

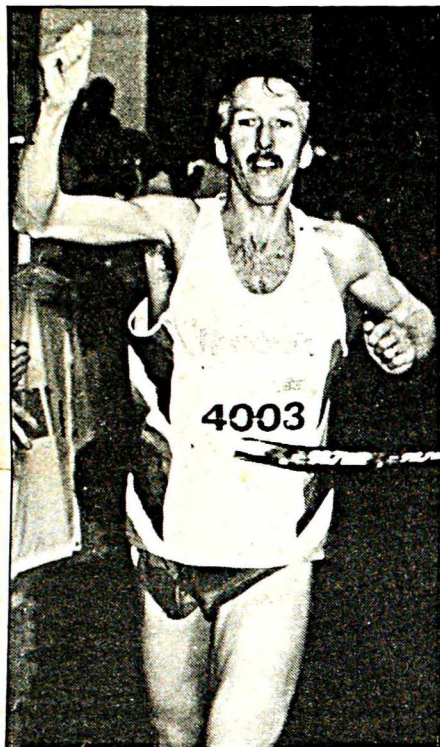
NATIONAL MASTERS NEWS

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

162nd Issue

February, 1992

\$2.50



Nick Rose, 40, Bristol, England, wins the Charlotte Observer Masters 10K with a course record 29:57.

Victor Sailer Agency Shot

Rose, Grayson Tops in Charlotte 10K

Klecker, Silverio Take Marathon Titles

by JERRY WOJCIK

Nick Rose of Bristol, England, who turned 40 five days before the Charlotte Observer Masters 10K, in Charlotte, N.C., on January 4, flirted with a masters world best before wind, rain, and a largely-uphill course slowed him to a course record 29:57, the day's strongest performance.

"It's like back home," Rose said. "It was raining when I left Wednesday and I expect it'll be raining when I get back."

He collected \$2500, which included \$500 for the record, formerly held by Bill Rodgers (30:08 in 1990). Domingo Tibaduiza, 42, Reno, Nev., took home \$1000 for second place (30:43), and Gary Romesser, 41, Indianapolis, won the third prize of \$500 (30:54).

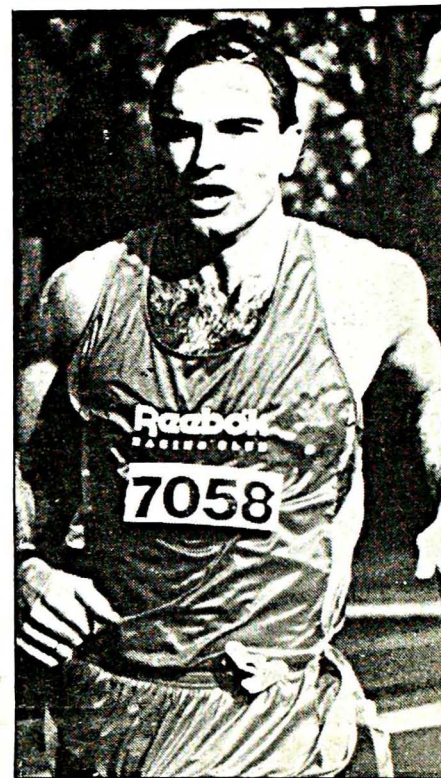
In the masters women's 10K, run along with the open women's race, Nancy Grayson, 41, Columbia, S.C., won the top purse of \$2000 with a 36:48. Nancy

Oshier, 43, Rush, N.Y., (37:22), and Catherine Lempesis, 40, Columbia, S.C., (37:54), equaled the M40+ amounts for their second-and-third-place finishes.

Open 10K winners were John Trautmann (28:40) and Lynn Jennings (32:42).

The masters big money makers of the day were Barney Klecker, 40, Minnetonka, Minn., and Cheryl Silverio, 40, Trafford, Pa. Each won \$4000 (\$2000 open, \$2000 masters) for identical second-place finishes in the marathon. Klecker ran a 2:32:02, and

Continued on page 3



Barney Klecker, 40, Minnetonka, Minn., on his way to a masters winning 2:32:02, Charlotte Observer Marathon.

Victor Sailer Agency Shot

Durden, Hutchison Win in Rocket City

by JIM OAKS

Former Olympic marathoner Benji Durden, 40, of Boulder, Colo., turned in a 2:32:48 \$1000-prize-winning performance to top all masters in the WZYP Rocket City Marathon in Huntsville, Ala., on December 14. Jane Hutchison, 45, of Webb City, Mo., led all female masters with a brisk 2:51:42, and also took home \$1000 for her effort.

"I planned to stay around the 2:30 pace," Durden said after the race. "I thought that would probably keep me in contact with most of the masters field." As it turned out, Durden's plan worked. Ken Sparks, 46, of Chagrin Falls, Ohio, led the pace and was 28:00 at five miles. Durden and Bob Schlauf were running about 25 seconds behind.

Sparks continued to lead through ten with a 56:00, but Schlauf was forced to drop out with leg problems. Durden was second in 56:30. At mile 15, Sparks still held a 30-second lead as the course veered into a 25 mph wind. The stiff wind slowed all the runners, and Durden's superior strength enabled him to catch Sparks between mile 17 and 19. He eventually pulled away to a three-minute margin and held onto the lead to the finish.

Sparks finished in 2:35:54, good enough to win the M45 division and \$500.

"I knew all along that I didn't want to get into a sprint over that last half-

Continued on page 3



Jane Hutchison, 45, Webb City, Mo., winning her third masters title (2:51:42), Rocket City Marathon, Huntsville, Ala., December 14. She also won in 1988 and 1990.

Photo by Jim Oaks



Benji Durden, 40, of Boulder, Colo., Rocket City Marathon masters first (2:32:48).

Photo by Charlie Scott, Huntsville News

Masters Mile Series Set

by MARC BLOOM

The annual Runner's World Masters Mile series will kick off in the Snickers Millrose Games in New York City on February 7. Then it's on to the Mobil One Invitational in Fairfax, Va., on February 9, the Penn Relays on April 25, and the New York Games on May 24. Missing is the Vitalis/Meadowlands indoor meet, which won't be held this year.

Featured at Millrose will be defending champion and world indoor and outdoor record-holder Wilson Waigwa. He'll face reigning world veterans champion Ken Popejoy. At Mobil, defending champ Larry Almborg will run against Popejoy. (Waigwa is not expected for Mobil.) Among the new faces will be former 3:56 miler Charles McMullen, who turned 40 last year and has been running quite well.

John Walker's attempt at a sub-4 mile has been postponed until March 1 in New Zealand, so he won't be running in the U.S. this winter. His countryman, Rod Dixon, also is sitting out the indoor season. □

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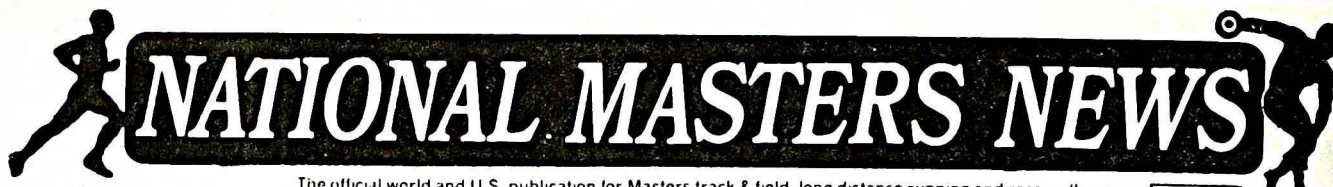
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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles,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

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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

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Jane Hutchison (153), Nancy Mieszczak (115), and Nancy Grayson (176) at starting line gave the 1991 WZYP Rocket City Marathon a strong female masters field. Photo by Jim Oaks

Charlotte 10K

Continued from page 1

Silverio 3:03:41.

Bob Schlau, 44, Charleston, S.C., won \$1300 (\$300 open, \$1000 masters) for his seventh-overall 2:35:49, and Janice Hughes, 43, Belpre, Ohio, won the second W40+ sum of \$1000 with a 3:34:17.

Marathon winners were John Steinberg (2:26:00) and Nancy Beiger (2:55:57).

Masters prizes totaled \$17,000 for men and women through eight places in the 10Ks and marathon, with Nations Bank supplying a large portion of the cash. □

Ten Years Ago

- Jim Burnett, 41, and Judy Fox, 40, Named Masters T&F Athletes-of-the-Year by TAC; Clive Davies, 65, and Sister Marion Irvine, 52, Win LDR Awards
- Arizona's Gordon Wallace and California's Lori Maynard Receive TAC's Top Racewalker Awards
- TAC Selects Bruce Springbett of California and Fred Mannis of Pennsylvania as Outstanding T&F Administrators

Durden, Hutchison Win Rocket City

Continued from page 1

mile with Ken," Durden laughed. "I was glad I was able to put some distance between us coming in."

Other prize winners include third master Terry McCluskey, 43, (2:36:04, \$250); fourth master Don Coffman, 48 (2:40:22, \$250); M50 champ Herb Phillips of Burnaby, B.C. (2:40:22, \$250); and Steve Sipes, 42 (2:41:24, \$250). M55 honors went to Dick Ruzicka (2:53:04) of St. Petersburg, Fla., with M60 laurels going to Buster Tankersley (61, 3:10:50) of Waverly, Tenn. Top M65 was Dick Benson in 3:27:22.

In the female contest, Nancy Grayson, 41, of Columbia, S.C., led through the first ten miles only to be done in by the wind and Hutchison's determined effort. Grayson finished third female master in 3:06:35 behind hard-charging Nancy Mieszczak (42, 2:57:31) of Buffalo, N.Y. Mieszczak took home \$500 for second-place, with Grayson getting \$250.

Sharon Cooper led the W50s in 3:47:49, while Wen-Shi Yu of Kew Gardens, N.Y., topped the W55s in 3:21:37. Yu was sixth female master and earned \$250 for her performance. Best W60 was Pineville Ky.'s Mary Anne Woodring in 3:58:22.

The race grew by 30 entries this year to 1279, with 1052 actually starting the



Ken Sparks, 46, of Chagrin Falls, Ohio, was second master in WZYP Rocket City Marathon (2:35:54), Huntsville, Ala., December 14. Photo by Jim Oaks

contest. Total number of finishers was 919 (87.4%) with 171 of them women (18.6%). Twenty-three states and Canada were represented among the 77 age-group award winners who received medallions and Nike travel bags. □

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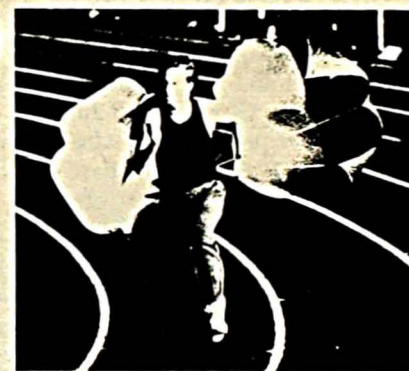
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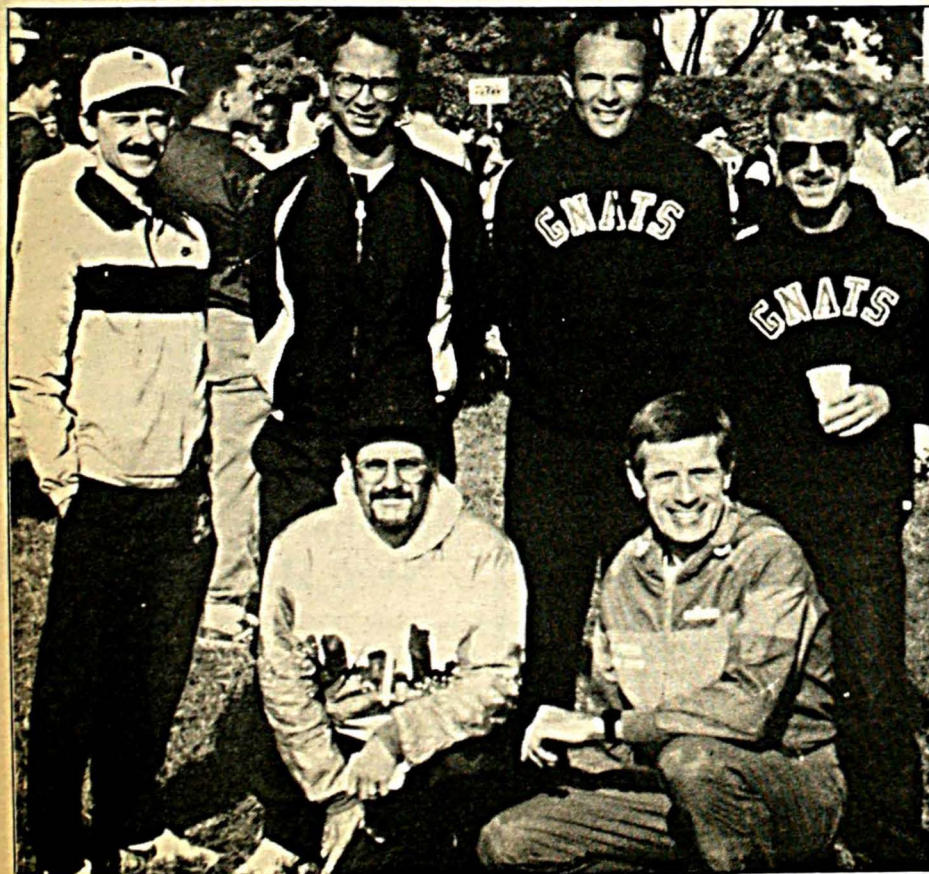
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First-place masters team (GNATS), Army 10 Mile, Washington, DC, October 13. Front l to r: John Sherlock, 42, and Roger Clark, 47 (set new course record 52:58). Back row l to r: George Myers, 45, Perry Lynn, 40, Herb Tolbert, 44, and Dave Lowe, 44. Photo by Dave Tolbert

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BOB WATANABE ILL

Bob Watanabe, 65, world-class sprinter and orthopedic surgeon in Los Angeles, has been ill since returning from the Japan Masters Track and Field Championships, where he won two gold medals.

After three months of trying to knock out a rough case of flu virus and then pneumonia at St. John's Hospital in Santa Monica, Bob flew up to Stanford University Hospital where he hoped to nail down what was ailing him.

He found out. The diagnosis was lymphoma — cancer of the lymph nodes — a rare case, according to Bob.

We all know what kind of competitor Bob is and we know he will beat this. He has started chemotherapy and is back in Los Angeles.

However, he's going to need all the support we can give him to fight this dreaded ailment. If you'd like to send him a card with your individual message, send it to: Dr. Robert Watanabe, 11645 Wilshire Blvd., West Los Angeles, CA 90025.

*George Simon
Los Angeles, California*

GAY GAMES

I congratulate the Masters T&F Committee on its acknowledgment of the 4th quadrennial Gay Games to be held in New York City, June 25-July 4, 1994, and its request to not schedule major masters meets in the East on these dates. This attitude of indiscriminate brotherhood in the world of sport is to be admired. As an en-

thusiastic participant in the past two Gay Games, I eagerly await the Big Apple's edition.

*Jane Dods
Springfield, Oregon*

SPRINT START

All sprinters that I've ever seen start with both hands on the starting line. Here's a different position (Delta Start) that I used one day in practice to accentuate my arm being thrust forward. As a result, it's a technique I've kept because the starts feel smooth and coordinated.

The hand that is going to be thrust forward first is moved back off the line 3 to 8 inches, and rotated to a more natural position.

Since the leg to be thrust forward first is also positioned farther back, its timing and coordination with the opposite arm feels better. The sprinting rhythm is sensed sooner.

Also, when I'm in the starting position and only thrust my arm forward, it seems to have more strength, leverage and velocity when positioned back off the line.

*Ed Lambert
Las Cruces, New Mexico*

RACEWALKING

I found your last two racewalking columns rather thought-provoking. With regard to the 40K Championships always being awarded to New Jersey, I have no objection since they are always run well and draw a large number of competitors.

I also agree with Bob Fine's assess-

ment of the group currently controlling racewalking. I think he is right in saying the tail is starting to wag the dog. For example, the present administration states you cannot be on a masters team and a senior team at the same time if the championships are combined. There are even some race directors who say you can't compete individually in two categories in a combined championship as was the case in the 50K held in California this year.

This kind of thinking eliminates masters racewalkers from many championships. Obviously, we need to give masters more consideration or they will elect to go under the leadership of a separate governing body.

*Bob Mimm
Willingboro, New Jersey*

HILL COUNTRY CLASSIC

I just want to take a moment to compliment Lee Graham of Mason, Texas, on the fine meet he puts on each year. He and his crew are superb. This is a fun event run by people who sincerely care about T&F, and the development of young athletes who will be the masters of tomorrow.

*Tim Murphy
Irving, Texas*

CORRECTION

My name was mistakenly listed beneath the picture on page 12 of the January issue which showed javelin throwers at the Soviet Union T&F Championships in Moscow. Lorraine Tucker of New York is the person depicted in the photo. You may also find it interesting to note that Lorraine traveled independently to Moscow from Turku just to participate in this championship.

*Rutha L. Johnson
Pasadena, California*

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

12 Join NMN Sustainers

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

Special thanks this month goes to:

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Texan Tom Thompson, winning the M35 200 (23.14), 1991 Indoor Championships. Blaine, Minn. This year's championships will be held in Columbus, Ohio, April 3-5. See last page for entry information. Photo by Bob Watanabe

Exchange Students Need Host Families

The International Education Forum, a non-profit student exchange program, is looking for families to host international students who want to come to the U.S. to learn more about America.

If you would like to provide opportunities for greater understanding between the cultures of the world by being a host family, you can contact the IEF at 1-800-365-0555 for more information. □

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Stride and McLatchie First in National 8K Cross-Country

by JERRY WOJCIK

First master to cross the finish line in TAC's National Masters 8K Cross-Country Championships in Boston, November 30, was Canadian Brian Stride, M40, who clocked a 25:50. Charles McMullen, 40, Rochester, N.Y., took the U.S. title nine seconds later with a 25:59. Bill Rodgers, M40, Sherborn, Mass., was third, 26:13.

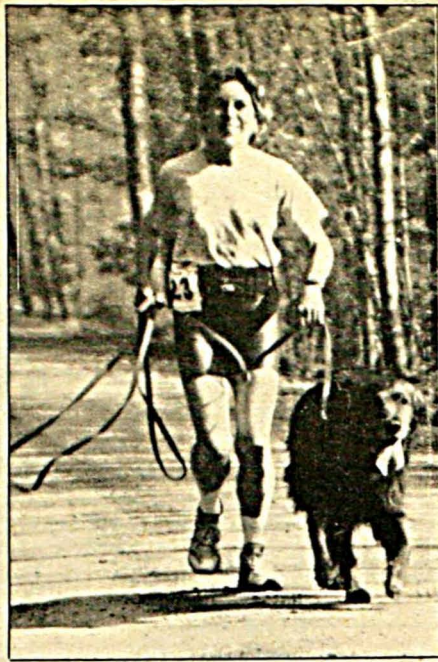
Sumner Brown, Belmont, Mass., won the M45 contest by 13 seconds from Bernie Allen, Wayland, Mass., with a 27:34.

The M50 race went to Fay Bradley, Washington, D.C., in 27:59, with Ernest Dumas, Davidson, Conn., second, 28:23. Dr. Sam Graceffo, DeWitt, N.Y., won the M55 gold in 30:11 from Ino Cantu, 30:38, El Campo, Texas.

No other men's races were so closely contested. Division winners were Bill Fortune, Pearl River, N.Y., M60, 32:39; Bill McCaffrey, Lebanon, N.H., M65, 33:32; Ed Buckley, Clinton, N.Y., M70, 38:39; and Charles Feldman, New York City, M75, 46:46.

Carol McLatchie, Houston, Texas, had an easy time in claiming the W40-plus title, winning the W40 race by over three minutes with a 29:41 from Sally Sundburg, Sudbury, Mass. McLatchie joined the W40 division in late October. Robin Emery-Rappa, Bridgewater, Mass., took the W45 crown in 33:28.

Liberty Athletic Club W50 teammates Carrie Parsi, Lexington, Mass., and Barbara Pike, Concord, Mass., staged the closest finish of the race, with Parsi winning by four seconds



Annette Johnson, 54, of Geneva, N.Y., and companion "J.D." finished the Finger Lakes Trail 15K in 2:52:00, Virgil, N.Y.

Photo by Peter Rath

with a 36:54.

Another Liberty AC member, sprint record-holder Carolyn Cappetta won the M55 division in 35:34, good for ninth of 46 women. Lois Bell, Lafayette, N.Y., captured the W60 first in 42:45.

The top teams were M40, Greater Lowell RR; M50, Boston AA RC "A" Team; M60, Millrose AA; M70+, Syracuse Chargers; and W40, W50, Liberty AC.

The site was also TAC/USA Junior Women's and Men's, and Senior Women's (6K) and Men's (10K) Championships. Lynn Jennings, 19:24, and Todd Williams, 29:18, were the Senior winners. □

Half Hollow Hills 5 Mile Championships

by MAURY DEAN

No weird, wicked winds? No blizzardy blast of Arctic bone-chill? Only one halfway annoying hill on the last mile? This year's Half Hollow Hills 5 Mile Championships, Dix Hills, Long Island, December 1, was bedecked in December splendor, doling out perfect race-day conditions: 55°, misty drizzle, 5 mph mini-breeze. Over 500 road thumpers competed in L.I.'s most competitive late season race.

The course featured a nice outback romp through the mid-island suburban sprawl. It begins on a long downhill, endures a couple of undulations in the middle, tantalizes you with two little downslopes, and then makes you pay on a long upslope to the faraway finish line. New N.Y. Mets star Bobby Bonilla just signed a \$29 million dollar contract, but masters harriers-for-hardware were happy with the \$150-100-50 awards (harrumph — just once I'd like to see Bobby Bonilla run five miles).

Newcomer Joe Wynne, 40, 27:21, and veteran star Maddy Harmeling, 46, 30:42, garnered the masters laurels. Forty-one-year-old Susan Curtis' 32:33 won her \$100, but perhaps the best masters run of the day turned in by incredible Marion Stanjones, 53, who won \$50 with a marvelous 33:38. Kudos to the three swift ladies in the

race-within-a race: Pam DeLise, W50, 41:35, Susan "Hair-Still Looks Great in the Rain" Bourbon, W45, 41:53, and Erica "Water Stop" Gassen, W45, 42:02.

John Eiseman, 40, 28:03, won the \$100, and John Ferrero (28:08) served notice to the M45 division that he is officially back in shape at the beginning of a fine new age-group career, with a third for \$50. We 40-49ers have all had to put up with the current onslaught of 40-year-old birthday speedsters, and it's nice to hit a kinder, gentler division . . . or is it a tougher one, as the weight of years bogs us down to reality?

Fab 50s were a tape measure drama, with Officer John Boyle, 54, outsprinting Caribbean speedster Hilton Goring, 55, 30:34 to 30:35.

The hefty entrant throng mobbed the higher male age groups. Ageless John Sullivan blasted the M60 division at 33:49, and vet (veteran and veterinarian) "Grandpa Leo" Karmin smoked the 70s to a 38:30 triumph over Peter DiOrio (39:22).

Accurate times were insured by Finish Line Promotions, whose leader David Katz's reputation as Mr. Flawless Timer once again went unchallenged.

A top-notch year's finale, as jingle bells bade us welcome to jogging season on the snowy roads of the New York Island. □

Masters Age Records 1990

(1991 Edition)

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

- Men's and Women's World and U.S. Age Bests for All Track & Field Events, age 35 and up, as of Oct. 31, 1990
- U.S. Age bests for Men's and Women's all race-walking events age-40 and up, as of Oct. 31, 1990.
- Men's U.S. Masters Indoor and Outdoor Championship Records.
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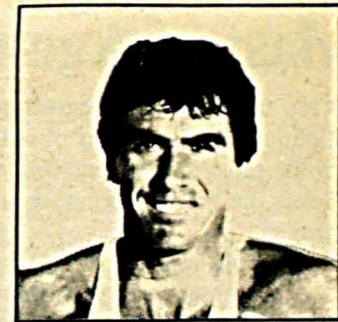
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A recent letter from Barry Brown, America's most respected Masters runner, to the Vice-President of STIM-O-STAM:



In brief, I began using Stim-O-Stam in 1968 at the High Altitude Olympic Training Camp in Lake Tahoe, California. It was recommended to me by Tommy Farrell (the eventual Bronze medalist in the 800 meters in Mexico City). I have used Stim-O-Stam ever since, and I honestly believe it has enabled me to remain competitive for the past 23 years. With the high mileage training that I do, it is essential to keep my body in balance and my legs feeling fresh. Stim-O-Stam and its related products have definitely made a difference in how I recover and feel during hard training. I'm hooked on it!

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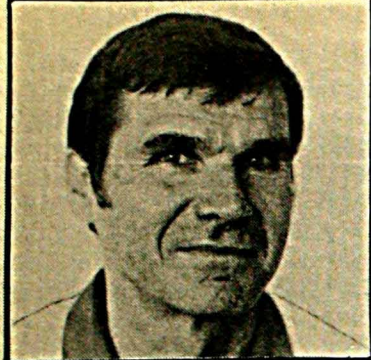
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Third Wind

by Mike Tymn

The Marathon: A Curriculum

"If you want to run, then run a mile. If you want to experience another life, run a marathon." — Emil Zatopek (1952 Olympic Marathon champion)

The marathon has been called many things. For the elite, it is first and foremost a race, a sporting contest over 26.2 miles. For most others, however, it is something else — a personal challenge, a test of fitness, an adventure, a happening, a celebration of fitness, an extravaganza, what-have you.

As I see it, though, it is one thing for all participants, at least all those who approach the event with some seriousness. It is the culmination of a learning experience.

With 17 years of formal education, followed by countless military, business, and professional courses, I would have to rate the marathon as the single-most difficult and important "course" I have ever completed.

No, not a course — a curriculum.

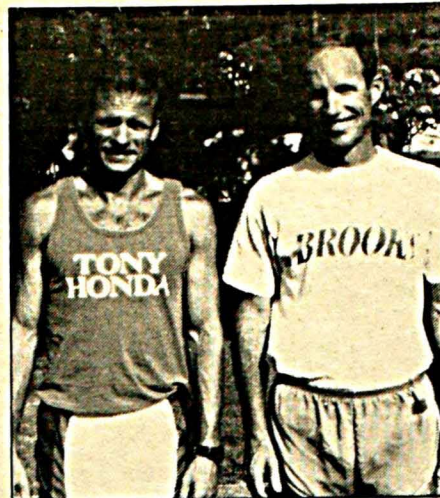
Given the choice between a typical American couch potato with an MBA from Harvard and a high-school graduate with adequate communica-

tion skills and good marathon credentials, I would choose the latter for nine jobs out of 10.

Marathon Courses

To begin with, the courses in the curriculum include anatomy, physiology and medicine. You learn the meaning of such things as maximal oxygen uptake, athletic heart syndrome, cardiovascular endurance, anaerobic threshold, oxygen debt, target heart rate, chondromalacia, plantar-fascitis, Achilles' tendinitis, pronation, supination, and Morton's foot, to name just a few.

You go on with courses in physical



U.S. Navy officers and training partners, Steve Littleton, 36, (l) overall winner (32:33), and Ken MacDowell, 41, masters first (35:54), Castle Medical Center 10K, Kailua, Hawaii.

Photo by Barb Littleton

education, learning the principles of adaptation, overload, specificity of training, progression, recovery and rest. You become familiar with terms such as interval training, fartlek, long-slow distance, circuit training, cross-training, flexibility training, strength training, callousing, tapering, peaking, and overtraining.

You continue with courses in diet and nutrition, being introduced to terms like carbohydrate loading, electrolytes, cellulose, and hydration. You find out how critical the percentage of body fat is to performance. You learn what to eat and what not to eat.

The curriculum in the marathon is not strictly in the science department. It's an inter-disciplinary one, with management courses in planning, time management, and conflict resolution very important, especially for the marathoner who is attempting to balance family and occupational responsibilities with training demands.

The marathon curriculum includes courses in psychology, as one comes to better understand how to deal with problems in goal setting, self-motivation, mood swings, errors of anticipation, regression under stress, and fear of failure. You learn about things like mental rehearsal, visualization, and self-reward reinforcement.

Earning a Degree

The marathon curriculum is not something you complete in two-and-a-half, three, four, or five hours on the day of the marathon. It encompasses all of the training leading up to the event. The race itself is only an exam to see how much you have mastered. Moreover, very few people earn their degrees in marathoning after just one exam. Most make numerous mistakes in the first one and must return to the classroom to learn how to overcome their errors. It took me about a dozen marathons before I felt I had graduated from the school of marathoning. And, yet, I realize that there is so much more to learn.

But the marathon is much more than an inter-disciplinary curriculum in physical science, psychology, and management. It is a lesson in life, a microcosm of life's experience. You come to understand life in a more pure

25th Las Vegas Half-Marathon

by JERRY WOJCIK

Larry Ingram, M40, of Fort Collins, Colo., and Amy Fredericks, W40, of Las Vegas, Nev., finished first masters in the 25th Lite Las Vegas Half-Marathon on December 21.

Ingram was 19th of 614 finishers, in 1:13:35, with Toni Gerardi, M45, of Las Vegas, the second master at 1:15:56. Fredericks took a closer win by 12 seconds from Yoko Eichel, W40, of Woodland Hills, Calif., with a 1:35:30.

John Keston of McMinnville, Ore., won the M65 race with a strong 1:23:16.

Open winners were Paul Pilkinton (1:03:32) and Jane Welzel (1:13:45).

The race, directed by Bill and Jan Callanan, broke its entry record, bolstered by 17 four-person relay teams, a Clydesdale division, and wheelchair racers. □



Don Murray, TV and film actor, checks out first curve in the 800 Club West Meet, Santa Barbara, Calif., Murray finished second in the M60 race with a 2:57.1. Photo by Jerry Wojcik

way. You learn what it means to develop and adapt, to cruise, to struggle, to overcome, to struggle again, to push on, to slowly die (as you begin to do at around 20 miles in the marathon), then to be reborn (as you cross the finish line).

Graduating

These lessons seem to carry over into all aspects of life. You learn how to focus on a goal, how to discipline yourself to accomplish that goal, and how to pace yourself in pursuit of it. You come to recognize that there will be peaks and valleys, elation and depression. You gain confidence that you can overcome all obstacles and frustrations.

In essence, the marathon lesson is the effective application of effort. It is the development of a work ethic based upon the principle that you get out of something what you put into it. Of course, it doesn't always work that way in life as there are impurities there that often obstruct us and block the way. Nevertheless, the marathon allows us to experience this principle in an unadulterated environment and to know that it is possible. □

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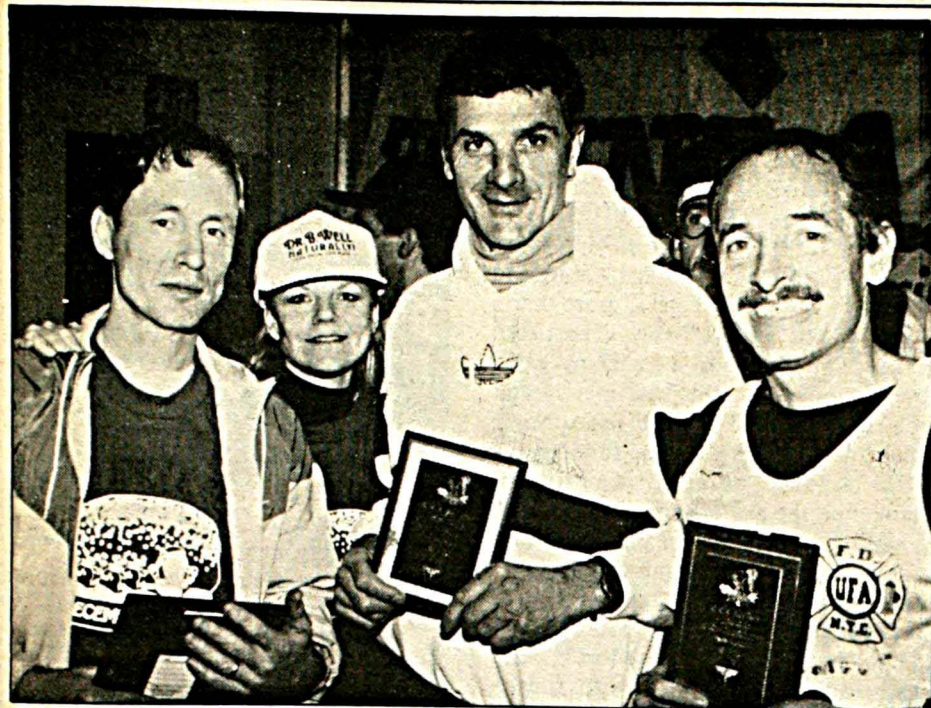
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Arlene Spiegel, of the Ho Ho Ho Jingle Bells 5K sponsor Dr. B. Well Naturally, Long Island health food supermarket, congratulates M45 leaders (l to r) Maury Dean (1st, 17:12), Jorge Aguilera, and Bob Pike. The event, December 21, was conducted by the Plainview-Old Bethpage RRC, Long Island's largest running club.
Photo by Mike Polansky

Masters Shine in Bethpage Holiday Run

by MIKE POLANSKY

Bob Giambalvo, 42, of Shirley, N.Y., turned in a sparkling 16:07, leading a strong masters contingent in the 4th annual Ho Ho Ho Jingle Bells 5K through the streets of Bethpage, Long Island, on December 21.

Giambalvo finished 35 seconds ahead of masters runnerup Dennis Nee. Maury Dean headed up the M45 group with a fine 17:12. On the women's side, 43-year-old Jacquie Gow of the host Plainview-Old Bethpage Road Runners Club scored top masters honors in 20:52.

Oldest runners in the event were Stanley Stone, 74, who captured third place in the M70+ group, and Erna Frank, 74, who took third place in the W70+.

"We were especially pleased to have such a great turnout of older runners for the Ho Ho Ho Run," stated POBRRRC Vice-President Julie Shapiro, who served as the director of the run and is one of the top Long Island performers in the W50 division. "It's no secret that our races cater to masters runners, and that our club takes special pride in encouraging the 40+ set to start running and keep running."

The Ho Ho Ho Jingle Bells Run attracted more than 900 runners and walkers. It was sponsored by Dr. B. Well Naturally, Long Island's newest



Bill Benson, Valley Stream, Long Island, heads for the M70+ silver (25:17), Ho Ho Ho Jingle Bells 5K, Bethpage, Long Island, December 21.
Photo by Mike Polansky

New LDR Records Compiled

On pages 14-15 are new U.S. five-year age-group long distance running records for men and women age-40-and-up. The marks are those compiled by TACSTATS, the official record-keeping arm of The Athletics Congress, which ratified the marks as of November 30, 1991.

Included are pending (p) records for which documentation has not yet been

received by TACSTATS, and some noteworthy unvalidatable (u) performances. The records are based on performances on TAC-certified courses. The times are sent by race directors to TACSTATS. Runners who feel they qualify for a U.S. mark may also submit their time directly to TACSTATS, at 915 Randolph Rd., Santa Barbara CA 93111. □

health food supermarket, and Twin Labs, manufacturer of Ultra Fuel and Hydra Fuel energy drinks. □



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A "Regular" Walking Race?

The following is taken from a report given by Masters Racewalking Rep, Bev La Veck, to the National Masters Track and Field Committee at the TAC Convention in New Orleans. I encourage readers to write to me or Bev regarding the ideas expressed in this article in order to stimulate discussion and to improve the masters racewalking program.

The increasing interest in fitness walking is presenting new issues for masters racewalking. More and more people want to be included in racewalking events, yet lack the technique and training to racewalk properly. Local event directors are less interested in providing racewalk divisions when they can attract many more entrants with a "plain" walking division. There is some concern that masters racewalking will not be taken seriously because the large numbers of heterogeneous participants with their hostility to judges will discourage judging by the rules.

One possible solution to this problem is to encourage the inclusion of a competitive, "regular" walking event which does not

permit running, while retaining the traditional judged racewalk as a separate event. The 1991 Senior Games in Utah did something like this. The "Senior Olympics" might be encouraged to try this with their 800 "racewalking" entrants. I'd also like to see the National TAC Masters Track and Field meets try offering both a judged racewalking event and an unjudged, but monitored, regular walking event to accommodate those competitive individuals who simply can't straighten their knees any longer. This may work to appease the very vocal group who think the bent knee rule should be softened for older competitors.

If having two separate, competitive walking events proves to be acceptable, what should the non-racewalking event be called? Speed walking? It must be clearly distinguished from racewalking.

As a corollary issue to consider: Should community race directors be discouraged from providing racewalk divisions in road running events if there are insufficient judges to effectively control the event? For some reason, the two events which attract untrained, first-time participants are the marathon and the racewalks. This often places the finish times and places of racewalkers in danger of being meaningless because winning times may be illegal and unrealistic. This is an Association issue, but one of particular significance to the age 40+ racewalker.

Write to: Elaine Ward, P.O. Box 50312, Pasadena, CA 91115 or Bev La Veck, 6633 N.E. Windermere Road, Seattle, WA 98115. □



Joy Margerum, winning the W30 100mH (15.50), Club West Meet, Santa Barbara, Calif. Photo by Jerry Wojcik

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Rockville Centre 10K

by MAURY DEAN

For 14 fateful years the Rockville Centre 10K has lured Long Island runners with its big three promises: FLAT FAST, and NICKEL BEER to FINISHERS at McQuade's Pub. This year's running of 700 would-be superstars on November 11, more than doubled last year's hapless harriers (last year we endured a shrieking gale and cloudburst — this year merely an obnoxious 20 mph north breeze). New York masters were out in full force, with strong competitive duels blanketing the age groups.

Nobody condones race banditry, but a spirited duel turned into a thrilling threesome as masters champs Bill Backe (33:42) and Bob Giambalvo (33:46) battled with Bob Moritz, 42, who would have had a photo finish with Giambalvo; unfortunately, Moritz arrived just a minute late to sign up, and Finish Line Promotions have a track record for starting on the dot. Moritz dodged the chute, with one of his premier performances fizzling to official zero status. Alas? LATE = No T-shirt, no glory.

Officer Julian Goldsmith outran Officer John Boyle (37:29 to 38:44) in the swift-fifty category, while Michael Goldman (39:07) won the 55-59s over Bob Appel (39:37) and Rich DePalma (39:46) — proving that a sub 40 10K is a fine achievement for thirtysomethings and a spectacular achievement for 55-year-olds.

I've seen the pert and perky Eleanor "Chickie" O'Toole at probably ten Rockville Centre races, and she's just as great as ever. At 60, Chickie's fine 53:20 registered just one second faster than the 3rd-place W40-44 winning time. Masters gold went to 47-year-old Hilary Boucher, whose fine 42:43 out-distanced plucky Ann Makoske's 45:34 silver-medal effort.

Rockville Centre boasts the fastest 10K course on Long Island. Wild windy weather often stalks the Ides of November date, but the course is wonderfully flat, and a number of stately trees, handsome large homes, and windbreak hedges buffet the breezes; also, the course winds its way out and back in a manner that gives the runners only about half a mile into the fierce west wind. Despite the winds, we had a brisk 37° promenade in Phoenix humidity, and the lake shone a deep indigo at midday as the boreal blast whooshed us to the speediest last mile I've ever run in a 10K.

Nancy Fraser, 54, edged 55-59 Claudette Evans by nineteen seconds with her fine 49:18 effort. Overall laurels went to Tom Wood (31:23), and to Bob's wife, Ellen Giambalvo (37:21), who is, I believe, into the 35-39 category, and may someday rewrite L.I. masters record books as Bob did in 1989. □



Derek Redmore, 53, of St. Louis, first M50 in 3:02:39, St. Louis Marathon, November 24.

Photo by Hank Kiesel

Racewalking Records

• Racewalking record-seekers must send properly completed and signed application forms to Don Henry. Lists of results are not sufficient, nor are names appearing in the National Masters News and racewalking newsletters sufficient.

• Potential track records set in Turku (WAVA) have not been submitted to TAC for ratification because in most cases Don has not received the necessary application forms. He did not obtain a copy of the official WAVA results until the TAC Convention.

• Don is accumulating potential record times for all "standard" distances, even though TAC Rules currently permit masters racewalking to be recognized only at Championship distances (3K Indoor, 5K, 10K, 15K, 20K, 25K, 30K, 40K, 50K, 100K, 100 mi). Recognition of additional distances such as the 1500m, 3K Outdoor, and 1-mile, awaits a TAC Rules change. Indoor 3000-meter marks were not submitted in '91 because they weren't ready. The 1500-meter marks from the '91 National Senior Sports Festival (Senior Olympics) will not be accepted because the curbs weren't in place on the track.

• The requirements for unofficial single-age "best performances" are softer than those for official 5-year age records. Compiling the unofficial marks is a purely voluntary activity on Don's part (and Alan Wood's part), and Don is justified in using his best judgment as to what should and should not be counted. For a single age "best," it may not be so important that all three judges be certified, or that the track be curbed.

• Don has volunteered to answer individual phone and mail (SASE) requests for current information about masters racewalking records. His address is Don Henry, 24 Fairview, Brick, NJ 08724. (201) 899-1550. □



Masters Health and Fitness

by DAN HAMNER, M.D.

VO₂ Max: The Key to Maintaining Your Performance and Longevity

The most popular measurement of aerobic fitness is VO₂ max. It is also one of the better predictors of our running times. The higher one's VO₂ max, given the same running economy, the lower the racing times. The goal is to maintain one's VO₂ max at its highest level for both performance and longevity.

VO₂ max is the body's ultimate capacity to utilize oxygen for energy transfer into movement. For that reason, masters runners should be asking each other, "How was your VO₂ last week?", instead of "What was your race time?"

Testing Your VO₂ Max

Testing your VO₂ max is easy. The 1½ mile run test requires a maximal effort. With proper warm-up and proper racing, this is still a very accurate test. A typical runner doing a six minute mile for this test will usually have a VO₂ max between 50 and 55 ml/kg/min. The data for this test was first published by Dr. Bruno Blake in 1963. An adaptation appeared in Dr. Kenneth Cooper's book *Aerobics* in 1968. You can take this test with either your exercise physiologist or sports doctor, or on your own, using Dr. Cooper's book and chart.

Other methods include complicated treadmill testing with a metabolic unit. Another test is called the Step-Test and was developed by the Harvard Fatigue lab. It consists of taking one's pulse after five minutes of stepping up and down on a bench to the beat of music or a metronome.

Anerobic Threshold

Using all of these basic tests, and more recent ones, which include testing with a portable lactic acid measurement machine, I find the 1½ mile run the most accurate for masters runners. The reason is that their anerobic threshold is closer to their VO₂ max.

Anerobic threshold occurs when the exercise becomes more intense and lactic acid accumulates in the blood. Carbon dioxide also rises as the rate and depth of breathing increase. Of course, the higher the anerobic threshold, as with the VO₂ max, the better off we are as runners. The training of masters athletes that is geared to increase the VO₂ max, will also increase the anerobic threshold.

Good Runners Maintain VO₂ Max

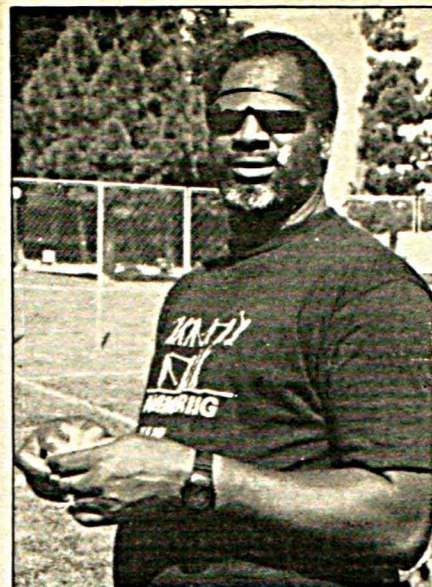
We all know that we have to slow down some time. We also know that along with the respiratory system, the cardiovascular system is the rate-limiting step for oxygen transport to muscles and organs. The more oxygen you get into all of your tissues, the more energy you'll have. Therefore,

the cycle of inactivity and deconditioning can be slowed in our later years.

A prime example of this is my good friend, Jim Blount, a Florida advertising executive, and a top masters 63-year-old runner. Jim has been tested by the University of Washington Department of Medicine for the last 12 years. His VO₂ max has been maintained at the same level, between 54-56, for all of these years.

Jim started running at 49. In a recent interview he claimed, "The key to my success is running 50 to 60 miles per week, and racing 50-60 times per year. Even though I have to eat in restaurants because my job and racing keeps me travelling, I watch my diet and stay away from fats and sugar."

Another elite runner, Ken Sparks, an exercise physiologist from Columbus, Ohio, has maintained his VO₂ max between 65-70 for fifteen years. Ken, who is approaching 47, rarely runs more



Lloyd Higgins, shown here at the Club West Meet, Santa Barbara, Calif., recently turned 50 and has his sights on records in the discus and hammer. Photo by Jerry Wojcik

than 9 miles a day. He does all of his interval work on a treadmill at a very high intensity.

Fay Bradley, M.D., from Washington, D.C., is another good example. A top M50 runner, he races often and uses the racing plus 60-mile per week workouts to maintain his VO₂ max. Dr. Bradley, at 53-years-old, came in first last year in the Mercedes Fifth Avenue mile run with a time of 4:36. Ken Sparks came in first in the over-45-year-olds with a time of 4:13.

What do all these athletes have in common? They have not allowed VO₂ max to diminish in one decade. Outside of good genes, these masters runners use training methods involving moderate mileage with intense interval and tempo workouts and/or weekly racing.

To sum up, keep the intensity level up in your training to maintain your VO₂ max. In your later years you may have to cut back on the duration and frequency, but keep the intensity level high for as long as you can.

Running Does Not Promote Osteoarthritis

A five-year study from Stanford Medical Center says that running as much as three hours a week does *not* cause or accelerate osteoarthritis, one of the most common forms of arthritis affecting more than 16 million Americans.

"While running decreases risk for cardiovascular disease, many say we're evolving into a generation of individuals with healthy hearts but worn out musculoskeletal systems," said Dr. Nancy Lane, a rheumatologist and author of the study presented November 18 at the annual meeting of the American College of Rheumatology in Boston.

The hands, lumbar spine, and knees of 35 running club members between the ages of 55-77, who ran up to three hours a week, were compared with those of similar people who ran less than 14 minutes per week. After five years, the same areas were measured again for the progression of osteoarthritis (OA).

Radiographic OA of the hand and lumbar spine was present in both groups, yet disease severity in OA of the knee was minimal in both groups.

"Twenty-five percent of all subjects studied developed clinical OA of the hand and knee regardless of a running program," said Dr. Lane. "This indicates that OA is a natural result of aging and not running." □



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MASTERS TRACK & FIELD REPORT

by BEV LAVECK,
Masters T&F Awards Coordinator

1992 Awards Procedure

A new procedure will be used to select outstanding masters T&F athletes in 1992. Changes were suggested by the Masters T&F Board at the 1991 Convention to help reduce the amount of time spent by the Awards Coordinator in seeking and recording athlete performance data and organizing the balloting.

In 1992, there will be no 5-year awards. Instead, there will be a single outstanding athlete chosen for each event, based on the age-graded tables. The volunteers who amass the performance data for the annual rankings are being asked to provide the best performance in each age group in their respective events. (This data is needed by the mid-October, in order to have a completed report for the 1992 Convention). To help close cracks in the system, additional volunteers are needed to supply performance data for the best men and/or women in a particular event. For example, there may be someone out there who can be counted on to identify the best javelin throws for men over age 65 by 5-yr. age groups. Also, individuals can send me their best times or distances, but should of course identify the meet so they can be verified in NMN results.

There are no plans to have separate Indoor and Outdoor awards. Of course, if anyone wishes to figure out the best 200 meter indoor runner or shot-putter, one can use the Indoor Rankings in the NMN and convert performances to age-graded scores.

The nine major awards categories of Outstanding Male and Female

Athletes, Multi-Event Athletes, Race Walkers, Single Performance by a Masters Athlete, and Administrator will be hashed out in committee, taking into consideration performance excellence, championships, age-grading, versatility and consistency. □

TAC Membership

TAC 1992 membership renewal applications have been mailed by most local TAC associations to their 1991 members. New applicants may apply to their local TAC association or to TAC's national office at 317-261-0500.

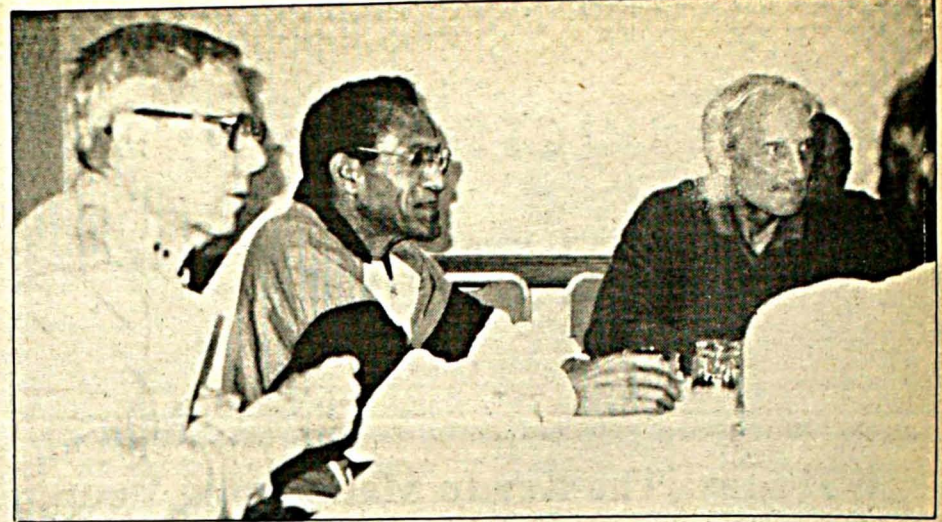
The cost of an annual membership ranges from \$7 to \$12, depending on the association. Advantages to membership include:

- Medical insurance which covers members during and traveling to and from TAC-sanctioned events and scheduled training sessions.

- Eligibility to participate in TAC national, regional and local masters championships.

- Indirectly helping the masters program by providing funding and support for TAC.

- Eligibility to participate on TAC committees. □



Max Goldsmith (l), Site Selection Coordinator, Hugh Cobb (c), West Regional Coordinator, and Phil Mulkey, Southeast Regional Co-Coordinator, at a Masters T&F Committee Meeting, 1991 TAC Convention, New Orleans.
Photo by Jerry Wojcik

Tompkins Tops Tom Robinson Mile

by PETER TAYLOR

Gary Tompkins, Dave and Mike Patterson, Jim Sutton, and Bernadette Creed were among a large number of middle-distance runners who ran well as the Philadelphia Masters held their Third Annual Tom Robinson Memorial Mile and accompanying development meet on January 5.

Tompkins, 41, outdistanced Dave Patterson, 40, in the top-seeded mile, 4:30.7 to 4:31.6, with Mike Patterson,

38, next in line with 4:38.2. While Tompkins hung up his racing shoes for the day, Dave Patterson came back to win a very fast 3000 (8:55.4), and then returned to post the day's best 800 — 2:08.9. Mike Patterson also stood out in the 3000 with a 9:01.5; old pro Luther Burdelle, 67, showed his mettle with an 11:38.5.

World 800/1500 champion Sutton, 60, won his mile in 5:09.3, while Bernadette Creed, 34, made the long trip from Virginia worthwhile by winning the mile in 5:35.9, and posting times of 1:10.1 in the 400 and 2:34.8 in the 800. Rita Alles, 54, also ran well, with a 6:38.3 in the mile and 13:04.3 in the 3000.

Tom Robinson, who passed away at 44 in 1988 after being struck by a vehicle that had run a red light (he was not running at the time) was an excellent middle-distance runner, teacher of running (through the Arthur Lydiard camps), and cardiac researcher. □

Rankings Report

by JERRY WOJCIK, Masters Track & Field Rankings Coordinator

Thanks to the Masters Track & Field Committee for my nomination as Administrator of the Year along with Nate and Evelyn White of New York.

Al Neville, who does the outdoor shot put rankings, was accidentally omitted from the list of rankers acknowledged in the minutes of the Track & Field Committee meetings published in the January issue. Neville, a resident of Concord, N.H., has compiled the outdoor shot rankings for two years.

Publication of the 1992 indoor rankings will start later than last year's because of the late date of the Nationals in Columbus. Do not forward your best indoor marks to me until after the publication of the indoor rankers in the March or April issue.

As track & field rankings coordinator, my responsibility for walk rankings includes only on-the-track walks. Dr. Glen Peterson, who is the outdoor track walk ranker, did, out of the goodness of his heart, several 1989 road walk rankings, which were published in 1990. But, there is no one doing road walk rankings at this time.

In compiling the rankings, it is sometimes necessary to contact athletes for correct marks, age groups, etc., so we use the NMN subscriber list for addresses. In about 40% of the cases, especially in the younger divisions, the athlete we want to contact is not on the subscription list.

Road race times for rankings should be sent with verification to TACSTATS, 915 Randolph, Santa Barbara, CA 93111. (805) 683-5868. □

Team Manager Position

Those persons interested in applying for the position of Team Manager for the U.S. athletes attending the X World Veterans Championships in Miyazaki should submit their intention in writing to Chairman Barbara Kousky by March 15, 1992. Applicants should include background information with their letter. Selection will be made by the Executive Committee and announced at the athletes meeting in Columbus.

Due to the commitment required by this position, the Team Manager will not be able to compete in the Championships. The following criteria will be considered by the committee when selecting the manager; prior team manager experience (nationally or internationally), communication skills, coaching experience (track, field, long distance, racewalking, and relay), knowledge of IAAF and WAVA competition rules, competitive experience, and organizational skills.

For additional information please contact Barbara Kousky, 5319 Donald Street, Eugene, OR 97405-4820, or telephone 503-687-1989. □



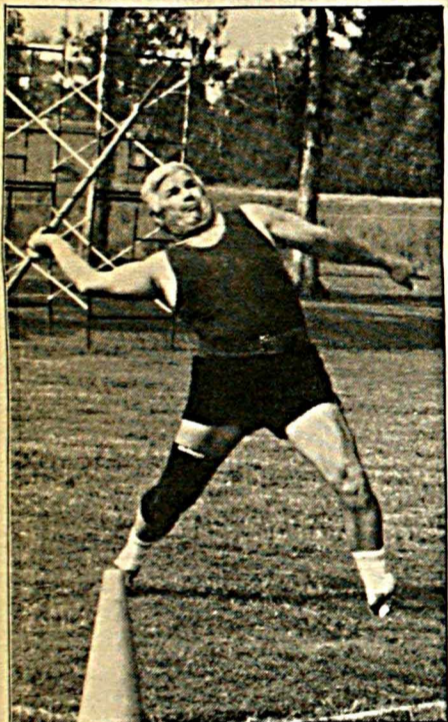
Dave Connolly, M50, high jumps 4-7 at Garden State AC Championships in Randolph, N.J.

Five Years Ago

- Don Coffman (2:30:36) and Cindy Dalrymple (2:52:53) Are Top Masters in Rocket City Marathon
- Bob Morcom, 66, Wins National Masters Indoor Pentathlon With 4772 Points
- Al Oerter Sets M50 Discus WR With 65.30 Heave in Florida's Holiday Weight Pentathlon

Correction

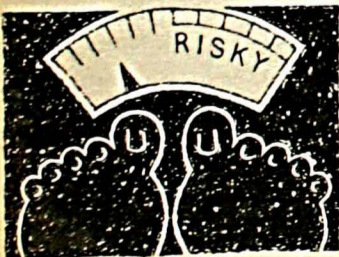
In our story on the New York Marathon (Dec. NMN) we mistakenly said that Graziella Striuli was a member of the Italian Olympic marathon team. Ms. Striuli was a one-time member of the Italian national team and she was the top finisher on the Italian team at the NYC Marathon. She prefers running marathons in the U.S. to running in Italy because "masters get no recognition in Italy, and there is substantial prize money here."



Ken Weinbel, 63, Seattle, Wash., National Masters Weight Pentathlon Championships in Louisiana. Photo by Dan Thiel

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American Heart Association

Columbus Gears Up For Indoor Nationals

More than 400 masters athletes from throughout the country are getting in shape to compete in the 1992 TAC National Masters Track and Field Indoor Championships at Ohio State U. in Columbus, Ohio, April 3-5.

Assistant meet director John White

reports the track has been resurfaced, and the bumps in the backstretch on lanes five and six have been eliminated.

The three-day event is the culmination of the indoor season. TAC National medals will be awarded to the first three places in each five-year age

group from age 30 to 95+. Ribbons will be awarded to the 4th, 5th and 6th place finishers.

The Holiday Inn — just across the street from OSU's French Fieldhouse — will serve as meet headquarters. The entry form and complete information on the meet is on the back page of this issue. □

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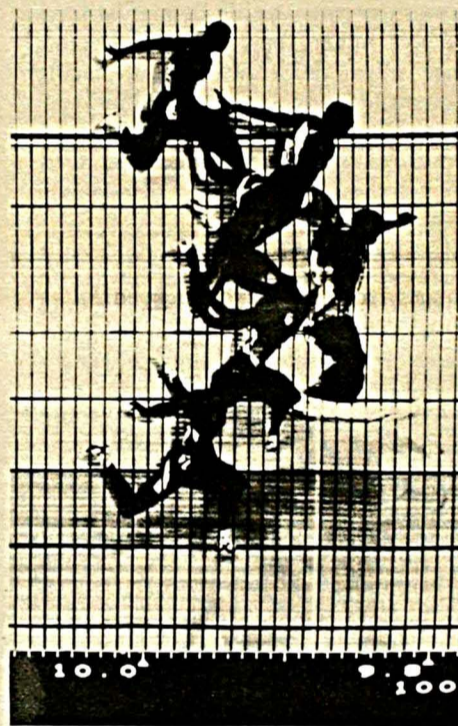
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THE FOOT BEAT

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

Calf Strains

Q. I am a 44-year-old athlete who won the triple jump at the Nationals three years ago. My problem is my calf muscles. For the past 10 years, they have been tearing — sometimes very slightly, sometimes severely. It can happen at any time, even while jogging slowly, but never to the same spot or leg in succession. The most I have been able to train without a re-tear in the muscle or sheath has been 17 days. Do you think I need surgery, or is there a better way to treat this frustrating condition?

A. Calf strains are quite an annoying injury, and occur frequently among masters athletes. In most cases the injury is a result of running on hard surfaces, over-training, running up hills, over-stretching — or, in rare cases, may be due to a lack of potassium, calcium or magnesium.

Avoid hill running and sprint workouts. Reduce your stretching routine so as not to irritate the tendon-muscle junction. Make sure you add a slow, walking warm-up to your training regimen — and, if possible, try to run in the afternoons or evenings when the muscles are looser.

Use moist heat compresses on the calf at night to increase blood flow to the injured area. I also suggest some type of physical therapy, including hydrotherapy and ultrasound treatments.

In your case, a thorough biomechanical evaluation of the complete

lower extremity would be a good idea. There might be some underlying mechanical deformity that is placing abnormal stretch on the Achilles' tendon. This happens quite frequently in athletes with over-stretched rear feet, high-arched feet, or legs of unequal length.

I would only consider surgery as a last resort — and only after having an MRI (magnetic resonance imaging) done of the area to pinpoint the exact location of the tear or rupture. Find a therapist or orthopedist in your area who specializes in treating athletic injuries. □

Kenya's Nzau Top Master in Honolulu Marathon

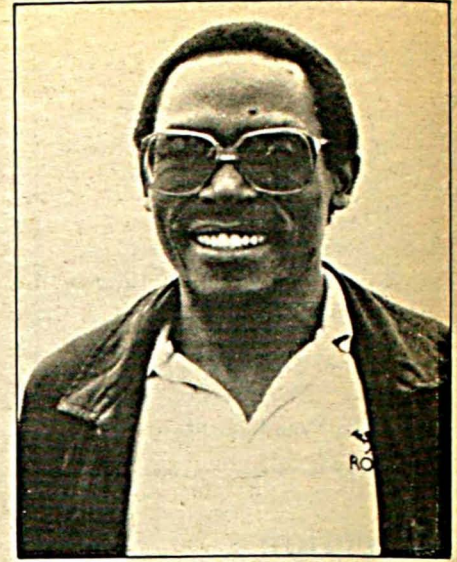
by MIKE TYMN

Joseph Nzau, the Kenyan whose age has been in dispute ever since he was thought to have won the M40-44 division in the 1989 Crescent City Classic 10K in New Orleans, finished ninth overall in the 1991 Honolulu Marathon on December 15 with a time of 2 hours, 28 minutes, 6 seconds.

Nzau, who says he is now 42, was recognized as winner of the M40-44 division. "I think he's at least 40," said Jim Moberly, a race official. "He says he is, and we don't ask for birth certificates from all the other age-class winners."

The problem over Nzau's age surfaced soon after the Crescent City race, in which Nzau ran a speedy 28:09. The time would have been a world best for a master runner.

Nzau claims that he was born April 14, 1949, which would have made him 40 the day before the Crescent City event. However, his age was soon questioned when it was discovered that his



Joseph Nzau of Kenya, M40 winner in 2:28:06. Honolulu Marathon, Honolulu, Hawaii, December 15. Photo by Mike Tymn

entry form for the 1984 Olympics gave a 1952 birthdate. Further, he gave his age as 33 when he won the Chicago Marathon in 1983. That is consistent with his passport, which Nzau says carries a date of April 14, 1950.

Because of the differing dates, Nzau was not allowed to enter the 1989 Boston Marathon as a masters runner. The Athletics Congress has accepted the 1952 date as the correct one.

Nzau doesn't know where the 1952 date came from, but explains the passport date as having arisen when a member of his country's athletic federation filled in his application for a passport after he was given a scholarship to the University of Wyoming during the late 1970s.

"It was no big thing then," said Nzau. "I wasn't thinking about running in masters at the time. There was no reason to have the date corrected."

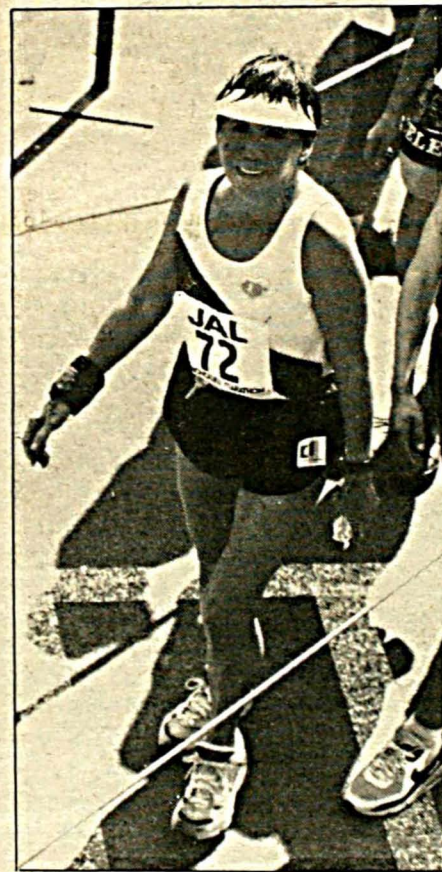
Because his passport carried the 1950 date, he decided then to live with that date and that's why he gave his age as 33 after winning in Chicago.

Patricia Owens, an agent for Nzau, said she has a copy of Nzau's marriage certificate showing the 1949 birth year. "You've got to remember that when a woman gives birth in Kenya, at least back when Joseph was born, she goes off into the woods and has the baby," Owens offered. "They didn't record births like we do in this country."

Added Nzau: "If they (TAC) would have accepted the date on my passport, I would have been satisfied."

All that may soon be academic, as Nzau will officially turn 40 (by TAC's reckoning) in a few months. He should

Continued on page 13



First W70 Margaret Lee (5:34:58), Honolulu Marathon, Honolulu, HI, Dec. 15.

Photo by Tesh Teshima

DEADLINE

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

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

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Honolulu Marathon

Continued from page 12

then be giving some competition to New Zealand's John Campbell and other top masters.

Nzau said that he was hampered by a tight hamstring in the Honolulu race. His time was significantly slower than the 2:18:43 he recorded in the Beijing Marathon earlier in the year. His PR of 2:09:45 came in that earlier Chicago victory.

Conditions in Honolulu were warm and humid. Benson Masya, who runs on Nzau's team in Kenya and is just 21, pulled away from defending champion Simon Robert Naali of Tanzania and former marathon world-record holder Steve Jones of Wales near the 25-mile mark to win the overall title in a slow 2:18:24.

Although entries by Hawaii residents and other Americans have been on the decline over the past eight years, the 19th annual Honolulu Marathon had a record sign-up of 14,603. Over 10,000 of those entries came from Japan.

Japanese runners won five age divisions in the men's competition, including a 2:49:23 by Tsuneski Takahashi in the M55-59 class, and a 2:55:33 by Shoji Nakatani in the M60-64 class. The Japanese women also captured five age divisions, including a 3:11:15 by Mizue Matsuda in the W45-49 class.

Among American runners, Hawaii's Alberto Rivas won the M50-54 class in 2:48:32, while Barbara Zamperelli, also from Hawaii, took the women's W60-64 class in 4:18:09.

Stan Gryzik, a 56-year-old entrant from San Francisco, crossed the finish line in 2:41:42, but was later disqualified when officials could not find him on their race video at two checkpoints. □

CLASSIFIEDS

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

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

THE WELLNESS ENCYCLOPEDIA: THE COMPREHENSIVE RESOURCE TO SAFEGUARDING HEALTH AND PREVENTING ILLNESS. A single volume reference of preventive medicine in non-technical language by the Editors of the University of California Berkeley "Wellness Letter." Available from BOOKS FOR RUNNERS. \$29.95 (incl. ship.) The CAVU Company, 330 E. Enos Drive, Ste. 188-NM, Santa Maria, CA 93454. 805-928-6216.

PEAR BLOSSOM RUN — April 11 - Deadline February 28 - 10 mile, Mayor's Cup Mile & 2 mile - Pear Blossom Festival; Parade Street Faire - Barbeque - 16th annual - 'Everyone's a Winner' - Long SASE: Pear Blossom Run - PO Box 146 - Medford, Oregon 97501 - Info: (503) 772-6293 - Jerry & Zella Swartsley (503) 535-1205.

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
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_____	Masters Track & Field Rankings Men's and women's 1990 U.S. outdoor track & field, 5-year age-group rankings. 60 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00	\$ _____
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_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of May, 1991. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1991) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1992 Published by Road Race Management the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$46.00.	\$ _____
_____	TAC/USA Patches. Embroidered, 4" x 3". \$2.50	\$ _____
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_____	U.S. Track and Field Team Lapel Pins. Cloisone enamel, 1½" x 5/8" bar pin with safety catch. \$5.00.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
_____	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	\$ _____
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 a = Performance possibly aided by wind and/or slope therefore not eligible for record but can be a 'best'

MASTERS - MEN

DIST	TIME	CODE	ATHLETE NAME (STAGE)	RACE LOCATION	RDATE
All-Come's Records (non U.S. citizens)					
5 km	13:55	R	JOHN CAMPBELL (NZL)	FT MYERS, FL	(021691)
8 km	23:48	P	DOMINGO TIBADUIZA (COL)	SAN JOSE, CA	(061591)
10 km	29:00	R	JOHN CAMPBELL (NZL)	BOSTON, MA	(040090)
15 km	44:44	R	ARTEMIO NAVARRO (MEX)	PORTLAND, OR	(062391)
10 mi	47:55	R	JOHN CAMPBELL (NZL)	FLINT, MI	(082590)
half mar	1:02:28	R	JOHN CAMPBELL (NZL)	PHILADELPHIA, PA	(091690)
marathon	2:14:33	R	JOHN CAMPBELL (NZL)	LOS ANGELES, CA	(030391)

Men 40-44

5 km	14:45.9	R	JIM PEARSON (FL/40)	JACKSONVILLE, FL	(061089)
5 km	14:02a	P	DOUG BELL (CO/40)	FONTANA, CA	(040691)
8 km	23:51	R	BILL RODGERS (MA/40)	INDIANAPOLIS, IN	(092488)
10 km	29:57	R	BARRY BROWN (NY/40)	ASBURY PARK, NJ	(081884)
10 km	29:48	U	BILL RODGERS (MA/40)	DAVENPORT, IA	(100188)
10 km	29:50a	R	TRACY SMITH (CA/42)	NEW ORLEANS, LA	(040487)
12 km	37:19	R	LARRY ALMBERG (WA/43)	SPOKANE, WA	(050690)
15 km	45:58	R	BILL STEWART (MI/40)	TAMPA, FL	(020583)
20 km	1:03:58	R	LARRY OLSEN (MA/40)	NEW BEDFORD, MA	(031587)
25 km	1:21:25	U	BRUCE MORTENSON (MN/41)	MINNEAPOLIS, MN	(091585)
30 km	1:39:20	P	ROBERT SCHLAU (SC/42)	CLARKSBURG, CA	(111289)
30 km	1:38:25a	U	BRUCE MORTENSON (MN/41)	MINNEAPOLIS, MN	(100685)
50 km	3:00:00	R	JEFF WALL (CA/40)	SAN FRANCISCO, CA	(110682)
50 km	2:59:36a	R	BRUCE MORTENSON (MN/44)	DULUTH, MN	(102288)
100 km	6:38:21	R	BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
10 mi	49:46	R	BARRY BROWN (NY/40)	WASHINGTON, DC	(033185)
20 mi	1:42:08	R	BARRY BROWN (NY/40)	MINNEAPOLIS, MN	(093084)
50 mi	5:10:13	R	BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
100 mi	13:15:50	R	ROY PIRRUNG (WI/40)	QUEENS, NY	(040189)
half mar	1:06:25	R	BARRY BROWN (NY/40)	MANCHESTER, VT	(091684)
marathon	2:17:02	R	KENNETH JUDSON (PA/40)	HUNTSVILLE, AL	(120890)
marathon	2:15:15a	R	BARRY BROWN (NY/40)	MINNEAPOLIS, MN	(093084)
12 hr	144,840 m	R	ROY PIRRUNG (WI/40)	QUEENS, NY	(040189)
24 hr	247,876 m	R	ROY PIRRUNG (WI/42)	MILTON KEYNES, GB	(020390)

Men 45-49

5 km	15:17.9	P	BARRY BROWN (FL/45)	FREEMONT/LUCAYA	(022490)
5 km	15:26.8	R	STEVE LESTER (UT/45)	CARLSBAD, CA	(040289)
5 km	14:34a	R	STEVE LESTER (UT/45)	MAGNA, UT	(092488)
8 km	25:32	R	BRUCE MORTENSON (MN/45)	NAPLES, FL	(011489)
8 km	24:56.8	U	SAL VASQUEZ (CA/47)	LOS ALTOS, CA	(012487)
10 km	30:51	U	SAL VASQUEZ (CA/45)	KENTFIELD, CA	(052785)
10 km	31:06	R	SAL VASQUEZ (CA/45)	ALAMEDA, CA	(080485)
10 km	30:10a	R	STEVE LESTER (UT/45)	MAGNA, UT	(070488)
12 km	38:47	R	STEVE LESTER (UT/45)	SPOKANE, WA	(050188)
15 km	47:28	U	SAL VASQUEZ (CA/45)	ROSS, CA	(031685)
20 km	1:06:05	U	HAL HIGDON (IN/49)	IN	(100480)
25 km	1:22:24	R	DAN CONWAY (WI/47)	MINNEAPOLIS, MN	(091486)
30 km	1:42:33	R	MIKE HEFFERNAN (OR/46)	MINNEAPOLIS, MN	(101286)
30 km	1:41:41	U	SAL VASQUEZ (CA/47)	CLARKSBURG, CA	(111686)
50 km	3:10:15	U	MEL WILLIAMS (VA/45)	CHESAPEAKE, VA	(040184)
100 km	8:05:25	P D	JAMES EDMONSON (CA/47)	SAN FRANCISCO, CA	(042190)
100 km	8:22:29	R	LARY WEBSTER (WA/49)	YAKIMA, WA	(042483)
10 mi	51:41	P	SAL VASQUEZ (CA/47)	STOCKTON, CA	(011887)
20 mi	1:49:10	R	JIM BOWERS (CA/45)	MINNEAPOLIS, MN	(093084)
20 mi	1:49:10	R	DAN CONWAY (WI/45)	MINNEAPOLIS, MN	(093084)
50 mi	5:29:44	P D	ROGER ROULLER (GA/47)	CHICAGO, IL	(101385)
100 mi	14:58:34	U D	DON JEWELL (NY/46)	QUEENS, NY	(110784)
half mar	1:08:47	U-	JIM BOWERS (CA/45)	CHICO, CA	(030384)
half mar	1:09:15	R	OSCAR MOORE (NJ/45)	PHILADELPHIA, PA	(091883)
half mar	1:09:15	R	OSCAR MOORE (NJ/45)	PHILADELPHIA, PA	(091884)
marathon	2:25:50	U	JIM BOWERS (CA/45)	DYERVILLE, CA	(091381)
marathon	2:28:46	R	JOHN BRENNAND (CA/45)	EUGENE, OR	(061684)
marathon	2:21:32a	U	JIM BOWERS (CA/45)	DULUTH, MN	(112888)
12 hr	105,096 m	R	STEPHEN DERENZO (CA/46)	OAKLAND, CA	(091888)
24 hr	207,673 m	U	KEN BREWER (AL/46)	ATLANTA, GA	(091888)

Men 50-54

5 km	15:52	R	SAL VASQUEZ (CA/50)	DAVIS, CA	(111790)
5 km	15:45a	R	BILL OLRICH (KY/52)	CINCINNATI, OH	(101787)
8 km	25:31	R	SAL VASQUEZ (CA/50)	LOS ALTOS, CA	(012090)
8 km	25:25a	U	RAY HATTON (OR/51)	EUGENE, OR	(060583)
10 km	31:48	R	RAY HATTON (OR/50)	PORTLAND, OR	(052382)
12 km	40:07	U	HAL HIGDON (IN/51)	CHICAGO, IL	(103182)
12 km	39:06a	P	SAL VASQUEZ (CA/50)	SACRAMENTO, CA	(042290)
15 km	49:24	R	NORM GREEN (PA/53)	PORTLAND, OR	(063085)
20 km	1:05:50	R	NORM GREEN (PA/50)	WASHINGTON, DC	(052983)
25 km	1:24:12	R	NORM GREEN (PA/51)	WASHINGTON, DC	(052784)
30 km	1:46:42	U	NORM GREEN (PA/51)	NEW YORK, NY	(121783)
50 km	3:19:33	R	JOHN L SULLIVAN (MA/50)	WASHINGTON, DC	(031382)
100 km	7:38:43	R	JOHN L SULLIVAN (MA/50)	CHICAGO, IL	(100382)
10 mi	52:53	R	NORM GREEN (PA/50)	WASHINGTON, DC	(032783)
20 mi	1:51:44	R	NORM GREEN (PA/52)	MINNEAPOLIS, MN	(093084)
50 mi	5:35:03	R	TED CORBITT (NY/50)	NEW YORK, NY	(101870)
100 mi	17:19:00	R	DON JEWELL (NY/50)	QUEENS, NY	(092488)
half mar	1:09:30	R	NORM GREEN (PA/52)	PHILADELPHIA, PA	(091684)
marathon	2:29:11	R	NORM GREEN (PA/51)	LINCOLN, NE	(050681)
marathon	2:25:51	U	NORM GREEN (PA/52)	SAN DIEGO, CA	(120284)
marathon	2:25:46a	R	JIM O'NEILL (OH/50)	LAS VEGAS, NV	(020489)
24 hr	214,042 m	R	DON JEWELL (NY/50)	QUEENS, NY	(092488)

Men 55-59

5 km	16:38	R	NORM GREEN (PA/57)	DELAND, FL	(020490)
5 km	16:09a	P	JIM BROWNFIELD (CA/55)	FONTANA, CA	(040487)
8 km	27:00	R	NORM GREEN (PA/57)	NAPLES, FL	(011390)
8 km	26:33a	P	RAY HATTON (OR/55)	EUGENE, OR	(060687)
10 km	33:22	R	NORM GREEN (PA/56)	KENTFIELD, CA	(052989)
10 km	32:53a	R	NORM GREEN (PA/57)	PITTSBURGH, PA	(092489)
12 km	45:21	R	KONRAD BALD (IL/57)	ITASCO, IL	(100506)
12 km	44:35	U	ORLO KENNISTON (WA/58)	PORTLAND, OR	(051985)
15 km	50:45	R	NORM GREEN (PA/55)	WASHINGTON, DC	(032788)
20 km	1:08:06.7	R	NORM GREEN (PA/56)	MEDFORD, OR	(040889)
25 km	1:29:56	P	RAY HATTON (OR/55)	EUGENE, OR	(091387)
30 km	1:46:33	R	NORM GREEN (PA/56)	CLARKSBURG, CA	(111308)
50 km	3:56:15	U	CONRAD CARR (MN/56)	BROOKLYN PARK, MN	(110781)
50 km	3:28:47a	R	ROBERT BECKER (MD/55)	DULUTH, MN	(102889)
100 km	9:31:32	U D	JAMES MAGANAS (MI/57)	CHICAGO, IL	(101385)
10 mi	54:28	R	NORM GREEN (PA/55)	WASHINGTON, DC	(032788)
20 mi	1:57:26	P	NORM GREEN (PA/58)	MINNEAPOLIS, MN	(101490)
50 mi	5:53:08	R	ALEX RATELLE (MN/57)	CHICAGO, IL	(100481)
100 mi	22:04:37	U	RICHARD COZART (FL/58)	ATLANTA, GA	(091888)
half mar	1:10:23	R	NORM GREEN (PA/55)	PHILADELPHIA, PA	(092087)
marathon	2:33:49	R	NORM GREEN (PA/55)	LINCOLN, NE	(050188)
marathon	2:27:42a	R	NORM GREEN (PA/55)	MINNEAPOLIS, MN	(101187)
24 hr	171,539 m	U	RICHARD COZART (FL/58)	ATLANTA, GA	(092488)

Men 60-64

5 km	17:00	R	JIM O'NEIL (CA/61)	CARLSBAD, CA	(060186)
8 km	28:15	U	JIM O'NEIL (CA/60)	SAN DIEGO, CA	(071485)
8 km	28:28a	R	ALEX RATELLE (MN/61)	PLYMOUTH, MN	(062486)
10 km	34:27	R	JIM O'NEIL (CA/60)	ALAMEDA, CA	(060485)
12 km	47:27	R	JOE POWERS (IL/60)	ITASCA, IL	(100685)
12 km	46:38	P	GEOFFREY ETHERINGTON (CT/60)	SOUTHINGTON, CT	(071590)
12 km	44:40a	P	PATRICK DEVINE (CA/60)	LOS ANGELES, CA	(042389)
15 km	54:23	R	CLIVE DAVIES (OR/62)	PORTLAND, OR	(062578)
20 km	1:17:29	R	PATRICK DEVINE (CA/60)	MEDFORD, OR	(040889)
20 km	1:16:55	U	HUBERT MORGAN (PA/62)	WILKES-BARRE, PA	(092384)
25 km	1:35:27	U	JIM O'NEIL (CA/61)	EUGENE, OR	(090786)
25 km	1:36:20	R	ALEX RATELLE (MN/62)	MINNEAPOLIS, MN	(091485)
30 km	1:59:22	R	PATRICK DEVINE (CA/60)	VENTURA, CA	(021289)
50 km	3:48:56	U	FRANS PAUWELS (OR/62)	ROSEBURG, OR	(041881)
50 km	3:45:55a	R	ALEX RATELLE (MN/64)	DULUTH, MN	(102288)
100 km	8:58:04	P	RAY PIVA (CA/64)	SAN FRANCISCO, CA	(042091)
10 mi	58:55	R	JOHN HOSNER (VA/60)	WASHINGTON, DC	(033185)
20 mi	2:08:51	R	JIM FORSHEE (MI/60)	MINNEAPOLIS, MN	(101285)
20 mi	2:03:16	P	GAYLON JORGENSON (NV/61)	MINNEAPOLIS, MN	(101490)
50 mi	6:24:18	U	FRANS PAUWELS (OR/60)	PORTLAND, OR	(102978)
50 mi	6:56:05	U	FRED NAGELSCHMIDT (CA/62)	FOUNTAIN VALLEY, CA	(122786)
100 ml	19:59:10	U	ROBERT JOHNSON (FL/62)	ATLANTA, GA	(091888)
half mar	1:17:04	R	GAYLON JORGENSON (NV/60)	PHILADELPHIA, PA	(091789)
marathon	2:42:44	R	CLIVE DAVIES (OR/64)	PORTLAND, OR	(102879)
24 hr	182,901 m	P	JIM MAGANAS (MI/61)	SYLVANIA, OH	(081989)

Men 65-69

5 km	18:20.6	R	WARREN UTES (IL/69)	PARK RIDGE, IL	(093089)
8 km	27:43	P	CHUCK HINDE (IL/65)	OAK LAWN, IL	(061591)
8 km	29:45	R	CLIVE DAVIES (OR/67)	PORTLAND, OR	(052283)
10 km	35:52	U	CLIVE DAVIES (OR/66)	PORTLAND, OR	(052382)
12 km	44:11	U	CLIVE DAVIES (OR/67)	PORTLAND, OR	(050583)
15 km	55:16	R	CLIVE DAVIES (OR/65)	PORTLAND, OR	(052881)
20 km	1:20:53	U	NORMAN BRIGHT (WA/66)	WASHINGTON, DC	(052276)
20 km	1:25:02	R	PAUL REESE (CA/69)	MEDFORD, OR	(041287)
25 km	1:41:39	R	ALEX RATELLE (MN/66)	MINNEAPOLIS, MN	(091690)
30 km	1:58:12	R	CLIVE DAVIES (OR/66)	PORTLAND, OR	(020682)
50 km	4:10:34	R	VICTOR HARKOFF (WA/65)	SEATTLE, WA	(101585)
100 km	13:44:08	P	FRANK RODRIGUEZ (CA/65)	SAN FRANCISCO, CA	(042091)
100 km	15:03:46	R	GEORGE KNOX (OH/69)	COLUMBUS, OH	(041281)
10 mi	1:02:07	R	WARREN UTES (IL/69)	PARK FOREST, IL	(090489)
20 mi	2:14:29	P	ALEX RATELLE (MN/66)	MINNEAPOLIS, MN	(101490)
50 mi	7:27:10	R	FRED NAGELSCHMIDT (CA/65)	FOUNTAIN VALLEY, CA	(051990)
100 mi	23:03:25	U	WILFREDO RIOS (NY/68)	QUEENS, NY	(092785)
half mar	1:21:53	U	CLIVE DAVIES (OR/65)	LAKE OSWEGO, OR	(092880)
half mar	1:23:50	R	MICHAEL BERTOLINI (NJ/65)	PHILADELPHIA, PA	(091585)
half mar	1:20:29a	R	JAMES TALLEY (CA/65)	FONTANA, CA	(041986)
marathon	2:42:49	R	CLIVE DAVIES (OR/66)	EUGENE, OR	(091381)

Men 70-74

5 km	18:00.9	R	WARREN UTES (IL/70)	PARK RIDGE, IL	(093090)
8 km	30:25	P	WARREN UTES (IL/70)	CHICAGO, IL	(0

MASTERS - MEN

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Men 85-89. Includes athletes like WILLARD BENTON (CA/87), PAUL SPANGLER (CA/85), JACOB BISHIN (CA/89).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Men 90-94. Includes athletes like MARION MCANELLY (OK/91), JACOB BISHIN (CA/90), PAUL SPANGLER (CA/91).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Men 95 & over. Includes athlete HERB KIRK (MT/95).

MASTERS - WOMEN

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: All-Comer's Records (non U.S. citizens). Includes athletes like HEATHER MATTHEWS (NZL), PRISCILLA WELCH (GBR), PHOENIX, AZ.

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 40-44. Includes athletes like LAURIE BINDER (CA/41), LORIE BINDER (CA/43), GABRIELE ANDERSEN (ID/44).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 45-49. Includes athletes like GABRIELE ANDERSEN (ID/45), SHIRLEY MATSON (CA/45), BARBARA FILUTZE (PA/45).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 50-54. Includes athletes like SHIRLEY MATSON (CA/50), WILMA PARKER (WA/53), GINA FAUST (CA/52).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 55-59. Includes athletes like CAROLE SCHUITEMAN (MI/56), MARGARET MILLER (CA/58), MELBA HATCH (MI/57).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Includes athletes like HELEN DICK (CA/55), WEN-SHI YU (NY/55), ADELE MILICEVIC (AZ/59).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 60-64. Includes athletes like MARION IRVINE (CA/61), HELEN DICK (CA/60), MARGARET MILLER (CA/60).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 65-69. Includes athletes like HELEN DICK (CA/65), MARY STOREY (CA/65), EDNA LAFLIN (AZ/65).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 70-74. Includes athletes like GERRY DAVIDSON (CA/70), HEDY MARQUE (VA/73), PAT DIXON (OR/70).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 75-79. Includes athletes like ANNE CLARKE (IL/77), ALGENE WILLIAMS (IL/75), BESS JAMES (CA/75).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 80-84. Includes athletes like ANNE CLARKE (IL/80), MARY AMES (CA/85), SUSAN CONROY (IL/89).

Table with columns: DIST, TIME, CODE, ATHLETE NAME (ST/AGE), RACE LOCATION, RDATE. Sub-section: Women 85-89. Includes athletes like RUTH ROTHFARB (FL/87), MARY AMES (CA/85), SUSAN CONROY (IL/89).



SPEAKER'S CORNER

by CARL WALLIN

Drugs and The Masters Athlete

In checking the shot put results of the WAVA World Veterans Championships in Finland last July, I noticed some truly amazing throws. I looked through past editions of *Track and Field News* to see what some of the WAVA shot champions threw when they were younger. But some of the best throwers in Turku were never listed; they were never nationally or internationally ranked.

I was amazed that they have made such progress in their throwing, while the rest of us are going downhill.

I have been throwing and competing since my college days in the early '60s. I've never stopped training. I throw, lift weights, jump, run sprints and train with a medicine ball. I've been very

lucky and have had only one serious injury (back) since becoming a masters thrower. In spite of all my training and good health, I have gone down about 10 feet from what I regularly was throwing in college. Most of my contemporaries who are still throwing have reported drops of about the same amount.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB. 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GERIDA BERGMAN (CO)	2- 3-17	75-79
GINA FAUST (SANTA CLARITA, CA)	2-23-37	55-59
BEV HARJU (CA)	2-23-42	50-54
BERNICE HOLLAND (CLEVELAND, OH)	2-28-27	65-69
BUNNY HUNTER (NEW ORLEANS, LA)	2-27-27	65-69
CAROL JACKSON (EUGENE, OR)	2-20-47	45-49
HANNY KLEIN (NEW ROCHELLE, NY)	2-12-27	65-69
MIMI LERNER (ST. JAMES, NY)	2- 3-37	55-59
PHIL RASCHKE (ATLANTA, GA)	2-21-47	45-49
LORRAIN TUCKER (HARTSDALE, NY)	2-11-47	45-49
JOAN TYKSINSKI (ALMEDA, CA)	2-28-32	60-64
MARGARET AUERBACK (GB)	2- 8-47	45-49
MARTHA BEBRENDT (WG)	2-10-42	50-54
CARLA BEURSKENS (HOL)	2-10-52	40-44
PATRICIA CARR (AUS)	2-18-32	60-64
EWA ERIKSSON (SWE)	2-15-17	75-79
LISA KIRSCH (AUS)	2-27-52	40-44
GUNNEL LUNDKVIST (SWE)	2- 7-27	65-69
NINA NIKANDROVA (URS)	2-18-47	45-49
RITVA OLSSON (SWE)	2- 1-37	55-59
UTA REINACHER (WG)	2- 8-37	55-59
CATHERINE ROBERTS (CAN)	2-22-47	45-49
GERTRUDE SCHONAUER (AUT)	2-27-37	55-59
LEENJE SIGAR (INA)	2-10-37	55-59
SUZANNE WESTBROOK (AUS)	2- 8-42	50-54
LORRAINE WOODMAN (AUS)	2-13-37	55-59
HAL BROSSMAN (TEMPLE, PA)	2-20-32	60-64
BJARNE BYRNTESSEN (NOR)	2-23-12	80-84
RAY CARSTENSON (BABYLON, NJ)	2- 1-32	60-64
LARRY COLBERT (LANHAM, MD)	2- 6-37	55-59
YIG COOK (WOODLAND HILLS, CA)	2-22-32	60-64
RICHARD CORT (ORANGE, CA)	2-17-22	70-74
LEE EVANS (LOS ANGELES, CA)	2-25-47	45-49
WILLIAM FAIRBANK (MENLO PARK, CA)	2-24-17	75-79
DICK GANSLER (AK)	2-15-17	75-79
ARTHUR CATON (JAMAICA, NY)	2-15-37	55-59
ARNIE GREEN (NEW YORK, NY)	2-11-32	60-64
RAY HATTON (BEND, ORE)	2- 4-32	60-64
JOHN HEPNER (SPRINGFIELD, OR)	2-13-32	60-64
HAROLD HOLTOM (CHARLOTTE, NC)	2-16-17	75-79
EVERETT HOSACK (HIGHLAND HTS., OH)	2-28- 2	90-94
DONALD JOHNSON (LITTLE SILVER, NJ)	2-14-17	75-79
DARL LOCKE (ALBUQUERQUE, NM)	2-27-42	50-54
CARLOS LOPES (POR)	2- 8-47	45-49
MIKE MANLEY (EUGENE, ORE)	2-14-42	50-54
RAM MORNINGSTAR (SALINE, MI)	2-15-17	75-79
EILER NYGARDSETER (NOR)	2-25-22	70-74
ED OLEATA (LA JOLLA, CA)	2- 2-37	55-59
LONGINO PEREZ (MEX)	2-20- 2	90-94
PERICLES PINTO (POR)	2-15-37	55-59
LAWRENCE PRATT (CINNAMINSON, US)	2-21-32	60-64
LUIS RIVERA (MEX)	2-28- 2	90-94
GASTON ROELANTS (BEL)	2- 5-37	55-59
EINAR SAETER (NOR)	2- 6-17	75-79
JAN SMIDING (SWEDEN)	2- 4-32	60-64
BERTIL TALLBERG (SWE)	2-25-32	60-64
ROGER VERHEUEN (BELGIUM)	2- 2-27	65-69
RICHARD WEEKS (NASHVILLE, TN)	2-17-47	45-49
ENGELBERT WEITZ (WG)	2-11-12	80-84
THOMAS WESSINGHAGE (FRG)	2-22-52	40-44
THORVALD WILHELMSEN (NOR)	2-14-12	80-84
JOHN WOODS (US)	2- 6-17	75-79
JOE A. JOHNSON (PORTLAND, OR)	2- 4-42	50-54
FRAN ALBAUGH (ERIE, PA)	2- 3-22	70-74
STAN KING (BEVERLY HILLS, CA)	1-31-37	55-59

10-Foot Dropoff

One world-class thrower threw the shot 75 feet a few years ago. He is currently throwing 62-63 feet in drug-tested meets. Another man threw the shot 75-10 in 1988. Now, in drug-tested meets he is throwing 63 and 64 feet.

If shot putters in their prime can gain over 10 feet in a year by using drugs (there is no definitive proof, of course), one can only imagine what an older, masters thrower might be able to do following the same course.

As men age, our natural testosterone level drops. This means we will gradually lose some of the aggressiveness of our youth. Our reflexive quickness, strength, and self-confidence may drop. We won't be able to run as fast, jump as high, or throw as far as we used to. It's the same for everyone, and we all drop in our abilities at about the same rate and to corresponding levels.

Barring injury or lack of interest, those athletes who were good in their events in their youth should be good as they age, relative to their competitors. Randy Matson was the best in the world in the shot put when I was throwing. Had he kept training and throwing, he would be one of the best masters shot putters in the world, but would have dropped at the same rate as the rest of us.

Freak or Druggie

When a thrower in his (or her) 40s or 50s improves at what would seem an unnatural rate (based on normal improvement rates for athletes of similar ages), that thrower is either a freak of nature, or taking some kind of performance-enhancing drug.

There is no proof that any of the throwers at the WAVA Championships were using drugs. But if they were, it's possible to figure that their throws, when not on drugs, would be up to 10 feet less than their performances in Turku.

This, of course, is all speculation, as there is no drug testing at world or national championship masters meets.

If some throwers are using some kind of drug, it would be cheating of the worst kind. It would be like having one sprinter run 90 meters and his rival run 100 meters, and list the times as if all had run 100 meters.

Mature Men and Women

We are supposed to be mature men and women, long past the petty rivalries of our youth, whether for ourselves or our nations. We are supposed to be competing for the love of the sport, for the sheer thrill of competition. Throwing by age groups helps one match his abilities against those his age who, for the most part, are equal in the aging process. When an athlete who has been using drugs comes off those drugs, he usually drops to such a level that he no longer competes, either through embarrassment at low marks, or because his body will no longer respond the way it did on the drugs.

Former NFL football star Lyle Alzado blames his heavy use of steroids and human growth hormone

on his current inoperable brain tumors. It's a sad story.

I can't imagine anyone in his or her 40s or 50s starting to take these types of drugs, knowing the consequences, just to win a masters world championship. Have we learned nothing in our maturity? Do not our lives and families mean anything to us? Would we risk so much for a medal? For a tainted moment of glory? How sad and empty the lives of those who cheat to win must be.

Loss of Confidence

Many throwers who see incredible marks like those of many of the competitors in the World Games feel the problem may be with themselves; that they can't compete the way they did when young; that they are losing their "touch" in their event.

This is part of the testosterone drop and ensuing lack of self confidence that I mentioned above. My wish is that all throwers — and other competitors, too — should learn to not worry when others seem to be passing them by at an unnatural pace. Keep working on strength and technique. Talk to other competitors and find out what they are doing in their training. Watch videos of oneself and others in the event. Don't lose confidence.

Know that when an athlete competes against others who train naturally, without drugs, he or she has the same opportunity to win as anyone else. In the long run the clean athlete will prevail, because those using drugs will stop and drop down to below the regular level of competition. Or they will keep on using the drugs and suffer physical consequences.

Let our strength come from knowing what we are doing is natural, and we are being honest about who we are and what our abilities are.

Carl Wallin, is head track coach at Dartmouth College in Hanover, N.H. In 1990, he was the top-ranked American in the M45-49 shot put with a throw of 15.35m (50-4).





Participation Rates For Women

One of the goals of TAC's Masters Track & Field Committee is to increase the level of women's participation in masters T&F in the USA. An essential step toward achieving this goal is to determine baseline data from which changes in participation can be measured.

Chart 1 on this page gives male and female participation percentages in recent championships. Note that the percentage of women participants at the selected U.S. championships is well under the percentage at the World Veterans Championships.

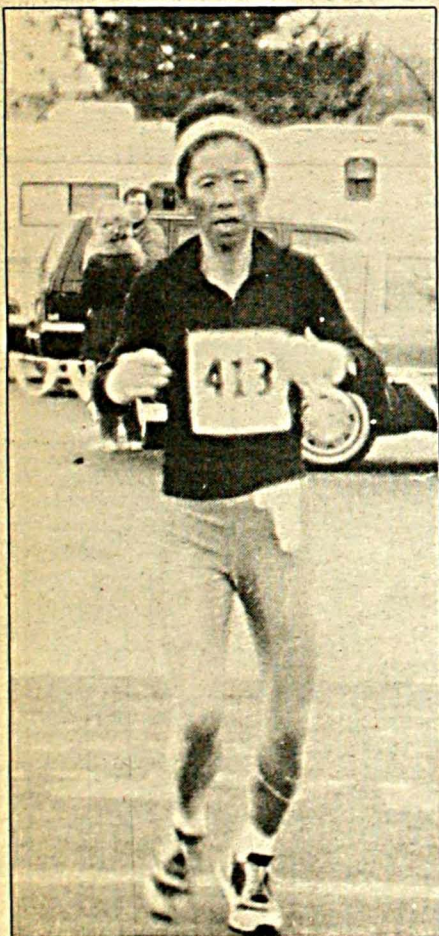
Chart 2 shows participation by gender and events at the 1991 TAC Nationals in Naperville, Ill. For example, there were 142 females and 711 males in the meet. There were 289 female event-entrants (22.3% of the total) in all running events (most athletes enter more than one event).

In specific field events, the percentages of women were: LJ 19.2%, TJ 18.0%, HJ 19.2%, SP 26.6%, DT 20.2%, HT 17.8%, and JT 29.1%.

The percentage of women par-



Audrey Williams, 57, St. Louis, 1500 winner (6:47), St. Louis Senior Olympics.
Photo by Hank Kiesel



New York resident Wen-Shi Yu at age 57 ran 3:21:37 to take \$250 prize money as the 6th fastest female masters, WZYP Rocket City Marathon, Huntsville, Ala., December 14.

Photo by Jim Oaks

Participants at the U.S. National Senior Sports Classic III last summer in Syracuse was higher. That championship was limited to participants age 55 or older. The track events, which ranged from 100m to 1500m, had 1581 participants with 37.1% being women.

In a future column, I plan to present ideas to increase the women's participation level in masters track & field. If you have suggestions, please send them to me at the address below by February 20th. □

Author's comment: It's my goal to present information in this column which will have specific relevance for women and which will respond to the expressed needs and interests of women. One way for me to get the women's pulse is for you to write or call. My address is 310 E. 48th Ave., Eugene, OR 97405; my home phone is 503-342-3113.

CHART 1
PARTICIPATION BY GENDER AT RECENT CHAMPIONSHIPS

YEAR	EVENT	TOTAL	MALES %	FEMALES %
1987	WVC- Melbourne*		77.7	22.3
*women's percentages from B. Cushen's report given in Turku				
1989	WVC- Eugene	4907	3673 74.8	1234 25.1*
*Cushen's rept had women's % at 27.1				
1991	WVC - Turku	5028	3825 76.1	1203 23.9
1987	TAC Nationals - Springfield	1008	824 81.7	184 18.3
1991	TAC Nationals - Naperville	853	711 85.4	142 16.6
1990	NW Sectional Ch. Portland	213	178 83.6	35 16.4
1991	NW Sectional Ch. Eugene	206	170 82.8	36 17.5

CHART 2
PARTICIPATION BY GENDER AND EVENTS - 1991 TAC NATIONALS

CATEGORY	TOTAL	MALES	%	FEMALES	%
Total Entrants	853	711	85.4	142	16.6
All Running Events	1296	1007	77.7	289	22.3
Sprints	570	446	78.2	124	21.8
Middle Distance	286	227	79.4	59	20.6
Distance	132	109	82.6	23	17.4
Racewalk	151	92	60.9	59	39.1
Hurdles	82	67	81.7	15	18.3
Steeplechase	11	10	90.9	1	9.1
All Field Events	612	492	80.4	120	19.6

WAVA/TAC Hurdles and Implements Specifications

HURDLES					
WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69					
70 plus					
MEN					
30-39					
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
30-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms. *	
50-59	6.00k	1.50k	6.00k	800 gms. "	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

*Either "old" or "new" javelin may be used

PROFILE

Pat Gallagher

by DANIEL LADD

If you could keep up with him, Patrick Gallagher could tell you a thing or two about aging gracefully. Gallagher, a 66-year-old semi-retired builder from Concord Village, MO., recently came home from the National Senior Olympics at Syracuse, N.Y., with two gold medals and one silver medal.

The secret he said, is to not let it excite you.

"I try to relax. The more you relax, the more efficient you are. The older you get, the more you need to conserve your energy."

In Syracuse, Gallagher managed to conserve just enough energy to run the 5K with a time of 19:27, and he won the M65 10K in 41:04. He topped it off with a second-place finish in the 1500 in 5:20.

Gallagher was one of 5158 athletes competing in a total of 18 sports. To compete in the National Senior Olympics, held every two years, a competitor must first place in the top three in his events during the regional tournaments.

"I had three goals in life," Gallagher said. "I wanted to win the St. Patrick's run in St. Louis; I wanted to win any marathon in my age group; and I wanted to run the original marathon in Greece. So far I've got two scratched off."

The trip to Greece, Gallagher said, will come.

According to Gallagher, he was a late bloomer and while in high school, he was an unexceptional athlete. "Basically, I always wanted to achieve something athletically. When I went to high school I went out for every sport — football, basketball, and track — and never made the first team at anything. I had this burning desire. Then, years later, I realized I could run."

Gallagher said that winning a seventh place ribbon in a race in his mid-40s clinched it for him. In the beginning, his progress was slow.

"I thought if I could pour concrete all day, then I ought to be able to run. I asked a doctor if my working helped my running, and he said, no, but my running helped my working."

Gallagher started when he was 16 and said that he had a good reason to take up the sport. He was "running for his life." His family all died of high blood pressure and strokes.

Besides running for exercise, Gallagher said he runs for the companionship it brings him. "The thing I like the most about running is the people I've met. When I'm running, and I'm about to pass someone going in the opposite direction, I'll say 'Want some company?' If the person says fine, I'll turn around and run with them. Recently, at the Gettysburg Battlefield, I ran with a teacher from West Point.



Pat Gallagher, M65 second (63:37), Gasparilla 15, Tampa, Fla. Photo by Hank Kiesel

Last year, Gallagher ran the Annual Busch Stadium 10K run against a field of 2500 and finished in the top 15. He runs 40-50 miles every week and competes in at least two dozen races a year. He has competed in, and finished, over 13 marathons, including Boston. However, he said that he still prefers the shorter jaunts.

"I don't really like marathons. I like 5Ks. You get them over with quick. They're long enough to require some endurance, but you don't have to have blinding speed," Gallagher noted.

According to him, the important thing for someone his age, or any other age, for that matter, is to keep motivating himself. "The main thing is getting out the door. If I can get out the door, I can get the run in . . . The best trophy I've got is that I've run 20,000 miles, recorded it all, and never had a major injury." □



Report from Britain

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

Peter Standing, 41, who represented England in the 1971 International Cross-Country Championships, has made a great start in 1992 by winning two 10K road races in the south. On New Year's Day, running in the Cranleigh event, near Guildford, Surrey, he was first veteran (fourth

overall) in 31:05 over a difficult course. At Lee-on-Solent on January 5, Standing overcame gale force winds to turn in a very respectable 31:20.

The previous weekend, Anne Roden, 45, topped all women veterans in the Tadworth 10 Miler in Surrey in 58:30. Meanwhile, across the globe, former London Marathon winner Joyce Smith, 53, ran a 1:21:02 in Matsue, Japan.

The 1991 British Half-Marathon rankings show 76 M40 competitors and 5 M45s inside 70 minutes, with a total of 177 M40s and 36 M45s under 74 minutes. The ranking list also showed 76 M50s and 12 M55s inside 80 minutes, with a new M60 British best of 76:40 for Bill Stoddart. There were 21 W40s, 13 W45s and 2 W50s with times under 90 minutes.

There is some British opposition to the proposed dates for the 1993 World Veterans Championships in Miyazaki. It mainly centers on the decision to move away from British school holidays. However, if cooler weather can be guaranteed, then the distance runners will be in favor of the October dates. □

Report From Oceania

At the 3rd Australian Masters Games in Brisbane, October 14, the Australian Vets:

1) Approved a motion that relays will not be held at all future national championships;

2) Rejected changing the M70 hurdles from 300m to 200m.

3) Supported the introduction of a weight pentathlon at WAVA Championships;

4) Recommended the following hurdle changes to WAVA: M45, 100H, .91m(36"); M55 & M60; 90H, .84m(33"); M65 + 80H, .76m(30").

The Veteran Athlete, a monthly Australian magazine produced by Mike and Penny Hall, has ceased publication due to the general rise in costs and lack of funding and revenue.

New Zealand's *Veline*, a quarterly publication, continues under the editorship of Jim Tobin.

Overseas veterans are invited to a full T&F meet on March 13-15 in Christchurch, N.Z.

A new track will be ready for the 1992 WAVA Oceania Veterans Games on Norfolk Island, November 30-December 6. Overseas veterans are welcome. □

Oxley Elected North American Rep

Brian Oxley of Canada was elected as the North American Regional Representative to the WAVA Council for the interim period January 1, 1992 until elections in Xalapa, Mexico, in August, 1992.

The votes were 10 for Oxley, six for Rex Harvey of the USA and eight abstentions. □

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MASTERS SCENE

NATIONAL

- **Leonore McDaniels'** marks in the W60 indoor HJ and TJ rankings for '91 should have been 1.25m and 7.27m.
- The event listed as the 5K Masters Championships, April 4, in Omaha under the LDR National Schedule in the January issue is not the 5K championships. It is the YMCA Midwest Masters 8K (for 35+) and is listed in the Mid-America region.
- The TAC National Masters 10K Championships in New Orleans, Sunday, December 8, the day after The Athletics Congress Convention closed, drew a slim entry for the most popular distance in the U.S. When it was over, only seven W40+ had finished, led by **Carol McLatchie**, W40, with a 36:56. **Ruth Anderson** took the W60 race in 51:11. In the M40+ race, **Pat Hambrick**, M40, finished first in 32:09, followed by **Mark Hunter**, M40, in 33:30. There were no M65 entrants and just one in the M60 division. One reason for the dearth of entrants may be that the distance (8K or 10K) and sponsor (New Orleans TC) weren't solidified until very late. Next year, the Convention offering in Louisville, KY, will be the 10K X-Country Championships, staged by **Bob Ullrich**, who put on the '91 10K X-C Championships.
- **M-F Athletics Co.** is offering a free 28-page publication that focuses on conditioning and training aids for masters athletes. You can get a copy by writing to them at P.O. Box 8090, Cranston, RI 02920-0090 or you can call toll free 1-800-556-7464.
- The U.S. Women's Olympic Marathon Trials on January 26 in Houston will be shown on ESPN-TV on February 8. **Laurie Binder**, 44, was aiming for a spot on the U.S. team.

EAST

- **Hugh Sweeney**, 47, and **Cheryl Ralya**, 45, cooked to masters wins in the NYRR Turkey Classic 5 Mile, Central Park, NYC, November 23. Sweeney finished ninth in 27:09 of 741m; Ralya was sixth of 515w in 31:27. **Bill Fortune**, 63, won the M60 race (30:53). **Toshiko d'Elia**, 61, took the M60-69 contest (39:23).
- **William Rogers** (40, 33:54) Williamsburg, VA, outlasted **Rick Platt** (41, 34:04), of Williamsburg, to garner M40+ honors in the Coast Guard Semper Paratus 10K, Yorktown, VA, December 1. **Johan Jaunsen**, 51, Newport News, VA, took the M50 race (36:53). **Linda**

Gulick, 40, Richmond, VA, was top W40+ (42:49).

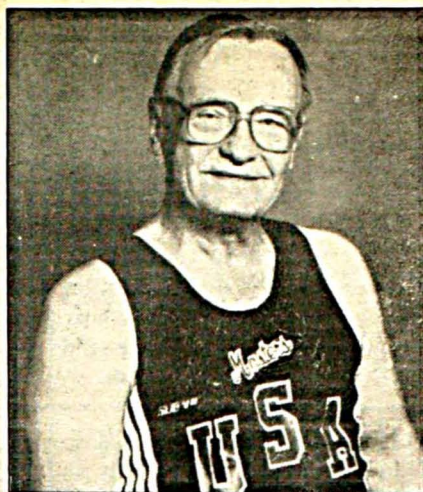
- Want a guaranteed PR? Try the Jingle Jog 7K, Middletown, NY, next year. Not only do you run a long 1 1/2 mile easy-grade uphill, but you get to finish on Frank Shorter Way, named for the distance guru, who grew up there in a looming, white Victorian castle, along the foothills of Rip Van Winkle's Catskill Mountains. **Speedy Emil Barbosa** (24:58) was the first local master, with **Maury Dean**, M45, top M40+ (24:38). **Ginny D'Ambrosia** took the W40+ contest (34:52), which saw a nice effort from 60+ **Edith Farias** (36:36).
- **Hector Vargas** (44, 56:31) and **Cheryl Ralya** (45, 65:45) iced 40+ wins in the NYRR Winter Series 10 Mile, December 14. **Toshiko d'Elia**, 61, skated to a W60 win 80:05.
- **Sam Skinner** (49, 1:56:09) and **Kathleen Horton** (43, 2:12:53) steamed to 40+ firsts in the frigid (39°) NYRR 30K MAC Championships, Central Park, December 22. The **Millrose AC** won the M40+ and W40+ team titles. In the Holiday 4 Mile, run 30 minutes earlier, **Hugh Sweeney** (47, 21:39) and **Marilyn Greeley** (48, 27:19) darted to 40+ laurels.

SOUTHEAST

- Top two W40+ in the Baby Boomer 5K, Miami, FL, December 1, were **Mimi Oliveira** (52, 23:31) and **Sylvia Weiner** (60, 23:36), both of Miami. First W40+ in the companion 10K was **Carol Virga**, 40, Boca Raton, FL, with a 36:39.
- **Luis Lopez**, 42, San Jose, Costa Rica, was overall winner with a 2:22:13 in the First Memphis Tennessee Memphis Marathon, December 1. **Sadot Mendez**, 40, Herford, NC, was second M40+ and fifth in 2:32:55. **Judith Hine**, 42, Edina, MN, won the W40+ race with an eighth-woman 2:57:34.
- Kenya's **Wilson Waigwa**, 43, beat New Zealand's **Rod Dixon**, 41, in a masters road mile in Miami, January 19.

SOUTH WEST

- The East Texas T&F Club kicked off its season at the annual Magnolia Indoor Classic at the downtown Center in Jackson, MS. **Tom Thompson**, Lindale, double winner, taking the 55M (6.8) and the 400m. **Robert Hahn**, Tyler, TX, took a break from the hurdles to jump 19-6 and took a 4th in the 55m (7.00).



Charles Hirshey, 78, Charleston, S.C., competed in 26 meets in 1991. A retired educator after 50 years, Hirshey attributes his athletic success to his Finnish heritage, which he says "blesses me with good health and a big heart." His brother, **Fred Hirsimaki**, 66, Findlay, Ohio, also competes with success.

WEST

- **Gary Tuttle**, 44, Ventura, CA won the M40-49 division race with a 16:17 for the best overall age-graded 86.6% in the Santa Barbara 5K, November 2. In the Half-Marathon, top age-graded masters performances came from **Steven Ware**, 40, Riverside, CA, 1:12:17 (87.2%), and **Sandra Marshall**, 43, San Diego, 1:25:59 (83.6%).
- **Phil Conley**, M55 javelinist and Olympian, was honored by the Northern Calif. Seniors TC with its perpetual trophy as the club's outstanding 1991 athlete at its annual meeting in December. Two club members are named for the honor every year, but it was decided that Conley's contribution to the sport stood out above all others, so his name alone will be engraved on the trophy. The honor is magnified by the fact that the club's roster included many of the best athletes in the U.S. Conley, a member since '74, has participated in all nine World Veterans Championships.
- **Hurdler Bert Morrow**, 78, San Marcos, CA, was in the Empire Stadium, Vancouver, B.C., Canada in 1954 when **Roger Bannister** burst past **John Landy** to break the 4:00-minute barrier in the "Miracle Mile." Morrow, as National Marketing Manager for General Motors, was present to accommodate the Duke of Edinburgh. Queen Elizabeth's husband, who had expressed a desire to try out the new GM "Corvette." In '56, Morrow resigned his GM position and became general manager of the Pacific National Exhibition, of which the Empire Stadium is a part.
- **Jim Hart**, Walnut, CA, hit an M55-59 AR in the SP with a 44-6 at the Huntsman Chemical's Senior Games, St. George, UT, in October. The old record of 44-2 1/2 in '88 belonged to Georgia's **Phil Mulkey**.
- **JoAnn Nedelco** set a W45-49 U.S. walk record of 1:53:50, despite adverse weather in the Pacific Association/TAC Arrowhead 20K, Oakland, November 17.
- Three SCA/TAC officiating clinics will be held this year. Everyone is invited to come and learn how to officiate so you can help out at masters meets when you're injured or after your events. Feb. 8, Cal Tech, Pasadena, 9-11 a.m.; May 3, Cerritos College, 10 a.m.-2 p.m.; July 19, Mt. Sac College, 9 a.m.-4 p.m.

NORTHWEST

- **Gary Rust**, 45, Clackamas, OR, started his unbroken running streak when Los Angeles was bracing for the Olympics and **Alberto Salazar** was still America's golden boy in the marathon. Since that Sunday, July 3, 1983, Rust hasn't missed a single day from running an average of seven miles per day. He started running in 1970 mainly for fitness but has become a competitive half-miler and hopes to break the two-minute barrier at the '92 Nationals in Spokane.

INTERNATIONAL

- First masters in the 18th Berlin Marathon, September 24, were Swedes **Kjell-Erik Stahl** (M45, 2:15:51) and **Birgit Bringslid** (W45, 2:34:49). A million spectators watched as 14,850 finishers from 61 nations ran on a very fast race course.
- **Sandra Barwick**, 42, Auckland, NZ, achieved eight world bests in open competition in a 1300-mile ultra. Over nearly 18 days, she averaged two and three-quarters marathons a day around a closed circuit. Her records: 48 hour record, six days completing 500 miles on her sixth day; 1000K, 7 days, 16 hrs. 11 min.; 700 miles in 8 days, 15 hrs. 12 min.; 1500K, 11 days, 16 hrs. 51 min.; 2000K world best; 1000 miles in 14 days, 20 hrs. 45 min.; and finishing the 2092.15K (1300 miles) in 17 days, 22 hrs. 16 min.
- **Turku, Finland**, site of the 1991 WAVA World Veterans Championships, will host an international **Paavo Nurmi Marathon** on July 26, 1992. The event will be a series of activities lasting several days and comprising many ancillary programs, such as a breakfast run, pasta party, sports expo and sports seminar. The aim is to bring together as many participants as possible from many different countries. For info, contact: **Pirkko Martin**, phone: 358-21-503-526; fax: 358-21-503-106.



Bannister-Landy Statue, outside Empire Stadium track, Vancouver, B.C., Canada. Photo by Bert Morrow



Here, **Herb Kirk**, U.S., M95 leads **Paul Spangler**, U.S., M90, in the mixed age-group 800 finals, IX WAVA Championships, Turku, Finland, July 18-28 but Spangler ran 5:21.91, placing second, and Kirk, the only M95 entrant, ran a 6:02.94. Photo by Christine Guy



Thirty-six years ago, Hungary's **Laszlo Tabori** set middle-distance records in Turku. This year, two of his San Fernando Valley TC pupils competed there. **Jacqueline Hansen** (4th in the W401500) and **Chick Dahlsten** (three silver medals in the M80 1500, 5000, and 10,000).

schedule

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



TRACK & FIELD NATIONAL

February 15. TAC/USA National Masters Indoor Pentathlon Championships, Indianapolis. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

ON TAP FOR FEBRUARY

TRACK AND FIELD

The National Masters Indoor Pentathlon Championships return to the National Institute For Fitness and Sports in Indianapolis, last year's site, on the 15th.

The Southeast Regional Indoor Championships are set for the 23rd in Murfreesboro, Tenn.

The rest of the schedule is mostly an East Coast indoor affair, except for an indoor meet in Cincinnati on the 16th, and a Senior Olympics event in Palm Springs, Calif., opening on the 21st.

LONG DISTANCE RUNNING

The Sorbothane/USRA Masters Circuit Grand Championship 8K in Orlando, Fla., kicks off the month on the 1st, the same day of the Las Vegas Marathon.

The Hampton Half-Marathon in Virginia happens on the 9th.

Major races on the 15th include the Conoco 10K in Texas, and the Edison Festival 5K and Gasparilla 15K, both in Florida; followed by the Great Aloha 8.2 Mile in Honolulu on the 17th.

The Northwest offers the Trail's End Marathon in Oregon on the 22nd, but activity shifts east on the 23rd to the Colonial Half-Marathon in Virginia; the Camellia City 10K in Louisiana; and the Hudson Mohawk Marathon in New York.

Leap Year babies can celebrate on the 29th in the Blue Angel Marathon in Florida or the Statehood 10 Mile in Nebraska.

RACEWALKING

The Potomac Valley Walkers Clinics convene each Saturday through the 29th. □

April 3-5. U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

July 25-26. TAC/USA National Masters Decathlon/Heptathlon Championships, Drake U., Des Moines, Iowa. Rex Harvey, 2661 Euclid Heights Blvd., OH 44106. 216/932-9368.

August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 533/459-3644; Fax: 533/623-4128.

October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST

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

February 2. Kutztown U. Masters Indoor Meet, Kutztown, Pa. 10:15 am. Included Rudolf Nilsen 2 mile, awards also in 55, 200, 400, 800, LJ, SP. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

February 2 & 23. DC RRC Indoor Meets, Jefferson Community Center, Arlington, Va. No field events. DC RRC 24-hour hotline: 703/241-0395. Meet director: 920-5193.

February 9. MAC Indoor Pentathlon/Triathlon Championships, Fordham U. 12:00. SASE to: Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

February 15. (changed from Feb. 16). Philadelphia Masters Development Meet, St. Joseph's U. 9:30 a.m. Peter Taylor, 3120 Schoolhouse Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

February 15. Indoor Meet. USMA, West Point, N.Y. 4:00. See Feb. 9.

February 23. MAC Indoor Championships, Princeton, U., N.J. 9:30 a.m. See Feb. 9.

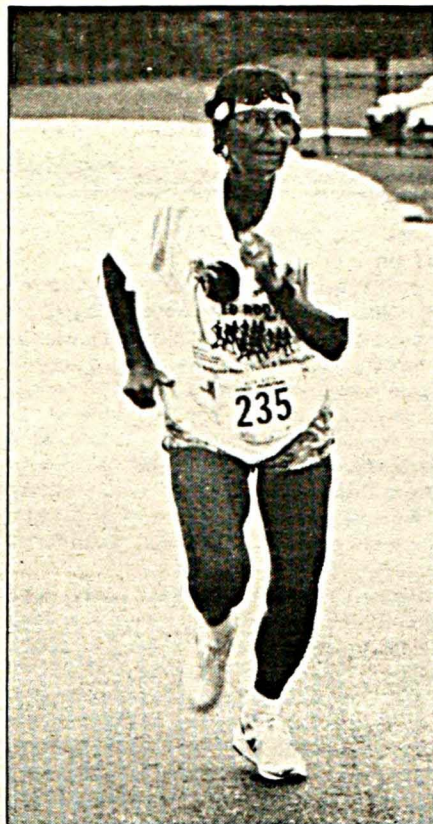
February 29. Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

March 1. N.J. Masters Indoor Championships, FDU, Hackensack. SASE to NJ Masters, Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649.

March 7. Philadelphia Masters Indoor Invitational, Haverford College. 4:00 pm. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

March 22. TAC East Regional Masters Indoor Championships, Cornell U., Ithaca, N.Y. (200m track). Haig Bohigian, 225 Hunter Ave., N. Tarrytown, NY 10591. 914/631-1547.

April 24-25. Penn Relays, Philadelphia. M40+ mile, contact Tim Baker, Penn Relays Director, Weightman Hall, Philadelphia, PA 19104-6322. 215/898-6145. 4x100/4x400 (M40+ &



Elaine Geyer, 70, Daytona Shores, Fla., in the Full Moon Frolic 4 Mile, DeLand, Fla.

Photo by John Boyle

M50+), 100m (M75+), contact Pete Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

May 31. N.J. TAC Masters Championships, Monmouth College, Long Branch. Nancy Ammermuller, 508 13th Ave., Belmar, NJ 07719. 908/280-9050(h); 974-1151(w).

June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.

July 5. Garden State AC International Masters Championships, Randolph, N.J. M. Hahn, 19 Bedminster Rd., Randolph, NJ 07869, 201/625-1764(d); 361-3282, or Ken Brinker, 8 Covair Ct., Flanders, NJ 07836.

July 25-26. Buffalo Belles & Brawn International Meet, Kenmore, N.Y. 25th-W/26th-M. E. Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

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

February 23. TAC Southeast Regional Indoor Masters & Open Championships, Middle Tennessee St. U., Murfreesboro. Randall Brady, 615/383-6733.

March 7. Virginia State Indoor Masters Championships, Lexington, Va. SASE to John Tucker, c/o RARO, 300 Diamond St., Lexington, VA 24450. 703/463-9525.

April 4. Naples-On-The-Gulf Masters Meet, Collier H.S., Naples, Fla. Open to m & w over age 19. Florida Circuit Meet. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 18. Florida Circuit Meet - Palm Beach County. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

May 1-3. Southeastern Masters International Championships, North Carolina State U., Raleigh. Weight & regular pentathlons, 5K & 20K walks, 10K run. Ray Fulghum/Dale Smith, Box 5684, Raleigh, NC 27650. 919/831-6640 (9-5 EST).

May 9. Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. Florida

Circuit Meet. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 16. Florida TAC Masters Championships, Orlando. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

May 23. Suncoast Meet, Clearwater, Fla. Florida Circuit Meet. Clearwater H.S. Ed Wells, Jr., 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

May 29-30. Tennessee Masters Championships, U. of Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(h).

June 6. Atlanta TC Masters Meet, Emory U. John Curtain (Emory)/Julia Emmons (ATC), 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

June 13-14. 17th annual Northwest Classic, Miami-Dade Community College, N. Campus. Florida Circuit Meet. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 27. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(e).

July 11. Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

July 11. Nashville TC Open & Masters Meet, Vanderbilt U. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

February 16. Midwest Masters Indoor Classic, U. of Cincinnati, OH 45221-0021. 513/556-0562.

June 6. 9th Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 13. Indy Senior Classic, Indiana U. -Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 20. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

August 1. Midwest Masters Championships, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 736-8474.

MID-AMERICA

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

February 2. Decathlon Mid-West TC Indoor Pentathlon, Pittsburg St. U, Pittsburg, Kansas. 2:00 p.m. Tom Thorne, 525 Oakridge Dr., Neosho, MO. 417/451-7417.

March 7. Decathlon Midwest TC Indoor Pentathlon, Pittsburg St. U., Pittsburg, Kansas. Tom Thorne, 525 Oakridge Dr., Neosho, MO. 417/451-7417.

June 28. TAC Mid-America Regional Masters Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

July 5. Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55423. 612/574-9661.

July 24-26. Show Me State Games, Rockbridge H.S., Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 314/434-0851.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. David Simmons, 1550 Baseline, Boulder, CO 80302. 303/443-4919.

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 7. 3rd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Walking, running events only. Steve Ireland, 3309 Gail St., Lubbock TX 79423. 806/792-6430.

April 5. Houston Senior Olympics, Butler Stadium. 55+. Terri Riha, Coordinator, 5601 S. Braeswood, Houston, TX 77096. 713/351-7250.

June 6. TAC Southwest Regional Masters Championships, SMU, Dallas, Texas. John L. Pritchett, 2206 So. Harwood St., Dallas, TX 75215. 214/298-2041.

July 5. Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55423. 612/574-9661.

WEST

Arizona, California, Hawaii, Nevada

February 8. CSU-Bakersfield Roadrunner Invitational, Bakersfield, Calif. 110H, 100H, 100, 200, 400 for masters and can enter field events. CSUB Roadrunner Invitational, Track Office, Athletics Dept., 9001 Stockdale Highway, Bakersfield, CA 93311-1099. Feb. 3 deadline.

February 8. SCA/TAC Officiating Clinic, Cal-Tech, Pasadena. 9 a.m. to 11 a.m. Everyone welcome who wants to learn how to officiate. Christel Miller, 818/843-2139.

February 15. 50+ Masters Indoor Mile, Sunkist Invitational, Los Angeles. Al Sheahan, 818/785-1895.

February 21-March 1. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 So. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 22. Foothill College Throws Meet, Los Altos, Calif. Gary Kelmenson, 2501 Friesland Ct., Santa Cruz, CA 95062. 408/479-0202(h).

February 22. 16th Annual John Ward Masters Spring Games, Rancho Santiago College, 1 p.m. Al Siddons, 714/564-6936.

March 14. L.A. Patriots Meet, Cal State Long Beach. Marv Thompson, 213/666-7431.

May 3. Striders Meet of Champions, Cal-State Long Beach. John Cosgrove, 7411 Eorlodon Ave., Playa del Rey 90293. 310/823-9448.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. David Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 25. San Diego Senior Sports Festival, Balboa Stadium. 55+. Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

June 13. TAC/Pacific Masters Championships, Los Gatos H.S., Los Gatos, Calif. Joy Margeram or Willie Harmatz, P.O. Box 1334, Los Gatos, CA 95031. 408/354-5660.

June 20. SCATAC District Championships, Occidental College, Los Angeles. SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 12. Trojan Masters Meet, USC, Los Angeles, Calif. Russ Reabold, 1125 Stimson Ave., La Puente, CA 91744. 818/917-6289.

July 25-26. TAC West Regional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

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

NORTHWEST

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

June 6. Senior Sports Festival, West Seattle Stadium. 55+. Diana Hoyland, 100 Dexter Ave. No., Seattle, WA 98109. 684-4951.

June 6. Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.

June 13. Volcano Classic, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 19-20. Montana Senior Olympics, Billings. 55+. Don Tavalacci, 465 Freedom Ave., Billings, MT 59105.

June 20-21. Hayward Classic, Eugene, Ore. Becky Sisley, 310 E. 48th, Eugene, OR 97405. 503/342-3113(h).

June 27-28. Oregon Association TAC Masters Decathlon/Heptathlon Championships, Phoenix. Don Gray, P.O. Box 119, Phoenix, OR 97535. 503/535-2400.

July 11. Helena Masters & Senior Championships, Vigilante Stadium, Helena, Mont. Deadline July 4. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-19. Washington State Games, Sammamish H.S., Seattle. Tim Davidson, 1001 4th Ave. Plaza, Ste. 3135, Seattle, WA 98154. 206/682-4263.

July 24-25. TAC Northwest Regional Masters Championships, Lewis & Clark College, Portland, Oregon. Jim Puckett, Mt. Hood CC, 26000 SE Stark, Gresham, OR. 503/667-7354.

July 31-August 1. Montana Masters Meet, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132.

CANADA

March 7. Ontario Masters Indoor Championships, York U., Toronto, Ont. 35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9.

July 18-25. Canadian Masters Summer Sport Festival, Regina, Saskatchewan. CMSFF, 206-1911 Park St., Regina, Saskatchewan, Canada S4N 2G5.

INTERNATIONAL

March 7-8. Moscow Indoor Championships, Moscow, M/W 30+. Vadim Marshv, 141400 USSR, Moscow Region, HIMKI, Kudrjavceva 10. Fax: 095-572-62-93. Or Sports Travel International, P.O. Box 7823, San Diego, CA 92107. Phone: 619/225-9555; Fax: 619/225-9562.

March 21. New Zealand Association of Veteran Athletes Championships, Christchurch. Feb. 17 deadline. Meeting Secretary, NZP Box 6088, Christchurch, NZ.

April 17-20. Australian Veterans Championships, Hobart, Tasmania. VAAT, GPO Box 890, Hobart, Tasmania, 7001.

June 26-July 4. WAVA European Championships, Kristiansand, Norway. Europeans only.

June 28-30. Mexican National Masters Championships, Xalapa City, Veracruz. Marcelino Contreras; Phone: 5-92-06-68; Fax: 5-41-41-10.

July 18-19. British Veterans Athletic Federation Championships, Hendon, London, Barbara Dunsford, 71 Hillside Crescent, South Harrow HA20QU.

July 25-August 9. XXV Olympics, Barcelona, Spain.

August 19-23. WAVA North American Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

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

LONG DISTANCE RUNNING NATIONAL

February 1. 1991 Sorbothane/USRA Masters Circuit Grand Championship 8K (Orlando Running Festival), Orlando, Fla. Separate masters/open races. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789. 407/647-2918.

March 21. TAC/USA National Masters 8K Road Championships, Virginia Beach, VA. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 29. TAC/USA National Masters 50-Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

May 17. TAC/USA National Masters 10K Championship, Kansas City, Mo. Jerry Morrison, 5617 N. Adrian Ave., Kansas City, MO 64151-2751.

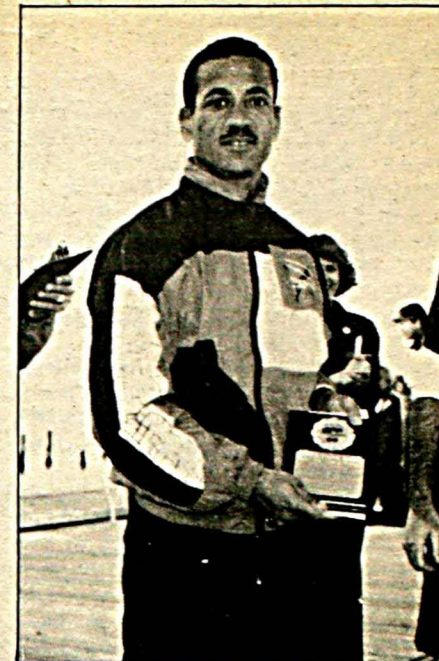
August 22. TAC/USA National Masters 10 Mile Championships, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

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

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

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

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



Larry White of Hampton, Va., first master (55:42), Waterman's Museum 10 Mile, Yorktown, Va. Photo by Bronwyn Robertson

EAST

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

February 23. Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, Colonial H-M, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.

February 23. Hudson Mohawk Marathon, Albany, N.Y. Carl Poole, 547 Watervliet-Shaker Rd., Latham, NY 12110. 518/763-1729.

March 15. St. Paddy's 10 Miler, Freehold, N.J. St. Paddy's 10 Miler, Freehold Area RC, Box 6934, Freehold, NJ 07728.

Continued on page 22

HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

"Running Research News is the indispensable running newsletter."
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Running Research News provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting "5-5" interval training, preventing muscle cramps, and rising above a performance "plateau." To subscribe, please send \$16 for one year (6 issues), \$26 for two years, and/or \$64 for all thirty back issues. *Running Research News*, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.

Continued from page 21

908/462-6489.

March 20. International Veterans Cross-Country Classic, Boston, Mass. Precedes IAAF World Championships. John McGrath or Sue Smith, 617/891-4538.

April 5. Cherry Blossom 10 Mile, Washington, D.C. Cherry Blossom, Box 884, Middletown, MD 21769. 301/371-5583.

April 12. MDA-Boston Milk Run, Boston, Mass. 617/396-3001.

April 12. Sallie Mae 10K, Washington, D.C. Jane Sisco, Sallie Mae, 1050 Thomas Jefferson St., NW, Washington, DC 20007. 202/298-2642; or American Red Cross, 202/728-6456.

April 20. 96th Boston Marathon, Boston, Mass. Entry deadline March 9. Qualifying times: M40 3:20; M45 3:25; M50 3:30; M55 3:35; M60 3:40; M65 3:45; M70+ 3:50; W40 3:50; W45 3:55; W50 4:00; W55 4:05; W60 4:10; W65 4:15; W70+ 4:20. SASE TO BAA Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. 508/435-6905.

SOUTHEAST

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

February 9. Pomoco Group/Hampton Coliseum Half-Marathon/5K, Hampton, Va. (RRCA Eastern Regional Half-Marathon Championships) Rick Platt, Run Fast Promotions, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 804/229-7375.

February 15. Gasparilla 15K/5K, Tampa Fla. SASE to Gasparilla, P.O. Box 1881, Tampa, FL 33601-1881. 813/229-RUNN.

February 15. Edison Festival of Light 5K,

Ft. Myers, Fla. Kim Whan, Ft. Myers TC, Box 06131, Ft. Myers, FL 33906. 813/936-2397.

February 29. Viking Classic 5K/10K, Berry College, Rome, Ga. Jim Dugger, 575 Berry College, Mt. Berry, GA 30149-0575. 404/236-2260.

February 29. Blue Angel Marathon & 5K, Pensacola, Fla. Blue Angel Marathon, c/o MWR, Bldg. 632, Naval Air Station, Pensacola, FL 32508-5000. 904/452-4391.

March 7. River Run 15K/5K, Jacksonville, Fla. River Run 15K, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

March 21. Shamrock Sportfest Marathon/Masters 8K, Virginia Beach, Va. SASE to: Jerry Bocrrie, Shamrock Sportfest, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 22. Orlando Sports & Fitness Show 10K, Orlando, Fla. Adveco, 549 W. Lake Mary Blvd., Ste. 106, Lake Mary, FL 32746. 1-800-SPORTAD.

March 28. Azalea Trail 10K, Mobile, Ala. Azalea Trail Run, Port City Pacers, Box 6427, Mobile, AL 36660. 205/473-RACE.

April 4. Cooper River Bridge 10K, Charleston, S.C. 40+m&w-1st \$1000, 2nd \$500, 3rd \$300. Cooper River Bridge 10K, MUSC Wellness Center, 45 Courtenay Dr., Charleston, SC 29401. 803/792-0345.

MIDWEST

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

April 11. Columbus Marathon, Columbus, Ohio. Men's Olympic Trials. Douglas Thurston, Race Director, 6660 Doubletree Ave., No. 8, Columbus, OH 43229. 614/433-0395.

April 12. 25th Annual Athens, Ohio Marathon/Second Annual Half-Marathon. 12 noon. Mark Graham, P.O. Box 2282, Athens, OH 45701 or Tony Mele, 614/593-6120.

MID-AMERICA

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

February 29. Statehood Day 10 Miler, Lincoln, Nebr. Larry Swanson, Lincoln TC, 616 N. 86th St., Lincoln, NE 68505. 402/483-1274.

March 29. Kansas City Ekiden Relay, Overland Park, Kans. Five relay events, including RRCA National Marathon Relay Championship for open & masters. Bill Buchanan/Jean Buchanan, 8575 W. 110th St., Ste. 100, Overland Park, KS 66210. 913/451-8094(d); 681-8171(e).

April 4. YMCA Midwest Masters X Annual 8K, Omaha, Nebr. 35+. John Flint, 4919 Farnam St., Apt. 1B, Omaha, NE 68132. 402/551-7331.

April 18. Longest Day Marathon, Brookings, S. Dak. SASE to Prairie Striders, Box 267, Brookings, SD 57006. 605/692-2414.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 15. Conoco Rodeo Run 10K, Houston, Texas. Conoco Rodeo 10K, Box 4584, Houston, TX 77210. 713/293-CHIP after Jan. 3.

February 22. Camellia City 10K, Slidell, La. New Orleans TC, Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

March 15. Austin Marathon, Austin, Texas. Paul Carozza, Run Tex, 908-B, W. 12th St., Austin, TX 78703. 512/472-3272.

April 5. Austin American-Statesman Capitol 10,000, Austin, Texas. Renet Presas, Box 670, Austin, TX 78767. 512/445-3596.

April 18. Times-Picayune/Crescent City 10K, New Orleans. Bill Burke, 8200 Hampson St., Ste. 217, New Orleans, LA 70118. 504/861-8686.

WEST

Arizona, California, Hawaii, Nevada

February 1. 26th Las Vegas International Marathon & 5-Person Team Relay, Las Vegas, Nev. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180.

February 2. SCATAC District 30K Championships, Ventura, Calif. Inside Track, 1410 E. Main St., Ventura, CA 93003. 805/643-1104.

February 15. Great American Adventure 2.8 & 4.8 Mile Cross-Country, Huntington Beach, Calif. SASE to Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

February 17. Great Aloha 8.2 Mile, Honolulu. Great Aloha Run, 710 Palekaua

St., Honolulu, HI 96816. (800) 283-6267 or (808) 735-6092.

March 1. Los Angeles Marathon, Los Angeles, Calif. L.A. Marathon, 11110 West Ohio Ave., Ste 100, Los Angeles, CA 90025-3329. 213/444-5544.

March 15. St. Patrick's Day 10K, Torrance, Calif. Elite Racing, 1904 Church St., Costa Mesa, CA 92627. 714/548-4897.

March 22. Fifty-Plus Fitness Association 8K/3 Mile Walk, Stanford U., Calif. (PA/TAC Championships for seniors and super seniors). 50+ Fitness Assn., P.O. Box D, Stanford, CA 94309. 415/323-6160.

March 28. Stotsenberg 5K/10K, Malibu, Calif. Terri Moreau, Pepperdine U., 24255 Pacific Coast Highway, Malibu, CA 90263. 213/456-4115.

March 29. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena Blvd., Ste. 2H, San Diego, CA 92110. 619/275-5440.

NORTHWEST

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

February 22. Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, P.O. Box 549, Beaverton, OR 97075. 503/626-2348.

April 11. Pear Blossom 10 Mile, Medford, Ore. Pear Blossom Run, Box 146, Medford, OR 97501. 503/535-1205.

INTERNATIONAL

March 20. International Veterans 8K Cross-country, Boston. W40+. W35+, NEAC. P.O. Box 1905, Brookline, MA 02146. Steve Vaitonis, 617/566-7600.

March 21. Kokatahi Marathon, New Zealand. Veterans only. Jim Hamilton, Box 69, Hokitika, NZ.

April 5. British Veterans Athletic Federation 5K Championships. Bob Belmore, Tel 0428, 654749.

April 12. London Marathon, London, England. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

April 18. Two Oceans Marathon (56K), Cape Town, South Africa. Annemarie Sainsbury, P.O. Box 2276, Clareinch 7740, South Africa. 021-619407.

June 14-21. Run Ireland Tour, includes stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360. 219/879-0133.

August 29-30. 1st WAVA Road Running Championships, Birmingham, England. M40+, W35+. 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex, HAZ OQU England, Phone: 011-44-81-422-7157.

RACE WALKING

January 4-February 29. Potomac Valley Walkers RW Clinics. Each Saturday. Potomac Valley Walkers, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. Beth Alvarez, 301/249-5548.

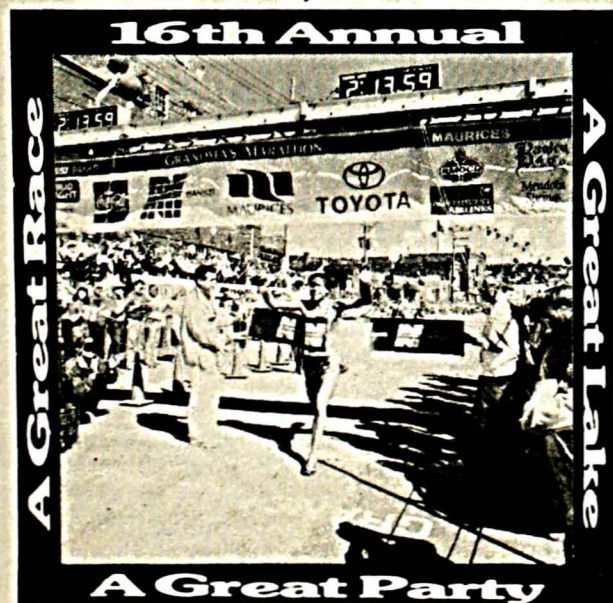
Grandma's Marathon

Duluth, Minnesota

Saturday, June 20th, 1992

7:30 a.m.

Limited to 6,000 Runners



15th Annual Grandma's Marathon Champion Dries Dachs (Morocco) crosses the line.

For more information, send a self-addressed, stamped envelope to Grandma's Marathon, P.O. Box 16234, Duluth, MN 55816 218-727-0947

WOLFPACK 50 MILER NATIONAL MASTERS CHAMPIONSHIPS OHIO TAC OPEN CHAMPIONSHIPS

Columbus, Ohio

March 29, 1992



Send SASE: John White
4865 Arthur Place
Columbus, OH 43220

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

M40-44			
Jerry Cash	High Jump	1.86	8-5-89
John Tucker	1500	4:08	7-4-91
M45-49			
George Mathews	35# Wt.	12.93	9-22-91
	56# Wt.	8.10	9-22-91
Garry Kryszak	1500	4:30	10-19-91
M50-54			
Richard Deere	Shot Put	41-0	1-5-92
Bob Warren	35# Wt.	33-4 3/4	2-24-91
	56# Wt.	22-6	1-13-91
Avital Schurr	100	12.1	10-12-91
	200	25.1	10-12-91
	Long Jump	16-10 1/4	10-12-91
M55-59			
Tom Butterfield	3000 SC	12:37	7-4-91
Vern Schewe	200	27.2	6-1-91
M60-64			
Robert Litton	Long Jump	15-7	7-20-91

M65-69			
Jim Platis	Long Jump	16-9	7-14-91
M70-74			
Donald Hull	High Jump	4-2	11-30-91
Walter Dahlin	100	14.67	8-1-91
	100	13.8	6-1-91
	200	30.26	8-1-91
	200	29.66	8-1-91
	400	71.89	8-1-91
	80mH	14.58	9-1-91
	80mH	14.78	8-1-91
	300H	55.20	9-1-91
	300H	55.80	8-1-91
	High Jump	4-8 5/8	8-1-91
	High Jump	4-6 1/4	9-1-91
	Long Jump	14-5/8	11-1-91
	Triple Jump	26-1 1/4	12-1-91
	Pole Vault	8-0	4-27-91
	Hammer	100-2 1/2	1-1-91

M85-89			
Herb Anderson	High Jump	3-2	7-14-91
	Shot Put	22-1 1/3	9-1-91
W55-59			
June Brumley	10K	49:50	10-13-91
Charmaine Sobkowski	10K	49:50	10-13-91
	1500	6:13	8-1-91
	5K	24:15	8-24-91
Correction:			
M35-39			
David Ortman	400H	58.6	6-26-91



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

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

WOMEN

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	90-94
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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

TRACK & FIELD RESULTS

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

EAST

Finger Lakes RC Indoor Meet Cornell U., NY; December 12

55m
Ray Panek 41 7.3
Kathy Pierce W44 8.2

400m
Ray Panek 41 63.8
Bob Congdon 46 65.3
Kathy Pierce W44 67.4

1500m
Reinhold Wotawa 41 4:35.9
Herb Engman 46 4:50.7
Jim Billik 42 5:10.6
Jim Miner 43 5:12.3
Tony Farrand 56 5:35.6
Dan Mittler 51 5:36.9
Diane Sherrer W40 6:03.6

3000m
Bill Mullarney 33 9:09.6
Rick Cleary 35 9:52.6
Jim Billik 42 10:36.4
Ken Florance 37 10:38.5
Bob Congdon 46 10:45.3
Herb Engman 46 11:14.7
Jim Zollweg 31 11:24.4
John Hurley 54 11:57.8
Chuck Collins 56 12:00.5
Tony Farrand 56 12:56.3
Jim Miner RW 43 16:23.0
Dorothy SholeenRW46 17:48.0
John Sholeen RW 46 18:08.0

Philadelphia Masters Development Meet Haverford, PA December 15

55 hurdles
John Paul Jones (41) 8.3
Doug Mason (32) 8.3
Tom Delany (63) 10.4
Dave Hall (74) 12.7

55 dash
Doug Mason (32) 7.2
Phil Felton (42) 7.3
Tim Robinson (34) 7.3
John Paul Jones (41) 7.3
Tim Dickens (44) 7.4
Alex Johnson (58) 7.5
Rab Hagin (47) 7.6
Mark Gershon (38) 7.8
Jim Shea (43) 7.8
Tom Delany (63) 7.9
Ed Matthews (71) 8.3
Walker Pierson (68) 8.6
Oscar Harris (67) 8.7
Champion Goldy (74) 9.0
Dave Hall (74) 9.1
Bob Detweiler (78) 14.5

200 dash
Phil Felton (42) 25.8
Doug Mason (32) 25.9
Tim Dickens (44) 26.6
Rab Hagin (47) 26.9
Harold Jenkins (38) 26.9
Alex Johnson (58) 28.6
Ed Matthews (71) 30.2
Earl Mege (57) 30.8
Walker Pierson (68) 31.1
Oscar Harris (67) 31.9
Joe Creighton (59) 34.2

400
Tim Dickens (44) 57.0
Phil Felton (42) 57.5
Greg Florant (40) 58.7
Harold Jenkins (38) 59.8
Mike Radov (49) 1:00.0
Ben Draper (43) 1:02.5
Oscar Harris (67) 1:15.4

800
Russell Floyd (40) 2:15.3
Jerry McFadden (50) 2:19.1
Bill Krieger (40) 2:19.4
Bill Kehner (39) 2:21.4
Mike Owens (45) 2:23.2
George Sanders (45) 2:25.5
Ben Draper (43) 2:28.0
Clive Latham Jr (40) 2:31.6
Luther Burdelle (67) 2:47.2

1 mile
Gary Tompkins (41) 4:39.5
George Lokken (43) 4:43.4
Sid Holzer (35) 4:54.6
Bill Kehner (39) 5:03.0
Bob Reynolds (34) 5:09.4

Rob Weiner (44) 5:11.8
Warren Walker (37) 5:12.2
John Weber (42) 5:16.3
Larry Hart (40) 5:19.9
Jim Yester (42) 5:18.1
Greg Hanson (37) 5:22.6
Dwayne Wartman (45) 5:26.4
George Sanders (45) 5:35.3

1-mi racewalk
Larry Simmons (48) 7:32.3
Ellen Marshall (W34) 8:38.1
Ed Gawinski (64) 8:41.5
Jessica Krow (W40) 9:10.1
Joel Dubow (48) 9:37.5
Tom Gallagher (51) 9:59.5
Greg McCoy (41) 10:00.0
Ceane Rabada (W41) 10:00.3
Ed Merrill (58) 10:01.5
George Braceland (78) 11:14.3
Rebecca Piorko (W33) 11:51.1
Bob Flynn (59) 13:53.7

3000
Bill Kehner (39) 9:55.1
Sid Holzer (35) 9:55.6
Warren Walker (37) 10:39.2
Larry Hart (40) 10:42.9
Bob Weiner (44) 10:46.0
Dwayne Wartman (45) 11:11.9
Tom Yunker (33) 11:16.5
Carl Grossman (45) 11:17.9
Ron Salvio (43) 11:23.6
Bruce Gilbert (56) 12:07.7
Jack Mroz (35) 12:12.0
George Sanders (45) 12:33.2
Luther Burdelle (67) 12:33.4

shotput (meters)
Wm. Wolverton (35) 14.57
Paul Morrone (49) 11.69
Nick Helfrich (38) 9.73
Jim Shea (43) 9.58
John Bronstein (51) 8.62
Bob Detweiler (78) 4.97

long jump (meters)
Jim Shea (43) 4.74
Mark Gershon (38) 4.63
Earl Mege (57) 4.20
Tom Delany (63) 4.14
Nate Byrd (53) 3.86
Ed Matthews (71) 3.68
Bob Detweiler (78) 1.63

triple jump (meters)
Mark Gershon (38) 9.62
Jim Shea (43) 9.49
Earl Mege (57) 8.01
Ed Matthews (71) 7.68
Bob Detweiler (78) 3.84

high jump (feet/inches)
Ed Laurelli (41) 5-0
Harold Jenkins (38) 4-10
Ron Salvio (43) 4-8
Earl Mege (57) 4-6
Tom Delany (63) 4-2
Bob Flynn (59) 3-6 1/2

pole vault (feet/inches)
Rich Holmes (44) 11-0
Ron Salvio (43) 8-6

Holiday Indoor Meet Hagerstown Junior College, MD December 21

55m
M30 Lawrence Lee 36 6.7
Bob Bowen 39 6.9
Ed Anthony 39 7.1

M40 M Goines 40 6.8
Tom Little 40 7.0
Louis Johnson 44 7.5

M50 Joe Hemler 57 7.6
Jim Bradley 55 7.9
Doug Alberts 56 7.91

M60 Sam Madia 67 8.2
Ed Hilmes 66 8.3
Tom Morris 61 8.7
M70 Ed Matthews 71 8.1

200m
M30 Lawrence Lee 36 24.3
Bob Bowen 39 25.8
Ed Anthony 39 26.3

M40 Ralph Penn Jr 40 24.4
Joe Mack 41 25.0
Money Goines 40 25.1

M50 Bary Kline Sr 51 28.1
Jim Bradley 55 28.4
Doug Alberts 56 29.8

M60 Sam Madia 67 31.9
Tom Morris 61 32.2
Bill Bergen 63 32.5

M70 Ed Matthews 71 30.6

400m
M30 Franklin Knox 39 57.6
Bob Bowen 39 58.4

M40 R Penn Jr 40 54.3
Tom Little 40 57.8
Bob Bridges 49 63.2

M50 Barry Kline 51 64.0
Jim Bradley 55 65.9
M60 Sam Madia 67 71.7

Tom Morris 61 72.1
W30 K Stuart-Smith 30 79.1

800m
M40 Don Boyer 48 2:15
Spider Rossiter 40 2:16
Mike Radov 49 2:19

W30 Irma Barr 32 3:36

1500m
M30 Rusty Moore 36 4:22
Jack Harbaugh 35 4:37
Mark Bayliss 32 4:59

M40 Spider Rossiter 40 4:34
Elton Horst 45 4:35
Jim Roessler 42 5:26

M50 Burr Grim 58 4:55
M60 Dick Dobbin 64 5:56

3000m
M30 Rusty Moore 36 9:27.9
M40 Elton Horst 45 9:51
W30 K Stuart-Smith 30 13:39

55mH
M40 Gene Hoffman 40 8.9

4x200m Relay
2 Maryland Masters 1:48.13

High Jump
M30 Mark Bayliss 32 5-6
M40 Palmer Sweet 48 4-2
M50 Bary Kline 51 5-0

Doug Alberts 56 4-2
M60 Ed Holmes 66 4-2
Ned Curran 63 3-4
M70 Charlie Irwin 74 4-2

Pole Vault
M30 Jerry Dewpy 33 13-9
M40 Sam Prentice 40 11-6

Shot Put
M30 Mike Sweeney 35 34-2
M40 John Roehr 44 41-8 1/2
Palmer Sweet 48 38-0

M50 Fred Wimmer 57 27-6 1/2
M60 Ned Curran 63 34-10
Ed Holmes 66 33-6
David Vachon 61 31-8 1/2

W30 Karyl Sweeney 36 19-0

Greater Rochester TC Indoor All-Comers U. of Rochester, NY; December 29

45m
M30 Al Ashford 5:65
B Grimes 5:93

M40 Ray Panek 6:25
D O'Riley 6:47

M50 Howard MacMillan 7:03
W30 Irene Thompson 6:46

300m
M30 Al Ashford 41:29
M Barea 41:59

M40 Ray Panek 43:32
J Hlopf 44:64

M50 H MacMillan 50:12
W30 I Thompson 46:03

L Van Puersen 52.4

1500m
M30 Jamal Jabbeur 5:19
J Cianca 5:21

M40 Tom Lamme 4:56
Lloyd Smith 4:57

W30 Marie White 5:32
A Maura 7:53

3000m
M30 Bob Carroll 8:59.1

High Jump
M40 Dick O'Riley 5-10

Long Jump
M40 A LaFramboise 16-11
D O'Riley 16-1 1/2
W30 Irene Thompson 15-7

Shot Put
M50 Harry Schwarze 41-0
A LaFramboise 30-0
W30 Luann Van Puersen 25-0

SOUTHEAST

Elmer Shaw Memorial Weight Pentathlon Atlantic High School, Delray Beach, FL; Dec. 29

Age	Name	Shot	Disc	Jav	Hamm	HtThr	Score
82	G. Powell	FL 7.11 623.5	24.73 746	12.79 381.5	14.73 516	6.91 690.5	2989
80	P. Partridge	FL 3.30 214	15.00 367	9.45 226	4.92 212.5	5.76 515	1534
79	E. Dennison	Can 9.27 775	24.84 666	20.21 607	17.45 471.5	7.04 633	3152
78	C. Hirshey	SC 8.32 661.5	20.77 513.5	17.73 493.5	20.73 530.5	5.34 435	2642
78	I. Storojeff	FL 4.86 339.5	17.33 408	15.56 416	12.54 193	4.30 329	1685
78	G. Gonzalez	PR 8.99 715.5	27.42 723.5	20.01 795.5	25.64 665	6.80 586	3485
74	H. Horningstar	MI 10.80 798.5	32.04 755.5	28.40 760	28.69 667.5	9.60 776	3757
72	Ray Rupelli	FL 11.04 775	28.82 620.5	15.15 311	25.97 576	8.57 629.5	2912
72	G. Nordgren	LA 10.08 697	28.02 599	32.46 829.5	31.66 693	8.16 593	3416
68	J. Stein	KY 8.12 516.5	31.74 616	27.21 577	26.47 664.5	8.03 513.5	2919
68	B. Brown	NY 5.26 315	16.08 255	15.66 275.5	12.26 227	5.10 287	1359
67	D. Reid	FL 11.50 806	34.46 663.5	27.95 575.5	32.86 732.5	10.05 653.5	3431
62	L. Siegel	FL 10.58 618.5	28.41 455	21.90 351	23.95 478	9.58 534.5	2467
62	R. Cooper	FL 12.25 771	45.01 803.5	40.48 771	28.51 575.5	10.29 583	3504
62	F. Vero	NY 9.30 555	29.95 487	26.00 441.5	21.31 417.5	8.13 436	2337
59	R. Feick	PA 11.38 741.5	33.11 633.5	37.98 729.5	34.14 719	9.65 704	3527
59	P. Carstensen	NY 10.91 706	29.51 549.5	34.10 638	32.85 694	10.00 741	3328
54	J. Nunez, Sr.	Mex 9.01 507.5	26.61 430.5	22.80 323	32.05 620	8.95 568.5	2449
53	B. Warren	IA 11.37 660	33.83 570.5	32.52 503.5	20.06 358.5	9.56 601	2693
51	B. McKenna	NY 11.22 6.27	40.39 684	29.61 422.5	37.48 784	9.60 578	3095
50	V. Hilliard (Women)	FL 11.57 355	30.05 770	28.50 978.5	38.91 689	11.41 1000.5	4112
37	F. Columbo	NY 6.56 300	12.59 140.5	15.36 112.5	13.17 138	8.49 163	854
36	B. Hendrix	GA 9.33 471	26.26 395.5	39.80 470	25.73 423	8.66 407	2166
35	P. Hendrix (Women)	GA 6.81 359.5	19.69 266.5	17.11 391	11.75 166	5.05 189.5	2564
32	V. St.Hair	FL 11.21 563.5	31.83 500.5	19.65 163.5	29.55 450.5	10.01 534.5	2242

All TAC-wava Standard Implements. Age Factor Scoring as revised 1985 by IAAF Tables 1984 except Hammer IAAF Tables 1962. IAAF Tables 1984 give women's scoring for only Shot and Javelin.

New World Record by Vanessa Hilliard (50) in 16 # Wt. Throw 13.41m
New World Record by Gordon Nordgren (72) in 800m Javelin 31.08m
New World Record by Gilberto Gonzalez (73) in 800m Javelin 21.40m
New American Record by Gilberto Gonzalez (73) in Wt. Pent. 3455
Tied American Record by Gilberto Gonzalez (73) in 4# Hamm. 25.64m

Philadelphia Masters Development Meet and Tom Robinson Memorial Mile Haverford, PA; January 5

Tom Robinson Mile

MEN:
Gary Tompkins (41) 4:30.7
Dave Patterson (40) 4:31.6
Mike Patterson (38) 4:38.2
Dermot Anderson (30) 4:45.8
Ben Brockwell (43) 4:49.6
Bob Weiner (44) 4:56.3
Bob Reynolds (34) 4:57.7
Bill Kehner (39) 4:57.7
Sam Huckel (50) 4:58.0

Bruce Carter (47) 5:00.5
Gregory Stephens (32) 5:01.9
Fred Dedrick (43) 5:08.5
Jim Sutton (60) 5:09.3
Jerry McFadden (50) 5:09.7
Larry Hart (41) 5:10.9
Jim Yester (42) 5:14.4
Larry Simmons (49) 5:14.5
Bob Thomas (40) 5:15.2
John Weber (42) 5:15.5
Greg Hanson # 1 (40) 5:15.6
Joe Hoffman (40) 5:20.3
Carl Grossman (45) 5:23.8
Jack Foster (37) 5:27.3
George Sanders (45) 5:28.3
Dwayne Wartman (45) 5:28.9
Jack Mroz (35) 5:31.8
Amos Mincin (41) 5:41.5
Tony DeSabato (43) 5:43.1
Frank Feingold (46) 5:54.4
Paul Gorka (60) 6:34.6
Sam Miller (45) 6:45.1
Jerry Nolan (64) 6:57.8

Dan Blaschak (44) 7:26.8
George Blyn (72) 7:45.3
John McCarthy (70) 7:57.3
Marvin Levy (68) 9:36.5
Sue Green 48 7:36.4
Nancy Rose 50 7:46.3
Susan Levy 50 8:07.4

55m hurdles
John Paul Jones (41) 8.1
Pat Crandall (41) 8.4
Nate Byrd (53) "33 in." 9.9
Tom Delany (63) 10.2
George Taylor (61) 13.8

55m dash
Joe Johnson (47) 6.8
Phil Felton (42) 7.1
Jeff Blatt (46) 7.2
Warren Fisher (35) 7.3
Paul Henry (47) 7.4
Joe Hemler (57) 7.4
Tom Hartman (49) 7.5
Dan Weller (44) 7.5
Mark Gershon (38) 7.6
Tim Dickens (44) 7.6
Irv Heath (51) 7.7
Jim Shea (43) 7.8
Tom Delany (63) 7.8
Rab Hagin (47) 8.0
Earl Mege (57) 8.2
Ed Matthews (71) 8.4
Oscar Harris (67) 8.5
Bill Bergen (63) 8.6
Claude Hills (79) 9.8
Bob Detweiler (78) 14.2
Charles White (70) 15.9

200m dash
Joe Johnson (47) 24.7
Phil Felton (42) 25.5
John Jenkins (38) 26.3
Irv Heath (51) 26.8

John P. Jones (41) 27.0
Rab Hagin (47) 27.0
Tim Dickens (44) 27.1
Paul Henry (47) 27.2
Joe Hemler (57) 27.8
Larry Cheatham (43) 28.4
Tom Hartman (49) 28.3
Ed Matthews (71) 30.8
Earl Mege (57) 31.1
Bill Bergen (63) 31.5
Oscar Harris (67) 31.5

400m dash
Gregory Stephens (32) 55.8
Mike Radov (49) 58.1
John Jenkins (38) 59.4
Greg Hanson # 2 (37) 1:00.0
Ben Draper (43) 1:00.6
Bernadette Creed W34 1:10.1
Ed Matthews (71) 1:14.3
Oscar Harris (67) 1:16.3

4 x 400m relay
AA-S (Henry-Florant-
Fisher-Gordon) 4:01.0
Philadelphia Masters
M40+ 4:06.0
(Felton-Dickens-
Floyd-O'Hara)

800m run
Dave Patterson (40) 2:08.9
Gregory Stephens (32) 2:11.4
Rich Jenks (33) 2:12.2
Russell Floyd (40) 2:14.1
Warren Fisher (35) 2:14.6
Ben Draper (43) 2:22.0
Greg Hanson # 2 (37) 2:23.6
Bob Thomas (40) 2:26.1
Dwayne Wartman (45) 2:30.9
Bernadette Creed W34 2:34.8
Amos Mincin (41) 2:43.1
Diane McManus W41 3:29.7

Continued on next page

Continued from previous page

3000m run
Dave Patterson (40) 8:55.4
Mike Patterson (38) 9:01.5
Jeff Bradley (39) 9:11.7
Phil Yoder (40) 9:31.0
Bill Kehner (39) 9:50.7
Roger Price (42) 9:58.8
Bob Thomas (40) 10:30.7
Fred Dedrick (43) 10:30.9
Larry Hart (41) 10:42.6
Amos Mincin (41) 11:06.3
Tony DeSabato (43) 11:35.3
Luther Burdelle (67) 11:38.5
George Sanders (45) 11:43.0
Carl Grossman (45) 11:59.5
Rita Alles W54 13:04.3

pole vault
Rick Holmes (44) 11-0
Jeff Blatt (46) 10-0
Ron Salvio (43) 8-6
Madeline Bost W52 6-9
George Taylor (M61) 5-9
Claude Hills (79) 5-6

long jump (in meters)
Jim Craig (34) 5.14
Pat Crandall (41) 5.05
Mark Gershon (38) 4.89
Jim Shea (43) 4.79
Tom Delany (63) 3.97
Earl Mege (57) 3.92
Nate Byrd (53) 3.90
George Taylor (61) 3.59
Tom Adams (56) 3.46
Claude Hills (79) 2.83
Bob Detweiler (78) 1.63

triple jump (in meters)
Pat Crandall (41) 10.84
Mark Gershon (38) 10.03
Jim Shea (43) 9.43
Larry Cheatham (43) 9.39
George Taylor (61) 6.24
Bob Detweiler (78) 3.91

shotput (in meters)
Tom Henderson (60) 12.37
Ray Feick (60) 12.29
Paul Morrone (49) 12.15
Jim Craig (34) 11.47
Jim Shea (43) 9.14
George Taylor (61) 8.49
Denny Ziemba (43) 7.80
Bob Detweiler (78) 7.38

MID AMERICA

SmithKline Beecham Regional TAC Championships LincolN, NE; January 4

55m
M30 Curt Janko 6.6
M35 Fred Murrell 6.7
M40 Clifton Jackson 7.0
M45 Tom Bassett 7.0
M50 Thornton Shelton 7.3
M55 Jimmy Weaver 7.1
M60 Earl Ventura 7.2
M65 Rob Thomas 11.2
M75 Harold Massie 13.1
W35 Linda Peniska 9.6
W40 Sandy Maryott 9.1

200m
M30 Curt Janko 23.7
M35 Fred Murrell 25.6
M40 Clifton Jackson 25.3
M45 Tom Bassett 24.4
M50 Thornton Shelton 26.2
M55 Jimmy Weaver 29.4
M70 Clarence Osborn 44.8
M75 Harold Massie 55.6
W35 Jane Sanchez 35.8

400m
M30 Kelley Perry 59.2
M35 Matt Reckmeyer 54.1
M40 Phil Dorff 61.2
M50 Howard Weisser 61.8
M60 George Luce 73.5
M70 Clarence Osborn 1:45.3
M75 Harold Massie 2:16.5
800m
M30 John Anderson 2:08.6
M35 Dave Miller 2:05.4
M40 Ed Woerner 2:22.2
M50 Marv Winters 2:26.5
M60 George Luce 3:08.2
M70 Clarence Osborn 3:56.6
M75 Harold Massie 5:01.0
1 Mile
M30 John Anderson 4:46.1
M35 Hector Sanchez 4:59.4
M40 Ed Werner 5:03.6
M50 Ken Katzer 5:39.6
M70 Clarence Osborn 8:09.8
M75 Harold Massie 9:55.0

3000m
M30 Dale Bradley 8:48.9
M35 Fred Carnathan 8:58.5
M40 Ed Woerner 9:45.5
M50 Ken Katzer 11:09.0
M55 Jim Culver 11:34.4
M70 Clarence Osborn 15:49.6
M75 Harold Massie 19:08.9
55mH
M35 Ron Haulfold 8.5
M50 George LaBelle 9.6
M60 Bob Thomas 11.2
M75 Harold Massie 26.7

High Jump
M40 Clifton Jackson 5-2
M45 Bob Everski 4-4
M50 George LaBelle 4-2
M60 Bill Butterworth 4-8
M75 Harold Massie 4-4
Long Jump
M35 Fred Murrell 18-0
M40 Jim Dolezel 15-10
M50 James Wagner 14-8
M55 Stan Giles 12-3
M60 Earl Ventura 14-10
M65 Bob Thomas 13-1
M75 Harold Massie 6-2
W40 Sandy Maryott 12-5

Shot Put
M45 LaVane Johnson 34-1/2
M50 George LaBelle 36-7
M55 Tom Wesselowski 44-2
M60 Earl Ventura 42-9
M65 Bob Thomas 31-6
M70 S C Herrman 42-7
M75 Harold Massie 18-2
W40 Sandy Maryott 27-5 1/2

WEST

Foothill College Throws Meet Los Altos Hills, CA December 14

Shot Put
M30 E Hodgdon 40-8
M40 G Kelmenson 35-10
M60 J Smit 12# 35-7 1/2
Z Bavel 12# 31-10 1/2
W55 Fei-Mei Chou 4kg 21-0

Discus
M30 R Weir 163-9
E Hodgdon 101-0
M40 G Kelmenson 103-0
M60 J Smit 132-0
Z Bavel 125-9
M70 Hy Booth 118-5
W55 F Chou 54-7

Hammer
M30 R Weir 212-1
E Hodgdon 123-3
M40 G Kelmenson 130-5
M60 Z Bavel 124-4
J Smit 106-6

Javelin
M60 J Smit 98-2
Z Bavel 79-8
Weight
M40 G Kelmenson 39-1/2
M60 Z Bavel 39-8 1/2
J Smit 33 5 3/4

Long Beach Winter Decathlon Long Beach, CA; December 14-15

All scoring with 1985 IAAF tables. M60+ used 16SP; 42"H; 2kgDT; 800grJT.
M30 Brian DeRoo 35 5187
Reg Charles 30 4152
Ron Wilcox 31 2888
M40 Scott Somers 44 1522
M50 Doug McFethers 59 3417
Ray Fitzhugh 56 2505
M60 Darold Skartved 60 5276
M70 Ham Morningstar 73 2227
A U Ricciardi 72 2077
M80 Stan Thompson 81 447
Hand timed/no wind data

NORTHWEST

Huntsman Chemical's World Senior Games St. George, UT; October 23-25

50m
M50 Avital Schurr KY 6.47
M55 Harold Creson AZ 6.81
M60 Jack Coy OR 7.10
M65 George Form NM 7.05
M70 Dan Bulkeley OR 8.16
800m
M80 Virgil McIntyre AZ 8.88
M85 Willard Benton CA 12.76
M50 Jane Arnold CN 7.95
W55 Joan Doucet NM 9.10
W60 N Ammermuller NJ 8.47
W65 Lillian Lake NM 8.81
W70 Flo Berry IL 9.40
W80+Ivy Granstrom CAN 13.43
100m
M50 Avital Schurr KY 12.58
Bruce Selby CAN 13.17
Dauine Horton UT 13.18
M55 Cliff Pauling NY 13.09
Harold Creson AZ 13.51
Del Rowe UT 13.65

M60 Ted Hansen UT 13.47
Jack Coy OR 13.71
Ben Knaub CO 13.94
M65 Lex Marcusen UT 14.38
George Form NM 14.41
Carl Orndoff CA 14.46
M70 Dan Bulkeley OR 15.30
J Rodriguez CA 16.44
Glen Allred UT 16.73
M75 Bill Morales CA 15.34
Lloyd Houston NM 16.16
M80+Herb Anderson CO 22.18
W50 Jane Arnold CN 14.89
Karen Fuentes KS 15.93
W55 Joan Doucet NM 16.95
Betty Vickers UT 20.43
W60 N Ammermuller NJ 16.43
Ruth Payne UT 21.23
Velma Earl UT 23.65
W65 Lillian Lake NM 17.29
Johanny Valien TX 17.61
G M Sajwaj WY 21.32
W70 Flo Berry IL 18.16
Ruth Talley CA 21.97
Sis Warnke NM 22.37
W80+Ivy Granstrom CAN 26.83

200m
M50 A Schurr KY 25.80
Howard Weisser NE 27.47
Larry Beck UT 27.51
M55 Dawson Pratt NJ 25.81
Cliff Pauling NY 27.22
Harold Creson AZ 27.41
M60 Andy Anderson NM 28.16
Jack Coy OR 28.55
Ben Knaub CO 29.19
M65 Lex Marcusen UT 29.69
George Form NM 30.90
Carl Orndoff CA 31.06
M70 D Bulkeley OR 34.00
J Rodriguez CA 36.08
Tom Bishop UT 36.70
M75 Lloyd Houston NM 34.76
Bill Morales CA 35.02
M80 Virg McIntyre AZ 38.31
M85 Herb Anderson CO 49.52
W50 Jane Arnold CN 31.43
Karen Fuentes KS 34.39
W55 Joan Doucet NM 36.29
W60 N Ammermuller NJ 33.99
Ruth Payne UT 44.86
Velma Earl UT 45.34

M65 Lillian Lake NM 38.23
Johanny Valien TX 38.40
W70 Flo Berry IL 42.01
Sis Warnke NM 49.73
W80+Ivy Granstrom CAN 55.67
400m
M50 Howard Weisser NE 58.17
Bruce Selby CAN 59.02
A Schurr KY 59.12
M55 Il Creson AZ 62.00
Sid Joseph AZ 64.89
Chris Noble Jr NV 71.83
M60 Andy Anderson NM 64.87
George Freeman NY 67.89
Tom Page MD 68.59
M65 Lex Marcusen UT 67.00
Rodney Brown UT 72.71
M70 D Bulkeley OR 84.15
J Rodriguez CA 90.99
M75 Lloyd Houston NM 80.28
Herb Wright UT 97.08
M80 Virg McIntyre AZ 89.29
Sam Monastero PA 99.99
M85 W Benton CA 2:04.29
W50 Jane Arnold CN 66.82
W55 Joan Doucet NM 83.39
W60 N Ammermuller NJ 78.29
Velma Earl UT 1:44.41
Ruth Payne UT 1:54.11
W70 Sis Warnke NM 2:05.30
W80+Ivy Granstrom CAN 2:08.47

800m
M50 Tyrone Nelson CA 2:19.62
Bruce Selby CAN 2:23.95
Howard Weisser NE 2:27.02
M55 Cliff Pauling NY 2:27.33
Chris Noble NV 2:40.71
Harold Creson AZ 2:54.62
M60 Ben Knaub CO 2:25.67
Ralph Carlson UT 2:42.24
Geo Freeman NY 2:43.36
M65 Rod Brown UT 2:46.95
Marv Woodbury UT 2:56.56
Ross Smart UT 3:02.19
M70 Dan Bulkeley OR 3:25.50
Ben Heath UT 3:51.20
M75 Herb Wright UT 3:43.94
M80 Sam Monastero PA 4:06.45
W50 Jane Arnold CN 2:36.59
W60 Velma Earl UT 3:55.84
W70 Sis Warnke NM 4:48.28
W80+Ivy Granstrom CAN 4:46.34
1500m
M50 Seth Kaminsky NJ 4:50:66
Ty Nelson CA 4:51:86
Bruce Selby CAN 5:05:70
M55 Chris Noble NE 5:21:84
M60 Ben Knaub CO 5:19:22
Ralph Carlson UT 5:44:54
Geo Freeman NY 5:59:52
M65 Sid Smith UT 6:32:07
Gil Young OR 7:19:83
M70 Ben Heath UT 7:41:16
M80+Sam Monastero UT 8:19:11
W50 Jane Arnold CN 5:27:84
W60 Velma Earl UT 7:49:95
W70 Sis Warnke NM 9:31:92
W80+Ivy Granstrom CAN 9:32:97

High Jump
M50 Duaine Horton UT 5-0
Roger Taylor UT 4-10
Robert Bush UT 4-8
M55 Harold Creson AZ 4-10
Doug Spainhower UT 4-2
Barlow White NV 4-0
M60 Dave Douglass CA 4-8
Gerald Doucet NM 4-6
t Ken Farnsworth UT 4-6
Ted Hansen UT 4-6
M65 Carl Orndoff CA 4-4
Lex Marcusen UT 4-0
t Gil Young OR 4-0
Chuck McFate CA 4-0
M70 Glen Allred UT 4-2
Victor Jones NV 4-0
Doug Hardy CA 3-8
M75 Frank Herrelko MD 3-4
M80+Virg McIntyre AZ 3-8
W50 Karen Fuentes KS 3-6
W55 Joan Doucet NM 3-7
W65 Johanny Valien TX 3-4
Annie Barker UT 3-0
W70 E Lercher WA 3-2

Long Jump
M50 Avital Schurr KY 17-2
Roger Taylor UT 14-8 1/2
Darrel Short WY 14-8 1/2
M55 Dale Frehner UT 14-10 1/2
Harold Creson AZ 14-9
Doug Spainhower UT 12-9 1/2
M60 Ted Hansen UT 14-6
G Twitchell UT 13-10
K Farnsworth UT 13-6
M65 Rod Brown UT 11-7 1/2
Kermit Nelson CA 11-7
R Robertson UT 11-1
M70 Glen Allred UT 11-9 1/2
Tom Bishop UT 10-0
Victor Jones NV 9-9 1/2
M75 Bill Morales CA 11-6
M80 Virg McIntyre AZ 8-10
M85+Carl Nelson UT 5-11 1/2
Herb Anderson CO 5-9 1/2
W50 Karen Fuentes UT 10-7
W55 Betty Vickers UT 9-11
Joan Doucet NM 9-3 1/2
W65 J Valien TX 10-0
Annie Barker UT 7-10 1/2
W70 Flo Berry IL 8-11 1/2
Evelyn Lercher WA 8-3
Ruth Talley CA 8-0

Shot Put
M50 Larry Pratt DE 42-7
Carl Klehm IL 35-9 1/2
Duane Wise UT 30-1
M55 Jim Hart CA 44-6
(age-division AR)
Ron Wade CA 36-6 1/2
Tom Jackson TX 35-1
M60 Chuck Darling CA 41-2 1/2
Jan Smit TX 38-6 1/2
Wes Goodwin AZ 34-4
M65 Rune Wallin UT 28-11 1/2
Kermit Nelson CA 28-10 1/2
Russ Robertson UT 27-6
M70 Aaron Cronkhitte CA 34-6
Gord Nordgren LA 32-9 1/2
Walt Jenkins CAN 32-8 1/2
M75 Ross Carter OK 39-1
Walt Brooks UT 29-7
Frank Herrelko ND 20-2 1/2
M80 Gord Powell FL 24-3 1/2
John Baker NV 23-2 1/2
M85+Herb Anderson CO 19-11 1/2
Carl Nelson UT 19-6
W55 Betty Vickers UT 22-1 1/2
W65 Estelle Jenkin CAN 22-6 1/2
Johanny Valien TX 21-2
Annie Barker UT 18-8 1/2
W70 Flo Berry IL 18-7
W75 Betty Jarvis OK 17-5 1/2

Discus
M50 Larry Pratt DE 161-6
Duane Horton UT 118-6
Carl Klehm TL 96-9
M55 Jim Hart CA 147-10
Phil Lord UT 123-11
Ron Wade CA 115-7
M60 Chuck Darling CA 145-7
Jan Smit TX 136-8
Wes Goodwin AZ 133-1
M65 Kermit Nelson CA 91-9
Russ Robertson UT 66-7
Jack Paulman WA 61-6
M70 Walt Jenkins CAN 107-5
Gord Nordgren LA 99-8
A Cronkhitte CA 86-9
M75 Ross Carter OK 128-2
Bill Morales CA 104-7
Chas Roloff AZ 89-1
M80 Gord Powell FL 83-5
M85+Herb Anderson CO 48-2
W65 Renee Roloff AZ 53-2
Estelle Jenkin CAN 51-1
Annie Barker UT 45-3
W70 Flo Berry IL 54-1
Ruth Talley CA 45-7
W75 Betty Jarvis OK 54-1

Javelin
M50 Roger Taylor CO 122-7
Duaine Horton UT 114-
Merv Armstrong AL 114-4
M55 Phil Lord UT 124-6
Harold Creson AZ 109-8
D Spainhower UT 103-0
M60 Rob Horlacher UT 116-9
Ted Hansen UT 112-5
Chuck Darling CA 90-10

M65 Ralph Roylance UT 131-5
Lex Marcusen UT 94-10
Kermit Nelson CA 68-2
M70 Gord Nordgren CA 106-6
Victor Jones NV 71-11
M75 Bill Morales CA 132-0
Chas Roloff AZ 78-1
Walt Brooks UT 62-5
M80+Herb Anderson CO 38-4
W50 Karen Fuentes KS 54-1
W55 Betty Vickers UT 55-11
W65 Renee Roloff AZ 61-10
Annie Barker UT 43-10
W70 Ruth Talley CA 53-4
Flo Berry IL 41-2
W75 Betty Jarvis UT 49-3

INTERNATIONAL

Sao Paulo Veterans Assoc. Women's Championships Sao Paulo, Brazil; September 21-22

200m
W35 Miriam Branco 28.58
W40 Gloria Musa 28.10
W45 Shirley Batista 28.91
W50 Minako Goshima 35.11
W55 Mihoko Kanegawa 34.16
W60 Kazue Fughara 36.25
400m
W35 Yoshiko Suenaga 74.6
W40 Ana DePaula 72.2
W45 Vera Alice Silva 68.7
W55 Yae Natsumi 86.5
W60 Luiza Fukui 94.7
W70 Mieko Ide 1:44.8
800m
W35 Tomiko Oda 3:20.0
W40 Maria Gomes 2:43.9
W45 V A Silva 2:39.6
W50 Aldair Rocha nta
1500m
W40 Maria Bodega 5:38.0
W45 Zelita Rafael 6:03.0
W50 Emilia Fukuda 6:36.0
W55 Norma Martin 6:59.0
W60 Fudeko Shiki 7:07.0
3000m
W35 Val Andemarchi 15:19.8
W40 Eliza Nikoluk 13:47.2
W50 Elisa Tanone 16:21.6
5000m
W35 Val Andemarchi 18:18.0
W40 Eliza Nikoluk 24:31.7
W45 Zelia Rafael 22:42.1
W50 Emilia Fukuda 25:26.9
W55 Norma Martin 26:32.0
W60 Fudeko Shiki 26:55.9

Short Hurdles
W45 R Shirahata 16.6
W55 Yae Natsumi 19.1
W60 Carmozina Nazaret 18.7
4x100m Relay
W35 Anasp 56.70
W40 Anasp 64.50
W50 Piratinga 67.90
W60 Ibirapuna 79.18
W65 Ibirapuna 89.92
4x400m Relay
W35 Anasp 5:25.31
W40 Anasp 5:31.17
W45 SPFC 5:10.94
W50 Ibirapuera 6:22.65
W55 Anasp 5:55.22
W60 Ibirapuera 7:28.17

High Jump
W35 Marilena Abrahao 1.20
W40 V L Araujo 1.10
W45 Fumi Suzuki 1.15
W50 Clara Muronaga 1.05
W55 Clarisse Braga 1.15
W60 Kazue Fugivara 1.05
Triple Jump
W35 Eliz Ikemori 7.83
W40 Ilda Ito 6.48
W45 K Kohigashi 7.08
W55 W S Sakata 8.18
W60 Mitsuo Shimizu 6.70
Discus
W35 Alice Matsuoka 32.14
W40 Nobumi Shimizu 21.64
W45 Shirley Baptista 22.44
W50 Mie Suzuki 22.08
W55 Dirce Cabrera 20.64
W60 Eiko Kishi 19.00
W65 Dinorah Catafesta 13.76
W70 Kazumi Hara 13.06
W75 Carolina Bizzoto 8.20
Hammer
W45 Marly Velardo 18.02
W50 Clara Muronaga 19.42
W55 Dirce Cabrera 17.54
W60 Eiko Kishi 17.26
W65 Dinorah Catafesta 13.88
W75 Carolina Bizzoto 5.26

Javelin
W35 Alice Matsuoka 28.72
W40 Ilda Ito 22.18
W45 Maria Ramos 22.72
W50 Tsioco Uru 22.82
W55 Dirce Cabrera 19.92
W60 Maria Melo 18.74
W65 Toshiko Huzita 13.58
W70 Kazumi Hara 11.80

Sao Paulo Veterans Assoc. Men's Championships Sao Paulo, Brazil September 28-29

100m
M40 Antonio Assato 12.01
M45 Antonio Silva 11.70
M50 Zildo Bueno 12.02
M55 Porphirio Orenha 13.10
M60 Ossamu Wada 13.40
M65 E B Soares 13.20
M70 Frederico Fischer 13.70
M75 Yoshitaka Ide 15.60
M80 Mitsuo Kumura 15.90

200m
M40 Mario Silva 24.60
M45 Antonio Silva 23.79
M50 Zildo Bueno 24.94
M55 P Orenha 27.58
M60 Yoshiyuki Shimizu 26.36
M65 E B Soares 27.34
M70 M Mineoka 32.19
M75 A A Fonseca 32.34
M80 Mitsuo Kumura 34.64

400m
M40 Evaldo Silva 53.31
M45 Osvaldo Abreu 56.72
M50 Zildo Bueno 57.02
M55 P Orenha 62.00
M60 Y Shimizu 65.31
M65 Joao Bidin 65.02
M70 F Fischer 74.07
M75 Hirotaro Takaki 79.72

800m
M40 Evaldo Silva 2:01.37
M45 Osvaldo Abreu 2:11.28
M50 Nelso da Silva 2:06.15
M55 Delio de Souza 2:25.85
M60 Joao Marques 2:42.45
M65 Cicero Santos 2:39.68
M70 S Nakamura 2:56.54
M75 Antonio Fonseda 3:14.44
M80 S Matsunaga 3:30.14

1500m
M40 Joao Francisco 4:33.67
M45 Antonio Silva 4:34.53
M50 Nelson Silva 4:33.37
M55 Delio de Souza 4:58.13
M60 Takeo Kimura 5:23.98
M65 Cicero Santos 5:46.04
M70 I Shigematsu 5:51.77
M75 Antonio Fonseca 6:52.80
M80 Takejiro Tanaka 8:54.42

5000m
M40 F M Rodrigues 16:55.83
M45 Jose Bastos 15:55.69
M50 Jose Martins 17:35.32
M55 A D Nogueita 18:34.96
M60 F P Silva 20:08.04
M65 Alfredo Castillo 21:46.53
M70 I Shigematsu 21:48.32
M75 Jose DeNicolo 28:31.11

10,000m
M40 F M Rodrigues 35:32
M45 Jose Bastos 33:47
M50 Daniel Braga 35:35
M55 Messias Paiva 37:53
M60 Takeo Kimura 40:09
M65 Alfredo Castillo 45:59
M70 Y Takenaka 51:55
M75 F A Moutinho 55:19

Short Hurdles
M45 K Blutaumuller 17.9
M50 Amaro Barbarini 24.9
M55 A C Palma 17.5
M60 Hajime Nakajima 20.4
M65 Massaki Narita 20.1
Long Hurdles M55-59 300m
M45 K Blutaumuller 63.0
M50 Nelson da Silva 44.1
M55 F L Souza 52.9
M60 G J de Souza 54.5
M65 Joao Bidin 50.2
M70 Nassao Ishida 57.7

Steeplechase
M40 Hermes Canejo nta
M45 Jose Pinto nta
M50 Daniel Braga nta
M55 Carlos de Souza nta
M60 Joao Marques 8:48.4
M65 Vicente de Moura 10:53.0
4x100m Relay
M40 Tiete 47.03
M45 Ranespa 45.85
M50 Tiete 51.15
M55 Ibirapuera 54.83
M60 Ibirapuera 57.19
M65 Tiete 54.44
M70 Anasp 65.21

4x400m Relay
M40 Tiete 3:51.95
M45 Anasp 4:06.65
M50 Tiete 4:04.70
M55 Sao Paulo Futebol 4:25.67
M60 Anasp 4:35.69
M65 Tiete 4:32.81
M75 Anasp 5:48.96

High Jump
M40 Vicente Hatori 1.45
M45 Paulo Burity 1.45
M55 Artur Palma 1.45
M60 Hajime Nakajima 1.40
M65 Abdias Pereira 1.30
M70 Takeru Ussami 1.20
M75 Hirotaro Takaki 1.10
M80 Koiti Nishitani 1.10

Continued from previous page

Table listing results for Pole Vault, Long Jump, Shot Put, Discus, Hammer, and Javelin events.

Table listing results for various track and field events including 100m, 200m, 400m, 800m, 1000m, 1500m, 3000m, 5000m, and 10,000m.

Table listing results for Discus, Hammer, and Javelin events.

Table listing results for various track and field events including 1500m, 3000m, 5000m, 10000m, and 20000m.

Table listing results for various track and field events including 100m, 200m, 400m, 800m, 1000m, 1500m, 3000m, 5000m, 10000m, and 20000m.

Table listing results for various track and field events including 100m, 200m, 400m, 800m, 1000m, 1500m, 3000m, 5000m, 10000m, and 20000m.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NATIONAL TAC National Masters 8K Cross-Country Championships Boston, MA; November 30

NATIONAL TAC National Masters 10K Championships New Orleans, LA; December 8

NATIONAL NYRRC Turkey Classic 5 Mile Central Park, NYC; November 23

NATIONAL NYRRC Winter Series 10 Mile Central Park, NYC; December 14

NATIONAL Ho Ho Ho Jingle Bells 5K Bethpage, NY; December 21

EAST Rockville Centre 10K Rockville Centre, NY; November 9. Overall results for the race.

Half Hollow 5 Mile Dix Hills, NY; December 1. Overall results for the race.

Waterman's Museum 10 Mile (Virginia Championships) Yorktown, November 17. Overall results for the race.

Coast Guard Semper Paratus 10K Yorktown, VA; December 1. Overall results for the race.

Ho Ho Ho Jingle Bells 5K Bethpage, NY; December 21. Overall results for the race.

Continued on next page

Continued from previous page

Table with columns for race name, participant name, and time. Includes NYRRC Holiday 4 Mile and NYRRC 30K MAC Championships.

NYRRC Holiday 4 Mile Central Park, NYC; December 22

Table of race results for NYRRC Holiday 4 Mile, listing names and times.

Table of race results for NYRRC 30K MAC Championships, listing names and times.

NYRRC 30K MAC Championships Central Park, NYC; December 22

Table of race results for NYRRC 30K MAC Championships, listing names and times.

SOUTHEAST

First Tennessee Memphis Marathon December 1

Table of race results for First Tennessee Memphis Marathon, listing names and times.

Table of race results for Baby Boomer 10K/5K Miami, FL; December 1.

Baby Boomer 10K/5K Miami, FL; December 1

Table of race results for Baby Boomer 10K/5K, listing names and times.

Table of race results for Charlotte Observer Marathon & 10K Charlotte, NC; January 4.

Rocket City Marathon Huntsville, AL; December 14

Table of race results for Rocket City Marathon, listing names and times.

Table of race results for Rocket City Marathon, listing names and times.

Table of race results for New Year's Day Hangover Hustle 4 Mile Mt. Clemens, MI; January 1.

SOUTHWEST

Jingle Bell Run 5K Tulsa, OK; December 7

Table of race results for Jingle Bell Run 5K, listing names and times.

Charlotte Observer Marathon & 10K Charlotte, NC; January 4

Table of race results for Charlotte Observer Marathon & 10K, listing names and times.

MIDWEST

New Year's Eve 5K Mt. Clemens, MI; December 31

Table of race results for New Year's Eve 5K, listing names and times.

Table of race results for The WALL-30K Louisiana State Championships New Orleans; December 14.

SOUTHWEST

Jingle Bell Run 5K Tulsa, OK; December 7

Table of race results for Jingle Bell Run 5K, listing names and times.

WEST

Santa Barbara Half-Marathon/5K Santa Barbara, CA; November 2

Table of race results for Santa Barbara Half-Marathon/5K, listing names and times.

Honolulu Marathon Honolulu, HI; December 15

Table of race results for Honolulu Marathon, listing names and times.

Table of race results for Lite Las Vegas Half-Marathon Las Vegas, NV; December 21.

WEST

Santa Barbara Half-Marathon/5K Santa Barbara, CA; November 2

Table of race results for Santa Barbara Half-Marathon/5K, listing names and times.

Honolulu Marathon Honolulu, HI; December 15

Table of race results for Honolulu Marathon, listing names and times.

Table of race results for Lite Las Vegas Half-Marathon Las Vegas, NV; December 21.

Lite Las Vegas Half-Marathon Las Vegas, NV; December 21

Table of race results for Lite Las Vegas Half-Marathon, listing names and times.

Christmas Classic 5K San Francisco, CA; December 2

Table of race results for Christmas Classic 5K, listing names and times.

Miracle Mile San Francisco, CA; December 22

Table of race results for Miracle Mile, listing names and times.

Miracle Mile San Francisco, CA; December 22

Table of race results for Miracle Mile, listing names and times.

RACE WALKING

Grand Prix #1 5K RW Central Park, NYC; November 17

Table of race results for Grand Prix #1 5K RW, listing names and times.

Arrowhead 20K Racewalk Oakland, CA; November 17

Table of race results for Arrowhead 20K Racewalk, listing names and times.

Continued from previous page

Table of race results for NYRR Holiday 4 Mile Central Park, NYC, December 22. Includes names like Colin Harris, Roger Williams, and John McManus with their respective times.

NYRR Holiday 4 Mile Central Park, NYC; December 22

Overall results for NYRR Holiday 4 Mile. Lists names like Charlie Bevier, Marg DeMarras, and Bob Hermes with times.

Racewalkers results for NYRR Holiday 4 Mile. Lists names like Michael Korol, Tom Marhevko, and Luis Canepa with times.

NYRR 30K MAC Championships Central Park, NYC; December 22

Overall results for NYRR 30K MAC Championships. Lists names like Mohamed Idris, Barbara Remmers, and M40 Robert Briglio with times.

SOUTHEAST

First Tennessee Memphis Marathon December 1

Overall results for First Tennessee Memphis Marathon. Lists names like Luis Lopez, Suzette Neas, and M40 Lopez with times.

Table of race results for Baby Boomer 10K/5K Miami, FL; December 1. Includes names like Lyle Cater, Larry Maret, and M55 W. J. Cody.

Baby Boomer 10K/5K Miami, FL; December 1

Overall results for Baby Boomer 10K/5K. Lists names like Jeff Wentworth, Ena Mgm-Weinstein, and M40 Jim Pearson.

Overall results for Baby Boomer 10K/5K (continued). Lists names like Hans Vandegriede, Nancy Gribble, and M40 Ken Grange.

Rocket City Marathon Huntsville, AL; December 14

Overall results for Rocket City Marathon. Lists names like Bob Hodge, Retsy Frick, and M40 Benji Durden.

Overall results for Rocket City Marathon (continued). Lists names like Ken Sparks, Don Coffman, and Ted Anderson.

Table of race results for New Year's Day Hangover Hustle 4 Mile Mt. Clemens, MI; January 1. Includes names like Dick Ruzicka, Mal Gillis, and Jim Larson.

New Year's Day Hangover Hustle 4 Mile Mt. Clemens, MI; January 1

Overall results for New Year's Day Hangover Hustle 4 Mile. Lists names like Kevin Hanson, Nancy Hanson, and M40 Neal Brasure.

Table of race results for Charlotte Observer Marathon & 10K Charlotte, NC; January 4. Includes names like Sharon Cooper, Yo Setser, and Deb Bramlage.

Charlotte Observer Marathon & 10K Charlotte, NC; January 4

Overall results for Charlotte Observer Marathon & 10K. Lists names like John Steinberg, Nancy Beiger, and M40 Barney Klecker.

Men's Masters 10K results for Charlotte Observer Marathon & 10K. Lists names like Nick Rose, Domingo Tibaduiza, and Gary Romesser.

Open 10K results for Charlotte Observer Marathon & 10K. Lists names like John Trautmann, Lynn Jennings, and Nancy Grayson.

Masters Women results for Charlotte Observer Marathon & 10K. Lists names like Nancy Grayson, Nancy Oshier, and C Lempesis.

Overall results for Charlotte Observer Marathon & 10K (continued). Lists names like Kevin Hanson, Laurie Jidon, and M40 John Gores.

SOUTHWEST

Jingle Bell Run 5K Tulsa, OK; December 7

Overall results for Jingle Bell Run 5K. Lists names like Paul Donovan, Matt Hegenka, and Henry Rono.

40-44 M results for Jingle Bell Run 5K. Lists names like Doug Bell, Ed Swiatocha, and Duke Kern.

45-49 M results for Jingle Bell Run 5K. Lists names like Gary Ladison, Dan Vasicek, and Leslie Sparkman.

50-54 M results for Jingle Bell Run 5K. Lists names like Tom Ford, Don Antle, and Joe Haegquist.

55-59 M results for Jingle Bell Run 5K. Lists names like Bob Adkins, Fred Dice, and Harry Rogers.

60-64 M results for Jingle Bell Run 5K. Lists names like Steve Blanchard, Art Melendez, and Dom DeMoss.

65-69 M results for Jingle Bell Run 5K. Lists names like Jim Smith, Ted Hine, and James Mullins.

70 & Over M results for Jingle Bell Run 5K. Lists names like Vern Whiteside, Chuck McFerron, and Richard Evans.

40-44 W results for Jingle Bell Run 5K. Lists names like Martha O'Rourke, Donna Spencer, and Martha Heinsius.

45-49 W results for Jingle Bell Run 5K. Lists names like Jane Hutchinson, Nancy Robertson, and Barbara Parker.

50-54 W results for Jingle Bell Run 5K. Lists names like Lydia Borges, Shirley Wilkinson, and Sonja Banfield.

55-59 W results for Jingle Bell Run 5K. Lists names like Sue Neil, Lowanda Johnson, and Fran Dice.

The WALL-30K Louisiana State Championships New Orleans; December 14

Overall results for The WALL-30K Louisiana State Championships. Lists names like Eugene Dedeaux, Carol Smith, and Tom Murphy.

WEST

Santa Barbara Half-Marathon/5K Santa Barbara, CA; November 2

Overall results for Santa Barbara Half-Marathon/5K. Lists names like Jose Iniguez, Ruth Vomund, and M40 Steven Ware.

40-44 M results for Santa Barbara Half-Marathon/5K. Lists names like Doug Bell, Ed Swiatocha, and Duke Kern.

45-49 M results for Santa Barbara Half-Marathon/5K. Lists names like Gary Ladison, Dan Vasicek, and Leslie Sparkman.

50-54 M results for Santa Barbara Half-Marathon/5K. Lists names like Tom Ford, Don Antle, and Joe Haegquist.

55-59 M results for Santa Barbara Half-Marathon/5K. Lists names like Bob Adkins, Fred Dice, and Harry Rogers.

60-64 M results for Santa Barbara Half-Marathon/5K. Lists names like Steve Blanchard, Art Melendez, and Dom DeMoss.

65-69 M results for Santa Barbara Half-Marathon/5K. Lists names like Jim Smith, Ted Hine, and James Mullins.

70 & Over M results for Santa Barbara Half-Marathon/5K. Lists names like Vern Whiteside, Chuck McFerron, and Richard Evans.

40-44 W results for Santa Barbara Half-Marathon/5K. Lists names like Martha O'Rourke, Donna Spencer, and Martha Heinsius.

45-49 W results for Santa Barbara Half-Marathon/5K. Lists names like Jane Hutchinson, Nancy Robertson, and Barbara Parker.

50-54 W results for Santa Barbara Half-Marathon/5K. Lists names like Lydia Borges, Shirley Wilkinson, and Sonja Banfield.

55-59 W results for Santa Barbara Half-Marathon/5K. Lists names like Sue Neil, Lowanda Johnson, and Fran Dice.

Table of race results for Lite Las Vegas Half-Marathon Las Vegas, NV; December 21. Includes names like K. Asami, W. Spencer, and Margaret Lee.

Lite Las Vegas Half-Marathon Las Vegas, NV; December 21

Overall results for Lite Las Vegas Half-Marathon. Lists names like Paul Pilkinton, Jane Welzel, and Larry Ingram.

Christmas Classic 5K San Francisco, CA; December 2

Overall results for Christmas Classic 5K. Lists names like David Barry, Ron Darlen, and Jeff May.

Miracle Mile San Francisco, CA; December 22

Overall results for Miracle Mile. Lists names like Jim Hampton, Bill Dunn, and Stan Yasuhara.

RACE WALKING

Grand Prix #1 5K RW Central Park, NYC; November 17

Overall results for Grand Prix #1 5K RW. Lists names like Michael Korol, Kaisa Ajaya, and M40 Richard Harper.

Overall results for Grand Prix #1 5K RW (continued). Lists names like Herb Zaydek, Bob Thaler, and Howard Jacobson.

Arrowhead 20K Racewalk Oakland, CA; November 17

Overall results for Arrowhead 20K Racewalk. Lists names like Jonathan Andrews, Cindy March, and M40 Bob Lubelski.

Overall results for Arrowhead 20K Racewalk (continued). Lists names like Wim Verhoef, Bob Wilson, and M50 George Chanot.

Overall results for Arrowhead 20K Racewalk (continued). Lists names like Pat Dixon, Okazaki, and H. Zamparelli.

1992 TAC National Masters Indoor Track and Field Championships

Friday, Saturday and Sunday, April 3-5, 1992

French Fieldhouse, Ohio State University, Columbus, Ohio

MEET RULES

The meet will be conducted according to the 1991 TAC rulebook with the following changes:

In LJ, TJ, SP, and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.

WAVA implements and hurdle specifications will be used as published in National Masters News.

Athletes must report to their event one hour prior to the scheduled starting time.

THROWS AND JUMPS

Implement weigh-in and measurement will be located just inside the door of French Fieldhouse. Scales courtesy of Toledo Scales.

In throwing events, long jump and triple jump, if 7 or fewer contestants in an age group, all get 6 trials, straight through. If 8 or more contestants, all get three preliminary trials and the top seven performers get 3 additional trials in the finals. TJ- all women and Men 65-9 and 70 and over, HJ-men 70 + over, and PV-60-69 men will be on Friday evening.

High Jump and Pole Vault initial heights will be set as requested. Quarter inch spikes are allowed on the track and for long jump, triple jump and pole vault, which are from Chevron surfaces. 3/8 inch spikes are allowed for the high jump which is from a grassstex surface.

The shot put is from a wood surface. The weights will be thrown outdoors from concrete.

TRACK EVENTS

60 Meter Dash and 60 m Hurdles are run in lanes with prelims and finals where there are more than 6 runners in an age group. Starting blocks will be provided.

200 Meter Dash will be run in lanes, top 6 on time go to finals, as needed. 400 Meter Dash will be run entirely in lanes, in seeded sections as finals on time.

800 Meter Run will start with a two turn stagger in alleys of 4 per alley, and, where there are over 12 runners in an age group, will be conducted as finals on time in seeded sections.

1500 Meter Run will employ a waterfall start with up to 12 per section. 3000 Meter Run and 3000 Meter Race Walk will start in alleys with up to 18 per section. Lap times will be recorded.

4 x 400 m Relay- first leg will be run in staggered lanes. 6 teams per section, as finals on time.

4 x 800 m Relay- 12 teams per section on time, first leg - two turn stagger. Relay events will be in 10 year age groups, 30-39, 40-49, etc. Relay team entries or team changes will not be accepted later than three hours prior to the scheduled starting time of the relay. See late fee schedule for cost. Relay members must be members of the same club, or be from the same TAC association.

All lanes in the 1st round will be selected randomly, unless otherwise indicated above. Where the number of competitors permit, age groups may be combined to fill the available lanes.

AWARDS

TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the 4th, 5th and 6th place finishers. National Champion patches (maximum one per athlete) will be awarded to 1st place winners. No awards will be available until noon on Saturday.

AIRPORT TRANSPORTATION

The Holiday Inn-on-the-Lane is Meet Headquarters and will be running a shuttle bus to and from the airport for athletes staying there. Call from the direct phone located in the baggage claim area of Port Columbus Airport. French Fieldhouse is 100 meters away from this motel, just across Lane Avenue. Cabs and major car rental companies are available at Port Columbus.

TEE-SHIRTS

High quality Masters Championship T-shirts will be available at \$9.00 each. These can be ordered on the meet entry blank. A limited number may be available at the meet.

MASTERS TRACK MEETING

There will be a general meeting for Masters track athletes at the Holiday Inn-on-the-Lane Saturday night at 7:30 PM. Our apologies to long jumpers and runners who will be competing late Saturday night.

CHANGING FACILITIES

No locker room facilities will be available in French Fieldhouse. There will be a mens' and a womens' changing room at the Holiday Inn-on-the-Lane available on Sunday at no charge for the use of all athletes.

HOSPITALITY SUITE

You may pick up your meet packet and enjoy a snack and beverage at the Holiday Inn-on-the-Lane starting Friday afternoon at 2:00 PM. Look for the "Masters Track" registration signs in the lobby.

REGISTRATION DEADLINE

Early registration deadline is March 15, 1992 in the meet director's hands. Application forms received after that date are subject to the regular fee schedule as set forth below. Late entries received after 3/23 for the 60 m, 60 Hurdles, and 200 m will be accepted only as long as there are vacant lanes. Positively no late entries will be taken in the 60 m, 60 Hurdles, or 200 m after 6:00 PM Friday 4/3. Late registrations, day of the meet signups and changes will be charged the late registration rate. For additional entry forms, use photocopies, or see NMN. For additional information, write: Jim Pearce, 2449 Southway Drive, Columbus, Ohio 43221; or call between 8 AM and 9PM EST, 614-481-7745

ENTRY FEE SCHEDULE

	Early Registration (prior to 3/15)	Regular Registration (3/16-3/23)	Late Registration (After 3/23)
First event	\$12.00	\$15.00	\$25.00
2nd & subsequent events	\$8.00	\$10.00	\$15.00
Relay teams (price per team)	\$32.00	\$32.00	\$32.00

All entries must be accompanied by fees or will not be accepted. No phone entries will be accepted.

TENTATIVE SCHEDULE

Friday, April 3

7:00 p.m. TJ - all women
HJ - M70+
PV - M60, M65
8:30 p.m. TJ - M70+
9:30 p.m. TJ - M65

Saturday, April 4

8:00 a.m. LJ - M35
9:00 a.m. LJ - M40
HJ - M55
PV - M70+, all women
60m- (schedule details posted at clerk's area)
10:00 a.m. SP - M30
11:00 a.m. SP - M35
WT - M60
LJ - W50+
HJ - M50
PV - M30
12 noon SP - M40
WT - M65
12:30 p.m. 60m finals as needed

1:00 p.m. SP - M50
WT - M30
LJ - M70+
HJ - M45
1500 - women 1st;
youngest to oldest

2:00 p.m. SP - M55
WT - all women
LJ - W30-49
PV - M35

3:00 p.m. SP - M45
WT - M35
LJ - M50
HJ - M40
400 - women 1st;
youngest to oldest

4:00 p.m. WT - M40
PV - M55
5:00 p.m. SP - M60
WT - M45
LJ - M45
HJ - M30
60m hurdles - women 1st;
youngest to oldest

6:00 p.m. SP - M65
7:00 p.m. LJ - M60
7:30 p.m. 3000m race walk
8:00 p.m. LJ - M65
9:00 p.m. LJ - M30
9:30 p.m. 4x800 relay
(women 1st; young to old)

Sunday, April 5

(note: time change; reset your clock forward)

8:00 a.m. LJ - M55
HJ - W30+
PV - M50
3000 - women 1st;
youngest to oldest

9:00 a.m. WT - M70+
9:30 a.m. TJ - M45
HJ - M60

10:00 a.m. SP - W30-49
WT - M50
11:00 a.m. SP - W50+
WT - M55
TJ - M30; M35
PV - M45

11:30 a.m. HJ - M65
200 - prelims
(women 1st; young to old)

12 noon SP - M70, M75
56# - all throwers

12:30 p.m. TJ - M50
1:30 p.m. SP - M80+
HJ - M35

2:00 p.m. TJ - M55
PV - M40
2:15 p.m. 800 - women 1st;
youngest to oldest

3:00 p.m. TJ - M60
4:00 p.m. TJ - M40
4:15 p.m. 200 - finals
as needed

5:00 p.m. 4x400 relay
(women 1st; young to older)

Meet Headquarters: Holiday Inn-on-the-Lane
Just across the street from OSU's French Fieldhouse
1-614-294-4848

Discount Air Fares

Through arrangements with American Airlines, Masters Track Meet participants can receive discounted air fares. Call American Airlines at 800-433-1790 and refer to ID-Star # S0442LE.

Moderately Priced Hotels near OSU

- Holiday Inn-on-the-Lane, 328 W. Lane Ave., \$55 flat rate 1-614-294-4848
- Cross Country Inn, 3246 Olentangy River Road, \$35/42 1-800-621-1429
- Cross Country Inn, 1445 Olentangy River Road, \$35/42 1-800-621-1429
- Knights Inn, S. R. 315 at N. Broadway, \$30/37 1-800-722-7220
- Olentangy Inn, 1299 Olentangy River Road, \$29/34 1-614-294-5211 (call collect)
- Red Roof Inn, 441 Ackerman Road, \$40/44 1-800-843-7663

Budget Car Rental

Special rates are being made available through Budget Car Rental. Economy car - \$16.39 per day, Intermediate size - \$18.79 per day, Fullsize - \$22.79 per day. To reserve a car, phone and ask for Paul Negulescu, and mention the Masters Meet.

"Airport Shuttle"

Will provide service each half hour to the OSU hotels for \$7.50 one way, or \$14.00 round trip. Contact "Airport Shuttle" at their toll free number. Pick up is at the lowest airport level at 10 and 40 minutes after the hour.

DRUG TESTING NOTICE: Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested will be disqualified from this event and will lose eligibility for future competition. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing can be obtained by calling USOC Hotline at 1-800-223-0383.

MEET ENTRY FORM: Please fill out completely, and return with your fees to: Jim Pearce, 2449 Southway Dr, Columbus, Ohio 43221.

Make checks payable to: "1992 Masters Indoor Meet"

Name _____ Age _____ Gender _____

Address _____ Phone _____

City _____ State _____ Zipcode _____

1992 TAC card number _____ Date of Birth _____

TAC Association _____ Club _____

Requested starting height: HJ _____ PV _____

Events Entered:

1st Event _____ 2nd Event _____ 3rd Event _____ 4th Event _____

Recent Performance _____

If you desire a Masters Championship T-shirt, note your size and include \$9.00 per shirt, S M L XL or include \$10.00 for each XXL shirt. XXL

Relay Entry: 4 x 400 m _____ 4 x 800 m _____

Relay team members _____

Early Registration: \$12.00 1st event, \$8.00 each additional event. Regular Registration: \$15.00 1st event, \$10.00 each additional event. Relays - \$32. Late Registration (after 3-23 in Meet Director's hands): \$25.00 1st event, \$15.00 each additional event.

\$ _____ + \$ _____ + \$ _____ + \$ _____ = \$ _____

Individual entry fees _____ Relay fees _____ T-shirts _____ Total Amount enclosed _____

All entries must be accompanied by fees or will not be accepted. Make check payable to: "1992 Masters Indoor Meet". No phone entries will be accepted.

Athletic and Publicity Release

In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge any and all claims for damages which I may have or may hereafter accrue against TAC/USA, the Ohio Athletics Congress, Wolfpack Track Club, The Ohio State University, and meet sponsors, organizers, officials and workers, for any damages suffered by me. I certify that I am physically fit and that my level of training is sufficient to compete.

I hereby grant my permission to the use of films, videotape, and photographs for news coverage and meet publicity in which I may appear.

Date _____ Athlete's Signature _____

