

BY
BOB MOORE

TOO HOT TO TROT

What can be done when the temperature is 40 degrees Celsius, the humidity 100% and a series of 10 km cross country races are scheduled for the middle of the day? This question came to mind at the World Association of Veteran Athletes' Championship in Buffalo this July. The organizers called in all the available ambulances and fire departments to be ready to handle heat exhausted athletes. The fire men even set up a wading pool near the finish which the child spectators enjoyed but I saw no athlete using it.

The athletes had their own initiative. In a women's race in the morning the two leaders took a short cut and took the field with them. They ran 6 km rather than 10 km. The course marshals shouted instructions when they should have put their bodies on the line for neither of the leaders understood English. The result was allowed to stand although I think that a rerun on a cooler day would have been more proper, after all it was a World Championship.

The next idea occurring to the organizers was to combine races, delay the start and hope for a cooling breeze. This last did not happen and out of the two hundred competitors in my race several were given medical treatment. Seventeen during the day needed medical help. Some personal worsts were set.

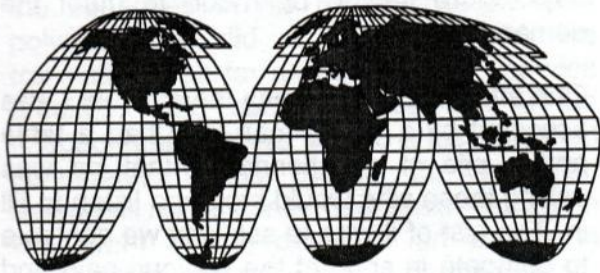
The final response was by the medical team. They rode out and competition had to be left for a cooler day.

In answer to my question: we need enforceable rules for abandoning hot weather competition or the athletes should refuse to compete, after all there were two free days during the ten days when postponed events could be held.

WALKER RUNNING AT WAVA

In the 10 km on the track, men of 50 to 54 years of age, the slowest heat may have witnessed the birth of a legend. A lean sunburnt Australian with a Mohawk hair cut

WAVA CHAMPIONSHIPS BUFFALO N.Y.



SOME OBSERVATIONS ON THE WAVA CHAMPIONSHIPS

This MasterPiece does not have a detailed account of the WAVA Championships in Buffalo. Instead there follows three unsolicited articles by three different authors who provided their impressions of the championships. Each is different and each provides interesting views of the 10 day event. We hope you find them enjoyable.

lined up barefoot and went out into a huge early lead. When he heard the time at half way his pace slowed, a Spaniard caught him and they had an exciting tussle to the finish. When all the heats had been run they were fifth and sixth, based on time, of the sixty six competitors. Next day I talked with the Australian. He told me that it was his second ever 10 km track race. He was discouraged by his time at the halfway stage for he had a good idea of the pace needed to win. He had trodden on a nail during the race and was bleeding quite badly from the cut by the finish. His name was Johnny Walker. He shares that with a New Zealand runner and a whisky so his exploits may never be fully appreciated.

WAVA SNAPSHOTS

At registration at the World Association of Veteran Athletes Games it was noted that there were tours to exotic Toronto. These were cheaper than visits to Rochester. Did you know that Mr. Greenjeans is one of our great restaurants? That is what was advertised.

There were 5,600 competitors registered. The biggest team was from the USA with 1 830, second was Germany with 565, Canada was third with 317, next the United Kingdom fielded 222 and Australia 216. Some of the Russians and South Americans were selling trinkets in the grass by the stadium to pay their way. Apparently the Russian athletes in the marathon were told by the Canadian Immigration Department to pay for a \$ 40 visa because the marathon started in Buffalo and finished on the Canadian side of the border at the top of Niagara Falls. Russians are at risk for becoming illegal immigrants apparently. This extra financial burden infuriated some and a fuss was made at the Annual General Meeting.

The drug testing system was interesting to say the least. \$ 4,000 has been set aside to pay for it. The testing was not done in an Internationally Accredited Laboratory, as far as I could tell. No one in the North American delegation seemed to know where the work was being done though they did know where it was not being done. Taking drugs was alright, apparently, as long as two physicians attested in writing that it was necessary for

your health to take them. I certainly need testosterone, growth hormone, erythropoietin and amphetamines these days and I know physicians who would supply them with few questions asked. I heard that one woman won six gold medals and was not tested once. A Canadian set an age group World record and he was. It seems arbitrary who got chosen or it may be a bit dubious like the case of Steffi Graf, the famous tennis player, who claimed that the only time she had been drug tested in her long and successful career was at the Barcelona Olympics. Whatever is the case a sensitive issue like this must be seen to be fair and not a sham or it is not worth doing.

Two excellent high jumpers competed, Dwight Stones of the USA and Debbie Brill of Canada. Both finished second to much lesser known athletes.

The Games were popular with the Community in Buffalo for the athletes were good natured and spent freely. I saw a few in the Factory Outlet Mall. Eleven thousand hostel or hotel rooms had been booked for the games. One afternoon I witnessed an armed guard controlling the line up to buy T-shirts and such like. 8,000 T shirts had been printed and they were all gone in a few days. More had to be made to meet the demand.

One afternoon on entering the stadium I was accosted by a young man who had a table and a pile of questionnaires that he was asking those who would stop and listen to fill in. The gist of it was to ask why we continue to compete in spite of the obvious pain and risks involved for the aged- This is a question that needs a long and involved answer.

The most popular event in terms of entries was the marathon. I was entered but when I saw that I would have to get up at 3.30 am to use the transport to the start my interest in competing disappeared. At the Annual Meeting a New Zealander tried to have the marathon run a day earlier than the final Sunday in future but it has hard to see how this can be done unless the event is held on a closed circuit such as a University Campus, Exhibition Ground or Motorway.

The most popular social event was the Party on the Pier. This was held on the ashes of 29 the former Bethlehem Steel Factory on the Waterfront. The bouncers were well built and I heard of one athlete trying to persuade a particularly massive specimen to try out for the throwing events. I hope he does and can pass the dope tests.

The Annual General Meeting of WAVA was somewhat chaotic and like a blood sport. The first fun was an attempt by the Canadian delegation and two others to impeach the President. This failed in part thanks to the vice president, chairing the meeting, who turned the question round so that a yes vote meant no impeachment. A significant number of the voting delegates spoke little or no English and there were little or no translations offered. There was a lot of confusion, some delegates seemed bewildered that anyone would think it abnormal to bribe ones way to office. It seems to me, on the evidence offered, that the President was guilty of buying votes as accused but he had made vote buying more difficult once he was in office. This seemed to satisfy some that he was at heart a good man. After that there was a Presidential campaign and vote. The defending President offered to provide translations of the speeches of his rivals since he is a polyglot. He did a good job of the translations, as far as I could tell. The vice president who had protected him in the impeachment lost his seat to a less qualified candidate, on paper, by one vote. The Italian delegates were concerned about liability in the event of the death of an athlete in competition and wanted to limit the number of events that could be entered on health grounds. It was pointed out that the decathlon is allowed so the idea of limits was quickly dismissed. I thought that they had a point in that I witnessed races for the over eighty years of age competitors where some of the runners walked the whole way. I was told that a 5 km race took an hour because of this. In a high jump you have to clear the bar so why should you not have to run in a running race? The next WAVA Championships are in two year's time in Durban, South Africa and in four year's time in Gateshead England. Canada also made a bid for Victoria to host the Games but the video would not work and the financial

underwriting is not certain for us in these days of attempts by governments to balance budgets. The Malaysians had a good tourist video for Kuala Lumpur but gave little reassurance on other aspects of the Games. It seems clear to me that to win the competition an enthusiastic, specific, multilingual video is essential. It does not hurt if you feed the voting delegates as the team from Gateshead did.

BY
EARL FEE

My best meet ever was at age 66 at the World Championships in Buffalo - our own back yard where friends and relatives could watch. This was in spite of the University Dorms which were like an oven for the first four days. However the gigantic meals made up for this inconvenience; we ate and ate and loads of desserts-it seemed to help rather than hinder.

I particularly enjoyed the opening ceremonies as did the other Canadians. Our contingent was well received by the enthusiastic crowd. Then in the company of our energetic cheerleader Marg Hendershott we smiled our way all around the track.

In the preliminary 300 metre hurdles any tension on my part was relieved by the check in official on the track who said to me, "You are the fastest you have to run backwards or pull that two wheeled trailer." This preliminary gave some problem since after laying around in the heat all afternoon I couldn't remember on which leg to lead on the various hurdles. The 800 metre semi only one hour before the 300 final gave me some concern but I took the two laps easy in 2 minutes and 29 seconds. In the hurdle final one competitor arrived 10 minutes late but I was surprisingly calm since I had already broken the WAVA record in Lansing Michigan (US Masters Outdoors) the week before. Also this time I had rehearsed many times mentally which lead leg on the various hurdles. The competitor fro Chile, Standen, stuck with me up to about 60 metres from the finish - later I had heard he had won in Japan in the 60-64 age group in 64.4

seconds (a good time)- Over the last hurdle I took it cautiously and won in 45.71 seconds lowering the WAVA record by over 2 seconds. The hurdle training advice from Steve Bogatek our ex Olympic Polish hurdler and the Saugeen Track Club had helped me tremendously.

After a day of rest the 800 metre final came on an exceptionally windy and cloudy day - the flags were straight out. I had never run the 800 in such conditions; this made me nervous but gave me extra adrenaline. I thought I'll be happy with a time 2 or 3 seconds slower than my world record of 2 minutes 15-23 seconds (Eugene US outdoors 1994). In the warm up with the wind I felt I was flying. I went through the first lap in 64 seconds in the lead in spite of the strong wind against me in the home stretch- After about 500 metres my main competition Mattson from Finland faded as anticipated as I tried to pick it up down the back stretch- I imagined myself as a big sail. In the home stretch I could see the big clock- the time was fast but it was taking ages to get to the finish in spite of the encouragement from the roaring crowd. Later on TV I could see I was wobbling somewhat from the effort but it was



Photo by Jack Boyd

For his great performances in Buffalo Earl Fee became one of the media favourites. Here being interviewed after 800 metre race with friend Chuck Sochor watching.

a world record in 2 minutes 14.33 seconds. I had reached a peak at the right time and place. Of course the thousands cheering in the stands including the 300 Canucks gave me a terrific boost.

In the 400 metre final I said to myself I am going to do this for the Saugeen and North York Track Clubs, my son who was in the packed stands on his 23rd birthday, for Canada, and myself. All year I had been getting closer and closer to the world record. The main competition was Switzer from Germany- he had won in record time in Turku in the 60-64 age group and also in Japan in the 65-69 age group. He was in the 3rd lane and I in the 2nd fortunately where I could watch him. Since I heard he had a strong finishing kick I planned to pass him at about 175 meters from the start. It went according to plan and he didn't respond. I recall taking a slight imperceptible breather at about 275 meters to gather myself for the sprint home. With about 20 meters to go I felt my stride shortening and some lactate in my quads - I was afraid some one would catch me - but it was a world record in 57.93 seconds in near perfect conditions bettering Jim Law's record of 58.79 seconds. Once again the huge enthusiastic encouraging crowd had brought out the best in me. Also I believe the 300 hurdles definitely complimented my 400.

The perseverance for 8 years, many twice a day workouts and lots of running in the water in 1995, supermotivation, focus, the 33 races this year and the peaking had paid off.

Here are some of my other vivid impressions. The Canadian Embassy reception - done with class. The parachutists dropping into the dark stadium in the opening ceremonies followed by trails of coloured smoke. A girl from Brampton in the stands cheering and clapping on her feet for the Canadians- she was a joy to behold. Fred Robbins running solo around the track through the rain and five inch deep water on the track- the crazy Canucks. The doping - they got me twice - negative of course since I am only on the herbs, but it took me nearly two hours after the 400 and two and a half litres of water. The many foreign strangers who came up to me to offer their congratulations and some with gifts. But

particularly the company of friends from USA, Australia and Canada.

All the above made it all worth while. The occasional hard training and some stress are soon forgotten. As they say, "The pain is short, the pride is long." Needless to say I will not forget Buffalo 1995 even if Alzymers sets in or even if I croak at 100 as I plan to do.

BY
JACK CASTLE

While a mere neophyte compared to many others (especially our octogenarians) Buffalo was the fourth such affair I have had the pleasure of attending. My first veterans' games was Eugene in 1989.

In all four, there were some things that remain unchanged - the friendliness of competitors (whatever their origin) and the

actual attendees. As usual there were many fine performances as can be seen in the results in this issue.

What I particularly wanted to say was a few words about our great supporters sitting in the stands or standing out on the cross country, marathon or roadwalk courses.

Encouragement means so much to a competitor (especially the less talented of us) and IT WAS THERE; from wives, husbands, children, grandchildren and boyfriends and girlfriends.

In addition, our athletes not competing at a particular time or place were very evident in the stands and on the roadside yelling hard for their fellow runners/walkers.

Last but not least, our injured or competitors from previous years who are no longer able to compete. They were there for all of us; people like Jim Breslin and Ben Mackereth. I particularly remember Jim being present day after day, sitting in the stands with the sun beating down as it did for the whole time except the final day.

To me, this is what our association is all about; the fun and the excitement of competition and the joy of each others companionship. May it never die!

CANADIAN RESULTS

[The following results for Canadians at the WAVA Championships in Buffalo are as complete as Brian Keaveney and I can determine. If there are any errors or omissions I apologize. If you spot any errors or omissions please let me know and they will be included in the next publication. Ed.]

WOMEN

Heptathlon

Results are as follows 100MH, HJ, SP, 200M, LJ, JT, 800M and Total Points.

W35: - 7. Corry Fox 16.63, 1.49, 10.52, 28.29, 5.18, ND, 2:49.73 - 3939.

100 Metres

W35: - Heat 3. - 5. Terri Manley 13.71.

Heat 4. - 4. Deborah Lenz 13.15.

Semi 1. - 8. Terri Manley 14.31.

Semi 2. - 6. Deborah Lenz 13.57.

W40: - Heat 3. - Nela Basinski-Szuber NT.

Heat 4. 3. Marg Hendershot 14.35.



Photo by Marne McMillan

Team co-captains Jack Castle (left) and Brian Keaveney with Maurice Tarrant after a special medal presentation.

new friendships struck as a result, plus the renewal of old ones.

There is the usual fierce competition and, of course, the many outstanding performances by athletes of a, ages and countries.

1995 produced the largest Canadian entry to date - some 317 entries and about 290

Semi

W45: - Heat 1. - 3. Rhona Trott 14.73; 4. Pam Zimmerman 15.29.

Semi 1. - 7. Rhona Trott 14.49.

W60: - Heat 1. - 5. Janet Holmes 17.19.

Heat 4. - 5. Doreen Carmichael 17.04.

Semi 1. - 7. Doreen Carmichael 16.86.

W80: - 2. Isobel Cunningham 22.10.

200 Metres

W35: - Heat 1. - 4. Deborah Lenz 27.80.

Heat 3. - 6. Terri Manley 30.46.

Heat 4. - 1. Caren Reindl 26.67.

Semi 1. - 5. Deborah Lenz 27.32.

Semi 2. - 3. Caren Reindl 26.57.

Final - 5. Caren Reindl 26.52.

W40: - Heat 4. - 2. Marg Hendershot 29.16.

Semi 2. - 4. Marg Hendershot 27.76.

Final - 8. Marg Hendershot 28.55.

W45: - Heat 3. - 5. Pam Zimmerman 31.81.

Heat 4. - 4. Rhona Trott 30.23.

Semi 2. - 6. Rhona Trott 29.37.

W50: - Heat 1. - 5. Ann Marie Rosenitsch 32.76.

Heat 2. - 5. Marta Piresferreira 33.18.

W60: - Heat 2. - 5. Janet Holmes 35.72.

W80: - 2. Isobel Cunningham 50.81.

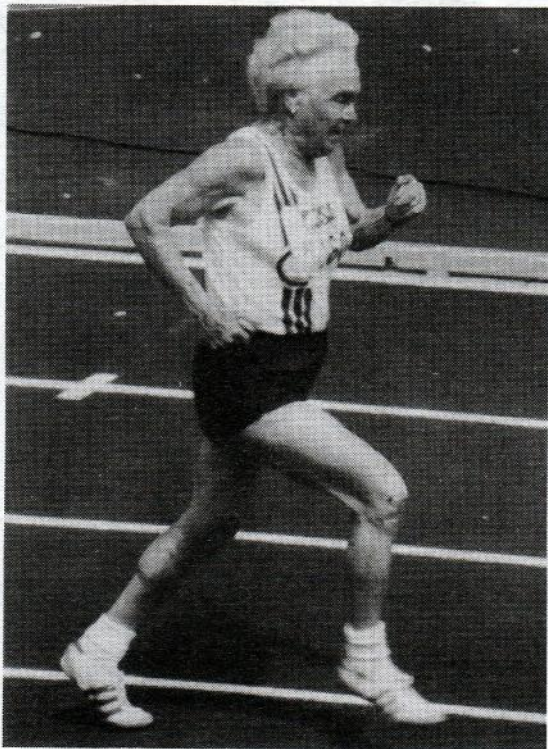


Photo by Bill McIlwaine

Isobel Cunningham is one of two women to have competed in every WAVA championship, here in the 200m in 1995.

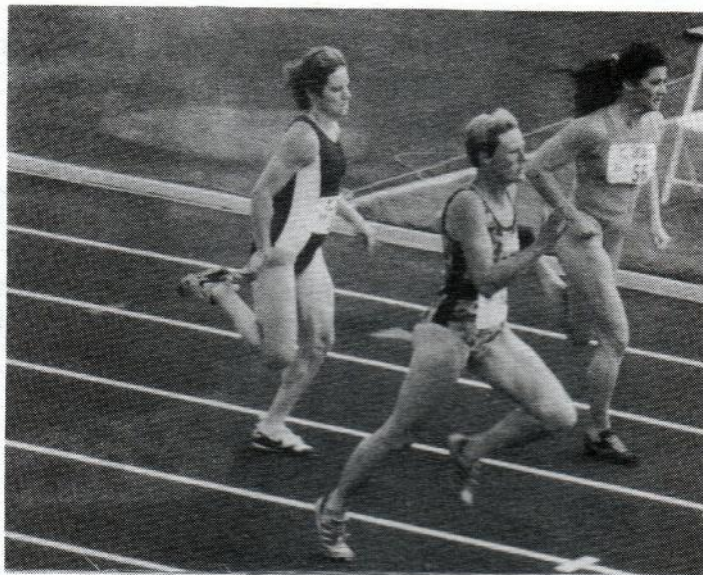


Photo by Bill McIlwaine

Caren Reindl W35 (left) competing in the 200 metres was a double medalist in the 400 metres and 400 metre hurdles.

400 Metres

W35: - Heat 1. - Cheryl Youlden 1:05.59.

Heat 3. - Caren Reindl 1:00.10.

Final - 3. Caren Reindl 58.59.

W40: - Heat 3. - 3. Marne McMillan 1:02.56.

Semi 2. - 3. Marne McMillan 1:02.38.

Final - 6. Marne McMillan 1:01.76.

W45: - Heat 2. - 3. Rhona Trott 1:07.79; 4. Pam Zimmerman 1:09.70.

W50: - Heat 5. - 5. Ann Marie Rosenitsch 1:12.16.

W55: - Heat 4. - 1. Diane Palmason 1:06.98.

Final - 3. Diane Palmason 1:06.90.

W60: - Heat 1. - 3. Janet Holmes 1:22.66.

W80: - 4. Ivy Granstrom 2:10.45.

800 Metres

W35: - Heat 1. - Janet Takahashi 2:24.09.

W40: - Heat 2. - 6. Christine Guy 2:49.74.

Heat 3. - 2. Marne McMillan 2:24.26.

Heat 4. - 1. Maureen De St. Croix 2:21.24; 7. Robin Burns 2:52.83.

Final - 2. Maureen De St. Croix 2:21.73; 8. Marne McMillan 2:28.10.

W55: - Heat 2. - 1. Diane Palmason 2:43.68.

Final - 1. Diane Palmason 2:32.17.

W60: - Heat 1. - 1. Jean Horne 2:52.03.

Final - 1. Jean Horne 2:49.72.

W70: - 5. Dorly Brechbuehl 3:52.39.

1500 Metres

W35: - Heat 1. - 8. Jennifer Ditchfield 5:09.73.

Heat 2. - 2. Janet Takahashi 4:58.62; 6. Cheryl Youlden 4:59.55; 7. Janet Christ 5:01.71; 10. Barbara Aston 6:25.22.

Final - 3. Janet Takahashi 4:39.44; 9. Cheryl Youlden 4:55.57.

W40: - Heat 1. - 6. Pauline Watson 5:20.58; 8. Christine Guy 5:49.36.

Heat 2. - 4. Jane Senda 5:28.83; 8. Diane Cosgrove 6:01.15.

Final - 10. Jane Senda 5:16.00; 11. Pauline Watson 5:18.38; 13. Christine Guy 5:46.02.

W45: - Heat 2. - 4. Judy Warick 5:09.28; 5. Linda Findley 5:09.72.

Final - 6. Linda Findley 4:59.52; 11. Judy Warick 5:12.53.

W55: - Heat 1. - 8. Joan Stapleton 6:26.48.

Heat 2. - 3. Diane Palmason 6:00.08.

Final - 1. Diane Palmason 5:14.86; 14. Joan Stapleton 6:23.16.

W60: - 1. Helly Visser 5:52.79; 2. Jean Home 5:55.02.

W70: - 3. Dorly Brechbuehl 7:09.53.

W75: - 1. Lenore Marvin 7:09.94.

W80: - 4. Ivy Granstrom 10:03.98.

5000 Metres

W35: - 5. Janet Takahashi 18:28.33; 7. Maureen Griffith 18:57.00; 10. Chantaue Mercier 19:27.03; 13. Rebecca Brooke 19:48.67; 15. Charlene MacDonald 20:10.89; 22. Barbara Aston 25:15.57; 23. Jocelyne Dumais 26:33.57.

W40: - 8. Pauline Watson 19:43.21; 11. Mary-Beth Gorey 20:58.27; 18. Nancy Konyu 27:41.64; 21. Cathy Tedford 28:48.55

W45: - 3. Linda Findley 19:22.64.

W50: - 12. Ilse Hardinge 21:41.13; 20. Sandra Farinacci 23:44.94.

W55: - 17. Joan Stapleton 23:52.90; 28. Jeannie McKeigan 30:21.55

W60: - 1. Molly Turner 21:16.92; 5. Helly Visser 23:11.87.

W70: - 2. Dorly Brechbuehl 26:34.64.

W75: - 1. Lenore Marvin 27:42.62.

W80: - 2. Ivy Granstrom 38:20.65.

10000 Metres

W35: - 10. Ann Barnes 42:28.97; 15. Jocelyne Dumais 53:54.19.

W40: - 11. Cathy Tedford 59:26.59.

W50: - 13. Sandra Farinacci 49:46.12.

W60: - 1. Molly Turner 44:14.78; 4. Helly Visser 46:45.62.

W65: - 6. Patricia Needham 1:01:56.10.

W75: - 1. Lenore Marvin 57:47.67.

W80: - 1. Ivy Granstrom 1:19:09.10.

300 Metre Hurdles

W50: - Heat 1.- 3. Ann Marie Rosenitsch 1:00.63.

400 Metre Hurdles

W35: - Heat 2. - 1. Caren Reindl 1:05.94; 6. Carol Felepchuk 1:16.07.

Final - 3. Caren Reindl 1:04.00.

W40: - Heat 2. - 7. Robin Burns 1:22.25.

W45: - 3. Liz McBlain 1:42.09.

Steeplechase

W40: - 1. Maureen De St Croix 7:49.41.

W45: - 1. Judy Warick 8:11.88.

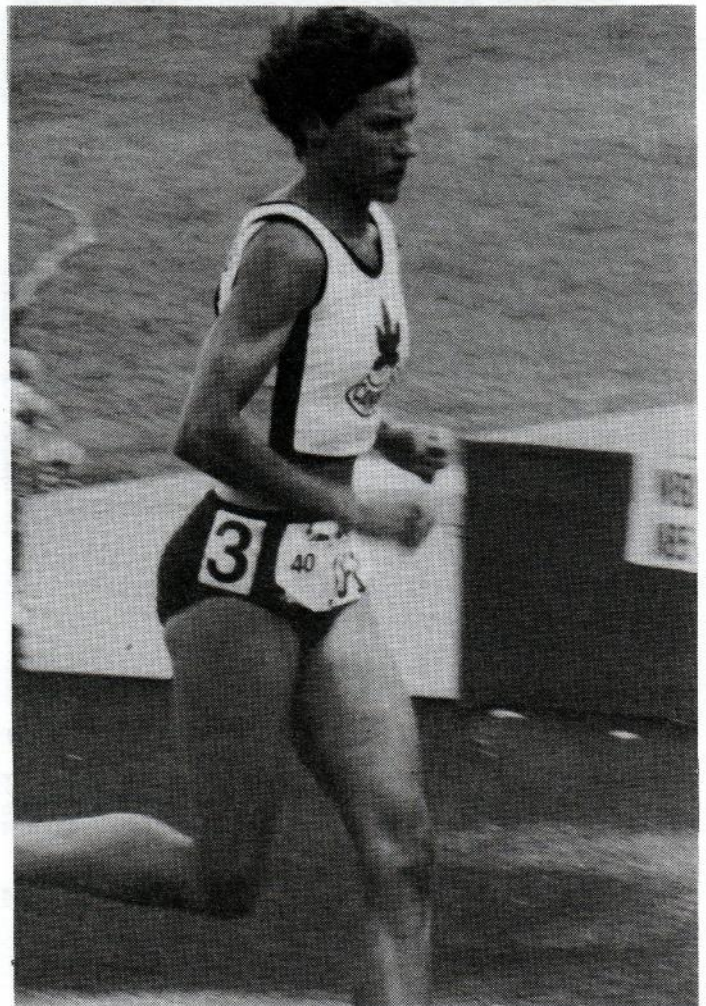


Photo by Bill McIlwaine

Maureen De St Croix on her way to a gold medal in the W40 2000 M Steeplechase.

Cross-Country

W35: - 3. Jennifer Ditchfield 41:38; 8. Charlene MacDonald 45:46;

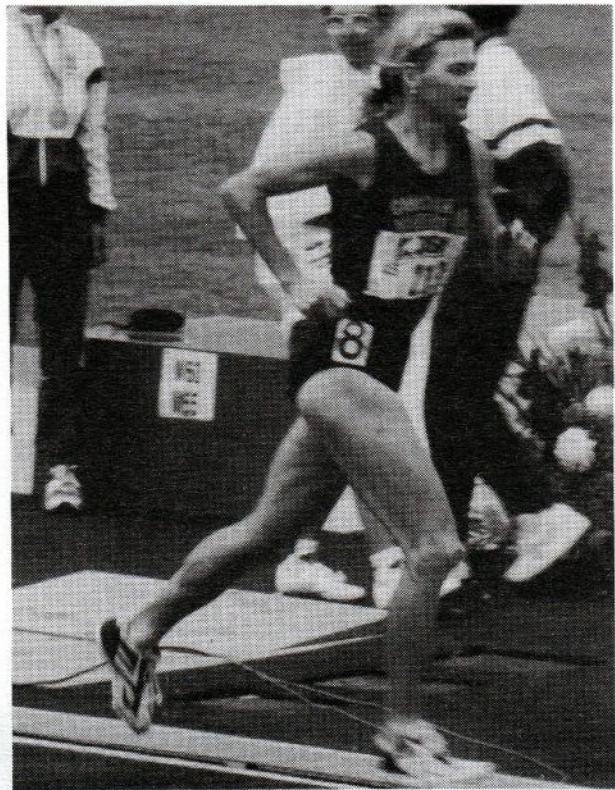


Photo by Bill McIlwaine

Judy Warick W45 also won gold in the 2000 Metre Steeplechase.

W40: - 1. Maureen De St. Croix 39:32; 7. Pauline Watson 45:00; 12. Clara Northcott 50:30; 23. Cathy Tedford 1:05:19.

W40 Team: - Maureen De St. Croix, Pauline Watson and Mary Lou Hamm.

W45: - 1. Mary Lou Hamm 48:57;

W50: - 19. Georgie Gillis 1:02:14;

W55: - 18. Wendi Hanger 40:32; 26. Jeannie McKeigan 49:23;

W55 Team: - 4. Molly Turner, Wendi Hanger and Jeannie McKeigan.

W60: - 1. Molly Turner 34:02;

W65:

W70: - 1. Dorly Brechbuehl 44:03; 2. Judith Kazdan 52:56.

W70 Team: - 1. Dorly Brechbuehl, Lenore Marvin and Judith Kazdan.

W75: - 1. Lenore Marvin 47:25;

W80:

Marathon

W35: - 2. Chantaue Mercier 3:06:38; 9. Phyllis Brown 3:57:31.

W40: - 15. Mary McColl 4:20:28.

W45: - 5. Mary Lou Hamm 3:29:56.

W45 Team: - 2. Eileen Doran, Mary Lou Hamm and Bernice Goy.

W50: - 9. Bernice Goy 4:05:06.

W55: - Eileen Doran 3:29:15.

W70: - 1. Judith Kazdan 6:52:33.

5000 Metre Walk

W35: - 1. Janice McCaffrey 22:58.44.

W40: - 3. Nanci Sweazey 26:08.14; 7. Lilianna Whalen 28:30.35; 14. Susan Burnett 30:36.35.

W45: - 8. Marilyn Chute 29:45.19.

W50: - 15. Heather Berry 33:49.78

W55: - 18. Jeannie McKeigan 36:17.85.

W60: - 1. June-Marie Provost 29:48.02.

W75: - 2. Lenore Marvin 36:46.36.

10 Kilometre Walk

W35 Team: - 2. Susan Burnett, Marilyn Chute and June-Marie Provost.

W40: - 7. Nanci Sweazey 57:42; 8. Lilianna Whalen 58:44; 9. Sherry Watts 59:18; 15. Susan Burnett 1:04:25; 17. Karen Weaver 1:04:54; 19. Helen Hoover 1:06:39.

W40 Team: - 2. Nanci Sweazey, Lilianna Whalen and Sherry Watts.

W45: - 12. Marilyn Chute 1:02:03

W55: - 17. Jeannie McKeigan 1:16:25.

W60: - 1. June-Marie Provost 1:01:32.

High Jump

W40: - 2. Debbie Brill 1.66.

W45: - 4. Liz McBlain 1.32.

W50: - Gean Hemming NH.

W55: - 7. Edith Gray 1.18.

W70: - 1. Helgi Pedel 1.12.

Pole Vault

W50: - 3. Ann Marie Rosenitsch 2.20.

W55: - 2. Jutta Riegel 2.10.

Long Jump

W35: - 7. Deborah Lenz 4.74.

W55: - 11. Edith Gray 3.34.

W70: - 8. Helgi Pedel 2.66.

Triple Jump

W70: - 2. Helgi Pedel 6.30.

Shot Put

4 KG

W40: - 4. Bozena Wojciekian 11.87; 10. Darlene Aulenback 9.39.

3 KG

W55: - 26. Carol Kyle 7.14; 28. Edith Gray 6.83.

W65: - 14. Velta Tomsons 7.56

W70: - 6. Helgi Pedel 6.86

Discus

1 KG

W40: - 11. Bozena Wojciekian 31.76.

W50: - 24. Coleen Ogilvie 19.58.

W65: - 12. Velta Tomsons 18.98.

W70: - 5. Elga Meri 16.86.

Javelin

400 G

W70: - 3. Elga Meri 17.76.

Hammer

4 KG

W40: - 10. Darlene Aulenback 31.78.

Weight Pentathlon

Event results are listed in the following order Hammer, Shot Put, Discus, Javelin, Weight and Total Points.

W40: - 6. Bozena Wojciekian 26.60, 11.43, 34.06, 24.90, 9.86 - 2990; 9. Darlene Auhlenback 30.18, 9.30, 20.70, 20.36, 8.71 - 2448.

W45: - 6. Liz McBlain 22.80, 9.40, 21.24, 22.52, 9.42 - 2751.

4 X 100 Metre Relays

W35: - Caren Reindl, Terri Manley, Cheryl Youlden, Deborah Lenz DQ.

W40: - 5. Rhona Trott, Marne McMillan, Pamela Zimmerman, Margaret Hendershot 54.41.

W55: - 3. Doreen Carmichael, Joan Stapleton, Janet Holmes, Diane Palmason 1:06.73.

4 X 400 Metre Relays

W45: - 5. Rhona Trott, Pam Zimmerman, Liz McBlain, Judy Warick 4:49.66.

MEN

Decathlon

Results as follows 100M, LJ, SP, HJ, 400M, 110MH, DT, PV, JT, 1500M and Total Points.

M40: - 30. Richard Borek 14.16, 4.75, 7.08, 1.61, 59.45, 21.00, 20.86, 3.00, 24.50, 4:55.33 - 4477.

M45: - 8. Bill Dehorn 13.81, 5.25, 8.96, 1.66, 1:02.40, 19.36, 26.86, 3.50, 39.90, 6:12.75 - 5722.

M50: Hurdles are 100M - 15. 14.39, 4.76, 8.54, 1.27, 59.12, 20.83, 23.78, 1.60, 24.22, 5:08.78 - 4798; 21. Jack White 14.37, 4.07,

8.76, 1.39, 1:05.46, 20.83, 26.52, 2.10, 18.10, 6:52.82 - 4119.

M55: - 10. Bob Land 16.28, 3.77, 7.13, 1.35, 1:16.19, 19.66, 22.86, 2.80, 22.98, 6:52.91 - 4337.

M60: - 24. Jiri Oliva 30.27, 2.94, 9.67, 1.10, 2:21.41, NT, 32.34, 1.60, 34.56, 8:30.03 - 2916.

100 Metres

M40: - Heat 2. - 3. Tom Dickson 11.38

Heat 3. - 5. Cassius Richards 12.26.

Heat 7. - 6. Joseph Marino 13.97.

Heat 8. - 5. Marek Nowicki 12.24; 7.

Kerry Smith 13.79.

Semi 1. - 5. Tom Dickson 11.75.

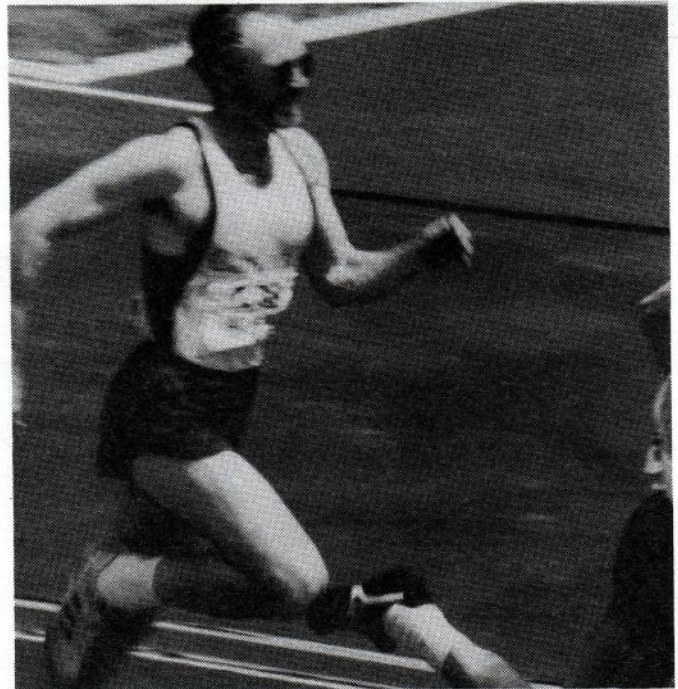


Photo by Bill McIlwaine

Tom Dickson M40 competing in the 100 Metre semi-final.

M45: - Heat 1. - 5. Roy Chubb 12.68.

Heat 3. - 2. Richard Lech 12.00.

Heat 4. - 2. Bob Zimmerman 11.92.

Heat 6. - 6. Robert Pelland 13.59.

Heat 7. - 7. Garry Crawford 13.14.

Semi 1. - 5. Bob Zimmerman 11.99.

Semi 2. - Richard Lech 12.29.

M55: - Heat 2. - 2. Byron Henry 12.27; 6. Clark Little 13.45.

Heat 3. - 8. Eric Wisneth 15.06.

Semi

M60: - Heat 3. - 2. Charles Agnoo 12.87.

Heat 4. - 4. Bernie Smith 13.02.

