SAN BERGEN ONAL MASTERS NEWS

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

**199th Issue** 

March, 1995

# Las Vegas Marathon **Draws 6000**

Costa Rica's Luis Lopez (2:25:39) and Russia's Irina Bondarchouck (2:46:45) were the overall masters winners in the 29th Las Vegas International Marathon, Feb. 4.

A record 6029 runners came from all 50 states and 30 foreign countries to compete in the marathon, marathon relay, half-marathon, 10K, and 2-mile fun run.

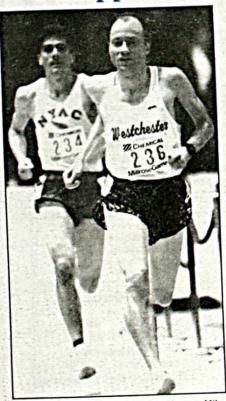
All events finished at the Vacation Village Hotel/Casino on the Las Vegas strip. Presented by Las Vegas Events, the marathon is the largest running festival held annually in the state of Nevada.

More than \$55,000 in prize money was passed out, including \$2000 each to Lopez and Bondarchouck. Vladimir Krivoy, of Halifax, Mass., was second 40 + in 2:27:31, winning \$1000. San Francisco's Lloyd Stephenson (2:28:18, \$600), Michigan's Doug Kurtis (2:29:54, \$400), and Russia's Lieonid Moceev (2:30:00, \$300) rounded out the top five men's masters finishers. Continued on page 19



Russia's Irina Bondarchouck, 42, first age 40 + woman (2:48:15) in the Houston-Tenneco Marathon, Jan. 15, and also first W40+ (2:46:45) in the Las Vegas International Photo by J. Smith Marathon, Feb. 4.

# **Philippe Wins Millrose Mile**



Marcel Philippe wins the Millrose Masters Mile in 4:26.24. Paul Mascali was second in Victah/Photo Run 4:28.42.

by MARILYN MITCHELL

Marcel Philippe, of Irvington, N.Y., won his first Millrose Masters Mile in 4:26.24 at the Chemical Bank Millrose Games, Madison Square Garden, New York City, Feb. 3. Paul Mascali (NY, 4:28.42) was second with Harry Nolan (NJ, 4:32.40) third.

Don Speranza, 35, the open rabbit, led the race through the half in 2:12 and dropped out on the bell lap as Philippe took over.

Without Eamonn Coghlan this year, the event was moved to an earlier 6:55 p.m. start, but still enjoyed a sizeable, enthusiastic crowd, as the meet drew a near-capacity audience of 16,789.

The new running magazine, American Runner, stepped in to sponsor the race, when no other sponsors could be found. Editor/publisher Jim O'Brien is a friend of Coghlan's and no one, including meet director Howard Schmertz, wanted to see the masters mile left off the program.

Coghlan, current indoor open and masters mile recordholder, was an honorary referee and starter.

"One of my last regrets is that I Continued on page 19

# **Sparks Sets Three World M50 Indoor Records in One Night**

by HUGH SWEENY

Ken Sparks, 50, of Chagrin Falls, Ohio, ignited a spectacular M50 middle-distance explosion when he obliterated three world indoor M50 records in the space of an hour and a half at the Greater Boston Track Club Invitational, Feb. 12, in Allston, Mass.

Sparks, who turned 50 on Jan. 25, made his much anticipated M50 debut a successful one on Harvard's lightning fast, banked, 220-yard Gordon indoor track as he streaked to a runaway 4:32.84 mile (passing 1500m en route in 4:13.85), and returned later to post a 2:03.5 in a hard-fought masters 800.

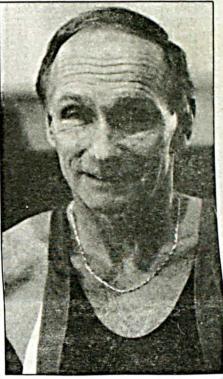
The occasion was the second event of the Etonic/Bermuda International Seniors middle-distance series held this winter on the quick Harvard oval.

Wally Herrala, 50, of Ann Arbor, Mich. had established a short-lived, world indoor M50 mile best of 4:39.95 at the First Etonic/Bermuda Seniors Mile, Jan. 21 in the Commonwealth Invitational at the same venue.

The previous M50 1500 record was 4:17.85 by Victor Smith of Great Britain on Mar. 20, 1994. The old M50 Continued on page 11

# Schlau, Warnock Win in Charlotte

Bob Schlau, 47, Charleston, S.C., was the first master in the NationsBank 10K in Charlotte, N.C., On Jan. 7,



\$2.50

Ohio's Ken Sparks, 50, after setting three world indoor records for men over age 50, Feb. 12, in Photo by Larry Sillen Allston, Mass.

with a 12th-place 32:32. David Wight, 47, Concord, N.C., was second in 35:13. Tom Dooley, 50, Toccoa, Ga.,

Schlau's time equaled an agegraded, world-class 90.2%. Charlie Rose, 61, Mooresville, N.C., well under the 40-minute barrier with an Continued on page 5

# 1994 T&F Rankings

by JERRY WOJCIK, Masters T&F Rankings Coordinator

The U.S. Masters Track & Field Rankings Book for 1994 is now available. It contains 60 pages and, for the first time, an index, a metric conversion table, and more photographs than previous issues.

After having overseen the compilation of the rankings into production of the book for six years, I think several things are apparent to anyone who compares the lists in all of the books. Continued on page 17

Ruth Warnock, 41, Simpsonville, S.C., was first over-40 woman (3:23.37) in the Charlotte Observer Marathon, Jan. 7. She was third overall of the 213 female finishers.

took third with a 35:37.

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

317/261-0500. There are no qualifying standards for masters athletics events. NMN welcomes contributions

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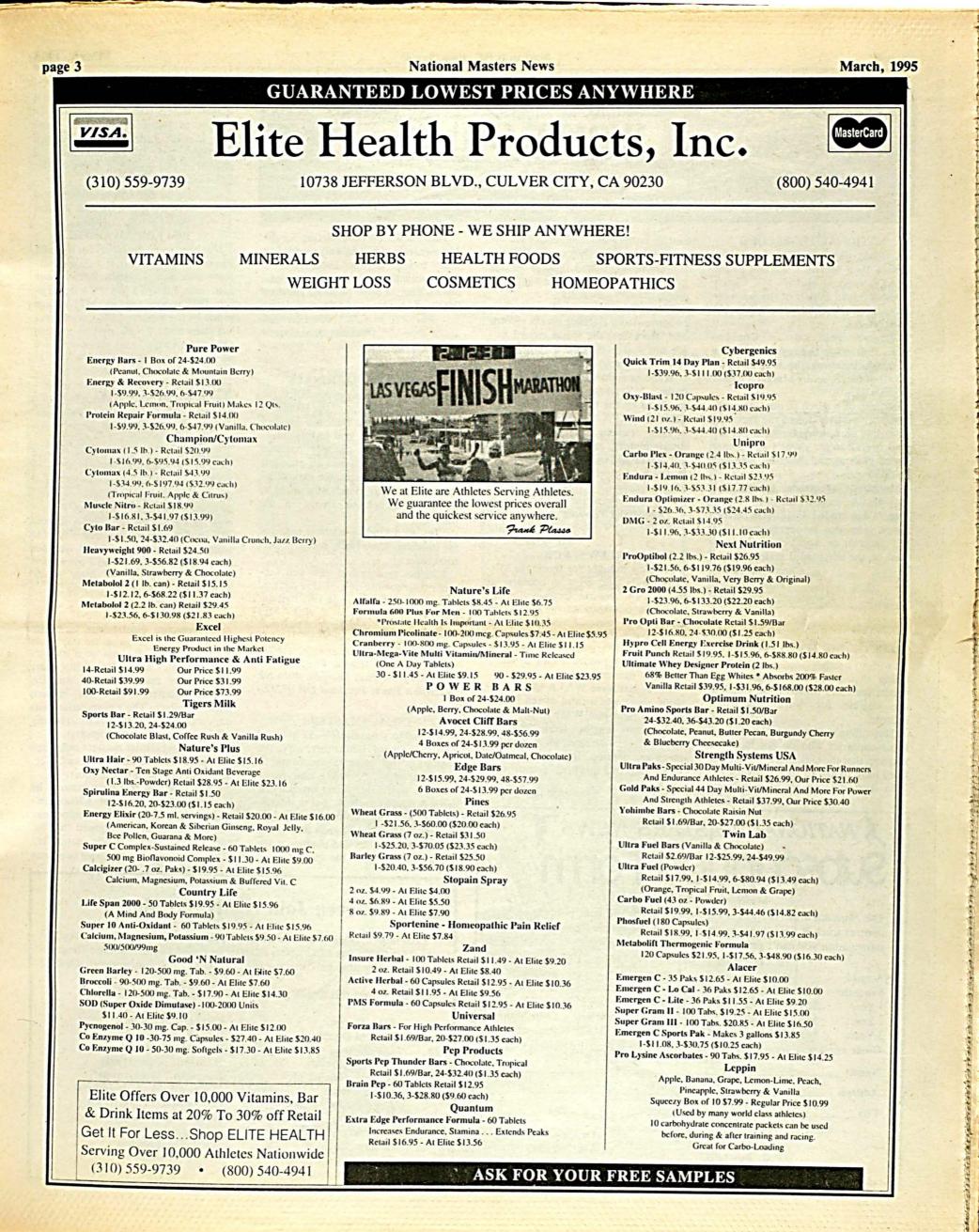
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#### NATIONAL 15K RECORD

I would like to add an important note to Paul Murray's account of the USATF National Masters 15K Championships, held as part of the Schenectady Gazette Stockade-athon, Nov. 13 (Jan. NMN).

Margaret Betz, 58, of Conklin, N.Y., finished in the remarkable time of 62:05, bettering the U.S. W55-59 record of 63:28, set by Margaret Miller 10 years ago.

Because of a glitch in our computer program, we overlooked the fact that her stellar performance placed her second overall in the event's age-gender graded cash award structure, winning her \$350.

Margaret's age-gender graded time was 45:50, second only to Norm Green's age-graded 45:12. Her performance may also be represented as a 90.5 percent, or world class, achievement on the age-graded scale.

Christopher Rush **Race Director** Schenectady, New York

#### **ELECTRONIC TIMES FOR WRs**

I wish to strongly protest the WAVA ruling that only electronically-timed results for races of 400 meters or less are eligible for world age-group records.

This ruling is discriminatory against those countries who do not have the finances that the U.S. and other big nations have to afford such a luxury.

[

In Australia, we are all volunteers

and, in most cases, athletes as well. We do not have the money or the facilities for electronic timing, except in big events such as championships and world masters games.

This effectively excludes all these countries from claiming world records and, therefore, the world record lists are not a true indication of the best results in veteran athletics.

While we follow IAAF Rules in most cases, "Veteran Events can be modified by the Constitution and By-Laws of WAVA.'

This ruling is unfair and discriminatory, and should be changed, and is not in the spirit of veteran athletics.

#### Heather Doherty

President and Statistician Queensland Veterans Athletic Club Australia

#### RACEWALKING

Here's a thought for those age 85 + racewalkers who want to compete in the WAVA meet in Buffalo but are worried about straightening their knees according to racewalk rules. Consider entering the 5000 run and relax. The speed of well-trained, fit, age 85+ racewalkers approaches that of many age 85 + runners.

In the last three WAVA Championships, there was a total of ten M85 + entrants (and one W85) in the 5000, with times ranging from 28:46 to 54:09. There were never more than two in an age division. Racewalkers could have completed this event competitive-

This should not be an option for the casually trained fitness walker, nor is it meant to scare anyone. There are many older racewalkers with excellent technique. Rather, I hope to avoid some of the disappointment of DQs.

Bev LaVeck Seattle, Washington

#### VIDEOS OF NATIONALS

I wish to express my appreciation for the very fine videotape of the 100m and 200m events of the National Masters Championships last year in Eugene.

It was my first outdoor national event, and the video was an excellent way to recall a memorable experience and to share with friends who might be intrigued enough to attend in the future.

It's also a kind of training tape for me to watch some really excellent performances.

I highly recommend that you promote the continuation of this method of remembering, i.e., the videotaping. Kay Lyons

Monterey, California

(Four videos are available: 1) 100s, 200s, AG100s, 4x100s; 2) 400s, 4x400s, 400H; 3) 800s, 4x800s; 4) 1500s, for \$20 each from Paul Dungan, 4016 NE Hazelfern Place, Portland OR 97232.)

#### **GO, SUBMASTERS**

A word to submasters - keep it up. Spread the word. Remember, we're the masters of the future. It's important to keep our sport alive. We hear many negative statements about the state of track & field in the U.S., but at the National Masters Championships in Eugene, I saw a lot of great athletes of all ages having fun and sharing in the competitive spirit of the sport.

So, let's recruit our old schoolmates or new fitness friends to continue the success of masters track, and thank you, masters athletes, for being such good examples for us submasters. I wanna be like you guys when I grow up.

> Joy Upshaw-Margerum Kamuela, Hawaii

March, 1995

#### **1994 LDR AWARDS**

I've been receiving NMN for the past 15 years, but, much to my disappointment and dismay, when I read your Jan. issue, I found I was not selected as top 1994 runner for my M75-79 age group by the Masters LDR Committee.

I keep track of the stats in my age group and I believe my times were not surpassed by anyone in 1994 (5K in 22:56; 10K in 48:01).

I feel a correction or a reasonable explanation is in order as this has deeply hurt and affected me. Your investigation and reply will be greatly appreciated.

#### Cokey Daman

Virginia Beach, Virginia (Your 48:01 was outstanding and you had my vote, but there were about 30 committee members voting. Others may have been swayed by the number of national masters championships the winner had run. Your 22:56 was not considered because it was a track race; we just do roads. - John Boyle, Masters LDR Awards Chairman.)

#### JIM HARTSHORNE

I knew Jim Hartshorne for many years. The masters program started on the West Coast. Jim put on a masters mile race at Cornell University every winter. For many years it was the premier masters event for eastern masters milers. The organization was impeccable and the awards outstanding (silver plates to all participants).

Jim was a premier masters miler until injuries forced his retirement. Yet, he still contributed to the sport.

I last saw him this past summer in Eugene at the National Championships, where his son was competing. Jim nonchanlantly mentioned that he had terminal cancer. I was, naturally, Continued on page 23

# **Eleven Join NMN Sustainers**

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

Special thanks this month go to:

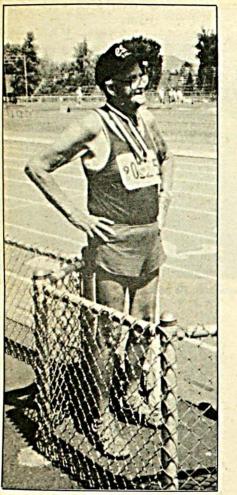
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Buell Crane, 94, oldest participant in last year's National Masters T&F Championships in Eugene, died on Feb. 10, one month before his 95th birthday at his home in Twin Falls, Idaho. (See story on p. 24.)

Photo by Suzy Hess

# Charlotte 10K

#### Continued from page 1

M60 win in 38:03, was in the nationalclass range with an age-graded 86.9%. In the women's masters race, Alendia Vestal, 43, Brevard, N.C., won

with a sixth-place 38:47, an age-graded 82.5%. Carolyn Mather, 46, Morgantown, Ga., was second in 41:24. Finishers totaled 2061 men and 788

women. In the Charlotte Observer

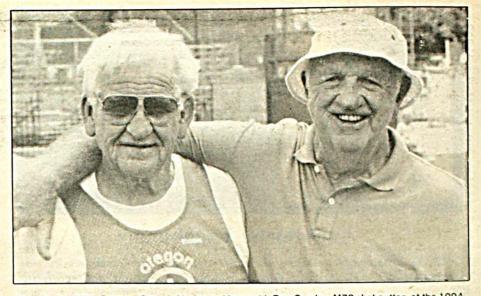
Marathon, which served as the USATF Senior Men's Championships (won by Keith Brantly, 32, of Florida, in 2:14:27), Jerry Clark, 40, and Ruth Warnock, 41, were the masters winners.

Clark, of Charlotte, took the title by 10 seconds from George Towle, Portland, Me., with a 2:48:42. Victor Rosado, Salisbury, N.C., was third in 2:54:34.

Roger Roark, Statesville, N.C., won the M45 race with a 2:58:59. Don Lein, Pittboro, N.C., was the winner in the M60 contest with a 3:10:25.

Warnock, Simpsonville, S.C., was third overall of the 213 female finishers with a 3:23:37. Second master and fifth-overall was Diane Vandesbroek, 53, Chapel Hill, N.C., in 3:25:35.

Male finishers numbered 935. The weather was breezy and overcast with the temperature at  $42^{\circ}$ . Don King was the event director.  $\Box$ 



Ross Carter, M80, Eugene, Ore., (left) pictured here with Don Cumley, M70 shot putter, at the 1994 Hayward Meet, Eugene, where Carter broke the M80-84 world record in the shot put with a 12.27/40-3¼, and the U.S. record in the discus with a 37.08/121.8.

Photo by Jerry Silsdorf

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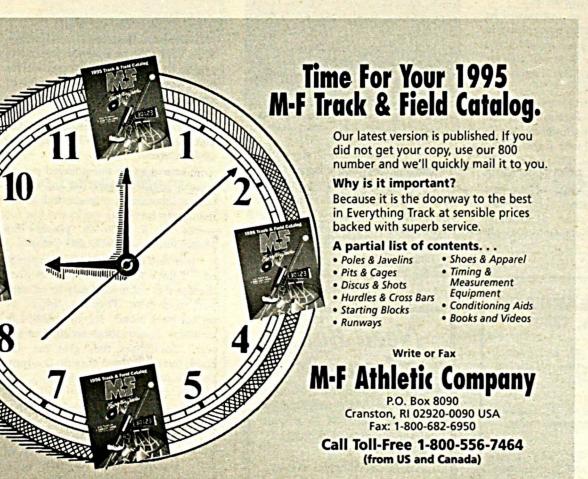
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COMING

- Updated List of Masters Clubs
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# DEADLINE

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page 5



# An Athletic Vagabond

Although swimming is not one of the sports covered by NMN, many readers will no doubt be able to identify with Vojislav Mijic and his "passion" for the athletic life.

ojislav Mijic introduced himself as a Serbian from Yugoslavia. "But don't worry. I am not a fighter," he quickly added. "I am a swimmer."

Mijic was in Hawaii over the Christmas holidays to compete in the Christmas Biathlon and the Hawaiian Christmas Invitational Looong Distance Roughwater Swim, a sevenkilometer ocean event off Waikiki. He stayed on into January to take advantage of the warm weather and prepare for a race in Brazil on January 28 and two more in Argentina during February.

"The conditions in my country are not so good for training now," he explained, referring to the civil war in what was Yugoslavia, and the cold weather there.

Mijic is taking part in the marathon swimming World Cup, eleven events held around the world, beginning in Canada last July 23 and ending in Canada on July 22, 1995. He has hopes of scoring enough points to finish among the top 10 in the series.

"I am 43 and not so fast now," he said, following his 17th place finish in the Waikiki swim. "I ask myself why I am doing this thing. Who will give me money for it? Nobody. But I am rich in my heart. It is my love."

Mijic admits that in his more than 20 years of marathon swimming he has never won an international event. He considers his third-place finish in the 1986 Capri to Napoli 33-kilometer (20 miles) swim, which served as the world championship that year, as his best competitive performance ever. He has, however, won his share of races in competition below the international level.

# FIFTEEN YEARS AGO March, 1980

- Herb Lorenz, 40, and Sandra Kiddy, 44, Win National Masters Marathon
- Penn Mutual Proposes \$350,000 for Masters Sports
- Tom Cathcart, 41, Wins Masters Mile at San Francisco **Examiner** Games

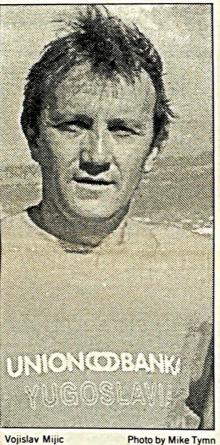


Photo by Mike Tymn

Challenge in Going Longer

As he has lost some speed to the years, Mijic now finds challenge in going longer and longer. Over the past three years, he has been taking on challenges that he says have put him in the Guinness Book of Records - at least the European edition. In 1992, he

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Vojislav Mijic being interviewed after his record swim down the Danube.

swam 138 kilometers (86 miles) down the Sava River to Belgrade in 361/2 hours. Last year, he covered 165 kilometers (102 miles) down the Danube to Belgrade, and this past July he said that he broke the Guinness river record by covering 170 kilometers (105 miles) down the Danube in 27 hours, 58 minutes.

"Everybody knows me in my city," Mijic said. I will walk from my house to the coffee shop, maybe one mile, and many people will stop me and say, 'Mijic, I want to shake your hand.' It makes me feel good."

However, Mijic's wife, Jasmina, doesn't share in the appreciation of her husband. "She does not understand ... how do you say ... passion, yes, my passion for this sport. She asks me how much longer I will keep this up, and I say I continue as long as I can move my arms and legs."

#### Unemployed Due to War

A chemical engineer by profession, Mijic said that he has not worked in nearly four years as the war in his home country has shut down most of his employer's operation and there are no other job opportunities available to him. His wife, an accountant, has managed to hold on to her job in the private sector.

So how does an unemployed person from a country where the annual per capita income is only around \$3000 manage to travel the world and live for weeks at a time in places like Honolulu, Rome, Rio, and Cairo?

"It is very difficult," Mijic responded. "I have some sponsors, but since the war it is not always easy to get support from them. They say, 'Mijic, we do not have money for you now. The economy is not good because of the war.' Sometimes they give me just food, but other times they do this (putting his hand under a park table), and say not to tell anyone. They say I represent Yugoslavia to the world and they want me to continue."

His main sponsor is the Union Bank of Belgrade, which provides his air fare. Usually, he stays with other swimmers in the host country. "I do not need much," he said. "Just a little food and a place to swim."



Voiislay Mijic raises his arms in victory after swimming 86 miles to set a Guinness river record.

He said he swims two hours a day and also runs twice a week, while lifting weights every other day.

Mijic is asked to make some sense out of the war in his country. "It is dif-ficult to explain," he said. "It is of historical heritage. It is political. It is a war of business interest. It is very confusing. Always we Serbians get blamed for making trouble, but that is not the case. Our people have always been strong fighters, and if someone (attacks) us, we fight back and because we are stronger we win. But then we are blamed. It does not make sense.

"I think it will end in 1995. I hope so. I think I must retire also in 1995 and begin to teach others in my country to swim.

"I want to swim forever, but it is now time to stop.

"Then, my wife will be happy."

# Southeastern Masters Meet Will Celebrate 25th Anniversary

by PAUL HRONJAK

This year will mark the 25th anniversary of the longest continuously-held age-group track and field meet in the country — the Southeastern Masters Meet to be held in Raleigh, N.C., May 5-7.

In 1968, Bob Boal read about a masters T&F meet in California. The concept was unknown in the eastern U.S. Boal checked around and competed in 1969 in a San Diego meet, which had about 200 participants in 10-year age groups.

Back in Raleigh, Bob conferred with officials at North Carolina State U. about what would be involved in putting on such a meet. Paul Derr, Mike Shea, and Al Buehler developed a budget for the meet and backed their way into what the entry fees would have to be in order to break even.

The first meet was held in 1971 at NCSU, where it has been held for all but two of its 24 years. There were 80 entrants. The meet was well run, but lost money.

Participation grew in the next few years, due in part to the development of a U.S. masters team which toured Europe, and to the first World Veterans Championships in Toronto in 1975.

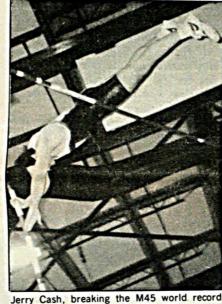
The Southeastern meet peaked in 1976 with over 600 competitors, when it was the first North American Masters Championships.

Participation has declined since then, perhaps due to higher travel costs and the proliferation of masters meets throughout the country.

Recently, the new nine-lane Martin 2000 track at NCSU and the addition of jump, throw and other clinics put on by coaches have caused a reversal of the downward trend. Boal hopes for a much larger turnout for this year's 25th anniversary meet, which has been designated the Southeast Regional Masters T&F Championships by USATF.

One of the most memorable meets was when a 40-year-old discus thrower named Al Oerter just showed up at registration and proceeded to throw the discus over the fence and into the woods. While the throw was remarkable, the fact that the four-time Olympic champion just showed up without fanfare or special treatment, just for the love of competing, is what is most remembered by those who were there at the time.

Remaining viable for 25 consecutive years is quite a feat, especially when no sponsor has been available. It takes a tremendous amount of dedication and work by an all-volunteer Board which works year-round to make the meet a success.



with a 15-1, Eugene Indoor Meet, Feb. 5. Photo by Suzy Hess

Date

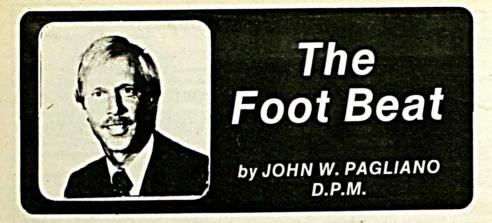
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1	The Southeastern	U.S. Masters, Inc. Proud	ly Proport
USA	Our 25th An	nual Masters Track and F	ield Mont
ALLACE AND IT	D	May 5, 6 & 7, 1995	ield wieet
		CAROLINA STATE UNIVERSITY	
V	(State of th	e Art - 400 Meter Martin 2000 Track	Tere the
The officials and en	RALEIC	H, NORTH CAROLIN	A
		invite all athletes 20 years of age and ov warters will be the Brownestone Hotel. The	
and field events at t	he NCSU Campus A "lumps" clinic	amon, SK & 20K walks, team relays and	all regular track
and at 7 pm respect Brownestone Hotel		of inclement weather the clinics will mov	e indoors to the
OPERATED BY:		Box 590, Raleigh, N.C. 27602. Contact Ray Fulghum	or Dale Smith (919)
AGE DIVISIONS:	Based upon age on the first day of competion 30 and older individual athletes.	pm, Eastern Time. etition; all events will have a 20 to 29 age group an	d 5 year are groups
ENTRY FEE:	\$11.00 includes first ment in track Gold		
	form only). Payment in U.S. dollars by chec to Southeastern Masters. In addition, NO	the state of the second state stat	(Enter on captain's Order made payable
SANCTION & USATE REGISTRATION:	This meet is sanctioned and certified by U ipants in the Team Relays forging athlater	SATF, and USATF registration is required for all ev	ents (except partic-
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CALL THE REAL PROPERTY.	made.	in awards will be presented. Several special individ	hual awards will be
LATE ENTRIES:	Additional \$3.00 late fee required for each Events may be dropped at any time (no ref	event if postmarked after April 21, or if received a (und). No late entries or changes to track and field 995. Entries in Structure Taylor Taylor	fter April 28, 1995.
RUNNING SURFACE	one half hour before race time	stat chirles in Salurday's ream Kelays and in Sunda	ay's 20K walk close
PACKET PICKUP:	All participants must pick up their packet FRIDAY 11:30 am to 9:00 pm at track	r track events, and asphalt for 20 K race walk. s prior to reporting to the first event.	
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EVENTS FOR WOMEN:	and the second second second second second	3.000 m or longer)	
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FRIDAY, MAY 5: Event # Event (Nutres 1	AT NORTH CAROLINA ST	ATE UNIVERSITY (NCSU)	T Sal
	NTATHLON (100 HH, HJ, Shot, LJ, 800 m)	Start Times	14
MENSPENIA	ATHLON (LJ. Javelin, 200 m, Discus & 1500 i ons will start at 30 minute intervals)	(note e) 1:00 pm m) (note e) 1:00 pm	Alt of the
ALEX ALMAST	Y 5K WALK (Disqualification discussion: 30 r of final section)	min. following 6:30 pm	d - Martin
"IUMPS" CLIN		6:30 pm	
ATURDAY, MAY 6:	AT NORTH CAROLINA ST	7:00 pm	and the second
vent # Track Events (		Event # Field Events (Notes 1.8.2)	Approx. Time
5 5000 M RUN	URDLES (Note 1) 9:30 am	THROWS 15 WT PENTATHLON (Note 4 & e)	8:00 am
07 1500 m RUN 08 CURVED HUI		16 SHOTPUT 17 HAMMER (Note 5)	8:00 am 9:00 am
09 TEAM RELAYS A 4x100 O B 4x400 O	PEN	18 DISCUS 19 JAVELIN (Note 6)	10:00 am 11:00 am
	Min. total age 160)	20 WEIGHT IOSS 21 HEAVYWEIGHT (Note 7) JUMPS	appex. 2:00 pm
12 400 m RUN 12 STEFPLECHAS		22 POLE VAULT (Note 8) 23 LONG JUMP	8:00 am 10:00 am
13 800 in RUN 14 200 m DASH	3:40 pm 4:10 pm	24 HIGH JUMP (Note 9) 25 TRIPLE JUMP	10:30 am 2:00 pm
SUNDAY, MAY 7:	RALEIGH CITY STREET		19/10/19
Event # Event (Note 2) 26 ALEX ALMAS)	20K Race Walk (Note 10)	Start Times 7:00 am	
Southeastern F	Regional Masters and Southern Regional Open npionships (Note 11)		
	a second s	ern Masters c/o Raleigh Parks & Recreation, I	P.O. Box 590,
(Photo Copy If Needed	,	RALEIGH, NORTH CAROLINA 27602	1.10
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Number of dinner tickets (include payment with To		al Amount Enclosed	No. of Concession
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	Where d	lid you get your entry form?	
ATHLETIC RELEASE	he acceptance of this entry. I hereby for	myself, my heirs, executors, administrators and	l assigns, release
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being used for this track	meet from any and all claims for damag	ges suffered by me as the result of my participa	ntion in or travel-
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Athlete's Signature

National Masters News



# **Plantar Fascitis Revisited**

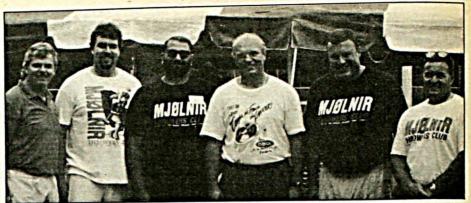
I'm a 50-year-old former world record holder (1990) for the indoor 200. Since 1992, I've had increasing soreness of both heels, particularly the right. My symptoms are heel pain on waking, but never any arch pain. Pressure on the outside of each heel bottom is very painful, especially on the right. I'm able to train with just a moderate amount of pain from the right heel, but when I finish it hurts badly, and the next few days are very painful. Spurs have been ruled out and I've received a heel MRI, cortisone, and orthotics for a diagnosis of plantar fascitis. One orthopedist has said the only option is to cut the plantar fascia to release it. I can't believe there's no other treatment. Is it possible there's a hairline fracture?

Your injury certainly sounds like plantar fascitis, the most common injury in track and running athletes. Basically, it is a partial tear of the plantar fascia, at its insertion into the medial calcaneal tubercle. This usually forms a deposit of scar tissue which irritates the nerve, causing pain which is usually worse in the morning (rest pain).

Some think the condition is caused exclusively by the over-pronated foot which causes excessive stress on the plantar fascia. Others think it is an overuse syndrome caused by all the activity. It is probably a combination of the two.

The use of injection and orthoses was the right choice. In some cases, I know mine in particular, it can take

ATHLETES WHO ENTER A NEW DIVISION THIS ATHLETE (RESIDENCE) HUGH ADAMS (REEDLEY, CA) FRITZ BAUMANN (WG) FRITZ BAUMANN (WG) FRITZ BAUMANN (WG) FRITZ BAUMANN (WG) FRITZ BAUMANN (WG) FRITZ BAUMANN (WG) FRITZ BAUMANN (WG) ED BURKE (CA) HARRY CARPENTER (PASCAGOULA, MS) DON CHEEK (CLAREMONT, CA) DON CHEEK (CLAREMONT, CA) DON COLTON (STATE COLLEGE, PA) BRAD COSSEL (KOKOMO, IN) BUELL CRANE (TWIN FALLS, IDAHO) WILLIAM DUCKWORTH (JONESBORO, CA) PAUL EBERHARDINGER (US) HAWRENCE FULLINGTON (SAN DIEGO, CA) DON GROSH (LA CRESCENTA, CA) PENTTI HAKKINEN (FIN) TOM HILL(NJ) BARRY KLINE (WASHINGTON, PA) WILLIAM KOSKI (CAN) GERALD LEROY (GB) ED MATHEWS (US) WINFIELD MCFADDEN (SAN DIEGO, CA) RUFUS MORRIS (CA) MILFORD PARKER (TEANECK, NY) STIG PETTERSSON (SWE) VEIKKO POHJONEN (FIN) J. RAZZETTO (SAN DIEGO, CA) JOZEF SCHMIDT (POLAND) TRACY SMITH (BISHOP, CA) TEODOR SOLHEIM (NOR) RICHARD STOLFE (LOS ALAMOS, NM) HARRY TOLLIVER (CINCINATTI, OH) FRED WRIGHTSON (AUS) GABRIELLE ANDERSON (SUN VALLEY, ID) EDNA BERG (BOZEMAN, MT) CARLA CONVERY (ALEXANDRIA, VA) KATHY KUSNER (W. HOLLYMOOD, CA) MARCIA MCCHESNEY (EUGENE, CR) MARY MCGRAW (US) PAT MUELLER (LOS ALTOS, CA) RUTH OSIEL (HONOLULU) PATTY LEE PARMALEE (NEW YORK, NY) KIM RUPERT (HILLSBOROUGH, CA) MARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) URSULA DINNEBIER (WG) KATHLEEN HOLLAND (LINCOLN, NB) MARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) URSULA DINNEBIER (WG) KARTHEEN HVEEM(NOR) DARARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) WISULA DINNEBIER (WG) KIRSTEN HVEEM (NOR) MARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) URSULA DINNEBIER (WG) KIRSTEN HVEEM (NOR) MARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) WISULA DINNEBIER (WG) KIRSTEN HVEEM (NOR) DARTEN HOLLAND (LINCOLN, NB) MARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) WISULA DINNEBIER (WG) KATHLEEN HOLLAND (LINCOLN, NB) MARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) WISULA DINNEBIER (WG) KATHLEEN HOLLAND (LINCOLN, NB) MARY MOD (MONTROSE, CO) BARBARA BLURTON (GB) WISULA DINNE	MONTH MAR	CH 1995
ATHLETE (PESIDENCE)	BIRTHDATE	AGE GROUP
HUGH ADAMS (REEDLEY, CA)	3- 1-40	55-59
FRITZ BAUMANN (WG)	3-8-20	75-79
EDMUND BURG (WG)	3-31-35	60-64
ED BURKE (CA)	3- 4-40	55-59
DON CHEEK (CLAREMONT, CA)	3-24-30	65-69
DAVID COLTON (STATE COLLEGE, PA)	3-29-30	65-69
BRAD COSSEL (KOKOMO, IN) BUELL CRANE (TWIN FALLS, IDAHO)	3-18- 5	90-94
WILLIAM DUCKWORTH (JONESBORO, GA)	3-22-35	60-64
PAUL EBERHARDINGER (US)	3-9-20	75-79
DON GROSH (LA CRESCENTA, CA)	3-23-25	70-74
PENTTI HAKKINEN(FIN)	3-14-30	65-69
BARRY KLINE (WASHINGTON, PA)	3-26-40	55-59
WILLIAM KOSKI (CAN)	3-14-10	85-89
GERALD LEROY (GB)	3-13-35	60-64
WINFIELD MCFADDEN (SAN DIEGO, CA)	3-12- 5	90-94
RUFUS MORRIS (CA)	3-29-45	50-54
MIKIO ODA (JAP)	3-30- 5	90-94
MILFORD PÁRKER (TEANECK, NY)	3- 5-25	70-74
VEIKKO POHJONEN (FIN)	3-27-20	75-79
J. RAZZETTO (SAN DIEGO, CA)	3-15-30	65-69
TRACY SMITH(BISHOP, CA)	3-15-45	50-54
TEODOR SOLHEIM (NOR)	3-17-15	80-84
HARRY TOLLIVER (CINCINATTI, OH)	3-18-40	70-74
FRED WRIGHTSON (AUS)	3-19- 5	90-94
GABRIELLE ANDERSON (SUN VALLEY, ID) EDNA BERG (BOZEMAN, MT)	3-20-45	50-54
CARLA CONVERY (ALEXANDRIA, VA)	3- 7-20	75-79
MARCIA MCCHESNEY (EUGENE. OR)	3-21-40 3-7-30	55-59
MARY MCGRAW(US)	3- 6-45	50-54
PAT MUELLER (LOS ALTOS, CA) BUTH OSIEL (HONOLULU)	3-16-30	65-69
PATTY LEE PARMALEE (NEW YORK, NY)	3-18-40	55-59
KIM RUPERT (HILLSBOROUGH, CA)	3- 1-55	40-44
SYLVIA WIEGAND (LINCOLN, NB)	3- 8-45	50-54
MARY WOOD (MONTROSE, CO)	3-13-45	50-54
URSULA DINNEBIER (WG)	3-18-20	75-79
KATHLEEN HOLLAND (AUS)	3-21-40	55-59
DAISY IEWIN(AUS)	3-12-45	50-54
LIUDMILA KHMELEVSKAYA (URS)	3-30-40	55-59
HILDEGARD MOHNEN (WG)	3-11-40	55-59
RIET PIJP(HOL)	3-25-25	70-74
TATYANA POZDNYAKOVA (URS)	3- 4-55	40-44
DOROTHY TYLER (GB)	3-14-20	75-79
AVERIL WILLIAMS (GB)	3-14-35	55-59
CHUCK YOST	3-17-35	60-64
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Founders of the Mjolnir Throwers Club with Yuriy Syedikh, current world holder in the hammer, at a clinic held at the University of North Carolina-Wilmington, from left: Peter Farmer, Mike Sergent, David Vandergriff, Syedikh, Ken Jansson, and Bob Gunn. Photo from David Vandergriff

several injections and a year-and-a-half to clear up the problem.

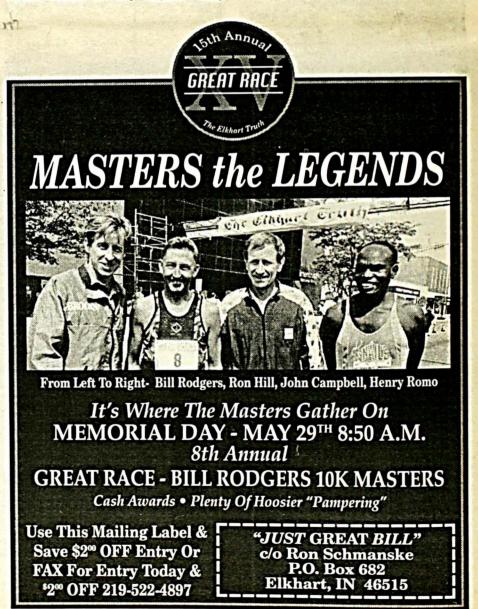
I am not impressed by an MRI of the heel. This may miss the problem. However, I think you may have answered your own question. Fracture. This is of some concern with those diagnosed with plantar fascitis. However, an x-ray will not show up a crack in the bone. You will probably need a bone scan, which will be specific for the fracture.

If there is a hairline fracture, you may want to go into a below-the-knee cast for six weeks. After the cast is removed, you will need several weeks of physical therapy.

Going back to your original problem, if this is a plantar fascitis, ultrasound would be very helpful. This, along with orthoses and injection therapy, would respond most favorably.

A surgical correction, such as a plantar fascia release, is something we prefer not to do unless we have tried all other options. However, a properly performed plantar fascia release would only keep you from running for 3-6 weeks. This can be performed on an outpatient basis and should only take about 10 minutes. Again, surgery only if all else has failed.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



March, 1995

# 28th Annual Hartshorne Masters Mile: A Final Tribute to Its Founder

by KEN ZESERSON

ITHACA, N.Y. — The Hartshorne Masters Mile, the first event of its kind, was run for the 28th consecutive year, Jan. 21, in Barton Hall, a dusty eighth-mile oval, in the heart of Cornell University.

There was one heartfelt moment prior to the event when race director Rick Hoebeke requested silence to commemorate the recent death of the man who lent the event his name and his class. Jim Hartshorne, the founder of the Finger Lakes Runners' Club, passed away last December. Hartshorne, whom Hoebeke credited with pioneering the running community in this part of upstate New York, was remembered fondly by race participants and onlookers as the man who had initiated or reinvigorated their love of running.

For a few moments, the huge hall was silent as the runners and onlookers thought about Hartshorne and why we all pound those roads and tracks, day in and day out, as long as our legs and hearts can endure. Then it was time to race.

Several mile runs were held. First, Ed Stabler, 65, dug down deep in the veterans race to nip Gordon Walker in 5:40.64. Tony Napoli, 74, ran a good 6:26.20.

The Section II heat went to this writer, 47, in 5:10.35, squeaking by a hard-charging Derck Frechette, 50.

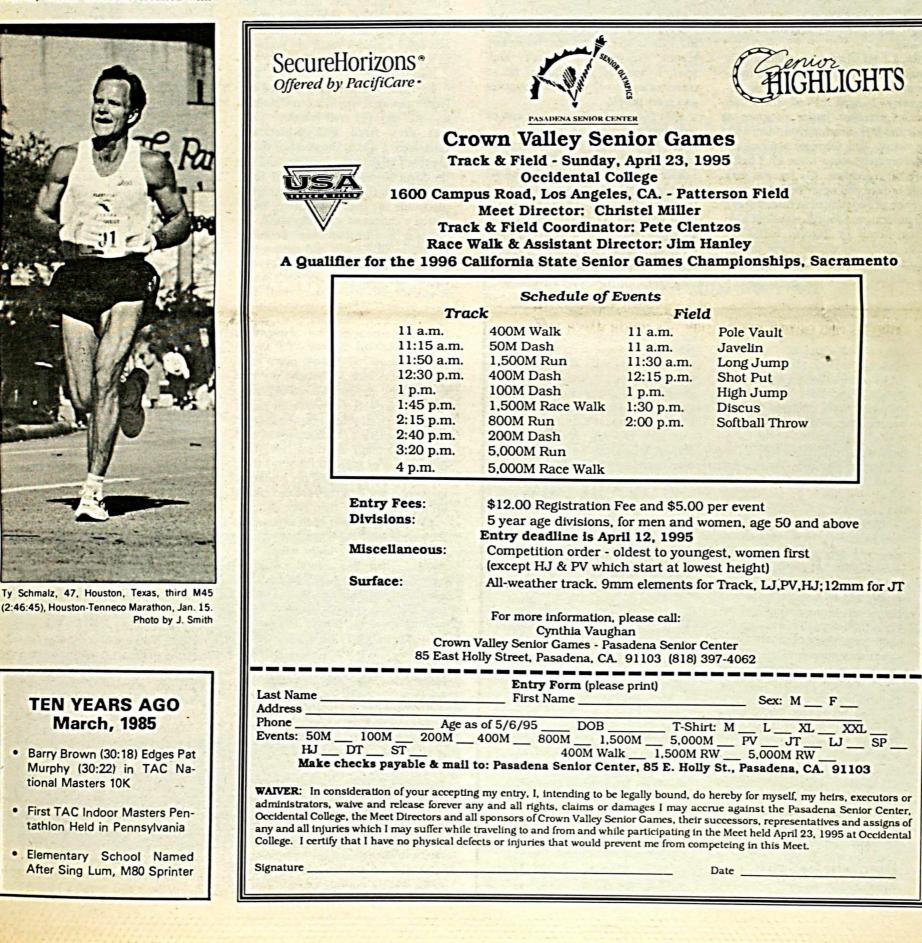
Tom Homeyer, 46, took the Section I contest in 4:55.82, followed by Terry Habecker (47, 4:59.05) and Reinhold Wotuwa (45, 4:59.76).

The women's race featured a mix of 30 + runners. Beth DeCiantis (32, 5:09.65) was first, but perhaps the best result belonged to Margaret Betz (58, 5:53.27).

The Elite Mile was won by Tim McMullen, going away in 4:26.92, followed by Swag Hartel (4:29.91) and last year's victor, brother Charlie McMullen (4:32.28).

In what seemed a fitting tribute to his father and the event, itself, Tom Hartshorne took the lead behind "rabbit" Dennis Culinane in the early going, eventually finishing in a strong 4:34.35.

A total of 45 men and 12 women competed in the event sponsored by Zeserson & Associates, and Northwestern Mutual Life Insurance.



#### page 10

# National Masters News



# Sally Richards — Champion Skier, Runner and Racewalker

Sally Richards (Kerr), W40, has won the following 1994 USATF Masters Championships: 5K (24:25.51 AR), 10K (50:38), 5K road (25:38); second in WAVA 20K (1:52:07 AR); best 10K (49:17 AR), and US Olympic Festival 10K (50:54.8). — EW.

#### Skier

SR: I have always been athletically oriented. I grew up in an athletic family and, living in Colorado, took up skiing early. I raced in Vail where they had an excellent junior program. I made the U.S. development team and, like many, had Olympic aspirations. Unfortunately, when I was 15, I had a bad skiing accident. My leg was very badly broken and never healed properly. Though I continued to race, it was a real hindrance. I found out about a ski racing circuit in Europe, called the F.I.S. University circuit. Even though the kids in the circuit were attending school, they raced at a pretty high level. It was fun and allowed me to travel around to 12 different countries and meet people.

EW: Did you do this on your own or were you affiliated in some way?

SR: At the time, I had decided to attend the University of Grenoble in France to study French. The French ski team took me under their wing and I travelled with them, as there was no US team participating in this circuit. The ski teams had a reciprocal arrangement that led to a wonderful camaraderie.

# **More on Rule Changes**

With reference to Professor Moreno's report on the IAAF Racewalking Working Group's proposed changes to the Racewalking Rules, Mr. Bowman, IAAF Racewalking Chair, states in the Feb. issue of National Masters News, "Elaine Ward's report (Dec. NMN) on proposed rule changes by the IAAF Racewalking Working Group is erroneous." On two other occasions he states, "Contrary to Ward's report" in introducing his analysis.

The report given in my column was written by Prof. Moreno exclusively. It was Prof. Moreno's interpretation of the IAAF Racewalking Working Group's proposals and of interest, as he was the Chair of the Group and his report presented his view of the three ideas being debated.

On this same subject, following is reprinted a letter to me from William Patterson, 80, of North Carolina. -EW.

"You did a great job covering a difficult subject, in your Masters Racewalking column in the December National Masters News.

"In 1984, after more than 50 years of smoking and drinking, I quit and set out to become a champion at something. In my seventies, I have won eleven national championships, one in the pole vault, two in marathons and eight in racewalking. "In 1989, I decided to learn to be a real racewalker. As I couldn't find any books on the subject, I taught myself with what I learned from two paragraphs in an encyclopedia. In my third year, I found a videotape and a book to help me. I soon became competitive and won the 5K and 20K at Indianapolis in 1990. To make sure I never got a DQ, I had my knee straight whenever my leading heel struck the ground and kept it that way until my body passed over it.

"In my first five years of using that technique, I noticed that I seemed to be about the only one who was doing it that way. Then I read Martin Rudow on how to use what he calls the soft-knee approach. I had been trying that for a year when I came to Eugene last August. It seemed to make me take shorter steps and more of them per minute, but I didn't get any faster or slower, just felt like I had 'joined the club' as far as technique was concerned.

"Now, thanks to your article, I have gone back to my old technique which happens to be in exact conformance with the new rules, which I hope will be enforced fully. (The new rule is still only a proposal. — EW.) I have already entered the 20K and 5K walks in Buffalo and will probably be the youngest 80-year-old on the block." For example, when the French team went to Austria to compete, our expenses were paid by the Austrians, and when they came to France to compete, their expenses were paid by the French. Runner

I lived in France for seven years and married a French medical student. When he finished getting his degree, we came back to this country so he could practice medicine here. We had two small babies, 13 months apart. I was going nuts. I felt that I had never reached my athletic potential in skiing and felt frustrated. I took up running out of a need for sanity, as most of us do. I started running marathons which had always been a big dream. I really enjoyed running and did fairly well from 1978 to 1992. However, I remarried in 1986, had two more children, and felt I couldn't reach my potential as a runner either.

Racewalker

By 1992, I was feeling burned out from running. I was living in Colorado and still enjoyed trail running, but I was very tired and athletically frustrated. I was at the point of thinking that I might hang it all up, and settle down to being a mother of four. Yet, always, there was this deep burning inside me that I had never really gotten a chance to show my stuff.

I am a Christian and definitely believe in God's will and messages. I was walking in the woods one day, and out of the blue came this big word, RACEWALKING. I said, What? You have to be kidding. The thought of racewalking kept happening to me, and I got real curious about it. However, I was too hesitant to even try it in my neighborhood. So I went down to a local race where I thought no one would know me, and jumped into a 5K with the racewalkers. Within 20 yards, I had the newest respect for the sport. I couldn't believe it. I considered myself a fit person and I was dying. I realized there was a lot more to the sport than meets the eye. Gathering my resources together, I got into the race and ended up winning it.

EW: Had you ever been exposed to the technique?

SR: No. I didn't know what I was doing. I had this mental image of racewalkers in an Alka Seltzer commercial that I saw in the 1960s. I hadn't seen the sport done live and knew nothing about the rules. I was coming in at ground zero. What I recognized was the sport's tremendous potential for fitness and competition. I thought racewalking was fabulous and was hooked.

I decided to take a couple of lessons. I also got hold of some videos and basically tried to learn on my own. I discovered for some odd reason, which is still a mystery to me, that the racewalking technique was very compatible with my physical attributes.

All through the years, my broken leg had remained weaker than the other. I had tried to strengthen it, but never really succeeded. In fact, running accentuated the imbalance in my legs as I relied almost entirely on my legs. In March, 1995



Sally Richards-Kerr.

Photo by Jerry Wojcik

racewalking, you use your whole body. You have to be symmetrical in order to perform. The technique helped me strengthen my weak leg. Also, I found I could rely somewhat on my upper body strengths to compensate. This worked well as my torso was very strong.

EW: The fact that racewalking has less impact than running must have helped with your leg, too.

**SR:** That, too. I shouldn't fail to mention that. I didn't have to be sore every day after a workout and agonize when I had to bend over to pick up something the kids left on the floor.

There was another thing I found very refreshing about racewalking. I had been involved in a variety of sports. Some sports are very elitist. In others, the athletes are genuinely in it for the sport. I have a little thing about that. I really feel that sport should be enjoyable. It should be an activity where those who excel pass on information to those coming up. It should be well supported by the community and club systems. The way racewalking is in this country, you are not in it for the ego. You are in it for a genuine interest in the sport. I really like this, and I really like a lot of the people I meet. They are genuine. I found this experience was only enhanced when I got into the masters.

Masters racewalk not only to compete, but also because of the camaraderie. There is the competition and there is the social aspect. Everyone feels a sense of community — that we're in it together. In some sports, athletes are competitive not just during, but after competition as well. In these sports, athletes feel they are enemies. To me that's not the spirit that promotes a sport. (Next month on competition and training.)

# Sparks, 3 Records

#### Continued from page 1

800 best was 2:09.8 by New Jersey's Ken Baker on Jan. 17, 1988.

Many-time national masters champion Kirk Randall, sidelined with a career-threatening hip injury, served as race announcer and warmed up the crowd of 1200 by introducing the allstar 50-year-old field:

• Paul Perry, 50, of Chicago, the 1966 IC4A 3-mile champion whose hot pace on Jan. 21 helped Herrala set his record;

• Ramsay Thomas, 51, of Lafayette, Calif., second in the 1994 M50 outdoor national 1500 in 4:25;

• Jim Gibbons, 50, Thomas' West Valley TC club mate, third in the 1994 M50 1500 in 4:27;

• Dr. Tom Sullivan, 52, of Chicago, 4th in the 1994 M50 1500 and a U.S. national record-holding 4:03 high school miler in 1961;

• Sumner Brown, 50, Belmont, Mass., the 1994 M50 8K X-C champion who had run 4:51.5 on Jan. 21;

• Race coordinator Hugh Sweeny, 50, Jersey City, N.J. (4:50.4 in the 1994 Fifth Avenue Mile);

• Richard Hamner, 50, 0f New York (4:51.8 in the same race);

• Sparks.

Sparks had run 4:22 outdoors at the Penn Relays last year, had run two marathons in 2:33, and one in 2:35 last autumn, and is expected to re-write the USA and world M50 record book this year. He passed up the Millrose Games Masters Mile to peak for this race. Randall announced Sparks' record intentions, and the crowd was primed.

Sparks flew from the gun, and his too-hot start probably preserved the all-time outdoor M50 mile mark of 4:30.06 by Australia's Tom Roberts in 1987. An anonymous member of the local Boston Running Club provided splits he guarantees as accurate: 31.2, 33.8 (65.0), 33.6 (1:38.6), 34.3 (2:12.9), 34.6 (2:47.5), 35.3 (3:22.8), 35.7 (3:58.5), 34.4 (4:32.84). Sparks covered the last 440 in 70.1 and the last half in 2:19.9, slower than Herrala's unofficial 2:19.0 on Jan. 21.

Randall's announcements of the record pace kept the crowd noisy, assisting Sparks and the closely bunched group lagging far behind. Perry, recovered from his nightmare 88-second last 440, Jan. 21, ran a more conservative 2:22.5 first half to lead the trailing pack all the way. Only about 20 yards separated Perry's second place 4:47.38 from Hamner's 8th place 4:51.0.

It seems likely Sparks could have finished faster with an easier opening 220. A 33.64 pace per 220, 2½ seconds slower than his initial furlong, results in 4:29.12. Sparks and Sweeny had discussed the possibility of using a rabbit, but decided to play it straight. Sparks will have other chances to race younger runners.

As the world M50 indoor record holder, Sparks joins Herrala as a winner representing the USA in the International Senior Games, Bermuda, April 13-27, 1996.

M55 + Mile

A second mile race was held for runners over age 55 and slower M50s. Sid Howard (55, NJ), a 13-time national masters champion, led in 76.5, 2:35.1, 3:55 before sprinting the last 220 in 32.3 to win easily in 5:06.2.

He was followed by Gabe Bernal (55, MA, 5:10.6), John Connor (59, NY, 5:13.8), Jim Laurent (52, MA, 5:17.6), Jim Sutton (63, PA, 5:20.6), and Oscar Moore (57, NJ, 5:41), who represented the USA in the 1968 Mexico City Olympics in the 5000.

Sutton woke up following a lazy 1320 in 4:05 to finish in 75 for a 5:20.6, just short of Archie Messenger's U.S. M60 indoor record of 5:19.9. Connor ran 5:13.9 and was looking forward to turning 60 on Feb. 24.

Continued on page 19



Competitors in the Etonic/Bermuda International Senior Games Miles and 880s at Harvard U., Feb. 12. From left: Sumner Brown, Jim Gibbons, Tom Sullivan, Neil MacDonald, Ken Sparks, Hugh Sweeny, Sid Howard, Richard Hamner, John Connor, Paul Perry, Marcel Philippe, Oscar Moore, Ramsay Thomas. Photo by Larry Sillen



Etonic/Bermuda Seniors Mile finishers, from left: Tom Sullivan, 7th; Hugh Sweeny, 6th; Richard Hamner, 8th; Jim Gibbons, 5th; Summer Brown, 4th; Ramsay Thomas, 3rd; Paul Perry, 2nd. Photo by Larry Sillen

# Sweeny's Brainchild

The Etonic/Bermuda Seniors 50 + middle-distance series is the brainchild of Hugh Sweeny, who made "a thousand phone calls" to organize the event.

Etonic, producer of running shoes for older runners, paid for the calls and Sweeny's motel and photography expenses, but 50-year-old miling is the last outpost of amateur running, and everyone paid their own way to try Harvard's track.

Larry Sillen, a photographer/running buff from Brooklyn, N.Y., supplied the runners with photo albums and video tapes. Etonic tossed in shoes (Sumner Brown ran his 4:48.9 in flats supplied by Etonic — an improvement of nearly three seconds over the previous race in which he wore "brand X").

Meet directors Bill Clark of the Commonwealth Invitational and Jim O'Brien of the GBTC Invitational should be thanked for taking a chance on the M50 milers. Both were pleased with the crowd response and the level of competition, and promise to include similar M50 distance events next year. Interested participants can call Sweeny at 201-798-4480.

Sweeny's next project may be an M50 mile at the Penn Relays, or an attempt to convince road race directors to feature good M50 runners in their competitions. Anyone who would like to help can call.

# Ken Sparks — A New Age Challenger

Ken Sparks turned 50 on January 25, and seems ready to do major damage to M50 records.

A 49.1 quarter-miler at Mount Comfort, Indiana High School in 1963, Sparks ran the 800 in 1:51 and the mile in 4:16 for Ball State (IN) U.

Running for Ted Haydon's Track Club in the early 1970s, Sparks participated in four world two-mile relay records. The highlight UCTC effort was a 7:10.4 at the King Freedom Games, in Durham, N.C., May 12, 1973. (For the record, Tom Bach led off in 1:50.5, Sparks hit 1:47.1, Lowell Paul 1:48.0, and 1976 Olympic bronze medalist Rick Wholhuter matched the fastest split ever to that point, 1:44.8.)

The same four lowered the world indoor mark to 7:20.8 on Feb. 9, 1974, a time still #4 on the all-time 4x800/4x880 list. Sparks ran 4:03 during his UCTC days, appeared on the U.S. 880 list as late as 1975 with 1:48.7, and participated briefly in the ITA professional circuit in the mid-70s.

During his 30s, he was a noncompetitive jogger, and resumed serious training about 10 years ago when the "Runner's World Masters Mile" circuit began. He ran 4:17.14 at age 45 (the world M45 best is 4:16.75) and a 4:00.52 U.S. M45 1500 record.

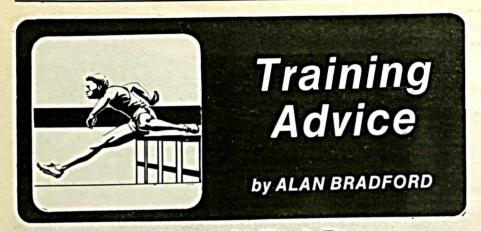
He ran 4:22 at the Penn Relays last year, and posted marathons of 2:33 at Detroit and Columbus, plus a 2:35 at Huntsville last fall.

Sparks works as an exercise physiologist at Cleveland State University and does almost all his training on a self-constructed 16 mph treadmill located in his garage. He did not race between the Huntsville Marathon and the GBTC Invitational, and had not run a mile since April, 1994.

- Hugh Sweeny

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# National Masters News



# Peaking With a 26-Week Program

I noted with interest the requests for training programs in the October 1994 issue, and I am responding. I don't think it matters what system is adopted by an athlete, so long as the correct balance is maintained, and the athlete is willing to participate honestly and conscientiously. The best method in the world will not make up for a lackadaisical approach. The rewards are proportional to the input.

Conversely, not all methods suit all people. It may require experimenting to click onto what works best. Athletes with compartment syndrome cannot handle endurance work and have to opt more for interval work. My daughter fell into this category but still became a national junior 800 champion.

My own training is based on Arthur Lydiard's middle-distance program, and I have found this to be ideal, allowing me to race over distances from 400m to a half-marathon quite successfully. The program is based on 26 weeks, leading up to a major championship, i.e., the nationals or world. This 26-week period is then broken up into 12 weeks of endurance, 4 weeks of strength (hills), 4 weeks of reps, and 6 weeks of intense anaerobic and speed work. The second half of the program cannot be performed with any degree of success without the solid groundwork of the first half.

Some typical workouts are: -

- Endurance Week: 2 days fartlek 3 days long hilly runs
  - 2 days time trials (5K & 10K)
- THE 2ND ANNUAL BOB WATANABE MEMORIAL T&F MEET UCLA DRAKE STADIUM SATURDAY APRIL 15, 1995 ONE ENTRY FEE OF \$25 FOR ONE TO A MAXIMUM OF FIVE EVENTS PLUS THE RELAY. (THERE IS NO CHARGE FOR RELAY TEAMS) REFUNDS WILL ONLY BE MADE PRIOR TO UCLA BEING PAID...... ENTRY FEE: DEADLINE : APRIL 10, 1995 DIVISIONS : MEN & WOMEN AGE 30 PLUS AWARDS : MEDALS FOR FIRST THREE PLACES IN EACH AGE DIVISION SYNTHETIC ALL WEATHER TRACK. (ONE OF FINEST IN USA) FACILITIES : NOTE : 1995 USA T&F REGISTRATION REQUIRED. (AVAILABLE AT MEET FOR \$12) EXIT 405 FWY. (SAN DIECO) AT SUNSET BLVD. & THEN EAST TO UCLA DIRECTIONS : ENTRANCE AT WESTWOOD BL. & TURN IN AT GUARD SHACK TO PICK UP A PARKING PASS FOR LOT 4 (CLOSEST TO STADIUM) CAMPUS PARKING \$5 SCHEDULE OF EVENIS TRACK EVENTS 9:00 AM 3,000M RUN 9:45 AM 800M RUN 1:00 FM 400M SPRINT 1:45 PM 2:30 PM 3:15 PM 3:45 PM 1500M RUN 10:30 AM 80M/100M/110M HURDLES 2:30 PM 200M RUN 2:30 PM 200M SPRINT 3:15 PM 300M/400M HURDLES 3:45 PM 4X200 OR 4X100 METER RELAY (DEPENDING ON TEAM ENTRIES) 11.15 AM 100M SPRIN (25 MINUTE LUNCH BRAKE FOR OFFICIALS) FIELD EVENIS 9:00 AM LONG JUMP/DISCUS/POLE VAULT 11:30 AM TRIPLE JUMP/SHOT PUT (25 MINUTE LUNCH BRAKE FOR OFTICALS) 2:00 PM HICH JUMP/JAVELIN ENTRY FORMS (PLEASE PRINT) LAST NAME FIRST NAME PHONE STATE CITY ADDRESS AGE ON 4/15/95 DATE OF BIRTH SEX: M F 1995 USA T&F NO.\_\_\_\_ CLUB AFFILITATION EVENTS (1) \_\_\_\_\_(2) \_\_\_\_(3) \_\_\_\_(4) \_\_\_\_ (5) \$25 ENTRY FEE ENCLOSED PLEASE MAKE CHECKS PAYABLE TO: W.E. ADLER & MAIL TO P.O. BOX 832 THOUSAND FALMS, CA. 92276 BY APRIL 10TH P.O. BOX 832 THOUSAND PALMES, CA. 92276 BY APRIL 10TH WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOR-EVER ANY AND ALL RIGHTS, CLAIMS OR DAWAGES I MAY ACCRUE ACAINST THE UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA), THE MEET DIRECTOR AND ANY SPONSORS OF THE TRACK AND FIELD MEET, USA TAF, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE BOB WAITANABE MEDIALI TRACK & FIELD MEET HELD ON APRIL 15, 1995 AT UCLA DRAVE STADIUM. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS TRACK & FIELD MEET. DATE. SIGNATURE

Reps Week:			
2 days reps	400s	and	200s

- 1 day drills and speed
- 1 day fartlek
- 1 day leg speed work 1 day time trial
- 1 day long hilly runs
- (Reps are 20 of each with 60 second recoveries)

Anaerobic Week:

- 2 days speed
- 2 days intervals
- 1 day trial
- 1 day race simulation
- 1 day long run

I race during this period in whatever competition comes up but do not let racing interfere with the long-term goal. It is easy to substitute a race for a time trial, which are both usually on the weekend anyway.

This mixture has allowed me to achieve success over 1500m at three world championships in the M40, M45, and M50, as well as considerable other success, including several world records. From this program last year I, as an M55, have been able to produce the following times: 400, 57.2; 800, 2:08; 1500, 4:26; 3000, 9:28; 5000, 16:04; 10,000, 33:41; 3000 SC, 10:14; and half-marathon, 75:23. All of the above are from meets where I multievented (as much as 7 events in 2 days) or without tapering my training. Hence, not only do I achieve speed and endurance but also a solid base for quick recovery to perform again and again at maximum effort.

#### Body Needs Recovery

I do not believe that after completing the full phase one can cut back into the program and prepare for another championship in a reduced time span of say 10 weeks or so. The body does not respond to continual anaerobic pressure and needs a period of



Eugene "EEK" Keeler, Cincinnati, Ohio, first M80 (53:34), and Dudley Healy, Chatham, N.J., second M80, USATF National Masters 10K Championships, St. Louis, Mo., Dec. 4. Photo by Hank Kiesel



One of the feature items in the '95 M-F Track and Field Catalog is the new Turn Machine, equally as beneficial in an athletic training room, or in a rehabilitation situation. It makes the body do the work correctly, forcing the athlete to use his/her hips, lower back and thighs instead of relying only on arm strength. After a short period of training with the Turn Machine, the user learns how to generate explosive power. Comes with instructional video. For more information on this item or for a copy of the '95 Track and Field Catalog, call toll-free 1-800-956-7465 or Fax 1-800-682-6950, or write M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

recovery. The length of this period increases with age, as in our case, and I feel that one major meet per year is sufficient, with general fitness training and road racing, etc. (no pressure) for the remainder of the year.

I hold no secret formulas for success, only hard work, determination and a very strong belief in my own ability. I am sure all athletes reading this article can relate to "feeling good" after an honest training session and "feeling guilty" when having shirked the gut work of a tough session.

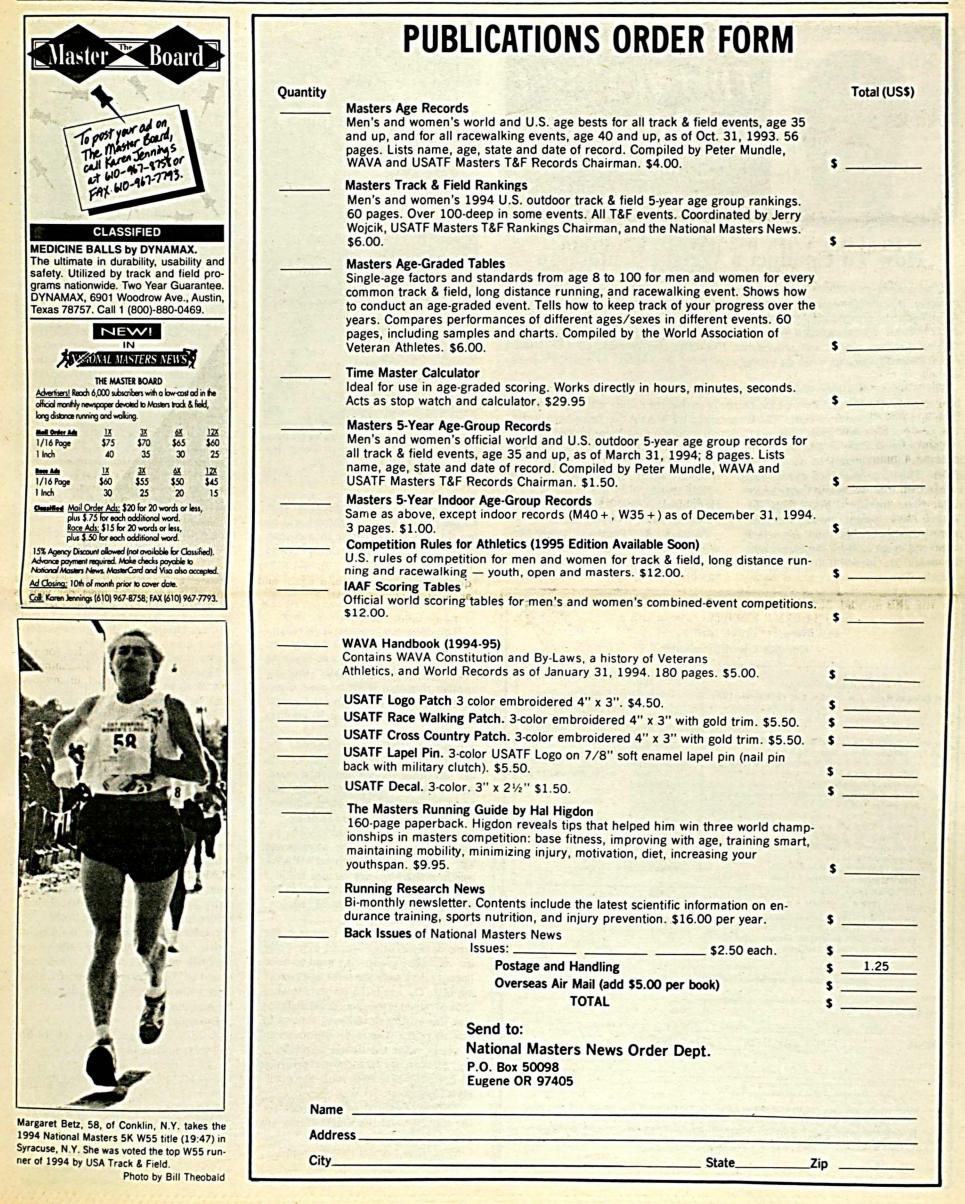
The above program does not have set or specific times, only distances and number laps, etc., and these are variable, i.e., 16-20 x 400m. If you can manage 20 repeats, well and good, but if only 16, so be it. If 400s are too far, reduce to 300s; it can be flexible. Remember that conditions are not always going to be suitable. There's not much sense trying to struggle around the track in the face of gale force winds, endeavoring to do a session of reps because this is the session set down for the day. Substitute.

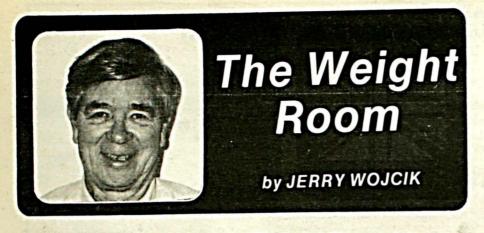
As is indicated, this particular program is not suitable for racing all year round. An athlete wishing to do so will have to look elsewhere for a general all-around fitness program that is not as specific with its tunnel-vision goal.

For whatever you are striving, to all fellow athletes, I wish you well in your quest.

(Alan Bradford still holds the world M50 800 record of 2:00.4, set in the World Championships in Eugene in 1989. He lives in Australia.)

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# How To Conduct a Weight Pentathlon

(The weight pentathlon was approved for competition by WAVA in 1994; however, a few differences in the approved format from the one used in the U.S. for many years created some problems. This year the kinks should be worked out, and the event will be included in the 1995 rankings. To assure that all weight pentathlon directors understand procedures, I've asked Rex Harvey, USATF Multi-Event Coordinator, to write an article explaining the process of putting on the event.)

The Weight Pentathlon is an official WAVA event. Here is a quick overview of how to conduct a Weight Pentathlon correctly so that the results will be recognized by USATF for annual rankings and awards and by WAVA for record purposes. The savvy athlete will insist that meet administrators follow these procedures.

**Event Order:** First of all, the events must be contested **only** in the correct order. This is a combined event, and conducting the events in any order other than specified, invalidates the results. The weight pentathlon has more gender equality than any other combined event as both the events and the order are identical for men and women. The order of events is hammer, shot put, discus, javelin, and weight. The sizes of the implements thrown must meet the WAVA Specifications (they are in the WAVA Handbook, 1994-95 edition, and published in NMN every month). Number of Throws: Remember,

WAVA allows a maximum of only three attempts at each throw, just like any other recognized combined event.

	ental College		
	s Angeles, CA - Patterson Field	Schedul	e of Events
Saturda	ay, April 8, 1995	Field Events:	
Uniter on	of the of the	11:00 pm	IIT, PV, JT
Divisions: 5 year dive for	men and women, age 30 and above.	11:30 pm	U
ntry Fee: \$10.00 per even		12:30 pm	SP
	es must be postmarked by April 1.	1:30 pm	IU, TJ
	is \$15.00 per event on space available	2:00 pm	Dr
		Track Events:	
	ion order - oldest to youngest, women	12:00 pm	IIII
	PV which start at lowest height).	12:30 pm	5000m walk
	ict Championship Medals to top 3	1:15 pm	300/400m IH
	will also be medals for non-residents	1:45 pm	100m
who finish in the to		2:40 pm 3:15 pm	800m 200m
Surface: 9 mm elements re	equired for track, LJ, TJ, PV, HJ.	4:00 pm	1500m
12 mm required fo			
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Erika Messner, W55 winner in the weight throw (30-11), Chuck Klehm Memorial Weight Pentathlon, Delray Beach, Fla., Dec. 27. Photo by Bill Burkle

Results from any competition that allows more than three throws will be invalid. If you want more throws than three, it's simple, take a few extra warm-ups. Remember the weight pentathlon is not simply a collection of individual throws, but an event of its own, stressing the *combination* of the

throws in a very particular manner. **Time Between Events:** It is recommended that at least 30 minutes be allowed between any person finishing one event and officially starting another, but that is at the meet director's discretion. Warm-up for the next event uses up a lot of that 30 minutes anyway.

Scoring: With one exception, the Weight Pentathlon is scored exactly like any other WAVA combined event. And WAVA scoring is exactly like IAAF scoring of open-class athletes, with the addition of age factoring.

The first step is to multiply the actual performance by the appropriate age factor. The approved WAVA weight pentathlon age factors are in a table on page 15 (they are also in the WAVA Handbook 1994-95 edition, available from NMN).

The factors apply to five year age groups, or, in other words, everybody in an age group is head-to-head because they have the same age factors applied. The age factored performance thus obtained is the theoretical distance that this athlete would have thrown in his/her prime. The factor automatically corrects for the lighter implements and gives an age factored performance as it would have been with the openclass implement.

The age factored performances for the shot put and the weight throw are rounded down to the shorter centimeter. Don't forget that the hammer, discus, and javelin (the long throws) must be recorded to the lesser, even centimer by IAAF directive. So there is no such thing as 36.77 meter hammer throw, it must be recorded as 36.76 (now, you know more than a lot of officials). Likewise, after multiplying by the age factor, hammer, discus, and javelin age-graded performances must be rounded down again to the shorter, even, centimeter. If this is not carefully done, the resulting scoring will not be correct.

Scoring Tables: The age-graded performance is then looked up in the IAAF Combined Events Scoring Tables (or can be calculated by computer with the correct formula). Most throwing event scores are contained in the 1985 (or later) editions of the IAAF publication "Scoring Tables for Men's and Women's Combined Events Competitions," which is available from NMN for \$12. Most of these editions do not contain all of the tables needed to score both men's and women's throws, as the hammer and the women's discus are usually not included.

For missing tables (or if you are interested in computer scoring) contact Rex Harvey, WAVA Multi-Event Sub-Committee Chair (160 Chatham Way, Mayfield Heights, OH 44124 216-446-0559). Hopefully soon, NMN will sell a German scoring book "Internationale Lechtathletik-Mehrkampfwertung" that does contain all of the throws in a single small volume.

There is one other thing to remember for correct scoring. If the performance you are trying to look up is not listed in the scoring tables, you must fall back to the lesser scoring performance that is listed. Don't go to the nearest performance listed, but to the lesser performance listed (see last example below). Example:

W

A W40-44 hammer throw of 36.77 must be recorded as 36.76 meters.

36.76 times 1.1140 age factor equals 40.95064.

40.95064 is rounded down to 40.94 (shorter even centimeter).

40.94 is looked up in the scoring tables to be worth 732 points.

Weight Throw:

All the other events, with the exception of the weight throw, are scored in a similar manner. The weight throw, being a relatively new event, has no IAAF scoring table, so an extra step must be performed. Treat the weight throw just like the shot put except, just before looking up the score in the shot put tables (since there are no weight throw tables), multiply the agefactored performance by .9308 and round to the shorter centimeter (.9308 is the ratio of the World Records in the SP and the WT).

Example:

A M70-74 weight throw of 14.67 meters (with the 16# Weight).

14.67 times 1.2088 Age Factor equals 17.733096 Age-Factored Performance.

17.733096 is rounded down to 17.73. 17.73 is multiplied by .9308 correction factor to get 16.503084.

16.503084 is rounded down to 16.50

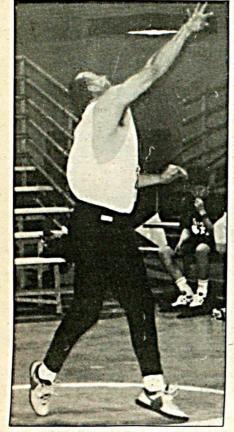
and looked up in Men's SP tables. Continued on next page

The Weight Room

Continued from previous page

There is no 16.50 so 16.49 is used to award 882 points.

Results Reporting: All that is left to



Walt Badorek, first M60 (41-5) shot put, Eugene Indoor Meet, Feb. 5 Photo by Jerry Wojcik

do is add up the total scores to see who won in each age group and to send in your results to NMN (see address inside front cover). Remember a bare total score is not nearly enough for verification, so a bare score will not get you into the annual rankings, etc.

As a minimum, report the name and date of the meet, the athlete's one-year age (i.e., M37, W43, etc.), all the actual performances, in order, and the implements used. Simply state "WAVA implements used" if that is true.

**Records Applications:** WAVA records applications (which also serve as American Records Applications) are available in the WAVA Handbook, 1994-95 edition, or from Pete Mundle USATF and WAVA Records Chair (see address inside front cover of NMN). They also are occasionally published by NMN.

**Computer Software:** Remember there are computer programs available that do all of the above, more or less automatically; all you have to do is put in the names, ages, and actual performances and it does the rest. Hy-Tek "MEET MANAGER" software (which WAVA has standardized worldwide) is one example, but be sure to purchase the basic package, multievent option, and the age-grading option to be able to score WAVA weight pentathlons as well as any other multievent or to run regular track and field meets.

Have fun throwing and scoring.

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Cynthia Morrison, first W35 in the weight throw (21-10¼), Chuck Klehm Memorial Pentathlon, Delray Beach, Fla., Dec. 27.

Photo by Bill Burkle International.

# Horner, Tracy Win in Paramount 10K

Gregg Horner, 40, Santa Barbara, Calif., won the Paramount Special World Masters 10K, Paramount, Calif., Jan. 14. Horner, 1994 national masters M40 champion (32:48) in Eugene, finished sixth overall with a 32:51, leaving second place to Harold Ketting, 40, also of Santa Barbara, who ran 33:03.

Jim O'Neil caught a hard-running Pat Devine before the six-mile mark to win the M65 race by eight seconds with a 41:59.

Diana Tracy, W40, not only won the masters race but finished first female overall with a 36:47. Sandy Robbins, W40, was second in 39:03.

Mary Story broke the W70 course record by three seconds with a 55:22.

Entrants in the World Masters 10K had to meet qualifying standards.

In the regular 10K, Ed Avol, M40, with a 35:03, and Elaine Triplett, W40, with a 39:26, were the 40 + winners.

Luis Gorodo took the M55 contest in 39:29. Chris Freeman won the W55 race easily in 50:46.

About 500 runners finished the course in perfect weather. The event was sponsored primarily by the City of Paramount and directed by Finish Line International.

# ARIZONA MASTERS INVITATIONAL TRACK AND FIELD

McClintock High Scho	ol; 1830 East Del Rio Drive; Tempe, AZ Saturday May 6,
	1995
Sponsored by Arizona	a Association USA Track and Field
Age Division:	25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69;
ANTINOT STORE IN	70-74; 80 and over
Facilities:	Eight lane all weather track
Entry Fee:	\$12 for the first three events chosen. Each additional event \$3.
	Relays \$15.
Awards:	Medals to first three in each age division
Deadline for Entries:	May 1, 1995
Entries:	Make checks payable to Arizona USA Track and Field. Send
	entry to Bob Flint; 8436 East Hubbell; Scottsdale, AZ 85257;
	(Area code 602) 949-1991.

#### NIGHT TRACK MEET SCHEDULE OF EVENTS

	Track	Events	1	Fle	d Events
6:00	3000M - W	7:35	100M - W	5:00	Shotput
6:20	5000M - M	7:45	100M - M	5:30	Long Jump
6:35	4 x 100 W	7:55	800M - W	6:00	Javelin
6:40	4 x 100 M	8:05	800M - M	6:30	High Jump
6:45	100 Hurdles W	8:15	300 IHW	7:15	Pole Vault
6:50	110 Hurdles M	8:25	300 IHM	7:30	Discus
6:55	100H M	8:35	200M - W	8:30	Triple Jump
7:10	1500M - W	8:45	200M - M		
7:15	150M - M	9:00	4 x 400 Relay W		
7:20	400M - W	9:10	4 x 400 Relay M		
7.30	400M - M		A Designed and the second s		

----- ENTRY FORM -----

Athlete's Signature

Name (Last)	(First)		Age Sex
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Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Tempe, Arizona, Arizona USA Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Date



# **Twins Win Sudafed Training Grant**

by MARILYN J. MITCHELL

page 16

The Women's Sports Foundation announced that 47-year old identical twins Michael Hill and Johnnie Hill-Hudgins have been selected as winners of a 1994 Sudafed Travel & Training Fund Grant in the amount of \$1500 each.

During this fall grant period, \$24,250 was awarded to 21 individuals and 6 teams. As far as we and the Foundation can ascertain, this is the first time that masters in the USATF running program have been awarded grants.

Michael and Johnnie live in Princeton, N.J. and, though they had previously competed in high school track, they only recently resumed competition with masters track and field in the spring of 1992.

Identical, the twins have different interests in track and field. Johnnie, who will tell you that *she* is your favorite twin, took three medals in the 1994 nationals at Eugene, Ore. (hammer/gold, shot put/silver, high jump/bronze) and Michael, who is equally convinced that *she* is your favorite twin, took four golds in Eugene (100, triple jump, long jump, hurdles). Both placed in the top ten in the WAVA World Veterans Championships in 1993 in Miyazaki, Japan.

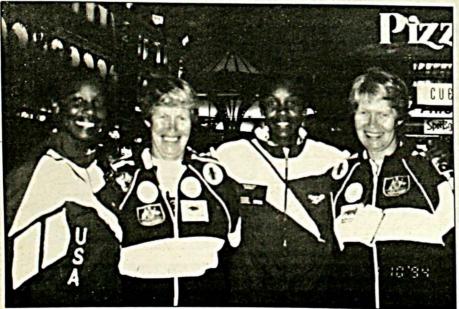
They also participate in racquetball, where they are ranked 19th and 20th in the world in their age-group and where they were 1994 state and eastern champions of all age groups. In non-agegroup competitions there is a system which ranks skills as novice/C/B/A/ Open with open being the highest level; Michael is a champion in the "C" category while Johnnie is a champion in the "B" category. Both expect to move up one skill level in 1995 and they deliberately compete at different skill levels to avoid head-to-head competition against each other.

Graduates of New Jersey's Rider College, Johnnie is married and Michael is still single. Johnnie was named for an uncle who died in the military, and Michael's name was chosen so that the twins would have "comparable" male-type names. Both are pursuing show business careers, and so identical are they that they frequently use one SAG/AGVA/AFTRA resume, listing height (5'8"), weight (135 pounds), hair and eye colors (both brown).

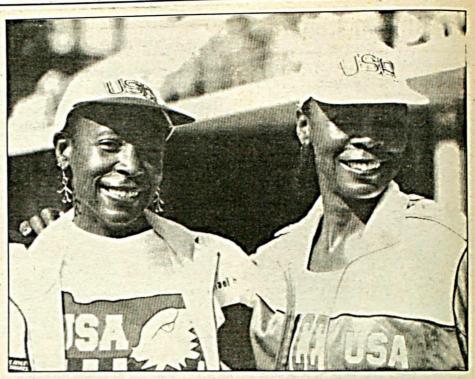
Their physical fitness has enabled both to serve as stunt doubles for Grace Jones in Eddie Murphy's film, "Boomerang" and as themselves onthe television show, "American Gladiators." Their show business careers, which include singing/dancing, theater, modeling, film, television work and commercials, have taken them around the United States and to Asia, Europe and the Caribbean.

Show-business-and-track-buddie Julie Wiedis rounds out the group and they are so frequently together that they are jokingly referred to as the "Hill Triplets." Julie also has recently been awarded a Sudafed Training Grant.

The Women's Sports Foundation, founded in 1974 by Billie Jean King, is a non-profit education organization dedicated to promoting and enhancing the sports and fitness experience for all girls and women and has a number of educational programs and publications. Current president is former Olympic gold medalist in swimming, Nancy Hogshead. Foundation



Michael Hill and Johnnie Hill-Hudgins, W47, with Australian twins Shirley and Joan van Vugt, W55, of Melbourne at the Brisbane World Masters Games in 1994.



Left to right: Johnnie Hill-Hudgins and Michael Hill. Or is it Michael & Johnnie?

Photo from Marilyn Mitchell

members include anyone with an interest in women's sports and \$25 donors automatically become voting members. The Sudafed Travel & Training Fund was established in 1984 to provide direct financial assistance to aspiring female athletes with potential, in order to allow athletes to achieve that potential by alleviating financial worries and allowing the athletes to concentrate solely upon competition.

USATF President, Larry Ellis, was delighted that the twins were successful in obtaining the grants and said, "The story of their compelling success is one that needs to be told in an attempt to highlight the achievement of women in sports and at the same time serve as a motivation for other women and young girls to forge ahead in pursuing excellence in athletics, particularly on the masters level."

NASAONAL MASTE	ERS NE	ws	s In
The official monthly newspa Masters track & field, long distance n	per devote	d to	
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allowed on all display ads	Moun	tain/Pacific	33%
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Susan Hartman, Advertising Manager (610) 967-8316 Karen Jennings, Advertising Representative (610) 967-8758 33 East Minor Street, Emmaus, PA 18098 FAX: (610) 967-7793





Margaret Davis, Overland Park, Kansas, first W50 (49:21), USATF National Masters 10K Championships, St. Louis, Mo., Dec. 4. Photo by Hank Kiesel

# 1994 T&F Rankings

#### Continued from page 1

For one, the steeplechase has not grown as much as other areas in masters t&f. I suspect that the reason for the short list stems more from a lack of opportunity, rather than lack of interest, because many venues don't have a steeplechase set-up. The steeplechase at the Nationals in Eugene drew 48 participants, including four women and five foreigners. About 70 steeplechasers are listed in the rankings; very few were omitted because of disproportionately poor marks; otherwise, the list would have been even shorter. The numbers of participants in the event in 1995 should pick up somewhat, as they did in 1989 for the WAVA Games in Euguene, because of interest in and preparation for the WAVA Games in Buffalo.

The mile, not on the list of events proscribed for a USATF event, was not popular outdoors, especially for runners age 50-and-over. Meanwhile, the indoor mile is growing with added opportunities this season for the 50 + age groups.

The most noticeable change in the rankings in the six years is the huge explosion in the age 55 + lists as a result of the increase in the number of Senior

Race istance 100m 80m 80m 400m 300m	Hurdle Height .840m 33" .762m 30" .762m 30" .762m 30" .762m 30"	Hurdle 13.00m 42'8½'' 12.00m 39'4'' 12.00m 39'4'' 12.00m 12.00m 147'7¾'' 145.00m 147'7¾'' 145'0'2'' ME	Between Hurdles           8.5m           27'10½"           8.0m           26'3"           7.0m           22'11½"           35.00m           114'9½"           35.00m           114'9½"	To Finish 10.5m 34'5" 12.00m 39'4" 19.00m 62'4" 40.00m 131'2½" 40.00m 131'2½"	No. of Hurdles 10 8 8 8 10 7
istance 100m 80m 80m 400m 300m	Height .840m 33" .762m 30" .762m 30" .762m 30"	Hurdle 13.00m 42'8½'' 12.00m 39'4'' 12.00m 39'4'' 12.00m 12.00m 147'7¾'' 145.00m 147'7¾'' 145'0'2'' ME	Hurdles 8.5m 27'10½" 8.0m 26'3" 7.0m 22'11½" 35.00m 114'9½" 35.00m 114'9½"	Finish 10.5m 34'5'' 12.00m 39'4'' 19.00m 62'4'' 40.00m 131'2½'' 40.00m	Hurdles 10 8 8 10
80m 80m 400m 300m	33" .762m 30" .762m 30" .762m 30"	42'8½'' 12.00m 39'4'' 12.00m 39'4'' 12.00m 12.00m 147'7%'' 150.00m 164'0½'' ME	27'10½" 8.0m 26'3" 7.0m 22'11½" 35.00m 114'9½" 35.00m 114'9½"	34'5" 12.00m 39'4" 19.00m 62'4" 40.00m 131'2½" 40.00m	8 8 10
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400m 300m	30" .762m 30" .762m 30"	39'4" 45.00m 147'7¾" 50.00m 164'0½" ME	22'11½" 35.00m 114'9½" 35.00m 114'9½"	62'4" 40.00m 131'2½" 40.00m	10
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100m		13.00m 42'8''	8.50m 27'10½"	10.50m 34'5''	10
80m	30"	39'4"	7.0m 22'11'⁄2"	19.0m 62'4"	8
400m 400m	36"	45.00m	35.00m 114'9½"	40.00m 131'2½"	10
300m	33" .762m 30"		35.00m 114'9½"	40.00m 131'2¾"	7
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Games (Senior "Olympics") events throughout the country. The increase is particularly apparent in some of the field events, especially in the women's throws, which is why, in some cases, the W60 + groups are larger than the younger ones. Many of the listed individuals 55-and-over are one-timers, who compete in a local seniors meet but do not venture beyond that to USATF association or regional championships.

The book is available for \$6, plus \$1.25 for postage/handling from the National Masters News, P.O. Box 50098, Eugene, OR 97405.

The 1995 indoor event compilers are listed below. If your best marks in those events have not appeared by the May issue, forward them to the compilers not later than the end of May.

• 55m/200/400 Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

• 800 William Benson, 6 Eton St., Valley Stream, NY 11581

• 3000 John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

• HJ, TJ Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250

• LJ Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

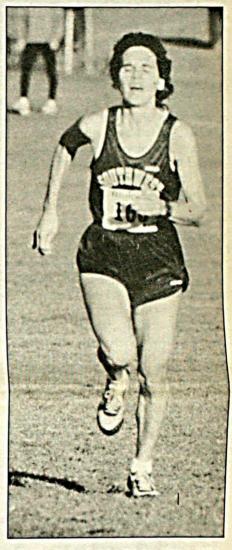
# FIVE YEARS AGO March 1990

Dave Stewart, 41, Lowers Masters Mile Record to 4:15.47 at Millrose Games

 Randy Taylor, 42, Bests Norm Green, 57, in National Masters 5K

 Jane Hutchison, 44, First Age-Graded Runner in Tulsa 8K • SP Sally Polk, P.O. Box 71, Sandia Park, NM 87047

• 1500, mile, 55mH, PV, 3000 RW, WT Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405.



Catherine Dowling, San Marcos, Texas, W40 winner (30:28), USATF National Masters 8K Cross-Country Championships, Boston, Nov. 19. Photo by Steve Schmitt BRC

# NOW AVAILABLE NEW!

# 1994 U.S. Masters Outdoor T&F Rankings Book

Men's and women's 1994 U.S. 5-year track & field age-group rankings.
60 pages, over 100-deep in some events.
All T&F events.

Send \$6.00 plus \$1.25 postage and handling to:

NATIONAL MASTERS NEWS P.O. Box 50098 Eugene, OR 97405

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March, 1995



# **Slipped Disc**

ometimes back pain is referred to as a slipped disc. You have probably heard someone say, "I once had a slipped disc." One way to slip a disc is to develop a disc protrusion. A disc is like a jelly doughnut — tough outside with a soft center. Such discs help you move and are found between each vertebra in your spine. A solid spine would be like a broom handle, hardly useful for movement.

Sometimes, discs get torn around the edges. When this happens the soft center can press toward the outside, creating a bulge in the side of the disc. Usually, the bulge is toward the back part of the disc where the spinal nerves are located. When a disc bulges, it can press on the nerve causing pain in the back, buttocks, and down the leg. This injury is called a herniated nucleus pulposus or herniated disc.

Years ago, anyone with a herniated disc was sent immediately to an orthopedic surgeon. Since surgeons do surgery, most of these patients had a back operation. Today, most literature supports a more conservative approach. Ninety percent or more of back injury patients will get well without surgery. A conservative plan would comprise chiropractic adjustments, massage, mild medications, and mostly stomach and low back

strengthening exercises. This program can be quite successful.

Most important, is to avoid reinjuring the back. Back schools can teach people proper lifting and carrying techniques to use at work and home to avoid re-injury. Healing of a disc injury takes a long time as there is ample opportunity to again hurt a partially healed disc. Proper technique will avoid further damage.

If your back hurts, avoid surgery, get more exercise, and try a chiropractor. If it works, you have saved yourself the problems associated with surgery. If your back still hurts, avoid surgery and try acupuncture. If it still hurts, avoid surgery and try anything else.

(John McDaniels, D.C., C.C.S.P., is a chiropractor at the Spinal and Sports Care Center in Mountain View, Calif.)

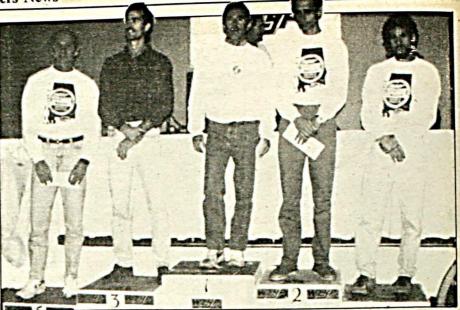
# **Masters Age Records**

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- . Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up.
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- . Men's U.S. Masters Indoor & Outdoor Championship Records.
- . 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage (\$5.00 foreign postage) to: NATIONAL MASTERS NEWS P.O. Box 50098 Eugene, OR 97405

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City	State	Zip



Male master prize money winners at 1994 WZYP Rocket City Marathon are L to R, Ken Sparks, Terry Photo by Linda Senkbeil Permar, Bob Schlau, Reno Stirrat, and Allen Choma.

# At 61, Malcolm Gillis Wins 50K Overall 4:55:30).

by RUTH ANDERSON

On Jan. 21, the Jackson Five-0 (50K/50M) was held in Dallas, Tex. The most astonishing result was that of the 50K overall winner, Malcolm Gillis, 61, who finished in 3:35:51, almost eight minutes ahead of secondplace finisher Jack Weiss, 49. Firstplace masters female was Marylyn Patrick (50, 4:53:26), who just outdistanced Marsha O'Laughlan (49,

The 50-mile men's masters title went to Robert Perez, 46. His winning time of 5:40:05 set a new American record and placed him second overall. Bonnie Allison, 52, captured the women's division in 8:10:36.

The races took place at lovely Bachman Lake (3 + mile circuit) where good weather contributed to many fine performances.

# **Book Review: Running Injury Free**

by BARBARA T. ERSKINE

Most of us avoid visiting a doctor at all costs. We'll try to run through that nagging pain or sore muscle, ignoring the warning signs flashing from the wear on our shoes or radiating from feet, knees or legs. Joe Ellis, D.P.M., in his book, Running Injury Free (Rodale Press, 1994, \$14.95, with Joe Henderson) will sell you on two ideas. One, there are doctors out there who want you to continue to run, who won't prescribe a month's rest and two aspirin a day. Two, an early visit to a sports practitioner will prolong, not shorten, your running life.

By nature, we don't broadcast our failures. Dr. Joe is no exception. Instead, in case study after study, using patients with real complaints, he shows how thorough examination and proper treatment brought relief and the ability to run without pain. His words are all the more convincing because he is a runner, with his own share of injuries.

The portrait of Beverly is typical. Her regular doctor had diagnosed repeated stress fractures. Each time she would have to stop running for three months. Her pain was always in the same place but there was neither a bone callus nor break observable on her X-rays. Through gait and flexibility analysis, Dr. Ellis determined her overpronation to be causing the tendon to pull away from the bone. His cure was flexibility exercises, a motion-control shoe and orthotics. She was free of pain within a month and has had no recurrence of "stress fractures." The doctor muses, "Beverly's story illustrates how we must treat the body as

a whole, rather than just the specific areas of pain. Without knowing her biomechanics, flexibility and mechanisms of gait, I would have never been able to solve her chronic problem.'

Ellis and Henderson transform scientific knowledge into a user's handbook. They explain the symptoms of all common running injuries, possible treatments and prevention techniques. Their discussion of picking the right shoe is excellent. A 7-step plan for staying healthy includes stretching, common sense and advice.

Complementing the medical information are tips the doctor has garnered from his years of practice. Ever get black toenails? You'll find a unique way to lace your shoes which allows more room in the toe box. Looking for a specific stretch to avoid plantar fascitis? Turn to that chapter for diagrams of several. Wonder what surface is best to run on? Grass, tracks, trails and roads are rated from 1-10.

Seventy-five per cent of men and 80% of women who run regularly will suffer at least one injury severe enough to halt their running. If you race, your chances increase by 10%. More than 50% are injured once every 12 months. Unless you feel you can beat those odds, this book is a valuable edition to your library. By being more knowledgeable and aware, at best you may save yourself from injury and at least you can exercise more control over your recovery.

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(Barbara T. Erskine, Books For Runners, 412 N. Davision St., Traverse City, MI 49684.)



Wally Herrala, with less than one lap remaining in the Commonwealth Invitation Etonic Seniors 50 + Mile, Jan. 21, in Cambridge, Mass. Herrala lowered the world M50 indoor mile mark to 4:39.95. Photo by Larry Sillen

# Millrose Mile

#### Continued from page 1

didn't do the sub-four mile at Millrose — I had to go up to Harvard to get my masters degree," he joked.

Coghlan said he has no desire to run at the Garden in the open Wanamaker mile.

"I put on 14 pounds and my New Year's resolution is to lose a stone (14 pounds)."

Coghlan will do the New York City Marathon again because "Not running ... I was bored to tears."

In his only previous marathon start, he finished 41st with a 2:25 + in the 1991 New York City race.

In the other masters event of the evening on the 11-lap-to-the-mile banked wooden track, D.C. Masters beat Central Park Track Club in a controversial men's  $4 \times 400$  relay. Central Park was in the lead at the first exchange but was overtaken on the second leg by D.C. Masters' Ralph Penn. By the time powerhouse Fred Sowerby ran the anchor leg for D.C., he had a commanding lead and Central Park's Ed Gonera's valiant effort was not enough to close the distance.

East Texas TC was disqualified for impeding the progress of another team's runner.

This year there were more teams who wanted to run the Millrose relay than there were lanes, so teams were admitted on the basis of their best qualifying times in other indoor meets. The coordinator of the relay was Ed Small of the NY Pioneer Club.

# Sparks, 3 Records

#### Continued from page 11 Masters 800

Sparks almost did not complete the double. An hour after the mile, he warmed up for the masters 800, open to runners over age 40, but complained of a headache. Ten minutes before the event, he had not checked in. Only after it was suggested that "as long as he was here, he should give it a shot," did Sparks head for the starting line. The entries included:

• Marcel Philippe, 43, a 1976 French Olympian with a 1:45.8 PR who had won the Millrose Masters Mile, Feb. 4, in 4:26; and had run 4:28 earlier in the open mile;

• Tom Hartshorne, 41, son of the late Jim Hartshorne, fourth at Millrose and boasting a 2:01.45 in the Nationals last year in Eugene;

• Neil MacDonald, 51, of Bendigo, Australia, who had seen the notice of the race series in the *National Masters News* and arranged a business trip to correspond with the event. He had run 2:04.99 and 4:17.90 for a pair of M50 second places in the World Veterans Championships in Miyazaki in 1993. Years ago, he had trained with Percy Cerutty, ran a 4:11 mile, raced professionally, was banned, later reinstated, and has been racing again for five years. He was in fine shape, in the middle of a down-under summer.

The 800m lead group passed 440 in close to 60 seconds with Philippe and Hartshorne in front. Sparks was three



Kathy Barton, 41, Houston, Texas, second W40 + (2:48:52), Houston-Tenneco Marathon, Jan. 15. Photo by J. Smith

yards behind with 110 to go. Mac-Donald was a close fourth.

Hartshorne dived at the tape to pass Philippe on the outside, with both timed in 2:02.7. Sparks outkicked Mac-Donald, 2:03.5 to 2:03.9.

MacDonald joins the club of hardluck runners who bettered an existing world record in a losing effort. Examples include:

• Said Aouita (3:29.71 1500 behind Steve Cram's 3:29.67 in Nice, 1985, lowering Steve Ovett's 3:30.77);

• Merv Lincoln (3:55.9 mile behind Herb Elliot's 3:54.5 in Dublin, 1958, lowering Derek Ibbotson's 3:57.2);

• Glen Cunningham (3:48.9 1500 behind Bill Bonthron's 3:48.8 in Milwaukee, 1934, lowering Luigi Beccalli's 3:49.0).

A pair of Etonic running shoes to each NMN subscriber who cites other examples of losers surpassing existing non-masters world records. Call Sweeny at 201/798-4480. □

# Las Vegas Marathon

## Continued from page 1

Runners-up in the women's masters field were California's Sharlet Gilbert (2:50:00, \$1000), Canada's Diane LeGare (2:55:09, \$600), Missouri's Jane Hutchison (2:55:48, \$400), and Colorado's Ann Daxberger (2:57:18, \$300).

In the half-marathon, Colorado's Doug Bell (1:05:44, \$1000) and California's Honor Featherston (1:13:54, \$1300) took masters honors.

Bring your own towel and lock. Food may NOT be brought into the track area. Eat in adjacent lobby.         Singbillity:       Meet is open to all men and women age 30 or over. No qualifying standarda. Competition is in 5 year age grow All-Comers/29-under may compete but awards are separate.         Rules:       Neet will be run per USATF Competition rules. No failes starts. Women run first, oldent to youngest. Race wall judges will be present.         USATF Membership:       \$12 required for Masters Competition but not for All Comers. List 95 USATF membership number on entry form or enclose separate check for \$12.00 to 'USATF Million'. USATF membership and available on anilable on anilable on anilable on anilable.         Entry Fee:       \$15.00 for entries received by March 20.0 to 'USATF Million'. USATF membership and available on anilable.         Awards:       Meduls to first 3 pinces. Awards limited to 3. Additional earsed meduls are \$3.00 each and may be purchased the end of the meet.         Order of Events:       Field Events       11:00         Lio0       3000m RW       2:30       800m         Send Entry Forms and USATF checks to: Clarence Trinkner, 633 Sunset Dr., Janesville, WI 53545 (608/756-5260         Make entry fee checks payable to: 'Midwest Masters Track & Field Club''         Entry Form         Name       Sex MFAge on 3-25-95Date of Birth//_         Address       City	Saturday, March 25, 1995         Settion:       Nidwest Masters Track & Field Club         aaction:       USATF Illinois #93-008         Gitabrook South High School       Directions to         Millow Road exit. Go Fast on Willow       Directions to         Table 264 Phages Read. Go South       Willow Road exit. Go Fast on Willow         Table School Hay: (1941 Morth to the chool by the tonis courts.       Directions to         Table 264 Phages Read. Go South       Directions courts.         Table 1264 The to the exhoal by the tonis courts.       Directions courts.         Table 1264 Phages Read. Color that the resking by the tonis courts.       Directions courts.         Table 1264 Phages Read. Color that the resking by the tonis courts.       Read Phages Read. Color that the resking by the tonis courts.         Table 1264 Phages Read. School table School tabl	127	/ Tra	cka	and Fie	1d (	Cha	mpion	ship	S	1.1.1	Cine 1
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With one lap to go at the Etonic/Bermuda Seniors 50 + Mile, Jan. 21, in Cambridge, Mass., from left: Tom Sullivan (5th, 4:56.34), Hugh Sweeny (4th, 4:55.81), Monserrate Burgos (2nd, 4:50.01), Sumner Brown (3rd, 4:51.81), Paul Perry (faded to 6th, 5:00.92).

Photo by Larry Sillen

#### National Masters News



# **Two Views of Age-Grading**

ge-grading is defined as an attempt to mathematically equalize age-group runners and to compare times with open runners and other masters runners. Almost every sport has endured various experiments for some sort of equalization. The pitfalls of age-grading are:

• It is a false assumption that a 35:00 10K open time is comparable to a 39:00 10K masters time.

• Though masters have advantages such as experience and technique, the physiological advantage of youth is an overwhelming factor with several notable exceptions.

 Age-grading provides for less competition when compared with age division groupings. There is evidence runners are not enthusiastically embracing age-grading and herein lies its greatest liability.

· Age-division scoring is superior to age-grading.

· Age-division scoring creates more interest; as a result, more runners are inclined to register.

• It provides for more competition in narrower age divisions.

• It tends to neutralize physiological differences but also encourages masters runners to compete with open runners.

 Masters runners are providing new historical elements to road racing. Many credit masters runners with providing the incentive for Americans to be physically fit. To maintain one's fitness is what life is all about.

Progressive race directors realize masters runners add a significant dimension to road racing. They encourage masters runners to compete. It becomes evident that age-grading is un-

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proven, less popular, and has failed to stir competition. As a result, agegrading will die of its own accord in road racing.

-Jeff Hlinka Brecksville, Ohio

The WAVA age-graded system is far more equitable than the age-division system. Most runners don't know there's a big gap in racing ability within age divisions. In the 40-44 division, few will ever run as fast at age 44 as they did at age 40.

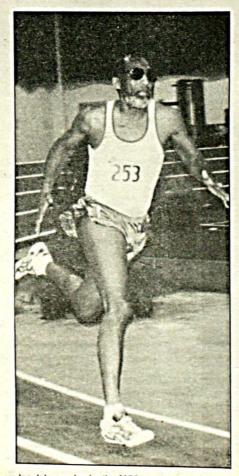
The problem gets worse as this gap widens going up the scale. A 49-yearold runner is much slower, proportionately, than a 45-year-old runner and so on, until you get to the 65-69 and over, where there is a tremendous difference in ability at the top and bottom of the age division.

So why do we have age divisions? Maybe because it's always been this way.

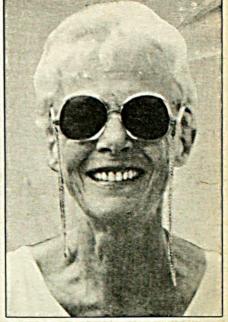
You cannot give equal money or awards to the winners in each age division because you may have two or three great performances in one age division and the winner of another division may have a very poor time. This results in disproportionate and unfair awards.

Do these 40-year-olds griping about the WAVA system really believe that super performances by the older masters should be overlooked? Never mind Roger Robinson's 49:35 in the Tulsa, 15K at age 50 or Marion Irvine's >39:40 10K at age 52.

How should team events be scored where each team has various ages and both sexes, such as the corporate teams in the Tulsa Run? Three 65-year-olds on one team and three 40-year-olds on another running heads-up?



Joe Johnson broke the M50 meet record for the 300m with a 42.5, Eugene Indoor Meet, Feb. 5. Photo by Jerry Wojcik



Elizabeth Van Battum, 70, of the New Orleans TC, bettered two U.S. W70-74 records in 1994, with a 24:19 5K and a 1:20:24 15K. Photo by Al Rieke

Should there be one Clydesdale division, the same as one masters? In other words, a 70-year-old 260 lb. runner goes heads-up against a 25-year-old 200 lb. runner with no consideration of age or weight? Age-grading is the only logical way. No one is saying let's drop the open and age divisions. The WAVA system is to determine the best performances among the masters, Clydesdales and teams.

You want road racing in its absolute purest form? Then let's drop everything . . . no age divisions, no sex divisions, no teams, no Clydesdales, no masters; just the first runners across the finish, like the Olympics. While we're at it, we should put the women in a separate race since they can't run with the fast men. This is NOT the Olympics. Everyone of every age participates and, consequently, there must be an adequate comparison system. The WAVA system does not handicap slow runners. If you're a fast 40-yearold, then more than likely you'll be a fast 50-year-old. The most intriguing thing about road racing is being able to compare performances and categories - even with a system that is subjective and less than definitive.

Is it not strange that a few people can take a quick look at the WAVA system with no knowledge of how it came about and then decide it just doesn't work? Somehow I have more confidence in the people of WAVA, with their vast experience and extensive research, than I do any person who has not had time to examine the system.

And by the way, how many of us know exactly who we have to beat in any given race with any size field? They're all phantom runners if you can't see them. Everyone should key on one or two individuals but most importantly we should try to beat the clock.

It'll be interesting to see how these 40-year-old runners feel about the system ten years from now.

Avery Sharp and Joe McDaniel Tulsa, Oklahoma



# Masters Glossary of Terms

T o help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

To change, correct, clarify, or inquire about any of the following masters terminology, or anything about the world or U.S. masters program, write the Masters Wizard, c/o NMN, Box 50098, Eugene, OR 97405.

Age Grading: A method to quickly and easily compare your performances at different ages and in different events. Agegraded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

Age Groups: Masters competition is divided into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (not year of birth, as in youth competition) determines one's age.

Age Records: Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

All-American Standards: A program sponsored by the USATF Masters T&F Committee, which enables a person to earn an "All-American" certificate and patch by bettering the AA standard for their event. (See standards in this issue.)

All-Comer Meets: Open to all, young or old. Generally, low key, fun meets.

AR: American Record.

Athletics: The sports of track & field, long distance running and racewalking.

Certified: Generally used to mean a roadrace course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all road races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

Eligibility: There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from USATF masters competition for a period of two years.

Hurdles: To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. (See "WAVA/USATF Specifications" in this issue.)

IAAF: International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

Implements: Lighter-weight implements (shot, discus, javelin, hammer, weight) are generally used by older athletes. See "WAVA/USATF Specifications" in this issue.

LDR: Long Distance Running.

Masters: Men and women age 40 or over. Masters Clubs: Most areas have local

running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the *National Masters News*.

Masters Competition: Every event from the 100-meter dash to the pole vault to the marathon is available for both men and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Meet/Race Director: The person in charge of a T&F, LDR, or RW event. This individual is responsible for volunteers, prerace preparation, meet/race management, and post-meet/race requirements such as reporting results to the official recordkeepers. A few meet directors may make money on staging meets and races, but many do it strictly for the love of the sport; to provide a service to the track and running community. If a meet is run well, athletes should take time to thank the director or the officials. Most of them work for nothing.

National Team: Used mostly in open competition. National teams are selected by USATF for overseas competitions. There are no masters national teams.

NGB: National Governing Body.

NMN: National Masters News is the bible of the masters athletics program. An official publication of both WAVA and USATF, it is published monthly. It delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside scoops and information that affect the world masters athletics community. NMN welcomes contributions from readers results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$24 (2nd class), \$39 (1st class) or \$43 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

Non-Stadia: Refers to events held outside a stadium (road race, etc.)

Postal Event: Generally a championship whereby athletes may compete in various parts of the country during the year, and mail ("post") their mark to the event coordinator, who combines everyone's results to determine winners.

PR: Personal Record.

PW: Personal Worst.

Rankings: An annual book of masters T&F rankings is compiled and available through NMN. LDR rankings are available through the Road Running Information Center.

RRCA: Road Runners Club of America is a national organization composed of hundreds of clubs devoted to road running.

**RRIC:** The Road Running Information Center is the official record-keeping arm of USATF. It compiles USA road records and some world "bests." RRIC receives race results for road races throughout the USA, and publishes the monthly newsletter On The Roads.

Rules: USATF publishes an annual "Competition Rules Book," which includes special rules for masters competition. WAVA produces a biennial "WAVA Handbook" with international rules. Both are available through the form on page 13.

RW: Racewalking.

Sanction: Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WAVA has "sanctioned" or "approved" a meet or race. An automatic sanction is granted by USATF to any meet or race, unless it's determined the event would be "detrimental" to the sport.

Seniors: A word of many meanings: 1) A USATF competitor age 20 or over; 2) Unofficially used in some road events to denote runners age 60 and up; 3) Athletes 55 + (or 50 + in some cases) who compete in Senior Games throughout the USA; 4) Sometimes unofficially used by the media and others as a substitute for "masters."

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Stadia: Refers to events held within a stadium (100-meter dash, etc.).

Sub-Masters: Men and women age 30-39. T&F: Track and Field.

Uniforms: Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. Thus, national uniforms are entirely optional. USA uniforms are available from the Chair of the Masters T&F Committee (address on page 2).

USATF: USA Track & Field is a nonprofit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 56 "association" offices throughout the nation. Two of its seven sports committees are the Masters T&F Committee and the Masters LDR Committee. The committees meet each December at the USATF Convention, and their executive committees meet at other times of the year. USATF conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile and longer throughout the year. It also stages dozens of regional and local meets and races, for youth, open, and masters

USATF Membership: It is advantageous for a participant to become a member of USATF (\$12 to \$15 per year, depending on the area). A person is automatically insured against injury while competing in, or travelling to, a USATF-sanctioned competition. It is necessary to become a USATF member to compete in some USATFsanctioned events, such as national and regional championships. It is not necessary for a participant to join USATF to compete in non-sanctioned masters events. It is not necessary for a foreign competitor to become a USATF member to compete in USATF events.

USATF Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schedule for a state-by-state breakdown.) There are 15 regions in USATF open and youth competitions.

USNSSO: U.S. National Senior Sports Organization, an independent organization, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 55-and-up. USNSSO helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments, some of which allow 50 + entrants. Qualification for the nationals is generally required by competing in state meets.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some USA road races to define runners age 50-59.)

Volunteers: There is always a need for volunteer help in masters athletics. Meet and race directors need help in timing, officiating, and in all sorts of ways. The sport is built on volunteer help and would cease to exist without it.

WAVA: World Association of Veteran Athletes, the official world veterans governing body for athletics, recognized by the IAAF as the official organization to oversee veterans activities. WAVA stages a World Veterans Championships each oddnumbered year for men 40 + and women 35 +. It holds a World Veterans Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WAVA Regions: There are six worldwide regions: Europe, Africa, North America, South America, Asia, and Oceania. WAVA Regional T&F Championships are held in each region every even-numbered year. Some regions also stage LDR Championships.

WR: World Record.

National Masters News



# University of Buffalo Primed to Host World Vets

nly four months remain before the start of the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y., USA, July 13-23. More than 5000 athletes (men age 40 +, women age 35 +) from more than 70 nations are expected for the biennial event. There are no qualifying standards,

except to be a least the minimum age. The entry and accommodation

forms were printed in the February issue of NMN. The entry deadline is May 15. Entry and accommodation forms are also available from the WVC, Box 150, Niagara Square Station, Buffalo NY 14201.

Two stadiums at the University of Buffalo will be the primary sites for the competition. The 16,500-seat main stadium — built at a cost of \$23 million for the 1993 World University Games — will be the location for the majority of the action and all track & field finals, while a supplemental stadium, 1000 meters away, will handle the remainder.

The main stadium is an eight-lane, 400-meter track encircling a natural grass infield, 186-foot free-standing light towers to illuminate nighttime action, state-of-the-art training facilities, physical conditioning equipment, two large locker rooms for up to 800 athletes, luxury suites, and a 100-seat press box.

The second stadium, built to accommodate the 1985 and 1986 Empire State Games, features a synthetic Omniturf field surface surrounded by an eight-lane, 400-meter Royal Athletic Track surface running track, an electronic scoreboard and message board, and seating for 4000 spectators.

"Masters athletes will be surprised at the offerings at the University of Buffalo," said Nelson Townsend, director of UB's Division of Athletics. "They'll see everything is outstanding and that you can't pick a better climate to participate in anywhere in the world than in Western New York."

It used to be that when one thought of Buffalo, chicken wings and the Buffalo Bills were the first things to come to mind.

That perception is quickly changing, especially in amateur athletic circles. With the success of the World University Games and this summer's WAVA Championships, Buffalo is quickly becoming known as one of the world's leading venues for amateur sporting events.

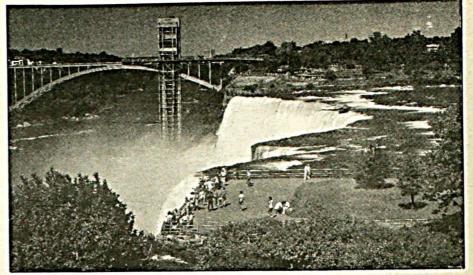
"We know the World Veterans Championships are a communitysponsored project, but we feel we are the host of this event," said Townsend. "We believe we are an integral part of the program and we are putting our best foot forward to ensure this is one of the best events ever sponsored by the World Association of Veteran Athletes."

What works to UB's advantage as an attraction for major amateur athletic events is the growing reputation of its athletic staff.

"Ours is a battle-tested staff," said Bill Breene, assistant athletic director for UB. "We gained a tremendous amount of experience with the World University Games two years ago, and we know what we're doing. We feel we could run the Olympics with the talent we've recruited and developed here."

Breene said the attraction of events like the WAVA Championships enhances the university.

"It helps to rally everyone behind a common goal," Breene said. "The administration, faculty, campus police, food service, student associations, as well as the athletic department are all focused on working hard to cast a favorable light on UB nationally and internationally."  $\square$  — Bob Chase



Niagara Falls

# **High-Tech Results in Buffalo**

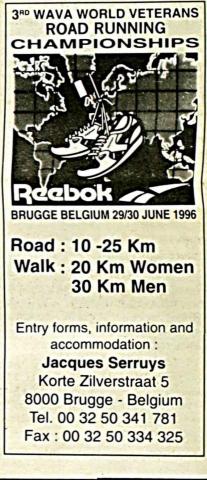
by TOM TAYLOR

As we reported in the January issue of National Masters News, Hy-Tek's MEET MANAGER is the software of choice to run the 1995 World Championships in Buffalo. Hy-Tek has some very special automation plans to help make our meet run smoothly and also provide timely results to our athletes and spectators.

Hy-Tek has developed a very extensive registration system just for our meet. As meet entry forms are processed, information about each competitor is entered into Hy-Tek's MEET MANAGER database. Confirmation letters are automatically generated by MEET MANAGER and are sent to each athlete detailing the events they have entered, any additional administrative fees required, and forms that were not completed.

Not only will Hy-Tek's MEET MANAGER do the seeding, print the meet program, and provide meet results, it will also provide real-time communication with the FinishLynx automated photo finish system so that race results will be communicated quickly and accurately. MEET MANAGER will also be displaying information about the current race in progress as well as race results, directly onto the alpha-numeric scoreboard at the University of Buffalo. Competitors' names, country, and results will be displayed for all to see. It sounds like this year's world championships are going to be the most automated yet. See you there!

March, 1995





The art deco style of Buffalo's City Hall. © Greater Buffalo Convention and Visitors Bureau.





# **Browne Sets World 800 Record**

Peter Browne, M40 world indoor record holder for the 800 (1:55.6) and outdoor (1:51.25), broke Ken Sparks M45 world indoor mark of 1:57.81, running in an international meet in Budapest, Jan. 29, with a sparkling 1:57.32.

Judy Oakes, 36, former Commonwealth Games shot put champion, set a British indoor record in Birmingham, Feb. 4, reaching 18.81.

Julian Goates impressed greatly when posting an excellent eighth spot in the Southern Counties Senior Cross-Country Championships over nine sticky miles of Hampstead Heath. With a backdrop of panoramic views of London, Goates, 41, a former winner of the British National Senior Title in 1981 over the same hills, saw off the challenge of the other masters early in

# Write On!

Continued from page 4

taken aback. In fact, it seemed that I was more upset than he was. Jim handled his impending demise with the same class that he exhibited throughout his life.

If anything makes the involvement in the masters program worthwhile, it is having the opportunity of meeting and getting to know people like Jim. He'll certainly be missed.

**Bob** Fine Delray Beach, Florida

#### **TYPO IN WORLD GAMES ENTRY FORM**

In looking over the competition schedule in the entry booklet for the World Championships in Buffalo, I notice all the M200 finals are on Wed. July 19, except for two groups - M70 and M80 - which are scheduled for Sat. July 22.

Is this a misprint? The 400 finals are on Sat. July 22, which would make it difficult to run both the 200 and 400 finals the same day. Please clarify. Tim Murphy

Irving, Texas (Yes, it's a misprint. The dates for all M200 finals should read Wed. July 19. Thanks for noticing and bringing it to our attention. - Ed.)

#### WORLD CHAMPIONSHIPS

Re the letter (Dec. NMN) about Estonia's participation in the 1991 WAVA Championships in Finland, I

#### the race.

Goates completed the course on Jan. 28 in 48:43, exactly two minutes below the overall winner. Phil Pape, 77th in 52:13, was next best. In the women's race, just over four miles, Theresa Tuohy was first W35 in 22:01 for 16th overall.

There were no veterans prizes in either this race or the Midland event in Corby on the same day, where new M40 Dave Ellis beat Mike Hager by one place (21st to 22nd) and just three seconds in 42:20 for the 12K course. In the women's section, Sue Weatherbran was best W35 in 16th place over 6K (26:08).

In the Northern race, Mike Higginbotham, the 10,000 BVAF track champion, was first M40 in 60th place in Manchester, with 43:34 over 12K.



Hugh Coogan, Brisbane, Australia, wearing an Estonian singlet, which he swapped for an Australian one, at the World Games in Turku, Finland, 1991.

have enclosed a photo of myself wearing an Estonian singlet which I received in a swap for my Australian shirt.

Estonia definitely did have a competitor there, again proof that these Games really do link the world in friendly and competitive ways. Good luck, Estonia, perhaps we will meet at the next Games in Buffalo.

Hugh Coogan Brisbane, Australia

# Mihailov, 41, and Keston, 70, Run 1-2 in First Age-Graded Marathon in Spain

The First Worldwide Age-Handicap Marathon was held in Valencia, Spain, Feb. 5, with the first three places going to a 41-year-old, a 70-year-old, and a 35-year-old.

"Exhausted but happy, we can now say that our idea of organizing an age/sex-compensated marathon was a good one," said Francisco (Paco) Borao, Press Information Officer of the event.

Using age standards prepared by the World Association of Veteran Athletes (WAVA), the race featured different starting times for each runner based on age and sex.

The first runner to cross the finish line in an age-graded time of 2:14:55 was Yuri Mihailov, 41, of Russia, whose actual running time was 2:20:38. Next to cross was Oregon's John Keston, 70, with an AG time of 2:16:40

(actual time 3:02:50). All the 60+ women started first, followed by the 70 + men 2:45 later,



Mike Corden, 46, most outstanding performer at the 1994 British Veterans Decathlon Championships, Sheffield, England, hurling the shot.

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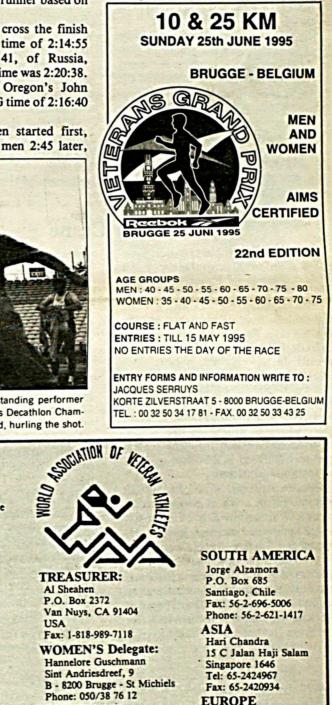
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B - 8000 Brugge, Belgium Fax: 32-50-334-325 SECRETARY: **Torsten Carlius** malandsgatan 25 S-25276 Helsingborg, Sweden Fax: 46-42-128-956

the W55s shortly after that, and so on until the youngest runner took off 48:55 after the 60 + women.

"To say the least, it was exciting," Borao said. "We are already planning next year's marathon."

Sponsors of the race included Coca-Cola, Reebok, and Canon. Any race director interested in staging a similar event may contact Borao at Pinto Peiro, 10-7a-46010, Valencia, Spain, or race director Toni Lastra, fax: 96/362 68 23.



Fax: 65-2420934 EUROPE Wilhelm Koster Haydnstrasse 28 D-6103 Griesheim, Germany OCEANIA Iim Blair 43 Emslie Road Pinehaven, Upper Hutt New Zealand Fax: 64-4-528-0115 AFRICA

Col. Pascal Mackonguy BP 1222 Brazzaville Republic of Congo

# Walt Stack

Walter Stack (1908-1995) of Potrero Hills, Calif. died Jan. 18 at age 86 in a nursing home after a long illness. Stack took up running when he was 58 to improve his swimming stamina.

As chronicled in a Sports Illustrated article, Dec. 15, 1975, Stack started his daily routine at 3 a.m. with a five-mile bike ride to the Dolphin Swimming and Boating Club, where he would don his running gear for a 17-miler over the Golden Gate Bridge to Sausalito and back, take a chilly 45-minute swim in the Bay, followed by a 20-minute stay in the sauna to thaw out and the bike ride back home. Then, he would bike to work by 7 a.m. as a hod carrier with loads of 100 lbs. for eight hours.

His training routine alone would be hard to match, but his ability to promote and encourage others outstripped his athletic prowess. He organized the Dolphin South End RC in 1966, promoting scenic runs through San Francisco every Sunday and encouraging family participation, particularly women, who he felt had been left out of athletic opportunities. The DSE club T-shirts carried the club's motto: "Start Slowly and Taper Off." Sept. 28, 1908, Stack led a colorful life. He joined the army in 1922 as a 15-year-old but soon deserted only to re-enlist at 18 under an alias. The rigors of army life as a medic in the Philippines persuaded him to confess the desertion, which earned him 14 months detention, five of which were spent at Alcatraz.

Born in Detroit of Polish parents on

He sailed for 26 years as a marine fireman until he lost his Coast Guard papers in 1951 during the Cold War hysteria. After other jobs, such as garbage collector and slaughter house worker, he became a hod carrier.

His athletic accomplishments include finishing the JFK 50 Miler, the Western States 100 Mile, and nearly 100 marathons

Stack was in demand as a speaker at gerontological conferences, senior citizen clubs, and on the radio and television.

Memorial gatherings were held in January at the Dolphin Club in San Francisco's Aquatic Park, and in February at the Potrero Hill Neigborhood House.

- Ruth Anderson

# **Buell Crane**

Buell Crane (1900-1995) passed away in his sleep from heart failure at his home in Twin Falls, Idaho, in the early evening of Feb. 10, one month short of his 95th birthday. He was sitting in his easy chair in front of his medal display with his dog, Pepe, on his lap.

Crane held many U.S. and world records in the sprints, jumps, and throws. In 1993, he suffered a heart attack but rallied for his last major competition, the 1994 USATF National Masters Championships in Eugene, Ore., where he won seven first places, received acclamation from the crowd, and was featured in a special segment on national television.

Born in St. John, Wash., in 1900, he was raised on a wheat ranch and attended Washington State University, where he hurdled and high-jumped. He joined the Student Army Corps (now ROTC) during World War I, and later graduated with a degree in agronomy. He worked as a wheat rancher and an agronomist for the U.S. Department of Agriculture, and was a consultant for the Steve Reagen Co. of Salt Lake City, retiring in 1979. He married Mabel Griffith in 1930 and had one daughter. After divorcing, he married Cecile Hughes of Twin Falls in 1950. She passed away in 1986.

He is survived by his daughter, Carolyn O'Connor, of Corvallis, Ore., four grandchildren, and three greatgrandchildren.

Competing in meets all over the U.S., as well as in Australia and Finland, Buell was a hardy supporter of the athletes and the sport that sustained him for the past 25 years. His many friends will miss his spirit, his stories, and his talent. He had hoped to compete in the World Games in Buffalo.

The family will establish a scholarship in his name at the College of Southern Idaho, where he worked out and had many friends. Donations can be made to Buell Ross Crane Memorial Scholarship Fund, c/o CSI Foundation, P.O. Box 1238, Twin Falls ID 83301.

A memorial service will be held at the college on the track in the last week of March.  $\Box$  — Jim Hitchman

fashion and followed up with a second

Onlookers in Toronto were shocked

when Valden, always a very fit athlete,

suddenly pitched forward and died in-

stantly after the third 200 lap of the

1500. Moments earlier he had appeared

at ease. Dr. Bob Moore, who was on

hand, applied instant resuscitation endeavors without success. Our

deepest condolences to Valden's fami-

-Don Farquharson

ly. We know not the hour ...

gold in the 300 hurdles.

# Valden SadulSadulFriends of Valden Sadul (1924-1995)fashion a<br/>gold in thwill be saddened to hear of his death<br/>while running in a time trial in a<br/>Toronto indoor 1500. Valden was a<br/>strong, determined and well-liked<br/>70-year-old competitor at middle<br/>distance, hurdles, and steeplechase<br/>events and will be sorely missed.fashion a<br/>gold in th<br/>Onlood<br/>when Val<br/>suddenly<br/>stantly a<br/>1500. Mc<br/>at ease.

Winner of numerous Canadian and U.S.A. events, his finest achievements were at the WAVA Championships in Eugene, Oregon, 1989, when he won the M65 steeplechase in dramatic

# **Dick Lacey**

Dick Lacey, often called "the guru of running" in the Clearwater, Fla., area, died Jan. 26, at age 84.

His wife, Isabel, said he had been hospitalized since Nov. 30, suffering from tuberculosis, pneumonia, and other ailments.

Lacey was a four-year letterman in the sprints and hurdles at Colgate U. from 1929-32, holding the Colgate record in the 100-yard dash.

He was a track coach at Pelham, N.Y., high school for 25 years while posting 106 victories in 125 meets, including 12 undefeated seasons.

He held world masters records in the 200, 400, 110 hurdles, 400 hurdles, and high jump. He was a double goldmedal winner in the 1975 (Toronto) and 1977 (Goteborg) World Veterans Championships. In 1985 in Rome, he won the high jump. He competed in 1993 in Miyazaki and had planned to be in Buffalo, N.Y., this year.

Last year, he competed at the 100th running of the Penn Relays, 66 years after he first competed in the meet in 1928.

Born in England, he moved to the USA in 1926. His career in education included work as an English teacher, guidance counselor, director of personnel and coach at the high school level, and as a college administrator.

He never stopped coaching,

volunteering his time in Clearwater almost from the day he arrived from New York in 1979 to help coach the Clearwater High School girls' track team and to coach adult distance runners.

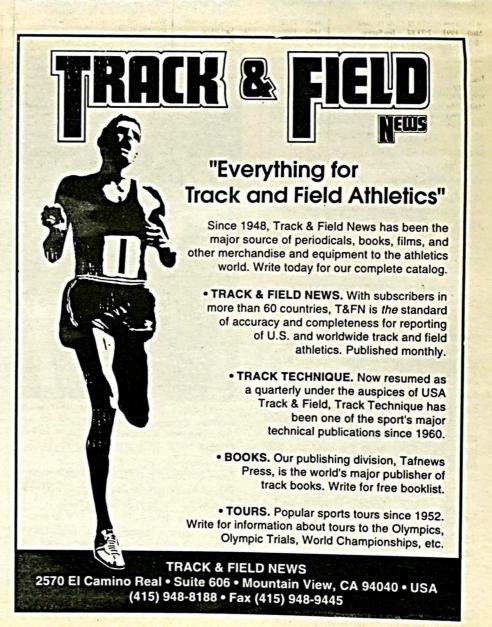
"Dick always had a kind word to say about everybody," said Vicky Renner, one of his runners. "He never complained about anything, even in the hospital."

Lacey developed a pentathlon running meet, encouraging road racers to transfer their abilities to the track.

"Dick was extremely devoted to everyone he met," said Charles Espy, a friend and also an English teacher. "He was constantly searching in people for latent talent. He'd see it, and he was an excellent writer, too."

Lacey was a regular contributor to Making Tracks, the newsletter of the West Florida Y Runners Club. His articles were published in national magazines, including *Reader's Digest*. His club regularly called on him to be their dinner speaker.

He is survived by his wife of 62 years, whom he met on a blind date, and a son, Bob. Donations may be sent to the Dick Lacey Scholarship Fund, West Florida Y Runners Club, 1005 Highland Ave. S., Clearwater, FL 34616. — Bob Henderson and Charles Espy



# National Masters News

# RECORDS SET AT INDOOR EAST REGIONAL TRACK & FIELD CHAMPIONSHIPS THRU 1994 Prepared by Haig Bohigian

		Preparea by Haig Bonigian
Men	4x800m Relay	W35 1982 7.15 Phil Raschker Shot Put
60y-55m	30-39 1982 9:13.22 Touch of Class (L Jefferson/G Prince/S Okrend/A Sterrett)	W40 1983 7.40 Carmen Brown W30 1982 12.35 Irene Thompson Weight Throw Black W30 1982 12.35 Irene Thompson Weight Throw Black W30 1982 12.35 Irene Thompson W300 1982 12.35 Irene Thompson
M30 1988 6.50 John Brooks 1992 6.50 Remo Biagioni	40-49 1994 8:45.92 Team United	W45         1992         7.60         Lorraine Tucker         W35         1990         11.30         Joan Stratton         W30         1990         8.43         Virginia Boyn         W30         1994         16:50.00         Sharon Lyons           W50         1990         8.60         Manilym Fitzgerald         W40         1988         10.61         Kathy Pierce         W35         1990         11.81         Joan Stratton         W35         1993         16:04.00         Ellen Marshall
M35 1992 6.30 Ben James	(P Zink/M Morgan/R Wiltshire/A Logic)	W55 1991 8.60 Marilyn Frigerald W45 92.93 9.50 Lorraine Tucker W40 1992 5.55 Kathy Pierce W40 1990 15:34:50 Julie Ratner
M40 1986 6.55 Stan Whitley	50-59 1990 9:51.4 Central Park TC	W60 1988 9.10 Patricia Peterson W50 1988 9.54 Joan Dash W45 1991 7.05 Roslyn Katz W45 1992 17:04.90 Dorodhy Sholeer
M45 1982 6.50 Lloyd Riddick M50 80,81,83 6.90 Bert Lancaster	(C Pauling/E Coplin/N Goluskiin/S Howard) 4x400x Rclav	W65         1992         9.20         Patricia Peterson         W55         92.93         9.20         Ann Cirulnick         W50         1992         9.89         Roslyn Katz         W50         1990         18:40.40         Elton Richardso           W70         1986         11.20         Vivian Nelson         W60         1988         7.70         Velta Tomsons         W55         1992         9.17         Ann Cirulnick         W55         1994         17.48.60         Elton Richardso
M55 1983 7.20 Rudy Valentine	30-39 1982 3:27.30 NY Pioneers	W75 1993 13.75 Marjone Smith W65 1990 6.76 Libby Hagemann W65 1990 5.82 Libby Hagemann W60 1987 20.39.70 Marie Henry
M60 1982 7.34 David Lawyer	(W Overby/C Robinson/Lewis/D Dyce)	60m W70 1994 6.96 Libby Hagemann W70 1993 8.42 Libby Hagemann W65 1991 22.14.60 Marie Heary
M65 1985 7.93 David Lawyer	40-49 1984 3:36.40 NY Pioneers (M O'Neal/G Shane/E Small/B Stanford)	W30 1994 8.70 Denise Jones W75 1987 5.04 Theresa Bucacci W75 1991 3.68 Lenka Seda W70 1994 22.22.90 QueenieThomps W35 1994 8.78 Cheryl Alston
1993 7.93 Ed Cox M70 1991 8.10 Marlen McWilliams	50-59 1988' 4:24.00 Svracuse Chargers	W35 1994 8.78 Cheryl Alston W50 1994 9.84 Barbara Stewart
M75 1983 8.70 Byron Fike	0-69 1986 5:08.90 Phila Masters	W75 1004 14 94 Mariaria Smith
M80 1983 9.10 Everett Hasack	4x800v Relay	200m
M85 1991 12.30 Everett Hasack	30-39 1984 8:30.40 Gr. Rochester TC (Contrario/Pettinella/Williams,Vanacker)	W30 1992 26.10 Stephanie Vega W35 1992 27.20 Irene Thompson W45 1989 29.02 Marilyn Mitchell W55 1991 31.40 Markyn Mitchell
60m M30 1994 7.15 Matt Godbolt	40-49 1976 8:38.10 NY Pioncers	W35 1992 27.20 Irene Thompson W40 1989 27.57 Jennifer Pinto
M35 1994 7.31 John Brooks	50-59 1993 9:20.85 NY Pioneers	
M40 1994 7.32 Thomas Jones	(G Shanc/B Burrell/R Rizzo/E Small)	
M45 1994 7.77 Shakshat Flowers	60-69 1985 13:06.46 Syracuse Chargers	W60 1989 35.28 Patricia Peterson
M50 1994 7.84 Robert Williams	Hich Jump M30 1989 2.05 Jerry Crockett	W65 1992 35.40 Patricia Peterson W70 1990 46.40 Marioric Smith Asthma But asthma can be much more serious. So if your child has a cough that won't
M55 1994 8.08 Roosevelt Weaver M60 1994 8.39 Oscar Taylor	M35 1993 1.98 Mark Williamson	W70     1990     46.40     Marjorie Smith     Asthma. But asthma can be much more serious. So if your child has a cough that won't go away, is often short of breath, or wheezes a lot, especially at night or after running,
M65 1994 8.60 Ed Cox	M40 1993 1.88 Steve Harkins	400m don't treat it yourself. Go to your doctor or clinic.
M70 1994 9.71 Lester Wright,Sr	M45 1977 1.72 Walt Hutchins	W30 1992 57.70 Stephanie Vega
M75 1994 11.42 Jerry Wible	84,85 1.72 Gerald Counihan 1988 1.72 Paul Dorsey	W35 1989 1:03.60 Lynne Diezi Breathe easier. Ask your doctor if it's asthma.
200m M30 1991 22.90 Eugene Vickers	M50 1974 1.62 Boo Morcom	W40 1991 1:03:90 Betty Clair-Searcy W45 1994 1:12:20 Sylvie Kimche National Asthma Education and Prevention Program
M35 1992 22.90 Ben James	1990 1.62 Gerald Counihan	W50 1990 1:12:20 Marilys Fitzgerald National Astimate Education and Prevention Program
M40 1994 23.80 Thomas Jones	M55 1977 1.52 Boo Morcom	W55 1991 1:13.30 Manilyn Fitzgerald National Institutes of Health; Public Health Service; U.S. Department of Health and Human Services.
M45 1990 24.30 Roger Pierce	1981 1.52 Boo Morcom	W60 1989 1:31.00 Patricia Peterson
M50 1989 24.28 Larry Colbert	M60 83,85 1.47 Boo Morcom 1986 1.47 Denver Smith	W65 1992 1:30.70 Patricia Peterson W70 1990 1:52.00 Mariorie Smith
M55 1993 25.75 Larry Colbert M60 1994 27.69 James Stookey	M65 1983 1.42 Ian Hume.	\$00m
M65 1992 29.20 Robert Naylor	M70 1985 1.42 Ian Hume	W20 1994 212.02 Marca Demostrate
M70 1992 29.60 Ed Matthews	M75 88,91 1.17 Claude Hills	W35 1993 2.26.64 Mimi Dipietro RANDOLPH TOWNSHIP & GARDEN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET
M75 1992 35.30 Sparks Sorlein	1990 1.17 George Braceland M80 1993 1.06 Claude Hills	W40 1994 2.28.41 P Dickson-Taylor SUNDAY, JUNE 4, 1995 W45 1987 2.31.30 Barbara Pike
M80 1991 32.90 Barry Ivers 400m	Pole Vault	W50 1097 21/50 Summe Bud Gud
M30 1991 52.20 Eugene Vickers	M30 1986 4.72 Robert Meyers	W30 1987 2.46.30 Susan Rodicid EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups RUNNING EVENTS
M35 1989 51.90 Horace Hudson	M35 1982 4.73 Charles Polhamus	W60 1993 3.06.73 Gloria Brown A NEW JERSEY GRAND PRIX SERIES MEET
M40 1992 52.40 Ralph Penn,Jr M45 1990 53.50 Roger Pierce	M40 1983 4.42 Wally Sokolowski M45 1986 4.11 Gerald Counihan	1500m 5000 METERS 10:00 AM 1500 METER RACE WALK 1:30 PM
M45 1990 53.50 Roger Pierce M50 1989 54.00 Larry Colbert	1987 4.11 Wally Sokolowski	W30         1986         5.00.30         Wendy Scher         110 METER HH         11:00 AM         400 METER DASH         2.15 PM           W35         1986         5.08.80         Loretta McCanhy         MILE RUN         12:00 PM         800 METERS         2.30 PM
M55 1993 57.54 Larry Colbert	M50 1974 3.96 Boo Morcom	W40 1986 4.59.70 Linda Upton 100 METER 1:00 PM 200 METER DASH 3:00 PM
M60 1994 60.80 Fritz Schlereth	M55 1977 3.99 Boo Morcom	W45 1989 5 09 30 Elaine Meadows 4X400 RELAY 3 45 PM
M65 1992 66.30 Robert Navior M70 1992 69.10 Ed Matthews	M60 83,85 3.66 Boo Morcom M65 1987 2.74 Boo Morcom	W55 1990 5.51.60 Gen Owens W65 1990 2.55.40 Owens Temperature 30:39 MEN 40:49 MEN MEN 50:59 MEN 60:4WOMEN
M70 1992 69.10 Ed Matthews M75 1991 85.30 Jerry Wible	M70 1993 2.89 Boo Morcom	POLE VAULT 10:00 AM 10:00 AM 10:00 AM 10:00 AM
800m	M75 1990 2.13 George Braceland	Store         Shot PUT         10.00 AM         10.45 AM         11:30 AM         12:30 PM           W30         1990         10.36 50         Nancy Fitzgerald         WEIGHT THRÓW         1:30 PM         2:45 PM         2:15 PM         1:00 PM
M30 1992 1:58.80 Rick Smith M35 1986 1:56.20 Walter Hawkins	M80 1993 1.52 Claude Hills	W35 1994 10.06.20 Janice Morra HIGH JUMP 10.30 AM 10.30 AM 10.30 AM 10.30 AM
M35 1986 1:56.20 Walter Hawkins M40 1987 2:01.40 Albin Swenson	Long Jump M30 1988 6.63 Eugene Cacciatore	W40         1988         10.58.20         Kathy Brown         LONG JUMP         10:00 AM         12:00 PM         1.00 PM           W45         1994         11:53.50         Manlyn Salvetti         JAVELIN         11:15 AM         12:15 PM         1:30 PM         10:00 AM
M45 1987 2:04.40 David Farley	M35 1988 6.68 Al Walton	W50 1989 12:34.90 Man Harada DISCUS 12:30 PM 1:30 PM 10:00 AM 11:15 AM
M50 1992 2:08.90 Ken Baker	M40 1988 6.71 Ken Baker	W55 1988 12.23.60 Giona Brown TRIPLE JUMP 2:00 PM 2:00 PM 3:00 PM 3:00 PM USATE NJ SANCTIONED
M55 1994 2:10.72 Sid Howard M60 1993 2:23.87 Jim Sutton	M45 1992 6.20 Joseph Johnson M50 1986 5.74 Earl Kline	FVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL & OPEN RUNNING EVENTS
M60 1993 2:23.87 Jim Sutton M65 1989 2:27.10 Archie Messenger	M50 1986 5.74 Earl Kline M55 1988 5.68 Rudy Enders	MILE RUN AGES 9-10, 11-12, 13-14, 15-29 11:30 AM MALE & FEMALE
M70 1986 2:41.94 Austin Newman	M60 1982 5.34 Boo Morcom	W35 1982 8.56 Carmon Brown 400 METERS AGES 9-10, 11-12, 13-14, 15-29 2:00 PM MALE & FEMALE
M75 1990 3:26.40 Jerry Wible M80 1990 3:50.00 Henry Zachman	M65 1987 5.00 Boo Morcom M70 1992 4.66 Edwin Lukens	W40         1984         8.50         Carmen Brown         4x400 METER RELAY         AGES 9-10, 11-12, 13-14, 15-29         3:30 PM         MALE & FEMALE           W45         1993         10.91         M Marie Hill         4x400 METER RELAY         AGES 9-10, 11-12, 13-14, 15-29         3:30 PM         MALE & FEMALE
M80 1990 3:50.00 Henry Zachman 1500m	M75 1992 3.89 Sparks Soricin	WS0 1987 11.06 Susan Redfield EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting
M30 1994 4:02.73 Cameron Stracher	M80 1993 3.23 Claude Hills	W60 1988 13.50 Patricia Peterson schedule changes_If athlete misses calls or fails to check in, event fee is forfeited.
M35 1986 4:05:60 Harold Nolan	M85 1991 2.23 Everett Hosack	60m Hurdles W30 1994 9 09 Glenda Truesdale
M40 1991 4:11.00 Albin Swenson M45 1993 4:10.25 Albin Swenson	Triple Jump M30 1987 13.68 Nathan Taylor	W25 1004 12 00 Sara Boslaugh MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM
M50 1991 4:26:30 Sid Howard	M35 1987 13.68 David Pruitt	W45 1994 11.31 M Marie Hill BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE
M55 1990 4:37.60 John Conner	M40 1984 12.45 Grant Krow	W50 1994 14.10 Barbara Stewart. RUNNING BEHIND SCHEDULE. Av200m Relay ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS.
M60 1993 4.43.73 Jim Sutton M65 1989 5:05:00 Archie Messenger	M45 1991 11.09 Michael Milove M50 1987 10.84 Haig Bohigian	4x200m Relay 30-39 1994 1:51.10 Touch of Class
M70 1986 5:27.40 Austin Newman	M55 1988 10.30 Rudy Enders	(L Clark/K Etheridge/B Whitaker/D Jones) BULES SPIKES ALLOWED - 1/4" or less
M75 1991 6:44.40 Dudley Healy	M60 1985 11.06 Edwin Lukens	4x400m Relay
M80 1993 7.26.98 Bill Brobston	M65 1987 10.84 Edwin Lukens M70 1992 9.70 Edwin Lukens	30.39 1994 4.25 47 TOUCH OF CLASS ELIGIBILITY: USATE (TAC) MEMBERSHIP REQUIRED FOR ALL ATHLETES, NO EXCEPTIONS. AVAILABLE AT MEET.
3000m M30 1988 8:54.80 Robert Petrillo	M70 1992 9.70 Edwin Lukens M75 1992 8.37 Sparks Sorlein	
M35 1991 8:56:30 Dave Patterson	M80 1993 6.11 Claude Hills	4x400y Relay 30-39 1984 4:33.10 Police Ath League FEES - Free to Randolph residents.
M40 1988 9:04:00 Albin Swenson	Shot Put	(Osborne/Carter/Robinson/Clark) Pre_registered - (Received on or before May 26.) \$5 per event.
M45 1993 9:08.89 Albin Swenson M50 1989 9:55.40 Bob Miller	M30 1987 15.92 John Dupuis M35 1977 14.52 Ernic McCombs	40-49 1984 4.53.60 NY Masters Received after May 26 - \$5 late fee added to first event. 50-59 1985 6.35 98 NY Masters Relay Jeams - \$16 per team, for Open and Masters, \$12 per team for youths.
M55 1992 10:12:60 Sam Graceffo	1980 14.52 Ed Hill	
M60 1992 11:18:20 Howard Rubin	M40 1983 14.07 Larry Pratt	4x800y Relay 30-30 1988 11:14:50 Syracuse Chargers Morton Hahn days 201-625-1764 evenings 201-361-3282
M65 1990 12.18.90 Carl Hammen M70 1987 11:27.50 Scotty Carter	M45 1987 14.76 Carl Wallin M50 1983 #14.89 Len Olson	30-30         1988         11:14:50         Syracuse Chargers         Meet Directors:         Morton Hahn         days 201-525-1704         evenings 201-301-3202           40-49         1985         10:04:64         Central Park TC         Ken Brinker         days 201-540-3860         evenings 201-306-8367
M70 1987 11:27:50 Scotty Carter M75 1991 14:31:60 Dudley Healy	M50 1983 #14.89 Len Olson M55 1989 14.08 Cliff Blair	High Jump
60y-55m Hurdles	M60 1981 13.95 Bill Coleman	W30 1989 139 Irene Thompson AvvArOS - Medias for max geodod, and units plate AvVArOS -
M30 1982 7.13 Bob Rudrow M35 1985 7.87 Dawud Saleem	M65 1980 •11.74 George Braceland	W35 1982 1.55 Phil Raschker SITE-Randolph High School, Millbrook Road, Randolph, New Jersey
M35 1985 7.87 Dawud Saleem M40 1981 7.80 James O'Hara	1984 *11.74 Murray Oguss M70 1988 11.51 Elmer Shaw	WAS 1994 130 M Marie Hill Suprocessory Washington Bridge Take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles.
1988 7.80 Kan Brinker	M75 1993 9.22 Jack Hagemann	W50 1000 106 Madeline Bost Look for Durykin Doguls on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook ave by making a right on
M45 1983 7.80 Charles Pratt	M80 1993 8.26 Claude Hills	W55 1983 .91 Bernice Holland the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.
M50 1983 8.10 Larry Pratt,Sr M55 1985 8.87 Clifford Murphy	# = 12 lb, * = 4K	W60         1991         1 20         Lenore McDanicls           W65         1992         1 09         Patricia Peterson
M55 1985 8.87 Cuttora Murphy M60 1982 9.20 Boo Morcom	Weight Throw M30 1992 15.67 Joseph Benoit	THE OUT AND RETURN TO
	M35 1993 16.01 Paul Ferency	W75 1990 86 Vivian Nelson GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN, 19 BEDMINSTER ROAD, RANDOLPH, NJ 0/869
M6.5 1993 9.58 Denver Smith		Pole Vault (PLEASE PRINT)
M65 1993 9.58 Denver Smith M70 92,93 9.80 Edwin Lukens	M40 1983 13.65 Norm Cyprus	Wat 1092 244 Phil Parchler
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edwin Lukens           M75         1980         10.70         Russell Meyers	M45 1976 17.88 Bob Backus	W35 1982 2.44 Phil Raschler NAME MALE FEMALE AGE AS OF 64
M65 1993 9.58 Denver Smith M70 92,93 9.80 Edwin Lukens	M45 1976 17.88 Bob Backus M50 1979 17.98 Bob Backus	W35         1982         2.44         Phil Raschker         MALE         FEMALE         AGE AS OF 6/4            M50         1992         2.13         Madeline Bost         (first name)         (last name)
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edwin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         2         14.35         Lev Mozhaev           M60         1982         13.69         Bill Gilligan	W35         1982         2.44         Phil Raschker         MAME         MALE         FEMALE         AGE AS OF 6/4            M50         1992         2.13         Madeline Bost         (first name)         (last name)
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edwin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         .         .         .           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.50         Michael Milove	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (a) 14.35         Lev Mozhaev           M60         1982         13.69         Bill Gitligan           M65         1985         13.87         Tom McDermott	W35         1982         2.44         Phil Raschker         MAME         MALE         FEMALE         AGE AS OF 6/4         MAME           M50         1992         2.13         Madeline Bost         (first name)         (last name)         Image: Comparison of the second of t
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Nevers           60m Hurdles	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         @ 14.35         Lev Mozhaev           M60         1982         13.69         Bill Gilligan           M65         1985         13.87         Tom McDermott           M70         1988         11.25         Elmer Shaw	W35     1982     2.44     Phil Raschkér     NAME
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edwin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         .         .         .           M30         1994         8.26         Angelo Booker           M45         1994         9.30         John Paul Jones	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (a) 14.35         Lev Mozhaev           M60         1982         13.69         Bill Gitligan           M65         1985         13.87         Tom McDermott	W35       1982       2.44       Phil Raschkör       NAME
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edwin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         24.35         Lev Mozhaev           M60         1982         13.69         Bitl Gitligan           M65         1985         13.87         Tom McDermott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1991         4.64         Everett Hosack	W35       1982       2.14       Phil Raschkér         M35       1992       2.13       Madeline Bost       (first name)         1994       2.13       Barbara Stevart       (first name)       (last name)         Long Jump       0       641       Cathy Ocrter       CITY       STATE       21P         W30       1984       5.61       Cathy Ocrter       CLUB       USATF NO       CLUB       CLUB       CUB       CLUB       CUB
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         24.13         15         Lev Mochaev           M60         1982         24.14         55         Lev Mochaev           M60         1982         13.69         Bill Gilligan           M65         1988         11.25         Elmer Shaw           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ = Unvertified Mark         Loweriked Mark         Loweriked Mark	W35       1982       2.44       Phil Raschkér         M35       1992       2.13       Madeline Bost       (first name)       (last name)         1994       2.13       Barbara Stewart       ADDRESS
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         10.70         Russell Meyers           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.30         Michael Milove           M50         1994         12.16         Dave Connolly           M55         1994         10.91         Nate Byrd           M60         1994         13.12         Jack Lance           M65         1994         13.58         Bill Townsend           M70         1994         10.58         Edwin Lukens           4x200m Relay         50         Mont Lukens         50	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (i) 4.35         Lev Mochaev           M60         1982         13.69         Bill Gilligan           M65         1985         13.87         Tom McDermott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ = Unverified Mark         3000m RW	W35       1982       2.44       Phil Raschker       NAME
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Neyers           60m Hurdles         10.70         Russell Neyers           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.50         Michael Milove           M50         1994         12.16         Dave Connolly           M55         1994         10.91         Nate Byrd           M60         1994         13.12         Jack Lance           M65         1994         11.58         Bill Townsend           M70         1994         10.58         Edvin Lukens           4x200m Relay         30.39         1994         1.34.00	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982 <i>û</i> 14.35         Lev Mozhaev           M60         1982 <i>i</i> 13.69         Bill Gilligan           M65         1985         13.87         Tom McDermott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skoherg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack <i>@</i> = Unverified Mark         3000m RW         M30         1988         13.40.00	W35       1982       2.44       Phil Raschkér         M50       1992       2.13       Madeline Bost       (first name)       (last name)         1994       2.13       Barbara Stewart       (first name)       (last name)         1994       2.13       Barbara Stewart       (first name)       (last name)         W30       1984       5.61       Cathy Ocrier       CITY
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         10.70         Russell Meyers           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.30         Michael Milove           M50         1994         12.16         Dave Connolly           M55         1994         10.91         Nate Byrd           M60         1994         13.12         Jack Lance           M65         1994         13.58         Bill Townsend           M70         1994         10.58         Edwin Lukens           4x200m Relay         50         Mont Lukens         50	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982 <i>û</i> 14.35         Lev Mochaev           M60         1982 <i>i</i> 13.69         Bill Gilligan           M65         1985         13.87         Tom McDernott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack <i>@</i> = Unverified Mark         3000m RW         David Lawrence           M30         4988         13.40.00         David Lawrence           M35         1994         14.07.00         Michael Kobol	W35       1982       2.14       Phil Raschker       NAME
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         10.70         Russell Meyers           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.30         John Paul Jones           M45         1994         9.16         Michael Milove           M50         1994         12.16         Dave Connolly           M55         1994         10.91         Nate Byrd           M60         1994         13.12         Jack Lance           M65         1994         10.58         Edwin Lukens           47:000m Relay         10.58         Edwin Lukens           30-39         1994         1:34.00         Touch of Class           (V Barnwell/D Cherry/N Gabnel/F Feaster)         40-49         1:37.79         Masters of Univ           (J Johnson/K Brinker/E Lee/R Johnson)         (J Johnson/K Brinker/E Lee/R Johnson)         (J Johnson/K Brinker/E Lee/R Johnson)	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (a) 14.35         Lev Mochaev           M60         1982         13.69         Bill Gilligan           M65         1985         13.87         Tom McDermott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ = Unverified Mark         3000m RW         Michael Kobol         David Lawrence           M30         1998         13.40.00         Michael Kobol         Mchael Kobol           M40         1993         12.40.83         Ray Funkhouser         May	W35       1982       2.44       Phil Raschker         M35       1992       2.13       Madeline Bost         1994       2.13       Barbara Stewart         Long Jump       (first name)       (last name)         W30       1984       5.61       Cathy Oetter         W30       1984       5.61       Cathy Oetter         W30       1984       5.61       Cathy Oetter         W40       1990       4.68       Cassandra Clark         W43       1993       4.39       Lorranie Tucker         W50       1992       2.95       Dorothy Swanson         W60       1991       3.19       Lenore McDanicls         W60       1991       2.49       Libby Hagemann         W75       1990       1.70       Vivian Nclson         W75       1990       1.70       Vivian Nclson         W75       1990       1.70       Vivian Nclson
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         24.13         55         Lev Mochaev           M60         1982         24.13         55         Lev Mochaev           M65         1982         24.13         55         Lev Mochaev           M65         1982         13.87         Tom McDermott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ - Unverified Mark         30000m RW         David Lawrence           M30         4988         13.40.00         Michael Kobol           M40         1993         12.40.83         Ray Funkhouser           M45         1992         13.16.10         Gay Null           M50         1993         15.19.09         Larry Simmons	W35       1982       2.44       Phil Raschker         M35       1992       2.13       Madeline Bost       (first name)       MALE       FEMALE       AGE AS OF 6/4         Long Jump       W30       1984       5.61       Cathy Oetter       CITY       STATE       ZIP         W30       1984       5.61       Cathy Oetter       CLUB       USATE NO       STATE       ZIP         W40       1990       4.68       Cassandra Clark       EVENTS ENFERED       USATE NO
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (a) 14.35         Lev Mochaev           M60         1982         13.69         Bill Gilligan           M65         1985         13.87         Tom McDermott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ = Unverified Mark         3000m RW         Michael Kobol         David Lawrence           M30         1998         13.40.00         Michael Kobol         Mchael Kobol           M40         1993         12.40.83         Ray Funkhouser         May	W35       1982       2.44       Phil Raschker         M50       1992       2.13       Madeline Bost       (first name)       (last name)         1994       2.13       Barbara Stewart       ADDRESS
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         .         .         .           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.30         John Paul Jones           M45         1994         9.30         Michael Milove           M50         1994         12.16         Dave Connolly           M55         1994         10.91         Nate Byrd           M60         1994         13.12         Jack Lance           M65         1994         11.58         Bill Townsend           M70         1994         10.58         Edvin Lukens           4x200m Relay         30.39         1934         1.34.00         Touch of Class           (V Barnwell/D Cherry/N Gabrie/F Ecert Johnson)         50-59         1934         1.51.60         Garden State AC           (T Hartman/J McDonald/V Ruflin//8 O'Brien)         4x400m Relay         30-39         1994         342.59           30-39         <	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         24         13.69         Bill Gilligan           M60         1982         24         13.69         Bill Gilligan           M65         1988         11.25         Elmer Shaw           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack <u>3000m RW</u> M30         488         13.4000         Michael Kobol           M30         4988         13.4000         Michael Kobol         Mak           M30         4988         13.4000         Michael Kobol         Mak           M30         1993         12.40.83         Ray Funkhouser         M45           M45         1992         13.16.10         Gay Null         Gay Null           M50         1993         16.28.48         Jack. Boitano         M66           M60         1993         16.28.48         Jack. Boitano         M65	W35       1982       2.44       Phil Raschker         M50       1992       2.13       Madeline Bost       (first name)       MALE       FEMALE       AGE AS OF 6/4         Long Jump       W30       1984       5.61       Catby Octro       CLUB       CLUB       STATE       21P         W30       1984       5.61       Catby Octro       CLUB       USATF NO       STATE       21P         W30       1984       6.66       Cassandra Clark       EVENTS ENFERED       USATF NO
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         .         .         .           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.30         John Paul Jones           M45         1994         9.30         Michael Milove           M50         1994         12.16         Dave Connolly           M55         1994         10.91         Nate Byrd           M60         1994         13.12         Jack Lance           M65         1994         10.58         Edwin Lukens           4x200m Relay         30.39         1994         1.34.00           30-39         1994         1.37.79         Masters of Univ           (J Johnson/K Brinker/E Lee/R Johnson)         50-59         1994         1.51.60         Garden State AC           (T Hartimar/J McDonald/V Ruffin/80 O'Brien)         4x400m Relay         30-39         1994         3.42.59           30-39         1994         3.42.59<	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (±)         13.69         Bill Gilligan           M60         1982         13.69         Bill Gilligan           M65         1982         (±)         13.69         Bill Gilligan           M65         1988         11.25         Elmer Shaw           M70         1998         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ - Unverified Mark         3000m RW         M30         1988         13.40 00           M30         1988         13.40 00         David Lawrence           M35         1991         14 07 00         Michael Kobol           M44         1992         13.16 10         Gary Null           M50         1993         15.19 09         Lary Simmons           M55         1990         14.59 40         Jack Boitano           M60         1993         16.28 48         Jack Boitano </td <td>W35       1982       2.44       Phil Raschker         M35       1982       2.13       Madeline Bost         1992       2.13       Barbara Stewart         Long Jump       (first name)       (last name)         W30       1984       5.61       Cathy Octor         W35       1982       5.49       Phil Raschker         W35       1990       4.68       Cassandra Clark         W40       1993       4.99       Tabbara Stewart         W55       1992       2.91       Barbara Stewart         W55       1992       2.91       Barbara Stewart         W60       1991       3.97       Barbara Stewart         W65       1992       2.41       Libby Hagemann         W75       1990       1.70       Vivian Nelson         Triple Jump       1.10       Vivian Nelson         W35       1984       10.69       Phil Raschker         W40       1989       7.46       Barbara Stewart         W40       1989       7.46       Barbara Stewart         W40       1989       7.46       Barbara Stewart         W40       1989       7.46       Barbarba Stewart</td>	W35       1982       2.44       Phil Raschker         M35       1982       2.13       Madeline Bost         1992       2.13       Barbara Stewart         Long Jump       (first name)       (last name)         W30       1984       5.61       Cathy Octor         W35       1982       5.49       Phil Raschker         W35       1990       4.68       Cassandra Clark         W40       1993       4.99       Tabbara Stewart         W55       1992       2.91       Barbara Stewart         W55       1992       2.91       Barbara Stewart         W60       1991       3.97       Barbara Stewart         W65       1992       2.41       Libby Hagemann         W75       1990       1.70       Vivian Nelson         Triple Jump       1.10       Vivian Nelson         W35       1984       10.69       Phil Raschker         W40       1989       7.46       Barbara Stewart         W40       1989       7.46       Barbara Stewart         W40       1989       7.46       Barbara Stewart         W40       1989       7.46       Barbarba Stewart
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         10.70         Russell Meyers           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.30         Michael Milove           M50         1994         9.30         Michael Milove           M55         1994         9.50         Michael Milove           M55         1994         12.16         Dave Connolly           M55         1994         13.12         Jack Lance           M60         1994         13.58         Bill Townsend           M70         1994         10.58         Edwin Lukens           45.200m Relay         30.39         1994         1:34.00         Touch of Class           (V Barnwell/D Cherry/N Gabriel/F Feaster)         40.49         1931         1:37.79         Masters of Univ           (J Johnson/K Brinker/E Lee/R Johnson)         50-59         1994         1:51.60         Garden State AC           (T Hartmar/J McMcDonald/	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (i) 4.35         Lev Mochaev           M60         1982         13.69         Bill Gilligan           M65         1982         13.87         Tom McDernott           M70         1988         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ = Unverlied Mark         3000m RW         Mark         3000m RW           M30         4988         13.40.00         David Lawrence           M35         1991         2.40.83         Ray Funkhouser           M45         1992         12.16.10         Gary Null           M40         1993         15.19.09         Larry Simmons           M55         1990         14.29.40         Jack Boitano           M60         1993         15.19.09         Larry Simmons           M55         1990         14.29.40         Jack Boitano           M60         1993	W35       1982       2.44       Phil Raschker         M50       1992       2.13       Madeline Bost       (first name)       (last name)         Long Jump       W35       1984       5.61       Cathy Ocrter       CITYSTATE         W35       1982       5.49       Phil Raschker       CUB       USATE NO         W35       1982       5.49       Phil Raschker       EVENTS ENTERED       USATE NO
M65         1993         9.58         Denver Smith           M70         92,93         9.80         Edvin Lukens           M75         1980         10.70         Russell Meyers           60m Hurdles         .         .         .           M30         1994         8.26         Angelo Booker           M40         1994         9.30         John Paul Jones           M45         1994         9.30         John Paul Jones           M45         1994         9.30         Michael Milove           M50         1994         12.16         Dave Connolly           M55         1994         10.91         Nate Byrd           M60         1994         13.12         Jack Lance           M65         1994         10.58         Edwin Lukens           4x200m Relay         30.39         1994         1.34.00           30-39         1994         1.37.79         Masters of Univ           (J Johnson/K Brinker/E Lee/R Johnson)         50-59         1994         1.51.60         Garden State AC           (T Hartimar/J McDonald/V Ruffin/80 O'Brien)         4x400m Relay         30-39         1994         3.42.59           30-39         1994         3.42.59<	M45         1976         17.88         Bob Backus           M50         1979         17.98         Bob Backus           M55         1982         (±)         13.69         Bill Gilligan           M60         1982         13.69         Bill Gilligan           M65         1982         (±)         13.69         Bill Gilligan           M65         1988         11.25         Elmer Shaw           M70         1998         11.25         Elmer Shaw           M75         1990         7.72         Alfred Skonberg           M80         1993         5.72         Claude Hills           M85         1991         4.64         Everett Hosack           @ - Unverified Mark         3000m RW         M30         1988         13.40 00           M30         1988         13.40 00         David Lawrence           M35         1991         14 07 00         Michael Kobol           M44         1992         13.16 10         Gary Null           M50         1993         15.19 09         Lary Simmons           M55         1990         14.59 40         Jack Boitano           M60         1993         16.28 48         Jack Boitano </td <td>W35       1982       2.44       Phil Raschker         M50       1992       2.13       Madeline Bost         Long Jump       (first name)       (last name)         W35       1984       5.61       Cathy Ocrter         W35       1982       5.49       Phil Raschker         W35       1982       5.49       Phil Raschker         W35       1993       4.39       Lorraine Tucker         W35       1993       4.39       Lorraine Tucker         W35       1993       4.39       Lorraine Tucker         W35       1993       2.95       Dorothy Swanson         W60       1991       3.19       Lenore McDanicls         W60       1991       3.19       Lenore McDanicls         W65       1982       2.41       Libby Hagemann         W70       1990       1.70       Vixian Nclson         Triple Jump       700       Nany Ellon Malloy         W35       1988       7.90         W40       1989       8.93         Kathy Pierce       SIGNATURE_         W40       1989       7.46         Barbara Stewart       Parent/Guardian signature (if competitor is under 18)      <t< td=""></t<></td>	W35       1982       2.44       Phil Raschker         M50       1992       2.13       Madeline Bost         Long Jump       (first name)       (last name)         W35       1984       5.61       Cathy Ocrter         W35       1982       5.49       Phil Raschker         W35       1982       5.49       Phil Raschker         W35       1993       4.39       Lorraine Tucker         W35       1993       4.39       Lorraine Tucker         W35       1993       4.39       Lorraine Tucker         W35       1993       2.95       Dorothy Swanson         W60       1991       3.19       Lenore McDanicls         W60       1991       3.19       Lenore McDanicls         W65       1982       2.41       Libby Hagemann         W70       1990       1.70       Vixian Nclson         Triple Jump       700       Nany Ellon Malloy         W35       1988       7.90         W40       1989       8.93         Kathy Pierce       SIGNATURE_         W40       1989       7.46         Barbara Stewart       Parent/Guardian signature (if competitor is under 18) <t< td=""></t<>

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March, 1995

# **Masters Scene**

# NATIONAL

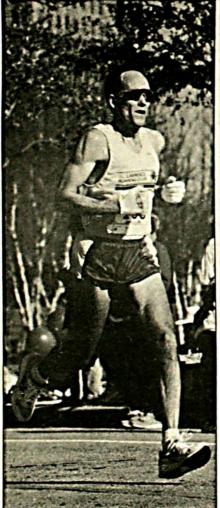
• The final televised event in the five-meet Mobil Open Indoor T&F series is slated for Sat. March 4, live, from 2-4 p.m. EST: the USA Mobil Open Indoor Championships.

• Steve Scott, 38, who has run more subfour-minute miles than anyone, turns 40 in May, 1996. His goal is to better Eamonn Coghlan's world indoor masters mile record of 3:58.15 outdoors — in June, 1996, and then compete in the U.S. Olympic Trials. He took six months off to recover from testicular cancer, but is now up to 70 miles a week, albeit "slowly."

• American Runner, the new track & field publication edited and published in New Rochelle, NY by Jim O'Brien, will include masters running coverage.

• Need a sports psychologist speaker for your clinic, race, or expo? Contact JoAnn Dahlkoetter, Ph.D. at 415-367-6869. A past winner of the San Francisco Marathon and 2nd placer in the 1982 Hawaii Ironman Triathlon, Dahlkoetter has appeared on ABC's Wide World of Sports and has been a regular sports commentator in San Francisco. She trained at Stanford U. Medical Center and has been on the faculty at the U. of California at Berkeley. She has conducted programs and seminars nationwide.

• A review of the official photo of the W65-69 finish in the 1500 at the USATF National Masters Championships, Eugene, showed the correct order of finish for the first three U.S medalists was Nancy Smalley, CO, 7:04.71, followed by Sumi Onodera-Leonard, CA, 7:04:87, and Margie Withrow, CA, 7:40.93. Canada's Hazel Cameron finished second overall in the W70-74 race in the corrected time



Chuck Coger, 44, Houston, Texas, finished the Houston-Tenneco Marathon, Jan. 15, in 2:43:32. Photo by J. Smith

of 7:04.73; Louise Adams, CO, was first in 7:03.00. Tom Jordan and Barbara Kousky apologize for the error to all concerned.

#### EAST

• Keith Brown (41, 56:06) and Kathy Gribbon (41, 67:04) iced 40 + wins in the NYRRC Frostbite 10 Miler, Central Park, NYC, Jan. 15. Robert Briglio (45, 58:55) and Ethel Autorino (65, 92:33) blew to division wins in springlike weather with temps in the low 50s.

• Chris Stockdale, 50, cinched the W40+ win with a first female 1:19:42 in the Greenbelt 10 Mile, Greenbelt, MD, Dec. 17. Kevin Baugh, 40, won the M40+ race with a 63:25. Paul Petersen (40, 1:59:34) and Carole Rivera (40, 2:50:59) took masters titles in the main event 20 miler.

• Sean Doyle (40, 33:40) and Jude Tallichet (44, 41:49) blasted off to 40 + firsts in the NYRRC North Wind 10K, Central Park, Jan. 22. Richard Murphy (60, 39:50), Bill Fortune (66, 41:35), and Rosa Nales (61, 50:51) stormed to division wins.

• Nick Caswell (44, 17:01) and Kathy Gribbon (41, 19:07) scored masters wins in the NYRRC Super Bowl Sunday 5K, Central Park, NYC, Jan. 29. Hugh Sweeny, 50, was runnerup by one second with a 17:28 over Maury Dean, 52.

• The Fred Lebow Classic 8K, Central Park, NYC, drew 1975 runners on Jan. 7. Top agegraded masters were Bill Fortune (66, 32:54, 83.7%), Cheryl Ralya (48, 32:13, 82.2%), and Nicholas Caswell (44, 27:44, 81.9%). Edith Farias, 70, ran a good 45:56 (73.4%).

# SOUTHEAST

• Dean Reinke, director of the ICI Masters Road Running Series five years ago, filed for bankruptcy in U.S. Bankruptcy Court in Orlando, FL. on Dec. 28, 1994. "It appears there are no assets from which any distribution can be paid to creditors," a court document stated. Creditors may contact trustee Gene Chambers, PO Box 533987, Orlando FL 32853. The case number is 94-06619-687.

#### MIDWEST

• Hal Carlson (42, 35:21) and Susan Koch (43, 41:02) glided to overall victories on a snowcovered, slippery course in the Samson Group 10K, Milwaukee, Jan. 22.

#### MID AMERICA

• Charlie Gray (M40, 30:57, 90.0%) and Janis Gisler (W40, 40:01, 78.0%) were the top age-graded masters in the Groundhog Run 10K, Feb. 5, in Kansas City, MO. There were 92 finishing teams, all scored on an age-graded basis. Jerry Morrison directed, with volunteers from the Mid-America Running Association.

# SOUTH WEST

• Ricky Calais (40, 2:50:03) and Lesley Marley (40, 3:29:45) ran to masters wins in the Mardi Gras Marathon, New Orleans, Jan. 21.

• Shot putter Margaret Palmer-White, 100, was the focus of TV coverage at the Sooner State Indoor Games, Oklahoma City, Jan. 29. Palmer-White, who will be 101 on June 15, is the first centenarian to hold a WR. She is the mother of M60 WR-setter in the discus Wendell Palmer, Pampa, TX.

• John Stuckey (41, 16:48) and Trudy Calloway (47, 20:25), took overall titles in the Pro Tees Run Short 5K, Tulsa, Jan 21. Masters winners in the 25K were John Maness (41, 1:31:08) and Val Oliver (41, 2:02:11).



Members of the winning M50-59 team championships, USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 6, from left: Jim Forshee (pictured but not a member of the team), John Ragucki, Don Sleeman, Carroll Deweese, Doug Goodhue, Jim Fitch, Richard Ferguson, and Wally Herrala. Picture from Don Sleeman

• John Stuckey (16:46) and Coneil Lafarlette (28:05) led the masters in the 10th Spaulding 5K in Glenpool, OK, Feb. 4. Jim McFadden, 55, led all 40 + 3000 walkers in 15:07.

#### - WEST

• Runners in the five Trackathon Races (10K, 20K, 30K, marathon, 50K), at American River College in Sacramento, Jan. 22, endured a constant rain and nasty winds, which slowed times and caused 25% no-shows. Eighty percent of the finishers were age 42 or over, with the average age at 46.3. Masters runners won overall three of the races: Tom Fernino, 48, in the 10K with a 50:09, Gary Towle, 48, 20K, 2:10:37, and 30K, Dave Pfister, 46, 2:27:47.

• Butch Alexander, 42, flew to an overall first with a 15:31 in the Exertec Turkey Trot 5K, Napa, CA, Nov. 13. Karl Griepenburg, 56, captured a first M40 + with a 28:50 in the companion 8K.

• First masters Tom Cushman (41, 1:15:41) won \$250, and Sherry Mann (45, 1:38:01) \$200 in the Record Searchlight Half-Marathon, Redding, CA, Jan. 21.

• The Orange County, CA, Half-Marathon drew 1820 runners for a cool, wet race, Jan. 24. Top 40 + finishers were Nicholas Hernandez (1:14:41) and J. Rabinowitch (1:30:19). Margaret Neville won the W50 title in 1:36:16.

• Vaughan Kastor welcomes all athletes in the Southern California area for consultation and training. He has worked with masters-level competitors with a well-structured training regimen both on the track and in the weight room. An exercise physiologist, Kastor frequently tests his athletes to chart their progress. "I suggest combining weight training, plyometrics, sprint drills, as well as medicine ball workouts," Kastor said. "I have a quality staff of athletes, coaches, and trainers to meet your athletic and fitness goals." For more info, call 1-818-596-4750 or write to 6336 Canoga Ave., Woodland Hills CA 91367.

• California taxpayers can support Olympic activities in California by making a voluntary contribution on their 1994 Personal Income Tax Form (line 10). All funds raised through the tax check-off will support the new California Olympic Training Center in San Diego and California Olympic athletes. For more info, call 619-291-8802.

#### NORTHWEST

• The pole vault in the Eugene Indoor Meet, Feb. 5, drew more entrants than any other event and produced two WRs. Steve Smith, M40, of Eugene, bettered the 15-3 of Richard Christoph in 1992, with a 15-6 <sup>1</sup>/<sub>2</sub>. Jerry Cash, M45, improved on an earlier 15-0 at the USATF PV Summit, Reno, NV, with a 15-1 to up his M45 indoor record of 14-7 in 1994.

# INTERNATIONAL

• Eamonn Coghlan (41, Ireland) and Yekaterina Podkopayeva (42, Russia) were named the world masters male and female athletes of 1994 by *Runner's World*. Coghlan became the first over-age-40 runner to run a sub-four-minute mile with his historic 3:58.15 in Allston, MA, Feb. 20, 1994. Podkopayeva's times are so remarkable that they were "thrown out" in compiling the masters age-graded standards; such as her 3:59.78 1500 and 1:59.25 800.

• Martin Mondragon (MEX) and Suzanne Ray (AK) were named outstanding world masters road racers for 1994 by *Runner's World*. Runners-up were, men: Nick Rose (GBR), Doug Kurtis (MI), Joe Nzau (KEN), Pierre Levisse (FRA), Wilson Waigwa (KEN), Manuel Vera (MEX), Bill Rodgers (MA), and Artemio Navarro (MEX); women: Rebecca Stockdale-Wooley (CT), Barbara Filutze (PA), Emma Scaunich (ITA), Judith Hine (NZL), Diane LeGore (GBR), Nancy Grayson (MI), Diana Tracy (CA), and Sharlet Gilbert (CA).

• The Veterans Championships in Montevideo, Uruguay, Nov. 19-20, drew 267 participants. Nelson Zamora, M35, of Uruguay, doubled in the 5000 (14:29.2) and 10,000 (30:23.6). Luis Caetano Flores, M60, of Brazil, hurled the discus 38.62. Ingeborg Pfuller, W60, of Argentina, set a South American W60 discus record of 30.10. Antonio Fonseca, M80, of Brazil, set an M80 South American mark of 35:51.4 in the 5000 racewalk.

• Erling Svennevik, 76, Norway, scored 4869 points in the weight pentathlon, Lyngdal, Norway, Oct. 16, with these marks: SP 12.60/HT 37.62/DT 35.30/JT 27.58/WT 16.52.

• Doug Kurtis, 42, Northville, MI, who was profiled in Mike Tymn's column in the February issue of NMN, could finish only fourth in the San Miguel Hanoi Marathon in Vietnam, Jan. 15. Winner of the past two Vietnam Marathons, Kurtis had some tougher opposition this year but also had an off day, which saw him run a time of 2:37:00. Hugh Jones (UK), 39, led for all but the last 300m when a much younger Kenyan, Phillip Keiyo, stormed past as if he had just joined the race to win in 2:22:22. Jones finished in 2:22:33 and looks set to win a few masters titles when he turns 40 later this year. The first masters woman was Susanne Parry (SIN), 37, in 3:44:54, ninth overall.

• The IAAF ratified the first-ever women's open world pole vault record: China's Sun Caiyun's 13-3½ (4.05m), at age 18, on May 21, 1994, at Nanjing. That's a 91.0% performance, according to the WAVA age-graded standards, which projects the eventual WR at 4.45. The best women's age-graded pole vault ever recorded is a 99.1% by Philippa Raschker, who vaulted 3.38 last year (11-1) at age 47. On Feb. 10, in Berlin, Sun-Caiyun raised her WR to 4.12 (13-6½).

above

303/341-7992.

NE 68521. 402/435-7061.

# FOR MARCH

**ON TAP** 

#### **TRACK AND FIELD**

Several quality meets are still available after the Indoor Nationals, with the East and Southeast Indoor Regional Championships on the 19th and the Midwest Regionals on the 25th, plus indoor meets earlier in the month in NYC, Philadelphia, Virginia, and Illinois. The L.A. area offers a decathlon/heptathlon at Occidental College on the 11th-12th, and the John Ward Meet in Santa Ana on the 11th

#### LONG DISTANCE RUNNING

The USATF National Masters 8K Championships are scheduled for the 19th in Chicago. The Austin and L.A. Marathons take place on the 5th. The River Run 15K hits the Sunshine State on the 11th. Marathons prevail on the 18th in California, Tennessee, and Virginia. San Jose hosts the Mercury News 10K on the 19th. The Azalea Trail 10K, Mobile, Ala., is slated for the 25th. The first-ever Disneyland Marathon and the long-time Capitol 10,000 in Austin are booked for the 26th.

10K/3K walks will be held in Washington, D.C., on the 25th.

Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

#### NORTHWEST Alaska, Idaho, Montana, Oreg Utah, Washington, Wyoming.

April 13-14. Oregon Invitational Decathlon/Heptathlon, Masters Division. Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405, 503/342-3113.

May 27. Helena Spring Throws & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

May 27. Senior Olympics, Silverton HS, Ore. 40+. Amy Castle, Box 783. silverton, OR 97381. 503/873-8577; 873-2818.

June 24-25. Hayward Masters Classic, Eugene, Ore. Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610. June 24-25. Hayward Masters Classic,

Eugene, Ore. June 30-July 1. USATF Northwest Regional Masters Championships, Mt. Hood Community College, Portland area. Jim Puckett, director.

# CANADA

March 4. Ontario Masters Indoor Championships, York University, Toronto. Men & Women 35 + . Brian Keaveney, 426 Valermo Drive, Etobicoke, Ont. M8W 2L9. 416/252-7047.

June 24-25. Canadian National Masters Championships, McMaster U., Hamilton, Ont. M40+, W35+ (non-championships: M35, W30). Valan Sarjeant, 130 Memorial St., Hamilton, Ontario, L8G 4C7. 905/664-3852.

Continued on next page

# Schedule

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

# TRACK & FIELD

May 17-24. U.S. National Senior Sports Classic V, San Antonio, Texas. USNSSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

June 17-18. USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

July 5-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378

August 26. USATF National Masters Weight Pentathlon Championships, site TBA. Richard Hotchkiss, director.

#### EAST

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

March 3. MAC Masters Indoor Championships, 168th St. Armory, Manhattan. 6 pm. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233, 8-10

March 4. Philadelphia Masters Indoor Games, Haverford College. M&W20+ in 5-yr. age-groups. 3000 RW. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584 (before 8:30 pm); Bill Krieger, 215/656-7617, X245. March 5, 19. Greater Rochester TC Meets,

U. of Rochester Fieldhouse. 1 pm. Rick Guido, 716/872-6652.

March 19. USATF East Regional Masters Indoor Championships, U. of Delaware, Newark. Jim Fischer, U. of Delaware, Fieldhouse, Newark, DE 19716. 302/831-8846.

March 19. Finger Lakes RC Indoor Meet, Barton Hall, Cornell U. 1 pm. Scott Roberts, 255-0676.

April 27-29. Penn Relays, Philadalphia. 27th: age-graded PV (40+); 28th: 4x100 (M40+, M50+, and other)/100 (M40, M50, M60), 4x400 (M50 + and other); 29th: 4x400 (M40+), 100 (M75+). Peter Taylor, 4014 Hallman St., Fairfax, VA 22030. 703/385-4392

May 21. New York Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023.

June 4. 10th Annual Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

June 24. USATF East Regional Masters Championships, Central Dauphin HS, Harrisburg, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. Dr., Camp 717/737-2385.

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

March 4. Virginia Masters Indoor Championships, VMI Fieldhouse, Lexington. Out-of-state athletes welcome. Mile RW.

SASE to John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 703/463-8667; fax 703/463-8669.

March 19. USATF Southeast Regional Masters Indoor Championships, UNC-Chapel Hill. Dennis Craddock, UNC Athletic Dept., PO Box 2126, Carmichael Auditorium, Chapel Hill, NC. 27515. 919/962-5411.

April 8. Fifth Annual Naples-on-the-Gulf Masters Meet, Naples, Fla. Rudy Vlaar-dingerbroek, 813/597-6870.

April 9. Tar Heel Masters & Senior Invitational T&F Meet, UNC-Chapel Hill. Dennis Craddock, PO Box 2126, Chapel Hill, NC 27515. Coach Kendra Mackey 919/962-5195.

May 5-7. USATF Southeast Regional. Masters Championships, North Carolina State U., Raleigh. Regional Team Championships/Regional Masters and Southern Regional Open 20K Racewalk Championships. 25th Anniversary Meet. Paul Hronjak, 104 Copperstone Ln., Cary, NC 27511-8906. 919/387-7160.

May 19. Nashville TC Meet. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w). June 9. Tennessee Sportsfest, Vanderbilt U.

Mashille TC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

June 17. Nashville TC Open & Masters Meet, Vanderbilt U. See June 9.

June 23-24. Tennessee Sportsfest Finals, U. of Tennessee-Knoxville. See June 9.

June 24. Southeastern Masters Track Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

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

March 4. USATF/Illinois Open & Masters Indoor Meet, Proviso West HS, Hillside. USATF, Ray Vandersteen, PO Box 7019, Villa Park, IL 60181. 708/953-2052.

March 11. Midwest Masters Indoor Meet, Lincolnway HS, New Lenox, Ill. Mike Davis, 241 3rd Ave., New Lenox, IL 60451. 815/485-2879.

March 25. USATF Midwest Regional Masters Indoor Championships, Glenbrook HS, Glenview, Ill. Clarence Trinkner, 633 Sunset Dr., Janesville, WI 53545, 608/756-5260.

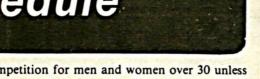
# MID-AMERICA Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska S. Dakota

May 12-13. Western Slope Senior Games. 55+. Open to out-of-state. Norwest Bank Montrose, PO Box 730, Montrose, CO 81402. Evelyn Lawson 303/249-2000 or 1-800-873-0244.

May 16. Lincoln TC Runners Pentathlon, Nebraska Wesleyan U. 6 pm. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 10-11. Lincoln TC Decathlon/Heptathlon, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln,

March, 1995



April 8. El Paso Senior Games. 50+. Ray Cox, 1800 Byron, El Paso, TX 79930. 915/652-4268 June 17. Hill Country Classic Masters

Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856, 915/347-5620.

June 17. Leading Edge/Lincoln TC Open & Masters Meet, Nebraska Wesleyan U. See

September 2-3, Rocky Mountain Masters

Games, U. of Colorado, Boulder. Dave

Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919. Nancy Manson,

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

#### WEST Arizona, California, Hawaii, Nevada

February 25 to April 1. Discus Clinic, Orange Coast College, Costa Mesa, CA. Each Saturday at 10 a.m. Janet Wilson, 714/646-3176.

March 4-10. Sierra Vista Golden Olympics. Sierra Vista, Ariz. 50+. Maggie Dembowski, 3020 E. Tacoma St., Sierra Vista AZ 85635. 602/458-7922.

March 4-25. Green Valley Senior Olympics, Green Valley, Ariz. 50+. David Fleck, Green Valley Recreation, PO Box 586, Green Valley AZ 85622. 602/625-3440. March 11. Orange Spring Games/John Ward Masters Meet, Rancho Santiago College. Santa Ana, Calif. Al Siddons,

714/564-6936 March 11-12. Decathlon/Heptathlon, Occidental College, Los Angeles. Gary Miller,

818/843-2139 (until 9 p.m. PST). March 18. Easter Relays, Santa Barbara,

Calif. Some masters events. Russ Smelley, 805/565-6010. March 25. KELfield Throws Meet #37, San-

ta Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

April 8. USATF/SCA Meet, Occidental College, Los Angeles. 818/843-2139. Entry Form in March issue.

April 15. 2nd Annual Bob Watanabe Memorial Meet, UCLA. Bill Adler, Box 832, 1000 Palms, CA 90076. 619/433-0773. April 23. Crown Valley Senior Games, Occidental College, Los Angeles. 50 + . Cynthia Vaughn, 818/397-4064.

April 23. Steve Scott Open Invitational & Masters Meet, UC-Irvine, Calif. Mac Mc-Cormick, 714/586-9942 (eve).

May 6. Arizona Masters Invitational Meet, McClintock HS, Tempe. USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602/949-1991.

May 14. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb. 619/436-7696.

May 20. Visalia Classic Masters T&F Meet. 30+. Bob Higginbotham, 1026 W. Visalia, CA 93277. Princeton. 209/732-8030.

May 27. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

May 27. Bruce Jenner Classic, San Jose, Calif. 400, 1500 (M40 + ); 200 (M50 + ); 100 (M60+, M70+, Women). Bruce Springbett, PO Box 2002, Los Gatos, CA 95031. 408/354-2005.

May 28. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

June 10. Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

June 24. USATF West Regional Masters Championships, Los Gatos HS. Monica

RACEWALKING The USATF National 20K/ Continued from previous page

INTERNATIONAL

April 21-22. South Africa Masters Championships, Bellville, Capetown. Basil Car-

nie, FAX: 021-925924. July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.



March 19. USATF National Masters 8K Championships, Chicago. David Patt, CARA, 59 E. Van Buren, #1716, Chicago, IL 60605. 312/666-9836. April 2. USATF National Masters 5K

Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121.

September 16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

October 15. USATF National Masters 10K Cross-Country Championships, Canan-



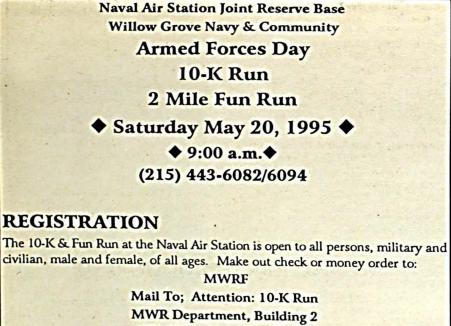
Top three M60 finishers in the National Masters 10K Championships, St. Louis, Dec. 4. From left: Jim Hilton (3rd, WA, 40:19), Dick Wilson (2nd, KS, 39:17), Norm Green (1st, PA, 37:01). On an age-graded basis, Green placed first overall in 29:08.4; Wilson was 5th (30:55); Hilton was 10th (32:24). Photo by Joan Wilson daigua, N.Y. Peter Glavin, 160 Laney Rd.,

Rochester, NY 14620. 716/242-9031. November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246, 513/860-2253. November 18, USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

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

March 26. Tappan Zee Sports 10K. TZSBC, Box 249, Orangeburg, NY 10962. 914/359-5425.

April 1. Alexandria Run Vs. Row 10K/Walk, SASE to RVR, 611 S. Fairfax



ITT Office, Naval Air Station Willow Grove, PA 19090-5010

Include Social Security Number and Driver's License Number on all checks. Advance registration (prior to 15 April) is \$10.00 per person. Entries received after 15 April and race day registration will be \$12.00 per person. T-Shirts are guaranteed to pre-registered runners. For day-of registrants, T-Shirts available while supplies last.

# **MASTER'S AWARDS**

Trophies will be awarded to the top two finishers in the divisions: Men & Women 40-49 and 50 and over

COURSE 10-K is USA Track & Field Certified.

VA 22314. Alexandria, 703/549-2480(h). April 9. Northern Telecom Cherry Blossom

10 Mile, Washington, D.C. 5600 limit. Cherry Blossom 10 Mile, PO Box 884, Middletown, MD 21769. 301/371-5583. April 17. B.A.A. Boston Marathon. Quali-

fying times. SASE to Boston Athletic Association, PO Box 1996, Hopkinton, MA 01748. 617/236-1652.

April 30. Sally Mae 10K, Washington, D.C. Improved masters prizes. Scott Maker, Sal-ly Mae 10K, 1050 Thomas Jefferson St. NW, Washington, DC 20007. 202/298-2838.

May 20. Armed Forces Day 10K, Willow Grove, Pa. 10K Run, MWR Dept., Bldg. 2, ITT Office, Naval Air Station, Willow Grove PA 19090-5010. 215/443-6082/6094.

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

March 11. River Run 15K, Doug Alred, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

March 18. Shamrock Marathon 8K. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 18. Spring Fever Chase 10K, Fairhope, Ala. (Course Record: John Campbell, 30:01, 1989) SPC, c/o SouthTrust Bank, PO Box 2070, Daphne, AL 36526. Sherry Sullivan, 800/645-6757. March 18. Music City Marathon. Greater Nashville AC, PO Box 150867, Nashville, TN 37215. 615/298-3435.

March 25. Azalea Trail 10K. Masters money. Azalea 10K, PO Box 6427, Mobile, AL 36660. 205-473-RACE.

March 25. Rocket Run 10 Mile (USATF Alabama Championship)/5K, Huntsville. Huntsville TC, Malcolm Gillis, 1001 Opp Reynolds Rd., Toney, AL 37773-9311. 205/828-6207.

April 1. Cooper River Bridge 10K. Julian Smith, c/o MUSC Wellness Ctr., 45 Courtenay Dr., Charleston, SC 29401. 803/792-2533.

May 6. Apple Blossom 10K, Winchester, Va. Tom Scully, Jr., race director, 135 North Cameron St., Winchester, VA 22601-4727. 703/662-3863.

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

March 26. Cincinnati Heart 15K. American Heart Association, 2936 Vernon Pl., Cin-cinnati, OH 45219. 513/281-4048. April 30. 15th Annual Lake County Races, Zion, Ill. Marathon/half-marathon/

10K/marathon relays/walk. Train transportation to starting line. For application or to volunteer, call 708/266-RACE or SASE to Lake County Races, 454 Central Ave., #201, Highland Park, IL 60035.

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

April 1. YMCA Midwest Masters Classic XIII annual (35 +) 8K Run (certified) and 2 Mile Walk. 9 a.m. N.P. Dodge Park, Omaha, NE. Stan Shirk, 5019 Parker St., Omaha, NE 68104, 402/554-8645. April 22. 26th annual Longest Day Marathon, Half Marathon, 10K, 5K, and 5K Racewalk, Brookings, S.D. Charles Roberts, 1345 First St., Brookings, SD 57006. 605/692-2334. Bob Bartling, 605/692-2414.

# SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 5. Austin Marathon/Relays. Marathon, PO Box 6584456, Austin, TX 78768. Run-Tex, 512/472-3272.

March, 1995

March 18. Bookin' Down the Avenue 5K, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

March 26. Capitol 10,000. Austin American Statesman, PO Box 670, Austin, TX 78767. 512/445-3596.

April 8. Whirlwind 5K & 5K Racewalk, Tishomingo, Okla. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2371, x207.

# WEST Arizona, California, Hawaii, Neva

March 5. Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 310/444-5544. March 5. Sutter Home Napa Valley Marathon. PO Box 4307, Napa, CA 94558-0430. 707/255-2609, or James Raia,

2301 J Street, Suite #205, Sacramento, CA 95816. 916/448--5122. March 12. Mobil St. Patrick's Day 10K, Torrance, Calif. Vistas for Blind Children, PO Box 7000-251, Redondo Beach, CA

90277. 310/543-2257 March 18. Big Basin Redwoods Marathon, Redwoods State Park. Enviro-Sports, PO

Box 1040, Stinson Beach, CA 94970. 415/868-1829. March 19. Mercury News 10K/5K. Sarah

Clish, 750 Ridder Park Dr., San Jose, CA 95190. 408/920-5755.

March 26. Disneyland Marathon. Marathon, PO Box 3232, 92803. 800/524-9200.

April 1. L.A. Philharmonic 5K/10K Runs & 5K Walk, Griffith Park. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

April 2. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619/450-6510.

April 2. Fifty Plus 8K, Stanford, Calif, USATF Pacific Assoc. Championships. Don Carpenter, 2485 Bryant, Palo Alto, CA 94301. 415/327-8043.

April 30. Big Sur International Marathon, Calif. Masters money. Big Sur Marathon, PO Box 222620, Carmel, CA 93922-2620. 408/625-6226.

#### NORTHWEST Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

March 4. Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503/646-7867. April 8. Pear Blossom 10 Mile, Medford, Ore. Feb. 28 deadline. Legal size SASE to Pear Blossom, PO Box 146, Medford, OR 97501. Jerry & Zellah Swartsley, 503/535-1205(eve).

April 30. Pacific Northwest 15K Championships, Seattle. Carole Langenbach, 206/433-8868.

# INTERNATIONAL

June 25. 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25. July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+, WVC, 120 Church St., Buffalo, N.Y. 14202. Phone (716) 849-0704; Fax: (716) 849-0737.

# RACE DALKING

March 25. National Invitational 20K/10K/3K, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 202/219-1913(w); 703/243-1290(h). April 30. Northwest Regional 10K Championships, Seattle. Bev LaVeck, 206/524-4721

National Masters News

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

M30-34			In the second	M50-54			Ry Same
Mitchell Lovett	100M	11.0	8-20-94	Bob Brewer	3K RW	14:58.90	7-29-94
Contraction of the second	2001	21.9	8-20-94	Maury Dean	5K	16:52.7	5-27-93
and the second	400M	50.0	8-20-94	And Street Street	10K	35:13	11-12-94
Tom D. Lowe	400M	50.9	6-19-94	George LaBelle	56# Weight	6.40	1-09-93
Greg Wright	110H	15.3	7-16-94	Warden 19 18 11	56# Weight	6.52	4-17-93
	High Jump	2.02	6-05-93		100H	18.6	6-04-94
M35-39			and the second	<b>是</b> "是我们没有了	100H	18.3	6-18-94
Peter Collins	Hammer	149-9	6-18-94	Grant Lamothe *	Decathion	5294 Pts.	7-16-94
Tomas Silva	Javelin	204-5	4-16-94	Robert Pike	8004	218	8-05-94
David Vandergriff	Hammer	168-11	7-16-94	The second second	1500M	4:45	8-05-94
	Wt. Pent	3113 Pts.	7-16-94	and a set of the	3K SC	1218	8-05-94
	35# Weight	52-1	7-02-94	MS5-59			
	56# Weight	34-6	7-02-94	Roger Dean	Pentathion	3029 Pts.	8-11-94
M40-44	ALC: NOT A			James Hart	Shot Put	42-91	3-25-94
Frederick Murrell	Long Jump	5.91	3-25-94		Discus	140-2	8-14-94
Dale Wilcorson	Discus	136-5	7-17-94		35# Weight	33-41	3-19-94
W45-49			1. 1. 1.	State and the second	56# Weight	19-89/4	3-25-94
Billy Gale, Sr.	800M	213	12-17-94	Paul R. Johnson	1500M RW	7:08	6-10-93
	1500M	4:32	12-17-94	Contraction of the	1500M RW	7:19	6-15-93

#### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 18.0 39.8 14.0 15.0 29.8 32.4 16.5 35.8 20.0 100 200 400 800 11.0 22.4 51.0 11.33 11.67 12.0 13.5 28.5 12.5 13.0 27.2 23.3 24.2 52.5 54.0 2:04 2:08 25.1 26.0 56.0 58.5 2:13 2:19 61.5 65.0 70.0 76.5 84.5 94.0 105.0 2:27 2:37 2:49 3:06 3:27 3:54 4:24 2:01 5:02 5:25 5:24 5:49 5:47 6:14 6:22 7:03 6:51 7:38 7:59 8:42 9:15 1500 4:11 4:15 4:22 4:42 4:32 4:53 4:45 5:07 Mile 5000 10000 10:10 4:31 15:30 15:42 16:06 16:44 17:30 18:24 19:36 32:11 32:35 33:30 34:45 36:15 38:10 40:30 21:08 23:30 26:00 44:15 48:30 54:30 29:00 37:30 61-15 15.3 16.4 17.75 18.75 110H 18.0 19.0 20.0 21.3 100 18.0 21.0 25.0 80 30.0 400H 300H 57.6 59.7 62.0 64.4 67.2 70.6 48.0 51.0 55.0 60.0 66.5 74.5 84.0 95.0 10:00 10:20 10:55 11:40 12:30 13:20 3K-SC 2K-SC 9:30 10:30 12:00 14:00 16:30 19:30 1.41 1.32 1.23 4-75 4-4 4-5 1.13 3-8 HJ 1.94 1.85 1.76 1.68 1.59 1.50 1.02 .92 6-3/4 5-9% 5-6 5-2% 3-1 4-74 4-11 6-44 3-4 4.40 4.15 3.90 3.60 3.30 3.05 14-5½ 13-7½ 12-9½ 11-9½ 10-10 10-0 2.80 9-2% 2:55 8-4% 2.30 7-6½ 2.05 6-85 1.80 5-11 1.50 4-11 PV 4.40 4.00 3.65 3.35 14-5% 13-1% 11-11% 11-0 3.00 9-10 2.65 8-84 5.10 5.85 5.45 4.75 L 6.55 6.20 5.85 5.45 5.10 21-6 20-42 19-22 17-102 16-9 15-7 13.35 12.65 11.90 11.15 10.40 9.65 8.90 8.20 7.50 6.80 6.10 43-95 41-6 39-5 36-7 34-15 31-8 29-25 26-11 24-75 22-4 20-5 5.50 18-5 6.10 TJ 
 Shot
 15.20
 14.10
 13.00
 12.00
 12.40
 11.20
 12.00
 10.80
 10.00

 49-104
 46-34
 42-8
 39-45
 40-84
 36-9
 39-45
 35-54
 33-0
 8.80 33-0 28-10 25-14 21-4 36.80 31.60 26.40 21.40 120-9 103-8 86-7 70-2½ 42.60 40.60 38.00 40.00 36.40 40.00 139-9 133-2 124-8 131-3 119-5 131-3 16.20 44.80 42.60 40.60 38.00 Discus 53-2 147-0 47.24 44.20 41.14 38.10 38.40 36.00 36.00 33.00 29.00 155-0 145-0 135-0 125-0 126-0 118-1 118-1 108-3 95-2 33.00 29.00 25.00 22.50 18.00 60-0 82-0 73-10 35.00 29.00 24.00 19.00 15.00 114-10 95-2 78-9 62-4 49-2 62.00 57.00 52.00 48.00 43.00 38.50 40.00 203-5 187-0 170-7 157-6 141-1 126-4 131-3 Jav 4.00 3.00 7.00 6.00 5.00 35 Wt. 15.00 14.00 13.00 12.00 10.00 9.00 8.00 6.00 2.00 7.00 2.50 10.00 9.00 8.00 4.00 3.50 3.00 25Aut. 11.00 56Aut. 9.50 9.00 8.50 8.00 6.00 5.00 4.50 10.00 Pen Dec Dete: 1) 100 standards are for automatic time; use standard conversion for hand time. 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 30"; 50-59: 36"; 60-69: 13"; 70+: 30". 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30". 4) Shot pdt: 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k. 5) Discus throw: 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k. 6) Hammer: 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-59: 800g; 60+: 600g. 8) Netric heights and distances are the standard; feet and inches listed for convenience. 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA). entence.

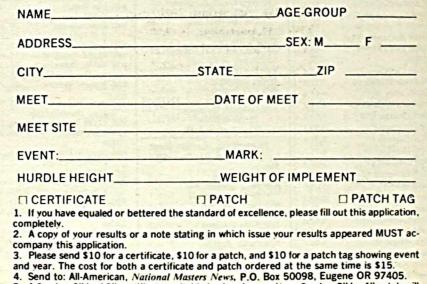
1	U.S. M/	STERS	ALL A	MERIC	AN STAI	NDARDS	OF EXCEI	LENCE F	OR MAS	TERS RA	CE WALK	ERS
	1.5K	mile	3k	5k	8k	10k	15k	ZOK	25K	30k	40k	SOk
F30	7:13	. 7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
F36	7:22	8:03	15:18	26:27	43:11	63:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F65	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
F70	10:26	11:15	21:22		1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
F75	11:10	12:01	22:51		1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41		1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05		1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:06	30:36		1:25:30	1:47:18	2:48:13	3:51:12				
		10.00					EN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	246:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	1:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50		1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-gr	aded time	.8 for m	nid-pein	t of each	5-year in	terval (e.g.	aga 32, 37,	42, 47 etc.	)			

	1 Mile RW 1 Mile RW 3K RW 3K RW 5K RW	7:33 7:16 15:58 AR 15:33 26:14	7-17-93 10-23-93 3-19-93 6-10-93 6-14-93	<u>M70-74</u> Jack F. Hipple	100M 200M 400M 800M	14.76 31:57 68:79 3:02.56	7-30-94 3-25-94 7-30-94 3-25-94	
	SK RW	25:19	7-17-53	N75-79				
	SK RW SK RW	26:53 25:34 AR	8-12-93 9-18-93	Herb Appell	1500M RW 5K RW	9:41.5 33:54	9-26-94 9-26-94	
	SK RW SK RW 10K RW	26:56 24:29 AR 55:51	9-24-93 10-16-93 7-10-93	M80-84 J. Kenneth Elliott	Shot Put	29-2]	11-12-94	
	20K RW 25K RW	1:57:03 2:30:03 AR	10-11-53 10-31-53	and the second second	Discus Javelin	79-0 72-9	11-12-94 11-12-94	
M65-69	1.1			Ray C. Grills	5K	28:05	1-21-35	
Mel Granttham Floyd Jack	1500M RW Discus	8:23.78 143-10	10-21-94 10-19-94	W35-39 Margo Braud	800M	23	5-07-94	
Harold Willis	Shot Put 2K SC	38-0 9:41.72	10-19-94 8-11-94	W70-74 Imogene Watkins	SK RW	35:09	11-12-94	

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

									C. F. C. Star	*	17
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	- 13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2	14 37 54		and the second					A State	
80H	5.8 4 3	43	15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H		C. Carlo			66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
and the	4-8	4-54	4-2	3-11	3-8		3-4%	3-24	3-04	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	9.90	0.80	0.70
and the second	8-105	and the second second	and the second second	5-11	4-11	3-11	3-7%	3-34	2-11	2-75	2-34
u	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11%	12-95		10-6	9-44	8-6%	7-84	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18		5.70	5.20	4.70	4.20	3.80
	32-10	30-24	28-24	\$ 25-71	23-7	21-0	18-84	17-1	15-5	13-94	12-55
Shot		9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-95	30-6%	27-7	25-3%	26-1	23-75	21-4	19-0%	17-3	15-5	13-11%
Jav	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-64	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20 Mt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16 Mt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75
	11 100	at and a						dard co	nversi	n for I	51d time.
notes.	2) Shot	rt hurd	100 30	-39: 33	. 40+	. 30"					
	3) Shot			-49: 4k							
	4) Jáv			-49: 60							
	5) Ham			-49: 4k			1127				
							tandard	feet a	nd inch	es list	ed
		conven								345	
	ACTAN ET	the the	1	and the second	192 1	and the second s	and the second		10.172-01	1	Acres preside

# APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH



Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
 A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

# **TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (max-imum 28 spaces/2<sup>1</sup>/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST	
Syracuse Chargers In Manley Field House	door Meet
55m Hurdles	
M40 Tom Crowley M50 Paul Stelmaszyk M65 Bill Townsend M70 Ed Lukens	9.9
M70 Ed Lukens W35 Cathy McKeever	10.1
55m M35 Frank St Dennis	
M40 Tom Crowley M45 Bob Micho	7.8
Doug Mayer M55 Tom Fondy	8.0
M65 Howard MacMilla	
M70 Ed Lukens W35 Cathy McKeever 200m	8.6
M35 Dan Howe M40 Bob Tanner	37.1 30.6
M45 Bob Mciho Doug Mayer	26.4 29.1
Jim Lawton M50 Tim Collins	29.1 28.5
M55 Tom Fondy M65 H MacMillan	27.4
Mile	4:44.8
M30 Gary Griffin M35 Frank St Dennis	5:11.0
Kevin Hanlon M40 Al Roberts	5:17.5
M45 Doug Mayer M75 Nate White W30 Noreen Verdoliva	5:50.8 7:09.3
WAO LINGA UJA 41	5:36.3 6:46.7
800m M30 Gary Griffin	2:15
M35 Ron Nelson 38 Gary Burak 36	2:09.6 2:23.6 2:22.9
M40 Mike Hasenover Tom Crowley M45 Jim Lawton	2:24.6
M50 Paul Stelmaszyk	2:26.5
M55 Tom Fondy W30 N Verdoliva	2:28.0 2:38.7
Pole Vault M40 Peter McGinnis M45 James Trott	13-0
M45 James Trott Long Jump	10-0
M40 Tom Crowley	16-8
M45 Rick Lysik 46	14-61
M45 Rick Lysik 46 M65 Bill Townsend 6 M70 Ed Lukens	14-61 713-4 14-51
M45 Rick Lysik 46 M65 Bill Townsend 6 M70 Ed Lukens Shot Put M45 Jim Alexander	14-6½ 713-4 14-5½
Shot Put	14-6½ 713-4 14-5½
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever	14-6½ 713-4 14-5½ 8.72 9.74 10.63 8.72
Shot Put	14-6 <sup>1</sup> / <sub>2</sub> 7713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 door Meet
Shot Put M45 Jim Alexander M50 Paul Stelmaszyl M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m	14-6 <sup>1</sup> / <sub>2</sub> 713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 door Meet Y; Dec. 11
Shot Put M45 Jim Alexander M50 Paul Stelmaszyl M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jethey John W Bill De Forest 32	14-6 <sup>1</sup> / <sub>2</sub> 7713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 door Meet
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N S5m Jethey Junn IX Bill De Forest 32 200m Jetfrey Junn 38	14-6 <sup>1</sup> / <sub>2</sub> <sup>3713-4</sup> 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 door Meet Y; Dec. 11 / K 7.9 28.6
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Ind Cornell U., Ithaca, N S5m Jellicy Junn IX Bill De Forest 32 200m Jellicy Junn 38 Bob Congdon 49	14-6 <sup>1</sup> / <sub>2</sub> <sup>3713-4</sup> 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 <b>3007 Meet</b> Y; Dec. 11 / R 7.9 28.6 28.7
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N S5m Jethey Jumn I& Bill De Forest 32 200m Jetfrey Juma 38 Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45	14-6 <sup>1</sup> / <sub>2</sub> 5713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3.72 3.74 10.63 8.72 3.72 3.74 10.63 8.72 3.75 10.63 8.72 3.75 10.63 10.63 10.75 10.63 10.75 10.63 10.75
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jethey Junn IX Hill De Forest 32 200m Jethey Junn IX Bob Congdon 49 Bill De Forest 32 Reinhold Wolawa 45 Rick Marshall 44 Tony Kesenga 46	14-6 <sup>1</sup> / <sub>2</sub> <sup>3713-4</sup> 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 <b>door Meet</b> Y; Dec. 11 / R 7.9 28.6 28.7 29.2 31.0 31.6 31.6
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jetlicy Junn IX Bill De Forest 32 200m Jetficy Junn J& Bob Congdon 49 Bill De Forest 32 Reinhold Wolawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50	14-6 <sup>1</sup> / <sub>2</sub> <sup>14-5<sup>1</sup></sup> / <sub>2</sub> <sup>8.72</sup> <sup>9.74</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.63</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.65</sup> <sup>10.</sup>
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Int Cornell U., Ithaca, N S5m Jellicy Jumi I& Bill De Forest 32 200m Jelfrey Jumi I& Bill De Forest 32 Reinhold Wolawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65	14-6 <sup>1</sup> / <sub>2</sub> <sup>3713-4</sup> 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 <b>door Meet</b> Y; Dec. 11 / R 7.9 28.6 28.7 29.2 31.0 31.6 31.6
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jeffrey Junni IX Hill De Forest 32 200m Jeffrey Junni IX Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 1500m Casey Carlstrom 35	14-6 <sup>1</sup> / <sub>2</sub> <sup>14-6<sup>1</sup>/<sub>2</sub></sup> <sup>14-5<sup>1</sup>/<sub>2</sub> <sup>8.72</sup> <sup>9.74</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>20.6</sup> <sup>28.6</sup> <sup>28.7</sup> <sup>29.2</sup> <sup>31.6</sup> <sup>31.6</sup> <sup>31.6</sup> <sup>34.1</sup> <sup>36.3</sup> <sup>40.9</sup> <sup>4:26.4</sup></sup>
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jetlicey Junni I& Nill De Forest 32 200m Jetficey Juna 38 Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcasile 74 Ralph Jones 65 1500m	14-6 <sup>1</sup> / <sub>2</sub> 5713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 5007 Meet Y; Dec. 11 / R 7.9 28.6 28.7 29.2 31.0 31.6 34.1 36.3 40.9 4:26.4 4:37 4
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Int Cornell U., Ithaca, N S5m Jellicy Juran 3R Bill De Forest 32 200m Jelfrey Juran 3R Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45	14-6 <sup>1</sup> / <sub>2</sub> 5713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3007 Meet Y; Dec. 11 / R 7 9 28.6 28.7 29.2 31.0 31.6 31.6 34.1 36.3 40.9 4:26.4 4:37 4 4:43.4
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jethrey Junni IK Rill De Forest 32 200m Jetfrey Junni IK Rill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45 Dick Croteau 52 Ken Florence 40	14-6 <sup>1</sup> / <sub>2</sub> <sup>14-6<sup>1</sup>/<sub>2</sub></sup> <sup>14-5<sup>1</sup>/<sub>2</sub> <sup>8.72</sup> <sup>9.74</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>10.63</sup> <sup>8.72</sup> <sup>20.62</sup> <sup>7.9</sup> <sup>28.6</sup> <sup>28.7</sup> <sup>29.2</sup> <sup>31.6</sup> <sup>31.6</sup> <sup>31.6</sup> <sup>34.1</sup> <sup>36.3</sup> <sup>40.9</sup> <sup>4:26.4</sup> <sup>4:374</sup> <sup>4:43.3</sup> <sup>4:44.3</sup> <sup>4:44.3</sup> <sup>4:49.1</sup> <sup>4:50.1</sup></sup>
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Int Cornell U., Ithaca, N 55m Jetlicy Junn IR Nill De Forest 32 200m Jeffrey Junn IR Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcasile 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45 Dick Croteau 52	14-6 <sup>1</sup> / <sub>2</sub> 5713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3007 Meet Y; Dec. 11 / R 7 9 28.6 28.7 29.2 31.0 31.6 34.1 36.3 40.9 4:26.4 4:37 4 4:43.4 4:44.3 4:49.1
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jethey Junn IX Hill De Forest 32 200m Jeffrey Junn JX Bob Congdon 49 Bill De Forest 32 Reinhold Wolawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 <u>1500m</u> Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wolawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46 Bob Congdon 49	14-6 <sup>1</sup> / <sub>2</sub> 5713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 5007 Meet Y; Dec. 11 7 R 7 9 28.6 28.7 29.2 31.0 31.6 34.1 36.3 40.9 4:26.4 4:37 4 4:43.4 4:44.3 4:49.1 4:50.1 4:55.1 5:07.0
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Chuck Yost W35 Chuck Yost W35 Chuck Yost W35 Chuck Yost W35 Chuck Yost W35 Chuck Yost Diffiey Junni Uk Hill De Forest 32 200m Jeffrey Junni Uk Hill De Forest 32 Reinhold Wolawa 45 Joseph Reynolds 50 Verne Rockcasile 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wolawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46	14-6 <sup>1</sup> / <sub>2</sub> 5713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3.72 3.74 10.63 8.72 3.72 3.72 3.72 3.72 3.72 3.72 3.72 3.16 3.1.5 3.1.6 3.1.5 3.1.6 3.1.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jethrey Junni IR Rill De Forest 32 200m Jetfrey Junan 38 Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46 Bob Congdon 49 Rich Bernstein 42 Jim Bilik 45 Sandy Gregorich W32	14-6 <sup>1</sup> / <sub>2</sub> 7713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3.72 3.74 10.63 8.72 3.72 3.72 3.72 3.79 2.86 2.8.7 2.9.2 3.10 3.16 3.1.6 3.4.1 3.6.3 40.9 4.26.4 4.374 4.43.3 4.49.1 4.50.1 4.54.5 4.55.1 5.07.7 5.08.6 5.20.3
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jeffrey Junn IX Hill De Forest 32 200m Jeffrey Junn IX Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46 Bob Congdon 49 Rich Bernstein 42 Jim Billik 45 Sandy Gregorich W32 Joseph Reynolds 50 Gireg Garnham 41	14-6 <sup>1</sup> / <sub>2</sub> 5713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3.72 3.74 10.63 8.72 3.72 3.72 3.72 3.72 3.72 3.72 3.72 3.16 3.25 5.51 5.070 5.07.7 5.08 5.20,3 5.20,3 5.24 8 5.470
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N S5m Jellicy Junni IR Bill De Forest 32 200m Jelfrey Junni IR Bill De Forest 32 Reinhold Wolawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcasile 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wolawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46 Bob Congdon 49 Rich Bernstein 42 Jim Billik 45 Sandy Gregorich W32 Joseph Reynolds 50 Gireg Garnham 41 John McCurry 52	14-6 <sup>1</sup> / <sub>2</sub> 7713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3.72 3.74 10.63 8.72 3.72 3.72 3.72 3.72 3.79 2.86 2.8.7 2.9.2 3.10 3.16 3.1.6 3.4.1 3.6.3 40.9 4.26.4 4.374 4.43.4 4.43.4 4.44.3 4.49.1 4.50.1 4.55.1 5.07.0 5.07.7 5.08.6 5.20.3 5.24.8
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jetlicey Junni I& Nill De Forest 32 200m Jetficey Junni I& Nill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcasile 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46 Bob Congdon 49 Rich Bernstein 42 Jim Bilk 45 Sandy Gregorich W32 Joseph Reynolds 50 Gireg Garnham 41 John McCurry 52 Ken Wright 48 John Hurley 57	14-6 <sup>1</sup> / <sub>2</sub> 14-6 <sup>1</sup> / <sub>2</sub> 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 door Meet Y; Dec. 11 / R 7.9 28.6 28.7 29.2 31.0 31.6 34.1 36.3 40.9 4:26.4 4:37.4 4:43.3 40.9 4:26.4 4:37.4 4:43.4 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:44.3 4:45.1 5:07.0 5:07.7 5:08.6 5:20.3 5:24.8 5:55.1 6:00.6 6:01.0
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jeffrey Junni U Hill De Forest 32 200m Jeffrey Junni U Hill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46 Bob Congdon 49 Rich Bernstein 42 Jim Bilik 45 Sandy Gregorich W32 Joseph Reynolds 50 Gireg Garnham 41 John Hurley 57 Tony Kasenga 46 Ron Slocum 51	14-6½ 5713-4 14-5½ 8.72 9.74 10.63 8.72 3007 Meet Y; Dec. 11 / R 7.9 28.6 28.7 29.2 31.0 31.6 34.1 36.3 40.9 4:26.4 4:37.4 4:43.4 4:44.3 4:49.1 4:50.1 4:54.5 4:55.1 5:07.0 5:07.7 5:08.6 5:20.3 5:24.8 5:47.0 5:55.1 6:00.6 6:01.0 6:07.2 6:17.4
Shot Put M45 Jim Alexander M50 Paul Stelmaszyk M55 Chuck Yost W35 Cathy McKeever Finger Lakes RC Inc Cornell U., Ithaca, N 55m Jethrey Junni IK Rill De Forest 32 200m Jetfrey Junan 38 Bob Congdon 49 Bill De Forest 32 Reinhold Wotawa 45 Rick Marshall 44 Tony Kesenga 46 Joseph Reynolds 50 Verne Rockcastle 74 Ralph Jones 65 1500m Casey Carlstrom 35 Earl Steinbracher 30 Sean Curley 32 Reinhold Wotawa 45 Dick Croteau 52 Ken Florence 40 Herb Engman 49 Tom Homeyer 46 Bob Congdon 49 Rich Bernstein 42 Jim Bilk 45 Sandy Gregorich W32 Joseph Reynolds 50 Greg Garnham 41 John McCurry 52 Ken Wright 48 John Huley 57 Tony Kasenga 46	14-6 <sup>1</sup> / <sub>2</sub> 7713-4 14-5 <sup>1</sup> / <sub>2</sub> 8.72 9.74 10.63 8.72 3.72 3.74 10.63 8.72 3.72 3.72 3.72 3.72 3.79 2.86 2.8.7 2.9.2 3.10 3.16 3.1.6 3.4.1 3.6.3 40.9 4.26.4 4.374 4.43.4 4.43.4 4.43.4 4.44.3 4.49.1 4.50.1 4.54.5 4.55.1 5.07.0 5.07.7 5.08.6 5.20.3 5.24.8 5.47.0 5.55.1 6.00.6 6.01.0 6.07.2

3000m	100 202	MS
Casey Caristrom 35	9:31.6	M
Reinhold Wotawa 45 Tom Homeyher 46	10:10.5 10:13.6	40
Jim Bisogni 49	10:29.5	M3 M4
Ken Florance40 Jim Bilik 45	10:31.4 10:36.9	100
Mark Harrison 30	10:48.3	M4 M5
Don Farley 61	11.05.6	M7 M7
Greg Farnham 41 Ken Wright 48	11:58.1	Mi
John McMurry 52	12:29.3 12:31.0	M3
John Hurley 57	12:41.2	M4
Tony Kasenga 46 Ron Slocum 51	12:51.3	M4
Deb Stokes 42	12:57.2 13:42.9	MS
MAC "Reebok Season (		M7 W4
168th St. Armory, M Dec. 16	NYC;	80
55m	4 3 4 5	M3 M4
M35 Don McNeill M40 Ed Gonera	7.20 6.98	
Jesse Norman	7.28	M4 M5
M45 Eddie Watson Ken Kienzle	7.54 7.71	M6 30
M50 Thad Morris	7.38	M3
M60 Cliff Pauling W30 Denise Jones	8.27 8.30	M4
Betty Whitaker	8.53	M4
W35 Louise Clark	7.76	ME
200m M30 W R Vaughn	25.32	M5 55
M40 Ed Gonera Alex Constantinou	24.52 26.68	M3 M4
M45 Ron Johnson	24.60	M4 M5
M60 Cliff Pauling W30 Denise Jones	33.14 30.52	- M6
W35 Denise Sullivan	34.83	M7 Hi
400m M30 W R Vaughn	55.52	M4 M4
M40 Errol Lee	55.63	Lo
A Constantinou M50 Jim Aneshansley	57.81 70.89	M3 M4
M50 Jim Aneshansley M60 Cliff Pauling	62.90	MS
W30 Betty Whitaker Denise Jones	66.97 69.45	M6 M6
W35 Louise Clark	64.95	MB
W40 Sharon Warren 800m	66.78	Tr M4
M35 Audre Titus	2:39.85	MG
M40 Walter Brown 1500m	2:11.25	Sh M4
M30 Lewis Jefferson	4:34.10	M4
Grover Prince M35 Anthony Watson	4:57.20 4:22.66	M5 M5
M40 Rob Jackson	4:41.55	MB
55m Hurdles M45 Ivan Black	8.72	30 M4
High Jump	N. ALE	MG
M45 Ivan Black Pole Vault	5-0	MA
M35 Rob Doran	9-0	1
Long Jump M45 Ivan Black	16-7 <del>1</del>	168
Ken Kienzle	14-1	55m W35
Shot Put M35 Rob Doran	8.85	-
M45 Rich Dunphy	11.34	300 M30
Ivan Black W30 Harriet CarterRam	6.84	M35
W35 Sarah Boslaugh	11.11	M40
Denise Sullivan W50 Roslyn Katz	6.56 7.59	M45
Weight Throw		MSC
W30 Harriet CarterRam W35 Sarah Boslaugh	ng7.23	M60
W50 Roslyn Katz	10.03	W30
1500m Racewalk	9.7	W40
	8:7	600 M40
W70 Queenie Thompson		1.15
from Roslyn Katz		M6
Philadelphia Master	s Meet	10
Haverford, PA; De		M3
55m M30 Bob Murphy	7.6	M3
M35 Phil Conzentino	7.0	M4
Terry O'Connell M40 Mark Gershon	7.1	MS
M50 Paul Henry M60 Alex Johnson	7.2 .	M6 15
M60 Alex Johnson M65 Tom Delany	7.5	M3
M70 Oscar Harris	8.5	M4 M4
: 200m M30 Bob Murphy	27.8	55
M35 Terry O'Connell	25.1	M4
Ken Abney M40 Karl Castor	25.8 25.9	Hi
M45 Tim Dickens	27.8	

M50 Paul Henry M60 Alex Johnson M70 Oscar Harris 400m	26.1 28.6 33.1
M35 Terry O'Connell M40 Bill Krieger Tony Natale	57.4 54.4 55.9
M45 Tim Dickens M50 Paul Henry M70 Oscar Harris M75 George Blyn	61.3 58.0 78.2 91.3
<u>Mile</u> M35 Marc Gilman Greg Stephens M40 Gary Tompkins	5:11.5 5:19.0 4:52.2
Bob Crossin M45 Fred Dedrick John Weber M50 Gregg Atzert	5:04.2 5:06.0 5:22.8 5:38.0
M70 George Blyn W40 Diane McManus 800m	7:40.0 6:45.1 2:28.1
M35 Mike Howard M40 Gary Tompkins Bill Krieger M45 George Sanders M50 Gregg Atzert	2:14.3 2:16.0 2:31.4 2:32.4
M60 Jim Sutton 3000m M35 Tom Yunker	2:28.7 11:22.0
M40 Bob Crossin Bill Kehner M45 Fred Dedrick Mike Owens	10:38.7 10:17.2 10:11.4 10:28.8
M50 Gregg Atzert 55m Hurdles M30 Will Reid M40 John Jones	8.1 8.7
M55 Nate Byrd M65 Tom Delany M70 Oscar Harris High Jump	11.3 11.1 12.4
M40 Mark Gershon M45 Ron Salvio Long Jump M30 Bob Murphy M40 Mark Gershon	5-2 4-7 4.63
M55 Nate Byrd M60 Bill Forde M65 Tom Delany	5.46 3.84 3.75 4.28
M80 Claude Hills <u>Triple Jump</u> M40 Mark Gershon M65 Jack Doorlay	2.09 10.97 7.23
<u>Shot Put</u> M40 Rich McMullin M45 Ron Salvio M50 Gus Giviskos	11.55 8.14 11.40
MS5 Bill Murphy M80 Bob Detweiler 8# <u>3000m Racewalk</u> M45 Ron Salvio	6.27
M65 Ed Gawinski IAC "Chemical Bank C Classic"	18:09.6
58th St. Armory, NYC	; Dec. 23
35 Louise Clark Denise Sullivan 00m	7.77 9.10
30 Lewis Jefferson 35 David Cherry 40 Don Hodge Errol Lee	40.14 37.8 38.76 39.59
45 Ron Johnson P G Felton 50 Les Wright Jr 60 Cliff Pauling 130 Kelly Etheridge	39.04 41.23 42.33 45.47
V35 Louise Clark V40 Sharon Warren 500m	48.02 45.03 45.75
How         How <td>:32.15 :35.81 :44.72 :56.91</td>	:32.15 :35.81 :44.72 :56.91
Grover Prince	2:44.36 2:59.51 2:47.44
M50 Les Wright Jr	3:20.28
M40 John Roselli M45 Salih Talib	4:29.36 5:27.75 4:29.36
55m Hurdles M45 Ivan Black High Jump M35 Jim Henderson	10.02 5-4
Rob Doran	4-10

-	Tasters news	
	M45 Ivan Black	4-10
-	Pole Vault M30 Duncan Littlefie	1d 14-0
	M35 Rob Doran	9-0
1 m - 1	Long Jump M30 Robert Abdullah	6.74m
-	M35 Rob Doran M45 Ivan Black	4.43 4.71
	W45 Lorraine Tucker	4.25
0-2	Triple Jump M40 Ivan Black	10.82
2.101	Ken Kienzle	9.16
-	Shot Put M45 Rich Dunphy	38-3
	Ivan Black W35 Sarah Boslaugh	21-11 35-4
	Denise Sullivan W45 Lorraine Tucker	22-11
No.	W45 Lorraine Tucker W50 Roslyn Katz	30-2 25-71
No.	Weight Throw W35 Sarah Boslaugh	11.29
	W50 Roslyn Katz	9.43
2	Mile Racewalk M30 Robert Gottlied	7:13.03
3		
1	M60 Bob Barrett W30 H Carter-Range W35 Kathryn Davis	11:09.93
	Denise Sullivan W55 Elsa Archbow	11:40.68
5	from Roslyn Kata	
5022	MAC "6th Annual Foo	
0	N.Y. Indoor Gam	
B	168th St. Armory, NYC 55m	Some States
0	M30 Shawn Carson Sam Caldwell	6.95 7.16
1	M35 Val Barnwell	6.83
1	Fred Feaster David Cherry	6.96 7.04
0	M40 C D Cook	7.83
4	M45 Ron Johnson Ken Kienzle	
7	M60 Cliff Pauling M65 Manny Herscher	8.16 9.39
0	Ken Kienzle M60 Cliff Pauling M65 Manny Herscher M70 L E Wright Sr W35 Louise Clark	8.85 7.64
7	200m	
4 B	M30 David Glen-Marie W30 Kelly Etheridge	27.44 29.22
5	W35 Louise Clark	27.67
15.0	400m M30 W R Vaughn Jr	56.54
	Doug Miller	58.37
See.	M40 Ed Gonera Anthony Jones	55.21 59.53
1	Ron Hodge	57.09 56.80
4	M50 L E Wright Jr	60.01
E.	W30 Kelly Etheridge	65.72
in the	800m M30 Adrian Brewster	2:02.30
ALL N	Mark Powell	2:03.71
	L I Jefferson M40 Richard Evans	2:08.75
ū,	M40 Richard Evans Jeff Gittens	2:22.25
7	M45 Kevin Smith M55 John Hurley M60 Cliff Pauling	2:30.07
0	M60 Cliff Pauling	2:31.09
5	Mile	Section and
0	M35 Robert Brush	5:01.86
7	M30 Grover Prince M35 Robert Brush M40 Tony Plaster M60 Hans Hunziker M75 Bill Benson W40 Janet Piez	5:25.84 6:06.35
4	M75 Bill Benson W40 Janet Piez	7:35.96 6:09.88
5	2000-	and the second
IS	M50 Hugh Sweeney M55 Sid Howard John Hurley 55m Hurdles	9:57.25
23	John Hurley 55m Hurdles	12:44.40
3	M35 Roberto Vives	9.32
21	M45 Ivan Black	9.09
200	High Jump M30 David Olson M35 Roberto Vives M45 Larry Isler Ivan Black	6-41 4-10
	M45 Larry Isler	6-0 4-10
1	Pole Vault	and the second second
	M35 Jim Henderson Rob Doran	12-0 9-0
	Long Jump	
22	M30 Robert Abdullah M45 Ivan Black	4.69
-	Ken Kienzle M65 Manny Herscher	4.49 3.19
ALC: NO	Shot Put	and the second second
	M35 Rob Doran M40 Bob Feeney	9.44
	M40 Bob Feeney M45 Rich Dunphy Ivan Black	11.48 6.88
	W30 Nicole Phillips	9.19
-	Virginia Lee Pa W35 Sarah Boslaugh	lmer8.25
ALC: N	W50 Roslyn Katz W60 Ann Cirulnick	7.72
F	W60 Ann Cirulnick Weight Throw	8.12
2	W30 Virginia L Palm	
	Harriet CartrRa W35 Sarah Boslaugh W50 Roslyn Katz	nge6.79 10.88
1	W50 Roslyn Katz W60 Ann Cirulnick	9.62
1	150m Pacounik	and a second state
8	M30 Alan Sangrap M45 Gary Null M60 Bob Barrett W30 H Carter-Range W35 Kathryn Davis	6:49.07
	M60 Bob Barrett	7:40.44
5.	W30 H Carter-Range	9:49.06
	MJJ NAULIVII LAVIS	

	W70 Queenie Thompson1 3000m Racewalk		800m M30
m	M30 Robert Gottlieb 1 from Roslyn Katz	and the second second	M35
100	Dartmouth Relay Cornell U., Ithaca, Jan. 6	NY;	M40
2	55m	6.71	
6	M30 Steve Gorrianan Andre Garon	6.71 7.55	M45 M50
	M35 Bob Parizo Chris King II	6.93 7.00	M55
	Kevin Cranford - M40 Pershing Reid	7.03	
	Nate Robinson MichaelParker	7.30 7.49	M70 M75
	M45 Dennis Newton Michael Augeri	7.22 7.50	W30
03 79	Richard Sealey M50 Roger Pierce	7.54 7.20	W35 W40
92	Paul Gansle James Brady	7.70	W45
68 98	M55 Horace Andrews Edward Mezzapella	8.32 9.46	W60
r	Bob Smullens M60 Joe Hemler	9.74 7.60	M30
30	Bill Wright Robert Cloutier	7.89 8.34	M35
	M65 Ed Cox Harold Miller	7.99 8.71	M35
No.	William Bergen M70 Vern Mattson	8.74 9:02	M40
ALL A	George Steinmeyer George Horner	9.40 9.63	
	M75 Angelo Oliver Robert Mulliken	10:37	M45
	W35 Cheryl Alston	- 8.06	M50
	Agathe Courteau W40 Irene Thompson	8 92 7.72	
14	Dara Lehans-Scott W45 Lorranine Tucker	8.61 8.34	M55
57	Kathy Nary W50 Marlene Sachs	10.17 8.74	M60
54 37	W55 Carolyn Cappetta Nancy Merrill	8.90 10.72	M6
21 53	200m M30 Steve Gorrianan	23.32	W30
09 30 01	Andre Garon M35 Bob Parizo	26:04 24.68	W35
12	Toney Mulhollar David Dodson	25.27 27.42	W40
30	M40 Neil Steinberg Michael Parker	23.88 26,58	W40
71 30 75	George Frost M45 DanaHarrell	27 20 28.48	W45
25	Larry Johnson M50 Roger Pierce	29.31 25:37	
07	Jeffrey Spoor Mike Caccuitto	29.98 30.46	W50 W60
09	M55 Horace Andrews M60 Joe Hemler	30.64 26.48	3000 M30
47 86 84	Robert Cloutier DaveHanover	30.96 32.29	1
35	M65 Ed Cox	29.05	M35
88	William Bergen Harold Miller	31.13 32.07	M40
25 47	M70 Vern Mattson George Steinmeyer	33.16 34.72	
40	George Horner M75 Angelo Oliver	35.52 NT	M45
2 9	W30 Wendie Moore Sandy Callahan	31.00 37.99	M50
	W35 Mary Nagel Margie Ramunno	37.29 38.15	-
	W45 Lorranine Tucker W50 Marlene Sachs	30.25 32.52	M55
	Susan Caccuitto W55 Nancy Merrill	42.64 44.39	W30
	400m M30 Peter Bergeron	53.60	W35
	M35 Rick Smith Toney Mulhollar	53.48	CL
	M40 Kevin Callahan	55.18 1:08.72	Shor M35
	Steve Dowling Roger Mar Coux	1:09.13	M45
	M45 Michael Ilolander Michael Augeri	59.29 1.03.80	M50
5	Dave Herrington M50 Bic Stevens	1:07.52 56.13	M65 W30
	Jonathan Tetherly M55 John Cosgrove	1:04.01 1:04.52	W35
	Richard Croak M60 Robert Cloutier	1:05.08 1:11.87	4x20 M40
	Jack Nyhan Walter Sanders	1:14.17 1:16.36	M45
120	M75 Bob Matterson W40 Irene Thompson	1:28.14	W30
07	Carole Armen W50 Charlene Francis	1:15.25	W30 W30 W40
04 44 06	W55 Carolyn Cappetta W60 Susan Cohen	1:10.64	W4(
21	W70 Bobby Mosenthal	1:56.83	1 des

800m	202.05
M30 Dennis Contois Douglas Brooks	2:07.85 2:13.89
Peter Bergeron	2:17.89
M35 Daniel Mercier Ed Pancoast	2:10.28 2:15.39
William Wright	2:22.59
M40 Chris Armen	2:11.44
Bruce Bond Richard Clark	2:15.22 2:20.18
M45 Jeff Parkman	2:26.12
M50 Bic Stevens FredBertelsen	2:19.14 2:45.72
M55 David Galligani	2:26.70
Richard Croak John Hurley	2:43.62 2:54.53
M70 Archie Messenger	2:45.10
M75 Bob Matterson W30 Arlene Mahoney	3:37.39 2:35.98
Jennifer Frost	2:43:42
W35 Edna Crawley	2:48.49
W40 Jane Benson W45 Anne Schmitt	3:16.12
Sandy Miller	2:51.30
W60 Liz Szawlowski 1500m	3:19.10
M30 Rich Marion	4:05.62
Dennis Contois	4:17.77
John Molvar M35 Allan Muir	4:17.94 4:16.66
Jim Letts	4:30.05
Ed Pancoast M40 Peter Bartolotti	4:39.22 4:28.16
Francois Marter	4:28.19
Jack Afarian M45 Frank Myers	4:32.11 4:52.08
Dale Ladd	5:55.16
Jeff Parkman	5:04.77
M50 Stanley Dutton Peter Szawlowski	4:56.11 5:01.96
Eric White	5:20.03
M55 Tim Simpson John Hurley	4:43.72 5:04.53
M60 Don Ross	4:57.49
Larry Drew M65 Kenneth Folsom	5:33.01 5:46.71
W30 Sherri Freeman	4.59.84
Carla Morilla	5:13.20 5:21.66
Jennifer Frost W35 Joan Sterret	4:59.79
Sandy Lovejoy P Dickson-Taylor	5:30.39 5:21.39
W40 Anne Ricar-Delli	5:07.21
Debbie Judge Doris Hearty	5:23.41 5:36.27
W45 Anne Schmitt	5:17.79
Anne Igoe Noel Bodwell	5:44.33 5:54.77
W50 JanetBober	5:40.72
W60 Liz Szawłowski 3000m	6:40.94
M30 Mike Casner	8:45.57
John Fiola	8:50.23
Chip Langmaid M35 Barry Harwick	9:21.62 8:58.02
Bob Gerrity	9:12.45
Brian Collins M40 Chip Button	10:01.83 9:34.72
Brad Hurst	9:50.52
Randy Waterman M45 Raymond Dion	9:56.06 10:45.00
Garetan Bareton	10:47.32
Joe Burleson	12:10.91
M50 Stanley Dutton Jack Vaughan	10:25.47
Bill Cooper M55 Dillon Maier	11:18.53
M60 Don Ross	13:42.52 11:06.52
Larry Drew	13:42.54
W30 Laurie Waterman W35 Sandy Lovejoy	12:09.75 11:05.17
Joan Sterret	11:48.06
P Dickson-Taylor Short Hurdles	12:18.92
M35 Bob Parizo	8.09
Manuel Toppins M45 William Detter	8.77
M45 William Dettorn Michael Augeri	9.86 10.03
M50 Paul Gansle	9.87
M65 Frank Brako W30 Wendie Moore	12.77
W35 Agathe Courteau	11.40
W50 Marlene Sachs 4x200 Relay	10.91
M40 Boston RC "B"	1:59.10
Conway TC M45 Boston RC	2:12.57
RRRT	1:42:28 1:50.27
W30 Cnt Conway W35 Club X	3:30.98
W40 Achievements	2:22.95 2:07.23
Liberty AC	2:10.67
Continued on	
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#### Continued from previous page 2.07 95 W45 Boston RC Boston RC"B" 2:26.40 W50 Sugarloaf AC 2:39.42 High Jump M30 Joseph Patrone M35 Manuel Toppins 1 93 1.93 Ambroise Courteau 1.68 M40 Larry Isler 1 47 1.42 M45 Ron Salvio John Hoogasian 1.27 M50 Paul Gansle 1.52 James Brady Carl Wallin 1.42 M55 Gerald Counihan 1.57 M65 Frank Brako 1.17 M74 George Steinmeyer W30 Denise Houseman 1.12 .91 W50 Marlene Sachs 1.32 Long Jump M35 Kevin Cranford 6.22 Manuel Toppins 5 94 M40 DouglasFredericks 5.12 **Jim Sciuto** 5.11 John Oleski 4 11 M45 John Hoogasian 4.39 M50 James Brady 4.13 M55 Gerald Counihan 4.91 Dillon Maier 4 06 Edward Mezzapelle 3.38 M60 Joe Hamler M65 Frank Brako 4.43 3.95 M70 Vern Mattson 3.82 W30 Wendie Moore 4 31 W35 Edna Crawley 4.10 4.66 W40Nancy Klepack W45 Lorranine Tucker W50 Marlene Sachs 3.87 W60 Claire Reynolds ND Triple Jump M35 Kevin Cranford M40 Douglas Fredericks 13 85 10.33 Larry Isler M45 John Hoogasian 9.80 9.04 M50 Paul Gansle 9.86 M55 Bob Smullens 6.54 7.89 M65 Frank Brako M70 Vern Mattson W30 Wendie Moore 8.49 Shot Put M35 Manuel Toppins 10.49 M40 Bob Gunn Kim Salazar 13.43 12.02 11.94 10.83 Donald Filkins M45 Mike Grisko 10.58 Peter Mitchell John Hoogasian M50 Robert Mead 9 68 14.87 Carl Wallin 14.66 12.47 Robert Harvey M55 Morn Myprus Michael Hoffer 11.46 M60 Leonard Rosen 11.30 Pete Barker 10.71 Andy Larabee 9.73 11.33 M65 Cliff Blair Ned Curran 9.04 M70 Boo Morcom 9.60 George Horner 8.67 M75 Angelo Oliver 8.71 **Robert Sparks** 7.78 W30 Denise Houseman 10.96 8.73 8.38 W40 Dara Lehans-Scott Irene Thompson Kim Salzer ND W50 Marlene Sachs 9.60 Nancy Merrill ND Weight Throw M35 Ken Jansson 18.72 M40 Donald Filkins 12 57 12.56 Carl Richard Wayne Willis 12.37 M45 Mike Grisko 12.13 Ron Salvio 8.23 M50 Robert Mead 12.13 Al Neville 10.43 William Burkle 9 00 M55 Norm Cyprus 11.62 M60 Don Levesque 11.20 Pete Barker 10.74 M65 Cliff Blair 14.05 Ned Curran 6.91 11.98 M70 A J Crawford W30 Denise Houseman W40 Dara Lehans-Scott DC Metro Masters Mile George Mason U., VA; Jan. 7 George Mason U., VA; Jan. 7 1 Chuck Moeser 43 4:38.62 2 Paul Peterson 40 4:44:03 3 Paul Zink 47 4:44.68 4 Mike McHale 44 4:46.14 5 Larry Washington434:50.8 6 Scott Winston 41 4:53.1 7 Pat Sullivan 45 4:54.53

	and a share of the transition of the	
ge	R Abdul Elmobdacui	
95	8 Abdul Elmehdaoui4 9 Dan Eddy 44	4:56.9
6.40	9 Dan Eddy 44 10 Bob Weiner 47 11 Spider Rossiter 4	4:57.6
9.42	11 Spider Rossiter 4	35:11.9
07	12 Gary Guenther 45 13 Jay Wind 44 14 Robert Trost 51 15 Joe Stirt 42	5:17.5
.93 .93	14 Robert Trost 51	5:17.8
.68		
.47	MAC "US Air" Invi	
.42	Fairleigh Dickins	on U.,
.27	NJ, Jan. 8	
.52	55m M30 Kevin Ellis	6.8
.47		7.0
1.57	M40 Jesse Norman Steve Schlanger	7.3 7.5
1.17	C D Cook	7.7
1.12	C D Cook M50 G Ballard	7.6
.91 1.32	Dave Connolly M55 Vince Ruffin	7.8
	M55 Vince Ruffin M60 Giorgio Chiavell	i 8.1
5.22	Tom Talbott M70 L E Wright Sr	10.1 8.8
5.94	300m	
5.12 5.11	M30 Martin McEchiney Manuel Chimchill M35 Don McNeill	41.1 a 41.6
.11	M35 Don McNeill	41.3
1.39	M40 Jesse Norman C D Cook	40.2
4.13	Louis Miller	55.6
1.91 1.06	Louis Miller M50 Dave Connolly M60 Cliff Pauling	47.7
3.38	M60 Cliff Pauling Tom Talbott	45.3 57.2
4.43	500m	
3.95	M40 Tom Allen M45 Bill Indek	1:32.7
3.82 4.31	M50 Vic Brouslet	1:27.1
4.10	M40 Tom Allen M45 Bill Indek M50 Vic Brouslet M60 Cliff Pauling Tom Talbott	1:25.7
4.66	800m	
4.15	M30 Doug Miller	2:13.5
3.87 ND	M40 Vincent Shaw Tom Plaster	2:25.4
10	Jeff Gittens	2:44.0
3.85	M45 Bill Indek M60 Irwin Bernstein	2:32.8 2:36.4
0.33	Hans Hunziker	
9.80 9.04	1500m M30 Doug Miller	4:22.0
9.86	M30 Doug Miller M35 Tony Watson Rick Angiture	4:24.0
6.54	M35 Tony Watson Rick Angiture M40 Nick Caswell Tony Plaster Mark Benjamin Tom Allen M45 Vic Medina M55 Jim Aneshansley M60 Hans Hunziker	4:30.6
7.89 7.56	Tony Plaster	4:55.0
8.49	Mark Benjamin Tom Allen	5:10.2
e in	M45 Vic Medina	5:05.9
0.49 3.43	M60 Hans Hunziker	5:36.8
2.02	Long Jump	5 41
2.02 1.94	Long Jump M40 Gan Gioa M50 Dave Connolly	5.41 3.02
2.02 1.94 0.83	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin	3.02 4.61
	M40 Gan Gioa M50 Dave Connolly	3.02
2.02 1.94 0.83 0.58 9.68 4.87	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker from Roz Katz	3.02 4.61 3.53
2.02 1.94 0.83 0.58 9.68 4.87 4.66	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker	3.02 4.61 3.53 Track
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2.02 1.94 0.83 0.58 9.68 4.87 4.66 2.47 1.46 8.85	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker from Roz Katz Philadelphia Masters Association Mee Swarthmore College, P 55m	3.02 4.61 3.53 Track et A; Jan. 8
2.02 1.94 0.83 0.58 9.68 4.87 4.66 2.47 1.46 8.85 1.30	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker from Roz Katz Philadelphia Masters Association Mee Swarthmore College, P 55m M35 Phil Conzentino Steve Galetta	3.02 4.61 3.53 Track et A; Jan. 8 6.7 6.8
2.02 1.94 0.83 0.58 9.68 4.87 4.66 2.47 1.46 8.85 1.30 0.71	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker from Roz Katz Philadelphia Masters Association Mee Swarthmore College, P 55m M35 Phil Conzentino Steve Galetta Terry O'Connell	3.02 4.61 3.53 Track et A; Jan. 8 6.7 6.8 7.1
2.02 1.94 0.83 0.58 9.68 4.87 4.66 2.47 1.46 8.85 1.30	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker from Roz Katz Philadelphia Masters Association Mee Swarthmore College, P 55m M35 Phil Conzentino Steve Galetta Terry 0'Connell M40 Dave NiCastro Karl Castor	3.02 4.61 3.53 <b>Track</b> et A; Jan. 8 6.7 6.8 7.1 7.0 7.1
2.02 1.94 0.83 0.58 9.68 4.87 4.66 2.47 1.46 8.85 1.30 10.71 9.73 1.33 9.04	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker from Roz Katz Philadelphia Masters Association Mee Swarthmore College, P 55m M35 Phil Conzentino Steve Galetta Terry O'Connell M40 Dave NiCastro Karl Castor Mark Gershon	3.02 4.61 3.53 <b>Track</b> et A; Jan. 8 6.7 6.8 7.1 7.0 7.1 7.1
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2.02 1.94 0.83 0.58 9.68 4.87 4.66 2.47 1.46 8.85 1.30 10.71 9.73 1.33 9.04 9.60 8.67	M40 Gan Gioa M50 Dave Connolly M55 Vince Ruffin M60 Hans Hunziker from Roz Katz Philadelphia Masters Association Mee Swarthmore College, P 55m M35 Phil Conzentino Steve Galetta Terry 0'Connell M40 Dave NiCastro Karl Castor Mark Gershon M45 Phil Felton Tom Gorman M50 Faul Henry	3.02 4.61 3.53 Track et A; Jan. 8 6.7 6.8 7.1 7.0 7.1 7.1 7.1 7.1 7.1 7.1 7.1
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AT A LOUGH AND THE PARTY	
M70 Oscar Harris	78.7
M75 George Blyn	94.6
W30 Leah Campagna	88.6
W35 Denise O'Brien	86.7
Barb Clarke	94.4
500m	24.4
Soom	71 2
M40 Bill Krieger Tony Natale	71.2
Tony Natale	73.3
. M55 Larry Harvey	84.4
800m	
M30 Craig Lowthert Steve Bond	2:09.9
Steve Bond	2:10.3
Mike Dizal	2:21.6
M35 Kevin Goldstein	2:32.7
M40 Gary Fanelli Gary Tompkins	2:08.9
Gary Tompkins	2:12.5
Joel Hoffsmith	2:14.7
Bob Crossin	2:14.7
M45 George Sanders	2:31.0
M50 Gregg Atzert	2:31.7
Bob Fuhrman	2:37.1
	2:54.9
Roger Sheftel M55 Larry Harvey	
	2:26.6
M60 Jim Sutton	2:24.5
W30 Kathy Harte	3:00.5
Maureen Doherty	3:24.7
W35 Mary Ellen Mallo	y 2:26.5
Connie Fanelli	2:39.7
Denise O'Brien	3:05.1
W40 Diane McManus	3:07.8
W50 C'lyn DiG'mbatis	
	a3:20./
Mile	
M30 Craig Lowthert	4:50.1
Richard Pointer	4:57.9
Mike Bizal	5:11.3
M35 Tom Yunker	5:24.3
M40 Gary Fanelli	4:40.9
	4:51.5
Gary Tompkins Phil Yoder	4:51.5
Pat Conter	
Bob Crossin	5:02.9
Gary Papazian	5:14.6
M45 Fred Dedrick	5:10.9
Craig Conover	5:14.0
Stu Madres	5:14.3
	5:32.8
Tony DeSabato M50 Joel Dubrow	5:38.8
Gregg Atzert	5:40.9
Boner Chaftel	6:23.8
Roger Sheftel	
M75 George Blyn	7:28.9
W30 Leah Campagna	
Maureen Doherty	7:10.9
W35 Denise O'Brien	6:39.4
Barbara Clarke	
W50 C'lyn DiG'mbatis	
	car:00.3
3000m	0.55
M30 Rich Pointer	9:55.1
M40 Phil Yoder	9:45.8
Joel Hoffsmith Gary Papazian	9:49.5
C	10.07.0
Gary Papazian	10:27.2
M45 Stu Madres	10:02.5
M45 Stu Madres Fred Dedrick	10:27.2 10:02.5 10:12.0
M45 Stu Madres Fred Dedrick Craig Conover	10:12.0
M45 Stu Madres Fred Dedrick Craig Conover	10:12.0 10:19.9
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato	10:12.0 10:19.9 11:18.5
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert	10:12.0 10:19.9 11:18.5 11:27.3
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis 55m Hurdles	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9
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M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 ±14:11.9 10.01 10.34
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus S5m Hurdles M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 37 5-2
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt M40 Mark Gersbon	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt M40 Mark Gersbon	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 37 5-2
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt M40 Mark Gershon Ed Laurelli	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4 3-4
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis 55m Hurdles M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler Pole Vault	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4 3-4 2-7
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M65 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Bandolub	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4 3-4 2-7 3.7m
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M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4 3-4 2-7 3.7m 3.4 4.02 5.52
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M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon S Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon M35 Frank Britt M40 Mark Gershon M35 Frank Britt	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.63 14.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 Ceorge Taylor M80 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M50 John Bateman Nate Byrd	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14:43.5 10.62
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M60 Bill Forde George Taylor	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14:43.5 10.63 14:43.5 5-2 5-2 5-0 3-4 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.17
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M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M60 Bill Forde George Taylor	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.43 3.17 4.08 3.41
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M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph <u>Rick Holmes</u> <u>Long Jump</u> M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Claude Hills Tom Delany Manny Herscher M80 Claude Hills <u>Triple Jump</u> M40 Dave NiCastro	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.63 14.34 10.63 14.34 10.62 5-2 5-3 5-0 3-4 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.43 3.17 4.08 3.41 2.49 11.79
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph <u>Rick Holmes</u> <u>Long Jump</u> M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Claude Hills Tom Delany Manny Herscher M80 Claude Hills <u>Triple Jump</u> M40 Dave NiCastro	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14:43.5 5-2 5-2 5-2 5-0 3-4 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.43 3.17 4.08 3.41 2.49 11.79 11.79 11.79
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>High Jump</u> M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler <u>Pole Vault</u> M45 Tom Randolph <u>Rick Holmes</u> <u>Long Jump</u> M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Claude Hills Tom Delany Manny Herscher M80 Claude Hills <u>Triple Jump</u> M40 Dave NiCastro	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14:34 10.62 5-2 5-3 5-0 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.43 3.17 4.08 3.41 2.49 11.79 11.77 9.77
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis S5m Hurdles M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M60 Claude Hills Bob Detweiler <u>Pole Vault</u> M55 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon B5 John Bateman Nate Byrd M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M50 Tom Delany Manny Herscher M80 Claude Hills Triple Jump	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.63 14.34 10.62 35-0 3-4 3-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.41 2.49 11.79
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M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis <u>55m Hurdles</u> M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany High Jump M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M60 Claude Hills Bob Detweiler Pole Vault M45 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M50 John Bateman M60 George Taylor M50 Bohetweiler M10 Racewalk M65 Ed Gawinski W40 Donna Kilgore from Bill Kriege	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14.34 10.62 5-2 5-2 5-0 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.43 3.17 4.08 3.41 2.49 11.79 11.93 10.88 8.02 4.75 8:26.5 10:19.4 c: Jan. 15
M45 Stu Madres Fred Dedrick Craig Conover Tony DeSabato M50 Gregg Atzert Lou Coppens Joel Dubow M75 George Blyn W35 Connie Fanelli Maureen Doherty W40 Diane McManus W50 C'lyn DiG'mbatis 55m Hurdles M35 Frank Britt M50 John Bateman M55 Nate Byrd M60 George Taylor M65 Tom Delany <u>Hiqh Jump</u> M35 Frank Britt M40 Mark Gershon Ed Laurelli M60 George Taylor M80 Claude Hills Bob Detweiler Pole Vault M45 Tom Randolph Rick Holmes Long Jump M35 Frank Britt M40 Mark Gershon M50 John Bateman Nate Byrd M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Bill Forde George Taylor M60 Claude Hills Triple Jump M40 Dave NiCastro Mark Gershon M50 John Bateman M60 Ceorge Taylor M55 Tom Delany Manny Herscher M80 Claude Hills Triple Jump M40 Dave NiCastro M35 Frank Britt M35 Frank Britt M35 Frank Britt M35 Frank Britt M35 Frank Britt M35 Frank Britt M36 Cay Feick Tom Henderson George Taylor M80 Bob Detweiler M10 Ray Feick M60 Ray Feick Tom Henderson George Taylor M80 Bob Detweiler M10 Rave Rilgore from Bill Kriege	10:12.0 10:19.9 11:18.5 11:27.3 11:32.0 13:12.4 14:52.6 11:33.5 14:43.5 13:49.2 t14:41.9 10.01 10.34 10.63 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14:43.5 13:49.2 t14:11.9 10.01 10.34 10.63 14:43.5 10.63 14:43.5 10.63 14:43.5 10.63 14:43.5 10.63 14:43.5 10.62 5-2 5-3 5-0 3-4 3-4 2-7 3.7m 3.4 4.02 5.52 4.97 3.96 3.43 3.17 4.08 3.41 2.49 11.17 9.77 5.93 8.43 11.94 7.15 11.93 10.88 8.02 4.75 8:26.5 10:19.4 2:

nal N	lasters News	-
78.7	Mark Benjamin 7.2	1
94.6 88.6	Steve Schlanger 7.5 M50 Buschel 8.1	1
86.7 94.4	M50 Buschel 8.1 Hush Sweeny 8.7 M60 Giorgio Chiavelli 8.4	P
	Tom Talbott 9.2 M65 Joe Kernan 11.6	1
71.2	200m	
84.4	M30 Manuel Chimchilla 25.1 Bill Vaughn 25.2	
2:09.9	Martin McElheney 25.7 M40 John Brooks 23.8	
2:21.6	Mark Benjamin 26.1	
2:32.7	Don Hodge 26.7 M45 Mike Billman 28.2	
:12.5	M60 Cliff Pauling 28.3 G Chiavelli 31.7	1
:14.7	Tom Talbott 32.9	
:31.7	M30 Bill Vaughn Jr 56.4	
:37.1	Joe Roggi 59.8 M40 Don Hodge 57.6	
:26.6	M45 Mike Billman 62.3 Keyin Smith 67.3	
:00.5	M50 Dick Hamner 60.0 M55 Bob O'Brien 64.1	ł
:24.7	M60 Cliff Pauling 64.3	
:39.7	Tom Talbott 79.8 800m	ŀ
:07.8	M40 Tony Plaster 2:26.7 Candido Barroso 2:28.9	
1.1	M45 Vic Medina 2:27.6	
:50.1	M40 Tony Plaster 2:26.7 Candido Barroso 2:28.9 M45 Vic Medina 2:27.6 Bill Indek 2:30.3 M50 Dick Hamner 2:20.3	1
:11.3	M75 Bill Benson 3:36.3 1500m	1
:40.9	M30 Larry Glazer 4:32.7	
:51.5	Grover Prince 4:48.9 M35 Tony Watson 4:24.0	-
:02.9	M40 Tony Plaster 4:53.6 Juanito Hernandez 4:55.7	
:10.9	M45 Vic Medina 5:03.5	
:14.0 :14.3	M55 Jim Aneshansley 5:15.1	
:32.8	M60 Cliff Pauling 5:25.1 Elton Robinson 5:45.6	1
:40.9	M70 John McManus 5:47.6	1
:23.8	W40 Regina Cahill 5:38.3	
:45.7	High Jump M30 Joe Roggi 5-2	
:39.4	M40 Dan Gola 5-6	
:35.0 :08.3	Long Jump M40 Dan Goia 5.02 M55 Bob O'Brien 4.40	1
:55.1	M60 Giorgio Chiavelli	1
45.8	Shot Put M40 Bob Feeney 10.90	1
27.2	Jeff Copiano 10.70 M45 Rich Dunphy 11.29	1
12.0	M60 Giorgio Chiavelli 9.60	
19.9	M70 Charles Covino 11.58 from Roz Katz	
27.3	Finger Lakes RC Indoor Meet	1
:12.4	Cornell U., Ithaca, NY; Jan. 15	
33.5	55m	
:49.2	Karl Iles 35         7.0           Bob Micko 47         7.4	
:11.9	Jeff Juran 38 7.6	
10.01	Jeff Knutson 42 8.2 Diane Beckwith W38 8.4	
10.63	Howard Mac Millan 68 8.4	
14.34	Nadine Lowenstein W49 8.7 400m	
5-2	Frank St. Dennis 36 56.4	1
5-3	Bob Micko 47 58.6 Karl Iles 35 1:00.4	1
5-0 3-4	Jeff Juran 38 1.01.3	1
3-4	Jeff Knutson 42 1:06.2	1
27 M 1	DavidWeiss 46 1:08.5 Rick Marshall 1:10.8	
3.7m	Nadine Lowenstein W49 1:12.6	1
.02	Howard MacMillan 68 1:15.3 Jim Bilik 45 1:15.5	1
5.52	Tony Kasenga 46 1.17.5	1
1.97 3.96	Verne Rockcastle 75 1:25.3 Deane Beckwith W38 1:26.5	1
3.43 3.17	Pam Banks W30 1:45.3	1
1.08	1 Mile Casey Carlstrom 35 4:36.0	1
3.41 2.49	Tim Ota 40 4:42.0	1
11.79	JoeContario 41 :43.0 Gerry Woods 35 4:52.0	1
9.77	Tom Homeyer 46 4:59.0	
5.93	Sean Curley 32 5:01.4 Terry Habecker 47 5:03.4	1
8.43	Tim Ingall 35 5:14.3	1
7.15	Dale Ladd 47 5:14.9 Jim Bisogni 49 5:17.8	
11.93	David Bowen 42 5:21.3	
8.02	Ken Zeserson 47 5:22.2	1
4.75	Rich Bernstein 42 5:25.1 John Hoffmann 42 5:25.3	1
:26.5	Jim Bilik 45 5:34.8	1
	Jeff Knutson 42 5:36.2 Sandy Gregorich W32 5:40.5	
ational	Eric Smith 51 5:49.4	
lan. 15	David Weiss 46 5:54.9 John Hurley 57 6:12.0	
6.7	Carl Fcuer 47 6.18.2	1

National Masters News

	a suid of same way	and the second of the	1944-120	and the second
Tony	Kasenga 46	6:21.6	1 M50	R. Pierce
	ess Robinson 59	6.25.4	Tradition .	B. Addison
	right 48		1.122	R. Steele
		6.37.2	1 1 1 1 1	B. Chinchillo
	Reynolds 50	6:48.4	1 the second	R. Ciccone
	okes W42	6:48.8	M55	H. Andrews
	Wycoff 34	6.51.6	M60	J. Hemler
Mike V	Wycoll 36	6:51.9	MOU	
2 Miles	5	and the second	1 things the	J. Stookey
Fred II	arris 31	9.39.0	1. 2.	B. Cloutier
Tim O	ta 40	9.54.2	1. 1.	P. Ferraro
Terry I	labecker 47	10.59.7	1 De ASI	J. Nyhan
Tim In		11.03.4	M65	E. Cox
	leary 44		42.54	P. Krmberg
		11:22.8	M70	J. Manno
	ckwith 40	11:33.3	Ten Es	R. Rodrigues
	Woods 35	11:34.1	THE RATE	G. Hurner
	Nentwick 34	11:34.5	M75	S. Sorlien
Mark I	larrison 30	11:43.1	- mar	A Oliver
Eric Su	nith 51	11:59.3	W55	C. Cappetta
Jim Bil	ik 45	12:00.8	5.0	M. Roman
	Reynolds 50	12:49.2	W60	J. Hals
	asenga 46	13:34.8	- There	L. Ruben
	itzsimmon W36	14.03.0	W65	P. Peterson
Ken W		14:18.9	400 M	A GAR
Estras I			M30	M. Lovett
Cottas	Alle 40	15:15.5	MISU	J. Watts
Brown	University Ind	oor Meet	3	
Pro	vidence, RI; Ja	15	1 100	L Jefferson
Hurd			M35	F. Feaster
M35		and the second		T. Mulhollan
M33	R. Faizo	8.15		T. O'Connell
	G. Hennesy	9.17	E Caral	D. O'Conner
M15	M. Milove	9.68	1000	J. Ferreri
, easi	M Augeri	10.37	M40	E. Gonera
M50	C. Varnet	10.32	1.10	J. Norman
M60	J. Stookey	10.25	10-5-52	M. Nary
M65	B. Townsend	11.16	M45	P. Felton
CEN.	F. Brako	12.74	- Caller	R. Nelson
M70	E. Lukena	9.93	1. 200	M. Hollander
	J. Hutchinson	14.85	12 T.N	R. Souppa
55 Me	ters	1. 1. 2	315	M. Augeri
M30	M. Lovett	672	5	D. Harrell
141.50		6.72	M50	B. Addison
	S. Corriaran	6.81		R. Steele
	J. Walls	6.95	1	B. Chinchillo
	A Jones	7.22	M55	A Conro
M35	K. Cranford	6.92	M60	B. Cloutier
1 10	F. Feaster	6.98	14100	P. Schaffer
	T. O'Connell	7.32	1 . m	W. Sanders
	A Titus	7.52	M70	J. Marino
	R. Parizo	9.61	W60	J. Hals
M40	E. Gonera	6.91	W60	P. Peterson
	P. Reid	7.14	W70	A McGowan
	D. Fredericks	7.65		
Sec.	C. Cook	7.71	800 M	and a state of the
	J. Oleski	8.25	M30	M. Gonsalves
M15	D. Hewton	7.34	10000	O. Heath
	K. Kienzle	7.67	Selver Ch	W. Nesham
	H. Varnet	7.94	1.1.1.1	L Jefferson
	P. Halfner	9.01	M35	D. Pallotto
M50	R. Pierce	7.30	M33	R. Smith
	G. Ballard	7.82		D. Salamone
	C. Varnet	8.19	the state	E. Pancoast
	R. Ciccone	8.87		D. O'Connor
M55	R. Hurley	7.7		J. Berit
	E. Kent	7.8	M40	P. Bortolotti
	M. Hosg	8.3	1.1201	R. Waterman
	A Lasser	8.9	1.1.1	D. Waterman
	E. Mezzapelle	9.2		J. Afarian
M60	B. Wright	7.84	1000	T. Cunningham
	Н. Генту	8.33		R. Oliver
	B. Cloutier	8.33	M45	E. Poirier
	D. Hudson	8.70		B. Johnson
	P. Ferraro	8.83	M50	B. Masuck
M65	E. Cox	7.91		W. Foote
	P. Kranberg	8.28	1.1	A Bland
	H. Miller	8.78	17.50	F. Bertelson
10.00	F. Brako	8.82	M55	D. Galligani
	B. Townsend	9.04	M70	A Messenger
M70	V. Mattson	8.88	M75	B. Matteson
1.15	R. Rodrigues	8.91	Sec. 1	J. Boudreau
	G. Homer	9.31	W30	C. Morrilla
M75	A Oliver	9 90	1211	A Mahoney
35.1	S. Sorlien	9.93	Sec. 1	R. Mosher
W55	C. Cappetta	8.91	W35	A Cossi
Sec. 4	M. Roman	9.95	W45	A Igoe
	A Dupuis	14.53	Mile F	
W60	L. Ruben	12.21	M30	M. Gonsalves
W65	P. Peterson	10.16	14130	J. Molvar
W70	A McGowan	11.62	1000	D. Heath
			1.1.1.1	
200 M		N 78 64	100-12	C. Hussey
M30	M. Lovett	22.5	100	R. Flynn
	S. Gorrieren	23.0	M35	S. Brown
	A Jones	26.7		E. Pancoast
M35	F. Feaster	23.8	M40	R. Waterman
14-	T. Mulhollan	24.5	2.8.0	D. Waterman
	T. O'Connell	24.7	2000	J. Aferian
2	J. Ferreri	26.8	4	H Roberts
M40	E. Gonera	23.54		B. Caplin
	N. Steinberg	24.39	M45	J. Fultz
TAR.	P. Reid	25.65	THE R.	E. Poirier
	D. Frederick	27.44	r 17	L. Martin
M45	P. Felton	25.14	1	D. McCarthy
11113	J. Kupka	25.22	102	P. Riposo
	M. Augeri	26.87	A Carl	J. Burleson
	B. Nelson	20.87	M50	J. Leurent
and the		27.69		P. Bleiberg
- 11	D. Harrell H. Varnet	29.31	M60	D. Ross
	P. Haffner	31.95		Continued on
		21.23		

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R. Rodrigues         33.00           G. Hurner         34.63           M75         S. Sorlien         40.38           A. Oliver         41.49           W55         C. Cappetta         31.80           M. Roman         38.34           W60         J. Hals         36.97           L. Ruben         50.04           W65         P. Peterson         38.73           400 Meters         50.96           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           T. O'Connel         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           R. Nelson         59.29           M. Hollander         59.35           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         73.79 </th <th>1000</th> <th></th> <th></th>	1000		
J. Nyhan         33.61           M65         E. Cox         29.70           P. Karnberg         30.00           M70         J. Marno         31.39           R. Rodrigues         33.00           G. Hurner         34.63           M75         S. Sorlien         40.38           A. Oliver         41.49           W55         C. Cappetta         31.80           M60         J. Hals         36.97           L. Ruben         50.04           W65         P. Peterson         38.73           400 McLovett         50.96           J. Watts         53.65           L. Jefferson         56.10           M30         M. Lovett         50.96           J. Watts         53.64           R. Nelson         59.27           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M435         P. Felton         55.64           R. Nelson         59.35           R. Soppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison <td>1.0</td> <td>B. Cloutier</td> <td></td>	1.0	B. Cloutier	
M65         E. Cox         29.70           P. Krøberg         30.00           M70         J. Mænno         31.39           R. Rodrigues         33.00           G. Hurner         34.63           M75         S. Sorlien         40.38           A. Oliver         41.49           W55         C. Cappetta         31.80           M. Rornan         38.34           W60         J. Hals         36.97           L. Ruben         50.04           W55         P. Peterson         38.73           400 Meters         50.96           J. Watts         53.65           L. Jefferson         56.10           M135         F. Feaster         53.95           T. Mulhollan         54.75           M. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           R. Nelson         59.29           M. Hollander         59.35           R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Chinchillo		P. Perraro	
P. Kranberg         30.00           M70         J. Manno         31.39           R. Rodrigues         33.00           M75         S. Sorlien         40.38           M75         S. Sorlien         40.38           M75         S. Sorlien         40.38           M60         J. Hals         36.97           L. Ruben         50.04           W65         P. Peterson         38.73           400 Meters         53.65           L. Jefferson         56.10           M30         M. Lovett         50.96           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           M40         E. Gonera         52.71           J. Norman         55.04         M. Nary         63.28           M45         P. Felton         55.64           M. Nary         63.28         M. Hollander         59.35           R. Souppa         59.35         R. Souppa         59.36           M. Augeri         63.72         D.         M. Augeri         63.72           D. Maroli         64.12         B. Chinchillo         64.30           M55	M65		
M70       J. Marno       31.39         R. Rodrigues       33.00         G. Hurner       34.63         M75       S. Sorlien       40.38         A. Oliver       41.49         W55       C. Cappetta       31.80         M60       J. Hals       36.97         L. Ruben       50.04         W65       P. Peterson       38.73         400 Meters       50.96         J. Watts       53.65         L. Jefferson       56.10         M30       M. Lovett       50.96         J. Watts       53.65         L. Jefferson       56.10         M30       F. Feaster       53.95         T. Mulhollam       54.75         M40       E. Gonera       52.71         J. Norman       55.64         M. Nary       63.28         M45       P. Felton       55.64         R. Nelson       52.29         M. Hollander       59.35         R. Souppa       59.38         M. Augeri       63.72         D. Harell       64.49         M50       B. Addison       62.25         R. Steele       64.12	35 18		
G. Hurner         34.63           A. Oliver         41.49           W55         C. Cappetta         31.80           M. Roman         38.34           W60         J. Hals         36.97           L. Ruben         50.04           W65         P. Peterson         38.73           400 Metars         50.96           J. Wats         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           T. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         55.64           R. Nelson         59.29           M. Hollander         59.38           M. Augeri         63.72           D. Harell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A Conro         64.88           M60         B. Cloutier <t< td=""><td>M70</td><td>J. Manno</td><td></td></t<>	M70	J. Manno	
M75         S. Sorlien         40.38           A. Oliver         41.49           W55         C. Gappetta         31.80           M60         J. Hals         36.97           L. Ruben         50.04           W65         P. Peterson         38.73           400 Metara         53.65           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollam         54.75           T. O'Connell         55.66           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.64           R. Nelson         59.29           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         79.6           W60         J. Hale         82.28           W55         P. Peterson         1:41.16 </td <td></td> <td></td> <td>33.00</td>			33.00
A Oliver         41.49           WS5         C. Cappetta         31.80           M Roman         38.34           W60         J. Hals         36.57           L. Ruben         50.04           W65         P. Peterson         38.73           400 Matars         50.64           M30         M. Lovett         50.96           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           T. O'Connell         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         55.64           R. Steppe         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A Conro         64.88           M60         B. Clo	100		
W55         C. Cappetta         31.80           M. Roman         38.34           W60         J. Hals         36.97           L. Ruben         50.04           W65         P. Peterson         38.73           400 Metars         50.96           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           T. O'Connel         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         55.44           R. Nelson         59.29           M. Hollander         59.35           R. Souppa         59.38           MA Ageri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M50         J. Maruo         79.76           W60         J. Hals <t< td=""><td>M75</td><td></td><td></td></t<>	M75		
M. Roman         38.34           W60         J. Hals         36.97           L. Rubern         50.04           W65         P. Peterson         38.73           400 Meters         M30         M. Lovett         50.96           J. Watts         53.65         L. Jefferson         56.10           M35         F. Feaster         53.95         T. Mulhollen         54.75           T. O'Connell         55.68         D. O'Corner         57.06           J. Ferreri         59.51         M40         E. Gonera         52.71           J. Norman         55.04         M. Nary         63.28           M45         P. Felton         55.64         R. Nelson         59.35           M. Soupa         59.38         M. Augeri         63.72           D. Harrell         64.49         M50         B. Addison         62.23           R. Steele         64.12         B. Chinchillo         64.30           M50         B. Addison         72.79         W. Sanders         75.79           M70         J. Manno         79.76         W. Sanders         72.93           W. Sanders         2.04.65         0. Heats         20.4.65           M460	WSS		
W60         J. Hals         36.97           L. Ruben         50.04           W65         P. Peterson         38.73           400 Melara			
L. Ruben 50.04 W65 P. Peterson 38.73 400 Metars M30 M. Lovett 50.96 J. Watts 53.65 L. Jefferson 56.10 M35 F. Feaster 53.95 T. Mulhollan 54.75 T. O'Cornell 55.68 D. O'Corner 57.06 J. Ferreri 59.51 M40 E. Gonera 52.71 J. Norman 55.04 M. Nary 63.28 M45 P. Felton 55.64 R. Nelson 59.29 M. Hollander 59.35 R. Souppa 59.38 M. Augeri 63.72 D. Harrell 64.49 M50 B. Addison 62.25 R. Steele 64.12 B. Chinchillo 64.30 M55 A. Conro 64.88 M60 B. Cloutier 69.63 P. Schaffer 72.95 W. Sanders 75.79 M70 J. Manno 79.76 W60 J. Hals 82.28 W65 P. Peterson 1:41.16 W70 A. McGowan 1:59.90 800.Meters M30 M. Gonsalves 2:04.65 O. Heath 2:04.86 W. Nesharn 2:05.30 L. Jefferson 2:11.50 D. Pallotto 2:23.93 M35 R. Smith 2:00.26 D. Salarnone 2:09.63 E. Pancoast 2:13.04 J. O'Cornor 2:15.44 J. Berit 2:26.39 M40 P. Bortolotti 2:11.94 R. Waterman 2:14.78 D. Waterman 2:14.78 D. Waterman 2:14.78 D. Waterman 2:14.78 D. Waterman 2:14.78 M40 P. Bortolotti 2:11.94 R. Waterman 2:14.78 D. Waterman 2:16.68 J. Afarian 2:19.92 T. Cunningham 2:22.00 R. Oliver 2:29.01 M40 P. Bortolotti 2:11.94 R. Waterman 2:14.78 B. Jolanson 2:18.48 M50 B. Masuck 2:24.15 W. Foote 2:26.01 A. Bland 2:30.75 F. Dertelson 3:27.93 J. Boudresu 4:40.57 W30 C. Morrilla 2:28.42 A. Mahoney 2:36.86 R. Moshere 2:45.52 M40 R. Waterman 4:54.58 M55 D. Galligani 2:25.99 M70 A. McSonsalves 4:28.05 J. Molvar 4:36.42 D. McCarthy 5:15.64 M30 M. Gonsalves 4:28.05 M40 R. Waterman 4:57.16 J. Afarian 4:52.85 M40 R. Waterman 4:57.16 J. Afarian 4:52.85 M40 R. Waterman 4:56.92 M40 R. Waterman 4:57.16 J. Molvar 4:36.42 D. McCarthy 5:19.66 P. Riporo 5:27.94 J. D. Waterman 4:57.16 J. Afarian 4:58.89 H. Roberts 5:02.90 M40 R. Waterman 4:57.16 J. Afarian 4:58.89 H. Roberts 5:02.90 M40 R. Waterman 4:57.16 J. Afarian 4:58.89 H. Roberts 5:02.90 M40 R. Waterman 4:57.16 J. Mainorey 5:25.04 M40 R. Waterman 4:57.16 J. Mainorey 5:25.04 M40 R. Waterman 4:54.58 D. Waterman 4:54.58 D. Waterman 4:54.58 D. Waterman 4:55.90 M40 R. W	W60		
400 Melara         50.96           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           D. O'Connel         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         55.64           R. Nelson         59.35           M. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95         W. Sanders           M70         J. Mauno         79.76           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           BOMetera         2:04.65 <tr< td=""><td></td><td></td><td></td></tr<>			
M30         M. Lovett         50.96           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           T. O'Connell         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         59.35           R. Souppa         59.38           M. Hollander         59.35           R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Maruno         79.76           W65         P. Peterson         1:41.16           W70	W65	P. Peterson	38.73
M30         M. Lovett         50.96           J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           T. O'Connell         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         59.35           R. Souppa         59.38           M. Hollander         59.35           R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Maruno         79.76           W65         P. Peterson         1:41.16           W70	400 M	ters	2.99
J. Watts         53.65           L. Jefferson         56.10           M35         F. Feaster         53.95           T. Mulhollan         54.75           T. O'Connell         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         55.64           R. Nelson         59.35           M. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Mauno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90	M30		50.96
L Jefferson 56.10 M35 F. Feaster 53.95 T. Mulhollan 54.75 T. O'Connel 55.68 D. O'Conner 57.06 J. Ferreri 59.51 M40 E. Gonera 52.71 J. Norman 55.04 M. Nary 63.28 M45 P. Felton 55.64 R. Nelson 59.29 M. Hollander 59.35 R. Souppa 59.38 M. Augeri 63.72 D. Harrell 64.49 M50 B. Addison 62.25 R. Steele 64.12 B. Chinchillo 64.30 M55 A. Conro 64.88 M60 B. Cloutier 69.63 P. Schaffer 72.95 W. Sanders 75.79 M70 J. Maruno 79.76 W60 J. Hals 82.28 W65 P. Peterson 1:41.16 W70 A. McGowan 1:59.90 800.Meters M30 M. Gonsalves 2:04.65 O. Heath 2:04.86 W. Nesham 2:05.30 L. Jefferson 2:11.50 D. Pallotto 2:23.93 M35 R. Smith 2:00.26 D. Salarnone 2:09.63 E. Pancost 2:13.04 D. O'Cornor 2:15.44 J. Berit 2:26.39 M40 P. Bortolotti 2:11.94 R. Waterman 2:16.68 J. Afarian 2:19.92 R. Oliver 2:20.01 M45 E. Poirier 2:16.98 B. Jolanson 2:18.48 M50 B. Masuck 2:24.13 W. Foote 2:26.01 A. Bland 2:30.75 F. Bertelson 3:17.93 J. Boulareau 4:40.57 W. Foote 2:26.01 A. Bland 2:30.75 F. Bertelson 3:27.93 J. Boulareau 4:40.57 W30 C. Morrilla 2:28.42 A. Mahoney 2:36.86 R. Mosher 2:49.96 W35 A. Cossi 2:27.22 W45 A. Igoe 2:56.41 M16 Run M30 M. Gonsalves 4:28.05 M40 R. Waterman 4:45.21 C. Hussey 4:51.91 R. Flynn 5:23.56 M40 R. Waterman 4:45.21 C. Hussey 4:51.91 R. Flynn 5:23.56 M40 R. Waterman 4:45.21 C. Hussey 4:51.91 R. Flynn 5:23.56 M40 R. Waterman 4:57.16 J. Molvar 4:36.42 D. Waterman 4:57.16 J. Molvar 4:36.42 D. Waterman 4:57.16 J. Martin 5:15.82 D. Waterman 4:57.16 J. Afarian 4:58.89 H. Roberts 5:02.90 B. Caplin 5:25.62 M40 R. Waterman 4:57.16 J. Afarian 4:58.89 H. Roberts 5:02.90 B. Caplin 5:25.62 M40 R. Waterman 4:57.16 J. Martin 5:15.82 D. Waterman 4:58.50 M40 R. Waterman 4:58			
T. Mulhollan         54.75           T. O'Connell         55.68           D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         59.35           R. Nelson         59.29           M. Hollander         59.35           R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95         W. Sanders           M70         J. Marno         79.76           W065         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Metera         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:04.65           D. Pallotto         2:13.93	-1 2	L Jefferson	- 56.10
T. O'Connell         55.68           D. O'Conner         37.06           J. Ferreri         39.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         59.29           M. Hollander         59.35           R. Nelson         59.29           M. Hollander         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Cenro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95         W. Sanders           M70         J. Mauno         79.76           W65         P. Peterson         1.41.16           W70         A. McGowan         1.59.90           800.Meters         2.04.65         0. Heath           M30         M. Gonsalves         2.04.65           D. Patlotto         2.13.04         D.02.60           D. Salarono         2.09.63	M35		53.95
D. O'Conner         57.06           J. Ferreri         59.51           M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         55.64           R. Nelson         59.29           M. Hollander         59.38           M. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Cenro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95         W. Sanders           M70         J. Mauno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         J. Mauno         79.76           M30         M. Gonsalves         2:04.65           O. Heath         2:04.65         0.12.150           D. Pallotto         2:23.93         M35           M30         M. Gonsalves         2:04.65<	1 4 5.		
J. Ferreri         \$9.51           M40         E. Gonera         \$2.71           J. Norman         \$5.04           M. Nary         \$3.28           M45         P. Felton         \$5.64           R. Nelson         \$9.29           M. Hollander         \$9.38           M. Augeri         \$3.72           D. Harrell         64.49           M50         B. Addison         \$62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Manno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           B00.Meterz         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:04.65           D. Pallotto         2:23.93           M35         R. Smith         2:00.26           D. Salamone         2:09.63	123		
M40         E. Gonera         52.71           J. Norman         55.04           M. Nary         63.28           M45         P. Felton         55.64           R. Nelson         59.29           M. Hollander         59.35           R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Cenro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95         W. Sanders           M55         A. Cenro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95         W. Sanders           W.Sanders         75.79         W.Sanders         2.04.65           W.60         J. Hale         82.28         W60           W60         J. Hale         82.28         W60           M30         M. Gonsalves         2.04.65         Q.04.65           M31         R. Smith         2.00.20         Q.04.66			
J. Norman         55.04           M. Nary         63.28           M.45         P. Felton         55.64           R. Nelson         59.29           M. Hollander         59.35           R. Souppa         59.35           R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Marno         79.76           W60         J. Hals         82.28           W05         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Metera         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:04.65           D. Pallotto         2:13.04           D. O'Cornor         2:15.44           J. Berit         2:26.01           A fare	140		
M. Nary         63.28           M4.5         P. Felton         55.64           R. Nelson         59.35           R. Souppa         59.35           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Mauno         79.76           W05         P. Peterson         1:41.16           W70         J. Mauno         79.76           W06         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           B00.Metera         2:04.65         0.12.96           M30         M. Gonsalves         2:04.65           D. Hals         82.03.00         L. Jefferson           M30         M. Gonsalves         2:11.50           D. Pallotto         2:23.93           M40         P. Bortolotti         2:11.94 <td< td=""><td>141-40</td><td></td><td>and the second se</td></td<>	141-40		and the second se
M45       P. Felton       55.64         R. Nelson       59.29         M. Hollander       59.35         R. Souppa       59.36         M. Augeri       63.72         D. Harrell       64.49         M50       B. Addison       62.25         R. Steele       64.12         B. Chinchillo       64.30         M55       A. Cenro       64.88         M60       B. Cloutier       69.63         P. Schaffer       72.95         W. Sanders       75.79         M70       J. Mauno       79.76         W65       P. Peterson       1:41.16         W70       A. McGowan       1:59.90         800.Meters       2:04.65       0. Heath         W10       D. McGonsalves       2:04.65         D. Hals       2:02.30       1.1.50         D. Pallotto       2:23.93       M35         R. Smith       2:00.26       D.20.26         D. Pallotto       2:3.93       M40         P. Bortolotti       2:11.94         R. Waterman       2:14.78         D. Waterman       2:16.68         J. Afarian       2:19.92         T. Curningha			
R. Nelson         59.29           M. Hollander         59.35           R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Manno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Metera         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:04.65           D. Heath         2:04.65           D. Heath         2:04.65           D. Heath         2:04.65           D. Pailotto         2:23.93           M35         R. Smith         2:00.26           D. Salamone         2:09.63           E. Pancoast         2:13.04 <t< td=""><td>M45</td><td></td><td></td></t<>	M45		
R. Souppa         59.38           M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Manno         79.76           W05         P. Peterson         1'41.16           W70         A. McGowan         1:59.90           800.Meters         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:04.65           D. Pallotto         2:23.93           M35         R. Smith         2:00.26           D. Pallotto         2:13.04         D. O'Cornor           D. O'Cornor         2:15.44         J. Berit         2:26.01           M40         P. Bortoloti         2:11.94           R. Waterman         2:16.68         J. Afarian         2:19.92           T. Cumningham         2:22.00         R. Oliver         2:20.01           M45	1	R. Nelson	
M. Augeri         63.72           D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Mauno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Metera         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:05.30         L. Jefferson         2:11.50           D. Pallotto         2:3.93         M35         R. Smith         2:00.26           D. Salamone         2:09.63         E. Pancoast         2:13.04           D. O'Cornor         2:15.44         J. Berit         2:26.39           M40         P. Bortolotti         2:11.94         R           M20 F. Doirier         2:29.01         M45         E. Poirier         2:16.98           J. Afarian <td></td> <td>M. Hollander</td> <td></td>		M. Hollander	
D. Harrell         64.49           M50         B. Addison         62.25           R. Steele         64.12           B. Chinchillo         64.30           M55         A. Cenro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           M70         J. Mauno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Meters         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:05.30         L. Jefferson           M30         R. Gonsalves         2:00.26           D. Salarnone         2:09.63         E. Pancost           M40         P. Bortolotti         2:11.94           M40         P. Bortolotti         2:11.94           R. Waterman         2:14.78           J. Afarian         2:19.92           T. Cunningham         2:22.01           M45         E. Poirier         2:16.98           B. Jolanson         2:18.48           M50         B. Masuck         2:45.15			
M50       B. Addison       62.25         R. Steele       64.12         B. Chinchillo       64.30         M55       A. Conro       64.88         M60       B. Cloutier       69.63         P. Schaffer       72.95       W. Sanders         W. Sanders       75.79         M70       J. Mauno       79.76         W60       J. Hals       82.28         W65       P. Peterson       1:41.16         W70       A. McGowan       1:59.90         800.Meters		M. Augeri	
R. Steele         64.12           B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Marno         79.76           W060         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Metera         2:04.65           M30         M. Gonsalves         2:04.65           O. Heath         2:04.86           W. Nesham,         2:05.30           L. Jefferson         2:11.50           D. Pallotto         2:23.93           M35         R. Smith         2:00.26           D. Salarnone         2:09.63         E. Pancoast         2:13.04           D. O'Cornor         2:15.44         J. Berit         2:26.91           M40         P. Bortolotti         2:11.92         T. Curnningham         2:12.20           R. Oliver         2:29.01         M45         E. Poirier         2:16.98           J. Jolanson         2:18.42         M55         D. Galligani			
B. Chinchillo         64.30           M55         A. Conro         64.88           M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           M70         J. Mauno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Meters         M30         M. Gonsalves         2:04.65           O. Heath         2:05.30         L. Jefferson         2:11.50           D. Pallotto         2:23.93         M35         R. Smith         2:00.26           D. Salarnone         2:09.63         E. Pancoast         2:13.04           D. O'Cornor         2:15.44         J. Berit         2:26.39           M40         P. Bortolotit         2:11.94         R. Waterman         2:14.78           D. Waterman         2:16.68         J. Afarian         2:19.92           T. Cunningham         2:22.00         R. Oliver         2:29.01           M45         E. Poirier         2:16.98         B. Jolanson         2:18.48           M50         B. Masuck         2:24.15	MJU		
M35       A Cenro       64.88         M60       B. Cloutier       69.63         P. Schaffer       72.95         W. Sanders       75.79         M70       J. Maruno       79.76         W60       J. Hals       82.28         W65       P. Peterson       1:41.16         W70       A. McGowan       1:59.90         800.Meters       1:40.16         M30       M. Gonsalves       2:04.65         O. Heath       2:05.30       L. Jefferson       2:11.50         D. Pallotto       2:23.93       M35       R. Smith       2:00.26         D. Salamone       2:09.63       E. Pancost       2:13.04         D. O'Cornor       2:15.44       J. Berit       2:26.39         M40       P. Bortolotti       2:11.94       R. Waterman       2:14.78         D. Waterman       2:16.68       J. Afarian       2:19.92       T. Cunningham       2:22.01         M45       E. Poirier       2:16.98       B. Jolanson       2:18.48         M50       B. Masuck       2:24.15       W. Foote       2:26.01         A. Bland       2:30.75       F. Bertelson       2:45.52         M70       A. Messenger </td <td></td> <td></td> <td></td>			
M60         B. Cloutier         69.63           P. Schaffer         72.95           W. Sanders         75.79           W. Sanders         75.79           WO0         J. Hals         82.28           W60         J. Manno         139.90           B00 Metera         204.65         0.141.16           W70         D. Mason         2:13.04           D. Pailotto         2:23.93         M35           M35         R. Smith         2:00.26           D. Salamone         2:09.63         E. Pancoast           J. Berit         2:26.39         M40           M40         P. Bortolotti         2:11.94           R. Waterman         2:16.68         B. Jolanson           B. J. Afarian         2:19.92 <td< td=""><td>M55</td><td></td><td></td></td<>	M55		
P. Schaffer W. Sanders         72.95 75.79           M70         J. Mauno         79.76           W60         J. Hals         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Meters			
M70       J. Mauno       79.76         W60       J. Hals       82.28         W65       P. Peterson       1:41.16         W70       A. McGowan       1:59.90         800.Metera       2:04.65         M30       M. Gonsalves       2:04.65         O. Heath       2:05.30       L. Jefferson       2:11.50         D. Palloto       2:23.93       M35       R. Smith       2:00.63         E. Pancoast       2:13.04       D. O'Cornor       2:15.44         J. Berit       2:26.39         M40       P. Bortolotti       2:11.94         R. Waterman       2:16.68       J. Afarian       2:12.02         R. Oliver       2:29.01       M45       E. Poirier       2:16.98         B. Jolanson       2:18.48       M50       B. Masuck       2:24.15         W. Foote       2:26.01       A. Bland       2:30.75         F. Eertelson       2:45.58       M55       D. Galligani       2:25.59         M70       A. Messenger       2:45.52       M75       B. Matteson       3:27.93         J. Boudreau       4:40.57       W30       C. Morrilla       2:28.42         A. Mahoney       2:36.68       R. Mo			
W60         J. Hale         82.28           W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Meters			75.79
W65         P. Peterson         1:41.16           W70         A. McGowan         1:59.90           800.Meters			79.76
W70         A. McGowan         1:59:90           800.Meters			
BOD.Meters           M30         M. Gonsalves         2:04.65           O. Heath         2:05.30           L. Jefferson         2:11.50           D. Pallotto         2:23.93           M35         R. Smith         2:00.26           D. Salamone         2:09.63           E. Pancoast         2:13.04           D. O'Cornor         2:15.44           J. Berit         2:26.39           M40         P. Bortolotti         2:11.94           R. Waterman         2:14.78           D. Waterman         2:16.68           J. Afarian         2:19.92           T. Cunningham         2:22.01           M45         E. Poirier         2:16.98           B. Jolanson         2:18.48           M50         B. Masuck         2:24.15           W. Foote         2:26.01           A. Bland         2:30.75           F. Eertelson         2:45.58           M55         D. Galligani         2:25.59           M70         A. Messenger         2:45.52           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:28.42			
M30         M. Gonsalves         2:04.65           O. Heath         2:04.65           W. Nesham         2:05.30           L. Jefferson         2:11.50           D. Pallotto         2:23.93           M35         R. Smith         2:00.26           D. Salamone         2:09.63           E. Pancoast         2:13.04           D. O'Connor         2:15.44           J. Berit         2:26.39           M40         P. Bortolotti         2:11.94           D. Waterman         2:14.78           D. Waterman         2:16.68           J. Afarian         2:12.20           R. Oliver         2:29.01           M45         E. Poirier         2:16.98           B. Jolanson         2:18.48           M50         B. Masuck         2:24.15           W. Foote         2:26.01         A Bland         2:30.75           F. Bertelson         2:45.58         M55         D. Galligani         2:25.59           M70         A Messenger         2:45.52         M75         B. Matteson         3:27.93           J. Boudreau         4:40.57         W30         C. Morrilla         2:28.42           A Mahoney         2:3			1.33.30
O. Heath         2:04.86           W. Nesham,         2:05.30           L. Jefferson         2:11.50           D. Pallotto         2:23.93           M35         R. Smith         2:00.26           D. Salamone         2:09.63           E. Pancoast         2:13.04           D. O'Cornor         2:15.44           J. Berit         2:26.39           M40         P. Bortolotti         2:11.94           R. Waterman         2:16.68           J. Afarian         2:19.92           T. Cunningham         2:22.20           R. Oliver         2:29.01           M45         E. Poirrier         2:16.98           B. Jolanson         2:18.48           M50         B. Masuck         2:24.15           W. Foote         2:26.01         A Bland         2:30.75           F. Bertelson         2:45.52         M70         A Messenger         2:45.52           M70         A Messenger         2:45.52         M75         B. Matteson         3:27.93           J. Boudreau         4:40.57         W30         C. Morrilla         2:28.42           A. Mahoney         2:36.86         R. Mosher         2:49.96 <t< td=""><td></td><td></td><td>2:04.65</td></t<>			2:04.65
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M35       R. Smith       2:00.26         D. Salarnone       2:09.63         E. Pancoast       2:13.04         D. O'Cornor       2:15.44         J. Berit       2:26.39         M40       P. Bortolotti       2:11.94         R. Waterman       2:16.68         J. Afarian       2:19.92         T. Curningham       2:22.20         R. Oliver       2:29.01         M45       E. Poirier         B. Jolanson       2:18.48         M50       B. Masuck       2:24.15         W. Foote       2:26.01         A. Bland       2:30.75         F. Bertelson       2:45.58         M55       D. Galligani       2:25.59         M70       A. Messenger       2:45.52         M75       B. Matteson       3:27.93         J. Boudreau       4:40.57         W30       C. Morrilla       2:28.86         R. Mosher       2:49.96         W35       A. Cossi       2:27.22         W45       A Igoe       2:56.41         M11e Run       M30       M. Gonsalves       4:28.05         M30       M. Gonsalves       4:28.05       1. Molvar       4:36			
D. Salarnone         2:09.63           E. Pancoast         2:13.04           D. O'Cornor         2:15.44           J. Berit         2:26.39           M40         P. Bortolotti         2:11.94           R. Waterman         2:16.68           J. Afarian         2:19.22           T. Cunningham         2:22.20           R. Oliver         2:29.01           M45         E. Poirier         2:16.98           B. Jolanson         2:22.415           W. Foote         2:26.01           A. Bland         2:30.75           F. Eertelson         2:45.52           M55         D. Galligani         2:25.59           M55         D. Galligani         2:27.22           M30         A. Messenger         2:45.52           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:26.86           R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:56.41           M11e Run         M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42	1425		
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J. Afarian         2:19.92           T. Curningham         2:22.20           R. Oliver         2:22.20           R. Oliver         2:22.20           R. Oliver         2:22.20           M45         E. Poirier         2:16.98           B. Jolanson         2:18.48           M50         B. Masuck         2:24.15           W. Foote         2:26.01           A. Bland         2:30.75           F. Bertelson         2:45.58           M55         D. Galligani         2:25.59           M70         A. Messenger         2:45.52           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:28.42           A. Mahoney         2:36.86           R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:56.41           M11e Run         M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42         D. Heath         4:45.21           C. Hussey         4:51.91         R. Flyrn         5:23.56           M35         S. Brown         4:69	M40	E. Pancoast D. O'Connor J. Berit P. Bortolotti	2:13.04 2:15.44 2:26.39 2:11.94
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R. Oliver         2:29.01           M45         E. Poirier         2:16.98           B. Jolanson         2:18.48           M50         B. Masuck         2:24.15           W. Foote         2:26.01           A. Bland         2:30.75           F. Bertelson         2:45.58           M55         D. Galligani         2:25.59           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:26.66           R. Mohney         2:36.86           R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:56.41           M11e Run         M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42         D. Heath         4:45.21           C. Hussey         4:51.91         R. Flyrn         5:23.56           M35         S. Brown         4:46.95         E. Pancoast         4:58.50           M40         R. Waterman         4:54.58         D. Waterman         4:54.58           D. Waterman         4:52.62         M45         J. Fultz         4:49.37 <t< td=""><td></td><td>E. Pancoast D. O'Connor J. Berit P. Bortolotti R. Waterman D. Waterman</td><td>2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68</td></t<>		E. Pancoast D. O'Connor J. Berit P. Bortolotti R. Waterman D. Waterman	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68
M45       E. Poirier       2:16.98         B. Jolanson       2:18.48         M50       B. Masuck       2:24.15         W. Foote       2:26.01         A. Bland       2:30.75         F. Bertelson       2:45.58         M50       D. Galligani       2:25.59         M70       A. Messenger       2:45.52         M70       C. Morrilla       2:28.42         A. Mahoney       2:36.86       R. Mosher         2:49.96       W35       A. Cossi       2:27.22         W45       A. Igoe       2:56.41       MIlle Run         M30       M. Gonsalves       4:28.05       J. Molvar       4:36.42         D. Heath       4:45.21       C. Hussey       4:51.91       R. Flynn       5:23.56         M35       S. Brown       4:46.95       M46.95       S.290       B. Caplin       5:25.62 <t< td=""><td></td><td>E. Pancoast D. O'Connor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian</td><td>2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92</td></t<>		E. Pancoast D. O'Connor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92
M50         B. Masuck         2:24.15           W. Foote         2:26.01           A. Bland         2:30.75           F. Bertelson         2:45.58           M55         D. Galligani         2:25.59           M70         A. Messenger         2:45.52           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:28.42           A. Mahoney         2:36.86           R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:36.41           M11e Run         Mile Run         Mile Run           M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42         10. Heath           Q. Huescy         4:51.91         R. Flyrnn           R. Flyrnn         5:23.56         M35           M30         M. Gonsalves         4:58.50           M40         R. Waterman         4:54.58           D. Waterman         4:54.58           D. Waterman         4:56.25           M40         R. Waterman         4:57.16           J. Fultz         4:49.37		E. Pancoast D. O'Connor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20
W. Foote         2:26.01           A Bland         2:30.75           F. Bertelson         2:45.58           M55         D. Galligani         2:25.59           M70         A. Messenger         2:45.52           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:28.42           A. Mahoney         2:36.86           R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:56.41           MIle Run         M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42         D. Heath         4:45.21           C. Hussey         4:51.91         R. Flyran         5:23.56           M35         S. Brown         4:46.95         E. Pencoast         4:58.50           M40         R. Waterman         4:54.58         D. Waterman         4:57.16           J. Afarian         4:58.62         L. Martin         5:25.62           M45         J. Fultz         4:49.37         E. Poirier           L. Martin         5:15.82         D. McCarthy         5:19.66           P. Ripos		E. Pancoast D. O'Connor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01
A Bland         2:30.75           F. Bertelson         2:45.58           M55         D. Galligani         2:25.59           M70         A Messenger         2:45.52           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:28.42           A Mahoney         2:36.86           R. Mosher         2:49.96           W35         A Cossi         2:27.22           W45         A Igoe         2:56.41           MIle Run         M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42         D. Heath         4:45.21           C. Hussey         4:51.91         R. Flyran         5:23.56           M35         S. Brown         4:46.95         E. Pencoast         4:58.50           M40         R. Waterman         4:54.58         D. Waterman         4:57.16           J. Afarian         4:58.50         B. Caplin         5:25.62           M45         J. Fultz         4:49.37         E. Poirier           E. Poirier         4:51.62         L. Martin         5:15.82           M45         J. Fultz         4:49.37	M40 M45	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolanson	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48
F. Bertelson         2:45.38           M55         D. Galligani         2:25.59           M70         A. Messenger         2:45.52           M75         B. Matteson         3:27.93           J. Boudreau         4:40.57           W30         C. Morrilla         2:28.42           A. Mahoney         2:36.86           R. Mosher         2:49.96           W30         C. Morrilla         2:28.42           A. Mahoney         2:36.86           R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:56.41           MIlle Run         M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42         D. Heath         4:45.21           C. Hussey         4:51.91         R. Flyrn         5:23.56           M35         S. Brown         4:46.95         E           E. Pancoast         4:58.50         M40         R. Waterman         4:57.16           J. Afarian         4:58.89         H. Roberts         5:02.90           B. Caplin         5:25.62         M45         J. Fultz         4:49.37           E. Poirier         4:51.62	M40	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolanson B. Masuck	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48 2:18.48 2:24.15
M35       D. Galligani       2:25.59         M70       A. Messenger       2:45.52         M75       B. Matteson       3:27.93         J. Boudreau       4:40.57         W30       C. Morrilla       2:28.42         A. Mahoney       2:36.86         R. Mosher       2:49.96         W30       C. Morrilla       2:28.42         A. Mahoney       2:36.86         R. Mosher       2:49.96         W35       A. Cossi       2:27.22         W45       A. Igoe       2:56.41         M118 Run       Mille Run         M30       M. Gonsalves       4:28.05         J. Molvar       4:36.42       D. Heath       4:45.21         C. Hussey       4:51.91       R. Flynn       5:23.56         M35       S. Brown       4:46.95       E         E. Pancoast       4:58.50       M40       R. Waterman       4:54.58         D. Waterman       4:57.16       J. Afarian       4:58.89         H. Roberts       5:02.90       B. Caplin       5:25.62         M45       J. Fultz       4:49.37       E. Poirier       4:51.62         L. Martin       5:15.82       D. McCarthy       <	M40 M45	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolmson B. Masuck W. Foote	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01
M70       A Messenger       2:45.52         M75       B. Matteson       3:27.93         J. Boudreau       4:40.57         W30       C. Morrilla       2:28.42         A Mahoney       2:36.86         R. Mosher       2:49.96         W35       A Cossi       2:27.22         W45       A Igoe       2:56.41         M11e Run       M30       M. Gonsalves       4:28.05         J. Molvar       4:36.42       D. Heath       4:45.21         C. Hussey       4:51.91       R. Flyrn       5:23.56         M35       S. Brown       4:46.95       E. Pancoast       4:58.50         M40       R. Waterman       4:54.58       D. Waterman       4:57.16         J. Afarian       4:58.50       M40       R. Waterman       4:57.62         M40       R. Waterman       4:57.62       M45       J. Fultz       4:49.37         E. Poirier       4:58.50       M40       R. Waterman       5:562         M45       J. Fultz       4:49.37       E. Poirier       4:51.62         L. Martin       5:15.82       D. McCarthy       5:19.66         P. Riposo       5:27.94       J. Burleson       5:22.96	M40 M45	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman J. Afarian T. Curningham R. Oliver E. Poirier B. Jolmson B. Masuck W. Foole A. Bland	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75
M75       B. Matteson       3:27.93         J. Boudreau       4:40.57         J. Boudreau       4:40.57         W30       C. Morrilla       2:28.42         A. Mahoney       2:36.86       R. Mosher         R. Mosher       2:49.96       W35         W35       A. Cossi       2:27.22         W45       A. Igoe       2:56.41         MIle Run       M30       M. Gonsalves       4:28.05         J. Molvar       4:36.42       D. Heath       4:45.21         C. Hussey       4:51.91       R. Flyrn       5:23.56         M35       S. Brown       4:66.95       E. Pancoast       4:58.50         M40       R. Waterman       4:54.58       D. Waterman       4:54.58         D. Waterman       4:52.62       M445       J. Fultz       4:49.37         E. Poirier       4:51.62       L. Martin       5:15.82       D. McCarthy       5:19.66         P. Riposo       5:27.94       J. Burleson       5:22.90         M50       J. Laurent       5:26.11       P. Bieiberg       5:22.04	M40 M45 M50	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Curningham R. Oliver E. Poirier B. Jolanson B. Masuck W. Foote A. Bland F. Bertelson	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58
J. Boudreau 4:40.57 W30 C. Morrilla 2:28.42 A. Mahoney 2:36.86 R. Mosher 2:49.96 W35 A. Cossi 2:27.22 W45 A. Igoe 2:56.41 <u>Mille Run</u> M30 M. Gonsalves 4:28.05 J. Molvar 4:36.42 D. Heath 4:45.21 C. Hussey 4:51.91 R. Flyran 3:23.56 M35 S. Brown 4:46.95 E. Pancoast 4:58.50 M40 R. Waterman 4:54.58 D. Waterman 4:54.58 D. Waterman 4:54.58 D. Waterman 4:52.62 M45 J. Fultz 4:49.37 E. Poirier 4:51.62 L. Martin 5:15.82 D. McCarthy 5:19.66 P. Riporo 5:27.94 J. Burleson 5:52.96 M50 J. Laurent 5:26.11 P. Bleiberg 5:52.04 M60 D. Ross 6:03.22	M40 M45 M50	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolmson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59
W30         C. Morrilla         2:28.42           A Mahoney         2:36.86           R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:56.41           MIle Run         4:28.05         J. Molvar           M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42         D. Heath           D. Heath         4:45.21         C. Hussey           C. Hussey         4:51.91         R. Flynn           R. Flynn         5:23.56         M40           M40         R. Waterman         4:54.58           D. Waterman         4:57.16           J. Afarian         4:58.50           M40         R. Waterman         4:52.62           M40         R. Waterman         4:52.62           M40         R. Waterman         4:57.16           J. Afarian         4:58.50           M40         R. Waterman         4:57.16           J. Afarian         5:25.62           M45         J. Fultz         4:49.37           E. Poirrier         4:51.62           L. Martin         5:15.82           D. McCarthy         5:19.66 </td <td>M40 M45 M50</td> <td>E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolanson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani A. Messenger</td> <td>2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52</td>	M40 M45 M50	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolanson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani A. Messenger	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52
R. Mosher         2:49.96           W35         A. Cossi         2:27.22           W45         A. Igoe         2:56.41           MIle Run.	M40 M45 M50 M55 M70 M75	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolmson B. Masuck W. Foote A. Bland F. Bertelaon D. Galligani A. Messenger B. Matteson	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52 3:27.93
W35       A Cossi       2:27.22         W45       A Igoe       2:56.41         MIle Run       M30       M Gonsalves       4:28.05         J. Molvar       4:36.42       D. Heath       4:45.21         C. Hussey       4:51.91       R. Flyrn       5:23.56         M35       S. Brown       4:46.95       E. Pancoast       4:58.50         M40       R. Waterman       4:54.58       D. Waterman       4:54.58         D. Waterman       4:52.62       M40       R. Waterman       4:56.29         M40       R. Waterman       4:56.50       M40       R. Waterman       4:56.58         D. Waterman       4:52.62       M40       R. Waterman       4:58.89         H. Roberts       5:02.90       B. Caplin       5:25.62         M45       J. Fultz       4:49.37       E. Poirier       4:51.62         L. Martin       5:15.82       D. McCarthy       5:19.66       P. Riposo       5:27.94         J. Burleson       5:22.96       M50       J. Laurent       5:26.11       P. Bleiberg       5:22.04         M60       D. Ross       6:03.22       M40       D. Morearty       4:03.22	M40 M45 M50 M55 M70 M75	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolanson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani A. Messenger B. Matteson J. Boudreau C. Morrilla	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52 3:27.93 4:40.57
W45       A Igoe       2:56.41         MIIe Rum	M40 M45 M50 M55 M70 M75	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolmson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani A. Messenger B. Matteson J. Boudreau C. Morrills A. Mahoney	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:22.20 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52 3:27.93 4:40.57 2:28.42 2:36.86
Mile Run         4:28.05           J. Molvar         4:36.42           D. Heath         4:35.21           C. Hussey         4:51.91           R. Flynn         5:23.56           M35         S. Brown         4:46.95           E. Pancoast         4:58.50           M40         R. Waterman         4:57.16           J. Aferian         4:58.89           H. Roberts         5:02.90           B. Caplin         5:25.62           M45         J. Fultz         4:49.37           E. Poirier         4:51.82           D. McCarthy         5:19.66           P. Riposo         5:27.94           J. Burleson         5:22.96           M50         J. Laurent         5:26.11           P. Bleiberg         5:22.04	M40 M45 M50 M75 W30	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolanson B. Masuck W. Foote A. Bland F. Bertelaon D. Galligani A. Messenger B. Matteson J. Boudreau C. Morrilla A. Mahoney R. Mosher	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:29.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.58 2:25.59 2:45.52 3:27.93 4:40.57 2:28.42 2:36.86 2:49.96
M30         M. Gonsalves         4:28.05           J. Molvar         4:36.42           D. Heath         4:35.42           D. Heath         4:35.42           D. Heath         4:45.21           C. Hussey         4:51.91           R. Flynn         5:23.56           M35         S. Brown         4:46.95           E. Pancoast         4:58.50           M40         R. Waterman         4:57.16           J. Afarian         4:58.89           H. Roberts         5:02.90           B. Caplin         5:25.62           M45         J. Fultz         4:49.37           E. Poirrier         4:51.82           D. McCarthy         5:19.66           P. Riposo         5:27.94           J. Burleson         5:52.96           M50         J. Laurent         5:26.11           P. Bleiberg         5:52.04           M60         D. Ross         6:03.22	M40 M45 M50 M55 M70 M75 W30 W35	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman J. Afarian T. Curningham R. Oliver E. Poirier B. Jolmson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani A. Messenger B. Matteson J. Boudreau C. Morrills A. Mahoney R. Mosher A. Cossi	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52 3:27.93 4:40.57 2:28.42 2:36.86 2:49.96 2:27.22
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	M40 M45 M50 M55 M70 M75 W30 W35 W45 M11e R M30 M35 M40	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman D. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolanson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani A. Messenger B. Matteson J. Boudreau C. Morrills A. Mahoney R. Mosher A. Cossi A. Mosher A. Cossi A. Mosher A. Cossi A. Igoe M. Gonsalves J. Molvar D. Heath C. Hussey R. Flym S. Brown E. Pancoast R. Waterman J. Maternan J. Maternan J. Afarian H. Roberts B. Caplin J. Fultz E. Poirier L. Martin D. McCarthy P. Riposo J. Burleson J. Burleson J. Laurent	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:22.01 2:16.98 2:18.48 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52 3:27.93 4:40.57 2:28.42 2:36.86 2:49.96 2:27.22 2:56.41 4:28.05 4:36.42 4:45.21 4:51.91 5:23.56 4:46.95 4:54.58 4:57.16 4:58.89 5:02.90 5:25.62 4:49.37 4:51.58 2:19.66 5:27.94 5:52.96 5:26.11
	M40 M45 M50 M55 M75 W30 W33 W45 M11e R M30 M35 M40 M45	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman J. Afarian T. Cunningham R. Oliver E. Poirier B. Jolmson B. Masuck W. Foote A. Bland F. Bertelson D. Galligani A. Messenger B. Matteson J. Galligani A. Messenger B. Matteson J. Galligani A. Messenger B. Matteson J. Galligani A. Messenger B. Matteson J. Boudreau C. Morrills A. Mahoney R. Mosher A. Cossi A. Igoe M. Gonsalves J. Molvar D. Heath C. Hussey R. Flynn S. Brown E. Pancoast R. Waterman J. Afarian H. Roberts B. Caplin J. Fultz E. Poirier I. Martin D. McCarthy P. Riposo J. Burleson J. Burleson J. Burleson	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:24.15 2:25.01 2:30.75 2:45.58 2:25.59 2:45.52 3:27.93 4:40.57 2:28.42 2:36.86 2:27.22 2:36.86 2:49.96 2:27.22 2:56.41 4:28.05 4:36.42 4:45.21 4:51.91 5:23.56 4:54.58 4:54.58 4:55.26 4:58.50 4:54.58 4:57.16 4:58.50 4:54.58 4:57.162 5:25.62 4:49.37 4:51.62 5:19.66 5:27.94 5:52.04
	M40 M45 M50 M55 M70 M75 W30 W35 W45 M11e R M30 M35 M45 M45	E. Pancoast D. O'Cornor J. Berit P. Bortolotti R. Waterman J. Afarian T. Curningham R. Oliver E. Poirier B. Jolanson B. Masuck W. Foote A. Bland F. Bertelaon D. Galligani A. Messenger B. Matteson J. Boudreau C. Morrilla A. Messenger B. Matteson J. Boudreau C. Morrilla A. Mahoney R. Mosher A. Cossi A. Igoe M. Gonsalves J. Molvar D. Heath C. Hussey R. Flyrn S. Brown E. Parcoast R. Waterman J. Afarian H. Roberts B. Caplin J. Fultz E. Poirier L. Martin D. McCarthy P. Riposo J. Burleson J. Burleson	2:13.04 2:15.44 2:26.39 2:11.94 2:14.78 2:16.68 2:19.92 2:22.20 2:29.01 2:16.98 2:24.15 2:26.01 2:30.75 2:45.58 2:25.59 2:45.52 3:27.93 4:40.57 2:28.42 2:36.86 2:49.96 2:27.22 2:56.41 4:28.05 4:36.42 4:45.21 4:51.91 5:23.56 4:46.95 4:54.58 4:57.16 4:58.89 5:02.90 5:25.62 4:49.37 4:51.62 5:15.82 5:19.66 5:27.94 5:52.04 6:03.22

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# National Masters News

# March, 1995

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Continu	ed from previo	ous page	a start and the section	A CHARLEN AND A COMPANY AND A COMPANY	DCRRC Indoor Meet	60 YARD HURDLES	55+ Mile
continu	J. Kent	6:14.94	M65 P. Kranberg 4-4	M65 Don Preven 4:19.06 3000m	Arlington, VA; Jan. 22	M40 John P. Jones 8.6 Frank Britt 9.4	1 Sid Howard 55 NJ 5:06.2 2 Gabe Bernal 55 MA 5:10.6
	J. Nyhan	6:34.58	F. Brako 3-8 A Viveiros 3-4	M30 Arnold Core 12:26.44	Men's Masters Mile	HIGH JUMP	3 John Connor 59 NY 5:13.8
M65	K. Folson	7:20.27	M70 E. Lukens 4-4	Dave Hart 12:32.23	James Pryde 41 4:44 Larry Washington 43 4:52	M40 Frank Britt 4-8 Ed Laurelli 5-0	4 Jim Laurent 52 MA 5:17.6 5 Oscar Moore 57 NJ 5:41.0
M70	A Messenger S. Toabe	6:20.63 6:30.18	B. Morcom 4-2	M35 Tony Watson 9:30.56 Bill Gaston 10:09.33	Tom Weber 41 4:52	M65 Paul Barndt 4-0	6 Bleiberg 50 5:47
	J. Bourdreau	10:10.42	R. Rodrigues 3-10 M75 A. Ricciardi 3-6	M40 Paul Mascali 9:03.33	Pat Sullivan 45 4:57 Steve Ruckert 45 4:59	POLE VAULT M45 Tom Randolph 11-0	Masters 800
M75	B. Matteson	7:41.60	W50 A Dupuis 3-4	Tony Wardo 10:18.03 Juanito Hernande10:31.27	Paul Ryan 44 4:59	M65 Jack Doorlay 7-0	Tom Hartshorne 41 NY 2:02.7 Marcel Phillippe NY 2:02.7
W30	P. Campbell J. Donahue	8:16.56 5:48.52	W70 A McGowan 2-10	M45 Vic Medina 10:55.20	Bill Gale 45 4:59 Ken Paul 45 4:59	LONG_JUMP M40 Frank Britt 3.26	Ken Sparks 50 OH 2:03.5WR
	A Ricardelli	5:36.64	Pole Yault	M55 Don Bozzone 12:02.10 High Jump	Richard Adams 43 5:03	M55 Nate Byrd 3.65 M60 Oscar Taylor 3.83	Neil MacDonald 50 AUS 2:03.9 Vince Shaw 43 NY 2:08.0
	K Lein	5:59.97	M45 J. Hoogasian 12-0 M70 B. Morcom 9-0	M30 David Olson 6-4	Dan Eddy 43 5:08 Mike Cotner 44 5:09	SHOT PUT	C Armen 40 2:09.7 Rob Jackson 44 NY 2:11.4
	A Schmitt C. Parsi	5:44.73 6:03.58	A State of the second second second	M45 Ivan Black 4-8 Pole Vault	3000m Racewalk	M40 Stew Beltz 40-6	P Waliman 40 2:16.9
	ace Walk		M40 W. Wills 43-5 1/2	M35 Rob Doran 8-0	1 Richard Jirousek 51 16:53 2 Jim Goldstein 46 16:54	Boston Track Club Invitational	E Poirier 40 2:18.1 Paul Perry 50 IL 2:26.8
	D. Ruben	11:37.60	C. Reichard 41-7	Long Jump M45 Ivan Black 4.85m	4 Vic Litwinski 51 18:51	Harvard U., Allston, Mass.	
M40	B. Savilonis	7:10.19	E. Daniels 38-4	Mike Myrick 4.10	5 Stephen Arbuthnot 46 18:58 6 Bill O'Reilly 69 20:29	Feb. 12	Masters 800 (Section 2) Jim Gibbous 50 CA 2:12.68
M50	S. Sognowski C. Mansbach	9:05.97 9:08.51	M45 M. Grisko 42-4 P. Germanowski 42-1	M50 Dick Hamner 4.77 Ed Kent 4.01	8 E R Premo 59 22:51	Etonic/Bermuda Seniors Miles	Dick Hamner 50 NY 2:13.33
M55	M. Hoffer	9:34.81	M50, B. Burkle 27-11	Triple Jump	9 Terry Hamilton 66 24:38 10 Cathy Short 40 24:52	50+ Mile 1 Ken Sparks 50 OH 4:32.84WR	Sid Howard 55 NJ 2:15.43 Tom Sullivan 52 IL 2:15.46
M60	L. Free L. Candido	9:28.84 9:19.26	M60 P. Soreparu 31-5	M35 Leroy Carver 42-0 M45 Ivan Black 34-0	11 Mil Wood 79 26:41	2 Paul Perry 50 IL 4:47.38	T Waterman 40 2:16.96
M65 M70	J. Gray	10:01.04	M65 W. Garrahan 39-2 M75 A. Ricciardi 30-10	Ken Kienzle 30-8 <sup>1</sup> / <sub>2</sub>	12 Brenda Ambrose 37 27:09	3 Ramsay Thomas51 CA 4:48.51 4 Summer Brown 50 MA 4:48.97	R Clark 40 2:17.86 Bob Pertak 40 NY 2:19.62
	S. Corning	11:42.09	W30 D. Houseman 44-3	M50 John Bateman $32-2\frac{1}{4}$ Ed Kent $28-10\frac{1}{4}$	DCRRC Indoor Meet	5 Jim Gibbons 50 CA 4:50.39	Hugh Sweeny 50 NJ 2:22.99
W40 W45	S. Danahey M. Ferguson	11:11.49 8:53.34	D. Tower 38-2 W60 A Hicks 22-10	W35 Sarah Boslaugh 27-3	Arlington, VA; Jan. 29	6 Hugh Sweeny 50 NJ 4:50.49 7 Tom Sullivan 52 IL 4:50.94	John Connor 59 NY 2:24.18 Calligni 2:24.2
	C. OIT	10:30.06	J. Finley 15-10	Shot Put M35 Rob Doran 9.56	Men's Masters Mile Paul Ryan 44 4:53	8 Dick Hammer 50 NY 4:51.0	Cliff Pauling 60 NY 2:25.7
	L. Ruben	12:23.49	W70 J. Berlepsch 13-0	M45 Rich Dunphy 11.17	Steve Ruckert 45 4:54 Bill Gale 45 4:55	SOUTH	FAST
	F. Degate	13:41.76	Shot Fut	M65 Tom Brooks 9.04 W30 Virginia Palmer 9.36	Bill Gale 45 4:55 Bob Weiner 47 4:56	Social	LASI
3000 M M30	K. O'Brien	9:28.91	M35 K. Swanko 46-11 1/2	H CarterRange 9.10	James Moreland 42 4:59 Spider Rossiter 43 5:04	Cold Feets Series -	
C. The same	J. Molvar	9:34.92	M40 E. Clark 39-5 1/2 C. Reichard 38-1	W35 Sarah Boslaugh 10.60 Denise Sullivan 6.58	Mike Cotner 45 5:05	Francis Marion Univ	ersity, Florence, S.C. . 10
	W. Neurshar G. Daniels	9:49.00 9:07.03	E. Daniels 33-6	W50 Roslyn Katz 7.83	Gary Guenther 44 5:10 J J Wind 44 5:15	Weight Pentathion	
SHIE.	J. Hird	10:34.22	M45 P. Mitchell 34-10 F. Poot 30-4	Weight Throw W30 Virginia Palmer 9.67	Tim Holtz 40 5:42	1794 WAVA Age-Graded Scori	ng
	L. Olsen	9:10.98	E. Root 30-4 J. Hoogasian 29-7	W35 Sarah Boslaugh 11.64	Chemical Bank Millrose Games	Actual Marks: Name (age) S	P HT DT JT WT Score
	J. Fultz J. Burleson	9:32.11 12:22.72	M50 B. Harvey 42-11	Denise Sullivan 6.84 W50 Roslyn Katz 9.56	New York City;	and the second second second	
M60	D. Ross	11:55.04	P. Fusco 36-7 B. Burkle 33-7	1500m Racewalk	Feb. 3		54.87 44.35 39.38 15.18 3685
	J. Keat D. Alden	12:39.48	M55 P. Choquette 39-4	M45 Gary Null 6:46.00. M60 Bob Barrett 7:52.92	American Runner Masters Mile 1 Marcel Philippe NY 4:26.24	David Vandergriff(39)10.83	48.56 32.61 30.48 14.99 3035 32.17 27.54 38.78 11.39 2781
	S. Toabe	12:51.87	G. Corrney 32-9	M65 Cervin Robinson 8:33.38	2 Paul Mascali NY 4:28.42		55.31 31.14 28.01 15.08 3353
	B. Matteson	15:01.53	M60 L Rosen 36-6	W30 H CarterRange 8:48.88 W35 Kathryn Davis 11:08.53	3 Harry Nolan NJ 4:32.40 4 Tom Hartshorne NY 4:33.66		38.62 35.69 33.30 13.60 3620 23.36 34.25 19.79 8.20 2747
	P. Campbell L. Waterman	15:41.36 13:04.40	P. Soraparu 34-4 F. Lapointe 28-11	W70 Queenie Thompson12:44.85	5 Bruce Frey 4:38.17		18.31 26.34 32.10 7.18 2780
	K Lein	12:22.15	M65 W. Gerrahan 35-9	3000m Racewalk M30 Robert Gottlieb 13:58.29	6 Steve Schellenkamp 4:49.98 Don Speranza DNF		15.67 20.73 21.45 5.61 2154 34.61 30.82 32.24 10.75 3775
	D. Judge	11:36.14	A Viveiros 27-10	W30 M Torrellas 15:38.51	Alan Muir ME DNF		11.21 20.69 9.44 5.38 2615
	J. Higgins	13.32.15	M70 B. Morcom 30-8 G. Homer 26-2	from Roz Katz	Paul Zink VA DNF Masters 4x400 Relay	Obush Kisher Manasial Weinha	A REAL PROPERTY AND A REAL
M30	J. Wardle	20-8 3/4	M75 A Ricciardi 28-4	Hartshorne Memorial	1 DC Masters DC 3:37.52	Chuck Klehm Memorial Weight Pentathlon	
M35	K. Cranford	20-11 3/4	A. Oliver 26-9 M80+ F. Giliberty 18-3	Masters Mile Cornell U., Ithaca, NY; Jan. 21	2 Central Park TC NY 3:40.46 3 Phila. Nasters PA 3:40.83	Delray Beach, FL; Dec. 27	(Tulà
	D. Ruben D. Fredericks	9-4 16-8	W30 D. Houseman 36-7 1/2	M40 Tim McMullen 4.26.92	4 Team Unlimited VA 3:45.46 5 Greater Rochester 3:53.28	(HT/SP/DT/JT/WT)	
	J. Sciutto	16-4 1/2	D. Tower 28-5 1/2 W45 K. Wells 19-4	Swag Hartel 4:29.91	6 East Texas TC TX DQ	Mike Richardson 33 1408 19.40/8.39/24.12/24.50/6.72	
M45	J. Oleski M. Milove	14-8 1/2 15-9 1/2	W55 M. Roman 25-3 1/2	Charlie McMullen 4:32.28		John Von Rohr 47 3213	
143	H. Varnet	15-2 1/2	A Dupuis 17-2	Gary Fanelli 4:33.61 Tom Hartshorne 4:34.35	Philadelphia Masters Track Assoc., Lafayette College,	43.02/12.84/32.98/28.94/11.91 Brian McKenna 54 2727	
	J. Hoogasian	14-9 1/2	W60 A Hicks 20-0 L. Ruben 14-9	Tom Hartshorne 4:34.35 Tim Otis 4:39.72	Easton, PA; Feb. 5	30.44/11.48/35.26/25.94/10.19	
M50 M55	C. Vanet E. Knet	14-3 1/2 14-4 1/2	J. Finley 13-0	Joe Contario 4:41.68	60 YARD DASH	Bill Burkle 54 2494 24.68/10.36/34.14/29.34/8.85	
The Real	E. Mezzapelle	10-10 3/4	W65 V. O'Connor 12-1 1/2	Terry McConnell 5:00.25	M40 Frank Britt 7.8	Pete Hoyt 54 2451	
M60	J. Stookey J. Lance	16-3 1/2 13-6 1/2	W70 J. Berlepsch 15-2 A. McGowan 13-7	Bill McMullen 5:04:45 Caleb Rossiter 5:08:95	John P. Jones 7.8 M45 Tim Dickens 7.5	32.32/9.71/28.66/23.24/10.37 Larry Morrell 52 2240	A CONTRACT OF THE REAL PROPERTY OF THE REAL PROPERT
	Н. Репу	13-1 1/4	Add:	M45 Harry Nolan 4:35.05	M55 Nate Byrd 7.9	19.12/10.83/31.52/32.42/5.80	H45-49 H.OLIVER 7.1
	F. Lapointe	13-0	HH M75 A Ricciardi 12.72 WT M50 P Fusce 23-11	Tom Homeyer 4:55.82	Ron Bilski 9.5 M60 Oscar Taylor 7.8	Pay Carstensen 62 2930 33.36/10.19/29.02/24.98/11.70	D.GUSTAFSON 7.3 H50-54 C.DOW 7.3
	P. Soraparu D. Hudson	12-5 1/2 12-3 1/2	and the second	Terry Habecker 4:59.05 Rick Hoebeke 4:59.44	M65 Paul Barndt 8.5 M70 Oscar Harris 8.5	Carlos Fraundorfer 62 2810	N55-59 J.WEAVER 6.7 D.BUSS 6.7
M65	F. Brako	13-5	MAC "USAIR Championships"	Reinhold Wotawa 4:59.76	220 YARDS	33.80/8.99/34.22/18.48/11.74 Larry Siegel 65 2797	M.MURPILY 8.1
	B. Townsend	12-5	168th St. Armory, NYC; Jan. 20	Tom Carr 5.07.82	M35 Ron Manion 24.9 M45 Phil Felton 25.8	24.54/10.90/28.28/20.06/8.79	J.HADDEN 7.4
M70	T. Viveiros E. Lukens	10-6 3/4 13-7 3/4	M40 Louis Miller 8.99	Ken Zeserson 5:10.35 Jim Boyle 5:21.14	Tim Dickens 27.5	Ed Hoffer 68 1933 16.50/7.58/22.40/20.50/5.55	D.SIBIGTROTH 7.6 H70-71 A.ADAMS 9.0
	V. Mattson	12-8	M45 Ken Kienzle 7.68 Lee Tyler 7.91	Jim Boyle 5:21.14 Jim Bilik 5:21.50	M50 Rab Hagin 27.2 M55 Larry Harvey 28.2	Jacob Stein 71 3296 31.36/8.43/33.48/30.66/8.88	H.DEWELL 11.7 H80-84 M.FLACHS 9.9
	R. Rodrigues G. Horner	11-3 1/2 10-8 3/4	M50 Rich Jones 7.37	M50 Dick Croteau 5:08.29	Nate Byrd 29.2	Bob Peters 71 1836	2004
M75	A Ricciardi	10-10 1/2	Ed Kent 8.14 M55 Richard Rizzo 7.96	Derck Frechette 5:11.30	Ron Bilski 34.5 M60 Oscar Taylor 29.2	18.48/7.04/22.48/12.58/5.89 Alberto Gonzalez 81 2781	F30-34 H. CLAEYS-OTTO 32.1
W55	S. Sorlien A Dupuis	10-5 1/2 9-7 3/4	W30 Denise Jones 8.37	Joe Reynolds 5:30.31 Dave Sanders 5:41.18	M65 Paul Barndt 32.8	22.80/7.66/22.18/18.94/6.65	F35-39 H.LUTZ 32.4 H.NAUHAN 36.7
W60	A Hicks	8-6 3/4	Betty Whitaker 8.39 300m	M55 Cal Loomis 5:16.66	M70 Jim Nanno 32.1 Oscar Harris 32.6	Phil Partridge 83 1549 13.70/4.67/15.08/9.88/5.55	F40-44 J.ROEDER 35.6 P.ARNS 43.5
	I. Ruben	6-5 1/2	M30 Wyndell Dickerson 35.97	Bob Milner 5:17.48	440 YARDS		F50-54 P.DANIELSON 34.9
W70	J. Finley A. McGowan	2-11 8-1/2	John Banks 37.17 Willy Wood 37.63	Vince Colgan 5:28.91 M60 Gordon Walker 5:41.86	M35 Ron Manion 56.0 M45 Phil Felton 56.3	MIDWEST	J.TEEPLE 37.7 J.GUILLEY 42.9
	J. Berlepsch	5-1/2	M35 David Cherry 37.59	Jack Garrity 6:25.23	Tim Dickens 60.0 M50 Rab Hagin 61.0	Athlete's Foot Masters	F55-59 K.SCILEUSENER 42.7
Triple		4 cla	M40 Erroll Lee 38.63 Don Hodge 41.08	Ted Sullivan 7.08.06	M55 Larry Harvey 61.8	Indoor Track & Field Meet	H30-34 D.DALL 26.3 G.STEWART 27.3
M30 M35	J. Wardle K. Cranford	42-11 3/4 45-1 3/4	Fred Denworth 41.84	M65 Ed Stabler 5:40.60 Dick Sullivan 6:48.89	M70 Jim Manno 1:15.3 Oscar Harris 1:17.4	Augustana College, Rock Island	M35-39 B.FELLER 25.4 S.WINKEL 26.3
M40	D. Fredericks	34-5 3/4	Paul Mascali 42.24 M45 P G Felton 39.06	Jack O'Sullivan 7:11.33	W35 Connie Fanelli 1:12.2	IL; Jan. 14	H40-44 H. SKOFLANC 26.1
M45	L Black	35-8	Bill Overby 40.18	Bill Pow 7:19.10	880 YARDS M35 Tom Yunker 2:32.3	F35-39 F. DANIELSON, J. ROEDER.	B.BODEN 28.1 R.COOK 31.4
M55	M. Milove E. Kent	32-4 1/2 31-0	Salih Talib 40.92 M50 Rich Jones 41.97	Ralph Jones 7:38.78 M70 Anthony Napoli 6:26.20	M40 Phil Yoder 2:22.0	H.LUTZ, D.GULLEY 1:52.1	H15-49 H.OLIVER 30.3 D.GUSTAFSON 31.3
	M. Hong	28-2 1/4	M55 Ed Small 42.04	M75 Nate White 7:01.59	Gary Papazian 2:34.4 M50 Gregg Atzert 2:35.1	H45-49 H.OLIVER, H.DAVIS,	M50-54 F.WEIBEL 35.1
M60	J. Stookey F. Lapointe	33-3 1/4 28-8	M60 Cliff Pauling 44.25 W30 Betty Whitaker 46.52	W30 Beth Deciantis 5:09.65	Rich Howett 2:37.8	D.GUSTAFSON, D.HILL 1:33.2	J.HEAVER 27.2
	J. Lance	25-8	600m	Sandy Gregorich 5:33.41 Leatha Damron 5:35.62	M60 Jim Sutton 2:24.8 M65 Bob Naylor 3:29.4	H55-59 H. LARSEN, D. BUSS,	C.FOWLER 31.9 J.ROBINSON 36.4
	P. Sorapara	24-9 3/4	M30 Doug Miller 1:21.20 Steve Schellenkam1:29.48	Shellet Reynolds 5:55.30	W35 Connie Fanelli 2:40.2	C. SOCHOR, J. WEAVER 1:26.6	H60-64 H.BROWN 28.9 J.HADDEN 30.6
M65 M70	F. Brako E. Lukens	25-7 3/4 30-10 1/2	Dave Hart 1:53.01	W35 Joan Sterrett 5:30.94	TOM ROBINSON MILE RUN M35 Phil Matraxia 5:09.8	B. DAVIS, J. HADDEN,	N.ROBINSON 30.7
	V. Matteon	23-3 1/4	M40 Walt Brown 1:22.19 M45 Kevin Smith 1:35.80	C Comiso-Fanelli 5:40.00 Patti Ford 5:52.35	Tom Yunker 5:17.8	C.TRINKNER, J.ROBINSON 1:38.8	F.RILEY 39.2 H65-69 C.SOCHOR 30.4
M75	J. Hutchinson S. Sorlien	19-4 22-10 1/4	M50 Dick Hamner 1:25.73	Patti Ford 5:52.35 W40 Barb Blaszak 5:45.63	Gary Papazian 5:18.6 *	1170-74 G.RAJCEVICH, E.COLE, B.KAFLAN, H. BUSCHHAN	H70-74 H.LARSEN 29.4
W70	A McGowan	13-6 1/2	Hy Zamft 1:38.43 M55 Ed Small 1:25.03	P Dickson-Taylor 5:58.22	GaryRieger 5:26.4	2:18.5	H75-79 B.KAPLAN 46.7
High	Jump		Jim Aneshansley 1:37.94	Deb Stokes 6:44.13	Lou Coppens 5:29.9	F30-34 K. JOHNSON 7.0	H80-84 V.SCHAEFER 41.4 H.LIGHTFOOT 42.3
M30 M40	J. Wardle E. Clark	6-2 4-6	M60 Cliff Pauling 1:31.36 Irwin Bernstein 1:36.55	Diane McGuire 6:53.82 W55 Margret Betz 5:53.27	Gregg Atzert 5:30.3 W35 Mary Ellen Malloy 5:28.6	F50-54 P. DANIELSON 8.1	H.FLACHS 43.1
M40 M45	I Black	5-0	, W30 Denise Jones 1:43.80		2 MILE RUN	H30-34 S.THOMS 6.4 G.STEWART 6.8	F30-34 H.CLAEYS-OTTO 1:10.0
M50	B. Hervey	4-10	M30 Larry Glazer 2:47.56	1	M35 Tom Yunker 12:08.0 M40 Gary Papazian 11:31.0	H35-39 B.FELLER 6.5	F40-44 P.ARHS 1:34.0 F50-54 J.TEEPLE 1:24.4
M60	C. Varnet J. Stookey	4-4 4-8	Allen Sangeap 2:58.69 M55 Sid Howard 2:58.46	h	M50 Lou Coppens 12:30.8	R. STACH 7.5 H40-44 H. SKOFLANC 6.8	F55-59 R.LARSEN 1:35.0
MUU	Н. Репу	4-6	Jim Aneshansley 3:25.20	6	Gregg Atzert 12:44.6 W35 Connie Fanelli 12:19.4	B.BODEN 7.0 R.COOK 8.0	D. DALL 1:00 4
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M35-39	S.WINKEL	57.8	M30-34 K.P. M35-39 J.H.
H40-44	G.KRAINIK R.COOK	55.4	J.W.
	B. BREEDLOVE	1:20.0	M45-49 M.D. K.H.
H50-54	F.WEIBEL D.HURD	1:16.1 1:19.1 1:07.6	D.H
H55-59	B. DAVIS	1:07.6	D.G 1160-64 F.B
a la la	B. DAVIS C. FOWLER J. ROBINSON H. BROWN	1:15.0	H65-69 C.S. N70-74 H.D
H60-64	J. ROBINSON H. BROWN J. MADDEN C. SOCHOR	1:06.0	M75-79 E.C
1165-69	C. SOCHOR	1:05.3	H80-84 H.L
M75-79	B. KAPLAG	2:01.0	I.ONG JUMP F50-54 P.U
1180-84	H.LIGHTFOOT V.SCHAEFER	1:32.4	F55-59 B.L.
	W. SCHAEFER	1:35.2 2:05.2	D.R. J.M
800M			H35-39 B.FI
	H.LUTZ P.ARNS	2:52.8 3:22.9	J.W/ S.W
			R.St
	K. LANCASTER R. STACH	2:19.8 2:24.7 2:30.1	H40-44 H.SH H45-49 H.DJ
- Jacober	S.WINKEL	2:30.1	D.H. W.EV
H40-44	C.LUTZ R.COOK	2:14.6 2:51.7	H50-54 C.DO
H50-54 H55-59	F.WEIBEL B.DAVIS	3:01.0 2:37.3	H55-59 J.H
HJJ-39	C.FUWLER	2:51.9	G.L
H60-64	J. ROBINSON F. BROWN	2:52.6 2:47.5 3:02.9	H60-64 H.R.
M65-69	C. SOCHOR	3:02.9	B.P.
1500H		4:24.1	0.5 H65-69 C.S
F30-34	A.FISCHER	4:47.3	H70-74 H.L.
F30-39 F40-44	J. ROEDER	5:46.1	H.B
F45-49	P ADUS	6:46.6	G.R. A.A
F50-54	J. TEEPLE	6:23.2 7:09.5	H75-79 E.C
F55-59	R. LARSEN	7:17.2	H80-84 H.F
	K. SCHLEUSENE	R 6:39.4	TRIFLE JUH H40-44 H.S
F60-64 N35-39		6:13.7 4:27.6	H45-49 J.H
1133 33	S.GANG	4:39.5	H55-59 P.S
	R.STACH B.THOMPSON	4:45.6 4:52.1	G.L
1110-14	C.LUTZ	4:31.6	J.H H60-64 D.S
	H. TOHETICH	5:13.7 6:44.4	H65-69 E.F. N70-74 G.R.
H50-54	F.WEIBEL J.DELZELL	5:49.2 6:07.5	Н.В
	D.HURD	6:09.4	H75-79 E.C
H55-59	J.ROBINSON C.FOWLER	5:34.4 5:35.6	STANDING LC
3000H			F55-59 R.LA
F35-39 F45-19	H.LUTZ J.DAKER	12:35.7	D.RC J.MI
F55-59	K.SCHLEUSENE	R 14:05.2	H35-39 J.VA
	R.STACH A.HARTMUT	11:37.0	H40-44 H.SK J.KR
	R.WINKLER	11:54.7	H45-49 D.HI D.GU
N50-54 N55-59	B DAVIC	12:56.5 11:50.4	M OL
F	C.FOWLER	13:38.3	
4K 1170-74	H. LARSEN	36' 2 1/2	G.LA J.WE
211	H. BUSCHMAN	36' 2 1/2 32' 8" 31' 2"	D. AM
	G.RAJCEVICH A.ADAMS		B.P.
H75-79	E.COLE	23' 9"	D.S. 1165-69 F.F.
H80-94	H.LIGHTFOOT	22' 2	H70-74 H.B
5K 1160-64	J.HAHER	36' 1"	۸.۸
	C. TRINKNER	31' 1 1/2	H75-79 E.C
	B. PARK D. SIBIGTROTI	1 27' 3"	SHOT PUT
	E.FAILOR	25' 3"	F55 59 J.H
6K H50-54	B.SCOTT	47' 6"	F70-74 F.B
H55-50	J.HESS E.SCHMIDT	37' 5 1/2 38' 1"	161
133-33	B.WARREN	32' 3"	1135-39 J.WA K.ST
	D. ANERY G. LABELLE	32' 2 1/2 32' 0"	J.HA S.WI
	J.HILLS	30' 2 1/2	H40-44 K.MC
	RDLES 30" H. BUSCHHAN		R.JC L.RE
110-14	H. DEWELL	11.2 14.8	H45-49 H.D/
	ADLES 33"		D.GU H.OI
H60-64 H65-69	F. BROWN C. SOCHOR	11.1 10.6	WEIGHT THR
	RDI.ES 36"		H40-44 L.RE
1150-54	C.DOW B.HILLS	8.8	1155-59 D. AF
	G. LABELLE	9.5	G.L.
	RDLES 39"		H.D
1135-39	S. THOMS J. WATRY	7.5	1500 HETER
1145-49	J.MEISNER	10.4	F40-44 A.HI K.KL
HIGH J	J.HILLS	4" 4"	1140-44 R.HI
	S. THOUS		1145-49 D.GU
	J.WATRY	6' 0"'	160-64 F.BF
	J. VALISKA J. HAMMER	5' 0"	H75-79 T.K
H45-49	J.HEISENER K.HALL	5' 4"	Kent St
-	H.OLIVER	4' 0"	Kent
1155-59	C.DOW B.HILLS	4' 0"	55m
	J.HILLS G.LABELLE	4' 4"	M40 Tom A M45 Rex H
	P. STOFOULOS		Jeff G
H60-64	C. TRINKNER	4 6	M55 Jack John S
	F. BROWN J. HAMER	4. 0.	W30 Debbi
	D. SIBIGTROTH	1 3' 8"	W35 Pat F 200m
1165-69		3' 6"	M35 Lawre
	H. BUSCHHAN	3'10"	M40 Tom A M45 Norm
5	H. DEWELL	3' 6"	M55 John
H75-7	A.ADAHS W.RAGLAND E.COLE	3' 4" 3' 6"	M65 Denve W30 Debbi
180-R	E.COLE H.LIGHTFOOT	3' 0"	

#### AVELONIS INAMER INAMER INALE INALL IILL SUSTAFSON ROWN SOCHOR DEWELL COLE IGHTFOOT 400m M35 Lawrence Finley 13 10' 10' 12' 11' Bob Thomas M45 Norm Thomas M50 Bill Angus M55 Jack Brunner 10 W30 Debbie Yurth 800m M35 Bob Thomas 5' Willie Speight M45 Glenn Andrews Jim Joseph ANIELSON ARSEN OBINSON MERY <u>Mile</u> M45 Glenn Andrews 12' 8 1/2 11' 1" 6' 9 1/2 6' 6" Jim Joseph Jeff Gerson High Jump M45 Rex Harvey M55 John Sloan ELLER 18'10 1/4 18' 7" 17' 1" 4 1/2 4 1/4 9 3/4 8 1/4 TACH M65 Denver Smith 19' 16' 15' 13' 14' KOFLANC AVIS W30 Debbie Yurth Pole Vault M45 Rex Harvey ILL WING MING 13'11" NOW 14'91/2 ILLS 14'11/2 STOPOULOS 14'8" ABELLE 13'13/4 OBINSON 15'6" TRINKNER 14'81/2 ANRK 11'111/4 STRICTEORIN 12'4 M55 John Sloan M65 Denver Smith Long Jump W30 Debbie Yurth Shot Put M45 Rex Harvey RIHKNEK 1. PARK 11'11 1/4 SIBIGTROTH 11'2 3/4 SOCHOR 13'9 1/2 FALLOR 12'10" LARSEN 16'1/2 BUSCHHAN 11'3" RAJCEVICH 0'2" ADAHS 8'10 1/2 DEWELL 8'8" COLE 7'7 1/2 Y11 3/4 M65 Denver Smith W30 Debbie Yurth W35 Pat Finley MID AMERI Smith/Kline Beecham In Championships LACHS 7'11 3/4 Lincoln, NE; Jan. 8 1 37' 34' 6 29' 5 29' 10" 27' 10" 27' 1" 74' 3" 6' 6" ' 1" 5" IP KOFLANC IEISENER WING TOTOULOS ABELLE IILLS IBIGTROTH ALLOB M40 Neal Combs M45 Tom Bassett M50 Roger Williams M50 Roger Williams M55 Thornton Shelton M60 Richard Wieland M65 Byron Winter M75 Clarence Osborn ALLOR A JCEVICH USCHMAN W45 Sandy Maryott 200m M30 Dean Woita EWELL 20' 5" M40 Neal Combs ONG JUMP ARSEN OBINSON M45 Tom Bassett M50 Joe Struenph M55 Thornton Shelton 9 1/3 10 1/ M65 Al Weaver ALISKA 8'11 1/2 M75 Clarence Osborn 2 1/ 2 3/ 1 1/ OFLANC 400m 400m N35 Marty Berge M50 Joe Struemph M55 Ross Greathouse M65 Al Weaver M75 Clarence Osborn 2: 00m AINIK STAFSON USTAFSON LIVER LILS TOPOULOS ABELLE ERVER MERY OBINSON PARK SIBIGTROTH FAILOR SUSCIMAN SUSCIMAN 800m M35 Steve Hoger M40 Lou Soukup M55 Wally Brawner M65 Al Weaver 4 1/ M75 Clarence Osborn 6' W35 Teri Kohl 4" EWELL Mile M35 Dale Nielsen DAHS 6' OLE M40 Lou Soukup M45 Rico Kotrous M50 Joe Struemph M55 Jim Culver HERY 22' 2" 15' 6" 15' 9" 3000m M35 Steve Holger WATPY 37' 5 1 STRACHNER 35' 2" NAMER 33' 5" WINKER 30' 7 HIKEL 30' 7 JOHNSON 34' 10" JOHNSON 34' 1" DAVIS 31' 1 GUSTAFSON 28' 5 JLIVER 23' 3" M40 Lou Soukup 5 1/ M50 Paul Durbin M55 Wally Brawner 5" 1/7 55mll M40 Milton Scurlock M45 Ross Jensen M50 Roger Williams M55 George LaBelle M30 Dean Woita OWS 358 EADHAN M45 Bob Everoski M50 Roger Williams M55 George LaBelle M65 Jerald Matz 37' EADHAN 37' 3" USTAFSON 32' 8" HERY 28' 2" ABELLE 27'10" Long Jump M40 Neal Combs USCHIMAN 18'11" 17' 5" EWELL M45 Bob Rutledge RACE HALK M50 Roger Williams 9:19.0 M55 George LaBelle EFACK DQ M60 Richard Wieland 7:54.1 INKLER M65 Ed Failor STAFSON 8:48.6 W45 Sandy Maryott TREL 8:31. 8:34. Triple Jump M45 Bob Everoski ROWN IBIGTROTH 10:01.3 9:40.5 M50 Ken Winters M55 George Tabelle M65 Ed Failor tate Indoor Meet <u>Shot Put</u> M50 LaVane Johnson M55 George LaBelle M60 Tom Wesselowski , OH; Jan. 29 Allcom 7.4 7.2 arvey M65 Ed Failor M70 Scott Hermann 38 W45 Mary Maryott 23 Pentathion (55H/LJ/SP/H M40 Alan Russell 8.7 Brunner Slcan 8.8 e Yurth 7.9 Finley 9.1 M50 Ken Winters M55 George LaBelle M65 Robert Thomas 25.8 ence Finley Allcom 26.3 Thomas 28.3 3 32.7 Sloan 28.9 ie Yurth

5-1- 5- 5- 5- 5- 5- 5- 5- 5- 5- 5- 5- 5- 5-	and and all the providence of the	1
56.0	Early Morning "R" Indo	or I
56.3 61.3	Twin Cities, MN; Fel	D. :
61.3	M40 Jim Dolezel Donald Tarasewicz	
71.2 65.0	M45 Michael Sharratt	-
2:09.4	M50 Jim Lee M55 James Wagner	
2:13.6 2:12.6	M60 Lloyd Kempf	1
2:26.5	M65 Harvey De Vries M75 Ben Bjergo	3
4:51.1	W30 Rhonda Dean	1
5:12.6 5:40.0	W55 Audrey Kempf W60 Rachel Lyga	1
5-4	200m	
4-0	M40 Jim Dolezel M50 Jim Lee	2
4-6 4-4	M55 Fred Biederman	3
12-0	James Wagner M60 Lloyd Kempf	3
8-6 9-0	W60 Rachel Lyga	3
13-6	400m M40 Randy Bensen	5
	Donald Tarasewicz	5
40-0 36-7	M45 George Rux W30 Rhonda Dean	1.0
24-6 26-7 <sup>1</sup> / <sub>2</sub>	W60 Rachel Lyga	1:5
Stands - Sta	800m M45 George Rux	2:4
RICA	Mile	
Indoor	M34 George Rux 55m Hurdles	6:0
8	M55 George LaBelle	
7.0	M60 Jim Peterson W60 Rachel Lyga	
7.0	High Jump	1
7.8 7.4	M45 Dan LaBelle M55 Tom Langenfeld	
8.5 10.0	M60 Lloyd Kempf	
16.4 9.5	M60 Jim Peterson M65 Ed Failor	
	W60 Rachel Lyga	
26.9 25.2	Long Jump M40 Jim Dolezel	1
25.3 30.3	M45 Michael Sharratt	
27.4 34.1	M55 James Wagner M60 Jim Peterson	3
58.4	M65 Ed Failor	A
57.9	W40 Deb Vestel W60 Rachel Lyga	
68.0 68.0	W60 Barb Thorgrimson	
82.0 2:11.8	Triple Jump M40 Jim Dolezel	
2:23.2	M55 George LaBelle M60 Jim Peterson	5
2:42.2 2:29.5	M65 Ed Failor	
3:15.4 5:18.7	M40 Deb Vestal W60 Rachel Lyga	
3:04.5	Shot Put	
5:02.4	M40 Jim Fuehrer M45 Dan LaBelle	
5:49.6 5:40.9	M55 George LaBelle M60 Jim Peterson	-
5:28.7 6:09.2	M65 Harvey DeVries	3
E Start	M75 Ben Bjergo	1
10:07.1 10:31.6	W55 Audrey Kempf W60 Barb Thorgrimson	1
13:03.0 11:00.4	Weight Throw M45 Dan LaBelle (35#)	
8.9	M55 George LaBelle (35#)	
9.7 10.9	M65 Harvey DeVries(25#) M75 Ben Bjergo (16#)	1
9.6	W55 Audrey Kempf (16#)	-
5-6	W55 Mavis Vitums (16#) W60 Rachel Lyga (#16)	2
4-4 4-6	WEST	(Bri
5-2 nta	WEST	
17-10	KELfield Throws Series Santa Cruz, CA; Jan.	
15-4 <sup>1</sup> / <sub>2</sub> 15-3	Shot Put	2
15-8	M30 Shawn Gleeson M40 Gary Kelmenson	41-36
12-7½ 12-4	M50 Mike Parker	38
11-8	Discus M40 G Kelmenson	11
26-23 36-63	M50 Mike Parker Hammer	11
27-61	M30 Shawn Gleeson M40 G Kelmenson	12
25-7	M50 Mike Parker	8
39-4 35-8	Javelin M35 John Hansen	16
42-5 25-6 <sup>1</sup> / <sub>2</sub>	M40 G Kelmenson M50 Mike Parker	8
38-81	Weight Throw M30 Shawn Gleeson	43
23-4 3/4 P/HJ/1000)	M35 Eric Hodgdon	41
2290 1990	M40 G Kelmenson M50 Mike Parker	39
1633	M60 Stew Thomson 56# Weight	53
709	M30 Shawn Gleeson M35 Eric Hodgdon	30 26
12. 3	M40 G Kelmenson M60 Stew Thomson	25
ter al	How Stew Induison	20
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#### Meet NORTHWEST 5 Eugene Indoor Meet 6 88 Eugene, OR; Feb. 5 6.89 7.08 M35 Jim Lewellen 7.00 M40 R Jacquet Acea 7.58 John Townsend 8 00 M45 Jeff Schaller Geoff Hughes 8.70 Leon Dahl 6.19 M55 Bumper Emerson Paul Stephan 817 M60 B J Kuhn 2.17 9.27 Don Kane Jim Schlewitz M65 Alan Maxwell M70 John Cleveland Cameron Hutches 6.09 7 34 meron Hutcheson 30.20 W45 Virginia Fast 30.40 Marjorie Gilmore 300m M30 Miles Smith 32.00 39.56 M40 R Jacquet Acea William Maier 56.09 M45 Wayne Gripp Larry Norris Frank Lulich 56.91 07 66 27.09 M50 Joe Johnson 54.16 Dennis Glasoow M55 Paul Stephan M60 Don Kane Jim Schlewitz 40.72 Loren Swanson 00.06 M70 Cameron Hutcheson W30 Ann Barnes 52.9 W40 Mary Libal 44.9 W60 Marjorie Gilmore 61.1 9 97 9.65 1500m M30 Paul Bliss 12.37 4:34.5 4:42.3 Paul Nagel M55 Tom McGuire 4-10 6:23.6 M60 Donn Kirk 6:38.4 4-5 W30 Doreen Groshan 4:57.3 W35 Mary Russell 5:28.6 W60 Marjorie Gilmore 6:33. W70 Dawn Russell 7:29.4 4-5 3-9 3-8 3000m M30 Paul Bliss 9:33.4 9:43.9 10:31.5 John Nagel M35 Rod Cooper 17-6 15-10 M45 Alan Beck 9:30.2 14-1 Barry Jahn M55 Ken Ogden Tom McGuire 9:36.5 15-1 11:27.3 12:09.4 11:52.7 12-3 W30 Parma Roe 9-1 11-9 W35 Ann Barnes 11:16.0 6-9 50mH M40 R Jacquet Acea John Townsend 33-7 M50 Joe Johnson M60 Don Gray Loren Swanson 26-10 30-2 25-7 M65 Alan Maxwell W35 Martha Mendenhall 18-8 W55 Becky Sisley 24-7 High Jump M30 Mike Jaqua M35 Jim Lewellen M40 John Townsend 30 34-11 31-3 M45 Oz Witt Frank Lulich 34-1 Ken Underdahl 32 M50 Al Phillips M55 Jerry Newcomb M60 Jerry Sullivan 15-11 22-7 24-9 M65 Vince Sempronio Harvey Lewellen M70 Dick Warren Gil Young 23-4 22-1 W35 Martha Mendenhall 5-0 28 W55 Becky Sisley Pole Vault M30 Dan Umenhofer 12-3 21-1 13-11 Mike Jaqua 13-0 19 M35 Dan West 14-0 Jim Lewellen M40 Steve Smith Brad Skovba 11-0 WR15-64 12-6 R Jacquet Acea 10-6 0. 35 M45 Jerry Cash W Dennis Phillips John Patterson Ken Underdahl WR15-1 1 10-0 -8½ M50 Larry Holmes M60 Don Gray Loren Swanson M65 Harvey Lewellen 12-6 -8 0-5 7-5 Don Grosh M70 John Cleveland Long Jump M30 Miles Smith 2-10 15-41 80-6 87-4 M35 Jim Lewellen 15-2 M40 John Townsend M45 Geoff Hughes M55 Jerry Newcomb M65 Harvey Lewellen 15-1 2-0 12-11<sup>1</sup>/<sub>2</sub> 12-10<sup>1</sup>/<sub>2</sub> 37-2 59-9 W35 Martha Mendenhall 15-9 W55 Becky Sisley W70 Dawn Russell 11 5 3/ 3-1 -7 Triple Jump M35 Mike Lariza Gary Lacey 9-4 6-6<del>1</del> 3-1 43-9± 42-0 M40 John Townsend 0-0 W55 Becky Sisley 25-34 Shot Put M40 John Townsend M45 Allen Hufstutter 6-9½ 5-10 32-7 30-2 24-7 6-31 Geoff Hughes M50 Ken Perkins 36-13

M60 Walt Badorek 28-9 Jerry Sullivan M65 Vince Sempronio Harvey Lewellen M70 Cameron Hutchens 27-7 38-1<sup>1</sup>/<sub>2</sub> 34-10 on29-6 W55 Becky Sisley W65 Pat Osmon 24-1 19-3<sup>1</sup>/<sub>2</sub> W70 Melanie Reske 19-1 1500m Racewalk M50 Ed Kousky Bob Brewer 6:49 7:50 M70 Joseph Mallon W35 Sandy Marr W40 Kay VanNortwick Lida Smith 9:35 9:07 9:06 Susan Gantner 10:33 W45 Sue Laks 9:05 Georgia Cutler 8:56 Donna Kaehn 11:08 INTERNATIONAL XIV Veterans Championships Montevideo, Uruguay; Nov. 19-20 100m M35 G Trindade BRA 11.6 O Parra URU 11.7 M40 L Fagundez BRA 11.8 J Mosqueira 11.9 ARG M45 W Branco BRA 11.9 A Silva BRA 121 M50 E Juri URU 12.5 W Ribeiro BRA 13.1 M55 C Cabrera ARG 13.1 **A Flores** URU 13.9 M60 S Soarez BRA 133 C Odriozola URU 14.0 M65 O Wada 13.7 BRA W Flores URU 14.1 M70 J Figueras URU 14.3 M85 L Jauge URU 42.4 M90 A Capo URU 35.2 W30 G Bonora URU 14.0 L Zignego ARG 14.2 W40 M Branco BRA 14.5 E Valdes ARG 14.6 W45 E Hincz 15.7 ARG 15.2 W50 E Rostagnol URU W55 C Alves ARG 15.4 17.0 W60 G Badin URU W65 S Madera URU 19.8 200m M35 G Dos Santos BRA 23.2 O Parra URU M40 J Mosqueira ARG 24.0 24.0 L Fagundez RRA 24 6 M45 G Alzugaray URU 26.1 A Canavero ARG 26.2 M50 E Juri URU 26.4 **J** Rolim BRA 26.9 M55 A Florex URU 28 6 D Desimone URU 29.3 M60 S Soarez BRA 28.1 C Odriozola URU 28.7 M65 O Wada BRA 28.4 M70 J Figueras URU 30.4 URU M75 A Gonzalez 34.5 M90 A Capo W30 C Mandelli LIRLI 1.112 ARG 30.2 W40 E Valdes ARG 29.6 M Castelobranco BRA 29.9 W45 J Da Silva BRA 33.5 W50 E Rostagnol URU 31.2 W55 C Alves ARG 31.8 W60 G Badin URU 39.8 W65 S Madera URU 43.0 400m M35 A Nazar CIII 58.2 M Loustau ARG 1:00.4 M40 J Mosqueira 53.4 ARG D Caracciolo ARG 55.4 M45 S Mourguia URU 59.2 J Irigoitia URU 59.8 M50 A Lasarga URU 1016 W Ribeiro BRA 1:03.6 M55 J Lemos ARG 1:02.0 A Flores URU 1:06.6 M60 S Aguiar BRA 1-01.9 C Odriozola URU 1:04.0 M65 E Verdi ARG 1:09.5 E Luna ARG 1:10.7 M70 A Chaina ARG 1:13.5 M75 R Panelo ARG 1.39 2 M80 A Fonseca 1:26.6 BRA W30 C Mandelli ARG 1 07 7 W40 R Gomez BRA 1:08.0 W45 J da Silva BRA 1:13.5 W50 E Rostagnol URU 1:12 3 W55 C Alves ARG 1:11.8 W65 S Madera URU 1:47.3

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800m

M35 E Martins

E Diaz

M40 P Negelinsky BRA

A Fernandez ARG

BRA

URU

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M55 J Lemos ARG 2:20.4	(Rodriguez/Fernandez/	
M60 C Sachi ARG 2:32.1 R Sanchez URU 2:32.3	Canavero/Mosqueira) M50 BRAZIL (Rolim/ 4:23.6	
M65 E Verdi ARG 2:43.1	M50 BRAZIL (Rolim/ 4:23.6 Melleu/Oliveira/Riveiro)	9
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M80 A Antunez BRA 3:30.4	Verdi/Corani/Sachi) W35 ARGENTINA 4:56.5	1
W30 C Camus CIII 2:24.7 W35 N Oses ARG 2:35.1	Pussetto/Oses/Chausovsky/	
W40 R Pussetto ARG 2:38.5	Leiva) W45 BRAZIL (Regina/ 6:09.4	
W45 P Leiva ARG 2:43.7 W50 A Ottado ARG 3:17.0	Gloria/Peukert/Iridola)	5
W60 A Tebes ARG 3:19.2	High Jump M45 R Rossi ARG 1.55	1
1500m M35 E Martins BRA 4:38.5	M50 L Salvarrey URU 1.45	
J Losada ARG 4:40.4	M55 R Diaz URU 1.46 C Anon URU 1.45	
M40 V Queranza BRA 4:12.4 H Espindola ARG 4:29.8	M60 J Meineck BRA 1.45	
M45 O Dutra BRA 4:28.9	W30 L Aguero PAR 1.45 W45 T Batista URU 1.20	ş
E de Laudo URU 4:34.3 M50 J Benitez URU 5:08.9	W50 A Nitzke BRA 1.30	3
M50 J Benitez URU 5:08.9 M55 J Lemos ARG 4:50.5	W60 M Arias ARG 1.15	1
M60 O Almada URU 5:32.9	Pole Vault M40 G del Papa ARG 2 80	100
J Dominguez URU 5:48.3 M65 S Guaranga BRA 6:11.3	M50 H Garcia ARG 3.40	1
J Mino ARG 6:20.8	M55 R Diaz URU 3.00 Long Jump	
M70 S Ojeda CHI 6:24.4 M75 R Panelo ARG 9:02.7	M35 O Parra URU 4.86	
W30 C Camus CHI 4:58.1	M40 J Bielli ARG 5.44 M45 R Rossi ARG 5.30	1
W35 N Oses ARG 5:21.2 W40 R Gomez BRA 5:26.3	M45 R Rossi ARG 5.30 M50 N Revello URU 4.14	
M GiamfranciscoARG 5:36.8	M55 M Gomez BRA 5.06	
W45 P Leiva ARG 5:40.2	M60 H Nakagima BRA 4.53 M65 E Luna ARG 4.21	1
W50 M Guerreiro BRA 7:42.2	M75 A Gonzalez URU 3.18	
W55 S Peuckert BRA 7.35.6 W60 A Tebes ARG 5.44.0	W30 L Aguero PAR 4.35 W40 S Hahn URU 4.00	
<u>3000m</u>	A Goguska URU 3.97	1
W30 C Camus CHI 11:06.0 W35 N Oses ARG 11:21.9	W45 T Batista URU 3.41	1
W40 M GiamfranciscoARG 11:56.3	W50 E Rogstanol URU 3.90 A Nitzke BRA 3.54	e.
L Villalba URU 12:58.6 W45 P Leiva ARG 11:53.4	W60 I Pfuller ARG 3.38	-2
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5000m M35 N Zamora URU 14:29.2	J Bielli ARG 10.87	4
J Losada ARG 17:53.9	M45 C Rosales URU 10.02 M50 N Revello URU 9.61	
M40 V Zueranza BRA 15:12.4 H Espindola BRA 16:20.9	M55 M Gomez BRA 11.12	
'M45 O Dutra BRA 16:28.3	H Hernandez URU 9.66 M60 H Nakagima BRA 9.12	
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M50 F dos Santos URU 18:18.2 J Benitez URU 18:49.8	W60 M Arias ARG 7.09	2
M55 A Silva BRA 18:54.2	Shot Put M35 C Gonzalez URU 10.97	
M Diaz ARG 20:10.1 M60 O Almada URU 20:01.9	M40 A Peralta ARG 12.46	
J Pinilla ARG 20:22.1	M45 E Suarez ARG 10.14 J Rossi ARG 10.11	i
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<u>10,000m</u>	L Salvarrey URU 10.38 M55 G Piccone URU 10.74	2
M35 N Zamora URU 30:23.6 J Ocampos PAR 39:12.4	W Morandi URU 9.42	
M40 V Zueranza BRA 32:25.6	M60 L Flores BRA 12.21 R Barrera URU 10.49	
Il Recouzo ARG 34:48.0	M65 O Wada BRA 9.33	
M45 E de Laudo ARG 35:23.9 M50 F dos Santos URU 37:32.7	M70 W Kupper BRA 8.89	
M55 R Antunez URU 42:04.6	M75 E Gundlach CHI 8.20 M80 A Antunez BRA 7.48	1
M Diaz ARG 42:25.9 M60 L Rodriguez ARG 42:42.8	M85 L Jauje URU 4.89	
L Fernandez URU 43:11.3	W30 L Aguero PAR 9.63 W35 L Rocca ARG 7.14	9
M65 D Mietlcki BRA 52:58.6 M70 J Sazatornil ARG 51:50.2	W40 S del Pup URU 7.93	1
Short Hurdles	G Rech BRA 7.53 W45 M Ribeiro BRA 7.77	1
M35 A Guimaraes BRA 23.7 M40 II Maldonado URU 19.0	M Berbouet URU 6.62	5
M45 R Rossi ARG 19.3	W50 N Flores URU 7.00 W55 M Molina ARG 7.70	1
M50 F Petnys BRA 19.1 M55 C Cabrera ARG 19.1	V Ozuna PAR 748	2
	W60 I Pfuller ARG 8.42 G Espinosa URU 7.51	
M60 H Nakjagima BRA 18.9 M65 E Verdi ARG 20.8	G Espinosa URU 7.51 W65 L San Martin URU 6.55	
M70 J Figueras URU 14.7	S Rosello URU 6.29 W75 M Fleckner CHI 5.49	1
W50 A Nistcke BRA 15.5 Long Hurdles	W75 M Fleckner CHI 5.49 Discus	
M35 A Brito BRA 1:14.9	M35 C Gonzalez URU 24.64	
M40 P Negelinsky BRA 1.04.4 M60 S Soarez BRA 53.6	M40 A Peralta ARG 37.94 A de Zuani ARG 32.48	-
M65 E Verdi ARG 56.6	M45 E Suarez ARG 34.42	
M70 J Figueras URU 56.5	J Rossi ARG 29.50 M50 E Figueredo URU 36.12	
4x100m Relay M40 BRAZIL (Fagundez/ 48.6	E Eiselle BRA 36.02	1
Branco/Cassonatti/	M55 W Morandi URU 35.88 - G Piccone URU 35.78	-
da Silva)	M60 L Flores BRA 38.62	1
M50 URUGURY (Pena/ 52.3 Martinez/Flores/Juri)	* M65 O Lopez ARG 29.56	
M60 BRAZIL (Soarez/ 54.6	L Alvarez URU 29.24	
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	and a set of the set of		March,	1995
1	W50 Marjorie Kos	74:16	W65 Dolly Finkelstein	31:10
	Patty Parmalee	83:02	Bertha McGruder W70 Queenie Thompson	32:12 43:16
	Cynthia Portella W55 Edith Jones	84:04 85:19	W75+ Althea Jureidini	
1	May Chou	87:47	Finishers: 946m/596w Weather: 24°/clr/sunny	
•	Naomi Vogel W60 Joan Fisher 1:	93:48		
4	W65 Ethel Autorino 1:	:32:33	SOUTHWE	ST
5	W70+Althea Wetherbee751 Finishers: 770m/345w	:52:32	Charlotte Observer Ma	arathon
5	Weather: 53°/h98%/w105	E/fog	and 10K	
2	NYRRC North Wind	10K	Charlotte, SC; Jan	1. 7
6	Central Park; Jan.		Marathon Overall	
2	Overall		Keith Brantley 32	2:14:27
0	Andrew Ball 27 Jeanne Peterson 25	30:28 35:31	Stephanie Shook 24	3:20:42
2	M30 Julian Giraldo 32	32:04	M40 Jerry Clark	2:48:42
6	Chaz Hummel 34 Stan Lancucki 36	33:10 33:17	George Towle Victor Rosado	2:48:52 2:54:34
2	M40 Sean Doyle	33:40	John Hixon	2:55:10
2	Nicholas Caswell Louis Calvano	34:28 36:41	Thomas Barringer	2:57:01
6	M45 Gus Penaloza	35:24	James Pannabecker Paul Bergman	3:01:51 3:03:58
0	Art Hall Luis Guachichulca	35:46 35:52	Karl Schulze	3.05:47
	M50 Maury Dean	36:13	Terry Irwin	3:07:34
3	Dick Hamner Jeremiah O'Connor	38:37 39:13	Bill Devoe	3:09:23
	M55 Ramon Ruiz	40:48	M45 Roger Roark Doc Weiss	2:58:59
	Mike Goldman Ramon Minaya	41:06 42:45	Bill Peay	2 59 23
2	M60 Dick Murphy	39:50	Ken Stockin	3:03:34
3	Eric Seiff	41:42	Grank Oneal	3.06.05
	Martin Winter M65 Bill Fortune	42:15 41:35	Kenneth Rowe Robert Aby	3:07:41 3:07:54
7	Hector Pacheco	43:53	Joseph Citron	3:08:32
-	Jack Haar M70 John McManus	45:18 47:16	John Owensby	3:14:28
S.	Sab Koide	50:33	M50 Budd Bettler	3.01:33
N.	Wallace Cutler M75+Wilfredo Rios 78	56:08 60:38	Ronald Thomas Bob Lance	3:08:24
	Charles Feldman 79	60:49	Bob Lehew	3.08.29
	George Jaffe 79 W30 Gillian Horovitz 3	67:43	Robert Knowles	3:18:08
	Yumi Tomoda 33	38:11	Dale Grubba	3:19:10
	Katherine Damon33 W40 Jude Tallichet	38:31	Robert Edminston M55 Robert Morrison	3:20:36
	Joan Baldassari	41:49 41:55	Gaylor Dodson	3:14:19
	Barbara Anderson	43:23	Bill Zehner	3:21:51
	W45 Sylvie Kimche Carol Gellman	42:47 44:41	Allen Montgomery	3:22:01
0	Flora Flores	45:22	Bill Parrott Jimmy Parnell	3 23 54 3 26 48
6 8	W50 Lillie Smith Patty Parmalee	46:51 48:04	Ron Findley	3:28:53
7	Wendy Burns	48:50	M60 Don Lein	3:10:25
9	W55 Edith Jones Joan Bondell	48:54 50:12	Robert Bene Phillip Carroll	3:31:12
7	May Chou W60 Rosa Nales	51:45	Harry Katzan	3:36:01
1	Joan Fisher	50:51 62:53	Ted Hertshorn	4:06:13
7	Annie Zinker W65 Ethel Autorino	68:04 55:59	M65 Jerry Johncock	3:20:40
1	Bertha McGruder	69:28	Skip Crandall Roy Elder	4:10:53 4:13:24
9	W70+Althea Wetherbee 75		Dick Griffith	4:24:29
6	Althea Jureidini 76 Finishers: 977m/496w	00:45	M70 Franklin Mason	3:52:48
6	Weather: 34°/h76%/w16mp	Who	E B Lloyd Clyde Weaver Jr	5:09:31 5:24:06
3	NYRRC Super Bowl Sun	day 5K	W40 Ruth Wernock	3:23:37
7	Central Park, NYC; Jar	1. 29	Holly Christian	3:37:51
5	Overall		Catherine Cerone Heidi Bridges	3:39:38
5	Andrew Whitney 33 Alicia Kelly 33	15:40	Jo Haubenreiser	3:39:51 3:45:47
5	M30 George Buckheit 37	17:10 15:56	W45 Nancy Sigmon	3:43:01
8	Tony Ruiz 32	16:16	Christine Hamilton	3:43 51
9	Richard Joseph 31 M40 Nicholas Caswell	16:26	Gloria Newman Susan Lightner	3.48.28
,	Louis Calvano	17:40	W50 Diano Vandebroek	3.25.35
	Kevin O'Connor M45 Jack Porzio	17:45 17:30	Kay Martin	3.54:32
-	Adolf Lawrowski	18:13	Heather Yeowell	4.04.57
-	Michael Wilson M50 Hugh Sweeny	18:39 17:28	W60 Sherriedale Morgan W70 Lynn Edwards	5:22:29
4	Maury Dean	17:29	10K	
7	Pat Cosgrove M55 Sidney Howard	18:29 18:15	Overall	
6	Mike Goldman	19:52	Mark Coogan 28	29:41
5	Philmore Brewer M60 Eric Seiff	20:13 19:58	Stacey Gaynor 28 M40 Eddie Cohn	36:14 35:37
0	Martin Winter	20:06	David Freeze	35:37
4	Michael Daly M65 William Fortune	21:19 19:45	David Hamilton	36:29
5	Hector Pacheco	21:16	Jim Freid Bubbu Tami	36:44
B	Jack Haar M70 John McManus	21:52 21:51	Bobby Torri Tim Kerr	37:26
3	Sab Koide	24:12	Scott Sarvis	37:55
9	Wallace Cutler M75 Al Goldstein	26:26 27:37	Brad Lakeson	38:13
0	Wilfredo Rios	28:33	M45 Bob Schlau David Wight	32:31
4	Charles Feldman M80+Max Popper 91	29:58 51:18	Randy Mendat	35:13 37:24
2	W30 Gordon Bakoulis 33	17:35	Mack McClellan	37:24
3	Gillian Horovitz 39 Alison Barbi 30	18:55 19:32	Timithy Cosgrove	37:32
9	W40 Kathy Gribbon	19:07	Danny Williams Peter Uborto	37:43
7	Joan Baldassarri Wendy Silverstein	20:17 20:55	Peter Uberto M50 Tom Dooley	38:18 35:16
6	W45 Sylvie Kimche	20:00	Anson Clapcott	35:16
4	Mary Spera Carol Hansen	23:15 23:54	Peter Warner	37:07
2	W50 Elaine Joseph	23:24	Larry Barden	38:15
4	Susanna Beltrandi Wendy Burns	23:35 23:51	James Sinclair Michael Taylor	40:23
4	W55 Joan Bondell	23:51 24:10	M55 Dick Ruzicka	40.59 39:00
2	Martha Hauhuth Gail Moss	26:52	Loyd Hoke	39:54
2	W60 Ruth Kassanga	27:44 27:55	Theron Cockran	41:02
6	Nancy Tighe Charlotte Goldblatt		Keith Weaver	42:18
-	Salide te soldblatt	30:17	Continued on ne	xt page

	W65 Dolly Finkelstein	31:10
	Bertha McGruder W70 Queenie Thompson	32:12
	W70 Queenie Thompson W75+ Althea Jureidini	7637:56
	Finishers: 946m/596w	
1	Weather: 24°/clr/sunny	
2	SOUTHWE	CT
2	SUUTHWE	SI
•	Charlotte Observer Ma	
	and 10K	and the set of the
-	Charlotte, SC; Jan	1. 7
	Marathon	
	Overall	
	Keith Brantley 32	2:14:27
	Stephanie Shook 24	3:20:42
	M40 Jerry Clark	2:48:42
	George Towle Victor Rosado	2:48:52
	John Hixon	2:54:34 2:55:10
	Thomas Barringer	2:57:01
	James Pannabecker	3.01.51
	Paul Bergman	3:03:58
	Karl Schulze	3.05:47
	Terry Irwin	3:07:34
	Bill Devoe	3:09:23
	M45 Roger Roark	2:58:59
2	Doc Weiss	2:29:20
	Bill Peay Ken Stockin	2.59.23
	Grank Oneal	3:03:34 3:06:05
	Kenneth Rowe	3:07:41
	Robert Aby	3.07:54
	Joseph Citron	3:08:32
	John Owensby	3:14:28
0	M50 Budd Bettler	3.01.33
1	Ronald Thomas	3:08:24
3	Bob Lance	3:08:29
	Bob Lehew	3.18.06
	Robert Knowles	3:18:08
	Dale Grubba Robert Edminister	3:19:10
3	Robert Edminston M55 Robert Morrison	3:20:36
	Gaylor Dodson	3:14:19
	Bill Zehner	3:21:51
	Allen Montgomery	3:22:01
	Bill Parrott	3 23 54
	Jimmy Parnell	3:26:48
	Ron Findley	3:28:53
	M60 Don Lein	3:10:25
	Robert Bene Phillip Carroll	3:31:12 3:36:01
	Harry Katzan	4:03:33
	Ted Hertshorn	4.06:13
3	M65 Jerry Johncock	3:20:40
ě.	Skip Crandall	4:10:53
8	Roy Elder	4:13:24
	Dick Griffith	4:24:29
	M70 Franklin Mason E B Lloyd	3:52:48 5:09:31
1	Clyde Weaver Jr	5:24:06
	W40 Ruth Wernock	3:23:37
	Holly Christian	3:37:51
B.	Catherine Cerone	3:39:38
)	Heidi Bridges	3:39:51
,	Jo Haubenreiser	3:45:47
) )	W45 Nancy Sigmon Christine Hamilton	3:43:01 3:43:51
	Gloria Newman	3.48.28
	Susan Lightner	3.48.42
	W50 Diano Vandebroek	3.25.35
	Kay Martin	3:54:32
	Heather Yeowell	4:04.57
-	W60 Sherriedale Morgan	5.22.29
No.	W70 Lynn Edwards	4.48:16
1	<u>10K</u> Overall	
	Mark Coogan 28	29:41
1	Stacey Gaynor 28	36:14
5	M40 Eddie Cohn	35:37
	David Freeze	36:03
	David Hamilton	36:29
	Jim Freid	36:44
	Bobby Torri	37:26
	Tim Kerr Scott Sarvis	37:27
	Brad Lakeson	37:55
	M45 Bob Schlau	32:31
	David Wight	35:13
	Randy Mendat	37:24
	Mack McClellan	37:25
	Timithy Cosgrove	37:32
	Danny Williams	37:43
	Peter Uberto M50 Tom Dooley	38:18
	Anson Clapcott	35:16
	Peter Warner	36:01
	Larry Barden	37:07 38:15
	James Sinclair	40:23
	Michael Taylor	40.23
	M55 Dick Ruzicka	39:00
	Loyd Hoke	39:54
	Theron Cockran	41:02
	Keith Weaver	42:18
	Continued on ne	xt page
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Ma	rch, 1995	14.16
Cont	inued from previou	
M65	Frank Hannah Lee Swofford	42:24 44:03
	Gled Stroombeek	47:56
	Charles Evans Thomas Dev	50:39 53:36
M70	Charles Dotson	48:50
	Shannon Allen	53:53
M75	Rex Willard George Cunningham	58:12 1:06:37
	Herb Keller	1:09:28
W40	Alendia Vestal	38:38 42:53
	Mary Ann Carbott Molly Getke	42.55
	Judy Osborn	46:23
W45	Wanda Brooks Carolyn Mather	46:24 41:24
	PatriciaTavares	42:48
	Libby Shipp Peggy Schug	43:33 44:02
W50	Pauline Nillend	45:45
	Deborah Bramlage Mary Thompson	49:54 49:59
W55	Susie Kluttz	44:53
	Margaret Fornes	1:10:49
	Margaret Hagerty +Laverna Soiset 81	1:13:35
	ID AMER	
IV	Groundhog Run 1	OK
K	ansas City, MO; Fe	b. 5
M30	Dave Harris Jack Kammerer	31:57 32:19
1	Bill Block	32:48
M35	James Bates Gary Lile	31:59 34:16
M40	Jeff Morgan Charlie Gray	35:39 30:57
	Dimitri Voldman	33:17
M45	Roger Whalen B Buhrmester, Jr	33:29 34:47
	Greg Hartman Larry Davison	36:15 36:29
M50	Larry Hawk Ted Glenn	36:15 36:41
	Joe Lechner	38:17
M55	Oleg Morozov Bob Kincaid	36:16 36:27
M60	Dick Wootten Lou Joline	37:58 39:25
	Paul Heitzman	39:47 39:53
M65		46:53
	Floyd Twenter Frank Creason	51:51 52:34
M70 M75	Paul Gionfriddo Ed Burnham	54:57 1:00:15
M80	Howard Calkin	1:36:35
W30	Rachel Blythe L Arzate-Roguet	38:12 40:58
W35	Janet Muse Marla Rhoden	41:14 36:06
12.	Rochelle Schleiche	r 37:09
W40	J TompLundgren Janis Gisler Carol Lampe	40:01
	Carol Lampe Debbie Johnson	40:56 42:15
W45	Linda Verstraete	47:12 49:07
	Terry Whittington	49:17
W50	Mary Fields	45:19 51:31
W55	Pat Hockett	54:40 50:34
	Diana Jamieson Aileen McComas	54:41
W60	Janelle Twillman	1:01:38 52:57
-	Helga McClane	59:09
1	SOUTHWE	EST
	ouston Tenneco Ma	rathon
Ove	Houston, TX; Jan.	15
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		2:40:58 2:41:14
	John DiCarlo	2:43:02 2:43:32
	Tim Loftus	2:45:44
		2:46:31 2:49:30
	Rudy Alvarez	2:50:05
	Wes Monteith	2:50:49 2:51:05
	Bob Carter	2:51:46 2:51:56
	Carl Jakob	2:53:11
		2:53:22 2:54:41
MAG	Rick Fontan	2:54:52 2:26:43
	Fred Schaffstein	2:40:42
	Ty Schmalz Tom Sharp	2:46:45 2:47:18
	Roger Boak	2:47:40
	Alex Troshkin	2:51:27 2:53:02
	Milburn Breazeale Doug Parker	2:53:35 2:54:10
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Brian Hardy Mick Midkiff J M DeDeshuerta		i.
	2:54:53	ł
Mick Midkiff	2:55:10	l
Dennis Williams	2:57:17	l
David Block Mike Hutcheson	2:57:31	l
M50 Lloyd Sampson	2:50:50	l
Jim van Dam	2:52:35	I
Larry Owens Gonzalo Martinez	2:57:33 2:57:54	l
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Jimmie Jones L Mutchelknaus	2:58:55 2:59:08 3:00:22	I
Larry Ullman	3:00:55	I
Gunnar Sanden Ted Anderson	3:03:09 3:03:24	l
M55 Sammy Morris	3:13:22	l
Bill Nolan	3:13:35	l
Bill Toy Carlos Sauceda Sa	3:16:20	l
Carlos Sauceda S Francis Leik C P Gutierrez Stan Kelley	3:17:16	l
Stan Kelley	3:25:23 3:26:19	l
Ralph Craig	3:26:21	l
Ralph Craig M60 Dale Urbain Verne Carlson Orville Kremmer Joe McReynolds Brow Kattar	3:01:50	
Orville Kremmer	3:15:51	
Joe McReynolds Bruce Katter	3:18:31	
Fred Wright	3:22:12	
Russ Connors Bill Duer	3:27:50 3:32:17	l
M65 Al Becken	3:22:19	
Zeno Boehmer	3:47:28	
Fred Haemisegger David Dallas	3:55:13	
Dan Allensworth	3:57:02	
Dan Allensworth Perry Tennison M70 John Keston	3:57:44	
M70 John Keston Walt Washburn	3:14:25. 3:47:38	
George Bashen	4:33:13	
W40 Irina Bondarchou Kathy Barton	K2:40:15	
Debbie Hanson	2:57:13	
Debbie Peebles Jo Stonecipher	3:03:22 3:20:45	
Patty Leary	3:24:50	
Joan Potterfield	3:25:39	
Wanda Kennedy Maria Yeung	3:27:57 3:29:13	
Camille Yarbroug		ŀ
W45 Doris Wehr Alice Spoonts Maria D Aguilar	3:29:42 3:33:53	
Maria D Aguilar	3:37:38	
Maureen Kromis Jenine Ebersohl	3:42:42 3:44:31	
Ceri Wood	3-45-10	
Sandy Boytim Margaret Keith	3:51:19	
W50 Jos Marchetti	3:06:18	
A Litea hatti	3.30.07	
Susan Wilson Garalyn Tout	3:43:16 3:45:28	
Marylyn Patrick Julie Lange	3:50:42 3:56:10	
Julle Lange		
P Mitchell	3:56:12	
P Mitchell Mary Thompson	3:56:12 3:56:29	
P Mitchell Mary Thompson W55 Mary Beaton	3:56:12 3:56:29 3:56:10	
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	Chuck Foote	35:54
	M50 Donald Gillman M55 Bill Crum	36:43 39:09
1	M65 Jim O'Neil Pat Devine	41:59 42:07
	Gunnar Linde	43:11
	• Ourtis Brownfield M70 Larry Banuelos	44:26 46:00
	M75 Don Dilworth	54:14
	M80 Chick Dahlsten George Feinstein	56:42 60:05
	Ernest VanLeeuwen	63:09
	W40 Diana Tracy Sandy Robbins	36:47 39:03
	W70 Mary Story	55:22 58:28
	Gerry Davidson Regular Division	58:28
	M40 Ed Avol	35:03
	David Edgar Jose Becerra	38:15 38:20
	M45 V Paoaizl M Creey	35:40 37:17
	Ray Parker	37:49
	M50 Lee Baca Jack Bianchi	38:09 39:56
	Dan Ashimine	40:16
	M55 Luis Gorodo	39:29 40:25
	Oscar Rosales	41:50
	M60 Ben Bernal Ted Oviatt	42:26
	Robert Perry	46:34
	M65 Milo Sather Bob Vitale	48:02 48:14
	Lane Blank	51:01
•	W40 Elaine Triplett	62:46 39:26
	Mellie Gillman	44:48
	Sheila Daniel W45 Becky Parker	44:55 45:03
	Barbie Spatz Eiko Petty	48:32 48:48
	W50 Judy Stevens	53:13
	W55 Chris Freeman Dolores Vega	50:46 60:58
	W60 Reiko Nakazawa	65:07
	W65 Miyoko O'Hara	61:47
	Orange County Half-Ma Irvine, CA; Jan. 1	
	Overall	1 m
	Hector Lopez 27	1:08:14
	Teresa Barrios 28 M40 Nicolas Hernandez	1:20:09 1:14:41
	Takashi Yagisawa	1:18:44
	Scott McKenzie M45 Don Ocana	1:22:24
	Gregg Evans	1:22:29
	Bob Asada M50 Wayne Mitchell	1:25:16
	Terry Swets	1:29:09
	Cary Howard M55 Ron Pattinson	1:29:45
	Harry Wilson	1:31:03
	Dennis Fergusson	1:32:47
	M60 William Wall Franco Diladio	1:36:05
	Rafael Guerro	1:51:08
	M65 Bob Koch	1:40:51
-	Alan Arlisle Sam Emer	1:49:49
	M70 Stanley Neufeld	2:09:56
	W40 J Rabinowitch	1:30:19
	Thea Fox Carol Richardson	1:32:57
	W45 Julie Lister	1:38:40
	Debbie Jamieson Isadora Johnson	1:39:47
	W50 Margaret Neville	1:37:16
	Linda King	1:45:57
	Ann Tack W55 Helene Bernbaum	1:56:27
1	Suzanne Murphy	2:11:33
	Mary Dudan W70 Lois Edds	2:14:50 2:11:34
	Record Searchligh Half-Marathon	
	Redding, CA; Jan.	21
		09:39
	Luanne Park 34 1: M40 Tom Cushman 41 1:	
	M50 Bob Cowdrey 50 1: M60 Mel Sullens 66 1:	26:52
	M70+Grant Eldridge 732:	27:25
	W40 Sherry Mann 45 1: W50 Marge Dunlap 55 1: W60+Joan Sullens 61 2:	38:01
	W60+Joan Sullens 61 2:	23:57
	Finishers: 63 from Race Results W	eekly
	Shoreline 5K/10K	
	Half-Marathon	A.
	Huntington Beach, C Jan. 29	<b>"</b> ,
	<u>5K</u> Overall	1.
- 1	Tyrus Deminter 31	1447
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	Traci Goodrich 24 M40 Mike Casey	17.31 20:27

M45 Don Irvine	17:16	M55 Harry Wilson	1.30.56		0 1:07: A 1:07:
M50 Gerald Smith M55 Al Shook	19:19 19:44	M60 Rex May M65 Lane Blank	1:40:17	Rick Becker W	A 1:08:
M60 Robert Culling	19:42	W40 Candy Clark	1:30:43		A 1:08: Z 1:09:
M65 JerryWithers	23:13	W45 Racwynne Niwa	1:26:49	W40	
M70 Robert Katz	25:57	W50 Penny Tyree	1:44:23	Honor Fetherston C Other age groups not	A 1:13: availab
W40 Loi Coker W45 Debby Jamieson	19:08 19:47	Las Vegas Interna			
W50 Anna Phipps	24:30	Marathon; Feb	. 4	INTERNAT	ON4
W55 Winnie Rich	27:05		2:25:39	South Africa/West	
W60 June Mac Arthur	37:05		2:27:31	Marathon; Dec	
IOK			2:28:18	M30 J Nieuwenhuys M35 Nigel Evans	2:33 2:48
<u>Overall</u> Bob Adams 23	32:59		2:30:00	M40 B van Jaarsveld	
Denise Hertsch 29	38:46	<u>₩40</u>		M45 Andy McIntyre	2:56
M40 Fernan Lozano	38:13	Irina Bondarchouck Sharlet Gilbert CA	2:46:45	M50 Riel Hugo M55 Jimmy Forbes	3:00 3:18
M45 John Hunter	37:11	Diane LeGare CAN	2:55:09	M60 Don Oliver	3:44
M50 George Wright	38:20		2:55:48	M65 H Mallet-Veale	4:36
M55 Dave Hurlburt M60 John Alstatt	41:46 58:36	Ann Daxberger CO Half-Marathon	2:57:18	M70 Jan Grobbelaas W30 Sandy Hood	3:39
M65 Bob Koch	45.21	H40		W40 J van Rooyen	3:36
M70 Larry Banuelos	47:24	Doug Bell CO	1:05:44	WSO Maureen Walt	3:29
W40 June Gessner	45:06	THE ARE ARE	Valenci	a Marathon	13.345
W45 Isadora Johnson	45:46	1		Spain; Feb. 5	
W50 Sally Adam	42:44 51:29	-	-	ers Overall	
W55 Marnie O'Brien W60 Audrey Hauth	51:29		(Real Ti	me follows Compensate	
W65 Antoinette Hill	54:50	(M')		Mihailov 41 2:14:55 Keston 70 2:16:40	
Half-Marathon	1. 18 1		4 Manue	1 Rosales 59 2:21:43	/2:42:3
Overall				Rodriguez 41 2:22:54	/2:28:3
Jorge Marquez 28	1:11:33			Gonzalez 47 2:26:07 in Navarro 46 2:29:47	
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