

NATIONAL MASTERS NEWS

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

341st Issue

January 2007

\$3.00

Collins, O'Connor Named Best 2006 T&F Athletes Simonaitis, d'Elia, Romesser Top LDR Choices

T&F Honors Also Go to Lane, Pawlik, Donley, and Hess

Bill Collins and Nadine O'Connor were named the Outstanding Male and Female Masters for 2006 by the Masters T&F Committee of USA Track & Field, the national governing body for athletics, at its annual meeting in Indianapolis on Nov. 29-Dec. 3. They were recognized along with other award winners at the Awards Breakfast on Saturday, Dec. 2, in the Westin Grand Ballroom.

Collins, 55, of Houston, Texas, was also selected the USATF Masters Athlete of the Year, and was honored on Saturday evening at the Jesse Owens Award/Hall of Fame Induction Ceremony in the Sagamore Ballroom at the Indiana Convention Center.

The first awardee on the program, he was introduced by Rex Harvey, WMA Vice-President Stadia, and joins Kathryn Martin, W50, 2004, and Emil Pawlik, M65, 2005, the first two recipients of the award.

Collins added these honors to his earlier recognition as the 2006 IAAF Best Male Masters Athlete presented at the IAAF Gala in Monaco. He posted M55 world records in the 60m (7.34) and 200 (23.36) and won the 400 (54.22) at the WMA World Indoor Championships, Linz, Austria.

In August, he won the 100, 200 and 400 in the USA Masters Championships, Charlotte, N.C., for the fourth consecutive year. He is a triple winner of the award, having won it in 1997 and 2003.

O'Connor, 64, Del Mar, Calif., who was the 2005 Female Athlete of the Year and female winner of the Outstanding Single Performance Award for her world-record pole vault of 3.05/10-0 in 2004, won the latter award again this year by increasing her vault record to 3.12/10-2.75, an age-graded 116%.

Continued on page 3

Martin, Orban, Miller Among 25 Runners Honored by USATF

Dennis Simonaitis, Toshiko d'Elia, and Gary Romesser were among the 25 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 28th annual meeting in Indianapolis.

This year's list of athletes of the year include ten repeaters from last year, five repeaters from previous years and ten athletes who have never won this award before.

The repeaters were led by four women, who, in addition to having excellent years, set pending age-group records. Toshiko d'Elia (W75, New Jersey) established marks in the 10K (55:13) and 25K (2:29:33) at the Ridgewood Run and Fifth Third River Bank, respectively.

She was followed by Colleen DeReuck (W40, Colorado), who set her record for the half-marathon (1:11:50) at the Philadelphia Distance Run; Carmen Ayala-Troncoso (W45,

Texas), who ran her 5K (16:50) record at Carlsbad; and Ginette Bedard (W70, New York), who set the standard in the More Marathon (3:46:03).

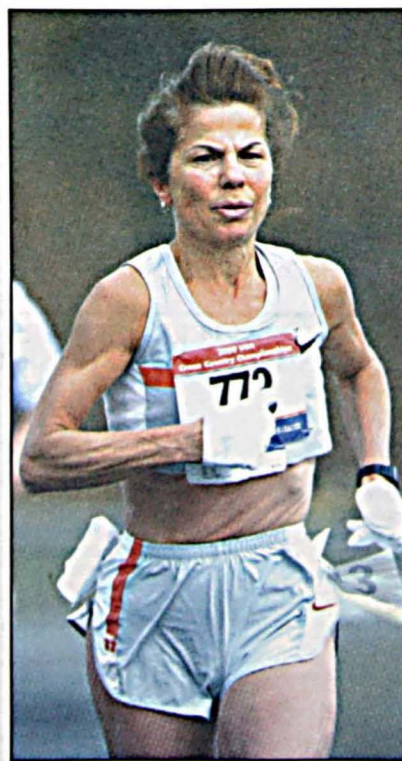
Three other women successfully defended their titles: Kathryn Martin (W50, New York), Barbara Miller (65, California), and Helen Klein (W80, California). Three men also successfully defended their titles: John Tuttle (M45, Georgia), Gary Romesser (M55, Indiana), and William Borla (M65, Connecticut).

Those who returned to the winners' circle after a hiatus of one year include Dennis Simonaitis (M40, Utah) and Joe Fernandez (M75, Massachusetts). Bill Riley (M70, Massachusetts) and Louise Rossetti (W85, Massachusetts) last appeared in 2002, and Lou Lodovico (M80, Pennsylvania) had been out of the award winners' circle since 2000.

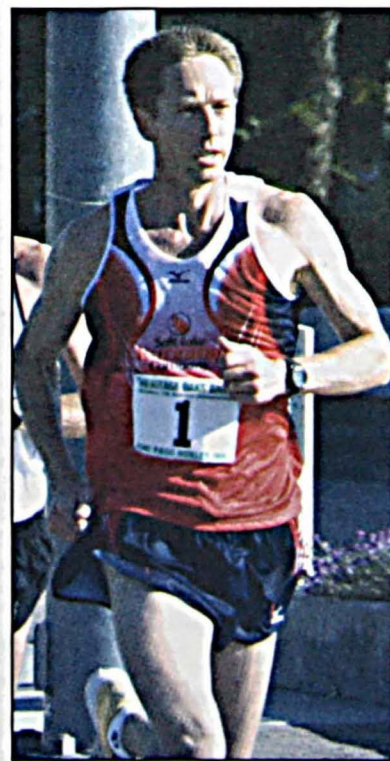
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Nadine O'Connor



Kathryn Martin



Dennis Simonaitis

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NATIONAL MASTERS NEWS

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

Publisher: Randy Sturgeon
Editor: Juliet Wahleithner
SUBSCRIPTION PROBLEMS: 818-286-3129
National Masters News Office (Editorial):
 P.O. Box 1117, Orangevale, CA 95662
e-mail: natmanews@aol.com
Masters Web Sites:
www.nationalmastersnews.com
www.usatf.org
www.masterstrack.com
www.runningusa.org
www.world-masters-athletics.org
Schedule: Juliet Wahleithner
Advertising Representative: Randy Sturgeon
Graphic Design & Layout: Juliet Wahleithner
Printing: Gold Country Printing, 1030 High Street, P.O. Box 5910, Auburn, CA 95603
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Douglas Smith (CAN), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).
Publication Data: National Masters News is published monthly, with an annual subscription rate of \$28.00. Main office address: 6636 Santa Juanita Ave., Orangevale, CA 95662. Periodicals postage paid at Sacramento, CA 95662.
 National Masters News is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.
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Mailing: The issue is mailed the last week of the month prior to the cover date.
Postmaster: Send address changes to: National Masters News, c/o Stark Services, 12444 Victory Blvd., Ste. 300, No. Hollywood, CA 91606-3173. 818/286-3129.
 National Masters News is published by Randy Sturgeon at 6636 Santa Juanita Ave., Orangevale, CA 95662.
Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615-9881. 818-286-3129.
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She broke W indoor 60mH (14.31), and lo all at the top o scored 8149 po finally adopted.

The 2006 Performance A Trent Lane, 90 hurled the rec 3kg hammer to 20.15/66-1, an Emil Pawlik Christel Donley Colo., repeated as Best Comb ers.

Pawlik won heptathlon, dea tathlon, and W Donley won th tathlon and peo door heptathlon.

Two athlete and the field O'Connor was r formances on th and the pole va the field events both awards i She set a world 60m and the ou age-graded pe 100+% range.

The track an were selected b T&F Awards ing, chaired by Each comm from lists of to group for men and field, whic meet, single-age second, etc.) in one-year and percent for athl tion.

Listed athlete ed in at least on though their b been in an open Ray Sharp, l Janet Higbie, voted the Outs Sharp, M45, w masters champi a repeat from her accomplish world record 56:45:01 in th

September at a Bobby Bake 5K racewalk Kingsport, Te Racewalk Adm The racewalk a committee of r

Suzy Hess, voted the Mast of the Year for ing won that took over the T&F Committ resignation of

Happy

T&F Awards

Continued from page 1

She broke W60 U.S. records in the indoor 60mH (10.72), outdoor 80mH (14.31), and long jump (4.55/14-11), all at the top of her age group, and scored 8149 points in the decathlon, a certain world record when the event is finally adopted by WMA.

The 2006 Outstanding Single Performance Award by a male went to Trent Lane, 96, of Louisiana, who hurled the recently-adopted M80+3kg hammer to an M95 world record 20.15/66-1, an age-graded 129%.

Emil Pawlik, Jackson, Miss., and Christel Donley, Colorado Springs, Colo., repeated their 2005 selections as Best Combined-Events Performers.

Pawlik won the M65 U.S. indoor heptathlon, decathlon, outdoor pentathlon, and WMA indoor pentathlon. Donley won the W70 indoor heptathlon and pentathlon, and the outdoor heptathlon.

Two athletes won both the track and the field age-group awards. O'Connor was recognized for her performances on the track in the hurdles, and the pole vault and long jump in the field events. Kathy Bergen took both awards in the W65 category. She set a world record in the indoor 60m and the outdoor high jump with age-graded performances in the 100+% range.

The track and field award winners were selected by vote in the Masters T&F Awards Sub-Committee meeting, chaired by Phil Byrne.

Each committee member worked from lists of top performances by age group for men and women in track and field, which gave the name of the meet, single-age, event, place (first, second, etc.) in the event, mark, and one-year and five-year age-graded percent for athletes under consideration.

Listed athletes had to have competed in at least one masters meet, even though their best marks may have been in an open or college meet.

Ray Sharp, Houghton, Mich., and Janet Higbie, Indianapolis, were voted the Outstanding Racewalkers. Sharp, M45, who won overall every masters championships he entered, is a repeat from 2005. Higbie, among her accomplishments, broke the W60 world record for the 40K with a 56:45:01 in the championships last September at age 64.

Bobby Baker, who has directed the 5K racewalk championships in Kingsport, Tenn., was named the Racewalk Administrator of the Year. The racewalk awards were made by a committee of racewalkers.

Suzy Hess, Eugene, Ore., was voted the Masters T&F Administrator of the Year for the second time, having won that award in 1999. She took over the duties of Masters T&F Committee Chairman after the resignation of George Mathews on



JERRY WOJCIK
Christel Donley, W70, 2006 Female Combined Events Athlete of the Year.



JERRY WOJCIK
Don DeNoon, recipient of the Mike Riban Award as a contributor to racewalking.

September 1.

Other individuals associated with masters received awards. Youth Athletics Committee Awards went to Larry Colbert, Sr., Lanham, Md., who holds several sprint world records, and Al McDaniels, director of the Nevada Senior Games in Las Vegas.

Racewalker Don DeNoon, who is associated with the National Training Center, Clermont, Fla., received the Mike Riban Award as a contributor to racewalking.

The USATF annual meeting site for 2007 is Honolulu, Hawaii. □

- Jerry Wojcik

FIVE YEARS AGO January 2002

- Nolan Shaheed, 51, Johnnye Valien, 76, Lad Pataki, 55, Don DeNoon, M55, and Gayle Johnston, W50, Among T&F Athletes Honored at 2001 USATF Annual Meeting In Mobile, Ala.
- 24 Masters LDR Honorees Include John Keston, 76, Janet Robertz, 41, and John Dalton, 43
- George Mathews Receives Masters T&F Administrator of the Year Award

Club XC Goes to Ohio

The USATF XC Council and Club Council formed a joint sub-committee, chaired by Bill Quinlisk, Masters XC Representative, to review bids and select the site for the 2007 USATF National Club XC Championships.

Other members of the sub-committee were Kirsten O'Hara-Leech from See Jane Run, Peter Henkes from the Wisconsin Runners, Lucinda Hull from the Adidas Raleigh TC, Zika Janes-Rea from ZAP, Kevin Hanson from Brooks Hanson Distance Project, and Joe Rubio.

The sub-committee reviewed bids from Greensboro, N.C., Pensacola, Fla., and West Chester, Ohio, and unanimously recommended that the 2007 Club XC Championships be held on Dec. 8 at the Voice of America Park in West Chester. This recommendation was accepted and approved by both the XC and Club councils at the USATF annual meeting in Indianapolis.

There will be a minimum of \$20,000 in prize money with at least \$15,000 going to the Open Division and at least \$5000 going to the Masters Division. The contract is being worked on with the prize structure to be determined.

Both Mike Scott, Chairperson of the USATF XC Council and Skip Stolley, Chairperson of the USATF Club Council, will meet later this year at the course with members of the Local Organizing Committee to review possible improvements for the course.

- Bill Quinlisk



JERRY WOJCIK
Dave Pearson #235, M50 (29:43) and Peter Couregen, M40 (29:51), USATF NW Regional XC 8K Championships, Sandy, Ore.

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:

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USATF National Masters T&F Championships

Meet	Site	Date
2007		
Indoor Heptathlon	Kenosha, WI	March 3-4
Indoor & Pentathlon (23rd)	Boston, MA	March 23-25
Decathlon/Heptathlon	Hoover, AL	June 9-10
Outdoor & Pentathlon (2nd)	Orono, ME	August 2-5
Weight Pentathlon	Spokane, WA	August 11
Weight & Superweight	Seattle, WA	September 8
2008		
Indoor Heptathlon	Kenosha, WI	March TBA
Indoor & Pentathlon	Boston, MA	March TBA
Outdoor & Pentathlon	Spokane, WA	August 7-10
Decathlon/Heptathlon	Neosho, MO	TBA
Weight Pentathlon	open	---
Weight & Superweight	Seattle, WA	TBA
2009		
Indoor & Pentathlon	open	---
Decathlon/Heptathlon	Seattle, Dallas, Oklahoma, or Ohio	TBA
Outdoor & Pentathlon	Clermont, FL	TBA

Happy New Year from the staff at NMN

WRITE ON!

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NATIONALS

Reading the recent NMN articles about problems with the heat at the 2006 outdoor championships, and recalling the collapse of a runner in the heat in Hawaii, underscore the need to improve the medical staffing and placement for future national master championships.

First, the medical tent needs to be near the finish line so athletes can easily reach it and staff can easily respond to emergencies.

Second, there should be enough physicians and techs on duty to respond to minor and major injuries or illnesses. Perhaps some of the physician athletes can serve before the meet as a planning committee to oversee the planning and the process.

It's troubling to have athletes burdened by extreme heat. It would be a tragedy if someone suffered more severely due to inadequate planning or staffing. The experiences of the last two years suggest that the medical situation needs to be improved now, so future meets can run smoothly and safely.

Richard Sobel
via e-mail

NMN

The current staff leaving the National Masters News will leave a void in the masters program. What you have contributed to track and field was outstanding. You brought people into the sport and so much more. You will be missed in many ways.

Jerry Silsdorf
Oakland, California

WEIGHTS

I strongly support the changes in the masters implement weights proposed by Norman Deep (Sept. NMN). I would go even further and begin reducing the weights of all masters implements at age 40. This seems to be the age at which the

athletic performance of most men in physically demanding sports (track and field, football, baseball, etc.) begins a significant decline, regardless of ability level.

I propose that the shot and hammer weights be 6k for the M40-49 group; 5k for M50-59; 4k for M60-69; and 3k for M70+. The discus weights should be 1.75k for M40-49; 1.50k for M50-59; 1.25k for M60-69; and 1.0k for M70+.

For the javelin: M40-49, 700g; M50-59, 600g; M60-69, 500g; and M70+ 400g. For the weight throw: M40-49, 25#; M50-59, 20#; M60-69, 16#; and M70+, 12#.

The main differences between this scheme and the current weights are that the weight reductions begin at age 40 instead of age 50, the reductions occur every decade of age for each event, and the reductions stop at age 70, rather than age 80.

These proposals are based on my experiences as an "average" college, open and masters thrower since 1958, mainly in the hammer and discus, as well as from my observations of many throwers during that time. I have competed in masters meets almost every year since 1975.

The main criterion for determining the weights of masters implements should be whether an average thrower can maintain reasonably good form with the implement. This requires some judgement, but it is not too difficult to decide whether a thrower is struggling to maintain balance with a hammer that is too heavy, or is "arm throwing" a discus that is too light.

On the women's side, I do not feel qualified to propose changes in the masters implement weights, but I suspect that the women throwers may want to adopt a progression (regression?) of implement weight reductions similar to the ones that I have proposed for the men.

Abe Sheinker
Youngstown, Ohio

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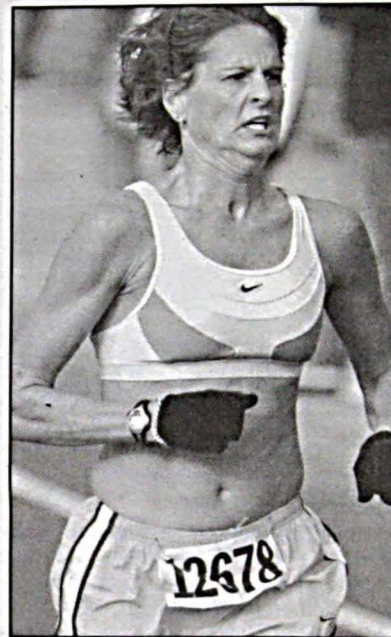
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Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

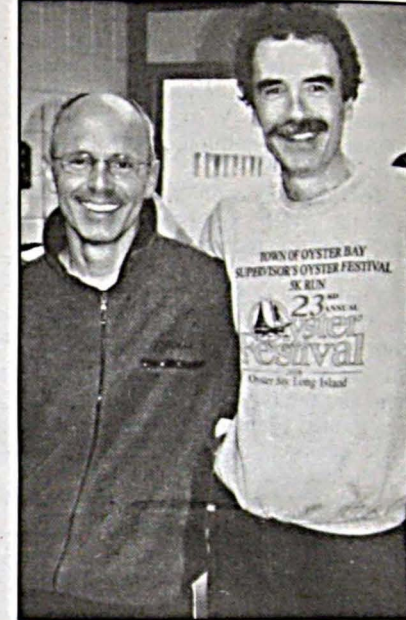
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VICTOR SAILER / PHOTO RUN
Christy Phillips, first W40+ (1:23:30),
Philadelphia Half-Marathon, Nov. 19.



MIKE POLANSKY
Bill Gironda (l), first M45 (18:03) and Michael
Robles, second M45 (18:13), Rob's Run 5K
Cross-Country, Syosset, NY, Nov. 26.

USATF National Masters LDR Championships

Date	Event	Location
		2007
March 4	Long Island 50K Road	Lloyd Park, NY
Aug. 25	Headlands 50K Trail	Sausalito, CA
Sept. 23	10K	Paso Robles, CA
Oct. 7	Marathon	St. Paul, MN
Oct. 14	DuPont Forest Trail Marathon	Asheville, NC
Oct. 14	5K XC	Saratoga Springs, NY
Dec. 8.	Club XC	West Chester, OH

TEN YEARS AGO January 1997

- James Stookey, 65, and Mary Libal, 46, Named Outstanding T&F Athletes of the Year by USATF Masters
- John Keston, 71, and Shirley Matson, 56, Included in 27 Honored by LDR Committee
- Ken Weinbel, of Seattle, Elected Masters T&F Chairman
- Steve Scott (40, 32:09), Chris Kennedy (40, 37:30) Win National 10K XC at Stanford

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OUTSTANDING

Presented to

Year	Men
1978	George K
1979	Ernie Bill
1980	Al Oerter
1981	Jim Burns
1982	Al Oerter
1983	Jack Gree
1984	Ed Burke
1985	Jim Burns
1986	Jack Gree
1987	Tom Pats
1988	Gary Mil
1989	Jack Gree
1990	Larry Al
1991	Jack Gree
1992	Stan Whi
1993	Phil Mul
1994	Ross Car
1995	Steve Ro
1996	James St
1997	Bill Coll
1998	James St
1999	Mel Lar
2000	James St
2001	Nolan St
2002	Larry Co
2003	Bill Coll
2004	Roderick
2005	Emil Pav
2006	Bill Coll

OUT

1985	Brian O
1986	Jack Gree
1987	John Po
1988	Larry St
1989	Al Oerter
1990	Larry Al
1991	Payton I
	Jack Gr
	Phil Ras
1992	Payton I
	Shirley
1993	Phil Mu
1994	Ross Car
	Phil Ras
1995	James B
	Mary Li
1996	Walt Bu
	Vanessa
1997	Glen C
	Vanessa
1998	Larry S
	Leslie L
1999	Mel Lar
	Irene Ob
2000	Johnny G
	Oneithe
2001	Lad Pat
	Vanessa
2002	Hal Smi
	Oneithe
2003	Robert V
	Oneithe
2004	Roderick
	Nadine I
2005	Mel Lar
	Oneithe
2006	Trent La
	Nadine I

1985	Boo Moro
1987	Gary Mille
1989	Rex Harve
1991	Rex Harve
1993	Phil Mulks
1995	Dale Lano
1997	Stan Vega
1999	Emil Pawl
2001	Phil Byrn
2003	Denver Si
2005	Emil Paw

Age	Track
30	Antwon I
35	Don Dru
40	Aaron Th
45	Willie Ga

50	Oscar Pe
55	Bill Colli
60	Steve Ro
	Stan W
65	Paul Ede

70	Bobby W
75	Jim Stoo

80	Mel Lar
85	John Me

90	Bob Mat
95+	

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	
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phil Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/Parry O'Brien	Irene Obera
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almborg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal
1997	Bill Collins	Phil Raschker
1998	James Stookey	Leonore McDaniels
1999	Mel Larsen	Phil Raschker
2000	James Stookey	Phil Raschker
2001	Nolan Shaheed	Johnnye Valien
2002	Larry Colbert	Phil Raschker
2003	Bill Collins	Leonore McDaniels
2004	Roderick Parker	Kathryn Martin
2005	Emil Pawlik	Nadine O'Connor
2006	Bill Collins	Nadine O'Connor

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	100m, 12.91
	Jack Greenwood, 65	300 Hurdles, 45.20
	Phil Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100m, 13.4
	Shirley Matson, 51	10,000m, 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	400m, 56.82
1996	Walt Butler, 55	100m Hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)
1997	Glen Conley, 40	High Jump, 7-0 1/2 (2.15m)
	Vanessa Hilliard, 56	Hammer, 155-6 (47.4m)
1998	Larry Stuart, 60	Javelin, 213-10 (65.18m)
	Leslie Lehane, 35	2000m SC, 6:30.83
1999	Mel Larsen, 75	80m Hurdles, 13.68
	Irene Obera, 65	100m, 14.29
2000	Johnny Gray, 40	800m, 1:52.42
	Oneitha Lewis, 40	WT, 49-9 1/4 (15.17m)
2001	Lad Pataki, 55	WP, 5366 points
	Vanessa Hilliard, 60	12# WT, 57-0 1/4 (17.38m)
2002	Hal Smith, 65	SP, 49-7 1/4 (15.12)
	Oneitha Lewis, 42	HT, 182-8 (55.68)
2003	Robert Ward, 70	WP, 5291 points
	Oneitha Lewis, 43	WP, 5261 points
2004	Roderick Parker, 85	200m, WR 34.41
	Nadine O'Connor, 62	PV, WR 3.05
2005	Mel Larsen, 80	80m Hurdles, WR 14.75
	Oneitha Lewis, 45	Weight Pentathlon, WR 5521
2006	Trent Lane, 96	HT, WR 20.15
	Nadine O'Connor, 69	PV, WR 3.12

OUTSTANDING COMBINED-EVENTS ATHLETES

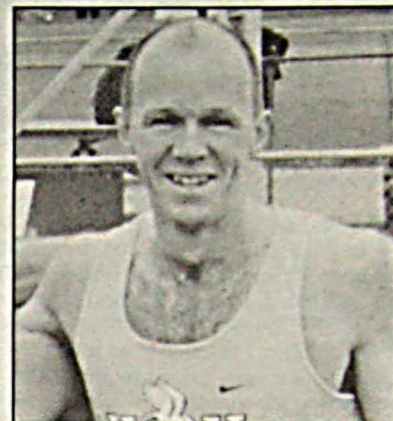
1985	Boo Morcom	1986	Gary Miller
1987	Gary Miller	1988	Gary Miller
1989	Rex Harvey	1990	Christel Miller
1991	Rex Harvey/Betty Vosburgh	1992	Boo Morcom/Phil Raschker
1993	Phil Mulkey/Phil Raschker	1994	Phil Mulkey/Phil Raschker
1995	Dale Lance/Phil Raschker	1996	Rex Harvey/Johnnye Valien
1997	Stan Vegar/Phil Raschker	1998	Armando Ricciardi/Leonore McDaniels
1999	Emil Pawlik/Phil Raschker	2000	Emil Pawlik/Phil Raschker
2001	Phil Byrne/Johnnye Valien	2002	Emil Pawlik/Phil Raschker
2003	Denver Smith/Oneitha Lewis	2004	Emil Pawlik/Flo Meiler
2005	Emil Pawlik/Christel Donley	2006	Emil Pawlik/Christel Donley

2006 AGE-GROUP AWARDS

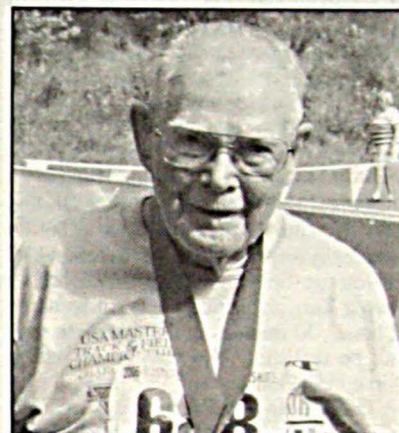
Age	Men		Women	
	Track	Field	Track	Field
30	Antwon Dussett	Nick Petrucci	Sonja Friend-Uhl	
35	Don Drummond	Pat Manson	Lisa Daley	Laura Barre
40	Aaron Thigpen	Thomas VanZandt	Alisa Harvey	Regina Richardson
45	Willie Gault/Pete Magill	Bruce McBarrette	Leslie Chalin-Swann/ Joy Upshaw-Margerum	Oneitha Lewis
50	Oscar Peyton	Gary Hunter	Kathryn Martin	Monica Kendall
55	Bill Collins	Charles Rader	Carolyn Smith-Hanna	Phil Raschker
60	Steve Robbins/ Stan Whitley	Tom Gage	Nadine O'Connor	Nadine O'Connor
65	Paul Edens	Ed Burke/ Gary Stenlund	Kathy Bergen	Kathy Bergen
70	Bobby Whilden	Bob Ward	Mary Harada	Christel Donley
75	Jim Stookey	Bud Held	Edythe Leek	Gloria Krug/Mag- dalena Kuehne
80	Mel Larsen	Richard Mulkern	Pat Peterson	Johnnye Valien
85	John Means	Ralph Maxwell/ Robert Chase	Gerry Davidson	Melanie Reske
90	Bob Matteson	Leland McPhie		Betty Jarvis
95+		Trent Lane		

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

- 1978 Pete Mundle
- 1979 Al Sheahen
- 1980 Bob Fine
- 1981 Bruce Springbett
- 1982 George Hatzfeld
- 1983 Jim Weed
- 1984 Jerry Donley
- 1985 Gary Miller
- 1986 Pete Mundle
- 1987 Frank & Dorothy Anderson
- 1988 David Pain
- 1989 Jim Puckett
- 1990 Barbara Kousky
- 1991 Jerry Wojcik
- 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
- 2003 Larry Patz
- 2004 Dave Clingan
- 2005 Sandy Pashkin
- 2006 Suzy Hess



SUZY HESS
Peter Magill, 2006 M45 co-Track Athlete of the Year.



JERRY WOJCIK
Trent Lane, 96, winner of the Male Outstanding Performance of the Year Award.



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Third Wind

By MIKE TYMN

The Dynamic Ds Revisited

In the January 1981 issue of this publication, I wrote about the 15 Dynamic Ds. In the January 1985 issue, I expanded it to 25 Dynamic Ds. With a new year upon us and many new readers, I thought it about time to revisit the Dynamic Ds. I think it serves as a good checklist for those making New Year's resolutions, especially those whose resolutions involve athletic goals. Sometime before that 1981 column, I listened to an interview with actress Shirley MacLaine in which she said that she was guided by the "three Ds" – desire, dedication, and discipline. It seemed to me that she was leaving out a lot and so I started building from there.

Here are my 25 Dynamic Ds:

Define: First of all, you have to define what it is you hope to achieve. Is it finishing a marathon, finishing it in a certain time, or winning your division? What will it take for you to say you have succeeded?

Desire: It should go without saying that there must be desire if it is important enough for you to pursue. It should be something you want to achieve, not something someone else is pushing you do.

Destiny: Okay, you've defined it and you have the desire to go after it, but do you really have what it takes to achieve it? If you are built more like a weightlifter than a Kenyan, setting a goal of breaking 2 hours, 30 minutes in the marathon may not be realistic. You have to recognize some limitations.

Determination: Wanting it or desiring it is the first step, but desire, per se, may not be enough. If it is a challenging goal, you may need burning desire. That's determination.

Dedication: You're determined, but are you ready to dedicate yourself to the pursuit of the goal? This means making adjustments in your lifestyle and eliminating as many conflicts as possible.

Daring: Every goal involves risks of one kind or another. There are always risks of injury in pursuing athletic goals, but there are other risks, such as telling your boss that you are not prepared to put in late hours on the job or telling your spouse you'll be late for dinner. You'll definitely have to be daring and assume some risks.

Diligence: You can overdo the daring part. You've got to walk a fine line between bold recklessness and superfluous caution. Certainly, you don't want to make Divorce one of the Ds. Be diligent.

Decision: Now that you are this far, you have to decide whether it is worth the risks and sacrifices and make a decision to go for it or forget about it.

Design: You've decided it is worth it. Now you've got to design a day-by-day, week-by-week, month-by-month program or plan.

Division: It's one thing to have an overall goal, but if you really want to stay on track for that goal, you'll probably need some intermediate goals so you won't lose interest in the overall goal. Divide the program or plan up into parts.

Discipline: It's now time to begin exercising self-control in ways that correct, mold, or strengthen your positive habits.

Defiance: Be prepared to stand up to or challenge those who stand in your way. You can defy them silently or attempt to enlighten them, but the most important thing is that you must see the value in what you are doing and remain firm in your commitment to your goals.

Development: This is the long, arduous training part of the pursuit. There's no way to avoid the effort.

Drive: You must pursue the goal with vigor, spirit, and intensity. This drive is a manifestation of determination. It means not backing off or surrendering at the first signs of fatigue.

Depth: Drive moves you beyond fatigue and gets you into second gear. To move into high gear, however, you need depth. Here you move beyond what might be seen as the pain threshold.

Distance: This is the quantity aspect of your training, which means developing endurance. It comes as a result of many hours or miles.

Dash: This is the quality side of your training, developing speed and strength to go with the endurance.

Distribution: This is the pacing part. You've got to distribute your energy and effort in an economical and efficient manner, not doing too much too soon, or, conversely, not saving it all for the end.

Dream: As you develop, you should reach a point where you can visualize yourself doing it with rhythm and in perfect harmony. In visualizing or dreaming of yourself in this way, you train your body to follow those mental images.

Diet: Intelligent training calls for proper nutrition, whether it be counting calories or grams of protein.

Dwell: This is another word for focus. You've got to continually focus and concentrate, not allowing yourself to stray from the path that leads to your goal.

Documentation: Keep a record or log of your training and progress so you can monitor your progress and go on to the next step – Discernment.

Discernment: Check your log now and then to see what is working and what is not working. Make changes where necessary to get yourself back on track.

Delight: Drudgery is not one of the Ds! You should be able to take pleasure in the pursuit. Reward yourself now and then as you achieve intermediate goals. Savor those moments of complete release following a hard workout.

Divine: Don't turn your athletic pursuit into a religion, but make it a spiritual undertaking. The underlying metaphysics of most athletic endeavors is learning how to die, an experience that comes with pushing our limits. Most athletes bury the metaphysical lessons in the subconscious, but by bringing them to the conscious brain we can experience Oneness with the universe and with other humans.

Two Last Ds: Don't procrastinate. Do it now! □

(Mike Tymn can be contacted at MET-GAT@aol.com)

LDR Awards

Continued from page 1

It's amazing that the newcomers have not been on the list before, particularly since they have turned in such outstanding performances this year.

Chief among these was Nancy Rollins (W55, Illinois), who had more 90+% age-graded times than her three nearest competitors; Jan Holmquist (W60, Massachusetts), who, in addition to her string of outstanding performances, had the highest age-graded performance at the Tufts 10K; Lois Ann Gilmore (W75, Wisconsin), who had fifteen 90+% performances; Pete Orban (M50, Oklahoma), who marked his debut by turning in excellent times in the Red Ribbon Run 5K (16:25) and the Tulsa Run 15K (52:22); Gerard Malaczynski (M60, Michigan), who also had a list of impressive performances topped by a win at the Crim 10 Mile; and Bill Tribou (M85, Connecticut), who had an extensive list of outstanding performances.

This group was joined by nonagenarians Marian Downs (W90, Colorado), Kathryn West (W95, Maine), John Gray (M90, Florida), and Vernon Schaefer (M95, Iowa), whose motto might very well be "The race is not always to the swift, but to those who keep on running."

West and Schaefer won the Paul Spangler award given to the oldest winners. Don Lein received the Otto Essig Award for meritorious service to Masters Long Distance Running. □

— Don Lein, USATF
Masters LDR Chairman

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USATF Masters Long Distance Running Committee Athletes of the Year 2006

Age Group	Women	Men
40	Colleen DeReuck	Dennis Simonaitis
45	Carmen Ayala-Troncoso	John Tuttle
50	Kathryn Martin	Pete Orban
55	Nancy Rollins	Gary Romesser
60	Jan Holmquist	Gerard Malaczynski
65	Barbara Miller	Bill Borla
70	Ginette Bedard	Bill Riley
75	Toshika d'Elia Lois-Ann Gilmore	Joe Fernandez
80	Helen Klein	Lou Lodovico
85	Louise Rossetti	Bill Tribou
90	Marion Downs	John Gray
95+	Kathryn West	Vernon Schaefer

Paul Spangler Athlete of the Year: Vernon Schaefer, Kathryn West

Otto Essig Award: Don Lein

X-C Athletes of the Year: Dennis O'Keeffe, M45; Kathryn Martin, W50

Ultrarunners of the Year: Dan Verrington, Anne Riddle-Lundblad

Mountain Runners of the Year: Simon Gutierrez, Lisa Goldsmith



JERRY WOJCIK
Bill Tribou, M85 LDR Runner of the Year.

FIFTEEN YEARS AGO January 1992

- Jack Greenwood, 65, and Betty Vosburgh, 60, Voted Best T&F Athletes of the Year
- Laurie Binder, 44, and Shirley Matson, 50, Among 22 Runners Honored by LDR Committee
- Max Green, 59, and Viisha Sedlak, 42, Named Top Racewalkers
- Roy Pirrung, 43, and Sue Ellen Trapp, 45, First Overall in Masters 24-Hour Championships

Eight active athletes have been named USATF Masters Athletes of the Year. The old-timers are Miriam Gray, Jim Mathis, Sumi Onodera, Jack Springer, Jack S. Avery Bryant, Finger, and Shirly.

The Hall of Fame includes 95 men, with a discipline of Trail Racewalking.

Miriam Gray, a long distance runner and world champion, she holds one world title of the 14 she seconds in USA Championships. She was the year for her in the last 12 years.

Courtland Gray set one U.S. and hurdle events. them, the M55 age-graded at 10

Name
Adams, Louise
Allie, Charles
Andberg, Bill
Anderson, Herb
Anderson, Ruth
Baker, Thane
Benham, Ed
Bigelow, Vicki
Billups, Ernie
Boal, Bob
Boas, Konrad
Bocci, Jeanne
Bowermaster, Mary
Braceland, George
Bradley, Fay
Bright, Norm
Brobston, Bill
Brown, Gloria
Brown, Harry
Bryant, Avery
Bulkeley, Dan
Cappetta, Carolyn
Carter, Ross
Caselli, Jaclyn
Chapson, Harold
Clarke, Anne
Clarke, Polly
Colbert, Larry
Collins, Bill
Conley, Philip
Corbett, Ted
Crane, Buell
D'Elia, Toshiko
Daprano, Jeanne
Davidson, Gerry
Davies, Clive
Deacon, Bud
DeGroot, Burt
DeNoon, Don
Donley, Jerry
Druckrey, Stan
Eberle, Ruth
Filutze, Barbara
Fine, Robert
Finger, Frank
Fitzgerald, Bill
Gage, Tom
Gist, Burt
Gordon, Miriam
Gorman, Miki
Gray, Courtland
Green, Max
Green, Norman
Greenwood, Jack
Grissom, Joanne
Harvey, Rex
Hatton, Ray
Healy, Dudley
Heffernan, Michael
Franklin (Bud) Held
Higdon, Hal
Hilliard, Vanessa
Hills, Claude
Hinton, Margaret
Holland, Bernice
Hosack, Everett
Howard, Sid
Hunt, Robert
Irvine, Marion
Jackson, Dave

USATF Masters Hall of Fame Adds 13 in Indianapolis

Eight active and five old-timer masters athletes have been elected to the USATF Masters Hall of Fame. The actives are Miriam Gordon, Courtland Gray, Jim Mathis, Marilyn Mitchell, Sumi Onodera-Leonard, Maxwell Springer, Jack Starr, and Mary Storey. The old-timers are Jeanne Bocci, Avery Bryant, Burt DeGroot, Frank Finger, and Shirley Kinsey.

The Hall now contains 47 women and 95 men, with 90 representing the discipline of Track & Field, 38 Long Distance Running, and 13 Racewalking.

Miriam Gordon, an 81-year-old walker from Hollywood, Fla., currently holds one world and eight U.S. records of the 14 she set. A five-time world champion, she holds 19 firsts and four seconds in USATF national championships. She was named RW athlete of the year for her age-group eight times in the last 12 years.

Courtland Gray, 62, Plano, Texas, set one U.S. and three world records in hurdle events. He still holds all of them, the M55 indoor 60mH record age-graded at 100%. He is undefeated

in 12 years of national and international competition in the long hurdles.

Jim Mathis, 72, Memphis, Tenn., set four world records for indoor sprinting. He has 10 indoor and 13 outdoor firsts in USATF national championships. He is a three-time track athlete of the year for M55/M60.

Marilyn Mitchell, 63, New York, N.Y., has given significant leadership at international and national levels across the past 16 years. She initiated the USATF Masters Hall of Fame and managed the 1996 selections. She was secretary for the USATF Masters T&F Committee, 1990-96, and currently serves as NCCWMA women's representative. She also placed first 22 times in national masters championships 1986 to 1995.

Sumi Onodera-Leonard, 78, Huntington Beach, Calif., set one world and three U.S. records in the 400/800 in placing first 27 times in national championships. A near fatal car accident in 2003 left her unable to walk for six months; her comeback in 2005 at Honolulu and since has been remarkable. She races 60m to the marathon

and has won her age-group in over 100 road races in the 5K and 10K.

Maxwell Springer, 93, Knoxville, Tenn., still holds three world and three U.S. records of the 10 he set. He has won 32 national championship titles and placed in the top three 12 times at WMA world championships at distances from 200 to 5000, plus the long and triple jumps.

Jack Starr, 78, Newark, Del., is a prolific racewalker who still holds 10 of the 14 records he set. He is a 54-time national champion in walks from 3000 to 50K. Delaware enshrined Jack in its T&F Hall of Fame in 2005. He was USATF's outstanding male racewalker in 2000 and 2004.

Mary Storey, 82, Riverside, Calif., has 18 LDR titles, an IGAL world title, and three T&F mid-distance titles while competing at distances from 100m to 30K. She set 13 U.S. records in her 20-year career. She is a seven-time LDR age-group runner of the year.

Jeanne Bocci, 63, Grosse Pointe Park, Mich., was a racewalker with a 3000m to 50K range. She won her age

Continued on page 8



JERRY WOJCIK
Sumi Onodera-Leonard, 78, newly-elected member of the USATF Masters Hall of Fame.



PHIL RASCHKERF
Marilyn Mitchell, 63, new member of the USATF Masters Hall of Fame.

USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status					
Adams, Louise	T&F	Athlete	Female	Elected '01	Jarvis, Betty	T&F	Athlete	Female	Elected '04
Allie, Charles	T&F	Athlete	Male	Elected '05	Johnston, Carol	T&F	Athlete	Male	Elected '03
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00	Jordan, Barbara	T&F	Athlete	Female	Elected '05
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98	Jordan, Payton	T&F	Athlete	Male	Elected '96
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96	Keaton, John	LDR/T&F	Athlete	Male	Elected '01
Baker, Thane	T&F	Athlete	Male	Old-Timer '99	Kiddy, Sandra	Ultra	Athlete	Female	Old-Timer '02
Benham, Ed	LDR	Athlete	Male	Elected '97	Kinsey, Shirley	T&F	Athlete/Admin.	Female	Old-Timer '06
Bigelow, Vicki	T&F/LDR	Athlete	Female	Elected '05	Klein, Helen	Ultra	Athlete	Female	Elected '99
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00	Lance, Dale	T&F	Athlete	Male	Elected '04
Boal, Bob	LDR	Administrator	Male	Elected '98	LaVeck, Bev	RW/T&F	Athlete/Admin.	Female	Elected '96
Boas, Konrad	T&F	Athlete	Male	Old-Timer '03	Larsen, Mel	T&F	Athlete	Male	Elected '00
Bocci, Jeanne	RW	Athlete	Female	Old-Timer '06	Law, Jim	T&F	Athlete	Male	Old-Timer '01
Bowermaster, Mary	T&F	Athlete	Female	Elected '99	Lukens, Ed	T&F	Athlete	Male	Elected '00
Braceland, George	LDR/T&F	Athlete	Male	Old-Timer '01	Mathis, Jim	T&F	Athlete	Male	Elected '06
Bradley, Fay	LDR/Admin	Athlete	Male	Elected '03	Matson, Shurley	LDR	Athlete	Female	Elected '98
Bright, Norm	LDR	Athlete	Male	Old-Timer '00	Maynard, Lori	RW	Athlete	Female	Old-Timer '05
Brobston, Bill	LDR/T&F	Athlete	Male	Old-Timer '02	McDaniels, Leonore	T&F	Athlete	Female	Elected '00
Brown, Gloria	LDR	Athlete	Female	Old-Timer '05	McDermott, Tom	T&F	Athlete	Male	Old-Timer '02
Brown, Harry	T&F	Athlete	Male	Elected '03	McFadden, Winfield	T&F	Athlete	Male	Old-Timer '05
Bryant, Avery	T&F	Athlete	Male	Old-Timer '06	Mehl, Pearl	T&F	Athlete	Female	Elected '99
Bulkley, Dan	T&F	Athlete	Male	Elected '99	Mendyka, Edith	T&F	Athlete	Female	Old-Timer '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00	Messenger, Archie	T&F	Athlete	Male	Elected '01
Carter, Ross	T&F	Athlete	Male	Elected '98	Miller, Christel	T&F	Athlete/Admin.	Female	Elected '97
Caselli, Jaclyn	T&F	Athlete	Female	Old-Timer '03	Miller, Gary	T&F	Athlete	Male	Elected '99
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98	Mimm, Bob	RW	Athlete	Male	Elected '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00	Mitchell, Marilyn	T&F	Athlete/Admin.	Female	Elected '06
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98	Morcom, Boo	T&F	Athlete	Male	Elected '97
Colbert, Larry	T&F	Athlete	Male	Elected '02	Mulkey, Phil	T&F	Athlete	Male	Elected '00
Collins, Bill	T&F	Athlete	Male	Elected '03	Mundle, Pete	T&F	Athlete/Admin.	Male	Elected '98
Conley, Philip	T&F	Athlete	Male	Old-Timer '04	Murphy, Tim	T&F	Athlete	Male	Old-Timer '05
Corbett, Ted	Ultra	Athlete	Male	Old-Timer '99	Newton, Milton	T&F	Athlete	Male	Elected '04
Crane, Buell	T&F	Athlete	Male	Old-Timer '02	O'Neil, Jim	LDR/T&F	Athlete	Male	Elected '98
D'Elia, Toshiko	LDR	Athlete	Female	Elected '96	Obera, Irene	T&F	Athlete	Female	Elected '96
Daprano, Jeanne	T&F	Athlete	Female	Elected '03	Oerter, Al	T&F	Athlete	Male	Old-Timer '99
Davidson, Gerry	LDR/T&F	Athlete	Female	Elected '03	Olson, Len	T&F	Athlete/Admin.	Male	Elected '02
Davies, Clive	LDR	Athlete	Male	Old-Timer '98	Onodera-Leonard, Sumi	LDR/T&F	Athlete	Female	Elected '06
Deacon, Bud	T&F	Athlete	Male	Old-Timer '01	Ottaway, Joan	LDR/T&F	Athlete	Female	Elected '00
DeGroot, Burt	T&F	Athlete	Male	Old-Timer '06	Pain, David	T&F	Administrator	Male	Elected '97
DeNoon, Don	RW	Athlete	Male	Elected '04	Palmer, Wendell	T&F	Athlete/Admin.	Male	Elected '04
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99	Patsalis, Tom	T&F	Athlete	Male	Old-Timer '03
Druckrey, Stan	T&F	Athlete	Male	Elected '01	Pawlik, Emil	T&F	Athlete	Male	Elected '04
Eberle, Ruth	RW	Athlete	Female	Old-Timer '03	Peterson, Pat	T&F	Athlete	Female	Elected '98
Filutze, Barbara	LDR	Athlete	Female	Old-Timer '05	Pirrung, Roy	LDR	Athlete	Male	Elected '01
Fine, Robert	RW	Athlete/Admin.	Male	Elected '02	Raschker, Phil	T&F	Athlete	Female	Elected '97
Finger, Frank	T&F	Athlete	Male	Old-Timer '06	Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00	Richardson, Elton	RW	Athlete	Female	Elected '03
Gage, Tom	T&F	Athlete	Male	Elected '01	Robbins, Stephen	T&F	Athlete	Male	Elected '05
Gist, Burl	T&F	Athlete	Male	Elected '01	Romansky, Dave	RW	Athlete	Male	Elected '02
Gordon, Miriam	RW	Athlete	Female	Elected '06	Shaheed, Nolan	LDR/T&F	Athlete	Male	Elected '04
Gorman, Miki	LDR	Athlete	Female	Elected '96	Sheehan, Al	T&F	Administrator	Male	Elected '98
Gray, Courtland	T&F	Athlete	Male	Elected '06	Sheehan, George	LDR	Administrator	Male	Old-Timer '98
Green, Max	RW	Athlete	Male	Elected '98	Sisley, Becky	T&F	Athlete/Admin.	Female	Elected '01
Green, Norman	LDR	Athlete	Male	Elected '96	Spangler, Paul	LDR/T&F	Athlete	Male	Elected '97
Greenwood, Jack	T&F	Athlete	Male	Elected '97	Springer, Maxwell	T&F	Athlete	Male	Elected '06
Grisson, Joanne	T&F	Athlete	Female	Elected '99	Starr, Jack	RW	Athlete	Male	Elected '06
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00	Stokey, James	T&F	Athlete	Male	Elected '02
Hatton, Ray	LDR/T&F	Athlete	Male	Old-Timer '01	Storey, Mary	LDR/T&F	Athlete	Female	Elected '06
Healy, Dudley	LDR/T&F/Ad.	Athlete	Male	Elected '03	Stuart, Larry	T&F	Athlete	Male	Elected '99
Hefferman, Michael	LDR/T&F	Athlete	Male	Old-Timer '04	Sutton, James	T&F	Athlete	Male	Elected '02
Franklin (Bud) Held	T&F	Athlete	Male	Elected '05	Trapp, Sue-Ellen	LDR	Athlete	Female	Elected '04
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99	Trant, Marcie	LDR	Athlete	Female	Old-Timer '01
Hilliard, Vanessa	T&F	Athlete	Female	Elected '01	Utes, Warren	LDR	Athlete	Male	Elected '99
Hills, Claude	T&F	Athlete	Male	Elected '99	Valentine, Rudolph	T&F	Athlete	Male	Old-Timer '04
Hinton, Margaret	T&F	Athlete	Female	Elected '03	Valien, Johnnye	T&F	Athlete	Female	Elected '02
Holland, Bernice	T&F	Athlete	Female	Elected '01	Vasquez, Sal	LDR	Athlete	Male	Elected '04
Hosack, Everett	T&F	Athlete	Male	Elected '02	Vernon, Jim	T&F	Athlete	Male	Old-Timer '02
Howard, Sid	T&F	Athlete	Male	Elected '05	Vosburgh, Betty	T&F	Athlete	Female	Elected '02
Hunt, Robert	T&F	Athlete	Male	Old-Timer '04	Wallace, Gordon	RW	Athlete	Male	Old-Timer '03
Irvine, Marion	LDR	Athlete	Female	Elected '98	Weinbel, Ken	T&F	Athlete/Admin.	Male	Elected '02
Jackson, Dave	T&F	Athlete	Male	Old-Timer '02	Whitley, Stan	T&F	Athlete	Male	Elected '00
					Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00



On The Run

By HAL HIGDON

Catch a Fire

Film About South Africa Triggers Good and Bad Memories

In 1978, I accepted an invitation to race and lecture in the Republic of South Africa, not a happy country at that time. South Africa had, arguably, one of the world's most repressive governments. The three million white residents, by might rather than right, controlled 25 million blacks – very harshly. After 1960, South Africa was banned from the Olympic Games because of its policy of apartheid, rigid rules that made the whites-only policies in our Deep South until that same decade almost benign by comparison.

During a five-week trip to South Africa and also Southern Rhodesia (now Zimbabwe), I gave 21 lectures in as many sports clubs in seven separate cities, and ran probably a half dozen races, an action that could have gotten me banned by my national sporting body if they cared about an aging masters runner.

I also could have been arrested by the government if a customs official chanced to look in my luggage and discover the biography of murdered activist Steve Biko that I had smuggled in for a runner friend, Ivor Lazerson, who had arranged the tour.

During my visit, I encountered many hostile people, but also others who sincerely wished their government freed from its policies. Before one cross-country meet, I witnessed white runners using tape to cover whites-only signs on rest rooms. Before my lectures at previously segregated sports clubs, the runners hosting me went to the club officers and said, "Look, you need to allow blacks to attend, otherwise our American guest will be offended."

Cracks in the Dam

Small cracks in the apartheid dam already had begun to form, but many worried the dam might burst, causing a bloodbath when the majority (blacks) eventually wrenched control of the country away from the minority (whites). And blacks gaining power would happen. Even the most reactionary Afrikaners, knew that. It was just a question of when – and how bloody?

False Arrest

The film *Catch A Fire*, by Australian director Phillip Noyce, depicts a period several years after my visit: 1980, when an employee at the Secunda Oil Refinery named Patrick Chamusso is seized by security police, who believe him responsible for a bombing.

Patrick is jailed and tortured, but eventually released when a security officer, Colonel Nic Vos, finally realizes he is innocent. This happens only after Patrick's wife, Precious, is beaten and raped. Until then, Patrick had been non-political, trying not to attract the attention of his bosses, even telling his mother to turn off radio broadcasts of the militant ANC (African National Congress) for fear it would get him in trouble.

Terrorist or Freedom Fighter?

Patrick's unjust treatment radicalizes him. After his prison stay, he leaves his wife and two children and travels to Mozambique and Angola to train with

ANC revolutionaries. Depending on your point of view, these revolutionaries are either "terrorists" or "freedom fighters."

Nevertheless, though in many respects it was the white bosses in South Africa, people like Colonel Vos, who were the true terrorists, it is hard to watch ANC members training with AK-47 rifles and not shudder.

It is impossible to watch oil refineries exploding and not think of September 11. It is difficult to watch scenes of Patrick being tortured, even being held under water, and not conjure images of Abu Ghraib. At what point does a freedom fighter become a terrorist, and vice versa?

And how can I, as one who witnessed apartheid, react to *Catch A Fire*? Is it just another routine shoot-em-up with its obligatory chase scenes, explosions, and walls spattered with blood, or is it an accurate historical portrayal of a troubled country in transition? My memories intrude on my impartiality.

Basis in Truth

The film is based on a true story. At the end of the film, when we see the real Patrick Chamusso standing beside the actor who portrayed him, I confess that I was moved. Sent to prison on Robben Island, Patrick was freed along with Nelson Mandela in 1990.

If any Nobel Peace Prize winner deserved that prize it was Mandela, who could have exacted vengeance on the people who oppressed him, but instead offered an olive branch. As shown in real life, Patrick too shows no bitterness. He now runs a home for children orphaned by AIDS.

In addition to our visit in 1978 to South Africa, my wife and I returned two more times in the post-apartheid era, once for the World Masters Championships in 1997 and the following year for the Comrades Marathon. We found the country both better and worse.

Justice and Poverty

Better, because justice finally had come to a land with tremendous resources. And beauty. Worse, because the gap between rich and poor is as great as between whites and blacks. For other Africans, living in a cardboard box beneath a Cape Town expressway offers more hope than what they left behind.

I retain many memories from our first visit to South Africa, the most vivid involving my being driven to each of my lectures by black drivers, employees of South African Breweries, the financial sponsor of my tour.



Bill Collins, USATF Masters Athlete of the Year, with Jerry Wojcik and Suzy Hess of the National Masters News at the Jesse Owens/Hall of Fame Induction Ceremony, 28th USATF Annual Meeting, Indianapolis.

Hall of Fame

Continued from page 7

group 19 times in national RW championships between 1983 and 1999. She was the outstanding female race-walker of 1984.

Avery Bryant, 82, Rancho Palos Verdes, Calif., was a steeplechase specialist. He set one world and two U.S. records, still holding his M75 2000SC U.S. record in 2000. He was a national champion 22 times, of which 15 were steeplechase titles in a 23-year career.

Burt DeGroot, San Clemente, Calif., died at age 96. After 1982, he was undefeated domestically in the discus. He was named field age-group athlete of the year six times, setting four U.S. and one world record in the throws. He was a 20-time national champion.

Frank Finger, 91, Charlottesville, Va., set two world and eight U.S. records in his 23-year career. During that time, he finished in the top three in seven WMA world events, five WMA regional events, and 31 USATF national championships. He was a three-time track age-group athlete of the year.

Shirley Kinsey, 77, of La Crescenta, Calif., was a sprinter, hurdler, and jumper, who added the pole vault in 1993. She set 16 U.S. and one world record in a 19-year career. She won 60 national championships. She assisted Christel Miller (now Donley) in organizing district and regional track meets for about 10 years and is a

certified official.

Norm Green announced the results of this year's balloting on behalf of Jerry Donley, Bev McCall, Mel Larsen, Shirley Matson, and Joan Ottaway of the Masters Hall of Fame Committee supplemented by Ruth Anderson, John Boyle, Jerry Wojcik, 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. 1 at the USATF Annual Meeting in Indianapolis.

Green reported that 209 ballots had been distributed to listed members of the two masters committees, plus previous Hall of Fame honorees; 130 returned ballots, casting 1170 votes. Each person elected received a majority of the votes cast. □

— Norm Green, Masters Hall of Fame Chair

TWENTY YEARS AGO January 1987

- Christel Miller, 51, and Jack Greenwood, 60, Named Top T&F Athletes
- Web Loudat, 40, and Barbara Filutze, 40, Chosen Best LDR Performers
- Laurence Olson, 40, Defeats Atlaw Belligne, 41, in National 15K XC, 49:43 to 52:06
- Deon Dekkers, 40, of Houston, Wins National 8K (25:37)

I frequently asked questions of my drivers, seeking insights into South African political life. Not all responded openly, and it made me uncomfortable that they addressed me as Baas, the Afrikaner word for boss, because that's how blacks addressed their white masters.

One driver in Cape Town proved friendlier than others. College-educated, he hoped some day to move from his driver's job into management.

One day I returned, unexpected, and caught him secreting a book in a paper bag in the glove compartment. Believing it activist propaganda or some sexy novel, I coyly asked what he had been

reading. The driver revealed it as a book on economics.

Watching *Catch a Fire*, I couldn't help but think about that driver. I figured at the time that in a few years he either would be dead or on his way to owning the country.

I hope the latter has proved true and that other troubled countries in this world solve their problems as well as has the Republic of South Africa. □

(Hal Higdon is a regular contributor to *National Masters News* and the author of *Masters Running*, published by Rodale Press. For training info visit www.halhigdon.com.)

28th Indi

(The following review by Jerry Wojcik T&F Committee sess Annual Meeting, Indianapolis official minutes by L

Masters Athle

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Phil Greenwald w manager for the Championships in Lulich and Marilyn M his assistants.

Wed., Nov. 29, 10

Masters T&F Me

Suzy Hess, Maste

presided until elec chairman. Master Lester Mount, sec McDonald, treasure ent. After the roll c Secretary Mount, fi appointed, and 19 ac elected. Hess annou resign as vice-chairm chair was elected.

Phil Byrne, parl ducted the election with the help of se Organizational Serv for chairman were Mark Cleary, Cali Snyder, Massachus

After each candid tion and backgrou were given the of questions to which responded.

Questions includ increase masters fun and media coverage and money can each while in office? Ho participation on the

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Seven candidates position came for Margerum, Carroll

28th Annual Convention of USA Track & Field Indianapolis, Indiana – Nov. 29-Dec. 3, 2006

Meeting Highlights – Masters Track & Field

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Fri., Dec. 1, 2:00 p.m.
Joint Masters T&F and LDR Committees

John Boyle, of the LDR Committee, chaired the meeting.

Marilyn Mitchell, NCCWMA Women's Committee, gave a report on the region's issues and goals with regard to women.

Charles DesJardins reported on the NCCWMA Championships in Guatemala, indicating that it was a good meet, and said that the WMA World Championships in Riccione, Italy, should be better conducted than the 2005 San Sebastian Championships, because the Riccione LOC seem to be more co-operative.

Carroll DeWeese, of the WMA LDR



JERRY WOJCIK
Newly-elected Masters T&F Committee officers, Janet McCarty-Smith, Vice-Chairman, and Gary Snyder, Chairman, 28th USATF Annual Meeting, Indianapolis.

Committee, noted that some 900 masters competed in the WMA World 10K Mountain Championships in Switzerland.

Continued on page 11

Masters Athletics is booming!

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increase in the USATF membership dues.

Phil Greenwald was appointed team manager for the WMA World Championships in Italy, with Frank Lulich and Marilyn Mitchell serving as his assistants.

Wed., Nov. 29, 10:00 a.m.

Masters T&F Meeting

Suzy Hess, Masters Vice-Chairman, presided until election of the new chairman. Masters T&F officers Lester Mount, secretary, and Joy McDonald, treasurer, were also present. After the roll call of delegates by Secretary Mount, five members were appointed, and 19 active athletes were elected. Hess announced her intent to resign as vice-chairman before the new chair was elected.

Phil Byrne, parliamentarian, conducted the elections of both offices with the help of several people from Organizational Services. Candidates for chairman were Bob Fine, Florida, Mark Cleary, California, and Gary Snyder, Massachusetts.

After each candidate stated his position and background, the members were given the opportunity to ask questions to which each candidate responded.

Questions included: How can we increase masters funding, membership, and media coverage? How much time and money can each candidate devote while in office? How to help increase participation on the association level?

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2. Item #21 – Added a new rule 341.6. "In Masters LDR championships, to be eligible for individual or team scoring or awards, a bib, supplied by the games committee which identifies gender and age group, shall be worn on the back."

3. Item #101 – Re: Superweights. Men 60-69 now use 44 lbs. rather than 56 lbs. Women 70+ now use 20 lbs., rather than waiting until age 80.

4. Item #56 – Amends Rule 264.2 which requires records for field events shall be made "using a certified steel tape, certified graduated bar in centimeters or approved scientific measuring device."

5. Item #57 – Related or road running records. Course re-measurement is mandatory for a record to be accepted. (Rule 265.3)

6. Item #95 – Amends Rule 332.3 (f) by changing the definition of relay teams. Rather than ad hoc teams, there will be non-club teams. Non-club teams are further defined as association, region and unrestricted. The new wording also states that club and non-club relay teams shall be separate divisions and that foreign national teams compete in the non-club division.

7. Item #96 – Rule 332.2 (g) clari-

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
28	2006	Indianapolis
29	2007	Honolulu
30	2008	Reno
31	2009	Indianapolis
32	2010	Virginia Beach, Va.

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Wed., Nov. 29, 8:00-10:00 a.m.

Masters T&F Executive Committee

Suzy Hess, Masters Vice-Chairman, presided after George Mathews' resignation on Sept. 1. By EC vote, non-committee attendees were allowed five minutes to speak.

Bob Weiner, Media Committee gave Mathews credit for helping his committee make great strides. Dave Clingan, Rankings Chairman, reported on vast technological developments in his rankings website that would add much more information to it. Both requested an increase in funds to support their missions.

A large portion of time in the EC meeting was taken up with budgetary matters, particularly that of an increase in the MTF budget vis-a-vis the increase in the USATF membership dues.

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Trotto, Bob Fine, Janet McCarty-Smith, Mark Cleary, and Maxwell Hamlin. Each candidate was given three minutes to speak, and then 15 minutes were devoted to questions by the members.

After the first vote, Upshaw-Margerum (12 votes) and McCarty-Smith (16), the top vote-getters, had a runoff, with McCarty-Smith winning, 30-23.

Snyder, a resident of Boston, is an M60 sprinter, who has just completed four years as president of USATF New England Association. Much of his work career was with AT&T and Lucent Technologies, where he had extensive experience in headquarters staff positions, with management responsibility in operational and budgetary matters.

McCarty-Smith, who lives in Tulsa, Okla., is a high school teacher and the Oklahoma Association Masters and High Performance Chairman.

Thurs., Nov. 30, 2:00 p.m.

Masters T&F Meeting

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John Boyle, of the LDR Committee, chaired the meeting.

Marilyn Mitchell, NCCWMA Women's Committee, gave a report on the region's issues and goals with regard to women.

Charles DesJardins reported on the NCCWMA Championships in Guatemala, indicating that it was a good meet, and said that the WMA World Championships in Riccione, Italy, should be better conducted than the 2005 San Sebastian Championships, because the Riccione LOC seem to be more co-operative.

Carroll DeWeese, of the WMA LDR



JERRY WOJCIK
Newly-elected Masters T&F Committee officers, Janet McCarty-Smith, Vice-Chairman, and Gary Snyder, Chairman, 28th USATF Annual Meeting, Indianapolis.

Committee, noted that some 900 masters competed in the WMA World 10K Mountain Championships in Switzerland.

Continued on page 11

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
28	2006	Indianapolis
29	2007	Honolulu
30	2008	Reno
31	2009	Indianapolis
32	2010	Virginia Beach, Va.



Masters Racewalking

By ELAINE WARD

Barbara Nell of South Africa Reveals Her Techniques for Success

The following interview with Barbara Nell (50-54) took place on Sept. 24, 2006, in Johannesburg, South Africa with John and Darlene Backlund. The Backlunds, who live in Oregon, first met Nell in Puerto Rico at the World Masters Championships. They got together again at the World Championships in Spain where they met her husband, Matthew. A visit to South Africa followed. —ew

Q: When did you start racewalking and why?

A: I started in July 1991 when I was 36. In order to give up smoking, my sister-in-law suggested we join an organization called Run/Walk for Life. I found that the health benefits and the general sense of well being from walking were good for me.

After the birth of my youngest son, I returned to a different branch of the Walk for Life organization. Its manager encouraged competition and excellence. The group did a "brisk" walk and then, when a whistle blew, an "aerobic" walk.

On the first day I was talking to a girl during the brisk walk when the whistle blew and she took off. I decided she was not going to beat me and she didn't. I then realized how competitive I am.

Q: When did you set your first national record?

A: In 1995 at age 41. I set a South African record in the 20K with a time of 1:54. In 1996, I was the first African woman to walk a sub 1:50 20K. I improved the National and All-Africa record in 1998 by walking a 20K in

1:43:32 in Naumburg, Germany.

Q: How many South African masters national championship records have you set?

A: Twenty-two.

Q: Have you set any world masters records?

A: I set a 5K W45-49 record in 2000 with a time of 24:14.

Q: How many world masters championships have you won?

A: Six — three at 5K (Durban, 1997; Australia, 2001; Puerto Rico, 2003) and three at 10K (Australia, 2001; Puerto Rico, 2003; and Spain, 2005).

Q: How did you learn the racewalking technique?

A: I had been a ballet dancer in my youth and had rhythm which made it easy for me to learn by watching others. I think it was a real advantage for me that I was able to watch someone, visualize it, and translate it to my body. I also have had a lot of technical advice and assistance from my coaches and other walkers over the years.

Q: We know you're planning to go to Italy for the World Masters Championships. What will be your training routine between now and then?



From l to r: Darlene Backlund, Karen Karavanic, and Kathy Frable from Portland-based Racewalkers Northwest earned the gold medal for a women's team at the National Masters 20K Racewalking Championships, Clermont, Fla., Nov. 12.

A: Normally for World Championships I do seven months of training, but this time it will be a bit longer, because the championships are later in the year, so I'll add an extra month. I also have to prepare for the South African National Championships in May.

My program is designed by my coach, Bobby McGee, and is essentially a 12-week program which I will do twice during the build-up. I'll extend the general endurance phase by adding an extra four weeks.

Since there will be a 20K, I'll build up to one 22-24K long walk each week. I'm concerned mostly about the time on my feet. I'm not working on pace, but preparing for "muscle endurance" during my long walks.

My program is a developmental program. It requires building a base and then adding layers of training. Each four-week developmental phase is specific. Week 1 is long distance (building

mileage); week 2 is also long distance; week 3 is an easy week (cut back on mileage), and week 4 is hard mileage and hard training.

My training is based on the following general principles:

Alternate easy days and hard days. One rest day per week. If a session is missed, I leave it out and move on.

No more than 10 to 15% mileage increase per week. I have learned over the years to "listen to my body." Aches and pains must be dealt with immediately by either medical or alternative medical practitioners.

I have learned never to leave out a proper initial warm-up with stretching or a proper post-exercise warm-down with stretching. For masters athletes these are especially important. □

(In next month's column Barbara Nell gives specific training workouts —ew. Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)

OUTSTANDING MASTERS MALE & FEMALE RACEWALKERS

Selected by the USATF Masters Track & Field Committee

Men

1978 John Allen
1979 Ron Laird
1980 None
1981 Gordon Wallace
1982 Bob Mimm
1983 John Knifton
1984 Larry Walker
1985 Bob Mimm
1986 Giulio de Petra
1987 Max Green
1988 Bob Mimm
1989 Larry Walker
1990 Eugene Kitts
1991 Max Green
1992 Ray Funkhouser
1993 Don DeNoon
1994 Don DeNoon
1995 Max Green
1996 Jonathan Matthews
1997 Dave Romansky
1998 Dave Romansky
1999 Jonathan Matthews
2000 Jack Starr
2001 Paul Johnson
2002 Paul Johnson
2003 Jack Bray
2004 Jack Starr
2005 Ray Sharp/
Paul Johnson
2006 Ray Sharp

Women

Lori Maynard
Lori Maynard
Bonnie Dillon
Beverly LaVeck
Jeanne Bocci
Ruth Leff
Beverly LaVeck
Ruth Eberle
Marie Henry
JoAnn Nedelco
Viisha Sedlak
Viisha Sedlak
Elton Richardson
Sally Richards-Kerr
Elton Richardson
Elton Richardson
Bev LaVeck
Jane Dana
Lyn Brubaker
Lyn Brubaker
Victoria Herazo
Gayle Johnson
Sherry Brosnahan
Shirley Dockstader
Teresa Vaill
Teresa Vaill
Janet Higbie



DEBBIE TOPHAM, W50 Masters Racewalker of the Year.

TWENTY-FIVE YEARS AGO January 1982

- Jim Burnett and Judy Fox Named Top U.S. T&F Athletes of the Year
- Ed Benham and Marion Irvine Voted Best LDR Performers
- Gordon Wallace and Lori Maynard Picked as Top Racewalkers
- Kirk Randall and Judy Fox Win National Masters 10K XC

USATF National Masters Racewalking Championships — 2007

Date	Event	Site
January 28	50K	Chula Vista, CA
March 25	3000m (Indoor)	Boston, MA
May 15	15K	TBA
August 3	5000m	Orono, ME
August 5	10K	Orono, ME
September 16	40K	Ocean Township, NJ
October 6	5K	Kingsport, TN
October 14	One-Hour	Waltham, MA
October 28	30K	Hauppauge, NY
November 4	20K	Clermont, FL

Outstanding Racewalkers — 2006

Selected by the Masters Track & Field Committee of USATF

Age	Age-Group Awards	
	Women	Men
30	Deborah Huberty	Tim Seaman
35	Jolene Moore	Curt Clausen
40	Teresa Vaill	John Souchek
45	Heidi Hauch	Ray Sharp
50	Debbie Topham	Mark Green
55	Cathy Mayfield	Max Walker
60	Kathleen Balsler	Leon Jasionowski
65	Janet Higbie	Paul Johnson
70	Beverly McCall	Jack Bray
75	Kate Marrs	Jack Starr
80		Bob Mimm

Racewalk Administrator of the Year: Bobby Baker

Highlights

Continued from page 9

land.

Suzy Hess, and Jerry Wojcik National Masters committees and their contributions they've made for many years, a new owner, Randy Mento, Calif.

Phil Greenwald, Manager, explained to Riccione must wear a uniform top, that is on line with fees to in U.S. dollars, and was May 31. Mary as LDR Team Manager, Norm Green, H man, announced inductees and expansion process.

Sandy Pashkin, gate to WMA, Guatemala Chamber, Harvey, WMA Staff reviewed the 2008 Indoor, F Outdoor, Lahti, F Sacramento, Calif. Brazil, will bid for 2008 Championships.

Andrew Carr, responsible for the new introduction.

Sat., Dec. 2, 10 Masters T&F

Gary Snyder, that double-budget result in good new budget. Boston is bidding for the 2008 Championships.

Carroll DeWitt, Games Committee, 2006 USA Master the Charlotte, N.C. adjusted because of weather problems.

Delegates to the Meeting in Riccione, MTF Chairman, and Bill Collins, w alternates. Won Christel Donley Leonard, with Ma

Jeff Brower, w the proposition of hurdle specification plan. After amendment was study.

Brower, who Masters webmaster, suggestions to make site more practical.

Craig Masbach, Director, who had proceedings in the was invited by S members. He said est in the Inter because USATF will enable us to way we use our money. He stated that of the increase

Highlights of Minutes

Continued from page 9

land.

Suzy Hess, owner and publisher, and Jerry Wojcik, editor, of the National Masters News, thanked both committees and members for the contributions they've made to the NMN for many years, and introduced the new owner, Randy Sturgeon, of Sacramento, Calif.

Phil Greenwald, Masters T&F Manager, explained that athletes going to Riccione must wear the prescribed uniform top, that the application was on line with fees to be paid to USATF in U.S. dollars, and that the deadline was May 31. Mary Rosado will serve as LDR Team Manager.

Norm Green, Hall of Fame Chairman, announced the 2006 HOF inductees and explained the selection process.

Sandy Pashkin, NCCWMA delegate to WMA, reported on the Guatemala Championships. Rex Harvey, WMA Stadia Vice-Chairman, reviewed the forthcoming WMA Championships: 2007, Riccione; 2008 Indoor, France; and 2009 Outdoor, Lahti, FIN; and said that Sacramento, Calif., and Porto Allegre, Brazil, will bid for the 2011 Championships.

Andrew Carr, Atlanta TC, who is responsible for the U.S. LDR records, was introduced.

Sat., Dec. 2, 10:00 a.m.

Masters T&F Committee

Gary Snyder, Chairman, reported that double-budgeting by USATF may result in good news for the masters budget. Boston is not interested in bidding for the 2009 Indoor Championships.

Carroll DeWeese, of the Masters Games Committee, explained why the 2006 USA Masters Championships in the Charlotte, N.C., schedule had to be adjusted because of extraordinary weather problems.

Delegates to the WMA General Meeting in Riccione will be Snyder, as MTF Chairman, and electees Bob Fine and Bill Collins, with others serving as alternates. Women's delegates are Christel Donley and Sumi Onodera-Leonard, with Mary Trotto, alternate.

Jeff Brower, who is involved with the proposition of altering the present hurdle specifications, presented his plan. After much discussion, the amendment was tabled for further study.

Brower, who is also the USATF Masters webmaster, listened to suggestions to make the USATF Masters site more practical and useful.

Craig Masback, USATF Executive Director, who had been listening to the proceedings in the back of the room was invited by Snyder to address the members. He said that masters' interest in the Internet was well-timed, because USATF will "have a base that will enable us to leapfrog ahead in the way we use our Internet."

He stated that "Not a single dollar of the increase (in USATF dues) is

going to elite athletes. It is going into grassroots." He also addressed the much discussed USATF restructuring, and sponsorship at the association and local levels.

Christel Donley said that masters

should press WMA to recognize the women's decathlon and indoor heptathlon as official events.

A discussion was held on how to prevent non-citizen athletes who win an event at our national championships

from being identified by the media as the U.S. champion even though their place is marked with an asterisk identifying them as non-citizens.

(2006 Reports can be found at <http://usatf.org/events/2006/Annual>)

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Single-Age Records Book (2006 Edition) ***NEW*** Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of August 21, 2006. 60 pages. Lists name, age, state and date of record. \$10.00.	_____	\$ _____
Masters Track & Field Rankings (2005) Men's and women's 2005 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan, Larry Patz and Tom Higbie. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.	_____	\$ _____
Masters Track & Field Indoor Rankings (2006) Indoor rankings for 2006. 4 pages. \$2.00.	_____	\$ _____
Masters Age-Graded Tables (1994 edition) 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 Outdoor Age-Group Records Men's and women's official 2005 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. \$2.00.	_____	\$ _____
Competition Rules for Athletics (2006 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$13.00.	_____	\$ _____
WMA Handbook (2006-2008) 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. \$10.00	_____	\$ _____
The Complete Guide to Running: How to be A Champion from 9 to 90. By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including "Building a Base and Hill Training," "Training for 5K, 10K, and Marathon," "Injury Prevention and Causes." Applicable from sprinters to marathoners. 440 pages. US \$19.95/CAN \$29.95.	_____	\$ _____
USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	_____	\$ _____
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.	_____	\$ _____
2006 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.	_____	\$ _____
Back Issues of National Masters News (\$3.00 each) Month(s) _____	_____	\$ _____
Postage and Handling		\$ 3.00
Foreign Air Mail (add \$6.00 per book)		\$ _____
TOTAL		\$ _____

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P.O. Box 1117, Orangevale, CA 95662**

Name _____

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City _____ State _____ Zip _____

Masters Scene

NATIONAL

• **David McGovern**, 41, in 1:47:31, and **Steven Pecinovsky**, 51, in 1:47:42, both of the Varsano's Chocolates RWers, finished 1-2 in the USA Masters 20K RW Championships, Clermont, FL, Nov. 12. **Leon Jasionowski**, 62, Pegasus AC, was third M40+ (1:51:33). **Carolyn Kealty**, 44, South Florida RWers, was first W40+, with a 1:52:47. **Kathleen Balsler**, 64, won the W60 race in a field of six with a 2:12:26.

EAST

• **Ben Reynolds**, 42, Chatham, NJ, 33:06, and **Drew Davis**, 44, East Stroudsburg, PA, 34:10, were 1-2 overall in the USATF-NJ Masters Championships/Giralda Farms 10K, Madison, Nov. 12. **Beth Moras**, 47, Ridgewood, NJ, won the W40+ race (40:26). Reynolds was top M40+ A-G with 87.1%. **Anna Thornhill**, 66, NYC, was best master with a 90.6% 47:49. **Eric Johnson**, 45, Ridgewood, NJ, 18:14, and **Molly Garone**, 47, Franklin Lakes, NJ, 21:35, captured masters firsts in the adjunct 5K. Division winners included **Bill Gaudette**, 59, Oak Ridge, NJ, 21:41, and **Sally Burkat**, 66, Morristown, NJ, 31:39.

• **Dara O'Kearney**, 41, from Ireland, swept the men's field at the NYRR Knickerbocker 60K, Central Park, NYC, Nov. 25, coming in at 4:29:29. First W40+ was **Emmy Stocker**, 48, in 5:53:17. This ultra drew 85 men and 23 women.

• **Michael Payson**, 43, Falmouth, ME, in 1:13:10, was overall winner, and **Ellie Tucker**, 51, North Yarmouth, ME, was first W40+ (1:27:54), Maine Half-Marathon, Portland, Oct. 1. First masters in the marathon were **Vincent Connelly**, 43, Brookline, MA, 2:52:33, and **Mary Meehan**, 40, Intervale, NH, 3:26:31.

• **Diane Legare**, 55, Quebec, CAN, with a W55 course record 59:05 was third female in the 31st Stockade-athon 15K, Schenectady, NY, Nov. 12. **John Noonan**, 47, Ballston Spa, NY, was first M40+ (54:22). **William Dixon**, 59, Brattleboro, VT, won the M55 race in 55:55. Canada's **Ed Whitlock**, 75, Milton, ONT, broke the M75 course record by 15 minutes with a 60:29. The AR for 15K is 61:58.

• **Michael Carroll**, 40, 2:46:27, and **Mary Currier**, 42, with a fourth-female 2:59:44, hastened to masters firsts, Mystic Country Marathon, East Lyme, CT, Oct. 22. **Russell Wogan**, 51, was third M40+ (2:55:58). **David Stroomer**, 70, finished in 3:28:25. **Cheryl Ryba**, 40, was first female overall in 67:23, and **Dan Dillon**, 49, third male with a 56:22 in the 10 miler. **Harry Carter**, 70, ran a fast 70:40.

• **Teren Allison**, 41, with a 23:04 was first female overall, Cow Chip XC 3.15 Mile, Trumbull, CT. **Sue Gold**, 51, won her race in 24:15. **George Buchanan**, 48, with a fourth-female 19:16, was the M40+ winner.

• **Dave O'Keefe**, 47, with a 28:05, led the Genesee Valley Harriers (18) to the masters team title in the GVH Invitational XC 8K, Rochester, NY, Nov. 19. **Bob Carroll**, 50, 29:12, was the first counter for the second-place Checkers AC (45). **Jim May**, 60, GVH, was the Super Veteran winner in 33:31. In the women's 6K, **Becky Heuer**, 43, finished first with a 23:52 for her CAC W40+ winning team (21, four scoring). **Carolyn Smith-Hannah**, 55, GVH, took the W50+ race (27:09).

• **Bob Winn**, 48, in 25:07, and **Karen Smyers**, 45, Lincoln, MA, registered masters firsts, Manchester 4.748 Mile Road Race, Manchester, CT, Nov. 23. **Bob McCusker**, 54, Simsbury, CT, 26:54, and **Amby Burfoot**, 60, Emmaus, PA, 30:47, were among division winners. **Mary Haines**, 92, Northampton, MA, finished in 2:16:37.

• **Kathy Martin**, 55, Northport, NY, who joined the W55 ranks on Sept. 30, was second female overall with a 19:32 in the Rob's Run 5K XC, Syosset, NY, Nov. 26. **Chris**

Webber, 54, Cherry Grove, NY, took the M40+ race in 17:30. **Paul Murphy**, 42, West Sayville, NY, and **Ken Bohan**, 44, Sound Beach, NY, both came in at 17:35, with Murphy getting the nod. **Betty Horstmann**, 61, Bayport, NY, won the W60 race with a quick 23:44.

• **Marie Louise Michelsohn**, a recent W65, broke the US record for the 8K with a 34:29, Elite 8K/LITF Championships, Bohemia, NY, Oct. 22. **Margaret Betz** holds the present record at 35:00 in 2001.

SOUTHEAST

• **Jeff Terry**, 43, Homewood, AL, 33:53, and **Lori Goldweber**, 43, Homewood, AL, flamed to masters wins, Vulcan 10K, Birmingham, AL, Nov. 4. **Sam Swofford**, 50, St. Matthews, SC, 35:45, and **Joan Huey**, 50, of Birmingham, were the Grandmasters (50-59) winners. **Doyle Thomas**, 61, Ringgold, GA, 42:45, and **Brenda Cooter**, 60, Grovetown, GA, 58:06, took the Great Grand Masters (60+) titles.

• **Leonard Vergunst**, 51, Ocean Springs, MS, 36:23, and **Sandra Ebanks**, 41, Pace, FL, 42:12, captured masters firsts in the Senior Bowl 10K, Mobile, AL, Nov. 4. First Grandmasters (50+) were **Marty Demouy**, 51, of Mobile, 39:04, and **Chris Blunck**, 50, of Mobile, 49:01. In the 5K, **Rick Walton**, 51, Theodore, AL, was second male (19:08), and **Paula Piazza**, 42, Shalimar, FL, third female (21:37). First 50+ were **Walt Graham**, 50, Gulf Shores, MS, 21:47, and **Alexa Hill**, 51, Fort Deposit, AL, 24:12.

• **Donna Anderson**, 40, in 2:51:01, was first female overall, Outer Banks/USATF-NC Marathon, Kitty Hawk, NC, Nov. 12. **John Piggott**, M40, won the M40+ race (2:40:47).

MIDWEST

• **Laura Murphy**, 43, Rochester, MI, flew to a women's overall first with a 38:19 in the Roseville Big Bird 10K, Rochester, MI, Nov. 12. **David Watkins**, 45, Birmingham, MI, was M40+ winner with a fourth-place 34:21. **Doug Goodhue**, 64, Milford, MI, won the M60 race in 39:33. In the 4K, **Todd Kelly**, 45, Troy, MI, 14:05, and **Tracy Brunson**, 45, Fraser, MI, 19:18, took masters firsts. On Nov. 23, Murphy won the women's race in the Detroit Turkey Trot 10K with a 37:48. **Kraig Schmottlach**, 40, Warren, MI, won the M40+ contest with a 24th-place 36:20, with **Pat Deighan**, 40, Birmingham, MI, right behind in 36:25 for 25th, and **Todd Kelly**, 45, Troy, MI, in the 26th spot in 36:32. Some 6500 finished the 10K and adjunct 5K.

• **Eric Stuber**, 43, Lansing, MI, 17:10, and **Gayle Kuipers**, 41, Holland, MI, 20:18, were masters victors in the Howell Fantasy 5K, Howell, MI, Nov. 24. First Grandmasters (50+) were **Peter Hallop**, 59, Ann Arbor, MI, 20:07, and **Robin Sarris-Hallop**, 51, Ann Arbor, 21:44.

MID-AMERICA

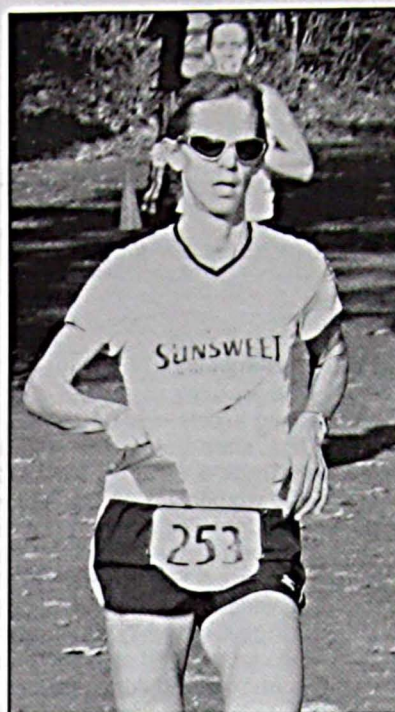
• **Kevin Haas**, 48, 17:03, and **Bonnie Sons**, 41, 20:12, led the masters runners to the finish, USATF-MN XC Championships 5K, Apple Valley, Nov. 11. Division winners included **Perry Bach**, 50, 17:57, and **Mary Hiatt**, 60, 28:23.

SOUTHWEST

• **Ron Parks**, 45, Tulsa, OK, 52:15, and **Katie Fether**, 40, Boulder, CO, with a third-woman 60:05, chalked up masters firsts, Tulsa Run 15K, Nov. 11. **Pete Orban**, 51, Claremore, OK, blasted off a second-M40+ 52:22. **Ruth Morrison**, 82, Tulsa, finished in 2:24:02. In the 5K, **Terri Cassel**, 45, Tulsa, was second female in 19:04. **Gale Mason**, 58, Broken Arrow, OK, was third W40+ with a swift 22:11. **Jeff Davis**, 47, Hutchinson, KS, won the M40+ race in 19:16, but had to hurry from 61-year-old **Mike Beda**, Tulsa, who finished in 19:18.

WEST

• So Cal Fleet Feet Club members, **Brian**



JERRY WOJCIK
Meghan Arbogast, second W45 (32:22), USATF-NW Regional XC 8K Championships.

Pope, 44, 18:35:80, **Nolan Shaheed**, 57, 20:29:50, and **Fred Lindsley**, 61, 23:23:80, all broke course records in the USATF-SCA XC Championships 6K, Baldwin Hills, Nov. 11, to help their team take the title by one point from Team Runners High, 28 to 29. TRH was led by **Peter Magill**, 45, second overall in 18:48:00. In the W40+ race, **Rosalva Bonilla**, 44, 22:37:60, and **Debbie Lee**, 50, SCFF, 25:32:50, also broke course records. SCFF took the W40+ team title (10).

NORTHWEST

• **Dan Gonzalez**, 44, running for the Red Lizard team, won the M40+ race in 26:41, USATF NW Regional Open/Masters XC 8K Championships, Sandy, OR, Nov. 18. **John Keston**, 81, Oregon TC Masters, finished in 43:49. **Jennifer Teppo**, 48, took the W40+ in 31:28. **Jeanette Groesz**, 57, High Desert Harriers, was first W50+ (37:21).

• **Michael Lynes**, 40, held off **Tony Young**, 44, Club Northwest, to win the M40+ race by five seconds with a 19:52, USATF Pacific Northwest XC 6K Championships, Seattle, Nov. 5. **Paul Abdalla**, 45, CNW, 21:01, and **Bob Brennand**, 45, CNW, 21:02, were top M45s. **Bill Iffrig**, 72, Snohomish TC, in 27:06, led his team to the M70+ win. CNW won the M40+ and M50+ team titles. **Alysun Deckert**, 40, Seattle Running, was first W40+ (22:42). **Phyllis Nelson**, 59, STC, won the W55 race (29:07). CNW took W40+ team honors.

• **Chris Clark**, 46, Salem, OR, 16:52, and **Laura LaMena-Coll**, 40, Eugene, OR, flitted to masters wins, Turkey Stuffer 5K, Springfield, OR, Nov. 23. **Larry Williams**, 70, Springfield, OR, won the M70 race in 22:42.

• **Paul Ruckel**, M50, beat the three-hour standard with a 2:59:38 to claim the M40+ title, City of Trees Marathon, Boise, ID, Nov. 5. **Carla Darr**, W45, took the W40+ race (3:18:33). **Barbarann Mallory**, 47, won the women's race overall in the half-marathon (1:30:10). **Bob Daniel**, M40, was first M40+ (1:25:28).

OBITUARY

• **Giel Rossouw**, a hard-working member of Western Province Masters (Cape Town area) and South Africa Masters Athletics passed away on Nov. 25, 2006, at age 69 after struggling with cancer for more than a year. For many years he was treasurer and membership secretary of both the province and the national body, but frequently took on more work than he should have and also did a lot of secretarial duties, which

ON TAP FOR JANUARY

TRACK AND FIELD

Track action heats up indoors in the Philadelphia area; Arlington, VA; Long Island, NY; Albuquerque, NM; Ithaca, NY; Landover, MD; Rochester, NY; and NYC. Specific meets of interest to masters are the Dartmouth Relays, on the 5th-7th; Citrus College Weight Pentathlon near L.A. on the 13th; and the 40th Hartshorne Memorial Masters Mile at Cornell U. on the 20th.

LONG DISTANCE RUNNING

While track heats up, road running cools down. The Texas Marathon in Kingwood opens the month on the 1st. The Walt Disney World Marathon Weekend takes up the 4th-7th. The NYRR Fred Lebow 5 Mile, Central Park, NYC; OC Marathon, Newport Beach, CA; and the 100th Anniversary Jackson Day 9K, New Orleans, are set for the 7th. The Paramount 10K, Paramount (L.A.), CA, and the St. Pete Beach 10K & 5K in Florida, show up on the 13th, followed by the BRRR 8 Miler, Baltimore, MD, and Arizona Marathon, Phoenix, on the 14th. Central Park again hosts a NYRR race, the Half-Marathon/Manhattan Grand Prix, while Naples, FL, also stages a half-marathon on the 21st. The Miami Marathon and 3M Half-Marathon, Austin, TX, are scheduled for the 28th.

RACEWALKING

The USA Masters 50K RW Championships go to Chula Vista, CA, on the 28th.

included track and field, cross-country and road running. In total he was involved in masters athletics for 16 years, and had been a member of his club, Bellville, for 50 years. He also travelled to various provinces to do their results on his PC at their championships and had them ready by the end of the meet. In 1997 at the World Championships in Durban, Rossouw was the bronze medalist in the M60 20K walk. After this and other excellent performances in walking he was awarded his national masters colors and recently the SAMA Lifetime Achievement Award. Walking was his athletic forte. He and his wife, Sadie, often accommodated visiting athletes who came to Cape Town for the provincial or national championships. Rossouw would fetch them at the airport and take them on trips around the Cape peninsula. His services to Masters Athletics in the province and South Africa will be sorely missed. —Leo Benning

CORRECTIONS

• **Mardon Connelly**, Overton, NV, should have been listed as the winner of the M65 PV with a 3:20 in the 2006 Nevada Senior Games results in the December 2006 issue. **Bruce Perkins**, shown as M65 PV winner (3:20), was actually fourth M60.

• **Ed Burke** was incorrectly identified as Bill Burke in the article on his weight world record (19.92/65-4.25) in the 2006 Nevada Senior Games in the December issue, p. 9. Congratulations, Ed! In the same meet, **Hank Konen** broke the M55 AR for the weight with a 17.87/58-7.5 in the WP. **Todd Taylor** had the record at 17.79/58-4.5.

• The Arkansas Senior Olympic results on p. 16, December NMN, are incorrect. The correct results are in this issue.

USA track and field wise noted. Senior Games open to all age groups for men and women over 18. Entry blanks for national days prior to the event. Orangevale, CA 95662.

TRACK AND FIELD

February 24 or 25. Masters M&W 800m, USA Masters, Boston, MA. Time Standard. Online entries at www.usatf.org. Mark Cleary, runnermark@cox.net

March 3-4. USA Masters Championships, Kenosha, WI. March 23-25. USA Masters, Boston, MA. Official. April 14 or 15. Masters M&W 800m, Mt. SAC. Standard: M-2:07; W-2:12. www.usatf.org; Mark Cleary

April 28. Masters Invitational, Mile, Drake Relays, Des Moines, IA. Standard: 4:40. Online entries at www.usatf.org. Mark Cleary, runnermark@cox.net

June 22-July 8. USA Masters Games-Senior Olympics, M&W50+. Athletes in Motion, NSGA State Games in June 23 or 24. Masters M&W Mile, USA Open, Time Standard: M-4:30; W-4:45. www.usatf.org; mark@cox.net

August 2-5. USA Masters T&F Championships, 04469. Rolland Ransford, August 11. USA Masters Championships, Spokane, WA. September 8. USA Masters Superweight Championships, Pennsylvania, PA.

January 1. Winfield, Winfield, MD. Race 549-1873; franpob@winfield.com. January 5-7. 38th Annual One Field House, Hanover, NH 03755. Meet Dir., Dartmouth Hanover, NH 03755.

January 7. Philadelphia, PA. Meet, Swarthmore 9am. Limited to athletes. Dubow, 484-437-9466. January 7. PVTC Comm. Center, Arlington, VA. Meet, Cornell U., Ithaca, NY. runners.org/races

January 11 & 25. The Races, New Bedford, MA. 212-860-4444. January 14. Prater Learning Complex, Over, MD. 8:30 am. January 14. RIT House, Rochester, NY. January 14. Philadelphia, PA. Meet, Swarthmore, Albright Throws 8am; other 484-437-9463; www.usatf.org

January 20. 40th Annual Masters Mile W30+/M40+. Prater Learning Complex, Over, MD. (M&W40+). 10a. Agard Rd., Truman 6530(d), 387-6431. January 21. PVTC Comm. Center, Arlington, VA.

January 21. PVTC Comm. Center, Arlington, VA. Meet, Swarthmore 9am. Limited to athletes. Dubow, 484-437-9466. January 7. PVTC Comm. Center, Arlington, VA. Meet, Cornell U., Ithaca, NY. runners.org/races

January 11 & 25. The Races, New Bedford, MA. 212-860-4444. January 14. Prater Learning Complex, Over, MD. 8:30 am. January 14. RIT House, Rochester, NY. January 14. Philadelphia, PA. Meet, Swarthmore, Albright Throws 8am; other 484-437-9463; www.usatf.org

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 open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the NMN 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 1117, Orangevale, CA 95662 or e-mail to natmanews@aol.com.

TRACK & FIELD

NATIONAL

February 24 or 25. Masters Invitational Program M&W 800m, USA Open Indoor Nationals, Boston, MA. Time Standard: M-2:04; W-2:32. Online entries at www.usatf.org; Mark Cleary, runnermark@cox.net

March 3-4. USA Masters Indoor Heptathlon Championships, Kenosha, WI. www.usatf.org

March 23-25. USA Masters Indoor Championships, Boston, MA. office@usatfne.org

April 14 or 15. Masters Invitational Program M&W 800m, Mt. SAC Relays, Walnut, CA. Time Standard: M-2:07; W-2:42. Online entries at www.usatf.org; Mark Cleary, runnermark@cox.net

April 28. Masters Invitational Program M40+ Mile, Drake Relays, Des Moines, IA. Time Standard: 4:40. Online entries at www.usatf.org; Mark Cleary, runnermark@cox.net

June 9-10. USA Masters Decathlon/Heptathlon Championships, Hoover, AL. www.decathouse.com; www.usatf.org

June 22-July 8. Humana National Senior Games-Senior Olympics, Louisville, KY. M&W50+. Athletes must have qualified at an NSGA State Games in 2006. www.nsga.com

June 23 or 24. Masters Invitational Program M&W Mile, USA Open Nationals, Indianapolis. Time Standard: M-4:35; W-5:45. Online entries at www.usatf.org; Mark Cleary, runnermark@cox.net

August 2-5. USA National Masters Outdoor T&F Championships, U. of Maine, Orono, ME 04469. Rolland Ranson, 207-581-1077.

August 11. USA Masters Weight Pentathlon Championships, Spokane, WA. www.usatf.org

September 8. USA Masters Weight Throw & Superweight Championships, Seattle, WA.

EAST

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

January 1. Winfield Mile, South Carroll HS, Winfield, MD. Race-day entries only. 410-549-1873; franpob@carr.org

January 5-7. 38th Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755. www.lancertiming.com

January 7. Philadelphia Masters Indoor All-Comers, Swarthmore College, Swarthmore, PA. 9am. Limited to athletes 14 and older only. Joel Dubow, 484-437-9463; www.pmtf.net

January 7. PVTC Indoor Meet, Jefferson Comm. Center, Arlington, VA. www.pvtc.org

January 7 & 20. Finger Lakes RC Indoor Meet, Cornell U., Ithaca, NY. www.fingerlakesrunners.org/races

January 11 & 25. NYRR Thursday Night at the Races, New Balance T&F Center at the Armory. 212-860-4455; www.nyrr.org

January 14. Prince George's Sports & Learning Complex Indoor All-Comers, Landover, MD. 8:30 am. 301-583-2660.

January 14. RIT Indoor Meet, Gordon Field House, Rochester, NY. billq@frontiernet.net

January 14. Philadelphia Masters Indoor All-Comers, Albright College, Reading, PA. Throws 8am; other events 9:30am. Joel Dubow, 484-437-9463; www.pmtf.net

January 20. 40th Annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+/M40+. Prize purse for Men's and Women's Elite Mile; bonus for new record (M&W40+). 10am. Rick Hoebcke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d), 387-6431 (e).

January 21. PVTC Indoor Meet, Jefferson Comm. Center, Arlington, VA. www.pvtc.org

January 21. USATF-LI Indoor Meet, 9-1 pm. Brentwood, Long Island, NY. www.long-island.usatf.org

January 21. Greater Boston TC Invitational, Harvard U. 617-282-5537; www.gbtc.org

January 28. Prince George's Sports & Learning Complex Indoor All-Comers, Landover, MD. 8:30 am. 301-583-2660.

February 4. Finger Lakes RC Indoor Meet, Cornell U., Ithaca, NY. www.fingerlakesrunners.org/races

February 4. PVTC Indoor Meet, Jefferson Comm. Center, Arlington, VA. www.pvtc.org

February 4. Philadelphia Masters Indoor All-Comers, Glen Mills Schools, Glen Mills, PA. 8:00 am. Joel Dubow, 484-437-9463; www.pmtf.net

February 8 & 22. NYRR Thursday Night at the Races, New Balance T&F Center at the Armory. 212-860-4455; www.nyrr.org

February 11. USATF-LI Indoor Championships, 9-1 pm. Brentwood, Long Island, NY. www.long-island.usatf.org

February 11. Philadelphia Masters All-Comers/Teams/Relay Meet, Glen Mills Schools, Glen Mills, PA. Limited to athletes 18-and-older only. Joel Dubow, 484-437-9463; www.pmtf.net

February 18. Sportsplex Masters Indoor Championship, Prince George's Sports & Learning Complex, Landover, MD. \$35 late fee after Feb. 13. 301-583-2660.

February 25. Prince George's Sports & Learning Complex Indoor All-Comers, Landover, MD. 8:30 am. 301-583-2660.

March 3. Finger Lakes RC Indoor Meet, Cornell U., Ithaca, NY. www.fingerlakesrunners.org/races

March 11. RIT Indoor Meet, Gordon Field House, Rochester, NY. billq@frontiernet.net

June 2. "Ken Weinbel" Throw-A-Thon, Albright College, Reading, PA. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525; rayfeick@peoplepc.com

June 3. Ultra Weight Pentathlon & Superweight, Gilbertsville, PA. See June 2.

July 21. USATF East Regional Masters Championships, East Stroudsburg U., PA. Joseph Koch, E. Stroudsburg U., 200 Prospect St., East Stroudsburg, PA 18301; 570-422-3211; www.mausatf.org

SOUTHEAST

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

May 4-5. 37th Annual BB&T Bob Boal Masters & Open Meet/USATF-NC Masters Championships, Duke U., Durham. Pentathlon & Weight Pentathlon. David Edge, 919-870-2880; david.edge@ci.raleigh.nc.us; www.south-easternmasters.org

MIDWEST

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

February 17. USATF Ohio Indoor Championships, Ohio Northern U. Ada. www.usatf.org/assoc/oh

March 2 (Fri.). 47th Annual Mason-Dixon Games Masters & Open Indoor Championships, Broadbent Arena, Louisville, KY. 502-875-2904; www.ktccca.org

MID-AMERICA

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

February 24. USATF Colorado/Mid-America Regional Masters Indoor Championships, USAF Academy Field House, Colorado Springs, CO. Christel and Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907; 719-635-1264; Jim Weed, entries, 2203 E 149th Ave., Thonton, CO 80602; 303-451-8727; Tim

Edwards, throws, 303-724-0606.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 10. Throws Meet & Youth Throws Clinic, Austin, TX. track4life@earthlink.net

March 19. Lions Championships, Austin, TX. track4life@earthlink.net

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 6. Sierra Vista Senior Games, Sierra Vista, Arizona. 520-458-7922. www.ci.sierra-vista.us/parks

January 8-21. Yuma Senior Games, Yuma, AZ. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

January 13. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com

January 13. Citrus College Weight Pentathlon, Citrus College, CA. Lloyd Higgins, lloyd@throwfarcoach.com

January 20. Tucson Senior Games, Pima CC, AZ. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

January 21. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com

February 4. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com

February 17. Arizona Senior Games, Arizona St. U. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

February 18. Arizona Indoor Classic, NAU, Flagstaff. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

February 24. Grand Canyon State Games, Mesa CC, AZ. Includes SISU 800m Challenge Race. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

March 10. Bobcat Relays, Shadow Mountain

HS, Phoenix, AZ. Relays & Individual events. Erwin Jones, PO Box 26545, Phoenix, AZ 85068-6545; 602-392-3599.

March 10-11. Bay Area Senior Games, T&F at Stanford U. 415-946-8731; www.2009senior-games.org

April 21. Arizona Flames Invitational, Mesa CC, AZ. 5:00 pm. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

May 12. Masters Invitational, Mesa CC, AZ. 5:00 pm. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

May 26. Adult Regulation Meet, Mesa CC, AZ. 5:00 pm. See May 12.

June 2. Throwers Meet & Weight Pentathlon, Mesa CC, AZ. James Smith, AZ Masters Chairman, 480-726-1613; James@azflames.com

June 16-17. Arizona State Championships, Glendale CC. See June 2.

NORTHWEST

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

May 12-13. 26th Hayward Masters Classic, Eugene, OR.

CANADA

March 3. Ontario Masters Indoor Championships. Toronto. www3.sympatico.ca/ontario-masters douglasj.smith@sympatico.ca

June 3. Ontario Masters Outdoor Championships, London. www3.sympatico.ca/ontario-mastersdouglassmith@sympatico.ca

July 28-29. Canadian Masters Championships, Saint John, New Brunswick. www.canadianmastersathletics.com; douglasj.smith@sympatico.ca

INTERNATIONAL

February 18. BMAF Indoor Heptathlon Championships, Picketts Lock. www.bmaf.org.uk

March 3-4. BMAF Indoor Championships, Picketts Lock. www.bmaf.org.uk

March 22-25. EVAA Indoor Championships, Helsinki, FIN. www.evaa2007.com

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MUT Honors Masters in Indianapolis

The USATF MUT (Mountain, Ultra, Trail) Running Council Awards were presented on Saturday, Dec. 2, at the USATF Annual Meeting breakfast banquet.

Masters mountain runners of the year are Simon Gutierrez and Lisa Goldsmith. Masters ultrarunners of the year are Dan Verrington and Anne Riddle-Lindblad.

Gutierrez, 40, Alamosa, Colo., also the open Mountain Runner of the Year, included a fourth overall and first masters place in the USA National Mountain Running Championships at Mount Washington, N.H. He placed third at the Challenge Stellina mountain race in Italy and led the U.S. men in Turkey at the World Trophy race, where he placed 10th.

Goldsmith, 41, Nederland, Colo., is a repeat winner from 2005. Among her consistent performances was a 30th overall as a member of the gold-medal winning U.S. team at the World Trophy Race, and placement of first overall in the Front Range Frenzy trail series, Lookout Mountain Hill Climb, Indian Peaks 10, Arthur's Rock (& roll) 10 Mile, and Pike's Peak Ascent.

Verrington, 44, Bradford, Mass., was masters champion in the USATF 50K Road Championships, placing second overall. His other accomplishments included a second-masters finish in the USATF Trail 50 Mile Championships, and first master in the USATF-NE Trail Running Championships, setting a masters course record, and finishing fourth overall.

Riddle-Lundblad, 40, Asheville, N.C.,



VICTOR SAILER / PHOTO RUN
Stephanie Hodge, first W40+ (3:02:09), Philadelphia Marathon, Nov. 19.

was the top U.S. finisher in the IAU World Cup 100K, finishing sixth overall. Other wins included the Promise Land 50K, Virginia Creeper Marathon, Bel Monte 50K (course record), and the Great Eastern 50K (course record).

The Contributor of the Year Award went to La Sportiva/Go-Lite for its support of a mountain running team with runners from the West Coast, East Coast, and in-between, and, in addition to other support, for assuming title sponsorship for a series of events the past two seasons for a total of nine events in Colorado. □

September 4-15. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org
March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING NATIONAL

February 5-8. RunningUSA2007 National Conference, La Jolla, CA. www.runningusa.org/conference/rusa2007_intro.shtml
March 4. USA Masterfs 50K Road Championships, Lloyd Park, NY. www.usatf.org
September 23. USA Masters Championships/Heritage Oaks 10K, Paso Robles, CA. Mitch Massey, 805-239-5200; mmassey@hofunrun.com

October 7. USA Masters Championships/Medtronic Twin Cities Marathon, St. Paul, MN. Virginia Brophy Achman, 763-287-3888, x11; www.mtmarathon.org

October 14. USA Masters 5K XC Championships, Saratoga Springs, NY. www.usatf.org; www.usatfadir.org

December 8. USATF National Club XC Championships, West Chester, OH. Open & Masters. www.usatf.org

October 19, 2008. USA Masters 5K XC Championships, Greensboro, NC. www.usatf.org; www.greensboropacesetters.com

EAST

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

January 7. NYRR Fred Lebow Classic 5 Mile, Central Park. 212-860-4455; www.nyrr.org

January 7. Shiver by the River 10K & 5K, Reading, PA. 610-779-6556.

January 14. BRRC Loch Haven 8 Miler, Baltimore, MD. tnasuta@gmail.com; www.charmcityrun.com

January 21. NYRR Half-Marathon/Manhattan Grand Prix, Central Park. 212-860-4455; www.nyrr.org

February 3. Groundhog Jog 4 Mile, Punxsutanney, PA. 814-938-6312; www.runpunxsyrun.org

February 4. Maine TC Mid-Winter 10 Mile, Cape Elizabeth HS. 207-892-4526; www.mainetrackclub.com

February 6. Empire State Building Run-Up. 212-860-4455; www.nyrr.org

March 25. More Marathon, Central Park, NYC. 212-423-2269; nyrr.org/more/home.php

SOUTHEAST

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

January 4-7. Walt Disney World Marathon Weekend, Orlando, FL. www.disneyworldmarathon.com

January 7. DeLeon Springs Half-Marathon & 5K, DeLeon Springs, FL. 36-736-0002; www.altavistasports.com

January 13. St. Pete Beach Classic 10K & 5K/RRCA Southern Regional Championships, FL. 727-367-7223; www.stpetebeachclassic.com

January 20. Panther Pride 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

January 21. Naples Daily News Half-Marathon, Naples, FL. www.napleshalfmarathon.net

January 27. Matanzas 5000, St. Augustine, FL. 904-461-1615; www.ancientcityrr.org

January 28. ING Miami Marathon & Half-Marathon, Miami, FL. 305-278-8668; ingmiannmarathon.com

February 10-11. Mercedes-Benz Marathon Weekend, Birmingham, AL. 205-870-7771; www.mercedesmarathon.com

February 18. AIA Marathon, Ft. Lauderdale, FL. 888-ESM-SPORTS; www.1amarathon.com

February 10-11. Bank of America Marathon-Gasparilla, Tampa, FL. 813-254-7866; www.tampabayrun.com

MIDWEST

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

January 1. Resolution Revolution 3 Mile, 6 Mile & 9 Mile, Indianapolis. www.kenlongas.com

January 6. Siberian Express Trail Run 7.45 Mile, Danville, IL. www.kennekuk.com
January 13. Portland 5K, Portland, MI. portlandrunningclub.homestead.com

MID-AMERICA

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

January 13. St. Louis TC Frostbite 20K & 5K, Forest Park, St. Louis, MO. 314-781-3926.

January 27. St. Louis TC Frostbite 13.1 Mile & 4 Mile, Forest Park, St. Louis, MO. 314-781-3926.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 1. Texas Marathon, Kingwood. www.50statesmarathonclub.com/texas.html

January 1. Run for Your Life 8K, Tulsa & OKC. 888-580-5680, x123; www.signmcup.com

January 7. 100th Anniversary Jackson Day Race 9K, New Orleans. 504-467-8626; www.runNOTC.org

January 14. Chevron Houston Marathon. 713-957-3453; ChevronHoustonMarathon.com

January 28. 3M Half-Marathon & Relay, Austin, TX. www.3Mhalfmarathon.com

February 18. Austin Marathon & Half-Marathon, Austin, TX. attaustinmarathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 1. New Year's Day 5K, Phoenix, AZ. 480-242-4816; arizonarunningeventsco.com

January 7. OC Marathon, Half-Marathon & 5K, Newport Beach, CA. 949-476-2162; OCMarathon.com

January 13. Paramount 10K, Paramount (L.A.), CA. 714-841-5417; www.nealand.com/finishline

January 14. Rock 'N' Roll Arizona Marathon & Half-Marathon, Phoenix. 800-311-1255; www.mraz.com

January 14. Calico Trail Run 50k & 30K, Calico Ghost Town, CA. www.calicotrailrun.org

NORTHWEST

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

January 1. Resolution Run 5K, Seattle, WA. 206-729-9972; www.promotionalevents.com

INTERNATIONAL

March 22-25. European Veterans Indoor Championships, Helsinki. www.evaci2007.com
May 17-20. EVAA Non-Stadia Championships, Regensburg, GER. 10K, Half-Marathon, XC Relay, M&W10K RW, W20K RW, and M30K RW. www.evaa2007.com

RACEWALKING

January 14. USA National 30K RW Championships, Chula Vista, CA. 619-574-0683; www.usatf.org

January 28. USA Masters 50K RW Championships, Chula Vista, CA. 619-574-0683; www.usatf.org

March 25. USA Masters Indoor 3000m RW Championships, Boston, MA. www.usatf.org

May 20. USA Masters 15K RW Championships, TBA.

August 2-5. USA Masters 5000m (track, on 3rd) & 10K (road, on 5th) RW Championships, Orono, ME. www.usatf.org; Bob Fine, bobfine@bellsouth.net

September 16. USA Masters 40K RW Championships, Ocean Township, NJ. www.usatf.org; Bob Fine, bobfine@bellsouth.net

October 6. USA Masters 5K RW Championships, Kingsport, TN. www.usatf.org; Bob Fine, bobfine@bellsouth.net

October 14. USA Masters One-Hour RW Championships, Waltham, MA. www.usatf.org; Bob Fine, bobfine@bellsouth.net

October 28. USA Masters 30K RW Championships, Hauppauge, NY. www.usatf.org; Bob Fine, bobfine@bellsouth.net

November 4. USA Masters 20K RW Championships, Clermont, FL. www.usatf.org; Bob Fine, bobfine@bellsouth.net

M35-39 John Allen

M45-49 Terrence Hayn

Jim Kazda

M50-55 John Bohan

Sam McClellan

Joe Myers

Joe Schleppl

Edward South

M55-59 Dave Knott

Kevin Christen

U.S. MAS

Event	30-34	35-39	40-44
55	6.8	6.9	
60	7.4	7.55	
100	11.0	11.3	
200	22.4	23.2	
400	51.5	52.5	
800	2:02	2:04	
1500	4:20	4:22	
Mile	4:40	4:40	
3000	9:25	9:40	1
5000	15:45	16:00	1
10000	32:30	32:50	1
55H	8.6	8.7	
60H	9.0	9.3	
110H	15.4	16.5	
100H			
80H			
400H	58.0	60.0	
300H			
3K-SC	10:10	10:30	1
2K-SC			
HJ	1.90	1.85	
	6-2%	6-4%	
PV	4.40	4.10	
	14-5%	13-5%	12
LJ	6.50	6.10	
	21-4	20-4	1
TJ	13.20	12.60	1
	43-3%	41-4%	1
Shot	14.50	14.02	1
	47-7	46-0	
Discus	44.80	42.80	3
	147-0	140-5	1
Hammer	47.24	44.20	4
	155-0	145-0	1
Javelin	62.00	56.00	4
	203-5	183-9	1
35/PW	15.00	14.00	1
	49-2%	45-11%	
Weight	15.00	14.00	1
	49-2%	45-11%	4
Sup.Wt.	9.50	9.00	
(56#)	31-2	29-6	27
Pent.	2800	2600	
Decath.	5500	5250	
Wt. Pent.	2800	2700	

- Notes: 1) 100 standards
2) Short hurdles:
3) Long hurdles:
4) Shot put:
5) Discus throw:
6) Hammer:
7) Javelin:
8) Weight:
9) Superweight:
10) Pen/Dec/Wt.Pen
11) Metric heights

U.S. MASTERS ALL

	1.5K	Mile	3K
W30	7:13	7:47	14:50
W35	7:22	8:03	15:18
W40	7:37	8:21	15:53
W45	8:03	8:41	16:32
W50	8:25	9:05	17:15
W55	8:55	9:31	18:05
W60	9:17	10:01	19:01
W65	9:48	10:35	20:06
W70	10:26	11:15	21:22
W75	11:10	12:01	22:51
W80	12:03	12:58	24:41
W85	13:13	14:15	27:05
W90	14:56	16:06	30:36
M30	6:31	7:01	13:21
M35	6:43	7:14	13:47
M40	6:58	7:29	14:16
M45	7:13	7:46	14:47
M50	7:33	8:05	15:23
M55	7:50	8:26	16:04
M60	8:13	8:51	16:50
M65	8:38	9:19	17:43
M70	9:08	9:50	18:44
M75	9:43	10:28	19:55
M80	10:26	11:14	21:22
M85	11:21	12:13	23:14
M90	12:41	13:39	25:58
Age-graded time/8 for m			

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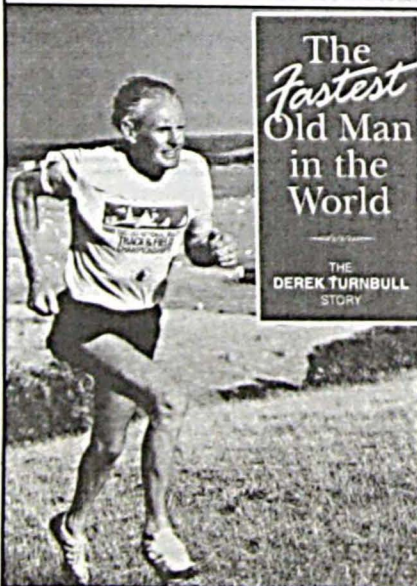


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RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39 John Allen	800m	2:02.7	6/25/99	Buzz Gagne	JT	54.60	6/11/06	M90-94 Tim Sander	SP	6.41	9/29/06
M45-49 Terrence Haynes	55m	7.27	12/2/06	George Konen	HT	48.21	9/8/06		JT	12.71	9/29/06
Jim Kazda	400m	55.89	12/2/06	Nate Robertson	WT	17.87	9/29/06		DT	42-03.75	9/29/06
	TJ	10.90	7/26-30/06	John Tomaszke	400	1:00.51	7/14-20/06	W30-34 Kimberly Touya	LJ	4.79	8/10/06
M50-55 John Bohan	HJ	1.63	3/15/06	Carl Etter	TJ	9.22	9/8/06		TJ	9.83	8/10/06
Sam McClellan	Dec.	5388	7/15-16/06	Tomlinson Rauscher	300h	51.98	7/9/06	Lisa Rosborough	100m	13.3	8/10/06
Joe Myers	100h	17.92	7/15-16/06	Frank Brume	5K	20:58	11/25/06		100m	13.12	6/17/06
	WP	3235	7/9/06	Pat Cosgrove	5K	20:14	8/12/06	W40-44 Kelly Harris	10K	42.28	10/7/06
	SP	14.96	3/11/06	Paul Beckman	LJ	4.95	5/27/06	Pamela Lovett	800m	2:25.91	9/03/06
Joe Schleppl	SW	6.47	7/9/06	Walter Schlereth	800m	3:00.08	6/22-25/06		3000m	11:40.1	9/3/06
Edward Southwick	DT	42.58	10/1/06	Thomas Mc Donald	10K	54:47	11/11/01	W50-54 Jacqueline Blair	10K	44:00	5/27/06
	400m	57.06	6/24/05	Craig McMicken	3K	16:57.24	6/11/06	Jean Propst	SP	14-6	5/7/06
M55-59 Dave Knott	JT	135-1	9/17/06								
Kevin Christensen	HJ	1.50	9/30-10/1/06								
	200m	27.46	9/30-10/1/06								

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	14.8
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	
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	
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	
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	
Shot	43-3/4	41-1/4	37-8/9	35-5/8	34-1/8	31-2	29-2/8	26-1/2	22-10	21-4	19-6	18-1	
14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00		
Discus	47-7	46-0	44-0	41-5	42-11/16	39-4/8	42-0	37-8/9	36-1/4	29-5/8	26-3	19-8/4	
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	72-2/4	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	33.00	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	65-7/8	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		
35FWL	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
49-2/4	45-11/16	42-8	39-4/8	32-9/16	29-6/16				19-8/16	16-4/16			
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
49-2/4	45-11/16	43-5/16	41-0/16	46-9	43-5/16	45-11/16	43-5/16	44-3/16	38-6/16	32-9/16	28-8/16	19-8/16	
Sup.WL	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	18-4/16	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	2400	2200	2000		
Decath.	5500	5250	5250	5000	5200	5000	5000	4800	4200	3000	2500		
WL Pent.	2800	2700	2800	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: 7.26kg (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k; 80+: 3k
 5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg
 6) Hammer: 30-39: 7.26kg (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k; 80+: 3k
 7) Javelin: 30-39: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g; 80+: 400g
 8) Weight: 30-39: 35#; 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+: 12#
 9) Superweight: 30-39: 56#; 70-79: 35#; 80+: 25#
 10) Pen/Dec/WL Pen: 30-39 IAAF pts.; 40+ WMA factoring.
 11) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS

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	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.80	
100	13.80	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	9:50	10:10		
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		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
PV	4.7	4.5	4.2	4.0	3.8	3.4	3.4	3-2/4	3-0/4	2-11	2-9		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
Shot	31-2	29-10	27-8	24-7	23-0	21-0	20-4/8	19-8/8	18-1/8	14-9	12-9		
33-9/16	30-7	27-11	27-6/16	26-3	25-6	24-7/8	21-8	19-8/16	17-1/4	14-1/4			
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	75-5/8	72-8	65-7/8	55-9/16	52-6	49-2/4	39-4/8			
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		

TRACK & FIELD RESULTS

Please e-mail results to natmanews@aol.com or mail to National Masters News, P.O. Box 1117, Orangevale, CA 95662. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Philadelphia Masters Indoor Meet, Albright College Reading, PA; Dec. 3

All Times Handheld
*Denotes All-American

55m
M45 Lovell Butler * 6.9
John Hadrick 7.3
Iconomos Koullias 9.0
M60 Fred Edelstein * 7.9
W30 Jill Cypress Turner * 7.8
W40 Renee Henderson * 7.4

200m
M35 John Politsky 28.9
W40 Renee Henderson * 29.1
W45 Lorraine Jasper * 31.6

400m
M30 Kyle Lanier 56.0
M50 Russ Patton 1:07.6
W40 Renee Henderson * 1:07.7
W45 Lorraine Jasper * 1:09.6

800m
M35 Chris Carroll 2:33.6
M40 Kevin F. Forde 2:13.4
M45 Chuck Shields 2:15.6
M50 Russ Patton 2:52.4
W45 Lorraine Jasper 2:52.0

1 Mile
M30 Kareem Lanier 4:42.6
M35 Chris Carroll 5:30.8
M40 Kevin F. Forde 4:50.2
M45 Chuck Shields * 4:49.2
Tom Yunker 5:48.0
M50 Russ Patton 5:37.4
Jeff O'Connell 5:45.2
M90 Frank Levine 12:50.4
W45 Lorraine Jasper * 5:41.5

Two Miles
M45 Chuck Shields 11:44.9
Tom Yunker 12:46.8
Ray Santiago 12:48.0
M50 Joel Hoffsmith 11:45.3
M60 Joel Dubow 15:46.1
M90 Frank Levine 27:13.3

High Jump
W30 Jill Cypress Turner 1.30

Long Jump
M35 John Politsky 5.16

Triple Jump
W30 Jill Cypress Turner * 10.19

Shot Put
M45 Iconomos Koullias 9.26
M50 Nick Helfrich 9.34
M65 Ed Joyce 9.05
M70 John Sellers 8.69

Weight Throw
M50 Nick Helfrich 11.27
M55 Dan Folk 9.18
M60 Terry Shuman * 14.32
M65 Ed Joyce 8.95
M70 John Sellers * 13.76

SOUTHEAST

Tampa Bay Senior Games Tampa, FL; Oct. 3-13

50m
M50 Michael Memoli 7.11
M60 Victor Cafaro 7.98
M65 Irvin Heath 7.89
M70 Dick Camp 7.63
M75 Robert Williams 9.93
M80 Harry Morse 17.43
W50 J. Julson 9.44
W60 Shurline Rice 12.43
W65 Linda Zitnik 15.15
W70 Doris Prokopi 11.16
W80 Kay McEnery 24.09
W85+Joy Gaffney 20.03

100m
M50 Michael Memoli 12.08
M55 Duane Peacock 14.05
M60 Victor Cafaro 15.34
M65 Irvin Heath 15.56
M70 Dick Camp 14.22
M75 Robert Williams 20.06
M80 Harry Morse 20.59
W50 J. Julson 19.59
W60 Shurline Rice 24.25
W65 Linda Zitnik 29.96
W70 Doris Prokopi 23.17
W75 Ann Edginton 25.81
W85+Joy Gaffney 38.50

SOUTHWEST

Arkansas Senior Olympics Hot Springs Sept. 27- Oct. 8 (Corrected Results)

100m
M50 Craig Buhrow 12.59
M55 David Cotner 12.46
M60 Johnnie Hopgood 14.5h
M65 James Bodge 13.84
M70 Roy Davis 14.38
M85 Julius Moore 22.46
W55 Joyce Hopgood 21.25
W60 Mary Gilbert 21.09
W65 Earlene Usrey 33.21
W70 Jean Schooler 18.7h

200m
M50 Mike Trexler 26.25
M55 David Cotner 26.48
M60 Johnnie Hopgood 30.68
M65 James Bodge 31.07
M70 Roy Davis 31.25
M85 Julius Moore 55.90
W55 Joyce Hopgood 47.37
W60 Normimah Benedict 37.25
W70 Jean Schooler 40.34
W75 Carlotta Brnhill 50.21
W80 Elizabeth Moore 1:07.75

400m
M50 Bob Maseratti 1:08.24
M55 David Cotner 59.48
M60 John Elliott 1:12.31
M65 John Roleson 1:37.56
M70 Roy Davis 1:17.4h
M75 Jack Gentry 1:24.78
M85 Rodrick Parker 1:36.31
W50 Rebecca Mulvaney 1:34.6h
W55 Karen Mowry 1:35.96
W60 Normimah Benedict 1:56.09
W70 Jean Schooler 1:43.28
W75 Carlotta Brnhill 1:56.03
W80 Elizabeth Moore 2:38.93

800m
M50 Sam Velez 2:45.37
M55 Don Erwin 2:50.37
M60 Elliott 2:57.6h
M65 Henry Hawk 2:39.47
M70 Sunao Yamanaka 3:41.34
M75 Jack Gentry 3:18.21
W50 Rebecca Mulvaney 3:35.78
W55 Karen Mowry 3:46.34
W70 Jean Schooler 4:19.28
W80 Elizabeth Moore 6:33.46

1500m
M50 Manuel Barnes 5:43.68
M55 Randy Taylor 5:24.09
M60 John Elliott 6:02.53
M65 Henry Hawk 5:35.00
M70 William Duer 6:12.09
M75 Jack Gentry 6:33.25
W50 Rebecca Mulvaney 6:51.54
W70 Jean Schooler 9:13.62
W85 Elizabeth Brundle 13:28.66

High Jump
M50 Steve Cox 4-10
M55 Jon Benedict 4-0
M60 Vernon Gingrich 4-6
M65 David Nuttrott 4-8
M70 John Chism 3-6
M75 Roy Morgan 3-6
W50 Eleanor Gibson 4-4
W75 Carlotta Barnes 3-0

Pole Vault
M55 Jon Benedict 5-0
M60 Vernon Gingrich 9-0
M65 Jerry McBride 9-0

Long Jump
M50 Craig Buhrow 15-9
M60 Johnnie Hopgood 12-9
M65 James Bodge 14-2
M70 Addison Griffith 6-4
W55 Joyce Hopgood 4-10
W60 Normimah Benedict 9-11
W65 Earlene Usrey 3-4
W70 Jeran Schooler 9-3
W75 Carlotta Barnes 6-9
W80 Olivia Walsh 3-2

Triple Jump
M50 Craig Buhrow 32-6
M55 Jon Benedict 21-3
M60 Johnnie Hopgood 21-4
M65 Jerry McBride 24-1
W60 Normimah Benedict 19-3

Shot Put
M50 Manuel Jones 31-6
M55 Ken Counts 40-3
M60 Thomas Mowry 30-8

M65 George Gaines 36-8
M70 David Bower 38-8
M75 Roy Morgan 30-7
W55 Susan Clower-Smith 24-7
W60 Mary Gilbert 22-10
W65 Naomi Smith 20-10
W70 Evelyn Starnes 14-6
W75 Carlotta Barnes 17-4
W80 Florence Burkes 13-3

Discus
M50 Roy Wood 119-2
M55 Len Randel 111-3
M60 Vernon Gingrich 91-4
M65 Francis McAvoy 105-8
M70 Samuel Steele 74-0
M75 Lyndle Taylor 69-4
M80 Richard Bledsoe 54-2
W55 Susan Clower-Smith 59-1
W60 Carolyn Wallace 48-8
W65 Joyce Arguello 43-1
W70 Evelyn Starnes 29-9
W75 Carlotta Barnes 43-5
W80 Florence Burkes 29-0

Javelin
M50 Steve Cox 148-6
M55 Richard Comer 113-4
M60 Johnnie Hopgood 102-0
M65 Jerry McBride 91-0
M70 Jack Mayberry 70-3
M75 Roy Morgan 65-1
M80 Richard Bledsoe 69-3
W55 Susan Clower-Smith 53-0
W60 Shirley Frost 44-3
W65 Rachel Greer 35-11
W70 Evelyn Starnes 21-9
W85 Evelyn Burkes 19-0

WEST

Phoenix Fall Classic Paradise Valley CC Phoenix, AZ; Oct. 7

50m
W55 Dwana Flannigan 8.32
W70 Joan Burgess 8.66
W80 Betty Gaudy 10.16
M50 Burrell Bender 5.60
M55 Paul Martin 5.67
M60 Curtis Searcy 6.82
M65 Richard Gay 7.09
M70 Doug McFeters 6.83
M75 Ang Markantonatos 6.75
M85 John Lasco 10.28
M90+Everett Penrod 11.37

100m
W50 Patience Wilcox 17.70
W70 Christel Donley 17.46
W80 Betty Gaudy 24.68
M50 Burrell Bender 12.75
M55 Paul Martin 12.71
M60 Curtis Searcy 14.93
M65 Richard Gay 16.39
M70 Bob Bergfeldt 14.47
M75 Ang Markantonatos 15.48
M85 John Lasco 23.00
M90+Paul Hall 27.05

200m
W70 Joan Burgess 47.41
W80 Betty Gaudy 56.62
M50 Jim Hershberger 27.77
M55 Paul Martin 26.56
M60 Lynn Eves 33.00
M70 Jack Rickard 34.20
M75 Ang Markantonatos 34.00
M85 John Lasco 69.8

M50 Jim Heshberger 62.53
M70 Jack Rickard 80.0
M75 Ang Markantonatos 80.0
M85 John Lasco 2:56.46

High Jump
W70 Christel Donley 3-8
M50 Ray Corona 4-8
M55 Tim Colby 4-8
M60 John Perkins 4-0
M65 Richard Cunningham 4-0
M70 Bob Bergfeldt 4-6
M75 Dave Douglass 3-10

Pole Vault
M50 Stuart Hancock 10-6
M55 Richard Rivas 10-6
M60 Bruce Perkins 9-6
M65 Mardon Connelly 10-0
M70 Doug McFeters 7-0
M75 Jerry Donley 8-0

Long Jump
M50 Burrell Bender 14-11
M60 Lawrence Jones 13-9
M65 Richard Gay 12-0
M70 George McGrady 11-0
M75 Gus Salazar 12-11
M90+Everett Penrod 6-0

Triple Jump
M60 Lawrence Jones 27-5
M70 Bob Bergfeldt 27-6
M75 Gus Salazar 16-6

Shot Put
W50 Patience Wilcox 21-1
W70 Christel Donley 24-10

M50 Richard Watson 32-9.5
M55 Jimmy Lister 43-3
M60 Mel Hernandez 36-0
M75 Jerry Donley 26-7.5
M80 Hugh Hackett 18-0
M90+Everett Penrod 19-6.5

Discus
W55 Lynn Dow 73-4
W75 Barbara Brandt 52-8
M50 Richard Watson 121-4
M55 Jimmy Lister 117-3
M60 Mel Hernandez 121-1
M65 Dick Dow 106-5
M70 Bob Bergfeldt 117-5
M75 Arthur Brandt 81-1
M80 Hugh Hackett 43-4

Hammer
M50 Richard Watson 130-6
M55 Jim Lister 110-11
M60 Mel Hernandez 92-3
M75 Dave Douglass 104-2
M80 Hugh Hackett 69-4

Elite 8K/LITF Championships Bohemia, NY; Oct. 22

Overall
Kathy Martin 30:25
Gavin Goldstein 27:12
W40 Michelle LaBiento 32:01
Karen Conklin 33:59
Judy Perterson 35:39
M40 Guillermo Fuentes 27:44
James Murray 28:40
Michael Nolan 31:50
W45 Dolores Doman 35:04
Mary Grace Sauve 36:05
Suzanne Schoen 37:11
M45 James Flores 30:43
Paul Bonanni 32:04
Peter Downes 32:39
W50 Jane McGraw 40:54
Debra Savarese 40:56
Rosemary Camilleri 50:35
M50 Kevin Carroll 29:33
John Daly 30:16
Theodore Trent 30:22
W55 Kathy Martin 30:25
Christine Brakel 44:25
Judy Gallop 46:44
M55 Howard Cragg 37:31
Anthony Segarra 39:09
William Meisner 39:38
W60 Betty Horstmann 36:24
Hilary Boucher 40:56
M60 Bryan Pearsall 32:30
Joe Lazzaro 33:41
Patrick Keenan 35:15
W65 Marie-L. Michelsohn AR 34:29 (Betz/35:00/2001)
Pat Delaney 51:11
M65 Jose Mendez 35:28
Mel Cowgill 37:37

CANADA

Regina Friendship Games (Indoor), Regina, Sask. Dec. 2

60m
W45 Laurie Meloche 8.84
W50 Sharon Crook 9.71
W60 Carol LaFayette-Boyd 9.30
W65 Joan Vogel 10.32
M55 Gary Miller 8.33
M60 Roland Delhomeau 10.12

200m
W45 Laurie Meloche 29.63
W60 Carol LaFayette-Boyd 31.49
W65 Joan Vogel 36.06

High Jump
M60 Roland Delhomeau 1.25m
M70 Ted Rowan 1.05m

Long Jump
W60 Carol LaFayette-Boyd 4.21m
M60 Roland Delhomeau 3.57m
M70 Ted Rowan 3.85m

Triple Jump
W60 Carol LaFayette-Boyd 8.00m
M60 Roland Delhomeau 7.66m

Shot Put
W65 Joan Vogel 7.76m
M70 Ted Rowan 8.46m

LONG DISTANCE RUNNING

EAST

Maine Marathon & Half-Marathon, Portland Oct. 1

Marathon Overall
Byrne Decker 39 2:30:25
Dana Parrot 36 2:53:54
M40 Vincent Connelly 2:52:33
M45 Gary Allen 2:55:37
M50 Dick Graves 3:06:30
M55 Steve Reed 3:10:58
M60 Michael Haroz 3:58:11
M65 Ronald Paquette 5:11:41
M70 Eugene Bruckert 5:58:34
M75 Geo Brandenburg 5:28:27
W40 Mary Meehan 3:26:31
W45 Valerie Kilcoin 3:35:26
W50 Sinthy Kounlisa 3:32:46
W55 Jeanne Butterfield 4:01:18
W65 Beth Branson 4:47:18

Half-Marathon Overall
Michael Payson 43 73:10
Erin Chlumsky 26 80:03
M40 M Payson 73:10
M45 Tom Dann 82:59
M50 Ron Johnston 88:00
M55 Bob Sholl 83:55
M60 R J Harper 90:56
M65 Al Nagel 1:44:24
M70 Art Warren 1:48:52
M75 Peter Hui 2:35:00
M80+Ted Jednak 80 3:00:50
W40 Jessica Bahros 93:27
W45 Jacqueline Shakar 93:52
W50 Ellie Tucker 87:54
W55 Carol Fanning 96:13
W60 Gretchen Read 1:41:40
W65 Polly Kenniston 2:05:25
W70 Judy Brenner 2:18:05

Elite 8K/LITF Championships Bohemia, NY; Oct. 22

Overall
Kathy Martin 30:25
Gavin Goldstein 27:12
W40 Michelle LaBiento 32:01
Karen Conklin 33:59
Judy Perterson 35:39
M40 Guillermo Fuentes 27:44
James Murray 28:40
Michael Nolan 31:50
W45 Dolores Doman 35:04
Mary Grace Sauve 36:05
Suzanne Schoen 37:11
M45 James Flores 30:43
Paul Bonanni 32:04
Peter Downes 32:39
W50 Jane McGraw 40:54
Debra Savarese 40:56
Rosemary Camilleri 50:35
M50 Kevin Carroll 29:33
John Daly 30:16
Theodore Trent 30:22
W55 Kathy Martin 30:25
Christine Brakel 44:25
Judy Gallop 46:44
M55 Howard Cragg 37:31
Anthony Segarra 39:09
William Meisner 39:38
W60 Betty Horstmann 36:24
Hilary Boucher 40:56
M60 Bryan Pearsall 32:30
Joe Lazzaro 33:41
Patrick Keenan 35:15
W65 Marie-L. Michelsohn AR 34:29 (Betz/35:00/2001)
Pat Delaney 51:11
M65 Jose Mendez 35:28
Mel Cowgill 37:37

HealthAmerica XC Challenge Pittsburgh, PA Nov. 11

M40 Ed May 25:12
Mike Garcia 25:28
M45 L. Van Dyke 21:35
Steve Garand 22:02
Jim Kaufman 23:53
M50 Carl Hubel 22:44
C. Hildebrandt 23:04
Dave Sippel 23:19
M55 Bill Stroup 31:36
J. O'Donnell 31:39
Guy Duerbeck 39:21
M60 Jim Banks 25:19
Tom Sheridan 40:56
M65 Dick Monheim 26:36
Tony Prezioso 31:07
M70 John Harwick 43:54
W40 C. Telmer 30:38
D. Stewart 35:17
W45 Sabine Kane 26:25
D. Hudal 31:39
W50 D. Fluharty 30:53
Janice Boyko 41:41

NYRR 5K Cross-Country Championships, Bronx NY; Nov. 12

Overall
Noel Bateman 18 15:49
Neely Spence 16 17:38
M40 Michael Trunkes 17:01
M45 Chuck Shields 17:08
M50 Tom Phillips 18:02
M55 Joseph Porcaro 18:49
M60 Julio Aguirre 20:30
M65 Sidney Howard 22:17
M70 Berton Robbins 28:42
M75 Kenneth Jones 28:43
M80 Sab Koide 34:43
M85 Yair Geva 25:49
W40 Stephanie Hodge 19:56
W45 Stacy Creamer 21:05
W50 Regina Cahill 23:29
W55 Sylvia Kimche 24:20

W60 Christa Hartmann 33:07
W65 I-L Michelsohn 23:46
W70 Teresa Hasing 43:03

Stockade-athon 15K Schenectady, NY; Nov. 12

Overall
Fred Joslyn 22 47:40
Kara-Lynne Kerr 28 56:41
M40 David Hettrich 55:14
David Putney 57:05
M45 John Noonan 54:22
Derrick Staley 55:21
Mark Warner 55:58
M50 Mike Kodya 57:17
Michel Archambault 58:17
Kevin Dollard 58:33
M55 William Dixon 55:55
Peter Gerardi 58:41
Tim Haley 59:33
M60 John Camelio 59:36
Patrick Glover 59:53
M65 Bill Borla 59:23
John Pelton 68:50
M70 John Sowa 80:30
Richard Homenick 81:25
M75 Ed Whitlock 60:29
Ed Doucette 88:43
W40 Kelly Dworak 59:48
Anne Benson 60:25
Mary Buck 62:40
W45 Nancy Taormina 63:53
Inge Aiken 64:47
Kathleen Newton 64:52
W50 Melissa Behr 70:53
Cathy Sliwinski 73:26
W55 Diane Legare 59:05
Coreen Steinbach 65:16
W60 Cheryl Kohut 81:07
Liz Williams 83:56
W65 Coral Crossman 90:34
Clemence Clancy 1:42:18
W70 Anny Stockman 90:23
Joan Corrigan 1:47:41

USATF-NJ Championships/Giralda Farms 10K Madison; Nov. 12

Overall
Ben Reynolds 42 33:06
Victoria Ganushina 26 37:27
M40 B Reynolds 33:06
Drew Davis 34:10
Juan Venegas 36:33
M45 Rick Pingitore 37:53
Will DeRobertis 38:13
John Kane 38:18
M50 David Hoch 37:44
Charlie Slaughter 38:55
Bill Trengove 39:20
M55 Roger Price 38:39
Bruce Langenkamp 39:56
Chris Lehman 42:46
M60 Richard Myers 40:08
Bill Hagman 41:35
Douglas Brown 42:33
M65 James Leitz 43:27
John Leonard 47:05
Joe Saley 47:54
M70 Dick Hill 48:38
Ben Schwartz 59:46
M75 Walter Desind 59:23
Bill Welsh 80:48
M80+Bill O'Brien 80 1:40:36
W40 Christina Lopez 41:30
Christine Gaeta 42:14
Kathy Rocker 45:3
W45 Beth Moras 40:26
Dede Paul 43:01
Eva Fisher 47:43
W50 Jane Parks 45:29
Judith Christian 46:47
Linda Mirabella 47:04
W55 Betty Shonts 48:50
Linda Ferrara 51:14
Juliet Clarke 53:00
W60 Pat O'Hanlon 51:58
Anne Gillespie 55:06
W65 Anna Thornhill 47:49
Imme Dyson 54:36
W70 Shirley Pettjohn 81:01
W75 Toshiko d'Elia 65:01
Lois Filreis 72:30

NYRR Race to Deliver 4-Mile, Central Park, NYC Nov. 19

Overall
Genna Tufa 22 19:36
Anne Kugler 38 22:37
M40 Edward Stern 22:59
M45 Jerry Macari 22:18
M50 Rafael Jimenez 23:13
M55 Alston Brown 24:04
M60 Julio Aguirre 26:04
M65 James Muldoon 29:00
M70 Elfred finger 28:44
M75 Leo Schonhaut 37:16

M80 Peter Monge
W40 Susan Pearsall
W45 Gordon Bakoulis
W50 Julie Cook
W55 Judy Harrigan
W60 Carol Hansen
W65 Anna Thornhill
W70 Helene Bedrock
W75 Toshiko d'Elia
W80 Joan Rowland

Philadelphia Marathon Half-Marathon Rothman 8K, Nov. 19

Marathon Overall
Hosea Kimutai 30
Maryina Bychkova 30
M40 Robert Weiner
M45 Robert Schwelm
M50 Norm Larson
M55 Steve Cottrell
M60 Richard Edwards
M65 Robert Mauch
M70 Carlo DiGiorgio
M75 George Brandenburg
M85 Don McNelly
W40 Stephanie Hodge
W45 Susan Bonthorn
W50 Louise Voghel
W55 Linda Wolfgruber
W60 Marjorie Kos
W65 Carol Hall
W70 Shirley Blush

Half-Marathon Overall

Valentine Orare 27
Margaret Kane 26
M40 Albert Okemwa
M45 Sam Davis
M50 Alvin Dong
M55 Kent Prizer
M60 Joe Ricco
M65 Pablo Marquina
M70 Rudi Einhorn
W40 Christy Phillips
W45 Danielle D'Angelo
W50 Adrienne Wald
W55 Claudia Crawford
W60 Sharyn Slick
W65 Heide Moebius

8K Overall

Emmanuel Chamer 30
Aziza Ayulu 30
M40 Steven Metraux
M45 Gregory Caulier
M50 Craig Holm
M55 David Patterson
M60 Rich Myers
M65 Robert Taggart
M70 Norman Green, Jr
M75 Joseph Havlick
W40 Jacqueline Maruc
W45 Doreen McCoubri
W50 Susan Wharton
W55 Leah Whipple
W60 Joy Hampton
W65 Rita Alles
W70 Carol Montgomery

Ashenfelter 8K/US 8K Open Champion Glen Ridge, Nov. 23

Overall
Joe Jacobs 23
Jennifer Malavolta 35
M40 Drew Davis
Mark Lorello
Mario Souza
M45 Rick Pingitore
Rodrigo Caceres
Oliver Knowlton
M50 Charlie Slaughter
Stephen Rutowski
Bill Trengrove
M55 Bill Scholl
Bill Bosman
M60 Howie Brown
Carl Sturcke
M65 James Leitz
M70 Richard E. Wilde
W40 Julie Corbin
Debbie Hall
Cathy Pappandre
W45 Jeanne Pare
Amy Rappaport
Sandy Ford
W50 Jane Parks
Lisa Knowlton
Linda Mirabella
W55 Christine Ange
Kathleen Lawrie
W60 Patricia O'Hanlon
W65 Anna Thornhill

M80 Peter Monge	39:59
W40 Susan Pearsall	26:31
W45 Gordon Bakoulis	25:17
W50 Julie Cook	28:08
W55 Judy Harrigan	28:34
W60 Carol Hansen	30:21
W65 Anna Thornhill	29:57
W70 Helene Bedrock	34:15
W75 Toshiko D'Elia	43:39
W80 Joan Rowland	47:54

**Philadelphia Marathon/
Half-Marathon &
Rothman 8K, PA
Nov. 19**

Marathon	
Overall	
Hosea Kimutai 30	2:17:09
Maryina Bychkova 30	2:40:31
M40 Robert Weiner	2:29:42
M45 Robert Schwelm	2:33:50
M50 Norm Larson	2:38:53
M55 Steve Cottrell	2:59:04
M60 Richard Edwards	3:12:59
M65 Robert Mauch	3:39:40
M70 Carlo DiGiorgio	4:04:17
M75 George Brandenburg	5:35:13
M85 Don McNelly	9:33:32
W40 Stephanie Hodge	3:02:09
W45 Susan Bonthron	3:11:16
W50 Louise Voghel	3:02:32
W55 Linda Wolfgruber	3:41:46
W60 Marjorie Kos	4:07:23
W65 Carol Hall	5:13:19
W70 Shirley Blush	4:06:12

Half-Marathon	
Overall	
Valentine Orare 27	1:02:29
Margaret Kane 26	1:12:42
M40 Albert Okemwa	1:09:02
M45 Sam Davis	1:17:08
M50 Alvin Dong	1:30:52
M55 Kent Prizer	1:30:17
M60 Joe Ricco	1:50:05
M65 Pablo Marquina	2:01:23
M70 Rudi Einhorn	1:54:25
W40 Christie Phillips	1:23:30
W45 Danielle D'Angelo	1:31:43
W50 Adrienne Wald	1:44:43
W55 Claudia Crawford	2:00:25
W60 Sharyn Slick	1:58:44
W65 Heide Moebius	1:54:47

8K	
Overall	
Emmanuel Chamer 30	23:27
Aziza Ayulu 30	25:59
M40 Steven Metraux	26:01
M45 Gregory Caulter	27:16
M50 Craig Holm	28:58
M55 David Patterson	31:02
M60 Rich Myers	30:39
M65 Robert Taggart	34:05
M70 Norman Green, Jr.	36:55
M75 Joseph Havlick	50:30
W40 Jacqueline Maruca	32:14
W45 Doreen McCoubrie	29:04
W50 Susan Wharton	36:09
W55 Leah Whipple	35:33
W60 Joy Hampton	36:57
W65 Rita Alles	48:05
W70 Carol Montgomery	50:05

**Ashenfelter 8K/USATF-NJ
8K Open Championships
Glen Ridge, NJ
Nov. 23**

Overall	
Joe Jacobs 23	25:42
Jennifer Malavolta 35	28:56
M40 Drew Davis	27:23
Mark Lorello	28:21
Mario Souza	28:40
M45 Rick Pingitore	28:18
Rodrigo Caceres	28:28
Oliver Knowlton	29:16
Charlie Slaughter	30:46
Stephen Rutowski	31:07
Bill Trengrove	31:42
M55 Bill Scholl	30:00
Bill Bosman	30:58
M60 Howie Brown	38:00
Carl Sturcke	39:44
M65 James Leitz	35:53
M70 Richard E. Wilde	61:46
W40 Julie Corbin	32:10
Debby Hall	34:13
Cathy Papandrew	34:49
W45 Jeanne Pare	31:38
Amy Rappaport	34:10
Sandy Ford	35:17
W50 Jane Parks	36:57
Lisa Knowlton	37:03
Linda Mirabella	39:20
W55 Christine Ange	41:08
Kathleen Lawrie	44:59
W60 Patricia O'Hanlon	41:29
W65 Anna Thornhill	38:30

**Manchester Road Race
4.748 Miles, Manchester
CT; Nov. 23**

Overall	
Ian Dobson 22	21:39
Shalane Flanagan 22	24:30
M40 Bob Winn 48	25:07
Chris Chisolm 44	25:28
M50 Bob McCusker 54	26:54
Mike McCusker 59	28:20
M60 Amby Burfoot 60	30:47
John Samsel 63	31:10
M70 David Sonstroem 70	34:55
Tom Butterfield 70	36:19
M80 Bill Tribou 85	46:55
Ray Greene 81	73:23
W40 Karen Smyers 45	28:12
Mimi Fallon 42	28:35
W50 Jan Merrill 50	34:14
Gail Bresslow 51	34:22
W60 Lynette Walker 60	34:58
Bev Hefferman 66	36:50
W70 Ann Gillis 72	48:37
Jeannette Hay 72	55:08
W90+Mary Haines 92	1:36:37

**Talking Turkey XC 6 Mile
Holyoke, MA; Nov. 25**

Overall	
Casey Moulton 24	29:40
Heidi Westerling 25	33:05
M40 Larry Sayers 47	30:49
M50 Larry Litscher 54	34:58
M60 Bill Toner 63	39:16
M70+Richard Shook 71	51:12
W40 Karen Clark 43	39:43
W50 Carol Esperance 57	43:44
W60 Mary Ryzek 60	46:21

**Cow Chip XC 3.15 Miles
Trumbull, CT; Nov. 25**

Overall	
Ryan Pancoast 23	18:10
Teren Allison 41	23:04
M40 George Buchanan 48	19:16
Mark League 40	19:36
M50 Rob Peattie 50	20:56
Joe Von Ehr 54	22:27
M60 Paul Couzelis 63	24:44
M70+Tom Butterfield 70	27:12
Ed Regner 78	42:49
George Whitney 87	44:26
W40 T Allison 41	23:04
Elaine Romano 49	25:50
Tricia Curry 41	25:54
W50 Sue Gold 51	24:15
A Williamson 51	25:53
W60 Monica Roche 67	33:20
Janit Romayko 61	34:38

**NYRR Knickerbocker 60K
Central Park, NYC
Nov. 25**

Overall	
Dara O'Kearney 41	4:29:29
Anna Fyodorova 25	5:18:13
M40 Dara O'Kearney	4:29:29
M45 Kevin Shelton-Smith	4:48:22
M50 Adriano Lopez	6:19:31
M55 Adriano Lopez	6:19:31
M60 Yi-Joo Kwon	6:14:50
W40 Moon Lee	6:54:45
W45 Emmy Stocker	5:53:17
W50 Beatrice Coron	6:56:17
W60 Flora Flores	6:40:22

**NYRR Pete McArdle XC
Classic 15K, Bronx, NYC
Nov. 26**

Overall	
Emerson Silva 32	53:18
Jill Vollweiler 38	66:11
M40 David Yockelson	59:16
M45 David St Lawrence	58:10
M50 Tom Phillips	58:16
M55 Joseph Porcaro	1:00:22
M60 Julio Aguirre	1:05:08
M65 Sidney Howard	1:15:47
M70 Otto Mond	1:49:37
M80 Sabi Koide	2:03:46
W40 Diane Kenna	1:07:00
W45 Stacy Creamer	1:08:07
W50 Luann Mestre	1:22:16
W55 Mary Rosado	1:22:46
W60 Mary Wish	1:37:11
W65 Anna Thornhill	1:16:35

**Rob's Run 5K XC
Syosset, NY; Nov. 26**

Overall	
Chris Fogarazzo 31	15:19
Kathy Goufoyle 21	19:23
M40 Paul Murphy	17:35
Ken Bohan	17:35
Guillermo Fuentes	17:38

M45 Bill Girona	18:03
Michael Robles	18:13
Ned Daley	19:49
M50 Chris Webber	17:30
Jaime Palacios	18:00
Pete McNell	18:06
M55 Alan Oman	18:52
Amos Benhorin	22:03
Peter Martin	22:11
M60 Lutz Hoffman	20:55
Willy Svenson	21:31
Larry Eastman	21:40
M65 Joe Cordero	22:22
Jose Mendez	23:29
Floyd Thornton	28:05
M70 George Devoe	29:30
Patrick Skelly	30:59
M75 Howard Kestenbaum	40:53
W40 Karen Conkling	20:42
Marilyn Caulfield	21:09
Michele LaBiento	21:34
W45 Dolores Doman	22:25
Mary Grace Saule	22:33
Kelly Pickard	24:47
W50 Patricia Brown	24:35
Sue Kretzmer	26:57
Rosemary Reinis	27:08
W55 Kathy Martin 2nd F	19:32
Eileen Hession	26:10
Judi Gallop	27:21
W60 Betty Horstmann	23:44
Judy Carroll	27:32
Kathy Lindsley	28:22

**NYRR Holiday 5-Mile
Central Park, NYC; Dec. 2**

Overall	
Elmustafa McHkirate 25	25:13
Carolina Bierbaum 23	29:16
M40 Jorge Fernandez	26:36
M45 Peter Allen	27:54
M50 Tom Phillips	28:50
M55 Chris Neuhoft	32:26
M60 Julio Aguirre	32:25
M65 Eduard Fedossov	38:31
M70 Alfred Finger	36:31
M75 Joseph La Bruno	46:12
M80 Sab Koide	55:06
W40 Deborah Gaebler	32:11
W45 Talya Nevo-Hacohen	36:08
W50 Kathy Gribbon	35:44
W55 Judy Harrigan	36:19
W60 Carol Hansen	38:19
W65 Anna Thornhill	38:45
W70 Helene Bedrock	42:45
W75 Toshiko D'Elia	52:48

SOUTHEAST

**Vulcan 10K
Birmingham, AL; Nov. 4**

Overall	
Joseph Chirlee 26	30:00
Shannon Wommack 23	34:47
Masters (40+)	
Jeff Terry 43	33:53
Lori Goldweber 43	43:14
Grand Masters (50+)	
Sam Swofford 50	35:45
Joan Huey 50	52:53
Great Grand Masters (60+)	
Doyle Thomas 61	42:45
Brenda Cooter 60	58:06
M40 Jeff Clark	37:15
Drew Surge	37:38
M45 Tim Anderson	36:17
Ken Phillips	37:04
M50 Jimmy Brigrance	37:19
Warren Jerrems	38:32
M55 Robert Doolittle	36:55
Craig Cecil	40:52
M60 Johnny Goode	43:09
Earl Jackson	43:36
M65 Thomas Eison	43:50
Ken Brewer	44:13
M70 Oscar Cook	50:16
Malcolm Gillis	54:50
M75 Dewayne Morris	56:15
M85+Jim Howell 85	73:38
W40 Christine Ritchie	47:21
Elena Callis	47:42
W45 Susan Keith	45:12
Carol Pritchard	45:38
W50 Page Semes	53:18
Melanie Nero	55:15
W55 Jody Coombs	53:54
Linda Lazar	55:04
W60 Elizabeth Brown	58:09
W65 Yo Setser	60:24

**Outer Banks/USATF-NC
Marathon, Kitty Hawk, NC
Nov. 12**

Overall	
Cheruiyot, Philip, 33	2:27:26
Anderson, Donna, 40	2:51:01
M40 Piggot, John	2:40:47
M45 Gillard, John	3:00:19
M50 Sellers, Greg	2:58:57
M55 Neil, George R.	3:25:23
M60 Gillis, John	3:54:27
M65 Wright, Robert H.	3:28:45
M70 Ray, Tom	3:48:17
M75 Hauge, Roger	5:34:55
W40 Anderson, Donna	2:51:01
W45 Sijon, Kerrie	3:28:21
W50 Ebst, Shery	3:34:08
W55 Faust, Margaret	4:11:22
W60 Squier, Sally	4:55:18
W65 Conte, Andrea	6:41:12
W70 Mitchell, Carolyn	6:10:41

**8th Annual Special
Olympics 8K, Sarasota, FL
Nov. 19**

Overall	
M40 Jim Julian	17:15
Mike Mollod	17:34
Chris Sarno	17:51
M45 Jim Moore	18:52
Andrew Barrett	19:27
Chris Gallagher	20:14
M50 Ken Krah	18:35
Charlie Scott	21:10
Brent Van Winkle	21:11
M55 Dean Denman	19:56
Tom Flanagan	20:38
Norman Cornwell	21:03
M60 Alan Meyer	21:06
Dan Gould	22:30
Chuck Hollen	23:06

M75 Charles Cohn	9:16:40
W40 Lynn Mooney	4:23:17
Debbi Legg	4:55:22
Jill Floyd	5:01:43
W45 Paula Eagen	5:52:35
Vicki Sue Merry	6:48:09
W50 Anne Rentz	7:59:41

**Sun Trust Richmond
Marathon, Richmond, VA
Nov. 11**

Overall	
ASNAKE FEKADU 26	2:20:23
MAUREEN ACKERLY 37	2:53:14
M40 CHRIS TOEPFER	2:38:26
DENNIS MICKEY	2:48:08
BRIAN KELLEHER	2:52:48
M45 KEITH WINN	2:43:15
JERRY NEVUS	2:50:11
GERRIT LABUSCHAGNE	2:54:24
M50 DAVID COUPER	2:53:12
NORTON COMPTON	3:06:02
DAVID BIXLER	3:21:11
M55 MICK SLONAKER	3:12:19
DON SLUSSER	3:18:58
BRIAN MAHONEY	3:23:09
M60 ALEX SILVERMAN	3:24:48
LEWIS JONES	3:30:46
RONNIE WONG	3:31:11
M65 MIKE RUCKER	4:13:22
M70 HELMUT SCHARDT	5:09:21
W40 RUTH OLSON	3:24:29
LY PHAM	3:27:06
LENORE STUDDT	3:27:58
W45 PATTI SHULL	3:25:26
MARGARET CAVOUOTO	3:31:51
NANCY WALSH	3:31:44
W50 AMY YANINI	3:29:40
BETH HOWELL	3:35:12
W55 TERRY MIFLETON	4:04:23
W60 BARBARA MOYER	4:42:14
W65 JEAN EVANSMORE	6:06:14

**USATF-GA Masters
Championships 4.8 Mile
XC, Millen; Nov. 11**

Overall	
M40 Rich Garcia	32:33
Richard Bink	35:38
Robert Wagner	36:48
W40 Kay Danilowicz	44:45
M45 Michael Leachman	34:04
Greg Michalski	41:02
Jeff Hubright	44:12
W45 Debbie McDonald	41:25
Debbie Gleason	42:28
M50 Toby Davis	37:45
W50 Mary Richards	34:54
Melissa McCulloch	42:39
M55 Bill Moore	28:29
Rick Umpleby	38:31
Steve Hale	39:50
M60 Ewar Gordillo	29:29
John Torpy	41:59
M65 Benny Wade	36:36
Julian Wade	46:17
M70 Jerry Ban	40:47
Stanford Tillman	50:28
M75 Casey Jones	39:07

**Turkey Trot 5K, Center-
ville, VA; Nov. 23**

Overall	
Jeremy Falke 20	15:39
Alysa Harvey 41	17:54
M40 Ted Poulos	17:12
M45 Jean Christophe Arcas	17:00
M50 Norton Compton	17:59
M55 Richard Adams, Jr.	18:11
M60 Patrick Griffith	18:53
M65 Lou Shapiro	21:09
M70 David Cary	26:24
M75 Donald Streever	39:42
W40 Alisha Harvey	17:54
W45 Rannveig Fredheim	20:45
W50 Martha Staten	22:17
W55 Susan Pisano	26:22
W60 Hillary West	28:02
W65 Ann Streb	32:54
W70 Renna Jordan	41:20

**Jingle & Jog 5K Road
Race, Sarasota, FL; Dec. 2**

Overall	
Ricardo Lomas 40	17:08
Rachel Chambers 34	18:33
M40 Ricardo Lomas	17:08
Jim Julian	17:47
Chris Sarno	18:09
M45 Wayne Johnson	19:04
Jim Moore	19:12
Chris Gallagher	20:13
M50 Ken Krah	18:41
Paul Gill	19:42
Millard Yoder	23:00
M55 Tom Flanagan	20:57
Tom Chambers	23:24
Dan Carlson	24:25
M60 Tom Chioti	21:34

W50 Pamela Hagen	44:01
Joan McDonald	50:14
W55 Donna Olson	45:49
Jean McDonald	52:12
W60 Cindy Goodhue	54:54
Sheila Pegg	58:10
W65 Ellen Nitz	51:44

W55 Linda Kelly	1:42:09
Ann Strawn	1:49:03
Kathy Redfern	1:49:11
W60 Marylyn Patrick	1:48:45
Lynne Caruso	1:52:53
W65 Mary Kennard	2:04:02
W75 Jan Richards	3:08:05

Beth Lachut 28	1:29:44
M40 Rafael Ramos	1:13:25
M45 Jeff Nelson	1:14:45
M50 Antonio Arealva	1:24:33
M55 Rick Noer	1:26:57
M60 Don McLean	1:31:24
M65 Alan Brown	1:46:35
M70 Louie Martinez	1:58:59
W40 Linda Rosenthal	1:33:46
W45 Diana Rush	1:34:48
W50 Sandra Buchanan	1:51:47
W55 Cecilia Ramos	1:49:16
W60 Judy Newman	2:25:51
W65 Joan Maxwell	2:31:49
W70 Chris Sidles	3:20:35

5K Overall	
Alexander Wood 25	15:46
Kauren Tarver 16	17:33
M35 Bryan Wallbank	16:42
40 Rob Arsenault	16:09
Phil Orr	16:39
Ralph Garibaldi	16:57
45 Jeff Amboz	15:57
James Platzke	18:10
Arnulfo Zuniga	18:42
M50 Gilbert Brooks	17:47
Gary Fultz	18:13
M55 Walt Hitt	19:21
Earl Anderson	19:27
M60 Fred Linsley	19:01
Bobby Roberts	21:30
M65 Anthony Gomez	26:40
Jess Maxcy	29:06
M70 George Saunders	26:01
Bob Best	26:52
M75 Jim Franklin	27:59
Hans Kamrath	28:12
M80 Jack Goertzen 82	33:59
W35 Edith Martinez	18:26
W40 Miriam Wiegel	20:43
Teresa Munoz	22:47
Mary Shelton	23:49
W50 Patty Peoples	21:10
Marina Jones	23:15
W55 Carolyn Greywood	26:18
Linda Kane	26:23
W60 Jackie Phillips	31:11
Martha Ramirez	33:26
W65 Suzanne Griffen	31:02
Elke Kamrath	33:12
W70 Beverley Coffin	35:16
Nancy Warneke	54:30
75 Anna Hollenberg 76	38:57

W40 Kim Cormier	20:33
Tess Joyce	20:34
Maria Rogers	21:21
W45 Yayoi Liu	21:04
Pam Everett	21:59
Kita Stovall	22:29
W50 Debbie Lee	20:38
Denise Janneck	21:22
Ellen Thomas	21:24
W55 Jeanie Leither	23:30
Jody Roberson	25:58
Breanna Duplisea	26:14
W60 Julia Yaffee	27:37
Diane Hafer	28:02
Barbara Bates	30:38
W65 Pat Herr	30:04
Darlene Lee	38:08
W70 Wilma Calvin	27:56
Lois Austin	30:02
Anna Matson	30:45
M75 Dorie Smith	39:16
Mary Jane Brown	50:21
W80 Marise Sisson 81	46:18
Amata Brooks 81	47:15
Muriel Hogan 84	48:10

TERESA HOGAN	3:46:34
KATHY MILLER	3:52:24
W60 CYNCI CALVIN	4:10:09
JAN KERKLAAN	4:10:25
SHARON O'NEILL	4:12:16
W65 HANSI RIGNEY	3:35:22
SUZANNE FRANCO	4:31:13
KHARTOON BROWN	4:32:04
W70 KATHERINE BEIERS	4:41:01
JOYCE TSENG	6:39:53
W75 DOLORES LOGAN	4:58:21
W80 HELEN KLEIN	5:16:28

MID-AMERICA

USATF-MN XC 5K Championships Apple Valley; Nov. 11

Overall	
Joey Keillor 32	15:38
Amy Lyons 21	17:45
W40 Bonnie Sons RNF	20:12
Sonya Decker GEA	20:39
Kristin Miller RNF	20:48
C Broachman RNF	21:13
W45 Kristi Larson RNF	22:04
W60 Mary Hiatt RNF	28:23
Rosemary Harnly	28:34
M40 Charlie Lorch FOE	18:11
Todd Sheldon FOE	18:16
Charlie Mahler FOE	18:26
Hyun Yoon FOE	18:30
T Vandervort FOE	18:32
Sean Smith MM	19:34
M45 Kevin Haas GEA	17:03
Kraig Lundstrom	18:10
Dennis Wallach MM	18:19
Peter Kessler RNF	18:39
Kirt Goetzke RNF	18:39
Tom Prentice FOE	18:59
Todd Vollstedt MM	18:59
M50 Perry Bach RNF	17:57
Bobby Paxton RNF	18:12
Dan Morse RNF	18:29
David Dow RNF	20:20
Rick Strand MM	20:28
M55 Denny Jordan MM	21:11
John Cretzmeier MM	22:01
M60 Paul Lamere MDR	20:08
M65 Thom Weddle RNF	23:50
M70 Ronald Jarvinen	28:12
Teams	
M40+Ford of Eveleth	15
M50+Run-N-Fun	15
Molar Milers	44

USATF-MOV Association XC 5K Championships Lawrence, KS; Nov. 18

Overall	
Matthew Logan M19+	15:31
Allison Hodgson M19+	19:34
W35 Amy Mitchell	26:09
M35 Tim Langen	16:55
M40 Kent Lang	17:35
M45 Rob Harper	19:24
Dan Schleicher	19:45
Edward Miller	22:48
M50 Steven Terry MVM	20:44
Jack Uhring MVM	20:52
DennCoomes MVM	24:21
Dennis Battliner	22:58
John Grace MVM	23:00
M55 Greg Hartman MVM	20:48
Jack Nelson	26:58
M60 Michael Chaffee	22:43
Eugene Wren	23:26
M65 Richard Hessler	22:59
Wally Brawner	23:36
Teams	
M50+Mo Valley Masters	15

SOUTHWEST

The Half, Dallas, TX Nov. 5

Overall	
Edward Muge 23	1:05:31
Melissa Cook 26	1:19:01
M40 Dan Boyle	1:10:43
Ernesto Caballero	1:13:45
M45 Ron Parks	1:14:33
William Moore	1:15:16
M50 Chris Phelan	1:19:54
Victor Salinas	1:23:11
M55 Mike Fields	1:29:08
Ted Larson	1:30:39
M60 Tom Kilburn	1:37:41
Eddie Patton	1:42:33
M65 Richard West	1:42:35
Charles R Gray	1:59:35
M70 Ray Nelson	1:45:33
Bill Toy	2:00:47
M75 Robert Cunningham	2:38:00
W40 Frances McKissick1	2:27:50
Fiona Green	1:30:37
Leana Sloan	1:32:11
W45 Margot Braud	1:32:56
Nicole P. Borman	1:37:15
Sharon Urquhart	1:41:07
W50 Enid Schartz Hagelbe1	1:42:21
Sunao Saito	1:43:22
Madonna Miner	1:45:53

29th Tulsa Run 15K & 5K Tulsa, OK; Nov. 11

15K Overall	
Corey Duquette 24	46:49
Jessica Tranchina 29	59:15
M40 Bruce Benson	56:13
David Wray	57:01
M45 Ron Parks	52:15
Tom Lam	55:30
M50 Pete Orban	52:22
Mike Kelly	54:27
M55 Rich Chillingsworth	60:48
M60 Bob McCoy	62:11
M65 Jay Minor	70:18
M70 Richard Irons	83:27
M75 Jack Gentry	76:52
M80+Ted Hine 80	88:54
Tom O'Connell 83	2:03:45
W40 Katie Fether	60:05
Julie Donelson	64:17
W45 Martha Royall	67:59
Darla McLeod	68:58
W50 Pam Sneed	65:12
W55 Martha O'Rourke	70:40
W60 Jane Hutchison	67:34
W65 Sharon Sowell	83:38
W70 Helen Beckham	1:50:28
W80+Ruth Morrison 82	2:24:02
5K Overall	
Ryan Birkholz 20	15:41
Brittany Mason 20	18:18
M40 Jeff Davis	19:16
M45 Loring Zeff	19:23
M50 Peter Mayo	20:31
M55 Rick Brower	19:42
M60 Mike Beda	19:18
M65 Gary Slick	25:06
M70 Steve Blanchard	23:59
M75 Michael Walker	32:35
M80+Gene Henson 82	38:21
W40 Denise Smart	21:43
W45 Terri Cassel 2ndF	19:04
W50 Ramona Canaday	23:05
W55 Gale Mason	22:11
W60 Barbara Parker	28:29
W65 Louise Rose	31:13
W70+Dru Young 71	33:48

WEST

Santa Barbara Half-Marathon, Santa Barbara CA; Nov. 4

Overall	
Aaron Sharp 26	1:11:59
Annie Toth 26	1:21:39
M40 Dave Saunders	1:22:56
Scott Deardorff	1:23:20
M45 Adolfo Lopez	1:21:34
Fred Mellon	1:22:04
M50 Johnny Stein	1:31:56
Mike Dungan	1:32:23
M55 Marshall Randolph	1:30:46
John Lindsey	1:36:04
M60 Craig Hubert	1:50:45
M65 Michael Moore	1:50:11
M70 Richard Shobe	2:05:31
W40 Melissa Marsted	1:28:10
Kathy Gambetta	1:34:23
W45 Patti Spence	1:39:17
Stephanie Shaner	1:39:24
W50 Jill Weisman	1:31:25
Kacy McKeown	1:54:17
W55 Joyce Johnson	1:55:22
W60 Denise Carr	2:32:56
W65 Pauline Freeland	2:14:51

Santa Clarita Marathon, Half-Marathon & 5K Santa Clarita, CA; Nov. 5

Marathon Overall	
Kevin Dean 36	2:50:56
Carrie Blakemore 43	3:15:25
M40 Robert Leonardo	2:57:58
M45 Chuck Teixeira	2:51:28
M50 Nicholas Florio	3:05:36
M55 Jim Rucker	3:25:51
M60 Donald Newman	4:02:38
M65 Freddie Perez	3:34:42
M70 Michael Pang	4:42:35
W40 Carrie Blakemore	3:15:25
W45 Kim Abundis	4:18:16
W50 Sondra Yvette	4:07:53
W55 Myung Kim	3:43:57
W60 Sheila Galinsky	4:53:30
Half-Marathon Overall	
Danny Rosales 39	1:13:13

5K Overall

Patrick Longhini 29	16:56
Tiffany Marley 23	18:31
M40 Steven Chen	22:44
M45 Dave Fier	19:19
M50 Dave Parsel	17:27
M55 Steve Neale	21:31
M60 Bullet Bales	24:33
M65 Jay Minor	31:46
M70 Gordon Oppman	31:46
M70 Pete Newman	25:42
W40 Rena Furbert	23:33
W45 Lisa Vernier	22:31
W50 Jeannie Thompson	25:09
W55 Donna Pittman	23:04
W60 Margaret Graham	34:16
W65 Dolores Cortez	29:47
W75 Olga Joseau	57:34

USATF-SCA XC Championships 6K Baldwin Hills, CA; Nov. 11

M40 Brian Pope SCF	18:35
David Olshan SCF	19:15
Angel Roman TRH	19:42
Miguel Magana TRU	20:03
M45 Pete Magill TRH	18:48
David Olds TRH	19:42
Mark Cleary SCF	21:47
A DeCollibus TRH	21:56
M50 Bob Kessler TRH	21:41
Nabor Gomez TRH	22:03
Paul Cook TRH	22:31
Mike Morris TRH	23:59
M55 Nolan ShaheedSCF	20:29
Lorenzo HerreraTRH	28:09
M60 Fred Linsley SCF	23:23
W40 Rosalva Bonilla una	22:37
Lisa Davis TV	24:15
Kathy Hoskins TRH	25:46
W45 Pat Contreras SCF	25:17
Christine Long SCF	32:01
W50 Debbie Lee SCF	25:32
Denise JanneckSCF	26:23
Marianne FulloveTW	26:36

Teams M40+

So Cal Fleet Feet-28 (1 3 6 7 11)	
Team Runners High-29 (2 4 5 8 10)	
W40+	
So Cal Fleet Feet-10 (2 3 5)	
Track West-11 (1 4 6)	

Mission Inn 10K & 5K Riverside, CA; Nov. 12

10K Overall	
Aaron Olswanger 25	33:53
Kristin Farmer 37	38:44
M35 Tony Torres	34:02
M40 Marco Arteaga	36:53
Anthony Tanner	39:00
Matt Underwood	39:36
M45 Danny Reed	34:13
Nolan Shaheed 57	16:38
Ceci St Geme 43	17:17
Lisa Davis 41	18:21
M40 Matthew Armbruster	16:38
Adrian Ramseier	17:22
Rob Styler	17:29
M45 Ken Ernst	16:44
Mark Hulme	17:07
Mauricio Maia	17:11
M50 Dave Parcel	17:53
Darrel Armtrong	17:54
Felix Lopez	19:37
M55 William K.Sumner	19:03
Jeff Salzman	19:51
Glen Alder	20:51
M60 Mike Eck	20:42
Wayne Mitchell	21:29
Jens Berina	21:50
M65 Alan Wakeling	21:06
Dutch O'Hoy	21:51
Earl Harris	30:33
M70 Richard Matson	35:33
Edward Kaufman	42:27
M75 Van Aposhian	29:06
Dave Rich	31:05
Eugene Langworthy	33:01
M80 James Brown 81	36:34
Charles Callow 85	44:44
Jeff Walstrom 92	47:24

California Academy of Sciences Run Wild 5K San Francisco, CA; Nov. 26

Overall	
Christian Hesch 27	15:46
Tina Kafalas 29	17:35
M40-49	
Tim Wallen 43	16:13
Kenneth Wilner 42	17:16
Kevin O'Hara 49	19:17
M50-59	
Dan Eddy 55	18:49
Chris Sullivan 50	20:06
Gerald Bourne 51	20:26
M60-69	
Jim Denham 61	22:28
Keith Johnson 68	22:40
Walt Stickle 60	26:14
M70-79	
Tom Guldman 73	23:03
Eugene Gyulung 75	32:06
Kenneth Wong 70	33:29
M80-89	
Richard Conn 80	35:16
Ken Crain 83	46:00
David Cole 84	47:54
W40-49	
Lynn Pidoli 45	20:30
Diane Ambrose 46	22:03
Jeri Gevry 49	24:02
M50-59	
Mario Carlotti 50	26:55
Rebecca Rozewicz 52	27:13
Sandra Zalusky 55	27:27
M60-69	
Trudi Hofmann 67	26:27
Carol Turner 61	27:16
Dorothy McQuown 64	29:51
M70-79	
Jeanie Jones 70	30:44
Nancy Felling 70	35:42
Simone Wedell 71	38:06
M80-89	
Dorothea Cole 84	47:53
Gloria McKay 80	54:38
Shirley Hansen 80	57:14

Dana Point Turkey Trot 10K & Masters 5K, Dana Point, CA; Nov. 23

10K Overall	
Noah Talam 23	29:20
Lauren Fleshman 25	33:23
M40 Patrick Green	33:07
Angel Roman	33:39
M45 Peter Magill	31:45
Danny Reed	32:57
M50 Dave Parcel	35:01
Jim Copp	38:23
M55 Chris Johnson	40:21
Steven Owen	40:55
M60 Robert Sullivan	44:11
Bill Pascual	45:17
M65 James Salvo	44:44
Conor O'Donoghue	48:47
M70 Jerry Jefferson	45:38
Paul Coyne	55:12
M75 Bob Koch 79	45:59
Cyril Jones 75	61:17
W40 Sue Davis	38:26
Sue Zihlman	39:01
W45 Anet Coopermeeyer	41:05
Rozanne Strong	41:34
W50 Kathi Guini	47:27
Candice Beck	48:28
W55 Sherri Hall-Curl	42:03
Jean Schlesinger	44:31
W60 Gail Gines	59:23

Joe Dudman	27:39
Dan Salazar	28:39
Kevin Olson	28:51
M45 Kevin Paulk	28:13
Robert Conradt	28:34
Dave White-Espin	29:02
Eugenio Vidales	29:06
M50 Mark Billett	28:55
Dave Pearson	29:43
Daniel Wojcik	30:51
M55 Bill Boggs	38:48
M60 Alan Beck	33:13
M70 Ken Ogden	45:54
M80 John Keston	43:49
W40 Karen Steen	31:31
Ann Armstrong	33:37
W45 Jennifer Teppo	31:28
Meghan Arbogast	32:22
Shelley Neal	32:28
Mary Hanna	33:13
W50 Joy Cordell	39:46
W55 Jeanette Groesz	37:21
W60 Eileen Holzman	45:24
W70 Jane Dods	54:57

Seattle Marathon & Half-Marathon, WA; Nov. 26

Marathon	
Overall	
ULI STEIDL 34	2:27:55
TRISHA STEIDL 29	3:01:40
M40 TOM ST CLAIR	2:55:38
M45 CLIFF RICHARDS	2:59:00
M50 TOM MANNING	3:06:42
M55 LESLIE SHARPE	3:17:22
M60 LILLOU ALGERIA	3:34:57
M65 LARRY CARROLL	3:40:57
M70 THOMAS HATHAWAY	4:27:59
M75 BOB DOLPHIN	5:22:30
W40 ANN ARMSTRONG	3:05:43
W45 MICHAELYN MUGGLI	3:38:01
W50 MARGARET SYMON	3:43:31
W55 BONNIE KENNEY	3:40:37
W60 GUNHILD SWANSON	4:07:03
Half-Marathon	
Overall	
ANDY RAKESTRAW 21	1:12:57
RHEA RICHTER 20	1:24:50
M40 ROBERT DURRANT	1:19:56
M45 BRUCE CYRA	1:22:11

M50 RICK BECKER	1:19:21
M55 PHILIP WELCH	1:27:08
M60 GREG LARSON	1:44:21
M65 WARREN OHLRICH	1:51:38
M70 BILL IFFRIG	1:42:16
M75 FRANCE COKAN	2:22:33
W40 COLLEEN ALLEN	1:32:08
W45 JOAN SAMUELSON	1:26:51
W50 MARY STEINBERG	1:42:40
W55 SUE HUMPHRIES	1:42:41
W60 RICKI VADSET	1:58:17
W65 ASTRID BERG	2:16:09
W70 ARLENE ARNESON	2:12:00
W75 JUNE CURRY	3:26:45

RACEWALKING

USATF-NM 5K & 10K Championships Rio Rancho; Nov. 4

Overall	
5K	
Peter Armstrong 61	32:40
Laura Draelos 45	31:05
M50 Steven Rosporo	44:44
M60 Joe Sutton	34:40
Wm Stillwell	41:20
M65 Lenny Krosinsky	38:35
John Norwood	47:05
W55 Leslie Herman	38:33
W60 Carol Turenko	45:15
W65 Sally McLean	42:51
W70 Marj Larragoite	36:39
W75 Marcella Samuelson	58:33
10K	
M75 Joe Armbruster	74:56
Henry Erwin	85:59

Carolina Racewalking Club One-Hour Race Greenville, NC; Nov. 4

M50 Steve Hubbard	9413m
M55 Andy Smith	9957m
Jim Stroup	7633m
M65 Heinz Looser	8970m
M75 Clint Edwards	7460m
Homer Halsey	6092m

M85 Joe Biersteker	6971m
W35 Wendy Banks	7338m
W45 Donna Cope	8975m
Katherine Fincher	8761m
W70 Millie Pihoda	7503m

USA Masters 20K RW Championships Clermont, FL; Nov. 12

M40 Dave McGovern	1:47:31
Ed Rodriguez	1:58:38
Daniel Coupal	2:05:55
M45 Steve Renard	2:08:29
M50 Steve Pecinovskiy	1:47:42
Robert Carver	2:18:12
M55 Juan Yanes	1:57:46
John Fredericks	2:01:53
Tom Quatrocchi	2:04:53
Ron Salvio	2:12:39
Gordy Hawkins	2:24:56
M60 Leon Jasionowski	1:51:33
Max Walker	1:54:11
Norman Frable	1:54:16
Bernie Finch	2:31:19
M65 Paul Johnson	2:12:13
Bob Celia	2:13:54
John Backlund	2:15:44
Peter Bayer	2:20:19
M75 Jack Starr	2:19:47
M80 Robert Mimm	2:40:06
W40 Carolyn Kealty	1:52:47
Rebecca Garson	2:16:14
Karen Karavanic	2:23:28
Dora Choi	2:25:06
W45 Lori Buksar	2:35:41
W50 Cathy Mayfield	2:10:06
W60 Kathleen Balsler	2:12:26
Jolene Steigerwalt	2:14:20
Kathy Huble	2:21:31
Sandy Huits	2:26:30
Darlene Backlund	2:30:14
Alice Till	2:34:54

Florida State 8K & 10K Racewalks, Coconut Creek; Nov. 18

8K	
M55 Juan Yanes	46:55

John Fredericks	47:18
M60 Gary Null	47:45
M65 Bob Cella	51:45
Peter Bayer	54:38
M75 Bob Fine	58:12
W50 Sandra De Noon	51:19
W60 Sandy Huits	55:24
W65 Kay Cella	68:17
W75 Marsha Shafmaster	68:48
W80 Miriam Gordon	68:28
10K	
M55 Juan Yanes	58:44
John Fredericks	59:05
M60 Gary Null	60:18
M65 Bob Cella	64:43
M75 Bob Fine	74:23

Gran Prix #1 5K Racewalk Central Park, NYC Nov. 26

Overall	
Michael Kazmierczak 19	23:19
Miriam Rammon 33	25:21
M40 Bruce Logan	28:59
M Kazmierczak, Sr	31:24
Alan Sangeap	33:44
M50 David Lee	30:44
Andres Fernandez	35:25
M60 Brian Murphy	33:05
Howard Burkhardt	34:26
M65 Bob Thaler	35:53
M70 Daniel Pina	35:52
W40 Joan Murray	36:17
A Dinkelmann	36:50
W50 Ruth Gersh	34:24
Lynne Conant	34:29
W60 Ora Julie	35:35
Donna Ehrenberg	38:14

Gran Prix #2 5K Racewalk Central Park, NYC; Dec. 3

Overall	
Bruce Logan 41	27:42
Lolomiya Login 26	25:51
M40 Bruce Logan	27:42
John Kosa	32:51
M50 David Lee	30:36
Andres Fernandez	33:26



JERRY WOJCIK
Albert Ignacio, third M35 (1.80m), 2006 USA Masters Championships, Charlotte, N.C.

2007 Indoor Rankings Now Under Way

The Masters Track and Field Rankings Committee is pleased to announce that 2007 Indoor Masters T&F Rankings are now posted on the Internet at www.mastersrankings.com. To submit your marks, select "2007 Indoor," click on "Submit/Edit Results" and follow the instructions.

Any problems or corrections should be reported to Larry Patz at indoormarkings@aol.com.

M70 William Stein	35:50	W50 Lynne Conant	34:01
Daniel Pina	35:51	Ruth Gersh	34:14
Cervin Robinson	38:57	Mindy Solkin	38:49
Arnold Kline	68:20	W60 Ora Julie	35:15
W40 Annaline Dinkelmann	36:05	Margaret Kane	44:11

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - JANUARY 2007

Compiled by Pete Mundle • pmundle@juno.com

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP	BIRTH DATE	AGE GROUP	BIRTH DATE	AGE GROUP		
JACKIE GILCHRIST(GBR)	1-14-62	45-49	BJORN-ERIK FRANZEN(SWE)	1-17-47	60-64	TAAVI ROIVANEN(FIN)	1-14-32	75-79
ALEXEI TSVETIKOV(RUS)	1-18-62	45-49	PRUE TAYLOR(NZL)	1-17-47	60-64	DEAN SMITH(WOODLAND HILLS,CA)	1-15-32	75-79
LEONI JANSEN V RENSBG(NAM)	1-18-62	45-49	YORDANKA BLAGOEVA(BUL)	1-19-47	60-64	RALPH MILLER(SEATTLE, WA)	1-18-32	75-79
DELORES HACHOTTE(FRA)	1-20-62	45-49	ALBIN SWENSON(WALCOTT,CT)	1-22-47	60-64	CARLOS FRAUDORFER(US)	1-21-32	75-79
JOAN NESBIT(CHAPEL HILL,NC)	1-20-62	45-49	CAROL KLITZKE(OSSEO,US)	1-28-47	60-64	JIMENEZ MARIE NARANJO(SPA)	1-21-32	75-79
JANA PORTER(SEATTLE, WA)	1-25-62	45-49	MURIEL SIMMONS-MCCORD(WYANDOCHE,NY)	1-31-47	60-64	NIKOLAY KARPOV(URSS)	1-24-32	75-79
REGINA HELFENBEIN(AUT)	1-30-62	45-49	ANNELISE DAMM OLESON(DEN)	1- 2-42	65-69	MARTY ENGEL(CHESTERPORT,NY)	1-25-32	75-79
CARLA HOPPIE(LAS VEGAS,NV)	1- 7-57	50-54	TOM RANDOLPH(DETROIT,MI)	1- 4-42	65-69	PEGGY AINSLIE(SEATTLE, WA)	1-26-32	75-79
JANE HORDER(GBR)	1-13-57	50-54	NOREN PARISH(AUS)	1-15-42	65-69	PARRY O'BRIEN(MISSION HILLS,CA)	1-28-32	75-79
ALETTA C ELLIS(RSA)	1-23-57	50-54	ANN CARTER(AUGUSTA,GA)	1-16-42	65-69	PIET MAYOOR(NED)	1-30-32	75-79
NATHANIEL PAGE(REX,GA)	1-26-57	50-54	JOCELYNE RICHARD(CAN)	1-18-42	65-69	HAROLD WHITE(US)	1-31-32	75-79
CAROLE SMITH(GBR)	1-29-57	50-54	BEV WILLS(AUSTIN,TX)	1-25-42	65-69	JULIA DE NUNEZ(PER)	1- 1-27	80-84
DONNA POPE-GREEN(IN)	1-29-57	50-54	IRENE RUDOLF(SAN FRANCISCO,CA)	1-26-42	65-69	BUCK BRADBURY(AUBURN,AL)	1- 3-27	80-84
GLENN GENTLE(NED)	1- 5-52	55-59	SHARON GREINER(CA)	1-29-42	65-69	ELISABETH KODITZ(GER)	1- 8-27	80-84
TOIVO MOORAST(EST)	1- 5-52	55-59	EVY PALM(SWE)	1-31-42	65-69	ALOIS KRUL(CZE)	1-28-27	80-84
KENNETH EFFLER(N. ATTLESBORO,MA)	1- 7-52	55-59	YURIKO HOMMA(JPN)	1-32-42	65-69	CHARLES OBYE(SUN CITY WEST,AZ)	1- 3-22	85-89
JUDY ACE(CA)	1- 7-52	55-59	BRENDA PARKINSON(AUS)	1- 4-37	70-74	EDITH CARLISLE(SANTA MONICA,CA)	1- 5-22	85-89
JOSEF CAINES(GBR)	1- 9-52	55-59	CHRISTINE SCHMALBRUCH(GER)	1- 8-37	70-74	BERNIE KLEINSCHMIDT(ANNADALE,VA)	1-12-22	85-89
MACDOLNA PERESA(HUN)	1- 9-52	55-59	KNUT SKRAMSTAD(NOR)	1-10-37	70-74	MARIE HANAKOVA(CZE)	1-22-22	85-89
JOHN WALKER(NZ)	1-12-52	55-59	SUE STRICKLIN(SAN FRANCISCO,CA)	1-13-37	70-74	WANDA GROVES(MEDICINE LODGE,KS)	1-28-22	85-89
KEN KRING(PHILADELPHIA,PA)	1-17-52	55-59	LYNN FRASER(NZL)	1-22-37	70-74	ADOLFO CONSOLINI(ITA)	1- 5-17	90-94
KAREN ADAMS(AUS)	1-17-52	55-59	YVONNE LIVETT(LOS ANGELES)	1-22-37	70-74	FREDERICO FISCHER(BRA)	1- 6-17	90-94
PAM GARVEY(GBR)	1-24-52	55-59	BIRGITTA LINDSTROM(SWE)	1-23-37	70-74	MASIE STEVENS(AUS)	1- 6-17	90-94
BRONWEN CARDY-WISE(GBR)	1-26-52	55-59	BRUCE MCPHAIL(NZL)	1-26-37	70-74	ROLF GUSTAVSSON(SWE)	1- 7-17	90-94
MELINDA VILLAR(SAN RAMON,CA)	1-30-52	55-59	CAROL HONEYWELL(GRANADA HILLS,CA)	1-29-37	70-74	TAUNO KOSKELA(FIN)	1-11-17	90-94
THOMAS ZACHARAS(GER)	1- 2-47	60-64	INGEBORG PFULLER(ARG)	1- 1-32	75-79	ENSIO HAMALAINEN(FIN)	1-15-17	90-94
FRANCOIS BLOMMAERTS(BEL)	1-13-47	60-64	NIKKI RYAN(VANCOUVER,WA)	1- 4-32	75-79	NORMAN ASHCROFT(GBR)	1-20-17	90-94
PAOLA CLO-SAGOT(ITA)	1-13-47	60-64	SPENCER LETCHER(CA)	1- 8-32	75-79	WAYNE ZOOK(SAN DIEGO,CA)	1-29-17	90-94
SEARCY BARNETT(OAKLAND,CA)	1-14-47	60-64	WENDY FELDMANIS(GBR)	1-10-32	75-79	JOHN MONTOYA(COLTON,CA)	1-13-12	95-99
CARL FLOWERS(SANTA MONICA,CA)	1-15-47	60-64	WELDON SMITH(WAUKEGAN,ILL)	1-11-32	75-79	HEIKKI SIMOLA(FIN)	1-16-12	95-99
			ROBERT CULLING(HACIENDA HTS,CA)	1-12-32	75-79	KURT KRISTAHN(GER)	1-26- 7	100+
			SEPP SCHWANKNER(GER)	1-13-32	75-79			

*****MASTERS SINGLE-AGE RECORDS BOOK*****

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2006 Edition

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SCHEDULE OF EVENTS
Tentative as of December 10, 2006

FRIDAY MARCH 23
8:00 AM Pentathlon - Registration

Pentathlon
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

9:00 AM M60+
9:15 AM All Women
10:15 AM M50-59
11:00 AM M40-49
12:30 PM M30-39

2:00 PM General Registration

Track Events Schedule
4:00 PM 3000 Meters All Women
4:45 PM 3000 Meters M70+
5:05 PM 3000 Meters All remaining men

Throws Schedule
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 Schedule
3:15 PM Pole Vault Men 60+ and All Women, Together

All times are tentative and may be adjusted after all entries have been received.

Updated schedule will be posted on www.usatfne.org on March 21, 2007

SATURDAY MARCH 24
7:30 AM Registration

Track Events Schedule
9:00 AM 60 Meters Preliminaries and Trials, All Finals, All
10:00 AM 60 Meters All Women
11:45 AM Mile All Men
12:15 PM Mile All Men
2:00 PM 400 Meters Timed Finals, All

Throws Schedule
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 Men 40-49
Shot Put Women 50-59
Shot Put Women 30-49
1:00 PM Shot Put Men 30-39
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 30-49

Jumps Schedule

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 60-69
Long Jump Men 50-59
1:30 PM High Jump Men 70+
1:30 PM High Jump Men 50-59
2:00 PM Pole Vault Men 30-49
3:00 PM Long Jump Men 60-69
3:30 PM High Jump Men 30-49
4:30 PM Long Jump Women, All

Athletes General Meeting to Follow Last Event



SUNDAY MARCH 25
8:00 AM Registration

Track Events Schedule
9:00 AM 200 Meters Trials, All
10:15 AM 800 Meters Timed Finals All Women
10:30 AM 800 Meters Timed Finals All Men

11:45 AM 200 Meters Finals, All
12:45 PM 3000m Racewalk Women
1:30 PM 3000m Racewalk Men
To Follow Walks 4 x 400m Relay All

Throws Schedule
10:00 AM Superweight Women 60+
to follow Superweight Women 30-59
to follow Superweight Men 70+
11:00 AM Superweight Men 60-69
to follow Superweight Men 50-59
to follow Superweight Men 30-49
Superweight M30-69 may be outdoors

Jumps Schedule
10:00 AM High Jump Women, All
10:00 AM Triple Jump Men 30-39 AND M60+

11:30 AM Triple Jump Men 40-49
12:00 PM High Jump Men 70+
12:30 PM Triple Jump Men 50-59 AND All Women

2007 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
Reggie Lewis Track and Athletic Center
Boston, Massachusetts
March 23 - 25, 2007
Presented by USA Track & Field - New England

FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, nine 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 spikes 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) may be contested outdoors.

Starting heights will be determined by facility equipment limitations and by the Games Committee. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 4 feet. Pole vaulters must bring their own poles.

COMPETITION ORDER

For track events the order is 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.

DECLARATIONS

All track athletes, after picking up their number, must check in at the clerks' table prior to their event. Declarations must be completed no less than one hour before the listed starting time for the event. No exceptions! The final seeding will then be done and sections will be drawn.

Field event competitors must check in with the officials at their field event area. Any athlete who has not checked in prior to the first attempt will not be allowed to enter the competition.

2007 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS - ENTRY FORM

Last Name _____ Male/Female _____
 First Name _____ Date of Birth _____
 Address _____ Age (as of 3/23/07) _____
 City _____ Club/Affiliation _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ 2007 USATF Number _____
 Telephone _____ (USATF number is required for US residents!)
 E-mail address _____

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____	_____	(\$65) _____
1. _____	_____	(\$35) _____
2. _____	_____	(\$18) _____
3. _____	_____	(\$15) _____
4. _____	_____	(\$15) _____
5. _____	_____	(\$15) _____
6. _____	_____	(\$15) _____

Late Fee for entries postmarked after 3/12/07, number of events _____ @ \$10 each: _____

Total Entry Fees: _____

*Masters Committee Surcharge (see note below) \$ 10.00

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

____S ____M ____L ____XL ____XXL

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

Thursday Night Social/Dinner, number of guests _____ x \$22 per person: _____

TOTAL AMOUNT ENCLOSED: \$ _____

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and will be 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 2007 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 or through local associations. It MUST accompany your entry.

ENTRY

Early entry deadline is Monday, March 12, 2007. Entry fee is \$35 for the first event, \$18 for the second and \$15 for each additional event. Entry fee for the Pentathlon is \$65 (the pentathlon does count as a first event). After March 12 a late fee of \$10 per event will be charged. **Late entries, additions and/or changes must be received by Monday, March 19, 2007.**

Relay registration will take place on-site only at \$20 per team. Admission to the facility is free for competitors and guests. Final instructions will be posted on March 1st at www.usatfne.org/masters

ONLINE ENTRY IS AVAILABLE AT www.usatf.org

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 - \$139 single/double occupancy, 1-617-262-9600. To get the special rates reservations must be made by February 21, 2006; space available after that date. Refer to *Masters Track Championships* at the time of making your reservation. Rooms are limited, so reserve early

THURSDAY NIGHT SOCIAL/DINNER

There will a dinner get-together on Thursday night. If you are interested in attending please so note on the application and add a check for \$22 per person. Guests are welcome. Details at usatfne.org after March 1.

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 web site. Please consider one of the following:

- Platinum** - \$250 - Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin.
- 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
Street: 2001 Beacon Street, Suite 207, Brighton, MA 02135

ONLINE REGISTRATION: WWW.USATF.ORG

A list of entrants will be posted beginning on March 1st
(617) 566-7600 office@usatfne.org
www.usatfne.org