

Colbert, Raschker Named Best 2002 T&F Athletes; Hellebuyck, Somers-Smith Top LDR Picks

Honors Also Go to Smith, Lewis, Pawlik, Byrne, and Brosnahan

Larry Colbert, 65, Glenarden, Md., and Phil Raschker, 55, Marietta, Ga., were chosen as the outstanding male and female athletes for 2002 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual convention in Kansas City, Mo., Dec. 4-8. They were honored at the Awards Breakfast on the 7th.

Hal Smith, 65, Tarzana, Calif., and Oneitha Lewis, 42, New York City, were given the Outstanding Single Performance Awards, Smith for his 49-7 1/4 (15.12) world M65 record shot put, and Lewis for her 182-8 (55.68) hammer throw. Lewis won the award in 2000 for a weight throw (49-9 1/4/15.17).

Colbert broke M65 indoor world records in the Masters Nationals in March at Boston (200, 26.20; 400, 59.35), and won titles in those events in the Nationals in Orono, Me., in August. Colbert was also honored by being voted into the 2002 Class of the

USATF Masters Hall of Fame for his 10 world records (of which he still owns four) and 32 indoor titles.

Raschker set 10 indoor and 10 outdoor W55 world records, ranging from the 60H indoors (10.40) to the outdoor heptathlon (6647), with marks age-graded at well over 90%. She also garnered the Outstanding Female Combined-Events Award, going four-for-four in national combined-event championships.

Emil Pawlik, 60, of Mississippi, won the Outstanding Male Combined-Event Award, also winning four M60

Continued on page 8

Martin, Samuelson, Pirrung Among 28 Runners Honored by USATF

Eddie Hellebuyck, 41, and Linda Sommers-Smith, 41, were among 28 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 24th annual convention in Kansas City, Mo., Dec. 4-8.

The LDR group offers awards in five-year age categories, plus awards for cross country, ultra running and mountain running.

Somers-Smith, California, won the National Masters Marathon Championships and set a record in the New Haven, Conn. 20K. Last year's wunderkind, Hellebuyck, New Mexico, continued to outdistance his competitors by posting the top seven equivalent times in his age group and well as breaking his own 10K age-group record.

Joan Samuelson, 45, Maine, entered the 45-49 age group in the middle of the year and set an age-group record in the La Salle Chicago Bank Marathon.

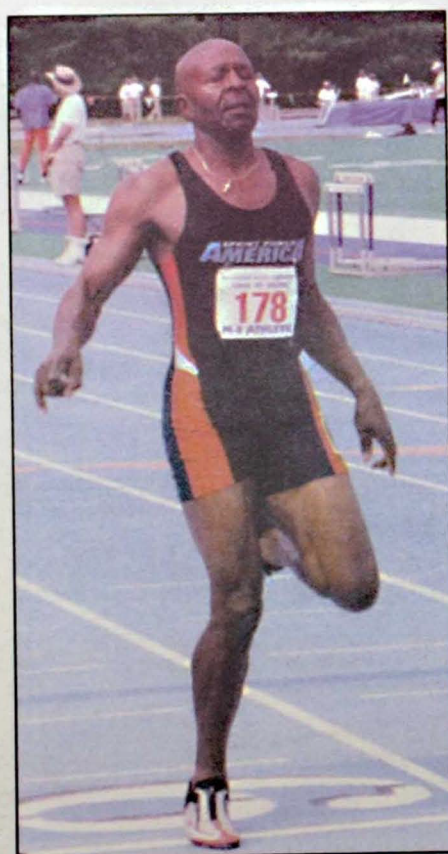
Kathryn Martin, 51, New York, recorded six out of the eight best

equivalent times in her age group to distance her from her competitors. Martin was also named the Cross-Country Athlete of the Year, along with Tom Dalton, M40.

Louise Rossetti, 81, Massachusetts, compiled an impressive list to become one of the oldest competitors to be a first-time winner.

Among the men, Doug Goodhue, 60, Michigan, edged his competitors by posting a series of outstanding times and besting them in head-to-head competition. Wilfredo Rios, 85, New York, recorded a set of impressive

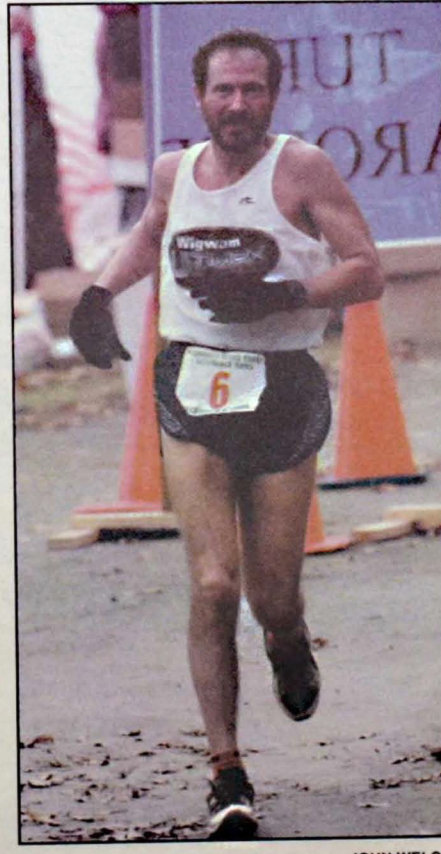
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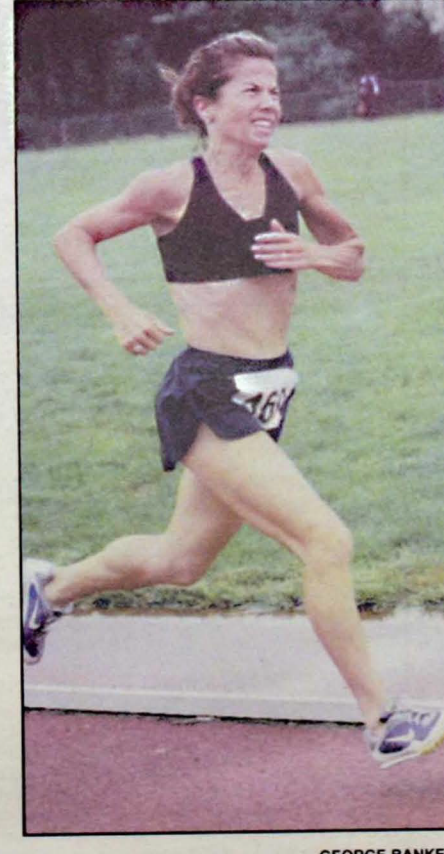
Larry Colbert



Phil Raschker



Roy Pirrung



Kathy Martin

JERRY WOJCIK

SUZY HESS

JOHN WELCH

GEORGE BANKER

SCHEDULE OF EVENTS

FRIDAY MARCH 28		12:15 pm	Mile	Men
9:00 a.m. Pentathlon Registration		2:00 pm	400 M	Timed Finals, All
Pentathlon		4:30 pm	4x800M Relays	All
9:30 am	All Women and Men 70+	5:00 pm	60M Hurdles,	Trials and Finals, All
10:00 am	Men 60-69	Throws		
10:30 am	Men 50-59	9:00 am	Shot Put	Women 70+
11:00 am	Men 40-49		Shot Put	Men 50-59
11:30 am	Men 30-39	10:00 am	Shot Put	Women 60-69
Order of Events		11:00 am	Shot Put	Women 50-59
Women	Men		Shot Put	Men 40-49
60 M Hurdles	60 M Hurdles	12:30 pm	Shot Put	Women 45-49
High Jump	Long Jump	1:00 pm	Shot Put	Men 30-39
Shot Put	Shot Put	1:15 pm	Shot Put	Women 30-44
Long Jump	High Jump	1:45 pm	Shot Put	Men 60-64
800 Meters	1000 Meters	2:15 pm	Shot Put	Men 80+
2:00 p.m. General Registration		2:30 pm	Weight	Men 50-59
Track		3:15 pm	Shot Put	Men 70-79
4:00 pm	3000 M Women	4:30 pm	Shot Put	Men 65-69
4:45 pm	3000 M Men 70+	4:30 pm	Weight	Men 40-49
5:05 pm	3000 M Men, remaining	6:00 pm	Weight	Men 30-39
Throws		Jumps		
3:00 pm	Weight Women 50-59	9:00 am	Long Jump	Men 30-39
	Weight Women 60+	9:30 am	Pole Vault	Men 50-59
4:00 pm	Weight Women 30-49	10:00 am	Long Jump	Men 40-49
4:30 pm	Weight Men 75+	12 noon	High Jump	Men 30-39
5:15 pm	Weight Men 70-74		High Jump	Men 70+
6:15 pm	Weight Men 60-69		Long Jump	Men 50-59
Jumps			High Jump	Men 60-69
3:00 pm	Pole Vault Women AND Men 60+ together	1:30 pm	Pole Vault	Men 40-49
SATURDAY MARCH 29			Long Jump	Men 70+
8:00 am Registration		3:00 pm	Long Jump	Men 60-69
Track			High Jump	Men 50-59
9:00 am	60 M Preliminaries and Trials, All	4:30 pm	Long Jump Women, All	
10:30 am	60 M Finals, All	4:30 pm	Pole Vault	Men 30-39
11:45 am	Mile Women	M-F Athletic Company		



2003 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center
Boston, Massachusetts

March 28 - 30, 2003

Presented by USA Track & Field-New England

FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spike implements will be available at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Only certified soft shell shot puts and bag weight implements will be allowed for the indoor competitions. Superweight (men 30-69) will be contested outdoors.

Starting heights will be determined by facility equipment and meet officials. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 5 feet. Pole vaulters should bring their own poles.

There will be no 27 inch hurdles

COMPETITION ORDER

Women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason.

NOTE: field event starting times may need to be adjusted due to the number of entrants.

MEET INFORMATION

Meet information will be available at www.usatfne.org

A list of entrants will be posted beginning on March 8th

Call USATF-New England at (617) 566-7600 or

e-mail office@usatfne.org

2003 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

First Name _____ Male/Female _____ Age (as of 3/28/03) _____
 Last Name _____ Date of Birth _____
 Address _____ Club/Affiliation _____
 City _____ 2003 USATF Number _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ e-mail address _____
 Telephone _____

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____		(\$60)
1. _____		(\$35)
2. _____		(\$15)
3. _____		(\$15)
4. _____		(\$15)
5. _____		(\$15)
6. _____		(\$15)

Late fee for entries postmarked after 3/14/03, number of events _____ @ \$10 each: _____

Total Entry Fees: _____

*Masters Committee Surcharge (see note below) **\$5.00**

T-shirt order (pre-event only) Total number of shirts _____ @ \$13 each: _____

S _____ M _____ L _____ XL _____ XXL _____

Friend of the National Masters Championships Contribution (\$250/100/50/25/other): _____

Thursday Night Social (\$20 per person): _____

TOTAL AMOUNT ENCLOSED: \$ _____

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and are used for Games Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: _____

DATE: _____

ELIGIBILITY

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2003 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained on-line at www.usatf.org, through local associations, or on-site at the meet for \$20.

ENTRY

Entry deadline is **March 14, 2002**. Entry fee is \$30 for the first event, \$15 for each additional event. Entry fee for the Pentathlon is \$60 (the pentathlon does count as a first event). After March 14th a late fee of \$10 per event will be charged. No entries, additions and/or changes will be accepted after **March 24, 2003**. Relay registration will take place on-site only at \$20 per team. In order for a competitor's name to be printed in the meet program and to receive final instructions, applications must be received by USATF-NE no later than March 7th.

AWARDS

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award. Championship patches will be presented to winners of individual events, with a limit of one patch per participant.

HEADQUARTERS HOTEL

Headquarters hotel is The Westin Copley Place Boston, 10 Huntington Avenue, Boston - \$110 single/double, \$120 triple, and \$130 quad occupancy. 1-800-WESTIN-1 or 1-617-262-9600.

To get the special rates reservations must be made by March 13, 2003; mention the *National Masters Championships* at the time of making your reservation.

THURSDAY NIGHT SOCIAL/DINNER

There will a dinner get-together on Thursday night. Details to be announced. If you are interested in attending, please note so on the application and add a check for \$20 per person. Guests are welcome.

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and on the USATF-NE website. Please consider one of the following:

Platinum - \$250. -- Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin, and are eligible for a Junior Suite upgrade at the Westin Copley Place (3/28 and 3/29).

Gold - \$100. -- Gold level contributors will receive an event polo shirt and pin.

Silver - \$50. -- Silver level contributors will receive a meet T-shirt and pin.

Bronze - \$25. -- Bronze level contributors will receive a pin.

PAYMENT: Entry fee for all events must accompany your application. Make checks payable to USATF-NE. US funds only, drawn on a US bank. All fees must be paid prior to the meet.

MAIL TO: National Masters Indoor Championships
USATF-NE, P.O. Box 1905, Brookline, MA 02446.
The street address is: 2001 Beacon Street, Suite 207
Brighton, MA 02135

SCHEDULE OF EVENTS

FRIDAY MARCH 28

9:00 a.m. Pentathlon Registration

Pentathlon

9:30 am All Women and Men 70+
 10:00 am Men 60-69
 10:30 am Men 50-59
 11:00 am Men 40-49
 11:30 am Men 30-39

Order of Events

Women	Men
60 M Hurdles	60 M Hurdles
High Jump	Long Jump
Shot Put	Shot Put
Long Jump	High Jump
800 Meters	1000 Meters

2:00 p.m. General Registration

Track

4:00 pm 3000 M Women
 4:45 pm 3000 M Men 70+
 5:05 pm 3000 M Men, remaining

Throws

3:00 pm Weight Women 50-59
 Weight Women 60+
 4:00 pm Weight Women 30-49
 4:30 pm Weight Men 75+
 5:15 pm Weight Men 70-74
 6:15 pm Weight Men 60-69

Jumps

3:00 pm Pole Vault Women AND
 Men 60+ together

SATURDAY MARCH 29

8:00 am Registration

Track

9:00 am 60 M Preliminaries and
 Trials, All
 10:30 am 60 M Finals, All
 11:45 am Mile Women

12:15 pm Mile Men
 2:00 pm 400 M Timed Finals, All
 4:30 pm 4x800M Relays All
 5:00 pm 60M Hurdles,
 Trials and Finals, All

Throws

9:00 am Shot Put Women 70+
 Shot Put Men 50-59
 10:00 am Shot Put Women 60-69
 11:00 am Shot Put Women 50-59
 Shot Put Men 40-49
 12:30 pm Shot Put Women 45-49
 1:00 pm Shot Put Men 30-39
 1:15 pm Shot Put Women 30-44
 1:45 pm Shot Put Men 60-64
 2:15 pm Shot Put Men 80+
 2:30 pm Weight Men 50-59
 3:15 pm Shot Put Men 70-79
 4:30 pm Shot Put Men 65-69
 4:30 pm Weight Men 40-49
 6:00 pm Weight Men 30-39

Jumps

9:00 am Long Jump Men 30-39
 9:30 am Pole Vault Men 50-59
 10:00 am Long Jump Men 40-49
 12 noon High Jump Men 30-39
 High Jump Men 70+
 1:30 pm Long Jump Men 50-59
 High Jump Men 40-49
 Pole Vault Men 40-49
 Long Jump Men 70+
 3:00 pm Long Jump Men 60-69
 High Jump Men 50-59
 4:30 pm Long Jump Women, All
 4:30 pm Pole Vault Men 30-39

M-F Athletic Company



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MAIL TO: National Masters Indoor Championships

USATF-NE, P.O. Box 1905, Brookline, MA 02446.

The street address is: 2001 Beacon Street, Suite 207

Brighton, MA 02135

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 Suzy Hess
 Bob Fine

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- 2) Christel Donley
- 3) Jerry Donley
- 4) Mark Cleary
- 5) Marilyn Mitchell
- 6) John Head
- 7) Mary Trotto
- 8) Phil Byrne
- 9) Pete Mundle

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 Christel Donley
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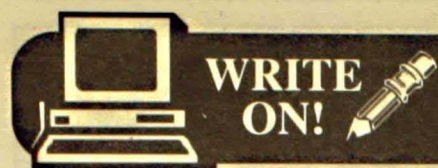
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OLYMPIC WEIGHTS

I read with interest Carl Wallin's letter in the December issue, in which he proposed an over-50 open throws championships meet. A lot of older throwers still like to work with the heavier weights of their younger years, comparing their current throws with what they once could do.

It is an accurate gauge of just how far in the time hole you really are. Besides, you can grunt louder and feel some validation when you really get under one. I think our present system of lighter weights as we age is great for the competitive masters championships, but there is a place to offer a venue for throwing the implements of our youth.

Think of how much fun it will be, scraping the rust off the old 16# shot, repairing that broken hammer wire, and having the cord on your old stick re-wrapped. I think most old warriors can handle the divot being closer to the toe board.

Dick Hotchkiss
USATF Masters Weight Events
Coordinator
Grass Valley, California

GLOSSARY

The Glossary provided in the December issue is most helpful for understanding the terminology of masters running. However, there is one other term that needs to be defined.

Awesome: this word refers to a sliding scale, and means "anybody who is older than me and faster than me."

Tom Sheahen
Deer Park, Maryland

HALL OF FAME

The recompense for a volunteer is recognition, usually in the form of a "Thank You."

For a master, there is no greater "Thank You" than induction into the Masters Hall of Fame. Thank you so much for the "Thank You." It is most appreciated.

Bob Fine
Delray Beach, Florida



Paul Heitzman (l), M70, and John Keston (r), M75, who both won double honors as 2002 Track and LDR Athlete of the Year, with Jerry Wojcik, NMN editor.

Postal Meet Creates Virtual Challenge

By BECKY SISLEY

As a result of discussion held at the meeting of MTF Regional Coordinators and informal conversations held at the recent USATF Convention, the idea for a high class Postal Meet was born.

Becky Sisley, Northwest Region Coordinator, has challenged Mark Cleary, West Regional Coordinator, to a Postal Meet competition based on the performances of their respective athletes at their summer outdoor Regional Masters Championships. Only events that are contested in both of the regional championships will be scored. The three standard relay events in 10-year age groups will be included. Sisley sees this Postal Meet as a way to motivate both of the regions to get more competitors to fill out the competition and to engage in a friendly rivalry.

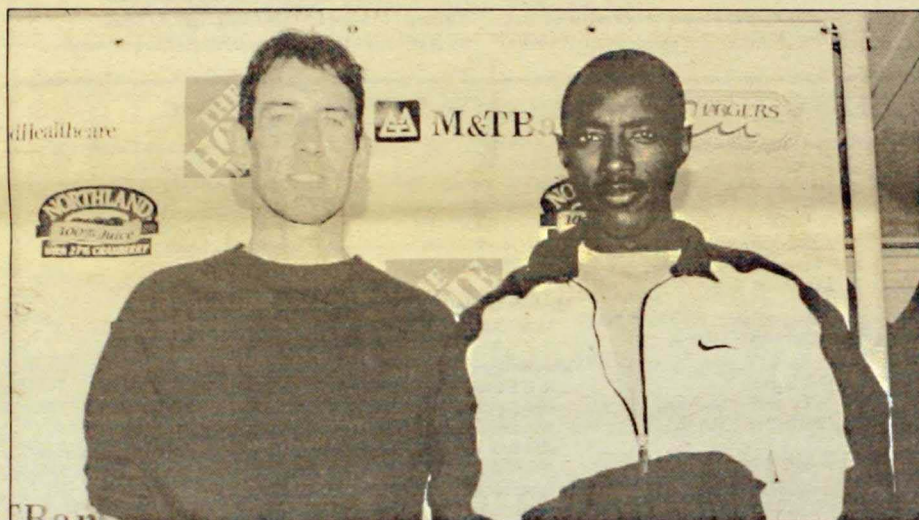
Scoring for each event will be based on the performances of the top three regional athletes at each of the meets. Points will be awarded similar to a college dual meet: first - 5 points, second - 3 points, and third - 1 point. Using the international scoring system, a team cannot sweep an event, as the maximum they could receive would be 8 points. Relays would be scored 5

points for a win and 0 for second.

Perhaps this will encourage athletes to enter events where there is sparse participation. There might be a lot of relay teams, for a change. Wouldn't this liven up our regional meets? As team size (Northwest and West are the teams) will not be restricted, this challenge is seen as a way to promote participation by individuals who may not have previously competed in a regional championship.

Both Sisley and Cleary are excited about this virtual challenge Postal Meet. By the way, the Northwest Regional will be held June 21-22 in conjunction with the Hayward Classic. Consequently, some of the West "Team Members" who come up to the Classic will have the opportunity to really see their competitors for the Postal Meet. □

(Contact Becky Sisley or Mark Cleary for more information about this fun meet. Their addresses can be found on p. 3 of this issue of NMN.)



Bob Carroll (l), 46, M45 winner (15:44) and Francis Kamau, 41, M40 winner (15:13), 2002 Syracuse Festival of Races 5K, Syracuse, N.Y.

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CZZMN

TWENTY YEARS AGO January 1983

- Al Oerter, 45, and Phil Raschker, 35, Named Top T&F Athletes of the Year
- Mike Manley, 40, and Cindy Dalrymple, 40, Chosen Best LDR Athletes of 1982
- Ed Benham Becomes First Person Over 75 to Break Two Hours (1:56:18) in National 25K
- Kirk Randall (41, 33:29) and Shirley Matson (41, 39:49) Take National 10K Cross-Country Titles



GEORGE BANKER
Leslie Minnix-Wolf, second M40+ (66:15), George Washington Parkway Classic 10 Mile.



Track & Field Report

By **GEORGE MATHEWS**
Chairman, USATF Masters Track & Field

USATF Convention: Cooperation and Opportunities

This year's convention was certainly jam-packed with information and activity. I don't have all the details at this writing to comment on some of the more important happenings, but I will deal with some of those I felt were really significant.

The biggest sense I came away with was a new feeling of cooperation between the various committees within USATF, and between each other, the National Office and the Masters Committee. During our joint meeting with the LDR Committee – because so many common interest subjects were covered – I began to wonder why we are so separated during the year.

The arrangement of WMA, wherein they have stadia and non-stadia events in the same meet, seems to me to be a model to which we should be paying attention. When I posed the question, "Why we don't do more of this?" no good reasons were elicited to explain why we shouldn't do more of our track & field and LDR activities together, at the same time and place.

Greater Than the Sum

The whole meet may be greater than the sum of the parts. The synergy of our two groups together at a track & field meet should be a natural. I would say that also applies to cross-country. Furthermore, it might also apply to

road racing if that is to be considered a separate element.

At USATF, we are constantly trying to find ways to bring more of these thousands of runners into our program. Maybe more "joint" meets would entice more of these athletes to participate, thereby creating a more meaningful experience for all of us.

Hats off to Barbara Kousky for immediately stepping up to consider how we might integrate some LDR events into the 2003 National Masters Outdoor Championships.

I urge all our associations and meet organizers to consider this concept. If you need help overcoming some obstacles, ask for it. We are here to serve.

Youth Hammer Throw

Another great example of cooperation and opportunities concerns the youth hammer throw. One of our greatest American hammer throwers of modern times (that would also include Lance Deal), Harold Connolly, has decided to spend his time on the development of youth hammer throwing in the United States. He feels the only way we are going to catch up with the rest of the world in this event is to start our youngsters out in the event earlier. One of the important elements in his program is to have the hammer throw included in youth track & field, as proposed by Harold at the convention.

Unfortunately, the Youth Committee didn't feel it was ready to accept the hammer for a variety of reasons, primarily safety, facilities and coaching.

A Matter of Safety

The rule addition was tabled until next year. A task force committee with representatives from all parts of USATF was set up to identify safe facilities and coaching opportunities for youth hammer throwers. Since masters hammer throwers are really in a similar position as youth when it comes to finding safe facilities and coaching, I think we are in a great position to help in this project. We have found many of these opportunities and hopefully will be willing to help in this project. I feel this is such an important task, that I am the task force leader.

More will follow on this, but in the meantime please start sending your ideas and opportunities. The Youth Committee members have agreed to be problem-solvers instead of problem-stoppers on this subject.

With the joint cooperation of our various committees, we have a terrific opportunity to make a great impact on our sport. I hope you will all want to participate! □



SUZY HESS

Pat Peterson, W75 Track Athlete of the Year.







SUZY HESS

Gerry Davidson, W80 Track Athlete of the Year.

FIFTEEN YEARS AGO January 1988


- Melbourne, Australia, Hosts 4817 Athletes Who Set 92 WRs in VII World Veterans Games
- Tom Patsalis, 65, and Phil Raschker, 40, Named Top T&F Athletes of the Year by TAC
- Larry Olsen, 42, and Barbara Filutze, 42, Chosen Outstanding Long Distance Runners of 1987
- Norm Green, Jr., 55, Battles Harsh Weather to Win TAC National Masters Half-Marathon Championships in 75:35

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Third Wind

By MIKE TYMN

Memorable Moments

In the Japanese movie, *Afterlife*, souls arriving on the "other side" were asked to choose a single moment from the past to live inside of for the rest of eternity. After watching the movie, Paul Reese, an 85-year-old runner from Auburn, Calif., began thinking about a single moment in his life that he would choose. While not necessarily choosing a running experience for his "moment" in eternity, he wondered what that running moment would be if he were to select one.

Reese thought about the many races he had run when he was one of the best masters competitors in the country 25-35 years ago, including a 2:39 marathon at age 54. After some deliberation, he selected the moment he splashed into the Atlantic Ocean at Hilton Head Island, South Carolina, at the completion of his 3192-mile run across the USA in 1990.

"It was magical," he offered. "This was an ecstatic moment and particularly so because Elaine and I shared it equally, for we were bonded in our mission to complete the run across the USA, and her help made it possible for me to do that. That moment, embracing the Atlantic, the attaining of our goal, is one we will cherish and share all our days on this planet."

I began thinking back as to what I might choose as my most memorable running moment. My first thought was to go to my first sub-2:30 marathon, at age 41, in 1978. I remember the feeling I had after that race as I waited for the plane to take off for the return trip to Hawaii. I recall thinking that it was okay for the plane to crash. I had accomplished my goal and nothing else mattered.

Painful Experience

At the same time, it was a very painful race. I apparently had too much fruit before the race and had to make a pit stop behind a tree about half-way into it. I then tried too hard to catch up and really struggled over the final miles. I cannot recall a worse finish.

The other race, that came to mind was a four-miler in 1979. I was sharing the lead with a runner about half

my age and we had gone by the two-mile mark in something like 9:37. It seemed surprisingly effortless and I felt like picking up the pace.

Just as I thought about surging ahead, I had what, in retrospect, seems to have been an out-of-body experience. I was above myself and watching the two of us harmoniously matching strides. But it lasted only an instant. I was suddenly back in my body and beginning to struggle. That moment, maybe two seconds, has to be the moment I'd select.

Always a Runner

I put the question of that precious moment to a few friends by e-mail. Rich Englehart, a 50-year-old resident of Newburyport, Mass., recalled the Philadelphia Marathon in 1989. He had not run a marathon in nearly a decade. "I started out very nervously, then felt depressed and old as I lagged along in the second part of the pack listening to split times that mocked what I'd once done," he said. "I envied young runners who were approaching their best years as they ran ahead of me. I missed my old running buddies."

"And then somehow, I felt their ghosts alongside of me. I felt the spirit of my younger years and I took pride in knowing that I alone of the old bunch was still there giving it my best shot, whatever that was. I finished the race in good form, feeling rejuvenated, proud, and knowing that I was, and always would be, a runner."

Payback

Jack Nelson, a 63-year-old resident of Winnetka, Ill., thought back to his college days at the University of Arkansas. It was 1961 and he was

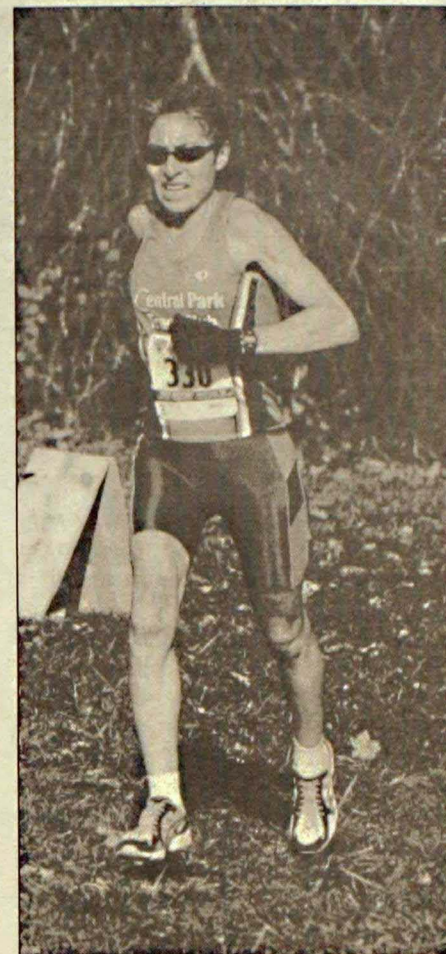
competing in a two-mile at the Southwest Conference meet at Rice. His primary competitor was Jan Ahlbert, a Swedish distance runner representing SMU. Three years earlier, when they were both freshmen, Ahlbert ran a 4:10, beating Nelson by 11 seconds. Nelson made up his mind then that he would someday outrun him.

"The race took shape quickly," Nelson recalled, "as Jan and I separated ourselves from the rest of the competitors. Jan had decided to run off my shoulder, and consequently I was forced into the lead. I set a tactically slow pace because I knew I was fresher than Jan (who had earlier run the mile), and felt I would have a better finishing kick."

Nelson continued in the lead as they got the gun for the final lap. "The pace radically quickened with Jan still off my shoulder," he continued the story. "As we entered the final curve, Jan decided to fall back behind me to lessen the distance he would have to run. I slowed enough to prevent him from getting to the inside lane, and as we approached the middle of the curve, I literally jumped into a sprint, taking Jan by complete surprise. The time was slow, 9:17, but my smile was broad. I had achieved my goal, and I could have lived in that moment forever."

Ecstasy Run

The first thing that came to mind for Joe King, a 76-year-old Alameda, Calif., runner, was a negative experience - breaking two fingers in the last Dipsea race as he stumbled and fell. But, after giving a little more thought



THOM WEDDLE

Sylvie Kimche, first W55, in a course record 23:00, National Masters 5K X-C Championships, Nov. 24.

to it, he decided on his old training run in Yosemite Valley during his college days when he was working there.

"On my one day off every week, I'd start out about six in the morning, head up the trail, which climbed beside Vernal Falls, then a mile later, Nevada Falls," he explained. "I could usually make it to the top of Nevada Falls in about 44 minutes. From here, the sandy trail wove between huge trees, into occasional clearings where the upper Merced River sparkled and swirled swiftly to the right of the trail. Towering cliffs and mountain peaks were on either side. This area is known as 'Little Yosemite' and stretches for about seven miles before the trail rises dramatically again up a series of switchbacks."

Although not a "moment," per se, King can condense the experience and make a moment out of it. "It was as close to an ecstasy run as I've ever had." □

(Do you have a special moment you'd like to share for a future column? If so, write Mike Tymn at METGAT@aol.com)



SUZY HESS

Kettrell Berry, M35, Track Athlete of the Year.



JERRY WOJCIK

Bid committee members from Boise, Idaho, who were successful in Boise's selection for the USATF National Masters T&F Indoor Championships in 2005 (from l): Mark Murdock, George Ragan, and Nancy Wilson.

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

Dalton, Noe-Schlentz Win In U.S. Cross Country 5K Championships

By MADELINE BOST

Holmdel, N.J. — After a one-year break, masters runners returned to familiar territory on Nov. 24 to compete in the National USATF Cross-Country 5K Championships. The event was hosted by the New Jersey Association in 1999 and 2000, when runners established course records that this year's entrants set out to beat.

Tom Dalton, 44, Schenectady, N.Y., set the M40 record of 15:38 in 2000, and although he didn't come close to it in this year's race, he was still the fastest man in that age division, winning the race in 15:52.

Bob Carroll, 46, Forestville, N.Y., finished fourth overall in the combined M40 and M45 race, the third on the schedule, and wiped out the M45 record set by Tim McMullen, Churchville, N.Y., in 2000, finishing in 16:39.

Dave Reinhart, 50, Wilbraham, Mass., a former resident of New Jersey, had a happy homecoming when he won the M50 race in 17:54, ahead of course record-holder Roger Price, 53, Piscataway, N.J., 18:05.

Harold Nolan, 55, Navesink, N.J., won the M55 division in 18:26, ahead of that division's record-holder, Terry Delph, 57, Coopersburg, Penn., who

finished in 18:44.

In the M60+ race, Bill Borla, 62, Torrington, Conn., was a repeat winner, taking gold in the M60 division with a 19:26. John Dugdale of Ridgefield, Conn., 68, was fourth overall and broke his M65 course record, finishing in 20:56.

Madelyn Noe-Schlentz, 41, Freehold, N.J., took nine seconds off the W40 course record when she won the women's race in 19:09. Kathryn Martin, 51, Northport, N.Y., erased second-place finisher Carolyn Smith-Hanna's W50 record by one minute when she finished third overall in 19:38. Smith-Hanna, 52, Pittsford, N.Y., was seventh overall in 20:57.

Sylvie Kimche, 55, NYC, dropped the W55 record to 23:00, and Marie-Louise Michelson, 61, Stonybrook, N.Y., set a new record in the W60 division, 23:38. Imme Dyson, 65, Princeton, N.J., established a course record in the W65 with her winning time of 26:13.

With prize money at stake, the team competition was strong. The North Jersey Masters took the gold in the M40 division with 1:26:13, only nine seconds faster than second place Genesee Valley Harriers. In a near repeat of past rivalries, the Raritan Valley Road Runners won the M50



GENE GUGLIOTTA

Madelyn Noe-Schlentz (#187) and Alicia Kelly (#196) work the downhill at the USATF National Masters 5K X-C Championships, Holmdel, N.J., Nov. 24.

division by a mere six seconds over rival Adirondack TC.

The Genesee Valley Harriers, led by Beth Di Ciantis, 40, and Belinda O'Brien, 50, Fairport, N.Y., fielded the

strongest W40 and W50 teams of the day. A New Jersey rivalry was briefly settled as the Raritan Valley RR W60 narrowly edged the Shore AC W60, 1:28:41 to 1:31:42. □



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The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 5th Annual Nextel Mardi Gras Mambo 10k and 1-mile fun run & walk. Race participants can expect to run a flat fast course starting from the Sheraton Baton Rouge's Capital City Atrium, to the Louisiana State University Campus and returning to downtown Baton Rouge via the historic River Road. We will start this year's race with a cannon blast from our WWII Destroyer, the USS KIDD. After the race, stay and watch the Spanish Town Mardi Gras Parade. Contact us at 225-382-3596 or visit www.nextelmardigrasmambo10k.com for more info and race form.

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	Mary Libal
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Leonore McDaniels
1997	Bill Collins	Phil Raschker
1998	James Stookey	Phil Raschker
1999	Mel Larsen	Phil Raschker
2000	James Stookey	Phil Raschker
2001	Nolan Shaheed	Johnnie Valien
2002	Larry Colbert	Phil Raschker

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, 65	300 hurdles, 45.20
	Phil 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
1999	Mel Larsen, 75	80m hurdles, 13.68
	Irene Obera, 65	100, 14.29
2000	Johnny Gray, 40	800, 1:52.42
	Oneitha Lewis, 40	WT, 49-9/16 (15.17m)
2001	Lad Pataki, 55	WP, 5366 pts.
	Vanessa Hilliard, 60	12# WT, 57-0/16 (17.38m)
2002	Hal Smith, 65	SP, 49-7/16 (15.12)
	Oneitha Lewis, 42	HT, 182-8 (55.68)

OUTSTANDING COMBINED-EVENTS 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/Johnnie Valien
1997	Stan Vegar/Phil Raschker	1998	Armando Ricciardi/Leonore McDaniels
1999	Emil Pawlik/Phil Raschker	2000	Emil Pawlik/Phil Raschker
2001	Phil Byrne/Johnnie Valien	2002	Emil Pawlik/Phil Raschker

2002 AGE-GROUP AWARDS

Age	Track	Men State	Field	State
30	Wensel Marek	IA	Pat Matson	CO
35	Kettrell Berry	CA	Igor Agaev	NY
40	Tony Young	WA	Aaron Sampson	UT
45	Kevin Morning	CA	Jim Wetenhall	OH
50	Bill Collins	TX	Vincent Struble	NC
55	Stan Whitley	CA	Tom Gage	LA
60	Don McMillan	OR	Gary Stenlund	OR
65	Larry Colbert	MD	Bob Ward	TX
70	Paul Heitzman	KS	Wendell Palmer	TX
75	John Keston	OR	Vince Sempronio	OR
80	Ed Lukens	NY	William Bell	AR
			Ed Lukens	NY
85	Bob Matteson	VT	Leland McPhie	CA
90	Robert Boal	NC	Ted Hatlen	CA
100	Everett Hosack	OH	Everett Hosack	OH
		Women		
30	Alexandria Waddell	NY	--	--
35	Patty Murray	--	Anne Jennings	MA
40	Joy Margerum	CA	Oneitha Lewis	NY
	Madelyn Noe-Schlentz	NJ		
45	Jackie Board	MO	Carol Finsrud	TX
50	Kathryn Martin	NY	Linda Lowery	GA
55	Phil Raschker	GA	Phil Raschker	GA
60	Marie Louise Michelsohn	NY	Barbara Cleveland	FL
65	Jeanne Daprano	GA	Audrey Lary	MD
70	Helen Schley	MD	Magdalena Kuehne	CA
75	Pat Peterson	NY	Johnnie Valien	CA
80	Gerry Davidson	CA	Margaret Hinton	TX
85	--	--	Betty Jarvis	NC
90	--	--	Marnie Evans	LA

T&F Athletes of the Year

Continued from page 1

national championships, with meet's highest totals overall in the indoor pentathlon (4180) and decathlon (7919).

Racewalkers Paul Johnson, of Florida, and Sherry Brosnahan, of New Jersey, changed age-groups but didn't let that deter them from winning Outstanding Racewalker honors. Johnson, in fact, went from M60 to M65 in 2002 and was the age-group winner in both. Brosnahan, the W45 winner last year, was the W50 awardee for 2002.

Phil Byrne, 62, Boston, Mass., was selected as the track & field administrator of the year for his work in revising and setting standards for the sometimes challenging Awards Subcommittee for the past two years, and also for co-directing the Masters Indoor Championships in Boston from 2000 to 2003.

Several track & field award winners received double honors and were acclaimed in other areas. Besides Colbert, Everett Hosack, of Ohio, who was selected the M100 Athlete of the Year in both track and field, joined the Masters Hall of Fame, as did Johnnie Valien, of Los Angeles, the W75 Field Athlete of the Year.

Kathy Martin's record-breaking accomplishments on the track, roads,



KAREN HUFF

Emil Pawlik (l), 2002 Masters Combined-Events Athlete of the Year, and Phil Byrne, 2002 Masters Administrator of the Year.



JERRY WOJCIK

William Bell, M80 Field Event Athlete of the Year, with his son, Earl, former pole vault world record holder.



SUZY HESS

Everett Hosack, M100 Track and Field Athlete of the Year.

and cross-country venues earned her a trifecta as the W50 T&F Athlete of the Year, the LDR Athlete of the Year, and the X-C Athlete of the Year.

Joining Raschker and Hosack as both track and field age-group awardees was Ed Lukens, of New York, who was selected as the M80 track winner and shared the field honor with William Bell, who set a world record in the pole vault at Boston in March.

The award winners were chosen by vote at the Awards Subcommittee meeting on Dec. 5, chaired by Phil Byrne, who had provided committee members with materials by e-mail, prior to the meeting, on which to base their selections. □

— Jerry Wojcik

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978	Pete Mundle
1979	Al Sheahan
	Kathy Brieger
1980	Bob Fine
	Ruth Anderson
1981	Bruce Springbett
	Fred Mannis
1982	George Hatzfeld
	Jack Kelly
1983	Jim 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
1999	Suzy Hess
2000	Becky Sisley
2001	George Mathews
2002	Phil Byrne

ELECTEES TO THE USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status
Adams, Louise	T&F	Athlete	Female	Elected '01
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96
Baker, Thane	T&F	Athlete	Male	Old-Timer '99
Benham, Ed	LDR	Athlete	Male	Elected '97
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00
Boal, Bob	LDR	Administrator	Male	Elected '98
Bowermaster, Mary	T&F	Athlete	Female	Elected '99
Braceland, George	LDR/T&F	Athlete	Male	Old-Timer '01
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Brobston, Bill	LDR/T&F	Athlete	Male	Elected '02
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00
Carter, Ross	T&F	Athlete	Male	Elected '98
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98
Colbert, Larry	T&F	Athlete	Male	Elected '02
Corbitt, Ted	Ultra	Athlete	Male	Old-Timer '99
Crane, Buell	T&F	Athlete	Male	Elected '02
D'Elia, Toshiko	LDR	Athlete	Female	Elected '96
Davies, Clive	LDR	Athlete	Male	Old-Timer '98
Deacon, Bud	T&F	Athlete	Male	Old-Timer '01
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99
Druckrey, Stan	T&F	Athlete	Male	Elected '01
Fine, Robert	RW	Athlete/Admin.	Male	Elected '02
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00
Gage, Tom	T&F	Athlete	Male	Elected '01
Gist, Burl	T&F	Athlete	Male	Elected '01
Gorman, Miki	LDR	Athlete	Female	Elected '96
Green, Max	RW	Athlete	Male	Elected '98
Green, Norman	LDR	Athlete	Male	Elected '96
Greenwood, Jack	T&F	Athlete	Male	Elected '97
Grissom, Joanne	T&F	Athlete	Female	Elected '99
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00
Hatton, Ray	LDR/T&F	Athlete	Male	Old-Timer '01
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99
Hilliard, Vanessa	T&F	Athlete	Female	Elected '01
Hills, Claude	T&F	Athlete	Male	Elected '99
Holland, Bernice	T&F	Athlete	Female	Elected '01
Hosack, Everett	T&F	Athlete	Male	Elected '02
Irvine, Marion	LDR	Athlete	Female	Elected '98
Jackson, Dave	T&F	Athlete	Male	Elected '02
Jordan, Payton	T&F	Athlete	Male	Elected '96
Keston, John	LDR/T&F	Athlete	Male	Elected '01
Kiddy, Sandra	Ultra	Athlete	Female	Elected '02
Klein, Helen	Ultra	Athlete	Female	Elected '99
LaVeck, Bev	RW/T&F	Athlete/Admin.	Female	Elected '96
Larsen, Mel	T&F	Athlete	Male	Elected '00
Law, Jim	T&F	Athlete	Male	Old-Timer '01
Lukens, Ed	T&F	Athlete	Male	Elected '00
Matson, Shirley	LDR	Athlete	Female	Elected '98
McDaniels, Leonore	T&F	Athlete	Female	Elected '00
McDermott, Tom	T&F	Athlete	Male	Elected '02
Mehl, Pearl	T&F	Athlete	Female	Elected '99
Mendyk, Edith	T&F	Athlete	Female	Old-Timer '99
Messenger, Archie	T&F	Athlete	Male	Elected '01
Miller, Christel	T&F	Athlete/Admin.	Female	Elected '97
Miller, Gary	T&F	Athlete	Male	Elected '99
Mimm, Bob	RW	Athlete	Male	Elected '98
Morcom, Boo	T&F	Athlete	Male	Elected '97
Mulkey, Phil	T&F	Athlete	Male	Elected '00
Mundle, Pete	T&F	Athlete/Admin.	Male	Elected '98
O'Neil, Jim	LDR/T&F	Athlete	Male	Elected '98
Obera, Irene	T&F	Athlete	Female	Elected '96
Oerter, Al	T&F	Athlete	Male	Old-Timer '99
Olson, Len	T&F	Athlete/Admin.	Male	Elected '02
Ottaway, Joan	LDR/T&F	Athlete	Female	Elected '00
Pain, David	T&F	Administrator	Male	Elected '97
Peterson, Pat	T&F	Athlete	Female	Elected '98
Pirung, Roy	LDR	Athlete	Male	Elected '01
Raschker, Phil	T&F	Athlete	Female	Elected '97
Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Romansky, Dave	RW	Athlete	Male	Elected '02
Sheahan, Al	T&F	Administrator	Male	Elected '98
Sheehan, George	LDR	Administrator	Male	Old-Timer '98
Sisley, Becky	T&F	Athlete/Admin.	Female	Elected '01
Spangler, Paul	LDR/T&F	Athlete	Male	Elected '97
Stookey, James	T&F	Athlete	Male	Elected '02
Stuart, Larry	T&F	Athlete	Male	Elected '99
Sutton, James	T&F	Athlete	Male	Elected '02
Trent, Marcie	LDR	Athlete	Female	Old-Timer '01
Utes, Warren	LDR	Athlete	Male	Elected '99
Valien, Johnnye	T&F	Athlete	Female	Elected '02
Vernon, Jim	T&F	Athlete	Male	Elected '02
Vosburgh, Betty	T&F	Athlete	Female	Elected '02
Weinbel, Ken	T&F	Athlete/Admin.	Male	Elected '02
Whitley, Stan	T&F	Athlete	Male	Elected '00
Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00

Hall of Fame Adds 16 in Kansas City

Ten active and six old-timer masters athletes and administrators have been elected to the USATF Masters Hall of Fame. The actives are Larry Colbert, Robert Fine, Everett Hosack, Leonard Olson, Dave Romansky, James Stookey, James Sutton, Johnnye Valien, Betty Vosburgh, and Kenneth Weinbel. The old-timers are Bill Brobston, Buell Crane (deceased), Dave Jackson, Sandra Kiddy, Tom McDermott (deceased) and Jim Vernon.

The Hall now contains 28 women and 62 men, of whom 57 represent the discipline of T&F, 28 LDR, and 5 RW. **Larry Colbert**, a 65-year-old sprinter from Glenarden, Md., currently holds four of the 10 records he set. All of his records exceeded 93% on the age-graded tables. An indoor specialist, he won 32 U.S. T&F indoor titles.

Robert Fine, 71, Delray Beach, Fla., is one of the very few who has competed in every WMA championship. He authored the WMA first constitution and by-laws, its drug testing procedure and the bidder's contract. Fine has won and placed in numerous racewalking events, but is best known as a long-term USATF masters administrator. He founded the Masters Sports Association in 1971.

Everett Hosack, 100, Chagrin Falls, Ohio, set 24 records before 2002. Virtually every performance now

becomes a pending world or U.S. record in the M100 category. Weight pentathlon, sprint and jump titles show a wide range of talent.

Len Olson, 71, Daytona Beach Shores, Fla., is a thrower and an

Continued on page 12



RICHARD LEE SLOTKIN

New member of the Masters Hall of Fame, Sandra Kiddy, 65, Palm Springs, Calif., who in 1984 in the 100K Championships beat every male in the race. Nine of her 16 U.S. records still stand after 10 to 20 years.

2003 USATF MID-AMERICA REGIONAL
MASTERS INDOOR T&F CHAMPIONSHIPS
FEBRUARY 8 - 9, 2003, COLORADO STATE UNIVERSITY
Fort Collins, Colorado

Sponsored by Colorado Association USA Track & Field
Sanctioned by USA Track & Field

CSU indoor track is a three lane 150 meter rubberized surface banked track.

- The throws and high jump areas intersect track and will be contested on Saturday.
- 5 year age groups for 30 and up. 19 through 29 will be open.
- Mid-America Regional Masters medals to the first three finishers in each age group.
- Entry fee is \$25 including one event; \$5 for each additional event, \$50 maximum per competitor.
- Superweight will be contested outdoors, weather permitting.
- Indoor weights courtesy M-F Athletics
- Electronic timing. Preregistration requested, but same-day registration is available.
- All long and triple jumpers will be in the finals, 4 jumps only.

Saturday schedule

11:00 am High Jump
Shot Put
1:00 pm Weight throw
3:00 Super Weight

Meet Director

Jerry Bookin-Weiner
970-482-0616

Sunday schedule

10:00 am 50m hurdles, PoleVault
10:30 50m dash
11:15 800m long jump
11:45 200m
12:30 pm 1500m Triple jump
1:15 400m
2:00 3000m run
2:45 3000m Race Walk
3:30 4 x 1 lap relays

Holiday Inn University Park (970-482-2626) and Best Western University Inn (970-484-1984) are both located close to the Field House (Best Western is across the street). Tell them you are with the meet.

Mail checks to:

Mid America Masters
1920 Navajo Drive
Fort Collins, CO 80525

Make checks payable to: Mid America Masters

Mid-America Coordinator CO Masters Coordinator
Jerry Bookin-Weiner 970-482-0616 Jerry Donley 719-635-1264
Tim Edwards Throws Coordinator 303-315-9107

ENTRY FORM

Name _____ Circle events entered;
Address _____ 50m 50mH 200m 400m 800m
Phone _____ Super Wt (56# weather permitting)
Email _____ 1500m 3000m 3000m RW Shot Put
Sex _____ Age _____ Birthdate / / Wt throw HJ P.V. L.J. T.J.
USATF 2003# _____ Club Affiliation: _____

In order to compete in these Mid-America Regional Masters Championships, I do for myself, my heirs and my administrators, waive, release, and forever discharge any and all claims for damages which I may have or which may hereinafter accrue to me or my heirs against Colorado USA Track and Field, Colorado State University, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and am aware that this meet will be held at high altitude (above 5000 ft.).

First Event \$25.00 \$ _____
Number of additional events _____ X \$5.00 \$ _____
TOTAL \$ _____

Date: _____

Signature _____



Masters Racewalking

By ELAINE WARD

Larry Walker – Road to The Olympics

The following is from an address made by racewalker Larry Walker, M55, in 1988 at the Youth Road Championships in Southern California. Since then, I have published it off and on at the holiday season. At age 40, Larry walked one mile in 6:07, two miles in 13:05, 6K in 20:51, and 10K in 43:21. Not surprisingly, he represented the U.S. in the Olympics in 1976 and 1980. The following has been edited from the original for this column.

I am probably the most improbable person that one can imagine to have made an Olympic Team. In grade school I was the last one to get picked for any team. I was the perennial benchwarmer, and carry a great number of splinters even today from the experience.



JERRY WOJCIK

Sherry Brosnahan, W50, Outstanding Racewalker for 2002.

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
1999	Jonathan Matthews	Lyn Brubaker
2000	Jack Starr	Victoria Herazo
2001	Paul Johnson	Gayle Johnson
2002	Paul Johnson	Sherry Brosnahan

When I finally got a chance to compete, it was in baseball. I was always put in right field where the birdies sing, because they figured that was the most harmless place to put me. For a while in high school it looked like things weren't getting any better.

Runs Like an Elephant

Finally, I had some athletic success my first year in track. I couldn't do anything very coordinated, but I could do it a long time. My coach told a friend of mine on the sly, "Walker runs like an elephant." Well, that was not very flattering.

When the athletic banquet came around at the end of the season, my coach dug deep for something nice to say about me and came up with, "Well, Larry Walker doesn't have any talent, but he tries hard."

That was somewhat of a crushing defeat, but I went on and continued to compete through college, and eventually got into racewalking. Then came 1976. I decided that, if I was going to have a chance to compete in the Olympics, this was the year. When the day of the Olympic Trials came, I had no idea how fast my competitors walked. As we lined up at the start, I heard that I was 18th fastest in the field of 21 walkers.

Too late to panic. The gun went off and 42 legs and 21 sets of lungs went heaving forward. The first few miles felt pretty decent. Then all of a sudden fatigue began to hit and I started cramping. I tried to hold on, but the guys were getting farther ahead. I thought about it being my last chance and kept trying, but nothing was working. It really felt bad seeing my chance slipping away.

Sip of Success

Then I started drinking ERG and began feeling better. At about eight miles, I passed Tom Dooley, who had already been on an Olympic Team, and I thought, "Son of a gun!"

With two or three miles to go, I could see the three leaders ahead. I thought, "Wow, this is fantastic. I might not make it, but this is not shabby." With about one mile to go, I moved by Larry Young. He already had two bronze medals, so I figured he didn't need any more.

When Martin Rudow started shouting from the finish line, "Here is your Olympic team – Tod Scully, Ron Laird and Larry Walker," it really sank in. The three of us entered the stadium and about 20,000 people were making



JERRY WOJCIK

The start of the M65 5000 racewalk, 14th World Veterans Championships, Brisbane, Australia. Carolina, Puerto Rico, will host the 15th World Championships, July 2-13.

a lot of noise. Fortunately, I stayed on the ground, but I felt like I was five feet off.

Of my Olympic experience, I want to tell you about the people I met. All the stereotypes that come from the media accentuate the negative. If someone is caught on drugs, it is splashed in the headlines. The 99 percent who are clean and working hard don't get any publicity.

More Intelligent

Olympians are vastly more intelligent than they are given credit for. Probably not more than one or two people in this room are aware that Edwin Moses graduated from Morehouse College with nearly straight As in physics and math. Many athletes on the 1976 Olympic Team had advanced degrees including two doctors, one lawyer and an engineer. Those I met all had a depth of religious feeling and character.

These observations bring me to a final point. What is being an athlete all about? For any of you who have ever

gone to the top of a mountain during a workout and looked miles down to the start point, or who have ever been in a race when it was just a pure, clear, beautiful, perfect day, you know the great feeling.

Tenacity Makes the Athlete

But this is not what makes someone an athlete. It is going out when it's too hot, too cold, too windy, too rainy, or when your muscles are aching and guts bursting. You feel miserable, but you still put on your track shorts and go out and do it. This is what makes an athlete. It doesn't matter how old you are. It's the day-to-day training.

Again, what is being an athlete all about? I believe our talent is God's gift to us. In the striving, in the racing, in the losing and the winning, in the so-called "agony of defeat," we somehow dedicate ourselves through our athletics back to the source of our talent so that our sport has meaning, and ultimately our life has meaning. □

(Elaine Ward can be reached by e-mail at narwf@aol.com)

USATF National Masters Racewalking Championships

Date	Event	Site
March 30	3000 (indoor)	Boston, MA
April 6	One-Hour	Boca Raton, FL
June 1	15K	Evansville, IN
August 8	5000	Eugene, OR
August 10	10K	Eugene, OR
September 14	40K	Ocean Township, NJ
September 20	5K	Kingsport, TN
October 19	50K	Hauppauge, NY
November 23	20K	Coconut Creek, FL
2004		
January 25	30K	Chula Vista, CA

Outstanding Racewalkers – 2002

Selected by the Masters Track & Field Committee of USATF
Outstanding Racewalkers: Sherry Brosnahan and Paul Johnson

Age	Men	Women
40-44	Rod Craig	Marcia Gutche
45-49	Bill Reed	Debbie Topham
50-54	Rich McGuire	Sherry Brosnahan
55-59	Leon Jasionowski	Kathy Frable
60-64	Paul Johnson	Janet Higbie
65-69	Paul Johnson	Joanne Elliott & Bev LaVeck
70-74	Al Dubois	Claire Elkins
75-79	Ed Gawinski	Florence Dagata
80-84	Paul Geyer	Jane Dana
85-89	Bill Patterson	--

LDR Athletes of the Year

Continued from page 1.

times in distances from the 5K to the marathon to become one of the oldest runners to win this crown for the first time.

There were also six athletes for whom Athlete of the Year is a familiar award, beginning with Joan Ottaway, 58, California, and Gary Rommessenger, 51, Indiana, who have won it six times. John Keston, 77, Oregon, has won it eight times. Hedy Marque, 85, Virginia, has won it nine times, and Shirley Matson, 61, California, and Warren Utes, 82, Illinois, have won it a remarkable 10 times each. They are closing in on the record of the 14 awards held by Norm Green. Matson set an age-group record at the Heritage Oaks Bank 10K.

Four runners have won the award twice. Muriel Merl, 76, New York, had five out of the top six times in her division and won the 5K Championship. Bill Riley, 65, Mass., and Lloyd Stephenson, 47, Calif., recorded commendable times in edging their fellow competitors.

Myra Rhodes, 70, California, has won the award three times and set an age-group record at the Heritage Oaks Bank 10K. Larry Olsen, 55, Mass.; Margret Betz, 60, New York; Edith Allen, 91, California; and Abraham Weintraub, 92, New York; have won the award four times each.

Olsen posted some outstanding times in his local New England to edge his competitors. Betz won the 5K Championship, recorded the top eight times in her age group, and set a 20K age-group record at the Vestal XX. Nonagenarians Allen and Weintraub kept running and winning. Allen set an age-group record in the Carlsbad 5000.

Our final winner was Paul Heitzman, 71, Kansas, who not only

has won the award five times, but has won it consecutively. He has the longest winning streak of our present competitors. Heitzman continued to compile the vast majority of the best times in his age group.

For award consideration, times must be properly recorded on a certified course, with results submitted to and accepted by the Road Running Information Center. RRIC exercises quality control and assures Masters LDR that pertinent USATF rules have been followed, so all runners are treated equally.

The Paul Spangler Award is given to athletes in the oldest age groups. Again this year, the awards went to Allen and Weintraub.

Masters Ultrarunners of the Year were Roy Pirrung, 54, and Ann Trason, 41. Masters Mountain Runners were Craig Framm, 44, and Kari DiStefano, 43.

The Otto Essig Award for Meritorious Service to Masters LDR was awarded to Jerry Crockett for the third time and second consecutive year. His outstanding leadership and contribution to Masters LDR is greatly appreciated. □

— Cynthia Smith

DEADLINE

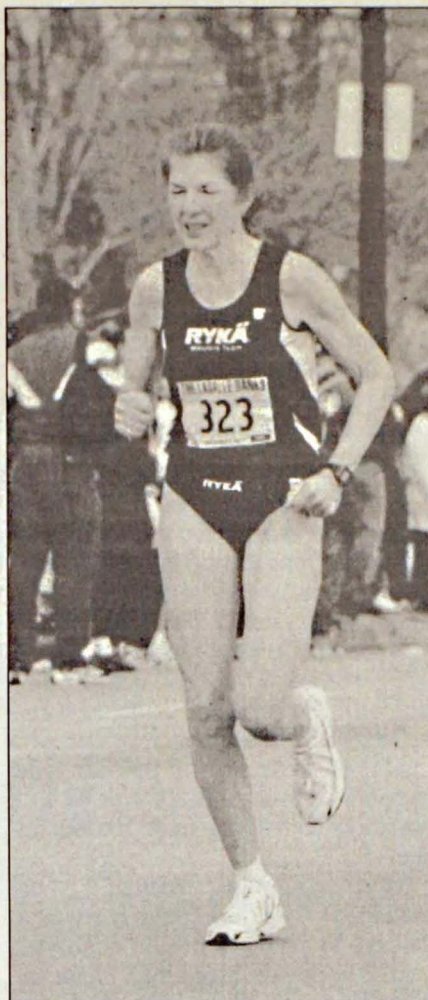
NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to: *National Masters News*, P.O. Box 50098, Eugene OR 97405

USATF Masters Long Distance Running Committee Athletes of the Year – 2002

Age Group	Women	State	Men	State
40	Linda Somers-Smith	CA	Eddy Hellebuyck	NM
45	Joan Samuelson	ME	Lloyd Stephenson	CA
50	Kathryn Martin	NY	Gary Romesser	IN
55	Joan Ottaway	CA	Larry Olsen	MA
60	Shirley Matson	CA	Doug Goodhue	MI
65	Margret Betz	NY	William Riley	MA
70	Myra Rhodes	CA	Paul Heitzman	KS
75	Muriel Merl	NY	John Keston	OR
80	Louise Rossetti	MA	Warren Utes	IL
85	Hedy Marque	VA	Wilfredo Rios	NY
90	Edith Allen*	CA	Abraham Weintraub*	NY

*Paul Spangler Athlete of the Year Otto Essig Award: Jerry Crockett
X-C Athletes of the Year: Tom Dalton, M40, and Kathryn Martin, W50
Ultrarunners of the Year: Roy Pirrung, 54, and Ann Trason, 41
Mountain Runners of the Year: Craig Framm, 44, and Kari DiStefano, 43



KAREN MITCHELL

Joan Ottaway, W55, LDR Athlete of the Year.

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	Albuquerque
23	2001	Mobile
24	2002	Kansas City
25	2003	Greensboro
26	2004	Portland, Ore.
27	2005	Jacksonville, Fla.

USATF Southwest Regional Masters Indoor Championships / Texas Tech Meet Saturday, February 1, 2003 • Lubbock, Texas

8:00 am to 12 noon

Pole Vault, Field Events

Long Jump - 4

SP - 4

11:30

Masters 3000 Meter Run

Please Check Events You Want to Enter

1:00 pm

60 Meter Hurdles

60 Meter Spring

200 Meter Spring

400 Meter Spring

800 Meter Spring

1500 Meter Run

4x400 Meter Relay

Five Team University Division

Masters Women 35+ 5 yr. Divisions

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Ages grouped to fill the lanes

Top three place winners in each event receive an award

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Paul W. Johnson - Masters Coordinator

Phone: 806-795-5226 Fax: 806-795-0362 E-mail: pjoh128034@aol.com

\$20.00 No Limit to events entered

Housing: Days Inn - 2 blocks from Track - Masters Race \$44.95 + tax 808-747-7111

First Name: _____ Last _____

Male _____ Female _____ Age (as of 2-1-03) _____ Date of Birth _____

Address: _____ City _____ State _____ Zip code: _____

Telephone _____ E-mail address _____

Waiver and release: I know that participating in Masters Track racing is potentially a hazardous activity. In consideration of your accepting this entry into the Texas Tech Indoor Championships I hereby for myself, my heirs, executors and administrators waive release any and all rights and claims of damages I may have against TTU, Dallas Masters Track Assoc., its employees, agents, officers, and the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in an event, or as a result of my travel to and from my the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competition number in any way on pain of disqualification's, including if the event is canceled.

Signature: _____ Date: _____, 03.





On The Run

By HAL HIGDON

Are Age-Groups Obsolete?

By any measurement, Jane's performance at The LaSalle Bank Chicago Marathon seemed remarkable. The 62-year-old woman from Battle Creek, Mich., crossed the finish line in 3:37:05, first in her age-group, well under the time she needed to qualify for the Boston Marathon. Strangely, Jane also had run the Detroit International Marathon the previous weekend, recording a time just under five hours, placing ninth in her age-group.

Only later did race officials discover that Jane wasn't Jane. A runner from Georgia had run 11 miles of the race chatting occasionally with a male in his 30s running the same pace. Curious to find out how his new friend had done, the Georgian checked the results and discovered that the other's bib number was listed to a 62-year-old woman. Several days later, Jane called race officials to confess her indiscretion. Choosing Detroit over Chicago, she let her 37-year old son use her race entry. The son, foolishly, had worn Mom's chip.

Are age groups obsolete? They seem to be in at least the largest races. As numbers soar from the thousands to tens of thousands, organizers find it increasingly difficult to certify that the runner listed actually ran the time listed. As the most popular races limit the size of their fields, runners who decide not to run are more likely to switch entries with friends, or even offer them on eBay, confusing the official results.

Cheats Hard to Identify

The use of chip timing should make keeping track of everybody easier, but in many ways identifying age-group cheats has become more difficult. One woman recently was overheard on a Boston subway bragging that her boyfriend had gotten her a Boston Marathon qualifying time by wearing her chip as well as his in a marathon.

Then there is the case of Chandra from Connecticut, who ran the last mile of a half-dozen marathons in 2002 in times near three hours. After she placed fourth in the Marine Corps Marathon, officials disqualified her, but Chandra still is listed as placing second in the 35-39 age-group on the website of the Hartford Marathon.

If race organizers can't certify the accuracy of their age-group awards, any attempt to certify age-group records seems doubly doomed. A friend of mine wanted to come to Chicago, because he hoped to use the fast course to break the American marathon record in an upper age group. He was certainly capable of doing so, but how do you verify such an accomplishment?

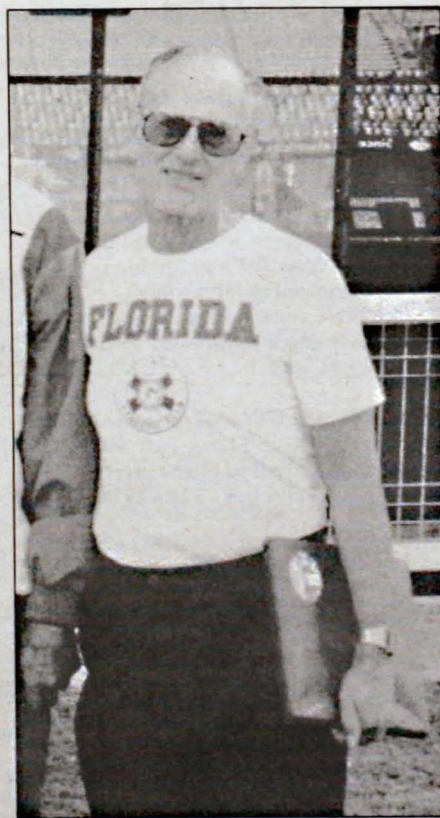
Age groups and the opportunity to compete against age peers is a strong motivating factor for many runners. "To place high in an age group is a goal for many runners," says Julie Koehler, 33, a public defender from Chicago. "For others, it's an unexpected bonus after crossing the finish line."

Honor System

Will that bonus be removed from us? Apart from the top finishers, ranking of runners relies at least partly on the honor system. The system still works in small, local races, where runners get to know their competitors. In a race with 250 finishers, someone wearing the wrong bib number, or one who pops onto the course in the last mile, probably will be noticed. Not so in a marathon with more than 10,000 finishers.

Most age-group "cheating" is not intentional. Did Jane send her son to Chicago to get her a Boston qualifying time? I hope not. More than likely she wanted only to give him a chance to run a race that had closed its entries. But how many Janes go undetected? For that reason, we need to eliminate age-group records and results from at least our largest races – or find a better way to authenticate them. □

(Hal Higdon, Senior Writer for *Runner's World*, has set American and world age-group records and won American and world age-group championships. Visit his website at: www.halhigdon.com.)



SUZY HESS

Class of 2002 Masters Hall of Fame electee, Bob Fine, 71, Delray Beach, Fla., successful racewalker, but better known as an administrator, helped establish World and National Masters Associations.

Hall of Fame

Continued from page 9

administrator. He wrote the definitive history of masters T&F in 2001, and served on the USATF Masters Hall of Fame Committee, 1997 to 2000. He holds 12 national and three international weight pentathlon championship titles.

Dave Romansky, 64, Pennsville, N.J., rewrote the record books for M60 in 13 different RW events. He still holds 15 of the 16 records he set. A former Olympian, he coaches a dozen athletes and gives RW clinics.

James Stookey, 72, Dickerson, Md., holds two world and two U.S. records that exceed an age-graded 94%. His forte is hurdles and jumps. He was named Outstanding Male T&F Athlete three times.

James Sutton, 71, Reading, Pa., is an extremely tough competitor in the middle distances. He set 10 world and U.S. records, all but one over the 90% mark. He holds four X-C titles, 26 U.S. T&F titles, and won both the 800 and 1500 at the 1991 world championships, Turku, Finland.

Johnnye Valien, 77, Los Angeles, Calif., holds five world and six U.S. records. She frequently wins multiple events in high-level competition, including 14 WMA world, 21 WMA regional, 30 U.S. T&F indoor, and 33 U.S. T&F outdoor championship titles. Heptathlon and eight pentathlon titles have also been earned, leading to Valien being twice named Masters T&F Outstanding Combined-Event Athlete of the year.

Betty Vosburgh, 71, Vero Beach, Fla., holds five U.S. records and one world record that have stood for 10 years. She started as a road racer, but soon found herself better suited to sprinting and jumping. Four WMA world championship, 20 U.S. T&F indoor, and 22 outdoor championship titles are hers.

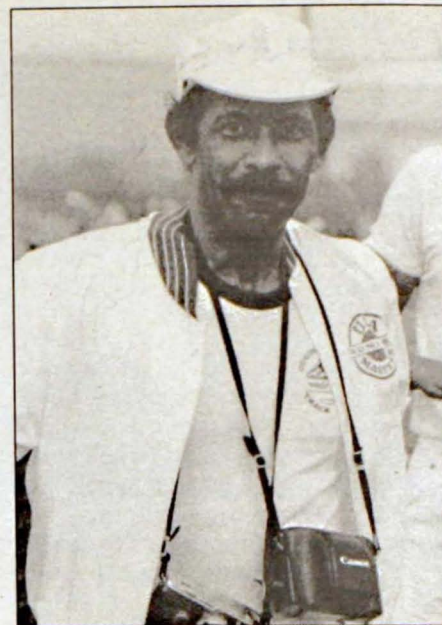
Ken Weinbel, 75, Seattle, Wash., chaired the USATF Masters T&F Committee from 1996 to 2000; founded and directs the Seattle Masters Classic, Weight & Superweight Championships; was the National Weight Coordinator 1994-97; and still frequently places in national weight throwing championships.

Old-Timers

Bill Brobston, 89, formerly of Saugerties, N.Y., now of DeLand, Fla., won events indoors and outdoors, road and track from 800 to the marathon. He won three WMA world championships in 1983, 13 U.S. T&F indoor, seven U.S. T&F outdoor, and 17 U.S. LDR titles. Masters LDR named him age-group athlete of the year seven times.

Buell Crane, Twin Falls, Idaho, died at the age of 94 following a career that spanned 1980 to 1994. Crane, a versatile jumper and thrower, holds four world and five U.S. records of the 21 he set.

Dave Jackson, 71, Carson, Calif., was an exceptional triple jumper who also had success in LJ and short hur-



GRETCHEN SNYDER

Dave Jackson, 71, Carson, Calif., newly-elected to the Masters Hall of Fame, whose career spanned 23 years, still holds two U.S. records 19 years after setting them.

dles. His career spanned 23 years, during which he won eight WMA world titles, 14 U.S. T&F outdoor and three indoor championship titles. He still holds two U.S. records 19 years after setting them.

Sandra Kiddy, 65, Palm Springs, Calif., set the ultra-running standard for Sue Ellen Trapp and Ann Trason. Nine of Kiddy's 16 U.S. records still stand after 10 to 20 years. In 1984 at 100K she beat every male in the race. In 1992 (at age 55) she finished second U.S. citizen at the IAU World 100K Cup – the oldest person ever selected for a national team.

Tom McDermott, Bradenton, Fla., died in 2000 at the age of 82. This thrower is one of very few athletes who could claim records in five five-year age groups (M60-80); he still holds three of 13 U.S. records he set. He won 22 U.S. T&F indoor and 16 U.S. T&F outdoor championship, seven national weight championship, and one national weight pentathlon championship titles.

Jim Vernon, 85, West Covina, Calif., was the pole vault world champion from 1975 through 1993 – 10 consecutive titles against the best. He also earned 14 U.S. T&F championship and five U.S. T&F indoor championship titles.

Norm Green announced the results of this year's balloting on behalf of Jerry Donley, Bev LaVeck, Mel Larsen, Shirley Matson, and Joan Ottaway of the Masters Hall of Fame Committee, supplemented by Ruth Anderson, Jerry Crockett, George Mathews, and Len Olson on the Old-Timers Committee. The announcement was the highlight of the joint meeting of Masters T&F and Masters LDR held Dec. 6 at the annual USATF convention.

Green reported that 165 ballots had been distributed to listed members of the two masters committees, plus previous Hall of Fame honorees. Ballots were returned by 126, who cast 1165 votes. Each person elected received a majority of the votes cast. □

– Norm Green

USATF Foundation Off to Fast Start

Since its launch Dec. 5 at the opening session of USATF's 2002 Annual Meeting in Kansas City, the USA Track & Field Foundation has raised more than \$150,000 through the generosity of 40 different donors.

The purpose of the Foundation is to enhance lives and communities in the U.S. through track & field, long distance running and racewalking, and to reach out to the thousands of young people who would like to take part in the sport but lack the opportunity.

The Foundation will assist dedicated Olympic hopefuls who could realize their dreams and potential if given the opportunity. It also will aid older citizens who would find great joy and benefit from participating, if exposed to the very inclusive sport of track & field.

The Foundation will assist people of all ages from all walks of life and ability levels in finding fitness, enjoyment and accomplishment through track & field.

The leadership of USATF – realizing there was substantial, untapped potential for track & field to make a lasting and meaningful impact on the lives of millions of Americans – joined with elite and masters athletes, track & field enthusiasts and experienced officials to create the USA Track & Field Foundation.

The Foundation will provide a means to attract and guide funds to new and innovative track & field programs in the following categories: Youth, Masters, Elite Athletes, Officials, Coaching, and Track & Field Facilities. Donations may be directed toward a specific program.

Contributions to the Foundation are tax deductible and may be sent to the USATF National Headquarters at One RCA Dome, Suite 140, Indianapolis, IN 46225. □

FIVE YEARS AGO January 1998

- Bill Collins, 47, and Phil Raschker, 50, Selected Top Athletes of the Year at USATF Convention in Dallas
- Steve Plasencia, 40, Warren Utes, 77, and Jane Welzel, 42, Among 26 LDR Honorees; Dave Roman-sky, 55, and Jane Dana, 75, Voted Outstanding Race-walkers
- Ed Benham, Christel Miller, David Pain, Phil Raschker, Boo Morcom, Paul Spangler, and Jack Greenwood Elected to USATF Masters Hall of Fame

PUBLICATIONS ORDER FORM

Masters Age Records (2002 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, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.

Masters Track & Field Rankings (2001)

Men's and women's 2001 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2002. 4 pages. \$2.00.

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 Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of March 1, 2002 (world) and November 30, 2001 (USA). \$2.00.

Competition Rules for Athletics (2002 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 (2002)

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

New! WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00

USATF Governance Handbook (2002)

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

Running Encyclopedia, The Ultimate Source for Today's Runner

Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95

How to be A Champion from 9 to 90. Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US\$19.25/CAN\$28.50, plus postage & handling.

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

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

2002 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

Running Research News

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

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From the Publisher

By SUZY HESS

Publisher's Report

When I was in my early twenties and newly married, I didn't worry about money at all, although my husband and I were students and had little. Our savings were pretty much non-existent and my part-time work barely covered our student dwellings. As I remember, our housing was on the University of Oregon Campus and was \$50 per month, and that included the school newspaper.

Then my husband graduated and became a partner in a CPA firm, where he made a lot of money. We had a lovely home and raised two children and still never worried about money. I just never fretted that it would run out.

If you fast forward several decades, the picture changed when the marriage broke up and we went our separate ways. Still, I never worried too much, as I felt I had a good brain and two hands that would help me get

along.

After bringing home an income for the last decade, I found myself in the position of the Publisher of the *National Masters News*, and then... I started to worry about money.

I feel that our publication gives a lot of enjoyment to our subscribers, and we really need to make a go of it. All of a sudden, it became not only the wonderful staff at *National Masters News* who would suffer if we folded, but all of our subscribers, too.

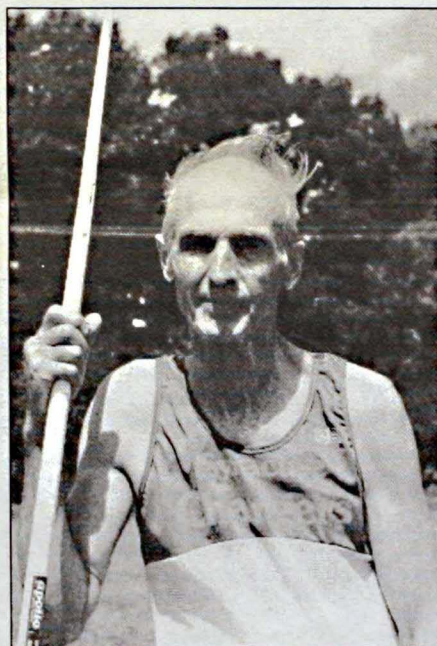
All this is leading up to telling our subscribers that we are O.K. We are

2003 Submasters Rankings Coordinator Wanted

The USATF Masters Committee is seeking candidates for the position of Submasters Rankings Coordinator for 2003. This person will be responsible for compiling top 25 performance data for athletes aged 30-39 throughout next year's outdoor track season.

The candidate must have basic computer skills, an Internet connection, and e-mail. He/she also must subscribe to *National Masters News* and be willing to glean results from that publication every month as well as other meet results posted online and available elsewhere.

There is modest compensation allocated for this task. Interested applicants should contact Dave Clingan at xroads@xro.com by Feb. 15. □



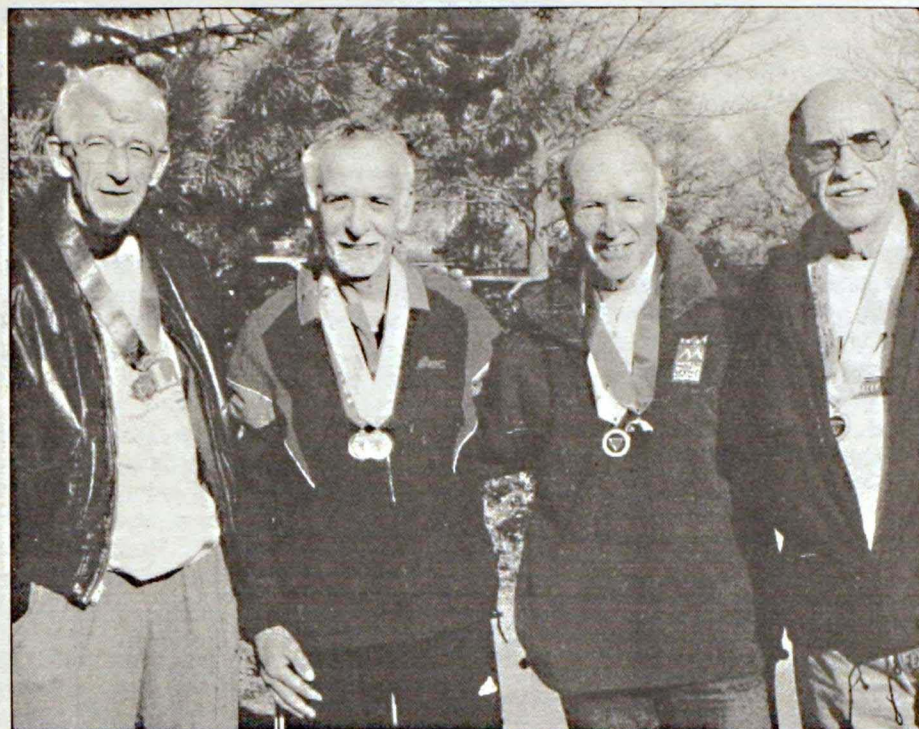
BARBARA STEWART

Ed Lukens, M80 Athlete of the Year in both Track & Field.

not going to fold after taking NMN back from Rodale Press/*Runner's World*. We made it through our first year "back at the helm."

If I suffered from "Bag-Lady Syndrome" over the past year, I can

now heave a sigh of relief that we are healthy, whole, and looking forward to a prosperous New Year. With this, I want to wish all of our subscribers a very happy, healthy and prosperous New Year, too. □



THOM WEDDLE

First four M65-69 (from l): John Dugdale (20:56), John Leonard (22:35), Jerry LeVasseur (23:07), and Othmar Freyler (23:29), National Masters 5K X-C Championships, Nov. 24.

Last Call for 2002 Outdoor Marks

By JERRY WOJCIK
*USATF Masters T&F
Rankings Coordinator*

The 2002 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results section by this issue, send them with documentation or verification (name of meet, date, site, director's name with a phone number or e-mail address) to the appropriate compilers before Jan. 31. Marks sent to me for events that I am not compiling will not be forwarded.

The 2002 outdoor rankings will be my last task as rankings coordinator. Dave Clingan, who has done the international rankings on the internet, will be responsible for the 2003 outdoor rankings and, in the February issue, will explain how they will be compiled. The indoor season rankers will also be listed in February.

100, 200, 4x100, 4x400 – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com

400 – Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

800, 1500 – Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

Short hurdles, long hurdles, steeplechase, 5000 – David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deo@foxinternet.com

High jump, pole vault – Joy MacDonald, 1928 Sleepy Creek Rd., Cross Junction, VA 22625; e-mail: FTLREDSKIN@aol.com

Long jump, triple jump, shot put, discus – James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

Mile, 3000, 10,000, hammer, javelin, weight, superweight – Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Combined events – Alan Russell, 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@iastate.edu

Racewalks: 5000 track/5K road, 10K, 20K – Thomas Higbie, 7851 Admirals Ct., Indianapolis, IN 46236; e-mail: thigbie@indyweb.net □

TEN YEARS AGO January 1993

- Stan Whitley, 46; Shirley Matson, 51; and Phil Raschker, 45, Named Best USATF Athletes of the Year
- Warren Utes, 72, and Doug Kurtis, 40, Top LDR Runners of the Year
- Ray Funkhouser, 42, and Elton Richardson, 53, Voted Best Racewalkers
- Rex Harvey, 45, Named Best T&F Administrator
- Boo Morcom, 71, and Phil Raschker Chosen Top Combined-Eventers

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Hage Shows Ultra Potential at JFK 50 Miler

By SUSANNAH BECK

It took Jim Hage, 44, Kensington, Md., 28 years to come back to 50-milers since dropping out of a race at age 16. But on Nov. 23, at age 44, on the same course, at the same prestigious JFK 50M in Hagerstown, Md., Hage was ready for action.

The running writer / *Washington Post* copyeditor / recovering lawyer cranked out furious late-race six-minute miles to move from ninth into the win, 6:13:10. En route, he passed four-time JFK champion and course record-holder Eric Clifton, 44, Albuquerque, N.M., 6:19:43, and Ian Torrance, one of the nation's best

young ultra/trail runners.

Hage's performance will likely earn him offers to run for the U.S. on international trail and ultra teams, though he told the *Washington Post*, "It's my first and my last. (But) it doesn't count when you say it's your last one after your first one. I don't know, I need 24 hours or so." Hage is the oldest person to win the JFK 50M in its 40-year history.

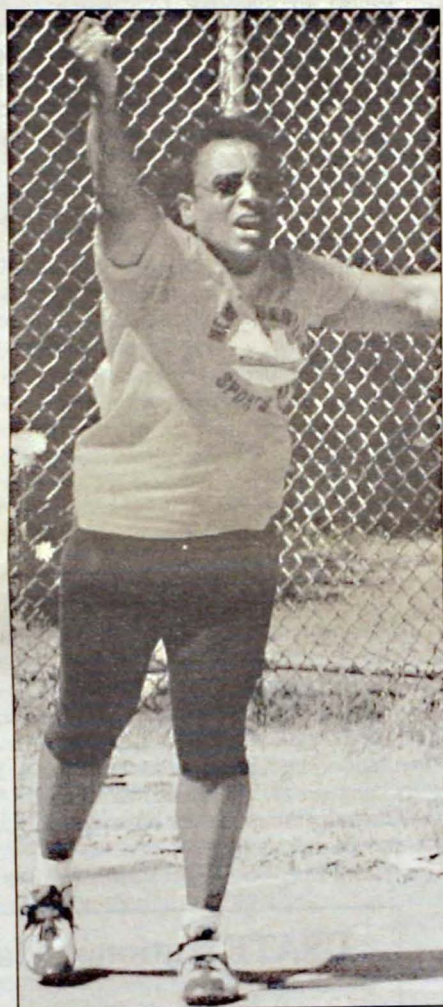
Ed Ayres won the M60 in 8:48:25, 25 years after his 6:04:02 win in 1977. □

—From *Washington Post* and *Kathy Freedman/Washington Running Report* articles



SUZY HESS

Audrey Lary, W65, 2002 Field Event Athlete of the Year.



JERRY WOJCIK

Oneitha Lewis, 42, won the 2002 Outstanding Single Performance Award for her hammer throw of 182-8.

Sarris-Hallop, Neal Soar to Wins in Big Bird 10K

By RON MARINUCCI

Roseville, MI – This year's Big Bird Runs on Nov. 10, attracted nearly 600 runners for 10K, 4K, and one-mile races. They were greeted by unseasonably warm weather for a mid-November morning in Michigan – 60 degrees with near-100% humidity from overnight and pre-race show-ers.

Masters runner Robin Sarris-Hallop, 46, outpaced her younger female competitors by grabbing first overall in the 10K (40:42). Mark Neal, 40, blistered the masters male field while streaking to ninth overall (34:41). Within shouting distance was Tim Emmett, 47, 16th overall (36:36).

The Michigan Grand Masters (senior racing team) saw team members Pete Hallop (Mr. Sarris-Hallop), Doug Goodhue, and Jim Carlton all finish in the top 30 overall. James Lovat, 78, posted one minute even. The oldest finisher was Joe Thornburg, 86, who ran 73:35.

Other top masters were David Lee, 65, 45:22; Bill Olson, 70, 47:23; and Sharon Sowell, 63, 50:42.

Darrell McKee, 68, wore bib #24. He was back for his 24th Big Bird, having run all of them! The accompanying 4K witnessed another strong masters performance as Todd Kelly, 41, was first overall (13:47). □

(Ron Marinucci can be reached by e-mail at RMarin6424@aol.com.)



JERRY WOJCIK

Carol Finsrud, W45, 2002 Field Event Athlete of the Year.

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24th Annual Convention of USA Track and Field

Highlights of Minutes – Masters Track & Field – 2002

(The following is an unofficial review by Jerry Wojcik of the Masters T&F Committee sessions, USATF 24th Annual Meeting, Kansas City, Mo. The official minutes by Bob Cahners, secretary, will appear on either the USATF or National Masters News Web sites.)

Thurs., Dec. 5

During the Opening Session, George Mathews, Masters T&F Committee Chair, and Jerry Crockett, former Masters LDR Chair and present USATF LDR Chair, were honored with the President's Award for Meritorious Service.

The Masters T&F Committee meetings were presided over by Mathews, with assistance from elected officers Suzy Hess, vice-chair, Bob Cahners, secretary, and Frank Lulich, treasurer.

In the evening session on Thursday, 19 active masters athletes were selected as delegates, who again unanimously voted Dave Clingan to be the Active Athlete Representative.

Graeme Shirley, Masters T&F Rules

Coordinator, said that a submission had been made to the Rules Committee to separate groups into matching heights in the vertical jumps, to prevent athletes from waiting for hours to compete.

Rex Harvey, WMA Vice President, Stadia, announced that WMA will be voting at the World Masters Championships in Puerto Rico to reduce the men's designation as masters from age-40 to age-35.

The Masters T&F Committee adopted a proposal to give the designation of masters to the 30-34 age group in the U.S.

The issue of masters national clubs was discussed at great length. Mark Cleary, an advocate of national clubs, gave reasons for their adoption, such as sponsorship, national recognition via the media, and the development of team championships. The issue was later rendered moot when the USATF Committee voted to discontinue national clubs at any level, starting Jan. 1, 2004.

The Masters T&F Committee approved the establishment of team championships at the regional and association levels.

Fri., Dec. 6

At the morning session, Suzy Hess and Bob Fine were elected WMA Delegates in Puerto Rico. George Mathews is an automatic delegate. The top three alternate delegates were Dave Clingan, Christel Donley, and Jerry Donley. Hess was also elected as WMA Women's Delegate, with Donley, Marilyn Mitchell, and Mary Trotto serving as alternates.

Representatives from Honolulu, Hawaii, Charlotte, N.C., and Spokane, Wash., gave their bid proposals for the 2005 Championships. After the first vote, Spokane was eliminated, and Hawaii and Charlotte were separated by one or two votes. A second vote resulted in Hawaii's selection. The meet will be held at the U. of Hawaii's Cooke Field, Aug. 4-7.

(For the Joint Master T&F/LDR Meeting, Friday afternoon, see p. 18.)



JERRY WOJCIK

George Mathews, Masters T&F Committee Chair, was one of seven recipients of the President's Award, USATF annual meeting, Kansas City, Mo., Dec. 4-8.

2003 USATF Masters Track & Field Approved Budget

Name/Committee	USATF Allocated Funds	National Championship Surcharge
Chair	\$4,700	
Vice-Chair	1,500	
Secretary	1,170	
Treasurer	1,050	
Site Inspection	1,000	
Rankings	3,000	
Regional Coordinators (7 x \$1,300)	9,100	
Combined Events	1,165	
Records	1,465	
Weights	750	
Awards	600	\$400
Team Manager	800	3,450
Hall of Fame	1,000	
Administration	1,000	
Masters Invitational Program	1,300	
Meet Manual	---	
Racewalking	400	
National Masters News Grant		5,000
Marketing Program		5,000
Age 30-39 Rankings		750
Demographic Survey		300
Games Committee		6,000
Contingency Funds		1,000
Total	\$30,000	\$21,900

Sat., Dec. 7

At the morning session, after the Awards Breakfast Buffet, Mark Murdock, George Ragan, and Nanc Wilson of the Boise Bid Committee, presented its bid for the 2005 Indoor Championships. Phil Byrne presented a bid for the city of Boston, which has hosted the Indoor Championships for several years and is scheduled to host it again in 2003 and 2004. The Committee selected Boise.

Other successful bids for future championships are listed on this page.

A motion not to allow publication of vote counts was approved. Delegates against the motion argued that it violated past procedures, when votes were tallied on a board in full view of the Committee, and was undemocratic. Arguments for its adoption included the possible embarrassment of unsuccessful bidders.

It was announced that Rex Harvey had been elected as the IAAF Masters Representative.

In the afternoon session, a motion was made by Ken Weinbel, Championships Sites Chair, to re-visit the bid proposal by the Charlotte, N.C., group for the 2005 Outdoor Championships, with the idea of offering Charlotte the Championships in 2006. Arguments for approval included statements that the group had gone through great expense to present its solid proposal. Arguments against came from potential bidders for 2006, including Los Angeles, Spokane, Wash., and Orono, Me. The motion was approved. Charlotte, which had been awarded the 2003 Decathlon/Hepathlon Championships, in what some called a sympathy vote, will host the 2006 Championships.

Peter Mundle, Masters T&F Records Coordinator, asked that the list of indoor and outdoor age-group records, with a few changes, as presented to the USATF Records Committee, be approved. It was so moved and adopted.

Bill Roe, USATF President, spoke to the

Committee of the possibility that a package for uniforms by Nike could be available to masters. The Committee passed a motion to allow the Masters Executive Committee to vote on the potential Nike offer.

Rod Larsen, Masters Racewalking Committee Chair, presented the racewalk age-group records and championships sites, which were approved.

Representatives of the 2003 National Championships in Eugene, Ore., received approval to offer a road race along with the Championships in August.

Becky Sisley, Regional Coordinator Chair, discussed experimenting with team scoring at the regional level for the next two years, and introduced Lester Mount, the new Southwest Region Masters Coordinator.

Mark Cleary, of the Masters Invitational Program, reported that masters will be represented at both the indoor and outdoor open championships. John Cosgrove, coordinator for the masters events at the Mt. SAC Meet, said that the masters will be running at optimum exposure times on the schedule.

Ken Weinbel, overseer of the Masters Meet Manual, informed the delegates that the manual is on the USATF Web site.

Dave Clingan spoke to the Committee of the need to maintain our present high level of announcing at the championships by reimbursing announcers for their costs and offering them a stipend.

Delegates were asked to make suggestions and changes from the floor for the Mission Statement proposed earlier. After discussion, the following Mission Statement was adopted: "The USATF Masters Track & Field Committee is the official governing body of the sport of Masters Track & Field. Its mission is to establish and conduct masters age-group programs that will provide opportunities for competition, fitness, health, and camaraderie from the local to the international levels."

Mathews closed the session with a statement that the promotion of masters meets is being pursued. □

USATF National Masters T&F Championships

Meet	Site	Date
2003		
Indoor Heptathlon (M&W)	Kenosha, WI	March 8-9
Indoor Pentathlon (M&W)	Boston, MA	March 28
Indoor	Boston, MA	March 28-30
Decathlon/Hepathlon	Charlotte, NC	June 13-14
Pentathlon	Eugene, OR	August 7
Outdoor	Eugene, OR	August 7-10
Weight Pentathlon	Fort Collins, CO	August 23-24
Weight & Superweight	Seattle, WA	September 6
2004		
Indoor	Boston, MA	March TBA
Outdoor	Decatur, IL	July 29-August 1
Decathlon/Hepathlon	Neosho, MO	TBA
Weight Pentathlon	Reading, PA	TBA
Weight & Superweight	Seattle, WA	September 4
2005		
Indoor	Boise, ID	March 25-27
Outdoor	Honolulu, HI	August 4-7
Decathlon/Hepathlon	Cleveland, OH	TBA
Weight & Superweight	Seattle, WA	September TBA
2006		
Outdoor	Charlotte, NC	TBA

- Kansas City, Missouri - December 4-8, 2002

Highlights of Minutes - Masters Long Distance Running - 2002

Wednesday, Dec. 4, 7:30 p.m.

Norm Green, Chair, opened the meeting and announced that Barb Leininger, secretary, had just begun a new job and was unable to attend this convention. Without objection, Green offered to take minutes of this meeting.

Athlete of the Year Award Nominations

Don Lein distributed his reports, stating that RRIC had provided its "10K equivalencies" as a common means of comparing performances across distances.

Charles DesJardins reported that Barbara Miller, 63, had achieved 2:29:32 at the Clarksburg (CA) 30K for a single-age record, while Myra Rhodes, 70, clocked 2:47:08 for an age group record in the same event. Since both performances came too late to be included in the RRIC 10K equivalencies, they must be noted as additional information.

Chair's Report

The Executive Committee met at the Twin Cities Marathon and again this morning. To increase communication, it proposes to add two conference phone meetings in 2003. The only road championships we had in 2002 were the marathon and the women's 5K. Ken Robichaud has done a terrific job in contacting many events about bidding for a masters championship. He has nine bidders for 2003.

Norm Green said we will hear marvelous reports from Carole Langenbach for Cross-Country and Theresa Daus-Weber for Mountain/Ultra/Trail councils. The two councils have held great championships, and the two women have represented us well. The Executive Committee received Charles DesJardins' resignation in September and has appointed Mary Rosado to be our Team Manager for 2003's WMA World Championship in Puerto Rico. There has been no discussion, to date, about any U.S. candidate for WMA officer positions becoming vacant in 2003.

The Executive Committee recommends that this committee approve a new Championships Guideline that permits and, indeed, encourages double-dipping for masters who also earn open prize and cash awards. There was discussion of this concept, with one noting that, logically, a 60-year-old should be able to claim open, and 40-, 50-, 60-year cash awards appropriate to his/her place. John Boyle and Jack Wing volunteered to work on phrasing this guideline for a later decision.

Green reported that much of his time in 2002 has been spent dealing with international athletes claiming masters status, but for whom previous declared birth-dates would suggest they were under age 40. Hence, rule amendments have been proposed to deal with the issue.

Charles DesJardins reported that WMA's non-stadia committee has previously declared that this issue is exclusive to the U.S. At Riccione, Italy, this spring, there was a far wider recognition of the problem by representatives around the world. DesJardins has proposed to IAAF that it provide a clearing house to verify the age of any athlete seeking to compete outside his/her country of origin.

Green finally noted that his printed report can be found on p. 97 of the Reports book.

Board of Directors Report

Green reported that the Board spent

extended time discussing a report from a task force assigned to audit RRIC and RunningUSA. Terry Crawford, Angie Taylor, and Dan Pierce were the task force members. The final decision was to refer the report (except item 4) to the Budget Committee and to accept the 2003 budget proposal except for the line items (\$30,000 and \$85,000) related to RRIC/RunningUSA for action by the Budget Committee, with those two line items subject to later modification.

Further Discussion

Charles DesJardins stated that the best WMA Council position the U.S. could seek is that of Executive Vice-President, now held by Tom Jordan, who cannot be re-elected. Bill Quinlisk asked if anyone had raised the question of scoring Masters X-C by place instead of time. Carole Langenbach said that Anne Timmons had tried to propose a rule change and was told that she was too late for this year. John Boyle stated that he had studied 15 X-C results and found that place scoring would not have changed the results based on time scoring for masters.

Rules Pertaining to Masters

George Kleeman reported that items 2, 4, 7, 8 changed "alien" to "non-citizen" for consistent wording used internationally. Items 9, 11, and 172 are rules that relate to team championships and are consistent with an effort to eliminate national teams. Items 16 and 171 offer amendments that deal with the birth-date issue, primarily with respect to international athletes. Items 53, 54, 55, 113, and 129 deal with transponder timing for records.

Sam Walker moved, and Bob Langenbach seconded, the motion to deny chip timing for records. Extended discussion ensued, including a statement by Green that in his opinion chip timing provides safety for older athletes in a large event start. The motion was defeated. Ken Robichaud moved, and Jack Wing seconded, the motion to accept chip timing for record purposes. The motion was adopted 13 to 2.

Carole Langenbach asked to have Rule 1.1 apply to masters also, since it now restricts championships to U.S. citizens only in Junior and Open X-C championships.

Kleeman noted that items 130 and 131 offer new events for record-keeping purposes. On motion by Lloyd Stephenson, and second by Charles DesJardins, item 130 was approved. On motion by Ken Robichaud, and second by Charles DesJardins, item 131 was rejected.

Friday, Dec. 6, 7:30 a.m.

Athletes of the Year

Don Lein presented the LDR Athlete-of-the-Year nominees from whom the awardees were selected. (See chart on p. 11.) In the process there were objections to Lein's mandate of three performances before listing an athlete. After a motion to include Ray Parella for consideration in the M65 category, the committee subsequently added Warren Utes (only two listed performances) in the M80 and elected him.

Bill Quinlisk announced that Tom Dalton and Kathryn Martin would be presented to the X-C Council as X-C athletes of the year.

Records

Basil Honikman presented the recommendations of the Records Committee.

Honikman recommended Items 1-3, 8, 11-12, 15, 18-19, 22-25, 29-A, 30-31, 33, 35-36, 39, 41-44, 47, 51, 57, 61-63, 67, 71, 74-79, 83-84, 90, 90-A. He noted that a number of other pending records are close to approval. Charles DesJardins moved, Lonna Lee Williams seconded, and the committee voted to approve the recommended records.

Otto Essig Award

Green invited the committee to add other nominations to those of Jerry Crockett and the Twin Cities Marathon. There were none, and the committee voted to close nominations. Jerry Crockett was chosen.

IAAF Masters Committee

The committee voted to endorse the candidacy of Charles DesJardins.

Charles DesJardins said he has held the position two times. He noted Rex Harvey holds two positions in WMA. DesJardins said he considers himself electable since in 1995 he was the third-highest vote-getter and in 1999 the second highest. The IAAF Masters Committee is charged with oversight of WMA, so DesJardins believes Harvey would be subject to a conflict of interest.

WMA Report

The Non-Stadia Championships were held in Riccione, Italy, after the withdrawal of San Ysidro, Argentina. Italy had less than a year to prepare for the championships and did a great job. Sacramento (CA) withdrew from bidding for 2007 when it discovered the bidding fee had increased from \$40,000 to \$150,000.

The NCCWMA regional championships were held in Leon, Mexico. DesJardins was in charge of the 8K X-C, the half-marathon road event, and the road RW event. Brian Keaveney and DesJardins had to find new courses for the X-C and RW events and had to find RW judges when Mexico withdrew its judges. U.S. participation was limited, except for race-walkers.

IAAF Masters Committee Report

DesJardins said the committee met at Riccione in May. Doping control is an issue. A remedy would be for IAAF to ask WADA to fund masters testing. Dual citizenship is a second issue. Athletes need to declare which country gets "credit" for their performances. Kathryn Martin has not applied for transfer from Canada, although she is now a dual citizen. A third issue is verification of birth-dates. DesJardins wants IAAF to become a clearing house for birth-date verification for any athlete competing outside his/her country.

Law and Legislation

Mary Rosado reported that L&L finished its work in two hours. National clubs will be abolished effective Jan. 1, 2004. USOC-related items are being treated as housekeeping. L&L will mandate Form 990 reporting, though some associations are resisting. Age verification rules were tabled because Bill Roe had appointed a task force that has not yet met or reported.

Budget

Green distributed a report showing how he expects to allocate the \$28,700 granted to our committee (\$1300 less due to a transfer of that amount to the X-C Council). He stated that slightly less than \$10,000 had been spent by Nov. 30 of our \$30,000 budget in 2002.

Joint Meeting of Masters T&F and Masters LDR

Friday, Dec. 6, 1:00 p.m.

George Mathews, Masters T&F chair, opened the meeting.

USATF Foundation

John McArdle, President of the Foundation reported that the USATF Foundation has 501(c)(3) status with the Internal Revenue Service and is a means to undergird the financing of our sport. Today he received promise of a bequest for \$100,000. Jerry Donley, member of the Foundation Board, added that masters have pressed for such a vehicle that makes long-range giving possible (See story on p. 13).

WMA Stadia

Rex Harvey, Vice-President of Stadia, and Tom Jordan, WMA Executive Vice-President, both spoke on the next WMA Championships in Puerto Rico, July 2-13. (See Countdown to Puerto Rico on p. 19.)

WMA Team Manager

Sandy Pashkin said entry booklets will be mailed to three sites: Northwest Event Management; Ski & Travel; and USATF's national office. Pashkin expects to provide an insert with the booklets with information needed by the competitors. Mary Rosado will serve as the Masters LDR team manager; Pashkin and Rosado have a history of working together.

WMA Non-Stadia

Charles DesJardins said the 2002 Non-Stadia Championships were held in Riccione, Italy. The local organizers did a great job and could well be the bidders for the 2007 World T&F Championships. The NCCWMA Championships in Leon, Mexico, this past summer suffered from many problems. The half-marathon and racewalk courses had to be created by Brian Keaveney, Non-Stadia Chair. The 2004 Non-Stadia Championships will be in early spring in Auckland, New Zealand - the first to feature the new five-day schedule.

Masters Hall of Fame

(See separate Hall of Fame Report on p. 9.)

The active ballot for 2001 will carry over: Fay Bradley, Jack Bray, Phil Brusca, Gerry Davidson, Dudley Healy, Paul Heitzman, Betty Jarvis, Carol Johnston, Emil Pawlik, Carol Peebles, Armando Ricciardi, Elton Richardson, and William Walmroth.

The committee has added the following 12 individuals for 2003: Harry Brown, Bill Collins, Jeanne Daprano, Margaret Hinton, Richard Hotchkiss, Leon Joslin, Dale Lance, George Mathews, Mary Norckauer, Joan Rowland, Chuck Sochor, and Joan Stratton.

The six Old-Timer athletes will carry over to the 2003 ballot. They are Konrad Boas, Milo Lightfoot, Ham Morningstar, Marilla Salisbury, Linda Upton, and Gordon Wallace.

The committee will add the following for 2003: Jaclyn Caselli, Phil Conley, Ruth Eberle, Nolan Fowler, Robert Hunt, Tom Patsalis, Bob Richards, Lurline Struppeck, Sal Vasquez, and James York.

Another 49 individuals have met the 10-year criterion and are either deceased or have been inactive for five years. Thus, the Old-Timers committee will not run out of candidates for the foreseeable future. We also have 180 Actives who have met

Continued on page 18

LDR Minutes

Continued from page 17

the 10-year criterion.

Green thanked the present MHOF committee: Jerry Donley, Mel Larsen, Bev LaVeck, Shirley Matson, and Joan Ottaway with Ruth Anderson, Jerry Crockett, George Mathews, and Len Olson joining for the Old-Timers process.

Without objection, the group agreed to continue the procedures that have served well over the past six years.

Rex Harvey noted that Everett Hosack's wife (age 92) has recently died.

National Masters News

Jerry Wojcik and Suzy Hess gave the NMN report. Wojcik said that the May 2002 issue reported the sale of NMN from *Runner's World* to the NMN staff. They continue to wonder why the journal fails to receive more LDR subscribers, since they have made efforts to cover the sport.

Hess said they have an 80.5% renewal rate. They have upgraded their Web site and suggest that Masters LDR provide a link to their Web site from its page on the USATF Web site.

There was a proposal for holding a road race with a major Masters T&F Championship to increase the interface of the two sporting audiences. Interest was expressed in this idea.

IAAF Masters Committee

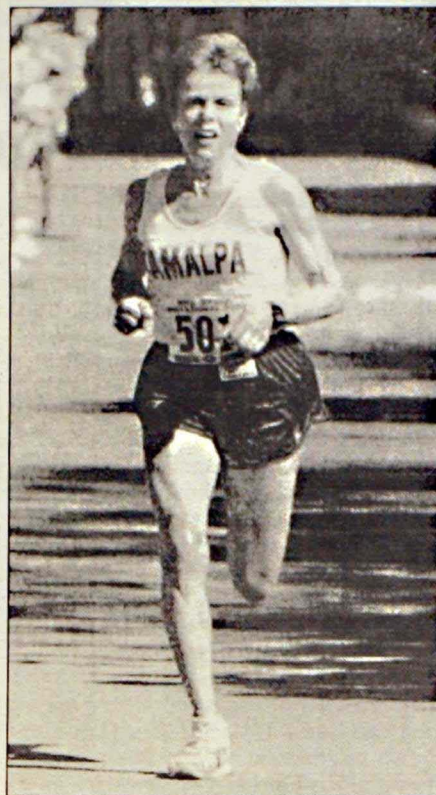
Candidates

Rex Harvey provided his qualifications for the position and answered questions. Charles DesJardins followed Harvey and outlined his qualifications. Harvey was given a brief moment for rebuttal.

Marketing and Communications

Craig Masback, CEO, said USATF had no marketing plan or department when he started. His early efforts were focused on elite athlete marketing and drove sponsorship dollars from \$2 million to \$9 million. He now sees youth, LDR, and masters as a great upside market. The masters movement fits the demographic trend of our nation. Craig expects to report next year that we have a masters sponsor.

Jill Geer, Director of Communications, began March 2000. At that time the fax list was 300; it is now 1000. Our Web site is viewed by 10,000 each day. Jill has moved to Boston and will be covering the Masters Indoor Championships in conjunction with the U.S. Open and the adidas meet. She handed out a new booklet, *Using the Local*



Shirley Matson, W60 LDR Athlete of the Year.

Media to Your Advantage.

The meeting was adjourned at 4:18 p.m. with apologies to the Associations Committee for being overtime.

Saturday, Dec. 7, 9:30 a.m.

Championship Bids

Ken Robichaud managed the consideration of championship bids. He led the committee through copies of a slide presentation emphasizing that he wants to produce quality events meeting masters athlete expectations, and provide a marketable asset in our masters LDR series. The presentation proposed a favorable event schedule covering all event lengths for competition and featuring multiple year bids. (Approved bids are in the LDR Championships' chart below.)

Jim Barnett, race director for the Akron Marathon, presented a bid to host a marathon 5-person relay as part of his event to include open teams and teams for 40, 50, 60, and 70-year-olds (latter category for men only). They expect 5000 competitors. The committee discussed whether teams should be limited to USATF member clubs, or whether they could be "association all-star teams." That issue will be resolved by a division task force appointed

by Jerry Crockett.

Robichaud announced that Freihofer's 5K had already been awarded the 2003 event for women and will have \$3000 in prize money. The Heritage Oaks 10K, Paso Robles, CA, is one of two bidders for that distance. DesJardins will serve as race referee; Lloyd Stephenson has run the race twice and expressed favorable reaction to it.

Jerry Crockett moved, Jack Wing seconded, and the committee voted to accept all events except the 10K for the time period they had bid. The committee also directed that the contracts for each event must specify that the listed prize money is for USATF members.

In regard to the two events bidding for 10K, there was some concern expressed about awarding Paso Robles five years since it is an unknown event for national purposes; it does have strong endorsement by Pacific Association, having served as its association championship. Jack Wing moved, Don Lein seconded, and the committee voted to accept the Heritage Oaks 10K bid for the five-year period; Robichaud registered the single negative vote.

Robichaud announced that he had just been handed an incomplete bid from Florida to host the 5K men's event in 2003 and that he had been in discussion with the Stockadathon 15K in Schenectady, NY, but was not ready to present that bid either.

Green expressed the strong sentiment of the committee that Robichaud has done an outstanding job this year.

Saturday, Dec. 7, 3:30 p.m.

X-C Council

Carole Langenbach said she found it an interesting experience to move from our committee to being part of the X-C Council, where she was asked why masters need all those championships. She reported that no new bids had been offered.

During this year, regional championships were held in Mid-America, Northwest, and West. Several persons are asking for place scoring; there is a task force working on the issue. It is also considering how many women should score for age 40-49, and 50-59. All members of a team will get a medal, not just the scoring members.

MUT Council

Theresa Daus-Weber reported that MUT had held six national championships this year. She reported on the 2003 championships, and the mountain selection races also mentioned at the LDR Division meeting. The World Trophy Mountain race in Alaska is scheduled for Sept. 18-21.

Roy Pirrung reported that the world 24-hour race will be at Uden, Netherlands, in mid-October. Expect a U.S. team of three men and three women. We have been invited to send a masters team to the world 100K at Taipei, Taiwan, Nov. 16. MUT's Web site contains profiles and can be accessed through USATF's website. Pirrung and Daus-Weber noted that three MUT athletes had been featured by USATF in its Athlete-of-the-Week series.

Double-Dipping

Green noted that this item had been tabled for study and is now ready to be discussed. John stated that race directors often do not know what they should do regarding masters awards. After discussion and expressions of opinion on both sides of the issue, the committee voted: 10 in favor; 3 against; 2 wanting to hold the topic for another year.

Law and Legislation

Mary Rosado reported that the Masters T&F Executive Committee and our Executive Committee will be asked to share in a conference call to deal with the

issue of a new Nike uniform. Some persons have rumored that Nike will supply free uniforms.

Officials Committee

Joyce Hodges-Hite discussed uniform prices, where shirts cost \$36 and GoreTex \$400. She said officials had expressed concern about the lack of stipends.

Announcements

Charles DesJardins reminded those going to Puerto Rico that they were likely to compete against athletes younger than their announced age group, since the IAAF has yet to solve the problem of unverifiable birth-date claims for many foreign athletes. Green reported that Jan. 10 would be the deadline for submitting to him any 2002 related Requests for Reimbursement in order to clear with the national office. Green asked for committee approval to add Don Lein (Awards and Marketing) to the Executive Committee and received that approval. He announced that last year we had agreed to alternate George Kleeman and Mary Rosado on the Executive Committee; 2003 is Rosado's year.

Committee Appointments

Green asked for volunteers to serve as our representatives to other committees. The following were appointed: L&L - Mary Rosado; Rules - George Kleeman; Medical Services Subcommittee - Mary Rosado; Associations - Don Shepan; Member Services - Bob Langenbach; Records - Linda Honikman; Officials - Joyce Hodges-Hite. At-Large Members of our committee for 2003 will be Dudley Healy, Ruth Anderson, Jerry Crockett, Jim Garcia, and Marlene Atwood.

New Business

John Boyle was asked about our proposed brochure and noted that most of the expense is due to color; he could cut the cost in half if it were black and white. The committee affirmed the use of color.

Roger Price reported that George Mathews had announced in Masters T&F the possibility of holding a road race with the U.S. Masters Outdoor Championships (Eugene, OR, in 2003). Green said he had discussed that possibility with Mathews after yesterday's meeting and noted that since we lack an 8K championship, we might be able to consider it. □

Norman Green, Chair and Secretary pro-tem

USATF National Masters LDR Championships

Date	Event	Location
2003		
February 2	Half-Marathon ('04, '05)	Austin, TX
February 15	6K X-C	Houston, TX
May 10	25K	Grand Rapids, MI
May 24	20K ('04, '05)	Wheeling, WV
May 31	Women's 5K ('04)	Albany, NY
August 2	50 Mile Trail	Crystal Mountain, WA
August 23	50K Trail	Sausalito, CA
September 13	100 Mile	Sylvania, OH
September 28	10K ('04, '05, '06, '07)	Paso Robles, CA
October 5	Marathon ('04, '05)	Minneapolis, MN
October 11	Marathon Relay	Akron, OH
November 2	8K X-C	Rochester, NY
November 15	24-Hour, 1-Day	San Diego, CA
November 23	5K X-C	Holmdel, NJ
December 7	10K X-C	Greensboro, NC
2004		
February 7	6K X-C	Indianapolis, IN
Nov. 14 or 21	8K X-C	Boston, MA
December 5	10K X-C	Portland, OR



JERRY WOJCICK
Eddy Hellebuyck, M40 LDR Athlete of the Year.



Countdown to Puerto Rico

World Championships Taking Shape

The 15th WMA World Masters Track and Field Championships will be held in Carolina, Puerto Rico, July 2-13. Competition will be held in five-year age groups, beginning at age 40 for men and age 35 for women.

Technical arrangements are taking shape nicely. The WMA Council and key committees have been working closely with the Carolina organizing committee (OC), and arrangements are now being finalized.

We have to remember that the OC was asked by WMA to conduct the Championships at a late date and has had less than two years to prepare for the event instead of the normal four years. The OC has done an outstanding job to get to where it is.

Carolina's main stadium track is being completely reworked in a \$1 million project – \$750,000 from the city and \$250,000 from the OC. The old synthetic surface and some of the underlying asphalt have been entirely removed. A new underground drainage system is being installed to help ensure good field conditions.

The existing covered seating is only a few years old. Additional bleacher seating is planned to accommodate the expected number of spectators.

Strong Local Support

The city of Carolina and its long-time mayor, Jose Aponle, are very supportive of sports of all kinds. The city will be furnishing substantial cash and in-kind donations of facilities, people, and equipment. The complex that contains the new track also contains a large air-conditioned gymnasium which will be the registration, information, retail, team meeting, and office center for the Championships. There is a large indoor swimming pool between the track and the gym that will be at our disposal.

The tennis courts in the immediate area will be used to erect tents (some air-conditioned) for medical, massage, food, etc. There will be two call-room tents within the stadium, one for running and one for field events. Across the street is a building to be used for officials, and two baseball stadiums to house the throws warm-up area. The running warm-up area will be a grass soccer field half a block away.

Some OC members are already in the building. A month before the event, the entire complex will be turned over to the Championships.

IAAF Vice-President, Amadeo Francis, of Puerto Rico, has been very supportive of the Championships and has had a positive influence on the preparations. William Aleman, the President of the OC; Fernando Roman, the Assistant to the President; Jimmy Thordson, the Business Manager; and others have been working very hard.

Public Funding

Public funding for the event is starting to flow. The State Dept. of

Recreation has released some substantial amounts well past seven figures. The Dept. of Tourism is expected to assist with the Games at a similar level.

Thordson and his staff have been working hard to arrange several commercial sponsorships. A series of local radio and television promotions will raise awareness and generate local interest. The OC also plans a series of meets that will culminate in the Puerto Rican National Championships in May, which will serve as a final tune-up meet for the WMA Championships.

Milton Diaz has been added to the staff as Director of Administration. Other staff will be added as necessary as the event approaches. Thordson, Diaz, and Roman were recently in Bolivia at the WMA South American Championships, passing out entry forms to the world meet.

Competition Director Michael Serralta and Technical Manager "Pochy" Oliver are veterans of many international meets. They have been very professional in their preparations and have worked closely with the WMA technical committees.

Officials

There are many qualified officials in Puerto Rico (there are over 70 synthetic tracks in the 35x100-mile island nation). Special training sessions are being conducted to refresh and train additional officials. About 150 invited international officials are expected to work with a similar number of local officials and assistants.

The officials will probably be housed in dorms at the University of Puerto Rico. I remind everyone to please be appreciative of these officials and to show it by thanking them. They pay their own transportation to work all day for us. We need to show them the respect and thanks they deserve.

Three Tracks

Three tracks – in a triangle about six miles apart – will be used for the Championships. The competition will be centered at the Carolina track, but will be spread more evenly over the three venues than ever before.

The second fine facility is at the University of Puerto Rico, the largest state university. Various improvements are being made to accommodate our special needs. There is an adjacent 400-meter track that will be used for practice and warm-up, along with two

full complements of throwing fields to accommodate the throws and the combined events.

The third track is in Sixto Escobar Stadium, the site of many international meets and located on the beach near Old San Juan. There is a problem, however. In the past, they have had to put a speaker pointing towards the beach to call the runners in for their races.

Opening Ceremony

The opening ceremony will truly be an "opening" and not part way into the competition as it has been in the past. It will be held Tuesday night, July 1, at the Roberto Clemente Baseball Stadium, a brand new facility just dedicated last year, with 16,000 seats. It's on the other side of the City of Carolina from the main Roberto Clemente Sports Complex.

It will also serve as the start of the marathon on the final Sunday morning (very early 4:30 a.m. start contemplated to avoid most of the heat of the day) and will be the site of the closing ceremony later that evening. I'm not sure what is planned, but I expect a lot of Latin M&M (music and movement) at the opening and closing.

The road walk events will also be held in the city of Carolina on a loop in a traffic-free flat area along Julia de Burgos Park. The cross-country event will be held on Wed., July 2, the first day of competition, at Bahia Beach, an oceanside golf course just east of the city. A big barbecue on the beach is planned right after the races.

Although it's not my area of responsibility, comment has been made about the relatively high cost of housing. So the OC is making a special effort to obtain additional low-cost housing – as little as US\$28 a day for quadruple occupancy. That option will be included in the entry booklets.

Weather

It will be hot in PR during the heat of the day. The sun is intense and nearly overhead. But this is a tropical island, so there is almost always a refreshing sea breeze. Everything we'll do is within 30 feet to three miles of the ocean. It actually was hotter in New York City than it was in Puerto Rico (88 degrees during the hottest time of the day) when the WMA Council had its meeting last June.

There is less chance of rain in July than any other month. The humidity moves up past 70%, which is considered "uncomfortable" by most people. The schedule is planned for the heat.

We'll be taking a break from most competition from at least 11 to 2 each day, and many days from 11 to 3 or 4. That's why the competition will take place over ten days instead of the normal nine.

Summary

You should experience the best-ever technically-run WMA World Championships. Most results will be on the Internet within seconds of the finish. That may sound like boasting and I will not boast for myself. But I don't mind doing so for all the hard work that the WMA and local technical staff have done, are doing, and will do for you to have the best competition and experience you possibly can have.

Train hard, or hardly train, like some of us, and come meet the World in Puerto Rico. □

– Rex Harvey,

WMA Stadia Vice-President

How to Get Entry Forms for World Championships

Entry booklets for the World Masters Athletics (WMA) Championships are available from three sources:

1) USATF c/o Mark Springer
One RCA Dome
Suite #140
Indianapolis, IN 46225
Mark.Springer@ustaf.org

2) Northwest Event Management
Phone: 800-392-1369
Fax: 541-687-1016
nem@nwevent.com

3) Paul Geyer
Ski & Travel International
PO Box 1816
Detroit Lakes, MN 56502
Phone/Fax: 218-847-0410
skiescape@lakesnet.net

When you receive the entry booklet, please read the insert from the team managers (Sandy Pashkin, USATF Masters T & F; Mary Rosado, USATF masters LDR). It will contain entry, uniform, payment and competition information.

You can expedite the entry process by having your 2003 USATF card number and a copy of your passport or birth certificate as proof of age, ready for inclusion with your entry. □

XV WMA INTERNATIONAL CHAMPIONSHIPS
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Report from Britain

England and Ireland Battle for Cross-Country Supremacy

By BRIDGET CUSHEN

Ballymena, Northern Ireland hosted the British & Irish Veterans International cross-country races on Nov. 16. For the first time, W60+ and M70+ teams were included, swelling the high quality field to 290.

The M70+ ran with the ladies over the tough three-lap course, with Anne Keenan-Buckley, W40, leading from the start to take her fourth consecutive title by a long margin. No surprise, as she represented Ireland at the IAAF World cross-country held in Dublin last March, collecting a team bronze medal. She won by over a minute from Noleen Porter, 36.

Northern Ireland produced their strongest teams ever. Karen Marshall, who won the W45 10,000 at the European championships in Potsdam last August in 38:32.81, received the loudest cheer on her home territory. No doubt many of her supporters are also her patients, as the local doctor

led the W45 race home for a fifth consecutive win, but not without a fierce battle with Mags Greenham, Ireland, and England's Sheila Allen.

Zina Marchant won the W50 title. Carol Wolstenholme took the W55 race. Pam Jones, 66, was an automatic winner in the new W65 category.

The bright winter sun cast long shadows over the Sentry Hill course as the men's race got under way. N. Ireland's hopes rested on the broad shoulders of the tall, blond Deon McNeilly, a former British international who has now joined the masters ranks.

Julian Critchlow, representing England, who ran the fastest stage in the recent BMAF cross-country relays, had a better turn of speed in the closing stages of the six-mile race, going on to win by 19 seconds from John Convery and the current British cross-country champion, Rob Hand. McNeilly took



JERRY WOJCIK

Runners in the W50 5000, 14th World Veterans Championships, Brisbane, Australia. The 15th World Championships will be held in Puerto Rico, July 2-13.

fourth, one second ahead of Colin Donnelly, Scotland.

England supplied the individual winners in the M40-60 races. Cyril Leigh won the M65 for Wales, Eric Appleby got the M70 for England, leading his team to victory, and only Ireland's W40 team prevented a clean sweep by the exceptionally strong England teams.

The Veterans AC held their 10-mile road championships on Nov. 17 over a hilly loop starting from the famous Epsom Derby race course. The wet,

drizzly weather did not dampen Tony Cousins, M50, as he raced to a 57:55 victory ahead of Richard Francis, M40, 58:56.

Two W45s, Ros Tabor, 70:43, and Jo Quantrill, 73:20, led the women's race home. Maureen Farmer won the W55, 87:12, and Bridget Cushen, the W60, 90:42.

An indoor pentathlon (60H, LJ, SP, HJ, 60m) was held at Eton in November, with J. Charles, W60, scoring 3897, and J. Howe, M60, scoring 4108. □

Canadian Masters Indoor Championships



Hosted by the 34th Annual

Ontario Masters Indoor Championships

Saturday, March 8th

York University, Toronto, Ontario

www3.sympatico.ca/ontario.masters

Entries to - douglasj.smith@sympatico.ca

Meet Director - Brian Keaveney masters@sympatico.ca

Fax - 416-252-2740

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No race day entries. Features the OMTFA Indoor Pentathlon

Photos of last year's meet at www.imagestation.com/album/?id=4292001173

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WMA web site: <http://www.world-masters-athletics.org>

Masters Scene

NATIONAL

• From **Jeff Watry** in an e-mail (jwatry@gillathletics.com), Nov. 26, to NMN: "We (Gill Athletics) do have the capability to manufacture a 27" hurdle (42-39-33-30-27). This will probably appear in next year's catalog. Our Collegiate versions and Pacer versions can accommodate this height with only a slight modification during production (slight cost increase over current list price)."

• Add these U.S. age-group bests for the WP, done at the 2002 National Masters Championships, St. Amant, LA: **Erika Messner**, FL, W65, 42:99; **Mary Norckauer**, LA, W75, 30:61; and **Margaret Hinton**, TX, W80, 34:88.

EAST

• **John Tuttle**, 44, Douglasville, GA, with a 10th-place 25:22, and **Lee DiPietro**, 44, Ruxton, MD, with a fourth-place 29:27, collected \$300 each of the \$1950 available to masters division winners in the Outback Steakhouse Corridor Classic 8K, Hyattsville, MD, Nov. 24. Second-place masters **Dave Berardi**, 42, Baltimore, MD, 26:45, and **Laura Freix**, 41, Centerville, MD, 31:06, got \$250 apiece. Other money makers included **Patrick Griffith**, 50, Alexandria, VA, 30:00, and **Tami Graf**, 66, Lusby, MD, 43:36.

• **Bob Winn**, 44, Greater Lowell RR, in 26:12, and **Karen Smyers**, 41, unattached, in 22:23, nabbed masters firsts, USATF NE Cross-Country Championships, Boston, Nov. 10. Women ran 6017m, and men 7935m. **Susan Gustafson**, 56, Liberty AC, 25:08, and **Bob McCusker**, 50, Hartford TC, 28:19, were first 50+.

• Masters women were the standouts in the Stockade-athon 15K, Schenectady, NY, Nov. 10. First off, **Lori Hewig**, 42, Saratoga Springs, NY, 57:27, **Diane Legare**, 51, Quebec, CAN, 58:47, and **Beth Stalker**, 43, Clifton Park, NY, finished 1-2-3 women overall. **Anny Stockman**, 70, Rensselaer, NY, lowered the W70 U.S. record of 81:17 by **Whayong Semer** in 1999 with an 80:43. The M40+ weren't shabby either. **John Noonan**, 43, Troy, NY, took the M40+ race in 54:31, with **William Dixon**, 55, Brattleboro, VT, second (54:59). **Bill Borla**, 62, Torrington, CT, won the M60 encounter in 58:16.

• **Shawn Gallagher**, 42, San Francisco, CA, in 34:36, and **Beth Stalker**, 43, Clifton Park, NY, with a female-third 40:14, winged to masters firsts, Troy, NY, Turkey Trot 10K, Nov. 28. Division winners included **Pat Glover**, 56, Clifton Park, M55 (37:32), and **Judy Phelps**, 51, Rensselaer, NY, W50 (46:00). **Mark Chott**, 46, Troy, in 17:21, and **Nancy Malkiewicz**, 43, Schenectady, NY, in 19:50, were top masters in the 5K. **Kathie Hillard**, 50, Latham, NY, was fifth W40+ (22:05). **Joel Landis**, 64, Ballston Spa, NY, took the M60 race in 20:15.

• **Sharon Dolan**, 60, Gaithersburg, MD, 44:55, rocked the Rockville (MD) 10K, Dec. 7, placing second woman overall.

• First masters to fly across the finish line at the NYRR Turkey Classic 8K, Central Park, NYC, Nov. 24, were **Amador Ibanez**, 46, 26:55, and **Catherine Stone**, 40, 29:56. Notable division winners were **John Cahill**, 78, 38:24, and **Toshiko d'Elia**, 72, 44:03.

SOUTHEAST

• **John Tuttle**, 44, Douglasville, GA, fired off a sixth-overall 32:05 for the M40+ victory, Vulcan Run 15K, Birmingham, AL, Nov. 10. **John Montgomery** won the M55 race in 39:49. **Suzie Kluttz** ran a sensational 49:27 to win the W65 fray. **Susan Keith**, W40, was first W40+ (42:52).

• **Charles Brantley**, M40, sped to the M40+ win with a 27:47, 4.8 Mile Cross-Country, Millen, GA, Nov. 9. Jim Hagin, M45, was second (29:28). **Karen Kennington**, W40, took the W40+ race (33:09). **Mary Woodruff** was the W50 first (35:00).

• **Phyllis Tuggle**, 41, Atlanta, GA, dipped under three hours in her Atlanta Marathon overall women's win, 2:59:44, Nov. 28. **Bill Field** 40, Fairburn, MN, 2:42:45, was the quickest M40+. In the half-marathon, **Modesto Zeferino**, 40, Atlanta, rolled to 1:16:51 for his masters victory. **Sue Kelly**, 41, Atlanta, 1:22:37, ran to a credit-worthy 1:22:37 W40 toppler.

• Tampa race director **Susan Harmeling** has been named the 2002 MarathonFoto/Road Race Management Race Director of the year for her work on the Gasparilla Distance Classic and Hops Marathon by the Bay. Harmeling's accomplishments include presiding over Gasparilla's transition from a prize money event to one without prize money, while maintaining the race's reputation for quality and service to the community. The award was presented by *Running Times* magazine on Nov. 16, in Florida.

MID-AMERICA

• **Dick Wilson**, 70, Lawrence, KS, broke his M70-74 state record (71:13) with a 70:31/A-G 52:40, Turkey Trot 10 Mile, Wichita, KS, Nov. 23. **Sheryl Drevo**, 58, Goddard, KS, was the top W40+ A-G with a 78:03/63:57. First masters were **Peter Kretsch**, 42, Derby, KS, 61:13, and **Vickie Tucker**, 44, Wichita, 70:16.

WEST

• **Kim McDonald**, M45, with a 1:38:39, and **Sandy Meister-Meredith**, W40, with a one second out-of-first-place 1:39:21, won the masters titles, Mission Bay 25K, San Diego, CA, Nov. 9. **Carl Petersen** was the M65 winner in 2:03:36.

• **Eddy Hellebuyck**, M40, 17:58, and **Jean Herbert**, W45, 21:53, were first overall in the New Mexico Cross-Country 5K, Albuquerque, Nov. 10. **Jeff Miller**, M45, was second M40+ (21:19).

• **Dennis Simonaitis**, 40, Draper, UT, recorded a sensational third-place 29:38, Run to Feed the Hungry 10K, Sacramento, Nov. 28. The listed M40 U.S. record is 29:37 by **Eddy Hellebuyck** in 2001. **Linda Chock**, 40, Roseville, CA, was first of four W40+ under 40:00, with a 37:58. **Mo Bartley-Hacker**, 47, Cool, CA, was second in 38:21. **Robert Seidner**, 62, churned out a 39:49 to win the M60 race. **Mark Drake**, 46, Sacramento, in 16:41, and **Desiree Wilson**, 47, Sacramento, in 20:30, nabbed masters firsts. **Rusty Barnett**, 60, El Dorado Hills, CA, was fifth W40+ (24:50).

• Masters runners **John Spilman**, 40, Calabasas, CA, in 16:32, and **Rosalva Bonilla**, 40, Anaheim, CA, in 18:40, hastened to overall firsts, Disco Dash 5K, Agoura Hills, CA, Nov. 10. **Brett Darrington**, 41, 17:11, also of Calabasas, finished second overall. **Yoko Eichel**, 55, Woodland Hills, CA, was third W40+ (22:01).

• **Shirley Matson**, 62, Larkspur, CA, ran over the top at the Run to the Far Side 10K, San Francisco, Dec. 1. Her 41:13 eclipsed **Sister Marion Irvine's** U.S. single-age record of 44:05 (from 1992). In the 5K, **Barbara Miller**, 63, Modesto, CA, capered to 21:38, one second behind **Irene Herman**, 53, 21:37. **Robert Gormley**, 61, Moraga, CA, nipped **Charles Grant**, 60, 19:10 to 19:12, for M60 bragging rights.

• **Rick Fenno**, 45, Tucson, AZ, blazed to 1:11:41 for top M40 and third overall at the Tucson Marathon's Half-Marathon, Dec. 8.

• **Danny Reed**, 42, Laguna Niguel, CA, did double duty at the Dana Point (CA) Turkey Trot 10K and Masters 5K, Nov. 28. He gobbled up the masters titles in both races, 32:27, and then a 15:49, separated by less than two hours. In the 5K, **Dan Arsenault**, 40, Santa Ana, CA, 15:59, and **Mark Hulme**, 41, Tustin, CA, 16:04, kept Reed honest and made an exciting race of it. **Nolan Shaheed**, 53, Pasadena, CA, cruised in at 16:31. **Jeanne Lasse-Johnson**, 45, dashed to 17:21 for the women's win. **Edith Allen**, 91,

Laguna Hills, CA, celebrated her 91st Thanksgiving with a 46:14.

• **Helen Klein**, 80, set a new W80 marathon record of 4:31:32, Dec. 8, at the California International Marathon, Sacramento (old record **Ida Mintz** 5:10/1985). Under cool, calm conditions, Klein cruised over the familiar course upon which she set the U.S. W75 record 4:31:05 in 1998. "I felt good the whole way," she told the *Sacramento Bee*. "I had no problem." Klein set the W79 single-age record (4:38:12) last April at the Oklahoma City Marathon.

NORTHWEST

• **Jeff Hess**, 41, Eugene, OR, soared to a first-overall 15:37, and **Mary Macauley**, 40, Eugene, took the W40+ race in 20:00, Turkey Stuffer 5K, Eugene, Nov. 28. **Odin Sanders**, 43, Eugene, was second overall (15:45). **John Hepner**, 70, Eugene, won the M70+ division (22:13).

• **Tony Young**, 40, led the M40-49 Club NW to the team title with a 26:16, USATF Northwest Region 8K X-C Championships, Sandy, OR, Nov. 23. **Jenny Teppo**, 44, Team OR, was first master in the women's 5K with an 18:58. The Snohomish TC runners, with the first five in the M55 division headed by **Michael Allison**, 51, in 30:12, captured the M50-59 team first.

• **Jack Bray**, M70, set a U.S. record in the 5000 RW at the Huntsman World Senior Games, St. George, UT, Oct. 7-19. His 28:51.4 eclipsed the record set by **Jack Starr**, 29:05.46, in 1998.

• **Joan McGrath**, 40, 2:51:15, was the overall women's winner at the extremely hilly Seattle Marathon, Dec. 1.

CANADA

• **Emil Muller**, 67, M65 world HT champion (47:78), 14th Veterans Championships, retired since June 2002 from teaching PE for 45 years, started the indoor season with a 17.11 with the 20# weight, McGill U., Nov. 30.

INTERNATIONAL

• At the Free State Championships, Bloemfontein, **Magdalena Tomlinson**, W60, made an impressive start in her new age group by breaking four South Africa records: 80H, 200, 300H (61.5) and 400 (71.9).

• **M.-Leena Pariainen** (AUS), W55, broke her own world record of 50.56 in the hammer at the World Masters Games, Melbourne, Australia, Oct. 5-13, with a 51.30.

OBITUARIES

• **Dorly Brechbuehl**, a member of the Canadian Masters Athletics Association for 20 years, passed away recently at age 78. Before taking up athletics, she had been an ardent downhill and slalom skier in her native Switzerland. In addition to winning Canadian provincial and national titles, she set a world record for the W60 mile in 1985. She had competed internationally in

the U.S., Australia, South Africa, Finland, and Japan. She was also an active volunteer, as recently as September working at a track meet at York University.

• **Dick Green**, Rockford, Ill., passed away on Nov. 22, of cancer. He was 76. Green was the Masters Midwest Regional Coordinator for many years until 1992, and started the Midwest Masters T&F Club. In 1991, he directed Masters National Championships in Naperville, Ill. After a knee injury in 1992, he switched from running to cycling in which he holds U.S. and world records. He was proud of his achievement at age 18, when he won the Illinois State High School mile championship. He served with the Marines during and after WW II in the occupation of Japan. He attended Bradley U. and owned an insurance agency in Rockford for many years. He was a wonderful man.

— from *Harry Brown*

• **Ed Bost**, a long-time member of the Dallas Masters T&F Club, died on Nov. 23. He was 91. He had retired from competition several years ago, but had competed all over the world and still holds records at the Hill Country Classic. **Wayne Bennett**, writing in the November Dallas Masters T&F Newsletter, said, "He was personally responsible for recruiting a number of us into the sport. When he was 75, Bost said to me 'Get off that couch and come compete in the Senior Games and masters track.'" Bost and Dr. **Fred White** were instrumental in founding the Senior Games in Texas and served on the board of directors for many years.



JERRY WOJCIK

Vincent Struble, M50 Field Event Athlete of the Year.

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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 usually 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 8-9. USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367 (h); jwatry@gillathletics

March 28-30. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 28th. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org
May 27-June 9. Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsga.com; www.nationalseniorgames.org

June 13-14. USATF National Masters Decathlon/Heptathlon Championships, Charlotte, N.C. Dr. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278. 704-588-6885; gedwards@carolina.rr.com

August 7-10. 36th Annual USATF National Masters Championships, Hayward Field, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: nem@nwevent.com; Web site (after Jan. 5, 2003): www.eugenechamps.com

August 23-24. USATF National Masters Weight Pentathlon Championships, Colorado State U., Fort Collins. Jerry Bookin-Weiner, 1920 Navajo Dr., Fort Collins, CO 80525. 970-482-0616. jbbw@lamar.colostate.edu

September 6. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

EAST

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

January 5. Philadelphia Masters Indoor Meet, Swarthmore College, Swarthmore, Pa. Tom Yunker, Phillymasters@comcast.net; Kyle Mecklenborg, 215-393-1382.

January 5. Long Island Indoor Meet, Suffolk Community College. 516-349-9157; office@litf.org

January 5, 19. Indoor Meets, Prince George's Sports & Learning Complex, Landover, Md. Registration: 7:30 am. Melvin Fields, 301-583-2661; KEY8824@aol.com; Larry Colbert, 301-773-7769.

January 10. MAC Y/O/M Indoor Relay Carnival, Armory T&F Center, NYC.

www.mactrack.org

January 10-13. Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Ath. Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-3821.

January 12. New England Masters Championships, Brown U., Providence, R.I. Bob Rothenberg, 401-863-1041; office@usatfne.org; www.usatfne.org

January 12, 26. PVA Indoor Meets, Jefferson Community Center, Arlington, Va. Potomac Valley TC, 703-671-2520; http://pvtc.org

January 19. GBTC Invitational, Harvard U., Cambridge, Mass. M&W40+. Dash/200/400/800/mile/SP/WT. Jim O'Brien, GBTC, PO Box 380182, Cambridge, MA 02238-0182. 617-282-5537; www.gbtc.org; e-mail: j.g.obrien@att.net

January 25. 36th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+; M40+; prize purse for men and women's elite mile; bonus for M&W40+ record. 10:00 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(eve).

January 31. MAC Y/O/M Sprint/Distance Championships, Armory T&F Center, NYC. See Jan. 10.

February 1. adidas Boston Indoor Games, Masters Mile, Reggie Lewis Center, Boston. 617-353-2911; 617-566-7600; usatfne@ix.netcom.com

February 1. Millrose Games Masters Relays, MSG, NYC. Frank Schiro, 524 E. 5th St., #1, New York, NY 10009. 212-260-3141; email: DMargeta@aol.com

February 2. Indoor Meet, Prince George's Sports & Learning Complex, Landover, Md. Registration: 7:30 am. Melvin Fields, 301-583-2661; KEY8824@aol.com; Larry Colbert, 301-773-7769.

February 9. New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. M&W30+. Out-of-state welcome. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

February 9. PVA Indoor Meet, Jefferson Community Center, Arlington, Va. PVTC, 703-671-2520; http://pvtc.org

February 9. Long Island Indoor Meet, Nassau CC. Field events at Suffolk CC. 516-349-9157; office@litf.org

February 21. MAC Y/O/M Indoor Meet, Armory T&F Center, NYC. www.mactrack.org

February 22. Long Island Indoor Meet, SUNY, Farmingdale. See Feb. 9.

March 2. USATF Open Indoor Championships, Reggie Lewis Center, Boston. Masters men-3000 (entry standard 9:00)/women-200 (entry standard 28.5). Mark Cleary, 949-589-0242; runner-mark@cox.net; www.xro.com/Cleary.html

March 8. MAC O/M Championships,

Armory T&F Center, NYC. www.mactrack.org

March 8. Philadelphia Masters Indoor Championships, Haverford College. 3:30 pm. 55H, 55, mile, 400, RW, 800, 200, 3000, LJ, HJ, TJ, SP. No PV. No spikes or shoes that can hold spikes. Age-group awards. Tom Yunker, Phillymasters@comcast.net; Kyle Mecklenborg, 215-393-1382.

SOUTHEAST

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

January 19. South Trust Indoor Meet, Jackson Coliseum, Jackson, Miss. Masters run with college athletes (separate heats). \$10 unlimited events. Emil Pawlik, 11 Avery Circle, Jackson, MS 39211. 601-957-9435; www.dallasmasters.com

February 22-March 9. Polk Senior Games, Bartow, Fla. PSG, 515 East Boulevard St., Bartow, FL 33830. 863-533-0055.

March 1. Virginia Indoor Masters Championships, VMI Field House, Lexington. SASE to John Tucker, Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-458-8667; http://home.wlu.edu/~tucker/j

MIDWEST

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

January 26. Michigan Masters & Open Indoor Championships, Grand Valley St. U., Allendale. Jerry Baltes, GVSU, Office 97, Field House, Allendale, MI 49401. 616-895-3360. No phone or fax entries.

MID-AMERICA

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

January 18. Masters Events, Buena Vista U. Indoor Meet, Storm Lake, Iowa. Brett Carney, carney@bvuu.edu; Marek Wensel, WenselM@bvuu.edu

February 1, 15. Masters Events, Buena Vista U. Indoor Meet, Storm Lake, Iowa. Brett Carney, carney@bvuu.edu; Marek Wensel, WenselM@bvuu.edu

February 8-9. USATF Mid-America Regional Masters Indoor Championships, Colorado State U., Fort Collins. SP/WT/SW/HJ on 8th. jbbw@lamar.colorado.state.edu

March 2. USATF Colorado Indoor Championships, USAF Academy Field House, Colorado Springs. M&W30+ in 5-yr. age groups. Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907-6775. 719-635-1264; fax: 471-1663. Jim Weed, 303-469-5607; Jerry Bookin-Weiner, 970-491-5917.

March 7 or 8. Masters Events, Buena Vista U. Indoor Meet, Storm Lake, Iowa. Brett Carney, carney@bvuu.edu; Marek Wensel, WenselM@bvuu.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 1. USATF Southwest Regional Masters Indoor Championships/Texas Tech Meet, Lubbock. W35+/M40+. Paul Johnson, masters coordinator, 806-795-5226; fax: 795-0362; pjoh128034@aol.com. (See entry form on p.11.)

February 22. Waterloo Throwers Meet, Austin, Texas. lionswaterloo@earthlink.net

ON TAP FOR JANUARY

TRACK AND FIELD

The Dartmouth Relays, the first major indoor meet of the season, hosts masters on the 10th. New England Masters will vie for championship titles at Brown U., Providence, R.I., on the 12th. The Hartshorne Memorial Masters Mile goes off for the 36th time at Cornell U., on the 25th. The Michigan Masters Championships are set for the 26th at Grand Valley St. Other indoor action is available in Philadelphia; NYC; Boston; Portland, Ore.; Landover, Md.; and Arlington, Va.

LONG DISTANCE RUNNING

Offerings include the Gasparilla 15K, on the 4th, and the Hops Marathon, on the 5th, both in Tampa, Fla.; the Paramount 10K, near L.A., on the 11th; the Walt Disney World Marathon, Orlando, on the 12th; the Louisiana 30K Championships, New Orleans, on the 18th; the San Diego and Houston marathons on the 19th; and the San Francisco and Naples, Fla., half-marathons on the 26th.

RACEWALKING

Opportunities range from the 1500, mile, and 3000 indoors to the 5K and beyond outdoors. □

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 10-19. Sierra Vista Senior Games, Ariz. Danny Frasier, 520-417-6980.

January 10-February 26. Yuma Senior Games, Yuma, Ariz. Joe Cox, 928-343-8685.

January 18. King Weekend Weight Pentathlon, Citrus College, Glendora, Calif. Lloyd Higgins, 323-254-5473; throwfarcoach@cox.net

January 25. Team Thor USA Throwers Meet, UCSD, La Jolla, Calif. Open to all men and women age groups: Youth, Open, College, Masters. HT/WT/SW/DT. 1st event-\$10/2nd-\$5/3rd&4th - \$3 each. George Mathews, 6623 Santa Isabel, #115, Carlsbad, CA 92009. 760-602-9599; email: georgem@newlink.com

January 25. Arizona Developmental Meet, Phoenix. Bob Flint, USATF AZ, 480-949-1991; Pat Fahy, jpatfahy@aol.com

January 25-February 2. Tucson Senior Olympics, Tucson, Ariz. Patsy Sparks, 520-791-5915.

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February 1. USATF Arizona Regulation Meet (indoor), site TBA. Jpatfahy@aol.com

February 15-16. Arizona Senior Olympic State Games, ASU-Tempe. T-15th/F-16th. 602-261-8765.

February 16. Arizona Indoor Classic, Northern Arizona U., Flagstaff. Jpatfahy@aol.com

February 21-22. Palm Desert Senior Games, Palm Desert, Calif. 50+. 21st-5K; 22nd-T&F/RW; 23rd-10K. Deadline Jan. 20. 760-568-2560; www.cvrpd.org

March 8. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. SASE to Saddleback College, Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692. Mark Blethen, 949-582-4640.

NORTHWEST

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

January 25. Great Northwest Indoor Classic, Portland Expo Center. Masters in evening. www.usatforegon.org

February 1-2. Northwest Pole Vault Festival, Clackamas Community College, Oregon. www.racestats.net/wstc/events.htm

June 14. Inland Northwest Association Age-Group Championships, Pullman, Wash. Mike Hinz, 509-332-1168; hinz@pullman.co

June 21-22. Hayward Masters Classic, Eugene, Ore. Ruth BreMiller, 541-687-9675; brem@oregon.uoregon.edu; www.haywardclassic.com

June 28-29. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR. 503-666-8950; lstepan@yahoo.com

July 19. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

July 25-26. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

CANADA

March 8. Inaugural Canadian Masters Indoor Championships/34th Ontario Masters Championships, York, U., Toronto. douglasj.smith@sympatico.ca; 416-699-5818; www3.sympatico.ca/ontario.masters

INTERNATIONAL

February 15-16. BMAF National Indoor Championships, Glasgow, Scotland. www.bvaf.org.uk

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March 6-9. European Veterans Indoor Championships, San Sebastian, Spain.

June 7-8. BMAF National Championships, Derby, England. www.bvaf.org.uk

July 2-13. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

July 26-August 3. Pan Pacific Masters Games, Sacramento, Calif. www.panpacmastersgames.com

LONG DISTANCE RUNNING

NATIONAL

February 2. USATF National Masters Championships/3M Half-Marathon, Austin, Texas. Matt Fagan, 6801 River Place Blvd., Austin, TX 78726. 512-984-3277; fax: 984-3369; www.3M.com/races

February 15. USATF National Masters Winter Nationals 6K Cross-Country, Houston, Texas. Jon Warren, Rice U. Athletic Dept., PO Box 1892, Houston, TX 77251-1892. www.RiceOwls.com

May 10. USATF National Masters Championships/River Bank Run 25K, Grand Rapids, Mich. RBR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590; www.riverbankrun.com

May 24. USATF National Masters Championships/Ogden 20K, Wheeling, W. Va. Hugh Stobbs, 31 Oak Park Ave., Wheeling, WV 26003. 304-242-7322; fax: 242-8941; www.ogden20kclassic.com

May 31. USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

August 2. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. Scott McCoubrey, FootZone Capitol Hill, Seattle Running Co., Seattle, WA. 206-325-4800.

August 23. USATF National Masters Championships/Golden Gate Headlands 50K Trail Run, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-381-4363(e); 667-4257(d).

September 13. USATF National Masters Championships/Olander Park 100 Mile Run, Sylvania, Ohio. Tom Falvey, 5835 Hideaway Ln., Sylvania, OH 43560. 419-885-7399.

October 5. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www.twincitiesmarathon.org

October 11. USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org

November 2. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

November 15. USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 92067-8348.

November 23. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 7. USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

EAST

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

January 19. PSCI Icicle 10 Miler, Wilmington, Del. 302-654-6400; www.races2run.com

February 2. Maine TC Mid-Winter 10 Mile Classic, Cape Elizabeth. 207-892-4526; www.mainetrackclub.com

February 9. Valentine's 5K for the Homeless, Washington, D.C. 202-682-1005; www.rachels.org

February 15. Martha's Vineyard 20 Miler, Martha's Vineyard, Mass. 508-696-6203, x300; www.vineyard.net/org/mvmraces

February 15. George Washington Birthday 10K, Alexandria, Va. 703-683-1666; www.washingtonbirthday.net

February 23. Hyannis Marathon, Half-Marathon & 10K, Hyannis, Mass. 508-775-0413; BAEvents@aol.com

March 16. St. Patrick's Day 10K & 2 Mile, Yorktown Heights, N.Y. Jack Brennan, 914-763-9023; www.runner.org. Only race with a whiskey (Jameson's Irish) stand at the finish.

March 23. Washington DC Marathon. www.washingtondcmarathon.com

SOUTHEAST

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

January 4. Bank of America Gasparilla 15K & 5K, Tampa, Fla. 813-229-7866; www.Tampabayrun.com

January 5. Hops Marathon by Tampa Bay, Tampa, Fla. 813-229-7866; www.Tampabayrun.com

January 12. Walt Disney World Marathon & Half-Marathon, Orlando, Fla. 407-869-1100; disneyworldsports.com

January 18. Charlotte Observer Marathon & 10K, Charlotte, N.C. 704-333-3688; www.runforpeace.active.com

January 18. Park Avenue 5K, Winter Park, Fla. 407-898-1313; www.trackshack.com

January 25. Panther Pride 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

January 25. Matanzas 5000, St. Augustine, Fla. 904-797-7575.

January 26. Naples Half-Marathon, Naples, Fla. Perry Silverman, 239-262-5653; email: PSilverman@aol.com; Naplesnews.com

February 1. IMC-Peace River 5K Cross-Country, Barlow, Fla. 653-534-4340.

February 2. Miami Tropical Marathon, Miami, Fla. 305-278-8668; www.miamitropicalmarathon.com

February 9. Mercedes Marathon & Half-Marathon, Birmingham, Ala. 800-266-5426; www.mercedesmarathon.com

February 16. Florida Gulf Beaches Marathon, Relay & 5K, Clearwater. 727-347-4440; www.floridamarathon.com

February 22. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC 29578-8780. 843-293-7223; www.DoltSports.com

February 22. Outback Steakhouse, Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

February 23. Blue Angel Marathon, Naval AS, Pensacola, Fla. 850-452-3806, x313/340; www.mwrpcola.navy.mil

March 8. Gate River Run 15K/USATF Championship, Jacksonville, Fla. Limited to 9000. www.1stplacesports.com

March 15. Shamrock Sportsfest Marathon & 8K, Virginia Beach, Va. 757-496-5183; www.shamrockmarathon.com

March 22. Azalea Trail Run 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

MIDWEST

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

January 4. Festival of Lights 5K, Ann Arbor, Mich. 734-482-4388.

January 4. Siberian Express 7.6 Mile European Cross-Country, Kickapoo State Park, Ill. 217-431-4243.

January 25. Bigfoot Snowshoe Boogie 5K & 10K, Traverse City, Mich. 231-933-9242; www.runsnow.com

February 22. George Rogers Clark 10 Mile, Vincennes, Ind. 842-886-1555.

MID-AMERICA

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

January 18. Freeze Yer Gizzard Blizzard 10K & 5K, International Falls, Minn. www.iceboxdays.com

February 1. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, Minn. 651-223-4700; www.wintercarnival.com

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SOUTHWESTArkansas, Louisiana, Mississippi,
Oklahoma, Texas

January 18. Louisiana 30K Championships, New Orleans. NOTC, 504-482-6682; www.runNOTC.org

January 19. hp Houston Marathon & Half-Marathon, Houston, Texas. 713-957-3453; www.hphoustonmarathon.com

February 16. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 504-454-8687; www.mardigrasmarathon.com

February 16. Motorola Marathon & Half-Marathon, Austin, Texas. 1-877-601-6686; www.MotorolaMarathon.com

February 22. Cowtown Marathon & 10K, Fort Worth, Texas. 817-735-2033; www.cowtownmarathon.org

March 1. 5th annual Nextel Mardi Gras Mambo 10K & Mile Fun Run, Baton Rouge, La. 225-382-3596; www.nextelmardigrasambo10k.com

March 8. Bayou City Classic 10K, Houston, Texas. bayoucityclassic.org

WESTArizona, California, Hawaii, Nevada,
New Mexico

January 11. Paramount 10K, Paramount, Calif. (L.A. suburb). Finish Line International, 714-841-5417; www.nealand.com/finishline

January 19. San Diego Marathon & Half-Marathon, Carlsbad, Calif. 888-792-2900; www.inmotionevents.com

January 25. Bakersfield Half-Marathon, Bakersfield, Calif. 661-589-7882; www.geocities.com/bakersfieldtrackclub

January 26. Home Depot San Francisco Half-Marathon. 415-333-4780; www.pamakids.org

February 1. Carrot Festival 5K & Mile, Holtville, Calif. Gary Rust, 708 E. 5th St., Holtville, CA 92250. 760-356-1262.

February 2. Davis Stampede Half-



TESH TESHIMA

Jeannie Wokasch, 40, second female overall (90:01), Hawaiian Half-Marathon, Honolulu.

Marathon, Davis, Calif. 530-757-2012; www.changeofpace.com

February 2. Firecracker 5K & 10K, Los Angeles. 323-256-1363; www.firecracker10k.org

February 2. Las Vegas Marathon & Half-Marathon. Phone/fax: 702-876-3870; www.lvmarathon.com

February 8. Great American Adventure Run 2.8 & 4.8 Mile Cross-Country, Huntington Beach, Calif. Finish Line International, 714-841-5417; www.nealand.com/finishline

February 16. Palm Springs Half-Marathon, Palm Springs, Calif. 760-320-1341; www.kleinclarksports.com

March 2. Honda L.A. Marathon XVIII, Los Angeles. 310-444-5544; www.lamarathon.com

March 2. Sutter Home Napa Valley Marathon/RCAA National Championships, Napa Valley, Calif. Dave Hill, PO Box 4307, Napa, CA 94558-0430. 707-255-2609.

March 9. Valley of the Sun Marathon & Half-Marathon, Phoenix, Ariz. 480-657-5373; www.valleyofthesunmarathon.com

March 23. Big Island International Marathon, Half-Marathon, & 3.1 Mile, Hilo, Hawaii. Sharron Joseph, 808-969-7400; www.runhawaii.com

INTERNATIONAL

January 17-19. Bermuda International Marathon, Half-Marathon, 10K, & Invitational Mile. 441-236-6086; www.bermudatrackfield.com

February 23. World's Best 10K, San Juan, Puerto Rico. 787-767-2000; fax: 763-2000; www.worldbest10k.com

March 16. Barcelona Marathon, Barcelona, Spain. 617-242-7845; www.marathonontour.com

November 16. WMA 10K Championships, Zan-en Dam, Taipei. www.iau.org.tw

RACEWALKING

January 19. WCLA 42nd annual 10 Mile Handicap & Richard Oliver Memorial 5K RW, Rose Bowl, Pasadena, Calif. Carol

Ferris, 818-243-8818; caferis@earthlink.net
March 30. USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See National T&F Schedule.

April 6. USATF National Masters One-Hour RW Championships, Boca Raton, Fla. Bob Cella, 945-921-9190.

June 1. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-457-0304.

August 7-10. USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.

September 14. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 20. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-578-2061.

October 19. USATF National Masters 50K RW Championships, Hauppauge, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.

November 23. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN. 2003

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
IGOR ASTAPKOVICH (BLG)	1- 4-63	40-44
DAVID ASHFORD (BUFFALO GROVE, IL)	1-24-63	40-44
JAYNE HARDY (AUS)	1-25-63	40-44
ANGELIKA ANTON (GER)	1-28-63	40-44
VIRGINIA MITCHELL (GBR)	1-29-63	40-44
MARINA PROTZ (GER)	1- 2-58	45-49
APRIL POWERS (CORTE MADERA, CA)	1- 8-58	45-49
KEN JANSSON (WICHITA, KS)	1-20-58	45-49
SERGEY LITVINOV (RUS)	1-23-58	45-49
YELIZAVETA CHERNYSHOVA (RUS)	1-26-58	45-49
STEPHEN WINKEL (MEMPHIS, TN)	1-29-58	45-49
JOE FABRIS (CA)	1-30-58	45-49
KEITH WITHERSPOON (US)	1- 2-53	50-54
WOLFGANG RITTE (GER)	1- 7-53	50-54
LYNNE CHOATE (AUS)	1-14-53	50-54
HELENA RANTAKARI (FIN)	1-15-53	50-54
MARY RYAN (MA)	1-19-53	50-54
KAZIMIERZ JANKOWSKI (POL)	1-20-53	50-54
KATE FULKERSON (DURHAM, NC)	1- 4-48	55-59
INGE FALDAGER (DEN)	1- 8-48	55-59
ANA GOLDMANN (ARG)	1-10-48	55-59
MICHAEL CLERIHUE (IRL)	1-11-48	55-59
BOB SAGER (US)	1-14-48	55-59
PENNY HUNT (NZL)	1-18-48	55-59
ARILD BUSTERUD (NOR)	1-26-48	55-59
LIZ MCBLAIN (CAN)	1-30-48	55-59
LILLY BATIK (AUT)	1- 2-43	60-64
BILL STEWART (ANN ARBOR, MI)	1- 6-43	60-64
GUN JOHANSSON (SWE)	1- 6-43	60-64
BILL ANGUS (SALEM, OH)	1-14-43	60-64
LARRY SALLINGER (ORANGE, CA)	1-17-43	60-64
MARK CHAPMAN (CAT SPRING, TX)	1-18-43	60-64
GEAN HEMMING (CAN)	1-18-43	60-64
STEVE ROGERS (TOPEKA, KS)	1-20-43	60-64
WOLF BIALONCZYK (AUT)	1-25-43	60-64
KEIKO UCHIDA (JPN)	1-26-43	60-64
JAMES CAWLEY (AUSTIN, TX)	1-28-43	60-64
STEPHEN ROBBINS (SEATTLE, WA)	1-31-43	60-64
NANDA RAJAPAKSE (SRI)	1-31-43	60-64
MASON O'NEIL (NEW YORK CITY, NY)	1- 2-38	65-69
ANNE VANDERHOFF (BOTHELL, WA)	1- 2-38	65-69
BOB WARREN (OTTUMWA, IA)	1- 6-38	65-69
RUSSELL KIERNAN (CA)	1- 8-38	65-69
FAY BRADLEY (WASH., DC)	1-13-38	65-69
GARY BANE (ANAHEIM, CA)	1-15-38	65-69
BARBARA TURBOTT (NZL)	1-16-38	65-69
DON CLAXTON (GBR)	1-19-38	65-69
MARYLIN PAUL (PORTLAND, OR)	1-20-38	65-69
REIKO NARUICHI (JPN)	1-28-38	65-69
WILLIAM ADLER (WOODLAND HILLS, CA)	1- 2-33	70-74
HENRY KUPCZYK (CAN, NASHVILLE, TN)	1- 2-33	70-74
HIDEKO KOSHIKAWA (JPN)	1- 2-33	70-74
SYDNEY CLARKE (GBR)	1- 5-33	70-74
PHIL MULKEY (ATLANTA, GA)	1- 7-33	70-74
SUSAN MEANS (MCMINNVILLE, OR)	1- 7-33	70-74
BILL CLARK (SICKERVILLE, NJ)	1- 8-33	70-74
ALASTAIR WOOD (GBR)	1-13-33	70-74
GEORGE GLUPPE (CAN)	1-19-33	70-74
BOB BILLINGS (EL CENTRO, CA)	1-21-33	70-74
WILLIAM WOLF (MINNETONKA, MN)	1- 1-28	75-79
AKHMET SIRAZIEV (RUS)	1- 3-28	75-79
MILDRED ROSS (US)	1- 4-28	75-79
MARTHEL VON DER BERGE (GER)	1- 6-28	75-79
RON FRANKLIN (GBR)	1- 7-28	75-79
VELTA TOMSONS (CAN)	1- 7-28	75-79
DONALD PICKETT (TIBURON, CA)	1-11-28	75-79
ARNIE GAYNOR (ORANGE, CA)	1-19-28	75-79
MARIA MELANIA DOS SANTOS (POR)	1-19-28	75-79
ELIZA DALZELL (MURRELLS INLET, SC)	1-19-28	75-79
WILLIAM PHILLIPS (SAN DIEGO, CA)	1-22-28	75-79
ALICE GOMES COELHO (BRA)	1-23-28	75-79
HEINRICH ARIANS (GER)	1-26-28	75-79
KEN CARMAN (GARDEN CITY, MI)	1-29-28	75-79
DENISE ROGERS (ST. LOUIS, MO)	1-11-23	80-84
BILL NICHOLSON (NZL)	1-13-23	80-84
ANNA MANGLER (GER)	1-14-23	80-84
FLORENCE RUTLEDGE (ST. LOUIS, MO)	1-21-23	80-84
LORE EIFLER (GER)	1-28-23	80-84
FLORENCE FAWLEY (WESTERVILLE, OH)	1-29-23	80-84
DOT CALLAN (HI)	1- 4-18	85-89
HAROLD SMITH (GBR)	1- 5-18	85-89
PRISCILLA LIBBY (LOS ANGELES, CA)	1-12-18	85-89
JOHN LAFFERTY (SAN DIEGO, CA)	1-14-18	85-89
FRANZ MEIER (SWI)	1-21-18	85-89
CLARENCE KILLION (DINUBA, CA)	1-26-18	85-89
KATHARINE GRADICK (MARATHON, FL)	1-30-18	85-89
FRED WHITE (DUNCANVILLE, TX)	1- 3-13	90-94
JOHN BOWLES (AUS)	1-13-13	90-94
WILLIAM BROBSTON (SAUGERTIES, NY)	1-13-13	90-94
HANNA GELBRICH (GER)	1-19-13	90-94
FENYA CROWN (BEVERLY HILLS, CA)	1-25-13	90-94

Compiled by Pete Mundle, Masters T&F Records Coordinator



JERRY WOJCIK

Mark Billett, first M45, (28:01), USATF NW Regional 8K Championships, Sandy, Ore., Nov. 23.

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39
Steven Bunn 55m I 6.43 1-12-02

M40-44
Bryan Stewart SP 13.81 4-20-02

M50-54
Kelth Mathis HJ 5-3 10-2-02

M55-59
Hank Konen D 49.01 8-8, 11-02
Tom Rauscher PV 11-6 10-3-02
Frank Ruhle H 38.22 8-3-02
Doug Spencer 100 12.46 9-21-02
200 25.53 9-21-02

M60-64
Tom Imming LJ 15-10 1/4 10-8-02
TJ 30-8 1/2 10-9-02
HJ 4-10 10-9-02
PV 9-6 10-9-02
TJ 9.84 1-14-02
Dec 4793 6-1-02
LJ 15-1 1/2 8-11-02
D 140-0 7-18-02
100 12.78 9-21-02
200m 26.25 9-21-02

M65-69
Witold Blalokur Mile 5:34.5 9-28-02
James Koch WT 14.08 4-21-02
WP 3283 4-21-02
SP 13.32 8-7-02

M70-74
Jack Keener 5K 22:57 4-21-02
800 3:03.43 5-29-02
1500 6:20.02 5-29-02
3000 13:24 9-7-02
300 hh 64.46 7-01
Bill Pardue
W45-49
Angie Mlyashiro 5000 19:16.07 8-9-02
10000 39:40.30 7-4, 14-01

W50-54
Barbara Spannaus 5000 22:45.78 6-15-02

U.S. MASTERS ALL-AMERICAN STANDARDS

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	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	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	27.9	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	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
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	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
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	6-3/4	5-9/16	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/16	3-3/4	2-7/8	
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	
	14-5/16	13-5/16	12-11/16	12-1 1/16	11-7/16	10-0	8-10/16	7-10/16	7-6/16	6-6/16	5-10/16	4-3/16	
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	20-1/4	19-2/4	18-4/16	17-8/16	16-1/4	14-9	13-9/16	12-5/16	10-11/16	9-4/16	7-2/16	
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	
	43-3/4	41-4/16	37-8/16	35-5/16	34-1/16	31-2	29-2/16	26-11	22-10	21-4	19-6	19-5/16	
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	42-11/16	39-4/16	42-0	37-8/16	36-1/16	29-6/16	26-3	19-8/16	
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	85-4	72-2/16	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	65-7/16	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	62-4	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	45-11/16	42-8	39-4/16	32-9/16	29-6/16			19-8/16	16-4/16	13-1/16	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8/16	32-9/16	29-6/16	23-11/16	17-4/16	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6/16	27-10/16	26-3	19-8/16	18-1/16	16-4/16	14-9	11-5/16	9-10	8-2/16	6-6/16	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
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: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-39: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-39: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 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

	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

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
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 ALL-AMERICAN STANDARDS

FOR WOMEN

FOR WOMEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
1 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18- 1/2	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9 1/2	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17-7 1/2	14-1 1/2
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59- 1/2	52-6	45-11 1/2	42-8	36-1 1/2
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59- 1/2	45-11 1/2	39-4 1/2	29-6 1/2
20#Wt.	10.00	9.00	8.00	7.01							
	32-9 1/2	29-6 1/2	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11 1/2	19-8 1/2	18-2	17-0	16-4 1/2	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8 1/2	18- 1/2	16-4 1/2	17-2 1/2	16-4 1/2	15-7	14-9	13-1 1/2	11-5 1/2	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Finger Lakes Runners Club Indoor Meet

Cornell U., Ithaca, NY; Dec. 8

55m

M35 Sean McKinnie	6.93
M40 Eric Maki	8.01
M45 Adam Mozeleski	7.46
M50 Paul Greenberg	8.07

400m

M30 Gary Hurta	56.24
M35 Sean McKinnie	55.33
M40 Eric Maki	1:01.29
M50 Paul Greenberg	1:07.12

1500m

M30 Skip Strobel	4.43
M40 Casey Carlstrom	4.40
M45 Bob Carroll	4.22
M50 James Miner	5.52
M55 Bob Dattola	6.06
W30 Karen Grover	5.50
W35 Rebecca Heuer	4.54
W40 Susan Munson	5.10
W40 Marie Fitzsimmons	6.09
W50 Diane Sherrer	6.29

2 Mile

M30 Skip Strobel	10:58
M35 John Trowse	9.43
M40 David Huse	10:50
M45 Bob Carroll	10.16
M50 Bill Taylor	14:40
M55 Herb Engman	11:58
W35 Rebecca Heuer	11:35
W40 Susan Munson	11:38
W45 Suzanne Myette	11:37

SOUTHEAST

Gene Whipp Sports Center Track & Field Meet

Clearwater FL; Oct. 12

100m

M30 John Burke	11.82
Corey Bailey	12.12
M45 Steve Terrell	15.35
M60 Bill Wheelock	15.23
M65 Ernesto Perez	14.93
M75 Bob Voegel	21.14
M85 Nat Heard	18.39

200m

M30 John Burke	24.23
Jeff Krause	25.00
Corey Bailey	25.51
M45 Doug Malmby	29.37
Steve Terrell	32.53
Peter Blank	35.23
M60 Bill Wheelock	30.95
M65 Ernesto Perez	34.95
M85 Nat Heard	48.42

400m

M30 Jeff Krause	56.71
M45 Boug Malmby	68.36
M60 Bill Wheelock	78.02
M65 Ernesto Perez	91.14

800m

M50 Frank Lock	3:44.86
M65 Ernest Perez	3:47.96
M75 Carl Hammen	4:27.90

1500m

M45 Peter Blank	5:53.14
M50 Frank Lock	7:21.22
M75 Carl Hammen	8:59.79

1600m

M45 Peter Blank	6:27.39
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Shot Put

M30 Jeff Krause	32'09"
M70 Pay Carstensen	35'0"
M75 Dick Mulkern	30'08"
Bob Voegel	25'07"
M85 Nat Heard	14'10"
W35 Lisa Burke	12'02"

Hammer Throw

M70 Pay Carstensen	133'1"
M75 Dick Mulkern	90'7"
Bob Voegel	57'3"
M85 Nat Heard	5'11"

Javelin

M30 Jeff Krause	41.09
M45 Jesus Virella	44.66
M70 Pay Carstensen	24.85

M75 Dick Mulkern	25.77
Bob Voegel	19.00

16lbs. Weight Throw

M70 Pay Carstensen	51'10"
M75 Dick Mulkern	36'03"

Discus

M30 Jeff Krause	34.10
M40 Scott Brauley	23.19
M70 Pay Carstensen	26.42
M75 Dick Mulkern	30.13
Bob Voegel	19.00

MID-AMERICA

University of Northern Colorado Weight Pentathlon

Greeley; Oct. 6

HT/SP/DJ/TWT

Paul Barrett	35	3593
54.10/12.64/45.30/54.50/14.71		
Byron Tucker	35	3122
46.46/12.19/36.95/58.69/11.07		
Ian Percy	57	4186
42.94/12.43/44.19/39.35/17.12		
Vern Spencer	67	3678
37.91/9.68/35.80/22.28/14.62		
Frank Bowles	81	3990
20.74/9.58/25.38/29.42/4.06		

WEST

Nevada Senior Olympics

Las Vegas; Oct. 5-6

50m

M50 Kevin Christensen	7.52
Christopher Jensen	7.72
M55 Vic Boylhart	7.65
William White	8.75
William Turnbull	8.76
M60 Steve Bowles	7.83
Lowell Thompson	7.94
Richard Rinaldo	8.60
M65 William Bittner	7.83
Joe Stigers	8.20
Richard Glasgow	8.50
M70 Norm Lesage	8.80
Andy Anderson	8.82
M75 Vernon Reigier	9.62
Rudi Ardesch	10.12
Floyd Wilcox	10.26
W50 Christine Jones	13.40
W55 Judith Blair	9.20
Opal Woods	12.61
W60 Ingeborg Siegers	11.82
W65 Dee Anne Janne	10.20
Nina Wood	10.21
Ennen Brannigan	10.95
W70 Georgie Saavedra	10.89
Louise Martin	14.20
M75 Traudel Thielekne	10.24
Fran Rutledge	14.26

100m

M50 Christopher Jensen	12.87
Kevin Christensen	13.10
M55 Vic Boylhart	13.27
Leonard Turnbull	13.93
M60 John Ross	13.02
Steve Bowles	13.16
Lowell Thompson	13.83
M65 William Bittner	13.46
Delos Eyer	14.33
Richard Glasgow	14.73
M70 Vern Schewe	14.73
Andy Anderson	15.09
Norm Lesage	15.36
M75 Rudi Ardesch	17.41
Floyd Wilcox	18.75
Horst Langer	21.62
W55 Judith Blair	17.36
W65 Nina Wood	19.20
Dee Ann Janne	19.33
Sue Reaume	20.50
W70 Brigitte Langer	19.90
Georgie Saavedra	20.60
Barbara Moore	25.00
W75 Traudel Thieleken	18.50

200m

M50 Christopher Jensen	26.37
Kevin Christensen	26.73

M55 Vic Boylhart	26.73
Warren Lieberman	27.20
M60 John Ross	26.57
Steve Bowles	27.44
Barry Adams	28.47
M65 Spencer Parrish	31.06
Joe Stigers	34.30
Dale Bessey	34.40
M70 Vern Schewe	31.02
Andy Anderson	31.79
Loren Monroe	32.92
M75 Horst Langer	49.94
W55 Judith Blair	37.41
W65 Nina Wood	43.05
Sue Reaume	44.56
W70 Brigitte Langer	44.55
Barbara Moore	54.53
Louise Martin	1:03.74

400m

M50 Christopher Jensen	58.19
Gene Iwen	1:02.87
M60 John Ross	59.50
Berry Adams	1:03.20
Jim Francis	1:03.63
M65 Spencer Parrish	1:17.39
Dale Bessey	1:18.29
John Radocha	2:16.52
M70 Dave Bernal	1:14.10
James vanTatenhove	1:15.97
M75 Rudi Ardesch	1:26.70
M80 Frank Lackay	2:05.40
W70 Brigitte Langer	2:06.51

800m

M50 Jim Gallen	2:21.80
Robert Qualis	2:34.51
M55 John Nollette	2:43.82
Jerry Whitten	3:45.28
M60 Jim Madonna	2:47.42
M65 Dale Bessy	3:43.88
John Radocha	4:37.38
M70 James vanTatenhove	3:09.28
M75 Horst Langer	4:46.78
M80 Frank Lackey	4:57.09
W50 Christine Jones	4:30.78
W55 Opal Woods	3:31.61
W60 Ingeborg Siegers	3:58.21
W80 Marybell Russell	5:44.59

1500m

M60 Barry Adams	5:15.20
Jim Madonna	5:55.20
M65 Dale Bessey	7:54.20
M70 James vanTatenhove	6:11.90
Dave Bernal	6:14.50
Thomas Buck	8:11.00
M75 Horst Langer	9:34.10
M80 Frank Lackey	9:54.70
W60 Ingeborg Siegers	7:54.70

High Jump

M50 James Saures	5-8.75
Gene Iwen	4-4
Tom Jones	4-0
M55 John Perkins	4-9
Glenn Palmer	4-4
Bruce Long	4-2
M60 Dwaine Horton	4-9
Marvin Connelly	4-6
Kenneth Medlwy	4-4
M70 Loren Monroe	4-4
Alan Raynor	3-10
Donald Vann	3-10
M75 Horst Langer	3-4
Jim Haynes	3-4
W60 Ingeborg Siegers	3-4.75
W70 Brigitte Langer	3-2.50

Pole Vault

M55 Matti Kilpelainen	12
James Mick	10-6
Bruce Perkins	10
M60 Mardon Connelly	10-6
David Servis	10
Alex Meyer	6
M65 John Steinman	8-6
David Gray	7-6

Long Jump

M50 Gene Iwen	16-9.25
Kevin Christensen	14-11.75
Tom Jones	10-11
M55 Vic Boylhart	15-6
John Perkins	12-6
Warren Lieberman	10-10.75
M60 John Ross	16-2
Kenneth Medlwy	9-0.50
David Servis	14-5.25
M65 Jack Janne	9-10
M70 Loren Monroe	13-9
Gus Salazar	11-2.75

Alan Raynor	10-7.50
M75 Horst Langer	9-10.75
M80 Hugh Hackett	8-4.25
W60 Ingeborg Siegers	10-0.25
W65 Sue Reaume	8-7
Dee Anne Janne	8-7
Ellen Brannigan	6-7.75
W70 Louise Martin	9-5.75
Brigitte Langer	8-6.25
Barbara Moore	6-7
W75 Fran Rutledge	4-6

Triple Jump

M50 Gene Iwen	30-8
Tom Jones	23-3.75
M55 John Perkins	27-7.50
Warren Lieberman	22-7.50
M60 Kenneth Medley	30-1.50
M65 Jack Janne	17-1.50
M70 Loren Monroe	23-3.75
Alan Raynor	22-1.50
M75 Horst Langer	21-2.50
M80 Hugh Hackett	17-8
W65 Dee Anne Janne	15-1
W70 Barbara Moore	14-10.75

Shot Put

M50 James Hadley	44-0.75
Jagtar Singh	35-7.75
Stephen Weeks	35-1.25
M55 Glenn Palmer	40-10.50
George Mathews	39-6.50
F Onorato-Erickson	38-9.75
M60 Gene Thacker	42-8
Riley O'Neil	40-3.50
Alex Meyer	38-10.25

Discus

M65 Paul Lissy	39-8
Bob Humphreys	38-9
Armand Zahn	36-5.25
M70 Doug Tomlinson	36-10.25
Gus Salazar	32-10
Howard White	31-1
M75 Jim Hayes	24-5
Kenneth Yahiro	23-9.50
Gee Gee Toscano	19-1.50

Hammer

M80 Roger Hall	2105.50
Hugh Hackett	20-3.25
M85 John Polish	19-2.75
M50 James Hadley	134-10
James McEvoy	108-3
Jagtar Singh	98-4

100m

M55 Glenn Palmer	116-4
Jeffrey Polish	81-8
Kenneth Baker	78-5.75
M60 George Soule	122-9
Reilly O'Neil	121-9
Dick Dow	121-8
M65 Bob Humphreys	152
Armand Zahn	115-3
Bob Ferrier	86-10

200m

M70 Grove Bolles	126-9
Howard Waite	84-5
M75 Kenneth Yahiro	72
Gee Gee Toscano	60-1
Jim Hayes	56-1
M80 Hugh Hackett	62-5
M85 Roger Hall	58-6
John Polish	48-9
W50 Lynn Balfant	49-11
W55 Ingrid Mancini	65-10
W65 Ellen Brannigan	56-4
Georgie Saavedra	35-3

400m

M50 John Tomaschke	1:00.0
Ivory Scott	1:01.8
Daniel Touchstone	1:08.7
M55 Larry Barnum	57.4
M60 Jim Lyons	1:19.4
M65 Ray Archibald	1:52.7
M70 Jim Selby	1:15.8
Don Leis	1:30.2
Anthony Nasralla	1:38.1

500m

W55 Lynn Naftel	1:09.2
W60 Sally Switz	1:40.5
W65 Patricia Willis	2:26.4

800m

M55 Larry Barnum	2:18.8
Gary Hall	2:25.5
M60 John Weidinger	2:54.6
Jim Lyons	3:04.9
M65 Ray Archibald	3:47.8
Donald Nickles	4:08.2
M70 Jim Selby	2:57.6
M75 Louis Beadle	3:27.9
W60 Ann Austin	4:44.9
1500m	
M55 Gary Hall	5:06.8

M85 John Polish	36-5
W65 Dee Anne Janne	69-5
Ellen Brannigan	43-8
W70 Georgie Saavedra	48-1

Southland Senior

Long Beach, CA; Oct. 26- Nov. 10

50m

M55 N/A	
N/A	
Ron Muranaka	8.0
M60 Ernest Gopez	7.2
Karl Thorpe	8.0
Richard Wilcox	11.6
M65 Delos Eyer	7.5
Noel Hackworth	8.1
Alan Harrow	8.3
M70 Tom Enomoto	7.0
Jim Sothy	8.1
Frank Kishi	8.7
M75 Dewey Vroom	8.0
Thomas Pico	9.6
Ray Crawford	9.8
M85 William Morales	9.3

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Finger Lakes Runners Club
Indoor Meet
Cornell U., Ithaca, NY; Dec. 8

55m	
M35 Sean McKinnie	6.93
M40 Eric Maki	8.01
M45 Adam Mozeleski	7.46
M50 Paul Greenberg	8.07

400m	
M30 Gary Hurta	56.24
M35 Sean McKinnie	55.33
M40 Eric Maki	1:01.29
M50 Paul Greenberg	1:07.12

1500m	
M30 Skip Strobel	4:43
M40 Casey Carlstrom	4:40
M45 Bob Carroll	4:22
M50 James Miner	5:52
M55 Bob Dattola	6:06
W30 Karen Grover	5:50
W35 Rebecca Heuer	4:54
W40 Susan Munson	5:10
W40 Marie Fitzsimmons	6:09
W50 Diane Sherrer	6:29

2 Mile	
M30 Skip Strobel	10:58
M35 John Trowse	9:43
M40 David Huse	10:50
M45 Bob Carroll	10:16
M50 Bill Taylor	14:40
M55 Herb Engman	11:58
W35 Rebecca Heuer	11:35
W40 Susan Munson	11:38
W45 Suzanne Myette	11:37

SOUTHEAST

Gene Whipp Sports Center
Track & Field Meet
Clearwater FL; Oct. 12

100m	
M30 John Burke	11.82
Corey Bailey	12.12
M45 Steve Terrell	15.35
M60 Bill Wheelock	15.23
M65 Ernesto Perez	14.93
M75 Bob Voegel	21.14
M85 Nat Heard	18.39

200m	
M30 John Burke	24.23
Jeff Krause	25.00
Corey Bailey	25.51
M45 Doug Malmby	29.37
Steve Terrell	32.53
Peter Blank	35.23
M60 Bill Wheelock	30.95
M65 Ernesto Perez	34.95
M85 Nat Heard	48.42

400m	
M30 Jeff Krause	56.71
M45 Doug Malmby	68.36
M60 Bill Wheelock	78.02
M65 Ernesto Perez	91.14

800m	
M50 Frank Lock	3:44.86
M65 Ernesto Perez	3:47.96
M75 Carl Hammen	4:27.90

1500m	
M45 Peter Blank	5:53.14
M50 Frank Lock	7:21.22
M75 Carl Hammen	8:59.79

1600m	
M45 Peter Blank	6:27.39

Shot Put	
M30 Jeff Krause	32'09"
M70 Pay Carstensen	35'0"
M75 Dick Mulkern	30'08"
Bob Voegel	25'07"
M85 Nat Heard	14'10"
W35 Lisa Burke	12'02"

Hammer Throw	
M70 Pay Carstensen	133'1"
M75 Dick Mulkern	90'7"
Bob Voegel	57'3"
M85 Nat Heard	5'11"

Javelin	
M30 Jeff Krause	41.09
M45 Jesus Virella	44.66
M70 Pay Carstensen	24.85

M75 Dick Mulkern	25.77
Bob Voegel	19.00

16lbs. Weight Throw
M70 Pay Carstensen 51'10"
M75 Dick Mulkern 36'03"

Discus	
M30 Jeff Krause	34.10
M40 Scott Brauley	23.19
M70 Pay Carstensen	26.42
M75 Dick Mulkern	30.13
Bob Voegel	19.00

MID-AMERICA

University of Northern Colorado
Weight Pentathlon
Greeley; Oct. 6

HT/SP/D/T/J/M/T	
Paul Barrett	35
54.10/12.64/45.30/54.50/14.71	
Byron Tucker	35
46.46/12.19/36.95/58.69/11.07	
Ian Percy	57
42.94/12.43/44.19/39.35/17.12	
Vern Spencer	67
37.91/9.68/35.80/22.28/14.62	
Frank Bowles	81
20.74/9.58/25.38/29.42/1.06	

WEST

Nevada Senior Olympics
Las Vegas; Oct. 5-6

50m	
M50 Kevin Christensen	7.52
Christopher Jensen	7.72
M55 Vic Boylhart	7.65
William White	8.75
William Turnbull	8.76
M60 Steve Bowles	7.83
Lowell Thompson	7.94
Richard Rinaldo	8.60
M65 William Bittner	7.83
Joe Stigers	8.20
Richard Glasgow	8.50
M70 Norm Lesage	8.80
Andy Anderson	8.82
M75 Vernon Reigier	9.62
Rudi Ardesch	10.12
Floyd Wilcox	10.26
W50 Christine Jones	13.40
W55 Judith Blair	9.20
Opal Woods	12.61
W60 Ingeborg Siegers	11.82
W65 Dee Anne Janne	10.20
Nina Wood	10.21
Ennen Brannigan	10.95
W70 Georgie Saavedra	10.89
Louise Martin	14.20
M75 Traudel Thielekne	10.24
Fran Rutledge	14.26

100m	
M50 Kevin Christensen	12.87
Kevin Christensen	13.10
M55 Vic Boylhart	13.27
Leonard Turnbull	13.93
M60 John Ross	13.02
Steve Bowles	13.16
Lowell Thompson	13.83
M65 William Bittner	13.46
Delos Eyer	14.33
Richard Glasgow	14.73
M70 Vern Schewe	14.73
Andy Anderson	15.09
Norm Lesage	15.36
M75 Rudi Ardesch	17.41
Floyd Wilcox	18.75
Horst Langer	21.62
W55 Judith Blair	17.36
W65 Nina Wood	19.20
Dee Ann Janne	19.33
Sue Reaume	20.50
W70 Brigitte Langer	19.90
Georgie Saavedra	20.60
Barbara Moore	25.00
W75 Traudel Thieleken	18.50

200m	
M50 Christopher Jensen	26.37
Kevin Christensen	26.73

400m	
M50 Christopher Jensen	58.19
Gene Iwen	1:02.87
M60 John Ross	59.50
Berry Adams	1:03.20
Jim Francis	1:03.63
M65 Spencer Parrish	1:17.39
Dale Bessey	1:18.29
John Radocha	2:16.52
M70 Dave Bernal	1:14.10
James vanTatenhove	1:15.97
M75 Rudi Ardesch	1:26.70
M80 Frank Lackay	2:05.40
W70 Brigitte Langer	2:06.51

800m	
M50 Jim Gallen	2:21.80
Robert Qualis	2:34.51
M55 John Nollette	2:43.82
Jerry Whitten	3:45.28
M60 Jim Madonna	2:47.42
M65 Dale Bessey	3:43.88
John Radocha	4:37.38
M70 James vanTatenhove	3:09.28
M75 Horst Langer	4:46.78
M80 Frank Lackey	4:57.09
W50 Christine Jones	4:30.78
W55 Opal Woods	3:31.61
W60 Ingeborg Siegers	3:58.21
W80 Marybell Russell	5:44.59

1500m	
M60 Barry Adams	5:15.20
Jim Madonna	5:55.20
M65 Dale Bessey	7:54.20
M70 James vanTatenhove	6:11.90
Dave Bernal	6:14.50
Thomas Buck	8:11.00
M75 Horst Langer	9:34.10
M80 Frank Lackey	9:54.70
W60 Ingeborg Siegers	7:54.70

High Jump	
M50 James Saures	5-8.75
Gene Iwen	4-4
Tom Jones	4-0
M55 John Perkins	4-9
Glenn Palmer	4-4
Bruce Long	4-2
M60 Dwaine Horton	4-9
Marvin Connelly	4-6
Kenneth Medley	4-4
M70 Loren Monroe	4-4
Alan Raynor	3-10
Donald Vann	3-10
M75 Host Langer	3-4
Jim Haynes	3-4
W60 Ingeborg Siegers	3-4.75
W70 Brigitte Langer	3-2.50

Pole Vault	
M55 Matti Kilpelainen	12
James Mick	10-6
Bruce Perkins	10
M60 Mardon Connelly	10-6
David Servis	10
Alex Meyer	6
M65 John Steinman	8-6
David Gray	7-6

Long Jump	
M50 Gene Iwen	16-9.25
Kevin Christensen	14-11.75
Tom Jones	10-11
M55 Vic Boylhart	15-6
John Perkins	12-6
Warren Lieberman	10-10.75
M60 John Ross	16-2
Kenneth Medley	9-0.50
David Servis	14-5.25
M65 Jack Janne	9-10
M70 Loren Monroe	13-9
Gus Salazar	11-2.75

Triple Jump	
M50 Gene Iwen	30-8
Tom Jones	23-3.75
M55 John Perkins	27-7.50
Warren Lieberman	22-7.50
M60 Kenneth Medley	30-1.50
M65 Jack Janne	17-1.50
M70 Loren Monroe	23-3.75
Alan Raynor	22-1.50
M75 Horst Langer	21-2.50
M80 Hugh Hackett	17-8
W65 Dee Anne Janne	15-1
W70 Barbara Moore	14-10.75

Shot Put	
M50 James Hadley	44-0.75
Jagtar Singh	35-7.75
Stephen Weeks	35-1.25
M55 Glenn Palmer	40-10.50
George Mathews	39-6.50
F Onorato-Erickson	38-9.75
M60 Gene Thacker	42-8
Riley O'Neil	40-3.50
Alex Meyer	38-10.25
M65 Paul Lissy	39-8
Bob Humphreys	38-9
Armand Zahn	36-5.25
M70 Doug Tomlinson	36-10.25
Gus Salazar	32-10
Howard White	31-1
M75 Jim Hayes	24.5
Kenneth Yahiro	23-9.50
Gee Gee Toscano	19-1.50
M80 Roger Hall	2105.50
Hugh Hackett	20-3.25
M85 John Polish	19-2.75

Discus	
M50 Hames Hadley	134-10
James McEvoy	108-3
Jagtar Singh	98-4
M55 Glenn Palmer	116-4
Jeffrey Polish	81-8
Kenneth Baker	78-5.75
M60 George Soule	122-9
Reily O'Neil	121-9
Dick Dow	121-8
M65 Bob Humphreys	152
Armand Zahn	115-3
Bob Fernier	86-10
M70 Grove Bolles	126-9
Doug Tomlinson	77-2
Howard Waite	84-5
M75 Kenneth Yahiro	72
Gee Gee Toscano	60-1
Jim Hayes	56-1
M80 Hugh Hackett	62-5
M85 Roger Hall	58-6
John Polish	48-9
W50 Lynn Ballantz	49-11
W55 Ingrid Mancini	65-10
W65 Ellen Brannigan	56-4
Georgie Saavedra	35-3

M55 Vic Boylhart	26.73
Warren Lieberman	27.20
M60 John Ross	26.57
Steve Bowles	27.44
Barry Adams	28.47
M65 Spencer Parrish	31.06
Joe Stigers	34.30
Dale Bessey	34.40
M70 Vern Schewe	31.02
Andy Anderson	31.79
Loren Monroe	32.92
M75 Horst Langer	49.94
W55 Judith Blair	37.41
W65 Nina Wood	43.05
Sue Reaume	44.56
W70 Brigitte Langer	44.55
Barbara Moore	54.53
Louise Martin	1:03.74

400m	
M50 Christopher Jensen	58.19
Gene Iwen	1:02.87
M60 John Ross	59.50
Berry Adams	1:03.20
Jim Francis	1:03.63
M65 Spencer Parrish	1:17.39
Dale Bessey	1:18.29
John Radocha	2:16.52
M70 Dave Bernal	1:14.10
James vanTatenhove	1:15.97
M75 Rudi Ardesch	1:26.70
M80 Frank Lackay	2:05.40
W70 Brigitte Langer	2:06.51

800m	
M50 Jim Gallen	2:21.80
Robert Qualis	2:34.51
M55 John Nollette	2:43.82
Jerry Whitten	3:45.28
M60 Jim Madonna	2:47.42
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M70 James vanTatenhove	3:09.28
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M80 Frank Lackey	4:57.09
W50 Christine Jones	4:30.78
W55 Opal Woods	3:31.61
W60 Ingeborg Siegers	3:58.21
W80 Marybell Russell	5:44.59

1500m	
M60 Barry Adams	5:15.20
Jim Madonna	5:55.20
M65 Dale Bessey	7:54.20
M70 James vanTatenhove	6:11.90
Dave Bernal	6:14.50
Thomas Buck	8:11.00
M75 Horst Langer	9:34.10
M80 Frank Lackey	9:54.70
W60 Ingeborg Siegers	7:54.70

High Jump	
M50 James Saures	5-8.75
Gene Iwen	4-4
Tom Jones	4-0
M55 John Perkins	4-9
Glenn Palmer	4-4
Bruce Long	4-2
M60 Dwaine Horton	4-9
Marvin Connelly	4-6
Kenneth Medley	4-4
M70 Loren Monroe	4-4
Alan Raynor	3-10
Donald Vann	3-10
M75 Host Langer	3-4
Jim Haynes	3-4
W60 Ingeborg Siegers	3-4.75
W70 Brigitte Langer	3-2.50

Pole Vault	
M55 Matti Kilpelainen	12
James Mick	10-6
Bruce Perkins	10
M60 Mardon Connelly	10-6
David Servis	10
Alex Meyer	6
M65 John Steinman	8-6
David Gray	7-6

Long Jump	
M50 Gene Iwen	16-9.25
Kevin Christensen	14-11.75
Tom Jones	10-11
M55 Vic Boylhart	15-6
John Perkins	12-6
Warren Lieberman	10-10.75
M60 John Ross	16-2
Kenneth Medley	9-0.50
David Servis	14-5.25
M65 Jack Janne	9-10
M70 Loren Monroe	13-9
Gus Salazar	11-2.75

Triple Jump	
M50 Gene Iwen	30-8
Tom Jones	23-3.75
M55 John Perkins	27-7.50
Warren Lieberman	22-7.50
M60 Kenneth Medley	30-1.50
M65 Jack Janne	17-1.50
M70 Loren Monroe	23-3.75
Alan Raynor	22-1.50
M75 Horst Langer	21-2.50
M80 Hugh Hackett	17-8
W65 Dee Anne Janne	15-1
W70 Barbara Moore	14-10.75

Shot Put	
M50 James Hadley	44-0.75
Jagtar Singh	35-7.75
Stephen Weeks	35

Continued from previous page

M60 John Chacon	7.11	W50 Joanne Creel	37.27	Stan Hayes	6:39.16	Frank Michalek	14	M60 Larry Pratt	167	Kerstin Meyers	11:21.4
Tony Badowski	7.32	Lorinda Luck	39.02	Delbert Camp	6:44.83	Les Friesen	13-2	Dick Dow	123-10	Gloria Reynolds	11:27.0
Lowell Thompson	7.38	W55 Kathy Jager	31.02	M75 Howard Mayer	7:27.10	Ted Hansen	12-8	Roger Corliss	121-1	W65 Marjorie Larragoite	10:06.5
Ed Daniels	7.38	Judith Blair	37.24	Darwin Michaud	7:37.90	Alan Raynor	12	M65 Ron Anderson	153-10	Dorothy Huston	11:09.5
M65 Bob Lida	7.13	Opal Woods	48.37	Sid Smith	8:31.71	Tom Enomoto	11-9.50	Jim Osterud	123-11	Julie Johnson	11:35.0
William Bittner	7.21	W60 Sharon Helton	39.80	M85 Herb Wright	12:05.01	M75 Tom Maloy	9-9	Clint Nielsen	111-10	W70 Paulette Caron	10:11.5
Gary Sims	7.56	Anne Francis	47.08	W50 Marina Jones	5:53.00	Horst Langer	8-11.50	M70 Grove Bolles	133-10	Charlotte Williams	10:36.6
M70 Tom Enomoto	7.84	W65 Neusa Franco Cabral	1:05.27	Ethel Benware	6:02.00	M80 Gil Splaine	10-1.50	Stan Hayes	101-2	Claire Elkins	12:05.5
Ted Hansen	7.97	W70 Janet Freeman	38.81	Diane McLarty	6:32.00	Floyd Waite	10	Gary Loosli	99-11	W75 Margaret Long	11:36.6
L S Anderson	8.10	Magdalena Kuehne	39.31	W55 Marion Burr	6:28.00	Henry Kuric	8-4.50	M75 Glenn Burgess	86-7	Charlotte Walker	11:47.0
M75 Tom Maloy	8.74	Brigitte Langer	45.05	W60 Ingeborg Siegers	8:02.00	M85 Leland McPhie	7-3.75	Marvin Woodbury	76-7	Annie Barker	11:47.6
Cliff Gee	8.77	W75 Traudel Thieleker	40.84	W70 Dorothy Bradley	7:07.00	Everett Penrod	7-3	Tom Maloy	65	W85 Velma Jacobs	13:06.9
Lee Fassbender	8.77	Frances Styles	46.78	Janet Freeman	8:11.00	W50 Lorinda Luck	9-2	M80 T Christensen	68	5000m RW	
Darwin Michaud	8.77	Peggy Ewing	47.82	Annette Hardy	9:11.00	Liz McBlain	8-10.25	Floyd Waite	62-7	M50 Stanley Sosnowski	30:22.8
M80 Gil Splaine	9.19	W80 Molly MacKown	49.23	W75 Peggy Ewing	9:24.00	W55 Kathy Jager	11-6.25	M85 Jim Murray	64-3	Paul Volk	40:40.6
Henry Kuric	10.69	Carol Peebles	51.97	Lillie Doss	12:06.00	Carmela Miller	8-11.50	Leland McPhie	62-11	M55 Norman Frable	27:35.1
M85 Everett Penrod	11.96	W85 Velma Jacobs	1:01.18	W80 Carol Peebles	11:38.00	Sisu Steinschulte	7-1	M90 Allan Bjork	54-10	Peter Armstrong	29:15.6
W50 Lorinda Luck	9.18	400m		E Lercher-Glenn	15:15.00	W60 Ingeborg Siegers	10-10.25	Walter Brooks	25-10	Larry Wickham	34:19.9
Joanne Creel	9.32	M50 Bill Fitzpatrick	1:00.56	3200m		Leona Shurtliff	10	W50 Donna Dubbelde	90-2	M60 Daryl Meyers	29:34.4
Wendy McDonnell	10.82	Dewayne Schmidt	1:00.73	M50 Dewayne Schmidt	13:00.66	W65 Evelyn Nealeigh	8-3	Lynn Balfanz	69-2	Gary Steck	30:28.7
W55 Kathy Jager	8.05	Brent Webster	1:02.76	Jerry Canavan	15:07.37	Ellen Brannigan	6-8	Liz McBlain	66-10	Jim Horton	33:05.4
Judith Blair	8.92	M55 Harold Morioka	55.52	M55 Tony Pryatel	11:50.89	W70 Annie Norsa	9-3	W55 Kathy Jager	71-8	M65 Arvid Rolle	33:58.6
Opal Woods	11.92	Don Hemme	1:07.47	Aurelio Herrera	12:23.00	Brigitte Langer	9	Constance Ducharme	40-2	M70 Jack Bray	AR 28:51.4
W60 Sharon Helton	9.13	Dale Smith	1:08.24	Bruce Manziello	12:27.11	Magdalena Kuehne	9	W60 Leona Shurtliff	70-2	(Jack Starr/29:05.46/1998)	
Ingeborg Siegers	9.66	M60 Tony Badowski	1:01.88	M60 Noel Olsen	12:07.25	W75 Traudel Thieleker	7-5	Wendy Dickson	67-7	Alfred du Bois	29:11.4
Wendy Dickson	10.20	Berry Tindle	1:08.35	Jim Madonna	13:12.38	Frances Styles	7-4.75	W65 Ellen Brannigan	60-6	Cliff Elkins	34:34.9
W65 Evelyn Nealeigh	9.71	Mike Mills	1:12.59	Robert King	13:17.63	W80 Molly MacKown	7-1.50	Evelyn Nealeigh	47-2	M75 George Caron	47:46.5
Elisabeth Wisotzki	10.48	M65 Ronald Kirkpatrick	1:01.49	M65 Duff Woodhouse	13:44.77	Triple Jump		Marilyn Gray	39-7	W50 Sherrie Gossert	31:48.9
Ann Woods	10.65	Bob Lida	1:03.16	Ed Hardy	16:06.20	M50 Roger Trujillo	36-8	W70 Nina Duncan	35	Sheila Sosnowski	35:21.5
W70 Magdalena Kuehne	9.41	Les Friesen	1:05.45	M70 Stan Hayes	15:11.00	James Dolezel	35-0.50	Paula Maloy	32-2	Barbara Schwartz	42:09.3
Annie Norsa	9.88	M70 Jack Coy	1:11.17	Delbert Camp	15:23.24	Gene Iwen	31-6	Betty Sjogren	31-5	W55 Kathleen Frable	30:44.1
Brigitte Langer	10.18	Alfred Dubois	1:14.03	Alfred Dubois	15:46.63	M55 Richard Eyre	29-6	W75 Annie Barker	34-1	Gloria Johnson	39:48.8
W75 Traudel Thieleker	9.70	Stan Hayes	1:15.27	M75 Sid Smith	21:38.59	M60 Tom Imming	30-8.50	Javelin		Lynne Ekman	41:29.4
Frances Styles	10.07	M75 Rodney Brown	1:17.00	M80 Henry Kuric	23:03.45	Peter Labarge	30-0.50	M50 David Johnson	165	W60 Diane Teece	38:23.7
Annie Barker	11.67	Darwin Michaud	1:31.00	W50 Marina Jones	13:01.57	Robert Gent	25-4.50	James McEvoy	137-6	Kerstin Meyers	31:51.9
W85 Velma Jacobs	12.50	David Rocha	1:32.00	Carolyn Lyman	14:47.02	M65 Richard McKisson	28-4	Roger Minert	125	W65 Marjorie Larragoite	33:45.9
100m		W50 Diane McLarty	1:23.74	Diane McLarty	14:53.32	M70 Ted Hanson	27-2	M55 Jerry Ransdell	138-8	Dorothy Huston	38:21.5
M50 Tracy Jones	13.16	Joanne Creel	1:39.33	W70 Annette Hardy	20:14.15	Alan Raynor	24-0.25	Bruce Long	105-8	Julie Johnson	38:54.6
Hugh Barton	13.25	W55 Marion Burr	1:23.44	W75 Lillie Doss	26:27.12	Donald Leis	16-7	Kelly Taylor	103-6	W70 Paulette Caron	35:43.7
James Dolezel	13.29	W60 Sharon Helton	1:53.07	High Jump		Floyd Waite	20-3.50	Peter Labarge	153-5	Charlotte Williams	36:48.6
M55 Harold Morioka	12.92	Anne Francis	1:55.67	M50 John Doherty	4-8	M85 Leland McPhie	15-11	Roger Taylor	130-7	Claire Elkins	40:44.7
Andy Pitas	13.68	W65 Neusa Franco Cabral	3:00.00	Gene Iwen	4-8	W50 Liz McBlain	21-6	Dwaine Horton	128-9	W85 Velma Jacobs	46:07.0
John Galazin	14.05	W70 Janet Freeman	1:37.85	M55 John Perkins	4-8	W60 Leona Shurtliff	21-5.50	M65 Dean Schmidt	131	10K RW	
M60 John Chacon	13.55	Charlotte Frank	1:43.29	Kelly Taylor	4-8	W65 Ruth Neff	22-5.50	Amedee Gervais	94	M55 Norman Frable	1:00:43.2
Tony Badowski	13.65	Brigitte Langer	1:55.27	M60 Frank Condon	4-10	W70 Magdalena Kuehne	22-2.50	Armand Zahn	92-10	Peter Armstrong	1:00:58.2
Joe Johnson	14.28	W75 Peggy Ewing	1:51.47	Dwaine Horton	4-10	Alice Burdes	9-11	M70 Gary Loosli	121-10	Larry Wickham	1:11:15.0
M65 Bob Lida	13.29	Lillie Doss	2:47.35	M65 Ronald Dennert	4-8	W75 Frances Styles	18-5	Stan Hayes	102-5	M60 Edgar Kousky	1:02:01.1
William Bittner	13.46	W80 Carol Peebles	2:16.49	Wayne Mishler	4-6	W80 E Lercher-Glenn	8-2	Jim Hays	79-7	Gary Steck	1:02:08.4
Gary Sims	13.63	W85 Velma Jacobs	2:36.58	Armand Zahn	4-4	Shot Put		M75 Marvin Woodbury	83-3	Jim Horton	1:04:56.0
M70 Tom Enomoto	14.67	800m		M70 Royd Shumway	4-4	M50 James Hadley	44-9.25	Lex Marcusen	72-3	M65 Arvid Rolle	1:08:51.7
Jack Coy	15.21	M50 Bill Fitzpatrick	2:19.85	Jack Fischer	4-2	Bob Sager	31-3	Tom Maloy	71-9	M70 Cliff Elkins	1:12:17.9
Vern Schewe	15.24	Dewayne Schmidt	2:21.95	Alan Raynor	3-8	M55 George Mathews	37-3.50	M80 Floyd Waite	70	John Lyle	1:16:05.5
M75 Darwin Michaud	17.02	Gary Cowman	2:46.33	M75 Tom Maloy	3-8	Patrick Quinn	26-3	Talmage Christensen	51	W50 Carol Wilkinson	1:07:06.6
David Rocha	17.16	M55 Harold Morioka	2:16.35	Lex Marcusen	3-8	Roy Dunn	24-2	Roger Hall	38-7	Barbara Schwartz	1:26:16.7
Tom Maloy	17.52	Gary Rust	2:16.96	Horst Langer	3-0	M60 Riley O'Neil	38-7.50	M85 Leland McPhie	58-1	W55 Kathleen Frable	1:05:21.1
M85 Everett Penrod	24.47	Michael Mullaley	2:21.59	M80 Floyd Waite	3-4	Alex Meyer	38-2	Walter Gardner	51-3	Gloria Johnson	1:22:13.6
W50 Joanne Creel	17.68	M60 Frank Condon	2:25.20	M80 Leland McPhie	3-2	Joe Johnson	38	John Polish	40-8	W65 Dorothy Huston	1:22:16.3
Lorinda Luck	18.22	Jim Madonna	2:45.66	W50 Liz McBlain	3-10	Dean Schmidt	41-9	M90 Allan Bjork	56-9	W70 Paulette Caron	1:15:37.8
W55 Kathy Jager	14.91	Robert King	2:47.45	W55 Terrie Godfrey	3-2	Ron Anderson	36-7.50	W50 Linda Harris	72-3	Charlotte Williams	1:20:04.9
Judith Blair	17.08	M65 Frank Haviland	2:35.03	W60 Ingeborg Siegers	3-8	Jim Osterud	36-4	Liz McBlain	60-7	Claire Elkins	1:26:07.6
Marion Burr	17.88	Bob Baker	2:36.39	Janice Condon	3-6	M70 Doug Tomlinson	37-6	Wendy McDonnell	54	W75 Annie Barker	1:20:03.1
W60 Sharon Helton	17.67	Alfred Dubois	3:01.71	W65 Christel Donley	3-10	August Albers	34-11.50	Terrie Godfrey	42-5	Charlotte Walker	1:20:13.1
Wendy Dickson	20.04	Stan Hayes	3:09.26	Ruth Neff	3-8	Dean Davis	28-7	Margaret Reed	30-6	5K Road Race	
Janice Condon	20.21	Bob Holmes	3:12.43	W70 Brigitte Langer	3-2	M75 Glenn Burgess	31-3	W60 Wendy Dickson	58-3	M50 Glover Callowishus	17:56.1
W65 Jean Wheatley	17.77	M75 Rodney Brown	3:10.39	Alice Purdes	2-8	George Knoblock	20	W65 Christel Donley	78-5	Lynn Button	18:22.0
Ruth Neff	18.54	Darwin Michaud	3:42.54	W75 Frances Styles	3-0	M80 T Christensen	29-9	Ellen Brannigan	43-7	Bill Fitzpatrick	18:44.3
Evelyn Nealeigh	18.66	Horst Langer	4:29.86	Annie Barker	2-10	Floyd Waite	26-3.50	Wendy McDonnell	54	M55 Bruce Manziello	18:54.0
W70 Janet Freeman	18.22	M80 Henry Kuric	4:27.96	Pole Vault		Roger Hall	19-7	S Threlkeld-Wesaw	37-8	Michael Mullaley	19:00.5
Magdalena Kuehne	18.29	M85 Herb Wright	6:00.00	M50 Steve Morris	12-1	M85 Jim Murray	25	W70 Magdalena Kuehne	50-2	Aurelio Herrera	19:02.9
Brigitte Langer	20.66	W50 Ethel Benware	3:03.97	James Dolezel	11	Leland McPhie	23-5	Nina Duncan	35-11	M60 Frank Condon	19:39.5
W75 Traudel Thieleker	18.81	Diane McLarty	3:15.87	M55 Bruce Perkins	10-6	Everett Penrod	19-6.50	Alice Purdes	35-9	Dick Jones	21:16.4
Frances Styles	19.44	Marlene Summers	3:41.54	John Perkins	9	M90 Allan Bjork	19-7.50	W75 Dorothy Morgan	71-10	H van Blaricum	21:30.7
Annie Barker	23.28	W60 Ingeborg Siegers	3:52.79	Bruce Long	8-6	Walter Brooks	14	Annie Barker	31-7	M65 Tom Ellis	20:12.7
W80 Molly MacKown	21.44	Lynne Lund	4:24.15	M60 Mardon Connelly	11	W50 Donna Dubbelde	33-5.75	1500m RW		Emmett Smith	20:59.1
W85 Velma Jacobs	25.70	Anne Francis	4:25.50	David Servis	10-6	Liz McBlaine	30-3.50	M50 Stanley Sosnowski	8:00.5	Ken Ogden	22:11.1
200m		W70 Janet Freeman	3:47.22	Tom Imming	9	Lorinda Luck	27-8.75	Paul Volk	10:53.1	M70 Paul Flanagan	22:58.0
M50 James Dolezel	26.47	Maymie Ho	5:02.53	M65 Donald Gray	9-6	W55 Terrie Godfrey	27-6.50	M55 Norman Frable	7:32.8	Stan Hayes	23:12.6
John Doherty	26.70	W75 Peggy Ewing	4:23.62	Amedee Gervais	7-0	Kathy Jager	27-0.50	Larry Wickham	8:32.7	Delbert Camp	23:17.5
Mike Green	30.41	Lillie Doss	6:00.00	Mark Price	6-6	Margaret Reed	17-6.50	Roland Johnson	9:53.8	M75 Howard Mayer	27:34.6
M55 Harold Morioka	25.53	W60 Carol Peebles	5:48.34	M70 Royd Shumway	7	Jeanne MacKenzie	22-9.50	M60 Edgar Kousky	8:22.7	Clay Ireson	28:22.9
John Galazin	29.67	1500m		Bob Holmes	7	Ingeborg Siegers	22-4.25	Gary Steck	8:35.9	Joe Fleischmann	29:52.4
Dennis Hank	35.64	M50 Dewayne Schmidt	5:01.19	Jerry Donley	6	W65 Christel Donley	24-8.75	Daryl Meyers	8:41.4	M80 John Wightman	50:17.4
M60 Tony Badowski	27.69	Cal Glover	5:02.71	W55 Kathy Jager	8	Marilyn Gray	16-2.75	M65 Arvid Rolle	10:15.5	Norman Shore	54:30.3
Lowell Thompson	28.69	Gary Cowman	5:59.25	Long Jump		S Threlkeld-Wesaw	16-0.75	Don Huston	13:34.6	M85 Herb Wright	41:04.6
Ernie Denney	30.59	M55 Gary Rust	4:51.63	M50 James Dolezel	17-4.50	W70 Paula Maloy	13-5.75	W70 Jack Bray	7:50.1	M95 La Grand Neilsen	54:23.2
M65 Bob Lida	27.03	Michael Mullaley	5:11.88	Roger Trujillo	16-7.25	Alice Purdes	13-3.50	Alfred du Bois	8:02.6	W50 Marina Jones	20:16.9
Gary Sims	27.59	Aurelio Herrera	5:19.70	Gene Iwen	15-10	Discus		John Lyle	9:47.7	Carolyn Lyman	21:35.9
Ronald Kirkpatrick	27.83	M60 Frank Condon	5:14.94	M55 Andy Pitas	14-3.25	M50 Valentino Martinez	156-3	M75 George Caron	12:45.9	Ethel Benware	21:37.1
M70 Jack Coy	31.54	Jim Madonna	5:40.32	Jerry Ransdell	14-0.75	James Hadley	136	W50 Sherrie Gossert	9:02.3	W55 Marion Burr	23:24.8
Vern Schewe	32.27	Doug Woolen	5:48.86	Richard Eyre	12-5	Bob Sagar	92-6	Sheila Sosnowski	10:07.6	Faye Green	35:57.0
L S Anderson	32.81	M65 Frank Haviland	5:43.64	M60 Tom Imming	15-10.25	George Mathews	107-5	Barbara Schwartz	12:44.0	Nancy Brayer	37:20.8
M75 Rodney Brown	35.74	Duff Woodhouse	6:00.87	Frank Seman	15-5	Richard Eyre	88-5	W55 Kathleen Frable	8:43.6	W60 Donna Wooldridge	23:26.3
Lee Fassbender	37.11	Bob Baker	7:09.30	David Servis	14-9.50	Larry Tergesen	73-4	Gloria Johnson	11:35.7	Becky Whitehead	27:31.6
David Rocha	37.18	M70 Alfred Dubois	6:29.10	M65 Wayne Mishler	14-7			Lynne Ekman	11:41.7	Florence Steadman	29:29.3
								W60 Diane Teece	11:09.8		

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W65 Ruth Neff	27:28.3
Betty Raymond	30:27.7
Arminda Liz Shore	38:37.0
W70 Annette Hardy	31:42.1
Ruth Anderson	35:35.3
Mary Carter	48:17.1
W75 Annie Barker	35:14.6
Lillie Doss	40:01.0
W80 Valley Ellingsen	37:52.6
Carol Peebles	40:58.4
W85 Florence Boulton	56:44.0
Naomi Cottam	59:47.9

10K Road Race

M50 Callowishus Glover	38:01.1
Frank Goulard	39:38.0
Lynn Button	39:55.0
M55 Aurelio Herrera	39:39.6
Stan Laidlaw	41:48.4
Kenneth Pierce	46:32.2
M60 Jim Madonna	43:17.1
Harlan van Blaricum	44:34.9
Collins Beery	49:51.8
M65 William Johnston	40:20.3
Duff Woodhouse	44:06.8
Emmett Smith	45:38.6
M70 Paul Flanagan	48:21.3
Paul Nance	49:48.8
Delbert Camp	50:29.7
M75 George Knoblock	59:00.4
Clay Ireson	1:00:46.1
Sid Smith	1:12:58.7
W50 Jackie Eddy	45:09.9
Carolyn Lyman	45:29.6
Sarah Laidlaw	49:02.8
W55 Ann Murphy	55:57.8
Colleen Harris	56:17.8
W60 M J Rayson	50:07.7
Becky Whitehead	1:00:10.8
Donna Wooldridge	1:17:13.0
W65 Wilma Maddock	56:09.9
Shirley Brown	1:22:06.5
W70 Dorothy Bradley	51:10.9
Charlotte Frank	59:57.8
W75 Peggy Ewing	1:07:15.7
Annie Barker	1:14:10.0
Lillie Doss	1:21:16.8

Half-Marathon

M50 Frank Goulard	1:32:50.5
Thomas Quade	1:40:31.3
Steve Haddox	2:05:01.7
M55 Tony Pryatel	1:31:09.1
Gary Peirce	1:40:53.9
M60 Jim Madonna	1:36:18.1
Collins Beery	1:57:47.8
M65 Roy Nelson	1:53:34.0
Ed Hardy	1:55:37.3
Jim Flora	2:13:37.2
W50 Diane McLarty	1:51:41.2
Charlene Rohrer	1:55:08.6
Marlene Summers	2:00:21.6
W55 Colleen Harris	2:09:50.0
W60 M J Rayson	1:55:52.3
W65 Guntta Rolle	3:08:24.9
W70 Dorothy Bradley	1:56:38.5
Charlotte Frank	2:16:13.2
Ruth Hertzberg	2:57:45.5
W75 Peggy Ewing	2:40:57.4

Oregon TC Masters 3000
Hayward Field, Eugene; Nov. 16

M40 Pat Wagner	9:42.91
M45 Dan Wojcik	9:32.44
M50 Marcial Soto	9:40.80

INTERNATIONAL**World Masters Games**
Melbourne, Australia; Oct. 5-13

100m	
M30 David Page AUS	12.17
M35 Peter O'Dwyer AUS	11.20
M40 D Isackson AUS	11.70
M45 Philip Lyons AUS	12.27
M50 Robert Bowen USA	12.07
M55 V Vyostok SLO	12.36
M60 John Cooper AUS	12.83
M65 Reginald Austin AUS	13.26
M70 Karl Reuter GER	13.59
M75 Jimmy Thompson AUS	15.58
M80 Mike Johnston AUS	16.03
M85 Champion Goldy USA	19.29
M90 M Zamorano LabbeCHI	21.54
M95 Charlie Booth	28.57
W30 Sue Ward AUS	13.48
W35 Marissa Stephen NZ	12.75

W40 Cherie Smee AUS	13.05
W45 Sonja Oost NED	13.34
W50 Wilma Perkins AUS	14.56
W55 Sheryl Gower NZ	14.64
W60 Patricia Radcliffe CAN	15.98
W65 Margaret Peters NZ	16.04
W70 Patricia Carr AUS	17.64
W75 Gwyneth Davidson AUS	19.84
W80 Olga Kotelko CAN	22.26
W85 Margaret Russell AUS	32.41

200m

M30 Mark Ladbroke AUS	23.37
M35 O'Dwyer AUS	22.58
M40 Ggeg O'Keeffe ARS	23.57
M45 Phillip Lyons AUS	24.51
M50 Robert Bowen USA	24.10
M55 P Crombie AUS	25.06
M60 John Cooper AUS	25.87
M65 R Austin AUS	27.31
M70 Karl Reuter GER	28.71
M75 J Thompson AUS	32.25
M80 M Johnston AUS	33.47
M85 F Tompkins USA	41.94
W30 Michelle Ingram AUS	27.55
W35 Marissa Stephen NZ	25.88
W40 Bronwen Loizou AUS	26.94
W45 Sonja Oost NED	27.15
W50 Gail Kirkman NZ	29.23
W55 Sheryl Gower NZ	30.37
W60 Anne Stobaus AUS	31.54
W65 Margaret Peters NZ	32.85
W70 Patricia Cook AUS	37.56
W75 Shirley Brasher AUS	43.89

400m

M35 Peter O'Dwyer AUS	48.69
M40 Peter Tuckett AUS	52.71
M45 Andrew Watts AUS	55.65
M50 Stuart Hayward AUS	55.13
M55 Keith Howden AUS	57.57
M60 Colin Buyers AUS	57.88
M65 C Matthews AUS	1:04.01
M70 T Shindo JAP	1:03.50
M75 J Thompson AUS	1:16.06
M80 Mike Johnston AUS	1:14.28
M85 F Tompkins USA	1:40.27
W30 Carolyn Fox AUS	59.11
W35 Marissa Stephen NZ	56.98
W40 Bronwen Loizou AUS	57.32
W45 Sonja Oost	1:00.87
W50 Barbara Blurton AU	1:02.22
W55 Ann Holcombe AUS	1:04.86
W60 Anne Stobaus AUS	1:09.08
W65 Jean Daprano USA	1:16.31
W70 Nessie Hollicky CAN	1:31.69
W75 Shirley Brasher AUS	1:41.56
W80 Anne Fleming CAN	1:58.16
W85 Margaret Russell AUS	2:43.02

800m

M30 S Ellinghaus AUS	1:55.84
M35 R McCubbin AUS	2:00.58
M40 Glenn Ritchie AUS	2:03.44
M45 Terry Hicks AUS	2:07.68
M50 Stuart Hayward AUS	2:11.43
M55 H MacDonald AUS	2:15.08
M60 David Nobbs AUS	2:22.90
M65 John Justice AUS	2:27.26
M70 David Carr AUS	2:26.93
M75 Norm Pearce AUS	3:11.39
M80 Mike Johnston AUS	3:26.77
M85 Eddie Gamble AUS	4:57.67
W30 Carolyn Fox AUS	2:21.73
W35 Jenny Clancy AUS	2:22.99
W40 Bronwen Loizou AUS	2:18.05
W45 Robyn Wright AUS	2:46.10
W50 B Blurton AUS	2:33.45
W55 Ann Holcombe AUS	2:31.31
W60 Ann Stobaus AUS	2:46.09
W65 Jean Daprano USA	3:14.38
W70 Nessie Hollicky CAN	3:44.92
W75 Shirley Brasher AUS	4:04.85
W80 Monica Osborne AUS	6:48.81
W85 Margaret Russell AUS	6:50.71

1500m

M30 S Ellinghaus AUS	3:59.72
M35 Dean Paulin AUS	3:56.45
M40 Glenn Ritchie AUS	4:08.57
M45 Stuart Paterson AUS	4:20.56
M50 D Goldammer GER	4:29.62
M55 Kevin Solomon AUS	4:39.16
M60 Bert Carse AUS	4:44.76
M65 John Justice AUS	5:03.10
M70 David Carr AUS	6:07.64
M75 Norm Pearce AUS	6:25.80
M80 John Gilmour AUS	7:33.96
M85 Eddie Gamble AUS	9:36.33

W30 Devon Sargent USA	4:53.47
W35 C Beischer AUS	4:51.07
W40 Stacey Quitzau AUS	4:53.78
W45 Maria O'Reilly AUS	5:34.79
W50 Louise Fairfax AUS	5:24.44
W55 Ann Holcombe AUS	5:01.90
W60 M Cadogan AUS	5:56.33
W65 Jeanne Daprano USA	6:14.78
W70 Nessie Hollicky CAN	7:16.38
W75 Shirley Brasher AUS	7:57.83
W85 M Russell AUS	13:31.70

5000m

M30 A Wallace AUS	15:39.90
M35 Dean Paulin AUS	14:48.56
M40 C O'Connor AUS	16:20.11
M45 Phillip Bowes AUS	15:27.23
M50 K Goldammer GER	16:31.89
M55 Norman Franzi AUS	18:00.73
M60 Peter Sandery AUS	17:08.70
M65 Colin McLeod AUS	18:21.70
M70 Robert Lewis AUS	21:31.93
M80 John Gilmour AUS	28:15.82
W30 Julie Norney AUS	19:13.38
W35 C Papworth AUS	18:07.51
W40 Jenny Dowie AUS	18:23.00
W45 Joanne Cowan AUS	18:25.93
W50 Louise Fairfax AUS	19:06.16
W55 W Dunne AUS	21:20.91
W60 Brenda Riley AUS	21:32.90
W65 Pauline Hewitt NZ	23:52.93
W70 N Hollicky CAN	26:20.13
W75 Helen Agostini AUS	37:13.04

Short Hurdles

M30 Warren Evans AUS	16.32
M35 Terry Baldwin AUS	18.44
M40 Dexter McCloud USA	15.76
M45 Clayton Tompkins AUS	17.47
M50 E Longauer SLO	15.24
M55 Kenneth Brinker USA	16.04
M60 M Stevenson AUS	17.29
M65 Don Chambers AUS	21.13
M70 David Mather AUS	16.05
M75 Geza Dobriban HUN	17.26
W30 Chareen Shillaw SA	16.05
W35 Olivia Stewart AUS	16.83
W40 Marie Kay AUS	13.09
W45 Joanne Russell AUS	13.30
W50 Gail Kirkman NZ	14.38
W55 Patricia Oakes ENG	17.05
W60 S Westbrook AUS	24.57
W65 Barbara Jordan USA	17.21
W70 Shirley Peterson NZ	19.53

Long Hurdles

M30 Stephen Parker AUS	1:03.06
M35 Terry Baldwin AUS	1:00.12
M40 D McCloud USA	1:05.85
M45 Michael Edwards AUS	1:03.21
M50 Graham Ford AUS	1:04.42
M55 Harry Giles AUS	1:09.49
M60 R Trembath AUS	46.59
M65 John Sturzak AUS	58.79
M70 Ron Johnson NZ	1:01.65
M75 F O'Connor AUS	1:11.71
W30 Mary Fien AUS	1:12.97
W35 J Baldwin AUS	1:13.67
W40 Stacey Quitzau AUS	1:11.21
W45 C Bridle AUS	1:20.62
W50 Gail Kirkman NZ	50.30
W55 Marge Allison AUS	55.62
W60 Frances Harris AUS	59.35
W65 Barbara Jordan USA	1:06.27

2000m Steeplechase

M60 B Carse AUS	7:22.95
M65 C McLeod AUS	8:20.71
M70 O Millridge AUS	9:49.00
M75 M McKay AUS	11:21.05
M80 K Matchett AUS	14:36.49
W30 M Fien AUS	7:35.21
W35 L Gore AUS	7:48.34
W40 S Clark AUS	7:53.60
W45 R Vesey USA	8:43.72
W50 L Fairfax AUS	8:24.33
W55 A Janeckova CZE	9:11.76
W60 F Harris CZE	9:35.84
W65 P Mews AUS	13:18.19

3000m Steeplechase

M30 C Staehr AUS	10:54.76
M35 C McKinnon AUS	11:14.52
M40 V Pechek CZE	11:15.18
M45 A Long AUS	10:57.05
M50 B McCusker USA	10:46.49
M55 G Capon NZ	11:49.09

High Jump

M30 J Barr USA	1.78
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M35 J Lang AUS	1.80
M40 B Mc Barnette USA	1.95
M45 C Tompkins AUS	1.76
M50 R Watt AUS	1.54
M55 F-B Vivod SLO	1.59
M60 G Mamalis AUS	1.43
M65 T Hancock AUS	1.43
M70 Gordon Gourlay AUS	1.28
M75 Geza Dobriban HUN	1.28
M80 Gilbert Young AUS	1.04
M90 Vladimir Younger AUS	1.10
W30 Felsmanne Boloni HUN	1.59
W35 Jennifer Baldwin AUS	1.35
W40 Lyn Osmer NZ	1.56
W45 D Brakanska LAT	1.33
W50 Gail Kirkman NZ	1.36
W55 Patricia Oakes ENG	1.17
W60 P Radcliffe CAN	1.17
W65 G Kouvalenskaia RUS	1.05
W75 Kohnnye Valien USA	.84
W80 Olga Kotelko CAN	.78

Pole Vault

M30 Warren Evans AUS	4.50
M35 Mario Estrada MEX	3.50
M40 G Jankowski AUS	2.50
M45 C Tompkins AUS	3.20
M50 Bob Banens AUD	2.70
M55 Nelson Viney AUS	3.00
M60 Rob Barclay AUS	3.10
M65 Brian Seymour AUS	2.00
M70 Ron Johnson NZ	2.30
M75 W Opperman NZ	1.50
M90 Vladimir Younger AUS	1.30
W30 Irie Hill ENG	4.00
W45 Dawn Hartigan AUS	3.40
W50 Wilma Perkins AUS	2.50
W55 Hazel McDonnell AUS	1.90
W65 M Yamamoto JAP	2.10

Long Jump

M30 Warren Evans AUS	6.62
M35 S Krynauw NZ	6.34
M40 I Gavenciak SLO	6.28
M45 C Tompkins AUS	6.07
M50 P Koivisto FIN	5.77
M55 V Vyostok SLO	5.72
M60 Graeme Noden AUS	4.92
M65 V Roytman RUS	4.78
M70 Karl Reuter GER	4.78
M75 Geza Dobriban HUN	3.91
M80 Dennis Russell AUS	2.13
M90 M Zamorano Labbe CHI	2.56
W30 Irie Hill ENG	5.34
W35 V Krepkina UKR	5.65
W40 Marie Kay AUS	5.24
W45 Salli-Ann Lee AUS	4.62
W50 Wilma Perkins AUS	4.63
W55 Patricia Oakes ENG	3.58
W60 Frances Harris AUS	4.02
W65 Barbara Jordan AUS	3.10
W70 K Gombardze RUS	2.76
W75 Johnnye Valien USA	2.56
W80 Olga Kotelko CAN	2.08

Triple Jump

M30 J Castle AUS	11.30
M35 J Aranda Galvez CHI	12.95
M40 I Gavenciak SLO	14.06
M45 C Tompkins AUS	13.35
M50 P Koivisto FIN	11.49
M55 F Chetchebina RUS	10.88
M60 Julian Jacotine AUS	10.14
M65 Vladimir Roytman RUS	10.50
M70 Shoji Ito JAP	9.99
M75 Geza Dobriban HUN	8.79
M90 Vladimir Younger AUS	5.02
W30 Irie Hill ENG	11.29
W35 V Krepkina UKR	11.99
W40 Lyn Osmer NZ	10.55
W45 Salli-Ann Lee AUS	9.50
W50 Margaret Taylor AUS	10.06
W65 Mavis Carter NZ	6.73
W70 Shirley Peterson NZ	7.36
W80 Margaret Hinton USA	2.82

Shot Put

M30 R Meszaros HUN	15.01
M35 S Gyngell AUS	17.73
M40 N Funabiki JAP	11.50
M45 S Banton USA	10.63
M50 B Holden ENG	13.49
M55 A Semborowski POL	12.79
M60 R Heiler GER	13.70
M65 T Hancock AUS	11.90
M70 Ray Feica USA	11.24
M75 Jim Peridis AUS	10.28
M85 John Fraser AUS	6.98
W30 A Constable AUS	11.36

W35 C McCahill NZ	12.90
W40 V Morkuniene LIT	12.85
W45 Natalia Ivanova RUS	10.03
W50 C Schultz AUS	12.64
W55 Mary Thomas AUS	10.53
W60 Margaret McLean AUS	9.15
W65 Almut Broemmel GER	8.76
W70 Ruth Baumann GER	7.57
W80 Olga Kotelko CAN	5.49
W85 Margaret Russell AUS	3.96

Discus

M30	Y Amerasekera	AUS	46.20
M35	S Gyngell	AUS	46.38
M40	S Svilainis	LIT	36.02
M45	H Berger	GER	44.18
M50	E Hedendahl	CAN	40.54
M55	T Fahey	USA	50.53
M60	Klaus Albers	GER	53.43
M65	T Hancock	AUS	43.29
M70	G Whiting	USA	36.32
M75	Katsuya Aso	JAP	32.69
M80	R Horsley	USA	23.22
M85	Champion Goldy	USA	20.53
M90	V Younger	AUS	15.21
W30	Lynette Smith	AUS	32.73
W35	C McCahill	NZ	38.04
W40	S Gibbons	AUS	29.21
W45	N Ivanova	RUS	32.05
W50	C Schultz	AUS	34.98
W55	G Mellmann	GER	28.91
W65	A Browmmel	GER	24.68
W70	Ruth Baumann	GER	20.77
W75	G Davidson	AUS	16.11
W80	O Kotelko	CAN	13.51

Continued from previous page

M50 K Goldammer GER	1:16:19.45
M55 Philip Curtis AUS	1:17:41.78
M60 P Sandery AUS	1:17:59.80
M65 Colin McLeod AUS	1:19:06.82
M70 Robert Lewis AUS	1:36:26.20
M75 R Churchward AUS	2:04:29.55
M80 Ken Matchett AUS	2:23:08.04
W30 L McGrath AUS	1:19:08.17
W35 June Petrie AUS	1:23:00.93
W40 C Hepworth AUS	1:27:00.34
W45 Gillian Castka HK	1:21:47.98
W50 L Fairfax AUS	1:25:15.77
W55 Janet Upcher AUS	1:30:15.06
W60 Barbara Fay AUS	1:40:25.53
W65 N Kavtashina LAT	1:40:40.22
W70 R Barker AUS	1:52:25.62
W75 M Krause AUS	2:42:44.15

African Veterans Athletics Championships

Reduit, Mauritius; Oct. 18-20

100m	
M30 J Bunce	RSA 11.49
M35 S Amandy	MRI 12.46
M40 I Romain	MRI 12.81
M45 T Downward	RSA 12.87
M50 D Sangkoora	MRI 12.39
M55 M Wynick	RSA 14.09
W30 G Edwards	MRI 13.79
W35 M Appadoo	MRI 14.33
W40 G Lebrasse	MRI 20.90
W45 L Alexander	RSA 14.35
W60 S Ah Kang	MRI 18.11
W65 G Kheeroo	MRI 25.65
W70 J Louisa	MRI 20.03

200m	
M30 J Bunce	RSA 23.93
M35 F Meurger	REU 23.94
M40 L Romain	MRI 25.96
M45 T Downward	RSA 26.86
M50 B Carrie	RSA 26.52
M55 M Wynick	RSA 29.06
M60 D Sunkur	MRI 32.40
W30 G Edwards	MRI 28.38
W35 P Leonie	CAM 34.20
W40 N Ste Marie	MRI 34.06
W45 L Alexander	RSA 29.66
W60 S Ah Kang	MRI 38.96
W65 G Kheeroo	MRI 44.53
W70 J Louisa	REU 45.40

400m	
M30 P Carfantan	REU 56.68
M35 O Merger	REU 53.49
M40 L Romain	MRI 60.04
M45 T Downward	RSA 61.97
M50 S Bhujun	MRI 67.90
M55 T Agostinho	MRI 74.84
800m	
M30 A Chamand	REU 2:34.34
M35 O Cotte	MRI 2:16.10
M40 A Custnea	MRI 2:36.66
M45 R Rathedi	BOT 2:05.97
M50 R Appadeo	MRI 2:39.42
M55 R St Bertin	MRI 3:02.00
M60 J Raposo	RSA 2:49.73
M70 R Moorooogen	MRI 3:59.72
W30 A Auber	REU 3:22.85
W35 R TylooNaick	MRI 2:51.98
W40 L Alexander	RSA 2:37.14
W55 J Allebone	RSA 2:53.15

1500m	
M30 E Catherine	MRI 4:51.97
M35 S Allet	MRI 4:53.80
M40 B Coralie	MRI 4:28.54
M45 R Rathedi	BOT 4:44.16
M50 R Appadu	MRI 5:43.24
M55 A Potanah	MRI 6:15.99
M60 R Agostinho	MRI 5:43.85
W30 G Marie	MRI 8:06.13
W35 R TylooNaick	MRI 6:05.49
W40 D Challen	MRI 5:55.34
W45 L Alexander	RSA 5:38.88
W55 J Allebone	RSA 6:02.33
W60 M Edmond	9:03.34

5000m	
M35 A Aliphon	MRI 16:46.21
M40 B Arthe	MRI 18:06.91
M45 F Allet	MRI 18:21.54
M50 R Migale	MRI 19:01.22
M55 A Hossenall	MRI 20:32.08
M60 R Agostinho	MRI 20:32.08
W30 F Monty	MRI 26:15.10
W35 J Bouille	MRI 18:28.37
W40 D Chellen	MRI 22:25.17
W45 M McKay	MRI 28:05.10
W55 J Allebone	RSA 20:35.27

10,000m	
M35 G Sanassee	MRI 38:18.8
M45 D Marie	MRI 41:36.7
M50 P Migale	MRI 42:30.7
M55 A Hossenall	MRI 39:40.6

M60 M Wodajo	ETH 44:25.2
W45 D Mootoosam	MRI 53:00.6
W55 J Allebone	RSA 41:47.3
400H	
M40 L Ecuimore	MRI 69.57
M45 S Khedarun	MRI 95.56
3000 Steeplechase	
M35 E Catherine	MRI 11:37.32
M45 A L'etourie	MRI 13:11.99
High Jump	
M35 E Empeigne	MRI 1.55
M45 D Dabaea	MRI 1.40
Pole Vault	
M40 G Bouille	MRI 3.40
M45 S Khedarun	MRI 1.70
Long Jump	
M40 G Zephir	MRI 4.66
M35 F Tranquille	MRI 5.54
M40 W Lamarque	MRI 5.22
M45 D Dabaea	MRI 4.73
M50 C Mbuku	CAM 4.82
M55 J Yin	MRI 4.22
W30 M Perse	REU 4.91
W35 M Speville	MRI 3.99
W40 S Ramdoo	MRI 3.17
Triple Jump	
M35 S Tranquille	MRI 11.62
M40 W Lamarque	MRI 10.36
M45 D Dabaea	MRI 10.45
Shot Put	
M30 G Cadet	MRI 13.36
M40 C Babylone	MRI 10.91
M45 B Michel	REU 11.21
M50 M Bester	RSA 12.56
M55 J Roodt	RSA 12.81
M60 D Sunkur	MRI 8.85
M65 A Rzepecki	RSA 11.17
W35 S Seewoonun	MRI 4.39
W40 J Ferrere	REU 11.81
W45 C Carver	MRI 3.62
W55 M Daguin	REU 8.94
W60 M Felicite	MRI 7.60
Discus	
M40 G Bouille	MRI 30.58
M45 D Dabaea	MRI 17.97
M50 M Bester	RSA 32.75
M60 D Sunkur	MRI 18.69
M65 A Rzepecki	RSA 36.00
W30 C Antoine	MRI 26.66
W35 N Bois	MRI 27.40

W40 J Ferrere	REU 35.27
W45 M Mongelard	MRI 21.40
W55 J Rzepecki	RSA 25.40
W60 M Felicite	MRI 18.35
W65 G Kheera	MRI 10.96
Hammer	
M40 L Bois	REU 28.26
M45 M Bernard	REU 30.45
M50 M Bester	RSA 40.20
M60 D Sunkur	MRI 18.01
M65 A Rzepecki	RSA 39.05
W35 N Bois	REU 33.88
W55 M Daguin	REU 24.36
W60 M Felicite	MRI 20.34
Javelin	
M35 S Tranquille	MRI 38.84
M40 G Bouille	MRI 48.70
M45 D Dabaea	MRI 33.31
M50 M Bester	RSA 29.89
M55 J Roodt	RSA 37.24
M60 D Sunkur	MRI 31.09
M65 A Rzepecki	RSA 29.97
W30 C Antoine	MRI 16.19
W35 M Speville	MRI 21.36
W40 J Ferrere	REU 18.63
W45 N Cerveaux	MRI 6.94
W60 M Felicite	MRI 16.41
Weight Pentathlon	
M35 J Cerveau	MRI 1420
M40 C Babylone	MRI 2425
M45 D Dabaea	MRI 1675
M50 M Bester	RSA 3338
M55 J Roodt	RSA 4486
M60 D Sunkur	MRI 2142
M65 A Rzepecki	RSA 4316
W35 M Venkatasubh	MRI nma
W60 M Felicite	MRI nma
5000 Racewalk	
M35 M Bhageea	MRI 33:32.17
M40 R Dhorbal	MRI 36:06.18
M45 S Khedarun	MRI 35:56.33
M50 J van Zyl	RSA 28:43.15
M60 S Bhujun	MRI 40:22.28
W40 G Manargad	MRI 40:27.27
W45 M Bidoist	REU 35:15.69
W55 M Daguin	REU 37:57.58
W60 D Edmond	MRI 37:36.78
10K Racewalk	
M50 J van Zyl	RSA 57:30.5
W45 M Bidoist	REU 71:49.2

M45	
1. Bob Carroll	16.39
2. Phil Ricney	17.02
3. Chip Boehm	17.26
4. Randall White	17.28
5. Jim Robinson	17.34
6. Mark Rybinski	17.39
7. Tim McMullen	17.48
8. Chris Burns	17.56
9. Gary Radford	17.57
10. Fred Kitzrow	18.10
M50	
1. Dave Reinhart	17.54
2. Roger Price	18.05
3. Rich Gebauer	18.17
4. Bill Scholl	18.27
5. Ken Briell	18.30
6. Gary Pierce	18.39
7. Bob Hermes	18.43
8. Larry Litscher	18.49
9. Dennis Fillmore	18.55
10. Phil Jessen	19.04

M55	
1. Harold Nolan	18.26
2. Terry Delph	18.44
3. Pat Glover	19.06
4. Doug Brown	19.20
5. Richard Myers	19.39
6. Frank Handelman	19.52
7. Hugh Sweeney	20.00
8. Jim May	20.05
9. Arthur Roberts	20.07
10. Beuford Greb	20.22
M60	
1. Bill Borla	19.26
2. Thom Weddle	20.17
3. Pat Cosgrove	20.47
4. Sid Howard	21.04
5. Edward Smith	21.10
6. Michael Service	21.11
7. Carl Grimm	21.21
9. John Boyle	21.30
9. Joe Cordero	22.24
10. Edward Bown	22.25

M65	
1. John Dugdale	20.56
2. John Leonard	22.35
3. Jerry Levasseur	23.07
4. Othmar Freyler	23.29
5. Bruce Gilbert	23.33
6. Jim Aneshansley	23.37
7. Christopher Rush	23.41
8. Richard Hill	23.50
9. Peter Hettrich	25.09
10. Don Bozzone	26.04

M70	
1. William Fortune	25.20
2. James Sutton	26.25
3. Walt McConnell	26.47
4. Joe LaBruno	28.03
5. Jay Demarest	31.35
6. Bill Welsh	31.42
7. Harold Beal	37.06
M75	
1. Sab Koide	29.06
2. Lester Ridings	29.08
3. Angel Aponte	29.09
4. John McManus	30.16

M80	
1. Clarence Lurch	44.55
W40	
1. Madelyn Noe Schlentz	19.09
2. Alicia Kelly	19.28
3. Beth De Ciantis	19.59
4. Janice Morra	20.20
5. Susan Munson	20.38
6. Joyce Jaworowski	21.12
7. Beth Moras	21.40
8. Ann O'Dowd	22.14
9. Judy Rubin	22.33
10. Kim Daley	23.08

W45	
1. Theresa Marciani	22.32
2. Carol Dodge	22.44
3. Mary Conry	22.48
4. Lorraine McPhillips	23.05
5. Julie Taylor-Ogden	23.53
6. Mary Diver	25.18
W50	
1. Kathryn Martin	19.38
2. Carolyn Smith-Hanna	20.57
3. Belinda O'Brien	22.03
4. Jane Parks	22.20
5. Jeanne Herrick	23.12
6. Mary Rosado	23.50
7. Beth Scott	24.14
8. Judy Anker	24.44

W55	
1. Sylvie Kimche	23.00
2. Carolyn Kriesen	25.36
3. Natalie Grabow	25.53
4. Mary Trotto	26.50
5. Patricia O'Hanlon	26.58
W60	
1. Mane-L. Michelsohn	23.38

2. Dorothy Little	26.30
3. Carolyn Heuser	28.27
4. Donna Mehler	31.07
5. Marilyn Ryder	32.08
W65	
1. Imme Dyson	26.13
2. Annette Johnson	35.58

TEAMS	
W40 (score 3)	
Genesee Valley Harriers	1:31:34
W50 (score 3)	
Genesee Valley Harriers	1:09:29
W60 (score 3)	
Raritan Valley RR	1:28:41
M40 (score 5)	
N. Jersey Masters	1:26:13
M50 (score 5)	
Raritan Valley RR	1:34:43
M60 (score 3)	
Wolfpit RC	1:03:29
See www.utafny.org for full results	

EAST

27th Gazette Stockade-athon 15K

Schenectady, NY; Nov. 10

Overall	
Chris Hartshorn	30 47:15
Lori Hewig	42 57:27
M35 Jerry Lawson	48:38
M40 John Noonan	54:31
Mark Looney	55:19
Mark Warner	56:22
M45 Robert Colborn	57:41
Mike Kodya	59:15
M50 Bob Giambalvo	55:42
Dale Keenan	56:10
Bill Babcock	58:11
M55 Wm Dixon	54:59
Pat Glover	59:13
M60 Bill Borla	58:16
Ed Bown	67:55
M65 Daniel Cohen	68:29
Sam Graceffo	69:18
M70 Dick Wilson	72:21
Ed Doucette	76:46
W40 L Hewig 1stF	57:27
Beth Stalker 3rdF	62:24
Jennifer Assin	65:00
W45 Karen Provencher	66:49
Marcia Whitney	67:14
Jeryl Simpson	67:59
W50 Martha DeGrazia	67:33
Erika Oesterle	72:28
W55 Candi Schermerhorn	80:33
Laura Clark	82:08
W60 Eleanor Hunt	86:29
W65 Ann Vella	87:00
W70 Anny Stockman	AF80:43
(Semer/81:17/1999)	
W75 Regn Tumidajewicz	1:58:09

USATF New England Cross-Country Championships

M-9855m/W-6017m

Boston; Nov. 10

Overall	
Matt Downin	25 30:19
Kristin Chisum	30 20:01
M40 Bob Winn	26:12
Tom Doody	26:16
Jim Quatros	26:28
M45 John Barbour	26:19
Ken Leinbach	26:47
M50 Bob McCusker	28:19
Bob Ruel	28:35
M55 Colin McArdle	29:49
Art Roberts	32:39
M60 Jon Connor	37:32
M75 Doug Blanchard	44:19

M40+ Team

Greater Lowell RR

Boston AA

Cambridge Sports Union

98

M50+ Team

Greater Springfield Harriers

Greater Lowell RR

W40 Karen Smyers

Sue LaChance

W45 Sidney Letendre

Pat Robinson

W50 Sue Maslowski

Patty Foltz

W55 Susan Gustafson

Mardi Reed

W60 Regina Wright

Liberty AC

6

40th Annual John F. Kennedy

50 Miller

Hagerstown, MD; Nov. 23

Overall	
Jim Hage 44	6:13.10
Connie Gardner 38	7:11.47
M40 Jim Hage	6:13.10
Eric Clifton	6:19.43
Tim Hewitt	6:54.50
M50 David Horton	7:33.25
Ronald Johnston	7:42.26
Scott Mills	7:48.47
M60 Ed Ayres	8:48.25
Richard Sitter	9:38.15
Tony Cerminaro	9:46.34
M70 Louis Joline 70	9:47.45
Leo Lightner 74	12:30.07
Frances Dolan 76	12:37.16
W40 Linda Barhost	8:13.18
Loretta Malander	8:34.35
Julie Gerke	9:08.32
W50 Jody Bol	10:19.56
Helga Rinneard	10:20.20
Patti Harden	10:22.32
W60 Celeste Fondaco	10:36.44

Continued from previous page

Peter Hughes	2:54.12
M50 Torbjorn Dahl	2:53.03
David James	2:53.10
Bruce Glasspoole	2:54.36
M55 Efrain Torres	2:49.58
Julio Aguirre	3:05.31
Ron Kita	3:08.03
M60 Joel Feldman	3:15.11
Larry Barrett	3:22.44
Peter Teachout	3:23.22
M65 Vincent Criniti	3:36.07
James Flanagan	3:39.20
Fred Bostrom	3:52.38
M70 Robert Stevenson	4:12.45
Kenneth Johnson	4:46.24
Mike Bennett	4:58.41
W40 Kate Paddon	2:52.09
Date McCoy	3:00.25
Lorraine Jasper	3:07.01
W45 Mary Hanley	3:17.08
Cheryl Place	3:20.14
Carol Farrell	3:21.25
W50 Martha Degrazia	3:15.28
Carolyn Bujak	3:32.46
Nancy Phelps	3:40.11
W55 Patricia Dudar	3:38.43
Udon Beidler	3:40.56
Cathy Schweiger	3:45.20
W60 Ruth Fairbrother	4:26.27
Mary Phillips	4:34.33
Margaret Chestnut	4:46.56
W65 C V Duke	4:18.24
Rita Alles	4:55.24
W70 Thelma Wilson	4:33.26
A Marotta-Brinton	4:40.25

8K**Overall**

Shadrack Kosgei	19	23.18
Lyudmila Biktasheva	28	26.20
M40 Greg Cauller		25.57
Johnn Marino		25.58
M45 Craig Holm		27.53
M50 Gary Fanelli		28.17
M55 Arthur Burger		30.28
M60 Doug Jansky		32.21
M65 Len Taylor		37.24
M70+Roger Williams		39.30
W40 Terry Luzader		31.15
W45 Ilene Simonini		35.25
W50 Leah Whipple		32.53
W55 Joy Hampton		35.53
W60 Carole Lelli		41.22
W65 Andrea Gerbstadt		47.36
W70 Shirley Simmers		63.05

Manchester Road Race 4.75M**Manchester, CT; Nov. 28****Overall**

Andrew Letherby	29	22.03
Amy Rudolph	29	24.25
M40 Chris Chisolm		25.01
Chris Spinney		26.36
John Martin		26.42
Ed Grace		26.56
Steve Klots		26.57
M50 Bob McCusker		26.38
Bob Gillon		28.06
Michael McCusker		28.07
Bob Hermes		28.28
Jamie Gomez		28.57
M60 Raymond Prest		32.56
Davis Sonstroem		33.06
Bill Masterson		34.03
Tom Butterfield		34.45
Richard Dibaise		35.41
M70 Robert Thorp		37.49
Walt Gale		38.14
Harold Holly		41.39
Pasquale Margiotta		41.53
Phil Mongillo		46.29
M80 Bill Tribou		43.53
Guy Riccio		58.43
John Hutchinson		63.13
Hugh Hamilton		72.40
Anthony Sobol		90.53
W40 Susan Faber		27.15
Karen Smyers		27.34
Martha Merz		27.42
T Pozdnyakova		27.59
Cindy Pomeroy		30.04
W50 Barbara Deubel		33.09
Christine Rago		34.19
Jo Marchetti		34.41
Mary Ryczek		35.15
Allison Laudati		35.47
W60 Lynette Walker		34.30
Zofia Turos		35.39
Linda Beizer		37.42
Betty Piskorski		41.33
Susan Peowski		42.20
W70 Sissy Seader		60.04
Anneliese Monniere		68.51
Elizabeth Tracy		69.02
Lorraine Staley		82.21
Viola Sobol		83.05

W80+Eliz. Hutchinson	82	65.29
Mary Haines	88	93.13

27th Annual Rockville 10K**Rockville, MD; Dec. 7****Overall**

Brian Schmidt	34	33.48
Jill Walter	25	41.31
M40 Ronald Hess		37.26
M45 Andy Fitzgerald		39.41
M50 James Moreland		39.28
M55 Jon Johnson		45.19
M60 Mike Thorson		45.31
M75 Cuncheng Xu		55.56
W40 Jamie Murphy		46.27
W45 Linda Mutziger		50.53
W50 Marcee Smith		55.20
W55 Priscila Prunella		49.29
W60 Sharon Dolan		44.55

SOUTHEAST**Cross-Country 4.8 Mile****Magnolia Springs State Park****Millen, GA; Nov. 9**

M40 Charles Brantley		27.47
Clark Walker		28.07
Danny Gleason		30.42
Buddy Davis		31.32
Robert Warren		32.03
Michael Ulinch		32.27
Tony Tanner		32.51
Jeff Baker		34.47
David Scott		35.00
Ed Sutcliffe		35.13
W40 Karen Kennington		33.09
Lisa Spence		44.49
Cheryl Thomas		54.00
M45 Jim Hagin		29.28
Neil Feather		30.11
Glen Chamberlain		30.44
Steve Altman		30.51
Jon Martin		33.47
Jeff Hubright		38.18
Robbin Amett		44.35
W45 Mary Williams		42.52
Donna Meyers		54.03
M50 Robert Lightsey		41.17
Tommy Jordan		47.27
W50 Mary Woodruff		35.00
M55 Gon Trimble		32.07
Bill Seigler		32.19
Imants Celtnicks		33.45
John Bragg		36.30
Bill Gladden		37.17
John Torpy		37.48
M60 Keith Douglass		34.47
Earl Donaldson		36.05
Fred Goolsby		39.39
M65 Jerry Ban		39.51
Stanford Tillman		46.57
M70 Bill Briggs		41.51

Vulcan Run 10K**Birmingham, AL; Nov. 16****Overall**

David Kipnetich	27	30.19
Zika Palmer	26	36.43
M35 John Geiger	38	35.03
M40 John Tuttle		32.05
Dwight Jacobs		36.01
Matt Gurtner		36.31
Tim Lee		36.48
M45 Charles Reagan		36.26
Pete Neuberger		39.26
Jerry Keith		40.19
M50 Dave Micale		40.54
Steve Horton		41.17
M55 John Montgomery		39.16
Paul Aucoin		44.16
M60 Joe Quillen		39.49
Ken Brewer		40.28
M65 Malcolm Gillis		46.25
M70 Dewayne Morris		48.00
M75 Lee Longshore		81.58
M80 Art Black		71.14
W40 Susan Keith		42.52
Holly Kitterman		45.12
W45 Naomi Abe		43.46
Ann Eller		44.10
W50 Nancy Nail		52.24

Nelle O'Connor	54.51
W60 Priscilla Davis	58.48
W65 Suzie Klutz	49.27
Yoshiko Setser	58.55

Blue Heron Cross-Country 5K**Athens, GA; Nov. 24****Overall**

Jeremy Gardner	24	18.44
Cassandra Turner	20	24.43
M40 Mike Posey		21.17
M45 Mark Compton		20.51
M50 Art Dacosta		23.36
M55 John Hancock		23.13
M60 Fred Goolsby		27.55
M65 Jim Rasnak		26.17
M70 Don McClellan		37.22
M80 James Mauldin		62.03
W40 Jane Boyd		25.47
W45 Ann Lee		31.57
W50 Shari Lunsford		31.26
W55 Barbara Conley		36.21
W65 Anne Patrick		50.51

Outback Half-Marathon**Jacksonville, FL; Nov. 28****Overall**

Joseph Zepherinus	27	1:04.52
Lyubov Ddenisova	31	1:13.48
M40 Michael Cain		1:15.04
Frank Sultman		1:18.25
Alan Sheppard		1:18.54
M45 Doctor Radical		1:19.06
Jack Lunsford		1:25.41
Pete Putnam		1:27.08
M50 Bruce Holmes		1:23.39
Bernie Candy		1:24.40
Lars Leader		1:24.53
M55 Jim Tully		1:28.30
Russ Brown		1:31.18
Thom Henkel		1:36.14
M60 Frank Frazier		1:35.47
Matt Ross		1:35.59
Roy Clark		1:36.24
M65 Larry Neider		1:52.13
Larry Larson		1:58.10
Al Saffer		2:32.31
M70+Bob Carr		2:01.30
Bo Holub		2:02.39
Bengt Espling		2:06.56
W40 Lisa Vail		1:17.27
Chris Kathe		1:28.32
Kim Ball		1:35.06
W45 Lisa Bunker		1:35.05
Marcia Baker		1:38.56
Kim Crist		1:42.17
W50 Barbara Ebers		1:45.59
Jan Taylor		1:48.20
Sharon Lucie		1:49.10
W55 Susie White		1:36.58
Theresa Coomes		1:49.30
Maria McNary		1:59.05
W60 Elfrieda Wyner		1:47.24
Judith Daniel		1:48.47
Nancy Pullo		2:11.46
W65 Kathy Witkowski		3:00.45
Vivian Hulbert		3:15.01

Atlanta Marathon & Half-Marathon**Atlanta, GA; Nov. 28****Overall**

Mark Coughlin	38	2:36.00
Phyllis Tuggle	41	2:59.44
M40 Bill Field		2:42.45
Federico Ramos		2:48.52
Jeff Keady		2:54.28
Mark Drosky		2:55.34
M45 Patrick Binienda		3:03.53
Jose M Kloss		3:10.56
Scott Ludwig		3:16.42
M50 Ben Labelle		3:07.38
Richard Schick		3:23.28
Robert Longley		3:28.19
M55 Gene McGrady		3:02.34
Bruce LaBuddle		3:17.10
Al Barker		3:23.43
M60 Don Holt		3:59.11
Reg Horn		4:04.53
Fred Motz		4:09.08

M65 Marcos Alegre	3:41.30
Don Clark	3:45.48
CM Brasfield	4:18.39
M70 John Bittinger	4:32.12
W40 Phyllis Tuggle	2:59.44
Carol Baker	3:08.23
Angela Sloman	3:21.24
Meg Grantham	3:26.46
Amy McClenathan	3:37.43
W45 Charlotte Johnson	3:26.20
Deanne Gipson	3:44.15
Patty Minton	3:45.57
W50 Paula May	3:50.39
Kami Day	4:26.30
Denise Laudani	4:30.05

Half-Marathon**Overall**

Fidel Hernandez	34	1:08.30
Donna Garcia	34	1:20.33
M40 Modesto Zeferino		1:16.51
Mike Fitzgerald		1:17.23
John Ryan		1:17.57
Michael Anderson		1:19.19
M45 Tom Guzikowski		1:18.25
Ken Youngers		1:20.05
Ronald Sims		1:20.42
M50 John Anderson		1:28.55
Larry Gordon		1:29.21
Alon Stewart		1:29.54
M55 Dan Hardy		1:28.09
Michael Kent		1:29.50
John Strait		1:30.41
M60 Jim Duguay		1:29.37
Gerald Friedman		1:37.55
Benny Hawkins		1:41.05
M65 Paul Wojnowiak		1:46.47
John Eurtion		1:58.56
Charles Teague		2:02.30
M70 Richard Cheney		1:42.45
Charles Williams		1:48.31
Ben Gross		2:10.22
M75+Charles Scott		2:15.11
Charles Ross		2:37.27
Leslie Longshore		3:10.08
W40 Sue Kelly		1:22.37
Connie Robertson		1:29.10
Lynn Howe		1:29.49
Lynn Pinyerd		1:31.09
W45 Nancy Jackson		1:36.35
Rebecca Schaper		1:37.29
Susan Breeding		1:38.00
W50 Vickie Johnson		1:36.47
Elaine Chambers		1:42.42
Mimi Sturgell		1:43.49
W55 Carol Johnson		1:50.21
Kim Olson		1:52.34
Kathleen Spencer		1:53.11
W60 Yvette Lavigne		1:39.20
M J Kennedy		2:08.19
M Gozansky		2:13.23
W65 Ann Akers		1:47.00
L Harris-Dawson		2:20.18
Jeanne Smith		3:11.08
W75+Tinha Anderson		2:33.02

MIDWEST**Canal Connection 10K****Utica, IL; Nov. 3****Overall**

Robert Breit	22	31.31
Peggy Shadid	39	38.13
M40 Ken Lauff		34.26
M45 Gary Beck		36.26
M50 Jim Pelarske		35.57
M55 Merlin Anderson		37.46
M60 Larry McMasters		39.00
M65 John Quinton		45.30
M70 Dick Lamer Mayer		51.13
M75 Dean Rademaker		75.58
W40 Chris Walsh		38.51
W45 Mary Krause		42.50
W50 Isola Metz		45.50
W55 Sandy Kurtenbach		51.35
W60 Judt Teeple		45.35
W65 Barb Gurtler		51.08
W70 Lou Winter		73.52

Big Bird 10K**Roseville, MI; Nov. 10****Overall**

Joe Gibson	25	30.31
Robin Sarris-Hallop	46	40.42
M40 Mark Neal		34.41
Kurt Schneider		37.28
M45 Tim Emmett		36.36
M50 Larry Parker		38.17
M55 Pete Hallop		37.07
M60 Doug Goodhue		38.23
M65 David Lee		45.22
M70 Bill Olson		47.23
M75 James Lovat		60.00
M85 Joe Thornburg		73.35
W40 Marcy Kossak		44.20
W45 R Sarris-Hallop		40.42

Sandy Schubert	46:11
W50 Bonnie Moroni	55:27
W55 Cindy Goodhue	53:50
W60 Sharon Sowell	50:42

Jingle Bell 5K Run**Bloomington, IN; Nov. 10****Overall**

Andy Derks 22	15.28
Sara Mills 26	18.57
M40 Ken Endrizzi	16.24
Steve Houseworth	17.21
M50 Merlin Anderson	18.17
James Williamson	19.36
M60+Ken McMillen 62	20.41
Auburn Wells 65	22.45
Robert Pool 66	22.45
W40 Debra Lowell	21.03
Tamara White	21.51
W50 Que Harbor	20.59
Janet Connelly	22.35
W60+Sandra Theobald 60	28.41
S Guess-Hanson 60	33.38

Continued from previous page

USATF New Mexico Cross-Country Championships
Albuquerque, Nov. 10

OM 5K	
Arturo Fierro	23:54.5
M35 5K	
Scott Long	18:43.1
Myron Salvador	23:05.4
M40 5K	
Eddy Hellebuyck	17:58.8
Darrell Beck	23:13.3
Elvis John	23:34.7
Paul DeRego	23:44.1
M45 5K	
Jeff Miller	21:19.3
Paul Gooris	22:53.7
Blair Wolf	25:42.4
Greg Jochems	26:12.2
Steve Nunley	28:09.4
M50 5K	
Rich Dafer	24:21.4
Larry Padilla	28:25.9
W30 5K	
Christy Dafer	22:42.4
W40 5K	
Claudia Bergsohn	23:12.4
W45 5K	
Jean Herbert	21:53.8
Lucille Brasher	24:29.7
W50 5K	
Colleen Burns	24:49.3

Disco Dash 5K

Agoura Hills, CA; Nov. 10

Overall

John Spilman	40	16:32
Rosalva Bonilla	40	18:40
M35 Derek Marquis		20:08
M40 J Spilman		16:32
Brett Darrington	2nd	17:11
M45 Mark Kajiwara		19:44
M50 Bill Fischer		19:15
M55 Russ Stockard		19:08
M60 Harry Pantelast	65	22:57
M70+Eric Hanney	71	35:26
W35 Amana Nowakowski		21:06
W40 R Bonilla		18:40
W45 Susan Kielsmeier		20:56
W50 Debby Bowman		25:52
W55 Yoko Eichel		22:01
W60 Sharon Puccio	64	48:05

New Times 10K

Phoenix, AZ; Nov. 17

Overall

Shadrack Kosgei		29:04
Elva Dryer		33:01
M40 Eddy Hellebuyck		31:05
Richard Lee		33:05
Brent Steiner		33:37
Ben Leitzel		35:53
M45 Benito Gonzales		33:20
Wayne Chick		35:02
Dean Herbert		36:14
M50 Gary Grierson		37:58
Bruce Griffen		39:23
Duane Morse		40:58
M55 Robert Huotari		42:30
David Oake		42:35
Geo. Demetruilas		42:43
M60 San Corso		44:58
Bob Oliva		45:55
M65 Tom Ellis		43:11
Charlie Brown		49:30
M70 Jim Smedema		45:47
Bud Potter		49:48
W40 Diane Thompson		41:58
Patricia Langum		42:47
Amy Van Cleve		44:31
W45 Jeanne Lasse-Johnson		35:59
Margaret Bryant		45:18
Michelle Moran		46:19
Jackie McAllister		47:20
W50 Susan Humphries		44:43
Sheryl Sculley		48:52
Rondi Thornton		49:29
W55 Linda Webb		50:51
Petronelle Grobler		55:39
Kathy Chowanec		59:07
W60 C Meadowcroft		52:31
Bridget Badowich		59:06
W65 Loann Bell		79:52
Robta. Warshawsky	84	1:15
W70 Tillie Sutton		80:31

[compilation of elite and citizens race]

Dana Point Turkey Trot 10K & Masters 5K

Dana Point, CA; Nov. 28

Overall

Justin Patananan	22	31:01
Eliza Alexander	27	35:37
M40 Danny Reed		32:27

John Jericiau	36:07
Dave Schiller	36:36
M45 Dave Parsel	33:36
Kevin Prochaska	37:17
M50 Ian Carson	37:25
Fred Shufflebarger	39:22
M55 Gary Lessuise	40:20
Robert Sullivan	41:22
M60 Gamma Chavez	44:15
Luis Varga	44:46
M65 Don Moore	47:17
John Woolley	47:38
M70 Jerry Jefferson	49:29
Edward Salkin	56:57
M75 Bob Koch	51:17
Link Lindquist	53:21
W40 Sue Davis	40:22
Kim Weirath	41:06
Sharon Zimmerman	41:19
W45 Linda Stennes	42:16
Elaine Rutkowski	43:56
W50 Candice Zaremski	46:36
Jean Schlesinger	47:42
W55 Patti Serrano	45:31
Kathi Glassnagel	52:59
W60 Lucy Harrison	53:20
Nancy Thweatt	55:17
W65 Carol Hemus	54:59
Elsie Billy	57:39

Masters 5K

M40 Danny Reed	15:49
Dan Arsenault	15:59
Mark Hulme	16:04
Chris Jagers	16:50
Sal Garcia	17:10
M45 Dave Parsel	16:43
Angelo Decolibus	16:54
Barrie Williams	17:19
Russ Jones	17:42
Leon Laub	17:55
M50 Nolan Shaheed	16:31
Don Irvine	17:57
Bill Summer	18:08
John Serrao	18:15
Bob Morris	18:20
M55 John Combs	19:06
Wayne Mitchell	19:34
Warren Young	19:43
Paul Akiyama	20:51
Bill Sokol	21:15
M60 Richard Hall	19:00
Charles Burton	20:16
David Rusher	20:44
Dick McKenney	21:08
Don Quinn	22:33
M65 Bud Gardner	23:53
John Harper	24:00
Don Moore	24:17
David Mitchell	24:58
Harlan Williams	26:39
M70 Jerry Jefferson	22:07
Bart Stryke	27:14
Norte Oliver	28:41
Karl Osmus	35:15
Jack Wallace	38:42
M75 Jerry Copeland	20:19
Link Lindquist	26:49
Harold Willis	32:37
James Brown	33:21
Humberto Garza	37:32
W40 Louise Davis	19:12
Kim Weirath	21:11
Miriam Weigel	21:21
Stacy Blaugrund	21:23
Debbie Watson	21:48
W45 Jeanne Lasse-Johnson	17:21
Yayoi Liu	19:47
Debbie Barraza-Lee	20:27
Tracey Cox	23:07
Lisa Delaloz	23:15
W50 Shern Hall-Curl	19:38
Kathy Sanchez	23:59
Margaret Bryant	25:12
Katherine Viragh	26:32
Rebecca Russell	26:44
W55 Jeanie Leitner	23:19
Karen Alston	28:52
Barbara Bates	29:06
Monika Early	29:16
Jo Simon	29:45
W60 Marilyn Hansard	27:41
Pat Herr	28:01
Shari Smith	28:14
Kate Moe	31:10
Lou Ann Carey	31:48
W65 Raffaella Yates	38:04
Patty Sperry	38:20
Patricia Welliver	41:23
Frances Applegate	42:20
Beverly Sels	53:44
W70 Done Smith	32:53
Willie Porter	44:15
Can Fisher	46:54
W75 Mary-Jane Brown	39:14
Alice Ellis	41:13

Marise Sisson	46:10
W80 Lois Edds	40:34
W85 Edith Allen	46:14

Run to the Far Side 10K & 5K
San Francisco, CA; Dec. 1**Overall**

Rolf Schmidt	37	32:35
Sally Hauser	24	36:14
M40 Bobby Paxton		34:50
Lloyd Stephenson		35:08
Ken Lipson		35:19
Mitchell Shandley		36:17
Scott Robertson		36:23
M50 Bill Dunn		36:59
John Hirschberger		37:37
Fred Martin		38:35
Martin Brock		39:04
Kevon Cottrell		39:56
M60 Len Gerardi		45:21
Chuck Fox		45:32
Chuck Osborn		48:18
Mitchell Sollod		48:22
Ron Peck		48:39
M70 Al Oppiger		56:19
Robert Piper		64:49
Robert Fetherston		65:28
Fred Martin		66:51
David Beynon		69:53
M80 Jack Friedlander		72:31
W40 April Powers		38:45
Kim Rupert		39:49
Janice Prudhomme		41:09
Christine Iwahashi		41:40
Maria Inones		41:41
W50 Sharlet Gilbert		40:22
Mary Gillis		42:25
Loreli Trippel		44:06
Kathy Frank		45:16
Susan Brown		46:49
W60 Shirley Matson		41:13
Harriet Anderson		56:32
Peggy Kang		56:33
Heather Yeowell		57:16
Nancy Troxa		58:52
W70 Betty Sills	75	1:05:17

5K**Overall**

James Nielsen	23	14:51
Melanie Cleland	31	16:25
M40 Craig Steinmaus		15:31
Richard Lee		15:54
Brian Davis		16:51
Jim Angelopoulos		17:01
Jeff Cowling		17:07
M50 Robert Darling		18:01
Martin Eng		18:18
Ron Kiyono		18:24
Robert Qualls		18:57
Victor Rodriguez		19:09
M60 Robert Gormley		19:10
Charles Grant		19:12
Doug Braasch		20:44
Tom Guldman		20:58
Jack Major		22:33
M70 Bang La		24:31
Burkhard Specht		25:08
Eugene Gyuling		28:45
Dick Hannigan		34:23
Chuck Freuler		37:38
M80 David Cole		40:35
Phil Howarth		60:11
W40 Diane Swick		20:22
Jody Heyman		20:26
Tricia Wallace		20:31
Mary Downey		22:10
M Van der Veen		22:53
W50 Irene Herman		21:37
Donna Chan		22:13
Susan Cronk		22:23
Kathryn Demas		22:25
Monika McCool		23:20
W60 Barbara Miller		21:38
Sue Johnston		29:04
Helen Sheaff		30:04
Deanna Lotorre		32:22
Joy Dellanina		34:03
W70 Stella Sugimoto		36:45
Helen Pang		38:17
Margaret Craig		39:18
Barbara Hansen		41:45
Therese Nikas		45:31
W80 Dorothea Cole		40:33

Tucson Marathon & Half-Marathon
Tucson, AZ; Dec. 8**Overall**

Bassima Soro	33	2:20:38
Susan Loken	39	2:44:19
M40 Bernie Boettcher		2:34:36
Frederic Roberts		2:37:47
Miles Baron		2:38:12
M45 Terry Marcott		2:45:44
Charles Sanchez		2:46:38
M50 Charles Kellner		2:58:47

Gary Grierson	2:59:05
M55 Chuck Cammack	2:58:47
Michael Mahler	3:05:44
M60 Doug Saari	3:08:51
Byron Melendy	3:11:27
M65 Paul Robilia	3:25:57
Lionel Wilridge	3:41:20
M70 Thos. Hathaway	3:50:20
Frank Chen	4:27:47
M75 Bob Koch	3:59:17
Burt Carlson	4:45:30
W40 T Ilzuka-Sheeley	3:06:49
Christa Koot	3:07:22
Jean Watson	3:09:46
W45 Mary Cooper	3:12:39
Loretta Ulibarri	3:33:00
W50 Sherie Schmidt	3:37:20
Naomi Benaron	3:39:33
W55 Julie Lister	3:31:55
Patty Hung	3:42:53
W60 Kathy Ryan	4:15:21
Beverly Schulz	4:28:28
W65 Roddie Larsen	5:24:12
W70 D Wilhelmsen	5:38:45

Half-Marathon**Overall**

Michael Kamau	24	1:03:33
Nora Nyabicha	22	1:15:37
M40 Steve Greenspan		1:16:41
M45 Rick Fenno		1:11:41
M50 John Stermer		1:20:41
M55 Keith Miyehew		1:34:12
M60 George Wittmann		1:33:47
M65 Ed Hernandez		1:27:00
M70 Bud Potter		1:46:33
M75+Harry Wilhemsen	3	1:10:08
W40 Kim Grant		1:22:52
W45 Jean Herbert		1:22:30
W50 Mary Rogers-Crum		1:35:04
W55 Dee Chadwick		1:33:49
W60 Josie Chalmers		1:47:42
W65 Lucia Sandoval		2:28:41
W70 Carolyn Hathaway		2:27:38
W75+M Connie Rubin		3:59:35

California International Marathon
Sacramento, CA; Dec. 8**Overall**

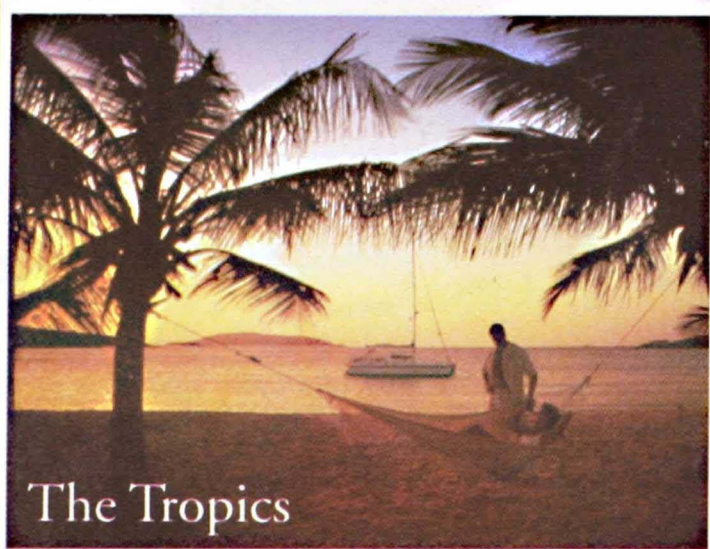
Elly Rono	32	2:11:56
Tatiana Titova	37	2:33:13
M40 Dennis Rinde		2:31:32
Vitas Ezerkskis		2:35:12
Tim O'Rourke		2:37:40
Jeff Tecters		2:40:30
Nestor Ayala		2:42:11
M45 Martin Ellison		2:38:03
Lloyd Stephenson		2:48:30
Dennis Early		2:49:02
Art Boileau		2:49:45
Mike Miller		2:49:53
M50 Gustavo Figueroa		2:48:55
Michael Norton		2:57:11
Philip Mulry		3:04:36
Charles Locke		3:06:16
Craig Wheaton		3:07:35
M55 Michael Dove		2:55:17
Michael Fiene		3:05:03
Tim Butler		3:13:20
Ernie Takahashi		3:15:49
Allan Stanbridge		3:17:34
M60 Joe Burgasser		2:54:36
Howard Ferris		3:09:30
Joe Hurtado		3:11:02
Doug Braasch		3:15:19
Robert Seldner		3:18:57
M65 Roger Daniels		3:29:38
Don Jones		3:42:26
Joe McCladdie		3:55:07
Ben Horner		3:59:38
Nathan Cogan		4:04:55
M70 Eddie Reyna		4:39:42
Mark Martinez		4:47:44
Harry Daniell		4:54:20
George Billingsley		7:32:55
W40 Diana Fitzpatrick		2:50:51
Leslie Black		2:59:47
Kathy Atkins		3:03:18
Catriona Dowling		3:03:44
Janet Smith		3:11:24
W45 Jill Weisman		3:09:55
Christine Iwahashi		3:11:11
Margie Retterath		3:14:15
Barb Acosta		3:15:35
D Windsand-Dausman		3:17:03
W50 Dee Dee Grafius		3:20:04
Sharon Farrell		3:26:40
Michael Zacharia		3:27:52
Jan Adams		3:32:11
Pamela Malone		3:40:15
W55 Kei Zehr		3:51:02
Nancy Murch		3:51:30
M McClenneghan		3:56:11
Susan Madigan		4:00:54
Barbara Rinker		4:11:10

W60 Barbara Miller	3:29:12
Joan Kramer	3:59:39
Rusty Barnett	4:10:20
Pat Brayman	4:11:24
Judy Shipman	4:18:36
W65 Joan Reinhardt-R	4:30:46
Pat Peterson	5:04:45
W70+Myra Rhodes	70 3:54:13
Helen Klein	80 4:31:32
Charlotte Williams	5:14:18



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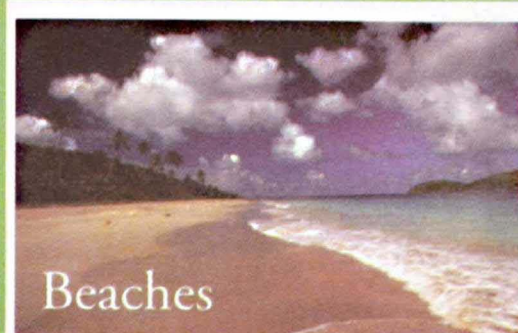
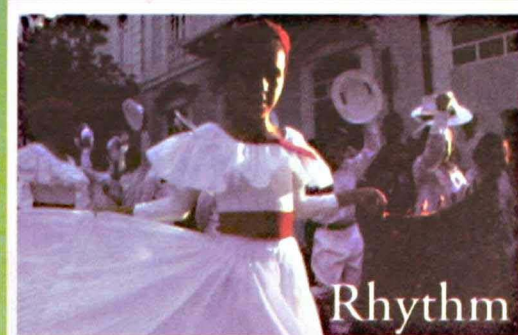
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and Compete in Your Favorite Sport While Having the Time of Your Life!"



master [ˈmæstər, B ˈmɑːstər] "He or she who can run, jump, throw, sprint, and dance in the tropics for 12 straight days"



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Visit our Web Site: www.puertorico2003.org

