships. The Non-Stadia events at the NCCWAVA Regional T&F Championships in Eugene this past August were poorly attended.

IAAF Veterans Committee: Chuck explained the makeup of this 13-member committee, 10 of whom were elected by the IAAF Council (including Chuck, elected in August, 1995), and two of whom were appointed because two regions were not represented. The chair, Cesar Moreno Bravo, makes the 13th member. This is the first time the committee has been composed of elected members. The committee met in Monaco on June 27 and expects to meet only once a year. Chuck's goals for the committee are: 1) to improve the exchange of information among member countries; 2) to increase the WAVA membership of our region's 32 IAAF member countries (only 13 currently belong to WAVA), and to increase the number of countries which have programs for masters, and 3) to interface with other masters sports organizations which hold "world championships." Chuck is already on a veterans sub-committee to work on better communications among these other masters organizations. A meeting was held in Milan in September with the Executive Director of the International Masters Games Association, and future meetings are being planned. The important question is how can all these groups work together for better competition for masters.

Durban

Sandy Pashkin, U.S. team manager, will be sending our entries to Durban, and all U.S. entries MUST go through her, despite what any previous information may have said. She cautioned athletes to read the entry information carefully (e.g. no "personal" checks will be accepted, only bank drafts/checks or Visa/Mastercard). The deadline for Sandy to receive U.S. entries is April 10, so she has time to verify all information, especially date of birth, citizenship, and valid USATF membership. Payment for housing does go directly to Durban, not to Sandy.

Potential relay members must compete as an individual at that distance, either in the event per se or as part of a multi-event.

Sandy announced that entries for any other international event must also go through her as team manager (e.g. Birmingham).

Barbara Kousky explained that all uniforms in the relays must be identical. A motion was passed that the U.S.A. team uniform currently in use be the team uniform for Durban.

Masters Road Circuit: Newly elected LDR chair Jerry Crockett gave an overview of the 1997 Masters Road Circuit to be sponsored by Indy Life Insurance Co. See National Masters News, December 1996 for complete details. The point to note is that Chuck DesJardins, not the USATF staff, procured the sponsor. He is interested in getting input on improving the circuit and is already looking ahead to 1998 events.

Trust Funds: Bob Fine made a presentation on the Masters Sports Association, a group formed in New York City in the mid 1970s to sponsor events. Prior to the WAVA Championships in Eugene in 1989, donations were collected through the MSA to aid the championships. After \$70,000 was turned over to the Eugene event, the remaining funds (about \$250) were held in trust in the MSA. Bob suggested that if our committees want to set up any kind of a trust fund at this time, we could use the MSA by modifying its bylaws, which currently do not restrict its activities to just track and field or long distance running. Peter Stasz suggested that we use our own organization, USATF, for collection of trust monies. This was reinforced by Chuck DesJardins who explained that Masters LDR has been receiving a donation from Otto Essig for the last several years, routed through USATF's books but deposited directly into our account. Bob Fine made a motion that our joint masters committee establish a trust fund with the mechanics to be worked out later (by the executive committees). Nate White suggested that the executive committees should discuss this further and bring a recommendation to the joint committee at a future time. After discussion of the options for setting up a trust fund (either through the MBA or USATF), the motion passed (31 to 13).

Hall of Fame: Marilyn Mitchell reported on

the procedures set up two years ago by our committees and approved by USATF in June of 1995. Because of complications of data collecting and ballot distribution for the inaugural hall of fame class, most of the ballots were mailed to voters in late November, with a return due-date of November 30. Since many ballots had not been received in time for calculation at this convention, Barbara Kousky appointed an ad hoc committee which met yesterday to discuss the next step. A motion passed to accept the recommendations of that ad hoc committee which are as follows: 1) The tabulation deadline for the current class will be extended to January 1, 1997, 2) The current class will be selected under the procedures voted on by our committees at the 1994 and 1995 conventions, 3) A Successful candidate must receive a minimum of 50% of the ballots cast, and 4) There will be no run-off for male track and field athlete for this inaugural class (candidates must receive 50% of the ballots cast).

Barbara further explained that the ad hoc committee met a second time (without LDR, Kousky, or Mitchell) and came up with additional suggestions, and after discussion and amendments, a motion was passed (31 to 5) to accept the new plan for the 1997 class. The main points are as follows: 1) Masters T&F and LDR should have separate halls of fame, 2) There should be a nominating committee to help collect data and nominate worthy candidates, 3) June 1 will be the deadline for nominations with voting to be done in September, and 4) The 1997 class will have a maximum of 28 inductees with no distinction between athlete and administrator.

National Masters News: Al Sheahan gave a written report on the newspaper with details on ownership, circulation, revenues, staff, etc. Al asked for more LDR participation regarding results and articles. The question came up about

Continued on page 28

The Tentative Schedule for the 1997 Indy Life Circuit:

February 9	Las Vegas Half-Marathon	Las Vegas, Nevada
March 8	Gate River Run 15K	Jacksonville, Florida
May 2	Indianapolis Life 500	
	Festival Mini-Marathon	Indianapolis, Indiana
May 31	Freihofer's Run for Women 5K (women only)	Albany, New York
July 20	Chicago Distance Festival 5K (men only)	Chicago, Illinois
October 5	Twin Cities Marathon	Minneapolis/St. Paul
October 25	Tulsa Run 15K	Tulsa, Oklahoma
March 22	Azalea Trail 10K	Mobile, Alabama
July 12	Bastille Day 8K	Newport, California

USATF NATIONAL MASTERS LDR CHAMPIONSHIPS – 1997

1997:		
January 12	One Mile Road	Santee, CA
February 9	Half-Marathon	Las Vegas, NV
February 22	12 km Road	Tomball, TX
March 23	8 km Road	Chicago, IL
April 12	10 km Road	Plainview, NY
April 12	100 km Road	Pittsburgh, PA
April 13	5 km Road	Carlsbad, CA
September 1	8 km X-C	Pasco, WA
October 5	Marathon	Minneapolis, MN
October 25	15 km Road	Tulsa, OK

Track & Field

Continued from page 26

Thus, Kousky and Thornsley are the delegates. Alternates, in order, are Stratton, Fine, and Bost or Mitchell (tie).

Election of WAVA Women's Delegates:

Using the same procedures, six women were nominated for three spots on the Women's Committee. Only one ballot was needed. Of 35 ballots cast: Stratton 26, Bost 24, Christel Miller 19 are the delegates. Alternates are Sandy Pashkin 17, Becky Sisley 9, and Mitchell 7.

Hall of Fame

(See Masters LDR minutes.)

Records

Seventeen pending U.S. five-year age-group records were questioned by the USATF Records Committee because the WAVA record form was used instead of the USATF form, which has been designated by USATF as the only official form which can now be used. (In the past, the WAVA form was acceptable.) The Committee referred the pending marks back to the Masters T&F Records Sub-committee for further review. The USATF form will shortly be published in the *National Masters News* and should be used by all athletes and officials submitting forms for U.S. records. For world records set by U.S. athletes, the USATF form should also be used.

Regional Reports

Regional chairs passed out written reports. A motion that regional chairs be elected by their regions rather than appointed by the national chair was tabled.

Relay Selection in Durban

As in the past, an athlete who wants to represent the U.S. in WAVA relay competition must first run the 100 or 400 at the WAVA meet in Durban, with the four fastest in each age group automatically selected. The committee gave Pashkin the authority to consider other athletes (from other events or higher age-brackets) to fill a team when less than four runners in an age division are able to participate.

Rules

The following new rules of competition were recommended by the group and later approved by the USATF General Session:

1) When it is not feasible to hold an event listed as a standard championship event, the Sport Committee may authorize the elimina-



Manuel White, 80, sets one of his two U.S. age records, USATF National Masters Weight Throw Championships, Seattle, Wash.

Photo by Jerry Wojcik

tion of that event or the substitution of a comparable event. Rules Chairman, Graeme Shirley, explained this could mean the committee could authorize a meet director to substitute, for example, a mile for a 1500 when the mile was deemed more feasible.

2) Timed finals, rather than heats and finals, shall be run in the 300/400 hurdles, when necessary.

A proposal to divide sprint finals into two sections, one for U.S. citizens and one for non-citizens, was rejected, as was a motion to allow hurdlers to step over, rather than hurdle, the barriers.

For rule changes re throwing events, please see "Weight Room" on page 14.

Team Manager

Sandy Pashkin will again be the USA team manager at the WAVA Championships in Durban, South Africa in July, 1997. All entry forms must be sent to Sandy, with a copy of passport or birth certificate and 1997 USATF card, to be forwarded to Durban by Sandy. □

- Al Sheahan

LDR Minutes

Continued from page 27

USATF's \$5000 contribution to the newspaper; since this amount does not come from our masters committees and because AI needs the money for operations, no action was taken to change this.

WAVA: Chuck DesJardins announced that Norm Green is running for treasurer of WAVA and had already received the support of Masters LDR. A motion was passed that the joint group endorse Norm as a candidate. Barbara Kousky explained that technically the U.S. must actually nominate him, so a new motion unanimously passed that the U.S. place in nomination the name of Norm Green for treasurer of WAVA. An additional motion unanimously passed that the U.S. place in nomination the name of Al Sheahan for president of WAVA.

Rex Harvey, president of North American WAVA (NCCWAVA), reported on an upcoming change in the site for the 1998 regional meet. Monterey, Mexico, will not be hosting the meet, but Barbados is very interested. Freida Nichols from that country's Athletic Association made a presentation to host the event. A formal bid will be presented later.

Masters History: Carole Langenbach, newly retired secretary of Masters LDR, distributed copies of a first draft of historical information regarding our two masters committees, with a later slant toward LDR. She is looking for additions and corrections, so the history can be printed in *National Masters News* in early 1997.

Nike World Games: Becky Sisley made a presentation of behalf of this masters event scheduled for August 9-22, 1998 in Portland, Oregon. The track and field portion will be conducted in Eugene. There was concern from the group that this event will not be sanctioned by USATF, since it is one of those events not connected to USATF or WAVA or the IAAF. Barbara Kousky, representing Northwest Event Management, assured us that it will be USATF-sanctioned and that the organizing committee is working with the Oregon Association. Another concern was raised that the scheduling will be in conflict with our national championships in Maine that year, August 6-9.

Fri. Dec. 6, 3:30 p.m.

Records: Basil and Linda Honikman's recommendations for our approval of masters distance records was accepted. The Honikmans were congratulated on winning the Otto Essig Award for 1996. Basil brought up a suggestion for our approval and after discussion, a motion was passed that the RRIC be directed to put out an American LDR Annual (to be self-funded).

Association Report: Jack Moran informed us of a plan "in the works" by the Associations Committee whereby *American Runner* magazine will send their publication to adult members of USATF as a membership benefit. Another membership idea being kicked around is to have permanent USATF membership

numbers (this would make a complication with year-coded numbers which are currently in use). Peter Stasz asked why an outside publication such as *American Runner* would be necessary if USATF were doing its job and issuing something to members.

Championships: Mick Midkiff presented copies of several bids for the next few years. A motion passed that three ultra bids (the Western States 100 Mile in June 1998, the Sunmart Endurance Runs in December 1997, and the Helen Klein 50 Mile in November 1997) be tabled pending coordination with the men's and women's LDR committees. Bids accepted were: 8K cross country for 1998 and 1999; 10K road for 1998; and 24-hour road for 1997. In a separate discussion, a motion passed to award the 1998 5K road event to Friehofer's for women and to Carlsbad for men. See list of LDR championships for details.

Law & Legislations: Our representative to L&L, Mick Midkiff, reported that all items up for consideration this year have been tabled.

Sports Psychology: Teddy Foy, our representative to the Sports Sciences committees, briefly reported on the affect of anxiety on competition. He will review the materials handed out this year and send a written report to Carole Langenbach. Contact her if you would like a copy of Teddy's report.

New Business: Mick Midkiff explained why we saw different bid forms for our championships this year. Our committee has our own bid form, but the national office also send out forms for masters LDR events. Chuck commented that our form has been approved by the national office, but Carole suggested that we give them the additional information we want on the form and let them produce the official form with contract language, etc. which our form does not have. This idea will need to be followed up on by the executive committee.

Committee Appointment: At-large members of our committee: Dudley Healy, Bill Nault, Evelyn White, Rick Recker, and Teddy Foy.

Association: Jack Moran

Budget & Finance: Chuck DesJardins

Communications: John Boyle

Cultural Exchange: Demetrio Cabanillas

L & L: Mick Midkiff

Member Services: Bob Langenbach

Officials: Lonna Lee Williams

Records: Basil Honikman

Rules: George Kleeman

Coaching Education: no appointment

Medical, Scientific, and Psychological Services: Teddy Foy

Closing Remarks: New chairman Jerry Crockett solicited suggestions for our committee from all interested persons. He thanked outgoing officers Chuck DesJardins and Carole Langenbach, who were given a standing ovation by the committee. Mick Midkiff mentioned two of our championships coming up in early 1997 which were added during the year: the Steve Scott Festival of Miles in Santee, CA, on January 12; and the Temball country classic 12Km in Tomball, TX, on February 22.

The meeting was adjourned at 6 p.m.

Submitted by Carole Langenbach, Secretary

SITES OF NATIONAL CONVENTIONS

TAC:

1	1979	Las Vegas
2	1980	Atlanta
3	1981	Reno
4	1982	Philadelphia
5	1983	Indianapolis
6	1984	San Diego
7	1985	Houston
8	1986	Tampa
9	1987	Honolulu
10	1988	Phoenix
11	1989	Washington, D.C.
12	1990	Seattle
13	1991	New Orleans
14	1992	Louisville

USATF:

15	1993	Las Vegas
16	1994	St. Louis
17	1995	Atlanta
18	1996	San Francisco
19	1997	Dallas
20	1998	Orlando
21	1999	Los Angeles

USATF MEMBERSHIP TOTALS BY ASSOCIATION AS OF OCTOBER 31, 1996

1	MAINE	2,070	31	MONTANA	479
2	NEW ENGLAND	10,243	32	COLORADO	2,370
3	ADIRONDACK	1,510	33	SOUTHERN CALIFORNIA	6,001
4	NIAGARA	2,080	34	UTAH	597
5	CONNECTICUT	2,788	35	INLAND NORTHWEST	1,191
6	METROPOLITAN	14,024	36	PACIFIC NORTHWEST	2,100
7	NEW JERSEY	6,563	37	OREGON	2,480
8	MID ATLANTIC	3,756	38	PACIFIC	6,866
9	ALABAMA	1,097	39	HAWAII	997
10	POTOMAC VALLEY	3,691	40	IOWA	1,321
11	THREE RIVERS	806	41	KENTUCKY	869
12	VIRGINIA	1,155	42	NEW MEXICO	1,405
13	NORTH CAROLINA	2,110	43	SOUTH TEXAS	881
14	FLORIDA	5,005	44	SAN DIEGO-IMPERIAL	1,499
15	TENNESSEE	741	45	GEORGIA	1,966
16	INDIANA	2,098	46	CENTRAL CALIFORNIA	873
17	OHIO	4,144	47	WEST TEXAS	528
18	LAKE ERTE	1,768	48	ARIZONA	1,912
19	MICHIGAN	3,150	49	NEVADA	458
20	WISCONSIN	1,668	50	WYOMING	195
21	ILLINOIS	2,753	51	WEST VIRGINIA	198
22	OSARK	1,369	52	DAKOTA	234
23	ARKANSAS	281	53	BORDER	702
24	SOUTHERN	1,541	54	SNAKE RIVER	450
25	GULF	2,006	55	SOUTH CAROLINA	994
26	SOUTHWESTERN	1,670	56	ALASKA	370
27	OKLAHOMA	1,662	57	UNIQUE ASSOCIATION	0
28	MISSOURI VALLEY	1,383	58	NATIONAL MEMBERSHIP CE	82
29	NEBRASKA	1,462	59		0
30	MINNESOTA	2,427	60	GRAND TOTALS	125,039

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Closing is the 10th of the month prior to the cover date.

Masters Scene

NATIONAL

• Road Race Management, the newsletter for race officials, has named Harold and Louise Tinsley, co-directors of the WZYP Rocket City Marathon, Huntsville, AL., as its Race Directors of the Year. Harold Tinsley accepted the award on behalf of himself and his wife at the annual Road Race Management Race Director's Meeting & Trade Show, Washington, DC, on Nov. 9. The award, presented by *Running Times* magazine, is determined by a vote of a nine-member committee comprised of race directors, media, sponsors, and elite athletes. Harold Tinsley was one of the pioneers in the use of computers in managing and scoring events. In 1979, he wrote software which allowed runners to be timed and placed using bar codes; by 1983, he began to use the computer to identify runners for the race announcer.

EAST

• Bob Ruel, M40, 2:40:39, and Sandy Lovejoy, W40, 3:00:17, cruised to masters firsts in the USATF New England Championships/Cape Cod Marathon, Falmouth, MA, Oct. 27. Terry Van Natta, M50, finished with the leaders in 2:46:12. In the NE X-C Championships, Boston, Nov. 10, Wayne Jacob, M40, 26:18, and Rebecca Stockdale-Woolley, W45, 22:46, logged 40+ firsts. Standouts were Joe Fernandez, M65, 32:08, and Carrie Parsi, W55, 26:00.

• Dan Brach, 45, Hicksville, NY, fourth overall in 18:11, and Diane Gordon, 43, fifth female in 23:18, slithered to masters firsts in the rain-soaked Rob's Run 5K, Syosset, L.I., Dec. 1. First 50+ were Kathleen Lindsley, 50, 26:42, and Bob Pike, 52, 20:37.

• Strong masters competition highlighted the Yorktown Battlefield 10 Mile, Yorktown, VA, Nov. 16. Masters winner Lanny Doan, 40, Virginia Beach, VA, placed fourth overall in 52:31, followed by Thad Jones, 40, Richmond, VA (5th overall, 53:52), David McDonald, 40, Norfolk, VA (6th overall, 54:08), and Rick Platt, 46, Williamsburg, VA (9th overall, 54:25). Barbara Mathewson, 47, Virginia Beach, coasted to a women's masters victory in 1:07:42 (4th female overall), followed closely by Kathleen Powell, 42, Yorktown, VA (1:08:40), and Linda Gulick, 45, Richmond (1:09:21). In an adjunct 5K, top masters honors went to Larry White, 45, Hampton, VA (17:32), and Sharon White, 40, Langley AFB, VA (19:32).

SOUTHEAST

• The South Carolina Academy of Family Physicians named Thaddeus (Thad) Bell, M.D., 52, of Charleston, the 1996 Family Physician of the Year. Bell, who earned his M.D. from the Medical University of South Carolina and has been in solo family practice in Charleston for 11 years, is a former masters national champion and medalist in the WAVA championships.

• Enrique Alvarez, 43, Lake Mary, FL, cooked to an overall first with a 56:12, Thanksgiving 10 Mile, DeLand, FL, Nov. 28. Linda Musante, 42, Tampa, featherfooted to a female second-place in 71:28. Jim Blount, 67, Winter Park, FL, took home the M65 gold with a 70:15.

• Yuri Mikhalev, 43, NYC, 2:24:28, and Marina Jones, 44, Rancho Santa Margarita, CA, 2:57:18, snagged masters firsts in the First Tennessee Memphis Marathon, Memphis, TN, Dec. 1.

• Jim Pearson, 47, took first place overall in the men's division at the Runner's Classic 5K, Sept. 28, Orlando, FL, scorching the course in 15:50 (90% A-G). Jeanne Krent was the first W40+ in 22:34.

MIDWEST

• Terry Elsey, M40, 35:24, and Donna Olson, W45, 44:33, flew to masters wins in the Big Bird 10K, Roseville, MI, in October. The 800 competitors included 80 Canadians and Darrell McKee, 62, recently retired to Florida, who returned to keep his string of 18 straight Big Birds with an M60 bronze.

• Bobby Williams, 44, strode to a 54:53 to finish as the top master at the Great River Road Run 10 Mile Alton, IL, Nov. 30. On the women's side, Marti Cooksey, 42, was the top masters finisher in 1:02:52.

WEST

• Shirley Matson, 56, Moraga, CA, broke three U.S. W55 records in the Mission Bay 25K, San Diego, CA, Nov. 16. She was first woman overall (\$100) in 1:41:01, breaking Mary Storey's 1980 record of 1:52:46. With official timers posted along the course, Matson clocked 1:00:36 for 15K, erasing Margret Betz's 1994 mark of 1:02:05, and then hit 20K in 1:20:35, smashing Wen-Shi Yu's time of 1:28:03, set in 1991. Matson also picked up an extra \$50 for the best age-graded performance of 93.1%.

• Christine Kennedy, 41, Sunnyvale, CA, cruised to a first female overall with a 1:57:46, Clarksburg Country 30K, Clarksburg, CA, Nov. 17. Danny Aldridge, 40, Santa Rosa, CA, edged Miguel Tibadulza, 40, Reno, NV, for the M40+ win by nine seconds with a 1:44:24. Division winners Sal Vasquez, 56, Suisun, CA, 1:55:03, 87.7%, and Barbara Miller, 57, Modesto, CA, 2:12:35, 86.9%, posted impressive age-graded performances. In an adjunct 10K, the first masters were Bill Knierim, 52, Sacramento, 43:31, and Cathy Rohm, 47, Sacramento, first female overall in 43:53, and in a 5K, the first M40+ was Tim Jordan, 57, Elk Grove, CA, in 19:11, while Yaeko Childers, 44, Livermore, CA, loped to the W40+ win in 21:19.

• Beverley Lewis is the new president of Club West in Santa Barbara. Gordon McClenathen is V-P, Lloyd Albright is Secretary, and Dick Sandow is Treasurer. McClenathen will direct the annual October meet in 1997.

NORTHWEST

• National records in the discus flew out the window at the Huntsman World Senior Games, St. George, UT, Oct. 22-25, when Larry Pratt, of Delaware, fired a 178-8 to blast Joe Keshmiri's M55-59 record of 176-4 set in 1995, and W80 Ivy Browne, of Nevada, propelled a 35-5 to disintegrate Marilla Sallsbury's 20-8. Competitors, ages 50 and above, came from every corner of the US, including Vermont, Maryland, Florida, Ohio, Oregon, and Alaska, and Canada, Germany, Brazil, and Latvia.

INTERNATIONAL

• Perhaps the most versatile masters athlete in the world is South Africa's Leo Benning. He won the M60 300-hurdle bronze medal in Miyazaki in 1993, and also competes in the high jump and marathon. He recently clocked 3:44 for the 26.2-mile over a tough mountain course near his home in Cape Town.

• Olympic 1500 champion John Walker, 44, has Parkinson's Disease. He says he is mildly affected on his right side and has difficulty writing, playing tennis and golf, and performing daily tasks. "For the past 18 months, since I went to the doctor, I have had to accept that I will no longer be capable of leading life quite as full-on as I had," wrote Walker in the New Zealand Herald. He said he was not looking for sympathy.



Top finishers in the Stadium Handicap 10K Run, St. Louis, Mo., Sept. 8, from left: Ernie Hirschfield, 69, 18th; Jack Gentry, 68, 2nd; John Hosner, 71, 1st, 29:08 (43:38 actual time, minus 14:30 handicap); and Pat Gallagher, 71, 4th.
Photo by Hank Kiesel

Parkinson's is a progressive disease of the nervous system that gradually reduces muscle control. Walker ran 126 sub-four-minute miles in his career.

• Felicity Skaris, who won the W40 400 at the 3rd WAVA World Championships in Germany in 1979, died of cancer in Johannesburg, South Africa on Nov. 11. She was 56. □

Weinbel Elected

Continued from page 25

"The only people available from Member Services to supervise the election was Ruth White, Peggy Wehr and myself," he said. "Peggy did vote as a member of the Masters T&F Committee. But the integrity of the elections was beyond reproach. The vote was counted three ways."

Langenbach said he was unaware of any proxy voting, that Mitchell had passed out the ballots only to those on her authorized list, and that there had been no objections from anyone at the time to any ballot.

He further said there is nothing in the USATF by-laws requiring a letter on authorized stationery.

"It just takes a note from the chairman of an Association's delegation," he said.

Langenbach admitted more scrutiny could be paid to virtually every election within USATF, but, he added:

"We have to assume that all our people are basically honest and will do the right thing. Marilyn worked very hard and did the best she could. So did we."

Despite the closeness of the vote, most delegates agreed the future of the masters T&F program was what really mattered. Most everyone promised their full support to Weinbel, and promised to continue to work as hard as ever in their respective areas.

Hess New Secretary

In the only other contested vote for a Masters T&F office, Suzy Hess defeated Mitchell, 33-17, to become the new Secretary.

Hess has been Secretary of the Board of the Oregon Track Club and Oregon Track Club Masters. She's a certified USA TF official, with 30 years experience as an athlete. She

won the W50 hammer throw bronze medal in Spokane at the Nationals last August.

She was previously visitor services manager of Lane County (Eugene, Oregon) Convention and Visitors Association, and is currently office manager and photographer for the *National Masters News*.

New Look to USATF Exec

The convention was an emotional and challenging time, not just for masters track and field, but for the entire structure of USA Track and Field.

The new USATF Executive Committee, which voted, 12-9, in October to recommend Cassell's ouster, will have a dramatic new look:

1) A new president - Pat Rico - was elected with 53% of the vote.

2) Dennis Mitchell edged Patti Sue Plummer by one vote to become the new Athletes Advisory Chair.

3) Carol McLatchie defeated incumbent Julia Emmons, 40-35, to become the Women's LDR Chair.

4) Incumbent George Regan lost to Jose Rodriguez for the Associations' chairmanship.

5) Jerry Crockett is the new Masters LDR Chair following Chuck DesJardins' resignation.

"Every USATF committee chair who ran for re-election was defeated," Ditz observed. "It was a case of out-with-the-old, in-with-the-new. Throw out the baby with the bath water."

Most everyone at all levels agreed it was time to stop focusing energy on political in-fighting and begin again to move forward and work together to achieve the common goal of providing athletic opportunities for people of all ages. □

Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

March 1. USATF National Masters Indoor Pentathlon Championships, Chapel Hill, N.C. Rex Harvey, 216-446-0559(h), 216-531-3000; x3306 (w).

March 21-23. USATF National Masters Indoor Championships, Boston. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. Fax: 617-964-8356. Entry form in December and January issues.

April 5-6. USATF National Masters Indoor Men's & Women's Heptathlon Championships, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 630-953-2053.

May 21-28. U.S. National Senior Sports Classic VI, Tucson, Ariz. TLOC 4 East Congress, 2nd floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Hess, meet director. 408-288-2935.

August 16. USATF National Masters Weight & Superweight Championships, Seattle, Wash. George Mathews, 5701 6th Ave. South, Seattle, WA 98108. 206-764-7000(w).

September 20-21. USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

August 6-9, 1998. 31st annual National Masters Championships, Orono, Maine.

EAST

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

January 5. Philadelphia Masters Indoor Development Meet, Swarthmore College, Pa. 9 am. Bill Krieger, 215-656-7617, x245; Karl Castor, 215-441-8584.

January 10-12. Dartmouth Relays, Leverone Field House, Hanover, New Hampshire. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603-646-2848, 646-2540, 646-3570.

January 12 & 26. DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, VA. 8 am-12 noon. Top 4 M&W40+ milers on 26th will be invited to run in masters mile at Grand Prix, George Mason U., Feb. 23.

January 18. 30th Anniversary Hartshorne

Memorial Masters Mile, Cornell U., Ithaca, NY. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(day), 387-6431(eve).

January 18. MAC Indoor Meet, 168th St. Armory, Manhattan. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9:30 pm EST).

January 19. Greater Boston TC Invitational, Harvard U., Allston, Mass. Masters/open events. Jim O'Brien, meet director, GBTC, PO Box 183, Boston, MA 02117-0183. 617-282-5537.

February 9. DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, Va. 8 am-12 noon. Top 4 M&W40+ milers will be invited to run in masters mile at Grand Prix, George Mason U., Feb. 23.

February 9. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 28. MAC Indoor Masters Championships, 168th St. Armory, Manhattan. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9:30 pm EST).

March 3. USATF East Regional Masters Indoor Championships, 168th St. Armory, NYC. Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. 914-631-1547; fax: same.

April 25-26. Penn Relays, Philadelphia. 25th: 4x100m (M40+; M50+ & W40+ run in same race), 100m (W40+, M40+, M50+, M60+), 4x400 (M50+ & W40+ run in same race). 26th: 4x400 (M40+), 100 (M75+). April 1 deadline. Karl Castor, 44 N. Penn St., Hatboro, PA 19040; 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030; 703-385-4392.

July 12. USATF East Regional Masters Championships, U. of Maine, Orono. Site of 1998 Championships. Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.

SOUTHEAST

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

January 18. Manasota TC Winter Series Meet, Riverview HS, Sarasota. 8:30 am. J.C. Shenk, 365-0005(h); 365-7204(o).

February 15. Manasota TC Winter Series Meet, Booker HS, Sarasota. 8:30 am. J.C. Shenk, 365-0005(h); 365-7204(o).

MIDWEST

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

January 4. 13th Annual "The Athlete's Foot" Indoor Masters Meet, Augustana

College, Rock Island, Ill. Pete Stopoulos, PO Box 465, East Moline, IL 61244. 309-792-1015.

January 25. Lincoln-Way Masters Meet. Lincoln-Way HS, Central Campus, New Lenox, Ill. Mike Davis, 815-485-2879(h); 485-7676(w).

February 15. NIFS-Indiana USATF Indoor Masters Invitational. The National Institute for Fitness and Sport, 250 University Blvd., Indianapolis, IN 46202. Vern LaMere, 317-274-3432.

February 16. Byron Masters Indoor Meet, Byron HS, Ill. Byron Park District, 815-234-8435.

February 16. USATF Michigan Open & Masters Indoor Championships, Grand Valley St. U. Bill Freberg, Grand Valley St. U., Office 97 Fieldhouse, Allendale, MI 49401. 616-895-3360.

February 23. Westwood Indoor Meet #4, Sterling, Ill. Kevin Davern, 815-622-6101.

March 1. USATF Midwest Regional Masters Indoor Championships, Macomb County Community College, Warren, Mich. Ed Stanton, 14500 E. 12 Mile Rd., Warren, MI 48093. 810-445-7476; fax: 801-445-7491.

March 8. USATF Illinois Championships, Lewis U., Romeoville. USATF Illinois, 630-953-2052.

April 5-6. Masters Indoor Meet, Proviso West HS, Hillside/Chicago. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 952-2053.

MID-AMERICA

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

February 2. The 21st Century AGELESS GAMES. See the Master Board. SASE to Rachel Lyga, 122 NE 63 1/2 Way, Mpls, MN 55432. 612-574-9661.

February 23. USATF Colorado Indoor Championships, US Air Force Academy. Jerry Donley, 719-835-1264; 471-1650; fax: 471-1663.

May 15. Denver TC Meet, All-City Stadium. 6 pm. DTC, POB 9723, Denver, CO 80209.

May 16-17. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-240-1058 or 800-873-0244.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 1. Sooner State Games, Shawnee Exposition Center, Shawnee, Oklahoma. 405-235-4222.

WEST

Arizona, California, Hawaii, Nevada

January 4, 11, 18, 25. Los Gatos All-Comers Meets, Los Gatos HS, Calif. Willie Harmatz, 408-354-7365.

January 18. KELfield Throws Meet #56, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

February 1, 8, 15, 22. Los Gatos All-Comers Meets, Los Gatos HS, Calif. Willie Harmatz, 408-354-7365.

February 8-9. California Senior Olympics, Palm Springs, Calif. 50+. Ben Green, 619-323-5689.

February 8. KELfield Throws Meet #57,

ON TAP FOR JANUARY

TRACK AND FIELD

Activity this month is mostly an indoor, "back East" affair, opening with the Athlete's Foot Meet, Rock Island, Ill., on the 4th and the Philadelphia Masters Meet on the 5th at Swarthmore. The Dartmouth Relays open on the 10th for three days in Hanover, N.H. On the 18th, the Hartshorne Memorial Mile returns to upstate N.Y. at Cornell U. for the 30th booking, while Manhattanites head for the 168th St. Armory for a MAC meet. The Greater Boston TC Invitational gathers at Harvard U. on the 19th. Lincoln-Way H.S., Lenox, Ill., is the venue for a Midwest meet on the 25th.

LONG DISTANCE RUNNING

The USATF National Masters One Mile Road Championships on the 12th in Santee, Calif., offering winners' and age-graded money, is the feature race this month. Marathons in Charlotte, N.C., on the 4th and Orlando on the 5th start things off, along with an enticing Jackson Day Race of 9K in its 90th year on the 5th in New Orleans. The L.A. suburb of Paramount hosts a Special Masters 10K requiring that runners meet qualifying times to compete for cash on the 11th. More marathons in Houston on the 12th, New Orleans, on the 18th, and San Diego, on the 19th. Two massive, wild-and-crazy events close out the month: the Gasparilla 15K, Tampa, on the 25th, and the Super Bowl Sunday 10K, Redondo Beach, Calif., on the 26th.

RACEWALKING

Many races include a race-walking category, and some indoor meets offer walks at the mile, 1500, or 3000m distances.

Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

February 15-17. Paradise Pentathlon, Honolulu. Weight Pentathlon. Hawaii Masters Track Club, PO Box 15763, Honolulu, HI 96830-5763. Ed Costello, 808-988-2379.

February 16. Silver State Indoor Masters Classic, Reno. Events added this year: pole vault, super weight, hurdles, race-walk. See entry form with schedule herein. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

June 14. Los Gatos Open & Masters Classic, Los Gatos HS, Calif. SC at West Valley College, Saratoga; HT, JT, weights at KELfield, Santa Cruz. Monica Townsend, 138 Johnson, Los Gatos, CA

Continued on next page

Continued from previous page

95032. 408-395-9486.

June 28. USATF Pacific Association Championships/Age-Graded Meet, Soquel, Calif. Open & masters compete together; places determined by age-graded scoring tables; men & women separate. Santa Cruz TC, Bill Johnson, 408-335-0460.

July 12. USATF West Regional Masters Championships, San Jose City College, Calif. Site of 1997 Championships. Monica Townsend, 138 Johnson, Los Gatos, CA 95031. 408-395-9486.

NORTHWEST

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

June 28-29. Hayward Classic. Hayward field, Eugene, Ore. Ruth BreMiller, 590 West 29th Ave., Eugene, OR 97405. 541-687-9675(h); 346-4923(w); e-mail #brem@uoneuro.uoregon.edu.

CANADA

March 8. 28th annual Ontario Masters Indoor Championships, York U., Toronto. 35+. Brian Keaveney, 427 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416-252-7047.

INTERNATIONAL

February 22. British Masters Indoor Championships, Glasgow, Scotland. Henry Morrison, 40 Arden St., Edinburgh, Scotland EH9 1BQ.

February 28-March 2. 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close, Harrow, Middlesex, HAI 4AZ, England. Fax: 181-248-2271.

June 28-29. British Masters Championships, Blackpool, England.

July 10-25. 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, So. Africa. P.O. Box 1044, Durban 4000, South Africa. Fax: 27-31-304-6196.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING

NATIONAL

January 12. USATF National Masters One Mile Road Championships, Santee, Calif. Masters money for overall winners, plus sex- & age-graded money for masters. Elite Racing, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

February 9. USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Indy Life Circuit Race. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870.

February 22. USATF National Masters 12K Championships, Tomball, Texas. Mick Midkiff, 4808 Palmetto St., Bellaire, TX 77401. 713-667-2902.

March 23. USATF National Masters 8K

Championships, Chicago, Ill. David Pratt, 59 E. Van Buren #1716, Chicago, IL 60606. 312-666-9836.

April 12. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvania Lane, Plainview, NY 11803. 516-433-0919.

April 12. USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-824-4508.

April 13. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

June 5-8. RRCA 40th Convention, Colorado Springs. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314.

September 1. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

October 5. USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. (1 1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

EAST

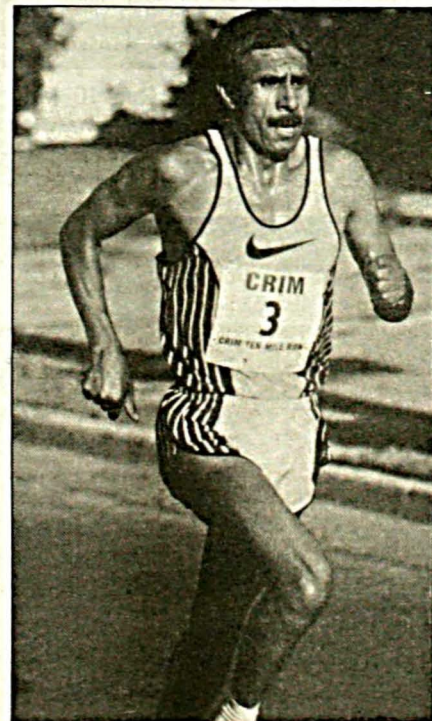
Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

April 12. Nationwide Insurance 10K Run for ASPIRE, Matlin Middle School, Plainview, L.I. 9 am. Mike Polansky, 516-433-0919.

April 13. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769. 301-340-6699.

April 21. Boston Marathon. Boston Athletic Association, Marathon Applications, PO Box 1997-A, Hopkinton, MA 01748. 15,000 limit; entries accepted until Feb. 1.

May 4. Pittsburgh Marathon. U.S. Open Men's Championships. Susan Manko or Frank Raczkiewicz, 412-647-3555; Fax:



Mexico's Martin Mondragon, 42, won his third straight masters title with a 16th overall 49:51 in the 20th Annual Crim 10-Mile in Flint, Mich.

Photo: Victah © Photo-Run-1996©

412-624-3184.

May 31. Freihofer's Women's 5K Run, Albany, N.Y. Indy Life Circuit Race. USATF Adirondack Association, 233 4th St., Troy, NY 12180. 518-273-5552.

SOUTHEAST

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

January 4. Charlotte Observer Marathon. SASE to Observer Marathon, Box 30294, Charlotte, NC 28230. 704-358-5425.

January 5. Disney World Marathon, Orlando. 407-939-7810.

January 11. Plantation Prime 5K Run/Racewalk, Leesburg, Fla. 50+. 407-898-1313; 896-5473.

January 19. Naples Half-Marathon/USATF Florida State Championships. Masters money. Perry Silverman, 224 6th Ave. South, Naples, FL 34102. 941-262-5653; fax 941-263-0934.

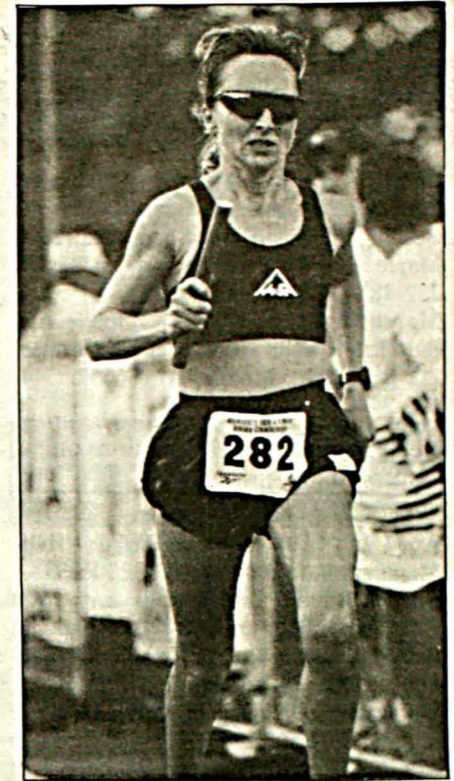
January 25. Gasparilla 15K & 5K, Tampa. SASE to Gasparilla, PO Box 1881-RT, Tampa, FL 33601-1881.

February 1. Flatlander's Challenge 10K, Brooksville, Fla. Red Mule RC, PO Box 1724, Brooksville, FL 34605. Judy Hensley, 352-796-1047(h), or Ernie, 352-796-2132.

February 8. Carolina Marathon & 10K, Columbia, S.C. U.S. Women's Championships. Marathon, PO Box 5092, Columbia, SC 29250.

February 15. Viking Classic 10K/USATF Georgia Open Championships, Rome. Jim Dugger, 490-575 Berry College, Mt. Berry, GA 30149-0575.

February 22. Blue Angel Marathon, Pensacola, Fla. BAB, MWR, Code 22000,



Carole Smith, 41, ran the fastest leg (5:31) in the Houston Area RR Association women's 100x1-mile Guinness record relay, Houston, Texas. Photo by Jerry Smith

190 Radford Blvd., NAS Pensacola, FL 32508-5217. 904-452-4391.

February 25. Colonial Half-Marathon & 5K, Williamsburg, Va. Bonita Flesher, PO Box 399, Williamsburg, VA 23185. 757-221-3362. Rick Pratt, 757-229-7375.

Continued on next page



28th Annual LONGEST DAY

Marathon, Half Marathon, 10K, 5K, and 5K Race Walk

Saturday, April 19, 1997

Brookings, S.D.

Contact:

Charles S. Roberts, Jr., M.D.
1345 First Street
Brookings, S.D. 57006
605/692-2334

Kurt Osborne
507 Main Avenue
Brookings, S.D. 57006
605/697-5252



ALL PROFITS AND
PLEDGES TO
EASTER SEAL SOCIETY.

Continued from previous page

March 8. Gate River Run 15K, Jacksonville, Fla. Indy Life Circuit Race. Doug Alred, 3853 Baymeadows Rd., Jacksonville, FL 322178 Hotline 904-739-1917; fax: 904-731-3197.

March 15. Shamrock Sportsfest Marathon, 8K and Masters 8K, Virginia Beach, Va. SASE to Shamrock, 2308 Maple St., Virginia Beach, VA 23451. 757-481-5090; fax: 481-2942.

March 22. Azalea Trail 10K, Mobile, Ala. Indy Life Circuit Race. Richard Dorman, PO Box 2846, Mobile, AL 36652. 344-432-3444.

MIDWEST

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

April 26. Kentucky Derby Festival Half-Marathon, Louisville. 1-800-928-FEST.

May 2 (Fri.) Indianapolis Life 500 Festival Half-Marathon, Indianapolis, Indy Life Circuit Race, 3X points. Festival 500, 201 S. Capitol, Ste. 201, Indianapolis, IN 46225. 800-638-4296; fax: 317-264-5693.

May 4. Revco-Cleveland Marathon & 10K. 1-800-GO-REVCO.

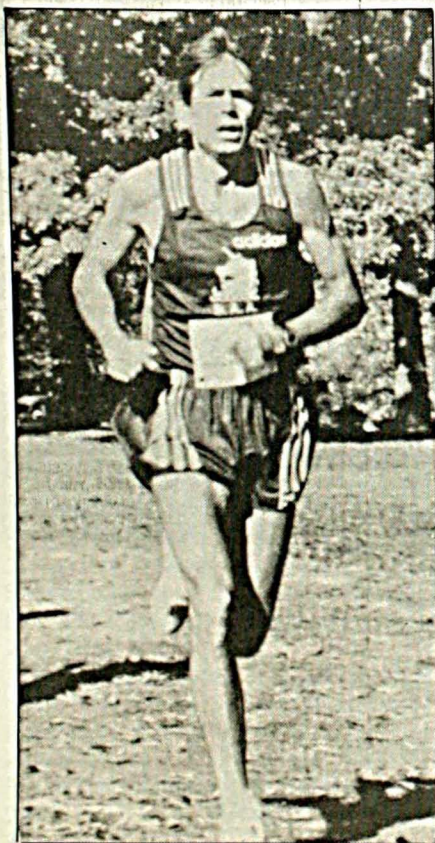
July 20. Chicago Distance Festival 5K, Chicago, Ill. Indy Life Circuit Race (counts for men only). Carey Pinkowski, 54 W. Hubbard #600, Chicago, IL 60610. 312-527-2200.

MID-AMERICA

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

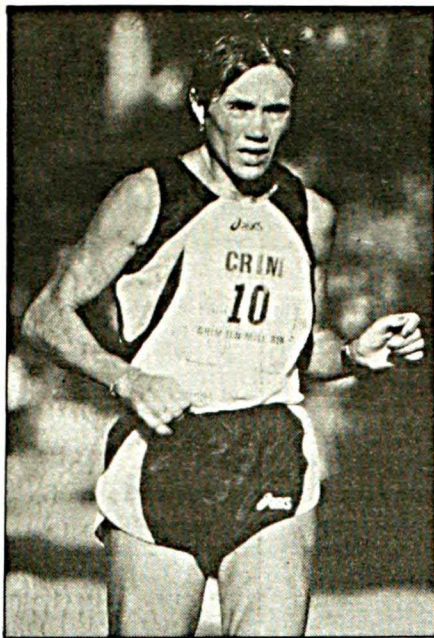
April 19. Longest Day Marathon & Relays, 5K, 10K, Half-Marathon, 5K RW, Brookings, South Dakota. Dr. Charles Roberts, 1345 First St., Brookings, SD 57006. 605-692-2334 or 697-5252.

May 26. Bolder Boulder 10K, Boulder, Colo. Bill Reef, PO Box 9125, Boulder, CO 80301. 303-444-RACE.



Rich Murray, Ipswich, Mass., was second M50 in the USATF New England Gran Prix with top three finishes in events ranging from 5K to 30K, and won the bronze (17:04) in the 5000 at the 1996 Masters Championships in Spokane.

Photo by Jack Fleming



Ukraine's Tatiana Pozdnyakova, 40, won the women's masters title with a 7th-female overall 54:46 in the 20th annual Crim 10-Mile in Flint, Mich., Aug. 24.

Photo: Victah © Photo-Run-1996©

June 8. KRDO Garden Of The Gods 10 Miler/RRCA National Championships, Colorado Springs. Fred Mais, 809 N. Cascade Ave., Suite F, Colorado Springs, CO 80903. 719-473-2625.

June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 5. 90th Jackson Day Race, 9K, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

January 12. Houston Marathon. HM, PO Box 56464, Houston, TX 77024. 713-864-9305, 864-7525.

January 18. New Orleans Mardi Gras Marathon, 1/2 Marathon, 6K. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

January 18. USATF Oklahoma 20K Championships, & 5K 25K, Tulsa. 918-742-5344.

February 16. Austin Marathon. SASE to Marathon, PO Box 684587, Austin, TX 78768. Lyle Clugg, race director, 212-505-8304.

February 22. Cowtown Marathon & 10K, Fort Worth, Texas. Cowtown Runs, PO Box 9066, Fort Worth, TX 76147. 817-735-2033.

February 22. Camellia City Classic 10K, Slidell, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

March 29. Crescent City Classic 10K, New Orleans. Mac DeVaughn, 8200 Hampson St., #217, New Orleans, LA 70118. 504-861-8686.

April 6. Austin American Statesman-Capitol 10K. Capitol 10K, PO Box 2936, Austin, TX 78768. 512-445-3596.

WEST

Arizona, California, Hawaii, Nevada

January 11. Paramount 10K & Special World Masters 10K Race, Paramount, Calif. Standards for World Masters 10K. SASE to The Finish Line International,

7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

January 12. Steve Scott Festival of Races/USATF Master's Mile National Championship, Santee, Calif. Elite Racing 619-450-6510.

January 19. San Diego Marathon & Half-Marathon, Carlsbad, Calif. SASE to In Motion, Dept. RT, 511 S. Cedros Ave., Ste. B, Solana Beach, CA 92075. 619-792-2900; fax 792-2901.

January 26. Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. Conte Productions, 901 Van Ness Ave., Torrance, CA 90501. 310-781-2020; fax 543-9605.

February 8. Great American Adventure Cross-Country, Huntington Beach. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

February 9. Las Vegas International Marathon & Half-Marathon & 5K. PO Box 81262, Las Vegas, NV 89180. 702-876-3870.

February 17. Great Aloha 8.25 Miles, Honolulu. Aloha Run, 1130 N. Nimitz Hwy., Bldg. A, Ste. 121A, Honolulu, HI 96817. 808-528-7388.

February 23. Spirit Run '97 10K & 5K, Newport Beach, Calif. Hotline: 714-224-9899; Kinane Events: 619-434-7706.

March 2. City of Los Angeles Marathon & 5K. LA Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 310-444-5544; fax: 473-8105.

March 2. Sutter Home Napa Valley Marathon, PO Box 4307, Napa, CA 94558-0430. 707-255-2609.

May 11. Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. \$3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.

March 18. Examiner Bay To Breakers 12K, San Francisco. SASE to BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.

July 12. Bastille Day 8K, Newport, Calif. Indy Life Circuit Race.

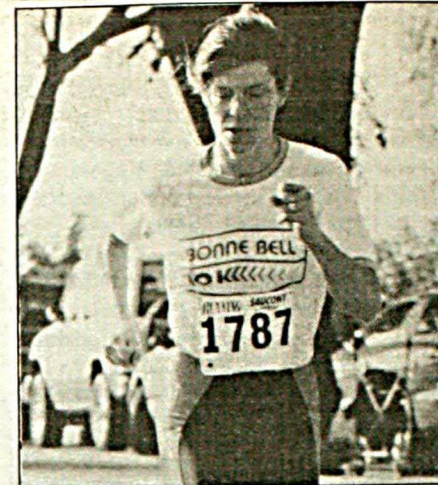
NORTHWEST

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

April 12. Pear Blossom Run 10 Mile, Medford, Ore. Jerry or Zella Swartsley, PO Box 146, Medford, OR 97501. 541-535-1205.



Jean Michalak, 41, second W40+ (41:06), and Frank Curotto, 42, first overall, St. Louis Fire Fighters 10K, Aug. 25. Photo by Hank Kiesel



Anne Bowman, 40, second W40+ (33:48), 1996 Mother's Day 8K, Washington, D.C.

Photo by George Banker

May 4. Lilac Bloomsday 12K. SASE April 15 to Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.

July 26-August 1. Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.

INTERNATIONAL

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa. P.O. Box 1044, Durban 4000, South Africa. Fax: 27-31-304-6196.

RACEWALKING

February 16. Indoor Mall 3K Championships, Connecticut Post Mall, Milford. Gus Davis, Conn. Racewalkers, 789 Donna Dr., Orange, CT 06477. 203-384-3157; fax: same.

February 16. Silver State Indoor Masters Classic, Reno, Nev. See T&F Feb. 16.

March 21. USATF National Masters Indoor Championships 3000m Racewalk. See National T&F.

May 18 (tent.) USATF National Masters 15K Racewalk Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Balden, Chicago, IL 60614.

June 22. USATF National Masters Women 20K & Masters Men 25K Racewalk Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Ln., Schenectady, NY 12303.

July 12. USATF National Masters Men 10K Racewalk Championships, Niagara Falls. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217.

July 17-27. XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National Schedule.

August 7-10. National USATF Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.

September 13. USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

September 14. USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.

October 12. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905.

RECORDS SET AT INDOOR EASTERN TRACK & FIELD CHAMPIONSHIPS THROUGH 1996

PREPARED BY HAIG BOHIGIAN, EAST REGIONAL COORDINATOR

60 YARD - 55 METER MEN'S HURDLES table with columns for AGE, YEAR, MARK, NAME

60 METER MEN'S HURDLES table with columns for AGE, YEAR, MARK, NAME

60 YARD - 55 METER WOMEN'S HURDLES table with columns for AGE, YEAR, MARK, NAME

60 METER WOMEN'S HURDLES table with columns for AGE, YEAR, MARK, NAME

3000 METER WOMEN'S RUN table with columns for AGE, YEAR, MARK, NAME

60 YARD - 55 METER MEN'S DASH table with columns for AGE, YEAR, MARK, NAME

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60 YARD - 55 METER WOMEN'S DASH table with columns for AGE, YEAR, MARK, NAME

60 METER WOMEN'S DASH table with columns for AGE, YEAR, MARK, NAME

WOMEN'S LONG JUMP table with columns for AGE, YEAR, MARK, NAME

200 METER MEN'S DASH table with columns for AGE, YEAR, MARK, NAME

400 METER MEN'S DASH table with columns for AGE, YEAR, MARK, NAME

200 METER WOMEN'S DASH table with columns for AGE, YEAR, MARK, NAME

400 METER WOMEN'S DASH table with columns for AGE, YEAR, MARK, NAME

WOMEN'S HIGH JUMP table with columns for AGE, YEAR, MARK, NAME

800 METER MEN'S RUN table with columns for AGE, YEAR, MARK, NAME

1500 METER MEN'S RUN table with columns for AGE, YEAR, MARK, NAME

800 METER WOMEN'S RUN table with columns for AGE, YEAR, MARK, NAME

1500 METER WOMEN'S RUN table with columns for AGE, YEAR, MARK, NAME

WOMEN'S SHOT PUT table with columns for AGE, YEAR, MARK, NAME

3000 METER MEN'S RUN table with columns for AGE, YEAR, MARK, NAME

3000 METER MEN'S RACEWALK table with columns for AGE, YEAR, MARK, NAME

MEN'S 4x200 METER RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

MEN'S 4x400 METER RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

3000 METER WOMEN'S RACEWALK table with columns for AGE, YEAR, MARK, NAME

MEN'S LONG JUMP table with columns for AGE, YEAR, MARK, NAME

MEN'S TRIPLE JUMP table with columns for AGE, YEAR, MARK, NAME

MEN'S 4x800 METER RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

MEN'S 4x440 YARD RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

WOMEN'S TRIPLE JUMP table with columns for AGE, YEAR, MARK, NAME

MEN'S HIGH JUMP table with columns for AGE, YEAR, MARK, NAME

MEN'S POLE VAULT table with columns for AGE, YEAR, MARK, NAME

MEN'S 4x880 YARD RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

WOMEN'S 4x200 METER RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

WOMEN'S POLE VAULT table with columns for AGE, YEAR, MARK, NAME

MEN'S SHOT PUT table with columns for AGE, YEAR, MARK, NAME

MEN'S WEIGHT THROW table with columns for AGE, YEAR, MARK, NAME

WOMEN'S 4x400 METER RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

WOMEN'S 4x800 METER RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

WOMEN'S WEIGHT THROW table with columns for AGE, YEAR, MARK, NAME

70-74 1988 37-9.25 11.51 ELMER SHAW table

70-74 1988 36-11 11.25 ELMER SHAW table

WOMEN'S 4x440 YARD RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES

WOMEN'S 4x880 YARD RELAY table with columns for AGE, YEAR, MARK, CLUB, NAMES



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

M30-34 Noah Hinkston	800m	1:59.64	9-8-96
M35-39 Stephen Winkel	400m 400m Pentathlon Pentathlon Decathlon	51.54 51.83 3265 3088 6005	5-3.5-96 5-18-96 5-24.26-96 8-15.18-96 9-28.29-96
M40-44 Mark Gershon Neil Howk Michael Mitchell	Triple Jump 800m 110H	12.16 2:07.97 17.61	2-25-96 3-31-96 7-20-96
M50-54 Joe Hilde Ed Jones	Javelin 100m 200m Long Jump 400m	51.06 11.67 23.94 209.75 56.9	11-2-96 7-20-96 7-20-96 7-20-96 9-14-96
M55-59 Marcel Balla Walter Diggs	800m Javelin	2:24.90 39.47	6-22-96 4-6-96

M60-64 Charlie Anderson Walter Diggs	100m Discus Long Jump High Jump	13.40 144.8 15-7 1/2 4-8	10-10-96 6-21-96 6-21-96 6-21-96
Wendell Roehrs	100m 200m	13.67 27.69	9-15-96 9-15-96
Lew Overbeck	25# Weight	11.0	7-20-96
M65-69 Mack Branham	Discus 25# Weight 56# Weight	37.80 10.02 4.86	9-21-96 9-21-96 9-21-96
M70-74 Howard MacMillan	100m 200m 400m	14.58 30.89 75.42	7-20-96 7-20-96 7-20-96
Sam Madia	100m 200m	14.25 31.10	7-13.23-95 7-13.23-96
Alfonzo Wilson	80H	16.63	8-21.23-96

M80-84 Frank Levine	800m 1500m 5000m 10,000m	3:49.52 7:42.62 28:02.87 56:48.77	7-13.23-95 7-13.23-95 7-13.23-95 7-13.23-95
W30-34 Valerie Silver	10K	40:10	4-14-96
W35-39 Vickie Ford	5000m	19:10.10	7-20-96
W45-49 Nancy Curry Anita Greenberg	10K 5000m	46:40 21:27.50	10-5-96 6-9-96
W70-74 Dorothy Wilson Alfonzo Wilson	Shot Put 80H	5.37 16.63	8-22-96 8-21.23-96
M80-84 Frank Levine	800m 1500m 5000m 10,000m	3:49.52 7:42.62 28:02.87 56:48.77	7-13.23-95 7-13.23-95 7-13.23-95 7-13.23-95

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:00	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94 6-4 1/2	1.85 6-3 3/4	1.76 5-9 1/2	1.68 5-6	1.59 5-2 1/2	1.50 4-11	1.41 4-7 1/2	1.32 4-4	1.23 4-1 1/2	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5 1/2	4.15 13-7 1/2	3.90 12-9 1/2	3.60 11-9 1/2	3.30 10-10	3.05 10-0	2.80 9-2 1/2	2.55 8-4 1/2	2.30 7-6 1/2	2.05 6-8 1/2	1.80 5-11	1.50 4-11
LJ	6.55 21-6	6.20 20-4 1/2	5.85 19-2 1/2	5.45 17-10 1/2	5.10 16-9	4.75 15-7	4.40 14-5 1/2	4.00 13-1 1/2	3.65 11-11 1/2	3.35 11-0	3.00 9-10	2.65 8-8 1/2
TJ	13.35 43-9 1/2	12.65 41-6	11.90 39-3 1/2	11.15 36-7	10.40 34-1 1/2	9.65 31-8	8.90 29-2 1/2	8.20 26-11	7.50 24-7 1/2	6.80 22-4	6.10 20-1 1/2	5.50 18-1 1/2
Shot	15.20 49-10 1/2	14.10 46-3 1/2	13.00 42-8	12.00 39-4 1/2	12.40 40-8 1/2	11.20 36-9	12.00 39-4 1/2	10.80 35-5 1/2	10.00 33-0	8.80 28-10 1/2	7.65 25-1 1/2	6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2 1/2	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	33.00 118-1	29.00 108-3	25.00 95-2	22.50 82-0	18.00 73-10	10.00 60-0
Jav	62.00 203-5	57.00 187-0	52.00 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 131-3	35.00 114-10	29.00 95-2	24.00 78-9	19.00 62-4	15.00 49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42 4-8	1.35 4-5 1/2	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6 1/2	1.02 3-4 1/2	.97 3-2 1/2	.92 3-0 1/2	.89 2-11	.84 2-7
PV	2.70 8-10 1/2	2.40 7-10 1/2	2.10 6-11	1.80 5-11	1.50 4-11	1.20 3-11	1.10 3-7 1/2	1.00 3-3 1/2	0.90 2-11	0.80 2-7 1/2	0.70 2-3 1/2
LJ	5.00 16-5	4.60 15-1	4.25 13-11 1/2	3.90 12-9 1/2	3.55 11-8	3.20 10-6	2.85 9-4 1/2	2.60 8-6 1/2	2.35 7-8 1/2	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-2 1/2	8.60 28-2 1/2	7.80 25-7 1/2	7.18 23-7	6.40 21-0	5.70 18-8 1/2	5.20 17-1	4.70 15-5	4.20 13-9 1/2	3.80 12-5 1/2
Shot	10.30 33-9 1/2	9.30 30-6 1/2	8.40 27-7	7.70 25-3 1/2	7.95 26-1	7.20 23-7 1/2	6.50 21-4	5.80 19-0 1/2	5.25 17-3	4.70 15-5	4.25 13-11 1/2
Jav	29.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6 1/2	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

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

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

	1.5k	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:08	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:56:48
F45	8:03	8:41	16:32	28:33	46:36	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:36	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:30	5:37:25	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:20	6:00:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:06	30:36	42:14	1:26:30	1:47:18	2:48:13	3:51:12				
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14									

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in put format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Granite State Senior Games New Hampshire; Sept. 22

--100m

M50 Steven Metz	13.1
M55 Phil Byrne	13.7
M60 Rob Cloutier	14.3
Richard Croak	14.3
Ken Hulstrom	14.3
M65 Frank Conlin	19.9
M70 John Gilligan	14.7
W55 Arlene Dupuis	18.0
W60 Barb Jordan	16.6
W65 Jeannine Casey	18.6
W70 Ann McGowan	21.0

--200m

M50 Jeff Spoor	27.7
M55 Phil Byrne	28.9
M60 Bob Cloutier	29.4
M65 Rodney Brown	29.6
M70 Frank Brako	32.7
W60 Barbara Jordan	35.9
W65 Jeannine Casey	42.4
W70 Ann McGowan	47.9

--400m

M50 Steven Metz	61.9
M55 Jerry LeVasseur	76.2
Ansel Leslie	76.7
M60 Bernie Crabtree	72.1
M65 Rodney Brown	67.1
M70 Archie Messenger	73.4
W55 Sheila McKenna	88.1
W60 Betsy Hall	85.9
W70 Wally Dashiell	2:10.8

--800m

M50 Alan Taplin	2:26.6
M55 Jerry LeVasseur	2:40.0
M60 Bernie Murray	2:51.7
M65 Rodney Brown	2:45.8
W55 Sheila McKenna	3:25.5
W60 Betsy Hall	3:17.4

--1500m

M50 Joseph Sinicropo	5:10.9
M60 Bernie Murray	6:09.9
M65 Jim Lynch	6:04.4
M70 Archie Messenger	5:59.7
W50 Benita Lebow	8:37.7
W55 Pris Hertzler	8:11.0
W60 Betsey Hall	6:53.2

--5000m

M50 Danny Klein	18:54
M55 Ron Whittemore	24:16
M60 Field Ryan	22:41
M65 Jim Lynch	21:36
M70 Russ Stanton	23:01

--10,000m

M55 Ron Whittemore	51:02
M60 Tim Johnson	54:15
M65 Jim Lynch	45:35

--High Jump

M50 Steven Metz	5-0
M55 Phil Byrne	3-10
M60 Ken Hulstrom	4-0
M65 Jim Lynch	3-6
M70 Frank Brako	4-2
M75 Ken Wheeler	3-8
W60 Flo Meiler	3-4
W65 Brigitte Langer	3-2
W70 Wally Dashiell	3-2

--Pole Vault

M50 Steven Metz	8-6
Buster Byrnes	8-6
M55 Rich Damery	8-0
M60 Ken Perkins	8-6
M65 David Wilson	5-6
M75 Boo Morcom	8-6
W55 Arlene Dupuis	4-0
W60 Flo Meiler	5-0
Barbara Jordan	4-0

--Long Jump

M50 Buster Bernes	11-10
M55 Phil Byrne	14-11
Richard Damery	14-8
M60 Ken Hulstrom	11-11
M65 Jim Lynch	8-9
M70 Frank Brako	12-1
W55 Arlene Dupuis	8-8
W60 Flo Dupuis	10-5
W65 Jeannine Casey	8-9
W70 Ann McGowan	7-5

--Shot Put

M50 Carl Wallin	49-11
M55 Benjie Lebow	31-8

M60 Len Rosen 39-10

M65 Charles Dolecki	28-11
M70 Frank Brako	28-5
M75 Bruno Maki	30-8
M85 Ted Desjourdy	18-7
W55 Annie Lands	30-0
W60 Mary Roman	29-2
W65 Harriet Patch	18-2
W70 Estelle O'Conner	18-5

--Discus

M50 Robert Harvey	128-0
Carl Wallin	124-6
M55 Ed Roman	92-8
M60 Len Rosen	129-3
M65 Charles Dolecki	113-7
M70 George Cross	79-1
M75 Boo Morcom	96-3
M85 Ted Desjourdy	41-10
W55 Annie Lands	74-10
W60 Flo Meiler	71-9
W65 Marietta Cross	54-2
W70 Wally Dashiell	46-2

--Javelin

M50 Carl Wallin	121-3
M55 Phil Byrnes	124-6
M60 John Pakulis	104-2
M65 David Wilson	105-6
M70 George Cross	83-7
M75 Bruno Maki	86-5
Ken Wheeler	76-0
M85 Ted Desjourdy	41-3
W55 Annie Lands	74-7
Joan Youngs	69-2
W60 Dorothy Bemis	49-3
Mary Roman	48-6
W65 Joyce Finley	32-0
W70 Jeanne Berlepsch	45-3
Wally Dashiell	45-1

--1500m Racewalk

M50 Robert Aucoin	8:50
M55 Mike Hoffer	9:58
M60 Bob Beaudet	8:51
M65 Bill Leithead	10:08
Wm McCann	10:12
M70 Wm O'Leary	10:20
M75 Bruno Maki	11:40
W55 Barbara Frasca	11:20
W60 Jean Shepardson	9:27
W65 Phyllis Leithead	16:24

--5000m Racewalk

M50 Robert Aucoin	32:11
M55 Mike Hoffer	36:00
M60 Robert Beaudet	32:22
M70 Wm O'Leary	36:08

SOUTHEAST

District II Masters Games Guntersville, AL; Sept. 12

--400m

M55 Roger Chassay	72.32
Dick Anderson	73.02
M60 Hugh Manning	92.6
M65 Floyd Deuring	71.48
Grady Edwards	82.73
W65 Betty Dooley	1:48.15
Peggy Myrick	1:50.0

--800m

M55 Roger Chassay	2:58.63
M60 Hugh Manning	3:40.38
M65 Floyd Deuring	2:53.56
Grady Edwards	3:17.0
W65 Betty Dooley	4:17.23

--1-Mile

M55 Roger Chassay	6:30
M60 Hugh Manning	8:35
M65 Bob Grundy	6:12
Floyd Deuring	7:15
Grady Edwards	7:15
Mike Dooley	8:15
W65 Betty Dooley	9:45

North Carolina Senior Games Raleigh, NC; Oct. 5

100m

M55 Nathaniel Carter	13.3
Raynah Adams	13.3
M60 Willie McLeod	13.5
M65 William Copeland	14.7
Lawrence Greco	14.7
Hershey Hipps	14.7
M70 Paul Dziezyc	15.7
M75 Marlen McWilliams	15.7
M80 Oscar Roberson	19.8
M90 Bert Moses	32.1
M95 Harding Kneeder	43.5

200m

M55 Raynah Adams	27.4
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M60 Willie McLeod	29.1
M65 Lawrence Greco	32.7
M70 Paul Dziezyc	33.1
M75 Marlen McWilliams	33.8
M80 Bill Stanford	42.1
W55 Barbara Coxen	38.4
W60 Anne Yudell	36.1
W65 Laura Blount	43.6
W70 Margaret Hagerty	48.5

400m

M55 Raynah Adams	64.9
M60 Bobby Moore	67.7
M65 John Kortheuer	70.8
M70 Paul Dziezyc	80.7
M75 Edgar Clark	1:45.8
M80 Bill Stanford	1:44.4
W55 Barbara Coxen	1:46.2
W60 Anne Yudell	83.6
W65 Mary L Turner	2:04.9
W70 Margaret Hagerty	1:53.2

800m

M55 Bill Jackson	2:42.2
M60 Donald Lein	2:36.0
M65 Bill Hottinger	2:50.6
M70 Archie Carroll	3:21.1
M75 Rafe Lovelace	5:14.4
W55 Susie Klutz	2:55.2
W65 Heda Van Deventer	4:18.0
W70 Margaret Hagerty	4:18.5

1500m

M55 Sam Rizk	5:54.3
M60 George Duley	5:07.9
M65 Bill Hottinger	5:52.1
M70 Harold Stephens	7:04.6
M75 Cecil Shearhart	7:48.6
W55 Susie Klutz	5:55.6
W60 Pauline Hicks	8:04.1
W65 Mary L Turner	10:09.8
W70 Margaret Hagerty	9:03.9

5000m

M55 Karl Swanson	19:35.7
M60 George Duley	18:53.9
M65 Donald Gowdy	22:57.8
M70 Harold Stephens	26:15.9
M75 Arnold Hecht	28:20.2
W55 Susie Klutz	21:51.0
W60 Pauline Hicks	28:58.5
W65 Mary L Turner	37:56.0
W70 Margaret Hagerty	36:41.5

SOUTHWEST

Wichita Falls Senior Games Wichita Falls, TX; Sept. 12-15

100m

M50 Dale Hodges	13.34
M55 Wayne Bennett	12.62
M60 Tony Deatherage	13.23
M65 Bill Pardue	13.90
M70 Tim Murphy	13.85
M75 Claude Spears	21.79
W50 Nell Copening	18.93
W55 Shelly Whitlock	17.66
W60 Doris Stalcup	22.95
W75 Pearl Holloway	25.48

200m

M50 James Manning	33.09
M55 Wayne Bennett	25.90
M60 Tony Deatherage	27.62
M65 Trevor Snell	30.05
M70 Tim Murphy	29.89

400m

M50 James Manning	73.48
M55 Wayne Bennett	62.60
M60 Lowell Bonifield	63.37
M70 Jack Gilbert	75.70

800m

M50 James Manning	2:37.50
M55 Jim Cummings	2:37.50
M60 Don Stocomb	2:45.07
M65 Newman Young	3:16.19
M70 Bob Wingo	3:18.15

1500m

M50 James Manning	5:04.60
M55 Jim Cummings	5:23.50
M60 Don Stocomb	5:50.10
M65 Herb Marvel	6:52.08
M70 Clark Jones	9:14.60

5000m

M50 James Manning	18:59
M55 Jim Cummings	19:22
M60 John Stalcup	19:42
M65 Don Decker	30:31
M70 Clark Jones	34:34
W50 Sherry Lohrmann	29:47

Discus

M50 Larry Sava	79-7 1/2
M55 Bufe Morrison	87-8 1/2
M60 Henry Wright	114-8
M65 Newman Young	76-8 1/4
M70 Jack Gilbert	90-2
W50 Nell Copening	45-2 1/2
W55 Shelly Whitlock	47-7 1/4
W60 Doris Stalcup	44-5
W65 Mary Gilbert	29-5 1/4
W75 Pearl Holloway	45-11

1500m RW

M50 Larry Sava	n/a
M55 Bufe Morrison	11:03
M60 John Stalcup	10:48
M70 Gene Moore	12:35
W50 Mary Morrison	11:29
W60 Doris Stalcup	10:48
W70 Ruby Mason	12:07

WEST

Phoenix Senior Games Phoenix, AZ; Nov. 2

--100m

M50 Ron Jordan	13.07
M55 Antonio Chavez	13.61
M60 Norb Wedepohl	12.82
M65 Andy Anderson	13.65
M75 Ernest Hershberger	21.45
M80 Everett Penrod	18.35
Paul Hall	19.94
M85 Virgil McIntyre	20.72
W50 Kathy Jager	13.84
W60 Erika Goldstein	17.24
W75 Nona Todd	29.82
W85 Mary Berlangiero	38.96

--200m

M50 Garry Cox	28.34
M55 Antonio Chavez	27.33
M60 Norb Wedepohl	27.09
M65 Andy Anderson	28.60
M70 Ole Schjende	38.90
M80 F D Tompkins	40.89
M85 Virgil McIntyre	43.16
W50 Kathy Jager	30.04
W60 Erika Goldstein	37.23

--400m

M50 Garry Cox	n/a
Dick Upton	65.99
M55 Antonio Chavez	62.34
Dave Doerrer	62.35
M60 Jack Rickard	72.02
M65 Gus Salazar	76.99
Charles Rice	77.03
M75 F D Tompkins	1:41.63
W60 Esther Gerson	93.49

--800m

M50 Garry Cox	2:43.09
M55 Tom Mathews	3:00.83
M60 Dick Upton	2:42.36
M65 Charles Rice	3:28.07
M75 F D Tompkins	4:15.20
W60 Esther Gerson	3:58.81

--1500m

M55 Joseph Roer	5:53.21
Tom Mathews	5:54.50
M60 Gayle Jarvis	7:11.55
M65 Harry Zimmer	7:32.57
Darrell Stewart	7:34.09
M75 F D Tompkins	8:41.35
W65 Sharon Jakubiak	8:43.50

--High Jump

M50 Larry Jones	4-6
M55 Andy Almaraz	4-8
Dave Doerrer	4-8
M60 Bob Bergfeldt	4-10
M65 Glenn Edwards	4-2
Bob McDonald	4-1
Novi Milicevic	4-1
M70 Charles Obye	4-0
Doug Cochran	3-9
M80 Everett Penrod	3-6
Charles Roloff	3-6
W65 Barbara Brandt	3-0

--Pole Vault

M50 Larry Jones	8-6
M55 Dave Doerrer	9-0
M60 Bob Bergfeldt	9-0
Doug McFetters	8-6
M65 Glenn Edwards	8-6
Warren Wolf	8-0
M75 Myron Dover	4-6

--Long Jump

M50 Jerry Griffin	14-10
M55 Jim Swayze	16-8
M60 Bob Bergfeldt	15-6
M65 Glenn Edwards	13-6
M70 Charles Obye	12-6
M75 Grant Felt	7-6.5
E Herschberger	7-5
M80 Everett Penrod	9-10
W50 Kathy Jager	11-9
W60 N Filiatraut	8-8
W70 Adele McCormick	5-3
M75 Nona Todd	3-8
--Shot Put	
M50 Duane Thompson	11.71

M55 Bob Beck	12.12
Jim Burke	11.98
M60 Ben McGrady	12.38
M65 Wes Goodwin	10.61
Paul O'Leary	10.60
M70 Armando Faustini	10.20
M75 Myron Dover	8.55
W50 Kathy Jager	8.56
W55 Karen Bergfeldt	6.27
W60 N Filiatraut	7.17
W65 Bernice Wagner	5.73
W70 Adele McCormick	6.12

--Discus

Continued from previous page

Table with 2 columns: Name and Score. Includes M55 Robert Courville (13-1), M60 Robert Sherman (12-11.50), M65 Jim Selby (10-8.75), M70 Dewey Vroom (12-6.50), M75 Philip Dettmer (9-11.75), M80 Shemp Schwartz (7-7), W60 Ellen Brannigan (9-7), W65 Louise Martin (5-4.50), W70 Lu Mahoney (7-5).

Table with 2 columns: Name and Score. Includes M50 David Pena (35-7.75), M55 Dennis McCraven (41-00.25), M60 Ronald Wade (36-10.25), M65 Charler Sarver (33-10.50), M70 Dewey Vroom (34-11.25), M75 Philip Dettmer (25-11.75), M80 Burt DeGroot (18-5.50), W50 Hattie Perry (17-4.25), W55 Sharon Pips (19-8.75).

Table with 2 columns: Name and Score. Includes M50 Michael Woodward (117-11), M55 Floyd Harris (115-4), M60 Ronald Wade (129-6), M65 Donald Hegberg (128-3), M70 Dewey Vroom (105-2), M75 Philip Dettmer (68-9), M80 Burt DeGroot (52-6), W60 Ellen Brannigan (43-2), W70 Lu Mahoney (50-6), Johnne Valien (38-5).

Table with 2 columns: Name and Score. Includes M50 David Pena (122-3), M55 George LaBelle (107-9), M60 Ron Wade (97-7), M65 Donald Hegberg (81-3), M70 Donald Roser (95-2), M75 Philip Dettmer (54-9), M80 Burt DeGroot (36-2), W60 Ellen Brannigan (53-1), W65 Margreta Klassen (22-11), W70 Lu Mahoney (64-5).

Table with 2 columns: Name and Score. Includes M50 Willie Webster (9:16.7), M55 James Shaw (12:34.8), M60 Lloyd McGuire (8:19.8), M65 Gene Connor (10:50.4), M75 Dan Bulkley (82:96), M85 Adam Hefner (15:27.3), W50 Anne Poxon (10:22.3), W60 Patricia Willis (10:31.9), W65 Josephine Metoyer (13:58.8), W70 Doris Murphy (16:10.4), W75 Sylvia Jones (15:10.2), Barbara Pratt (19:07.6).

Table with 2 columns: Name and Score. Includes M50 Michael Blakeman (34:16.0).

Table with 2 columns: Name and Score. Includes M60 Arvid Rolle (31:01.0), M65 Grant Cotter (42:32.0), W50 Sandye Clare (NT), W55 Ena Dubnoff (NT), W60 Patricia Willis (NT), W65 Louise Martin (NT), W70 Joann Beers (NT).

NORTHWEST

Huntsman Senior Games St. George, UT; Oct. 22-25

Table with 2 columns: Name and Score. Includes M50 Ed Jones (12.01), M55 Avital Schurr (12.57), M60 Dick Glasgow (14.16), M65 Jim Stookey (13.39), M70 John O'Neill CAN (13.95), M75 Jack Davison (14.81), M80 Francis Schumann (24.02), W50 Wendy Dickson (18.01), W55 Marilyn Ongley (17.81), Marquit Molina (18.51), W60 Barbara Jordan (15.72), M70 Annie Barker (21.65), W75 Gladys Sajwaj (25.82), W85 Ivy Granstrom CAN (27.81).

Table with 2 columns: Name and Score. Includes M50 Ed Jones (25.05), M55 Lee Coustafson (27.17), M60 Dick Glasgow (nta), M65 Jim Selby (28.02), M70 Rodney Brown (29.58), M75 Jack Davison (31.26), M80 Burt DeGroot (52-6), W60 Ellen Brannigan (43-2), W70 Lu Mahoney (50-6), Johnne Valien (38-5).

Table with 2 columns: Name and Score. Includes M50 Ed Jones (25.05), M55 Lee Coustafson (27.17), M60 Dick Glasgow (nta), M65 Jim Selby (28.02), M70 Rodney Brown (29.58), M75 Jack Davison (31.26), M80 Burt DeGroot (52-6), W60 Ellen Brannigan (43-2), W70 Lu Mahoney (50-6), Johnne Valien (38-5).

Table with 2 columns: Name and Score. Includes M50 Ed Jones (25.05), M55 Lee Coustafson (27.17), M60 Dick Glasgow (nta), M65 Jim Selby (28.02), M70 Rodney Brown (29.58), M75 Jack Davison (31.26), M80 Burt DeGroot (52-6), W60 Ellen Brannigan (43-2), W70 Lu Mahoney (50-6), Johnne Valien (38-5).

Table with 2 columns: Name and Score. Includes M55 John Gustafson (2:29.37), M60 Ken Ogden (2:44.13), M65 Jim Selby (2:36.05), M70 Rod Brown (2:45.70), M75 Dan Bulkley (3:14.73), M85 Sam Monastero (4:34.11), W55 Marilyn Ongley (3:15.24), W60 Maureen Schurr (5:00.64), W65 N Hollicky CAN (3:25.51), W85 Ivy Granstrom CAN (5:15.09).

Table with 2 columns: Name and Score. Includes M50 Ken Pierce (5:35.75), M55 John Gustafson (5:13.00), M60 Ken Ogden (5:27.22), M65 Jim Selby (5:44.96), M70 Marv Woodbury (6:40.66), M75 Mike Kagan (6:--00), M80 Fran Schumann (13:12.69), M85 Sam Monastero (9:24.99), W55 I Siegers GER (7:43.12), W60 Barbara Jordan (8:03.51), W75 Gladys Sajwaj (25.82), W85 Ivy Granstrom CAN (27.81).

Table with 2 columns: Name and Score. Includes M50 Ken Pierce (13:33.79), M55 Jack Walker (13:04.45), M60 Doug Kule CAN (13:29.23), M65 Paul Nance (13:50.28), M70 Rodney Brown (29.58), M75 Jack Davison (31.26), M80 Burt DeGroot (52-6), W60 Ellen Brannigan (43-2), W70 Lu Mahoney (50-6), Johnne Valien (38-5).

Table with 2 columns: Name and Score. Includes M50 Ken Pierce (13:33.79), M55 Jack Walker (13:04.45), M60 Doug Kule CAN (13:29.23), M65 Paul Nance (13:50.28), M70 Rodney Brown (29.58), M75 Jack Davison (31.26), M80 Burt DeGroot (52-6), W60 Ellen Brannigan (43-2), W70 Lu Mahoney (50-6), Johnne Valien (38-5).

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Table with 2 columns: Name and Score. Includes Marv Woodbury (12-4), M75 Jack Davison (12-10), M80 Fran Schumann (10-9.5), M85 Sam Monastero (9:24.99), W55 I Siegers GER (7:43.12), W60 Barbara Jordan (8:03.51), W75 Gladys Sajwaj (25.82), W85 Ivy Granstrom CAN (27.81).

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Table with 2 columns: Name and Score. Includes Leroy Overstreet (92-5), M65 Skop Meneely (126-2), M70 Doug Cochran (104-6), M75 Brady Walker (91-6), M80 Fran Schumann (49-2), M85 Sam Monastero (9:24.99), W55 I Siegers GER (7:43.12), W60 Barbara Jordan (8:03.51), W75 Gladys Sajwaj (25.82), W85 Ivy Granstrom CAN (27.81).

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Table with 2 columns: Name and Score. Includes M30 S Snyman (RSA 17:51.05), M35 F Noariseb (NAM 16:44.49), M40 N Mack (BOT 16:24.24), M45 D Nienaber (RSA 17:12.80), M60 R Bezuidenhout (RSA 21:52.9-), W30 C vanderWesthuizen (RSA 18:54.54), W35 A Hess (NAM 20:31.15), W40 V von Gordon (RSA 21:10.08), W55 W Smuts (RSA 23:22.20).

Table with 2 columns: Name and Score. Includes M30 A Papama (NAM 34:32.52), M35 F Noariseb (NAM 34:15.33), M40 N Mack (BOT 34:16.16), M45 B Tangeri (NAM 36:37.52), M60 R Bezuidenhout (RSA 42:44.66), M65 H Mallet-veale (RSA 48:08.90), W30 C vanderWesthuizen (RSA 39:09.67), W35 E Stuart (RSA 41:36.56), W40 V von Gordon (RSA 43:56.19).

Table with 2 columns: Name and Score. Includes M30 A Papama (NAM 34:32.52), M35 F Noariseb (NAM 34:15.33), M40 N Mack (BOT 34:16.16), M45 B Tangeri (NAM 36:37.52), M60 R Bezuidenhout (RSA 42:44.66), M65 H Mallet-veale (RSA 48:08.90), W30 C vanderWesthuizen (RSA 39:09.67), W35 E Stuart (RSA 41:36.56), W40 V von Gordon (RSA 43:56.19).

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INTERNATIONAL

Africa Veteran Championships Windhoek, Namibia; Sept. 20-21

Table with 2 columns: Name and Score. Includes M30 A Labuschagne (RSA 11.14), M35 E Gawarab (NAM 11.28), M40 G Bester (RSA 11.47), M45 D Appollis (RSA 11.95), M50 D Cloete (RSA 12.39), M55 J van Heerden (RSA 12.75), M60 M Hacker (RSA 12.99), M65 A Heine (RSA 14.03), M70 K Schicklerling (NAM 16.70), M75 P Nel (NAM 18.27), W30 R Moolman (NAM 12.35), W35 M Viljoen (RSA 12.36), W40 N Schicklerling (NAM 12.76).

Table with 2 columns: Name and Score. Includes M30 G Draai (RSA 24.40), M35 E Gawarab (NAM 23.10), M40 G Bester (RSA 24.10), M45 D Appollis (RSA 24.30), M50 D Cloete (RSA 25.50), M55 J van Heerden (RSA 26.10), M60 M Hacker (RSA 26.50), M70 K Schicklerling (NAM 35.00), W30 L van Rensburg (NAM 26.09), W35 M Viljoen (RSA 26.02), W40 N Schicklerling (NAM 27.17), W45 P Immelman (RSA 28.71), W50 I Bremer (RSA 32.95), W65 J Geldenhuys (RSA 40.30).

Continued on next page

Continued from previous page

W45 H Schoonwinkel	RSA 37.04
W55 J Bellingan	NAM 21.12
W60 N van Lill	NAM 24.64
W65 S Malherbe	RSA 20.84
W70 L Grobler	RSA 21.52
-Javelin	
M40 T Slabber	NAM 40.22
M45 W vanderMerwe	RSA 48.28
M50 R Bosch	RSA 30.46
M60 M Willers	RSA 32.62
M65 J Blair	NZL 31.76
M75 A Sirakis	NAM 20.86
M80 L Wale	RSA 20.92
W30 A Hennop	RSA 31.10
W35 M Olivier	NAM 43.56
W45 H Schoonwinkel	RSA 31.52
W50 R Kuppe	NAM 23.10
W55 H Kuppe	NAM 26.40
W60 N van Lill	NAM 23.12
W65 S Malherbe	RSA 19.18
W70 L Grobler	RSA 16.22
-Decathlon	
M35 P Williams	RSA 4654
M45 J Allers	RSA 5788
M50 B Hancock	RSA
M65 A Heine	RSA 5485
-Heptathlon	
W45 M Ferreira	RSA 4491
-Weight Pentathlon	
M30 A Coetzee	RSA 2769
M35 P Botha	RSA 2430
M40 C Theron	NAM 2415
M45 J Roodt	RSA 3461
M50 R Bosch	RSA 2535

M55 H Rohde	RSA 3406
M60 M Willers	RSA 2910
M70 J Botha	RSA 2856
M75 A Carnie	RSA 3146
M80 C Sterley	RSA 2766
W30 A Hennop	RSA 2929
W35 O Dinkelmann	RSA 1912
W45 H Schoonwinkel	RSA 3494
W55 J Bellingan	NAM 2178
W60 N van Lill	NAM 3407
W65 S Malherbe	RSA 2992
W70 L Grobler	RSA 3221
-5000m Racewalk	
M30 H Swanepoel	RSA 26:07.03
M35 T Kahuure	NAM 29:51.80
M40 T Slapper	NAM 23:23.53
M45 J Szabo	RSA 33:18.57
M55 J Spencer	RSA 25:27.06
M65 H Mallet-Veale	RSA 32:44.33
M75 J Rogers	RSA 39:10.97
W40 G de Szabo	RSA 64:30.0
W55 E O'Brien	RSA 78:24.0
W60 B Slater	RSA 77:27.0
W65 M Landman	RSA 73:39.0
-10K Racewalk	
W40 G de Szabo	RSA 1:04:30
W55 E O'Brien	RSA 1:18:24
W60 B Slater	RSA 1:17:27
W65 M Landman	RSA 1:13:39
-20K Racewalk	
M35 T Kahuure	NAM 1:58:54
M45 J de Szabo	RSA 2:11:04
M55 J Spencer	RSA 1:41:44
M65 R Slater	RSA 2:11:20
M75 J Roger	RSA 2:36:20

M65	
Pat Devine	CA 44:35
Jerry Crockett	OK 46:28
Don Pickett	CA 50:24
Don Kirk	CA 58:12
M70	
Doug Blanchard	MA 48:39
Dennis Egly	CA 53:10
M75 none	
M80	
Dudley Healy	NJ 63:54
Harold Massie	NE 87:38
-Teams	
M40 Toddy Toads	167:44
(Scott/Koningsh/McCarey/Randoll/McDermott)	
Central Mass Str	170:26
(Raunig/Daniels/Hodge/Learned/Ovian)	
Boston AC	170:50
(Leinbach/Murphy/Goodwin/Clifford/Muir)	
Reebok Aggies	171:19
(Yeo/Gruber/Cushman/Lawson/Sweeney)	
M50 West Valley J & S	188:41
(Vasquez/Furst/Chappell/Meinhardt/Chimenti)	
Tamalpa	195:13
(Porteous/MacPherson/Stephens/Williams/Lyons)	
Snohomish TC	199:13
(Steer/Taylor/Pfueller/Donaghue/Jones)	
M60 Tamalpa	126:12
(Moore/Hollander/Derieu)	
Snohomish TC	126:33
(Iffrig/Mahaffey/Pitkethly)	
West Valley J & S	141:12
(Saucedo/Bauer/Moss)	
W40	
Christine Kennedy	CA 37:30
Kimberlee Campo	CA 37:39
Honor Fetherston	CA 38:03
Mary Lammi	MA 38:51
Kathy Ward	CA 39:49
Oonaugh McHugh	CA 40:17
Marina Jones	CA 40:35
Kim Rupert	CA 40:44
Sidney Letendre	MA 40:50
JoAnn Behm (10)	CA 41:33
Beckie Simmie	CA 42:44
Bonnie Zapata	CA 44:02
Annie Conneau	CA 46:59
W45	
Rebecca Stockdale	CT 39:10
Deborah Bullerjatt	MA 41:10
Sharlet Gilbert	CA 41:51
Irene Herman	CA 48:48
Ellen Clark	CA 52:39
W50	
Joan Ottaway	CA 40:28
Kathy Ives	MA 44:35
Kathy Loper	CA 45:33
Andrea Hatch	MA 48:35
Anne Hardham	CA 49:59
Gayle Murphy	CA 54:04
W55	
Carrie Parsi	MA 44:07
Edda Stickle	CA 47:47
Madeline Bost	NJ 49:47
W60	
Suzi MacLeod	OR 52:41
Mary Harada	MA 54:32
Joyce Hals	MA 55:19
Jane Rasmussen	ME 55:36
Barbara Robben	CA 56:24
W65	
Margarethe Styskel	CA 50:15
Ruth Anderson	CA 58:47
-Teams	
W40 San Diego TC	118:31
(Campo/McHugh/Jones)	
Central Mass Str	118:51
(Lammi/Stockdale/Letendre)	
West Valley TC	119:15
(Fetherston/Ottaway/Rupert)	
W50 Liberty	137:17
(Parsi/Ives/Hatch)	
Tamalpa	151:50
(Stickle/Hardham/Murphy)	
W60 Liberty	165:27
(Harada/Hals/Rasmussen)	

Bill Aldrich	35:18
Clay Warner	35:37
M40 Joe Sullivan	34:33
Norton Compton	34:48
Roberto Rodriguez	35:32
David Lovegrove	35:38
Peter Rushford	37:57
M45 Paul Zink	36:01
John Sherlock III	37:41
Doug Pickett	37:42
John Kusek	38:10
Peter Lunt	38:26
M50 Mike Gribby	37:23
Alan Roe	38:15
George Golash	39:44
Bob Chase	39:50
Francisco Sanches	39:52
M55 Don Ardell	36:45
Gerry Ives	37:32
Bozia Hall Jr	41:09
Klaus Hirtes	41:32
Miek Baziz	42:35
M60 Norm Miller	42:06
John Gurr	48:42
Ron O'Beirne	49:18
Stephen Block	49:52
M65 Larry Dickerson	42:25
Ernie Hurst	47:15
Don McCarten	48:56
Rex Enos	52:08
M70+Dixon Hemphill	71 46:12
Ray Blue 72	48:44
Bill Osburn 73	52:18
Frank Haines 72	58:10
W35 Fiona Branton	37:27
Debi Bernardes	37:45
Patti Shull	38:37
Pauline Knapp	41:07
W40 Cathy Ventura Merkl	39:34
Jane Sisco	45:05
Heather Sanders	45:46
Janet Hardy	45:57
W45 Deb Gebhardt	44:35
Anne Viviani	46:19
Susan Humphries	46:58
Carolyn Herbst	47:46
W50 Hideko Pirie	41:48
Judith Wiltmer	56:24
Dee Chapman	56:48
W55 none	
W60 Charlotte Edwards	47:33
Marijke Abbott	56:19
Rita Simon	74:44
W65 June Chason	67:09

Warren Prunella	68:04
Courtney Riordan	68:34
Dennis Reimer	70:11
M60 William Hoss	71:16
Alvin Marcy	73:38
Kun-Sik Park	75:30
Brad Leonard	81:25
Fred Immer	81:38
Bob Ebner	82:10
Gene Fox	84:54
Alex Gerry	86:52
M65 Larry Dickerson	68:05
Ed Jackson	70:59
Gresh Downs	74:57
George Waxter	76:02
Nianxiang Xie	78:30
Paul Auther	84:12
Ed Nutt	85:11
Irv Newman	86:09
M70 Dixon Hemphill	77:25
Walt Washburn	79:34
Ray Blue	81:16
Bill Osburn	83:40
Francis Pierce	85:09
Hubert Morgan	90:49
M75 Geo Richardson	2:03:53
Jack Van Ness	2:10:25
Henry Heymann	2:14:11
W35 Lori Robertson	61:16
Fiona Branton	61:27
Patti Shull	61:30
Mary Knight	61:46
Carol Lowe	63:12
W40 Linda Wack	63:16
Cathy Ventura Merkl	63:30
Donna Lewis	65:58
Pat Donohue	66:33
Eliz Bender	66:40
Rebecca Strode	69:03
Pat Hancock	69:10
Georgeanne Welde	69:31
W45 Susan Humphries	67:39
Gwen Esdale Torchia	69:04
Linda Mills	70:46
Sandra Adams	70:47
Marilyn Carmody	73:06
Nancy Smith	74:00
W50 Randon Fritsch	66:16
Hideko Pirie	68:59
Dee Nelson	77:59
Priscilla Prunella	81:13
Lucia Davidson	81:43
W55 Amelia Wallace	73:28
Setsu Rosen	81:41
Jane Metzler	82:50
Kathy Price	87:53
W60 Tami Graf	78:38
Jeanette Chambers	93:17
Donna Hansen	1:59:46
W65 June Chason	1:52:32
Marge Stahl	1:53:46
W70 none	
W75 Hedy Marque	96:12
W80 Donietta Bickley	2:08:33

Grtr Lowell RR	10:18:27
Boston AA	10:27:08
Teams	
W40+Grtr Lowell RR	10:31:06
Cambridge SU	10:50:29
Central MA S	11:00:45
W50+Central MA	12:38:15
USATF New England/Reebok Cross-Country Championships Boston, MA; Nov. 10	
men-7935m/women-6017m	
M40 Wayne Jacob	26:18
Ken Leinbach	26:25
Ed Sparkowski	26:37
M45 Tom Carroll	27:13
Larry Olsen	27:23
Phil Riley	27:42
M50 John Boyle	28:09
Sumner Brown	28:45
Richard Murray	29:19
M55 Charles Kellogg	31:16
Harold Hatch	34:05
Bob Emerson	34:34
M60 Bill Spencer	32:19
Jack Kick	33:52
David Maxcy	35:28
M65 Joe Fernandez	32:08
Dana Sumner	35:08
Jack Nyhan	40:39
W40 Rita Cecil	23:28
Sheila Purvea	24:16
Sidney Letendre	24:25
W45 R Stockdale Wooley	22:46
Deb Bullerjahn	24:40
Eliz Riordan	25:45
W50 Katherine Ives	26:56
Anne Schmitt	27:05
Cathy Farrell	28:13
W55 Carrie Parsi	26:00
Marlena Yannetti	30:25
W60 Mary Harada	32:37
Joyce Hals	33:25
Jane Rasmussen	33:38
Teams	
M40+Central MA Strds	2:16:23
Boston AA	2:16:39
TriVal FrontRun	2:23:22
M50+Merrimack Val S	2:39:22
Gate City Strds	2:54:51
M60+Gate City S	1:45:40
W40+Central MA S	nta
Liberty AC	1:13:53
Cambridge SU	1:16:48
W50+Liberty AC	1:22:21
Cambridge SU	1:29:00
W60+Liberty AC	1:39:40

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 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.

NATIONAL

USATF National Masters 10K Cross-Country Championships Stanford, CA; Dec. 7

M40	
Steve Scott	CA 32:09
John Koningsh	CA 32:24
Miguel Tibaduiza	NV 32:30
Dave Raunig	CT 32:55
Lloyd Stephenson	CA 33:04
Geary Daniels	MA 33:16
Pablo Vigil	CO 33:20
Matt Yeo	CA 33:23
Kevin McCarey	CA 33:34
Emil Magallanes (10)	ID 33:36
Ken Leinbach	MA 33:41
Dan Gruber	CA 33:45
Mark Genther	WA 33:48
Walt Murphy	MA 33:49
John Goodwin	MA 33:51
Andy Lyle	WA 34:09
Bob Clifford	MA 34:12
Bob Hodge	MA 34:23
Bill Randall	CA 34:23
Tom Cushman (20)	CA 34:24
Craig Moore	WA 34:25
Dale Campbell	CA 34:35
Hank Lawson	CA 34:38
Richard Ovian	MA 35:08
Petel Sweeney	CA 35:09
Allan Muir	ME 35:17
Rory Trup	CA 35:25
Hank Brown	TN 35:46
Frank Hutchinson	CA 35:51
Jim O'Brien (30)	NY 36:02
Tim Stewart	CA 36:06
Clay Stenberg	WA 36:13
Denis Velleneuve	WA 36:19
Dirk Rohloff	CA 36:31
Brad Hurst	MA 36:35
Chuck Dooley	WA 36:55
Rick Kushman	CA 37:09
Dan Martinez	NV 37:28
Brooks Geiken	CA 37:31
Scott Abrams (40)	NV 37:33
Brian Conroy	CA 38:47
Wayne Linse	CA 39:56
Ray Sibley	NV 40:46
Ed Harte	MD 41:08
David Jang	CA 41:38
M45	
Jerry Learned	MA 34:44
Bill McDermott	CA 35:14
Jim McGill	WA 35:37
Mike Allison	WA 35:47
Jim Price	CA 35:54
Jim Gorman	CA 36:03
Sam Hajj	CA 36:09
Cliff Matthews	MA 36:15

Roger Price	NJ 36:45
Armando Brionez (10)	WA 38:32
Steve Sidney	CA 38:42
Arturo Rodriguez	CA 38:44
Mike DeWitt	WI 39:05
Allan Stanbridge	CA 39:09
David Dunbar	CA 39:42
Larry Buskirk	AK 40:01
Steve Williams	NY 40:09
Lyle Freeman	NV 41:13
Stuart Purnell	CA 44:02
Barry Spitz (20)	CA 45:18
M50	
David Furst	CA 36:22
Chuck MacDonald	CA 37:13
Richard Murray	MA 37:30
Don Porteous	CA 37:38
Dan Preston	CA 37:47
Jim Gibbons	CA 38:09
Chris Steer	WA 38:14
John Boyle	FL 38:15
Steve Stephens	CA 39:23
Don Chadez (10)	CA 39:34
Greg Burke	CA 39:38
Ron Taylor	WA 39:48
Gale Pfueller	WA 39:55
Dick Chimenti	CA 39:59
Bill Clark	CA 40:01
Mike Donaghue	WA 40:28
David Jones	WA 40:58
Jack Burns	CA 42:13
Daryl Zapata	CA 43:04
Jay Birmingham (20)	NE 43:56
Donn DeAngelo	CA 44:47
Tom Mann	CA 45:15
M55	
Sal Vasquez	CA 35:44
Jon McPherson	CA 38:54
Neal Chappell	NV 39:15
Jim Williams	CA 39:32
Walter Peet	MT 39:40
Stephen Lyons	CA 39:46
Bill Meinhardt	CA 39:54
Karl Gripenburg	CA 41:11
Russ Kiernan	CA 41:17
Ken Noel (10)	CA 44:17
Richard Jones	CA 44:28
Ed Kousky	OR 44:34
M60	
Jim Moore	CA 39:57
Bill Iffrig	WA 40:48
Derek Mahaffey	WA 41:06
Bernie Hollander	CA 42:23
Norman Saucedo	CA 42:55
Alex Derieu	CA 43:52
David Pitkethly	WA 44:44
Ken Ogden	OR 45:01
Darryl Beardall	CA 45:56
David Bauer (10)	CA 47:43
Leon Sivertson	CA 48:14
Ron Stroud	CA 48:34
Ryan Field	WA 48:35

M65	
Pat Devine	CA 44:35
Jerry Crockett	OK 46:28
Don Pickett	CA 50:24
Don Kirk	CA 58:12
M70	
Doug Blanchard	MA 48:39
Dennis Egly	CA 53:10
M75 none	
M80	
Dudley Healy	NJ 63:54
Harold Massie	NE 87:38
-Teams	
M40 Toddy Toads	167:44
(Scott/Koningsh/McCarey/Randoll/McDermott)	
Central Mass Str	170:26
(Raunig/Daniels/Hodge/Learned/Ovian)	
Boston AC	170:50
(Leinbach/Murphy/Goodwin/Clifford/Muir)	
Reebok Aggies	171:19
(Yeo/Gruber/Cushman/Lawson/Sweeney)	
M50 West Valley J & S	188:41
(Vasquez/Furst/Chappell/Meinhardt/Chimenti)	
Tamalpa	195:13
(Porteous/MacPherson/Stephens/Williams/L	

Continued from previous page

M70	Ray Blue	48:49
	Robert Dean	62:21
W40	Linda Wack	37:51
	Cathy Ventura-Merkel	38:23
	Christian Pedrasa	42:10
	Francis Nasser	43:44
	Jane Sisco	44:12
	Sharon Seeley	44:51
	Mary Schmutz	46:31
	Jenny Patton	46:36
W45	Alice Paxton	40:06
	Beverly Pritts	42:50
	Sandra Adams	43:51
	Nancy Smith	44:08
	Deborah Gebhardt	46:32
	Susan Falsey	46:34
	Nancy Mercure	47:27
	Carolyn Herbst	47:52
W50	Heidi Pirie	42:04
	Pam Diamond	56:47
	Lynn Cooper	59:52
	Connie Goodman	61:26
	Elaine Noonan	62:15
	Peg Worthington	64:42
W55	Olga Rojo	51:28
	Bobbi Tucker	53:55
	Jacqueline Bardel	58:13
	Nancy Davis-Imhof	61:38
W60	Charlotte Edwards	46:20
	Tami Graf	52:05
	Betsy Levin	60:04

SOUTHEAST

Runner's Classic 5K
Orlando, FL; Sept. 18

Overall	
Jim Pearson 47	15:50
Marie Mazzula 35	18:46
M40 John Guthrie	17:20
Byron Carter	19:30
M45 Jim Pearson	15:50
Thomas Salyers	18:43
M50 Ron Allison	21:24
Rick De Treville	23:20
M55 Derek Surrey	18:45
Bob Buzzetti	21:22
M60 Merle Crouse	21:35
Jack Parnelle	24:31
M65 Bill Allen	27:24
Eugene Nowell	29:47
M70 Gus Prince	25:06
Carmelo Crupi	25:21
W40 Jeanne Krent	22:34
Carol Hansen	22:25
W45 Jody Mahonik	25:11
Kristy Justis	26:06
W50 Patricia Beidelschies	24:06
Carol Lager	28:37
W55 Judith Wilkie	42:52
Rosemary Decampus	48:40
W60 Helen Allen	36:49
Rose Crupi	42:49
W65 Sarah Murray	50:32

Airfleet 96 5K
DeLand Airport, FL; Nov. 9

Overall	
Jacob Smith 20	16:37
Beatriz Borges 29	19:20
M40 Merlin Ohmer	19:11
M45 Dunkle Thomas	19:14
M50 Ron Allison	21:15
M60 Donald Nygaard	22:43
M65 Bill Morris	26:20
W40 Kathy Hardesty	37:40
W45 Deborah Collins	24:48
W55 Rose Cherry	30:28

Yorktown Battlefield 10 Mile & 5K
Yorktown, VA; Nov. 16

Overall	
Tim Covington 29	51:36
Claudia M Kasen 39	1:00:57
M40 Larry Doan	52:31
Thad Jones	53:52
David McDonald	54:08
Chris Papile	57:34
M45 Rick Platt	54:25
Bruce Pully	1:03:12
Rod Whibley	1:03:31
M50 Michael Brownley	1:03:33
Robert Bruce	1:06:14
Bob Derring	1:10:11
M55 Mel Williams	1:03:04
Bill Buckman	1:19:12
James West	1:19:14
M60 Tom Ray	1:08:25
Chris Catoe	1:14:33
Andrew Polansky	1:14:53
W40 Kathleen Powell	1:08:40
Rose Schatz	1:09:50
Sharon White	1:11:21
W45 Barbara Mathewson	1:07:42
Linda Gulick	1:09:21
Barbara Biasi	1:14:16
W50 Andrea Hess	1:19:31
Margaret Broadus	1:29:37
Sonya Whitley	1:32:18

-5k-	
Overall	
Matthew Glynn 26	15:36
Elizabeth Testwuide 20	19:08
M40 Ray Cobb	18:21
Kevin Gibbs	18:35
William Boyle Jr	18:41
M45 Larry White	17:32
Tom Popp	19:27
Robert Wilson	19:58
M50 Kenneth Hutzler	20:38
M55 Earl Arrowood	21:36
Joseph Polinski	22:48
Chris Scheiderer	23:53
M60 John Anderson	32:12
Robert Gallagher	33:36
Robert Flynn Sr	38:23
W40 Sharon White	19:32
W45 Sandra Turlington	25:02
Elizabeth Gooden	28:03
Loretta Warren	29:37
W50 Lynn McElligott	28:47
Elaine Eleftherion	32:55

Thanksgiving 10 Mile
DeLand, FL; Nov. 28

--Overall	
Enrique Alvarez 43	56:12
Lori Lampman 19	69:45
M40 E Alvarez	56:12
Dr. Guthrie	60:09
Glenn Reed	62:59
M45 Lynn Bryan	67:18
Tom Prinkle	68:28
Ted Wing	68:57
M50 Les Meltzer	63:38
Bob Seidl	63:46
Bob Callaway	69:15
M55 Jack Whitcomb	72:41
Richard Tomczyk	79:30
M60 Phil Giusto	73:58
Dave Tribbey	81:54
M65 Jim Blount	70:15
M70 Bart Ross	83:29
W40 Linda Musante	71:28
Susan Goodspeed	74:18
W45 Gerry Onbrink	90:58
W50 Pat Bridelszies	79:40
W55 Carol Schneider	1:56:24

First Tennessee Memphis
Marathon
Memphis, TN; Dec. 1

Overall	
Jerod Neas 25	2:20:31
Tamara Karlioukova 25	2:44:55
M40 Yuri Mikhkaiov	2:24:28
Doug Kurtis	2:25:06
Vladimir Anissimov	2:29:25
Marc Romine	2:40:16
Dan Black	2:44:18
M45 Stephen Sipes	2:49:12
Jim Worthey	2:50:56
Gary Julin	2:56:48
M50 Tom Finnegan	3:03:09
Harvey Kunz	3:06:48
Sylvan Addink	3:11:12
M55 Marshall Jones	3:05:15
Gary Laffer	3:05:33
Jerry McGath	3:05:55
M60 Malcolm Gillis	3:06:30
Gary Gilbert	3:32:26
Ken Burman	3:32:55
M65 Ethan Busby	3:20:46
Jerry Johncock	3:23:09
Walter Blair	3:26:02
W40 Marina Jones	2:57:18
Marla Rhoden	3:02:03
Jeanne Geurin	3:16:06
Leea Huskey	3:27:38
Gail Leedy	3:38:43
W45 Susan Townsend	3:18:25
Nedra Osborne	4:19:11
Linda Delaney	4:24:48
W50 Sherry Rhodes	3:45:46
Margie Rogers	4:00:13
Linda Leonardi	4:09:55
W55 Mayumi Aihara	3:30:29
Joy Gilbert	3:45:23
Debroah Bramlage	4:26:25

MIDWEST

Great River Road Run 10 Miler
Alton, IL; Nov. 30

Overall	
Tom Breckenridge 19	50:22
Amy Fruland 24	59:47
M40 Bobby Williams	54:53
Dave Daum	57:41
Steve Smith	59:52
David Schmitt	1:00:50
M45 Mark Hassler	57:57
Scott Renken	57:59
Steven Gregory	59:22
M50 Mike Toolen	1:01:02
Neil Ackerman	1:02:47
Dennis Simmons	1:04:44
M55 Glen Roth	1:07:07
Derek Redmore	1:08:17
Donald Myers	1:13:03
M60 Herman Azocar	1:18:31
Norman Jamieson	1:19:54
Lou Cheli	1:20:46
M65 Arnold Mueller	1:16:25

Joseph Bell	1:23:32
Bill Bohs	1:28:17
M70 Ernie Hirschfeld	1:17:29
M75 Harry Kublin	1:50:22
W40 Marti Cooksey	1:02:52
Gail Ford	1:06:44
Mary Lambrechts	1:15:53
Tanya Crews	1:18:53
W45 Lolle Bottcher	1:12:57
Kathy Mathew	1:15:04
Debbie Stiles	1:16:54
W50 Peggy Whitlow	1:09:27
Jackie Corn	1:18:50
Karen Lester	1:19:27
W55 Jo Ann Fiandaca	1:21:43
Carol Peluso	1:37:18
Carolyn Wilson	1:40:19
W60 Gail Bower	1:55:23

MID-AMERICA

St. Louis Marathon
St. Louis, MO; Oct. 20

--Overall	
Carlos Paradelo 23	2:20:11
Roxi Dickson 33	2:43:54
M40 Brian Purcell	2:37:55
Dave Daum	2:43:25
Dave Talburtt	2:46:40
Ron Keller	2:48:34
M45 Bill Lawder	2:52:40
Gary Julin	2:54:29
Steven Wearne	2:55:05
M50 Mike Toolen	3:00:42
Harvey Kunz	3:06:51
Dennis Simmons	3:08:22
M55 Glen Roth	3:16:32
Jim Norval	3:21:59
Don Wills	3:22:10
M60 Harold Dix	3:14:30
Pete Stauffacher	3:32:22
M65 Ethan Busby	3:19:55
Arnold Mueller	3:32:59
M70+MerleMichenheimer	5:12:49
W40 Marla Rhoden 3rd	2:56:25
Gail BettisFord	3:14:46
Kathy Johnson	3:15:07
W45 Anne McIllece	3:29:10
BonnieMcCaffrey	3:30:45
Marilyn Nolan	3:36:31
W50 Joy Gilbert	3:39:58
DeeAnn Aydelott	4:14:33
W55 Kathy Dreon	4:52:51
W60 Sue Fay King	4:43:00

SOUTHWEST

Tulsa Run 15K
Tulsa, OK; Oct. 26

--Overall	
Joseph Kamau 24	42:50
Delliah Asiago 24	51:08
M40 Craig Young	47:14
Doug Clark	48:51
Brad Pace	49:17
Dave Kannewurf	49:39
Dan Lawson	50:17
M45 Ben Moturi	50:46
Al Rosenberger	57:30
Bob Thomas	57:31
Don Lodes	57:34
M50 Gary Madison	55:01
Gregg Evans	57:22
Steve Haigh	58:11
M55 Fay Bradley	56:37
Jay Minor	59:30
Charles Taylor	62:09
M60 Fred Dice	64:22
Jim Campbell	65:24
Bob Adkins	65:26
M65 Art Melendez	66:42
Jack Gentry	68:00
Calvin Ellis	72:17
M70 Jim Elmore	79:41
Jim Smith	81:43
M75+Fisher Lewis 75	88:59
Leo Wade 76	99:41
W40 Kathy Ward	58:05
Sande Brandenbrg	60:31
Susie Willard	64:27
W45 Marilyn Stapleton	61:29
Donna Spencer	61:39
Barbara Luciano	62:00
W50 Barbara Parker	75:38
Marjory Stiles	75:46
Judy Bomer	76:54
W55 Lydia Borges	66:26
Janet Myers	73:30
Mona Keffer	74:18
W60 Marriott Smart	89:41
Sue Neil	91:58
Joan Whitmire	92:23
W65 Marilyn Thompsn	1:53:34
W70+Lillie Doss 71	1:57:32

WEST

Clarksburg Country Run
30K/10K/5K
Clarksburg, CA; Nov. 17

--Overall	
Mike Stone 27	1:39:49
Christine Kennedy 41	1:57:46
M40 Danny Aldridge	1:44:24
Miguel Tibaduiza	1:44:33
Lloyd Stephensn	1:47:12
Eric Standifer	1:50:01
Richard Flores	1:51:35
Mark Drake	1:51:55
J Herbrectsmelr	1:56:58
Al Michel	1:57:34
M45 Chas Thompson	1:47:35
John Samore	1:49:06
Joe Schiefer	1:52:53
Franklin Sylvester	1:56:09

Steve Hall	1:57:45
Bill Knapp	1:58:28
Charlie Freeman	1:58:55
Chris Enfante	1:59:01
Fabio Hernandez	1:59:10
M50 Ewar Gordillo	1:57:09
Jim Reitz	2:02:35
Perry Hayden	2:04:40
Ian Reid	2:08:09
Mike Pipe	2:09:47
M55 Sal Vasquez	1:55:03
Jim Williams	2:03:21
Robert Selder	2:11:46
Mike Hawkes	2:14:00
Karl Mlsner	2:14:08
M60 Bernie Hollander	2:15:30
Darryl Beardall	2:18:35
John Sellars	2:31:46
M65 Carl Ellsworth	2:16:34
Pat Devine	2:20:54
Marion Carter	2:34:54
M70 David Valles	2:46:49
John Norberg	2:57:46
W40 C Kennedy	1:57:46
Honor Fetherston	2:03:27
Sue Francis	2:10:00
Claire Fry	2:15:38
W45 Margaret Ryan	2:23:01
Darlene Wallach	2:28:52
Susan Cronk	2:40:51
W50 Cynci Calvin	2:26:39
Pat Roesch	3:14:28
Jeanne Olson	3:15:32
W55 Barbara Miller	2:12:35
Louise Walters	2:35:52
Judy Shipman	2:41:13

W60 Myra Rhodes	2:50:56
Juliane Schebres	3:15:03

--10K--	
--Overall	
Dave McKissick 29	35:48
Cathy Rohm 47	43:53
M40 Tom Ramos	44:23
M45 Gary Johnson	44:48
M50 Bill Knierim	43:13
M55 Rudy Rodriguez	46:18
M60 Howard Neyens	56:50
M65 Jack Sohl	47:31
M70 Bob Burns	58:02
W40 Pauline Beatty	51:32
W45 Cathy Rohm	43:53
W50 Mattie Jones	54:14
W55 Carolyn Ward	55:44
W60 Claire Cheetham	83:12

--5K--	
--Overall	
Mike Boyer 28	18:11
Ann Castillo 36	19:29
M40 Chris Sullivan	20:01
M45 Matt Duncan	20:26

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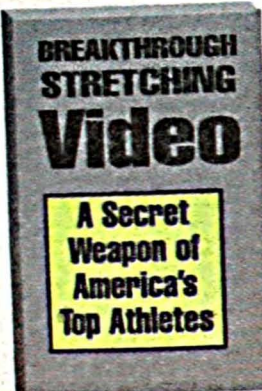
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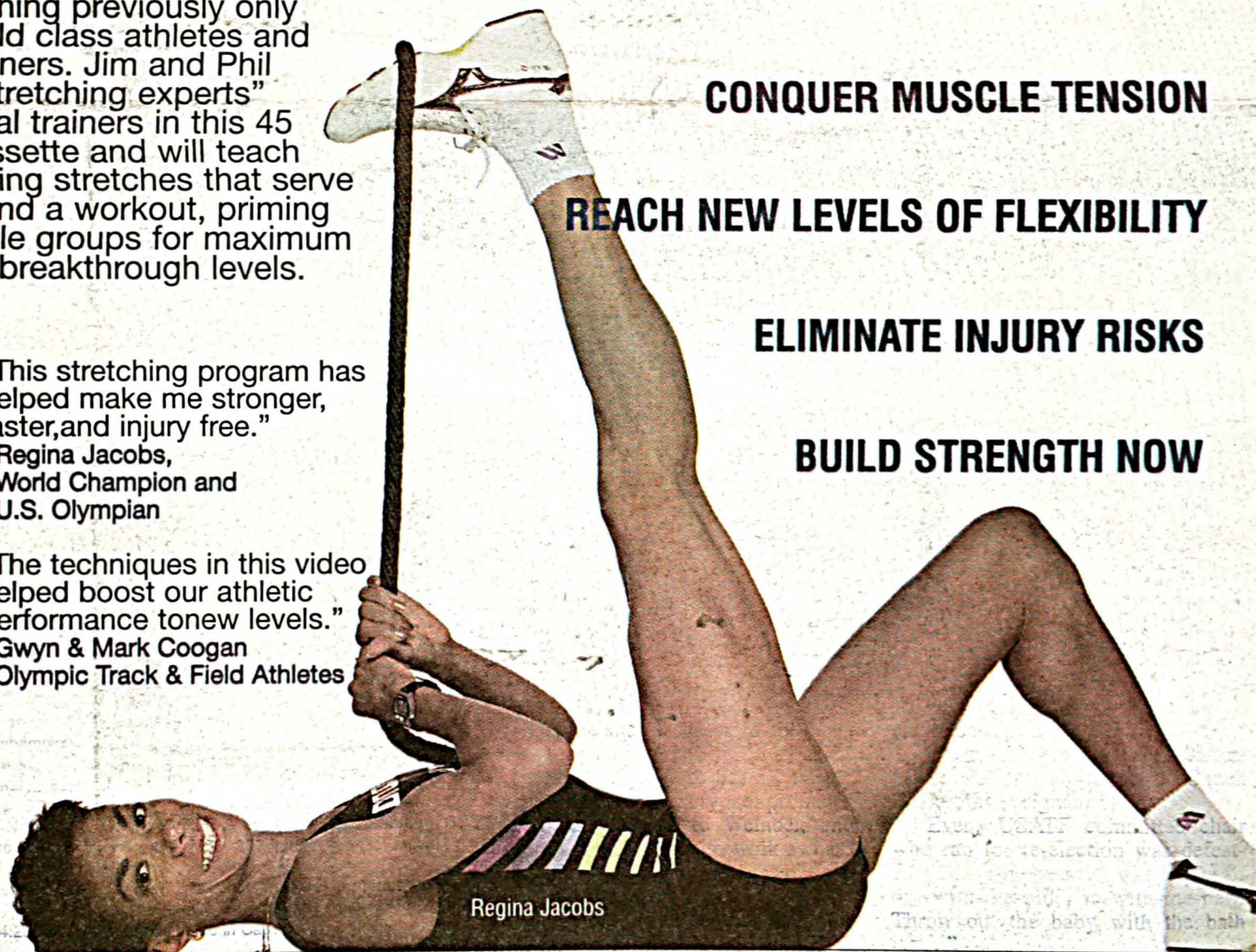
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