

# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking

245th Issue

January 1999

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## Stookey, McDaniels Named Best 1998 T&F Athletes; Wysocki, Rodgers Top LDR Picks

### Honors Go to Stuart, Lehane, Ricciardi, Romansky, Brubaker and Weinbel

James Stookey, 68, Dickerson, Md., the USA Track & Field Masters honoree as outstanding male track and field athlete in 1996, was again honored as the outstanding age-40-and-over athlete for 1998 by the Masters T&F Committee of USA Track & Field, the national governing body for athletics in the U.S.

Leonore McDaniels, 70, Virginia Beach, Va., was voted the top female masters performer, and was doubly honored by her selection for the outstanding female multi-event award by the same group at the 20th annual convention of USATF in Orlando on Dec. 4.

Armando Ricciardi, 78, Reno, Nev., was the outstanding male multi-event award recipient. The best single performance-of-the-year awards went to Larry Stuart, 60, El Toro, Calif., and Leslie Lehane, 35, Boston, Mass.

The top racewalking awards went to Dave Romansky, 60, Pennsville, N.J., and Lyn Brubaker, 41, Landisville, Pa.

Ken Weinbel, Seattle, Wash., the Masters T&F Committee Chairman was named the outstanding T&F administrator.

The versatile Stookey, a multiple champion both indoor at Boston and outdoor at Orono, Me., was unbeatable in his specialties, the flat jumps, and won the indoor pentathlon and heptathlon in his division. He competed in meets coast-to-coast, from the Hayward Classic, Eugene, Ore., to the Southeastern Meet, Raleigh, N.C.

His prowess is best understood by his performance in the team competition in the Hayward Meet, where scoring was based not on simply finishing

Continued on page 20

### Young, Ottaway, Utes, Baymiller Among 23 Runners Honored at USATF Convention

Ruth Wysocki, 41, and Bill Rodgers, 50, were among 23 runners honored by the Masters Long Distance Running Committee of USATF at its 20th annual convention in Orlando on Dec. 4.

The LDR Committee offers awards in five-year categories, plus the outstanding male and female ultra runners of the year

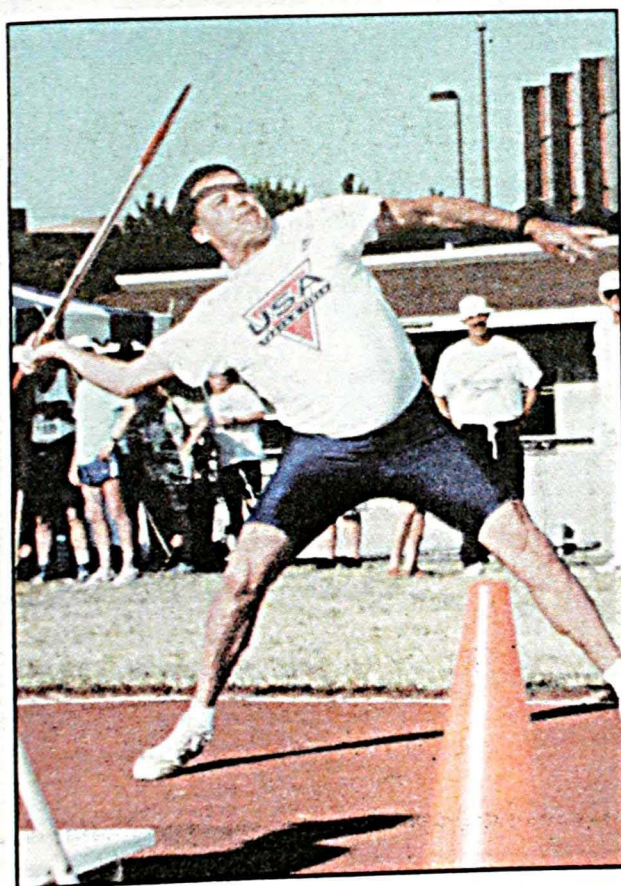
Wysocki, Canyon Lake, Calif., won the one-mile championship in January 1998 with a 4:42 (94% age-graded) and the 10-mile championship in August with 57:21 (90.2%). Her 34:49 10K led the other five nominees for the W40 award. Although third behind Joan Samuelson and Jane Welzel at the Freihofer's 5K championship, her other performances were sufficient to give Wysocki the nod.

Rodgers, Sherborn, Mass., easily outpaced six other nominees in the M50 category. While he won only one national championship, the 8K at Chicago in March with 26:23 (90%), he raced from 5K to 10 miles with

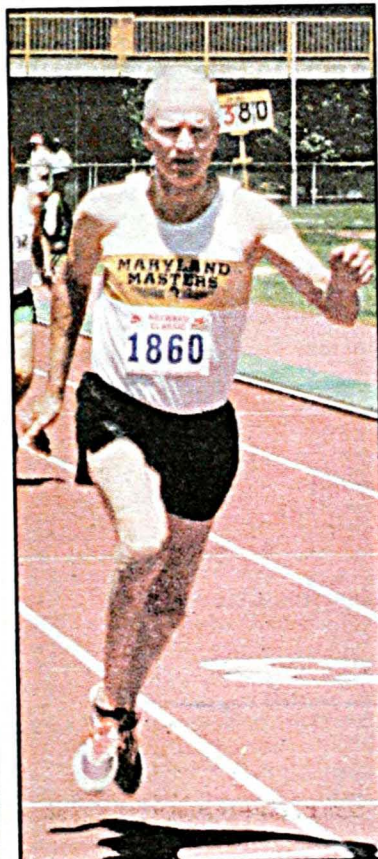
nine performances ranked faster than any of the other nominees by the Road Running Information Center (RRIC) in its 10K equivalencies.

Craig Young, 42, Colorado Springs, Colo., and Warren Utes, 78, Park Forest, Ill., finished 1-2 in the age-graded standings of the Indy Life Circuit. Utes took top money for age-graded, since Young also won the overall men's competition. Young was named M40 winner over Steve Plascencia, Jon Sinclair, John Tuttle, Jim Hage, and Paul Pilkington in tight voting, while Utes walked away with the M75 title for the fourth year in a row.

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Larry Stuart



James Stookey



Ruth Wysocki



Leonore McDaniels



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# NATIONAL MASTERS NEWS

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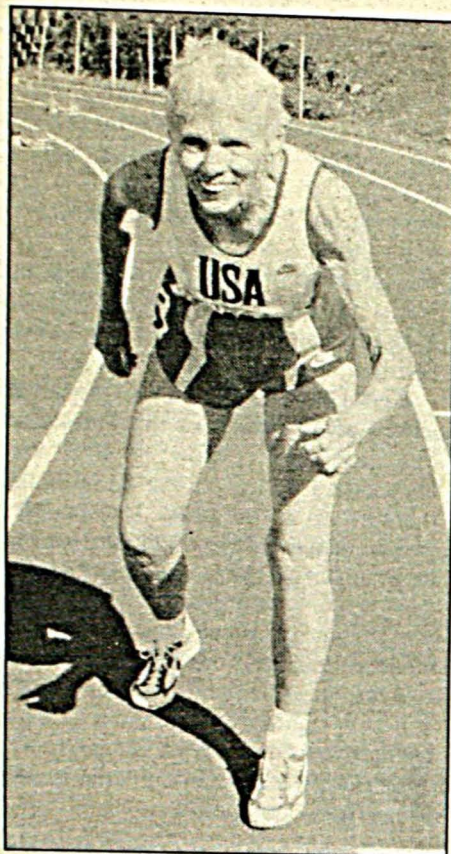
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| <b>Vice Chairman Women:</b><br>Ruth Anderson<br>1901 Gaspar Drive<br>Oakland, CA 94611<br>(510) 339-0563 (h)   | <b>Championships:</b><br>John Boyle<br>(address above)   | <b>Law and Legislation:</b><br>Mick Midkiff (address above)  | <b>Elite Athlete Representative:</b><br>Ruth Wysocki<br>Canyon Lake, CA   |
| <b>Indy Life Circuit:</b><br>Charles DesJardins  | <b>Championship Stats:</b><br>Norm Green (address above)   | <b>IAAF Veterans Committee:</b><br>Charles DesJardins (address above)  | <b>Athlete Information &amp; Publicity Coordinator:</b><br>Barbara Arveson<br>590 Kirschner Ave.<br>Mendota Heights, MN 55118<br>(651) 457-9650 (h)<br>(651) 863-4994 (w) |





SUZY HESS

Pat Peterson, 72, of New York, elected to the Masters Hall of Fame by her fellow athletes.

## 15 Elected to USATF Masters Hall of Fame

Fifteen more masters athletes have been elected to the USATF Masters Hall of Fame, bringing the total to 29 since the Hall was inaugurated in 1996.

The regular Hall of Fame Committee selected 10 new members: Bob Boal, Ross Carter, Max Green, Marion Irvine, Shirley Matson, Bob Mimm, Pete Mundle, Jim O'Neil, Pat Peterson, and Al Sheahan.

Norm Green, who coordinated the voting, said ballots with supporting data were sent to persons listed in the USATF Directory as members of the Masters T&F and Masters LDR committees. Sixty-three persons voted, casting 574 votes. Each electee received at least 50% of the votes cast.

Five others were chosen by a special "Old Timers" committee, which was established in 1998 to elect athletes who were active many years ago and may not be familiar to current voters.

Those five are Herb Anderson, Harold Chapson, Polly Clarke, Clive Davies, and George Sheehan.

The 15 join 14 Hall of Famers elected in 1996 and 1997: Ruth Anderson, Ed Benham, Toshiko d'Elia, Miki Gorman, Norm Green, Jack Greenwood, Payton Jordan, Beverly LaVeck, Christel Miller, Boo Morcom, Irene Obera, David Pain, Phil Raschker, and Paul Spangler.

The Hall now contains 18 men and 11 women.

Due to lack of funds, the only award presented to date is Spangler's. Ken Weinbel said the Martin

Continued on page 8

# MOTOROLA MARATHON & RELAYS 1999

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The entry fee of \$40 is good until January 23, 1999. No registration forms postmarked after that date will be accepted. Registration after that date can be made at the Motorola Marathon Expo and with a fee of \$50.

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| T-shirt size (Circle one)        |  | S M L XL      |  |                             |  | Motorola Employee?             |  | Yes                       |  | No    |  |  |             |  |  |  |  |  |  |  |  |  |  |
| Sex                              |  | M             |  | F                           |  | Age on Raceday                 |  | Predicted Time            |  | Hours |  | Minutes                                  |             |  |  |  |  |  |  |  |  |  |  |
| How many marathons have you run? |  |               |  |                             |  |                                |  |                           |  |       |  | How many Motorola Marathons have you run |             |  |  |  |  |  |  |  |  |  |  |
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Registrants will be required to sign a waiver of liability before receiving an official race number. For more information, contact address above.



**MOTOROLA**





Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

### NO FALSE START RULE

After some of the animosity, hostility and divisiveness that formed part of the debate over the no false start rule during the past year, I must admit to some trepidation as we met at the convention in Orlando.

I would like to thank everyone who was present Dec. 2 for keeping the discussion at a high level. Louise Tricard, Evie Dennis and Eric Zemper in particular presented excellent arguments on both sides of the issue.

For those who have suggested some rigidity on the part of the Masters Track & Field Committee delegates, the overwhelming vote four years ago (about 33-1), which retained the no false start rule, was replaced by a 28-16 vote to remove it. Given the number of familiar faces, I would guess that close to two dozen people listened and reversed their positions.

I am convinced that at this time in Masters Track & Field, the elimination of this rule will be very positive for our sport.

I hope we never revisit this issue, and encourage sprinters to assist in not giving anyone an excuse to submit a proposal to revert to what we had for more than a decade. Educate the novices. Put a little peer pressure on anyone playing games.

Again, thanks to all who participated. I look forward to the Indoor and Outdoor Championships to validate our action.

Graeme Shirley  
Masters Track & Field  
Rules Coordinator

I have been informed that the No False Start Rule was voted out, 28 to 16, at the USATF convention in Orlando. Congratulations to Hank Nottingham and Louise Tricard of Florida, who spearheaded the drive to get rid of the rule. Now we'll be in sync with the rest of the world. As they say, "Better late than never."

Al Guidet  
California City, California

### IRONMAN ORIGINS

Mike Tymn, coming from Hawaii, can be forgiven for stretching the facts (NMN, November 1998) when he claims Tom Knoll "was present at the discussion that gave rise to the birth of the Ironman and the sport of Triathlon" and that John Collins "then a Navy officer, is considered the Father of the Ironman and the Triathlon."

It is true that Collins is considered the Father of the Ironman and justifiably so. But, contrary to popular belief, he did not invent the sport of triathlon. Credit for that belongs to members of the San Diego TC, who started a run-swim in 1972, and run-bike-swim in 1973. Collins, who was then stationed in San Diego and a San Diego TC member, participated in the 1973 event.

Apparently his participation in the truly first triathlon stuck with him, for he and some other Honolulu residents came up with the concept of the athletically demanding Ironman. As noted by Tymn, the first Ironman came into existence in 1978, which was some six

years after the first triathlons were conducted in San Diego.

David Pain  
San Diego, California

### FIRST CENTENARIAN

In response to Tom Hartshorne's letter (November 1998), his dad, Jim, a close friend of mine, did win the mile in the 1968 Masters Nationals in San Diego in 4:50.5 but did not defend his title in the 1969 Nationals in San Diego. Instead, he came in third to me and Don Pickett in the two-mile.

Larry Lewis (purportedly the first 100-year-old competitor) was the honorary referee but did not compete in the M60+ 100y, nor did he ever compete in a masters meet. His age was never verified, and many thought he was much younger.

So, Ben Levinson is the first verified, over-age-100 masters competitor ever. I have his birth certificate to prove it. There is one masters athlete from India who claimed he was over 100, but it was obvious to onlookers that he was probably in his 80s. He had no valid birth certificate.

Pete Mundle  
Venice, California  
USATF Masters T&F Records  
Coordinator

### TULSA 15K

I went to Tulsa, Okla., for the National 15K Championships, looking forward to being seeded or given a fair start as I usually place between second and eighth in the M65 division. The officials said they couldn't do that. I asked for a number to indicate my age group on my back. The officials said they were not doing that. In the race, I passed a man with his number

on his back (60-64), and he said he understood that they gave them to some and not others.

My starting position was a block back. It was 52 seconds before I got to the starting line and another half to three-quarters of a mile of slow jogging before I could break free. I estimate I lost 1 1/2 minutes.

Later, I received a postcard saying I was second of 42 in my age group, and a western style picture frame with no certificate.

The December issue of the NMN shows some results of the Tulsa Run, but other than knowing that Paul Heitzman tore the course up, as usual, there is no information for the M65 group. Since neither Dick Wilson nor others from that area who beat me with ease are not mentioned, I wonder if I was in the right race to be second, even when penalized more than a minute.

This was the worst scenario for a national championships that I have been involved in. All I look for is a correct time for me, and the names and times of my competition.

Robert T. Coffey  
Fort Worth, Texas



PHIL MULKEY

Drug testing after the 100m at WAVA World Championships in Durban, July 20, 1997.

### DRUG TESTING

Hal Higdon's article ("Cancel all Records," Dec. NMN) implies there was no drug testing at the WAVA World Championships. Not true. I was tested in Buffalo. Phil Raschker, my training partner, was tested both in Buffalo and Durban, along with many others (see photo).

Phil Mulkey  
Marietta, Georgia

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CZZMN

## Thirteen 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 go to:

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Woonsocket, Rhode Island  
Metairie, Louisiana  
Warrensburg, Missouri



## Masters Indoor Championships Return to Boston

For the third consecutive year, Boston, Mass., will host the National Masters Indoor Track & Field Championships, which will take place March 26-28.

TRACS, Inc., the athletic consulting firm which first brought the meet to Boston in 1997, will again manage the event. As in 1997, TRACS will work closely with USATF-NE Association Director Steve Vaitones, who managed the event in 1998, and with the Boston Running Club, which will again act as meet host. The collaborators are thrilled that the championships are returning to Boston for the third consecutive year.

Based on their experiences managing the last two championship meets and valuable feedback from past competitors, TRACS and USATF-NE have instituted a number of modifications in the meet format. "As meet managers, we are here to serve the athletes," said Fred Treseler, president of TRACS, Inc. "Our goal is to create a meet that allows the athletes to have their best possible performances."

Among the changes and improvements in this year's meet is the addition of the indoor pentathlon to the schedule of events. The men's and women's pentathlons will begin at 9 a.m. on Friday. Further details on the pentathlon can be found on the TRACS web site ([www.tracs.net](http://www.tracs.net)). Also found at this web address will be meet hotel and transportation information, printable entry forms, and another innovation, a list of entries by event posted in the week prior to the meet.

As in 1997 and 1998, the meet will be

held at the Reggie Lewis Track & Athletic Center, ranked among the top five indoor tracks in the United States. This facility has been the stage for numerous record-setting performances in the past two years. In 1997 alone, 26 world national records were set, along with an additional 15 U.S. records.

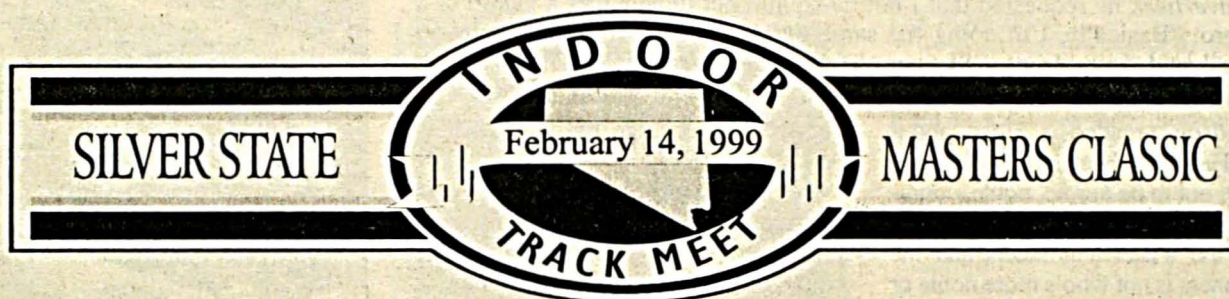
As in 1997, competitors may take advantage of the opportunity to stay at one of Boston's finest hotels at an incredibly discounted rate of over 50% off the regular room charge. Complimentary shuttle service will be

provided between the headquarters hotel and the meet site. In addition, the hotel offers complimentary round trip shuttle service to many of the top attractions around Boston. The Seaport Hotel can be contacted at 1-800-982-4683. Reservations must be made prior to Feb. 25, to take advantage of this offer.

In both 1997 and 1998, record numbers of competitors joined together in Boston to compete in the meet. TRACS looks forward to once again welcoming between 800 and 1000 masters athletes from across the nation and around the

world to this Championship event. For more information visit the TRACS website or call the automated event hotline at 617-964-8356.

(Note: At the 1998 USATF Convention, in Orlando, Fla., the Masters Committee voted unanimously to grant the bid for both the 2000 and 2001 National Masters Indoor Track & Field Championships to the city of Boston for unprecedented fourth and fifth consecutive years. USATF-NE will manage the event in 2000, with the assistance of TRACS, and TRACS will assume management in 2001, assisted by USATF-NE.) □



The fourth annual Indoor Masters Track and Field meet is sponsored by the University of Nevada, Reno and the Silver State Striders. The Track is the University's Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

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

**WHEN:** Sunday, February 14, 1999 **TIME:** 7:30 a.m.

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

**FEES:** \$20.00 for first event, \$10.00 each thereafter - Relays \$20.00 per team. (Sorry, no refunds.)

**DEADLINES:** Registration must be received by Saturday Feb. 6, 1999 for final schedule. (Walk in registration is limited to lane & time availability.)

**REQUIRED:** 1999 USATF Membership Card must be shown or purchased at registration. (USATF rules of competition will be used to conduct meet.)

**AWARDS:** Medals, top 3 places, in all 5 year age divisions, all events.

**HOST HOTELS:** **DAYS INN** - \$45.00 a night 1-800-448-4555, two blocks from track.  
**HOLIDAY INN** - Hotel / Casino - \$49.00 a night 1-800-648-4877, three blocks from track.

{Silver State Strider Rates}  
{Reserve by 1/31/99}

3/16 SPIKES ONLY

Schedule and the order of events are tentative.

| Running Events   |                    | Field Events  |
|--|--------------------|---|
| 3000m Racewalk - 8:00                                  | 200m Dash - 11:15  | Weigh-In and measure - 8:45                                 |
| 3000m Run - 9:15                                       | 1500m Run - 11:45  | Pole Vault - 9:30   |
| 60m Dash - 10:00                                       | 60m Hurdles - 1:00 | Long Jump - 9:30, followed by Triple Jump                   |
| 800m Run - 10:15                                       | 400m Dash - 1:30   | Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw |
| Relays as requested (4 X 200, 4 X 400, 4 X 800) - 2:00 |                    | High Jump - 10:45   |

Send completed application and entry check payable to the Silver State Striders, P.O. Box 21171 Reno, NV 89515 (702/852-4428)

NAME \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

CITY/STATE \_\_\_\_\_ 1999 USATF # \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ PHONE \_\_\_\_\_

EVENTS ENTERED: 1ST \_\_\_\_\_ 2ND \_\_\_\_\_ 3RD \_\_\_\_\_ 4TH \_\_\_\_\_ 5TH \_\_\_\_\_ 6TH \_\_\_\_\_

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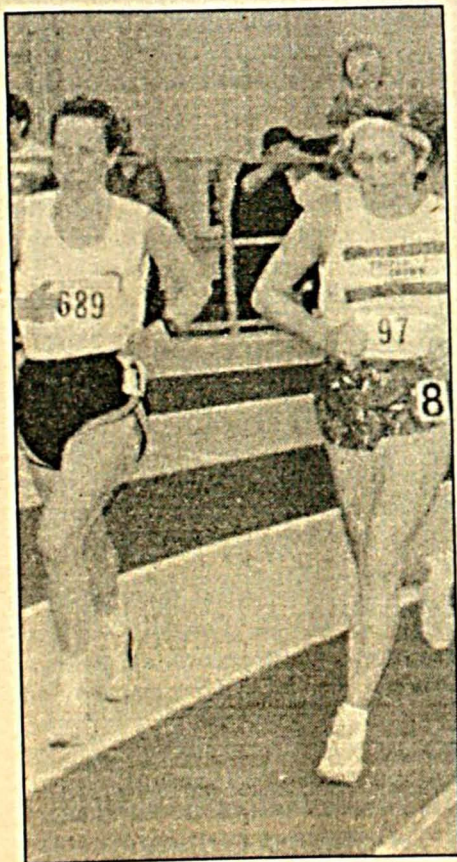
### WAIVER AND MEDICAL TREATMENT AUTHORIZATION

In consideration of my entry in the Silver State Indoor Masters Classic at the University of Nevada, Reno, Bill Cosby Track, on February 14, 1999, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, Reno, the Silver State Striders, the Reno-Sparks Convention and Visitor's Authority, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet. I grant permission to all of the foregoing parties to use any photographs, video or motion pictures, sound recording or any other record of the meet for any legitimate reason. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have no physical injuries or defects that will preclude me competing. I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.



Applicant Signature \_\_\_\_\_

Date \_\_\_\_\_



JERRY WOJCIK

Sharon Vos, #689, Connecticut, placed second (11:03.69) in the W40 3000 at the 1998 National Indoor Championships, Boston. April Capwill, 47, Pennsylvania, was third (13:03.10) in the W45 group. The 1999 Championships return to Boston on March 26-28.





## Third Wind

by MIKE TYMN

### Many False Heroes

**B**efore I began an interview with Ron Amundson for a story in *The Honolulu Advertiser*, he requested that I not make him out to be either a victim or a hero. "Basically, I'm doing the same damned thing every other over-50 runner is," said Amundson, a 51-year-old wheelchair racer from Hilo, Hawaii. "I'm denying my mortality. Please don't make me out to be a poster child."

Amundson recalled a story about another Hawaii wheelchair jock, who was made out to be heroic, noble, courageous, and a *victim*. "The difference between the wheelchair racers and the biped runners is not who's more noble or courageous," he added. "The difference is just that the wheelchair racers go faster."

#### Questionable Qualifications

Amundson's comments touched upon something I had thought about off and on during the preceding two months, namely, the qualifications for "hero" status, as well as the meaning of "courage." My musings began with the frequent references to sluggers Mark McGwire and Sammy Sosa as *heroes*.

About the time McGwire and Sosa were surpassing Ruth and Maris, I noticed a magazine on the newsstand with Muhammad Ali on the cover and a caption that he was the "top sports hero of the 20th Century" or something to that effect. Then, I heard the late actor John Wayne referred to on some TV program as "America's greatest hero." A week or two later, it was astronaut John Glenn, made out to be a hero, especially to those of us who are chronologically challenged. Following that, I received a media advisory announcing the ARETE "awards for courage in sports." It mentioned that past honorees had included Ali, golfer Tiger Woods, and baseball manager Joe Torre.

#### Ambiguous Terms

My dictionary says that a hero is "a man of distinguished courage or ability, admired for his brave deeds and noble quality." The definition is a bit confusing and ambiguous, since it first indicates that either courage *or* ability is essential, but then it indicates that some bravery must be connected with the ability, even if that ability is separate from the courage. It seems clear that courage and heroism go together.

It was the media's portrayal of Glenn as a hero that really had me thinking about the subject. I didn't understand why going into orbit at age 77 made anyone a hero. Certainly, the risks involved in going into space are somewhat greater than those called for in driving on the Los Angeles freeway system, and so you have to give Glenn credit for being

gutsy, having courage, fortitude, whatever you want to call it.

At the same time, however, it does not seem to me that it would take any more courage for a 77-year-old to face the countdown on the launch pad than it would for the 37-year-old astronaut. After all, the 77-year-old has seemingly lived pretty close to a full life, while the 37-year-old should still have many good years ahead of him. Unless the 77-year-old is "spiritually challenged," the fear factor should not be as great for him. And while astronauts must be reasonably fit, I don't think there is any requirement that they be fit enough to run a three-hour marathon or finish the Ironman under 12 hours.

So what was the big deal with Glenn being the oldest person by 16 years to go into space on the Discovery shuttle? What made him a hero? I didn't read about any tests of strength, agility or endurance that Glenn was subjected to during his 135 laps around the earth. The physical tests I read about involved sleeping patterns and being poked and probed for various bodily reactions to the space environment. If that makes a person a "hero," I've missed something.

#### Realistic Contenders

It seems to me that people like John Keston, who finished a marathon in 3:00:58 at age 71, and Paul Reese, who ran across every state of the nation during his 70s, after battling prostate cancer, would have more to offer science than Glenn. Why is science more interested in how the chronologically challenged hold up in space than it is in how they hold up on earth? Why don't the Kestons and Reeses of the world get the attention that Glenn got?

If fact, Reese, an 81-year-old resident of Auburn, CA, was honored by the ARETE people this year for having survived cancer while continuing his trek across all 50 states. Still, there is no comparison between the attention given to Reese and that to Glenn.

As author Malcolm Godwin sees it, a hero is one who leads us toward transformation, and that transformation is likely to call for a radical change in consciousness. "Heroes and heroines are those who give their lives to something



Ron Amundson — not a victim, not a hero; just a competitor.

bigger than themselves," Godwin writes. "But this can transpire only when the hero is no longer identified with the ego. Only then can there be a truly heroic transformation of consciousness."

#### Not Even Close

With that definition in mind, Muhammad Ali certainly fails the test. At the Atlanta Olympics opening ceremony, Ali was revered by the media as nothing less than the "Second Coming." The rest of the media jumped on the bandwagon and it seems they can never offer enough praise for him. Rather than set aside the ego, Ali glorified and celebrated the ego while pioneering arrogance in sports. Before Ali, we had humbleness in sports, as best characterized by boxer Floyd Patterson and baseballer Sandy Koufax.

What a paradox that Ali, the play-warrior who dodged the draft, should be so acclaimed as the ultimate warrior, a hero for all times, while tens of thousands of real warriors — those who served on the front lines, those who gave their lives, those who spent years as POWs — are hardly remembered at all. Could it be that Ali is part of the antichrist rather than the Second Coming? Isn't it written somewhere that we would confuse the two?

The ARETE advisory did not say what act of courage Ali had been honored for. Maybe the acts of courage displayed by Woods and Torre were away from the playing field. I don't see that much opportunity for courage on the golf course or in the dugout.

What perplexes me even more than Ali is how a person who does nothing more than *act* like a hero in front of the cameras can become more of a hero than

the people he portrays. How does John Wayne qualify as a hero?

#### Lost Meaning

I discussed the subject further with Amundson, a professor of philosophy at the University of Hawaii at Hilo. He suggested that the term "hero" has lost its meaning when it comes to celebrities and sports figures. "It just seems to mean something like 'idol' or 'favorite player,'" he offered. "I can see Jackie Robinson as a genuine hero, because of the pressures he had to put up with and how gracefully he did it. But not Tiger Woods. I mean Tiger's a great player, and a relative novelty in golf because of his skin color, but his celebrity status doesn't add up to heroism."

Amundson points to actor Christopher Reeve as a more complicated case. "Barbara Walters loves Chris because he continues to insist that he's going to walk again. Everyone knows this is bullshit, but Barbara and most of the country love Chris for publicly lying to himself about it. It's considered 'noble' and 'courageous' to lie to yourself."

Amundson refers to himself as a disability activist. "Heroizing disabled people is just an embarrassed, hyper-sensitive way of saying how horrible you think their lives are. Heroizing Reeve, especially, is a way of saying how much you like disabled people who agree with you about how horrible their lives are."

The bottom line, it seems to me, is that the mainstream media is way too anxious to use superlatives in order to embellish their stories and deliver something awesome that would otherwise be pretty ordinary. Ordinary things don't sell papers or attract advertisers. □



## November is Prime Time for L.I. Runners

by MAURY DEAN

November? Prime time for road warriors, rampaging at time-warp speed on the wind-swept asphalt of Long Island. With plump pigskins aloft and burly dudes crashing in a swirl of whirling maple leaves, the real action was over the concrete ribbons of Rockville Centre in a 10K on Nov. 7.

Patty Zebersky, 42, Farmingdale, N.Y., zipped to a women's overall victory with a 40:31. Jack Porzio, Howard Beach, N.Y., hit his 50th birthday and

smoked the masters field with a 36:29, despite skittish gusts out of the west and a masters silver-medal effort of 36:35 by Bill McDermott, a lad of 43 from Long Beach, N.Y. The race featured 500 runners - every one a winner. Bill Benson, at age 79, won a hard-fought 75+ duel with semi-young Bill Merz, 75, 60:56 to 62:31.

Six hundred of Long Island's finest runners showed up for the Cynthia Quinn Memorial 5K, Nov. 11, which honored teacher, runner, track coach,

and friend, struck down while running on a desolate road in middle-island Yaphank. Despite surging winds and dinky undulations no Vermonter would call "hills," the super-runner team of Gary Muhrcke's shoe stores (Muhrcke won the first-ever NYC Marathon in 1970), Al Oman, 48, Babylon, N.Y., with a 17:22, and Peter McNeill, 43, Sayville, N.Y., with a 17:25, finished in the top six. Diane O'Donnell, 47, East Hampton, N.Y., won the W40+ race in 21:15. Joe Cordero, 60, Islip Terrace, N.Y., won with a 19:12 over returnee champion miler John Conner, 43, East Hampton, who finished in a

comeback 21:11.

After the Rockville Centre race, the Bohemia TC 5-Mile, hammered by westerly 18-25 mph winds on Nov. 15, was treated to speedy results. Masters gold was handily won by John Williams, 42, Freeport, N.Y., with a 27:02, and Lori Harfenes-Melnik, 42, Plainview, N.Y., with a 33:19. Hugh Sweeny, 54, Jersey City, N.J., was first in the M50 race with a 29:28. Geza Feld, 65, Farmingdale, N.Y., captured the M65 title in 35:19. Dolly Finkelstein, 68, Rego Park, N.Y., was the oldest female finisher, with a 47:46. □

### DATE & TIME

Saturday, February 20, 1999

3:00pm: 3k Fun Run & Walkabout  
3:30pm: 12k Run (7.4 miles)  
5:30pm: Joey Run (Kids run distances vary)

### LOCATION AND PARKING

Lake Eola Park, Central Boulevard, Downtown, Orlando

### ENTRY FEE (Credit cards accepted)

**Sorry mates, entry fees are non-refundable \$2 discount for ChampionChip owners.**  
12k: \$16.00 thru Feb. 13. \$15 cash or check  
\$19.00 February 15-19. \$18 cash or check  
\$25.00 day of race at race site beginning at 1:30 pm. Cash or check on race day.  
3k: \$16.00 thru February 13. \$15 cash or check  
\$19.00 February 15-19. \$18 cash or check  
\$20.00 day of race at race site beginning at 1:30 pm. Cash or check on race day.  
Joey Run: \$5.00 through February 19  
\$7.00 day of race at race site.

### YOUR ENTRY FEE INCLUDES

- 12k & 3k
- Entry into the race and a 100% cotton T-shirt.
- A rip roarin' good time featuring that bloomin' good tucker the Outback Steakhouse is famous for!
- Entertainment and activities that'll make this an event like no other.
- Joey Run
- A T-shirt and a Joey meal after the race!

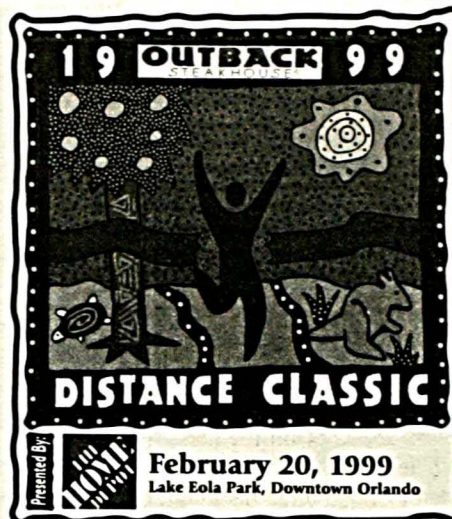
### REGISTRATION

Walk in or mail completed entry form with entry fee to race headquarters:  
Track Shack, 1104 N. Mills Avenue  
Orlando, Florida, 32803  
(407)898-1313

Make checks payable to: Track Shack Foundation

### PACKET PICK UP

Pick-up race number, T-shirt, and information at Race Headquarters, Track Shack, Wednesday February 17 through Friday, February 19 from 10am to 7pm. Packets may also be picked up on race day at race site beginning at 1:30pm.



### 12K AWARDS

We'll be awardin' the fastest blokes and sheilas of the day including: the top three overall male and female, top male and female wheelchair athletes, top male and female masters, top three male and female in each age group, overall male and female racewalkers and the top three male and female in each racewalking age division.

**Prizes:** Gift certificates to Track Shack and Outback Steakhouse to the bloke and the sheila who lead the pack at the one mile, 5k and seven mile mark.

### THAT BLOOMIN' GOOD TUCKER

After the race, Outback Steakhouse will serve some tucker from down under. Their bonzer Outback Special Steak Bites (seared to perfection) along with Caesar Salad, Chicken on the Barbie and Mac A Roa 'N' Cheese all included in your registration, so no worries mate! Your spouse or little Joey can join you for an additional \$5 donation.

After the race, stop by the Aerial tent to make a free call.

### ATTENTION RUNNERS...

#### THE CHAMPIONCHIP

This race will be scored using the ChampionChip. All participants must pick-up their Chip on the afternoon of the event prior to the race. Please arrive early. Your entry fee includes rental of the ChampionChip for accurate "real time" scoring.

### PRIZE MONEY

The Outback Steakhouse Distance Classic presented by Home Depot is pleased to host the USAF Master's 12k Championship. Prize money totaling \$5000 will be awarded. Entrants must be USAF members to be eligible for the prize money and must supply USAF number on the entry form.

Proceeds from this event will benefit Boys & Girls Clubs of Central Florida and the Orlando Runners Club Scholarship Fund.

**Presented by:** MillerTime, FOSTER'S Australian for beer, 9 WFTV, Aerial, Coca-Cola, Smooth Jazz 103.1 WLOQ, National Masters Men's & Women's 12k Championship & Indy Life Masters Circuit Race, INDY LIFE CIRCUIT.

### AGE DIVISIONS

|         |         |         |             |             |
|---------|---------|---------|-------------|-------------|
| 11 - 13 | 25 - 29 | 40 - 44 | 55 - 59     | 65 - 69 M   |
| 14 - 18 | 30 - 34 | 45 - 49 | 60 - 64     | 70 - over M |
| 19 - 24 | 35 - 39 | 50 - 54 | 65 - over F | Wheelchair  |

### RACEWALKERS

Racewalker Age Divisions: 39 - under, 40 - 49, 50 - 59, 60 - Over.

This is a judged racewalking competition. Those who wish to compete in the racewalking division need to register at the Central Florida Walkers table on race day. (Normal entry fees and registration procedures apply)

## OUTBACK DISTANCE CLASSIC

Make check or money order payable to: Track Shack Foundation

Mail completed entry form to: Track Shack • 1104 N. Mills Ave. Orlando, FL 32803 (407)898-1313

\$2 discount to ChampionChip owners.

I'd like to donate an additional \$ \_\_\_\_\_ to one of the two race charities:

**Restrictions:** For safety reasons, baby joggers/strollers, head phones, in-line skates, skateboards and dogs will not be allowed in the race.

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.**

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Address (street)  Apt./Suite #

City  State  Zip Code  Male ☐ Female ☐ Age  (On Race Day)

Date of Birth  Day Phone  E-mail Address:

Month  Day  Year  Area Code

12k ☐ 3k ☐ Adult T-shirt Size  Joey Run ☐ Kids T-shirt Size  ChampionChip Number  USAF #

S ☐ M ☐ L ☐ XL ☐ 6-8 ☐ 10-12 ☐ Adult S ☐

Method of Payment: Cash ☐ Check ☐ Charge ☐ Card#  Visa ☐ MasterCard ☐ Amer. Exp. ☐ Exp. Date:  Amount Enclosed: \$

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against Event Marketing and Management International, Outback Steakhouse, The Home Depot, the City of Orlando or any subsidiary or political division thereof, its or their respective officers, agents, representatives, successors, assigns and sponsors from all claims or liabilities of any kind arising out of my participation in the Outback Distance Classic even though that liability may arise out of the negligence or carelessness on the part of the entities or persons named in this waiver. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and verify that I am physically fit and hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purposes of the event whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature (If under 18, parents signature is required.)



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Pagliano's Podiatric Pointers

# The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

## Prevention is Key to Injury-Free Running

**R**unning is one of the most popular and visible athletic activities in the world today. Probably there are more masters athletes in running than in any other sport. We do it to avoid obesity, to relieve stress, to improve cardiovascular fitness, and to participate in the competitive aspects of the sport.

Unfortunately, due to aging, overuse and other factors, injuries are quite common among masters runners. The material presented in this article and future articles is based on a clinical study of injured runners. Currently we have over 8000 clinical cases, approximately 40% of which involve masters runners.

A good point is that distance running, sprinting and jogging, although placing a heavy load on the musculo-skeletal system, are associated with a low incidence of disabling injuries. Very few of

these injuries will preclude the runner's return to their desired mileage and training programs.

It is notable that there are some differences in injury pattern between those over-40 and those under-40.

It is essential that masters runners understand the etiology of running injuries if they are to stay healthy. Prevention is probably the key to a healthy and long athletic career.

There are five major causes of injury:  
(1) Training methods. In general,



JERRY WOJCIK

Two new electees to the Masters Hall of Fame, Pete Mundle (l), USATF Masters T&F Records Coordinator, and Al Sheahen, *National Masters News* Editor and Publisher, with Suzy Hess, who was re-elected as Secretary of the Masters T&F Committee in Orlando.

injuries occur due to excessive duration and intensity of training. We run too hard, too fast. We do not allow for physiological adaptation. It takes time for the body to adjust to training. We need to give ourselves several months of training prior to intensive racing. We do not pay attention to specificity of conditioning. Sprinters train to be sprinters and marathoners train for the marathon. We fail to recognize individual response to training. We need to train, not strain.

(2) Training surfaces. Running on hard concrete is not advisable. We need a training surface that will absorb shock.

(3) Muscle dysfunction and inflexibility occur as we get older. We are more "brittle." Stretching, especially for the gastrosoleus and Achilles, is a must.

(4) Shoe design. A well-constructed shock-absorbing training flat is essential. Racing shoes should only be used to race in. They do not absorb enough shock for the daily grind.

(5) Improper biomechanics. Most runners are biomechanically inefficient and need a coach or trainer to point out their irregularities. Poor lower extremity biomechanics most often lead to lower extremity injuries.

With these points in mind, the master runner can better understand the concepts behind the causes of running injury. Probably 70-80% of all running injuries can be eliminated by avoiding the big five.

When planning out the year's training schedule, make sure you have included a proper program that will slowly allow the body to adapt to the rigors of running. Make sure you have the correct training flat. Do not allow the shoes to become rundown. Rotate shoes every three days and do not wear a shoe for more than 3-4 months.

Stretch properly. Review your running mechanics and eliminate any deviation that might be causing stress to the foot, shin or knee areas. With this in mind, you can have a pain-free training program. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of

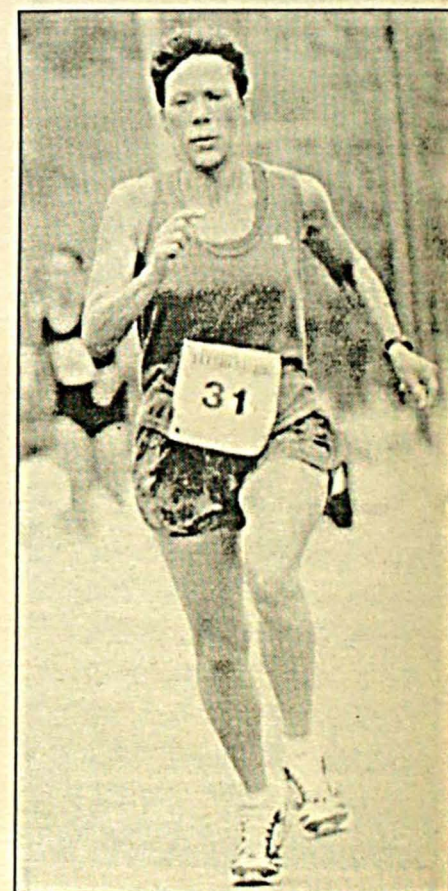
## Masters Hall of Fame

Continued from page 3

Surfacing Co. has contributed \$1000 to produce awards for the other 28 electees.

The same procedures will be used to select the class of 1999, which will be announced at the 1999 USATF convention in Los Angeles.

Nominations should be sent to Green (address on page 2) by March 15, 1999. □



GEORGE BANKER

Sandra Adams, 48, second masters woman (44:19), 1998 Leesburg 10K, Leesburg, Va.

*Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)*



## 1999 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS



**WHEN:** Sunday, February 7, 1999, 12:00 noon  
**WHERE:** Grand Valley State University, Field house Arena, Allendale, MI; located just 11 miles west of Grand Rapids on M45(Lake Michigan Drive)  
**DIVISIONS:** Open (14-29), Masters 30+ by 5 year age division  
**ELIGIBILITY:** All athletes must be registered members of USA Track & Field.  
**ENTRY FEES:** Onsite Registration available: \$15.00  
 \$15.00 first event, \$5.00 subsequent events if RECEIVED by Jan. 29.  
 Late registration available onsite from 10:00-11:00, \$20.00 first event, \$12.00 subsequent events. Entry fees are non-refundable.  
**AWARDS:** Michigan Association Championship Medals available to top 3 places in each division, limit 3 medals per athlete, additional earned medals for \$3.00 each  
**FACILITIES:** Restrooms, locker rooms, showers and concessions, 200m rubber Mondo track, wooden throwing circle, ample parking.  
**ADMISSIONS:** Adults \$4.00, Students \$1.00.  
**MAKE CHECKS PAYABLE TO:** Grand Valley State University - T&F.  
**MAIL REGISTRATION TO:** Jerry Elkins, Grand Valley State University, Office 97 - Field house, Allendale, Michigan 49401, Phone (616) 895-3360. No phone or fax entries accepted.  
**ORDER OF EVENTS:** Women, followed by men, oldest to youngest  
 55MH 55M 3000M Racewalk 800M 200M  
 Mile Run 400M 3000M LJ HJ PV SP  
 WT 1600M Relay (semis & finals in 55MH and 55M only)  
**\*\*NOTE\*\*** 1/4 inch spike limit, no pin or needle spikes; no field event implements provided.

### REGISTRATION FORM

Name \_\_\_\_\_ USATF Number \_\_\_\_\_  
 Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 (as of 2-15-98)  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone No. \_\_\_\_\_ Club/Team \_\_\_\_\_  
 Events Entered: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ 4th \_\_\_\_\_ 5th \_\_\_\_\_  
 Best Recent Performance \_\_\_\_\_

### WAIVER

I, \_\_\_\_\_ in consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Open/Masters Track & Field Meet activities on February 15, 1999, do, for myself, heirs, executors and administrators, waive and release all rights and claims for damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_



# The 21ST CENTURY AGELESS GAMES, USA

## Early Morning "R" Track and Field

### AN AMATEUR'S CREED

I AM A 21ST CENTURY MASTER/SENIOR'S AGE CHAMPION  
USING TODAY'S OPPORTUNITY AND MY ATHLETIC ABILITY  
TO HONOR GOD, AND RESPECT THE DIGNITY OF EVERY MAN  
AND WOMAN, CREATED IN HIS OWN IMAGE, THRU FRIENDLY  
COMPETITION AND FAIR PLAY. -LET R MEET BEGIN-

### A.D. 1999 WINTER-FEBRUARY

/minnesota resident/ outstate/ international/

#### Pole Vault & W/ Jump

|                                 |           |
|---------------------------------|-----------|
| MOPEN Steve White, St. Louis Pk | 14-6 (91) |
| M30 Kevin Hansen, Foley         | 13-0 (89) |
| M40 Michael Sharratt, Shoreview | 11-6 (91) |
| M40 Phil Johnson, Wayzata       | 11-6 (91) |
| M40 Jim Dolezel, (OK)           | 10-0 (95) |
| M45 Michael Sharratt, Shorewood | 11-0 (95) |
| M55 Joseph Griffin, (WI)        | 9-0 (93)  |
| M55 Jim Noonan, St. Cloud       | 9-6 (97)  |
| M60 Bill Jankovich, (WI)        | 8-0 (94)  |
| M60 Jim Peterson, Aitkin        | 7-0 (97)  |
| M65 Bob Warwick, Sr. (OK)       | 7-6 (89)  |
| M70 Bob Warwick, Sr. (OK)       | 7-7 (91)  |
| W50 Sr. Rachel, Twin Cities     | 6-6 (88)  |
| W55 Sr. Rachel, Twin Cities     | 6-0 (91)  |
| W60 Sr. Rachel, Twin Cities     | 5-11 (95) |

#### High Jump

|                               |           |
|-------------------------------|-----------|
| M30 Bill Jahner, W. St. Paul  | 5-7 (93)  |
| M35 Patrick Boulay, Mpls.     | 5-6 (91)  |
| M40 Patrick Boulay, Mpls.     | 5-2 (94)  |
| M40 Kevin McLaughlin, (WI)    | 5-5 (98)  |
| M45 Dan LaBelle, Harris       | 4-10 (95) |
| M50 Tom Langensfeld, Edina    | 5-2 (89)  |
| M55 Tom Langensfeld, Edina    | 5-2 (91)  |
| M60 Tom Langensfeld, Edina    | 5-1 (97)  |
| M60 Lloyd Kempf, (SD)         | 4-5 (95)  |
| M60 Jim Peterson, Aitkin      | 4-5 (95)  |
| M65 Edward Fabor, Sr. (IA)    | 4-0 (94)  |
| M65 Emmett Edwards, St. Paul  | 4-0 (94)  |
| M70 Mel Buschman, (MI)        | 4-2 (91)  |
| WOPEN Vickie McLaughlin, (WI) | ~3-8 (98) |

#### W40 Jan Brankin, (WI)

|                             |             |
|-----------------------------|-------------|
| W50 Sr. Rachel, Twin Cities | 3-73/4 (97) |
| W55 Sr. Rachel, Twin Cities | 3-10 (88)   |
| W60 Sr. Rachel, Twin Cities | 3-10 (91)   |

#### Triple Jump

|                                 |            |
|---------------------------------|------------|
| M30 Doug Weimerskirch, Plymouth | 37-8 (96)  |
| M35 Bill Jahner, W. St. Paul    | 36-5 (96)  |
| M40 Jim Dolezel, (OK)           | 34-3 (97)  |
| M40 Kevin McLaughlin, (WI)      | 30-1 (97)  |
| M50 George LaBelle, Zimmerman   | 26-11 (91) |
| M55 Jim Peterson, Aitkin        | 32-1 (89)  |
| M60 Jim Peterson, Aitkin        | 30-2 (95)  |
| M60 Alan Brevik, (SD)           | 29-0 (96)  |
| M65 Edward Fabor, Sr. (IA)      | 26-0 (94)  |
| W40 Deb Vestal, Mpls.           | 17-5 (95)  |
| W50 Sr. Rachel, Twin Cities     | 23-10 (89) |
| W55 Sr. Rachel, Twin Cities     | 24-2 (95)  |
| W60 Sr. Rachel, Twin Cities     | 24-7 (95)  |

#### Long Jump

|                                   |            |
|-----------------------------------|------------|
| MOPEN Steve Dolan, Bloomington    | 20-5 (91)  |
| M30 Doug Weimerskirch, Plymouth   | 20-2 (96)  |
| M35 Bill Jahner, W. St. Paul      | 17-2 (96)  |
| M40 Jim Dolezel, (OK)             | 17-6 (95)  |
| M40 Michael Sharratt, Shorewood   | 16-2 (91)  |
| M45 Michael Sharratt, Shorewood   | 15-10 (95) |
| M45 John Ewing, (WI)              | 15-6 (89)  |
| M50 John Ewing, (WI)              | 16-6 (91)  |
| M50 Larry Morrisette, Maple Grove | 15-4 (96)  |
| M55 Jim Peterson, Aitkin          | 15-3 (89)  |
| M55 James Wagner, (NE)            | 14-1 (95)  |
| M55 Don Amery, (IL)               | 14-1 (94)  |
| M60 Jim Peterson, Aitkin          | 15-1 (95)  |
| M60 Edward Holmes, (TN)           | 14-6 (89)  |
| M65 Edward Fabor, Sr. (IA)        | 12-3 (94)  |
| M65 Chuck Olson, Nevis            | 10-9 (91)  |
| M70 Bob Warwick, Sr. (OK)         | 12-2 (91)  |
| WOPEN Paula Dingle, Saint Paul Pk | 16-2 (98)  |
| WOPEN Vickie McLaughlin, (WI)     | 11-2 (97)  |
| W40 Deb Vestal, Mpls.             | 8-6 (93)   |
| W50 Sr. Rachel, Twin Cities       | 12-3 (89)  |
| W55 Sr. Rachel, Twin Cities       | 12-3 (91)  |
| W55 Janet Amery, (IL)             | 6-6 (94)   |
| W60 Sr. Rachel, Twin Cities       | 11-9 (95)  |

#### POWER ARMS(Fun Wrestling)

|  |  |
|--|--|
| Gene Lohman, Dick Collins, Matt Fair, Ben Bjergo, Emil Balz, Pat O'Regan, Don Amery, Jerard Hargis, Amy Forsberg, Jan Brankin, Barb Thorgrimson, Janet Amery, Assumpta Bennaars, Paula Dingle, Vickie McLaughlin |  |
|--|--|

#### 25m Hurdles

|                                    |            |
|------------------------------------|------------|
| MOPEN Steve Dolan, Bloomington     | 8.0 (91)   |
| M30 Bill Jahner, W. St. Paul       | 7.50 (94)  |
| M45 John Ewing, (WI)               | 9.45 (89)  |
| M55 Jim Peterson, Aitkin           | 9.74 (89)  |
| M55 Don Amery, (IL)                | 10.91 (94) |
| M60 Jim Peterson, Aitkin           | 9.65 (95)  |
| M60 Don Amery, (IL)                | 10.59 (98) |
| M65 Emmett Edwards, St. Paul       | 14.22 (96) |
| M65 Bob Warwick, Sr. (OK)          | 11.45 (89) |
| M70 Mel Buschman, (MI)             | 11.43 (91) |
| WOPEN Paula Dingle, Saint Paul Pk  | 9.14 (98)  |
| W30 Cathy Corecki, Brooklyn Center | 10.06 (93) |
| W50 Sr. Rachel, Twin Cities        | 11.84 (88) |
| W55 Sr. Rachel, Twin Cities        | 12.80 (93) |
| W60 Sr. Rachel, Twin Cities        | 12.16 (96) |

#### 55m

|                                    |            |
|------------------------------------|------------|
| MOPEN Stan McClure, Golden Valley  | 6.52 (92)  |
| M30 Bill Jahner, W. St. Paul       | 6.93 (94)  |
| M35 Doug Weimerskirch, Plymouth    | 6.84 (97)  |
| M35 Ted Bielefeld, (IA)            | 7.33 (93)  |
| M40 Jim Dolezel, (OK)              | 6.88 (95)  |
| M40 Michael Sharratt, Shorewood    | 6.90 (91)  |
| M45 Lloyd Cordner, St. Louis Park  | 6.83 (91)  |
| M50 Jim Lee, (WI)                  | 7.00 (95)  |
| M50 George LaBelle, Zimmerman      | 7.50 (93)  |
| M55 Jim Peterson, Aitkin           | 7.12 (91)  |
| M55 Wayne Bennett, (TX)            | 7.41 (94)  |
| M60 Bill Jankovich, (WI)           | 7.52 (94)  |
| M60 Fred Biederman, Deephaven      | 7.0 (96)   |
| M65 Bob Warwick, Sr. (OK)          | 8.59 (89)  |
| M65 Harvey DeVries, Edina          | 8.70 (95)  |
| M70 Mel Buschman, (MI)             | 11.43 (91) |
| M75 Emil Balz, Circle Pines        | 9.10 (97)  |
| M103 Arnold Bing, Mpls.            | 37.47 (93) |
| WOPEN Paula Dingle, Saint Paul Pk  | 7.81 (98)  |
| WOPEN Assumpta Bennaars, (Africa)  | 9.55 (95)  |
| W30 Cathy Corecki, Brooklyn Center | 7.90 (93)  |
| W40 Kathy Marino, Apple Valley     | 9.09 (93)  |
| W40 Jan Brankin, (WI)              | 9.41 (97)  |
| W50 Sr. Rachel, Twin Cities (IL)   | 8.69 (88)  |
| W55 Sr. Rachel, Twin Cities        | 8.81 (91)  |
| W60 Sr. Rachel, Twin Cities        | 9.24 (96)  |
| W60 Janet Amery, (IL)              | 12.19 (98) |

#### Backward 55m

|                                    |            |
|------------------------------------|------------|
| MOPEN Matt Vahling, Stillwater     | 15.30 (97) |
| M35 Doug Weimerskirch, Plymouth    | 10.50 (97) |
| M40 Randy Benson, Woodbury         | 9.61 (95)  |
| M45 Dan LaBelle, Harris            | 13.34 (95) |
| M55 Wayne Bennett, (TX)            | 12.75 (94) |
| M55 Fred Biederman, Deephaven      | 12.77 (95) |
| M60 Alan Brevik, (SD)              | 11.60 (96) |
| M60 Fred Biederman, Deephaven      | 14.09 (96) |
| M65 Jerard Hargis, (SD)            | 23.63 (97) |
| WOPEN Zina Garrison, (CA)          | 14.87 (95) |
| WOPEN Assumpta Bennaars, (Africa)  | 15.03 (98) |
| WOPEN Andrea Bible, Aitkin         | 8.25 (96)  |
| W40 Sophie Rodriguez, (So. Africa) | 41.38 (96) |
| W45 Kathy Raymond, Mpls.           | 16.53 (98) |
| W55 Sr. Rachel, Twin Cities        | 15.98 (94) |
| W60 Sr. Rachel, Twin Cities        | 15.10 (95) |
| W60 Janet Amery, (IL)              | 31.28 (98) |

#### 400m

|                                    |            |
|------------------------------------|------------|
| MOPEN Stan McClure, Golden Valley  | 15.30 (97) |
| M35 Doug Weimerskirch, Plymouth    | 10.50 (97) |
| M40 Randy Benson, Woodbury         | 9.61 (95)  |
| M45 Dan LaBelle, Harris            | 13.34 (95) |
| M55 Wayne Bennett, (TX)            | 12.75 (94) |
| M55 Fred Biederman, Deephaven      | 12.77 (95) |
| M60 Alan Brevik, (SD)              | 11.60 (96) |
| M60 Fred Biederman, Deephaven      | 14.09 (96) |
| M65 Jerard Hargis, (SD)            | 23.63 (97) |
| WOPEN Zina Garrison, (CA)          | 14.87 (95) |
| WOPEN Assumpta Bennaars, (Africa)  | 15.03 (98) |
| WOPEN Andrea Bible, Aitkin         | 8.25 (96)  |
| W40 Sophie Rodriguez, (So. Africa) | 41.38 (96) |
| W45 Kathy Raymond, Mpls.           | 16.53 (98) |
| W55 Sr. Rachel, Twin Cities        | 15.98 (94) |
| W60 Sr. Rachel, Twin Cities        | 15.10 (95) |
| W60 Janet Amery, (IL)              | 31.28 (98) |

#### 200m

|                                   |            |
|-----------------------------------|------------|
| MOPEN Chad Nelson, Fridley        | 32.75 (93) |
| M35 Doug Weimerskirch, Plymouth   | 25.13 (97) |
| M35 Ted Bielefeld, (IA)           | 27.66 (93) |
| M40 Jim Dolezel, (OK)             | 26.09 (95) |
| M40 Murray Portnoy, Apple Valley  | 31.09 (93) |
| M45 Jim Lee, (WI)                 | 25.4 (95)  |
| M45 Randy Clevon, Mpls.           | 26.26 (89) |
| M50 Jim Lee, (WI)                 | 27.34 (95) |
| M50 Larry Morrisette, Maple Grove | 30.63 (96) |
| M55 Ray Eiland, Eagan             | 29.68 (91) |
| M60 Fred Biederman, Deephaven     | 29.84 (96) |
| M60 Don Amery, (IL)               | 31.13 (98) |
| M65 Bob Warwick, Sr. (OK)         | 37.61 (89) |
| M65 Ray Skotte, Mpls.             | 41.04 (89) |
| M70 Bob Warwick, Sr. (OK)         | 37.78 (91) |
| M75 Emil Balz, Circle Pines       | 39.16 (97) |

#### W40 Jan Brankin, (WI)

|                             |            |
|-----------------------------|------------|
| W50 Sr. Rachel, Twin Cities | 36.28 (97) |
| W55 Sr. Rachel, Twin Cities | 34.40 (91) |
| W60 Sr. Rachel, Twin Cities | 35.97 (91) |
| W60 Janet Amery, (IL)       | 39.56 (95) |
| W60 Janet Amery, (IL)       | 56.72 (98) |

#### 800m

|                                    |              |
|------------------------------------|--------------|
| M30 Brian Bohne, Fridley           | 2:23.02 (89) |
| M35 Jon Wieruma, St. Paul          | 2:21.26 (96) |
| M40 Michael Seaman, St. Louis Park | 2:19.00 (93) |
| M45 John Nashund, Bloomington      | 2:18.69 (97) |
| M50 Larry Morrisette, Maple Grove  | 2:35.16 (96) |
| M55 Shawn Reagan, Mpls.            | 2:19.53 (96) |
| M55 Rick Klyeman, Plymouth         | 2:24.41 (98) |
| M60 Dick Collins, (WI)             | 3:18.75 (97) |
| M70 Lloyd Young, Pine City         | 2:49.26 (94) |
| M75 Emil Balz, Circle Pines        | 3:19.97 (97) |
| W40 Kathy Marino, Apple Valley     | 2:57.65 (91) |
| W40 Jan Brankin, (WI)              | 3:14.32 (97) |

#### One Mile

|                                    |              |
|------------------------------------|--------------|
| MOPEN Matt Vahling                 | 5:59.81 (97) |
| M30 Brian Bohne, Fridley           | 6:06.81 (89) |
| M35 Larry Donough, St. Paul        | 5:21.02 (94) |
| M35 Leon Rodriguez, (So. Africa)   | 7:02.90 (96) |
| M40 Michael Seaman, St. Louis Park | 4:57.91 (93) |
| M45 Richard Jones, Burnsville      | 5:25.31 (89) |
| M50 Patrick O'Regan                | 6:15.53 (98) |
| M60 Lloyd Young, Pine City         | 5:50.70 (89) |
| M60 Bill Jankovich, (WI)           | 7:19.81 (94) |
| M65 Jerard Hargis, (ND)            | 9:13.25 (97) |
| M70 John Burton, Wayzata           | 7:12.12 (93) |
| W35 Julie Kelley, (NM)             | 7:11.03 (94) |
| W40 Marcy Gilles, Eden Prairie     | 5:49.56 (94) |

#### 400m Walk

|                                   |              |
|-----------------------------------|--------------|
| M35 Doug Weimerskirch, Plymouth   | 2:23.10 (97) |
| M45 Grant Peterson, St. Louis Pk  | 2:53.22 (98) |
| M45 Mike Sharratt, Shoreview      | 2:53.22 (98) |
| M55 George LaBelle, Zimmerman     | 2:08.84 (96) |
| M60 Don Silbigiroth, (IL)         | 2:06.89 (94) |
| M65 Jerard Hargis, (ND)           | 2:21.44 (97) |
| M75 Ben Bjergo, Mpls.             | 4:25.53 (97) |
| WOPEN Assumpta Bennaars, (Africa) | 2:37.50 (95) |
| W40 Deb Vestal, Mpls.             | 2:58.78 (93) |
| W45 Kathy Raymond, Mpls.          | 4:28.75 (96) |
| W55 Lois Biederman, Deephaven     | 4:28.75 (96) |
| W75 Helen Johnson, Shoreview      | 3:22.19 (98) |

#### 400m

|                                    |              |
|------------------------------------|--------------|
| MOPEN Stan McClure, Golden Valley  | 52.45 (91)   |
| M30 Brian Bohne, Fridley           | 58.64 (89)   |
| M35 Brian Bohne, Fridley           | 57.78 (91)   |
| M35 Ted Bielefeld, (IA)            | 1:02.74 (93) |
| M40 Randy Benson, Woodbury         | 56.09 (95)   |
| M40 Jim Dolezel, (OK)              | 1:04.15 (93) |
| M45 Steve Galligan, Eagan          | 1:07.65 (93) |
| M45 George Rux, North Oaks         | 1:07.65 (95) |
| M50 Larry Morrisette, Maple Grove  | 1:07.31 (96) |
| M55 Wayne Bennett, (TX)            | 1:09.63 (94) |
| M55 Ray Eiland, Eagan              | 1:21.72 (91) |
| M60 Bill Jankovich, (WI)           | 1:21.45 (94) |
| M60 Larry Brant, Golden Valley     | 1:37.78 (96) |
| M65 Bob Warwick, Sr. (OK)          | 1:24.80 (89) |
| M70 Bob Warwick, Sr. (OK)          | 1:27.03 (91) |
| W30 Cathy Corecki, Brooklyn Center | 1:10.00 (93) |
| W40 Jan Brankin, (WI)              | 1:21.00 (97) |
| W50 Sr. Rachel, Twin Cities (WI)   | 1:20.21 (89) |
| W55 Sr. Rachel, Twin Cities        | 1:38.01 (93) |
| W60 Sr. Rachel, Twin Cities        | 1:45.09 (96) |

#### 4X100 Relay

|                              |           |
|------------------------------|-----------|
| Michael Sharratt, John Ewing | 48.3 (91) |
| Randy Clevon, Lloyd Cordner  |           |

#### 4X30 Mixed Relay

|  |              |
|--|--------------|
| G Peterson, Sharratt, Raymond, K Raymond | 30.75 (98)   |
| "Family" Family, Jua Rjay                |              |
| JAINER- Bill, Janna, Jerry Jena          | 1:11.13 (94) |
| Thurwe Everson                           |              |

February's Memo:  
Abe Lincoln's Creed  
LORD GOD: HELP US  
THROUGH Y2K. Amen  
THINK  
A.D. 1999 SUMMER  
AUGUST 1

#### Shot Put 16# 5k 4k 3k

|                                     |              |
|-------------------------------------|--------------|
| M30 Doug Weimerskirch, Plymouth     | 34-3 (96)    |
| M35 Doug Weimerskirch, Plymouth     | 34-11 (97)   |
| M40 Jerry Senter, (IA)              | 44-8 (93)    |
| M40 Timothy Fuchser, Mpls.          | 30-0 (95)    |
| M45 Jerry Senter, (IA)              | 40-4 (97)    |
| M45 Dan LaBelle, Harris             | 34-11 (95)   |
| M50 George LaBelle, Zimmerman       | 36-5 (91)    |
| M55 Larry Marsh, (AZ)               | 37-2 (89)    |
| M55 George LaBelle, Zimmerman       | 36-4 (96)    |
| M60 Emmett Edwards, St. Paul        | 34-8 (91)    |
| M60 Don Amery, (IL)                 | 35-61/2 (98) |
| M65 Emmett Edwards, St. Paul        | 36-0 (94)    |
| M65 Bob Warwick, Sr. (OK)           | 27-0 (94)    |
| M70 Mel Buschman, (MI)              | 32-8 (91)    |
| M75 Ray Skotte, St. Anthony         | 24-0 (98)    |
| WOPEN Vickie McLaughlin, (WI)       | 27-10 (98)   |
| W50 Sr. Rachel, Twin Cities         | 25-4 (88)    |
| W55 Sr. Rachel, Twin Cities         | 22-7 (93)    |
| W55 Audrey Kempf, (SD)              | 22-7 (93)    |
| W60 Barb Thorgrimson, Golden Valley | 24-9 (95)    |
| W60 Janet Amery, (IL)               | 14-10 (98)   |
| W65 Barb Thorgrimson, Golden Valley | 24-0 (98)    |
| W75 Helen Johnson, Shoreview        | 13-21/2 (98) |

#### Weight Toss 35# 25# 20#

|                                      |            |
|--------------------------------------|------------|
| M30 Doug Weimerskirch, Plymouth      | 27-6 (96)  |
| M35 Doug Weimerskirch, Plymouth      | 34-11 (97) |
| M40 Kevin McLaughlin, (WI)           | 29-5 (95)  |
| M45 Tim Edwards, (CO)                | 38-4 (97)  |
| M45 Dan LaBelle, Harris              | 23-4 (95)  |
| M50 George LaBelle, Zimmerman        | 27-11 (91) |
| M55 Don Amery, (IL)                  | 26-3 (94)  |
| M55 George LaBelle, Zimmerman        | 29-9 (96)  |
| M60 Don Amery, (WI)                  | 34-0 (98)  |
| M60 Emmett Edwards, St. Paul         | 26-11 (91) |
| M65 Emmett Edwards, St. Paul         | 30-7 (96)  |
| M70 Mel Buschman, (MI)               | 21-0 (91)  |
| M75 Ben Bjergo, Mpls. 16#            | 12-3 (95)  |
| WOPEN Vickie McLaughlin, (WI)        | 22-11 (97) |
| WOPEN Assumpta Bennaars, (Africa)    | 12-4 (93)  |
| W50 Mavis Viturns, Mpls. 16#         | 12-1 (94)  |
| W55 Audrey Kempf, (SD) 16#           | 21-1 (95)  |
| W60 Janet Amery, (WI) 16#            | 11-7 (98)  |
| W65 Barb Thorgrimson, Golden Vly 16# | 18-4 (98)  |
| W75 Helen Johnson, Shoreview 16#     | 9-9 (98)   |

Always Verily Amateur-Verily "R"ECREational & Verily Verily NONprofit. See Mid America Schedule-February 7  
AT YOUR OWN RISK. THINK you may Hurt YOURSELF at The 21CUSAG-GOD forbid-Do Not Come. Otherwise, Be Here. Sign in Waiver  
Choose from current inside record event(s) above. By June 20, Fee-\$8 one event \$15 unlimited(including family relay) \$75 Event Day.  
Cancellations are no problem. Mail Ck, Birthdate/age on 3/5/99 to: 21c.USAG/Rachel Lyga, 122 NE 63 1/2Way, Mpls. MN 545432

"I love the fulfillment of the law..." All faiths, or none, are Welcome here. "Blessed are the Peacemakers..."





# Masters Racewalking

by ELAINE WARD

## Don DeNoon

(Last month, we featured Sandy DeNoon. This month we're happy to feature Don DeNoon, Sandy's husband, whose 1998 achievements include: National Masters Indoor 3K (M50, 2nd), 13:21:86; National Masters Outdoor 5K (M55, 1st), 23:29:51 and 20K (2nd), 1:44:52.)

EW: You and Jim Carmines had some great races in 1998, starting with the Masters National Indoors.

DD: My training and racing were spotty all year. I worked 80 to 100 hours a week from January 1st to the end of May. I didn't have much time to train, maybe getting in 20 miles a week. In spite of this, the National Indoors was a good race. I led Jim Carmines up until the last lap and a half. Then he went by me and won by about two seconds. At the National Outdoors, we traded firsts. I won the 5K, he won the 20K.

EW: How do you like racing indoors versus outdoors?

DD: I don't care. Some people complain about the sharp curves, the banking, and the heat indoors. When they go outside, they complain about the weather, the uneven road surface, the hills, or whatever. Just let me tie my shoes, put me on the starting line and I'll go.

EW: Do you still go out fast to take the lead?

DD: I still can't admit that I am getting old. I have always been a believer

that you just have to go out tough and if someone else is tough enough to handle the pace, then they will beat you. I get fired up by being in the front and being chased. If someone is chasing me and chasing me hard, I can generally race better. It is my best racing strategy. I tend to have a much more difficult time catching somebody who has a lead on me.

This year I raced Scott Crafton, a 19-year-old, five or six times in Indianapolis. Scott and I are pretty equal. If it is a five-mile race, he might beat me by 10 seconds; if it is a 5K, he might beat me by 5 seconds. We just battle it out.

He has hung on me for a lot of races and then made a real drive at the last kilometer. Sometimes he will pull away from me; sometimes he does the yoyo thing - pick the pace up, let me come back, and pick it up again. Sometimes I will try to break away from him, then he will come back on me. It's been a fun battle with him. I think he is learning a lot about racing by having me around him.

EW: It sounds as though he is find-



JERRY WOJCIK

Lyn Brubaker, 41, Masters Outstanding Female Racewalker of the Year.

ing out what kind of an athlete he is.

DD: He has definitely improved dramatically in the last month or so because his times have been tumbling down. We did a 5K a few weeks ago. I walked 23:20 and he broke into the 22s - maybe 22:50. Jill Zenner was there, and all I could do was watch Jill's and Scott's butts.

I just really haven't been able to break away from Scott to make him pay the price. He has been able to hang right there with me. In Maine, I went out and did 7:03 for the first mile; and there wasn't anyone in sight. I picked up a couple of DQs along the way, so in the last 1K, I strolled in as I didn't want to take any chances.

If I get DQs, I just lower my center of gravity a bit. I think the judges stop looking at me once I do that. My leg

lock is very good and my contact is generally very good at high speeds.

EW: Will you be able to get more training in now that you have a coaching assistant?

DD: I take it day to day. I don't know what is going to happen. Sometimes, I just feel totally burned out. Sometimes the only reason I go to a race is because my wife Sandy is going strong. I'll tag along to support her, and, by the way, race. There have been many occasions when Sandy has driven up to the Indianapolis races by herself.

Then on other days, I start thinking about the Olympic Trials. There was a little picnic after the race in Kingsport. Curt Clausen and I got talking. I told him that if I could keep away from little injuries, I really think I could get myself in shape to walk under 1:30 in the 20K. I thought I could do it the year I pulled a hamstring up in Oregon. I was on my way then to walk under 1:30 in that race as I went by the 10K mark in under 45:00. A thousand meters later, I was on the ground.

EW: In spite of last year's stress, you must feel pretty strong to be thinking about doing a 20K in under 1:30. Are you still taking GO?

DD: I swear by it just as much as I did several years ago. Sandy takes GO. Cheryl Rellinger takes it. Jim Carmines takes it. Jim is probably more sold on it than anyone. The company has been bought out two or three times. You can buy GO directly now from Systems Go International out of Atlanta. They are now distributing it directly to universities and hospitals all over the country by the trainload. They have hired a big P.R. firm to start marketing on T.V.

They really have a better product than Ensure and those other drinks. GO has a lot better formula and a good taste. A banana and a GO for breakfast, and I am off. Some of my athletes are taking it as well. The toll free order number is 1-888-383-3603. You get 27 cartons for \$20. It's 75 cents a carton versus \$1.25 for Ensure. □

## USATF NATIONAL MASTERS RACEWALKING CHAMPIONSHIPS IN 1999

|              |                       |                    |
|--------------|-----------------------|--------------------|
| March 27     | 3000 (Indoor)         | Boston, MA         |
| May 23       | 15K                   | Elk Grove, IL      |
| August 27    | 5000 (Track)          | Orlando, FL        |
| August 29    | Men's 20K/Women's 10K | Orlando, FL        |
| September 19 | 40K                   | Ft. Monmouth, NJ   |
| September 25 | 5K                    | Kingsport, TN      |
| October 3    | One Hour              | Worcester, MA      |
| November 13  | Men's 10K             | Ft. Lauderdale, FL |

## OUTSTANDING RACEWALKERS - 1998 Selected by the Masters T&F Committee of USATF

| Age   | Men               | State | Age   | Women              | State |
|-------|-------------------|-------|-------|--------------------|-------|
| 35-39 | Keith Luoma       | GA    | 35-39 | Victoria Herazo    | NV    |
| 40-44 | Jonathan Matthews | MT    | 40-44 | Lyn Brubaker       | PA    |
| 45-49 | Brian Savilonis   | MA    | 45-49 | Tish Roberts       | IN    |
| 50-54 | Jim Carmines      | PA    | 50-54 | Jackie Reitz       | IN    |
| 55-59 | Don DeNoon        | IL    | 55-59 | JoAnn Nedelco      | CA    |
| 60-64 | Dave Romansky     | NJ    | 60-64 | Sami Bailey        | IN    |
| 65-69 | Max Green         | MI    | 65-69 | Shirley Dockstader | CA    |
| 70-74 | Bob Mimm          | NJ    | 70-74 | Miriam Gordon      | FL    |
| 75-79 | Tim Dyas          | NJ    | 75-79 | Jane Dana          | CA    |
| 80-84 | Bill Tallmadge    | KY    | 85-89 | Dorothy Robarts    | CA    |

## OUTSTANDING MASTERS MALE & FEMALE RACEWALKERS

Selected by the USATF Masters Track and Field Committee

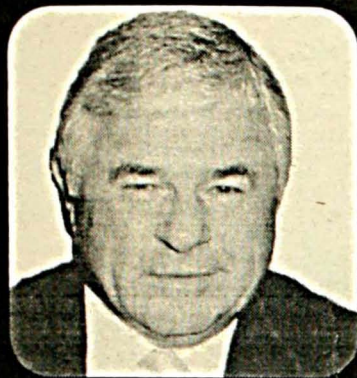
| Men                    | Women               |
|------------------------|---------------------|
| 1978 John Allen        |                     |
| 1979 Ron Laird         | Lori Maynard        |
| 1980 None              |                     |
| 1981 Gordon Wallace    | Lori Maynard        |
| 1982 Bob Mimm          | Bonnie Dillon       |
| 1983 John Knifton      | Beverly LaVeck      |
| 1984 Larry Walker      | Jeanne Bocci        |
| 1985 Bob Mimm          | Ruth Leff           |
| 1986 Giulio de Petra   | Beverly LaVeck      |
| 1987 Max Green         | Ruth Eberle         |
| 1988 Bob Mimm          | Marie Henry         |
| 1989 Larry Walker      | JoAnn Nedelco       |
| 1990 Eugene Kitts      | Viisha Sedlak       |
| 1991 Max Green         | Viisha Sedlak       |
| 1992 Ray Funkhouser    | Elton Richardson    |
| 1993 Don DeNoon        | Sally Richards-Kerr |
| 1994 Don DeNoon        | Elton Richardson    |
| 1995 Max Green         | Elton Richardson    |
| 1996 Jonathan Matthews | Bev LaVeck          |
| 1997 Dave Romansky     | Jane Dana           |
| 1998 Dave Romansky     | Lyn Brubaker        |



JERRY WOJCIK

Kim Miller, second W35 (30:39.44), and Charles Monismith, second M50 (32:01.53) in the 5000 racewalk, Hayward Classic Masters Meet, Eugene, Ore.





## Track and Field Report

by KEN WEINBEL,  
Chairman, Masters T&F

### Productivity Prevails in Orlando

I am pleased to report that the 1998 USATF Annual Meeting was productive for USATF and Masters Track and Field. We accomplished much, had the usual battles, but, in the end, enjoyed harmonious productivity. Here is a brief synopsis:

#### Restructuring

The USATF restructuring program's new format was approved and will go into operation in the year 2000. Masters and Youth committees' diligent persistence and lobbying resulted in an acceptable format that guarantees our direct representation on the national governing body.

#### Rules

The hard work of Louise Tricard and proponents for elimination of the No False Start rule paid dividends. The committee voted to support their proposal for the elimination of this controversial rule.

#### Partnering

The committee agreed to pursue the concept of partnering with the National Senior Games Association. As a first step, we have awarded the 2001 Outdoor Championships to Baton Rouge, La. Our championship will be conducted in its entirety under our rules and format, as a part of the NSGA 2001 Senior Games, giving our members an opportunity to participate in the Senior Olympic festival and celebration of athletes.

There is much to do as we move toward a working partnership with NSGA, but we took the first step. I want to commend the masters committee for setting aside natural personal agendas and supporting the partnership concept for the future betterment of masters track and field. I will keep you informed

as we move forward with dialogue and negotiations.

#### Election

I want to thank the committee for the confidence and support afforded all the officers who were re-elected. We welcome Gary Miller as the new Vice Chair.

Serving masters track and field in any capacity is not an easy job. It is very demanding and, at times, not appreciated. Our rewards come from knowing that we are doing a necessary job to the best of our abilities.

#### Committees

I am in the process of establishing some new committees to better serve our program and will announce them accordingly. It is my intent to involve more people in the operation of the masters program as we move toward the new millennium.

#### Me - We Mentality

Masters track and field's future is ours to mold. We have the opportunity to do great things for our program. To do so, we need to foster a WE mentality and avoid having our vision clouded by a ME mentality. Too often the temptation to evaluate things according to how they affect ME becomes paramount, when it might be much better to evaluate according to how it affects the group.

In the coming years, let us all strive to adopt the WE philosophy. I can guarantee you will personally feel better for it and our organization will prosper from newly found cooperation. □

### Martin, Putnam Win in Jingle Bell 5K

by RON MARINUCCI

An uncharacteristically warm morning greeted 1325 runners at the 11th annual Jingle Bell 5K Run For Arthritis, Birmingham, Mich., Dec. 6. Thanks to La Nina, runners in shorts and T-shirts (December? Michigan?) enjoyed 60 degree temperatures and high humidity. Race director Molly Conway credited the warm weekend for nearly 425 race day entries.

The race featured a downtown Birmingham start, a long downhill stretch in the first half-mile, and a two-mile loop, which took runners through quaint residential neighborhoods of the posh Detroit suburb.

Jeff Martin, 40, was masters first in 16:18, good for second overall. Chuck Block, 41, was second with an

eighth-place 16:40. James Carlton, 55, broke the six-minute pace with an 18:18 (A-G 15:41). Jim Ramsey, 91 of Detroit, the USATF Masters LDR M90-94 Runner of the Year for 1998, finished in 46:56.

Vickie Putnam, 50, nabbed the W40+ crown with a women's eighth-place 20:22 (A-G 18:05). Second and third masters women were Janet Jacobs-Walt, W40, 20:40 and Susan Szczesny, W45, 20:51. Ellen Nitz, 58, eighth-place Indy Life Circuit age-graded finisher in 1998 won her division with a 22:11.

Many runners were dressed for the holidays. Festive hats and reindeer antlers were mingled amid Santas, elves, and toy soldiers. The costume contest was won by a pair of "Candy Canes." □

### Indianapolis Life Insurance Sponsors Circuit for Third Year

by CHARLES DESJARDINS, *Indy Life Circuit Coordinator*

The Indianapolis Life Insurance Company will sponsor a nationwide masters road circuit for the third year. The highly successful Indy Life Circuit (ILC) will start in February and oversight will be provided by the Masters LDR Committee of USATF. The scoring rules will be included in the February issue of NMN. The early events of the circuit are included in the Schedule. □

## 30th Annual LONGEST DAY

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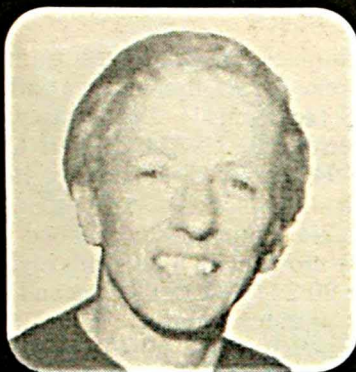
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EASTER SEAL SOCIETY.



JERRY WOJCIK

Karen Warrnelling, winner in the W35 100H (17.34), 1998 National Masters Championships.





## On The Run

by HAL HIGDON

### Masters Visit the Caribbean

**W**hite, sandy beaches. Warm, ocean water. Palm trees swaying in the tropical breezes. Steel-drum music reverberating in the background. And a track meet. The 1998 North and Central American and Caribbean WAVA (NCCWAVA) Regional Championships were conducted on the island of Barbados in the West Indies on Nov. 19-22.

The meet was held at the Barbados National Stadium that contained an eight-lane track wedged between a soccer field and a velodrome (bicycle) track. The running surface was hard and patched and wavy, causing some runners to trip. Technical problems plagued some events. (One winner in the steeplechase was sent an extra lap.)

A rain delay on Sunday caused the meet's final races to run an hour late. The buses ran like, well, like they do at too many WAVA events: sporadically. The hosts ran out of rum punch at the concluding ocean-front barbecue. Because the NCCWAVA Meet was so far off the beaten track, and with the meet also coming at a time far from the end of the regular season, competition was spotty in many events.

#### A Pleasant Stay

Despite all that, those masters who chose to participate in Barbados seemed to take everything in stride, not wanting to spoil a pleasant holiday in the islands. The hosts were friendly, as were the people of Barbados. "I heard very few complaints," remarked outgoing NCCWAVA President Rex Harvey afterwards. "Everybody came to Barbados to have a good time, and they weren't going to allow a few technical glitches to spoil that time."

Barbados gets its name from the leaves of the banyan tree, a species more common when Portuguese explorer Pedro a Campos first visited

in 1536. Noting the resemblance of the drooping fig leaves to whiskers, Campos called the smallish (14 by 21 miles) island "Los Barbados." Arawak Indians were present on the Island when the Portuguese visited, but in 1625 when Great Britain occupied the island, it was vacant, the Indians having died or vanished.

The Brits dropped "Los" from the island's name and brought slaves to work in the sugar plantations. Sugar and tourism are the island nation's main source of income today. Most of today's "Bajans" (as they call themselves) are descendants of those slaves who obtained their freedom in the early 19th century, just before the American Civil War. Barbados obtained its independence in 1966, while remaining part of the British Commonwealth of Nations.

#### Local Winners

Bajans won both masters divisions of the 8K cross-country race that opened the four-day meet on Thurs., Nov. 19. Although submaster Freddie Concepcion from Puerto Rico was the first finisher over the rough-surfaced course in 31:56, Jeff Burrows of Barbados (32:52) won the M40 division and Christine Coy, W45, of Barbados (42:05), was first woman across the line.

Bajan Leslie Estwick jumped 6.06 in the long jump to erase a W35 NCCWAVA record held by Phil Raschker.

On the final Sunday, Bajan runners dominated the running of the relays. The local 4x400 team featured on its anchor Olympian Seibert Straughn, who had not competed in half-a-dozen years. "Bringing the NCCWAVA Meet to the Caribbean kindled a lot of local interest," said Harvey. "I'm sure we'll be seeing more runners from Barbados and other parts of the Caribbean at our meets in the future."

If so, they will have to travel long distances. Barbados is the most southeast and most distant island in the Caribbean, not far from the coast of Venezuela with only Africa to its east. At the NCCWAVA Executive Council meeting held during the track meet, officers confirmed Kamloops, British Columbia, as site for the NCCWAVA



John Brennand, 62, being awarded the Ray Williams Memorial Trophy for the best time (19:28.86) for M60+ in the 5000, by Vito Gioiello, Vice-President of Northern Trust Bank of California's Santa Barbara branch, assisted by his daughter Bridget, at the 1998 Club West Meet.

Championships in the year 2000, so the competition moves from one corner of the NCCWAVA zone to the other. The meet will be held in August either the weekend before or the weekend after the USATF Masters Championships in Eugene, Oregon. In 2002, the Championships will be held during June in Leon, a city in Mexico's state of Guanajuato.

#### New Officers

With Rex Harvey retiring as NCCWAVA President, Canadian Brian Oxley won election to that job, beating Mexico's Hector Chavez in a 14-to-8 vote. Chavez, in turn, defeated incumbent vice-president Don Farquharson, who looks back on three decades of service to masters athletics.

Farquharson was among the small group of over-40 runners from Canada, who began competing among each other at the end of the 1960s even before the term "masters" was coined. Farquharson recalls: "We began traveling to some of the meets just beginning to get started down in the United States, including those in San Diego begun by David Pain."

Farquharson was with the Canadian team that traveled to London in 1972 to compete with Americans, Australians, New Zealanders, athletes from the United Kingdom, and a handful of Europeans in the first major international masters meet at Crystal Palace. He was present at the legendary "Pub Meeting" several days before the track meet where Pain and representatives from the countries competing laid the groundwork for the first masters championships, held three years later in Toronto, Canada. Farquharson helped organize that track meet and became WAVA's first president, serving in that job for ten years. Though losing his position as an officer in the Association, Farquharson

plans to continue as a competitor. In Barbados, he competed in the M75 cross-country and 1500.

Other NCCWAVA officers elected in Barbados include: Ralph Romain, Trinidad/Tobago, secretary; Jack Castle, Canada, treasurer; Sandy Pashkin, USA, stadia chair; Brian Keaveney, Canada, non-stadia chair; Rex Harvey, USA, multi-event chair; Bob Fine, USA, racewalking chair; and Monica Tang-Wing, Trinidad/Tobago, women's chair. Ironically, Fine was disqualified from the 5000 racewalk on the track, but joked that he plans "no recriminations."

#### Errant Bovine

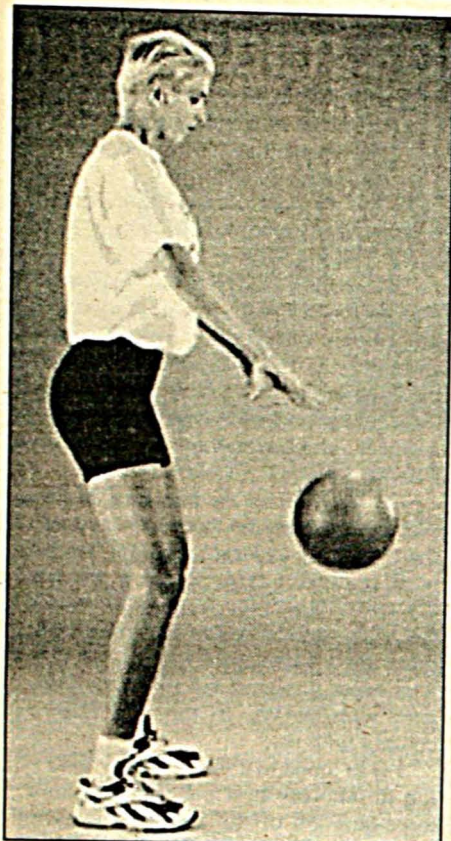
Best story about racewalk judging, however, belongs to Jo Presser, a W70 competitor from Michigan City, Ind. Competing in the 10,000 racewalk on the roads, Presser was temporarily distracted and broke stride when a racewalking judge shooed a cow that had wandered onto the road out of her path. "As soon as the cow was out of the way, the judge turned and gave me a red-card warning," said Presser. Since that was the only warning she received, Presser continued and finished third. "I thought I might have done better traveling all the way to Barbados, but my two main age-group rivals also decided to attend the meet."

Those who failed to attend the NCCWAVA Championships in Barbados missed the rainbow that signaled both the end of the rain delay on Sunday and the end of a memorable meet. Those who did attend will have steel-drum music ringing in their ears as they prepare for the WAVA Championships this summer in Gateshead, England. Or if you're looking for an excuse to visit the Caribbean next fall, a Tropical Masters International Meet is scheduled for Oct. 29-30, 1999, in Curacao. □

### FIFTEEN YEARS AGO January, 1984

- Jack Greenwood, 57, and Polly Clarke, 73, Named Top T&F Masters Athletes of the Year
- John Knifton, Bev LaVeck Named Top Masters Racewalkers of 1983
- At Age 54, Sister Marion Irvine Makes Olympic Trials By Running 2:51:01 Marathon





**OOOF-BALL** is one of the most popular offerings in the 1998 Perform Better catalog. Basketball size, it bounces better than any other medicine ball. For both athletic conditioning and physical therapy it is ideal for working alone, either bouncing or throwing against a wall. It has a good, comfortable feel of solid polyurethane construction, in 4 weights, 3 lbs. to 9 lbs. from \$56.95. For more information, a free copy of the 1998 Perform Better catalog, or to place an order, call Toll-Free 1-800-556-7464, Fax 1-800-682-6950 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090.

## NMN Expands Web Site

National Masters News has expanded our web page and now has a private domain. We now include a home page, both the WAVA and USATF officers, All American Standards charts and applications, a review of back issues, the Publications Order Form, an application for a subscription, coaches list, and links to other sites of interest. People can sign on from the world wide web. The page may be viewed by entering the address: <http://www.national-mastersnews.com>

## 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, results, schedule items, and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

# PUBLICATIONS ORDER FORM

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### Masters Age Records (1998 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

### Masters Track & Field Rankings (1997)

Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings. 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.

### Masters Track & Field Indoor Rankings (1998)

Same as above, except indoor rankings for 1998. 4 pages. \$1.50.

### Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

### 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 and racewalking events, age 35 and up, as of March 1, 1998; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of January 5, 1998 (world) and December 5, 1997 (USA). 4 pages. \$1.00.

### Competition Rules for Athletics (1998 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

### USATF Directory (1998/99)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

### USATF Governance Handbook (1998)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

### IAAF Scoring Tables

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

### IAAF Handbook

1996/1997 rules and regulations handbook. \$15.00.

### International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

### Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

### USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

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Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.

### Guide to Prize Money Races and Elite Athletes 1998

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.

### Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

### Back Issues of National Masters News

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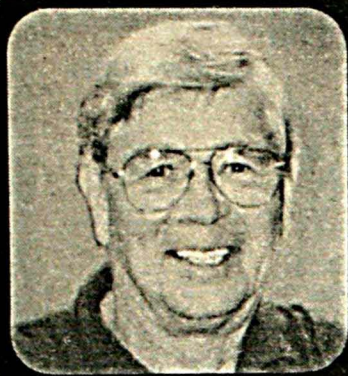
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## The Weight Room

by JERRY WOJCIK

### Orlando, Or Are We Landing Yet?

**C**ongratulations to the throwers whose performances were recognized with awards by the Masters Committee at the annual USATF meeting in Orlando. Larry Stuart (Please, Larry, stop with the four-page letters already) especially deserves more press for the selection of his 213+ heave with the javelin, which age-grades at a phenomenal 107+%, as the Outstanding Performance by an M40+ for 1998. Larry has been around since the discovery of electricity, setting records with enviable marks. Recently, he has been sharing his experience and know-how through free clinics in Southern California.

If he was in the field when I was throwing the javelin in California, I usually looked forward to a brouhaha precipitated by him, but I thought it was pure fun. At the WAVA-Buffalo championships he was competing against the legendary Janis Lusis in the M55 group and purposely stepped over the toe board to foul what I thought was a very good throw in the trials. After he defeated Lusis with a 93.8% 188-2, I said to Stuart, "That wasn't too smart." He replied with "What do you expect? I graduated from USC."

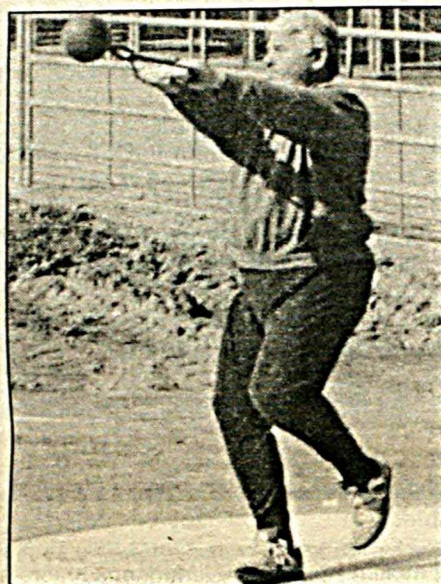
#### Throwers Catch Awards

I won't list all of the men and women throwers who were selected age-group Athletes of the Year, but the numbers were significant. Two throwers and I were included in the seven or eight members of the Awards Sub-Committee. One thrower left very early to attend another meeting; therefore, we can't be accused of bloc voting or nepotism. So, no anonymous phone calls or letter bombs. Actually, the awards are made largely on the basis of age-graded performances at USATF national, regional and association meets, with other factors (records, head-to-head competition, etc.) when several athletes were under consideration.

Of the 14 field event awards presented to M30-34 through M95-99, 11 went to throwers. Of the 11 field awards presented to W30-34 through W80-84, six went to athletes who are primarily throwers, while some of the others are part-time throwers, and one - Becky Sisley, W55 - has records in the javelin.

Is there an intrinsic imbalance in age-grading field events? Perhaps. Why? I don't really know, but I suspect that the age-grading tables, as good as they are, do not reflect the differences between jumping and running as athletes age. The concept of age-grading is relatively new, and the data on which age-grading is based may have a bias that we can perhaps speculate on, but for which there may be no scientific justification.

As a proposition: Do throwers retain the essentials for good performance longer or better than jumpers as both groups advance in age? Does anybody know of a comparative study? On the other hand, maybe throwers are just



SUZY HESS

Ken Weinbel, pictured here at the 1998 Reno Indoor Meet, was re-elected as Chairman, Masters T&F Committee in Orlando.

plain-old better athletes.

#### Rules, Regs, and Dregs

Some rules and regulations affecting masters throwers were changed. Time and space do not allow me to treat them adequately here. However, I have to mention that the unattractive four-throws per event in the weight pentathlon in the U.S. (versus the three throws per event for the rest of the world) was junked. Then, later, a motion was passed that calls for our WAVA delegates at Gateshead to introduce the four throws as a possible change to the WAVA rule. It seems that athletes from Australia, New Zealand, and other countries have indicated an interest in legalizing another attempt per event in the WP. Stay tuned. Granted, this is not as exciting as the presidential impeachment hearings, but it may be just as unfathomable.

The Orlando weather was a balmy 84 degrees when I left on Saturday. After connecting in Cincinnati for Portland, we had to stop to refuel in Boise, where the wings underwent de-icing. We left Orlando at 12 noon and walked in the door in Eugene at 11:00 p.m. Who was it that said "Travel is broadening"? I'd like to stick him in a rickety 727 for a couple of days. Los Angeles in 1999 doesn't sound that bad now. □

## Track and Field Rule Changes

by GRAEME SHIRLEY, *Masters T&F Rules Chairman*

The headline in the September issue of *National Masters News* described the 1998 Masters National Outdoor Track and Field Championships as "The Best Ever." It should come as no surprise then that Masters Track and Field had a record number of proposed amendments, 27, to the Rules of Competition.

The following describes the two-thirds of the items which passed.

1) The term "sub-masters" no longer appears in the Rules. The divisions formerly described by that term will henceforth be known simply as the 30-34 and 35-39 age groups. They are not masters divisions, but we do conduct their championships.

2) The general rule concerning the 2000m steeplechase was modified to continue to allow, but not mandate, a 10 ft. long (versus 12ft.) water jump with the lower barriers.

3) A series of changes took the old all-around weight competition rule and recast it for the weight pentathlon. The order of the first two events was reversed (hammer, shot, discus, javelin, weight), weight descriptions were removed (making the rule general to men, women, seniors and masters), and the prohibition against advertisement as a championship event was lifted. This stigma was inappropriate since, obviously, if the governing body has not awarded a championship, no event may use that designation.

4) Finally, and most controversially, the former exception which allowed four throws for masters in each event was lifted to achieve WAVA compliance. (A later motion encourages WAVA to go to a four-throw competition, with which the U.S. would quickly comply.)

WAVA compliance was reached by modifying some implement dimensions.

5) The maximum diameter of the shaft of the 400g javelin is now 23 mm (versus 22 mm).

6) Of more significance to throwers was the reduction of the maximum diameter of the 1.5 kg discus from 211 mm to 202 mm. The practical effect is that it is no longer legal to modify a 1.6 kg discus to meet the 1.5 kg discus specifications.

7) Current practice was codified to continue to mandate prizes for the top three U.S. citizens at championships, but to now also recommend ribbons or equivalent for places 4-6 at nationals and regionals. In

nationals, duplicate awards will be provided to non-U.S. citizens who place 1-6.

8) The pentathlon is now optional for regional indoor meets.

9) At association indoor championships, the 1500m racewalk may be substituted for the 3000m.

10) Down with hypocrisy, WAVA-style: "In combined events, it is not required that the athletes attempt each event in order to continue in the competition and to be included in the final placing and scoring."

11) The final event for women in the national indoor heptathlon is 800m (versus 1000m).

12) The rule for the hurdles ("In hurdle races, at each hurdle, both feet must be off the ground for at least an instant in continuous motion.") is gone. That eliminates the last of the four form rules (hurdles, steeplechase, pole vault, high jump) which mock the serious efforts that masters athletes exert. And yes, we are not in compliance with WAVA. In this case they can comply with us.

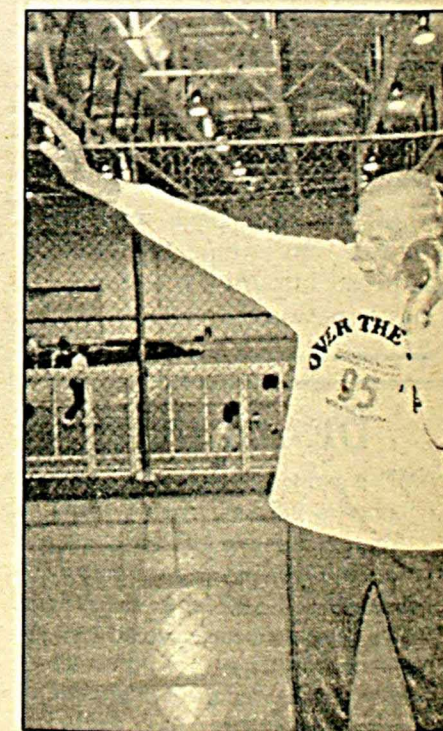
13) In a nod to a former editor who told me to take my best material and bury it three-quarters of the way down my column, I note here that the no-false-start rule is history. More details are probably to the left, right, above and below.

14) The maximum size for a throwing or horizontal jumping event is 12 (versus 15 in the general rule) before the first three rounds are conducted in flights. (As before, vertical jumping events use rotating flights until 12 or fewer remain.)

15) Addressing a problem from Orono, and complying with WAVA, "In the high jump and the pole vault masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the field judge."

16) A correction to a typo confirms the 20 lb. weight at 9.08 kg.

17) A new note clarifies that the 300m hurdles are placed on the same markings as the last seven flights of the 400m hurdles, not those of the eight flights of the high school event. (As to this last item, I have held up for years putting it in the book. Don't any competitors check the track before they run a race?) □



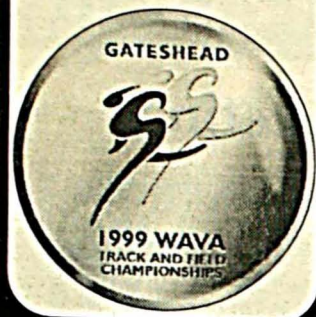
Everett Hosack of Ohio, 1998 M95 Masters Athlete of the Year in both track and field.

### TEN YEARS AGO January, 1989

- Gary Miller, 51, Stan Whitley, 41, and Philippa Raschker, 41, Named Top T&F Athletes of the Year.
- Bill Rodgers, 41, and Laurie Binder, 41, Chosen Outstanding Masters Long Distance Runners of 1988
- Bob Schlauf (41, 2:19:48) and Laurie Binder (41, 2:42:29) Win National Masters Marathon Titles in Sacramento



6 Months to Go



## Countdown to Gateshead

### Smooth Operations Expected for 13th Championships

**T**he legendary professionalism and efficiency of the British is already visible in the planning for the XIII WAVA World Veterans Athletics Championships this year in Gateshead, England.

In November, two national team managers from each of WAVA's six regions were flown to Gateshead for meetings. Charlie Hodgson, Hy-Tek's computer genius, was also present and will be an integral part of the Gateshead affair. This should ensure a smooth computer operation, in contrast to Durban (1997) when computer problems snarled the first four days of competition.

The event will be held from July 29 to August 8. The competition is open to any man age 40-or-over and any woman age 35-and-up. There are no other qualifying standards needed to participate.

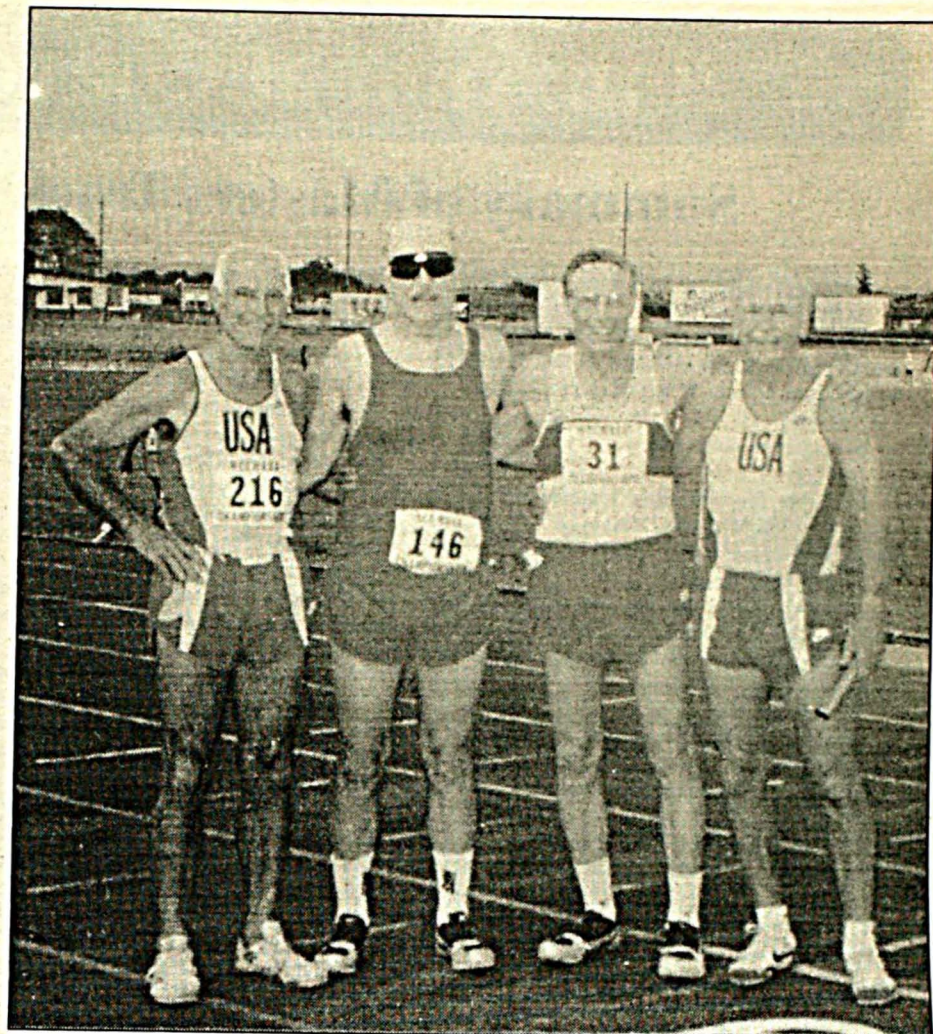
Gateshead's central location, with its excellent road, rail, sea and air links, puts it within easy reach of anywhere in the world. Gateshead is 448

km (280 miles) north of London (2:40 by train) and 160km (100 miles) south of Edinburgh (1:30 by train). The region's international airport is close by, and offers 82 weekly flights to London, only one hour's flying time away.

In Gateshead, a first-rate internal transport system will shuttle competitors and friends between hotels and all competition venues, at no charge.

The people of Gateshead will welcome athletes with a "Host a Vet" service, matching local residents with athletes for sightseeing, dining or other social functions.

Organizers plan for a record turnout of foreign athletes, with a total of more than 8000 participants expected. More details will be forthcoming in each issue of NMN leading up to the event. □



Members of the USA M70-74 4x100 relay team, which ran a 54.84 to erase the previous world record of 55.04 at the NCCWVA Championships in Barbados, Nov. 19-22, (l to r): Chuck Sochor, Bill Melville, Rodney Brown, and Bill Dafrano.

### Entry Deadline is April 19

Entry forms for the WAVA World Championships in Gateshead are available from the local organizing committee (see schedule section or ad on back page), from any of the U.S. masters travel agents, or from USA team manager, Sandy Pashkin, at 301 Cathedral Pkwy, #60, New York, NY 10026.

All USA Athletes must send their entry forms to Pashkin no later than April 19. She will process each entry, making sure the birthdate, citizenship and USATF membership are correct. USA athletes who send their entries directly to Gateshead will have their forms returned.

Despite numerous proofreadings, there is an error in the entry booklet. The women's walk is 10km, not 20km as stated on page 13. The correct distance is shown on the entry form. □

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## XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

July 29-August 8, 1999

Travel Together and Save!!!

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# 20th Annual Convention of USA Track and Field

## Summary of Masters Track and Field Committee Meetings

Ken Weinbel, Chair, Presiding  
**Active Athletes**

The committee elected all 19 people who agreed to vote in the meetings as "active athletes." Three at-large voters were also selected.

### Awards

See separate story (p.1).

### Budget

Treasurer Madeline Bost reported USATF allocated \$30,000 to the Committee for 1998, an increase of one-third over 1997's \$22,700.

### Chairman's Report

Weinbel outlined the potential in "partnering" with the National Senior Games Association and reviewed the progress made in two summits held in August and November.

### Championships

Three cities presented bids for the 2001 Outdoor Championships, with Baton Rouge, La. (27 votes) prevailing over Decatur, Ill (11) and Orono, Me. (7).

The vote for Baton Rouge was a vote to "partner" with the National Senior Games. Dave Hull and Phil Godfrey of the NSGA explained their biennial event will be held in Baton Rouge on July 14-28, 2001. Our champi-

onships would be held at the end of the Games, July 25-28.

The 2000 and 2001 indoor championships were both awarded to Boston. A motion to accept bids four years in the future was defeated. Scott Thornsley was named chair of the Championships Games Committee.

(See chart of national championship dates and sites below.)

### Elections

Biennial elections were held. Elected by acclamation were:

Chair: Ken Weinbel; Vice-Chair: Gary Miller; Secretary: Suzy Hess; and Treasurer: Madeline Bost.

WAVA delegates elected were Al Sheahen, Rex Harvey and Scott Thornsley. Alternates, in order, are Bob Fine, Joan Stratton, Barbara Kousky, Marilyn Mitchell, and Pete Mundle.

### Hall of Fame

See separate story (p. 3).

### Law and Legislation

See separate story (p. 19).

### Meet Manual

A committee, including Gary Miller, Courtland Gray and Graeme Shirley, will be formed to put together a meet manual.

### Officials

A proposal to pay key officials to travel to major meets was defeated.

### Prize Money

The committee will establish criteria for the possible distribution of prize money to outstanding athletes in national, regional and association championships.

### Rankings

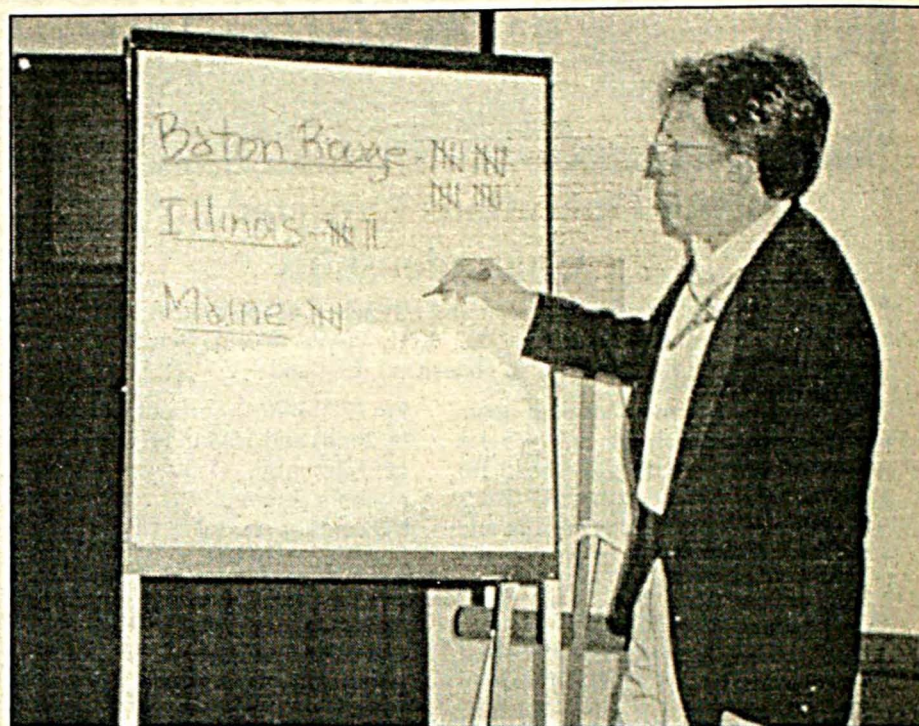
A major problem in producing the rankings book is the time required to convert feet and inches to meters. Jerry Wojcik will take over as indoor rankings coordinator. Jack Lance will continue to produce the outdoor rankings book.

### Records

Records submitted by Pete Mundle were approved. A motion passed to have records be accepted when they are within .14 seconds (for 400 meters) and .24 seconds (for 300 meters and down) of the current hand-timed records. The hand time will become a notable performance.

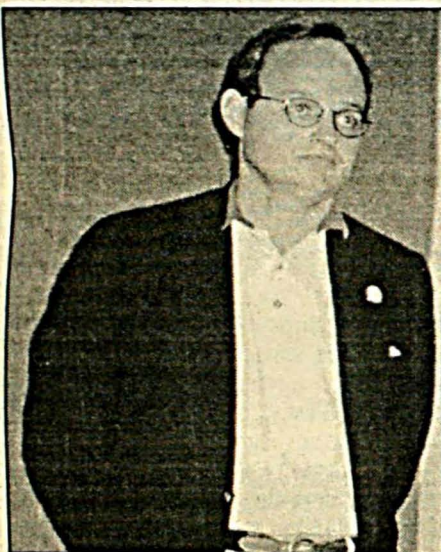
### Relays

The selection process for the USA relay teams at the World Championships in Gateshead will remain the same as it was in Durban.



JERRY WOJCIK

Scott Thornsley tallies votes for the 2001 Outdoor Championships, won by Baton Rouge, at the USATF meeting in Orlando.



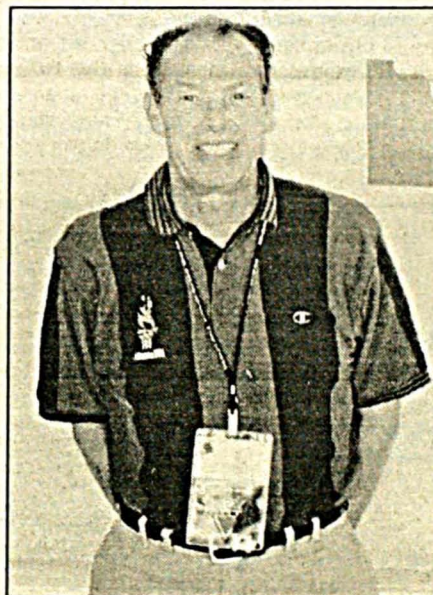
JERRY WOJCIK

Phil Godfrey, of the National Senior Games organization, answered questions during the bid proposal by the group from Baton Rouge, La., at the USATF meeting in Orlando.

### Surcharge

A motion passed by one vote to establish a surcharge on national championships, not to exceed \$5 for the indoor meet and \$10 for the outdoor meet, effective in 2002. Any national championship prior to 2002 may also voluntarily include an athlete's surcharge, as Boston is doing in 1999. □

- Al Sheahen  
and Suzy Hess



JERRY WOJCIK

Bob Langenbach, Seattle, Wash., was one of the recipients of the President's Award for his long-time contribution to USATF as an official and administrator.

### Rights Fees

The committee has never required bidders to pay a rights fee to host our national championships. However, Baton Rouge volunteered to pay a rights fee of \$10,000 for the 2001 outdoor meet. The concept of a voluntary rights fee was approved, but no set fee was agreed to.

### Rules

Louise Tricard presented 815 petitions for rescinding the no-false-start rule. Her motion to rescind passed, 28-16.

A proposal to change an athlete's age from the first day of competition to the last day was rejected.

A motion to reserve a minimum number of lanes for USA citizens in championship finals was defeated, 14-24.

For further rules changes, see separate story (p. 14) by Rules Chairman Graeme Shirley.



JERRY WOJCIK

A victorious Louise Tricard of Florida, one of the primary supporters of the anti-No False Start Rule group, at the USATF convention in Orlando, reveals the letters with the 815 signatures that helped persuade the Masters T&F Committee to eliminate the NFS rule in the U.S.

## USATF NATIONAL MASTERS T&F CHAMPIONSHIPS

| Meet                    | Site<br>1999     | Date          |
|-------------------------|------------------|---------------|
| Indoor Pentathlon (M&W) | Boston, MA       | March 26      |
| Indoor                  | Boston, MA       | March 26-28   |
| Indoor Heptathlon (M&W) | Chicago, IL      | April 10-11   |
| Weight Pentathlon       | Greeley, CO      | June 12       |
| Decathlon/Heptathlon    | Grass Valley, CA | July 3-4      |
| Pentathlon              | Orlando, FL      | August 26     |
| Outdoor                 | Orlando, FL      | August 26-29  |
| Weight/Superweight      | Seattle, WA      | September TBA |
| <b>2000</b>             |                  |               |
| Indoor                  | Boston, MA       | March 24-26   |
| Outdoor                 | Eugene, OR       | August 10-13  |
| <b>2001</b>             |                  |               |
| Indoor                  | Boston, MA       | March TBA     |
| Outdoor                 | Baton Rouge, LA  | July 25-28    |



# Field – Orlando, Florida – December 1-5, 1998

## Minutes of Masters LDR Committee Meetings

Jerry Crockett, Chair, presiding.

### Chairman's Report

Despite budgetary constraints, we have managed to survive, largely through the efficient handling of our resources and members bearing expenditures personally. This year was more positive than 1997. The Restructuring Task Force (RTF) has done a terrific job. The Indianapolis Life \$85,000 grant has helped rescue the operation. In the past, we would provide a \$1000 support for races. Now, we ask races to pick up the expenses and put up at least \$5000 award monies. We also get housing and transportation expenses for elite age-group runners. The Twin Cities Marathon has a five-year contract.

We are examining ways to diminish the headaches of race directors. The Masters Executive LDR Committee has voted to introduce a rule change limiting our championships to U.S. citizens only, after for some years allowing green cardholders. Now persons can be dual citizens, eliminating the need for the rule as it now exists.

The Executive Committee has appointed a reorganization task force; e.g., treasurer had represented us on the Budget & Finance Committee, but the RTF expects the budget committee to be a group of professionals not associated with committees, thus making a treasurer obsolete. We might better have an Executive Committee based on functional positions.

A masters Athletes' Communication Center has been established to generate bios for race directors, with Barbara Arveson in charge. Barbara noted that athletes must provide information to her for the Center to be successful.

### Board of Directors

Restructuring was the principal topic. Masters T&F and Youth Athletics were unhappy with the RTF provisions but have now reached a compromise. The three LDR committees wanted to be together since we line up on a race's starting line together, and we have achieved that goal. A straw poll on the RTF report revealed on a 1 (low) to 5 (high) scale, the overall evaluation was 4.2. The proposed USATF 1999 budget is \$12,800,000.

### Indy Life Circuit

The Indy Life Circuit (ILC) and championships have produced 30 records this year and 60 a year ago.

Charles DesJardins, circuit manager, discovered the sponsor and was asked to manage the circuit. We have just completed our second season and expect very few changes in 1999; Indy Life has agreed to maintain its sponsorship at \$85,000. Prize money is 50,000 for both over-40 and age-graded competitions. The final standings for 1998 were published in the November *National Masters News*.

We do not have a full circuit confirmed for 1999 and expect 10 events, with the schedule built around the Indy Life Half-Marathon and Twin Cities Marathon. The season will start in Florida with the Outback 12K, Feb. 20, followed by the Shamrock 8K, March 28, and Indy Half-Marathon, the first Saturday in May. We are working with USATF staff to get more sponsors to deepen prize money and add travel and housing support, etc. The circuit would not have been a success without the support of the Road Running Information Center's Linda and Basil Honikman and, particularly, Ryan Llamppa.

### WAVA

Norman Green submitted his report, noting that the non-stadia committee had met in

Philadelphia in October with effective results in moving the program further. The production of a Bidder's Handbook was a major accomplishment. He described the non-stadia events at the NCCWAVA meet in Barbados, and indicated that he had chosen not to stand for re-election as regional non-stadia chair, which was won by Brian Keaveney of Canada. Ruth Anderson discussed the six finalists presented at Barbados for the NCCWAVA female athlete of the year, which was won by Debbie Brill of Canada for a 1.75m high jump at the World Masters Games in Eugene.

### IAAF Veterans Committee

Charles DesJardins said that his four-year term expires in 1999 and he is running unopposed for re-election. He had planned to attend Barbados, but a last minute ticket problem through his travel agent killed his plans. The Veterans Committee, which meets once a year, wants regional communications improved. There are 32 nations in our region; most activity occurs in the U.S., Canada, and Mexico. Europe has dominated WAVA, so there is no need for the Veterans Committee to maintain a balance on the world level. At the 1998 committee meeting in Monaco, DesJardins was questioned as to the World Masters Games entry fee of \$200, despite a major corporate sponsor, Nike.

### Championship Statistics

Norm Green distributed his Championships Statistics report, noting their similarity to last year's. He expressed disappointment that the USATF Membership Directory failed to include birthdates, thereby decreasing its value to him by 80% since he cannot confirm that a name shown is the same individual.

### Other Items

Jerry Crockett asked members to inform him of their interest and how the Executive Committee could better serve them. Discussion ensued regarding the difficulty some associations have in sending masters LDR representatives. Linda Honikman suggested a possible outcome of restructuring could be enough budget to pay for representatives to attend conventions.

### Wed., Dec. 2, 5:30 p.m.

Jerry Crockett opened the meeting with some 20 members in attendance.

### Ultra Distance

A subcommittee with three representatives of each LDR committee has been formed under the title: Ultra, Mountain, and Trail Running. Of the nine members, six or seven are of masters age. This committee will work by e-mail and has been provided up to \$200 from each LDR committee.

It was noted that most ultra runners are masters. Discussion of potential subdivisions in the restructured USATF ensued, including interest in a separate cross-country committee. Bill Quinlisk has dropped his proposal for a cross-country athlete-of-the-year award. A motion to recommend a separate cross-country committee in the restructuring was defeated.

### Otto Essig Award

The nominees were Indianapolis Life, ILC sponsor; George Tillson, Niagara Association, sanction chair and first to undertake course certification in western N.Y.; and Joan Ottaway, women's winner of the ILC age-graded competition for the second year.

### Restructuring

Jerry Crockett restated his report that the RTF has kept LDR committees together. There appears to be some resolution of the concerns of Masters T&F and Youth Athletics. We can

now expect a single vice president elected by the whole body. Bill Nault believes the compromise will achieve downsizing, eliminating some levels of hierarchy. Associations are rightly placed because they provide championships for all ages.

### Budget and Finance

Charles DesJardins suggested that the Budget Committee could be even smaller than proposed. There have been no appeals from the Newark committee decisions, so we have our assigned \$30,000 for 1999; 90% of the new sponsor support for USATF in 1999 is designated for specific programs. The USATF national staff has increased from 17 to 32. Jerry Crockett's budget request was cited as a model by the B&F Committee. USATF expects a \$300,000 to \$400,000 deficit this year, increasing the deficit close to \$2,000,000.

### Law & Legislation

DesJardins stated that there appears to be no opposition to maintaining the proposed LDR division. The coaches association asked the L&L Committee for a 20% representation wherever athletes are given such a privilege. It is not expected to pass.

Jerry invited committee members to challenge any Executive Committee member whom they believe to be failing to fulfill their duties.

### Thurs., Dec. 3, 7:30 a.m.

### Twin Cities Marathon

John Carnahan, race director, reported that TCM has restructured its board, and added elements to the race weekend, including a mid-range race event. When asked why TCM bid for five years when others bid for two, Dave Coyne replied that they were in it for the long haul as an expression of TCM's commitment to masters. John Boyle, chairing this portion of the meeting, added that having a fixed date for the marathon helps in planning the rest of the year. Jerry Crockett noted that last inquiries by phone and letter were not answered. Carnahan apologized for the failures of 1998, citing a decrease in the TCM board and that the event had been without a race director for an extended period. The date for the event is the first full weekend of October, changing only when it conflicts with the high holy days of Judaism.

### Otto Essig Award

After discussion, the award was given to Indianapolis Life.

### Athletes of the Year

(See separate chart below.) A suggestion was made that for future awards age-graded



GEORGE BANKER  
Tom Kurihara, second M60 (23:14), Georgetown Day School 5K, Washington, D.C., Nov. 1.

percentages and RRIC 10K comparable times be used.

### Other Business

Andy Boyajian announced a New Jersey team event. Carole Langenbach announced the Feb. 13 U.S.-Canada cross-country challenge. Questions about the National Masters 10K Cross-Country Championships scheduled for Sunday were answered.

### Joint Meeting – Masters T&F and Masters LDR

### Dec. 3, 2:30 p.m.

Jerry Crockett, Masters LDR Chair, opened the meeting.

Continued on page 18

## USATF NATIONAL MASTERS LDR CHAMPIONSHIPS – 1999

|                 |               |                  |
|-----------------|---------------|------------------|
| January 24      | One Mile Road | Santee, CA       |
| February 13     | 6K X-C Men    | Spanaway, WA     |
|                 | 4K X-C Women  |                  |
| February 20     | 12K Road      | Orlando, FL      |
| March 27        | 50K           | Pittsburgh, PA   |
| March 28        | 5K Road Men   | Carlsbad, CA     |
| May 1           | Half-Marathon | Indianapolis, IN |
| June 5          | 5K Road Women | Albany, NY       |
| September 18-19 | 24-Hour       | Sylvania, OH     |
| October 3       | Marathon      | Minneapolis, MN  |
| October 24      | 8K X-C        | Louisville, KY   |
| October 30      | 15K Road      | Tulsa, OK        |
| November 13     | 50 Mile       | Sacramento, CA   |
| November 21     | 5K X-C        | Holmdel, NJ      |



## LDR Meeting Minutes

Continued from page 17

### WAVA

Tom Jordan reported plans for Gateshead are proceeding well. We were not satisfied with the Durban championships, thus, WAVA is taking a more active role in Gateshead. Jordan will soon be in England dealing with non competition elements, including opening and closing ceremonies, housing, etc. Organizers are planning for 9000 competitors. Sandy Pashkin said Gateshead will have three stadia, which are not close to each other. Organizers are trying to accommodate natural doubles by keeping them in the same stadium. Rex Harvey reported that he has gone to several technical sessions at Gateshead and is confident in the handling of technical matters in 1999.

### Masters Hall of Fame

(See separate story, p. 3.)

### National Masters News

Jerry Wojcik, Senior Editor, said NMN was honored to have received a bequest from the Charies McMahon estate. McMahon was a thrower from the Southern California area. The bequest enabled NMN to enhance its website, which had been dormant. NMN is involving new columnists and has a circulation of 7286. Wojcik was asked if NMN is pursuing Senior Games subscribers. He said NMN is more open to Senior Games stories and results now than it has been in the past to tap into the market of the large number of 50-year-olds involved in the Senior Games.

### Communication and Publicity

Suzy Hess, Communication and Publicity Committee Chair, reported the Internet has greatly changed communication styles. A new brochure on our masters program is another result of the McMahon bequest. She reported

on articles in current magazines, such as *Women's Health and Fitness*, *Self*, and *Business Weekly*, about masters, including one on Eve Pell. John Cosgrove asked if the communications committee on which he and John Boyle once served might be revived. Hess responded that she would be pleased to have input from anyone who might call her at the NMN office.

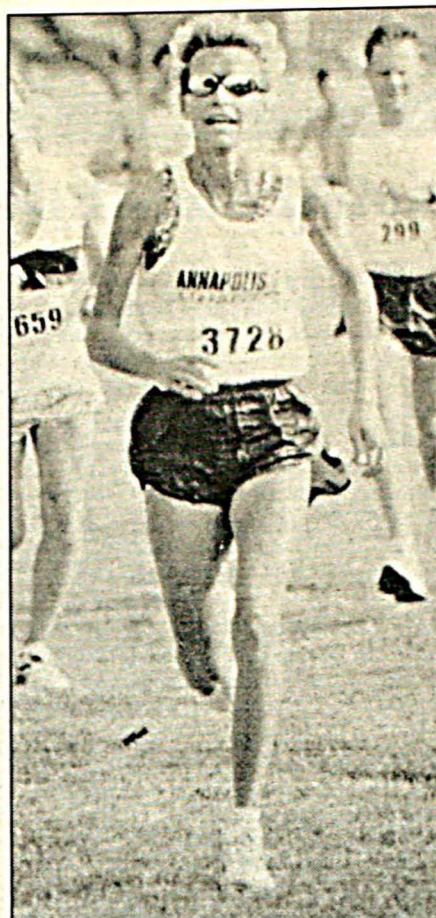
### Team Manager

Crockett said LDR members have requested a separate team manager. LDR had not been consulted when Sandy Pashkin was appointed to replace Dick Lee earlier this year. When Ken Weinbel was asked about it, he responded that T&F had always made the appointment, and if LDR was not happy, it could create its own position. Therefore, LDR appointed Charles DesJardins as its manager and asked the national office to process applications since it has the updated membership file and would be bonded to handle money.

Pashkin has 1000 entry books and has already sent out 200, including an insert page describing the process. The manager must validate proof of birth dates, 1999 USATF membership numbers, and proper payment of fees. The manager puts the entries into Hy-Tek Team Manager and forwards the data electronically to Gateshead. Since data entry is being handled here, we should not have the problems that occurred in Durban. Pashkin has the official stamp to validate entry forms. Entries are returned to the team manager by Gateshead and passed on to the athlete.

WAVA has a technical meeting for managers before the championships with a follow-up each morning, so that changes can be reported at daily team meetings. Pashkin expects the LDR committee to determine criteria for moving athletes in age groups having fewer than three competitors for the marathon, cross-country, and road walks. Regarding entry deadlines, Pashkin wants entries by April 19 to meet the April 29 official deadline. Asked if an NGB is limited to one team manager, Pashkin responded that only one person can be the final signatory but that person can be assisted by others.

Bob Fine reported that the U.S. is the only country with two masters committees. LDR has the marathon and cross-country, while all other events are t&f, which is why Pashkin's way is



GEORGE BANKER

Rose Malloy, 50, first W40+ (66:45) 1998 Annapolis 10 Mile, Annapolis, Md.



SUZY HESS

Bill Collins, of Texas, 1998 M45 Track Athlete of the Year.

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paid by the T&F committee. Fine suggested that attempts to have entries processed by Indianapolis may involve long delays and we should not change what has worked before.

Crockett noted that LDR has clearance from Ron Bell for adding its own manager and is concerned about having funds handled by someone who is not bonded. Pashkin is willing to be bonded as long as the organization pays for it. Pashkin said that she wants to serve the whole U.S. delegation and proposed that Weinbel, Crockett, McLean, and herself meet to resolve the issues. Pashkin said that DesJardins has helped before and can do so again.

### NCCWAVA

Norm Green shared his experiences at the Barbados championships. Ten or more U.S. officials participated, providing help to local officials, some of whom were youth interns. Most events were held after 4:00 p.m. to avoid the heat of the day. Fewer than 300 athletes competed. The 2000 championships will be held in Kamloops, British Columbia. The 2002 championships will be in Leon, Mexico.

### Team Uniforms

Gary Englund presented a possible new uniform for the U.S. team, featuring blue and white, from a supplier who does not change style too often. On-Track will ship the uniforms with credit card accessibility. Relay team members do not have to wear identical uniforms as long as each uniform has the USA logo; color does not matter. Suzy Hess, of the uniform committee, said that bids had been solicited from several companies, but others did not respond, and the committee is running out of time for Gateshead.

Madeline Bost, of the uniform committee, reported on a possible wind suit in three colors, available in sizes for larger men; all are unisex models. Sandy Pashkin reported that some countries, Canada, for instance, assess their athletes and mandate a single uniform. It won't matter if U.S. athletes don't have a uniform at Gateshead unless they participate in a team (relays, marathon, cross-country, roadwalk).

A motion, to accept England's proposal was approved. For the proper logo, the uniform committee was asked to consult with England.

### Fri. Dec. 4, 3:30 p.m.

### Championships

See separate chart of dates and sites.

### Records

Linda Honikman presented the recommendations, as shown in the 1998 Legislative Handbook, of the Records Committee. The committee voted to ratify all records.

### Elections

Crockett announced that the current officers were willing to serve again and asked Carole Langenbach to preside and name them, at which time they were nominated and seconded. The committee then accepted all of the nominees by acclamation.

### Committee Reports

Crockett reported the Rules Committee had accepted "the earphone" rule by support from both Men's and Women's LDR committees. Dan Brannen said that USATF's stand does not preclude specific races from issuing their own prohibitions. This committee can discuss the prohibition of earphones with race directors of our championships.

### New Business

Brannen asked if the committee will cover medal costs for championship races and was told the 1999 budget has been built without funds for medals. Bill Quinlisk reported he paid \$600 for medals for his cross-country masters event. The cost of providing medals for 16 events would force a complete overhaul of our budget and a re-establishment of our priorities. We want to help directors find lower-cost medal suppliers. Dan Brannen asked that the executive committee consider partial reimbursement for medals in 1999.

### Committee Assignments

After discussion, five at-large positions were granted to Dudley Healy, Carole Langenbach, Evelyn White, Kevin Setnes, and Ed Rowald. Committee representative appointments were L&L, Mary Rosato; Associations Committee, Donn Shepan; Coaching Education, Bill Quinlisk; and Sports Medicine, Kim Rupert. It was announced that Alan Roth had been elected chair of the Associations Committee. □

— Submitted by Norman Green  
Secretary



## Restructuring Plan OK'd By USATF

by TOM LIGHT

Masters T&F Law and Legislation  
Chairman

Restructuring was the major goal of the 1998 USATF National Convention. The theme was, appropriately enough, "Putting the pieces back together." Last year we voted for change, this year we needed to define what that change would be. The restructuring task force under the leadership of Ed Koch (the lawyer, not the mayor) spent months trying to redefine the structure of the organization in such a way that the demands of all could be addressed.

The draft of their proposal was released in September, and not unexpectedly drew great criticism as well as great praise.

The proposed structure divided the organization into four divisions: High Performance (Men's T&F, Women's T&F, and Racewalking), LDR (Men's, Women's, and Masters), General Competition (Youth, Masters T&F, Associations, and Officials), and Administrative (AAC, Member Services, Rules, Records, L&L, etc.). The first three divisions were each to be repre-

sented by a VP on the 9-member Executive Committee. The main decision-making body would be a 30-member Board of Directors.

The chairs of the Masters T&F and Youth committees voiced great concern with the proposed lumping of these two large committees together with the Associations and Officials committees under one VP. It seemed an impossible task for one individual to adequately represent the varied concerns of such a diverse range of interests.

Extensive, and often intensive, negotiations followed the release of the draft proposal, right up to the wee hours the night before the opening of the convention. In the spirit of compromise for the good of the organization, it was agreed that the proposed Executive Committee would be eliminated; that the eight sports committees plus Associations and Officials would all have equal representation on the Board of Directors; and that the committee chairs in the General Competition division would automatically be their committee representatives to the Board of Directors.

The High Performance and LDR Divisions would retain the somewhat confusing process of each electing a Division Chair to coordinate communications throughout the Division. This person would also represent their home committee on the Board of Directors. The other committees (the ones that the Division Chair was not from) would also elect someone to sit on the Board of Directors. The General Competition Committee will not have a Division Chair. The Administrative Division will be represented on the Board of Directors by the USATF Secretary.

The general mood of the delegation was highly optimistic and in favor of restructuring. Everyone realizes that we don't have all the answers, but that we are moving in the right direction. The overall sentiment was about 85-90% in favor of the revised proposal, and the plan was passed at Saturday's meeting with minimal opposition. The structural changes will take effect on January 1, 2000 (referred to by some as the Y2K structure). The major part of the work is done, now we can take the next year to work out the remaining details. □



Jorge Ramos, M40, first master (69:57), Naples On the Gulf 20K, Naples, Fla.

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 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

### SITES OF NATIONAL CONVENTIONS

| TAC   |      |                  |
|-------|------|------------------|
| 1     | 1979 | Las Vegas        |
| 2     | 1980 | Atlanta          |
| 3     | 1981 | Reno             |
| 4     | 1982 | Philadelphia     |
| 5     | 1983 | Indianapolis     |
| 6     | 1984 | San Diego        |
| 7     | 1985 | Houston          |
| 8     | 1986 | Tampa            |
| 9     | 1987 | Honolulu         |
| 10    | 1988 | Phoenix          |
| 11    | 1989 | Washington, D.C. |
| 12    | 1990 | Seattle          |
| 13    | 1991 | New Orleans      |
| 14    | 1992 | Louisville       |
| USATF |      |                  |
| 15    | 1993 | Las Vegas        |
| 16    | 1994 | St. Louis        |
| 17    | 1995 | Atlanta          |
| 18    | 1996 | San Francisco    |
| 19    | 1997 | Dallas           |
| 20    | 1998 | Orlando          |
| 21    | 1999 | Los Angeles      |
| 22    | 2000 | Mobile           |
| 23    | 2001 | Albuquerque      |
| 24    | 2002 | Kansas City      |
| 25    | 2003 | Greensboro       |

## USATF Revenues Up 70 Percent in 1999

Fred Newhouse, USATF Treasurer, said USATF lost more than \$3 million in 1996 and 1997 (\$2.7 million in 1997 alone), but cash flow improved in 1998, with losses of about \$250,000 through Sept. 30, 1998.

Newhouse forecast 1999 revenues at a record \$12.8 million, up an astounding 70 percent from the projected \$7.5 million 1998 revenues.

In other action taken at the annual convention in Orlando:

1) Greensboro, N.C., was chosen to host the 2003 convention. The 1999 gathering will be held in Los Angeles, Nov. 30-Dec. 4.

2) Bob Hersh, USATF's general counsel, was elected to the IAAF Council, the seat previously held by former USATF Executive Director Ollan Cassell. Hersh beat out Cassell and USATF President Patricia Rico. He was also selected IAAF Technical Delegate.

3) Former Denver school superintendent Dr. Evie Dennis won a second-round run-off with USATF secretary Darlene Hickman to be the U.S. delegate to the IAAF.

4) Dee Jensen topped Lynn Cannon in a run-off for the IAAF Women's Committee spot.

5) Two-time Olympian Patti Sue Plumer was elected chair of USATF's Athletes Advisory Committee, taking over from sprinter Dennis Mitchell. Plumer, a lawyer, is returning to competition after giving birth in 1996.

6) In other elections, Bob Bowman retained his position on the IAAF Racewalk Committee and Carol McLatchie won another four-year term as chair of USATF's Women's LDR Committee. Kim Haines retained his chairmanship of the Youth Athletics Committee, while Alan Roth defeated Jose Rodriguez for chair of the Associations Committee. Anne Timmons (IAAF Cross-Country and Road Running Committee) and Dr. C. Harmon Brown (IAAF Medical Committee) ran unopposed.

7) World Cup champions John Godina and Marion Jones received USATF's Jesse Owens awards, presented annually to the top male and female athletes in the fields of track and field, racewalking and road running.

8) George Kleeman, president of USATF's Pacific Association, is the 1998 recipient of the Robert Giegengack Award, which is presented annually to an individual who excels in contributing to the excellence and high standards of the sport.

9) Olympic champion hurdler Allen Johnson and middle distance ace Joetta Clark were named Visa Humanitarian Athletes of the Year. □



Sue O'Malley, of Florida, W35 winner in the 5000 (19:41.55) and 10,000 (41:23.81), 1998 National Masters Championships.

### USATF MEMBERSHIP TOTALS BY ASSOCIATION

|    |                 |        |    |                        |        |
|----|-----------------|--------|----|------------------------|--------|
| 1  | Maine           | 321    | 31 | Montana                | 506    |
| 2  | New England     | 4,417  | 32 | Colorado               | 659    |
| 3  | Adirondack      | 1,645  | 33 | Southern California    | 1,956  |
| 4  | Niagara         | 1,641  | 34 | Utah                   | 1,260  |
| 5  | Connecticut     | 2,187  | 35 | Inland Northwest       | 1,061  |
| 6  | Metropolitan    | 14,566 | 36 | Pacific Northwest      | 1,979  |
| 7  | New Jersey      | 7,037  | 37 | Oregon                 | 2,187  |
| 8  | Mid Atlantic    | 2,862  | 38 | Pacific                | 3,823  |
| 9  | Alabama         | 672    | 39 | Hawaii                 | 813    |
| 10 | Potomac Valley  | 3,112  | 40 | Iowa                   | 1,201  |
| 11 | Three Rivers    | 192    | 41 | Kentucky               | 340    |
| 12 | Virginia        | 1,077  | 42 | New Mexico             | 1,311  |
| 13 | North Carolina  | 1,763  | 43 | South Texas            | 540    |
| 14 | Florida         | 6,223  | 44 | San Diego-Imperial     | 1,058  |
| 15 | Tennessee       | 591    | 45 | Georgia                | 1,071  |
| 16 | Indiana         | 1,447  | 46 | Central California     | 511    |
| 17 | Ohio            | 2,872  | 47 | West Texas             | 464    |
| 18 | Lake Erie       | 835    | 48 | Arizona                | 1,912  |
| 19 | Michigan        | 1,533  | 49 | Nevada                 | 463    |
| 20 | Wisconsin       | 881    | 50 | Wyoming                | 113    |
| 21 | Illinois        | 2,972  | 51 | West Virginia          | 181    |
| 22 | Ozark           | 1,002  | 52 | Dakota                 | 244    |
| 23 | Arkansas        | 98     | 53 | Border                 | 816    |
| 24 | Southern        | 991    | 54 | Snake River            | 340    |
| 25 | Gulf            | 2,327  | 55 | South Carolina         | 869    |
| 26 | Southwestern    | 1,797  | 56 | Alaska                 | 266    |
| 27 | Oklahoma        | 1,353  | 57 | Unique Association     | 0      |
| 28 | Missouri Valley | 822    | 58 | National Membership CE | 41     |
| 29 | Nebraska        | 1,560  |    |                        |        |
| 30 | Minnesota       | 2,204  |    |                        |        |
|    |                 |        |    | Grand Total            | 96,765 |



## OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

Presented to the outstanding male and female T&F athletes in the masters program.

| Year | Men                      | Women                         |
|------|--------------------------|-------------------------------|
| 1978 | George Ker               | Irene Obera                   |
| 1979 | Ernie Billups            | Joann Grissom                 |
| 1980 | Al Oerter                | Judy Fox                      |
| 1981 | Jim Burnett              | Phil Raschker                 |
| 1982 | Al Oerter                | Polly Clarke                  |
| 1983 | Jack Greenwood           | Irene Obera                   |
| 1984 | Ed Burke/Parry O'Brien   | Polly Clarke                  |
| 1985 | Jim Burnett              | Christel Miller               |
| 1986 | Jack Greenwood           | Phil Raschker                 |
| 1987 | Tom Patsalis             | Phil Raschker                 |
| 1988 | Gary Miller/Stam Whitley | Phil Raschker                 |
| 1989 | Jack Greenwood           | Christel Miller/Phil Raschker |
| 1990 | Larry Almborg            | Betty Vosburgh                |
| 1991 | Jack Greenwood           | Shirley Matson/Phil Raschker  |
| 1992 | Stan Whitley             | Phil Raschker                 |
| 1993 | Phil Mulkey              | Phil Raschker                 |
| 1994 | Ross Carter              | Phil Raschker                 |
| 1995 | Steve Robbins            | Phil Raschker                 |
| 1996 | James Stookey            | Mary Libal                    |
| 1997 | Bill Collins             | Phil Raschker                 |
| 1998 | James Stookey            | Leonore McDaniels             |

### OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

|      |                       |                          |
|------|-----------------------|--------------------------|
| 1985 | Brian Oldfield, 40    | Shot Put, 70-3           |
| 1986 | Jack Greenwood, 60    | 100m hurdles, 14.98      |
| 1987 | John Powell, 40       | Discus, 236-6            |
| 1988 | Larry Stuart, 50      | Javelin, 215-9           |
| 1989 | Al Oerter, 52         | Discus, 205-10           |
| 1990 | Larry Almborg, 43     | Mile, 4:06.70            |
| 1991 | Payton Jordan, 74     | 100, 12.91               |
|      | Jack Greenwood, 46    | 300 hurdles, 45.20       |
|      | Philippa Raschker, 44 | PV, 9-10                 |
| 1992 | Payton Jordan, 75     | 100, 13.4                |
|      | Shirley Matson, 51    | 10,000, 37:39            |
| 1993 | Phil Mulkey, 61       | Decathlon, 8546 points   |
| 1994 | Ross Carter, 80       | Shot Put, 12.27 (40-3)   |
|      | Phil Raschker, 47     | Pentathlon, 4715 points  |
| 1995 | James Barrineau, 40   | High Jump, 6-11 (2.11m)  |
|      | Mary Libal, 45        | 400, 56.82               |
| 1996 | Walt Butler, 55       | 100m hurdles, 14.49      |
|      | Vanessa Hilliard, 55  | Hammer, 156-8 (47.76m)   |
| 1997 | Glen Conley, 40       | High Jump, 7-1/2 (2.15m) |
|      | Vanessa Hilliard, 56  | Hammer, 155-6 (47.4m)    |
| 1998 | Larry Stuart, 60      | Javelin, 213-10 (65.18)  |
|      | Leslie Lehane, 35     | 2000m SC, 6:30.83        |

### OUTSTANDING MULTI-EVENT ATHLETES

|      |                           |      |                                     |
|------|---------------------------|------|-------------------------------------|
| 1985 | Boo Morcom                | 1986 | Gary Miller                         |
| 1987 | Gary Miller               | 1988 | Gary Miller                         |
| 1989 | Rex Harvey                | 1990 | Christel Miller                     |
| 1991 | Rex Harvey/Betty Vosburgh | 1992 | Boo Morcom/Phil Raschker            |
| 1993 | Phil Mulkey/Phil Raschker | 1994 | Phil Mulkey/Phil Raschker           |
| 1995 | Dale Lance/Phil Raschker  | 1996 | Rex Harvey/Johnnye Valien           |
| 1997 | Stan Vegar/Phil Raschker  | 1998 | Armando Ricciardi/Leonore McDaniels |

### 1998 AGE-GROUP AWARDS

| Men   |                   |    |                   |    |
|-------|-------------------|----|-------------------|----|
| Age   | Track             |    | Field             |    |
| 30    | Curtis Wilson Jr. | OR | Andrew Boyce      | IL |
| 35    | Mitchell Lovett   | NY | Lavell Davenport  | CA |
| 40    | Craig Young       | CO | Tom Petranoff     | RI |
| 45    | Bill Collins      | TX | Craig Shumaker    | PA |
| 50    | Stan Whitley      | CA | Ladislav Pataki   | CA |
| 55    | Emil Pawlik       | MS | Tom Gage          | MT |
| 60    | Mack Stewart      | TX | Joe Keshmiri      | NV |
| 65    | James Stookey     | MD | Wendell Palmer    | TX |
| 70    | Bill Melville     | WI | Arnie Gaynor      | CA |
| 75    | Ed Lukens         | NY | Ed Lukens         | NY |
| 80    | Dan Bulkley       | OR | Tom McDermott     | FL |
| 85    | Bert Morrow       | CA | Leon Joslin       | WA |
| 90    | Manfred d'Elia    | NJ | Burt DeGroot      | CA |
| 95    | Everett Hosack    | OH | Everett Hosack    | OH |
| Women |                   |    |                   |    |
| 30    | Althea Morris     | NY | Anne Jennings     | MA |
| 35    | Leslie Lehane     | MA | Marilyn Senz      | NC |
| 40    | Cindy Steenbergen | TX | Carol Finsrud     | TX |
| 45    | Jacqueline Board  | MO | Linda Lowery      | GA |
| 50    | Ann Sipka         | NH | Erica Szanto      | OH |
| 55    | Kathy Jager       | AZ | Becky Sisley      | OR |
| 60    | Audrey Lary       | MD | Christel Miller   | CA |
| 65    | Toshiko d'Elia    | NJ | Magdalene Kuehne  | CA |
| 70    | Pat Peterson      | NY | Leonore McDaniels | VA |
| 75    | Diane Friedman    | OH | Margaret Hinton   | TX |
| 80    | Adrienne Salmini  | NJ | Katherine Gradick | FL |
| 85    | Myra Fromme       | OR |                   |    |

## Best T&F Athletes

Continued from page 1

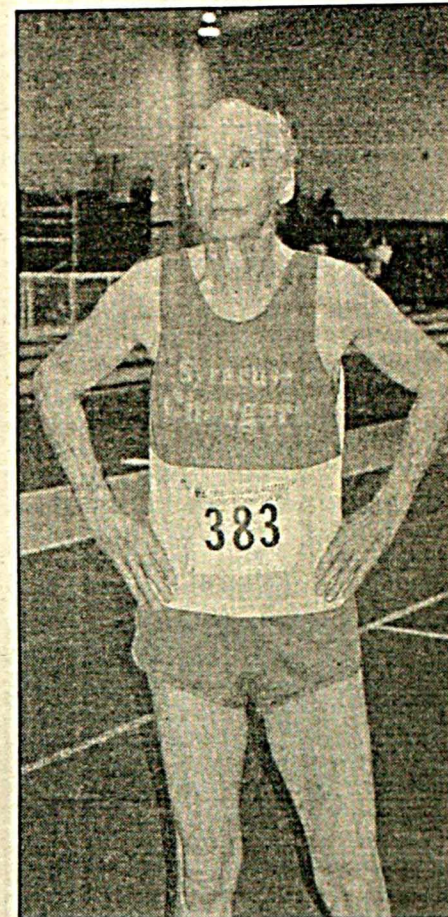
in the top six (10-8-6-4-2-1) in your age group but by age-grading of all entrants in the entire event, so that only six people in each event scored points. Stookey, the sole male representative for the Maryland Masters TC, scored 68 points in his seven events, placing his team third of 16, meaning he was the top age-graded performer of all entrants in six of his events.

McDaniels - sprinter, hurdler, jumper, and vaulter - compiled indoor and outdoor world and U.S. records and national championship titles after turning 70, with age-graded performances in the 95% range. She, too, traveled widely. At the Raleigh meet in May, she high jumped 4-0, a 96.8%, and came close later in the season with three jumps of 3-11/4 (95.2%). She ended her season by finally clearing 7-1 in the pole vault in Eugene in August.

Ricciardi capped off a busy multi-event season with the M75 victory at the Weight Pentathlon Championships in Azusa, Calif., in September.

Stuart earned the best performance award for his javelin throw of 213-10 at a USATF meet in Irvine, Calif., in May, which age-graded to an off-the-chart 107+%. The mark was approved as a U.S. age-group record by the USATF Awards Committee, giving Stuart his third world record if approved by the WAVA records committee.

Lehane provided the spectators at the National Championships in Orono with perhaps the most exciting, if not historical, performance of the meet,



JERRY WOJCIK

Ed Lukens, M75 Masters Athlete of the Year for both track and field.

when she established, by 35 seconds, a new world W35 best for the 2000m steeplechase (30" barriers).

Romansky won the USATF masters 5000 (track), 5K, 10K, 20K, 30K, and one-hour racewalks. He also set new U.S. records at 5000, 10,000, one-hour, 5K, 20K, 25K, and 30K.

Brubaker won the 5000 and 10K racewalks in the USATF Masters Outdoor in Orono, and set new U.S. records for the 5000, 10K, and 20K.

Weinbel, who was elected Masters T&F Committee Chairman at the 1996 annual meeting, was able to summon the leaders of international and national track & field governing bodies for a summit meeting four months ago in Portland, Ore., to discuss the future of masters track. This was followed up by a recent meeting in Baton Rouge, La., of USATF masters representatives and officials of the National Senior Games to examine the potential of partnering for the mutual advantage of both groups.

The awards were coordinated by Masters Committee Members Don Austin (track & field) and Bev LaVeck (racewalking) and were chosen by members of the respective awards subcommittees at the annual meeting. The winners were announced at the Awards Breakfast at the Clarion Hotel in Orlando on Friday, Dec. 4.

The Committee also selected outstanding track & field athletes in each five-year age division for men and women in track, field, and racewalking (see separate charts).

-Jerry Wojcik

## MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

|      |                             |
|------|-----------------------------|
| 1978 | Pete Mundle                 |
| 1979 | Al Sheahen                  |
|      | Kathy Brieger               |
| 1980 | Bob Fine                    |
|      | Ruth Anderson               |
| 1981 | Bruce Springbett            |
|      | Fred Mannis                 |
| 1982 | George Hatzfeld             |
|      | Jack Kelly                  |
| 1983 | Jim Weed                    |
| 1984 | Jerry Donley                |
| 1985 | Gary Miller                 |
| 1986 | Pete Mundle                 |
| 1987 | Frank & Dorothy Anderson    |
| 1988 | David Pain & Chuck Phillips |
| 1989 | Jim Puckett                 |
| 1990 | Barbara Kousky              |
| 1991 | Jerry Wojcik                |
|      | Nate & Evelyn White         |
| 1992 | Rex Harvey                  |
| 1993 | Rex Harvey                  |
| 1994 | Bill Busby                  |
| 1995 | Sandy Pashkin               |
| 1996 | Scott Thornsley             |
| 1997 | Don Austin                  |
| 1998 | Ken Weinbel                 |

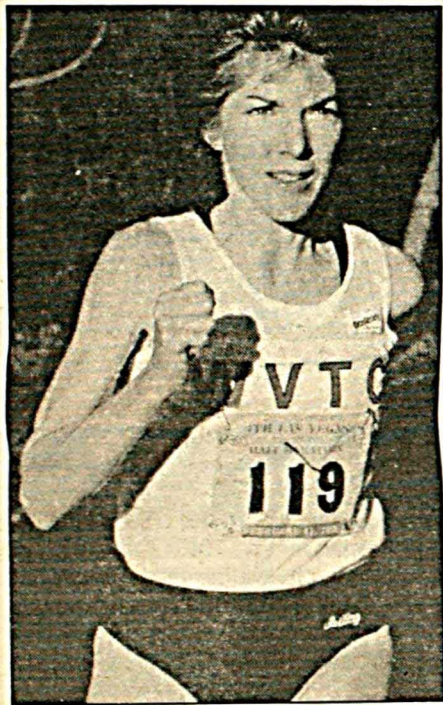


## Top LDR Picks

Continued from page 1

Joan Ottaway, 54 Sonora, Calif., and S. Rae Baymiller, 55, NYC, won their respective age groups. Ottaway was a second-year winner of the Indy Life age-graded women's competition and won three national championships. She set a single-age record of 19:00 at the Carlsbad 5000. Baymiller's 62:39 for 10 miles and 1:18:44 for 20K were accepted at Orlando as W55-59 age-group records. Her 2:52:14 (94.4%) at the Chicago Marathon is pending but stands as an awesome mark that helped her win over strong performances by Shirley Matson and Barbara Miller in 1998.

Gary Romesser repeated in the M45 category on the strength of four national championship titles (half-



Joan Ottaway, of California, 1998 W50 Masters Runner of the Year.



June Machala, of Washington, 1998 W65 Masters LDR Runner of the Year.

marathon, 10 mile, marathon, 15K) and fifth-place masters finish at Gasparilla 15K in 48:35.

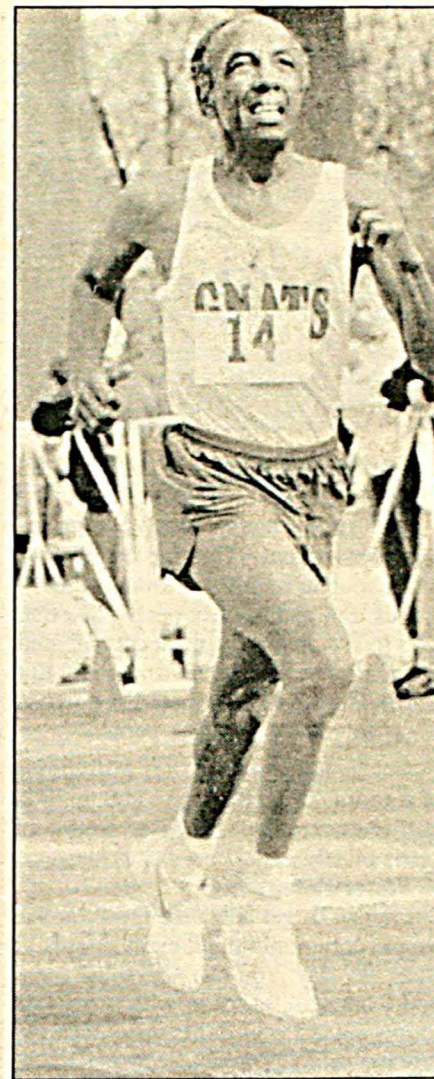
Steve Lester, out with injury for part of the year, managed enough early season marks to take the M55 category. Fay Bradley put together five national titles to take the M60. Paul Heitzman, Eudora, Kans., held off Dick Wilson, Charles Rose, and several others in the M65 to prevail.

The Paul Spangler award goes to the oldest male and female athletes. James Ramsey of Detroit, on the strength of a 7:52:46 marathon and a 2:35:52 10 miler, won the M90, while Anne Clarke, Carol Stream, Ill., perennial winner of her age group, won the W85 for three 5Ks, the fastest of which was 41:26.

Other age-group winners included Vicki Crisp (IN, W45), Susie Kluttz (NC, W60), June Machala (WA, W65), Joy Johnson (CA, W70), Gerry Davidson (CA, W75), and Hedy Marque (VA, W80). Among the men are Jim Forshee (MI, M70), Henry Sypniewski (NY, M80), and Ernest Van Leeuwen (CA, M85).

The Ultra Athlete female award was voted to Sue Olsen, 41, Burnsville, Minn., whose accomplishments include winning the 100K national championship overall in 9:11:00, first woman at the 48-hour championship in Surgeres, France, and third scoring member of the USA 100K team in Japan. The male award went to Ray Piva, 71, South San Francisco, Calif., who won his age group in two 50Ks, three 50-milers, a 100K trail run, a 12-hour run, and the 100-mile Western States with 28:09:00, well ahead of the limit of 32 hours.

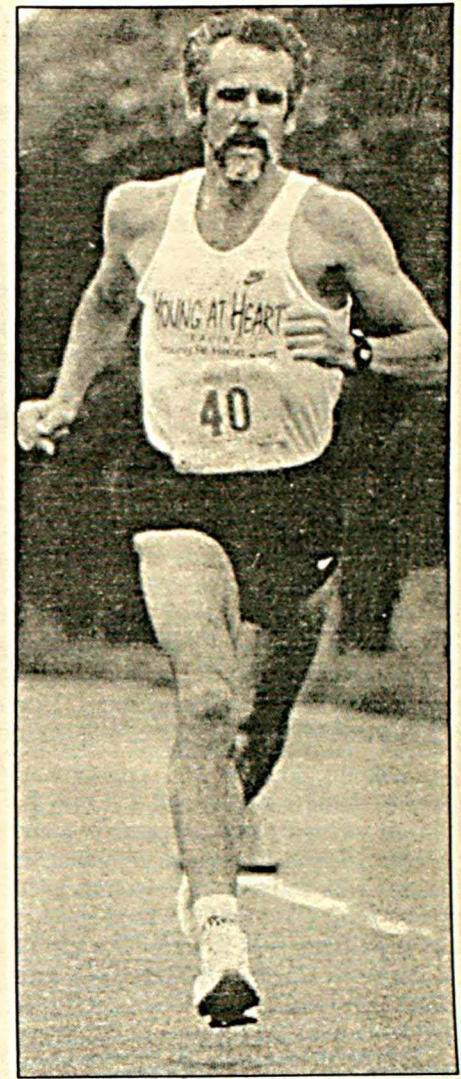
The Otto Essig Award for



GEORGE BANKER  
Fay Bradley, Washington, D.C., 1998 M60 Masters LDR Runner of the Year.

Meritorious Service to Masters LDR was awarded for the first time to a sponsor rather than an individual. The winner was Indianapolis Life Insurance Company for its sponsorship of the Indy Life Circuit in 1997 and 1998, and its planned sponsorship for 1999.

The awards were coordinated by



VICTOR SAILER/PHOTO RUN  
Craig Young, of Colorado, 1998 M40 Masters LDR Runner of the Year.

John Boyle (men) and Ruth Anderson (women). Each led the Masters LDR Committee in making its final selections. □

-Norm Green

### USATF MASTERS LONG DISTANCE RUNNING COMMITTEE - 1998 ATHLETES OF THE YEAR

| Age Group | Men               | State | Women            | State |
|-----------|-------------------|-------|------------------|-------|
| 40-44     | Craig Young       | CO    | Ruth Wysocki     | CA    |
| 45-49     | Gary Romesser     | IN    | Vicky Crisp      | TN    |
| 50-54     | Bill Rodgers      | MA    | Joan Ottaway     | CA    |
| 55-59     | Steve Lester      | UT    | S. Rae Baymiller | NY    |
| 60-64     | Fay Bradley       | DC    | Susie Kluttz     | NC    |
| 65-69     | Paul Heitzman     | KS    | June Machala     | WA    |
| 70-74     | Jim Forshee       | MI    | Joy Johnson      | CA    |
| 75-79     | Warren Utes       | IL    | Gerry Davidson   | CA    |
| 80-84     | Henry Sypniewski  | NY    | Hedy Marque*     | VA    |
| 85-89     | Ernest VanLeeuwen | CA    | Anne Clarke      | IL    |
| 90+       | James Ramsey      | MI    |                  |       |

#### Ultra Runners Of The Year

Ray Piva, 71 CA Sue Olsen, 41 MN

\*Paul Spangler Athlete of the Year

Otto Essig Award for Meritorious Service: Indianapolis Life Insurance Company

### FIVE YEARS AGO January, 1994

- Phil Mulkey, 60, and Philippa (Phil) Raschker, 46, Named Top T&F Athletes of the Year at USATF Convention
- Bill Rodgers, 46, and Carol McLatchie, 41, Chosen Outstanding Masters Long Distance Runners of 1993
- Don DeNoon, 50, and Sally Richards-Kerr, 41, Selected as Top Racewalkers
- Rex Harvey, 46, Named Outstanding Administrator
- Norm Green, Jr., 61, Posts Best Age-Graded Time (43:35) with 54:47 in National 15K
- Charles McMullen (M40, 26:08) and Rebecca Stockdale-Wooley (W40, 31:18) First in National 8K Cross-Country





## Athlete's Kitchen

by NANCY CLARK, MS, RD

### Soup: Is it good food?

**"I**n winter, I make big pots of soup to smell up the house. I love having the aroma greet me when I get home from my workout." "Is soup bad for us? It is so high in sodium....." "Does canned soup have any nutritional value?"

Winter and warm bowls of soup are synonymous. But many active people question the nutritional value of soup. Is soup really a good food? Obviously, most cream-based soups and chowders offer more cholesterol and cloggage than constructive nutrition. But what about broth and bean soups? How do they fit into your sports diet? The purpose of this article is to address the soup questions commonly asked by active people.

**Sodium:** Soup is also synonymous with sodium (a part of salt that may be linked to high blood pressure in some people). Canned soup, in particular, is loaded with sodium. The recommended Daily Value (DV) listed on food labels is 2400 milligrams of sodium. One can of Campbell's Chicken Noodle Soup provides 2450 milligrams. There goes your salt budget for the day!

But keep in mind the DV for sodium is based on the average couch potato who is overweight and has high blood pressure. Athletes who lose salt in sweat can appropriately consume more salt. After all, one pound of lost

sweat contains 400 to 700 milligrams of sodium. That adds up to 800 to 2800 milligrams in two to three hours of hard, sweaty exercise.

#### Water Retention

**Fluids:** To get adequate fluids, active people commonly think eight glasses of water per day. You can also think soup. Soup, after all, is made with water and counts toward your fluid intake. Plus, the sodium in soup enhances water retention, so the water doesn't just go in one end and out the other. That's one reason why sports drinks have sodium. Soup can do the same job. Enjoying a big bowl of broth soup after a chilling winter

workout is a fine choice.

**Canned vs Homemade:** Campbell claims "soup is good food." How accurate is that claim? Debatable, and depends on the type of soup. Let's look at vegetable soup, for example. Vegetables are nature's vitamin pills, rich in vitamin C and beta-carotene (the precursor to vitamin A). A can of Campbell's Minestrone Soup offers 5% of the vitamin C you need for a day and 50% of the vitamin A (the amount in 1/4 of a carrot).

A homemade soup chock full of carrots, peas, broccoli, tomatoes and other colorful vegetables, offers significantly more nutrients due to increased quantity of the vegetables. Some, but not all, nutrients diminish during periods of cooking. For example, the 30 milligrams of vitamin C in two cups of raw spinach drops to 10 milligrams when cooked. Some nutrients leach into the water; you eat them in the broth. For example, broth cooked from bones has more calcium than does plain vegetable broth.

#### Choose Chinese

Nutritionally speaking, the best vegetable soups tend to be Chinese-style soups — a broth filled with dark green vegetables such as bok choy, spinach, or broccoli. Because the vegetable is added at the end of the cooking process, most of the nutrients are retained.

In winter, I often make what I call a hot salad: a nutrient-dense vegetable soup created by heating chicken broth (homemade, canned, or from bouillon cubes; regular or low sodium), adding a hefty portion of chopped broccoli, bok choy, snow peas, chinese cabbage and whatever else is handy, and then boiling the vegetables for only one to two minutes until they are heated but still crunchy. Light and refreshing, but warm and cozy and deliciously healthful.

**Protein-rich soups:** If you are interested in vegetarian cookery, soups are an easy way to include more beans, lentils, and tofu into your diet. These plant proteins lend themselves nicely to soups. Lentil, black bean, split pea, and minestrone soups are all welcome favorites.

I highly encourage vegetarian athletes to replace yet-another pasta dinner with hearty bean soups. Beans offer more protein, to say nothing of other vitamins and minerals. One can of Progresso Hearty Black Bean Soup has 16 grams of protein; the same number of calories of plain pasta has 11 grams of protein. You can also use bean or lentil soups in place of tomato sauce as a pasta topping.

#### Explosive Workouts

One obvious problem with bean soups is flatulence. Your workouts may become jet propelled! That's because beans contain fiber that forms a gas as it gets digested. The solution is to gradually increase your bean intake over time, or use Beano. (This product reduces gas when you take it with bean meals; it is available at drug stores.)

**Appetite control:** If you are trying to lose weight or control your appetite, soup is a good choice. Just think of the times you've had soup as a first course in a restaurant and when the main meal arrives, you stare at it thinking, "I'm not even hungry for this." Research suggests

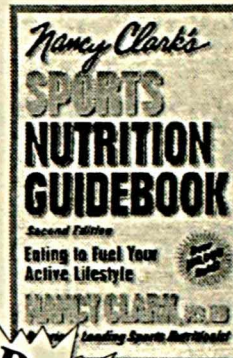
people who first eat soup are likely to eat less at the meal.

**Conclusion:** Yes, soup is good food for active people, especially bean and homemade vegetable soups. Get cooking, and enjoy the aroma! □

(Nancy Clark, MS, RD, nutrition counselor at Boston-area's Sports-Medicine Brookline, specializes in nutrition for exercise. Her best selling Nancy Clark's Sports Nutrition Guidebook (\$20) and The NYC Marathon Cookbook (\$20) are available by sending a check to Sports Nutrition Services, 830 Boylston St., Brookline, MA 02487 or visiting [www.nancyclarkrd.com](http://www.nancyclarkrd.com))

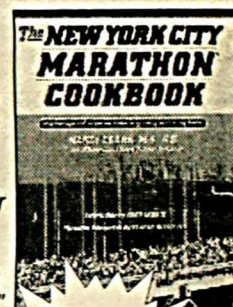
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## Masters Age-Graded Tables

- Keep track of your progress over the years.
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- See how much your performance should decline with age.
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# Masters Scene

## EAST

• **Kathy Martin**, 47, was first female overall with an 18:49, Veterans Day 5K Cross-Country, in her hometown of Northport on L.I. **Mark Soderstrom**, 40, Setauket, NY, nabbed the M40+ win in 17:25. Top age-graders overall were Martin (15:12), and **Joe Cordero**, 60, M60 winner (19:12/15:44).

• **Patti Shull**, 40, Ashburn, VA, continued to burn up the roads in the D.C. area with a second-female 2:55:18, Marine Corps Marathon, Oct. 25. **Francisco Lugo**, 40, won the M40+ race with a 10th-overall 2:35:33. **Alan Oman**, 48, Babylon, NY, in 2:45:12, and **Barry Robertson**, 50, Medford, NJ, in 2:57:10, were among the masters standouts in the 23rd annual event, which boasted 13,248 finishers.

al event, which boasted 13,248 finishers.

• **Don Di Donato**, 41, Hicksville, NY, hastened to a second-place 20:07, South Shore Sprint 4-Mile, Bayshore, NY, Nov. 21. **Kieran Kelly**, 51, Massapequa, NY, posted the W40+ first in 22:58.

• **Richard De La Sorta**, 40, 17:36, and **Kathy Byrne**, 43, 22:13, strode to masters victories, Rob's Run Cross-Country 5K, Syosset, NY, Nov. 29. First finishers aged 50-59 were **Dave Oakley**, 51, 19:49, and **Helma Clavin**, 55, 27:51. **Joe Cordero**, 60, was first 60+ in 19:51. Winning masters teams were the M40+ Ahern Runners and the W40+ Weasel AC.

• The Potomac Valley Track Club's Cranberry Crawl 5K and 10K races were contested Nov. 21 on Hains Point, Washington, D.C. The 5K masters champions were **George Buckheit**, 41, 15:58 (AG 85%) and **Bernadette Flynn**, 41, 20:01. Taking top honors in the 10K were **Mike Cotner**, 48, 39:26, and **Anne Viviani**, 49, 46:47.

## SOUTHEAST

• **Peter Hopfe**, 40, Palm Coast, FL, with a 58:12, and **Sara Flynn-Kramer**, 40, Orlando, FL, with a 68:51, featherfooted to overall wins, Thanksgiving 10 Miler, DeLand, FL, Nov. 26. **Linda Musante**, 44, Tampa, FL, was second female in 72:24. **Jim Blount**, 69, Bushnell, FL, won the M65 division with a 74:49. In an adjunct 5K, **Gary Cohen**, 41, Apopka, FL, 16:56, and **Deborah Freeland**, 40, New Smyrna, FL, were masters firsts.

• **Lanny Doan**, 42, Virginia Beach, VA, fought his way to a second-place 56:41, and **Sheri Segal**, 41, Virginia Beach, conquered the entire women's field with a 64:54, Yorktown Battlefield 10-Mile, Yorktown, VA, Nov. 14. In the 5K, **Sharon White**, 42, Langley AFB, was the female victor in 19:31. **Chris Slominski**, 40, Seaford, VA, was third male in 17:56.

## MID-AMERICA

• **Roxanne Meyer**, 40, Shawnee, OK, recorded a female overall win with an 18:52, Juke Joint Jog 5K, Stillwater, OK, Oct. 10. **Mike Kelly**, 45, took the M40+ title in 18:07. **George Marchetti**, 56, was second M40+ and best age-graded with an 18:27.

## WEST

• **Tom Burnett**, M50, 78:28, and **Yvette Lavigne**, W55, 95:15, streaked to masters firsts in the Harbor Light Half-Marathon, San Pedro, CA, Oct. 31. In the 10K, **Dave Parsel**, M40, was the overall winner in 31:59. **Renee Klein**, 36:05, and **Esther Castro**, 36:37, were 1-2 in the W40-44 race.

• **Al Lara**, 41, 31:47, and **Dale Campbell**, 45, finished 1-2 masters in the Cross City 10K, Fresno, CA, Sept. 20. **Christine Kennedy**, 42, won the W40+ race in 38:04. **Marj Lindsey**, 56, took the W55 contest in 47:51.

• **Nick Velasquez**, 45, 17:20, and **Leslie King**, 46, 20:38, scampered to masters firsts in the Corporate Rat Race 5K, Bakersfield, CA, Oct. 24. **Susan Schambach**, 51, negotiated a W40+ second-place in 22:17.

• A large portion of the 301 participants in 11 sports at the inaugural Hawaii Senior Olympics,

Honolulu, Nov. 28-30, were t&f athletes. **Erwin Jaskulski**, 96, who ran a wind-aided (+3.8) 100m in 24.81 in June (M95 WR is 39.00), ran a hand-timed 26.5 into the wind, turned around and ran a 24.9 with the wind.

## NORTHWEST

• **Suzanne Morris**, 41, California, was overall women's winner with a 2:44:41 in the St. George Marathon, Utah, Oct. 3. **Angela French**, W40, Arizona, was second W40+ in 2:49:27. **Barbara Miller**, California, won the W55 contest with a 3:01:18. **Mark Holland**, M40, Utah, took the M40+ race in 2:31:34.

## CANADA

• **Herb Phillips**, 58, Burnaby, BC, knocked nearly 10 minutes off the existing course record and qualified for the Canadian national team for the 1999 World Challenge 100K in France with a 7:52:21 in his 100K debut race at the Haney Harrison 100K, Nov. 7.

• **Art Meaney**, 54, St. John's, Newfoundland, ran 16:58 at the Santa Shuffle 5K, Toronto, Dec. 5, for top M50+ and 11th overall.

## INTERNATIONAL

• England's **Bridget Cushen** was among 438 women to be awarded a special IAAF medal commemorating The Year of Women in Athletics. Well-known USA recipients included **Joan Benoit-Samuels**, **Marion Jones**, **Louise Mead Tricard**, and **Pat Rico**. The medals were awarded as a "sign of gratitude towards all the women who have contributed to make 1998 so special."

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### HURDLES

#### WOMEN

| Age     | Race Distance | Hurdle Height | To 1st Hurdle        | Between Hurdles      | To Finish            | No. of Hurdles |
|---------|---------------|---------------|----------------------|----------------------|----------------------|----------------|
| 30-39   | 100m          | .840m<br>33"  | 13.00m<br>42'8 1/2"  | 8.5m<br>27'10 1/2"   | 10.5m<br>34'5"       | 10             |
| 40-49   | 80m           | .762m<br>30"  | 12.00m<br>39'4"      | 8.0m<br>26'3"        | 12.00m<br>39'4"      | 8              |
| 50-59   | 80m           | .762m<br>30"  | 12.00m<br>39'4"      | 7.0m<br>22'11 1/2"   | 19.00m<br>62'4"      | 8              |
| 60-69   | 80m           | .762m<br>30"  | 12.00m<br>39'4"      | 7.0m<br>22'11 1/2"   | 19.00m<br>62'4"      | 8              |
| 70 Plus | 80m           | .762m<br>30"  | 12.00m<br>39'4"      | 7.0m<br>22'11 1/2"   | 19.00m<br>62'4"      | 8              |
| 30-39   | 400m          | .762m<br>30"  | 45.00m<br>147'7 1/2" | 35.00m<br>114'9 1/2" | 40.00m<br>131'2 1/2" | 10             |
| 40-49   | 400m          | .762m<br>30"  | 45.00m<br>147'7 1/2" | 35.00m<br>114'9 1/2" | 40.00m<br>131'2 1/2" | 10             |
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| 60-69   | 300m          | .762m<br>30"  | 50.00m<br>164'0 1/2" | 35.00m<br>114'9 1/2" | 40.00m<br>131'2 1/2" | 7              |
| 70 plus | 300m          | .762m<br>30"  | 50.00m<br>164'0 1/2" | 35.00m<br>114'9 1/2" | 40.00m<br>131'2 1/2" | 7              |

#### MEN

|         |      |              |                      |                      |                      |    |
|---------|------|--------------|----------------------|----------------------|----------------------|----|
| 30-39   | 110m | .991m<br>39" | 13.72m<br>45'        | 9.14m<br>30'         | 14.02m<br>46'        | 10 |
| 40-49   | 110m | .991m<br>39" | 13.72m<br>45'        | 9.14m<br>30'         | 14.02m<br>46'        | 10 |
| 50-59   | 100m | .914m<br>36" | 13.00m<br>42'8"      | 8.50m<br>27'10 1/2"  | 10.50m<br>34'5"      | 10 |
| 60-69   | 100m | .840m<br>33" | 13.00m<br>42'8"      | 8.50m<br>27'10 1/2"  | 10.50m<br>34'5"      | 10 |
| 70 plus | 80m  | .762m<br>30" | 12.00m<br>39'4"      | 7.0m<br>22'11 1/2"   | 19.0m<br>62'4"       | 8  |
| 30-49   | 400m | .914m<br>36" | 45.00m<br>147'7 1/2" | 35.00m<br>114'9 1/2" | 40.00m<br>131'2 1/2" | 10 |
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| 60+     | 300m | .762m<br>30" | 50.00m<br>164'0 1/2" | 35.00m<br>114'9 1/2" | 40.00m<br>131'2 1/2" | 7  |

### IMPLEMENTS

| AGE     | SHOT PUT        | DISCUS | HAMMER          | JAVELIN  | WEIGHT     |
|---------|-----------------|--------|-----------------|----------|------------|
| Women   |                 |        |                 |          | WAVA USATF |
| 30-49   | 4.00k           | 1.00k  | 4.00k           | 600gms.  | 20# 20#    |
| 50 plus | 3.00k           | 1.00k  | 3.00k           | 400 gms. | 16# 16#    |
| 60 plus |                 |        |                 |          | 12# 16#    |
| Men     |                 |        |                 |          |            |
| 30-49   | 7.26k (16 lbs.) | 2.00k  | 7.26k (16 lbs.) | 800 gms. | 35# 35#    |
| 50-59   | 6.00k           | 1.50k  | 6.00k           | 800 gms. | 25# 35#    |
| 60-69   | 5.00k           | 1.00k  | 5.00k           | 600 gms. | 20# 25#    |
| 70-79   | 4.00k           | 1.00k  | 4.00k           | 600 gms. | 16# 25#    |
| 80 plus | 4.00k           | 1.00k  | 4.00k           | 600 gms. | 12# 25#    |

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

WAVA weights are used for USATF weight pentathlons.



# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

## TRACK & FIELD

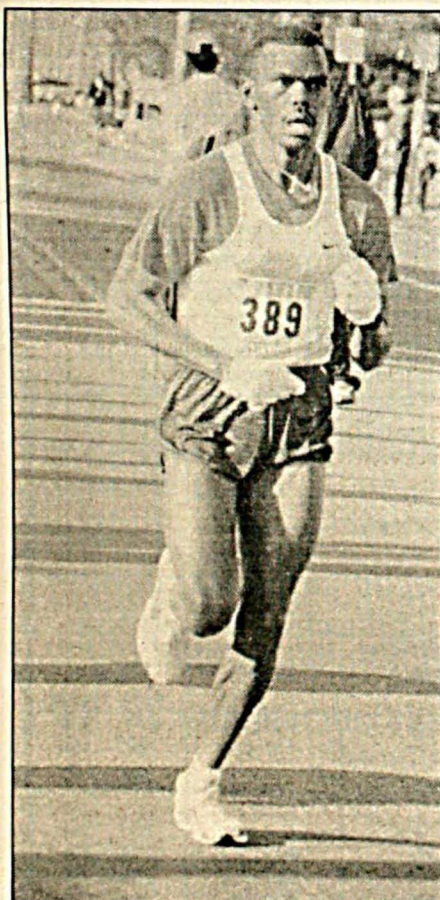
### NATIONAL

**March 26.** USATF National Masters Indoor Pentathlon Championships (M&W), Boston, Mass. Held in conjunction with the Indoor Championships. See below.

**March 26-28.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02467. 617-332-3919; e-mail: tracs@earthlink.net.

**April 10-11.** USATF National Masters Indoor Heptathlon Championships (M&W), Proviso West H.S., Hillside/Chicago. Ray Vandersteen, USATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

**June 12.** USATF National Masters Weight Pentathlon Championships, U. of Northern Colorado, Greeley (50 miles n. of Denver). Scott Hall, UNC Head Track Coach, 970-351-1721; fax: 351-2018. Tim Edwards, 6440 Magnolia St., Commerce City, CO 80022. 303-315-9107; email: tedwa851@concentric.net



MIKE POLANSKY

John Williams, 42, Freeport, N.Y., second M40 (21:14), South Shore Sprint 4 Mile, Bayshore, N.Y.

**July 3-4.** USATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

**August 26-29.** 32nd annual USATF National Masters Championships, Orlando, Fla.

**September TBA.** USATF National Masters Weight & Superweight Championships, Seattle, Wash.

**October 20-29.** National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 445 North Boulevard, Suite 2001, Baton Rouge, LA 70802. 504-379-7337; fax: 379-7343.

### EAST

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

**January 8.** 7th annual Joseph Yancey Memorial Indoor Meet, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 7 p.m. SASE to Ed Levy, NY Pioneer Club, 70 W. 95 St., Apt. 26H, New York, NY 10025. 212-749-7099.

**January 8-10.** 30th annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

**January 10, 15, 22.** MAC Indoor Meets, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 212-227-0071 (MAC Office 9-5, M-F). Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365.

**January 10.** Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 a.m. Bill Krieger, 215-722-8859; Tom Yunker, 610-828-4672.

**January 10 & 24.** Potomac Valley TC Indoor Meets, TJ Center, Arlington, Va. 703-671-2520.

**January 23.** 32nd Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new M&W40+ record. 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

**January 24.** Greater Boston TC Invitational, Harvard U. indoor track, Allston, Mass. Various running and some field events for M&W40+. Prize purse and bonus for women's masters mile record. Jim O'Brien, GBTC, PO Box 183, Boston, MA 02117-0183. 617-282-5537; email: Jim-O'Brien@Juno.com; www.gbtc.org

**January 31.** Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 a.m. See Jan. 10.

**January 31.** Albright College Indoor

Pentathlon (HH/LJ/SP/HJ/M800/W600), Reading, Pa. Masters welcome. 2 pm. Don Gottschall, PO Box 15234, Reading, PA 19612. 610-921-7535.

**February 14.** New Jersey Submasters & Masters Indoor Championships, Fairleigh-Dickinson U., Hackensack. Out-of-state welcome. Prize purses for open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

**February 20.** 4th annual Upstate New York Indoor Mile Championships, Hobart College, Geneva. Inaugural "Roger Messenger Memorial Masters Mile" with prize money; M50+ race with prize money; prize money; prize money for W40+ record. Peter Glavin, 716-242-9031; email: gvh@frontiernet.net

**February 26.** MAC Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 212-227-0071 (MAC Office, 9-5, M-F). Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365.

**March 14.** 27th annual USATF East Regional Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 10 am. Haig Bohigian, 225 Hunter Ave., Sleepy Hollow, NY 10591. 914-631-1547 (10 a.m.-8 p.m.).

### SOUTHEAST

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

**January 2.** Ed Temple Indoor Invitational, Tennessee St. U., Nashville. M/Y/O. 615-333-9018; 963-5906.

**January 23.** Florida AC Pole Vault Meet, Ft. Lauderdale. 9 am. Remit \$15 to "FAC" and mail to Jim Pedley, 14161 Mustang Trail, Sunshine Ranches, Ft. Lauderdale, FL 33330. 954-434-0907.

**March 6.** 18th annual Virginia Masters Indoor Championships, Washington & Lee U. Send SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667. Download entry/info at <http://madsion.wlu.edu/~tuckerj>

### MIDWEST

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

**January 23.** Lincoln-Way Masters & Open Indoor Meet, Lincoln-Way Central HS Field House, Rte. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879.

**February 7.** USATF Michigan Indoor Championships, Grand Valley State U., Allendale (Grand Rapids area). Jerry Elkins, 616-895-3360; Chuck Sochor, 616-984-5358; fax: 984-2809.

### MID-AMERICA

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

**February 7.** Ageless Games, Minneapolis, Minn. Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN.

**February 21.** Colorado Indoor Championships, U.S. Air Force Academy. 1/6 mile track. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-635-1264; fax: 471-1163.

**June 12.** USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-

## ON TAP FOR JANUARY

### TRACK AND FIELD

The Ed Temple Indoor is open to masters on the 2nd in Knoxville, Tenn. The three-day Dartmouth Relays commence with masters on the 8th. Cornell U. in Ithaca, N.Y., is the scene for the 32nd Hartshorne Memorial Masters Mile on the 23rd. Northwest masters can visit Eugene, Ore., for an indoor meet on the 24th, also the date of the Boston Invitational. The MAC hosts indoor meets on the 8th, 15th, and 22nd, as do the Philadelphia Masters on the 10th and 31st, and the Potomac Valley Club on the 10th and 24th. An indoor pentathlon is available on the 31st at Albright College in Pennsylvania.

### LONG DISTANCE RUNNING

The USATF National Masters One Mile Road Championships will be staged at the Steve Scott Festival, Santee, Calif., on the 24th. For the 92nd time, the Jackson Day 5.6 Miles hits the streets of New Orleans on the 3rd. The Paramount 10K with its Special World Masters Division takes place in the L.A. suburb of Paramount on the 9th. Marathons are to be had in Charlotte, N.C., on the 16th, in Houston and San Diego on the 17th, and in New Orleans on the 30th.

### RACEWALKING

Racewalks are offered both indoors on the track and outdoors on the roads, and the Potomac Valley TC commences a six-week clinic on the 9th. □

2192; FaxL 687-9400; Susan Cooper, WSU T&F office, 316-978-3362; fax: 978-3388.

**June 26-27.** Missouri State Senior Games, Columbia. 50+. Out-of-State welcome. Jack Miles, U. of Missouri, 1105 Carrie Franke Dr., Rm 01, Columbia, MO 65211. 573-882-1462.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**January 30.** AT&T Sooner State Games, Shawnee Exposition Center, Shawnee, Okla. Entry information: 405-235-4222.

### WEST

Arizona, California, Hawaii, Nevada

**January 23.** Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.

**February 13-14, 21.** Palm Springs Senior Olympics. 10K on 21st. Ben Green, Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 760-323-5689; fax: 320-9373; email: mizell@cyberg8t.com.

**February 14.** Silver State Masters Indoor Classic, Reno, Nev. Entry form in January

Continued on next page



Continued from previous page

issue. Silver State Masters, PO Box 21171, NV 89515. 702-852-4428; email: jwmann@ix.netcom.com; www.silverstatestriders.com

**February 20.** Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 832-458-0202; email: kelfield@aol.com

**May 1.** Arizona Masters Invitational, McClintock HS, Tempe. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

**May 15.** Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

### NORTHWEST

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

**January 23-24.** Eugene Indoor Meet. Masters on 24th. Erin Regali, 2997 Firwood Way, Eugene, OR 97401. 541-687-8453; email: tctc@rio.com

**February 5-6.** Great Northwest Indoor Meet, Portland, Ore. 503-668-0998; email: runjumpthrow@compuserve.com

**May 29.** Oregon Senior Olympics, Silverton. Amy Castle, Silverton RR, Box 783, Silverton, OR 97381. 503-873-8577(h).

**June 5.** Seattle Park Dept. Masters Meet, West Seattle Stadium.

**June 11-12.** Montana Senior Olympics, Helena. Open to out-of-state. Don Tavolacci, 406-252-2795; Evelyn King, 406-542-1868.

**June 12-13.** Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

**June 19.** Inland Northwest Age Group Championships, Pullman, Wash. All ages. Mike Hinz, 509-335-3325; email: mhinz@wsu.edu

**June 19-20.** Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

**July 10-11.** State Games of Oregon, Mt. Hood Community College. Keith Maneval, T&F, Mt. Hood CC, 503-667-7140.

**July 16-18.** Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.

**July 17-18.** USATF Northwest Regional Masters Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-832-3923; fax: 932-3917.

**July 30-August 1.** Wyoming Senior Olympics, Laramie. Open to out-of-state. Paul Harrison, 307-721-5269.

**October 2-3.** Octoberfest Throws & Weight Pentathlon, Helena, Mont. Manuel White, PO Box 5058, Helena, MT 59604. 406-227-5020.

### INTERNATIONAL

**March 5-7.** European Veterans Indoor Championships, Malmö, Sweden.

**March 13-14, 20.** New South Wales State Championships, Sydney, Australia. Pent. & 5000 on 20th. Alec Walker, PO Box 3059, Waverley, NSW 2024, Australia.

**March 19-21.** Western Australia State Championships, Perth. Brian Foley, 8 Habgood, Freemantle, Western Australia 6158.

**March 20-21, 27-28.** Queensland State Championships, Brisbane, Australia. Pent. & 5000 on 20th/WP on 21st. Judy Cooper, 6 Visser Court, Rosedale, Queensland 4123, Australia.

**April 2-5.** Australian National Championships, Canberra. Alan Wilson, GPO Box 2356, Canberra, ACT 2601, Australia.

**July 17-18.** British Veterans Championships, Edinburgh, Scotland.

**July 24-25 (tentative).** Veterans meet, Belfast, No. Ireland.

**July 29-August 8.** XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 1EA, England.

## LONG DISTANCE RUNNING

### NATIONAL

**January 24.** USATF National Masters One Mile Championships/Steve Scott Festival, Santee, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

**February 13.** USATF National Masters 6K/4K Cross-Country Championships (also U.S. vs. Canada), Tacoma, Wash. M40+ 6K/W35+ 4K. Carole Langenbach, 4261 S. 184th St., SeaTac, WA 98188. 206-433-8868; http://www.pntf.org/usaxc99.

**February 20.** USATF National Masters 12K Championships/Outback Distance Classic/Indy Life Circuit Race, Orlando, Fla. Jon Hughes, 1102 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

**March 28.** USATF National Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-450-6510.

**March 28.** Shamrock Shuffle 8K/Indy Life Circuit Race, Chicago. David Patt, Chicago Area Runners, 203 N. Wabash, #1104, Chicago, IL 60601.

**May 1.** USATF National Masters Half-Marathon/Indy Life Circuit Race, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632.

**June 5.** USATF National Masters Women's 5K Championships/Freihofers 5K/Indy Life Circuit Race, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**October 3.** USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Scott Schneider, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 24.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

**November 21.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. James Siedliski, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

### EAST

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

**February 28.** 25th annual D.H. Jones 10 Mile/USATF-NE Championship, Amherst, Mass. Dave Martula, 277 Bay Rd., Hadley, MA 01035-9780. 413-586-8002.

**March 14.** Law Enforcement Half-Marathon/USATF-NE Championship, Melrose, Mass. Tony Pallotta, Runners Edge, 401 Main St., Melrose, MA 02176. 781-661-0092; email: runedge@aol.com

**March 21.** New Bedford Half-Marathon, New Bedford, Mass. NBHM, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068; email-nbhalf@aol.com

**April 19.** 103rd Boston Marathon. SASE to Boston AA, The Starting Line/One Ash St., Hopkinton, MA 01748-1897. http://www.bostonmarathon.org

### SOUTHEAST

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

**January 3.** DeLeon Springs Half-Marathon & 5K, DeLeon Springs, Fla. Alta Vista Sports, PO Box 1700, DeLand, FL 32721. John Boyle, 904-736-0002.

**January 10.** Walt Disney World Marathon, Orlando, Fla. WDWM, PO Box 10000, Lake Buena Vista, FL 32830. 407-939-7810.

**January 16.** Charlotte Marathon. CM, PO Box 222138, Charlotte, NC 28222-2138. 704-367-9696; 365-2880.

**January 30.** Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.

**February 6.** Carolina Marathon/Women's Open 8K National Championships, Columbia, S.C. CM, PO Box 5092, Columbia, SC 29250.

**February 7.** Hampton Coliseum/Pomoco Half-Marathon & 8K, Hampton, Va. Masters money. Hot line: 757-728-3235; 757-229-7375.

**February 13.** Gasparilla Distance Classic 15K, Tampa. SASE #10 to GDCA-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

**February 20.** Outback Distance Classic, Lake Eola Park, Central Blvd., Downtown Orlando, Fla. 407-898-1313.

**February 20.** Clearwater Pass Bridge Run 5K, 10K, and Mile. Sertoma Bridge Run, PO Box 665, Clearwater, FL 33757. Stu Johnson, 727-595-2586.

**February 21.** Colonial Busch Half-Marathon, Williamsburg, Va. Rick Platt, 757-229-7375; email: rickplatt@juno.com.

**February 27.** Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.

**February 27.** Blue Angel Marathon, Pensacola, Fla. BAM MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 850-452-4391; 452-3318.

**March 20.** Shamrock Sportsfest Marathon, Masters 8K, Open 8K, and 5K Racewalk, Virginia Beach, Va. SASE to Shamrock Sportfest, 2308 Maple St., Virginia Beach, VA 23451.

### SOUTHWEST

Arkansas, Louisiana, Mississippi,  
Oklahoma, Texas

**January 3.** 92nd Jackson Day 5.6 Miles, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; email: NOTC@runNOTC.org.

**January 9.** The Wall 30K & 15K State Championships, Tammany Trace-Abita Springs, La. See Jan. 3.

**January 17.** Houston Marathon. SASE to HM, 720 N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.

**February 13.** Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584,

Houston, TX 77210. 281-293-2447.

**February 14.** Motorola Austin Marathon & Relays, Austin, Tex. Motorola Austin Marathon, P.O. Box 684587, Austin, TX 78768-4587. 512-505-8304.

**February 27.** Cowtown Marathon & 10K Fort Worth, Texas. CM, PO Box 9066, Fort Worth, TX 76147-2066. 817-735-2033; email: cowtown@startext.net

### WEST

Arizona, California, Hawaii, Nevada

**January 9.** Paramount 10K, with Racewalk and Special World Masters Division, Paramount, Calif. (L.A. suburb). Time standards for World Masters Division. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**January 17.** San Diego Marathon, Carlsbad, Calif. In Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 619-792-2900; fax: 792-2901; e-mail: imisd@aol.com.

**February 7.** 33rd Las Vegas International Marathon, Half-Marathon, & 5K, Las Vegas, Nev. New course. SASE to Las Vegas Marathon, Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; Web: http://www.LVMarathon.com/

**February 13.** Great American Adventure Cross-Country Run (2.8 miles & 4-8 miles), Huntington Beach, Calif. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**March 14.** Los Angeles Marathon. LAM, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310-444-5544.

**March 21.** Fifty-Plus Fitness Paul Spangler Memorial 8K, Stanford U., Palo Alto, Calif. M&W50+/Open 8K. 50+ Fitness Association, Box D, Stanford, CA 94309. 650-323-6160; fax: 323-6119; email: fitness@ix.netcom.com; http://www.50plus.org

### RACEWALKING

**January 9.** Potomac Valley TC Six Week Saturday Winter RW Clinics Begin, Tysons Corners Shopping Center, Vienna, Va. 703-671-2520.

**March 27.** USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See T&F schedule.

**May 23.** USATF National Masters 15K RW Championships, Diane Graham-Henry, 442 W. Beldon, Chicago, IL 60614. 773-327-4493.

**August 27.** USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

**August 29.** USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

**September 19.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 25.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

**October 3.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

**November 13.** USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.



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

|               |                   |        |          |              |
|---------------|-------------------|--------|----------|--------------|
| <b>M30-34</b> | Edward Granchalek | 1500   | 4:10.2   | 8-1-98       |
|               | Mark Holme        | 400    | 50.43    | 8-10, 10-98  |
| <b>M35-39</b> | Mark Carver       | 800    | 2:02.4   | 6-27-98      |
|               |                   | 1500   | 4:17.4   | 7-11-98      |
| <b>M40-44</b> | Mac Allen         | 800    | 2:05.6   | 7-30-98      |
|               |                   | Mile   | 4:45.7   | 8-10-98      |
| <b>M45-49</b> | Steve Hall        | Mile   | 4:48.48  | 7-19-98      |
|               |                   | 800    | 2:08.98  | 7-29-98      |
|               | Neil Hawk         | 800    | 2:07.35  | 5-3-98       |
| <b>M50-54</b> | Geoffrey Brown    | Discus | 138.05   | 9-27-98      |
|               | David Golden      | 100    | 12.31    | 5-24-98      |
|               | Lon Johnson       | 3K SC  | 12:11.30 | 8-16-98      |
|               | Ronald Jordan     | 100    | 12.25    | 4-18-98      |
|               | Keith Peterman    | 400    | 54.49    | 7-30, 8-2-98 |

|                  |                   |           |              |
|------------------|-------------------|-----------|--------------|
| Alvin Seale      | 200               | 25.80     | 5:10, 11-98  |
|                  | 400               | 56.79     | 7:30, 8-2-98 |
| Terry Shuman     | Superweight       | 8.40      | 3:27, 29-98  |
|                  | Discus            | 45.69     | 5:24-98      |
|                  | Hammer            | 45.68     | 5:24-98      |
|                  | Weight            | 12.20     | 5:24-98      |
|                  | Weight Pentathlon | 3649      | 8:30-98      |
| <b>M55-59</b>    |                   |           |              |
| Sheppard Miers   | Discus            | 42.14     | 7:25-98      |
|                  | Shot Put          | 12.05     | 9:20-98      |
| Gene Primm       | Superweight       | 5.02      | 6:27-98      |
|                  | Shot Put          | 9.51      | 6:27-98      |
| Dave Perry       | High Jump         | 5.5       | 10:17-98     |
| Dennis McCreven  | Shot Put          | 42        | 5:23-98      |
| <b>M60-64</b>    |                   |           |              |
| Thomas Kallukkat | Long Jump         | 14-11 1/4 | 6-4, 7-98    |
| Jack Miller      | Mile              | 5:25-04   | 9:26-98      |
|                  | 400               | 62.9      | 6:16-98      |
| Christopher Rush | 800               | 2:25.0    | 7:7-98       |
|                  | Mile              | 5:47.3    | 8:5-98       |

|               |                 |             |         |              |
|---------------|-----------------|-------------|---------|--------------|
| <b>M65-69</b> | James Duncan    | Pentathlon  | 3400    | 7-30, 8-1-98 |
|               |                 | Long Jump   | 4.45    | 7-30, 8-1-98 |
|               | Alan Maxwell    | 100 Hurdles | 20.45   | 7-23-98      |
|               | Thom Phillips   | 100         | 13.73   | 7-27-98      |
|               | William Rothley | High Jump   | 4.6     | 7-27-98      |
|               |                 | Long Jump   | 14.8    | 7-23, 27-98  |
|               | Chuck Wiedman   | Javelin     | 119-11  | 7-23, 27-98  |
|               |                 | High Jump   | 4.4     | 6-13-98      |
| <b>M70-74</b> | Roland Rosalip  | Long Jump   | 12-7    | 8-14-98      |
| <b>M75-79</b> | George Brown    | Shot Put    | 30-5    | 9-25-98      |
| <b>W55-59</b> | Nancy Ten Berge | 5K          | 21:48   | 6-6-98       |
|               | Carolyn Wilson  | 800         | 3:08.20 | 6-26, 27-98  |
|               |                 | 1500        | 6:19.05 | 6-26, 27-98  |

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All American Standards Committee

## 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       | 10.95    | 11.3      | 11.5      | 11.9     | 12.2     | 12.6     | 13.2     | 13.8     | 14.6     | 16.0      | 18.0     | 23.0     |
| 200       | 22.4     | 23.2      | 23.8      | 24.6     | 25.5     | 27.0     | 27.7     | 29.5     | 32.0     | 35.0      | 40.2     | 52.0     |
| 400       | 51.5     | 52.5      | 53.8      | 56.0     | 57.5     | 62.0     | 65.0     | 69.0     | 75.0     | 88.0      | 98.0     | 120.0    |
| 800       | 2:02     | 2:04      | 2:06      | 2:11     | 2:16     | 2:25     | 2:35     | 2:45     | 3:06     | 3:35      | 3:55     | 4:30     |
| 1500      | 4:16     | 4:18      | 4:20      | 4:32     | 4:40     | 5:02     | 5:20     | 5:45     | 6:30     | 7:20      | 8:10     | 9:20     |
| Mile      | 4:35     | 4:40      | 4:55      | 5:00     | 5:10     | 5:30     | 5:55     | 6:15     | 6:55     | 7:50      | 8:45     | 10:15    |
| 5000      | 15:45    | 16:00     | 16:15     | 16:45    | 17:30    | 18:25    | 19:30    | 21:00    | 23:30    | 26:00     | 29:00    | 32:30    |
| 10000     | 32:30    | 32:50     | 33:30     | 36:00    | 38:00    | 39:00    | 40:30    | 44:00    | 48:30    | 54:30     | 61:15    | 68:30    |
| 110H      | 15.4     | 16.5      | 17.8      | 18.8     |          |          |          |          |          |           |          |          |
| 100H      |          |           |           |          | 18.0     | 19.0     | 20.0     | 21.0     |          |           |          |          |
| 80H       |          |           |           |          |          |          |          |          | 18.0     | 21.0      | 25.0     | 30.0     |
| 400H      | 58.0     | 60.0      | 62.0      | 64.0     | 68.0     | 71.0     |          |          |          |           |          |          |
| 300H      |          |           |           |          | 48.0     | 51.0     | 55.0     | 60.0     | 67.0     | 75.0      | 85.0     | 95.0     |
| 3K-SC     | 10:10    | 10:30     | 11:45     | 12:40    | 13:30    | 14:00    |          |          |          |           |          |          |
| 2K-SC     |          |           |           |          |          |          | 9:30     | 10:30    | 12:00    | 14:00     | 16:30    | 19:30    |
| HJ        | 1.90     | 1.85      | 1.76      | 1.68     | 1.60     | 1.50     | 1.45     | 1.38     | 1.25     | 1.15      | 1.00     | 0.80     |
|           | 6-2 1/2  | 6- 1/2    | 5-9 1/2   | 5-6      | 5-3      | 4-11     | 4-9      | 4-6      | 4-1 1/2  | 3-9 1/2   | 3-3 1/2  | 2-7 1/2  |
| PV        | 4.40     | 4.10      | 3.95      | 3.70     | 3.55     | 3.05     | 2.70     | 2.40     | 2.30     | 2.00      | 1.80     | 1.30     |
|           | 14-5 1/2 | 13-5 1/2  | 12-11 1/2 | 12-1 1/2 | 11-7 1/2 | 10-0     | 8-10 1/2 | 8-4 1/2  | 7-6 1/2  | 6-6 1/2   | 5-10 1/2 | 4-3 1/2  |
| LJ        | 6.50     | 6.10      | 5.85      | 5.60     | 5.40     | 4.90     | 4.50     | 4.20     | 3.80     | 3.35      | 2.85     | 2.20     |
|           | 21-4     | 20- 1/2   | 19-2 1/2  | 18-4 1/2 | 17-8 1/2 | 16-1     | 14-9 1/2 | 13-9 1/2 | 12-5 1/2 | 10-11 1/2 | 9-4 1/2  | 7-2 1/2  |
| TJ        | 13.20    | 12.60     | 11.50     | 10.80    | 10.40    | 9.50     | 8.90     | 8.20     | 6.96     | 6.50      | 5.94     | 5.51     |
|           | 43-3 1/2 | 41-4 1/2  | 37-8 1/2  | 35-5 1/2 | 34-1 1/2 | 31-2     | 29-2 1/2 | 26-11    | 22-10    | 21-4      | 19-6     | 18-1     |
| Shot      | 14.50    | 14.02     | 13.41     | 12.62    | 13.10    | 12.00    | 12.80    | 11.50    | 11.00    | 9.00      | 8.00     | 6.00     |
|           | 47-7     | 46-0      | 44-0      | 41-5     | 43-1     | 39-4     | 42-0     | 37-8 1/2 | 36-1 1/2 | 29-6      | 26-3     | 19-8 1/2 |
| Discus    | 44.80    | 42.80     | 39.50     | 37.50    | 42.00    | 41.00    | 42.00    | 39.00    | 34.00    | 26.00     | 22.00    | 15.24    |
|           | 147-0    | 140-5     | 129-7     | 123-0    | 137-9    | 134-6    | 137-9    | 127-11   | 111-6    | 98-5      | 72-2 1/2 | 50-0     |
| Hammer    | 47.24    | 44.20     | 40.00     | 39.00    | 39.00    | 36.00    | 36.00    | 32.00    | 30.00    | 24.00     | 20.00    | 17.07    |
|           | 155-0    | 145-0     | 131-3     | 127-11   | 127-11   | 118-1    | 118-1    | 105-0    | 98-5     | 78-9      | 65-7 1/2 | 56-0     |
| Javelin   | 62.00    | 56.00     | 48.76     | 47.00    | 43.00    | 41.00    | 39.00    | 35.00    | 31.00    | 24.00     | 19.00    | 14.02    |
|           | 203-5    | 183-9     | 160-0     | 154-2    | 141-1    | 134-6    | 127-11   | 114-10   | 101-8    | 78-9      | 52-4     | 46-0     |
| 35#Wt.    | 15.00    | 14.00     | 13.00     | 12.00    | 10.00    | 9.00     |          |          | 6.00     | 5.00      | 4.00     | 3.00     |
|           | 49-2 1/2 | 45-11 1/2 | 42-8      | 39-4 1/2 | 32-9 1/2 | 29-6 1/2 |          |          | 19-8 1/2 | 16-5      | 13-1 1/2 | 9-10     |
| 25#Wt.    |          |           |           |          |          |          | 11.50    | 10.00    | 9.00     | 7.30      | 5.30     | 4.50     |
|           |          |           |           |          |          |          | 37-6 1/2 | 32-9 1/2 | 29-6 1/2 | 23-11 1/2 | 17-4 1/2 | 14-9 1/2 |
| 56#Wt.    | 9.50     | 9.00      | 8.50      | 8.00     | 6.00     | 5.00     | 4.50     | 4.00     | 3.50     | 3.00      | 2.50     | 2.00     |
|           | 31-2     | 29-6 1/2  | 27-10 1/2 | 26-5     | 19-8 1/2 | 16-5     | 14-9     | 13-1 1/2 | 11-5 1/2 | 9-10      | 8-2 1/2  | 6-6 1/2  |
| Pent.     | 2800     | 2600      | 2600      | 2400     | 2600     | 2600     | 2600     | 2600     | 2600     | 2600      | 2600     | 2600     |
| Decath.   | 5500     | 5250      | 5250      | 5000     | 5200     | 5000     | 4500     | 5000     | 4800     | 4200      | 3000     | 2500     |
| Wt. Pent. | 2800     | 2700      | 2800      | 3000     | 3000     | 3000     | 3000     | 3000     | 2600     | 2700      | 3000     | 3000     |

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

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

| Event | 1.5K  | Mile  | 3K    | 5K    | 8K      | 10K     | 15K     | 20K     | 25K     | 30K     | 40K     | 50K      |
|-------|-------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|----------|
| W30   | 7:13  | 7:47  | 14:50 | 25:38 | 42:04   | 52:43   | 1:21:56 | 1:52:06 | 2:24:43 | 2:59:15 | 4:08:45 | 5:37:30  |
| W35   | 7:22  | 8:03  | 15:18 | 26:27 | 43:11   | 53:56   | 1:23:29 | 1:53:32 | 2:26:51 | 3:01:53 | 4:12:21 | 5:42:23  |
| W40   | 7:37  | 8:21  | 15:53 | 27:26 | 44:47   | 55:56   | 1:26:37 | 1:58:06 | 2:32:33 | 3:08:56 | 4:22:13 | 5:55:48  |
| W45   | 8:03  | 8:41  | 16:32 | 28:33 | 46:35   | 58:10   | 1:30:08 | 2:03:00 | 2:38:56 | 3:17:00 | 4:33:31 | 6:11:25  |
| W50   | 8:25  | 9:05  | 17:15 | 29:49 | 48:36   | 1:00:41 | 1:34:08 | 2:08:30 | 2:46:11 | 3:26:08 | 4:46:23 | 6:29:09  |
| W55   | 8:55  | 9:31  | 18:05 | 31:14 | 50:54   | 1:03:33 | 1:38:40 | 2:14:48 | 2:54:26 | 3:36:33 | 5:01:03 | 6:49:24  |
| W60   | 9:17  | 10:01 | 19:01 | 32:51 | 53:32   | 1:06:50 | 1:43:51 | 2:21:54 | 3:03:54 | 3:48:29 | 5:17:54 | 7:12:43  |
| W65   | 9:48  | 10:35 | 20:06 | 34:43 | 56:33   | 1:10:37 | 1:49:50 | 2:30:12 | 3:14:51 | 4:02:20 | 5:37:25 | 7:39:46  |
| W70   | 10:26 | 11:15 | 21:22 | 36:54 | 1:00:02 | 1:15:01 | 1:56:49 | 2:39:54 | 3:27:38 | 4:18:30 | 6:00:18 | 8:11:30  |
| W75   | 11:10 | 12:01 | 22:51 | 39:28 | 1:04:10 | 1:20:14 | 2:05:05 | 2:51:18 | 3:42:50 | 4:37:46 | 6:27:35 | 8:49:28  |
| W80   | 12:03 | 12:58 | 24:41 | 42:37 | 1:09:13 | 1:26:38 | 2:15:15 | 3:05:24 | 4:01:36 | 5:01:39 | 7:01:26 | 9:47:35  |
| W85   | 13:13 | 14:15 | 27:05 | 46:45 | 1:15:50 | 1:35:01 | 2:28:37 | 3:24:00 | 4:26:20 | 5:33:10 | 7:46:16 | 10:39:15 |
| W90   | 14:56 | 16:06 | 30:36 | 42:14 | 1:25:30 | 1:47:18 | 2:48:13 | 3:51:12 |         |         |         |          |
| MEN   |       |       |       |       |         |         |         |         |         |         |         |          |
| M30   | 6:31  | 7:01  | 13:21 | 23:05 | 37:57   | 47:49   | 1:13:10 | 1:38:18 | 2:05:12 | 2:32:17 | 3:27:30 | 4:31:00  |
| M35   | 6:43  | 7:14  | 13:47 | 23:46 | 38:55   | 48:53   | 1:14:28 | 1:39:43 | 2:06:56 | 2:34:14 | 3:30:17 | 4:34:53  |
| M40   | 6:58  | 7:29  | 14:16 | 24:24 | 40:15   | 50:32   | 1:17:03 | 1:43:13 | 2:11:29 | 2:39:47 | 3:37:53 | 4:44:49  |
| M45   | 7:13  | 7:46  | 14:47 | 25:31 | 41:44   | 52:25   | 1:19:58 | 1:47:10 | 2:16:35 | 2:46:05 | 3:46:36 | 4:56:24  |
| M50   | 7:33  | 8:05  | 15:23 | 26:33 | 43:25   | 54:32   | 1:23:14 | 1:51:37 | 2:22:20 | 2:53:13 | 3:56:29 | 5:09:29  |
| M55   | 7:50  | 8:26  | 16:04 | 27:43 | 45:19   | 56:55   | 1:26:56 | 1:56:38 | 2:28:52 | 3:01:19 | 4:07:41 | 5:24:22  |
| M60   | 8:13  | 8:51  | 16:50 | 29:02 | 47:28   | 59:38   | 1:31:10 | 2:02:23 | 2:36:20 | 3:10:33 | 4:20:30 | 5:41:23  |
| M65   | 8:38  | 9:19  | 17:43 | 30:33 | 49:56   | 1:02:45 | 1:36:01 | 2:08:58 | 2:44:53 | 3:21:11 | 4:35:15 | 6:01:01  |
| M70   | 9:08  | 9:50  | 18:44 | 32:18 | 52:46   | 1:06:21 | 1:41:37 | 2:16:35 | 2:53:56 | 3:33:31 | 4:52:23 | 6:23:51  |
| M75   | 9:43  | 10:28 | 19:55 | 34:20 | 56:04   | 1:10:35 | 1:48:13 | 2:25:34 | 3:05:02 | 3:48:05 | 5:12:40 | 6:50:54  |
| M80   | 10:26 | 11:14 | 21:22 | 36:50 | 60:06   | 1:15:44 | 1:56:15 | 2:36:31 | 3:20:50 | 4:05:57 | 5:37:34 | 7:24:11  |
| M85   | 11:21 | 12:13 | 23:14 | 40:04 | 65:20   | 1:22:26 | 2:06:43 | 2:50:48 | 3:39:31 | 4:29:18 | 6:10:11 | 8:07:50  |
| M90   | 12:41 | 13:39 | 25:58 | 44:45 | 72:52   | 1:32:08 | 2:21:52 | 3:11:28 | 4:06:38 | 5:03:17 | 6:57:43 | 9:11:37  |

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

## U.S. MASTERS STANDARDS OF EXCELLENCE



# TRACK & FIELD RESULTS

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## SOUTHWEST

Texas Senior Olympics  
Temple, TX; Sept. 26-27

### 100m

|     |                     |       |
|-----|---------------------|-------|
| M50 | Randy Smith         | 12.07 |
|     | Ed Jones            | 12.40 |
|     | Ron Helton          | 12.55 |
|     | Melvin Goode        | 12.88 |
| M55 | Don Denson          | 12.54 |
|     | Tom Fisher          | 12.94 |
|     | James Wheeler       | 13.04 |
|     | Larry Link          | 13.26 |
| M60 | Wayne Bennett       | 12.87 |
|     | Tony Deatherage     | 13.37 |
|     | Tony Garza          | 13.58 |
| M65 | Joe Summerlin       | 13.52 |
|     | William Wareham     | 14.52 |
|     | James Davis         | 14.53 |
|     | Bill Pardue         | 14.66 |
| M70 | Wilford Scott       | 13.36 |
|     | Oscar Maldonado     | 14.68 |
|     | George Bennett      | 16.58 |
| M75 | Robert Woolfolk     | 17.58 |
|     | Teodoro Gonzales    | 24.70 |
| M80 | Wade Alexander      | 18.18 |
|     | Chano Rivera        | 22.74 |
|     | George Meffan       | 46.54 |
| M85 | Ernest Nero         | 25.64 |
| M90 | Henry Johnson       | 20.40 |
| W50 | Corry Meijer        | 14.89 |
|     | Janice North        | 15.64 |
|     | Sally Curtis        | 15.64 |
| W55 | Janice Cunningham   | 16.59 |
|     | Shelly Whitlock     | 16.91 |
|     | Jody McCulley       | 18.13 |
| W60 | Sylvia Brooks       | 16.95 |
|     | Margaret Atkinson   | 17.40 |
|     | Joan Sutton         | 17.58 |
|     | Marion Coffee       | 18.18 |
| W65 | Eda Gore            | 18.29 |
|     | Georgia Goggin      | 21.42 |
|     | Doria Kendel        | 23.10 |
| W70 | Marie Williams      | 21.97 |
|     | Lillie Doss         | 26.11 |
|     | Maria Zamarripa     | 26.77 |
| W75 | Margaret Hinton     | 19.01 |
|     | Elizabeth Rendleman | 21.29 |
|     | Nita Henderson      | 21.48 |

### 200m

|     |                     |         |
|-----|---------------------|---------|
| M50 | Randy Smith         | 24.73   |
|     | Ed Jones            | 25.32   |
|     | Ron Helton          | 25.74   |
| M55 | Don Denson          | 26.12   |
|     | Tom Fisher          | 26.18   |
|     | James Paddie        | 27.21   |
| M60 | Paul Johnson        | 25.91   |
|     | Wayne Bennett       | 26.74   |
|     | Tony Deatherage     | 28.04   |
| M65 | Lowell Bonifield    | 27.90   |
|     | Joe Summerlin       | 29.21   |
|     | William Wareham     | 31.10   |
|     | Norman Wells        | 31.10   |
| M70 | Oscar Maldonado     | 30.61   |
|     | Sam Patterson       | 33.37   |
|     | Donald Watson       | 51.20   |
| M75 | John Alexander      | 32.15   |
|     | Bob Wingo           | 34.58   |
|     | Robert Woolfolk     | 39.52   |
| M80 | Chano Rivera        | 52.29   |
|     | George Meffan       | 1:45.03 |
| M85 | Ernest Nero         | 59.08   |
| W50 | D VanderCruyssen    | 34.03   |
|     | Janice North        | 34.77   |
|     | Linda Phippen       | 36.23   |
| W55 | Janice Cunningham   | 35.83   |
|     | Shelly Whitlock     | 41.75   |
|     | Mary Kaplan         | 47.73   |
| W60 | Mary Lou Bradford   | 37.55   |
|     | Sylvia Brooks       | 38.17   |
|     | Margaret Atkinson   | 38.93   |
|     | Joan Sutton         | 38.93   |
| W65 | Eda Gore            | 40.09   |
| W70 | Marie Williams      | 50.32   |
|     | Lillie Doss         | 60.00   |
| W75 | Margaret Hinton     | 45.80   |
|     | Elizabeth Rendleman | 46.66   |
| W85 | Kate Kendrick       | 1:48.46 |

### 400m

|     |                  |         |
|-----|------------------|---------|
| M50 | Richard Cox      | 1:08.03 |
|     | Andrew Pittman   | 1:08.44 |
|     | Paul Burroughs   | 1:10.90 |
| M55 | Tom Fisher       | 58.49   |
|     | Don Denson       | 1:05.27 |
|     | Al Harrison      | 1:05.72 |
| M60 | Paul Johnson     | 59.63   |
|     | Mack Stewart     | 1:00.34 |
|     | Wayne Bennett    | 1:05.03 |
|     | James Leggett    | 1:07.60 |
| M65 | Lowell Bonifield | 1:03.77 |
|     | Bart Braden      | 1:22.35 |
| M70 | Edward Williams  | 1:19.30 |
|     | Chano Rivera     | 2:01.86 |
| M75 | John Alexander   | 1:18.65 |
|     | Bob Wingo        | 1:20.80 |
| M80 | Jesse Cummings   | 1:58.30 |
|     | Chano Rivera     | 2:24.36 |
|     | George Meffan    | 5:14.05 |
| W50 | Alice Spoons     | 1:14.06 |
|     | Peggy Stewart    | 1:19.69 |
|     | D VanderCruyssen | 1:21.87 |
|     | Kathryn Bloom    | 1:23.56 |
| W55 | Mary Kaplan      | 1:58.60 |
| W60 | Sylvia Brooks    | 1:36.57 |
|     | Mickie Aguilar   | 1:38.22 |
|     | Marion Coffee    | 1:45.18 |
| W65 | Eda Gore         | 2:03.82 |
| W70 | Marie Williams   | 2:06.59 |
|     | Lillie Doss      | 2:25.25 |
| W75 | Liz Rendleman    | 2:07.76 |
| W85 | Kate Kendrick    | 3:43.48 |

### 800m

|     |                 |         |
|-----|-----------------|---------|
| M50 | Bobby Clemons   | 2:35.25 |
|     | Rudolph Rendon  | 2:36.48 |
| M55 | Ken Hodges      | 2:31.29 |
|     | Troy Scroggins  | 2:39.11 |
|     | Keith Burdett   | 2:40.79 |
|     | Robert Kocot    | 2:40.89 |
| M60 | Mack Stewart    | 2:20.97 |
|     | Bill Toy        | 2:41.08 |
|     | Bill Blackburn  | 2:41.46 |
|     | Don Henderson   | 2:41.48 |
|     | Jack Henney     | 2:41.53 |
| M65 | Orville Kremmer | 2:51.50 |
|     | Jack Gray       | 3:00.52 |
|     | Bart Braden     | 3:07.50 |
|     | Donald Navrkal  | 3:09.95 |
| M70 | Edward Williams | 2:59.43 |
|     | Richard Widener | 3:14.29 |
|     | William Barton  | 3:18.91 |
| M75 | Bob Wingo       | 3:38.68 |
|     | Michel Kagan    | 3:51.60 |
|     | Paul Galloway   | 4:31.29 |
| M80 | Chano Rivera    | 5:07.28 |
| W50 | Alice Spoons    | 2:44.44 |
|     | Linda Phippen   | 3:21.20 |
| W55 | Mary Kaplan     | 4:01.48 |
| W60 | Mickie Aguilar  | 3:37.34 |
|     | Phyllis Provost | 3:55.09 |
| W70 | Marie Williams  | 4:13.10 |
|     | Lillie Doss     | 5:15.56 |
| W85 | Kate Kendrick   | 7:58.09 |

### 1500m

|     |                 |          |
|-----|-----------------|----------|
| M50 | James Collins   | 5:17.05  |
|     | Rudolph Rendon  | 5:28.01  |
|     | Bobby Clemons   | 5:29.55  |
| M55 | Loyd Carey      | 5:00.26  |
|     | Ken Hodges      | 5:12.51  |
|     | Bill Harding    | 5:14.28  |
| M60 | Bill Mitchell   | 4:26.64  |
|     | Bill Toy        | 5:30.07  |
|     | Bill Blackburn  | 5:31.98  |
|     | Jack Henney     | 5:40.14  |
|     | Allan Rindahl   | 5:53.73  |
| M65 | Orville Kremmer | 5:47.61  |
|     | Jack Gray       | 6:18.09  |
|     | Donald Navrkal  | 6:31.20  |
| M70 | Edward Williams | 6:16.86  |
|     | William Barton  | 6:51.49  |
|     | Richard Widener | 6:54.64  |
| M75 | Michel Kagan    | 7:20.31  |
| M80 | Chano Rivera    | 10:53.66 |
| W55 | Ann Erickson    | 6:26.03  |
|     | Mary Kaplan     | 8:01.00  |
| W60 | Mickie Aguilar  | 7:18.87  |
|     | Phyllis Provost | 8:11.05  |
| W70 | Marie Williams  | 8:52.72  |
|     | Lillie Doss     | 10:25.79 |

### High Jump

|     |                   |      |
|-----|-------------------|------|
| M50 | John Scott        | 5-04 |
|     | Robert Juett      | 5-00 |
|     | Gregory Brooks    | 5-00 |
| M55 | James Cawley      | 5-04 |
|     | James Paddie      | 5-02 |
|     | Raymond Kozusko   | 4-10 |
| M60 | C Crabb           | 4-06 |
|     | Burl Smith        | 4-05 |
|     | Rob Roark         | 4-02 |
|     | James Leggett     | 4-02 |
| M65 | Ross Vrooman      | 4-05 |
|     | Phillip Watkins   | 4-02 |
|     | Roy Morgan        | 4-02 |
| M70 | Louis Youngblood  | 3-10 |
|     | Edwards Williams  | 3-08 |
|     | William Barton    | 3-08 |
| M75 | Adolph Hoffman    | 3-10 |
|     | Al Hughes         | 3-02 |
|     | Paul Coons Sr     | 3-00 |
| M80 | Jesse Cummings    | 3-00 |
| W50 | D VanderCruyssen  | 3-11 |
|     | Linda Douglas     | 3-09 |
| W55 | Shelly Whitlock   | 3-05 |
| W60 | Margaret Atkinson | 3-11 |
|     | Loretta Watson    | 3-09 |
| W65 | Georgia Goggin    | 3-01 |
|     | Lillian Overcast  | 2-11 |
| W70 | Ruth Seeger       | 3-05 |
|     | Emma Udovich      | 2-09 |
| W75 | Margaret Hinton   | 3-01 |
|     | Pearl Holloway    | 2-07 |

### Long Jump

|     |                     |       |
|-----|---------------------|-------|
| M50 | Ed Jones            | 19-05 |
|     | Ron Helton          | 17-03 |
|     | Dennis Schmitt      | 16-07 |
| M55 | Ray Kozusko         | 16-11 |
|     | James Cawley        | 16-08 |
|     | Don Denson          | 16-01 |
| M60 | Charlie Richard     | 15-01 |
|     | Daniel Florez       | 13-03 |
|     | Burl Smith          | 13-03 |
| M65 | Lowell Bonifield    | 15-08 |
|     | William Wareham     | 11-08 |
|     | Jose Hernandez      | 8-05  |
| M70 | Keith Tomkins       | 10-01 |
|     | Robert Hosea        | 9-07  |
|     | Howdy Smith         | 6-02  |
| M75 | Adolph Hoffman      | 12-01 |
|     | Al Hughes           | 6-11  |
|     | Teodoro Gonzales    | 6-01  |
| M80 | Wade Alexander      | 10-06 |
|     | Jesse Cummings      | 7-01  |
| M85 | Ernest Nero         | 5-09  |
| W50 | Corry Meijer        | 14-01 |
|     | Janice North        | 12-07 |
|     | D VanderCruyssen    | 11-09 |
|     | Laurie Barton       | 10-11 |
| W55 | Wanda Fisher        | 6-05  |
| W60 | Margaret Atkinson   | 10-06 |
|     | Loretta Watson      | 9-07  |
| W65 | Georgia Goggin      | 7-10  |
|     | Lillian Overcast    | 7-05  |
|     | Teresa Hernandez    | 2-03  |
| W70 | Ruth Seeger         | 7-11  |
|     | Emma Udovich        | 6-04  |
|     | Maria Zamarripa     | 3-08  |
| W75 | Margaret Hinton     | 9-00  |
|     | Elizabeth Rendleman | 5-09  |
|     | Pearl Holloway      | 3-01  |
| W80 | Fannie Garcia       | 2-11  |
| W85 | Idalia DeLise       | 2-04  |

### Pole Vault

|     |                   |       |
|-----|-------------------|-------|
| M50 | Dennis Schmitt    | 11-00 |
|     | David Middour     | 9-00  |
|     | Don Uptegraph     | 9-00  |
| M55 | James Cawley      | 9-06  |
|     | Jim Tinelli       | 9-00  |
|     | Jerry Wright      | 7-06  |
| M60 | Lewis Sims        | 8-06  |
|     | Scott Atkinson    | 8-00  |
|     | Rob Roark         | 7-06  |
| M65 | Roy Morgan        | 7-06  |
|     | Don Crook         | 6-04  |
|     | Howard Cantrell   | 5-06  |
| M70 | Keith Tomkins     | 7-06  |
|     | Louis Youngblood  | 6-04  |
|     | Edward Williams   | 5-06  |
| M75 | Adolph Hoffman    | 7-06  |
|     | Paul Coons Sr     | 6-00  |
| W55 | Shelly Whitlock   | 4-06  |
| W60 | Loretta Watson    | 6-00  |
|     | Mary Lou Bradford | 4-00  |
| W75 | Margaret Hinton   | 3-00  |

### Shot Put

|     |               |       |
|-----|---------------|-------|
| M50 | Don Uptegraph | 38-07 |
|     | Rueben Mosley | 38-01 |
|     | Harry Windham | 38-01 |
| M55 | Mark Chapman  | 37-08 |
|     | Joe Johnson   | 33-00 |
|     | Robert Kocot  | 29-03 |
| M60 | John Cantrell | 43-09 |
|     | Dean Hesse    | 40-06 |
|     | Harold Crater | 39-05 |

|     |                     |       |
|-----|---------------------|-------|
| M65 | Jim Gerhardt        | 36-09 |
|     | Ross Vrooman        | 29-10 |
|     | Val Smith           | 28-05 |
| M70 | Doug Cochran        | 30-03 |
|     | Robert Hosea        | 27-08 |
|     | Fred Adams          | 25-09 |
| M75 | Ross Morris         | 34-01 |
|     | Adolph Hoffman      | 28-00 |
|     | Robert Woolfolk     | 25-03 |
|     | Byrl Clayton        | 23-09 |
| M80 | Wade Alexander      | 25-11 |
|     | George Meffan       | 22-02 |
|     | Jesse Cummings      | 19-00 |
| M85 | Jack Pearce         | 22-08 |
|     | Ernest Nero         | 19-00 |
| W50 | Dolores Williams    | 22-03 |
|     | Cindy Perry         | 20-10 |
| W55 | Fay Richard         | 21-02 |
|     | Shelly Whitlock     | 20-08 |
|     | Wanda Fisher        | 18-06 |
| W60 | Loretta Watson      | 27-00 |
|     | Emma Scott          | 22-03 |
|     | Jody Williams       | 19-11 |
| W65 | Eda Gore            | 23-11 |
|     | Dorothy Gross       | 22-09 |
|     | Mary Theisen        | 22-04 |
| W70 | Juanita Mosley      | 24-06 |
|     | Ruth Seeger         | 21-11 |
|     | Emma Udovich        | 15-11 |
|     | Alma Cummings       | 15-05 |
| W75 | Margaret Hinton     | 20-08 |
|     | Elizabeth Rendleman | 17-11 |
|     | Pearl Holloway      | 15-05 |
| W80 | Elsie Lindsay       | 14-08 |
| W85 | Idalia DeLise       | 9-10  |

### Discus

|     |                  |        |
|-----|------------------|--------|
| M50 | Don Uptegraph    | 116-02 |
|     | Harry Windham    | 115-04 |
|     | John Gonzales    | 101-00 |
| M55 | Mark Chapman     | 107-00 |
|     | Howard Zingg     | 96-07  |
|     | Robert Kocot     | 77-05  |
| M60 | Don North        | 135-01 |
|     | Dean Hesse       | 115-07 |
|     | Harold Crater    | 109-00 |
| M65 | Jim Gerhardt     | 122-08 |
|     | Roy Morgan       | 111-09 |
|     | Jim Carney       | 108-09 |
| M70 | Doug Cochran     | 93-06  |
|     | Fred Adams       | 67-05  |
|     | Sam Sanfilippo   | 44-00  |
| M75 | Adolph Hoffman   | 86-03  |
|     | Ross Morris      | 81-09  |
|     | Robert Woolfolk  | 74-10  |
| M80 | Jesse Cummings   | 65-06  |
|     | George Meffan    | 52-10  |
|     | Wade Alexander   | 48-07  |
| M85 | Jack Pearce      | 58-09  |
|     | Ernest Nero      | 47-11  |
| W50 | Janice North     | 58-07  |
|     | Dolores Williams | 56-01  |
| W55 | Shelly Whitlock  | 47-10  |
|     | Mary Morrison    | 44-02  |
| W60 | Loretta Watson   | 70-06  |
|     | Jody Williams    | 56-11  |
|     | Emma Scott       | 54-11  |
| W65 | Eda Gore         | 50-08  |
|     | Dorothy Gross    | 49-00  |
|     | Georgia Goggin   | 45-09  |
| W70 | Ruth Seeger      | 61-05  |
|     | Juanita Mosley   | 58-05  |
|     | Emma Udovich     | 39-02  |
|     | Alma Cummings    | 35-10  |
| W75 | Margaret Hinton  | 52-10  |
|     | Pearl Holloway   | 39-11  |
| W85 | Idalia DeLise    | 21-06  |

### Javelin

|     |                   |        |
|-----|-------------------|--------|
| M50 | John Gonzales Jr  | 116-01 |
|     | Gil Mason         | 101-02 |
|     | David Middour     | 94-01  |
| M55 | Jim Tinelli       | 121-08 |
|     | Mark Chapman      | 106-04 |
|     | Bufe Morrison     | 99-09  |
| M60 | Don North         | 137-10 |
|     | Charlie Richard   | 105-02 |
|     | John Cantrell     | 100-01 |
| M65 | Zbyszek Przewodek | 115-00 |
|     | Ross Vrooman      | 98-07  |
|     | Val Smith         | 91-10  |
| M70 | Doug Cochran      | 88-02  |
|     | Edward Williams   | 68-06  |
|     | John Goggin       | 29-06  |
| M75 | Adolph Hoffman    | 92-06  |
|     | Robert Woolfolk   | 59-02  |
|     | Teodoro Gonzales  | 26-03  |
| M80 | Jesse Cummings    | 59-02  |
|     | George Meffan     | 33-03  |
| M85 | Jack Pearce       | 47-04  |
| W50 | Cindy Perry       | 62-05  |
|     | Janice North      | 53-04  |
| W55 | Fay Richard       | 79-04  |
|     | Wanda Fisher      | 43-07  |
|     | Jessie Rand       | 26-07  |

|     |                     |       |
|-----|---------------------|-------|
| W60 | Luaine Quast        | 55-08 |
|     | Sylvia Brooks       | 55-05 |
|     | Jody Williams       | 52-10 |
| W65 | Dorothy Gross       | 48-09 |
|     | Eda Gore            | 42-00 |
|     | Georgia Goggin      | 39-03 |
| W70 | Ruth Seeger         | 67-00 |
|     | Emma Udovich        | 23-10 |
|     | Maria Zamarripa     | 19-06 |
| W75 | Margaret Hinton     | 49-00 |
|     | Elizabeth Rendleman | 37-08 |
| W85 | Idalia DeLise       | 16-08 |



Continued from previous page

|                     |          |
|---------------------|----------|
| W65 Ellen Brannigan | 67-4     |
| W70 Lu Mahoney      | 66-3     |
| <b>5000m RW</b>     |          |
| M50 R Campbell      | 39:36.01 |
| M60 Leon Glazman    | 32:30.45 |
| Glen Stark          | 40:52.81 |
| M80 L Gibbons       | 38:37.40 |
| W65 Louise Martin   | 42:00.53 |

**Hawaii Senior Olympics  
Honolulu, HI; Nov. 28-30****100m**

|                     |      |
|---------------------|------|
| M50 Bob Larson      | 13.6 |
| M55 Curtis Thomas   | 13.1 |
| M60 Austin Whiting  | 13.7 |
| M65 Hesley DeBow    | 14.1 |
| M70 Karimez Godek   | 17.0 |
| M75 B Power-Waters  | 20.7 |
| M80 Donald Pellman  | 17.6 |
| M95 Erwin Jaskulski | 26.5 |
| W50 Diane Webb      | 23.8 |
| W55 Joan Vogel      | 14.7 |

|                      |        |
|----------------------|--------|
| W60 M McCarron-Egner | 15.7   |
| W65 Magdalena Kuehne | 17.3   |
| <b>200m</b>          |        |
| M50 Ron Pate         | 27.4   |
| M55 Curtis Thomas    | 28.7   |
| M60 Austin Whiting   | 28.1   |
| M65 Hesley DeBow     | 30.7   |
| M70 Bob Voegel       | 38.7   |
| M75 Naoto Inada      | 44.2   |
| M80 Don Pellman      | 39.5   |
| W50 Diane Webb       | 53.6   |
| W55 Joan Vogel       | 31.5   |
| W60 M McCarron-Egner | 34.8   |
| W65 Magdalena Kuehne | 40.2   |
| W70 Jan Newhart      | 47.6   |
| <b>400m</b>          |        |
| M50 Ron Pate         | 1:04.4 |
| M55 Jack Karbens     | 1:08.0 |
| M60 Austin Whiting   | 1:18.5 |
| M65 Bill Cunningham  | 1:17.8 |
| M70 John Humphrey    | 1:35.0 |
| M75 Naoto Inada      | 1:54.9 |
| W50 Diane Webb       | 2:16.4 |

|                      |         |
|----------------------|---------|
| W55 Joan Vogel       | 1:32.8  |
| W60 M McCarron-Egner | 1:33.3  |
| W65 Mollie Chang     | 1:45.1  |
| W70 Jan Newhart      | 1:52.7  |
| <b>800m</b>          |         |
| M50 Ron Pate         | 2:34.9  |
| M60 Ken Mohica       | 2:50.1  |
| M65 Bill Cunningham  | 3:04.2  |
| W55 Elaine Chun      | 3:53.6  |
| W65 Mollie Chang     | 3:42.1  |
| W70 Jan Newhart      | 4:11.9  |
| <b>1500m</b>         |         |
| M55 Jon Kunitake     | 5:29.1  |
| M60 Geoff Howard     | 5:46.8  |
| M75 Naoto Inada      | 10:10.2 |
| W55 Elaine Chun      | 7:55.7  |
| W60 M McCarron-Egner | 9:02.5  |
| <b>High Jump</b>     |         |
| M50 Frederick Walker | 5       |
| M55 Lionel Low       | 4-8     |
| M60 Scott Atkinson   | 3-10    |
| M65 Pat Brown        | 3-8     |
| M70 Sheldon Varney   | 4-2     |

|                       |         |
|-----------------------|---------|
| M75 Ken Sheeler       | 3-8     |
| M80 Don Pellman       | 4       |
| W60 Margaret Atkinson | 3-10    |
| W65 Katy Felkner      | 3       |
| <b>Long Jump</b>      |         |
| M50 Fredrick Walker   | 14-1.50 |
| M55 Lionel Low        | 16-2.50 |
| M60 Robert Molyneux   | 10-9.50 |
| M65 Pat Brown         | 13-8    |
| M70 Ed Failor         | 11-3    |
| M80 Don Pellman       | 11-3    |
| W50 Diane Webb        | 6-5.50  |
| W60 M Atkinson        | 11-4    |
| W65 M Kuehne          | 10-3.50 |
| <b>Shot Put</b>       |         |
| M50 Bob Larson        | 29-8    |
| M55 Harvey Urakawa    | 28-5.50 |
| M60 Ken Souza         | 33-1    |
| M65 David Naber       | 25-8    |
| M70 Carl Fennema      | 34-2    |
| M75 Ken Wheeler       | 26-9    |
| M80 Don Pellman       | 30-8.50 |
| W50 Erika Szanto      | 31-3    |

|                     |         |
|---------------------|---------|
| W55 Joan Vogel      | 28-1    |
| W65 Katy Felkner    | 23-6.50 |
| W70 Lisbeth Naber   | 16-50   |
| <b>Discus</b>       |         |
| M50 Bill Souza      | 84-2    |
| M55 Don Hardaway    | 141-11  |
| M60 Ken Souza       | 107     |
| M65 Ed Van Pelt     | 154-7   |
| M70 Dick Mulkern    | 114-5   |
| M75 Ken Wheeler     | 83-6    |
| M80 Don Pellman     | 102     |
| W50 Erika Szanto    | 87      |
| W55 Joan Vogel      | 81      |
| W60 Ruth Heidrich   | 35-11   |
| W65 Katy Felkner    | 49-10   |
| <b>Javelin</b>      |         |
| M50 Bill Souza      | 101-10  |
| M55 Jack Karbens    | 110-50  |
| M60 Robert Molyneux | 75-7    |
| M65 Chuck Coutts    | 105-7   |
| M70 Carl Fennema    | 89-7    |
| M75 Ken Wheeler     | 65-5    |
| M80 Don Pellman     | 91-8    |

|                      |         |
|----------------------|---------|
| W50 Erika Szanto     | 66-11   |
| W60 Ruth Heidrich    | 35-3    |
| W65 M Kuehne         | 53-8    |
| <b>5K RW</b>         |         |
| M50 Steve Davidson   | 33:55.5 |
| M55 Don Huston       | 37:53.5 |
| M65 Clarence Andrade | 34:31.5 |
| W55 Liane Iaukea     | 41:12.6 |
| W60 Dorothy Huston   | 26:37.5 |
| W70 Barbara Chang    | 44:08.5 |
| <b>10K Road Race</b> |         |
| M50 Jerry Lindgren   | 38:47   |
| M55 Jon Kunitake     | 40:44   |
| M60 Geoff Howard     | 43:14   |
| M65 Bill Burgess     | 55:06   |
| M70 John Humphrey    | 58:48   |
| M75 Masaru Morikawa  | 1:02:49 |
| M80 Bob Terukina     | 1:38:02 |
| W50 Karen Loomis     | 53:11   |
| W55 K Bustillos      | 1:10:23 |
| W65 B Zamparelli     | 57:20   |
| W70 Ellen Humphrey   | 59:00   |
| W75 Ruth Monroe      | 1:08:11 |

**INTERNATIONAL****NCCWAVA Championships  
National Stadium  
Barbados, West Indies; Nov. 19-22****- 100 -**

|                       |                    |
|-----------------------|--------------------|
| <b>M30</b>            |                    |
| 1 George Onyonyeonwu  | 32 USA 11.31 87.1% |
| - John Cameron        | 31 VEN 11.74 83.9% |
| 2 Jose Davila         | 32 PUR 12.14 81.2% |
| <b>M35</b>            |                    |
| - Noel Vargas         | 39 VEN 11.78 84.8% |
| - Jesus Lugo          | 40 VEN 12.23 84.4% |
| <b>M40 -100m-</b>     |                    |
| 1 Val Barnwell        | 41 USA 11.26 91.7% |
| 2 Val Grose           | 43 CAN 11.67 88.5% |
| 3 Kerry Smith         | 44 CAN 11.72 88.1% |
| 4 Jua Belausteguigoit | 42 MEX 12.63 81.7% |
| 5 Miguel Ruperto      | 40 PUR 12.95 79.7% |
| <b>M45 -100m-</b>     |                    |
| - Walwyn Franklyn     | 46 GBR 11.74 90.9% |
| 1 Robert Bowen        | 46 USA 11.76 90.8% |
| 2 Walter Linder       | 47 CAN 12.33 86.6% |
| 3 Kendrick Prime      | 48 TRI 12.78 83.5% |
| 4 James Dolezel       | 48 USA 13.24 80.6% |
| <b>M50 -100m-</b>     |                    |
| 1 Randy Smith         | 51 USA 12.17 90.7% |
| - Alfredo Rivas       | 50 VEN 13.48 81.9% |
| 2 Michael Augeri      | 51 USA 14.01 78.8% |
| 3 Thomas Tesche       | 51 USA 14.31 77.1% |
| 4 Romel Wallace       | 54 ISV 14.41 76.6% |
| <b>M55 -100m-</b>     |                    |
| 1 Abela Lopez- Suarez | 57 MEX 13.69 83.3% |
| 2 Phillip Byrne       | 58 USA 13.75 82.9% |
| 3 Douglas Brown       | 55 USA 17.29 65.9% |
| <b>M60 -100m-</b>     |                    |
| - David Burton        | 63 GBR 13.02 90.7% |
| 1 Robert Stevenson    | 60 TRI 13.63 86.6% |
| 2 Ossie Rogers        | 61 TRI 13.75 85.8% |
| 3 Bob Golly           | 63 USA 13.78 85.7% |
| 4 Bill Wright         | 64 USA 13.89 85.0% |
| - Carl Baynes         | 60 ANT 13.95 84.6% |
| 5 Paul Williams       | 63 USA 14.24 82.9% |
| 6 Daniel Laurence     | 62 TRI 15.21 77.6% |
| 7 Jose Heredia Lozano | 63 MEX 16.07 73.4% |
| <b>M65 -100m-</b>     |                    |
| 1 Thomas Phillips     | 65 USA 14.30 85.8% |
| - Clifford MC Pherson | 69 GUY 14.59 84.1% |
| 2 C.L. Bruce          | 68 USA 18.37 66.7% |
| <b>M70 -100m-</b>     |                    |
| 1 Bill Melville       | 71 USA 14.03 91.4% |
| 2 Rodney Brown        | 72 USA 14.52 88.3% |
| 3 Chuck Sochor        | 71 USA 14.52 88.3% |
| 4 William Daprano     | 71 USA 14.53 88.3% |
| 5 William Bergen      | 70 USA 15.74 81.5% |
| 6 Jim Flowers         | 70 CAN 15.76 81.4% |
| <b>M75</b>            |                    |
| 1 Lester Wright Sr.   | 76 USA 15.75 85.7% |
| 2 David Rohena        | 75 MEX 16.77 80.5% |
| <b>M80</b>            |                    |
| 1 Frank Finger        | 83 USA 17.06 84.1% |
| <b>M85</b>            |                    |
| 1 Gilberto Gonzalez   | 85 PUR 21.35 72.2% |
| <b>W30</b>            |                    |
| 1 Kris Francis-Raymah | 32 TRI 13.78 78.0% |
| <b>W35</b>            |                    |
| 1 Wigna Girigoria     | 38 AHO 14.09 77.7% |
| 2 Gillian Jones       | 37 TRI 15.12 72.4% |
| 3 Margaret Noel       | 38 TRI 16.35 66.9% |
| <b>W40</b>            |                    |
| 1 Chery Andrews Reyes | 42 TRI 13.96 81.5% |
| 2 Arlene Bitorina     | 40 AHO 14.63 77.7% |
| 3 Maggie Dawkins      | 44 CAN 15.30 74.3% |
| 4 Melvina Dick        | 44 TRI 16.78 67.8% |
| 5 Judy Sherrard       | 44 CAN 16.82 67.6% |
| <b>W45</b>            |                    |
| - Anne-Grete Howarth  | 47 GBR 15.82 74.7% |
| - Romelia Ojeda       | 47 VEN 16.74 70.6% |
| <b>W50</b>            |                    |
| 1 Joyce Thomas        | 52 TRI 14.70 83.5% |
| - Carmen De Diaz      | 50 VEN 15.97 76.8% |
| - Viviana Rodriguez   | 51 VEN 17.84 68.8% |
| <b>W55</b>            |                    |
| 1 Marg Radcliffe      | 56 CAN 16.59 76.9% |
| 2 Annemari Rosenitsch | 58 CAN 16.64 76.6% |
| 3 Nina Bryant         | 56 USA 17.41 73.2% |
| 4 Susanne Magrogan    | 58 USA 20.10 63.4% |

|                       |                    |
|-----------------------|--------------------|
| <b>W60</b>            |                    |
| 1 Monica Tang Wing    | 62 TRI 15.87 83.6% |
| 2 Barbara Jordan      | 63 USA 16.16 82.1% |
| 3 Edith Gray          | 63 CAN 16.38 81.0% |
| 4 Audrey Lary         | 64 USA 16.48 80.5% |
| - Josefina Schulz     | 64 VEN 16.91 78.5% |
| 5 Bert Guereca Corral | 61 MEX 18.76 70.7% |
| - Luisa DE Bello      | 63 VEN 20.34 65.2% |
| <b>W70</b>            |                    |
| 1 Johnnye Valien      | 73 USA 18.08 80.9% |
| - Lucia Camejo        | 71 VEN 20.07 72.8% |
| 2 Patricia Peterson   | 72 USA 20.20 72.4% |
| 3 Shirley Dietderich  | 72 USA 20.51 71.3% |
| <b>W75</b>            |                    |
| 1 Mary Holland        | 75 USA 18.50 84.0% |
| 2 Olga Kotelko        | 79 CAN 22.11 70.2% |
| <b>- 200 -</b>        |                    |
| <b>M30</b>            |                    |
| 1 George Onyonyeonwu  | 32 USA 23.19 85.0% |
| - John Cameron        | 31 VEN 23.52 83.8% |
| 2 Jose Davila         | 32 PUR 24.31 81.1% |
| <b>M35</b>            |                    |
| - Noel Vargas         | 39 VEN 25.15 79.8% |
| <b>M40 -200m-</b>     |                    |
| 1 Val Barnwell        | 41 USA 23.38 88.8% |
| 2 Jua Belausteguigoit | 42 MEX 25.52 81.4% |
| 3 Miguel Ruperto      | 40 PUR 26.60 78.1% |
| <b>M45 -200m-</b>     |                    |
| - Walwyn Franklyn     | 46 GBR 23.55 91.4% |
| 1 Robert Bowen        | 46 USA 23.73 90.7% |
| 2 Walter Linder       | 47 CAN 24.89 86.5% |
| 3 Anthony Headley     | 45 BAR 25.41 84.7% |
| - Jesus Uscatequi     | 47 VEN 25.57 84.2% |
| 4 James Dolezel       | 48 USA 26.27 81.9% |
| 5 Kendrick Prime      | 48 TRI 26.55 81.0% |
| <b>M50 -200m-</b>     |                    |
| 1 Randy Smith         | 51 USA 25.56 87.2% |
| - Alfredo Rivas       | 50 VEN 27.86 80.0% |
| 2 Michael Augeri      | 51 USA 29.35 76.0% |
| 3 Romel Wallace       | 54 ISV 29.60 75.3% |
| <b>M55 -200m-</b>     |                    |
| - Antonio Palencia    | 56 VEN 26.17 88.3% |
| 1 Abela Lopez- Suarez | 57 MEX 28.11 82.2% |
| 2 Douglas Brown       | 55 USA 35.42 65.2% |
| <b>M60 -200m-</b>     |                    |
| - David Burton        | 63 GBR 25.99 92.2% |
| 1 Robert Stevenson    | 60 TRI 27.20 88.1% |
| 2 Ossie Rogers        | 61 TRI 27.56 86.9% |
| - John Ross           | 60 GBR 27.90 85.9% |
| 3 Dev Sharma          | 62 CAN 28.74 83.4% |
| 4 Bob Golly           | 63 USA 29.21 82.0% |
| 5 Daniel Laurence     | 62 TRI 30.74 77.9% |
| <b>M65 -200m-</b>     |                    |
| 1 Ralph Romain        | 66 TRI 26.85 93.0% |
| 2 Thomas Phillips     | 65 USA 29.44 84.8% |
| 3 Carlos Hernandez    | 67 MEX 31.33 79.7% |
| <b>M70</b>            |                    |
| 1 Rodney Brown        | 72 USA 29.06 90.1% |
| 2 Bill Melville       | 71 USA 29.14 89.9% |
| 3 Chuck Sochor        | 71 USA 30.25 86.6% |
| 4 William Bergen      | 70 USA 33.15 79.0% |
| <b>M75</b>            |                    |
| 1 Lester Wright Sr.   | 76 USA 32.45 85.3% |
| 2 David Rohena        | 75 MEX 35.08 78.9% |
| <b>W30</b>            |                    |
| 1 Kris Francis-Raymah | 32 TRI 27.45 78.8% |
| <b>W35</b>            |                    |
| 1 Wigna Girigoria     | 38 AHO 29.59 74.7% |
| <b>W40</b>            |                    |
| 1 Nilsa Paris         | 40 PUR 26.60 86.5% |
| 2 Chery Andrews Reyes | 42 TRI 28.47 80.8% |
| 3 Arlene Bitorina     | 40 AHO 30.74 74.8% |
| 4 Marcia Chandler     | 43 BAR 31.55 72.9% |
| <b>W45</b>            |                    |
| - Anne-Grete Howarth  | 47 GBR 33.09 72.4% |
| 1 Christine Toussaint | 45 TRI 34.35 69.8% |
| <b>W50</b>            |                    |
| - Carmen De Diaz      | 50 VEN 33.62 74.3% |
| <b>W55</b>            |                    |
| 1 Annemari Rosenitsch | 58 CAN 33.40 77.9% |
| 2 Marg Radcliffe      | 56 CAN 35.22 73.9% |
| 3 Nina Bryant         | 56 USA 38.03 68.4% |
| <b>W60</b>            |                    |
| 1 Monica Tang Wing    | 62 TRI 33.00 82.3% |
| 2 Barbara Jordan      | 63 USA 33.35 81.5% |
| 3 Audrey Lary         | 64 USA 34.20 79.5% |
| - Josefina Schulz     | 64 VEN 34.62 78.5% |
| 4 Bert Guereca Corral | 61 MEX 38.34 70.9% |
| - Luisa DE Bello      | 63 VEN 43.63 62.3% |
| <b>W70</b>            |                    |
| - Lucia Camejo        | 71 VEN 44.77 67.4% |
| 1 Patricia Peterson   | 72 USA 62.05 48.6% |

|                       |                      |
|-----------------------|----------------------|
| W75                   |                      |
| 1 Mary Holland        | 75 USA 39.92 80.7%   |
| 2 Olga Kotelko        | 79 CAN 49.10 65.6%   |
| W85                   |                      |
| 1 Rosa Iglesias-Rocha | 88 MEX 70.42 54.0%   |
| - 400 -               |                      |
| M30                   |                      |
| - John Cameron        | 31 VEN 52.41 82.6%   |
| M35                   |                      |
| 1 Anthony Williams    | 38 BAR 53.88 82.8%   |
| - Luis Alvarez        | 38 VEN 55.34 80.7%   |
| - Cesar Agro          | 38 VEN 60.26 74.1%   |
| M40 -400m-            |                      |
| 1 Ruthsel Martina     | 42 AHO 55.30 83.4%   |
| 2 Joseph Varrone      | 42 USA 56.17 82.1%   |
| 3 Dennis Blackman     | 43 BAR 56.50 81.6%   |
| 4 Jua Belausteguigoit | 42 MEX 57.22 80.6%   |
| M45 -400m-            |                      |
| 1 Robert Bowen        | 46 USA 54.29 87.9%   |
| - Walwyn Franklyn     | 46 GBR 54.80 87.0%   |
| 2 Anthony Headley     | 45 BAR 55.31 86.2%   |
| - Jesus Uscatequi     | 47 VEN 57.75 82.6%   |
| 3 James Dolezel       | 48 USA 62.85 75.9%   |
| M50                   |                      |
| 1 Herman Reyes        | 52 TRI 55.93 88.4%   |
| 2 Gordon Reiter       | 52 USA 60.03 82.4%   |
| 3 Romel Wallace       | 54 ISV 69.77 70.9%   |
| M55                   |                      |
| 1 Abela Lopez- Suarez | 57 MEX 63.90 80.4%   |
| M60 -400m-            |                      |
| 1 Ossie Rogers        | 61 TRI 64.63 82.9%   |
| 2 Dev Sharma          | 62 CAN 66.50 80.6%   |
| 3 Daniel Laurence     | 62 TRI 67.62 79.3%   |
| 4 Jose Heredia Lozano | 63 MEX 74.57 71.9%   |
| M65                   |                      |
| 1 Ralph Romain        | 66 TRI 58.90 95.4%   |
| 2 Earl Fee            | 69 CAN 62.37 90.0%   |
| 3 Thomas Callender    | 66 CAN 72.76 77.2%   |
| M70                   |                      |
| 1 Rodney Brown        | 72 USA 65.78 90.0%   |
| 2 Chuck Sochor        | 71 USA 70.45 84.1%   |
| 3 Stafford Thompson   | 70 USA 71.77 82.5%   |
| 4 William Bergen      | 70 USA 78.91 75.0%   |
| M75                   |                      |
| 1 Lester Wright Sr.   | 76 USA 74.12 85.0%   |
| 2 Archie Messenger    | 75 USA 75.80 83.1%   |
| W30                   |                      |
| 1 Kris Francis-Raymah | 32 TRI 64.01 74.8%   |
| W35                   |                      |
| 1 Dharma Paris        | 35 PUR 66.99 74.1%   |
| - Francis Manzano     | 35 VEN 71.99 68.9%   |
| W40                   |                      |
| 1 Nilsa Paris         | 40 PUR 61.76 83.5%   |
| - Miriam Reyes        | 43 VEN 63.20 81.6%   |
| 3 Marcia Chandler     | 43 BAR 1:20.70 63.9% |
| 4 Judy Sherrard       | 44 CAN 1:22.61 62.4% |
| W45                   |                      |
| - Maria Acosta        | 47 VEN 64.51 83.1%   |
| W55                   |                      |
| 1 Mary Radcliffe      | 56 CAN 1:20.31 72.9% |
| W60                   |                      |
| - Josefina Schulz     | 64 VEN 1:21.23 75.7% |
| 1 Audrey Lary         | 64 USA 1:22.02 75.0% |
| 2 Sara Urrutia        | 61 PUR 1:27.03 70.7% |
| 3 Bert Guereca Corral | 61 MEX 1:29.46 68.7% |
| 4 Mararita Rodriguez  | 64 VEN 1:49.98 55.9% |
| W65                   |                      |
| 1 Jean Horne          | 66 CAN 77.13 84.2%   |
| W70                   |                      |
| 1 Patricia Peterson   | 72 USA 1:35.89 72.1% |
| W75                   |                      |
| 1 Mary Holland        | 75 USA 1:45.91 70.2% |
| 2 Louise Adams        | 76 USA 1:51.44 66.7% |
| W85                   |                      |
| 1 Rosa Iglesias-Rocha | 88 MEX 2:41.94 55.7% |
| - 800 -               |                      |
| M30                   |                      |
| 1 Michael Jules       | 32 BAR 2:04.21 81.9% |
| M35                   |                      |
| - Gerardo Aranguren   | 39 VEN 2:03.42 84.8% |
| - Luis Alvarez        | 38 VEN 2:08.02 81.7% |
| 1 Bernard Browne      | 35 TRI 2:10.24 80.3% |
| - Cesar Agro          | 38 VEN 2:18.60 75.5% |
| M40                   |                      |
| 1 Ruthsel Martina     | 42 AHO 2:07.27 85.1% |
| 2 Dennis Blackman     | 43 BAR 2:18.00 78.5% |
| M45                   |                      |
| 1 Michael Carter      | 49 CAN 2:14.33 83.6% |
| - Victor Rodriguez    | 49 VEN 2:15.83 82.7% |



## Continued from previous page

|                       |        |            |       |                                   |         |          |       |                       |        |        |       |                      |        |        |       |  |
|-----------------------|--------|------------|-------|-----------------------------------|---------|----------|-------|-----------------------|--------|--------|-------|----------------------|--------|--------|-------|--|
| M65                   |        |            |       | M70                               |         |          |       | W35                   |        |        |       | W50                  |        |        |       |  |
| 1 Robert Culling      | 66 USA | 22:28.51   | 74.0% | 1 Chuck Sochor                    | 71 USA  | 60.96    | 78.2% | 1 Leslie Estwick      | 37 BAR | 2.90m  | 71.0% | 1 Joyce Thomas       | 52 TRI | 12.44m | 70.6% |  |
| M75                   |        |            |       | 2 Jim Flowers                     | 70 CAN  | 66.33    | 71.8% | W60                   |        |        |       | 2 Liz McBlain        | 50 CAN | 9.74m  | 55.2% |  |
| 1 Carl Hammen         | 75 USA | 26:18.77   | 71.4% | M50                               |         |          |       | 1 Edith Gray          | 63 CAN | 1.80m  | 64.0% | 3 Yvonne Mitchell    | 54 TRI | 9.18m  | 52.1% |  |
| 1 Dudley Healy        | 84 USA | 33:44.97   | 60.1% | 1 Liz McBlain                     | 50 CAN  | 76.54    | 57.1% | - Long Jump -         |        |        |       | - Vivina Rodriguez   | 51 VEN | 5.34m  | 30.3% |  |
| W60                   |        |            |       | W60                               |         |          |       | M40                   |        |        |       | W55                  |        |        |       |  |
| 1 Mary Harada         | 63 USA | 25:58.86   | 70.1% | 1 Barbara Jordan                  | 63 USA  | 68.24    | 72.4% | 1 Ken Ellis           | 41 USA | 5.89m  | 74.1% | - Margery Swinton    | 55 GBR | 9.32m  | 60.6% |  |
| - 8K X-C -            |        |            |       | - 400mH -                         |         |          |       | - Jesus Lugo          | 40 VEN | 5.06m  | 63.7% | 1 Irma Riley         | 57 TRI | 7.10m  | 46.2% |  |
| M30                   |        |            |       | M30                               |         |          |       | - Pablo Blanco        | 40 VEN | 5.02m  | 63.2% | W70                  |        |        |       |  |
| 1 Freddie Concepcion  | 34 PUR | 31:56.00   | 66.7% | 1 Michael Jules                   | 32 BAR  | 59.19    | 79.0% | M45                   |        |        |       | 1 Johnnie Valien     | 73 USA | 6.58m  | 64.6% |  |
| M35                   |        |            |       | M40                               |         |          |       | 1 Walter Linder       | 47 CAN | 5.59m  | 75.2% | W75                  |        |        |       |  |
| 1 Luis Llaraza        | 35 PUR | 33:39.00   | 63.3% | 1 Ken Ellis                       | 41 USA  | 65.56    | 77.3% | 2 James Dolezel       | 48 USA | 5.13m  | 69.0% | 1 Olga Kotelko       | 79 CAN | 5.77m  | 64.9% |  |
| M40                   |        |            |       | 2 Charles Swanekamp               | 44 USA  | 72.14    | 70.3% | M50                   |        |        |       | - Discus -           |        |        |       |  |
| 1 Jeff Burrows        | 42 BAR | 32:52.00   | 67.1% | M45                               |         |          |       | 1 Armond Laframboise  | 50 USA | 4.66m  | 67.1% | M40                  |        |        |       |  |
| 2 Eric Smith          | 41 BAR | 40:44.00   | 54.1% | 1 Sergio Angulo                   | 46 USA  | 67.83    | 78.4% | 2 Dave Shields        | 50 USA | 4.63m  | 66.7% | 1 Ken Ellis          | 41 USA | 37.33m | 52.4% |  |
| 3 Euclides Pacheco    | 40 PUR | 1:03:11.00 | 34.9% | M50                               |         |          |       | M55                   |        |        |       | 2 Charles Swanekamp  | 44 USA | 24.80m | 34.8% |  |
| M45                   |        |            |       | 1 Tyrone Lewis                    | 50 STV  | 63.29    | 87.3% | 1 Philip Byrne        | 58 USA | 4.72m  | 72.7% | M45                  |        |        |       |  |
| - Peter Weatherhead   | 47 GBR | 33:17.00   | 68.7% | 2 Fred Judson                     | 52 CAN  | 68.92    | 80.1% | 2 Luigi Schiavo       | 56 USA | 2.27m  | 34.9% | 1 Steve Banton       | 45 USA | 33.61m | 51.7% |  |
| M50                   |        |            |       | 3 Armond Laframboise              | 50 USA  | 74.73    | 73.9% | M60                   |        |        |       | 2 Ron Chmielewski    | 49 CAN | 27.13m | 41.7% |  |
| 1 Gaetan Breton       | 50 CAN | 33:57.00   | 70.0% | 4 Thomas Tesche                   | 51 USA  | 1:20.29  | 68.8% | 1 Oddie Rogers        | 61 TRI | 4.34m  | 71.5% | M50                  |        |        |       |  |
| 2 Neftali Sanchez     | 50 PUR | 33:58.00   | 70.0% | - W30 -400m IH-                   |         |          |       | 2 Paul Williams       | 63 USA | 4.19m  | 69.0% | 1 Bruce Hedendal     | 50 USA | 46.59m | 70.6% |  |
| 3 Luis Concepcion     | 50 PUR | 42:30.00   | 55.9% | - Medina Neudis                   | 31 VEN  | 75.07    | 70.2% | 3 Bob Golly           | 63 USA | 3.96m  | 65.2% | 2 Glenn Palmer       | 51 USA | 38.50m | 58.4% |  |
| M55                   |        |            |       | - 2K SC -                         |         |          |       | M65                   |        |        |       | 3 Armond Laframboise | 50 USA | 34.37m | 52.1% |  |
| 1 Douglas Brown       | 55 USA | 1:04:42.00 | 38.3% | M65                               |         |          |       | 1 James Stookey       | 68 USA | 5.04m  | 88.8% | 4 Fred Judson        | 52 CAN | 27.02m | 40.9% |  |
| M65                   |        |            |       | 1 Robert Culling                  | 66 USA  | 8:43.93  | 84.4% | 2 C.L. Bruce          | 68 USA | 3.87m  | 68.2% | 5 Kenrick Russell    | 51 TRI | 25.81m | 39.1% |  |
| 1 Brian Oxley         | 65 CAN | 59:11.00   | 46.0% | 2 Hal Higdon                      | 57 USA  | 9:49.29  | 75.1% | 3 Thomas Callender    | 66 CAN | 3.45m  | 60.8% | M55                  |        |        |       |  |
| 2 Jack Castle         | 68 CAN | 1:13:50.00 | 36.9% | - 3K SC -                         |         |          |       | M70                   |        |        |       | 1 Philip Byrne       | 58 USA | 33.81m | 57.1% |  |
| M70                   |        |            |       | M40                               |         |          |       | 1 Chuck Sochor        | 71 USA | 4.37m  | 82.4% | 2 Luigi Schiavo      | 56 USA | 29.38m | 49.6% |  |
| 1 Don Farquharson     | 73 CAN | 1:10:52.00 | 40.6% | 1 Brenton Ayer                    | 43 USA  | 11:54.35 | 72.6% | 2 William Daprano     | 71 USA | 4.11m  | 77.5% | - Robert Cahners     | 56 USA | FOUL   |       |  |
| W30-89 -8km XC-       |        |            |       | M45                               |         |          |       | 3 Tom Rice            | 70 USA | 4.00m  | 75.4% | M60-94 -DT-          |        |        |       |  |
| W40                   |        |            |       | 1 Dan Winzenried                  | 46 USA  | 11:20.51 | 79.9% | 4 Richard Soller      | 71 USA | 3.98m  | 75.0% | M60                  |        |        |       |  |
| 1 Louise Berry        | 40 BAR | 51:51.00   | 47.6% | 2 Doug Smith                      | 47 CAN  | 12:59.44 | 69.8% | M75                   |        |        |       | 1 Enrique Cruz       | 60 PUR | 30.90m | 48.5% |  |
| W45                   |        |            |       | M50                               |         |          |       | 1 David Rohena        | 75 MEX | 3.17m  | 63.9% | M65                  |        |        |       |  |
| 1 Christine Choy      | 45 BAR | 45:53.00   | 56.2% | 1 Steve Feith                     | 52 USA  | 16:20.11 | 58.3% | 2 Art Holland         | 77 USA | 2.96m  | 59.6% | - Jaroslav Hanus     | 68 GBR | 36.78m | 64.4% |  |
| W60                   |        |            |       | M55                               |         |          |       | M85                   |        |        |       | 1 Ray Fieck          | 66 USA | 36.26m | 63.5% |  |
| 1 Mary Harada         | 63 USA | 55:54.00   | 53.3% | 1 Luigi Schiavo                   | 56 USA  | 17:34.05 | 57.3% | 1 Gilberto Gonzalez   | 85 PUR | 2.54m  | 60.7% | 2 C.L. Bruce         | 68 USA | 31.54m | 55.2% |  |
| W65                   |        |            |       | 2 Douglas Brown                   | 55 USA  | 19:14.04 | 52.3% | W30                   |        |        |       | W70                  |        |        |       |  |
| 1 Ruth Anderson       | 69 USA | 1:03:32.00 | 49.7% | - 4x100 Relay -                   |         |          |       | 1 Clara Rosa          | 30 PUR | 4.33m  | 57.5% | 1 William Daprano    | 71 USA | 31.34m | 61.2% |  |
| - 10K -               |        |            |       | M30-39                            |         |          |       | W35                   |        |        |       | 2 Tom Rice           | 70 USA | 26.61m | 51.9% |  |
| 1 Freddie Concepcion  | 34 PUR | 37:42.00   | 71.5% | 1 (BABB, BRATHWAITE, WILLIAMS, L) | 45.84   |          |       | 1 Leslie Estwick      | 37 BAR | 5.64m  | 80.5% | 3 Charles Covino     | 74 USA | 25.68m | 50.1% |  |
| 2 Marklyn Edwards     | 33 BAR | 50:49.00   | 53.0% | 2 (CAMERON, ALVAREZ, AGRO, VARGA) | 48.28   |          |       | 2 Gillian Jones       | 37 TRI | 3.66m  | 52.2% | M75                  |        |        |       |  |
| M35                   |        |            |       | M40-49                            |         |          |       | W40                   |        |        |       | 1 Jubal Horta        | 81 PUR | 21.07m | 51.1% |  |
| 1 David Griffith      | 35 BAR | 35:14.00   | 76.5% | 1 (PALENCIA, RIVAS, BLANCO, USCA) | 51.83   |          |       | 1 Chery Andrews Reyes | 42 TRI | 4.21m  | 64.6% | W35                  |        |        |       |  |
| 2 Luis Llaraza        | 35 PUR | 39:38.00   | 68.0% | 2 (BELASTEG, HERNANDEZ, PHILLIP)  | 55.46   |          |       | 2 Maggie Dawkins      | 44 CAN | 3.63m  | 55.7% | 1 Angela Jackson     | 35 BAR | 43.07m | 58.3% |  |
| M40                   |        |            |       | M60-69                            |         |          |       | W45                   |        |        |       | 2 Margaret Noel      | 38 TRI | 24.98m | 33.8% |  |
| 1 Ernest Beckles      | 44 BAR | 38:42.00   | 74.1% | 1 (REITER, BARNWELL, ONYENYEONW)  | 44.42   |          |       | - Anne-Grete Howarth  | 47 GBR | 3.87m  | 63.8% | - Lilia Beaumont     | 38 VEN | 23.71m | 32.1% |  |
| 2 Vincent Yearwood    | 43 BAR | 53:56.00   | 52.8% | 2 (ROMAIN, ROGERS, LAURENCE, STE) | 54.73   |          |       | - Romelia Ojeda       | 47 VEN | 3.17m  | 52.3% | W40                  |        |        |       |  |
| M45                   |        |            |       | 3 (GOLLY, WILLIAMS, WRIGHT, BAYN) | 55.00   |          |       | W50                   |        |        |       | - Sonia Ojeda        | 40 VEN | 27.32m | 39.1% |  |
| - Peter Weatherhead   | 47 GBR | 39:49.00   | 73.7% | M70-79                            |         |          |       | 1 Liz McBlain         | 50 CAN | 3.40m  | 60.2% | 1 Elizabeth Ashford  | 42 TRI | 25.67m | 36.8% |  |
| 1 Doug Smith          | 47 CAN | 47:30.00   | 61.7% | 1 (MELVILLE, DAPRANO, SOCHOR, BR) | 54.85   |          |       | W55                   |        |        |       | 2 Maggie Dawkins     | 44 CAN | 22.09m | 31.6% |  |
| 2 Douglas Skeete      | 45 BAR | 51:09.00   | 56.5% | W30-89 -4x100m RELAY 4x100-       |         |          |       | 1 Marg Radcliffe      | 56 CAN | 3.85m  | 73.4% | W45                  |        |        |       |  |
| 3 Alva Mascoll        | 48 BAR | 58:32.00   | 50.5% | W30-39                            |         |          |       | 2 Susanne Magrogan    | 58 USA | 2.76m  | 52.6% | 1 Ivette Rojer       | 45 AHO | 20.91m | 33.9% |  |
| M50                   |        |            |       | 1 (SWANSTON-JONES, FERN, ESTWIC)  | 52.65   |          |       | W60                   |        |        |       | 2 Carol Golly        | 48 USA | 13.71m | 22.2% |  |
| 1 Neftali Sanchez     | 50 PUR | 41:51.00   | 71.7% | 2 (PARIS, ROSA, OCASIO, PARIS)    | 53.39   |          |       | 1 Barbara Jordan      | 63 USA | 3.69m  | 75.6% | W50                  |        |        |       |  |
| 2 Gaetan Breton       | 50 CAN | 44:03.00   | 68.1% | 3 (JONES, FRANCIS-RAYMAH, ANDRE)  | 55.99   |          |       | 2 Edith Gray          | 63 CAN | 3.58m  | 73.3% | 1 Joyce Thomas       | 52 TRI | 34.85m | 63.8% |  |
| 3 Luis Concepcion     | 50 PUR | 48:14.00   | 62.2% | M40-49                            |         |          |       | W70                   |        |        |       | Yvonne Mitchell      | 54 TRI | 23.97m | 43.9% |  |
| - Jose Camejo         | 54 VEN | 52:35.00   | 59.0% | 1 (DICK, DAWKINS, TOUSSAINT, ASH) | 61.61   |          |       | 1 Johnnie Valien      | 73 USA | 3.15m  | 74.6% | - Doris Guzman       | 54 VEN | 19.90m | 36.4% |  |
| 4 Michael Weetch      | 52 BAR | 58:40.00   | 51.2% | 2 (NEUDIS, ACOSTA, REYES, GIRIGO) | 1:21.46 |          |       | W75                   |        |        |       | W55                  |        |        |       |  |
| M55                   |        |            |       | M60-69                            |         |          |       | 1 Mary Holland        | 75 USA | 3.18m  | 80.9% | - Margery Swinton    | 55 GBR | 21.05m | 43.5% |  |
| 1 Gerard Malaczynski  | 56 USA | 39:05.00   | 80.8% | 1 (CAMEJO, RODRIGUEZ, DE BELLO,)  | 66.95   |          |       | - Triple Jump -       |        |        |       | 1 Irma Riley         | 57 TRI | 19.06m | 39.4% |  |
| M60                   |        |            |       | 2 (JORDAN, LARY, GRAY, RADCLIFFE) | 1:22.52 |          |       | M35                   |        |        |       | 2 Susanne Magrogan   | 58 USA | 14.97m | 30.9% |  |
| 1 Roy Riley           | 62 TRI | 51:41.00   | 64.6% | W70-79                            |         |          |       | 1 Erwin Sealy         | 38 BAR | 11.52m | 64.2% | W70                  |        |        |       |  |
| M65                   |        |            |       | 1 (HOLLAND, VALIEN, KOTELKO, DIE) | 64.03   |          |       | M40                   |        |        |       | 1 Shirley Dietderich | 72 USA | 16.33m | 48.7% |  |
| 1 Norman Green        | 66 USA | 43:42.00   | 79.6% | - 4x400 Relay -                   |         |          |       | - Pablo Blanco        | 40 VEN | 9.55m  | 57.2% | W75                  |        |        |       |  |
| 2 Jack Castle         | 68 CAN | 1:20:22.00 | 44.3% | W30-39                            |         |          |       | M50                   |        |        |       | 1 Olga Kotelko       | 79 CAN | 14.11m | 47.6% |  |
| M75                   |        |            |       | 1 (ACOSTA, NEUDIS, MANZANO, REYE) | 4:37.30 |          |       | 1 Dave Shields        | 50 USA | 9.34m  | 64.7% | - Hammer -           |        |        |       |  |
| 1 Jack Galbraith      | 76 CAN | 1:08:53.00 | 57.3% | 2 (STRAUGHAN, CADDLE, CHANDLER,)  | 4:50.42 |          |       | M60                   |        |        |       | M35                  |        |        |       |  |
| M80                   |        |            |       | - High Jump -                     |         |          |       | 1 Bob Golly           | 63 USA | 7.05m  | 56.4% | - Edgard Escorche    | 38 VEN | 20.85m | 25.0% |  |
| 1 Dudley Healy        | 84 USA | 1:09:49.00 | 64.9% | M40                               |         |          |       | 2 Morton Hahn         | 62 USA | 5.72m  | 45.8% | M45                  |        |        |       |  |
| W35                   |        |            |       | 1 Ken Ellis                       | 41 USA  | 1.80m    | 82.9% | M65                   |        |        |       | 1 Ron Chmielewski    | 49 CAN | 26.34m | 38.9% |  |
| - Francis Manzano     | 35 VEN | 49:02.00   | 61.1% | 2 Ed Fern                         | 44 BAR  | 1.75m    | 80.6% | M70                   |        |        |       | M50                  |        |        |       |  |
| W45                   |        |            |       | M45                               |         |          |       | 1 James Stookey       | 68 USA | 9.85m  | 84.7% | 1 Bruce Hedendal     | 50 USA | 41.83m | 62.4% |  |
| 1 Christine Choy      | 45 BAR | 49:42.00   | 65.4% | 1 Steve Banton                    | 45 USA  | 1.45m    | 70.3% | 2 C.L. Bruce          | 68 USA | 6.60m  | 56.8% | M55                  |        |        |       |  |
| - Margarita Mauriquez | 45 VEN | 55:10.00   | 59.0% | M50                               |         |          |       | M75                   |        |        |       | 1 Robert Cahners     | 56 USA | 33.74m | 55.8% |  |
| 2 Miriam Austin       | 45 BAR | 1:14:52.00 | 43.4% | 1 Roberto Pozzi                   | 52 USA  | 1.65m    | 84.6% | 1 Tom Rice            | 70 USA | 6.96m  | 64.3% | 2 Luigi Schiavo      | 56 USA | 24.75m | 40.9% |  |
| W50                   |        |            |       | 2 Glenn Palmer                    | 51 USA  | 1.50m    | 76.9% | W50                   |        |        |       | M60                  |        |        |       |  |
| - Elsa Rivas          | 53 VEN | 59:05.00   | 59.2% | 3 Fred Judson                     | 52 CAN  | 1.45m    | 74.3% | 1 Liz McBlain         | 50 CAN | 7.66m  | 66.2% | 1 Don North          | 61 USA | 33.34m | 55.9% |  |
| W65                   |        |            |       | 4 Thomas Tesche                   | 51 USA  | 1.30m    | 66.6% | W60                   |        |        |       | M65                  |        |        |       |  |
| 1 Ruth Anderson       | 69 USA | 1:07:26.00 | 62.2% | M55                               |         |          |       | 1 Barbara Jordan      | 63 USA | 7.69m  | 78.1% | 1 Luis Velez         | 69 PUR | 35.81m | 66.6% |  |
| - 80mH -              |        |            |       | 1 Philip Byrne                    | 58 USA  | 1.50m    | 81.0% | M35                   |        |        |       | - Jaroslav Hanus     | 68 GBR | 35.20m | 65.5% |  |
| M70                   |        |            |       | M60                               |         |          |       | - Edgard Escorche     | 38 VEN | 10.89m | 49.0% | W70                  |        |        |       |  |
| 1 Chuck Sochor        | 71 USA | 15.02      | 85.4% | 1 Bob Golly                       | 63 USA  | 1.25m    | 71.0% | M45                   |        |        |       | 1 Charles Covino     | 74 USA | 34.01m | 62.8% |  |
| 2 Jim Flowers         | 70 CAN | 18.61      | 69.0% | 2 Morton Hahn                     | 62 USA  | 1.10m    | 62.5% | M50                   |        |        |       | M85                  |        |        |       |  |
| W40-69 -80m LH-       |        |            |       | M65                               |         |          |       | 1 Steve Banton        | 45 USA | 11.22m | 59.6% | 1 Gilberto Gonzalez  | 85 PUR | 21.79m | 58.2% |  |
| W45                   |        |            |       | 1 James Stookey                   | 68 USA  | 1.35m    | 80.8% | 2 Ron Chmielewski     | 49 CAN | 9.77m  | 51.9% | W35                  |        |        |       |  |
| - Anne-Grete Howarth  | 47 GBR | 17.18      | 66.4% | 2 Thomas Phillips                 | 65 USA  | 1.25m    | 74.8% | M50                   |        |        |       | - Lilia Beaumont     | 38 VEN | 28.05m | 47.1% |  |
| W50                   |        |            |       | 3 C.L. Bruce                      | 68 USA  | 1.20m    | 71.8% | 1 Bruce Hedendal      | 50 USA | 12.95m | 69.7% | W50                  |        |        |       |  |
| 1 Liz McBlain         | 50 CAN | 16.60      | 71.3% | M70                               |         |          |       | 2 Glenn Palmer        | 51 USA | 12.93m | 69.6% | 1 Yvonne Mitchell    | 54 TRI | 28.47m | 55.8% |  |
| W60-69                |        |            |       | 1 Richard Soller                  | 71 USA  | 1.15m    | 72.7% | 3 Thomas Tesche       | 51 USA | 9.55m  | 51.4% | 2 Liz McBlain        | 50 CAN | 28.31m | 55.5% |  |
| 1 Edith Gray          | 63 CAN | 18.01      | 74.5% | M80                               |         |          |       | M55                   |        |        |       | - Doris Guzman       | 54 VEN | 17.50m | 34.3% |  |
| 2 Barbara Jordan      | 63 USA | 18.06      | 74.3% | 1 Wilbur Ragland                  | 81      | 0.90m    | 63.3% | 1 Robert Cahners      | 56 USA | 9.43m  | 56.6% | W55                  |        |        |       |  |
| - 100mH -             |        |            |       | M85-94                            |         |          |       | 2 Luigi Schiavo       | 56 USA | 7.82m  | 46.9% | - Margery Swinton    | 55 GBR | 33.92m | 73.5% |  |
| 1 Kenneth Brinker     | 51 USA | 14.99      |       |                                   |         |          |       |                       |        |        |       |                      |        |        |       |  |



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|-----------------------|--------|--------|-------|--|--|
| M65                   |        |        |       |  |  |
| 1 Ray Fieck           | 66 USA | 37.33m | 69.2% |  |  |
| 2 C.L. Bruce          | 68 USA | 28.63m | 55.1% |  |  |
| M70                   |        |        |       |  |  |
| 1 William Daprano     | 71 USA | 31.44m | 64.1% |  |  |
| 2 Tom Rice            | 70 USA | 26.55m | 53.0% |  |  |
| 3 Charles Covino      | 74 USA | 21.31m | 45.9% |  |  |
| M75                   |        |        |       |  |  |
| 1 Art Holland         | 77 USA | 20.57m | 46.9% |  |  |
| M80                   |        |        |       |  |  |
| 1 Jubal Horta         | 81 PUR | 19.90m | 49.5% |  |  |
| M85                   |        |        |       |  |  |
| 1 Gilberto Gonzalez   | 85 PUR | 17.33m | 48.3% |  |  |
| M35                   |        |        |       |  |  |
| 1 Wigna Girigoria     | 38 AHO | 34.39m | 50.1% |  |  |
| 2 Dharma Paris        | 35 PUR | 34.36m | 50.0% |  |  |
| 3 Debbie Fern         | 36 BAR | 33.85m | 49.3% |  |  |
| M40                   |        |        |       |  |  |
| - Sonia Ojeda         | 40 VEN | 35.61m | 58.9% |  |  |
| 1 Elizabeth Ashford   | 42 TRI | 27.39m | 45.3% |  |  |
| 2 Chery Andrews Reyes | 42 TRI | 16.75m | 27.7% |  |  |
| M45                   |        |        |       |  |  |
| 1 Ivette Rojer        | 45 AHO | 21.38m | 40.2% |  |  |
| M50                   |        |        |       |  |  |
| 1 Joyce Thomas        | 52 TRI | 29.87m | 54.3% |  |  |
| 2 Yvonne Mitchell     | 54 TRI | 19.00m | 34.5% |  |  |
| M55                   |        |        |       |  |  |
| 1 Irma Riley          | 57 TRI | 27.47m | 56.7% |  |  |
| M60                   |        |        |       |  |  |
| - Josefina Schulz     | 64 VEN | 27.50m | 64.5% |  |  |
| 1 Shirley Dietderich  | 72 USA | 15.91m | 48.2% |  |  |
| M75                   |        |        |       |  |  |
| 1 Olga Kotelko        | 79 CAN | 14.93m | 51.4% |  |  |

## - 5K Walk -

|                       |        |          |       |  |  |
|-----------------------|--------|----------|-------|--|--|
| M35                   |        |          |       |  |  |
| 1 Eon Mitchell        | 38 BAR | 26:28.20 | 70.9% |  |  |
| 2 Lester Headley      | 39 BAR | 27:50.92 | 67.4% |  |  |
| M40                   |        |          |       |  |  |
| 1 Anderson Bolden     | 40 BAR | 26:59.98 | 71.8% |  |  |
| 2 ST Clair Ward       | 41 BAR | 29:59.94 | 64.6% |  |  |
| M45                   |        |          |       |  |  |
| 1 Clyde Ward          | 45 BAR | 29:13.91 | 68.7% |  |  |
| M50                   |        |          |       |  |  |
| 1 Steve Feith         | 52 USA | 32:19.00 | 64.6% |  |  |
| 2 Benjamin Craig      | 53 BAR | 33:30.34 | 62.3% |  |  |
| M55                   |        |          |       |  |  |
| 1 Douglas Brown       | 55 USA | 36:12.80 | 60.1% |  |  |
| M60                   |        |          |       |  |  |
| 1 Stuart Summerhayes  | 64 CAN | 28:53.30 | 78.8% |  |  |
| 2 Wesley Thorne       | 60 TRI | 34:40.26 | 65.7% |  |  |
| M65                   |        |          |       |  |  |
| 1 Clifford Elkins     | 67 USA | 35:32.33 | 67.3% |  |  |
| 2 Bhag-Singh Sidhu    | 69 USA | 35:51.38 | 66.7% |  |  |
| 3 George Solis        | 67 USA | 36:25.34 | 65.7% |  |  |
| M70                   |        |          |       |  |  |
| 1 Robert Mimm         | 74 USA | 31:38.47 | 79.8% |  |  |
| - Denis Withers       | 71 GBR | 31:43.27 | 79.6% |  |  |
| M75                   |        |          |       |  |  |
| 1 Paul Geyer          | 79 USA | 37:48.00 | 70.8% |  |  |
| M85                   |        |          |       |  |  |
| 1 Harry Drazin        | 85 USA | 45:25.18 | 67.9% |  |  |
| M40                   |        |          |       |  |  |
| - Doris Osorio        | 43 VEN | 31:02.36 | 69.6% |  |  |
| 1 Louise Berry        | 40 BAR | 36:52.84 | 58.6% |  |  |
| 2 Cynthia Feith       | 43 USA | 38:42.91 | 55.8% |  |  |
| M45                   |        |          |       |  |  |
| 1 Christine Toussaint | 45 TRI | 35:31.17 | 63.2% |  |  |
| - Irma Naranjo        | 48 VEN | 39:18.18 | 57.1% |  |  |
| M55                   |        |          |       |  |  |
| 1 Annemari Rosenitsch | 58 CAN | 33:33.28 | 73.0% |  |  |
| M60                   |        |          |       |  |  |
| 1 Sara Urrutia        | 61 PUR | 34:37.86 | 74.3% |  |  |
| 2 Beth Young-Grady    | 61 USA | 35:20.91 | 72.8% |  |  |
| 3 Dolores De Cabrera  | 63 MEX | 42:23.75 | 60.7% |  |  |
| M65                   |        |          |       |  |  |
| 1 Raquel Solis        | 69 MEX | 37:02.47 | 73.3% |  |  |
| 2 Claire Elkins       | 68 USA | 45:26.32 | 59.7% |  |  |
| M70                   |        |          |       |  |  |
| 1 Joan Rowland        | 72 USA | 37:55.39 | 75.9% |  |  |
| 2 Joann Beers         | 73 USA | 41:28.81 | 69.4% |  |  |
| 3 Jo Presser          | 70 USA | 41:37.71 | 69.1% |  |  |

## - 10K Walk -

|                    |        |            |       |  |  |
|--------------------|--------|------------|-------|--|--|
| M50                |        |            |       |  |  |
| 1 Steve Feith      | 52 USA | 1:07:43.00 | 63.3% |  |  |
| M55                |        |            |       |  |  |
| 1 Herbert Clarke   | 57 BAR | 1:05:05.00 | 68.7% |  |  |
| 2 Douglas Brown    | 55 USA | 1:25:58.00 | 52.0% |  |  |
| M60                |        |            |       |  |  |
| 1 Wesley Thorne    | 60 TRI | 1:11:46.00 | 65.2% |  |  |
| M65                |        |            |       |  |  |
| 1 Robert Fine      | 67 USA | 1:09:59.00 | 70.2% |  |  |
| 2 Clifford Elkins  | 67 USA | 1:13:45.00 | 66.6% |  |  |
| 3 George Solis     | 67 USA | 1:14:58.00 | 65.5% |  |  |
| 4 Bhag-Singh Sidhu | 69 USA | 1:15:14.00 | 65.3% |  |  |
| M70                |        |            |       |  |  |
| 1 Robert Mimm      | 74 USA | 1:05:51.00 | 78.7% |  |  |
| - Denis Withers    | 71 GBR | 1:06:17.00 | 78.2% |  |  |
| M75                |        |            |       |  |  |
| 1 Paul Geyer       | 79 USA | 1:19:45.00 | 68.9% |  |  |
| M40                |        |            |       |  |  |
| - Doris Osorio     | 43 VEN | 1:06:33.00 | 66.2% |  |  |
| M60                |        |            |       |  |  |
| 1 Beth Young-Grady | 61 USA | 1:13:10.00 | 71.5% |  |  |
| M65                |        |            |       |  |  |
| 1 Raquel Solis     | 69 MEX | 1:16:04.00 | 72.6% |  |  |
| M70                |        |            |       |  |  |
| 1 Joan Rowland     | 72 USA | 1:16:27.00 | 76.5% |  |  |
| 2 Joann Beers      | 73 USA | 1:21:27.00 | 71.8% |  |  |
| 3 Jo Presser       | 70 USA | 1:25:26.00 | 68.5% |  |  |

NCCWVA Championships  
National Stadium  
Barbados, West Indies; Nov. 19  
Outdoor Pentathlon

| Athlete Name               | Points | LJ     | JT     | 200    | DT    | 1500  |
|----------------------------|--------|--------|--------|--------|-------|-------|
| M35                        |        |        |        |        |       |       |
| 1 Bispham, Gordon #295     | 576m   | 43.00m | 27.24  | 30.38m | 7.13  | 87    |
| BARBADOS                   | w NW1  | w NW1  |        |        |       |       |
| Age 36                     | 2130   | (600)  | (534)  | (464)  | (472) | (60)  |
| M45                        |        |        |        |        |       |       |
| 1 Banton, Steve #13        | 420m   | 38.58m | 28.67  | 34.78m | 6.09  | 00    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 45                     | 2480   | (394)  | (591)  | (504)  | (626) | (365) |
| 2 Johnson, Mark #118       | 4.81m  | 28.76m | 29.82  | 27.53m | 8.09  | 68    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 47                     | 1860   | (542)  | (404)  | (424)  | (467) | (23)  |
| M50                        |        |        |        |        |       |       |
| 1 Lewis, Tyrone #128       | 5.63m  | 33.17m | 25.81  | 28.31m | 5.10  | 44    |
| ST. VINCENT                | w NW1  | w NW1  |        |        |       |       |
| Age 50                     | 3427   | (874)  | (550)  | (802)  | (475) | (726) |
| 2 Reiter, Gordon #183      | 4.79m  | 30.60m | 27.42  | 27.91m | 4.57  | 62    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 52                     | 3059   | (624)  | (496)  | (672)  | (466) | (801) |
| 3 Judson, Fred #121        | 4.54m  | 29.50m | 28.72  | 29.93m | 4.58  | 03    |
| CANADA                     | w NW1  | w NW1  |        |        |       |       |
| Age 52                     | 2908   | (554)  | (473)  | (573)  | (509) | (799) |
| 4 Laframboise, Armond #125 | 4.56m  | 38.06m | 28.05  | 31.68m | 6.09  | 68    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 50                     | 2807   | (559)  | (653)  | (623)  | (547) | (425) |
| 5 Hedendal, Bruce #107     | 4.50m  | 39.45m | 25.97  | 43.63m | 7.37  | 16    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 50                     | 2638   | (542)  | (683)  | (485)  | (809) | (119) |
| 6 Tesche, Thomas #233      | 4.17m  | 27.45m | 29.31  | 31.15m | 6.28  | 29    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 51                     | 2299   | (455)  | (431)  | (531)  | (536) | (346) |
| 7 Russell, Kenrick #205    | 4.02m  | 32.40m | DNS    | DNS    | DNS   | DNS   |
| TRINIDAD AND TOBAGO        | w NW1  |        |        |        |       |       |
| Age 51                     | 951    | (417)  | (534)  | (0)    | (0)   | (0)   |
| M55                        |        |        |        |        |       |       |
| 1 Byrne, Philip #256       | 4.87m  | 37.62m | 28.38  | 30.09m | 6.10  | 55    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 58                     | 3220   | (746)  | (723)  | (673)  | (587) | (491) |
| 2 Schiavo, Luigi #207      | 3.47m  | 22.53m | 32.46  | 32.49m | 7.08  | 39    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 56                     | 2018   | (341)  | (375)  | (397)  | (645) | (260) |
| M60                        |        |        |        |        |       |       |
| *Ross, John #202           | 4.25m  | 40.65m | 26.26  | 33.23m | 5.15  | 36    |
| GREAT BRITAIN              | w NW1  |        |        |        |       |       |
| Age 60                     | 3833   | (644)  | (807)  | (922)  | (606) | (854) |
| M70                        |        |        |        |        |       |       |
| 1 Daprano, William #57     | 3.39m  | 25.05m | 30.71  | 30.24m | 9.15  | 42    |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 71                     | 2685   | (525)  | (560)  | (775)  | (705) | (120) |
| 2 Rice, Tom #187           | 3.92m  | 23.90m | 31.49  | 28.43m | DNF   |       |
| UNITED STATES OF AMERICA   | w NW1  | w NW1  |        |        |       |       |
| Age 70                     | 2625   | (723)  | (528)  | (720)  | (654) | (0)   |
| 3 Flowers, Jim #83         | 3.07m  | 20.90m | 32.90  | 21.42m | DNF   |       |
| CANADA                     | w NW1  | w NW1  |        |        |       |       |
| Age 70                     | 1944   | (415)  | (444)  | (626)  | (459) | (0)   |
| M45                        |        |        |        |        |       |       |
| *Isasias, Leri             | 0.93m  | 7.15m  | 3.31m  | 3.25   | 15    |       |
| VENEZUELA                  | w O1   |        |        |        |       |       |
| Age 45                     | 1368   | (0)    | (248)  | (449)  | (331) | (340) |
| M50                        |        |        |        |        |       |       |
| 1 McBlain, Liz #144        | 16.77  | 1.38m  | 10.25m | 3.70m  | 3.25  | 04    |
| CANADA                     | w NW1  | w O1   |        |        |       |       |
| Age 50                     | 3180   | (564)  | (966)  | (693)  | (540) | (417) |
| M60                        |        |        |        |        |       |       |
| 1 Tang Wing, Monica #229   | 19.11  | 1.05m  | 6.56m  | 3.49m  | 3.40  | 27    |
| TRINIDAD AND TOBAGO        | w NW1  | w O6   |        |        |       |       |
| Age 62                     | 2915   | (554)  | (666)  | (562)  | (665) | (468) |

## Weight Pentathlon

| Athlete Name             | Points | HT     | SP     | DT     | JT     | WT    |
|--------------------------|--------|--------|--------|--------|--------|-------|
| M45                      |        |        |        |        |        |       |
| 1 Chmielewski, Ron #46   | 26.21m | 9.13m  | 26.21m | 32.57m | 8.14m  |       |
| CANADA                   |        |        |        |        |        |       |
| Age 49                   | 2280   | (387)  | (533)  | (439)  | (476)  | (445) |
| M50                      |        |        |        |        |        |       |
| 1 Hedendal, Bruce #107   | 43.46m | 12.85m | 40.01m | 36.25m | 13.74m |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 50                   | 3646   | (742)  | (812)  | (729)  | (615)  | (748) |
| 2 Palmer, Glenn #167     | 30.67m | 12.15m | 36.62m | 18.56m | 10.83m |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 51                   | 2710   | (481)  | (761)  | (654)  | (250)  | (564) |
| 3 Russell, Kenrick #205  | 18.95m | 8.28m  |        |        |        |       |
| TRINIDAD AND TOBAGO      |        |        |        |        |        |       |
| Age 51                   | 1055   | (247)  | (480)  | (0)    | (0)    | (328) |
| M55                      |        |        |        |        |        |       |
| 1 Cahners, Robert #36    | 36.38m | 9.38m  | 24.30m | 23.12m | 12.74m |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 56                   | 2902   | (679)  | (637)  | (449)  | (388)  | (749) |
| 2 Schiavo, Luigi #207    | 22.11m | 7.49m  | 29.49m | 23.79m | 9.35m  |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 56                   | 2338   | (358)  | (484)  | (573)  | (404)  | (519) |
| M60                      |        |        |        |        |        |       |
| 1 North, Don #157        | 29.60m | 10.41m | 37.37m | 34.79m | 12.87m |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 61                   | 3365   | (534)  | (735)  | (700)  | (667)  | (729) |
| M65                      |        |        |        |        |        |       |
| 1 Fieck, Ray #76         | 35.20m | 11.63m | 37.61m | 34.33m | 14.13m |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 66                   | 4130   | (752)  | (948)  | (805)  | (737)  | (888) |
| *Hanus, Jaroslav #104    | 34.84m | 9.70m  | 40.23m | 20.58m | 13.88m |       |
| GREAT BRITAIN            |        |        |        |        |        |       |
| Age 68                   | 3637   | (743)  | (768)  | (872)  | (384)  | (870) |
| M70                      |        |        |        |        |        |       |
| 1 Covino, Charles #53    | 25.39m | 10.24m | 25.50m | 20.36m | 10.83m |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 74                   | 2939   | (497)  | (815)  | (572)  | (429)  | (626) |
| 2 Bergen, William #21    | 20.51m | 8.77m  | 26.99m | 18.28m | 10.91m |       |
| UNITED STATES OF AMERICA |        |        |        |        |        |       |
| Age 70                   | 2670   | (375)  | (679)  | (614)  | (371)  | (631) |
| M85                      |        |        |        |        |        |       |
| 1 Gonzalez, Gilberto #93 | 21.41m | 7.08m  | 16.17m | 17.48m | 7.79m  |       |
| PUERTO RICO              |        |        |        |        |        |       |
| Age 85                   | 3024   | (638)  | (828)  | (524)  | (542)  | (492) |

## LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

Cynthia Quinn Memorial 5K  
Yaphank, NY; Oct. 11

| <u>Overall</u>       |    |       |
|----------------------|----|-------|
| Kevin Krause         | 27 | 15:38 |
| Barbara Gubbins      | 38 | 17:44 |
| M40 Peter McNeill    |    | 17:25 |
| Martin Brown         |    | 18:55 |
| Gills Rivadeneyra    |    | 20:17 |
| M45 Alan Oman        |    | 17:22 |
| Brian Manghan        |    | 18:07 |
| Steve Borbet         |    | 18:10 |
| M50 Radhames Delgado |    | 18:45 |
| David Oakley         |    | 19:17 |
| Dan Ingegno          |    | 20:06 |
| M55 Maury Dean       |    | 18:24 |
| Dennis Pennigna      |    | 19:19 |
| Tony Venesina        |    | 19:31 |
| M60 Joe Cordero      |    | 19:12 |
| John Conner          |    | 21:11 |
| Chris Sweeney        |    | 22:28 |
| M65 Richard Savage   |    | 30:17 |
| Chas McGrath         |    | 35:12 |
| Bob Lawrence         |    | 36:43 |
| M70 John Moran       |    | 30:32 |
| Sam Stahlman         |    | 39:21 |
| W40 Janine Redlien   |    | 21:31 |
| Sharon Zuhoski       |    | 22:01 |
| Christy Bodnarchuk   |    | 22:47 |
| W45 Diane O'Donnell  |    | 21:15 |
| Pat Doroski          |    | 21:21 |
| Estella Clasen       |    | 21:49 |
| W50 Susan Fabiano    |    | 25:38 |
| Sheryl Carey         |    | 25:48 |
| Jane Fagan           |    | 26:51 |
| W55 Janice McGeary   |    | 28:17 |
| W65 Josephine Curtin |    | 34:30 |
| Renee Stahlman       |    | 39:24 |



Continued from previous page

|                     |       |
|---------------------|-------|
| M60 Joseph Polinski | 82:07 |
| Jim Black           | 87:17 |
| M65+Tom Ray 65      | 68:28 |
| Andy Polansky 70    | 75:15 |
| W40 Sheri Segal     | 64:54 |
| Michelle Hogge      | 70:19 |
| W45 Sally Young     | 87:42 |
| Lisa Ogburn         | 89:05 |
| W50 Barbara Ivey    | 78:42 |
| Mary Thibodeux      | 79:00 |
| W55+Joan Chobon 57  | 80:03 |

### Bohemia TC 5 Mile Bohemia, L.I., NY; Nov. 15

|                           |       |
|---------------------------|-------|
| <b>Overall</b>            |       |
| Mike Maceiko 23           | 26:06 |
| Barbara Gobbins 38        | 29:40 |
| M40 John Williams         | 27:02 |
| John DeMaestro            | 27:53 |
| Alex Cuozzo               | 28:55 |
| M45 Robert Anastasio      | 28:00 |
| Ted Truet                 | 28:16 |
| John Lupski               | 29:36 |
| M50 Hugh Sweeney          | 29:28 |
| Julio Aguirre             | 29:55 |
| Radhames Delgado          | 30:26 |
| M55 Maury Dean            | 29:31 |
| Michael Service           | 33:14 |
| Mike Adams                | 36:20 |
| M60 Mel Cowgill           | 33:54 |
| John Conner               | 34:12 |
| M65 Geza Feld             | 35:19 |
| Guy Froehlig              | 38:51 |
| M70+George Dennis 75      | 46:19 |
| Ed Finkelstein 76         | 58:14 |
| W40 Lori Harfenes Melnk   | 33:19 |
| Linda Ottaviano           | 33:31 |
| Margarita Marascia        | 33:56 |
| W45 Brenda Seidner Reilly | 36:31 |
| Jane McGraw               | 36:41 |
| Andrea Otto               | 36:42 |
| W50 Elizabeth Penagos     | 39:11 |
| Mary Trotto               | 39:56 |
| W55 Marie Lou Michelsn    | 38:53 |
| W60 Billie Gail Moten     | 46:42 |
| W65 Dolly Finkelstein     | 46:19 |

### USATF NE Cross-Country Championships Boston; Nov. 15

|                      |       |
|----------------------|-------|
| M40 Bob Winn         | 25:14 |
| Tom Dalton           | 25:59 |
| Wayne Jacob          | 26:19 |
| M45 Bob McCusker     | 27:06 |
| M50 Jerry Learned    | 28:25 |
| M55 Alan Turner      | 31:56 |
| W40 Mary Lammi       | 22:16 |
| Alda Cossi           | 24:12 |
| W45 Pat Robinson     | 24:56 |
| W50 Cathy Farrel     | 28:43 |
| W55 Eunice Hindley   | 34:28 |
| W60 Carolyn Cappetta | 28:48 |
| M7935m/W6017m        |       |

### SOUTHEAST

#### Thanksgiving 10-Miler DeLand, FL; Nov. 26

|                      |         |
|----------------------|---------|
| <b>Overall</b>       |         |
| Peter Hopfe 40       | 58:12   |
| Sara Flynn-Kramer 40 | 1:08:51 |
| M40 Peter Hopfe      | 58:12   |
| Rich Newman          | 1:00:40 |
| Carl Mustane         | 1:05:50 |
| Glenn Vincent        | 1:06:24 |
| M45 Danny Stevens    | 1:05:25 |
| Jim Marshall         | 1:08:12 |
| Joe Guthrie          | 1:09:47 |
| M50 William Smith    | 1:08:53 |
| Dave Erdman          | 1:11:04 |
| Alan Kossow          | 1:12:55 |
| M55 Narciso Tavales  | 1:17:33 |
| Ron Hough            | 1:24:32 |
| Lee Armstrong        | 1:26:30 |
| M60 Ben Mathews      | 1:11:06 |
| Jerry Lardinois      | 1:16:09 |
| Walter Pharr         | 1:25:46 |
| M65 Jim Blount       | 1:14:49 |
| David Long           | 1:16:55 |
| Epifanio Agosto      | 1:19:17 |
| G Gilbertson         | 1:38:35 |
| M70 Elo Serton       | 1:31:38 |
| M75 Bart Ross        | 1:31:45 |
| Frank Rohrer         | 2:16:40 |
| W40 S L Walters      | 1:20:50 |
| Lynn Monahan         | 1:22:20 |
| Jane Stellmacher     | 1:23:11 |
| W45 Susan Goodspeed  | 1:15:48 |
| Marla Zell           | 1:26:32 |
| Carmen Ramos         | 1:40:36 |

|                    |         |
|--------------------|---------|
| W50 Rissie Thieler | 1:18:02 |
| Pat Beidelshies    | 1:27:58 |
| Joyce Beck         | 1:36:12 |
| W55 Donna Hiatt    | 1:29:52 |
| M Chestnut         | 1:41:07 |

### MIDWEST

#### Birmingham Jingle Bell 5K Run For Arthritis Birmingham, MI; Dec. 6

|                       |       |
|-----------------------|-------|
| <b>Overall</b>        |       |
| Jason Cotter 25       | 16:09 |
| Liz Kraft 26          | 18:52 |
| M40 Jeff Martin       | 16:18 |
| M45 Stan Polkowski    | 17:35 |
| M50 George Geck       | 19:07 |
| M55 Jim Carlton       | 18:18 |
| M60 Jim Patton        | 20:48 |
| W40 Janet Jacobs-Walt | 20:40 |
| W45 Susan Szczesny    | 20:51 |
| W50 Vickie Putnam     | 20:22 |
| W55 Ellen Nitz        | 22:11 |
| W60 Merion Knight     | 25:27 |

### MID-AMERICA

#### Cliffhanger 5K & 8K Kansas City, MO; Sept. 27

|                    |       |
|--------------------|-------|
| <b>Overall</b>     |       |
| Marc Keys          | 16:38 |
| Leann Reed         | 18:19 |
| M40 Derek Shoare   | 16:41 |
| M45 Jeff Behrens   | 20:14 |
| M50 Bill Engert    | 17:49 |
| M55 David Miller   | 24:59 |
| M60 Bobby Kincaid  | 20:36 |
| M65 Jewell Darby   | 23:52 |
| M80 Bill Dyer      | 36:21 |
| W40 Diana Fitch    | 22:57 |
| W45 Nancy Cooper   | 24:30 |
| W50 Judy Lansing   | 33:06 |
| W55 Anne Coveney   | 26:46 |
| W60 Aileen McComas | 29:49 |
| W65 Trudy Petty    | 36:17 |

|                    |       |
|--------------------|-------|
| <b>-8K-</b>        |       |
| <b>Overall</b>     |       |
| Phil Hudnall       | 25:19 |
| Heidi Metz         | 30:04 |
| M40 Charlie Gray   | 25:57 |
| M45 Dmitry Voldman | 28:50 |
| M50 Rick Hogan     | 29:18 |
| M55 Dick Wootton   | 32:33 |
| M60 Don Roth       | 36:36 |
| M65 Paul Heitzman  | 31:48 |
| M70 Frank Creason  | 47:51 |
| M75 Ed Burnham     | 56:20 |
| W40 Maria Rhoden   | 32:02 |
| W45 Dee Boeck      | 34:55 |
| W50 Mary Haley     | 39:46 |
| W55 Sue Johnson    | 46:35 |
| W60 F Hazelrigg    | 50:50 |
| W80 Olive Drew     | 68:21 |

#### River Trail Marathon Pueblo CO; Oct. 11

|                     |         |
|---------------------|---------|
| <b>Overall</b>      |         |
| Phil Ware 40        | 2:51:20 |
| Amy Nesbitt 20      | 3:15:42 |
| M40 Phil Ware       | 2:51:20 |
| Bret Crook          | 2:54:15 |
| David Rowell        | 3:00:57 |
| M45 Dan Tessier     | 3:01:04 |
| Mark Donelson       | 3:03:13 |
| Terry Ingessoll     | 3:17:25 |
| M50 George Bator    | 3:22:48 |
| Dave Diaz           | 3:27:18 |
| Phil Nissen         | 3:31:41 |
| M55 George Rathbun  | 3:54:54 |
| Richard Harris      | 4:08:01 |
| M60+ Al Becken      | 4:06:56 |
| Milton Taylor       | 5:04:44 |
| W40 Cindy Dodd      | 5:33:39 |
| Catlin Cross        | 5:35:34 |
| W45 Sandra Zanchi   | 4:47:30 |
| Barbara Churchley   | 5:31:23 |
| Mary Scott          | 6:51:39 |
| W50 Carol Kinzy     | 3:53:12 |
| Delia Dolfinger     | 4:34:11 |
| Petra Halk          | 4:54:40 |
| W60+Doris Vecqueray | 5:10:23 |

#### Veteran's Day 10-Miler Denver, CO; Nov. 8

|                   |         |
|-------------------|---------|
| <b>Overall</b>    |         |
| Brad Hudson 31    | 55:08   |
| Mariko Shirazi 30 | 1:06:24 |
| M40 Scott Hajicek | 57:07   |
| Phil Ware         | 57:43   |
| Gary Weston       | 1:02:09 |
| M45 Doug Bell     | 56:54   |
| Kurt Dallow       | 1:04:17 |
| Jim Fuller        | 1:07:28 |
| M50 Stu Nieburg   | 1:04:30 |

|                       |         |
|-----------------------|---------|
| William McIntyre      | 1:04:35 |
| Rob Wesson            | 1:07:21 |
| M55 Larry Miller      | 1:12:41 |
| Jim Kruse             | 1:13:12 |
| Amie Willems          | 1:13:40 |
| M60 Jose Cardenas     | 1:09:44 |
| Rich Romero           | 1:11:38 |
| Rich Muldoon          | 1:32:13 |
| M70+Luis Ojeda        | 1:49:37 |
| W40 Jenny Weber       | 1:10:28 |
| Karen Skelly          | 1:14:01 |
| Charlotte Aycrigg     | 1:16:16 |
| W45 Mamie Harden      | 1:14:25 |
| Carolyn Taylor        | 1:18:03 |
| Patricia Vera-Hink    | 1:22:53 |
| W50 Marilyn Stapleton | 1:09:58 |
| Karen Ann Young       | 1:21:25 |
| Lora Ackerman         | 1:22:02 |
| W55 Barbara Rossi     | 1:21:53 |
| Nancy MacDonald       | 1:37:01 |
| Jan Adamson           | 1:40:42 |
| W60 Doris Vecqueray   | 1:44:07 |
| W65 Francoise Carpent | 1:35:58 |
| W70+Marilyn Olen      | 2:15:15 |

### SOUTHWEST

#### Juke Joint Jog 5K Stillwater, OK; Oct. 10

|                      |       |
|----------------------|-------|
| <b>Overall</b>       |       |
| Alem Kebede 38       | 16:58 |
| Roxanne Meyer 40     | 18:52 |
| M40 Donnie Harris    | 18:37 |
| Steve Lee            | 18:47 |
| M45 Mike Kelly       | 18:07 |
| Al Rosenberger       | 18:34 |
| M50 Rick Brower      | 18:22 |
| M55 George Marchetti | 18:27 |
| M60 Wendell Shaffer  | 27:12 |
| M65 Jim Chamblee     | 31:44 |
| M70 Jerry Crockett   | 21:59 |
| W40 R Meyer          | 18:52 |
| W45 Donna Spencer    | 19:46 |
| W50 Peggy DeMeyer    | 26:46 |
| W55 Geraldine Weber  | 24:56 |
| W60 Norma White      | 37:07 |
| W70+Lora Woodall 71  | 42:56 |
| RosGoldschlager 75   | 44:50 |

### WEST

#### Cross City Race Weekend 10K Fresno, CA; Sept. 20

|                          |         |
|--------------------------|---------|
| <b>Overall</b>           |         |
| Wilhelm Gidabuday 23     | 29:20   |
| Sylvia Mosqueda 32       | 33:08   |
| M40 Al Lara 41           | 31:47   |
| Rick Baca 40             | 35:04   |
| Michael Baumann 41       | 36:34   |
| Bruce Deeter 43          | 37:04   |
| Maximo Zapata 40         | 38:08   |
| Dale Campbell 45         | 32:53   |
| Donald Gregory 45        | 35:54   |
| Steven Levy 49           | 37:10   |
| Manuel Hernandez 45      | 37:19   |
| Alanico Toro 45          | 37:43   |
| Dan Masey 52             | 36:58   |
| Brant Waterbury 50       | 37:04   |
| Mark Haymond 54          | 37:47   |
| Ralph Gamez 50           | 39:23   |
| David Goodwin 50         | 39:35   |
| Neal Chappell 55         | 38:19   |
| Raymond Miranda 58       | 40:01   |
| Roger Seibert 55         | 40:29   |
| Kenneth Schwisow 59      | 40:43   |
| James Kirk 59            | 41:40   |
| Frank Delgado 62         | 43:44   |
| Juan Sobenes 60          | 44:44   |
| William Fiodberg 64      | 46:10   |
| George Medina 63         | 46:15   |
| Tim Kahn 60              | 48:41   |
| M65 Ernesto Malagon 67   | 47:15   |
| Ric Zamarrpa 65          | 49:35   |
| James Benelli 65         | 51:19   |
| Joseph Rhoan 66          | 58:46   |
| Milo Lorenz 67           | 1:01:36 |
| Bob Stout 70             | 54:47   |
| Franz Weinschenk 73      | 1:00:27 |
| Gordon Parish 72         | 1:01:08 |
| John Paredes 74          | 1:11:39 |
| Billy Dobbs 73           | 1:12:54 |
| W40 Christine Kennedy 42 | 38:40   |
| Jedonna Adams 40         | 41:38   |
| Nellie Gonzales 40       | 42:42   |
| Linda Glaude 40          | 45:41   |
| Cynthia Dearth 41        | 46:28   |
| W45 Leslie King 46       | 43:11   |
| Lynne Denley 46          | 44:44   |
| Mananne Hackney 48       | 48:15   |
| Donna Aldrich 47         | 48:35   |
| Olga Oldham 46           | 49:15   |
| Maryann Barroso 54       | 52:41   |
| Suzanne Sobenes 52       | 54:59   |
| Toni Mermer 52           | 55:37   |
| Mary Hung 52             | 58:53   |
| Charlene Enoch 51        | 59:25   |
| Marjorie Lindsey 56      | 47:51   |
| Jean Schwisow 55         | 50:37   |
| Ruth Townsend 55         | 1:00:00 |
| Mary Merry 56            | 1:03:58 |

|                     |         |
|---------------------|---------|
| Daniene Young 55    | 1:04:56 |
| W60 Heidi Fialho 60 | 1:15:58 |
| W65 Sydney Loo 66   | 1:12:09 |

#### St. George Marathon St. George, Utah; Oct. 3

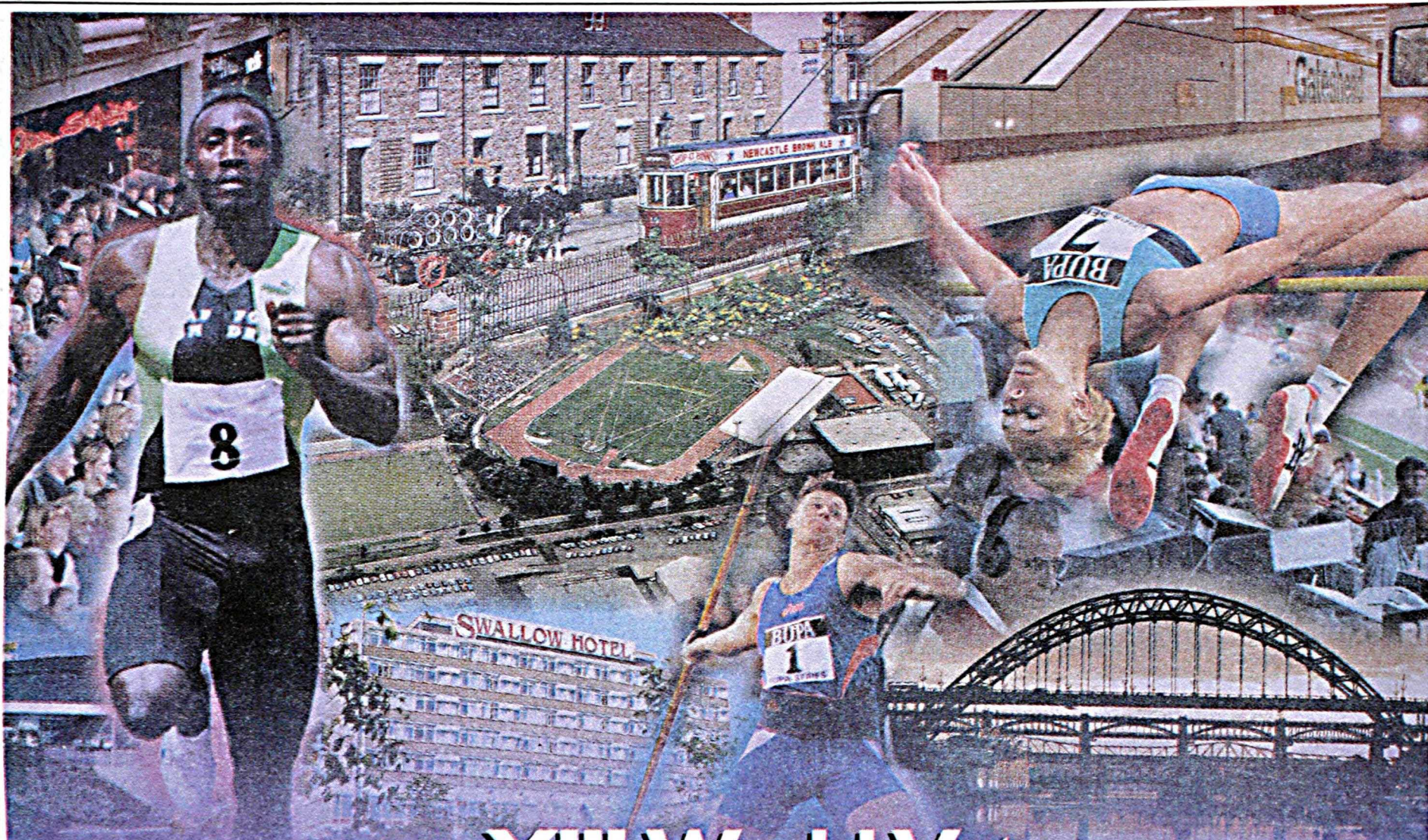
|                         |         |
|-------------------------|---------|
| <b>Overall</b>          |         |
| Kelly Mortenson CO 27   | 2:19:20 |
| Suzanne Morris 41 CA    | 2:44:41 |
| M40 Mark Holland UT     | 2:31:34 |
| John Araujo CA          | 2:39:09 |
| Mark Dickey UT          | 2:40:18 |
| Steve Greenspan AZ      | 2:40:56 |
| M45 Ray Workman UT      | 2:42:38 |
| Rick West UT            | 2:46:04 |
| Tony Grappo NV          | 2:49:19 |
| Jim D'Haenens IN        | 2:49:53 |
| M50 Ira Zimmerman NV    | 2:49:28 |
| David Burton UT         | 2:51:28 |
| James Doilney UT        | 3:01:11 |
| John Hunter CA          | 3:02:40 |
| M55 Ian Reid CA         | 2:58:31 |
| Brent Pinder AZ         | 3:00:33 |
| Ron Peterson ID         | 3:05:00 |
| Marc Irwin NM           | 3:06:08 |
| M60 Darrell Natter UT   | 3:01:49 |
| Carlos Valle CA         | 3:07:50 |
| Jim Way WY              | 3:20:23 |
| David Dodd UT           | 3:23:22 |
| M65 J Gam McBride UT    | 3:02:10 |
| Steve Winslow UT        | 3:03:46 |
| Paul Nance UT           | 3:16:29 |
| Ward Berman CA          | 3:41:59 |
| M70 Bob Koch CA         | 3:41:23 |
| Beacham Toler TX        | 3:50:33 |
| Roy Glassburn CA        | 4:09:12 |
| Thomas Gregory UT       | 4:12:34 |
| M75 Bill Collins        | 5:30:47 |
| Travis Wellman UT       | 5:40:15 |
| Jim Dacolas CA          | 6:16:51 |
| W40 Suzanne Morris CA   | 2:44:41 |
| Angela French AZ        | 2:49:27 |
| Karen Kunz AZ           | 3:12:48 |
| Rochelle Miles UT       | 3:14:30 |
| W45 Carol Richardson CA | 3:09:26 |
| Julie Virkus MN         | 3:14:33 |
| CRodriguez-Irwin MN     | 3:17:47 |
| Janice Colton UT        | 3:26:06 |
| W50 Dee Chadwick AZ     | 3:11:06 |
| Julie Lister CA         | 3:12:43 |
| Paulette LeDuc UT       | 3:35:32 |
| Mary Haley MO           | 3:45:37 |
| W55 Barbara Miller CA   | 3:01:18 |
| Hwa-Ja Andrade CA       | 3:53:14 |
| Yvonne Medley UT        | 4:00:48 |
| Jackie Cooley UT        | 4:06:50 |
| W60 Shirley Blush CA    | 3:39:21 |
| Joan Maxwell CA         | 3:51:56 |
| Elaine Murphy CA        | 3:58:56 |
| Mae Horns MN            | 4:28:25 |
| W65 Chieko Allwein CA   | 4:07:00 |
| Judith Bullough UT      | 4:27:21 |
| Jeanne Farrell FL       | 5:10:24 |
| Julia Barrett UT        | 5:14:41 |
| W70 Marie Boles HI      | 5:35:22 |
| Joann Beers CA          | 6:30:16 |

|                         |       |
|-------------------------|-------|
| <b>Overall</b>          |       |
| Paul Hulme 30           | 15:30 |
| Veronica Sanchez 18     | 18:52 |
| M40 David Riel 41       | 17:26 |
| Bruce Deeter 43         | 18:04 |
| Mike Toland 42          | 18:28 |
| Dave Moore 44           | 18:36 |
| Mark Miller 44          | 18:36 |
| M45 Nick Velasquez 45   | 17:20 |
| Richard Meyer 46        | 18:18 |
| Jim Leask 49            | 19:18 |
| Don Miller 45           | 20:01 |
| Art Besenthal 48        | 20:57 |
| M50 Bob Coons 53        | 18:50 |
| Brad Standley 53        | 20:13 |
| Don Swearingen 51       | 20:22 |
| Dave Shifflett 51       | 20:55 |
| Preston Brittain 50     | 21:50 |
| M55 Bill McDougale 55   | 20:19 |
| John Watson 56          | 27:59 |
| Joseph King 55          | 28:44 |
| Russ Bigler 57          | 29:38 |
| M60 George Medina 63    | 22:14 |
| Tom Jones 60            | 23:47 |
| Mike Northcutt 60       | 26:32 |
| Tom Almberg 64          | 27:36 |
| Ron Fontaine 63         | 29:10 |
| M65 Jack Eberly 65      | 23:35 |
| Mitt Younger 67         | 27:05 |
| Dave Hiatt 67           | 28:01 |
| W40 Patricia Heredia 40 | 23:18 |
| Robin Bresson 40        | 23:41 |
| Kerry Macaulay 40       | 26:09 |
| Linda Byers 44          | 26:20 |
| Cynthia Nelson 42       | 26:23 |
| W45 Leslie King 46      | 20:38 |
| Claudia Keith 46        | 24:09 |
| Kimberly Clow 45        | 24:34 |
| Christine Blacklock 48  | 25:02 |
| Vickie Rugby 47         | 26:18 |
| M50 Susan Schambach 51  | 22:17 |
| Suzi McReynolds 50      | 31:06 |
| Betty Hallum 54         | 35:13 |
| Connie Hickemell 51     | 39:38 |
| Laurie Harmon 51        | 39:44 |
| W55 Susan Lucas 56      | 24:25 |
| Becky Whitehead 59      | 25:34 |

#### Corporate Rat Race 5K Run Bakersfield, CA; Oct. 24

|                       |       |
|-----------------------|-------|
| <b>Overall</b>        |       |
| Paul Hulme 30         | 15:30 |
| Veronica Sanchez 18   | 18:52 |
| M40 David Riel 41     | 17:26 |
| Bruce Deeter 43       | 18:04 |
| Mike Toland 42        | 18:28 |
| Dave Moore 44         | 18:36 |
| Mark Miller 44        | 18:36 |
| M45 Nick Velasquez 45 | 17:20 |
| Richard Meyer 46      | 18:18 |
| Jim Leask 49          | 19:18 |
| Don Miller 45         | 20:01 |
| Art Besenthal 48      | 20:57 |
| M50 Bob Coons 53      | 18:50 |
| Brad Standley 53      | 20:13 |
| Don Swearingen 51     | 20:22 |
| Dave Shifflett 51     | 20:55 |
| Preston Brittain 50   | 21:50 |
| M55 Bill McDougale 55 | 20:19 |
| John Watson 56        | 27:59 |
| Joseph King 55        | 28:44 |
| Russ Bigler 57        | 29:   |





# XIII World Veterans Athletics Championships



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