

NATIONAL MASTERS NEWS

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

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JEFFREY STAMP

Mile world-record breakers, Carolyn Smith-Hannah, W50, 5:22.92, and Nolan Shaheed, M50, 4:27.14, Masters Invitational Mile, USATF Open Indoor Championships, Atlanta, March 2.

Atlanta Serves Up 3 World Records

By JEFFREY STAMP

The outdoor temperatures were cool in Atlanta, but if the times posted indoors at the Georgia Dome are any indication, it's going to be a hot summer. Three masters track records were set at the 2001 Pontiac Grand Prix Open Indoor National Track & Field Championships held March 2-3.

Johnny Gray continued his assault on the M40 indoor 800 world record by lowering his own record set at the Millrose Games in February of 1:50.40 to a new standard of 1:48.23 during the

second qualifying heat of the open men's 800 on Friday afternoon. The torrid pace of the field obviously ignited Gray, and he was all smiles and waves for the crowd after finishing fifth with a place in the finals, a mere second off the winning time in the heat.

Equally as impressive were the two world age-group records posted in the Masters Invitational Mile event on Saturday morning. Nolan Shaheed of the SoCal Track Club finished fifth in the men's race and along the way broke his own M50 world indoor record with an impressive 4:27.14. Nolan's age-graded conversion clocks in at a 3:53 mile, a notable achievement.

Proving that 50 was the age group of the event, Carolyn Smith-Hannah, run-

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- World and U.S. Outdoor T&F Records — pages 17-24



SPORTSMATCH

Members of the Shore AC who set an M60-69 indoor world record of 4:25.55 for the 4x400 at the NYC Army (l to r): John MacDonald, Nate Byrd, Irwin Bernstein, and Frank Haviland.

Hellebuyck and Ayala-Troncoso Win in Gate River Run 15K

By SUSANNAH BECK

JACKSONVILLE, Fla. — Southwesterners Eddy Hellebuyck, 40, Albuquerque, N.M., and Carmen Ayala-Troncoso, 41, Austin, Texas, earned decisive wins and \$1000 each at the 24th running of the prestigious Gate River Run 15K, Jacksonville, Fla., March 10.

Under clear, cool, sunny skies, Hellebuyck, the sprightly, not to say elfin, career road racer set a pending U.S. masters 15K record with his 45:12 (old record: Plasencia/45:14/1997), on a Florida-flat course punctuated by the deadly "Green Monster" Hart Bridge, a mile-long mountain over the St. John River that comes at the eight-mile mark.

Hellebuyck bested a field of rare talents, including the very tough Andrey Kuznetsov, 43, RUS/Rockville, Md., 45:45, and Scotsman Peter Fleming, 40, 46:06.

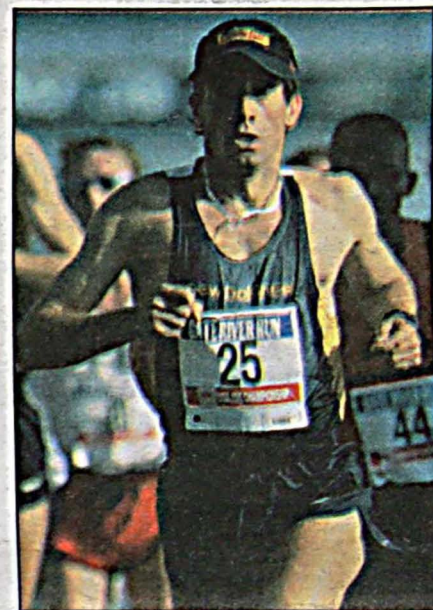
Hellebuyck and Kuznetsov were 11th and 12th overall, in a field loaded with young bucks, as Gate River serves as the USATF Open Men's and Women's 15K Championships. Sammy Ngatia, 40, Ft. Carson, Colo., 46:43, and John Tuttle, 42, Douglasville, Ga., 46:51, rounded out one of the best masters fields assembled so far in 2001.

Ayala-Troncoso, a medical assistant and potter with an impressive open career still in progress, ran unchallenged to a 52:45 PR, and finished ninth woman overall, allowing her to "double dip" into the Open Division prize purse for a total payday of \$1600.

"I'm happy with the run because of the PR, and my previous 15K times were run when I was in good shape, so this was a nice indicator of my fitness," said the diminutive Texan.

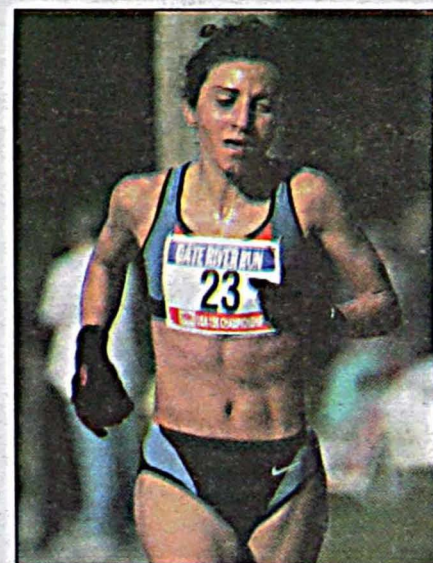
Troncoso's 2001 plans include some 5K track races, beginning with

Continued on page 11



VICTOR SAILER/PHOTO RUN

Eddy Hellebuyck, 40, 11th overall with a U.S. record 45:12, Gate River Run 15K, Jacksonville, Fla., March 10.



VICTOR SAILER/PHOTO RUN

Carmen Ayala-Troncoso, 41, ninth female overall (52:45), Gate River Run 15K, Jacksonville, Fla., March 10.

Wind Replaces Rain at L.A. Marathon

Some races are just plagued. Gusty winds replaced last year's pouring rain at the Los Angeles Marathon, March 4, slowing times and chapping lips at the world's fourth largest marathon, but only slightly dimming the excitement of over 23,000 starters, including

numerous Elvis impersonators, a bunch of bananas, and more than a few scantily clad daredevils.

It was 56 degrees, humid, and overcast at the 8:45 a.m. start of this 16th running of the race, run over famous

Continued on page 13

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SENIOR GAMES

This is my eighth year competing in masters t&f. Each year, I look forward to the competition at the USATF Nationals as well as the alternate year National Senior Games. I have attended all since 1990 and had intended to go to each this year, since the two meets were co-located at LSU in Baton Rouge for the convenience of athletic attendance.

In late 2000, I received my notice to send the Senior Games \$50 deposit, which I did. In late January 2001, I received my entry form requesting an additional \$65 by mid-February with the completed form. In the package were no specific event days, which one needs to finalize hotel stay and air travel.

The package showed only that 65+ athletes would compete in the SG from July 14-17 and the USATF meet on July 25-28, which means either to go to Baton Rouge twice or stay in the area for 8 to 15 days. A trip to Baton Rouge in the middle of July is hard enough for seniors, but two trips in one or two weeks is difficult.

I called the SG office, and when no one answered, I left a message delineating the issue and requesting detailed schedules before I could send my entry. I received no call back.

The deadline has passed, and sadly I made the decision to attend only the USATF meet.

Len Rosen
Salem, New Hampshire

In response to Mr. Rosen's letter, I'll do my best to address his comments, but feel I must also take this opportunity to remind readers that the 2001 Masters Outdoor Championships are being administered by the Baton Rouge Area Sports Foundation (BRASF) and not by the NSGA.

It is true that I participated in the bid presentation for this event. I did so at the request of the Masters Committee and the BRASF. I think we all felt that the NSGA tie-in was an important aspect of the bid process at that time.

First, let me apologize to Mr. Rosen for not returning his call. I checked with the staff responsible for our Athlete Hotline and found that he called us on January 15th. We were holding a response pending the development of the schedule detail he requested. It was a mistake. We should have returned his call at the earliest possible time and told him the detail was being developed.

Second, there are two important things to note regarding the scheduling of these two important track and field competitions. Both are primarily related to the BRASF and the Masters Committee. I checked with BRASF to confirm the following.

First, the NSGA meet will attract about 1200 competitors and the masters meet will also attract 1000-1200 competitors. It was not possible to schedule officials for 14 straight days

of practice and competition. A break between the two meets was necessary.

Second, I understand that when BRASF and the Masters Committee agreed on the dates for the masters meet, they moved them one day closer together in an effort to address Mr. Rosen's concern of athlete "convenience."

While the two organizers felt it important to position the two meets as closely as possible, they also felt a need to use as many weekend days as possible for the convenience of those competitors who are still working. That was how the schedule was developed in its simplest terms.

In closing, I fully support this venture of co-locating these two meets. If someone has an interest in masters/senior track and field, they'll want to be in Baton Rouge this July. I'm looking forward to it because I have a personal interest in learning more about the masters event. I hope that masters athletes will learn more about NSGA events.

Philip H. Godfrey
Vice President of National Games
NSGA

COLORADO INDOOR MEET

For West Coast athletes who are also skiers and tourists looking for the rare indoor meet out west, the Colorado Indoor Meet is a perfect destination.

Here's an approximate route for the tour: Fly reasonably on Southwest Airlines to Albuquerque the day prior to the meet and proceed north with rental car to Colorado Springs the same afternoon. Compete the next day on state-of-the-art indoor track at the Air Force Academy Fieldhouse, which features a separate hockey rink, basketball courts, running track, etc., an impeccable, awesome complex with full spectator seating for each sport.

At this point, I wish to thank the very competent meet management, including Jerry Donley, for accommodating everyone, and especially his son, Jack, for his attention to my record attempt in the long jump.

Back on tour, post meet, head south to the "wild west" town of Cimmaron, N.M., and take a peek at the unique Victorian St. James Hotel, built by Abraham Lincoln's personal chef in 1872. It was the scene of 26 shootings, it is claimed, and habitat of luminaries like Zane Grey, Fredrick Remington, Buffalo Bill, Annie Oakley, and famous gunman Clay Allison, who would dance on the bar and shoot holes in the roof.

Another 30 miles and you may ski free at Angel Fire, if you're a senior. Close the loop through Taos and old Santa Fe on the way back to your starting point.

All in all, a great little trip. Next February, try it; you'll enjoy it.

Dick Richards
Encinitas, California

AGE-GRADING

In response to recent letters in the NMN on the difference between age-



ART SHAHZADE

Dennis Duffy, M55 800 winner (2:16.3), 2000 Visalia Masters Classic, Visalia, Calif. This year's meet will be held May 19.

grading comparisons of sprinters vs. distance runners, while both lose flexibility and speed, the biggest effect in aging (at least for distance runners) is the loss of a heartbeat a year off the maximum heart rate. This does not affect sprinters in their training or event, but makes a great difference for distance runners.

An age-25 distance runner who cruises a workout at a heart rate of 175 is still 20 beats below his maximum, while an age-45 runner is at maximum and can't possibly hold the pace. Slower training translates to slower paces, where the maximum heartbeat also plays the same important part.

Give me back 20 heartbeats a minute, and I'll run very close to my times of 20 years ago.

Scott Anthony
Colorado Springs, Colorado

MASTERS TERMINOLOGY

Regarding the article on re-naming masters in the February issue, I have always associated myself as a master since that was the first name given to us. Now that the subject of changing it has been brought up, I propose using "masters" for ages 40-59 and perhaps "senior masters" for those above that.

I realize that outside of the running community no one really knows what masters are, but, then, they don't really communicate with us.

Thanks for all that you do for masters track & field.

Ino Cantu
Richmond, Texas

KUDOS

The Dayton Masters Track & Field Club wishes to thank the *National Masters News* for its support of masters clubs and athletes. Keep up the good work.

Bob Jones
Club President
Dayton, Ohio

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene, OR 97405

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ELIGIBILITY

Competition is open to all men and women 30 years of age and older with current USATF Membership. Your age as of July 25, 2001 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. Membership registration will be made available at the competition. To expedite your entry, please contact your local association to obtain your USA Track & Field membership card before sending your Athlete Registration Form.

USA Track & Field rules of competition will govern the 2001 Outdoor Championships. The standard masters track & field events will be scheduled for both men and women. Foreign competitors may compete as guests without the required USATF membership.

ENTRY FEES & REGISTRATION

The entry fee for all athletes is \$25 for the first event, \$15 for the second & third event, and \$10 for all additional events. Pentathlon entry is \$30 even if other individual events are also entered. For information on Relays, see "Relays" section below.

A photocopy of a valid passport or birth certificate will be required from all competitors and must be submitted with your Athlete Registration Form. Furthermore, full payment needs to accompany your Athlete Registration Form in order for it to be considered complete. Athletes who submit a complete Athlete Registration Form (entry form and complete payment) by July 2, 2001 will be mailed a letter of confirmation.

Please make your check or money order payable to: Baton Rouge Sports Foundation. Entries can be mailed to the Baton Rouge Local Organizing Committee, P.O. Box 18944 Baton Rouge, LA 70893.

Athlete Registration Forms must be received by July 2, 2001. Entries postmarked after July 2, 2001 will be charged a \$50.00 late fee. Under no circumstance, will any entry be accepted or changes made after July 9, 2001. There are no refunds of entry fees for any reason.

AWARDS

USATF Championship medals will be awarded to the top three Americans in each event in each age group. Foreign competitors are eligible to receive an award for the top three non-Americans. Ribbons will be given to finishers who place 4th through 6th. Championship patches will be provided to each first place winner. Championship patches are limited to one per participant. All athletes will receive a commemorative Certificate of Participation.

HOUSING/AIR/RENTALS

American World Travel—Your One Stop Travel Store

- Toll Free Calling & Extended Hours:** Visitors to Baton Rouge call 1-800-269-5885 to book hotel, airfare and car rental. Hours of operation are Monday through Friday, 8:00 am to 8:00 pm and Saturday, 9:00 am to 1:00 pm.
- Hotel Bookings:** American World Travel has contracts with Baton Rouge area hotels offering special rates for this year's Outdoor Championships. We require the hotels to provide the lowest possible rates to our event participants. Also, contact American World Travel in regards to Residence Hall rooms located on the campus of Louisiana State University.
- Airfare Discounts:** We compare all airlines to Baton Rouge and New Orleans to provide the best possible airfare options. Customers are given the available options and are allowed to make a choice that best fits their plan and budget.

Groups of 10 or more people are eligible for discounts off the lowest price airfares to Baton Rouge. Booking and ticketing 60+ days prior to travel may be eligible for a 10% discount. Booking and ticketing 59-30 days prior to travel may be eligible for a 5% discount. We also offer all travelers 15% discount off any TWA airfare to any city, except St. Louis, which is a 10% discount, at any time. (Currently TWA services New Orleans) In all cases, airline rules pertaining to advance booking, minimum & maximum stay and flight times/specificity must be followed.

- Automobile Rental:** Athletes can receive special rates on AVIS car rental. Discounts are available when no special programs are offered.
- Website Presence:** Visit www.americanworldtravel.com to see how they can service you.

EVENT SCHEDULE

Please note that the order the events are listed are not necessarily the order that they will be scheduled on that day. They will not be changed from the days listed. The exact order of events and starting times will be determined after all completed entries have been received.

Wednesday
July 25, 2001

Shotput W/M All Ages
Pentathlon W All Ages
(HH, HJ, SP, LJ & 800m)
Pentathlon M All Ages
(LJ, JV, 200, DT & 1,500m)
Pole Vault W All Ages & M 60+
5,000m W/M
800m W/M - Prelims
400m W/M - Prelims

Thursday
July 26, 2001

Discus W/M All Ages
Pole Vault M 50-59
High Jump M 30-49
Long Jump W All Ages & M 60+
Race Walk 5,000m W/M All Ages
100m W/M - Prelims
1,500 W/M - Prelims
400m W/M - Finals
High Hurdles W/M - Prelim & Finals
Steeplechase W/M - Finals

Friday
July 27, 2001

Javelin W/M All Ages
Pole Vault M 30-49
High Jump M 50+
Long Jump M 30-59
10,000m W/M - All Ages
100m W/M - Finals
800m W/M All Ages - Finals
200m W/M - Prelims

Saturday
July 28, 2001

Hammer Throw W/M All Ages
High Jump W All Ages
Triple Jump W/M All Ages
Road Walk 10,000m W/M All Ages
200 W/M - Finals
1,500 W/M - Finals
Age Graded 100 W/M*
Int. Hurdles W/M All Ages
Relays W/M - Finals
*Non-Championship Event

Athlete Registration Form

First _____ M. I. _____ Last Name _____
Street Address _____
City _____ State _____ Postal Code _____
Country _____ Email _____
Date of Birth (MM/DD/YYYY) _____ Age as of July 25th, 2001 _____
Daytime Phone _____ Evening Phone _____
Male/Female (M/F) _____ U.S. Citizen (Y/N) _____ 2001 USATF # _____

Mark an "X" to Enter	Event	Best Mark in 2000 - 2001	Date & Location	Women's Age Groups	Men's Age Groups
	1. 100m Dash			All Age Groups	All Age Groups
	2. 200m Dash			All Age Groups	All Age Groups
	3. 400m Dash			All Age Groups	All Age Groups
	4. 800m Dash			All Age Groups	All Age Groups
	5. 1,600m Dash			All Age Groups	All Age Groups
	6. 2,000m Steeplechase			All Age Groups	M60 & Older
	7. 3,000m Steeplechase			None	M30-M65
	8. 5,000m Run			All Age Groups	All Age Groups
	9. 10,000m Run			All Age Groups	All Age Groups
	10. 80m Hurdles			W40 & Older	M70 & Older
	11. 100m Hurdles			W30-W35	M60-M65
	12. 110 Hurdles			None	M30-M45
	13. 300m Hurdles			W50 & Older	M60 & Older
	14. 400m Hurdles			W30-W45	M30-M65
	15. 10km Road walk			All Age Groups	All Age Groups
	16. 5,000m Walk			All Age Groups	All Age Groups
	17. High Jump			All Age Groups	All Age Groups
	18. Pole Vault			All Age Groups	All Age Groups
	19. Long Jump			All Age Groups	All Age Groups
	20. Triple Jump			All Age Groups	All Age Groups
	21. Shot Put			All Age Groups	All Age Groups
	22. Discus Throw			All Age Groups	All Age Groups
	23. Javelin			All Age Groups	All Age Groups
	24. Hammer Throw			All Age Groups	All Age Groups
	25. Pentathlon			All Age Groups	All Age Groups

Check here if you DO NOT want your name listed on the entrant list on the internet: ☐

REGISTRATION ENTRY FEES

1st Event _____ \$25.00
2nd & 3rd Event (\$15.00) _____
Additional Events (# of Events @ \$10.00) _____
Pentathlon (\$30.00) _____
Late Registration Fee (\$50.00 for Entries Postmarked after July 2, 2001) _____
USATF Masters Committee Surcharge* _____ \$10.00
Optional Masters Championship Honor Roll** (\$10.00) _____
Championship T-Shirt (S M L XL XXL # of Tees @ \$8.00 Pre-sale) _____
Cajun Bayou "Fais-Do-Do" (Championship Dinner, # of Tickets @ \$14.00) _____
Tiger Express Debit Card (# of Cards @ \$75.00 See Entry for Info) _____
Grand Total _____

* The funds received will be forwarded to the National Masters Track & Field Committee to assist and support Committee members to attend the Championships.

** This is an optional fee. If you choose to be a "Championship Honor Roll" Supporter, your name will be listed in the Official Souvenir Program as a supporter of the 2001 National Masters Outdoor Track & Field Championships.

Checks or Money Orders can be made out to the Baton Rouge Sports Foundation.

Please mail full payment and your completed entry to the
Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893
Visit our website at www.brasf.com for more information

TO AVOID A LATE FEE, REGISTRATION FORMS MUST BE

POSTMARKED BY JULY 2, 2001

NO REGISTRATION FORMS WILL BE ACCEPTED AFTER JULY 9, 2001

In consideration of my participation in the 2001 USA National Masters Outdoor Track & Field Championships, hosted by the Baton Rouge Area Sports Foundation and the Baton Rouge Local Organizing Committee, I agree to assume the risks incidental to such participation (which risks may include, among other things, property damage, bodily injury and death) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions, damages, costs or expenses, including, but not limited to, all attorney's fees and related disbursements.

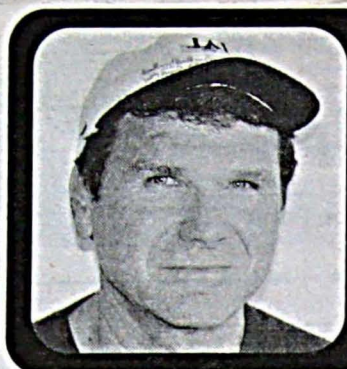
The released parties are the Baton Rouge Area Sports Foundation (BRASF), the Baton Rouge Local Organizing Committee (BRLOC), USATF, USATF - Southern Association, Louisiana State University, related and affiliated companies, and the officers, directors, employees, agents, representatives, volunteers, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action, inaction or fault of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical treatment for myself, at my cost, if the need arises.

I further grant BRASF, BRLOC, their sponsors and marketing partners as well as the media, the right to photograph, videotape and for otherwise record me and further use my name, face, likeness, voice and appearance for any purpose including, but not limited to, exhibitions, publicity, advertising, and promotional materials without reservation or limitation. Said parties are, however, under no obligation to exercise the rights set forth in this paragraph.

This Agreement shall be governed by the laws of the State of Louisiana, and any legal action relating to or arising out of this Agreement shall only be commenced and maintained in the Nineteenth Judicial District Court, Parish of East Baton Rouge, and State of Louisiana, which court shall have exclusive jurisdiction and venue, the parties hereto consent to the jurisdiction of such court and to service of process outside the State of Louisiana.

Your signature is required in order to complete the registration process and further indicates that all the information on this form is accurate. Any alteration of this form is not permitted.

Print Name _____ Signature _____ Date _____



Third Wind

By MIKE TYMN

The Incredible Ip Does 4:01 Mile at 41!

Yes, a 4:01 mile at 41. What's more, Iplar Lofu stopped to shoo away a dingo with 80 yards remaining. It is estimated that he lost at least five seconds by that pause. On top of that, he eased up some 10 yards from the finish line.

When my friend Jim told me that he was going to be visiting Port Moresby in Papua New Guinea, I immediately thought of the most incredible runner I have ever seen. I met "Ip" in 1987 when John Clark, an Australian trader, brought him to Hawaii for a race. His story was told in this column 13 years ago, but it is so amazing that I would like to repeat it - for those who were not then subscribers - before telling about his recent mile.

After arriving in Honolulu during late March 1987, Clark contacted Buddy Leighton, the race director of the Norman K. Tamanaha Memorial 15K the following Sunday, for infor-

mation on how to enter Ip. He told Leighton that he was stopping over in Hawaii en route to the Boston Marathon, which, Clark claimed, Ip would win in a time under two hours.

According to Clark, Ip would then go on to break numerous world records before winning the marathon in the Seoul Olympics. Leighton called to tell me of the fantastic claims and mentioned that Clark was going to have Ip train at a local high school the following day, three days before the race. We decided to go out and see if this guy was for real.

Barefoot and Ragged

Clark, a portly man with a cigar

drooping from his mouth, met us at the McKinley High School track. Ip, a slender dark man of about 25, was barefoot and dressed in a dirty singlet with a pair of ragged trousers rolled up to his knees and held up by a belt that must have been Clark's, as the end of it hung halfway down to his knees. He spoke no English and just smiled through some badly decayed and missing teeth.

Clark told us that he discovered Ip on a hunting trip outside of Port Moresby two months earlier. Ip was assigned to his group as a "peon" or attendant of some kind. The hunters drove to a point about ten miles outside of town and were so successful in their hunt that there wasn't enough room for all of them in their small truck for the return trip. Ip was told to return on foot.

"The bloody bastard kept up with us the entire 10 miles to town," Clark nodded as the cigar fell from his mouth. "We were in bloody awe. The amazing thing was that he was smiling all the way and was hardly breathing when we reached town."

The workout Clark had planned for Ip that day was a single all-out mile. Since discovering him, Clark, who claimed to have been a sprinter with Olympic potential 20 years earlier, had him training on a rugby field and in the bush in Port Moresby. I had my stopwatch and was anxious to see Ip in action.

Off and Running

Clark held up four fingers and told Ip to take off. He did, and it immediately became clear that the guy could run. Some students on their way home looked at him curiously as he blazed through the first 220 yards in about 27 seconds. After going by the quarter in 52 and change, Ip eased up and stopped. "Get your bloody butt going," Clark screamed and motioned to him. Ip got the message and continued, seemingly at an all-out pace, around the track. Leighton and I looked at each other with "Do you believe this?" glances. About 20 yards from the 880-yard mark, Ip began to slow, apparently thinking that was it. Clark yelled and cursed at

him, motioning for him to continue. He had finished two laps in 1:54.

"The bloody kid has never been on a track before," Clark explained. "This is all new to him."

Running with a long, smooth gait, Ip raced through three-quarters of a mile in 2:48 as Clark motioned for him to continue, holding up one finger. Ip smiled and continued on. Leighton and I were stoked, as it appeared that Ip had a chance to break the world record of 3:46.31, perhaps with room to spare. But then, with 220 remaining, Ip stumbled and fell. One trouser leg had worked its way down from his knee as he ran and the cuff went below his heels, tripping him up.

Clark's cigar dropped from his mouth as he started to run across the track yelling for Ip to get up and finish. Ip did get up and quickly accelerated around the track, going by the mile in 3:57.8. He continued in full stride about 50 yards until we yelled at him that he could stop. No longer smiling, he was confused as Clark screamed obscenities at him.

"I guess I've got to get the bloody kid a pair of running togs," Clark said.

No Show

Clark and Ip did not show up for Sunday's race. We found out later that Clark thought the race started at 6:30 p.m. rather than 6:30 a.m. I also heard later that Ip was not allowed to run the Boston Marathon since he did not have a qualifying time and had not submitted an entry form. Clark apparently thought he could register Ip the day before the race. I never saw or heard of Ip or Clark again.

When I told Jim the story before his recent trip to Port Moresby, he was determined to look up Ip and see for himself. As it turned out, Ip still worked for Port Moresby Wild Game Tours. Jim wasn't interested in hunting, but hired Ip for a day at a cost of US\$3. He found the only track in Port Moresby and told Ip, now 41, that he wanted to time him for a mile, offering him a three-dollar bonus if he could break four minutes.

Dancing the Fan-dingo

Again running barefoot, Ip clocked 52 for the quarter, 1:53 for the half, and 2:54 for three laps. It was with about 150 yards remaining, according to Jim, that a wild dingo came out of the bush and began nipping at Ip's heels. Then, about 80 yards from the finish, Ip stopped completely to challenge the dingo. When the dingo backed off, Ip resumed running for the finish, but then eased up with a smile about 10 yards from the finish.

It's possible that Ip ran only 1600 meters rather than a mile, as Jim was unaware of the difference between a 440-yard track and a 400-meter track. One way or the other, it seems certain that Ip would have broken four minutes had it not been for the dingo.

Jim gave Ip the three-dollar bonus anyway. □

(Mike Tymn can be reached by e-mail at METGAT@aol.com)

Memorial Day Monday 8:00AM May 28th, 2001		PacificSun Races 2001 2.5 Mile/10K and TAMALPA YOUTH TRACK RACES																																																																									
START TIMES 2.5 M - 8:00AM 10K - 1st Wave at 8:10AM/2nd Wave and 2.5 Mile Racewalkers at 8:15AM Tamalpa Youth Track Races - 10:30AM		10K OPEN COURSE RECORDS Phillimon Harneck - 28:45 & April Powers - 33:26 2.5 MILE COURSE RECORDS Christopher Gaston - 11:44 & Robyn Berry - 13:07																																																																									
LOCATION College Of Marin, Kentfield, Marin County		Race Day Registration: 6:30 - 7:30 AM AWARDS: 10K 3-deep 12 & under, 13 - 18, 19 - 29, 30 & Over (every five years) 2.5 Mile Run 3-deep 1-5, 6-10, 11-14, 15-18, 19-29, 30 & Over 2.5 Mile Racewalkers 3-deep Men, 3-deep Women Clydesdale: 1st 3 men overall.																																																																									
REGISTRATION: 7:30 AM and 10K Received by 8:15: Adults: \$22 with T-shirt, \$17 no T-shirt 18 & under: \$14 with shirt, \$9 no shirt Tamalpa Youth Track Races (12 and under): \$5 (no shirt) Tamalpa and TNT Members: \$17 with shirt, \$13 no shirt After 8:15: Adults: \$27 with shirt (no option) 18 & under: \$19 with shirt (no option)		TAMALPA YOUTH Track Races: 12 & under Mile, 800, 400, 200, 100, 50 Meters COURSE Certified, flat, fast, mile splits, 2 aid stations, stadium finish.																																																																									
MAKE CHECKS PAYABLE TO: Pacific Sun Races IMPORTANT!!! COMPLETE FORM, SIGN WAIVER, ENCLOSE CHECK, and INCLUDE ONE (1) 4" x 8" SASE per person for the Race Packet. If not enclosed, pick up on race day between 8:30 and 7:30 AM.		FOR INFORMATION www.tamalparunners.org or: (415) 721-3791 You can also register online via Active.com																																																																									
BENEFICIARY: "Marin County Public Schools, Tamalpa Youth Track Program/Tamalpa Runners." Donations to Marin Co. Schools will be based on both highest number and as a percent of enrollment. Cash awards will be: 1st-\$1,000, 2nd-\$500, 3rd-\$250, for both categories. Number is based on student or parents running in, or performing volunteer duty for, the 10K or 2.5-mile race. Yes, you can earn double miles by running AND volunteering! TO QUALIFY you must enter school name on entry.																																																																											
MAIL TO: PacificSun Races c/o Carmela Toledo 8429 Locust, Dublin, CA 94568																																																																											
<table border="1"> <thead> <tr> <th colspan="2">10K</th> <th colspan="2">Tamalpa Mbr</th> <th colspan="2">TNT</th> <th colspan="2">Pacific Sun Races 2001</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> 1st WAVE</td> <td><input type="checkbox"/> 2nd WAVE</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Under 45 min</td> <td>Over 45 min</td> <td></td> <td></td> <td></td> <td></td> <td>For Official Use Only</td> <td>USATF #</td> </tr> <tr> <td><input type="checkbox"/> Tamalpa Youth Track Races</td> <td><input type="checkbox"/> 2.5-Mile Run/Walk</td> <td><input type="checkbox"/> Racewalker 2.5 Mile</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="4">Last Name: _____</td> <td colspan="4">First: _____</td> </tr> <tr> <td colspan="8">Address: _____</td> </tr> <tr> <td colspan="4">City: _____</td> <td colspan="2">State: _____</td> <td colspan="2">Zip: _____</td> </tr> <tr> <td colspan="4">Club or School Name: _____</td> <td colspan="4">Ph: _____ - _____ - _____</td> </tr> <tr> <td>Sex <input type="checkbox"/></td> <td>DATE OF BIRTH _____</td> <td>AGE RACE DAY <input type="checkbox"/></td> <td colspan="5">T-SHIRT <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> X</td> </tr> </tbody> </table>				10K		Tamalpa Mbr		TNT		Pacific Sun Races 2001		<input type="checkbox"/> 1st WAVE	<input type="checkbox"/> 2nd WAVE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Under 45 min	Over 45 min					For Official Use Only	USATF #	<input type="checkbox"/> Tamalpa Youth Track Races	<input type="checkbox"/> 2.5-Mile Run/Walk	<input type="checkbox"/> Racewalker 2.5 Mile						Last Name: _____				First: _____				Address: _____								City: _____				State: _____		Zip: _____		Club or School Name: _____				Ph: _____ - _____ - _____				Sex <input type="checkbox"/>	DATE OF BIRTH _____	AGE RACE DAY <input type="checkbox"/>	T-SHIRT <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> X				
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<small>WAIVER: The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you. In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors and administrators waive and release forever any and all rights and claims for damages I may accrue against Tamalpa Runners, Road Runners of America, USATF, any and all organizations and/or individuals connected with this event, their representatives, successors and assigns for any and all injuries that may be suffered by me in connection with this event including pre- and post-race activities. I certify that I am physically fit, have trained sufficiently for participation in this event and have not been advised otherwise by a qualified medical person. I agree to comply with all race rules and instructions of race officials. I agree to allow my photo to be used for any legitimate purpose by the event holders and/or assigns. Parent/Guardian Waiver for Minors. The undersigned parent and natural or legal guardian does hereby represent that he/she is, in fact, authorized to act on behalf of and is acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, claims and damages.</small>																																																																											
<small>ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18) _____ Date: _____</small>																																																																											

FIVE YEARS AGO April 1996

- Masters Shocked by Death of Jim Law
- 19,000 Run in 11th annual L.A. Marathon
- Dee Dee Grafius, W45, Dick Hotchkiss, M55, and Stew Thomson, M60, Set Indoor Records in Reno
- Phil Raschker, W45, and Jim Stookey, M65, Star in Southeast Indoor Regionals

Switzer Honored**Gorman, Grafius
Win Titles at
Fifty-Plus 8K**

By MARK WINITZ

STANFORD, Calif. – The 18th Annual Fifty-Plus Fitness Association 8K lived up to its reputation as the most competitive running event in the nation for runners age-50-and-over. Jim Gorman, 52, Palo Alto, Calif., won the men's 8K race in 27:43; Dee Dee Grafius, 51, Belvedere, Calif., successfully defended her women's title in 31:40.

The race, held under sunny and mild conditions, served as the USATF Pacific Association Championships.

Gorman, the first hometown man to win the race in over a decade, turned runner-up finishes in the last two years into victory, as he led from the first mile. Michael Dove, 54, who won here in three of the last four years, had to settle for second place (27:48). Don Paul, 50, San Francisco, grabbed third in 27:52.

Grafius cruised to victory while slicing an impressive 38 seconds off her winning time from last year. She held off challenges from two nationally ranked former winners of this event – Joan Ottaway, 57, Murphys, Calif., second in 32:37, and Barbara Miller, 61, Modesto, Calif., third in 34:32.

Although no national age group records were established this year in an event that has recorded many, fine performances abounded in all "senior" age categories. Ralph Jago, 90, the oldest finisher, crossed the finish line inside Stanford University stadium in 1:17:13.

Jack Bray, 68, Greenbrae, Calif., and Ann Lee, 52, were the respective men's and women's winners in the accompanying 5K competitive racewalk. A 5K fitness walk, bike ride, swim, and multi-generation relays were also held.

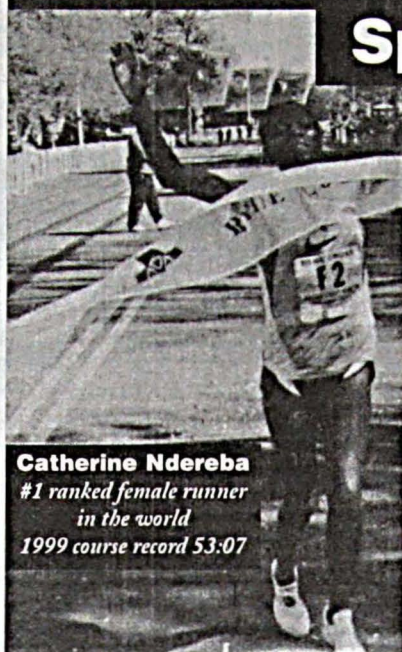
During the weekend's festivities, Kathrine Switzer, 54, who broke the women's gender barrier at the 1967 Boston Marathon, and then became prominent as founder of the Avon Women's Running Circuit, was awarded the annual Emil Zatopek Award by the Fifty-Plus Fitness Association, named after the legendary Czech runner who recently passed away. Appropriately, Switzer became the first woman among many distinguished recipients to receive this award.

The Fifty-Plus Fitness Association is a non-profit, international organization, with more than 2000 members, committed to showing older adults the rewards and critical importance of an active lifestyle in improving their lives. □

Coming Next Month

- Results of National Masters Indoor T&F Championships.
- Carlsbad 5000
- Clubs List

Philadelphia's Premier Spring Road Race Weekend

**Catherine Ndereba**

#1 ranked female runner
in the world
1999 course record 53:07

10 MILER**SUNDAY, MAY 6, 2001****8:30 AM**

- \$15,000 prize money
- 130 age group awards
- Team competition (Coed teams included)
- T-Shirt pickup at Memorial Hall Expo
- Free transportation to start
- Free baggage transportation to finish
- Computerized race results
- Loads of fun for kids
- Enhanced wheelchair amenities

Health and Fitness Expo:

Friday, May 4th and Saturday, May 5th
at Memorial Hall with over 50 booths

**THREE WAYS
TO REGISTER:**

- For an official entry form, send a self-addressed stamped envelope to:
Blue Cross Broad Street Run
P.O. Box 18543
Philadelphia, PA 19129
or call 215-563-6184
- Register on the internet at:
www.broadstreetrun.com
- Pick-up an official entry form at a participating
Modell's Sporting Goods



**Independence
Blue Cross**

Independent Licensee of the
Blue Cross and Blue Shield Association



Hope. Progress. Answers.



www.broadstreetrun.com



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO
D.P.M.

Diagnosing Lower Leg Pain

Exercise-related lower leg pain is a very common condition among athletes who run. Brought on by exercise, the pain ceases when exercise is terminated. Commonly experienced by long distance runners as pain along the inner border of the calf muscle, probably the most common definition is "shin splints." The more correct term is MTSS, or medial tibial stress syndrome.

MTSS involves three structures: (1) the bone, which can be damaged by excessive running, leading to stress fracture or stress reaction; (2) the periosteum, the area where the muscles insert; and (3) the muscle compartment or tendon, which can become irritated where the muscles are enveloped by the fascia.

It can be difficult to determine if pain is originating from the bone or soft tissue. Or whether it is simply a muscle strain, compartment syndrome, or outright stress fracture. Or, all three at the same time.

Since x-rays are not really effective in diagnosing this condition, a good clinical examination and history are essential.

Bone pain is usually localized and sharp in nature. This pain worsens with running, aches at night, and feels more severe in the morning.

Periosteal pain is usually located along the medial border of the tibia or shin bone and eases with warming up. This pain usually is more severe in the morning or following exercise. The inside border of the shin will be very

Continued on page 25



JEFFREY STAMP

Graeme Fell maintained his lead to win (4:18.43) the Masters Invitational Mile, USATF Open Indoor Championships, Atlanta, March 2. Anselm LeBourne held his second spot (4:19.22). Tom Dalton, #90, passed Sam Ngatia for third (4:23.31).

Masters Mile

Continued from page 1

ning under the Genessee Valley Harriers banner, established a new W50 indoor mile mark of 5:22.92 that literally obliterated the almost 20-year-old record of 5:40.1 set by American Mila Kania in 1983.

Smith-Hanna's age-graded time translates to a 4:37 mile. What makes this mark so impressive is that she has been running for only three years.

"I feel like I have more to accomplish," remarked Smith-Hanna at the awards ceremony after the race. She finished third in the women's field that was won by Madelyn Noe, W40, Asics Club East, 5:10.24. Second place went to Kellie Eyre, Atlanta TC, 5:16.80.

The rest of the Invitational M40 mile field ran a more tactical race on the men's side. Graeme Fell, PowerBar TC, took the first place prize and a check for \$1000 by clocking a 4:18.43 and eclipsed Anselm LeBourne, Team United, the current world 1500 champion, who finished second at 4:19.22.

Tom Dalton, Adirondack TC, the two-time and current National 5K cross-country champion, finished third in 4:23.31. Fell, a two-time Canadian

Olympian, pulled into the lead after the first 200 and stayed there. Said Fell, "The opening lap pace was slow, we didn't get our rhythm until the 800 mark. We ran 2:14 and then 2:04; it shows we can get faster."

The invitational mile featured 11 runners in the men's field and five in the women's field put together by Masters West Regional Coordinator, Mark Cleary. Cleary partnered with Jeffrey Stamp, a fellow M40 runner and businessman from Cincinnati, who provided both prize money and travel support.

George Mathews, Chair of Masters Track & Field, speaking at the awards luncheon held after the race said, "This was a great start. I was really impressed by the professionalism of this race both from the performances and the organizing from Mark and Jeff. I like the direction we are going in now. It gives us a template for other events in the future."

Cleary, already planning more invitational events for the outdoor season, added, "With the number of elite runners now in the 40 ranks, we are turning our sights toward more records. A chance at the four minute outdoor barrier would be very exciting." □

Third Annual LONG ISLAND SENIOR GAMES

Suffolk Community College, Brentwood NY

May 16 - 20, 2001

Men and Women 50+

PO Box 1024, Smithtown, NY 11787

www.LongIslandSeniorGames.org

All Track & Field Events*

Technical and Non-Technical Racewalking

5K Road Race, 5K Cycling Time Trials

May 19 and May 20, 2001

Medals awarded 1st, 2nd, 3rd place

All competition in 5 year increments!

*No pole vaulting.

Also featuring 16 other major sports! 10 Minor contests!
Our "Games" are patterned after state and national games.

\$25.00 Covers all

Bowling, Billiards, Golf have additional fees!

WRITE, CALL, VISIT OUR WEB SITE

For registration forms or information!

631-265-2966

"Legends" Masters Mile USATF National Senior Indoor Championships, Atlanta, GA; March 3

M40+		
Graeme Fell 41	Unat.	4:18.43
Anselm LeBourne 41	Unat.	4:19.22
Tom Dalton 42	Adirondack TC	4:23.31
Sam Ngatia 41	So. Cal. TC	4:26.29
Nolan Shaheed 51	So. Cal. TC	4:27.14
Jamin Aasum 41	So. Cal TC	4:29.02
Tim McMullen 48	Genessee Valley Harriers	4:32.32
Stuart Galloway 40	Niagara Oly. TC	4:35.06
Dave Van Houten 42	Bryn Mawr TC	4:36.14
Steve Nearman 41	Team United	4:36.55
Dave Clingan 46	Portland Masters	4:40.56
W40+		
Madeline Noe 40	Asics Club East	5:10.24
Kellie Eyre 40	Atlanta TC	5:16.80
C Smith-Hanna 50	Genessee Valley Harriers	5:22.92



T&F Report

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

Sacramento Will Be U.S. Bidder for WAVA 2005

On March 2, the Masters Executive Committee held the first of many telephone conference calls this committee will be having between our national conventions. The items on the agenda were as follows:

WAVA 2005 U.S. Representative

Most of you are aware that the Masters Track & Field Committee voted at our convention not to support Sacramento's presentation to be the U.S. bidder for WAVA 2005. This was primarily, we believe, because the Masters Track & Field Committee had not undergone the same process as was used for WAVA 1995.

The Masters LDR Committee voted to support Sacramento. The USATF Board of Directors, at its December meeting, voted to consider Sacramento and other cities that might have interest in bidding for the meet.

Since that time, site visits have been made to Sacramento and solicitations to other cities have been made. Sacramento did very well on the site visit. Baton Rouge showed interest in holding the event, but decided not to pursue it after consideration. Sacramento also presented very viable financial and organizational plans.

The Masters T&F Executive Committee voted unanimously to support Sacramento as the U.S. bidder for WAVA 2005.

On March 4, the USATF Board of Directors unanimously voted to support Sacramento as the U.S. bidder for WAVA 2005, with the addendum that they sign a "hold harmless" letter. This was complied with and on March 9 USATF notified WAVA that Sacramento was to be the U.S. bidder for WAVA 2005.

We look forward to a successful campaign to bring the WAVA Championships back to the USA.

National Teams

We discussed the pros and cons of masters national teams and set up a task force of Mark Cleary, Roz Katz and Courtland Gray to develop consensus on this issue and make recommendations for any rule changes as they apply at the present time.

Hall of Fame

Norm Green, who heads up the Masters Hall of Fame, recommended that our Hall of Fame be included in the USATF National Track and Field Hall of Fame in New York City. The Masters T&F Executive Committee and the USATF Board of Directors both unanimously agreed.

Weight Pentathlon Teams

A short discussion was held regard-

ing a suggestion by Ray Feick that awards for weight pentathlon teams be

presented at the WAVA Championships. This is not presently in the WAVA bylaws and, as such, cannot be an official award. Feick may provide awards privately and our committee will consider an application to WAVA to make this an official team competition.

USATF Foundation

Other masters related business conducted at the March 4 USATF Board of Directors meeting included approval of the formation of the interim board of the USATF Foundation with plans to set up the Foundation in the near future. Your chair made a formal request that the Masters Track and Field Committee play a significant role in this foundation. Jerry Donley is already part of Bill Roe's "Giving Plan Task Force." This is the instrument we need to finance the future of USA Masters Track and Field.

Marketing Plan

The Board of Directors is also working on a new marketing and strategic plan for USATF. As part of the organization, we need to develop our plans to become part of the overall plan.

I would like volunteers to work on a task force to develop the USATF masters marketing and strategic plans. □

Subscription Problems?

Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Sonia Avila, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.



BTC Classic – USA Track And Field Southeastern Masters Regional Championships Sponsored by The Birmingham Track Club

June 8 and 9, 2001

Hammer and Discus use the same circle Sanctioned by USATF – USATF membership required
(Applications available on site.)

In conjunction with the Southeastern Police and Fire Championship
Hoover High School, Hoover, Alabama

Directions to location	Take exit 10 (Metro baseball park) off I-459, go South on Hwy 150, turn right onto Parkway, turn right onto Learning Lane to the Hoover High School. Watch for signs.
Implement Certification	Booth opens at 7:00 AM
Age Division	Open and Masters (Age 30 and over with age divisions every 5 years) men and women
Entry Fees	Postmarked before June 1, 2001 • \$15 first event \$6 each additional event \$20 each relay \$10 late fee Postmarked June 1 through June 6, 2001 No entries accepted postmarked after June 7, 2001. No day of meet registrations.
Awards	Southeastern regional medals to first three in each age group. Maximum one championship patch per participant to each event winner.
Director	Glenn Ross (205) 942-0907
Mail entry to	BTC 1514 Ridge Road Birmingham, Ala 35209
Registration on-line	www.active.com
Web Site	www.birminghamtrackclub.org Entry forms, entry list/heats, facilities, lodging, etc.
Special Award	\$100 KC 100m Dash (Top eight age graded times run a distanced handicapped 100m.)
Schedule of Events	Women run first, followed by men, older to younger, Police and Firemen.

Pentathlon – Friday, June 8, 2001 5:00 PM

Track Events (approximate times; subject to change based on number of entries per event)

7:00 AM	5K Run	12:30 PM	400 meters
7:45 AM	5K Race Walk	1:15 PM	800 meters
9:00 AM	Sprint & 4x100 Relay	2:00 PM	KC 100 meters*
9:30 AM	50 meters*	2:15 PM	200 meters
10:00 AM	80 – 100 – 110 H	3:00 PM	300 – 400 H
10:45 AM	1500 meters	3:30 PM	4x400 Relay
11:30 AM	100 meters		

*Non-Championship event

Field Events (approximate times; subject to change based on number of entries per event)

Time	High J	PV	Long J	Shot	Discus	Javelin	Hammer
8:00 AM							P and F
9:00 AM	Open – M45	Women M70+	M50 – M65	M50 – M65		Open – M45	All others
10:30 AM	Women – M70+	M50 – 65	Open – M45	Women – M70+	Open – M45	P and F	
12:00 Noon	M50 – M65	Open – M45	Women – M70+	P and F	M50 – M65	M50 – M65	
1:30 PM			P and F	Open – M45	Women – M70+	Women – M70+	

Triple Jump 9AM-11AM. Report to venue when ready to compete. Hammer and Discus use the same circle

Name _____ DOB ____/____/____ AGE ____ Sex ____ USATF# _____

Address _____ City _____ State _____ ZIP _____

Phone (____) _____ Email address _____

Events	Best 00 mark	Entry Fees	Cost
1		First Event \$15.00	\$
2		Events x \$6.00	\$
3		Relays x \$20.00	\$
4		Pentathlon \$25.00	\$
5		Late Fee \$10.00	\$
6		T-shirts x \$10.00	\$
Make check payable to BTC		Total	\$

PLEASE READ AND SIGN. I certify that I have decided to participate in the USATF SE Regional meet with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns and hereby release and discharge any and all claims against BTC, Hoover HS, Trak Shak, the Knights of Columbus, agents, or representatives arising out of my participation. The Releaser further agrees to abide by all the decisions of the Race Committee regarding rule and eligibility requirements. Releaser further agrees to replace and hold harmless the BTC.

Signed _____ Date ____/____/____



Masters Racewalking

By ELAINE WARD

Rod Larsen Has a Tough Act to Follow

Rod Larsen is the new representative of the USATF Racewalk Committee to the USATF Masters Track & Field Committee. Rod's primary jobs are to oversee racewalking's interest within the national masters track and field community and to attend the masters committee meetings at the USATF Annual Convention. Rod takes over his representative duties from Bev LaVeck. The following article introduces him to you.

Rod Larsen spent 10 years in the restaurant business before trading "food chemistry" for "high school chemistry" when he began teaching at West Orange High School in Winter Garden, Florida, in 1985.

At West Orange he coached girls and boys cross-country for several years, and in 1988, he married an avid racewalker. When he attended her races, he soon got bored just standing at the start and finish, yelling, "Go, honey, go!" He began to get involved, first volunteering at water stops, then at the start/finish

line, and finally as a racewalk judge.

Getting Involved

His judging commitment led to involvement with the Central Florida Walkers, an Orlando racewalk club. He served as vice president, then as president for three terms, and is currently in his second term as secretary of this club. He also is in his third term as secretary for the Florida Association of USATF.

While he was involved in these administrative responsibilities, he achieved his master level official's certification with a specialty in racewalk. He



JERRY WOJCIK
Georgina Webb, Great Britain, W45, in the 5000 racewalk, 13th World Veterans Athletics Championships, Gateshead, Great Britain.



JERRY WOJCIK
Marilyn Whipple, USA, W45, in the 5000 racewalk, 13th World Veterans Athletics Championships, Gateshead, Great Britain.

was awarded the Florida Association Outstanding Service Award by the Officials Committee and the same recognition from the National Officials Committee.

Rod volunteers his time at many track meets in Florida including a number at Wide World of Sports. His involvement with the Disney Marathon since its inception has resulted in the inclusion of judged racewalk divisions in both the half and full marathons. He serves as zone manager for the marathon start/finish which includes the racewalk officials team.

Staying Involved

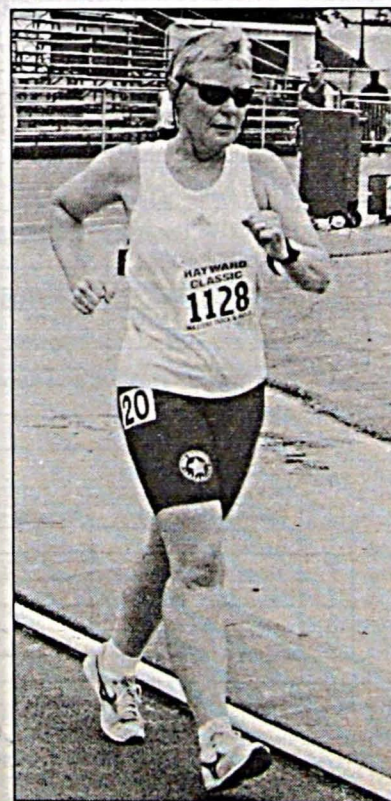
Other accomplishments include serv-

ing as assistant competition manager for racewalk at the 1999 National Senior Games, and the "coordinator of officials" for the Masters National Track and Field Championships when they were held in Orlando in 1999. Rod was Southeast Region Masters Track & Field racewalk coordinator, abdicating that position in order to serve as the National Masters Track and Field Committee's racewalking representative.

Rod says of his predecessor, Bev LaVeck, "Even though her feet are small, Bev leaves very big shoes to fill. Her excellent work in this position will be a hard act to follow, and I'm delighted she's retaining the record-keeping. I look forward to working with her and know I can count on her assistance in this undertaking."

Rod sees his job primarily as that of communicator, as a liaison working with both committees to insure that the needs and desires of one are known to the other. "I want to work within masters track & field and racewalk to accomplish goals in a mature and reasonable manner and to achieve cohesiveness between the two committees," he says. □

(Rod Larsen can be reached by phone at 407-876-4467, fax 407-876-5843, or via e-mail at Larsenrod@aol.com; Elaine Ward can be reached via e-mail at narwf@aol.com)



JERRY WOJCIK
Judy Heller, second W50 (32:05.88) in the 5000 racewalk, 2000 Hayward Classic.

NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 3RD ANNUAL MARK GRUBI MEMORIAL CLASSIC

EDWARDS FIELD

UNIVERSITY OF CALIFORNIA BERKELEY

SUNDAY JUNE 3rd 2001

- ENTRY:** MUST BE POSTMARKED BY MONDAY MAY 28th 2001
PHONE and FAX ENTRIES AVAILABLE AT 415 457-8177
- FEES:** \$15.00 First event (N.C.S.T.C. members get second event free)
\$10.00 each additional event. \$20.00 late entries after 5/28/01
- CONTACT:** Meet Director Don Rose 43 Mc Allister Ave. Kentfield Ca. 94904
- ELEGIBILITY:** All men and women with current 2001 USATF registration
Race day USATF registration available for \$15.00
- AGE GROUPS:** 30 yrs and above in 5 yr. groups. Race day age determines group.
- AWARDS:** Medals to first three places in all events by 5 year age group.
- T-SHIRTS:** FREE to each competitor while they last. Others may purchase at the check in table for \$15.00
- FACILITIES:** Edwards Field is one of the best facilities on the West Coast.
- HEATS:** 5 year age groups where possible.

All Athletes are subject to drug testing
cut along dotted line

Name _____ Male _____ Female _____
Address _____ Phone () _____
City/State/ Zip _____ Date of Birth ____/____/____
mo day year

Club Affiliation _____ Age as of 6/03/2001 _____
U.S.A.T.F.# _____ Must show to Meet Director on day of event.

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The University of California at Berkeley, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held June 3rd 2001 at Edwards Field Berkeley California.

Date ____/____/____ Signature _____
Events entered _____ Best mark _____ Amount Enclosed \$ _____

- (Checks payable to NCSTC)
Send to Meet Director Don Rose
43 Mc Allister Kentfield Ca. 94904
1. _____ Events: (8:30-12:00) 5K walk & run, Hurdles, 100
2. _____ 800, 400 (12:30-3:00) 200, 1500, 1H Field Events
3. _____ (7:30-12:00) Hammer, P.V., Shot, L.J. Discus
4. _____ (12:00-3:00) H.J. Javelin, T.J. Weight throw, Heats
5. _____ start with oldest and work toward youngest
6. _____ when ever possible. Open pit in T.J.L.J.
7. _____
8. _____

NOTE: Parking at and around the University is limited. If you intend on parking bring at least \$3.00 in Quarters. There are lots in the area, some are open to the public.

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

Gate River Run 15K

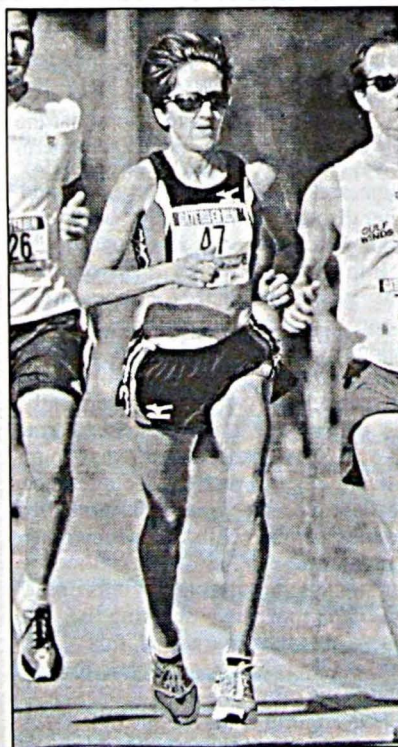
Continued from page 1

the Mt. SAC Relays in Walnut, Calif.; a run at the U.S. Masters 5K title at Freihofer's 5K, Albany, N.Y.; and a bid for a spot on the U.S. Half-Marathon Team that competes in the World Championships in England this fall.

Ukrainian-Floridian Tatiana Pozdniakova, 46, 54:23, and Jeanne Johnson, 43, San Diego, Calif., 56:00, earned \$500 and \$300 for second and third masters women, respectively.



VICTOR SAILER/PHOTO RUN
Gary Romesser, 50, sixth M40+ (50:11), Gate River Run 15K, Jacksonville, Fla., March 10.



VICTOR SAILER/PHOTO RUN
Jeanne Johnson, 43, third W40+ (56:00), Gate River Run 15K, Jacksonville, Fla., March 10.

Up the age groups, Gary Romesser, 50, 50:11, took care of "Boston Billy" Bill Rodgers, 53, 52:24, in the M50, setting a single-age course record, while Jack Nelson, 61, Winnetka, Ill., cruised to a 57:01 in the M60. Jim Blount, 71, Bushnell, Fla., 1:15:33, broke the M71 course record by nearly two minutes.

Wearing a shirt that read "77 and still racing," John Cahill, 77, Salt Lake City, 1:11:25, led the M75 by a quarter-hour. It was his first visit to the Gate River Run. He told a *Jacksonville Times-Union* reporter, "I've heard about this race for years, and it's wonderful, but that last bridge is a son of a *\$%!"

Women's age-group winners included Carolyn Mather, 52, 1:07:52; Elfrieda Wyner, 58, 1:10:33; Glenda Walker, 60, 1:15:45; Helen Ramos, 66, 1:28:54 (new W66 course record); Diane Aimone, 71, 2:08:26; and Irene Herbertson, 75, 1:43:34.

In its 24th year, the Gate River Run was directed by Doug Alred for the Jacksonville TC. Major sponsors included Southwest Airlines, Sprint, Bank of America, adidas, and Gate Petroleum Company. The race raised money for a dozen local charities.

More than 8000 runners finished. The overall winners were Meb Keflezighi, 25, 43:16, and Deena Drossin, 28, 49:09. □

FIFTEEN YEARS AGO April 1986

- National Masters Indoor Championships Draw 450 to Baton Rouge
- Lew Faxon, M45, First Master in Colonial Half-Marathon in 1:13:14
- Priscilla Welch Garners W40+ Wins in Orange Bowl 10K (33:08) and Gasparilla Distance Classic 15K (50:24)

Northwest Regional Championships

June 23 & 24, 2001

Sponsored by the Portland Masters Track Club

Held at Mt. Hood Community College 26000 SE Stark, Gresham OR

Ages 30 & over - For more information, contact Paul Stepan, 503-666-8950

Tentative Schedule for Saturday, June 23rd		
Track Event	Time	Field Event
10,000 m Run-M&W	10:00 am	Pole Vault, Women & M60+ Shot Put, All Men & Women
5000 m Racewalk-M&W	11:15 am	Long Jump, M30-59
2/3 K Steeplechase-M&W	12 noon	Javelin, Women & M60+ Pole Vault, Men 30-59
80 m High Hurdles-M&W	1:00 pm	Weight Throw, All Men & Women
100 m High Hurdles-M&W	1:20 pm	Long Jump, All Women & M60+
110 m High Hurdles-M&W	1:40 pm	Javelin, Men 30-59
100 m Dash*-M&W	2:00 pm	
1500 m Run, M&W	2:45 pm	Super Weight Throw, All Men & Women
400 m Dash, M&W	3:45 pm	

*Winners of each division are eligible for age-graded 100 meter dash on Sunday

Tentative Schedule for Sunday, June 24th		
Track Event	Time	Field Event
5000m Run, M&W	10:00 am	Hammer Throw Women & Men 65+ Discus, Men 30-64
300m IM Hurdles, M & W	11:00 am	High Jump, Women and Men 60+
400m IM Hurdles, Men	11:20 am	
200m Dash, M&W	12 noon	Hammer Throw Men 30-64
1 mile Racewalk, M&W	1:00 pm	High Jump, Men-30 to 59 Discus, Women and Men 65+
800m run, M&W	1:30 pm	
*Age graded 100m Dash	2:30 pm	Triple Jump, Men & Women
4 x 100 m Relay	3:00 pm	
4 x 400 m Relay	3:15 pm	
4 x 800 m Relay	3:30 pm	

Normally, running events begin with women, and are older to younger

Instructions:

- Make checks to: Portland Masters Track Club
- Send entry form and check to:
Joe Johnson
5510 SE 117th
Portland, OR 97266
- Entries must be postmarked by June 13, 2001
- Entries Require USAT&F Membership No.
- \$5.00 Late entry fee (based on space availability)
- Entry packets must be picked up prior to competing
- Medals to first 3 places in each event, 5 yr age div. with ribbons for 4th, 5th and 6th place. PMTC Classic medals will be awarded to those from outside the NW Region.
- Registration closed 1 hour prior to event
- Implements for field events must be checked in 30 minutes prior to event.

Briarwood Inn

Bradford's Bar & Grill

2752 N.E. Hogan Drive
Gresham, OR 97030
(503) 907-1777
(877) 907-1777 toll free
(503) 674-5985 Fax
www.briarwoodinn.com

Schedules listed above are tentative
USAT&F Membership required to compete

Meet Headquarters: Briarwood Inn
Packets: Available at Briarwood Inn,
Fri. June 22nd, 6-8 PM and at Mt. Hood C.C. starting at 9:00 AM both days.

Concessions: Food concession available during the meet.

Reception: PMTC invites you to share provided refreshments at the end of the events on Saturday held at the stadium. Please let us know if you plan on partaking by signing up on Entry Form.

NW Regional Meeting will be held following the reception.

Entry Form — Northwest Regional Championships - 2001

Please Print

Name _____ Age(6/23/01) _____ Birth Date ____/____/____

Address _____ City _____ State _____ Zip _____

Phone _____ Club Affiliation _____ Male _____ Female _____ USAT&F # _____

Events _____ Best '00-01 Mark _____

1. _____	_____	T-shirt Size S M L XL XXL	Attend Reception? Yes _____ No _____ Number of people _____
2. _____	_____		
3. _____	_____		
4. _____	_____		
5. _____	_____		
6. _____	_____		

Entry Fees

1 Event	\$15 _____
Each additional event	\$5 ea _____
T-Shirt	\$10 ea _____
Late fee after 6/13/01	\$5 _____
Total enclosed	\$ _____

Waiver: Must be signed to compete

I waive all rights that I or my heirs or assigns may have against the Portland Masters Track Club and/or Mt. Hood C.C. arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.

Signed _____ Date _____



On The Run

By HAL HIGDON

Ron Bell Wants to Banish Slow Marathoners

In a letter to Write On! in the March issue of National Masters News, Ron Bell announced his intention to have marathoners removed from the course if they "improperly perform the event." In other words, if they walk.

Since Bell is WAVA's vice president for non-stadia events, presumably his word will carry some weight with the organizers of the World Veterans Championships scheduled for Brisbane, Australia later this summer. He plans to instruct the WAVA safety team to implement the rule, at least in the first 10km of the marathon.

It is a common practice for race-walking judges to red flag competitors who run, but to red flag runners who walk seems to be a gross misinterpretation of the spirit, if not the letter, of the masters movement. I would interpret that spirit to mean that we welcome all competitors of all abilities as long as they meet our age requirements. In the past, WAVA has offered "suggested" standards for entry, meaning if you were too slow, don't show, but apparently even these have fallen by the wayside. The entry book for Brisbane makes no mention of "standards" for entry, offering standards only for winning a medal in events where few competitors enter.

Improper Performance

Citing WAVA rule of competition 7.5, Bell equates walking with "improperly performing an event," at least in the marathon. But at what point is walking in a marathon improper? When I won the M45 marathon title in New Zealand in 1981, I walked through each water station and still clocked a 2:29. Should I have been

disqualified? Bill Rodgers won the Boston Marathon in 2:09 in 1975 and walked on four occasions. Gar Williams won the 1965 National AAU marathon title even though forced to walk in the later stages of that race.

In order to run my 100th marathon at the 100th Boston Marathon in 1996, I had to run ten marathons in a single year. For my 99th marathon, I chose the Trails End Marathon in Seaside, Oregon. My body was pretty battered by that point, so I chose as my race strategy walking one mile for every four run. That included the first mile, since I wanted to get immediately out of my mind any idea that I was going to run that marathon fast. Had Bell's rules been in effect, he would have had officials pull me from the course before I had a chance to start running.

Goal is to Finish

In attending the World Veterans Championships in Brisbane, I am on a similar mission. Winning a medal is not on my agenda. My goal for the second half of this year (which I plan to discuss in more detail in the next issue of *National Masters News*) is to run 7 marathons in 7 months to celebrate my 70th birthday and raise a total of \$700,000 for 7 separate charities. Grandma's Marathon in June will be my first marathon; the World Vets in Brisbane will be my second. My goal in each of the seven will be to finish, not finish fast. It is possible that my

The Bell Ban

In seeking to banish walking from the marathon Ron Bell cites the WAVA rule of competition 7.5, but while that rule does permit removal of a competitor for "improperly performing the event," it does not define what might be proper or improper. And rule 7.5 says nothing about preventing eligible athletes from entering the marathon if their intent is to walk it in whole or in part.

The specific paragraph in the rule is as follows: "The WAVA Council shall appoint a Safety Judge with authority to withdraw from competition any athlete who is improperly performing the event or whose continued participation in that competition would, in the opinion of the Safety Judge, endanger the athlete's health or the progress of other competitors. The Safety Judge may exercise his authority through deputies and both the Safety Judge and any deputies shall be clearly identifiable as such."

Nothing in rule 7.5 would appear to give WAVA the right to remove walkers from the marathon course, either in the first 10km arbitrarily defined by Bell as a non-walking zone or anywhere else along the course. Call off your police, Mr. Bell. □

strategy at Brisbane may include some walking breaks, possibly in the first 10km. Should Ron Bell or any of his anti-walking gestapo attempt to remove me from the course, they should be prepared for: a.) an argument, b.) a fight, and c.) a lawsuit.

While I have run several World Vets marathons at fast paces (in addition to my gold medal in New Zealand, I also scored a bronze medal in Sweden), I also have run several at more pedestrian paces. In Rome, I chose to run the marathon as a tourist, taking in the sights of the Eternal City. At one piazza with a view across the Tiber of St. Peter's Cathedral, I paused for several minutes to savor the view. Was this "improperly performing the event?" I'm sure it was.

Heat Forced Me to Walk

A decade later in Miyasaki, I was forced by the heat and pollution to walk much of the last half dozen miles, but I did finish along with most of the Japanese marathoners who made that our largest Championships with 12,539 entrants. A large number finished behind me, well behind me. WAVA collected their entry fees. Would Bell have pulled them from the course for the convenience of the event volunteers, most of whom probably were Japanese anyway? One of Bell's motives apparently is that slow marathoners put "unnecessary time obligations on officials and marshals" and also cause traffic problems. Well,

I'm sorry, but I just sent a \$320 check to secure my entry. I'll be spending much more for air fare and hotels, and I would like to be recorded as finishing my event even if it means some official has to wait beside the track with stopwatch in hand.

I also disagree with the artificial rules about negotiating steeplechase barriers, which are discriminatory to older runners, but that's another story.

If Bell wants to prohibit walkers from entering marathons, let's be fair and equal. Let WAVA set firm standards for entry in all events and for all age categories. In that case, a runner who has failed to run under, say, 2:05 will be refused entry into the M40 800 meters. That will allow WAVA to eliminate heats and semifinals, which also will ease the burden on officials. In that case, we can have a tight championships with about 1,000 elite competitors instead of the 6,000 that show up now.

What is WAVA's Intent?

Is that WAVA's intent? Does WAVA want to bar from its meets the new breed of runner who is more interested in fitness than competition? At one point does WAVA determine that the oldest and slowest runners should stay home and pocket their entry fees and other disposable income that otherwise might be deposited in host countries?

If that is not WAVA's intent, the current vice president for non-stadia events is out of line and needs to be called off. Bell's four-year term in that office comes to an end in Brisbane, but the current WAVA Board apparently has endorsed him for another term. Like many bureaucratic organizations, it is not easy to dislodge people once they get into office, so it is probably too much to expect that someone more sympathetic to slow marathoners might challenge Bell and win his seat. But if I spot Bell standing by the course in the marathon this July, maybe I'll walk over and ask him to change his mind. □

Hal Higdon is a Senior Writer for *Runner's World* and author of *Marathon: The Ultimate Training Guide*. For information on training, visit his Web site www.halhigdon.com.

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TWENTY YEARS AGO April 1981

- 200 Compete in National Masters Indoor Championships in Ann Arbor
- Joanne Grissom, 42, Sets W40 High Jump AR (4-6) in Midwest Masters Regionals
- East Regionals Lure 200 to Bethlehem, Pa.

L.A. Marathon

Continued from page 1

boulevards with names like Hollywood, Wilshire, and Sunset, and visiting tourist sites from the Coliseum to Mann's Chinese Theater.

The race committee went all-out for the runners, with 85 musical groups along the course and an all-day Finish-line Festival. Musician Jose Viernes, playing near the half-way point, suggested that "music takes your brains away," assuming this to be the best way to help out marathoners.

The wind was tough, though. Overall winners Stephen Ngungu, 2:13:13, and Elana Paramonova, 2:36:58, ran two of the slowest winning times in L.A.'s history.

No master was spared: Raymond Baradas, 41, Pico Rivera, Calif., 2:38:43, and Rigoberto Vega, 45, Los Angeles, 2:39:55, were the frontrunners. Margarita de Jesus Conde Malin, 40, of Guatemala, won the W40+ laurels, surpassing her closest masters rivals by five minutes.

Sparkling among the age-group winners was Patricia Brumballow, 59, Twenty Nine Palms, Calif., who turned in a 3:27:38, completing her 52nd marathon (and 14th at L.A.). Albertina Zuniga, 67, Lancaster, Calif., cruised to 3:49:35, and lively Lillian Miller, 75, Loma Linda, Calif., sped to 5:42:40, and finally, Alonzo Monk, 76, Palos Verdes Estates, Calif., breezed home in 3:40:32.

In what is becoming an L.A. tradition, Marco Ortiz, 51, Los Angeles, 2:35:43, the first masters runner over the finish line, was disqualified from the race "after sensors failed to detect his microchip" at several of the five checkpoints along the course. He was disqualified for the same reason in 2000.

The L.A. Marathon is preceded by a bicycle tour over the marathon course on miraculously traffic-free streets, attended by over 15,000 riders. The marathon is attended by over one million fans, and raises funds for 50 charities. Major sponsors included Honda, American Airlines, The Gas Company, Saucony, and Sprint.

(Note on NMN L.A. coverage: L.A. Marathon officials determine age-group placing by chip times, while NMN results report net times. For chip times, see the race website at www.lamarathon.com.) □

—from Los Angeles Times and Runnersworld.com reports

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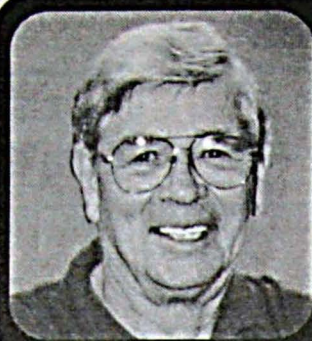
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The Weight Room

By JERRY WOJCICK

No Pain, No Gain in Brisbane

In a moment of reckless abandon, I entered the weight pentathlon in the WAVA-Brisbane Championships, despite that just thinking about the javelin sends a sharp pain from my elbow to the lower back via my shoulder, with emanations to my groin and knees.

The weight pentathlon is the fastest growing combined-event in masters competition, and although it hasn't yet surpassed the decathlon in total numbers at WAVA Championships, it outdraws the decathlon in the older men's and women's divisions.

At the WAVA-Gateshead Championships, there were 17 M80+ entries in the WP (14 competed) and seven M80+ decathletes (six competed); in the W80+ divisions, there were five women in the WP (all competed) and no W80+ heptathletes. That is no surprise to anyone who contrasts the training regimen

required to compete well in both events, which may explain the WP's increasing popularity.

Test of Endurance

If I'm still able to compete after training for the five events (hammer/shot/discus/javelin/weight) that comprise the WP, this will be my third on the international level. My first, at the WAVA-Buffalo Championships, took on the aspects of a WWII death march.

The day started out hot and muggy and stayed that way. Our group of over two dozen athletes wasn't divided into two segments. Ask any thrower how he



JOHN SELLEN

All of the competitors in the M45 hammer, 2000 National Masters Championships, Eugene, Ore., (l to r): Richard Watson, Carl Reichard, third, David Vandergriff, first (48.93), Jim Wetenhall, second, Thomas Meyer, and Bob Cedrone.

feels about waiting to compete in a group that size, but not within earshot of a mother and her children. Unfamiliarity with the workings of the WP and a large turnout created a need for better organization and resulted in a long day. My division was done at sunset; others finished in the dark.

My second WAVA WP experience, at Gateshead, was a considerable improvement, although I didn't perform as well as I had hoped. Cavorting over hill and dale with *Runner's World* Senior Writer Hal Higdon at Hadrian's Wall the day before didn't do much for my legs, nor did the pre-dawn start at a secondary venue, to which I had to take a taxi. I compete better at about 3:00 p.m. in warm, sunny conditions, not at 7:00 a.m. under a British overcast, gray sky.

Steering the Herd

But the British knew what they were doing. Starting on time, we were done so early that some of us wandered around before lunch wondering what to do next and ended up watching others compete in the sun that had broken through by mid-morning.

The Brits did a couple of things that made for a more enjoyable experience. First off, they separated us into two groups of about a dozen each, based on our seeding scores. We had group guides who also acted as officials, which kept us corralled and pointed in the right direction when we went from venue to venue.

When they discovered that reading names for the competition order, which changes for each event, didn't work (those Slavic names were really tough; I

think they thought that I was from Krakow), they switched to registration numbers, which took a while to catch on. They were on our backs, and we hadn't memorized them, so we ended up poking the athletes who were next to throw because most in the group did not speak English, much less British. I hope that the Brisbane organizers provide translators, especially for those who speak Australian.

Playing by the Rules

If you are headed for Australia and haven't competed in a WAVA-WP, you can expect that the rules will be strictly adhered to. At Gateshead, I lost my best shot put when one of the officials called a foul for my dropping my hand below the neck before the put. And he was a U.S. acquaintance of mine!

However, the populist, free-to-all implement rule may not be followed to the letter, especially in the WP discus, at Brisbane. At Gateshead, some throwers would grab their implements after they'd been returned to the rack and hang onto them. I couldn't blame them much after I bounced hammers and discuses off the cage before recovering from a coffee jag.

In the WP, as may be true for all combined-events, middle-of-the-pack competitors who have no hope of medaling are probably having more fun than those engaged in a stiff competition.

I met a lot of friendly, supportive pentathletes at Gateshead, and I'm looking forward to seeing how many have moved into my division, especially the ones whose scores weren't as good as mine. □

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2001 Indoor Season Rankers Now on Board

By JERRY WOJCICK

Masters T&F Rankings Coordinator

All of the events for the 2001 McMahon Family Trust Indoor Rankings have been assigned to volunteer rankers. If your best marks for the indoor season have not appeared in the results sections by the May issue, send them (in meters for field events) with documentation (name of meet, date, site, contact person, etc.) before May 16 to the appropriate rankers below:

55m/60m/200 - Larry Patz, 534

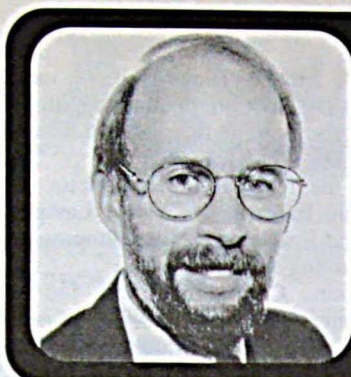
Gould Hill Rd., Contoocook, NH 03229.

400/800 - Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405. E-mail: brem@oregon.uoregon.edu.

55mH/60mH/3000 - David Ortman, 7043 22nd Ave. NW, Seattle, WA 98117. E-mail: deom@jps.net.

LJ/TJ/SP - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

1500/Mile/PV/HJ/WT/SW/3000 RW - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywoj@aol.com. □



False Start

By DAVID E. ORTMAN

A Jock Strap By Any Other Name Would Smell...

In the February issue of NMN, our Masters T&F Chair asked about changing the name of our sport from masters to seniors. Here is why I think it would be a bad marketing decision.

For God knows what reason, WAVA has a split threshold, 35 for women and 40 for men. If it were a U.S. organization, I believe it could be sued for gender discrimination. Since most of the top world athletes peter out at about the age of 30, WAVA is deliberately turning its back on W30-34 and M30-39. This means these folks have no opportunity to participate in a world track & field championships or any incentive to keep with the program.

A Well Kept Secret

In addition, USATF also has established "masters" as a category for those 40-and-over. At least USATF allows "sub-masters" to enter the USATF National Championships, but I believe one reason the M/W 30 and M/W 35 age groups have so few competitors is that no one knows they exist.

I myself missed out on nine years of "masters" t&f because I had always been told that masters started at 40. I didn't learn that those in the 30-39 age groups could compete in the National "Masters" Championships until I was 39, and, boy, was I hopping mad. Unfortunately, hopping mad was not an event.

In order to capture a market, you have to capture people early and keep them involved. Even AARP has lowered the age of membership to 50.

A change from masters to "seniors" does just the opposite, despite the fact that there already is a "Senior Olympics." Ask anyone not associated with t&f how old someone would have to be to participate in the Senior Olympics. I bet few would guess below 60. In fact, the National Senior Games/ Senior Olympics start at age 50.

Not the Right Image

In the past the word "senior" and "65" have been virtually interchangeable, even though nowadays, people who are 65 no longer tend to think of themselves as seniors. The term "seniors" has now shifted upward and tends to refer to those 70 and above. This is NOT the way to market t&f.

Maybe it's too true that nobody outside the running community has a clue as to what masters means. To some, it means a golf tournament. Unfortunately, people do know what

"seniors" means, at least in golf, and the image of foursomes of gray

oldies in their dotage, who can't carry their own clubs, is hardly a stirring one.

As Jerry Wojcik has pointed out, USATF already designates its "open" or "elite" championships as "senior" championships, even though few open athletes are over 30. I suppose they do this because they have Junior Championships for high school age kids.

No Better Solution

I've attempted, with no luck, to come up with a better name than masters. How does "CEOs," "Ubermenschen," "Pioneers," or the currently trendy "Survivors" sound? "Honey, I'm off to a Survivors meet" has a ring of truth to it, at least.

The thesaurus offers a little help. But of these three, which image do

you want to market?

Veteran: old man, octogenarian, nonagenarian, centenarian, oldster, old-timer, codger.

Senior: elder, older.

Master: lord, commander, captain, chief, ruler.

I strongly recommend staying with masters and decree that from henceforward, masters be the designation for all those 30 years of age and above. Just as there is some overlap between College and Open meets, I don't see a big problem in a bit of overlap between Open and Masters meets for those 30-and-over. Those who can still compete in Open meets, bless them, but let's not lose the rest for 10 years or more.

As my favorite t&f tee-shirt says: "Master the moment." □



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SATURDAY, June 9		
TRACK	TIME	FIELD
10,000 Meters (ALL)	8:30	Long Jump (East) All W / M 60+
	9:00	Long Jump (West) M30-59 - Javelin All W / M 60+
5K Racewalk	9:45	Weight Throw M 30-59
Age Graded Mile	10:30	High Jump M30-59
2K Steeplechase	11:00	Weight Throw All W / M60+
3K Steeplechase	11:30	Javelin M 30-59
80M Hurdles	12:30	High Jump All W / M60+
100 Meter Hurdles	12:40	Shot Put (two rings) South ring All W / M65+
110 Meter Hurdles	12:50	West ring M 30-64
100 Meters	1:15	
400 Meters	2:15	All events open to both men and women
3,000 Meters	3:00	In General, women before men and older before younger

Entrants in running events must check in at least 60 min before event. All implements must meet WAVA standards

SUNDAY, June 10		
TRACK	TIME	FIELD
5,000 Meters (men before women)	8:30	Discus M 30-59
	9:00	Pole Vault (All) & Hammer All W / M 60+
	10:00	Triple Jump M 30 - 59
300 Meter Hurdles	10:15	
400 Meter Hurdles	10:30	Discus All W / M 70+
800 Meters	10:45	
	11:00	Hammer M 30-59
1 Mile Racewalk	11:15	Triple Jump All W / M 60+
200 Meters	11:35	
1500 Meters	12:30	Discus M 60-69
Relays	1:15	4 X 100, 4 X 400, 4 X 800, Medley relay *

(*medley relay 200, 400, 800, 1600)

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RELAYS: Held in 10 year age groups; must wear distinguishable tops. Will be a team scoring event.

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PACKETS: Available at Phoenix Inn, 6-8 pm, Friday, June 8 and at Hayward Field after 7:30 am, Saturday, June 9.

RECEPTION: Sponsored by OTCM, Saturday, June 9, 4:30 to 6:00 pm at the Casanova Center. Light refreshments.

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T-Shirt Total \$ _____

Hats (\$10ea) \$ _____

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Will you attend the Saturday night reception? Yes ☐ No ☐ Number attending _____

I waive all rights that I or my heirs or assigns have against OTCM & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate.

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Weather Fails to Stop 2nd Annual Saddleback Masters Relays in Mission Viejo

By DOUG SMITH

On Saturday, March 10, at 6:30 a.m., the track facility at Saddleback College, Mission Viejo, Calif., was flooded from having received more than 1/2" of rain from a storm that was not supposed to arrive until Saturday night. As the sun began to evaporate the water, volunteers mopped, swept and used towels to soak up the excess.

At 8:00 a.m., the 5000 racewalk began the second annual Saddleback Masters Relays, and all events but the shot put, with an inundated sector, were contested. Shot put entrants were allowed to enter additional events.

By midmorning the weather was cooperating, and sun screen was in full use. While the sprinters and hurdlers found it tough going in their races because of a stiff 4- to 8-mph head-

wind, the field event athletes were recording some great early season marks that seem to indicate people are serious about this year, and perhaps pointing to the World Championships in July.

Paul Bambrook, 72, long-jumped 4.42/14-6, which may be the best in the world, indoors or out, at this time, and his 8.52/27-11 1/2 triple jump is second only to 2000 Masters Male Athlete of the Year James Stookey's 2001 best. Both marks age-graded in the mid-80% range. Elaine Iba, 40 last month, had a 5.12/16-9 1/4 long jump and 9.68/31-9 1/4 triple jump, which may rank her near the top of the U.S. women.

The high jump was exciting as Phil Fehlen, 65, M60-64 world-record holder, attempted to break the existing M65 world record, finishing with a 1.63 (A-G 97.6%), just .01m under the record. Charlie Rader, 52, won his

division with a 1.32/5-6.

When Larry Stuart is in the javelin, you always anticipate that he may "cut loose" with a long throw. Here the slippery grass would not allow good footing, but he out-threw everyone else with a 50.64/166-2 (A-G 88.8%).

The wind was not helpful to the vaulters; however, Bud Held, 73, cleared 2.59/8-6. Nadine O'Conner, 59, vaulted 2.29/7-6 to capture her gold.

In the sprints, Ken Dennis, 63, was impressive in winning the 300m, wire to wire, the 100 (A-G 92.4%), and 60m (A-G 97.3%) in his age group. John Hartfield, 56, hit the 60m finish in 7.88 (A-G 94.7%).

One of the prime races of the day came in the 800 when Nolan Shaheed, 51, back from his world record indoor mile last week, raced with much younger men here. Nolan set the pace for the first 600 in running an A-G

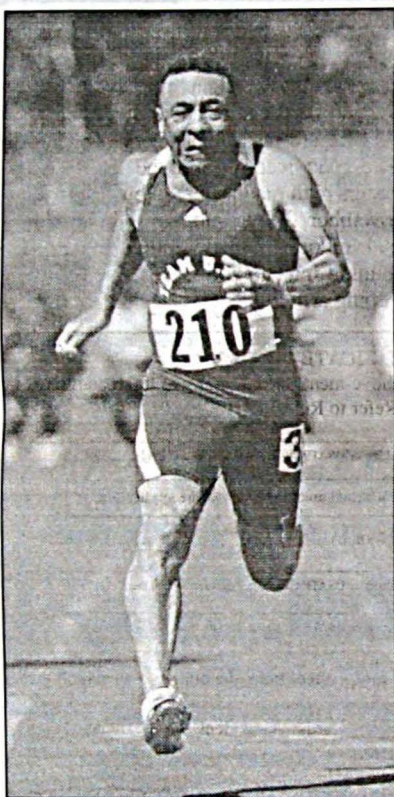
96.0% 2:02.56. Diane Heil, 43, ran a difficult 300-800m double, topping all age groups with times of 46.62 and 2:28.32.

In the 1500, Kellie Archuletta, 39, Debbie Barraza, 44, Yvette Lavigne, 61, and Jim Selby, 72, were impressive in winning their divisions.

Donna Cunningham, 54, led all women in posting a 29:05 in the race-walk and later ran the 1500. Racewalker Joe Nieroski, 39, "heel, toed and locked his knees" in 24:33 for the best time of the day.

Because of the rain, the number of participants did not reach the 200 of last year. Some who had entered stayed home, believing the meet had been cancelled; however, the sun was so bright that most were sunburned by day's end.

Food was prepared during the meet for the athletes, spectators and volunteers by the college's softball team. □



KEN STONE/MASTERSTRACK.COM

Ken Dennis, 63, winner in the M60 60m, 100, and 300, Saddleback Masters Relays.

Masters Runners Try to Help Solve California Energy Crisis

APRIL 1. In a last-ditch effort to try to solve California's worsening energy crisis, a group of masters runners from the Los Angeles area have come up with a unique proposal, which is attracting the attention of state officials.

Calling their idea "treadmill power," the group is proposing that fitness clubs and running enthusiasts from throughout the state connect their treadmill machines to state power plants to create, in effect, "mini-generators."

Jack Tervazian, 45, a Burbank electrical engineer who recently ran 42:15 in a local 10K, said the idea is not as bizarre as it sounds.

"My local gym has 12 treadmills plus another 12 stationary bikes and Stairmasters," Tervazian said. "Most of the machines are in use all day long. We figure 24 treadmills times 17 hours a day equals 408 treadmill hours per day. Multiply that by about 1000 gyms throughout the state and you've got over four hundred thousand treadmill hours per day. Think of the power that can generate."

Indeed, Roger Lewis, head of the

State Energy Commission, calculated that the treadmill idea theoretically could generate 80,000 kilowatt-hours of power each day, enough to satisfy California's energy needs for nearly 45 minutes a day.

"It's hardly the final answer to our problems," Lewis said, "but hopefully it will get us through this emergency. I'm surprised no one thought of it before. It's simple, but brilliant."

The idea is to hook up each machine to a fiber-optic cable connected to one of eight major power plants throughout the state. The power would then be distributed in the normal manner to the utilities, mainly Southern California Edison and Pacific Gas & Electric, which would furnish power to homes and businesses.

California Governor Gray Davis was initially skeptical of the scheme, but reportedly has ordered Gary South, his top aide, to study the feasibility of the project and submit a recommendation to Bob Hertzberg, Speaker of the California Assembly, who is spearheading the drive to find a solution that will be politically and economically feasible.

Harvey Rosenberg, head of *The Foundation for Taxpayer and Consumer Rights*, said Californians are frustrated by rolling blackouts and the apparent lack of progress by state energy officials to resolve the problem.

"The idea sounds nuts to me," Rosenberg said. "But what the hell — we're desperate. I'm glad the governor is willing to take a look at anything that might work, no matter how kooky. If it helps, I'll recommend a medal for those masters runners who came up with the idea."

Bill Rosendahl, vice-president of Adelphia Cable Co., said treadmill users at home could participate by hooking up a small adapter from their treadmill to their cable modem. Each home user would receive a credit on their next cable bill, depending on how often they used their treadmill.

"We're part of the community so we're happy to give the cash credit," Rosendahl explained. "The state gets free energy and people get in shape at the same time. It's a win-win situation."

Volunteers will be asked to sign up at fitness clubs on a regular schedule, so machines are in use all day long. Runners who normally jog on the roads or in parks will be asked to help the cause by using treadmills at designated gyms for their daily workouts.

"California is an innovative state," Tervazian said, "We can do this." □

21st Hayward Classic Set for June

The Hayward Classic, one of the USA's premier masters meet, is scheduled for June 9-10, at historic Hayward Field on the University of Oregon campus in Eugene. Hosted by the Oregon Track Club Masters, the meet is open to men and women age 30-and-above, competing in five-year age groups.

In addition to the usual athletic fare, the Hayward Meet schedule includes events not found in most masters track meets: 10,000, 5000 racewalk, steeplechase, weight throw, and an age-graded mile.

Last year, Hayward Field was the site of the National Masters Championships, thought to be the "best ever" by the record 1503 entrants.

Besides the lure of competing at Hayward Field, the meet has a club competition for men's, women's, and combined team trophies.

The meet will also serve as the USATF Oregon Association Masters Championships. USATF membership is required and sign-up opportunities will be available Friday evening, June 8, at the Phoenix Inn.

A reception is planned for Saturday evening, June 9, at the University of Oregon's Casanova Center. □



CROWN VALLEY SENIOR OLYMPICS

A Qualifier for the 2002 California Senior Games Championships

SUNDAY, JUNE 10, 2001

ROBINSON FIELD
PASADENA CITY COLLEGE
Christel Miller & Jim Hanley, Meet Directors

For information: (626) 685-6754
cpv@pasadenaseniiorcenter.org

NATIONAL MASTERS NEWS

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

Records Section

April 2001

page 17



Masters Age Records

New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of August 1, 2000, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 2, 2000, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

THIS FORM SHALL BE USED FOR U.S. AND WORLD RECORDS
IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES

APPLICATION FOR RECORDS

Send to:

Pete Mundle, Chairman, USATF and WAVA Records Committee,
4017 Via Marina, #C-301, Venice CA 90291, USA.

To THE RECORD COMMITTEE:

Application is hereby made for a record in support of which the following information is submitted:

Description of Record:

World _____ American _____ Association _____ Championship _____ Collegiate _____
Junior _____ Age _____ Group _____ Masters _____

(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

1. Event _____
2. Date and Time of Day _____ Men/Women _____
3. Record claimed (state, time, distance, height or points achieved) _____ Indoor/Outdoor _____
4. Where held (Arena, Town and Country) _____
5. Force of following wind _____ Anemometer _____ Attendants Signature _____
6. Name of Competitor, Club and Country _____ (print)

(In relay events, the full names of the competitors should be printed in their running order)

AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by _____, was used.
The time recorded was _____, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rule).

Time _____ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time _____ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time _____ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Referee or Chief Timekeeper)

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-USA athletes should use the WAVA record form, published in this section on page 24. The form should be sent, not to Mundle, but to the WAVA Records Committee Regional Chairman (addresses on page 24). Both the world and USA Records committees are working to prepare one uniform record form to be used in the future.

All these records have been carefully scrutinized before approval by the Records committees. Mundle's single-

age record book, however, due out next month, does not apply the same scrutiny, due to time constraints. This, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

Racewalking records

Also included here are world racewalking "bests" and USA official racewalking records, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Coordinator. The USATF application form for a racewalking record is printed on page 24.

Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November 2000, issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF. □

STARTER'S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter)

(Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Starter)

(Address or USATF Official's Registration Number)

(Signature of Starter)

(Address or USATF Official's Registration Number)

(a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:

_____ meters _____ centimeters, or _____ miles _____ yards _____ feet _____ inches,
the length of one lap was _____ meters _____ centimeters or _____ yards _____ feet _____ inches,
that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)

(Address or USATF Official's Registration Number)

JUDGES' CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)

(Address or USATF Official's Registration Number)

GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)

(Address or USATF Official's Registration Number)

WORLD T&F OUTDOOR AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of August 1, 2000

Men's World Five-Year Age-Group Records

100 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 10.6	Eddie Hart (USA)	40	9-16-89
M45 11.0	Thane Baker (USA)	48	6-14-80
M50 11.2	Ken Dennis (USA)	50	7-18-87
M55 11.57	Ron Taylor (GBR)	57	8-3-91
M60 11.70	Ron Taylor (GBR)	61	6-4-95
M65 12.5	Bernard Hogan (AUS)	65	11-30-85
M70 12.91	Payton Jordan (USA)	74	6-22-91
M75 13.4	Payton Jordan (USA)	75	4-25-92
M80 14.35	Payton Jordan (USA)	80	5-10-97
M85 16.16	Suda Glich (JPN)	85	8-23-98
M90 19.9	Duncan McClean (GBR)	90	6-14-75
M95 24.01	Erwin Jaskulski (AUT)	96	5-1-99

200 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 21.86	Bill Collins (USA)	41	8-15-92
M45 22.21	Stephen Peters (GBR)	46	8-3-99
M50 22.9	Ken Dennis (USA)	50	7-18-87
M55 22.91	Ron Taylor (GBR)	52	7-31-86
M60 23.37	Ron Taylor (GBR)	56	7-3-91
M65 24.00	Ron Taylor (GBR)	61	6-10-95
M70 25.6	Bernard Hogan (AUS)	65	12-6-85
M75 26.8	Payton Jordan (USA)	70	6-20-87
M80 28.14	Payton Jordan (USA)	75	6-20-92
M85 30.89	Payton Jordan (USA)	80	8-10-97
M90 35.82	Kizo Kimura (JPN)	85	10-20-96
M95 42.78	Anthony Castro (USA)	90	9-18-99
M99 57.58	Erwin Jaskulski (AUT)	96	7-17-99

400 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 48.10	Rolf Giesler (SWI)	41	7-22-95
M45 50.20	Fred Sowerby (USA)	45	8-12-94
M50 51.39	Fred Sowerby (USA)	50	8-27-99
M55 52.6	Ralph Romain (TRI)	58	7-22-90
M60 53.88	Ralph Romain (TRI)	63	7-22-95
M65 57.52	Berthold Neumann (GER)	65	7-22-96
M70 61.29	Wilhelm Selzer (GER)	70	8-15-97
M75 66.88	Lucas Nel (RSA)	76	8-7-99
M80 75.4	Harold Chapson (USA)	80	7-9-83
M85 91.54	Longino Perez (MEX)	85	12-5-87
M90 1:57.46	Toshio Kojima (JPN)	91	10-20-96

800 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 1:51.25	Peter Browne (GBR)	41	6-11-90
M45 1:56.16	Ronald Merrell (HOL)	45	7-7-91
M50 1:58.65	Nolan Shaheed (USA)	50	5-13-00
M55 2:05.07	Tom Roberts (AUS)	55	8-1-89
M60 2:10.42	Alan Bradford (AUS)	60	8-3-99
M65 2:14.33	Earl Fee (CAN)	66	7-18-95
M70 2:20.52	Earl Fee (CAN)	70	6-17-99
M75 2:40.0	Harold Chapson (USA)	75	5-14-78
M80 2:53.5	Harold Chapson (USA)	80	7-11-82
M85 3:29.42	Longino Perez (MEX)	85	11-29-87
M90 4:28.20	Alexander Pittendrich (AUS)	90	3-30-97

1500 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 3:47.64	Steve Scott (USA)	40	6-1-96
M45 3:58.3	Peter Molloy (GBR)	46	8-9-95
M50 4:05.2	Tom Roberts (AUS)	50	3-22-84
M55 4:12.5	Ron Robertson (NZL)	55	2-9-97
M60 4:28.66	Derek Turnbull (NZL)	62	8-5-89
M65 4:39.87	Simon Herlaar (HOL)	65	7-16-94
M70 4:57.65	Simon Herlaar (HOL)	70	8-28-99
M75 5:22.7	Yoshiaki Miyuchi (JPN)	75	10-24-99
M80 6:04.28	Ed Benham (USA)	80	12-5-87
M85 7:03.38	Longino Perez (MEX)	85	12-5-87
M90 9:23.24	John Farrell (USA)	90	8-7-99
M95 13:53.8	Herb Kirk (USA)	95	10-6-90

ONE MILE

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 4:02.53	David Moorcroft (GBR)	40	6-19-93
M45 4:16.75	David Sirl (NZL)	45	12-6-87
M50 4:30.06	Tom Roberts (AUS)	53	12-6-87
M55 4:40.4	Jack Ryan (AUS)	55	12-15-77
M60 4:54.07	Joop Ruter (HOL)	60	8-1-93
M65 4:56.4	Derek Turnbull (NZL)	65	2-29-92
M70 5:23.50	Siem Herlaar (HOL)	70	7-16-99
M75 5:57.2	Scotty Carter (USA)	75	7-12-92
M80 8:07.1	Paul Spangler (USA)	81	6-7-80
M85 8:04.7	Josef Galia (GER)	87	9-4-85
M90 13:43.6	Herb Kirk (USA)	90	8-18-86
M95 14:48.2	Herb Kirk (USA)	95	10-6-90

3000 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 8:05.08	Martti Vainio (FIN)	40	6-12-91
M45 8:27.7	Nigel Gates (GBR)	45	8-19-98
M50 8:53.7	Josef Kurz (FRG)	50	5-16-89
M55 8:57.28	Ron Robertson (NZL)	55	2-8-97
M60 9:36.5	Siem Herlaar (HOL)	61	8-31-90
M65 9:47.4	Derek Turnbull (NZL)	65	2-8-92
M70 10:42.40	Siem Herlaar (HOL)	70	7-2-99
M75 12:04.0	Scotty Carter (USA)	75	6-28-92
M80 13:12.6	Ed Benham (USA)	80	4-29-80
M85 16:32.0	Paul Spangler (USA)	85	5-4-84
M90 20:08.4	Paul Spangler (USA)	90	9-16-89

5000 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 13:45.6	Lucien Rault (FRA)	40	5-21-76
M45 14:23.6	Lucien Rault (FRA)	46	6-19-82
M50 14:55.60	Antonio Villanueva (MEX)	51	7-25-91
M55 15:41.72	Ron Robertson (NZL)	55	2-15-97
M60 16:24.0	Stephen James (USA)	60	6-6-98
M65 16:38.8	Derek Turnbull (NZL)	65	3-13-92
M70 18:34.61	Derek Turnbull (NZL)	70	7-23-97

M75 20:00.13	James Todd (GBR)	75	7-23-97
M80 21:57.88	Edward Benham (USA)	81	8-6-88
M85 25:50.97	Yoshiharu Ueda (JPN)	85	9-16-94
M90 36:00.64	Alfred Althaus (GER)	93	7-23-97
M95 50:21.53	Herb Kirk (USA)	95	7-25-91

10,000 METERS

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 28:30.88	Martti Vainio (FIN)	40	6-25-91
M45 30:02.56	Antonio Villanueva (MEX)	45	11-29-87
M50 31:01.90	Ron Robertson (NZL)	50	7-23-91
M55 32:46.5	Ron Robertson (NZL)	55	3-16-97
M60 34:14.08	Luciano Acquarone (ITA)	60	7-20-91
M65 34:42.2	Derek Turnbull (NZL)	65	3-15-92
M70 38:23.69	Warren Utes (USA)	71	7-21-91
M75 42:03.4	David Morrison (GBR)	75	9-9-89
M80 44:29.4	Edward Benham (USA)	81	8-4-88
M85 54:23.0	Josef Galia (GER)	87	8-28-85
M90 71:40.78	Paul Spangler (USA)	90	7-29-89

ONE HOUR RUN

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 19:14.9	Josef Eychmans (BEL)	40	9-18-96
M45 18:86.2	Alain Mimoun (FRA)	45	3-20-66
M50 18:76.2	Alain Mimoun (FRA)	50	5-16-71
M55 17:26.1	Herman Pelis (HOL)	56	7-10-94
M60 16:85.4	John Gilmour (AUS)	60	10-21-79
M65 15:89.2	John Gilmour (AUS)	65	10-7-84
M70 15:47.4	John Gilmour (AUS)	70	6-21-89
M75 13:69.9	Edward Benham (USA)	75	4-9-83
M80 12:13.0	Paul Spangler (USA)	81	11-1-80
M85 10:08.8	Paul Spangler (USA)	85	11-18-84

STEPPLECHASE (3000m: 35-59,36"; 2000m: 60+,36")

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 8:41.5	Gaston Roelants (BEL)	40	7-6-77
M45 9:16.1	Nils Undersaker (NOR)	45	9-12-84
M50 9:38.8	Nils Undersaker (NOR)	50	6-10-89
M55 9:55.05	Ron Robertson (NZL)	56	7-27-97
M60 7:03.8	Maurice Morrell (GBR)	60	6-8-93
M65 7:53.00	John Eccles (NZL)	65	11-2-90
M70 8:38.17	Dan Bulkeley (USA)	71	8-5-88
M75 9:28.78	Dan Bulkeley (USA)	76	7-17-93
M80 11:11.20	Dan Bulkeley (USA)	80	6-28-97

STEPPLECHASE (2000m: 60+,30")

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 6:54.31	Alan Bradford (AUS)	60	8-7-99
M45 7:25.10	Francisco Vicente (POR)	65	9-19-98
M50 8:35.74	Martino Cuder (ITA)	70	9-19-98
M55 9:17.38	Solchi Tamori (JPN)	76	8-7-99
M60 10:52.46	Dan Bulkeley (USA)	82	8-27-99

HURDLES 110m: 35-59,42"; 40-49,39"; 100m: 50-59,36"; 60-69,33"; 80m: 70+,30"

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 14.24	Stan Druckery (USA)	40	7-30-89
M45 14.7y	Valbjorn Thorlaksson (ISL)	45	7-8-79
M50 13.57	Walt Butler (USA)	50	7-5-91
M55 14.49	Walt Butler (USA)	55	8-22-96
M60 14.74	Charles Miller (USA)	60	7-18-98
M65 16.30	Jack Greenwood (USA)	65	7-21-91
M70 13.2	Albertos Van Zyl (RSA)	70	10-10-92
M75 13.68	Melvin Larsen (USA)	75	8-29-99
M80 16.98	Mazumi Morita (JPN)	80	10-9-93
M85 18.06	Kizo Kimura (JPN)	85	8-18-96

LONG HURDLES (400m: 35-49,36"; 50-59,33"; 300m: 60+,30")

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 52.7	Stan Druckery (USA)	40	7-8-89
M45 55.18	Guido Mueller (GER)	47	8-1-86
M50 58.1	Jack Greenwood (USA)	50	7-3-76
M55 58.92	Guido Mueller (FRG)	56	7-16-95
M60 42.31	Guido Mueller (FRG)	60	8-1-99
M65 45.20	Jack Greenwood (USA)	65	7-25-91
M70 49.07	Earl Fee (CAN)	70	8-28-99
M75 55.33	Dan Bulkeley (USA)	77	10-2-94
M80 62.61	Dan Bulkeley (USA)	82	8-1-99
M85 89.11	Bob Boal (USA)	85	10-12-97

HIGH JUMP

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 2.11	Jim Barrineau (USA)	40	7-19-95
M45 2.00	Asko Pesonen (FIN)	45	9-3-88
M50 1.98	Thomas Zacharas (GER)	50	5-17-97
M55 1.83	Jaroslav Hanus (CZE)	55	9-13-98
M60 1.72	Phil Fehlen (USA)	63	7-4-98
M65 1.64	Jim Gilchrist (USA)	65	9-25-93
M70 1.52	Bud Held (USA)	70	11-8-97
M75 1.44	Esko Kolhonen (FIN)	75	8-4-89
M80 1.31	Esko Kolhonen (FIN)	80	7-16-94
M85 1.20	Kizo Kimura (JPN)	85	6-22-97
M90 1.04	Buell Crane (USA)	90	7-28-90

POLE VAULT

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 5.50	Larry Jesse (USA)	44	8-24-96
M45 5.10	Larry Jesse (USA)	45	8-10-97
M50 4.52	Jerry Cash (USA)	50	7-31-99
M55 4.26	Hans Lagerqvist (SWE)	56	8-24-96
M60 3.90	Herbert Schmidt (GER)	61	10-14-71
M65 3.77	Bob Morcom (USA)	65	8-3-86
M70 3.30	Herbert Schmidt (GER)	70	7-18-80
M75 2.95	William Bell (USA)	75	7-19-97
M80 2.51	Carol Johnston (USA)	80	6-20-92
M85 2.24	Carol Johnston (USA)	85	8-8-97

LONG JUMP

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 7.57	Hans Schicker (FRG)	41	7-16-89
M45 7.27	Tapani Taavitsainen (FIN)	46	8-21-90
M50 6.84	Tapani Taavitsainen (FIN)	50	6-18-94
M55 6.35	Stig Backlund (FIN)	55	7-21-95
M60 6.07	Tom Patsalis (USA)	60	7-10-82
M65 5.43	Hans Bitter (USA)	66	7-29-86
M70 5.19	Melvin Larsen (USA)	70	8-12-94
M75 4.78	Mazumi Morita (JPN)	75	7-30-88

M80 4.19	Mazumi Morita (JPN)	81	5-20-95
M85 3.75	Mazumi Morita (JPN)	85	7-26-98
M90 2.45	Hiroshi Aoyama (JPN)	90	6-13-99

TRIPLE JUMP

DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40 16.54	Ray Kimble (USA)	40	7-2-93
M45 14.18	Stig Backlund (FIN)	47	7-28-87
M50 13.55	Hermann Strauss (GER)	51	7-14-82
M55 13.85	Stig Backlund (FIN)	55	7-2-95
M60 12.33	Hermann Strauss (GER)	60	7-26-91
M65 12.33	Pericles Pinto (POR)	60	7-23-97
M70 11.94	Hermann Strauss (GER)	65	8-18-96
M75 10.41	Vaclav Bartl (SWE)	70	7-24-96
M80 10.05	Mazumi Morita (JPN)	75	7-31-88
M85 8.95	Mazumi Morita (JPN)	80	10-13-93
M90 7.91	Mazumi Morita (JPN)	85	7-26-98
M95 6.01	Hiroshi Aoyama (JPN)	90	6-27-99

SHOT PUT (35-49: 16"; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	21.41	Brian Oldfield(USA)	40	8-22-85
M45	20.77	Ivan Ivancic(YUG)	45	8-31-83
M50	18.45	Klaus Liedtke(GER)	50	7-20-91
M55	17.50	Klaus Liedtke(GER)	55	7-21-96
M60	17.22	Franz Ratzer(AUT)	60	6-26-99
M65	44.71	T. Von Wachenfeldt(SWE)	67	7-18-95
M70	14.77	Arnie Gaynor(USA)	70	7-10-98
M75	13.11	Erik Eriksson(FIN)	76	9- 4-99
M80	12.27	Ross Carter(USA)	80	6-25-94
M85	10.42	Ross Carter(USA)	85	6-19-99
M90	6.97	Buell Crane(USA)	90	6-20-90
M95	4.42	Tom Lane(USA)	97	5-23-92
M100	3.15	John Whittemore(USA)	100	4- 2-00

Continued from previous page

M55	5152	Klaus Liedtke(USA)	57	9-18-98
M60	5334	Wladyslaw Kowalczyk(GER)	61	9-19-98
M65	5230	Karl-Heinz Wendel(GER)	65	7-22-95
M70	4666	Ladislav Filip(USA)	70	8-21-98
M75	4582	Erik Eriksson(FIN)	75	8-6-99
M80	4787	Gerhard Schepe(USA)	82	10-16-93
M85	4104	Kashmir Gassman(SUI)	85	8-6-99
M90	2225	Everett Hosack(USA)	93	7-22-95

Women's World Five-Year Age-Group Records

100 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	10.74	Marlene Ottey(JAM)	36	9-9-96
W40	11.99	Zdenka Mosika(CZE)	40	7-20-97
W45	12.50	Phil Raschker(USA)	48	9-2-95
W50	12.5	Maevie Kyle(GBR)	45	1-21-74
W55	12.5	Wendy Ey(AUS)	45	2-4-84
W60	12.50	Phil Raschker(USA)	50	5-17-97
W65	13.43	Brunhilde Hoffmann(GER)	56	9-12-95
W70	13.9	Shirley Peterson(NZL)	60	2-25-89
W75	14.29	Irene Obera(USA)	65	7-31-99
W80	15.33	Paula Schneiderhan(GER)	72	9-25-94
W85	16.12	Paula Schneiderhan(GER)	75	7-20-97
W90	p15.91	Paula Schneiderhan(GER)	75	9-6-97
W95	18.42	Hanna Gelbrich(GER)	80	10-15-93
W98	21.18	Nora Wedemo(SWE)	86	8-21-99

200 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	21.93	Marlene Ottey(JAM)	35	8-25-95
W40	24.84	Phil Raschker(USA)	42	8-3-89
W45	25.46	Phil Raschker(USA)	47	6-20-94
W50	25.72	Phil Raschker(USA)	50	7-23-97
W55	28.13	Brunhilde Hoffmann(GER)	56	7-26-96
W60	29.43	Corrie Roovers(HOL)	61	7-26-96
W65	30.46	Irene Obera(USA)	65	8-3-99
W70	32.24	Paula Schneiderhan(GER)	70	7-1-92
W75	34.40	Paula Schneiderhan(GER)	75	7-23-97
W80	41.11	Polly Clarke(USA)	82	8-15-92
W85	53.07	Nora Wedemo(SWE)	86	8-3-99

400 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	50.56	Aurelia Panton(CUB)	35	7-15-78
W40	53.68	Sara Montecinos(CHL)	40	3-20-94
W45	56.82	Mary Libal(USA)	45	7-22-95
W50	58.51	Marge Allison(AUS)	50	7-22-95
W55	64.50	Brunhilde Hoffmann(GER)	55	7-22-95
W60	67.80	Irene Obera(USA)	61	7-22-95
W65	73.71	Anna Mangler(GER)	65	8-5-89
W70	79.14	Anna Mangler(GER)	70	10-16-93
W75	88.42	Paula Schneiderhan(GER)	77	8-7-99
W80	1:40.45	Polly Clarke(USA)	80	8-3-90
W85	2:13.68	Rosario Iglesias(MEX)	86	7-26-97
W90	3:45.62	Bertha Holt(USA)	90	6-29-96

800 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	1:56.53	Lyubov Gurina(RUS)	36	7-30-94
W40	1:59.25	Yekatarina Podkopyayeva(URS)	42	6-30-94
W45	2:02.82	Yekatarina Podkopyayeva(URS)	46	6-26-98
W50	2:21.05	Barbara Lehmann(GER)	50	5-23-92
W55	2:22.47	Carolyn Oxton(GBR)	55	8-30-98
W60	2:36.94	Gerda Van Kooten(HOL)	60	8-3-99
W65	2:51.41	Jean Horne(CAN)	66	8-3-99
W70	3:10.72	Nina Naumenko(URS)	71	7-26-96
W75	3:32.98	Johanna Luther(GER)	75	8-1-89
W80	3:54.81	Johanna Luther(GER)	80	10-10-93
W85	5:00.58	Rosario Iglesias(MEX)	86	7-22-97

1500 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	3:57.73	Maricica Puica(ROM)	35	8-30-85
W40	3:59.78	Yekatarina Podkopyayeva(URS)	42	7-18-94
W45	4:05.44	Yekatarina Podkopyayeva(URS)	46	8-3-98
W50	4:43.10	Jutta Pedersen(SWE)	50	6-1-97
W55	4:57.4	Carolyn Oxton(GBR)	55	8-26-98
W60	5:24.72	Gerda Van Kooten(HOL)	60	8-7-99
W65	5:57.74	Melitta Czarwenka-Nagel(GER)	67	7-23-97
W70	6:14.52	Nina Naumenko(URS)	71	7-25-95
W75	7:06.13	Johanna Luther(GER)	77	7-27-91
W80	7:32.22	Johanna Luther(GER)	80	10-16-93
W85	10:33.40	Ivy Granstrom(CAN)	85	7-26-97

ONE MILE

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	4:17.33	Maricica Puica(ROM)	35	8-21-85
W40	4:23.78	Yekatarina Podkopyayeva(URS)	40	6-9-93
W45	4:48.42	Yekatarina Podkopyayeva(URS)	45	9-13-97
W50	5:24.6	Elaine Statham(GBR)	50	8-27-94
W55	5:32.7	Caroline Keijsers(HOL)	56	6-16-98
W60	6:09.38	Yvette Lavigne(USA)	60	5-28-00
W65	6:41.64	Rosamund Dashwood(CAN)	65	6-8-89
W70	7:26.0	Pat Dixon(USA)	70	6-24-89
W75	9:49.40	Ivy Granstrom(CAN)	80	5-31-92
W85	11:54.3	Ivy Granstrom(CAN)	86	6-27-98

3000 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	8:27.83	Maricica Puica(ROM)	35	9-7-85
W40	9:11.2	Joyce Smith(GBR)	40	4-30-78
W45	9:17.27	Yekatarina Podkopyayeva(URS)	45	6-22-97
W50	10:11.5	Jutta Pedersen(SWE)	50	9-16-97
W55	10:47.94	Edeltraud Pohl(GER)	55	8-29-91
W60	12:01.65	Denise Alfvoet(BEL)	60	5-16-96
W65	12:32.44	Melitta Czarwenka-Nagel(GER)	66	6-6-96
W70	13:50.8	Jose Waller(GBR)	70	10-4-92
W75	16:33.0	Berta Nielsch(GER)	77	8-13-86
W80	21:18.6y	Ivy Granstrom(CAN)	80	6-28-92
W85	24:08.62	Ivy Granstrom(CAN)	86	6-28-98

5000 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	15:11.28	Lynn Jennings(USA)	35	7-10-95
W40	15:51.7	Nicole Leveque(FRA)	43	6-12-94
W45	15:55.71	Nicole Leveque(FRA)	45	6-1-96
W50	17:17.02	Jutta Pedersen(SWE)	50	7-25-97
W55	18:32.5	Edeltraud Pohl(GER)	56	7-25-92
W60	19:14.8	Marion Irvine(USA)	60	10-19-89
W65	21:37.8	Joselyn Ross(GBR)	65	8-14-93
W70	23:21.2	Jose Waller(GBR)	70	10-4-92
W75	25:32.33	Johanna Luther(GER)	76	9-2-89
W80	28:32.67	Johanna Luther(GER)	80	10-11-93
W85	37:02.30	Matsue Nishiyama(JPN)	86	10-10-93

10,000 METERS

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	31:20.28	Ingrid Kristiansen(NOR)	35	7-9-91
W40	32:12.07	Nicole Leveque(FRA)	42	8-13-94
W45	32:34.06	Evy Palm(SWE)	46	9-4-88
W50	35:37.0	Valborg Ostberg(NOR)	50	7-26-81
W55	37:47.95	Edeltraud Pohl(GER)	55	5-6-92
W60	42:18	Jean Albury(AUS)	60	4-13-90
W65	44:20.9	Lieselotte Schultz(GER)	65	7-16-85
W70	48:10.98	Jose Waller(GBR)	71	7-18-93
W75	53:13.63	Johanna Luther(GER)	77	7-21-91
W80	58:40.03	Johanna Luther(GER)	80	10-7-93
W85	86:55.70	Ivy Granstrom(CAN)	86	7-3-98

2000 METER STEEPLECHASE (36")

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	7:05.76	Veronica Boder(GBR)	35	7-17-94
W40	7:47.56	Marjetje Coronio(RSA)	40	8-8-97
W45	7:38.08	Margaret Orman(NZL)	49	7-27-91
W50	7:43.99	Margaret Orman(NZL)	51	3-13-93
W55	8:13.4	Margaret Orman(NZL)	55	3-15-97
W60	10:29.91	Nan Little(NZL)	61	4-2-88

2000 METER STEEPLECHASE (30")

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	6:30.83	Leslie Lehane(USA)	35	7-31-98
W40	7:20.85	Teena Colebrook(GBR)	40	7-27-97
W45	7:44.53	Victoria Adams(NZL)	45	8-8-99
W50	7:58.78	Loris Reed(NZL)	52	1-22-00
W55	7:58.43	Margaret Orman(NZL)	55	7-27-97
W60	9:59.23	Sara Urrutia(PUR)	62	8-8-99
W65	10:30.07	Ana Tebes(ARG)	66	8-8-99
W70	12:19.45	Shirley Brasher(AUS)	72	8-8-99

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	12.47	Ludmila Enquist(SWE)	35	8-21-99
W40	11.66	Christine Muller(SWI)	40	9-16-98
W45	12.22	Phil Raschker(USA)	47	8-5-94
W50	12.68	Phil Raschker(USA)	50	7-20-97
W55	13.30	Corrie Roovers(HOL)	56	7-20-91
W60	p12.31	Helgi Lamp(EST)	55	7-17-99
W65	13.89	Corrie Roovers(HOL)	60	6-15-96
W70	18.91	Isabella Hofmeyr(RSA)	70	2-13-99
W75	27.89	Rosaline Sole(NZL)	75	7-21-91

SHORT HURDLES (70+: 80M, 27") BEST PERFORMANCE

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W70	17.72	Shirley Peterson(NZL)	71	2-26-00

LONG HURDLES (400m: 35-49, 30"; 50+: 50+, 30")

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	52.94	Marina Stepanova(URS)	36	9-17-86
W40	62.08	Maria Sangous Espina(ESP)	40	6-22-95
W45	64.09	Jan Hynes(AUS)	49	4-3-94
W50	47.01	Jan Hynes(AUS)	50	10-2-94
W55	52.11	Corrie Roovers(HOL)	56	7-25-91
W60	53.05	Corrie Roovers(HOL)	60	7-16-95
W65	65.67	Isabel Hofmeyr(RSA)	65	10-13-93
W70	68.82	Isabel Hofmeyr(RSA)	71	8-1-99

ONE HOUR RUN

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	16:52.1	Catharina Segers(BEL)	39	11-13-99
W40	15:84.4	Gerda Marie Dehaes(BEL)	43	10-4-96
W45	15:05.2	Greet Wernaar(NED)	51	9-16-93
W50	15:42.7	Betty Norrish(GBR)	57	3-30-88
W55	13:66.0	Denise Alfvoet(BEL)	60	10-5-96
W60	12:46.7	Berthilla De Preter(BEL)	67	10-4-96
W70	11:42.5	Berthilla De Preter(BEL)	70	10-1-99
W80	7:04.9	Mary Ames(USA)	84	7-11-87

HIGH JUMP

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	1.92	Y. Panikarovskikh(RUS)	36	7-4-96
W40	1.72	Debbie Brill(CAN)	44	8-9-97
W45	1.72	Carmen Karg(URS)	40	7-16-95
W50	1.76	Debbie Brill(CAN)	46	8-6-99
W55	1.55	Phil Raschker(USA)	50	5-25-97
W60	1.43	Taisija Tshentchik(URS)	55	7-23-91
W65	1.38	C. Schmalbruch(GBR)	60	8-15-97
W70	1.27	Leonore McDaniel(USA)	65	8-11-93
W75	1.22	Leonore McDaniel(USA)	70	5-9-98
W80	1.10	Helgi Pedel(CAN)	75	8-6-99
W85	0.93	Mary Bowermaster(USA)	82	8-28-99

POLE VAULT

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	4.22	Gabriella Mihalcea(ROM)	35	6-11-99
W40	3.40	Dawn Hartigan(AUS)	41	2-7-98
W45	3.38	Phil Raschker(USA)	47	5-17-94
W50	3.25	Phil Raschker(USA)	52	10-20-99
W55	2.56	Joy Macdonald(USA)	56	4-5-97
W60	2.36	Kimiko Nakamura(JPN)	60	8-23-98
W65	2.10	Leonore McDaniel(USA)	69	8-8-97
W70	2.16	Leonore McDaniel(USA)	70	8-10-98
W75	1.50	Margaret Hinton(USA)	75	8-21-96

LONG JUMP

DIV.	MARK	NAME (COUNTRY)	AGE	MEET DATE
W35	6.90	Vera Olenchenko (RUS)	37	6-14-96
W40	6.21	Franciska Janssen (NED)	40	7-7-85
W45	5.59	Karin Von Riewel (GER)	48	9-6-97
W50	5.40	Phil Raschker (USA)	50	4-13-97
W55	4.84	C. Schmalbruch (GER)	58	8-19-95
W60	4.75	C. Schmalbruch (GER)	60	7-19-97
W65	4.47	Paula Schneiderhan (GER)	66	12-1-87
W70	4.15	Paula Schneiderhan (GER)	72	6-6-94
W75	3.34	Paula Schneiderhan (GER)	75	7-19-97
	p 3.62	Paula Schneiderhan (GER)	76	9-11-98
W80	2.78	Mary Bowermaster (USA)	81	8-21-98
W85	2.19	Ruth Thrift (AUS)	86	3-28-99

U.S.A. T&F OUTDOOR AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC & USATF
Masters T&F Committee through performances verified as of December 2, 2000

Men's USA Five-Year Age-Group Records

100 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 10.3	Ruben Whitney (TX)	35	6-14-80
M40 10.87	Eddie Hart (CA)	40	7-30-89
M45 10.6n	Eddie Hart (CA)	40	9-11-89
M45 11.02	Stan Whitley (CA)	48	4-17-94
M45 11.0n	Thane Baker (TX)	48	6-14-80
M50 11.38	Stan Whitley (CA)	52	8-1-98
M50 11.2n	Ken Dennis (CA)	50	7-18-87
M55 11.66	Ralph Summerlin (AL)	56	7-14-90
M55 11.6n	Payton Jordan (CA)	58	6-23-73
M60 11.6n	Alfred Guidet (CA)	56	6-22-74
M60 11.8	Payton Jordan (CA)	61	5-27-78
M65 12.6	Payton Jordan (CA)	65	6-12-82
M70 12.91	Payton Jordan (CA)	74	6-22-91
M75 13.72	Payton Jordan (CA)	75	5-30-92
M80 14.35	Payton Jordan (CA)	80	5-10-97
M85 17.49	Frank Finger (VA)	85	8-12-00
M90 20.69	Buell Crane (ID)	90	7-27-90
M95 38.66	Everett Hosack (OH)	98	9-16-00

200 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 20.8	Delano Meriwether (US)	35	6-9-78
M40 21.86	Bill Collins (TX)	41	8-15-92
M45 22.30	Stan Whitley (CA)	46	6-20-92
M50 22.98	Stephen Robbins (CA)	53	6-30-96
M50 22.9n	Ken Dennis (CA)	50	7-18-87
M55 23.6	Alfred Guidet (CA)	55	6-24-73
M60 24.82	Larry Colbert (MD)	60	7-23-97
M65 26.05	James Law (NC)	67	10-10-93
M70 26.8	Payton Jordan (CA)	70	6-20-87
M75 28.14	Payton Jordan (CA)	75	6-20-92
M80 30.89	Payton Jordan (CA)	80	8-10-97
M85 37.40	Frank Finger (VA)	85	8-13-00
M90 42.78	Anthony Castro (CA)	90	9-18-99
M95 62.28	Herb Kirk (MT)	95	7-26-91

400 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 46.38	James King (CA)	35	5-25-84
M40 48.44	James King (CA)	40	8-5-89
M45 50.20	Fred Sowerby (NV)	45	8-12-94
M50 51.39	Fred Sowerby (NV)	50	8-27-99
M55 53.32	Dave Walter (WA)	55	7-1-00
M60 55.99	Larry Colbert (MD)	62	8-7-99
M65 58.79	Jim Law (NC)	65	7-5-91
M70 62.2	John Alexander (TX)	70	9-24-89
M75 68.5	Josiah Packard (CA)	75	6-23-79
M80 75.4	Harold Chapson (HI)	80	7-9-83
M85 93.59	Russell Randall (CO)	86	8-12-93
M90 2:00.2	Paul Spangler (CA)	90	9-16-89
M95 3:53.10	Everett Hosack (OH)	98	9-16-00

800 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 1:43.36	Johnny Gray (CA)	35	8-16-95
M40 1:52.5	Ken Popejoy (IL)	40	5-31-91
M45 1:52.42	Johnny Gray (CA)	40	6-24-00
M45 1:56.27	Don Parker (CA)	47	5-12-90
M50 1:58.65	Nolan Shaheed (CA)	50	5-13-00
M55 2:08.7	Vic Heckler (IL)	55	6-18-98
M60 2:12.71	Sidney Howard (NJ)	60	8-2-99
M65 2:25.3	Frank Finger (VA)	65	7-5-80
M70 2:27.57	James Lytjen (CA)	70	7-23-91
M75 2:40.0	Harold Chapson (HI)	75	5-14-78
M80 2:53.5	Harold Chapson (HI)	80	7-11-82
M85 3:28.15	Alfred Funk (MT)	86	8-12-00
M90 4:39.59	Paul Spangler (CA)	90	6-10-89
M95 6:02.94	Herb Kirk (MT)	95	7-23-91

1500 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 3:40.83	Steve Scott (CA)	35	6-14-91
M40 3:53.18	Larry Alberg (WA)	42	8-5-89
M45 4:00.53	Ken Sparks (OH)	45	4-24-90
M50 4:05.8	Ray Hatton (OR)	50	7-8-82
M55 4:24.8	Vic Heckler (IL)	55	8-17-97
M60 4:32.09	Jim Sutton (PA)	60	7-27-91
M65 4:56.31	Joe King (CA)	65	7-27-91
M70 5:14.97	James Lytjen (CA)	70	7-28-92
M75 5:28.5	Scotty Carter (MA)	75	6-28-92
M80 6:04.28	Ed Benham (MD)	80	12-5-87
M85 7:19.80	Alfred Funk (MT)	86	8-13-00
M90 9:25.2	Alfred Funk (MT)	85	7-18-99
M95 13:53.8	Paul Spangler (CA)	90	6-10-89
	Herb Kirk (MT)	95	10-6-90

ONE MILE

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 3:54.13	Steve Scott (CA)	35	7-1-91
M40 4:12.24	Larry Alberg (WA)	43	4-28-90
M45 4:18.83	Ken Sparks (OH)	45	4-24-90
M50 4:27.9	Nolan Shaheed (CA)	50	2-12-00
M55 4:45.6	Vic Heckler (IL)	55	8-17-97
M60 4:58.2	Jim Sutton (PA)	60	8-17-91
M65 5:22	Monty Montgomery (CA)	65	4-8-72
M70 5:42.2	Monty Montgomery (CA)	70	7-9-77
M75 5:57.2	Scotty Carter (MA)	75	7-12-92
M80 8:07.1	Paul Spangler (CA)	81	6-7-80
M85 12:23.6	Herb Kirk (MT)	87	8-26-83
M90 13:43.6	Herb Kirk (MT)	90	8-18-86
M95 14:48.2	Herb Kirk (MT)	95	10-6-90

3000 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 7:56.69	Steve Scott (CA)	35	5-25-91
M40 8:43.7	Web Loudat (NM)	40	6-13-87
M45 9:06.6	Kirk Randall (MA)	45	6-13-87
M50 8:53.8	Ray Hatton (OR)	50	6-25-82
M55 9:37.88	Ray Hatton (OR)	56	6-26-88

M60 10:13.8	Don Gammie (OH)	60	8-10-91
M65 10:49.81	Paul Heltzman (KS)	67	6-28-98
M70 11:46.2	Harold Chapson (HI)	73	3-28-76
M75 12:04.0	Scotty Carter (MA)	75	6-28-92
M80 13:52.63	Ed Benham (MD)	82	5-4-90
M85 16:32.0	Paul Spangler (CA)	85	5-4-84
M90 20:08.4	Paul Spangler (CA)	90	9-16-89

5000 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 13:26.03	Steve Plasencia (US)	36	6-5-93
M40 14:45.70	William Krohn (US)	40	7-31-99
M45 15:12.25	Mike Manley (OR)	47	8-1-89
M50 15:41.67	Mike Heffernan (OR)	50	7-25-91
M55 16:27.1	James O'Neill (CA)	55	1-12-81
M60 17:19.0	Clive Davies (OR)	64	8-2-80
M65 18:07.04	Joe King (CA)	65	7-25-91
M70 18:43.61h	Warren Utes (IL)	70	7-23-91
M75 20:55.39	Alfred Funk (MT)	75	8-1-89
M80 21:57.89	Edward Benham (MD)	81	8-6-88
M85 25:47.54	Alfred Funk (MT)	86	8-10-00
M90 37:39.38	Paul Spangler (CA)	90	8-1-89
M95 50:23.53	Herb Kirk (MT)	95	7-25-91

10,000 METERS

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 28:02.41	Steve Plasencia (US)	36	6-18-93
M40 30:37.94	Craig Young (CO)	40	8-1-98
M45 31:48	Ray Hatton (OR)	45	6-11-77
M50 32:10.4	Ray Hatton (OR)	51	6-18-83
M55 33:00.66	Norman Green (PA)	57	7-29-89
M60 35:19.8	Clive Davies (OR)	63	8-19-78
M65 38:38.0	Norman Bright (WA)	66	8-3-76
M70 38:23.69	Warren Utes (IL)	70	7-20-91
M75 43:54.75	Edward Benham (MD)	75	9-25-83
M80 44:29.4	Edward Benham (MD)	81	8-4-88
M85 54:19.28	Alfred Funk (MT)	86	8-12-00
M90 71:40.78	Paul Spangler (CA)	90	7-29-89

ONE HOUR RUN

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 11:10.70	18.681 Ken Mueller (MA)	35	5-13-72
M40 11:74.0	18.379 Ray Hatton (OR)	44	8-7-76
M45 11:22.3	17.907 Hal Higdon (IN)	48	6-26-79
M50 10:13.35	17.314 Peter Mundle (CA)	50	10-1-78
M55 10:77.5	16.802 James O'Neill (CA)	56	8-4-81
M60 10:20.1	16.277 Clive Davies (OR)	61	8-7-76
M65 9:60.4	15.036 Norman Bright (WA)	65	6-13-75
M70 8:11.31	13.909 William Andberg (MD)	70	10-4-81
M75 8:33.5	13.181 Lou Gregory (FL)	75	12-17-77
M80 7:49.6	12.130 Paul Spangler (CA)	81	11-1-80
M85 6:47.2	10.088 Paul Spangler (CA)	85	11-18-84

STEEPLECHASE (36" BARRIERS) (35-59: 3000M; 60+: 2000M)

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 8:38.8	Mike Manley (OR)	38	- -80
M40 9:18.6	Hal Higdon (IN)	44	8-15-75
M45 9:39.0	Hal Higdon (IN)	46	8-11-77
M50 10:31.01	Faye Bradley (DC)	51	7-20-89
M55 10:59.2	Ken Carman (MI)	56	7-28-84
M60 7:40.10	Dave Stevenson (CA)	60	8-5-89
M65 8:09.9	Robert Culling (CA)	66	5-9-98
M70 8:38.17	Dan Bulkley (OR)	71	8-5-88
M75 9:28.78	Dan Bulkley (OR)	76	7-17-93
M80 11:11.20	Dan Bulkley (OR)	80	6-28-97

HURDLES: 110M: 35-39, 42"; 40-49, 39"; 100M: 50-59, 36";

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 13.26	Greg Foster (US)	36	7-22-94
M40 14.24	Stan Druckrey (WI)	40	7-30-89
M45 14.79	Tom Gilliard (GA)	45	7-23-95
M50 13.57	Walt Butler (CA)	50	7-5-91
M55 14.49	Walt Butler (CA)	55	8-22-96
M60 14.74	Charles Miller (TX)	60	7-18-98
M65 16.30	Jack Greenwood (CO)	65	7-21-91
M70 12.99	James Stoekey (MD)	70	5-13-00
M75 13.68	Hel Larsen (IA)	75	8-29-99
M80 17.20	Dan Bulkley (OR)	81	8-19-98
M85 20.74	Bob Boal (NC)	85	9-21-97

LONG HURDLES (400m: 35-49, 36"; 50-59, 33"; 300m: 60+, 30")

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 48.93	Nat Page (GA)	35	7-10-92
M40 52.76	James King (CA)	40	8-3-89
M45 52.7n	Stan Druckrey (WI)	40	7-8-89
M45 55.7	Jack Greenwood (KS)	46	8-24-72
M50 58.1	Jack Greenwood (KS)	50	7-3-76
M55 59.67	Courtland Gray (LA)	55	6-18-99
M60 43.49	Jack Greenwood (CO)	63	8-3-89
M65 45.20	Jack Greenwood (CO)	65	7-25-91
M70 50.22	James Stoekey (MD)	70	9-17-00
M75 55.33	Dan Bulkley (OR)	77	10-2-94
M80 62.61	Dan Bulkley (OR)	82	8-1-99

HIGH JUMP

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 7-0 3/4	2.15 Jim Barrineau (VA)	36	6-6-92
M40 6-11	2.11 Jim Barrineau (VA)	40	7-19-95
M45 6-6	1.98 Keith Nelson (CA)	45	5-20-00
M50 6-2	1.88 Herm Wyatt (CA)	51	8-20-83
M55 5-10 1/2	1.79 Herm Wyatt (CA)	55	5-23-87
M60 5-7 3/4	1.72 Phil Fehlen (CA)	63	7-4-98
M65 5-5 1/4	1.66 Phil Fehlen (CA)	65	8-12-00
M70 4-11 3/4	1.52 Bud Held (CA)	70	11-8-97
M75 4-4	1.32 Walter Dahlin (CA)	76	7-26-97
M80 4-0 1/4	1.37 Brady Walker (UT)	76	10-23-97
M85 3-8 1/2	1.22 Virgil McIntyre (AZ)	80	6-28-91
M90 3-5	1.13 Buell Crane (ID)	85	7-26-85
M95 3-5	1.04 Buell Crane (ID)	90	7-28-90

POLE VAULT

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 16-8	5.08 Gary Hunter (IN)	35	7-6-91
M40 18-0 1/2	5.50 Larry Jesse (TX)	44	7-24-96
M45 16-8 3/4	5.10 Larry Jesse (TX)	45	8-10-97

M50 15-0	4.57 Jerry Cash (OR)	51	7-8-00
M55 13-6 1/4	4.12 Richmond Morcom (PA)	55	8-4-76
M60 12-6	3.81 Terry Cannon (CA)	61	5-30-99
M65 12-4 1/2	3.77 Boo Morcom (PA)	65	8-3-86
M70 10-4 1/2	3.16 Boo Morcom (PA)	71	8-22-92
M75 9-8 1/4	2.95 William Bell (AR)	75	7-19-97
M80 8-3	2.51 Carol Johnston (CA)	80	6-20-92
M85 7-4 1/4	2.24 Carol Johnston (CA)	85	8-8-97

LONG JUMP

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 27-10 3/4	8.50 Larry Myricks (US)	35	6-15-91
M40 27-10 3/4	8.50 Carl Lewis (TX)	35	7-29-96
M40 24-4 3/4	7.43 Tom Chilton (TN)	40	3-24-78
M45 22-11	6.98 John Hartfield (TX)	46	6-7-91
M50 21-1	6.42 Shirley Davison (CA)	50	4-12-80
M55 20- 1/4	6.10 Tom Patsalis (CA)	59	7-18-81
M60 19-11	6.07 Tom Patsalis (CA)	60	7-10-82
M65 17-6 3/4	5.35 Dick Richards (CA)	65	8-27-99
M70 17-0 1/2	5.19 Melvin Larsen (IA)	70	8-12-94
M75 14-2 1/4	4.32 Ed Lukens (NY)	75	7-19-97
p15-0 3/4	4.59 Melvin Larsen (IA)	75	7-31-99
p14-5 1/4	4.40 Melvin Larsen (IA)	75	8-27-99
M80 12-9 1/4	3.89 Milton Silverstein (AZ)	80	8-11-00
M85 9-9	2.97 Clarence Tranter (CA)	85	8-11-00
M90 8-0 1/4	2.44 Buell Crane (ID)	90	4-21-90
M95 5-10	1.78 Collister Wheeler (OR)	95	7-22-90

Continued from previous page

SUPER WEIGHT (35-69: 560; 70+: 350)				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M55 29-9 1/2	9.08 Bob Backus(MA)	59	7-6-86	
M65 21-0	6.40 Len Olson(VT)	65	9-8-96	
M70 25-1 1/4	7.65 James York(CA)	71	12-21-84	
M75 22-9 1/4	6.94 James York(CA)	77	4-27-91	
M80 20-0 1/2	6.11 Gordon Powell(FL)	83	10-3-92	
M85 16-10 3/4	5.15 Leon Joslin(WA)	87	4-24-99	
M95 9-1 1/2	2.78 Everett Hosack(OH)	97	9-5-99	

DECATHLON (1994 NAVA AGE GRADED SCORING TABLES)				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 7280	Rex Harvey(IA)	35	6-20-82	
M40 7551	Stan Vagar(CA)	42	9-20-97	
M45 7780	Rex Harvey(IA)	45	7-18-91	
M50 8114	Gary Miller(CA)	51	7-27-89	
M55 8179	Dale Lance(OK)	57	7-14-95	
M60 8610	Phil Mulkey(GA)	60	10-7-93	
M65 7394	Denver Smith(OH)	67	9-11-93	
M70 7698	Richmond Morcom(PA)	70	6-23-91	
M75 6389	Claude Hills(PA)	77	7-27-89	
M80 3607	A. E. Pitcher(IN)	84	7-27-86	
M85 5565	Bob Boal(NC)	85	9-20-97	

PENTATHLON (1994 NAVA SCORING TABLES)				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 3577	Frank Reilly(CA)	39	6-20-87	
M40 3586	Michael Janusey(PA)	40	8-10-98	
M45 4038	Gary Miller(CA)	45	9-30-83	
M50 4283	Gary Miller(CA)	50	6-26-88	
M55 4104	Richmond Morcom(PA)	56	8-12-77	
M60 4026	John Alexander(CA)	61	5-8-81	
M65 4162	Richmond Morcom(PA)	66	6-20-87	
M70 3843	Richmond Morcom(PA)	70	7-4-91	
M75 3347	Milo Lightfoot(OH)	75	7-20-89	
M80 3410	Dan Bulkley(OR)	80	8-10-98	
M85 2472	Ken Carline(CA)	85	6-19-93	

WEIGHT PENTATHLON (1994 NAVA SCORING TABLES)				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 3802	Dean Crouser(OR)	38	8-21-98	
M40 3957	Ken Jansson(KS)	40	8-21-98	
M45 4044	Carl Wallin(NH)	46	12-7-87	
M50 4712	Tom Gage(MT)	52	7-22-95	
M55 4499	Richard Hotchkiss(CA)	56	7-22-95	
M60 4403	Wendell Palmer(TX)	63	7-22-95	
M65 4832	Bob D Ward(TX)	65	9-5-98	
M70 4666	Ladislav Filip(OR)	70	8-21-98	
M75 3302	Armando Ricciardi(NV)	77	7-26-97	
M80 2887	Eugene Bradford(US)	80	7-22-95	
M85 3134	John Pearce(TX)	85	8-24-96	
M90 2233	Everett Hosack(OH)	93	7-22-95	

2000 METER STEEPLECHASE (30" BARRIERS) BEST PERFORMANCES				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M60 8:15.87	Frank Haviland(NJ)	63	7-31-98	
p8:09.65	Joe Cordoro(NY)	61	8-27-99	
M65 8:19.63	Frank Haviland(NJ)	65	8-11-00	
M70 8:39.25	Gunner Linde(CA)	71	8-8-99	
M75 10:40.02	Avery Bryant(CA)	76	8-11-00	
M80 11:48.10	Dan Bulkley(OR)	82	8-8-99	
p10:52.46	Dan Bulkley(OR)	82	8-27-99	

Women's USA Five-Year Age-Group Records

100 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 11.07	Evelyn Ashford(US)	35	5-28-92	
M40 12.31	Phil Raschker(GA)	40	12-1-87	
M45 12.50	Phil Raschker(GA)	48	9-2-95	
M50 12.50	Phil Raschker(GA)	50	5-17-97	
M55 13.55	Kathy Jager(AZ)	56	7-31-99	
M60 13.91	Irene Obera(CA)	60	8-13-94	
M65 14.29	Irene Obera(CA)	65	7-31-99	
M70 16.15	Patricia Peterson(NY)	72	8-11-98	
M75 16.87	Polly Clarke(CO)	75	8-31-85	
M80 19.32	Polly Clarke(CO)	82	8-14-92	
M85 p34.7	Mary Ames(CA)	86	8-7-89	
M90 31.53	Zora Lux(WA)	90	6-10-95	

200 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 22.47	Evelyn Ashford(US)	35	8-13-92	
M40 24.84	Phil Raschker(GA)	42	8-3-89	
M45 25.56	Phil Raschker(GA)	47	6-20-94	
M50 25.72	Phil Raschker(GA)	50	7-23-97	
M55 28.48	Irene Obera(CA)	55	8-3-89	
M60 29.57	Irene Obera(CA)	63	7-23-97	
M65 30.46	Irene Obera(CA)	65	8-3-99	
M70 34.03	Patricia Peterson(NY)	72	8-2-98	
M75 35.93	Polly Clarke(CO)	75	8-31-85	
M80 41.11	Polly Clarke(CO)	82	8-15-92	
M85 p58.4	Anna Ward(MO)	85	6-2-90	
p2:02.81	Marilla Salisbury(CA)	85	8-13-93	
M90 70.99	Zora Lux(WA)	90	6-10-95	

400 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 56.8	Phil Raschker(GA)	36	6-25-83	
M40 57.49	Rose Monday(CA)	40	8-7-99	
M45 56.82	Mary Libal(OR)	45	7-22-95	
M50 61.89	Phil Raschker(GA)	50	7-26-97	
M55 65.29	Kimi Solvazi(CA)	55	4-8-95	
M60 67.80	Irene Obera(CA)	61	7-22-95	
M65 73.76	Irene Obera(CA)	65	8-7-99	
M70 82.52	Patricia Peterson(NY)	72	7-31-98	
M75 89.62	Polly Clarke(CO)	75	8-25-85	
M80 1:40.45	Polly Clarke(CO)	80	8-3-90	
M90 3:45.62	Bertha Holt(OR)	90	6-29-96	

800 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 2:02.83	Ruth Wysocki(CA)	35	5-23-92	
M40 2:09.85	Rose Monday(CA)	40	7-1-00	
M45 2:18.72	Dee Dee Grafius(CA)	48	7-12-97	
M50 2:25.29	Shirley Matson(CA)	51	8-15-92	
M55 2:30.53	Jane Arnold(CT)	55	6-8-96	
M60 2:40.58	Diane Palmason(WA)	62	8-18-00	
M65 2:58.62	Vicky Bigelow(CA)	65	9-17-00	
M70 3:20.71	Sumiye Leonard(CA)	70	8-13-98	
M75 3:37.19	Pearl Mehl(CO)	75	9-2-89	
M80 4:59.20	Pearl Mehl(CO)	80	8-13-94	
M85 p6:14.1	Mary Ames(CA)	85	9-3-88	

1500 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 4:07.08	Ruth Wysocki(CA)	38	8-9-95	
M40 4:38.73	Carol McLatchie(TX)	41	10-16-93	

M45 4:48.19	Joan Colman(CA)	45	8-5-89	
M50 4:57.44	Shirley Matson(CA)	51	8-16-92	
M55 5:14.2	Vicki Bigelow(CA)	56	6-13-92	
M60 5:32.8	Yvette LaVigne(CA)	60	5-7-00	
M65 5:58.61	Vicky Bigelow(CA)	65	9-16-00	
M70 6:42.17	Pat Dixon(OR)	70	6-30-89	
M75 7:42.30	Bess James(CA)	75	6-29-85	
M80 8:36.90	Anne Clarke(IL)	81	7-27-91	
M85 11:50.24	Mary Haines(CT)	85	8-7-99	

ONE MILE				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 4:26.10	Mary Slaney(OR)	38	4-26-97	
M40 4:54.0	Laurie Binder(CA)	43	8-8-91	
M45 5:21.5	Carol Flexer(WA)	46	7-19-89	
M50 5:29.39	Jeanne Hoagland(CA)	51	12-6-87	
M55 5:46.8	Shirley Matson(CA)	56	7-26-97	
M60 6:09.38	Yvette LaVigne(CA)	60	5-28-00	
M65 6:38.12	Vicky Bigelow(CA)	65	10-29-00	
M70 7:26.0	Pat Dixon(OR)	70	6-24-89	

3000 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 8:51.84	Francis Larrieu(TX)	35	9-11-88	
M40 9:59.0	Laurie Binder(CA)	40	7-30-88	
M45 10:19.4	Joan Ottaway(CA)	46	9-8-90	
M50 10:50.54	Joan Ottaway(CA)	50	5-13-94	
M55 11:05.2	Shirley Matson(CA)	55	9-8-96	
M60 12:25.6	Margaret Miller(CA)	60	7-23-86	
M65 13:15.6	Jaclyn Caselli(CA)	65	7-6-86	
M70 16:55.0	Jaclyn Caselli(CA)	74	9-2-95	
M75 17:37.2	Bess James(CA)	75	8-10-85	
M80 25:09.0	Mary Ames(CA)	84	5-30-87	
M85 p25:29.6	Mary Ames(CA)	85	4-30-88	

5000 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 15:15.2	Francis Larrieu(TX)	35	7-2-88	
M40 16:02.27	Carmen Troncoso(TX)	40	11-23-99	
M45 17:45.03	Joan Colman(CA)	45	8-4-89	
M50 17:25.6	Shirley Matson(CA)	50	9-26-91	
M55 18:43.65	Shirley Matson(CA)	55	8-23-96	
M60 19:14.8	Marion Irvine(CA)	60	10-19-89	
M65 22:41.8	Jaclyn Caselli(CA)	65	7-5-86	
M70 24:09.86	Toshiko D'Elia(NJ)	70	8-10-00	
M75 27:10.76	Algene Williams(IL)	75	7-25-91	
M80 30:21.85	Mavis Lindgren(CA)	80	8-16-87	
M85 p41:56.2	Mary Ames(CA)	85	4-30-88	

10,000 METERS				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 31:28.92	Francis Larrieu(TX)	38	4-4-91	
M40 35:33.6	Judy Fox(CA)	40	8-15-81	
M45 38:10.89	Joan Colman(CA)	47	7-21-91	
M50 37:28.67	Shirley Matson(CA)	51	8-15-92	
M55 40:03.46	Shirley Matson(CA)	55	8-12-00	
M60 43:07.45	Eve Pell(CA)	60	8-9-97	
M65 47:09.40	Toshiko D'Elia(NJ)	65	7-18-95	
M70 49:39.15	Toshiko D'Elia(NJ)	70	8-12-00	
M75 56:59.33	Algene Williams(IL)	75	7-21-91	
M80 79:25.20	Mary Haines(CT)	81	7-18-95	
M85 1:46:57.50	Mary Haines(CT)	85	8-3-99	

ONE HOUR RUN				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 9-11:24	15.512 Marilyn Paul(OR)	36	7-20-74	
M40 9-11:97	15.579 Linda Sippelle(DC)	43	7-29-78	
M45 9-37:6	14.828 Marilyn Harbin(CA)	45	3-26-83	
M50 8-13:55	14.114 Nicki Hobson(CA)	50	8-4-81	
M55 7-10:21	12.199 Marcie Trent(AK)	58	7-18-76	
M60 8-10	12.884 Marcie Trent(AK)	61	7-28-79	
M65 5-11:94	9.139 Edna Berg(MT)	67	2-5-83	
M70 6-52	9.704 Alice Werbel(CA)	70	9-14-86	
M75 4-1:67	6.590 Marilla Salisbury(CA)	76	6-7-84	

2000 METER STEEPLECHASE (36" BARRIERS)				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 7:55.84	Marilyn Brandt(NY)	37	6-1-96	
M40 8:12.83	Suzanne Moulton(GA)	42	8-5-89	
M45 7:45.96	Joan Colman(CA)	45	8-5-89	
M50 8:15.03	Joan Ottaway(CA)	51	7-7-95	
M55 9:39.15	Madeline Bost(NJ)	57	8-22-96	

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 13.77	Jane Frederick(CA)	35	8-31-87	
M40 11.78	Deby Swezey(CA)	40	8-12-93	
M45 12.22	Phil Raschker(GA)	47	8-5-94	
M50 12.69	Phil Raschker(GA)	50	7-20-97	
M55 15.25	Christel Miller(CA)	55	8-5-90	
M60 16.45	Betty Vosburgh(GA)	60	7-21-91	
M65 19.12	Johnnye Valien(TX)	68	10-11-93	
M70 20.08	Johnnye Valien(TX)	71	8-22-96	
M75 21.11	Johnnye Valien(TX)	75	8-18-00	

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")				
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
M35 64.12	Joy Margerum(HI)	35	8-23-96	
M40 65.03	Phil Raschker(GA)	40	12-5-87	
M45 71.20	Pamela Calvert(MO)	45	7-6-91	
M50 49.20	Phil Raschker(GA)	50	7-20-97	
M55 59.82	Betty Vosburgh(GA)	59	5-4-91	
M60 56.80	Betty Vosburgh(GA)	60	7-5-91	
M65 70.54	Leonore McDaniels(VA)	65	5-1-93	
M70 76.50	Leonore McDaniels(VA)	70	8-1-98	

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Continued from previous page

Men's World Masters Relay Bests (as of March 1, 2001)

4x100

40-49	42.79	USA	(Austin, Collins, Mitchell, Hartfield)
50-59	45.04	USA	(Fields, Bell, Jones, Robbins)
60-69	48.17	GER	(Radke, Tomme, Gasper, Russ)
70-79	54.69	USA	(Larsen, Melville, Brown, Sochor)
80-89	65.75	JPN	(Morita, Okazaki, Tateishi, Suda)

4x200

40-49	1:29.85	USA	(Austin, Hartfield, Mitchell, Collins)
50-59	1:40.33	USA	(Russell, Kopka, Pierce, Stevens)
60-69	1:45.23	USA	(L. Smith, R. Smith, Hartfield, Mitchell)
70-79	1:58.44	USA	(Tolson, Mollier, Sims, Richards)

4x400

40-49	3:21.54	USA	(Thiel, Brinker, Tucker, King)
50-59	3:35.88	USA	(Steffes, Mathis, Adamson, Colbert)
60-69	3:53.87	USA	(Adamson, Stewart, Johnson, Colbert)
70-79	4:35.07	USA	(Bloomfield, Jordan, Spanseler, Weinacht)
80-89	6:00.03	JPN	(Miura, Aiki, Yabe, Watanabe)

4x800

40-49	8:02.12	USA	(LeBourne, Nearman, Serafini, Dalton)
50-59	8:45.88	USA	(Duffy, Franklin, Thomas, McMillan)
60-69	9:33.95	NOL	(Majoor, Ravensbergen, Zethof, Herlaar)
70-79	11:09.87	USA	(Selby, Escobson, Linde, Bryant)

4x1600

40-49	18:22.6y	USA	(Franklin, Thomas, Barnett, Hampton)
50-59	18:08.5	GBR	(Molloy, Bedwell, Wilcock, McClellan)
60-69	18:11.9	GBR	(Grant, Molloy, O'Dell, Hancock)
70-79	19:43.4	USA	(Ruona, Williams, Lyons, Porteous)
80-89	22:32.9	USA	(Hoel, Antonides, Poole, Chappell)
90-99	27:50.5	USA	(Pickett, Lindquist, Mehler, Piva)

SPRT MED

40-49	3:36.1	USA	(Knocke, Edens, Smith, Cohen)
50-59	3:58.16	BRC	(Pierce, Russell, Kopka, Stevens)
60-69	4:28.4	USA	(Lee, Rieke, Badinger, Wimberly)
70-79	4:52.34	USA	(Sochor, Maldonado, Melville, Brown)

DIST MED

40-49	10:34.6	USA	(Stevens, Pierce, Frye, Morton)
50-59	11:39.2	USA	(Duffy, Mason, Thomas, Franklin)
60-69	13:17.0	USA	(Hoel, Saucedo, Antonides, Misner)
70-79	16:08.9	USA	(Messenger, Manno, Madia, McManus)

4x1500

40-49	16:59.10	USA	(Munt, Randall, Koningh, Scott)
50-59	16:41.0	GBR	(Grant, Molloy, Bedwell, Wilcock)
60-69	21:11.2	USA	(Hoel, Antonides, Poole, Chappell)

Women's World Masters Relay Bests (as of March 1, 2001)

4x100

35-39	48.63	FRA	(Desmier, Sulter, Andreas, Apavou)
40-49	50.07	GER	(Hornedel, Fritzsche, Heitmann, Moritz)
50-59	54.45	GER	(Meier, Bayha, Geraldine, Hees)
60-69	53.39	USA	(Tucker, Hill, Hill-Hudgins, Raschker)
70-79	55.77	GER	(Schmalbrucht, Reichert, Hoffman, Hoffman)
80-89	66.72	GER	(Lorenz, Schneiderhan, Haule, Mangler)

4x200

35-39	3:50.80	GER	(Mitchell, Mathews, Beadhall, Gabriel)
40-49	3:58.70	USA	(Foreman, Thompson, Board, Libal)
50-59	4:28.52	GBR	(Priestman, Waters, Robson, Carey)
60-69	5:06.40	GBR	(Fraser, Jones, Mullis, Holmes)
70-79	6:33.91	USA	(Valien, Smalley, Friedman, Peterson)

4x400

35-39	9:37.29	NOL	(Van de Van, Pos, Ruyter, Verhoef)
40-49	10:14.2	USA	(Grafius, McHampton, Villar, Ogle)
50-59	11:25.8	USA	(Kerr, McCormick, Bigelow, Ottaway)

4x800

35-39	22:47.7	USA	(Powers, Patterson, Brianess, McCallister)
40-49	22:47.7	USA	(Powers, Patterson, Brianess, McCallister)

4x1500

35-39	22:47.7	USA	(Powers, Patterson, Brianess, McCallister)
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p = pending - missing birthdates, dates, etc.

Men's U.S. Masters Relay Bests (as of March 1, 2001)

4x100

40-49	42.79	HE	(Austin, Collins, Mitchell, Hartfield)
50-59	46.6y	WVTC	(Marlin, Lingle, Springbett, Sanchez)
60-69	45.04	USA	(Fields, Bell, Jones, Robbins)
70-79	50.9	CDM	(Morales, Jordan, Killian, Guidet)
80-89	48.51	USA	(Dennis, DougSmith, Sims, Tolson)
90-99	54.69	USA	(Larsen, Melville, Brown, Sochor)
100-109	77.37	USA	(Lum, Crane, Hosack, Pitcher)

4x200

40-49	1:29.85	HE	(Austin, Hartfield, Mitchell, Collins)
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50-59	2-92	Houston, TX
60-69	7-23-83	Los Gatos, CA
70-79	7-23-95	Buffalo, NY
80-89	6-24-78	Long Beach, CA
90-99	7-18-98	Lisle, IL
100-109	8-25-85	Indianapolis, IN

50-59	1-92	Houston, TX
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50-59	1:40.33	BAA	(Russell, Kopka, Pierce, Stevens)
60-69	1:45.23	HE	(L. Smith, R. Smith, Hartfield, Mitchell)
70-79	1:58.44	USA	(Tolson, Mollier, Sims, Richards)

4x400

40-49	3:25.40	PM	(Abayomi, Stanford, Burnett, Roberts)
50-59	3:21.54	USA	(Thiel, Brinker, Tucker, King)
60-69	3:44.15	WTC	(Peterman, Watley, Aiken, Allie)
70-79	3:35.88	USA	(Steffes, Mathis, Adamson, Colbert)
80-89	4:17.62	PMTC	(Kane, Mitt, Hoffman, Coy)
90-99	3:53.87	USA	(Adamson, Stewart, Johnson, Colbert)
100-109	4:35.07	USA	(Bloomfield, Jordan, Spanseler, Weinacht)

4x800

40-49	8:11.8	SCS	(Montenez, Knocke, Elliot, Cohen)
50-59	8:02.12	USA	(LeBourne, Nearman, Serafini, Dalton)
60-69	8:45.88	WVTC	(Duffy, Franklin, Thomas, McMillan)
70-79	10:32.8	SAC	(Haviland, Bernstein, Chase, MacDonald)
80-89	10:09.10	USA	(Stewart, Stevenson, Stevens, King)
90-99	11:46.91	WVJS	(Valles, Stewart, Jacques, King)
100-109	11:09.87	USA	(Selby, Escobson, Linde, Bryant)

4x1600

40-49	18:22.6y	WVTC	(Franklin, Thomas, Barnett, Hampton)
50-59	19:43.4	TR	(Ruona, Williams, Lyons, Porteous)
60-69	22:37.1	TR	(Moore, Meyer, Kiernan, Hollander)
70-79	22:32.9	USA	(Hoel, Antonides, Poole, Chappell)
80-89	27:50.5	TR	(Pickett, Lindquist, Mehler, Piva)

SPRT MED

40-49	3:36.1	SCS	(Knocke, Edens, Smith, Cohen)
50-59	3:58.16	BRC	(Pierce, Russell, Kopka, Stevens)
60-69	4:28.4	WVTC	(Lee, Rieke, Badinger, Wimberly)
70-79	4:52.34	WVTC	(Berghold, Saunders, Larsen, Madia)
80-89	4:52.34	USA	(Sochor, Maldonado, Melville, Brown)

DIST MED

40-49	10:34.6	BAA	(Stevens, Pierce, Frye, Morton)
50-59	11:39.2	WVTC	(Duffy, Mason, Thomas, Franklin)
60-69	13:17.0	WVJS	(Hoel, Saucedo, Antonides, Misner)
70-79	16:08.9	USA	(Messenger, Manno, Madia, McManus)

4x1500

40-49	16:59.10	USA	(Munt, Randall, Koningh, Scott)
50-59	21:11.2	USA	(Hoel, Antonides, Poole, Chappell)

p = pending - missing birthdates, dates, etc.

Note: Club records are listed before USA team records

CDM:	Corona Del Mar Track Club	SDTC:	San Diego Track Club
WVTC:	King of the Hill Track Club	WVTC:	West Valley Track Club
SCS:	Southern California Striders	PM:	Philadelphia Masters
BRC:	Boston Running Club	HE:	Houston Elite
BAA:	BAA Running Club	WVTC:	West Valley Track Club
WVTC:	Portland Masters Track Club	TR:	Tampa Runners
WVJS:	West Valley Joggers & Striders	SAC:	Shore Athletic Club
		NTC:	Nadia Track Club

Women's U.S. Masters Relay Bests (as of March 1, 2001)

4x400

35-39	50.28	USA	(Drumgole, Seeley, Thompson, Gilkey)
40-49	50.23	USA	(Keating, McClurg, Gilmore, Raschker)
50-59	53.39	USA	(Tucker, Hill, Hill-Hudgins, Raschker)
60-69	61.85	USA	(Barnes, Kerr, Miller, Obera)
70-79	70.59	USA	(Holland, Valien, Leonard, Peterson)

4x800

35-39	4:00.87	USA	(Murray, Berg, Gilkey, Seeley)
40-49	4:46.51	BRC	(Ryan, Tucker, Upton, Hearty)
50-59	3:58.70	USA	(Foreman, Thompson, Board, Libal)
60-69	4:36.85	USA	(Fitzgerald, Meadows, Hoagland, Obera)
70-79	5:14.94	USA	(Freeman, Hals, Kerr, Obera)
80-89	6:33.91	USA	(Valien, Smalley, Friedman, Peterson)

4x1600

35-39	9:58.48	LVL	(Archuleta, Jefferson, Hoppie, Ledbetter)
40-49	10:18.6	SDTC	(Pendleton, Olson, Lievers, Bache)
50-59	10:14.2	USA	(Grafius, McHampton, Villar, Ogle)
60-69	12:57.76	SDTC	(Murray, Madsen, Stock, Graf)
70-79	11:25.8	USA	(Kerr, McCormick, Bigelow, Ottaway)

4x1500

40-49	p22:47.7	TR	(Powers, Patterson, Brianess, McCallister)
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SPRT MED

35-39	4:40.55	SCTC	(Kealy, James, Barraza, Hell)
40-49	4:39.95	USA	(Iba, Freeman, Herring, Hell)
50-59	4:53.54	NYMC	(Pinto, Warren, Tucker, Searey)

p = pending - missing birthdates, dates, etc.

SDTC:	San Diego Track Club	LVL:	Las Vegas Lizards
NYMC:	New York Masters Club	BRC:	Boston Runners Club
TR:	Tampa Runners	SCTC:	So. Cal. Track Club

Note: For all categories:
(sprint med) sprint medley order is 400-200-200-800
(dist med) distance medley order is 800-400-1200-1600World Best Performances - Racewalk
(as of March 1, 2001)

Men

3000	11:16.38	D. SMITH	28 NOV 92	BRISBANE	AUS
M35	11:28.21	W. SAWALL	21 FEB 82	MELBOURNE	AUS
M45	12:06	G. LITTLE	23 NOV 91	AUCKLAND	NZL
M55	12:18	G. LITTLE	23 JAN 93	AUCKLAND	NZL
M65	13:00.00	G. LITTLE	29 NOV 97	WANGANNI	NZL
M75	14:16.0	M. DICKERSON	21 MAR 99	MELBOURNE	NZL
M85	15:12.9	G. CHARLIN	11 MAY 96	COVENTRY	GBR
M95	16:58.73	C. COLMAN	6 JUL 91	BIRMINGHAM	GBR
M105	16:19.5	J. GRIMWADE	12 JUL 87	CORBY	GBR
M115	17:41.4	J. GRIMWADE	20 MAR 93	COSGROVE	GBR
5000	18:30.43	M. DAMILANO	11 JUN 92	CASERTA	ITA
M40	19:45.65	W. SAWALL	31 MAR 84	MELBOURNE	AUS
M50	20:54.4	G. LITTLE	2 DEC 98	AUCKLAND	NZL
M60	21:01	G. LITTLE	16 FEB 92	AUCKLAND	NZL
M70	22:14.93	G. LITTLE	19 JAN 98	AUCKLAND	NZL
M80	24:07.71	G. WEDNER	22 JUL 95	BUFFALO	GER
M90	25:27.42	G. WEDNER	13 SEP 98	BUFFALO	GER
M100	27:02	T. DAINTRY	10 APR 82	SOLIHULL	GBR
M110	27:40	J. GRIMWADE	28 JUN 92	SOLIHULL	GBR
M120	29:24.1	J. GRIMWADE	7 JUL 92	SOLIHULL	GBR
M130	33:15.0	A. THEOBALD	10 APR 82	SOLIHULL	GBR
M140	35:10	A. THEOBALD	18 APR 87	MELBOURNE	AUS
10K	39:30	J. MARIN	3 JUN 89	CORUNA	ESP
M35	40:08	W. SAWALL	28 AUG 82	CORUNA	ESP
M45	42:18	W. SAWALL	2 APR 88	CORUNA	ESP
M55	42:20	G. LITTLE	16 FEB 92	CHRISTCHURCH	NZL
M65	43:59.8	A. L. A. S. KALINS	1 OCT 78	ALLKINS	URS
M75	47:48	C. BOMBA	2 SEP 84	ALLKINS	URS
M85	55:24	R. JONES	77	ALLKINS	URS
M95	54:17	T. DAINTRY	9 MAY 81	ALLKINS	URS
M105	55:01	J. GRIMWADE	27 SEP 87	WOLVERHAMPTON	GBR

M80	61:25.4	J.GRIMWADE	15 AUG 93	SOLIHULL	GBR
M85	82:44	G.CONWAY	8 JUL 90	NIAGARA	AUS
M90	77:52	G.THEOBALD			
20K					
M35	1:18:54	M.DAMILANO	6 JUN 92	CORUNA	ESP
M40	1:21:36	W.SAWALL	4 JUL 82	MELBOURNE	AUS
M45	1:25:03	W.SAWALL	27 AUG 88	CAMBERRA	AUS
M50	1:26:32	G.LITTLE	16 FEB 92	CHRISTCHURCH	NZL
M55	1:36:10	G.LITTLE	6 SEP 97	AUCKLAND	NZL
M60	1:37:46	G.WEDNER	28 MAR 93	SEELZE-LETTER	GER
M65	1:43:34	G.WEDNER	23 MAY 98	NAUMBURG	GER
M70	1:58:10	J.GRIMWADE	1 AUG 86	MALMO	GBR
M75	1:55:19	J.GRIMWADE	29 NOV 87	MELBOURNE	GBR
M80	2:04:49	J.GRIMWADE	20 JUN 92	SUTTON COLDFIELD	GBR
M85	2:26:07	A.THEOBALD	21 AUG 82		AUS
M90	2:34:01	A.THEOBALD	3 APR 87		
M95	2:48:19	P.RABINOWITZ	29 MAY 99	PORT ELIZABETH	USA
30K					
M40	2:10:26	J.MARIN	22 MAR 92	MANRESA	ESP
M45	2:18:41	G.LITTLE	12 OCT 91	NAPLES	NZL
M50	2:18:41	G.LITTLE	10 OCT 92	CAMBRIDGE	NZL
M55	2:33:43	G.LITTLE	29 MAR 98	KOBE	NZL
M60	2:48:45	B.CAUDRON	26 JUN 99	BRUGGE	FRA
M65	2:52:11	G.WEDNER	26 JUN 99	BRUGGE	FRA
M70	3:19:44	R.MINN	3 MAY 98	ALBANY	USA
M75	3:20:38	C.COLMAN	30 JUN 96	BRUGGE	GBR
M80	3:24:40	J.GRIMWADE	30 JUN 96	BRUGGE	GBR
50K					
M35	3:42:04	Y.YEVSYUKOV	3 AUG 85	LENINGRAD	URS
M40	3:49:06	J.MARIN	29 MAR 92	BADALONA	ESP
M45	4:00:49	G.WEDNER	19 APR 80		
M50	4:14:37	G.WEDNER	28 AUG 83		
M55	4:25:21	G.WEDNER	19 APR 92	BERLIN	GER
M60	4:23:29	G.WEDNER	23 MAY 93	KERPEN	GER
M65	5:32:55	L.CONE	7 APR 90	BASILDON	GBR
M70	5:33:21	C.COLMAN	5 MAY 91	PLYMOUTH	GBR
M75	5:39:21				

Continued from previous page

F80	78:26	M.LINDGREN	21 JUL 91	TURKU	SWE
F85	74:48	N.JEFFREYS	JUL 97	DURBIN	AUS
F90	92:41	N.JEFFREYS			AUS

ZOK					
F35	1:29:36	K.JUNNA-SAXBY	30 APR 00	NAUMBERG	AUS
F40	1:34:50	J.MCCAFFREY	13 AUG 00	VICTORIA, BC	CAN
F45	1:45:25	V.HERRIKLA	85		FIN
F50	1:49:17	M.WAEDER	30 JUN 96	BRUGGE	SUI
F55	1:53:45	M.SELER	30 JUN 96	BRUGGE	GER
F60	2:02:56	L.HATZ	21 AUG 99	CAPETOWN	RSA
F65	2:08:22	H.ROTHMAN	9 OCT 99	CAPETOWN	RSA
F70	2:27:57	MIRIAM GORDON	12 NOV 95	FT. LAUDERDALE	USA
F75	2:39:46	U.LHUNE	30 MAY 97	DEN HAAG	GER
F80	3:25:09	J.LUTHER	30 JUN 96	BRUGGE	GER

F35	5:01:52	L.MILLEN	16 APR 83	YORK	GBR
F40	4:50:51	S.BROWN	13 JUL 92	BASILDON	GBR
F45	4:56:27	S.BROWN	13 SEP 94	BASILDON	GBR
F50	5:28:58.81	S.BROWN	10 JUL 99	AUCKLAND	GBR
F55	5:56:47	M.HORNECKE	5 APR 97	BASILDON	ESP
F60	7:27:49	M.HENRY	21 FEB 88	DURHAM, NC	USA
F65	6:31:12	R.SCOTT	2 MAY 93	BURRATOR	GBR

USA Masters Racewalking Records (as of March 1, 2001)

Outdoor Records

Men - Track

3000 meters					
M35-39	11:26.7	Jonathan Matthews	San Francisco, CA	5/15/93	
M40-44	12:39.9	Steve Pecinovsky	Arlington, VA	5/31/98	
M50-54	12:58.9	Don DeHoon	Cerritos, CA	6/27/93	
M55-59	13:35.73	James Carmine	Alexandria, VA	9/3/00	
M60-64	15:56.2	Dave Romansky	New London, CT	10/16/99	
M65-69	17:41.83	Robert Fine	Miami, FL	9/7/97	
M70-74	17:59.80	Donald Gladding	Brisbane, AUS	9/27/94	

5000 meters					
M35-39	20:07.6	Jonathan Matthews	San Jose, CA	5/28/94	
M40-44	21:29.31	Ray Funkhouser	Philadelphia, PA	4/24/93	
M45-49	21:27.0	Larry Walker	Los Angeles, CA	6/18/88	
M50-54	22:02.3	Donald DeHoon	Cerritos, CA	6/27/93	
M55-59	23:29.51	Donald DeHoon	Orono, ME	7/31/98	
M60-64	24:11.9	Dave Romansky	Piscataway, NJ	6/6/98	
M65-69	26:01.93	Jack Bray	Orono, ME	7/31/98	
M70-74	29:05.46	Jack Starr	Orono, ME	7/31/98	
M75-79	31:14.00	Giulio DePetr	Eugene, OR	6/14/87	
M80-84	34:44.0	Byron Fike	Indianapolis, IN	8/2/90	
M85-89	38:38.77	John Henne	Buffalo, NY	7/21/95	
M90-94	43:51.0	Paul Spangler	Eugene, OR	8/5/89	

10,000 meters					
M35-39	41:59.91	Jonathan Matthews	Philadelphia, PA	4/30/94	
M40-44	43:46.12	Ray Funkhouser	Philadelphia, PA	4/24/93	
M45-49	47:30.17	Gary Null	Philadelphia, PA	4/24/93	
M50-54	45:03.4	Donald DeHoon	Philadelphia, PA	7/10/94	
M55-59	49:52.89	James Carmine	Philadelphia, PA	4/24/99	
M60-64	49:41.48	Dave Romansky	Philadelphia, PA	4/25/98	
M70-74	63:50.0	Jack Starr	Alexandria, VA	9/5/98	

15,000 meters					
M35-39	1:14:15.9	Steve Pecinovsky	Edwardsville, IL	7/10/94	
M40-44	1:10:50.3	Wernick Yeager	Alexandria, VA	11/7/98	
M45-49	1:18:12.2	Stan Chraminski	Seattle, WA	10/29/89	
M50-54	1:08:54.1	Donald DeHoon	Edwardsville, IL	7/10/94	
M55-59	1:17:49.7	James Carmine	New London, CT	10/16/99	
M60-64	1:21:43.0	Dave Romansky	Alexandria, VA	11/7/98	
M65-69	1:47:34.8	William Matthews	Atlanta, GA	10/15/95	
M70-74	1:38:59.0	Jack Starr	Alexandria, VA	9/2/00	

20,000 meters					
M35-39	1:27:52.85	Jonathan Matthews	Edwardsville, IL	7/10/94	
M40-44	1:32:26.0	Ian Whitley	Ocean City, OR	5/6/00	
M45-49	1:47:11.5	Brian Savillon	Cambridge, MA	10/11/96	
M50-54	1:33:28.0	Don DeHoon	Edwardsville, IL	7/9/94	
M55-59	1:51:07.9	James Carmine	New London, CT	10/16/99	
M60-64	1:51:17.6	Dave Romansky	New London, CT	10/16/99	
M65-69	2:03:45.0	Jack Starr	Alexandria, VA	11/3/96	

30,000 meters					
M40-44	2:45:54	Stan Chraminski	Bellevue, WA	9/7/91	
M45-49	2:46:27.2	Robert Keating	Alexandria, VA	11/11/95	
M50-54	2:48:12.8	James Carmine	Alexandria, VA	11/11/95	
M55-59	2:52:51.4	James Carmine	Chula Vista, CA	1/23/00	

40,000 meters					
M40-44	3:58:49	Stan Chraminski	Seattle, WA	10/29/89	
M45-49	3:50:00.1	Robert Keating	Alexandria, VA	11/11/95	
M50-54	3:56:27	Ray McInnes	Durham, NC	2/25/90	
M55-59	3:54:40.0p	Bob Keating	Springfield, OH	10/31/99	
M60-64	5:05:08.0p	Jack Blackburn	Springfield, OH	10/31/99	

50,000 meters					
M40-44	5:03:10	Stan Chraminski	Bellevue, WA	10/29/89	
M45-49	4:48:39.7	Robert Keating	Alexandria, VA	11/11/95	

One Hour					
M35-39	14:05.8 meters	Jonathan Matthews	Los Altos Hills, CA	11/14/93	
M40-44	12:57.1 meters	Robert Keating	Cambridge, MA	10/20/91	
M45-49	13:36.7 meters p	Ian Whitley	Greenville, SC	11/18/00	
M50-54	12:77.3 meters	Robert Keating	Cambridge, MA	10/18/92	
M55-59	12:16.4 meters	James Carmine	Alexandria, VA	11/8/97	
M60-64	11:70.2 meters	Dave Romansky	Alexandria, VA	11/8/97	
M65-69	11:49.4 meters	Dave Romansky	Worcester, MA	10/4/98	
M70-74	10:46.6 meters	Robert Mimm	Cambridge, MA	10/4/98	
M75-79	10:19.9 meters	Jack Starr	Cambridge, MA	10/4/98	
M80-84	8:69.5 meters	Tim Dyes	Cambridge, MA	10/11/96	
M85-89	7:67.3 meters	Tim Dyes	Worcester, MA	10/1/00	
M90-94	6:94.7 meters	George Conway	Cambridge, MA	10/20/91	
M95-99	6:79.7 meters	George Conway	Cambridge, MA	10/3/93	

Men - Road

SK					
M35-39	20:12	Jonathan Matthews	Kingsport, TN	9/17/94	
M40-44	20:45	Jonathan Matthews	Kingsport, TN	9/14/96	
M45-49	22:25	Robert Keating	Hamden, CT	10/4/92	
M50-54	21:41	Don DeHoon	Kingsport, TN	9/18/93	
M55-59	23:32	Don DeHoon	Kingsport, TN	9/12/98	
M60-64	25:39	Dave Romansky	Kingsport, TN	9/12/98	
M65-69	25:28p	Dave Romansky	Kingsport, TN	9/25/99	
M70-74	27:53	Robert Mimm	Hamden, CT	10/4/92	
M75-79	32:24	William Flick	Wilkes-Barre, PA	8/25/96	
M80-84	35:30	Cokey Daman	Kingsport, TN	9/18/94	
M85-89	36:48	Kurt Strauss	Liverpool, NY	7/1/91	
M90-94		Sam Gidless	Lake Worth, FL	3/28/92	

10K					
M35-39	42:31	Jonathan Matthews	Palo Alto, CA	5/23/93	
M40-44	42:44	Jonathan Matthews	Eugene, OR	6/27/99	
M45-49	45:00	Larry Walker	Walnut, CA	4/22/90	
M50-54	45:00	Don DeHoon	Niagara Falls, NY	7/16/94	
M55-59	45:00	James Carmine	Niagara Falls, NY	7/13/98	
M60-64	50:05	Dave Romansky	Niagara Falls, NY	7/13/98	

M65-69	54:04	Max Green	Niagara Falls, NY	7/13/98	
M70-74	59:21	Bill Flick	Niagara Falls, NY	5/19/96	
M75-79	1:06:48	William Tallmadge	Niagara Falls, NY	7/13/91	
M80-84	1:12:25	Bill Tallmadge	Niagara Falls, NY	5/19/96	
M85-89	1:22:44	George Conway	Niagara Falls, NY	7/7/90	
M90-94	1:29:56	George Conway	Niagara Falls, NY	7/10/93	

15K					
M35-39	1:03:51	Jonathan Matthews	Palo Alto, CA	5/23/93	
M40-44	1:04:02	Jonathan Matthews	Eugene, OR	6/27/99	
M45-49	1:10:57	Larry Walker	Long Beach, CA	4/30/89	
M50-54	1:14:41	Jim Carmine	Elk Grove, IL	5/24/98	
M55-59	1:14:44	Don DeHoon	Elk Grove, IL	5/23/99	
M60-64	1:21:16	Max Green	Elk Grove, IL	5/24/98	
M65-69	1:24:26	Max Green	Elk Grove, IL	5/24/98	
M70-74	1:32:46	Bob Mimm	Riverside, CA	5/17/98	
M75-79	1:40:45	Giulio dePetr	Eugene, OR	8/16/87	
M80-84	1:52:22	Tony Perona	Nonwilk, CA	5/27/90	
M85-89	2:09:18	Tony Perona	Riverside, CA	5/21/95	

20K					
M35-39	1:24:56	Jonathan Matthews	Palo Alto, CA	5/23/93	
M40-44	1:24:50	Jonathan Matthews	Eugene, OR	6/27/99	
M45-49	1:32:21	Don DeHoon	Washington, DC	3/28/93	
M50-54	1:33:38	Don DeHoon	Washington, DC	3/27/94	
M55-59	1:43:09	James Carmine	Orono, ME	8/2/98	
M60-64	1:48:20	Dave Romansky	Orono, ME	8/2/98	
M65-69	1:52:44	Max Green	Orono, ME	8/2/98	
M70-74	2:06:34	William Flick	San Jose, CA	8/10/97	
M75-79	2:14:01	Giulio dePetr	Provo, UT	8/16/87	
M80-84	2:30:00	Giulio dePetr	Eugene, OR	8/13/00	
M85-89	3:01:01	Bill Patterson	Eugene, OR	8/13/00	

25K					
M40-44	2:01:57	Jonathan Matthews	Palo Alto, CA	2/16/97	
M45-49	2:09:36	Eugene Kitts	Palo Alto, CA	1/8/95	
M50-54	2:17:01	Max Green	Overland Park, KS	4/6/86	
M55-59	2:17:23	Edward Whiteman	Albany, NY	5/21/95	
M60-64	2:19:20	Dave Romansky	Albany, NY	5/3/98	
M65-69	2:42:01	Robert Mimm	Lincroft, NJ	9/18/90	
M70-74	2:39:15	Robert Mimm	Albany, NY	5/21/95	
M75-79	3:10:56	Harry Drazin	Atlanta, GA	3/5/89	

30K					
M35-39	2:26:12	Jonathan Matthews	Palo Alto, CA	2/14/93	
M40-44	2:26:26	Jonathan Matthews	Palo Alto, CA	2/16/97	
M45-49	2:35:29	Eugene Kitts	Palo Alto, CA	1/8/95	
M50-54	2:47:35	Ed Whiteman	Atlanta, GA	10/31/93	
M55-59	2:50:29	Dave Romansky	Albany, NY	10/9/95	
M60-64	2:50:32	Dave Romansky	Albany, NY	5/3/98	
M65-69	2:59:12	Max Green	Albany, NY	5/3/98	
M70-74	3:19:44	Robert Mimm	Albany, NY	5/3/98	
M75-79	3:46:22	Harry Drazin	East Meadow, NY	10/16/88	
M80-84	4:17:34p	Herb Appel	Fl. Monmouth, NJ	9/19/99	

40K					
M35-39	3:14:03	Jonathan Matthews	Palo Alto, CA	2/14/93	
M40-44	3:17:12	Jonathan Matthews	Palo Alto, CA	2/16/97	
M45-49	3:29:31	Eugene Kitts	Palo Alto, CA	1/8/95	
M50-54	3:54:24	Ray McKinnis	Lincroft, NJ	9/9/90	
M55-59	3:55:55	Max Green	Durham, NC	2/21/88	
M60-64	4:02:22	Dave Romansky	Albany, NY	5/3/98	
M65-69	4:27:50	Robert Mimm	Albany, NY	5/3/98	
M70-74	4:41:25	Robert Mimm	Albany, NY	5/3/98	
M75-79	5:26:08	Tim Dyes	Fl. Monmouth, NJ	9/19/99	
M80-84	5:22:34p	Bob Mimm	Fl. Monmouth, NJ	9/19/99	
M85-89	6:04:04p	Herb Appel	Fl. Monmouth, NJ	9/19/99	
M90-94	5:55:47p	Tim Dyes	Fl. Monmouth, NJ	9/19/00	

50K					
M35-39	4:01:36	Jonathan Matthews	Palo Alto, CA	2/14/93	
M40-44	4:12:35	Jonathan Matthews	Palo Alto, CA	2/16/97	
M45-49	4:23:53	Eugene Kitts	Palo Alto, CA	1/8/95	
M50-54	4:33:58	John Knifton	Atlanta, GA	4/8/90	
M55-59	5:00:39	Max Green	Durham, NC	2/21/88	
M60-64	5:09:20	John Stowers	Atlanta, GA	4/7/90	
M65-69	5:40:51	Robert Mimm	Atlanta, GA	3/5/89	
M70-74	6:18:14	Cokey Daman	Atlanta, GA	3/5/89	
M75-79	7:58:15	George Drazin	Columbus, OH	11/2/86	

Women - Track

3000 meters					
F35-39	15:30.6	Theresa Iknoan	San Francisco	5/15/93	
F40-44	15:34.63	Donna Chamberlain	Alexandria, VA	9/3/00	
F45-49	14:57.5	Gayle Johnson	Clayton, MD	4/23/94	
F50-54	15:30.37	Gayle Johnson	Edwardsville, IL	8/6/99	
F55-59	16:40.3	Bev LaVeck	Seattle, WA	3/19/94	
F60-64	16:51.1	Bev LaVeck	Seattle, WA	5/11/96	
F65-69	18:29.0	Lori Luff	Kenosha, WI	8/4/93	
F70-74	19:42.8	Ninam Gordon	Miami, FL	9/17/95	
F75-79	20:41.0	Ninam Gordon	Miami, FL	9/10/99	

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF



WAVA RECORDS COMMITTEE 2001-2002



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6744 Connecticut Colony Cir., Mentor,
OH 44060, USA

Beverly LaVeck

6633 NE Windermere Road, Seattle, WA
98115 USA

WORLD ASSOCIATION OF VETERAN ATHLETES

Application for World Veteran Age-Group Record/World Veteran Age-Group
"Best Performance"/World Veteran Age-Best Performance

To: WAVA Records Committee Regional Chairman

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group "Best Performance"/World Veteran Age-Best Performance, in support of which the following is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____
Full Name of Competitor(s) _____

Date(s) of Birth _____
(For relays, full name of each team member is required, in order of running.)
Competitor's Country _____ Date of Meeting: _____
Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____
2nd _____ Time _____
3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____
Time _____ Name _____ Signature _____
Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee) _____ (Signature) _____

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____
and this was the official time.

(Name of Chief Photo-Finish Judge) _____ (Signature) _____

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was _____ metres/sec.
Name of Operator _____ Signature _____

USA TRACK & FIELD APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD

Identify appropriate category: Age-group (e.g. 40-44) _____ Indoor/Outdoor _____ Track/Road _____
Single-age "Best" (not an official USATF Record) _____

Event distance _____ Age _____ Official time achieved _____ Date _____

Where held (name of track or course, town, state, country) _____

Name of competitor, birthdate, address, phone # _____

If this is your first application, please enclose photocopy of birth certificate or passport.

Verification (to be completed by Event Referee):

Time recorded _____ Name of head timer _____
Watch #1 _____ Watch #2 _____ Watch #3 _____

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

List all judges	Certification #	Level of Certification
Judge #1 _____	_____	_____
Judge #2 _____	_____	_____
Judge #3 _____	_____	_____
Judge #4 _____	_____	_____
Judge #5 _____	_____	_____
Judge #6 _____	_____	_____

Course Certification # _____ Track 440y/400m/other _____ 2-in. high continuous curb? yes _____ no _____

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF Association, National or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

Signature, address, phone, USATF Certification # of Referee or Meet Director _____

Submit lap times and race results (including all competitors).
Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle, WA 98115 • (206) 524-4721 • bevlaveck@aol.com

WORLD ASSOCIATION OF VETERAN ATHLETES Application for World Veteran Age-Group Record/World Veteran Age-Group Age-Best Performance FIELD EVENT

To: WAVA Records Committee Regional Chairman

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group Best Performance, in support of which the following information is submitted:
(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____
Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed _____

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complied with I.A.A.F. specifications.

_____ metres	(Distance or height)	(Name of Field Judge)	(Signature)
_____ metres	(Distance or height)	(Name of Field Judge)	(Signature)
_____ metres	(Distance or height)	(Name of Field Judge)	(Signature)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was _____ metres/sec.
Name of Operator _____ Signature _____

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st _____ Performance _____
2nd _____ Performance _____
3rd _____ Performance _____

NOTE: A copy of the Results Card must be included with this application.



LDR Report

2000 Masters LDR Rankings On-Line

The USA Track & Field Road Running Information Center has finished compiling the 2000 World Road Rankings for Masters. In the overall masters division, 73 men and 64 women 40 years or older achieved the time standard of a 10K equivalent of 31:40 (for men) or 36:30 (women). The number of ranked male runners has stayed about the same for four years, whereas the number of masters women has steadily increased from 36 in 1997.

Not surprisingly, the Kenyan masters men have followed their younger counterparts by increasing their presence in the rankings. In 2000, four of the top 10 spots were held by Kenyans, led by #1 runner Simon Karori, compared to 1997 when there were no Kenyans in the top 10. Karori and #3 John Tuttle of the U.S. switched places from 1999 to 2000. The #2 runner in 2000 - Andrew Masai (KEN) - beat Karori in several major road races but had a smaller point total since he competed in fewer events.

The Foot Beat

Continued from page 8
tender.

Muscle pain is described as an ache, which usually worsens with exercise. The calf feels tight and normally gets better with rest.

The best method of diagnosis for these three problems is bone scan. An isotropic bone scan can usually rule out gross fracture, stress fracture, or periosteal or soft tissue inflammation. Regular x-rays probably will not reveal the problem. MRIs and CAT scans may also be indicated, but are not as effective as a bone scan.

Other problems to be considered in this area are compartment syndrome, bone tumors, and gross fractures. However, for most active athletes, the pain is the result of medial tibial stress syndrome, otherwise known as our old friend, shin splints. □

(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 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)

The women's masters rankings were dominated for the fifth year in a row by Tatiana Pozdniakova of the

Ukraine. For the last four years she has averaged an impressive 19 quality performances and prize money earnings of over \$56,000 annually. The American women have continued to be strong as a group with between four and six athletes in the top 10 from 1997 to 2000. The top American was Judi St. Hilaire (#3).

For the last four years, Pozdniakova has pocketed the highest prize money total from road events of any masters athlete, male or female. In 2000, reported masters prize money earnings totaled \$623,320, or 7% of the prize money total. Of this amount, women in 638 payments earned \$350,135, while men in 619 payments took home \$273,185. This was an increase from a total of \$286,522 for women (537 pay-

ments) and \$237,149 (551 payments) for men in 1999.

New masters to watch in the next six months include Americans Eddy Hellebuyck, Selwyn Blake (40th birthday, March 13), and Gordon Bakoulis. They will have formidable competition from last year's top veterans as well as Alevtina Nauomova (RUS, Jan. 16), Paul Evans (GBR, April 13), Mohamed Ezzher (FRA, April 26), Irina Bogacheva (KGZ, May 30) and Ramila Burangulova (RUS, July 11).

Details of all top runners and performances can be viewed at http://www.runningusa.org/media/rank_mast_wld.shtml. □

-from USTF Road Running Information Center

2001 Twenty-second Annual

10K **WZYP** 2 Mi



SCHEDULE OF EVENTS:

SUNDAY, MAY 27
3:00PM to 9:00PM - Packet pickup, Expo and 10K/2 Mile Registration at Von Braun Center East Exhibit Hall.
MONDAY, MAY 28, (MEMORIAL DAY)
6:00 AM to 7:30 AM - Late Packet Pickup
6:00 AM to 7:30 AM - Late Registration
8:00 AM - Start of 10K Race.
9:30 AM - Start of 2 Mile Event.
10:30 AM - Grand Prix Awards at VBC.
10:45 AM - Awards Ceremony at VBC.

REGISTRATION & ENTRY FEES:

Early registration will be by MAIL or ONLINE at www.active.com. A separate form is required for each person entering and for each event (10K and 2 Miles). All fees are nonrefundable. Mail entry form and fee to: WZYP COTTON ROW RUN, 94 Scenic Dr., Huntsville, AL 35801.

ENTRY DEADLINE: Entries received after May 15 postmark will be returned.

RACE INFORMATION: For information and to download entry form: www.huntsville-trackclub.org, on-line registration at www.active.com, or contact Ray Moses, Race Director, for information at 256-859-0369 or e-mail: raym@hiwaay.net. For invited runner status contact Keith Young at 256-534-9458 evenings or weekends or e-mail: keithy3@gateway.net.

Cotton Row Run

Huntsville Track Club

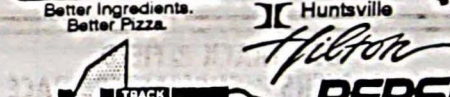
10K Run

2 Mile Run/Walk

\$10,000 Prize Money

8:00 AM, May 28, 2001

Huntsville, Alabama



PRIZE MONEY: \$10,000 TOTAL PURSE

Open Division: Top Six (6) Male and Female Overall Finishers:

\$1,000/\$500/\$400/\$300/\$200/\$100

Masters Division: Top Five (5) Male and

Female (Age 40 and over) Finishers:

\$500/\$400/\$300/\$200/\$100 (Masters are

also eligible for overall prize money.)

Course Record Incentives: An added

\$500 will be awarded in each of four divisions

(male & female winners of Open & Masters) for

setting new COTTON ROW course records.

AWARDS: Prize money winners will receive

Cotton Row Run awards but are not eligible for

Age Division Awards. The Top Five (5) Male

and Female finishers in 30 age groups will

receive Cotton Row Run 10K awards.

THIS FORM MAY BE REPRODUCED.

OFFICIAL ENTRY FORM

WZYP COTTON ROW RUN - MAY 28, 2001

Use Separate Form for Each Event. Please Print Clearly. Late or Unsigned Forms Will Be Rejected.

10K	Check Only One Event	2 Mile	Male	Female	Age (on Race Day)	Date of Birth	Best 10K Time in Past Year	NOTE
								Official Use Only
Last Name					First Name			ID Number
Address					T-Shirt (Adult Sizes)			Make Checks Payable and Mail Entry to: WZYP Cotton Row Run 94 Scenic Drive Huntsville, AL 35801
City					State U.S. Zip Code Telephone Number			

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of the entry in the aforementioned event, do hereby release, waive, and forever discharge the HUNTSVILLE TRACK CLUB, and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials, and employees, from any and all liability, claims, demands, actions or causes of action whatsoever arising out of, or related to any injury, illness, loss of damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event and will abide by all rules of the event.

X Signature

Date

(Parent/Guardian If Under Age 18) THIS ENTRY FORM MUST BE SIGNED AND DATED.

To Download Entry Form:
www.huntsvilletrackclub.org
To Register On-line:
www.active.com

3 Months to Go



Countdown to Brisbane

Preparations in Full Swing for WAVA Championships

Only three months to go before the start of the 14th WAVA World Veterans Athletics Championships in Brisbane, Australia, July 4-14. More than 5000 athletes from over 70 nations are expected to attend.

The staff in Brisbane is in full preparation mode. We are receiving bulk entries daily. Our registration department estimates that to input and accredit all the athletes and other participants will take over 350 man hours.

New staffers who have joined us in Service Officers Allison Biggins and the last few weeks include Marketing Robert Lacey.

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

IMPLEMENTS

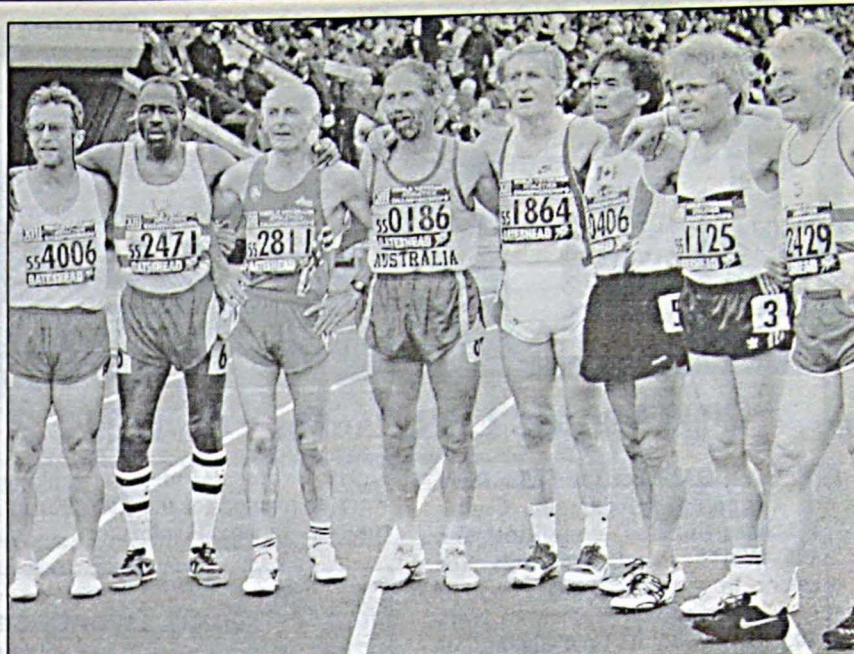
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	35#

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

WAVA weights are used for USATF weight pentathlons.

Note: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

* New 1999 IAAF specifications.



SUZY HESS

Finalists in the M55 400 (l to r): James Lee, USA, Winston Thomas, GBR, James O'Neil, IRE, Michael Stevenson, AUS, John Henson, GBR, 2nd (54.22), Harold Morioka, CAN, 1st (54.01), Volker Peitzmeier, GER, 3rd (55.34), and John Steede, GBR, 13th World Veterans Athletics Championships, Gateshead, Great Britain.

The new Nordic competition equipment for ANZ Stadium and new implements were tested at the Australian Open T&F Championships, March 23-26. Greg Gilbert is the Equipment and Competition Infrastructure Manager.

Tourism Services

Full tourism services – including accommodation requests, booking for car rental, and day tours – will be provided throughout the championships at the Athlete Services Center. Included will be: River Cruise and Wildlife Park, Sunshine Coast Hinterland, Sailing Moreton Bay, Sanctuary Cove and the Gold Coast, and Whale Watching Cruise. Other recommended attractions are the New Farm and Mt. Coot-tha. □

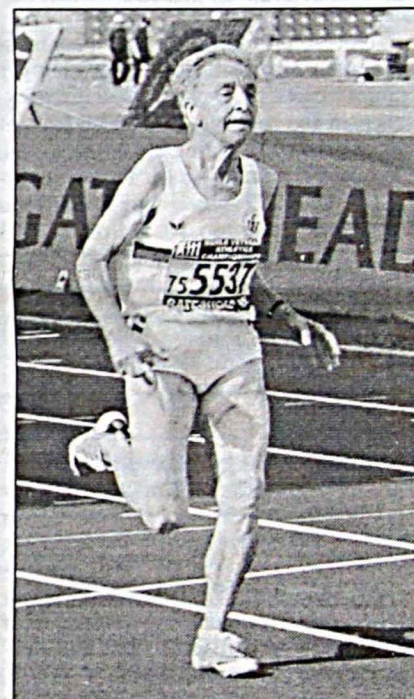
–Jacey Octigan, Event Manager

U.S. Entry Deadline Extended to April 15

The official entry deadline for the 14th WAVA World Championships has been extended to April 20, but U.S. athletes should send their entries to USA Track & Field no later than April 15.

Entry and accommodation forms are available directly from Brisbane (see schedule for details), from any of the masters travel agents hosting low-cost tours (see ads in past issues of NMN), or from either of the USA Team Managers (Don Austin and Charles DesJardins; addresses on page 3).

U.S. entries must be mailed, along with proof of age (a copy of either your birth certificate or passport; driver's license is not proof of age), and a copy of your 2001 USATF membership card to Mark Springer, WAVA Entry, USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225.



JERRY WOJCIK

Paula Schneiderhan, Germany, W75 200 winner (34.89), 13th World Veterans Athletics Championships, Gateshead, Great Britain.

TEN YEARS AGO April 1991

• John Campbell (42, 2:14:33) and Priscilla Welch (46, 2:40:20) Win in L.A. Marathon

• Campbell Runs World Masters Best 14:18 in Edison 5K; Warren Utes Sets U.S. M70 5K Mark of 18:13

• Cliff Pauling, 56, Stars in NYC Meet

Records Set in South Africa

By LEO BENNING

The Western Province (Capetown area) Veterans T&F Championships in Bellville, South Africa, Feb. 9-10, drew 160 entries, 30 from neighboring provinces. Four South African and 16 Western Province records were bettered. Three of the four S.A. records came in the racewalks: M35 Isak Nel, 20K, 1:45.25; W30 Gwen Smeeton,

10K, 55:26; and W50 Daphne du Preez, 10K, 57:43.

South Africa Veterans has just received a fairly substantial sponsorship from Proton Short Term Insurance of R75,000 (US\$9600) per year for five years. This bodes well for the future. We have had only very small sponsorships (for S.A. championships) before.

Proton also sponsored the WP Veterans 10K road race on March 14 in Parow (20km from Capetown), which was one of the first races in South Africa to have prize money for 70+ runners.

Philip Rabinowitz, M95 world-record holder for the 20K racewalk, turned 97 and is still walking compet-



JERRY WOJCIK

Jean Horne, Canada, W65 800 winner (2:55.28), 13th World Veterans Athletics Championships, Gateshead, Great Britain.



LEO BENNING

Tania Jordaan, W35, in the 2000 South African Veterans T&F Championships.



SUZIE HESS

Germany's W45 winning 4x400 (4:12.87) relay team (l to r): Dagmar Gocht, Sigrid Schwarz, Dagmar Furhmann, and Cornelia Pelz, 13th World Veterans Athletics Championships, Gateshead, Great Britain.

itively in the track 5000 and up to 15K on the road. At the WP Regional Championships, he finished the 5000 in 43:46, an age-97 world best.

Rabinowitz is still working as a bookkeeper in his daughter's pet food business and even worked on his birthday. He ascribes his success to the support of his family, his health, and the fact that he is not idle. He usually walks 6-8km every day, if the weather is favorable. □

WAVA 2003

Negotiations are still underway to determine the site of 2003 WAVA Championship. An announcement from WAVA is expected soon.

It's never too early to think Brisbane*

...Or any other Masters event in which you plan to compete!

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* WAVA World Veterans' Athletics Championships
July 4-14, 2001
Brisbane, Queensland, Australia

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Parry Sound, Ontario
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brianoxley@sympatico.ca
Phone: 705-746-4942
Fax: 705-746-9748

WAVA web site: <http://www.wava.org>

Masters Scene

NATIONAL

• The Oregon TC will be hosting the 2001 USA Outdoor T&F Championships, June 21-24, Hayward Field, Eugene, Ore. Tickets are available only through Ticketmaster. Go to Ticketmaster.com and click on Oregon, or call Ticketmaster at 503-224-4400. An all-session (4-day) reserved package is \$60 adult, and \$53.50 child 10-and-under. All-session general admission package is \$43.50 adult, and \$34.50 for 10-and-under. Individual day tickets go on sale June 14 from Ticketmaster. For event, housing, and entry information, go to eugenechamps.com.

• The 2003 Summer National Senior Games/The Senior Olympics will be held in the Hampton Roads, Va., community, according to an announcement by National Senior Games Association (NSGA) president and CEO, Dave Hull, Jr. The Games are scheduled for May 27-June 9 and will be held in various venues throughout the Hampton Roads area. Track & field and road racing are among the 18 sports presently offered for athletes age 50+. The 1999 Summer National Senior Games in Orlando drew close to 12,000 participants, who contested 817 events in 15 days. About the same number of participants are expected for the 2001 Games in July in Baton Rouge, La.

EAST

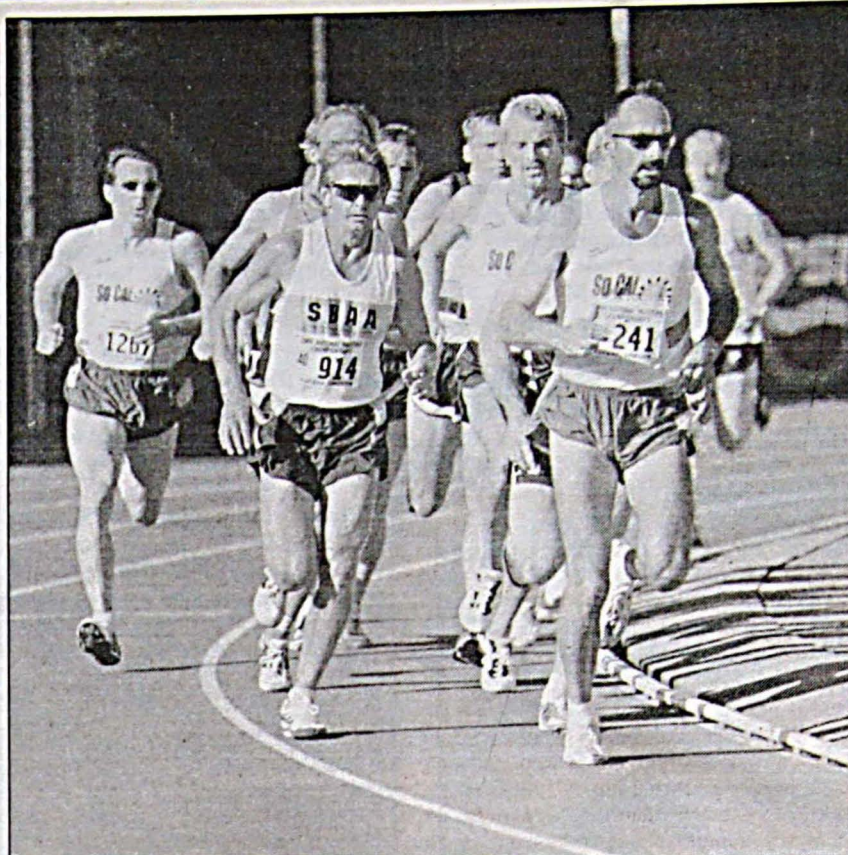
• The Shore AC M60-69 ran a world best 4x400 in 4:25.55 at NYC's 168th Street Armory,

March 8, four seconds below the listed 4:29.74 in 1989. John MacDonald, 65, Princeton, NJ, led with a 64.68 and handed off to Nate Byrd, 62, Willingboro, 71, NJ, 71.34, followed by Irwin Bernstein, 68, Westfield, NJ, 71.34, and anchor Frank Haviland, 66, Wall, NJ, who blasted to an outstanding 63.07.

• The Shore AC team of Harry Nolan (2:11.3), Rick Lapp (2:08.5), Mark Sepkowski (2:19.9), and Pete Reinhart (2:15.5) regained the M50-59 4x800 world best it lost two years ago, with an 8:55.3 at the NYC Armory, March 17. The present best is 8:56.69 by California's West Valley TC.

• Bob Carroll, 44, of the Checkers AC, won \$200 with a 4:32.5 win in the Roger Messenger Memorial Masters Mile, Geneva, NY, Feb. 25. Stuart Galloway, 40, Niagara Olympic Club, was second in 4:34.0. Tim McMullen, 48, Churchville, NY, winner (4:34.20) of the Hartshorne Memorial Mile, Ithaca, NY, on Jan. 20, was third in 4:35.9. Carolyn Smith-Hanna, 50, Genesee Valley Harriers, who broke (5:27.33) the W50 mile WR at the Hartshorne, set a pending AR in the 800 with 2:29.9. Patti Ford, 45, Lafayette, NY, who also logged a WR (5:18.10) at the Hartshorne, was second overall in the Women's Mile in 5:31.9. Steve Forrestel, 51, Checkers AC, broke his M50+ meet record of 5:06.2 in 2000 with a 5:05.0 in winning the M50+ race.

• Long Island Association masters honorees for 2000 were Bill Benson, 81, Valley Stream, NY, and Marie-Louise Michelson, 59, Stonybrook, NY, for T&F; Jim McGrath,



BEN ROSALES

The field in an M40 800 preliminary at the 2000 National Masters Championships, Eugene, Ore., included Mark Cleary #241, Tim Mock #914, and Jeff Stamp #1267. This year's championships will be held in Baton Rouge, La., July 25-28.

Medford, NY, and Nadya Dmitrov, Smithtown, NY, and Linda Goldstein, Rockville Centre, NY, for RW; and Don Di Donato, 42, Hicksville, NY, and Kathy Martin, 49, Northport, NY, for LDR. The presentations were made at the 2nd LITF Awards Dinner at the L.I. Grand Prix sponsor KeySpan Energy headquarters, Hicksville, Feb. 8.

• On Feb. 23, Marie-Louise Michelson, of the Bohemia TC, recorded a pending W55 1500 U.S. record of 5:41.9 in the LITF Indoor Championships, Brentwood, NY. The present record is 5:46.0 by Beryl Skelton in 1985.

• David Luljak, 45, Chevy Chase, MD, 2:49:04, and Robert Moseley, 46, Odenton, MD., 2:58:46, finished 1-2 M40+ in the 10th B&A Trial Marathon, Severna Park, MD, March 4. Susan Baehre, 42, Triangle, VA, was top W40+ in 3:24.39.

• Outstriding the entire field, male and female, Lee Chase, W40, 15:34:09, crossed the line first at the Connecticut Racewalkers 2001 Mall Odyssey 3K, Milford, CT, Feb. 18. Just a second behind her was first male finisher, Joe Light, M50, 15:35:33.

• Two masters triumphed overall at the Metropolitan 50-Miler, Central Park, NYC, Feb. 18: Rudy Afanador, 42, 6:30:43 and Admas Beligne, 47, 8:31:16.

• Jim Manno, 80, ate up the track at the MAC Masters Indoor Championships, 168th Street Armory, NY, Mar. 4, winning the 200 in 33.23. The M50 team Aura, 3:54:36, took gold in the 4x400 relay.

SOUTHEAST

• Track Shack Series veteran Claudia Kasen, 44, Orlando, FL, led the Lady Track Shack 5K until the last 100m, finishing second overall in 18:19, Winter Park, FL, Jan. 28. Esther Gay, Pinellas Park, FL, 22:04, rode off with the W50+ crown.

MID-AMERICA

• Greg Schwab, M40, added two gold medals to his stock with wins in the 55m (7.16) and 200 (25.40), USATF Minnesota Indoor Championships, Arden Hills, March 10. Digger

Carlson, M40, posted a 15:44.41 in the multi-circular 5000. Standout 3000m racewalkers were Wayne Nurmi, M55, 17:06.1 and Sue Klappa, W45, 17:13.2.

• Dick Richards, M65, was top performer in the 60m (8.20) and LJ (5.31), USATF Colorado Indoor Championships, Colorado Springs, Feb. 25. Rick Easley, M45, romped to a meet's best in the 400 (54.18) and won the 200 (25.41). Patty Murray, W35, turned in a 4:50.82 1500. Gerald Vaughn, second-ranked M60 (13.95) in the 2000 outdoor rankings, bettered that with a 14.04 in the M65 here. Tim Edwards, top-ranked in the WT and SW in the 2000 outdoor lists, topped all throwers with a 13.81 WT and 9.47 SW.

SOUTHWEST

• Eddy Hellebuyck, 40, Albuquerque, NM, 2:16:48, 8th overall, hot-footed it to third place on the All-Time U.S. Masters Marathon list, Feb. 18, at the Motorola Austin (TX) Marathon. Alevtina Naumova, 40, Plantation, FL, bested the W40+ field with a rockin' 2:37:46.

WEST

• Bill Nice, 85, posted a pending U.S. record 27:42 in the Los Alamitos, Calif., 5K, Feb. 24. The present record is 28:26 by Gifton Jolley in 1992. Angelo DeCollibus, M40, 16:39, and Yayoi Liu, W40, 19:29, were masters firsts. Gunnar Linde, M70, 44:27, and Julie Lister, W50, 44:20, were among division winner standouts in a companion 10K. In the Paramount 10K in January, Nice ran a 59:37.

• Dave Parcel, M45, 28:00, and Sherri Curl, W45, scored masters firsts in the Brea, Calif., 8K, Feb. 18. Sally Tyree, W55, took the W55 race in 41:05.

CORRECTIONS

• The times for the Masters Men's 200 from the Maryland Elite Grand Prix Invitational, Jan. 27, p. 30, March issue, were scrambled when forwarded to NMN. Most of the marks were attributed to the wrong runners and should be disregarded.



SOUTHERN CALIFORNIA
STRIDERS
TRACK & FIELD CLUB

16th ANNUAL MEET OF CHAMPIONS

CALIFORNIA STATE UNIVERSITY AT LONG BEACH
SATURDAY, MAY 12, 2001

ENTRY FEES: \$12 first event, additional events \$5. Relay teams free.
Late entries \$15 first event, \$6 per additional event.

DEADLINE: May 5, 2001

DIVISIONS: Men & Women: Open (29 or younger); submasters (30-39)
and masters (40+) compete in 5-year age groups.

AWARDS: 2" medal with red, white & blue ribbon for 1st, 2nd, & 3rd.

FACILITIES: 8 lane artificial surface track; concrete throwing rings.

NOTE: 2001 USAT&F registration required. (Available at meet for \$15)

DIRECTIONS TO CSULB: Exit 405 freeway at Bellflower Blvd. Go south to Atherton. Left (east) to signal. Right into parking lot. Continue to lot beyond structure on left.



Schedule of Events

Track events

11:00 a.m.	4x100 meter relay	1:45 p.m.	400 meter sprint
11:15 a.m.	1500 meter run	2:10 p.m.	800 meter run
11:45 a.m.	80/100/110 meter hurdles	2:40 p.m.	200 meter sprint
12:10 p.m.	2K/3K steeplechase	3:00 p.m.	3000 meter run
12:30 p.m.	100 meter sprint	3:40 p.m.	300/400 meter hurdles
	Lunch Break	4:00 p.m.	sprint medley relay (400,200,200,800)

Field events

11:00 a.m.	hammer throw and pole vault	1:30 p.m.	shot put and long jump
12:00 p.m.	discus throw and high jump	3:10 p.m.	javelin throw and triple jump

ENTRY FORM (Please print)

Last Name _____ First Name _____

Address (Include Zip) _____

Date of Birth _____ Age on 5-12-01 _____ Sex M F Phone _____

USAT&F No. _____ Club _____

Events _____

Amount Enclosed _____ (Make checks payable to So. Calif. Striders)

Mail entry & payment to Hugh Cobb - 3180 Camino Arroyo, Carlsbad, CA 92009
Phone 760-436-7696

WAIVER - In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may assert against California State University at Long Beach, the Southern California Striders, USAT&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS held May 12, 2001 at California State University at Long Beach. I certify that I am free from hampering injuries or physical defects.

SIGNATURE _____

DATE _____

Schedule

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

TRACK & FIELD

NATIONAL

June 16-17. USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash. Mark Salzman, mesalzma@aa.net.

July 14-28. National Senior Games, LSU Bernie Moore Stadium, Baton Rouge, La. M&W65-100+, 14th-17th; M&W50-64, 18th-21st. Practice dates: 13th & 17th. National Senior Games Association: www.nationalseniorgamesassociation.org; 225-925-5678; fax: 216-7552.

July 25-28. 34th annual USATF National Masters Championships, Baton Rouge, La. Baton Rouge Sports Foundation, Vince Trinidad, PO Box 4149, 730 North Boulevard, Baton Rouge, LA 70821. 225-334-2437; fax: 382-3588; www.brasf.com

August 25. USATF National Masters Weight Pentathlon Championships, Syracuse U., N.Y. Gary Crawford, 4096 Griffin Rd., Syracuse, NY 13215. 315-492-2845.

September 8. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

EAST

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

April 14. University of Rochester Alumni Invitational, Rochester, N.Y. Masters events TBD. Steve Nearman, Nearman@aol.com.

April 17. West Penn TC Legends Mile, Carnegie Mellon U., Pittsburgh, Pa. M&W40+. 5:30 pm. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

April 27-28. Penn Relays, U. of Pennsylvania, Philadelphia. Masters relays & 100. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-685-4115; felton@princeton.edu

April 29. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

May 13 & 27. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

May 19-20. Long Island Senior Games, Suffolk CC, Brentwood, N.Y. M&W50+. Open to all. Eleanor Scott, PO Box 1024, Smithtown, NY 11787. 631-265-2966; eleanors@rascott.zyan.com. Entry form at www.longislandseniorgames.org

June 1-3, 9-10. Connecticut Senior Olympics, Southington. 860-621-7502.

June 2. Philadelphia Masters AC Throw-a-Thon-Fifteen/Tom McDermott Memorial Meet, Albright College, Reading, Pa. 15 implements; individual & team scoring (two per team). Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; rfeick@aol.com

June 3. Philadelphia Masters AC Ultra Weights & Superweight Meet, Albright College, Reading, Pa. See Ray Feick, June 2.

June 3. Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Mort Hahn, 973-625-1764.

June 8-10. Ocean State Senior Olympics, Providence, R.I. 401-438-3154.

June 9. Allegheny Valley Open Masters Meet, Highlands HS, Natrona Heights, Pa. 8:30 pm. Bob Freund, meet director, Allegheny Valley Hospital, Outpatient PT, 1620 Pacific Ave., Natrona Heights, PA 15065. 724-224-2166; fax: 224-3732.

June 10. Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm, NY time); throwercfa@aol.com; Eric Weissbrot, 516-487-1417.

June 10. USATF Adirondack Masters & Open Championships, Schuylerville, N.Y. 518-273-5552; usatfadir@aol.com

June 10 & 24. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org.

June 11-17. Pennsylvania Senior Games, Shippensburg. 570-823-3164, x7.

June 14-17. Empire State Senior Games, Syracuse, N.Y. 315-492-9654; 212-694-3618.

June 14-17, 23. Massachusetts Senior Games, Springfield & Chicopee. 413-788-2457.

June 16. Long & Strong Throwers Classic, Lancaster McCaskey HS, Lancaster, Pa. All throws including WT and SW. SASE for entry form to Glenn Thompson, 3604 Green St., Harrisburg, PA 17110. http://www.longandstrong.com

July 8 & 22. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

July 22. USATF Long Island Masters & Open Championships, Mitchell Park, N.Y. 516-349-9157; office@litf.org

August 5 & 19. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

August 11-12. USATF East Regional Masters Championships, Springfield College, Mass. Directed by USATF New England, 617-566-7600; office@usatfne.org; www.usatfne.org

September 1-2. Potomac Valley TC Games, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

SOUTHEAST

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

April 21. USATF Georgia Masters Championships, Savannah St. U., Savannah. Jim Hite, PO Box 717, Millen, GA 30442. Phone/fax: 478-982-4881; jimjoyce@jchs.com

April 27. Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

May 4-6. 31st annual Southeastern U.S. Masters Meet, N.C. St. U., Raleigh. Pentathlon, WP, 5K & 20K RWs, & Relays. Southeastern US Masters, Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

May 12. 12th annual Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. 4 pm. 904-388-7860.

May 16-19. South Carolina Senior Sports Classic, Florence. 803-772-0363.

May 25. 26th annual Jacksonville TC Mile Festival, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

May 30-June 2. Trigon Virginia Senior Games, Richmond, Va. Virginia Amateur Sports, 540-343-0987; 800-333-8274; www.commonwealthgames.org

June 4-9. Mississippi Senior Olympics, Jackson. 601-925-7994.

June 8-9. USATF Southeast Regional Masters Championships/Police & Fireman Championships, Hoover HS, Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jssc.cc.al.us. Entry form in April NMN.

June 14-17. Florida Sunshine State Games, Orlando. 850-488-8347; fax: 922-0482; www.flasports.com

June 20-22. Commonwealth Games of Virginia, Salem. Virginia Amateur Sports, 540-343-0987; 800-333-8274; www.commonwealthgames.org

June 22. Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

June 24. North Carolina State Games, Paul Derr Track, NC State U., Raleigh. Amy Rose, North Carolina Amateur Sports, 919-361-1133, X2; 800-277-8763; www.ncsports.org

June 30-July 1. Alabama Sports Festival, Mobile. Shon Peck-Love, ASF, shonp@alagames.com

July 14. 23rd annual Jacksonville TC Summer Classic, Bolles School, Jacksonville, Fla. 904-387-0528.

MIDWEST

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

April 7. Masters & All Comers Open Meet/North Region Youth Championships, Proviso West HS, Hillside/Chicago, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

May 20. North Coast Invitational Meet, Independence HS, Independence, Ohio. SASE to Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

June 4-9. Indiana Senior Games, Evansville. 812-464-7800.

June 9, 16. Indiana Hoosier State Games Meets. 9th-Portage; 16th-Evansville, Indianapolis, Fort Wayne. 800-HI-FIVES; hsg@indianasportscorp.com; www.hoosierstategames.com

June 9. USATF Illinois Masters Championships/All Comers Open Meet, Wilde Field,

ON TAP FOR APRIL

TRACK AND FIELD

Early season action continues in California in the John Ward Memorial Games, Santa Ana, on the 8th, and opens in the Southeast with the Georgia Masters Championships, Savannah, on the 21st. The Northwest gets in the swing with the Seattle Masters Throwers Spring Fling on the 28th. Masters run in feature races in the Kansas, Drake, Mt. SAC, and Penn Relays. The Australian Veterans Championships converge on Sydney on the 13th-16th.

LONG DISTANCE RUNNING

There's no fooling around in the National Masters Men's 5K Championships in California's Carlsbad 5000 on the 1st. The Boston Marathon marks its 105th birthday on the 16th. Before those races come the Cooper River Bridge 10K, Charleston, S.C., on the 7th, and the Cherry Blossom 10 Mile in D.C. on the 8th. Later in the month, the schedule lists the Longest Day Races, Brookings, S. Dak., on the 21st; Runner's World Half-Marathon, Allentown, Pa., and the Glass City Marathon, Toledo, Ohio, on the 22nd; Hudson-Mohawk RRC Masters 10K, Gunderland, N.Y., and Get in Gear 10K, Minneapolis, on the 28th; and the Oklahoma City Memorial Marathon on the 29th. The 7th European Veterans Athletics Non-Stadia Championships (10K & Half-Marathon) come to Qormi, Malta, on the 28th-29th.

RACEWALKING

The EVAA Championships on the island of Malta include a 30K for men and a 20K for women. The National Regional 10K Championships are set for Seattle on the 22nd. □

Lisle, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

June 10. USATF Michigan Masters & Open Championships, Grand Valley St. U., Allendale. Jerry Baltes, 97 Field House, Allendale, MI 49401. 616-895-3360; fax: 895-3232.

June 14-16. West Virginia Senior Sports Classic, Charleston. 304-344-1500.

June 22-24. Illinois Prairie State Games, Fairview Heights. 618-632-1002; fax: 632-1123; www.prairiestategames.org

June 23. Hoosier State Games Finals, Indianapolis. Michelle Nolley, 317-392-6175; michelle@tubesock.net

June 29, July 1, 6-8. Ohio Buckeye State Games, Miamisburg. 937-866-1778; fax: 847-8105; www.buckeystategames.com

July 21. Dayton Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton

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Masters, PO Box 17706, Dayton, OH 45417. 937-837-2754.

MID-AMERICA

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

April 7. Valley Invitational, Des Moines, Iowa. W40+ 1500. John Cosgrove, j.d.cosgrove@iee.org

May 25-June 24. New Mexico Games, Albuquerque. NMG, 1903 Avenida, Albuquerque, NM 87106. 505-764-1510; fax: 764-1719; nmgames.com

May 30-June 3. New Mexico Senior Olympics, Las Cruces, 505-623-5777.

June 1-24. Missouri Show-Me State Games T&F Competitions. 1st-Warrensburg; 2nd-Jefferson City, St. Joseph, West Plains; 9th-St. Louis; 16th-Rolla, Blue Springs, Kirksville; 17th-Springfield; 23rd-24th-Kansas City, Farmington. Bob Murray, Competition Coordinator, Show-Me St. Games, 573-882-2103; murrayb@missouri.edu

June 3. Jolly Jogathon Meet, Marysville, Kansas. No entry fee. Cleve Walstrom, Marysville, KS 66508. 785-562-3050 (h); 562-3021(w).

June 7-10. Iowa Senior Games, West Des Moines. 515-226-2898.

June 9. USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 So. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400. Entries will be mailed to those on current mailing list.

June 10. USATF Minnesota Masters & Open Championships, Blaine. Marc Hoyer, 651-777-4954; marcandmia@gateway.com

June 15-24. Minnesota Star of the North Games, Rochester. 800-785-STAR; fax: 763-785-5699; www.starofthenorthgames.org

June 22-23. North Dakota All Sport Senior Games, Fargo. 701-298-6980.

June 23-24. Missouri State Senior Games,

Columbia. Jack Miles, U. of Missouri, 11-5 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.

June 23-24. Wisconsin Badger State Games, Madison area. 608-226-4780; fax: 226-9550; www.badgerstategames.org

June 25-29. Northland Senior Games, Duluth, Minn. 218-723-3724.

July 9. USATF New Mexico Masters & Open Championships, U. of New Mexico, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com

July 20-21. Kansas Sunflower State Games, Lawrence. SSG, PO Box 592, Lawrence, KS 66044. 785-842-7774; fax: 842-7731; www.sunflowergames.org

August 5. 21st Century Ageless Games, U. of Minn. Noon sign in. Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432-4818.

August 10-12. State Games of America, St. Louis, Mo. St. Louis Organizing Committee, 1309 North Highway Dr., Fenton, MO 63099. matt@stategames.org; www.stategames.org

September 1-2. Rocky Mountain Masters Games, Potts Field, U. of Colorado, Boulder. SASE: Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302. 303-443-2695, or Jim Weed, 507-726-2452.

SOUTHWEST

Arkansas, Louisiana, Mississippi,
Oklahoma, Texas

May 19. 12th annual Lions/Waterloo Meet, Nelson Field, Austin, Texas. 10 am-6 pm. Seth Brower, sethbrower@earthlink.net

June 2. USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lestermount@yahoo.com

June 8-10. Louisiana Games, New Orleans. 504-525-5678; fax: 529-1622; www.louisianagames.com

June 16. Hill Country Classic Meet, Mason HS, Mason, Texas. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620(h).

July 7. Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; vrunner@aol.com

WEST

Arizona, California, Hawaii, Nevada

April 8. John Ward Masters Games, Rancho Santiago College, Santa Ana, Calif. M&W 25+. Al Siddons, 714-564-6936.

April 21. KelField Throws Meet #94, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

April 22. Mt. SAC Relays, Walnut, Calif. Masters M&W800. John Cosgrove, j.d.cosgrove@iee.org

May 5. Arizona Masters Invitational, Glendale CC, Glendale. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 480-949-1991, or Pat Fahy, 8650 E. Roma, Scottsdale, AZ 85251; 480-946-7135.

May 12. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696.

May 12. KelField Throws Meet #95, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

May 18-19. USATF Arizona Championships, Glendale CC, Glendale. See Bob Flint, May 5.

May 19. Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 26-July 8. Aloha State Games, Honolulu. ASG, 1493 Halekoa Dr., Honolulu, HI 96821. 808-732-8805; fax: 735-0188. alohastategames.com

May 27. Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 949-305-2358; cmccormick13@home.com; www.coachr.org/Dan_Aldrich_Track.htm

June 3. Northern California Seniors Track/Field Club 3rd annual Mark Grubi Memorial Classic, Edwards Field, Univ. of California Berkeley. Don Rose 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177; donrose43262@cs.com

June 8-10. Nevada Silver State Games, Sparks. 775-856-3434; fax: 425-1886; www.silverstategames.org

June 9. 30th annual Los Gatos Masters & Open Classic Meet, Los Gatos HS, Calif. Los Gatos AA, c/o Lisa Renteria, PO Box 1334, Los Gatos, CA 95031. 408-206-9973.

June 10. Crown Valley Senior Olympics, Pasadena City College, Pasadena, Calif. 50+. Christel Miller, meet director. Cynthia Rosedale, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754; fax: 577-4235; email: cpv@pasadenaseniorentr.org. Qualifier for 2002 Calif. Sr. Games Championships.

June 14-17. Arizona Grand Canyon State Games, Tempe. 480-517-9700; fax: 517-9739; www.gcsrg.org

June 16. USATF Pacific Championships, San Francisco St. U. Jerry Colman, 916-567-9690; sactc@aol.com

June 22-23. Arizona Multi-Event Championships, Westwood H.S., Mesa. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.

June 30. USATF San Diego Masters & Open Championships, Site TBA. Allan Hodgert, 619-660-4000; allan.hodgert@gcccd.net

June 30. USATF SCA Championships/Trojan Masters, USC Cromwell Field, Los Angeles. 818-917-6289; Greg Charles, 949-786-1731; Gregory.Charles@ca.com

July 7. California State Games, San Diego, Calif. M&W30+. Entry deadline June 28. 619-282-1360; www.calstategames.org; Arnie Robinson, 619-263-7334.

September 29. 28th annual Club West Meet, Santa Barbara, Calif. Gordon McClenathen, 805-964-3005; Beverly Lewis, 805-969-5852.

October 21. Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+.

NORTHWEST

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

April 8, 22, 29. Oregon TC Masters Clinics, Hayward Field, Eugene. Larry or Teresa Pine, 541-895-5420; pine@pond.net

April 14. Oregon TC Masters Mini-Meet, Hayward Field, Eugene. 9:00 am. Free to post-HS athletes. Includes SC.

April 28. Seattle Masters Spring Fling, West Seattle Stadium. Throws only. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

May 6. Oregon TC Masters Clinics, Hayward Field, Eugene. Larry or Teresa Pine, 541-895-5420; pine@pond.net

May 6, 29. Oregon TC Masters Mini-Meets, South Eugene HS, 5:00 pm. Larry or Teresa Pine, 541-895-5420; pine@pond.net

May 26. Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h).

June 2. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 7-10. Wyoming Cowboy State Games, Casper. 435-865-8422; fax: 865-8548.

June 9-10. Hayward Masters Classic, Eugene, Ore. Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. 541-687-9675; RuthBremiller@oregon.uoregon.edu; www.haywardclassic.com

June 14-25. Utah Summer Games, Cedar City. 435-865-8422; fax: 865-8548; www.utahsummergames.org

June 16. USATF Inland Northwest Championships, Pullman, Wash. Mike Hinz, 509-332-1168.

June 23-24. USATF Northwest Regional Masters Championships, Mt. Hood CC, Oregon (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; Istepan@yahoo.com

June 30. USATF Oregon Masters & Open Championships, McMinnville. Harry Simonis, 39400 Pioneer Blvd., Suite 1, Sandy, OR 97055. 503-668-0998. runjumpthrow@compuserve.com

July 7-8. State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval-T&F, 503-667-7140.

July 20-22. Big Sky Games, Billings, Mont. T&F contact: Karen Sanford Gall, 406-254-7426; www.bigskygames.org. State residents only.

July 21. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com

August 16-18. Wyoming Senior Olympics, Evanston. Steve Liechty, 307-789-1770; www.eprd.net. Open to out-of-state.

August 17-18. Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

INTERNATIONAL

April 13-16. Australia Veterans Championships, Sydney. Bob Solomon 02-9516-2139; Fax: 02-9516-1852. www.athletics.org.au/

May 12-15. Russian Veterans Throwing Championships, Toliatty. Vadim Marhev, fax: 7-095-5734150; marhev@cs.msu.su

June 2. French Veterans Championships, Aix-les-Bains, France.

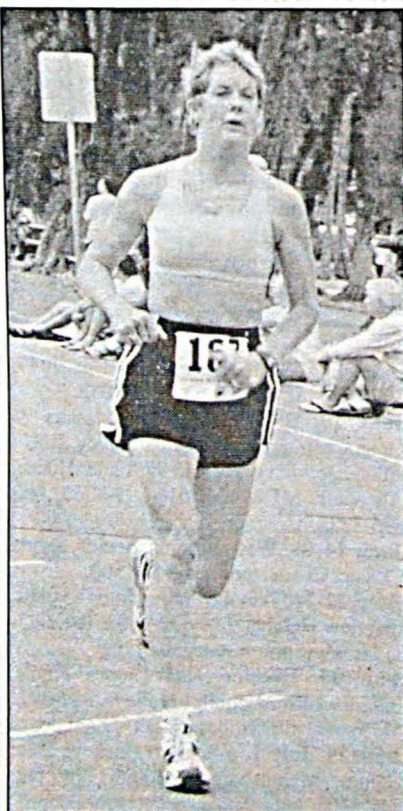
June 23-24. Spanish Veterans Championships, Salamanca, Spain.

June 23-24. British Veterans Championships, Windsor, England. BVAFF Champs, 71 Hillside Cres., South Harrow, Middlesex, HA2 0QU, England. www.veteran-athletics.freemove.co.uk

July 4-14. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevts.com.au. Website: www.worldvac2001.com.au.

August 11-12. Russian Open Masters Games (t&f dates), Moscow. Vadim Marhev, fax: 7-095-5734150; marhev@cs.msu.su

September 28-30. Russian Veterans Championships, Krasnodar. Vadim Marhev, fax: 7-095-5734150; marhev@cs.msu.su



TESH TESHIMA

Mimi Beams, W50 winner (46:56), Straub Women's 10K, Honolulu, March 4.

Continued on next page



JERRY WOJCIK

Susie Niedermeyer, 41, sixth woman (42:30), National Masters 10K Cross-Country Championships, Vancouver, Wash., Feb. 17.

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October 5-14. Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW, Australia. www.nh.events.com.au

OPEN

Aug. 3-12. IAAF World Championships VIII, Edmonton, Canada.

LONG DISTANCE RUNNING

NATIONAL

April 1. USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 2-6. Road Runners Club of America National Convention, Albuquerque, N.M. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

June 2. USATF National Masters Women's 5K Championships/Freihofers, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

July 28. USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

September 14. National Run to Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

September 15-16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419-475-0731.

October 7. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 27. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack

Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

November 4. USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

November 18. USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.

December 1. USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

December 29. USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

EAST

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

April 1. NYRR New York Health & Racquet Club Backwards Mile, Washington Square Park, Manhattan. 212-860-4455; www.nyrrc.org

April 1. April Fool's Four-Mile, Salisbury, Mass. 978-462-1423; xenia.unh.edu/wcrrc

April 1. Run for Aimee 5K/USATF New Jersey W40+ Championships, Montgomery. usatfnj@aol.com

April 7. Nationwide Run for ASPIRE 10K/USATF Long Island Championships, Plainview, N.Y. B. Windorf, or C. Courounis, 516-349-7646.

April 8. Emmaus 4 Miler, Emmaus, Pa. 610-433-9362.

April 8. Nortel Networks Cherry Blossom 10 Mile, Washington, D.C. 6000 entrant limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848. www.nortelnetworks.com/cb

April 16. 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org

April 22. East Northport 10 Miler, East Northport, N.Y. Fred Kraus, 631-724-3523.

April 22. Runner's World Half-Marathon, Allentown, Pa. 610-434-9362.

April 28. USATF Adirondack Masters 10K Championships, Guiderland, N.Y. Jim Tierney, 518-435-4500; hmrc.com

April 29. New Jersey Shore Marathon, Long Branch. Art Castellano, 732-578-1771; www.njshoremorathon.org

April 29. USATF New England 10K Masters & Open Championships, Dedham, Mass. Steve Vaitones, 617-566-7600; usatfne@ix.netcom.com; www.ramble.org

April 29. JFK Airport 10K, Queens, N.Y. 914-682-0637.

April 29. Sallie Mae 10K, Washington, D.C. SFX Sports Group, Attn: Events, 5335 Wisconsin Ave. NW, Ste. 850, Washington, DC 20015. 202-721-9500.

May 6. Long Island Marathon, East Meadow. LIM, Sports Unit, Eisenhower Park, East Meadow, NY 11554.

May 6. UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

May 6. Microsoft/USO Defenders 10 Mile, Washington, D.C. 301-871-0400; www.run.washington.com

May 6. 22nd annual Broad Street Run Ten Miler, Philadelphia, Pa. Blue Cross Broad Street Run, P.O. Box 18543, Philadelphia, PA 19129. 215-563-6184; www.broadstreetrun.com

May 13. NYRR Revlon 5K, Manhattan, NYC. 212-860-4455; www.nyrrc.org

May 19. USATF New England 12K Championships, Bedford, N.H. 617-566-7600; usatfne@ix.netcom.com; www.bedfordnh.com/rotary

May 20. USATF New Jersey 15K Championships/Midland Run, Far Hills. midlandrun@midlandschool.org; www.midlandrun.org

May 27. Vermont City Marathon, Burlington. Andrea Sisino, 800-880-8149; vcm.org

May 28. USATF New Jersey 10K Championships/Ridgewood Run, Ridgewood. usatfnj@aol.com

June 4. Merry Heart 5K, Eisenhower Middle School, Roxbury, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845; 973-584-0679. Hotline: 973-584-9302.

June 16. Saucony Frick Park Cross-Country Series, Frick Park, Pittsburgh. 10:00 am. West Penn TC, John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

SOUTHEAST

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

April 7. Cooper River Bridge 10K, Charleston, S.C. 843-792-0345; www.bridgerun.com

April 8. 7K Road Race for Sickle Cell/RRCA Southern Region Championships, College Park, Ga. J.T. Franks, 2421 Poole Rd., Atlanta, Ga. 404-344-0045.

April 21. Charlotte Observer Half-Marathon, 5K & 10K, Charlotte, N.C. 704-358-5425; racefest@charlotteobserver.com

April 28. Country Music Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

April 28. Carter's Grove Country Road 8 Mile Challenge, Williamsburg, Va. Tom Gillman, 757-887-1500(d); tom@esgi.net

May 19. 5K Run for Mental Health, Williamsburg, Va. Rick Platt, Colonial RR, 757-229-7375; rickplatt@juno.com

May 27. Wickham Park Marathon, 50, 100, & 200 Mile Fun Runs, Melbourne, Fla. Matt Mahoney, matmahoney@yahoo.com; <http://mahoney4.home.netcom.com/scr/wikham.htm>

May 28. WZYP Cotton Row Run 10K, Huntsville, Ala. \$3000 in masters money. WZYP Cotton Row 10K, 94 Scenic Dr., Huntsville, AL 35801. Ray Moses, race director, 256-859-0369; www.huntsvilletrackclub.org; www.active.com

July 4. Peachtree 10K Road Race, Atlanta, Ga. SASE to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305.

MIDWEST

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

April 1. The LaSalle Bank Shamrock Shuffle 8K, Chicago, Ill. 312-666-9836; www.cararuns.org

April 7. Channel To Channel 20K, Montague, Mich. 231-894-2239; www.channeltochannel.com

April 8. Athens Marathon, Athens, Ohio. 740-594-3825; www.athensohio.com

April 22. Glass City Marathon, Toledo, Ohio. Tom Falvey, 419-475-0731; www.ToledoRoadrunners.org

April 28. Kentucky Derby Fest Mini-Marathon, Louisville. 800-928-3378; www.kdf.org

April 29. CVS/pharmacy Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; fax: 216-378-0143; www.clevelandmarathon.com

April 29. Michigan Trail Marathon, Ann Arbor. Running Fit, 734-769-5016; www.runningfit.com

May 5. Indianapolis Life 500 Festival Mini-Marathon & AmerUS Group 5K. 317-237-3404; www.500festival.com

May 6. Cincinnati Flying Pig Marathon/RRCA Central Region Championships, Cincinnati, Ohio. Rich Williams, 513-721-7447; www.flyingpigmarathon.com

May 12. Arts Fest River Run 12K, Henderson, Ky., to Evansville, Ind. 812-424-7575; pas@zsws.com

May 26. Ogden Newspapers 20K Classic (formerly Big Boy Classic), Wheeling, W. Va. Hugh Stobbs, 304-242-7322; fax: 242-8941; bigboy20K@aol.com

May 26-28. Truth/Bank One Great Race Sports Festival 5K, 10K, & Half-Marathon, Elkhart, Ind. 219-296-5890; fax: 293-8324; wow@michiana.org

May 27. Bayshore Marathon, Traverse City, Mich. Dave Taylor, 231-941-8118; www.users.northlink.net/tctc

May 27. Mad City Marathon, Madison, Wisc. MCM, c/o Event Services, Inc., 6401 Odana Rd., Madison, WI 53719. 608-278-9666.

MID-AMERICA

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

April 21. 32nd Annual Longest Day Marathon, Relay, Half-Marathon, 10K, 5K, & 5K RW, Brookings, S. Dak. Jack Youngberg, 605-696-2433; www.brookings.com/striders

April 27. Arbor Day 5K, Brookings, S.Dak. Steve Britzman, 605-697-9058; www.brookings.com/striders

April 28. Get in Gear 10K, Minneapolis, Minn. 651-722-9004; www.getingear10K.com

May 6. Lincoln Marathon, Lincoln, Nebr. 402-435-3504; www.lincolnrn.org

May 6. Presbyterian/NMZS 10K Run for the Zoo/RRCA 10K National Championships, & 5K, Albuquerque, N.M. Amber Gray-Fenner, 1320 Iron S.W., Albuquerque, NM 87102. 505-764-6280; www.run4zoo.org

May 13. TIMTAM 50K, 50K Relay, & Marathon, Ames, Iowa. Douglas Bryner, 1501 Summit, Ames, IA 50010. 515-233-8546; www.geocities.com/timtams50k

May 27. Med-City Relays & Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

May 28. Bolder Boulder 10K, Boulder, Colo. Cliff Bosley, 303-444-7223; www.bolderboulder.com

May 28. USATF Minnesota 5K Championships/Brian Kraft Memorial Run, Minneapolis. 612-375-0805.

June 3. Steamboat Marathon, Steamboat Springs, Colo. 970-879-0880; steamboatmarathon.com

June 16. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN. 218-727-0947; www.grandmasmarathon.com

June 24. Green Bay Marathon, Green Bay, Wisc. 800-889-1859; www.greenbaymarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 1. Statesman Capitol 10,000, Austin, Texas. 512-445-3598; <http://cap10k.austin360.com>

April 7. Bellaire Trolley Run 5K, Houston, Texas. Al Lawrence RC, 713-622-8280; www.alrcusa.org

April 8. Red Bud Classic 10K/USATF

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Oklahoma West Championships, Nichols Hill. 405-842-8295; www.redbud.org

April 28. USATF Arkansas Masters & Open 8K Championships, Little Rock. Bill Torrey, 501-455-2643; btorey@arkansarunner.com

April 28. Memorial Hermann Sports Care Bayou Bash Relay, Houston, Texas. 4x2.81 mile. John Lauten, 713-723-5180; www.alrcusa.org

April 29. Oklahoma City Memorial Marathon. 405-525-4242; www.okcmara.com

May 5. Bricktown Classic 12K/USATF Oklahoma Championships, Oklahoma City. First National Bank of Edmond, PO Box 5450, Edmond, OK 73083. 405-844-0110.

May 12. Route 66 Challenge 8K/USATF Oklahoma East Championships, Davenport. Davenport C of C, PO Box 66, Davenport, OK 74026-0066.

WEST

Arizona, California, Hawaii, Nevada

April 7. Ullis C. Williams 5K & 10K Run, 5K Walk, Compton, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

April 7. Golden Gate Marathon, Sausalito, Calif. Enviro-Sports, 415-868-1829; www.envirosports.com

April 22. Compaq 10K/USATF Pacific Masters & Open Championships, Cupertino, Calif. 415-759-2690; rhodyco.com

April 29. Big Sur International Marathon, Carmel, Calif. Wally Kastner, 831-625-6226; www.bsim.org

April 29. Russian River Marathon/RRCA Western Region Championships, Ukiah, Calif. Dottie Deerwester, PO Box 518, Ukiah, CA 95482. 707-468-8024; rdysetgo@rdysetgo.com

May 6. Avenue of the Giants Marathon, Weott, Calif. Gaylou Gilchrist, 707-443-1226; www.humboldt1.com/~avenue

May 19. Palos Verdes Marathon, Palos Verdes (L.A. suburb), Calif. W2 Promotions, 310-828-4123; www.active.com

May 20. 90th annual Examiner Bay To Breakers 12K, San Francisco. Paulette Stracuzzi, 415-777-8742; www.baytobreakers.com

May 28. Pacific Sun Races 2001 (10K & 2.5 Mile Run/RW), College of Marin, Kentfield, Marin County, Calif. Pacific Sun Races, c/o Carmela Toledo, 8429 Locust, Dublin, CA 94568. 415-721-3791; www.tamalparunners.org. See entry form on p. 6.

June 2. Fontana Days Half-Marathon & 5K Race/Walk, Fontana, Calif. Fontana City Hall, 8353 Sierra Ave., Fontana, CA 92335. 909-428-8360.

June 3. Suzuki Rock 'N' Roll Marathon, San Diego. Elite Racing, Inc., 858-450-6510; Limited to 20,000. www.rmmarathon.com

June 3. Lake Chabot Trail Challenge Half-Marathon/RRCA Western Region Championships, San Leandro, Calif. Will Uher, 510-278-0451; willuher@pacbell.net

June 3. Holcomb Valley 50K/RRCA Western Region Championships, Big Bear City, Calif. Norm Haines, 800-725-5850; normruns2@aol.com

July 8. Chronicle San Francisco Marathon. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; www.chroniclevents.com

NORTHWEST

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

April 14. Pear Blossom Run, Medford, Ore. 10-Mile, 5K, 2-Mile, 1-Mile. March 15 deadline. PBR, P.O. Box 146, Medford, OR 97501. Zellah & Jerry Swartsley, 541-535-

1205; www.pearblossomrun.com

April 28. USATF Inland NW Masters & Open 8K Championships, Connell, Wash. Ken Sellereite. 509-234-8606; sellersj@bossig.com

April 29. Hood River Spring Relay, Hood River, Ore. 55.8 miles/5 runners. HRSR, 206-782-6547; fax: 783-5285; www.ontherun.com/hrr

May 6. 25th Lilac Bloomsday 12K, Spokane, Wash. LB 12K, PO Box 1511, Spokane, WA 99210. April 13 deadline. www.bloomsdayrun.org

May 20. Capital City Marathon, Olympia, Wash. 360-786-1786; capitalcitymarathon.org

May 26. Up the Lazy River/ORRC Masters 10K Championships, Mary S. Young Park, West Linn, Ore. ORRC, 4840 SW Western Ave., Beaverton, OR 97005. 530-291-8699; fax: 520-0242; www.active.com

May 27. Wyoming Marathon, Medicine Bow Half-Marathon, & Rocky Mountain Double Marathon 52.4 Miles, Laramie. Brent Weigner, 307-635-3316; www.active.com

May 27. USATF Inland Northwest Marathon Championships, Coeur D'Alene, Idaho. Eydie Kendall, 208-664-8814.

May 28. Up the Lazy River ORRC Masters 10K Championships, West Linn, Ore. G. Smith, director, 503-291-8699; fax: 520-0242; www.orrc.net

June 23. Mayor's Midnight Sun Marathon, Half-Marathon, & 5 Mile, Anchorage, Alaska. 907-343-4474.

July 13-14. Mt. Rainier to the Pacific Relay, Ashford-Ocean Shores, Wash. 152.5 miles/11 persons; walk: 100 miles/7 persons. Hotline: 503-671-0202; fax: 206-782-5285; www.ontherun.com/rtp

CANADA

May 6. Vancouver International Marathon, Half-Marathon, & 5 Miler. 604-872-2928; www.vanmarathon.bc.ca

May 13. National Capital Marathon, Ottawa, Ontario. 613-234-2221; www.ncm.ca

August 19. 7th annual Marathon by the Sea, Saint John, New Brunswick. Also Half-marathon & 5 Mile. Marathon, c/o Canada Games Aquatic Centre, 50 Union St., Saint John, NB E2L 1A1, Canada. 506-658-4715; email: mrooney@aquatics.nb.ca; www.marathonbythesea.com

INTERNATIONAL

April 1. Berlin Half-Marathon, Germany. (49) 30-302-5370; www.berlinmarathon.com; info@berlinmarathon.com

April 8. Paris International Marathon, France. www.parismarathon.com; info@parismarathon.com

April 22. Flora London Marathon, England. (44) 171-620-4117; www.londonmarathon.co.uk; Marathon Tours, 617-242-7845.

April 28-29. 7th European Veterans Athletics Non-Stadia Championships, Qormi, Malta. 10K RR, 30K Men's RW, 20K Women's RW-28th; Half-Marathon-29th; non-Championships 4x3000 relay-May 1. EVAA Championships, PO Box 36, Qormi, Malta. Tel/fax: (00356) 247675, 487704, 432402; email: maaa@global.net.mt; www.global.net.mt/maaa

May 12. BVA Road Relay Championships, Sutton Park, Birmingham, England. Denis Withers, 33 Barker Rd., Sutton Coldfield, B74 2NZ, England.

May 18-19. Russian Veterans Non-Stadia Championships, Cheboksari. Vadim Marshhev, fax: 7-095-573-4150; marshhev@



JERRY WOJCIK

Myra Klettke #444, 40, was second woman (39:55), National Masters 10K Cross-Country Championships, Vancouver, Wash., Feb. 17.

cs.msu.su

June 9. Stockholm Marathon, Sweden. SM, Box 10023, SE-10055 Stockholm, Sweden. www.marathon.se

August 26. Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Marshhev, fax: 7-095-573-4150; marshhev@cs.msu.su

October 14. Avon Running 10K Global Championships, Budapest, Hungary. 212-282-5350; www.avonrunning.com

RACEWALKING

April 22. Northwest Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

June 3. USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.

June 10. Crown Valley Senior Olympics 1500 & 5000 Racewalks, Pasadena CC, Pasadena, Calif. Jim Hanley, meet director. Cynthia Rosedale, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754; fax: 577-4235; email: cpv@pasadenaseniorencenter.org. Qualifier for 2002 Calif. Sr. Games Championships.

July 26. USATF National Masters 5000 RW Championships, Baton Rouge, La. See T&F schedule.

July 28. USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.

September 9. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 22. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.

October 7. USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.

October 27. USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net

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RECIPIENTS OF ALL-AMERICAN AWARDS

M40-44				
Warren Taylor	SP	47-3	6-11-00	
Stephen Galetta	D	149-10	6-11-00	
	55m	6.9	12-17-00	
M45-49				
Don Filkins	SP	41-5	9-23-00	
M50-54				
Gene Baro	PV	4.15m	2-116-01	
Bob Sager	SP	13.46	1-26-01	
M55-59				
Edward Cutler	PV	10-4	8-11-00	
Ritchie Geisel	10,000	37:59	2-24-01	
John Teising	400	61.4	7-13-00	

M60-64				
Geoff Howard	3000m	11:48.5	2-17-01	
Gary Isham	PV	9-6	10-6, 7-00	
M65-69				
Lew Overbeck	D	128-3	10-1-00	
Vern Spencer	WP	3449	9-3, 4-00	
	WT	42-4	3-24, 26-00	
	SW	6.58	3-24, 26-00	
	HT	119-6	8-3-00	
	WT	6.46	2-25-01	
	SW	6.46	2-25-01	

M70-74				
Thomas Page	200	31.60	10-7-00	
W45-49				
Shelley Walsh	800	2:45.28	2-18-01	
W50-54				
Marcella Paull	10,000	47:23	2-10-01	
W65-69				
Janice Wolowicz	SP	22-3 1/2	6-10-00	



U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-1/2	5-3/4	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9 1/2	3-3 1/2	2-7 1/2	
PV	4-40	4-10	3-95	3-70	3-55	3-05	2-70	2-40	2-30	2-00	1-80	1-30	
	14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	7-10 1/2	7-6 1/2	6-8 1/2	5-10 1/2	4-3 1/2	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	19-5 1/2	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00				6.00	5.00	4.00	3.00
	49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2				19-8 1/2	16-4 1/2	13-1 1/2	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/2	27-10 1/2	26-3	19-8 1/2	18-1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70-79: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60-69: 1.0kg; 70-79: 500g
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

WOMEN

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

MEN

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

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

U.S. M

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

USATF Long Island Indoor Championships Suffolk County CC Brentwood, NY; Feb. 23

60m	
M30 Pete McNally	7.3
M35 Jim Reilly	17.2
Mitchell Lovett	17.2
Alex Rivera	7.7
M40 Keith Royster	*7.8
Paul Augello	8.3
M45 C D Cook Sr	*7.9
M50 Jesse Norman	*7.7
David Molloy	18.9
John Martin	18.9
Stuart Veitel	9.0
M55 Ron Johnson	*8.1
Gene Ballard	*8.9
Dick Rosen	9.1
M70 Richard Rizzo	8.6
M70 Tom Trunkes	10.6
James Casey	11.1
W35 Shemayne Williams	*8.4
W50 Mary Trotto	10.9
N Dimitrov	11.6
200m	
M30 Dennis Jamieson	*28.8
M35 Jim Reilly	23.4
Mitchell Lovett	23.4
Alex Rivera	*26.2
David Bynoe	*27.5
M40 Keith Royster	*25.6
Paul Augello	28.2
M45 C D Cook Sr	*27.6
M50 Jesse Norman	*25.5
M55 Ron Johnson	*26.2
M60 Richard Rizzo	28.6
M70 Don Bramante	*33.8
Tom Trunkes	36.8
Odd Sangesland	38.5
W35 Shemayne Williams	*28.7
W45 Paula Dickson Taylor	*31.6
W50 Mary Trotto	39.9
400m	
M35 Mitchell Lovett	52.9
David Bynoe	*57.9
M40 Tom Schlichter	64.9
Gary Pelladale	67.8
M50 Alex Constantino	62.2
M60 Richard Rizzo	63.8
Bob Mitchell	78.8
M70 Don Bramante	*78.3
Tom Trunkes	87.5
Odd Sangesland	92.2
M75 John McManus	84.8
W50 Mary Trotto	98.1
W55 Helma Clavin	1:49.8
800m	
M40 Gary Cox	*2:23.2
Chris Cotroneo	2:39.7
M45 Joseph Frank	*2:45.2
M50 Rick Lapp	*2:18.2
M60 Joe Cordero	2:53.9
M65 Walter McCarthy	3:13.6
M75 John McManus	3:34.9
W45 Paula Dickson Taylor	*2:44.6
W55 Helma Clavin	3:48.1
1500m	
M30 Ramon Rodriguez	*5:41.2
M35 Fred Benlein	6:41.5
M40 Alan Porter	4:45.8
Robert Pasquel	4:59.0
M45 Steven Josepher	4:52.9
M55 Joseph Lazzaro	5:33.4
M60 Joe Cordero	5:49.8
Carl Grossbard	7:10.1
W30 Lisa Rodriguez	*7:07.2
Dina Caperna	7:07.2
W50 Mary Trotto	7:10.3
W55 Mary Louise Michelson	5:41.9
(W55 AR; Skelton/5.46.0/1985)	
3000m	
M30 Paul Englehart	10:04.6
M35 Richard Kyung	11:11.9
Fred Benlein	14:45.6
M45 Leo Murillo	11:53.7
M50 Denis Brazil	11:13.3
M55 Joe Lazzaro	11:46.4
M60 Hilton Goring	12:53.0
W30 Lori Gerondel	*13:11.14
60mH	
M35 Jim Reilly	9.3
M50 Rick Lapp	*9.8

4x400m Relay

W30-39 Bohemia TC	6:30.9
(Clavin/Trotto/Caperna/Gerondel)	
M60-69 Long Island TF	5:42.6
(Mitchell/McCarthy/Groebard/Cordero)	
1500m Racewalk	
M50 Sal Lentini	9:34.9
M60 Jim McGrath	8:02.6
Seth Kaminsky	8:17.1
M65 Bob Barrett	*7:50.5
W40 Marlene Weinstein	9:43.0
W55 Donna Eisenberg	9:54.0
3000m Racewalk	
W50 N Dimitrov	19:26.3
*non-association	

National Bank of Geneva Indoor Distance Festival Hobart & William Smith College Geneva, NY; Feb. 25

Roger Messenger Memorial Masters Mile	
Bob Carroll 44	4:32.5
Stuart Galloway 40	4:34.0
Tim McMullen 48	4:35.9
Robert Bolton 40	4:43.8
Doug Kennedy 41	4:45.8
Dave Worden 45	4:46.2
Tony Vodacek 42	4:46.4
Joe Chimino 47	4:57.0
Tom Hartshorne 47	4:58.5
Jim Robinson 47	5:01.7
Mark Raybuck 42	5:04.1
Mike Rogers 46	5:05.8
Men's 50+ Mile	
Steve Forrestal 51	5:05.0
Tim Payne 50	5:11.6
Ken Gordon 59	5:38.4
Jim Boyle 51	5:44.1
Ralph Josephson 55	6:29.5
William Buell 76	11:04.5
Men's Mile	
1 Rick Streeter 18	4:35.4
3 John Trowse 34	4:43.6
8 Hermann Pohl 38	5:19.9
16 Phil Mann 50	6:34.0
Women's Mile	
1 Becky Heuer 37	5:15.6
2 Patti Ford 45	5:31.9
5 Beth Burchill 34	5:52.5
7 Sue Devlin 40	6:03.2
8 Diane Sardes 49	6:05.2
Men's 800m	
1 Doug Johnston 19	1:56.8
10 Jim Robinson 47	2:08.4
11 David Carroll 38	2:08.9
23 Ralph Josephson	3:07.1
Women's 800m	
1 Heidi Swarts 27	2:23.2
4 Carolyn Smith Hanna	5:02:29.9
(W50-54 AR; Upton/2:34.42/94)	
3000m	
1 Marcus Gage 29	8:58.0
2 John Trowse 34	8:59.7
6 Peter Glavin	9:15.4
10 Tom Ingall 41	10:18.8
13 Anthony Garrow 45	11:05.5
14 Ralph Josephson	55:12:35.8
MAC Masters Indoor Championships 168th St. Armory, NYC; March 4	
60m	
M30 Christopher Anojulu	7.45
Will Holland	7.60
M35 Jim Reilly	7.33
Shawn Carson	7.37
Kevin Smith	7.88
M40 Michael Pulke	7.25
Brady Crain	7.27
Alvin Milleibis	7.96
M45 Ed James	7.51
John Brooks	7.66
Greg McBride	7.74
M50 Bill Collins	7.32
Jesse Norman	7.69
Rick Lapp	7.79
M55 Joe Johnson	7.99
Rich Jones	8.23
M60 Roosevelt Weaver	8.46
John Lewis	9.22
David Rosenthal	10.52
M65 Bill Wright	8.71
Tom Talbott	10.86

W35 Charlene Landrum	8.01
Shemayne Williams	8.50
W40 Louise Clark-Feaster	8.92
D Whitaker-Crain	9.53
W45 Irene Thompson	8.79
Lana Henry	9.64
W50 Skipper Clark	9.31
Mary Trotto	11.96
200m	
M35 Jim Reilly	23.05
Covett Mitchell	23.10
Dabid Bynoe	25.07
M40 Brady Crain	22.89
Damell Gating	23.47
David Cherry	23.73
M45 Archie Glasby	23.93
Francis Schiro	24.50
John Brooks	24.78
M50 Bill Collins	23.47
Alston Brown	24.48
Philip Felton	26.57
M55 Ron Johnson	25.18
Richard Hamner	26.20
Rich Jones	26.80
M60 John Lewis	30.35
Haig Bohigian	31.26
M65 Tom Talbott	37.13
M75 John McManus	37.00
M80 Jim Manno	33.23
Bob Matteson	42.16
W35 Althea Morris	25.34
Shemayne Williams	26.89
Dawn Best	29.23
W40 Louise Clark-Feaster	29.15
Susan Krogstad-Hill	29.25
W45 P Dickson-Taylor	30.95
Lana Henry	32.34
W50 Skipper Clark	31.59
Mary Rosado	34.65
Mary Trotto	40.15
400m	
M30 David Drucker	1:02.28
M35 Mitchell Lovett	50.57
Howard Lindsay	52.84
David Bynoe	55.21
M40 Sal Allah	48.27
Ray Blackwell	50.38
Damell Gating	51.42
M45 Edward Conera	53.20
Archie Glasby	53.92
Raphael Delvalle	1:01.03
M50 Alston Brown	53.29
Rick Lapp	55.07
Dennis Brown	56.87
M55 Richard Hamner	57.17
John Kuhl	1:08.52
M60 Dan Hamner	1:08.13
M65 Jim Aneshansley	1:07.99
M80 Jim Manno	1:20.81
Bob Matteson	1:39.62
W30 Teresa Watson	1:16.78
W35 Althea Morris	57.06
Beth Zebuth	1:02.95
W40 Stephanie Vega	1:03.92
Susan Krogstad-Hill	1:05.88
Louise Clark-Feaster	1:08.63
W45 Irene Thompson	1:07.74
W50 Mary Trotto	1:31.19
800m	
M30 Rich Carlson	2:10.64
Angelo Harasts	2:14.45
M35 Robert Dickson	2:01.66
Rohan Elleston	2:03.98
Bruce Goode	2:05.03
M40 John Murtaugh	2:09.57
Peter Schmidt	2:14.18
Herbie Medina Sr	2:14.48
M45 Thomas Hartshorne	2:09.13
Tony Plaster	2:15.19
Peter Reinhart	2:17.71
M50 Alston Brown	2:10.30
Harold Nolan	2:13.96
Steven Rook	2:15.31
M55 Johnathan Tetherly	2:28.40
John Kuhl	2:33.09
M60 Sid Howard	2:30.16
Kenneth Skinner	2:48.50
M65 Jim Aneshansley	2:34.50
M70 Joseph Kernan	3:40.87
M75 John McManus	3:13.89
W35 Dawn Best	2:36.02
W40 D Whitaker-Crain	2:42.97
W45 Eileen Troy	2:38.36
P Dickson-Taylor	2:38.69
W50 Mary Rosado	2:55.69

Mile	
M30 Peter Gallimore	4:35.57
M35 Jean Dany Joachim	4:36.00
M40 Keith Davies	4:45.95
Stuart Calderwood	4:52.36
M45 Peter Reinhart	5:13.84
M50 Harold Nolan	4:50.95
Steven Rook	4:55.61
Victor Diaz	5:10.92
M60 Denis Daly	5:53.44
Kenneth Skinner	6:02.82
W35 Susan Menz	5:43.82
W50 Erika Campbell	6:03.41
Mary Rosado	6:07.25
Judy Anker	6:32.84
W55 M-L Michelson	6:05.27
3000m	
M45 Tom Allen	12:06.14
M55 Hugh Sweeney	10:34.06
M60 Denis Daly	11:54.71
M70 Des Margetson	17:54.12
W70 Toshiko D'Elia	14:07.08
Short Hurdles	
M35 Glenn Patterson	8.55
Jim Reilly	9.66
M40 Craig Plummer	11.67
M50 Rick Lapp	9.67
Ivan Black	12.39
David Friedman	15.50
W35 Charlene Landrum	9.12
W45 Irene Thompson	10.54
4x200m	
M30 Gladiator TC	1:36.95
M40 Sprint Force America	1:34.69
Princeton Flyers	1:38.88
M50 Aura	1:38.65
4x400m	
M30 Athletics East	4:01.16
M50 Aura	3:54.36
High Jump	
M30 Oleg Mysikov	1.77
M35 Igor Ageev	1.92
M40 Sid Crockett	1.82
Craig Plummer	1.47
Rob Doran	1.42
M45 Mike Roberti	1.42
M50 Oscar Henry	1.47
Ivan Black	1.42
Michael Garrity	1.22
M65 Michael Frankfurt	1.27
M70 Des Margetson	1.07
W30 Kimiko Nakatake	1.57
W50 Skipper Clark	1.22
Pole Vault	
M40 Rob Doran	2.90
Don Severn	3.80
Mike Roberti	2.75
M50 Joe McMahon	2.30
Ivan Black	2.00
Long Jump	
M30 Rod Weston	6.20
Wale Aka-Bashorun	5.94
M35 Terry Williams	4.85
M40 Craig Plummer	5.13
M50 John Oleski	4.72
Ivan Black	4.70
Michael Garrity	4.17
M55 Mike Milove	4.90
M60 David Rosenthal	3.00
W30 Kimiko Nakatake	4.83
W35 Dawn Best	4.04
Tina Whitehead	3.73
W45 Irene Thompson	4.14
W50 Skipper Clark	3.91
Mary Trotto	2.60
Triple Jump	
M30 Rod Weston	13.62
Christopher Anojulu	13.24
M35 Terry Williams	10.30
M50 Ivan Black	10.29
John Oleski	9.73
David Friedman	8.45
M60 Haig Bohigian	8.88
David Rosenthal	6.57
M65 Tom Talbott	5.12
M70 Des Margetson	6.50
W35 Tina Whitehead	8.45
Shot Put	
M30 Antonio Martinez	10.88
M40 Goran Milanovic	12.89
Tony Ciccone	12.82
Ted Goudge	12.08
M45 Dennis Hansen	12.02
M50 Rich Dunphy	9.99
Michael Garrity	9.10

Jeffrey Copeland	8.90
M55 Carl Levine	9.07
M65 Pete Barker	9.61
W40 Oneitha Lewis	13.31
W50 Skipper Clark	9.08
Mary Trotto	6.56
W55 Roslyn Katz	7.85
Pentathlon	
M40 Rob Doran	1926
M50 Ivan Black	2486
Joe McMahon	1652
Oscar Henry	1614
W35 Caryl Senn	2949
Mile RW	
M35 Edward Bruce	8:23.90
M55 Gary Null	7:38.89
M60 Seth Kaminsky	8:52.77
M65 Bob Barrett	8:25.77
M70 Cervin Robinson	10:34.98
M75 John Nervetti	10:51.86

SOUTHEAST

DCRR/POTOMAC Valley TC Indoor Meet Arlington, VA; Jan. 28

Masters Mile	
1 Bret Schmidt 41	5:19.3
2 William Greene 40	5:21.5
3 Jay Jacob Wind 51	5:43.0
4 Joe Giunta 52	5:47.7
5 Tim Holtz 46	5:52.0
6 Blaine Barham 45	6:08.3
7 Michael Lyons 46	6:09.2
8 Tony Santucci 46	6:18.4
9 Peter Bland 46	6:35.7
10 Bill Osburn 77	8:09.7
11 Ray Blue 76	8:25.6
Women's Mile	
1 Ayneseah Sinclair 16	6:04
3 Jennifer Lazio 32	6:25
Open Mile	
1 Nico Vanderkolk 15	5:16
15 Tony Santucci 46	6:15
16 Tim Holtz 46	6:28
18 Barry Mountain 46	7:13
3000m	
1 Ben Stern 16	9:19.1
3 Ted Poulos 39	9:59.7
5 David Webster 48	10:26.4
6 Eric Bouffert 35	10:29.3
7 David Breg 37	10:35.1
8 Jay Jacob Wind 51	11:18.3
9 Wendall Brown 34	11:19.4
13 Richard Weston 54	12:36.3
14 Jon Hiratsuka 48	13:14.1
15 Jennifer Lazio W32	13:19.2
3000m RW	
1 Victor Litwinski 57	18:05.5
2 Marie Woodland W31	19:32.3
3 Charles Boyle 77	21:09.4
4 Peter Blank 46	21:37.1
5 Terry Hamilton 72	23:52.8
6 Barbara Gladd W77	26:27.5

MID-AMERICA

Colorado State Indoor Championships U.S. Air Force Academy Colorado Springs, CO; Feb. 25

60m	
M35 Gerald Owens	7.10
Bernard Johnson	7.94
Bob Pankey	8.63
M40 Tad Trombley	7.59
Rick Schwindt	7.98
M45 Stacey Price	7.46
Dan Radiff	7.82
Trip Reynolds	8.00
Robert Hahn	8.23
Dan Knight	8.49
M50 Jerry Scriver	8.16
Scott Smith	8.42
Paul Blankenship	8.49
Chet Thompson	8.71
Dan Craven	9.22
Warren Schoedel	9.29

Continued from previous page

Short Hurdles	
M30 Derek Knight	7.96
M35 Bob Pankey	10.88
M40 Jeff Bilderbeck	10.41
M45 Stacey Price	8.87
Dan Radiff	9.71
Robert Hahn	10.53
M50 Gene Iwen	10.10
M65 Lowell Bonifield	10.21
Jim Leggett	12.35
Ritch White	14.31
M70 Will Robinson	12.14
High Jump	
M40 Jeff Bilderbeck	1.48
Roger Mitchell	1.27
M60 Larry Carter	1.32
Robin Herron	1.32
M65 Ritch White	1.27
M70 Bill Pardue	1.17
M75 Bill Chivvis	1.12
W45 Patti Gilmour	1.17
M50 Sharon Raham	.97
M70 R Jean Jones	.86
Pole Vault	
M30 Pat Manson	5.67
M35 Michael Stevens	4.42
M40 Jeff Bilderbeck	3.50
M45 Brad Winter	3.81
M70 Jerry Donley	2.90
Tom Hinkes	2.60
M75 Bill Chivvis	2.00
Long Jump	
M40 Kent Knoll	5.37
Roger Mitchell	3.02
M45 Dan Knight	4.89
M50 Warren Schoedel	3.88
Dan Craven	3.58
M60 George Cairns	3.70
M65 Dick Richards	5.31
Lowell Bonifield	4.64
Jim Leggett	3.95
Ritch White	3.28
M75 Bill Chivvis	2.75
W35 Julie Burtis	4.58
W50 Sharon Raham	3.03
W70 R Jean Jones	1.95
W75 Willie Gatz	1.37
Charlotte Acton	.98
Shot Put	
M35 Bernard Johnson	8.43
M50 Dan Craven	9.53
Gene Iwen	9.01
Warren Schoedel	8.02
M55 Paul Economides	13.50
M60 Roger Corliss	11.04
Robin Herron	11.03
M65 Gerald Vaughn	14.04
James Koch	12.10
Vern Spencer	9.80
Al Clowser	9.35
W45 Ruth Gilmour	6.42
W50 Sharon Raham	7.61
W75 Charlotte Acton	5.70
Willie Gatz	5.06
Weight Throw	
M50 Tim Edwards	13.81
M55 Paul Economides	12.32
M60 Robin Herron	9.59
M65 James Koch	9.48
W75 Charlotte Acton	6.18
Willie Gatz	3.99
Superweight	
M50 Tim Edwards	9.47
M55 Paul Economides	8.19
M60 Robin Herron	4.31
M65 Vern Spencer	6.46
James Koch	4.60
3K RW	
M45 Terry Femmer	18:11.34
M65 Vilmaris Strautins	21:04.09
M65 Joyce Franks	27:45.84
USATF Minnesota Indoor Championships, Bethel College Arden Hills, March 10	
55m	
M40 Reginald Gunter	7.06
Kerry Baubie	7.36
Scott Roes	7.77
M45 Greg Schwab	7.16
Doug Malmberg	7.61
Tony Miksanek	8.46
M50 Russ Anteronen	7.89
M55 Paul Montgomery	7.59
M60 Lowell Thompson	8.01
George LaBelle	8.49

Darrel Short	8.81
M80 Paul Geyer	15.95
W35 JoeAnn Jackson	7.82
200m	
M40 Jeffery Stone	28.33
M45 Greg Schwab	25.40
M60 Lowell Thompson	29:68
Darrel Short	31.45
W35 JoeAnn Jackson	30.16
400m	
M40 Jeffery Stone	63.27
M45 Mike Bjornberg	82.03
M50 Carter Holmes	61.03
800m	
M40 Pat Eastman	2:08.18
John Tomars	2:42.27
M45 Mike Bjornberg	2:27.04
M50 Shawn Regan	2:21.52
Michael Moser	2:55.89
M55 Pat O'Regan	2:48.21
Art Maillet	3:05.73
1 Mile	
M35 Bob Hackley	4:40.35
M40 Paul Brown	5:10.58
M45 Mike Bjornberg	5:18.23
John Hauck	5:50.93
Ben Zhao	7:54.82
M60 Terry Moore	6:59.27
M75 Reid Burns	9:12.32
W40 Reva Fred	6:22.33
3200m	
M40 Earl Blodgett	11:46.33
M45 Mike Bjornberg	11:57.41
M50 John Cramer	12:27.47
W45 Sue Klappa	14:15.45
5000m	
M40 Digger Carlson	15:44.41
M45 Mark LeDuc	18:25.74
M60 Thom Weddle	18:43.21
W45 T Rinkenbaugh	24:39.63
55mH	
M40 Mark Twedt	9.01
M50 Carter Holmes	10.48
Michael Moser	12.83
M60 George LaBelle	10.27
High Jump	
M40 Mark Twedt	1.73
M45 Kevin McLaughlin	1.70
Valeriy Snezhko	1.52
M50 Carter Holmes	1.42
M60 Darrel Short	1.27
George LaBelle	1.22
Ron Wheeler	1.12
Pole Vault	
M35 Matt Kolb	4.75
Steve Slattery	4.75
Calen Wilson	4.11
Reid Walker	4.11
Long Jump	
M40 Kerry Baubie	5.40
M45 Doug Malmberg	4.73
M50 Carter Holmes	4.79
Russ Anteronen	4.02
Michael Moser	3.42
M60 Darrel Short	4.31
Lowell Thompson	3.65
George LaBelle	3.51
W35 JoeAnn Jackson	4.53
M40 Mark Twedt	10.15
M60 Darrel Short	8.09
George LaBelle	7.33
Shot Put	
M50 Michael Moser	10.37
Carter Holmes	10.24
M60 Ron Wheeler	11.43
George LaBelle	10.28
M65 Gene Lohman	10.28
Earl Luse	8.95
3000m Racewalk	
M45 Tony Miksanek	25:02.0
M55 Wayne Nurmi	17:06.1
M60 David Bickel	18:19.8
M80 Paul Geyer	23:23.8
W35 Tish Borgen	17:10.7
W45 Sue Klappa	17:13.2

WEST

USATF Arizona Indoor Championships Flagstaff, AZ, Feb. 18

55m	
M30 James Smith	6.96
Mark Borchard	7.81
M40 Raymond Elzy	7.33
Mich DiVittorio	7.94
M45 Stacey Price	6.98
Sabe Onyepunuka	7.00
Sam Burns	7.30
Billy Halstrom	7.47
Matt Heathco	7.48
M50 David Salazar	7.61
M55 Robert Gent	9.01

M60 Steve Bowles	8.05
M65 Richard Glasgow	8.34
William Perry	8.71
W45 Jacqueline Board	8.09
W60 Karol Perry	10.03
200m	
M30 James Smith	23.99
M40 Dave DiMassa	25.30
Mich DiVittorio	27.53
M45 Billy Halstrom	26.94
M50 Will Jefferson	36.79
M55 Robert Gent	35.45
W45 Jacqueline Board	29.09
400m	
M30 Mark Borchard	54.56
M40 Dave DuNassa	54.65
M45 Jeff Buhmiller	1:00.20
M50 Frederick Sowerby	53.43
Jim Falen	1:01.52
M60 Steve Bowles	1:06.85
M65 William Perry	1:10.16
W45 Jacqueline Board	1:04.82
W60 Karol Perry	1:22.51
800m	
M40 Jim Hersberger	2:13.52
Alvin Rollier	2:32.87
M50 David Salazar	2:12.90
Jim Falen	2:30.56
Ron Pate	2:40.96
Short Hurdles	
M30 James Smith	8.13
M40 Steve Janusz	9.43
Erwin Jones	9.75
M45 Stacey Price	8.17
M50 Gene Iwen	9.15
M55 Robert Gent	11.71
High Jump	
M40 Brian Campbell	1.78
M45 Pat Fahy	1.58
Matt Heathco	1.53
M50 Gene Iwen	1.33
M55 Robert Gent	1.33
Buster Byrnes	1.28
M60 Bob Delfs	1.08
M65 Phil Fehlen	1.58
W40 Carla Hoppie	1.30
Pole Vault	
M30 Brian Zaglaver	4.05
M45 Brad Winter	3.90
Matt Heathco	3.15
M55 Buster Byrnes	2.55
Robert Gent	2.40
Long Jump	
M40 Brian Campbell	5.83
M45 Pat Fahy	5.47
M50 Gene Iwen	4.75
M55 Godfre Cernyar	4.08
Robert Gent	3.45
M60 Bob Delfs	2.68
Shot Put	
M30 Ted Williams	11.82
M50 Gene Iwen	8.40
M55 Buster Byrnes	11.74
Robert Gent	10.76
Godfre Cernyar	9.96
M60 Bob Delfs	9.08
W40 Carla Hoppie	9.46
KelField Throws Series #92 Santa Cruz, CA, March 3	
Shot Put	
M50 Lad Pataki	52-1
Gary Kelmenson	37-0.5
Jack Kuhns	37-5
M60 Mike Parker	36-7.5
Discus	
M50 Lad Pataki	173-5
Gary Kelmenson	118-3
M60 Jack Kuhns	121-0
Mike Parker	117-7
Hammer	
M40 Casey O'Hara	113-9
M50 Lad Pataki	164-8
Gary Kelmenson	136-2
M60 Mike Parker	83-2
Jack Kuhns	78-2
20# Weight	
M60 Jack Kuhns	41-2
Mike Parker	35-10
25# Weight	
M40 Casey O'Hara	49-8
M50 Lad Pataki	62-5
Gary Kelmenson	48-2
35# Weight	
M40 Casey O'Hara	39-0
M50 Lad Pataki	50-3
Gary Kelmenson	39-1
M60 Jack Kuhns	26-9

Mike Parker	24-2
55# Weight	
M40 Casey O'Hara	22-8
M50 Lad Pataki	36-0.5
Gary Kelmenson	24-11.5
M60 Jack Kuhns	17-0
Saddleback Relays Mission Viejo, CA, March 10	
60m	
M30 Randy Thompson	7.86
M35 Robert Spence	7.65
Jeff Gonzales	8.30
Peter Simms	8.37
M40 Eric Dixon	7.49
B J Duhon	7.55
Alvin Millerbas	7.96
M45 Andrew Hecker	8.56
Lyndon Herzberg	8.85
M50 Homi Hirmasji	8.23
Glenn Johnson	8.23
John Tomaschke	8.43
M55 John Hartfield	7.88
Willie Roberson	8.79
Richard Lapham	8.92
M60 Ken Denbriis	8.06
Lee Gillespie	8.68
M65 Frank Kishi	10.00
M70 Paul Bambrook	9.19
Al Escobosa	9.63
Jim Selby	9.70
M75 Jock Joco	9.97
Rudy Ceja	11.39
W35 Tammy Mack	9.19
Tiffany Wilson	9.85
W40 Elaine Iba	8.63
Debbie Selby	10.58
Elizabeth Monday	11.71
W50 Brenda Matthews	9.29
W55 Lynn Naftel	9.38
W60 Kathy Bergen	9.29
100m	
M30 R Thompson	12.44
M35 Fred Simmons	11.46
Peter Simms	13.34
Jeff Gonzales	13.35
M40 B J Duhon	12.06
Alvin Millerbas	12.94
Michael Shea	13.23
M45 Robert Richardson	12.63
Andrew Hecker	14.08
M50 Burke Grandjean	13.26
Homi Hirmasji	13.47
Jorge Bimbaum	13.90
M55 D Reichardt	13.74
Warren Graff	14.22
Willie Roberson	14.37
Juan Bustamante	14.93
M60 Ken Dennis	13.07
Doug Smith	13.32
Lee Gillespie	14.27
M65 Nick Newton	14.65
Frank Kishi	16.39
M70 Paul Bambrook	14.92
Jim Selby	16.08
Bob Frier	16.64
M75 Jock Joco	16.50
Rudy Ceja	19.43
W35 Tammy Mack	14.56
Tiffany Wilson	15.95
W40 Elaine Iba	13.96
Debbie Selby	17.09
W55 Lynn Naftel	15.35
W60 Kathy Bergen	15.10
300m	
M30 M Bogdanowicz	37.77
R Thompson	39.41
M35 Robert Spence	38.58
M40 Michael Shea	39.78
Alvin Millerbas	42.70
Joe Gilboy	43.99
M45 R Richardson	41.14
Andrew Hecker	43.69
M50 John Tomaschke	43.05
Bill Fitzpatrick	43.91
Glenn Johnson	44.10
Bill McNeal	47.43
M55 Warren Graff	41.92
Willie Roberson	44.32
Bob Kogler	51.19
Ron Stock	54.25
M60 Ken Dennis	42.70
Gary Sims	43.26
M70 Jim Selby	52.08
Al Escobosa	52.90
Bob Frier	56.46
Milo Sather	58.89

W40 Diane Heil	46.62
Debbie Selby	59.54
Elizabeth Monday	1:02.93
W55 Lynn Naftel	53.23
800m	
M30 M Bogdanowicz	2:00.15
M35 Berry Kettrell	2:05.91
Todd Hansink	2:12.89
M40 Mark Cleary	2:07.92
M45 Dan Goldman	2:08.09
Mike Tipping	2:11.51
M50 Nolan Shaheed	2:02.56
Bill Fitzpatrick	2:23.65
Wayne Douglas	2:26.17
M65 William Wall	3:01.68
M70 Jim Selby	2:53.04
Erian Sanchez	2:59.53
Harold Willis	3:46.17
M75 Avery Bryant	3:20.63
W30 Saura Shapiro	2:47.30
W35 Deane Haney	2:37.91
W40 Diane Heil	2:28.32
W45 Tina Bowman	2:37.92
1500m	
M40 Frank Boegeman	4:54.33
Steve Moreno	5:47.80
M45 Dan Goldman	4:37.29
Gary Shapiro	4:42.77
David Sheraton	4:50.00
M50 Gary Hall	4:55.18
Steven Kellmyer	5:13.66
Herman Castille	5:20.58
Dick Muth	5:22.75
M55 Ron Salupo	5:00.76
Bob Kogler	6:13.61
M60 Ralph Reiche	6:57.38
M65 Carl Acosta	6:34.51
M70 Jim Selby	6:00.94
Efrin Sanchez	6:24.60
Milo Sather	6:45.24
Harold Willis	7:45.97
W35 K Archuletta	5:03.27
Diane Haney	5:18.48
Sinead Foran	5:45.42
W40 Debbie Barraza	5:17.86
Vickie Ford	5:39.70
Helen Moreno	5:58.55
W45 Tracey Cox	6:13.98
W50 D Dunningham	6:53.06
W60 Yvette Lavigne	5:55.02
5000m	
M35 Jim Kurtzman	16:19.19
M40 Larry Holland	16:45.33
M50 Gary Hall	18:45.70
Short Hurdles	
M35 Robert Spence	9.11
Robert Hecker	9.55
M40 B J Duhon	8.76
M45 David Pemin	9.46
M70 Jim Selby	16.35
Long Hurdles	
M30 M Bogdanowicz	44.49
M45 Andrew Hecker	48.25
Ken Stone	51.81
M50 Jorge Bimbaum	52.40
M55 Warren Graff	48.29
Steeplechase	
M Bogdanowicz	10:18.86
4X200m	
M40 Eric Dixon Team	1:39.35
M60 Team USA	1:46.41
High Jump	
W30 Leslie Martin	1.32
W50 A Steekelenburg	1.32
M50 Charlie Rader	1.68
Jorge Bimbaum	1.42
M60 Bert Bergen	1.73
Ralph Reiche	1.68
John Steinman	1.63
Davie Perry	1.52
M65 Phil Fehlen	1.63
Mark Newton	1.47
Phil Shipp	1.32

Continued from previous page

W35 Jose Duba 30.80
W40 Sonja Oost 27.71
W50 Joke Torbijn 28.08

800m

M40 Henk van Eck 2:03.88
M45 Eugene v Kruchten 2:07.75
Cees Meyer 2:10.67

W35 Maaike Hornstra 2:29.96
W45 Jannie Kuiper 2:30.83

3000m

M40 Dick v Zalingen 9:04.52
Paul v Rooyen 9:46.59
M45 Chris Henet 9:05.42

Cees Kraayenveld 9:09.86
M50 Peter Vlaarkamp 9:49.24

60mH

M40 Rob de Weger 8.99
Eric Oostwegel 9.33
M45 Kees Meyer 10.88

M50 Wim de Ronde 9.68
Henk Nordt 10.40

W40 Evie Roelands 10.20
Hanny Barnhoorn 10.20

High Jump

M45 Kees Meyer 1.40
M50 Jan Huijbers 1.66
Rob Decker 1.55

M55 Frans v Boven 1.50
M70 Arent Koet 1.30

W35 Patsy Kolhorn 1.60
Monique Seerden 1.55
W45 Janine Kortbeek 1.40
W50 Weia Reinboud 1.55

Long Jump

M40 Alje Kuiper 6.48
Rod de Weger 5.71
M45 Piet Wiezes 5.73

Wout v Drunen 5.51
M50 Kees Reiding 4.99

Wim Hellebrekers 4.82
M55 Rob Dekker 4.70

Frans v Roen 4.54
M65 Kees v Giezen 3.82

M70 Arent Koet 3.81
W35 Monique Seerden 4.30

W40 Evie Roeland 4.84
Hannie Barnhoorn 4.67

W45 Anja Akkerman 4.52
Jannie Kortbeek 4.39

Shot Put

M40 Albert vd Mee 11.92
M50 Martin Regstop 14.53
Jack Dekker 13.41

M40 Frits Martens 11.88
W35 Ingrid v Dyck 10.23

W40 Anneke Hoogenboech 6.67
W45 Tineke Schenkels 12.38

W50 Rina ten Braak 10.36

M30 Kaoru Takahashi 34 7:20:07
Spencer Ellis 30 7:38:25
Byron Lane 33 7:58:36

M40

Andre Ambroggi 7:59:50
David Roemer 9:59:59
Rimas Jakelaitis 7:41:22

Frank DeLeo 8:24:34
Lee Dickey 8:24:58

M50

Lanny Levit 8:12:00
Luis Rios 8:20:22

Al Prawda 8:40:59
M55 Robert Falk 8:21:28

Antonio Conejo 9:05:45
W30 Megumi Fukami 9:10:35

Natalia Pazzderska 9:55:45
M45 Barbara Saldick 8:52:42

Kurt Steiner 50K

Central Park, NYC; Feb. 18

Overall

Rob Sweeney 34 3:18:03
Ellen McCurtin 4:14:32
M30 Rodney Cutler 34 3:56:17

Adam Reiss 35 3:56:17
T Greenberg 31 4:06:54

M40 Ernesto Aquino 3:54:49
Rene Marcucci 4:06:54

Hugo Mujica 4:37:20
M45 Donald Allison 4:27:34

Rob Oberkehr 4:32:11
Joseph Fego 4:44:51

M50 Miguel DeLeon 4:26:39
Nick Marshall 4:35:09

James Czachor 4:49:15
M55 Donald Platko 4:49:09

Tim Ryan 5:01:00
John Le Var 6:38:39

M60 Rich Lacey 6:35:20
Michael Morin 7:19:29

M65 Guenter Erich 4:58:50
William Gutman 5:58:36

W30 Gail Marino 39 4:32:05
Sheila Courter 31 5:03:20

Hong Wu 39 5:38:32
W40 Emmy Stocker 4:37:26

Barbara Sorrell 5:29:18
Mari Krum 6:01:19

W45 Mollena Martinez 5:37:40
Vivian Klein 6:10:52

Fatima Silva 6:12:38
W50 Flora Flores 5:04:17

NYRRC Snowflake 4-Miler

Central Park, NYC; Feb. 24

Overall

Peter Sherry 32 19:11
Zofia Wiciorkowska 38 22:03

M30 Toby Tanser 32 19:48
Sergio Ribeiro 31 20:05

Carlos Martins 31 20:29
M40 Jerry Macari 21:00

Alan Ruben 21:12
Peter Allen 21:27

M45 Walter Dupont 21:51
Tom Phillips 22:07

Hal Tozer 23:04
M50 William Dixon 22:29

Alan Heblack 26:09
Jay Hildebrand 26:16

M55 John Samsel 24:37
James Hudick 25:25

Michael Hudick 25:28
M60 Mariusz Solarski 27:47

Michael Goldman 28:08
Marty Linsky 29:45

M65 George Hirsch 28:57
Carlo Digiorio 31:34

Joseph La Bruno 31:46
M70 William Fortune 28:08

Albert Puma 49:52
Bill O'Brien 1:03:56

M75 Sab Koide 35:44
Thomas Gibbons 40:32

Wallace Cutler 41:05
M80 Wilfredo Rios 49:30

Mel Freidel 49:38
W30 Magdalena Visser 32 23:10

Gladees Prieur 36 23:39
Juana Vazquez 33 24:06

W40 Gordon Bakoulis 22:41
Jeanne Pare 23:30

J Chodnicki-Stemm 24:07
W45 Debbie Kenney 26:22

Ann Hyman 27:46
Pamela Minetti 27:57

W50 Mary Rosado 28:16

Kathleen Horton 28:58
Roslyn Schloss 29:02
W55 Ann Makoske 28:06

M Greeley-Walsh

Kate Glynn 30:22
W60 Mary Nathan 28:44
Carol Tyler 31:02

Edith Jones 32:59
W65 Thelma Wilson 35:14

Rosa Nales 35:24
Joy Rose 35:30

W70 Pearl Jones 59:21
Ingrid Fleischhacker 1:01:19

W75 Jozi Neulinger 57:58

Little Cow Harbor 4-Miler

Greenlawn, NY; March 3

Overall

Mike Guastella 30 20:49
Donna McMahon 31 23:13

M40 Don Di Donato 21:18
M45 John Delmaestro 23:05

M50 David Schneider 25:24
M55 Bryan Pearsall 25:33

M60 Joe Cordero 26:56
M65 Carlos Morales 35:10

M70 Guy Froehlig 30:19
M75 Sab Koide 35:18

W40 Patty Zeborsky 25:56
W45 Margarita Marascia 27:59

W50 Joanne Gallo 32:04
W55 Hilory Boucher 31:09

W60 Patricia Cataldo 32:21
W70 Dolly Finkelstein 40:01

NYRRC Salsa, Blues & Shamrocks 5K

Central Park, NYC; March 4

Overall

Benson Barus 19 14:29
Gladees Prieur 36 17:24

M30 Toby Tanser 32 15:19
Mike Guastella 30 15:43

Rafael Veras Luna 31 15:52
M40 Shawn Gallagher 17:03

Amador Ybanez 17:12
Pascal Sauvayre 17:15

M45 Walter Dupont 17:02
Hipolito Almonte 18:53

Theodore Peterson 19:04
M50 John Walsh 19:00

Julio Aguirre 19:09
Jay Hildebrand 20:19

M55 Frederick Trilli 20:56
Hector Rivera 22:28

Vasile Nica 22:31
M60 Pat Costrove 20:42

Glen Shane 22:04
Arnold Gore 23:34

M65 David Kenney 23:42
Jack Hanley 24:25

William Gutman 25:09
M70 Joseph Burns 24:52

Jake Jacobson 33:14
Albert Puma 48:21

M75 Sab Koide 27:54
M80 Thomas Gibbons 32:34

M90 Abraham Weintraub 46:10
W30 Aimee Landry 37 19:04

Una Broderick 34 20:00
Susan Sirakovsky 38 22:33

W40 Gordon Bakoulis 18:06
Barbara Gubbins 18:41

Stacey Creamer 19:10
W45 Gillian Horovitz 18:59

Joan Baldassari 22:10
Jacqueline Saltzer 22:47

W50 Judy Harrigan 21:35
Laurie Harris 24:49

Rita La Bar 25:13
W55 Ann Makoske 22:27

Marjorie Kos 23:47
Chuang Chang 25:18

W60 Anna Thornhill 22:54
Helga Smith 28:06

Billie Moten 29:12
W65 Elizabeth Thomas 39:06

Arlene Eneman 48:56

SOUTHEAST

Lady Track Shack 5K

Winter Park, FL; Jan. 28

Overall

Beth Godwin 18:17
W40 Claudia Kasen 18:19

W45 Brenda Dayton 20:39
W50 Esther Gay 22:04

W55 Yvonne Rodgers 22:52

W60 Rita Schaefer 27:10
W65 Bernice Joyce 29:12
W70+Yuku Hudak 28:05

Outback Steakhouse Distance

Classic 12K

Orlando, FL; Feb. 17

Overall

Chris Duncan 39:28
Bea Marie Altieri 45:11

M40 Bobby Paxton 43:08
George Altieri 44:41

Tom Michaud 44:51
M45 J Van Valkenburgh 45:04

Rick Nulty 47:58
M50 Walt Patten 50:59

John Keefe 52:29
M55 David Wolthorn 51:14

Roanald Calub 58:30
M60 Jack Nelson 44:46

Doan Jewell 56:11
M65 Donald Nygaard 1:08:29

Dan Darrow 1:09:33
M70 Joseph Musca 1:02:37

Ken Filippula 1:13:48
M75 Bart Ross 1:05:34

W40 Claudia Kasen 45:49
Kim Streit 50:22

Aja James 52:38
W45 Judy Kennedy 58:51

Kathy Ward 59:31
W50 Y Richardson 1:00:43

Judy Callan 1:05:16
W55 Vera Harris 1:11:08

Kathy Zarefoss 1:13:02
W60 Willy Moolenaar 1:05:15

Tertuu Barsch 1:06:44

Blue Angel Marathon, Half-

Marathon & 5K

Pensacola, FL; Feb. 24

Overall

Rudolf Jun 29 2:29:33
Cheryl McGinnis 46 3:20:08

M40 Joel Lambert 2:59:49
Thomas Hoffman 3:02:06

Jeff Keady 3:03:31
M45 Bob Olenek 3:11:20

Jim D'haenens 3:11:46
M50 Gary Baker 3:08:29

Jim Rankin 3:21:46
M55 Ken Brewer 3:12:10

John Stephens 3:15:28
M60 Dallas Smith 3:26:43

Will Wright 3:41:21
M65 Dick Green 3:45:52

Charlie McDonald 4:12:20
M75 Paul Wissley 4:32:51

W40 Sandy Mayfield 3:34:22
Susan Stark 3:48:29

Holly Gibson 3:49:52
W45 Cheryl McGinnis 3:20:08

Sheila Kirchharr 3:59:33
Maureen Camell 4:02:38

W50 Lan Repinski 4:18:35
K O'Sullivan 4:22:51

W55 Mary Newcomer 5:44:14
W65 Mary Purvis 5:20:57

Half-Marathon

Overall

George Darden 26 1:10:40
Mary Sweeney 40 1:26:48

M40 James Eastman 1:20:46
Kevin Berry 1:33:32

M45 Michael Kelly 1:30:20
Thomas Lett 1:32:37

M50 Doug Kirby 1:28:45
Ken Cotton 1:28:48

M55 Roger Sprandel 1:41:59
William Zahler 1:47:24

M60 Dick Burchett 1:41:56
Charles Bond 1:46:10

M65 Russel Hughes 1:57:37
Dale Rose 1:57:32

M70 Robert Shaw 1:43:39
W40 Mary Sweeney 1:26:48

Lisa Kelley 1:37:47
W45 Margaret Riser 1:43:57

Kathy Ward 1:45:38
W50 Barbara Yonclas 1:49:27

Barbara Carson 1:56:21
W55 Barbara Burger 2:01:04

Betty Lafferty 2:01:26
W60 Gwen Sprandel 2:06:05

Carol Leckband 2:09:46
W65 Billie Madero 3:02:38

5K

Overall

Everett Whiteside 30 14:52
Sarah Kramer 40 18:06

M40 Ken Smalewich 18:12
M45 Leonard Vergunst 17:18

M50 Robert Moore 20:59
M55 Richard Browning 20:18

M60 Les Roberts 23:22
M65 Richard Kowalski 22:14

M70 Fred Hagen 25:16
M75 Warren Garmeson 33:04
M80 Tad Dobbs 36:25

M85 John Gray

W40 Sarah Kramer 18:06
W45 Gail Hughes 23:09

W50 Inge Ackerman 26:56
W55 Terri Farris 25:46

W60 Carole Wright 28:22
W65 Phyllis Sandsted 27:22

W70 Joellen Pearce 35:52

Anheuser-Busch Colonial

Half-Marathon

Williamsburg, VA; Feb. 25

Overall

Adberazak Haki 30 1:06:54
Allison Holinka 22 1:17:34

M40 Gary Slade 1:16:45
Steven Gerhard 1:19:31

Jack King 1:25:14
M45 James Bates 1:21:46

Chris Gibson 1:25:40
Jack Foster 1:26:04

M50 George Neil 1:27:43
Mike Clarke 1:28:11

M55 Patrick Griffith 1:28:23
Emmons Welch 1:29:53

M60 Robert Wright 1:30:58
Jim Bartoli 1:36:12

M65 Tom Ray 1:40:56
Chris Catoe 1:47:10

M70 Donald McCarten 1:57:59
W40 Sheri Branson 1:39:09

Joanne Wolaver 1:42:56
Eileen Ahearn 1:42:59

W45 M. Carol Talley 1:41:08
Chris Wamsley 1:45:51

Joni Haffner 1:50:15
W50 B Mathewson 1:39:04

Continued from previous page

David Rowe	57:53
Larry Sassa	59:04
Martin Howe	59:50
Charles Lechner	59:55
M50 Gary Romesser	50:11
Bill Rodgers	52:24
Paul Hoover	54:24
Bruce Holmes	57:02
Bob Moritz	58:38
M55 David Ohnsman	59:56
Roger Sweeney	61:08
Charles Strickland	63:54
Tom Hoffman	64:59
Frank Frazier	66:24
M60 Jack Nelson	57:01
Bruce Buchanan	63:26
Art Morey	66:19
Matt Ross	67:02
Bob Payne	69:29
M65 Brendan Behan	67:39
Joe Nettles	68:20
John Delaney	74:27
Everett Crum	76:29
M70 Jim Blount	75:33
Tom Depenbrock	77:13
Robert Moffitt	83:15
Bob Carr	84:52
M75 John Cahill	71:25
Joe Connolly	87:55
Malcolm Anderson	96:07
M80 Robert Wilson	147:13
W40 Carmen Ayala-Troncoso	52:45
Jeanne Johnson	56:00
Claudia Kasen	59:12
Jane Johnson	59:26
Sue O'Malley	60:21
Bunny Cannon	62:10
W45 Tetyana Pozdnyakova	54:23
Sheila Hare	65:09
Janet LaVoie	65:13
Laura VanCleave	68:24
Marcia Baker	69:39
Donna Vandervelde	70:40
W50 Carolyn Mather	67:52
Anne Schumaker	69:05
Paulette Butler	69:35
Gail Rosa	72:38
Barbara Ebers	74:37
W55 Effrieda Wyner	70:33
Judie Kean	79:24
Judith Daniel	80:08
Angela Wannall	80:19
Manlyne Denison	80:49
W60 Glenda Walker	75:45
Willy Moolenaar	80:46
Janet Elliott	90:40
Donna Decker	98:15
Eileen Demouilly	101:23
W65 Helen Ramos	88:54
Joan Potter	102:51
Kathy Witkowski	125:27
Ann Beach	127:10
W70 Diane Aimone	128:26
Mayruth Johnson	145:08
W75 Irene Herbertson	103:34
Nancy Grotkett	142:45

SOUTHWESTMotorola Austin Marathon
Austin, TX; Feb. 18**Overall**

Mohamed Nazipov	39 2:11:14
Elena Paramonova	31 2:32:55
M40 Eddy Hellebuyck	2:16:47
Andreas Soeffker	2:34:08
Jeffrey Martin	2:35:46
Juan Hernandez	2:36:01
M45 Stefan Fekner	2:36:25
John Gonzalez	2:52:51
Miguel Lopez	2:53:16
M50 Joseph Nzau	2:56:00
Allen Boyce	2:56:07
Ty Schmalz	2:57:23
M55 Jimmie Jones	3:06:24
Kenneth Ruane	3:06:38
M Verschelden	3:14:40
M60 Dick Esselbom	3:26:17
Edward Fras	3:28:29
Larry Lindeen	3:31:38
M65 Harold Wilson	3:21:39
Robert Fletcher	3:31:43
Dan Shuff	3:36:48
M70 Al Becken	3:58:59
Marvin Rivers	6:38:24
M75 Ray Marshall	5:36:53
Frank Rodriguez	6:15:18
M80 J Kuszakiewicz	8:43:45
Don McNelly	80 6:11:52
W40 A Naoumova	2:37:46
Mary Sweeney	2:51:52
Jackie Morgan	3:08:44
Kim Bricker	3:10:02
W45 Michelle Hamel	3:17:08

Linda Musil	3:22:40
Jan Lebourgeois	3:26:02
W50 Charlotte Hartwig	3:38:22
Ann Buller	3:45:42
Susan Waldau	3:55:47
W55 Josie Bowman	3:50:19
Janice Fike	4:07:19
Celeste Leonardi	4:14:47
W60 Mary Kennard	4:11:22
Cecilia Caballero	4:26:08
W65 Phyllis Cross	4:37:30
Judith Neufeld	6:03:03

Cowtown Marathon
Fort Worth, TX; Feb. 24**Overall**

Wayne Strohman	2:37:12
Chris Purslow	3:29:12
M40 Terry Marcott	2:54:07
David Dobkowski	2:59:05
David Emerson	3:08:40
Bill McCoy	3:16:03
M45 Steve Standifer	3:15:39
Stephen Hudgens	3:26:40
Ross Paynes	3:27:28
M50 Drake Stockert	3:18:27
Larry Lichnovsky	3:19:57
Alfredo Rosales	3:23:04
M55 Bob Milam	3:23:50
Tom Mewhinney	3:31:03
John Smithson	3:51:06
M60 Don Winkley	4:01:16
Stan Kelley	4:19:08
Tom Podruchny	4:24:58
M65 Dan Shuff	3:52:53
Charles Kielkopf	3:59:51
Robert Coffey	4:14:42
M70 Norm Sears	4:46:42
Gene Brock	4:47:23
W40 Kathy Phillips	3:41:28
Noreen Reese	3:48:01
Nancy Bemacki	3:48:34
W45 Kim Dennis	3:38:57
Jean Kerr	4:12:12
Letha Cruthirds	4:17:19
W50 Dee Chadwick	3:35:46
Jody Roche	4:18:10
Anell Kern	4:18:42
Jenna Scott	4:45:53
W55 Merle Hines	3:51:39
Lynn Caruso	4:36:11

Dallas Symphony 10K
Dallas, TX; March 4**Overall**

Caudillo Apolinar	30:48
Katie Courtwright	36:35
M40 Mike Mullan	33:22
Norman Roper	33:36
Omar Escobar	39:14
William Miller	39:34
M45 Mike Parsons	37:09
Kathy Graham	38:08
Al Guevara	39:11
M50 Terry Ziegler	38:08
Ian Rodger	38:54
Steven Conly	38:59
M55 Bill Shaw	39:12
Don Fay	43:10
Doug Gilpin	43:38
M60+Bill Blackburn	42:36
Will Ferson	43:06
Bill Toy	45:26
W40 Margo Braud	39:28
Rena Fenner	44:35
Laura Williams	45:56
Karen Swope	47:43
W45 Carol Mathus	46:00
Janet Cromer	48:58
Laura Keams	56:11
W50 Barbara Luciano	40:31
M Quinones	47:25
Colleen Klauding	53:45
W55 Marylyn Patrick	45:39
Linda Peterson	63:04
W60+Mary Kennard	48:21
Virginia Kay	74:41
Betty Forsvall	85:03

Bayou City Classic 10K
Houston, TX; March 10**Overall**

Shaun Crieghton	33 29:15
Albina Gallyamova	36 34:52
M40 Joe Flores	32:24
Chris Jaggars	33:09
M45 Keith Dowling	33:17
David Washburn	33:50
M50 Ty Schmalz	38:33
Pineapple Vega	38:42
M55 Loyd Carey	38:22
David Chester	38:51
M60 Bill Harding	41:28
Edward Fras	41:51
M65 Ino Cantu	40:58
Orville Kremmer	45:13

M70 Robert Ellis	49:06
Dan Allensworth	50:56
M75 Tony Lopez	55:21
Henry Dean	64:48
W40 Margo Braud	38:43
Heide Mairs	38:29
W45 Janet Nichols	44:55
B-K Melanson	46:06
W50 Karen Bowles	39:31
Gerl Wood	44:00
W55 Ann Erikson	43:27
Janis Dvorak	48:09
W60 Pamela Willmon	59:57
Bobbie Williams	66:09
W65 RoseMarie James	64:12
Virginia Mangum	69:20
W70 Sadie Greenman	71:39

WEST**Brea 8K**
Brea, CA; Feb. 18**-5K-****Overall:**

Carl Rundell	32 24:50
Brenda Williams	27 28:48
M40 Jeff Snyder	28:08
John Araujo	28:09
David Fier	29:38
John McCormack	29:51
M45 Dave Parcel	28:00
Bob Morris	29:39
Ron Wall	30:47
Mike McNeese	30:51
M50 Fred Shuffelbarger	29:45
Don Ocan	32:27
Albert Martinez	32:31
Jim Rew	32:38
M55 Wayne Mitchell	30:07
Vernon Pitsker	35:26
Jim Gulasky	35:58
Ronald Rodriguez	37:13
M60 Gamma Chavez	33:18
Bob Norton	34:49
Roberto Vargas	35:19
Gregory Cisneros	36:06
M65 Donald Moore	38:17
John Strand	41:09
Eric Burton	43:11
Richard Woolfe	44:18
M70 Rufino Martinez	49:52
W40 Pat Hadley	32:58
Christa Coot	33:17
Pilar Bossenmeyer	35:31
Una Baker	35:49
W45 Sherri Curl	32:10
Sandy Amendola	35:34
Joan Altfillisch	36:18
Lorraine Gersitz	38:10
W50 Carolyn Slade	41:26
Emyweller Wele	41:59
Rebeca Sandoval	43:20
Daurice Miller	43:31
W55 Sally Tyree	41:05
Carole Gass	43:07
Connie Thomas	51:34
Veena Kaushal	52:51
W60 Elaine Hill	47:25
Dorothy Strand	60 48:11
Karen Brackett	60 56:54

Great Aloha Run
Honolulu, HI; Feb. 19**Overall**

Malcolm Campbell	40 40:30
Sayuri Kusutani	49:01
M40 Ken Bell	48:10
Craig Knohl	49:10
Kirk Harata	49:40
M45 Stewart Miyashiro	51:10
Leslie Wong	53:05
Jackie Johnson	53:11
M50 John Peglau	50:50
Gerry Lindgren	52:48
Dell Brooks	52:56
M55 Larry Fee	56:18
M Pietrusewsky	56:45
Robert Maddy	58:06
M60 Noman Leau	56:51
Geoff Howard	57:11
Philip Damon	61:11
M65 Jesus Gascon	52:23
Bob Adkins	63:32
Christopher Smith	64:55
M70 Harold Lindsey	59:44
Calvin Ellis	69:18
Joseph Paleczny	72:02
M75+Daniel Fields	64:36
Shohsaku Funaki	79:27
Robert Henninger	79:59
W40 Stephanie McLaughlin	56:10
Kim Lowman	58:08
Jan Mackown	59:41

W45 Angie Miyashiro	54:40
Connie Comiso	57:01
Lorie Young	61:04
W50 Lori Coker	58:01
Valerie Wheadon	61:25
Peggy Regentine	63:29
W55 Etsuko Tomihisa	71:09
Stephanie Faulkner	72:44
Irene Asato	73:32
W60 Carlyne Dick	68:08
Manko Ishii	74:35
Phyllis Durham	79:05
W65 Yukie Nakano	77:19
Ruth Heidrich	78:23
Kitty Jenner	83:28
W70 Florence Apa	83:01
Sakiko Yamanouchi	76:08
Ellen Humphrey	76:25
W75+Eunice Delp	92:12
Catherine Worley	111:43
Hinako Oda	112:01

Los Alamitos 5K/10K Runs
Los Alamitos, CA; Feb. 24**-5K-****Overall**

Dan Arsenault	38 15:43
Andrea Della Monica	30 17:56
M40 Angelo DeColibus	16:39
Randy Stoppelmoor	17:38
Robert Harris	18:18
M45 John Holcomb	17:34
Bob Morris	18:19
Ken Varon	18:44
M50 Hugo Velasquez	18:15
Pete Boisineau	18:25
Bill Sumner	18:30
M55 Paul Akiyama	19:50
Jerry Paskins	21:04
John Ganahl	21:23
M60 Gregory Cisneros	22:27
Jim Clay	23:26
Lorenzo Tyner	24:02
M65 William Foulk	19:26
John Harper	22:53
Roy Benstead	24:36
M70 Milo Sather	24:58
Edward Klanjac	31:50
Bob Gunnar	38:43
M74 Bob Koch	74 23:58
Bill Nice	85 27:42
Bill Winston	74 31:46
W40 Yayoi Liu	19:29
Laurie Stephens	22:22
Cathy Shargay	23:08
W45 Sherri Curl	19:39
Carol Wimbish	21:08
Janet Buchanan	23:06
W50 Judith Fisher	21:02
Marilyn Bates	23:04
Barbie Spatz	25:50
W55 Diane Eastman	23:15
Nancy Ten-Berge	24:15
Ellen Butler	26:25
W60 Teresa Ross	25:58
Lorie Rose	30:24
Pamella O'Malley	42:05
W70 Dorie Smith	30:26
Sumi Onodera-Leonard	31:00
Shirley Donoho	41:16
W74 Lois Edds	80 33:33

-10K-**Overall**

Wilhelm Gidabuday	26 30:40
Kathy Smith	34 35:20
M40 Danny Reed	31:05
Chris Jaggars	32:45
Jeff Snyder	36:00
M45 Arthur Cookson	37:49
Kim Hipsher	38:53
Perry Forrester	41:15
M50 Roger Seymour	35:30
Fred Bartlett	40:36
Bruce Horiguchi	41:45
M55 Ritchie Geisel	37:59
Wayne Mitchell	38:17
George Wright	39:35
M60 Oscar Rosales	45:45
John Mayer	48:09
Jim Lyons	50:44
M65 John Hudberg	46:29
Stanley Popliski	47:15
Henderson Cleaves	54:19
M70 Gunnar Linde	44:27
Irv Saratoff	72:13
M74 Roy Murano	75 66:21
W40 Eresto Enriquez	40:31
Heather Kirstein	45:25
Karen Mohoff	47:51
W45 Susan Dewar	51:14
Yvonne Noessen	52:59
Judith Rigney	54:10
W50 Julie Lister	44:20
Susan Scollick	61:39
Cathy Hammel	63:51
W55 Diane Eastman	50:36
Kare Rocheleau	53:40
Barbara Wright	55:00
W60 Jan Hansen	62 74:14

Los Angeles Marathon
Los Angeles, CA; March 4**Overall**

Stephen Ndungu	33	2:13:13
Elena Paramonova	36	2:36:58
M40		
Raymond Baradas		2:38:43
Jose Juve Lopez		2:47:17
Chuck Teixeira		2:47:47
Jaime Ortiz		2:48:20
Jorge Delgado		2:48:42
James Brennan		2:50:03
Mike Delgado		2:50:13
Rodrigo Casas		2:57:28
Scott Jonas		2:59:19
Manuel Valenzuela		2:58:01
M45		
Rigoberto Vega		2:39:55
Jose Luis Diaz		2:43:01
Lucio Arriaga		2:42:55
Manny Nunes		2:57:38
Mauricio Martinez		2:56:37
Leonard Aguilar		3:00:17
Manuel Diaz		3:01:36
Yasuhiro Matsuo		3:02:04
Adalberto Mendoza		3:03:43
Jose Son		3:05:17
M50		
Carlos Saturno		2:55:23
Salvador Casstro		3:03:42
Mark Jacobson		3:06:16
Faustino Campos		3:08:08
Hipolito Hernandez		3:10:19
Ming Quon		3:12:56
Prudencia Diaz		3:13:58
Mark Malolepszy		3:14:06
Jim Rucker		3:23:40
Donald Ocana		3:23:32
M55		
Tereso Alonso		2:57:10
Jesse Rascon		3:01:35
Neville Pearson		3:06:55
Alejandro Torres		3:07:31
Jesus Diaz		3:12:42
Paul Akiyama		3:16:23
Ismael Maldonado		3:19:56
Aldo Kurosu		3:20:42
Benjamin Caro		3:23:37
Hal Orshall		3:24:37
M60		
Trini Espinoza		3:36:02
Tony Norris		3:40:11
Michael Worstell		3:39:43
Norm Bornstein		3:43:18
Carlos Duran Pinales		3:41:50
Roberto Vargas		3:42:23
Patrick Wickens		3:46:57
Gil Sora		3:48:22
Donald Martin		3:52:08
George Prodrick		3:52:10
M65		
Cesar Cervera		3:22:36
John Rudberg		3:40:43
Juan Gonzalez		3:51:20
Carlos Lopez		4:00:47
George Gooch		4:10:12
Stanley Polski		4:14:24
Louie Martinez		4:14:27
Amos Shalit		4:17:10
Armando Dominguez		4:18:28
Stan Lisiewicz		4:21:26
M70		
Keizo Yamada		3:34:55
Gene Wilson		4:04:56
Patrick Devine		4:24:58
Bill Steinauer		4:31:19
Yoshitaka Sakazaki		4:41:17
Ubaldo Cruz Sanchez		4:44:20
Dan Sheeran		4:49:06
Roque Torres		4:48:11
Hiroshi Inagaki		4:50:38
Tom McKiernan		5:03:50
M75		
Alonzo Monk		3:40:32
Edgar Driver		5:06:51
Vidal Pedro		5:17:09
John Taylor		5:46:07
Wally Herman		5:38:26

Continued from previous page

Byung Kim	7:42:29
W75	
Lillian Miller	5:42:40
Lillian Angeline	6:49:40
Hortense Tarango	7:34:38
Gladys Mathes	7:52:05
Chiyo Kobayashi	9:12:36
Overall	
Jim Gorman 52	27:43
Dee Dee Graffus 51	31:02
M50 J Gorman	27:43
Michael Dove	27:48
Don Paul	27:52
Greg Jewett	28:08
M55 Frank Ruona	28:24
Dan Preston	30:06
Robert Gormley	30:59
M60 Russ Kiernan	31:20
Joe Hurtado	32:32
Tom Kaiser	32:52
M65 Ralph Poole	31:26
Jim Moore	33:44
Tom Guldman	33:55
M70 Bill Fortune	36:51

Bob Koch	39:05
Ed Feyna	41:28
M75 Howard Powers	44:00
Howard Horning	49:04
Lou Fields	49:39
M80 Larry Johnson	45:25
Hutch Thurston	59:18
M85 Bill Nice	48:17
M90 Ralph Jago	77:13
W50 D Graffus	31:02
Irene Herman	37:19
Hazel Wood	37:30
W55 Joan Ottoway	32:37
Susan Brown	36:17
Edda Stickle	38:42
W60 Barbara Miller	34:32
Eve Pell	36:58
Jutta McCormick	37:16
W65 Myra Rhodes	39:08
Joyce Hanna	44:11
Hanna Szoke	49:24
W70 Joy Johnson	48:00
Peggy Hansen	53:48
Ruth Bortz	58:10
W75 Mariposa Adams	60:16
ModenaMacFarlane	64:55

CANADA

"First Half" Half-Marathon
Vancouver, BC; Feb. 11

Overall	
Bruce Deacon	1:07:47
Lisa Harvey	1:18:08
M40 Ken Bell	1:14:54
Arthur Boileau	1:18:40
M45 Rob Reid	1:14:32
John Moe	1:17:47
M50 Ron Adams	1:25:07
Ian Mellor	1:28:12
M55 Jack Miller	1:19:30
John Woodcock	1:31:34
M60 Herb Phillips	1:24:35
William George	1:34:28
M65 Harvey Nelson	1:49:10
Nester Slywka	1:55:35
M70+Frank Kurucz	1:38:17
Innes Booth	2:20:48
W40 Nancy Tinari	1:19:14
Janice McCaffrey	1:20:45
W45 Peggi Woodman	1:28:38
Susan Wasserman	1:33:35
W50 Kathy Cole	1:37:38
MaryAnn Hartley	1:37:52

W55 Jan Selman	1:37:48
Jane Wintermute	1:42:40
W60 Heidi Alberti	1:52:41
Irene Neave	1:52:45
W65 Gwen McFarlan	1:55:06
Jan Baker	3:04:55
W70 BJ McHugh	1:51:41

INTERNATIONAL

World's Best 10K
San Juan, PR; Feb. 18

Overall	
Paul Tergat 31	28:25
Lomah Kiplagat 26	31:37
M40 Cesar Caraballo	31:59
M45 Victor Morales	34:57
M50 Francisco Otero	35:50
M55 Miguel Rivera	37:10
M60 Angel Maldonado	41:00
M65 Francisco Caldero	43:42
M70 Eleuterio Velez	48:37
M75 John Dore	49:16
W40 Migdalia Lopez	40:13
W45 Mira Rivera	43:48
W50 Santa Cruz	39:56
W55 Siria Paulino	49:20
W60 Edith Ruiz	55:45
W65 Norma Rivera	50:15
W70 Olga Amadeo	55:42

RACEWALKING

Henry Laskau 5K Racewalk
Coconut Creek, FL; Feb. 11

Overall	
Rod Vargas 50	26:29
Sarah Perry 33	27:27
M35 Brian Karpel	45:09
M40 Janos Szalas	27:43
Mike Felling	27:45

M45 Menyus Sealas	27:18
Allen Jacobson	28:29
Dave Lowens	57:12
M50 Rod Vargas	26:29
John Fredericks	34:47
M55 Dan Koch	30:44
Doug Brown	36:11
Jay Caplen	36:40
M60 Paul Johnson	28:12
Lee Duffner	29:37
Harvey Pitterman	34:14
M65 Gerry Gomes	30:10
Bob Fine	30:24
Thomas Cunningham	32:36
Don Homburg	49:02
M70 Daniel DeMauro	33:54
Robert Perraud	37:17
Sigmund Kurz	40:59
Jason Grossman	44:43
M75 Jerry Kauffman	37:35
Sumner Shafmaster	38:28
Melvin Levine	41:14
M80+Chris Lorenzo	43:08
Sol Tanenbaum	45:51
W40 Donna Pape	30:06
Cathy Miller	30:53
W50 Linda Stein	30:37
W55 Pamela Betz	33:08
Patricia Baran	34:57
W60 Joanne Elliot	31:51
Jean LeValley	37:51
W65 June Marie Provost	30:55
W70 Ruth Perraud	38:05
Marcia Shafmaster	38:30
Helen Lavelle	40:13
W75 Miriam Gordon	36:12
Gloria Chalfon	41:48

Connecticut Racewalkers
2001 Mall Odyssey 3K
Milford, CT; Feb. 18

Overall	
Joe Light	15:35.33
Lee Chase	15:34.09
M50 Joe Light	15:35.33
Stan Sosnowsky	16:02.39
David Baldwin	16:35.04
Larry Titus	17:23.22
M60 Dave Romansky	16:25.35
Bob Barrett	16:28.30
Bob Beaudet	18:09.51
Gerald Patrick	19:15.34
Dean Kavanaugh	19:35.30
Richard Huie	20:38.50
Elliott Denman	22:37.97
W40 Lee Chase	15:34.09
Sherry Brosnahan	16:35.88
Sheila Sosnowski	20:39.46
Suzan Maxey	20:41.99
Denise Hambrick	24:21.88
W50 Donna Cetruolo	19:23.78
W60 Rachel Beaudet	23:09.88
W70 Eunice Kavanaugh	24:49.37
Florence Dagata	25:03.81

Auckland Veterans Association
10K Road Walk Championships
Lloyd Ellsmere Park,
Pakuranga; Feb. 24

M50 John Lambert	58:52
M55 Gary Little	49:49
M60 Tom Stratton	1:12:13
M65 Morrie Hinton	57:25
W50 Barbara Lambert	58:52
Noeline Johnson	1:01:54
W65 Doris Witteveen	1:14:09
W70 Doreen Torbit	1:12:58

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
ALLISON DAVIES (GBR)	4-6-61	40	44
ADINA VALDEZ (TRI-IRVINGTON, NY)	4-25-61	40	44
IRENA GAZDA-SAGOLLA (GER)	4-25-61	40	44
CATHRYN COLE-DOW (SHELTON, WA)	4-26-61	40	44
DENISE FOREMAN (SEATTLE, WA)	4-30-56	45	49
JUDY LEYDIG (SAN MATEO, CA)	4-1-51	50	54
EVA GACS (ITA)	4-8-51	50	54
BARBARA BUTLER (BREMERTON, WA)	4-27-51	50	54
DENNIS KASISCHKE (CA)	4-1-46	55	59
ANNE PAULE KNIPPING (BEL)	4-11-46	55	59
BOGDAN MARKOWSKI (EUR)	4-14-46	55	59
RONALD MARCELINA (NED)	4-18-46	55	59
ADA MARIA UDINI (URU)	4-20-46	55	59
VALERIE PARSONS (GBR)	4-22-46	55	59
ANATOLY BADRANKOV (URS)	4-2-41	60	64
KENNETH MEDLEY (US)	4-5-41	60	64
KAREN ILLGEN (GER)	4-7-41	60	64
LUCIA NUVOLO (ITA)	4-7-41	60	64
JOYCE BOWERMAN (WABASH, IN)	4-8-41	60	64
ESTHER LINAKER (GER)	4-13-41	60	64
UNA LUND (AUS)	4-18-41	60	64
VANESSA HILLIARD (ST. PETERSBURG, FL)	4-18-41	60	64
GALINA MOROSANOVA (URS)	4-26-41	60	64
RIMMA LARIONOVA (URS)	4-1-36	65	69
SUSAN REDFIELD (MARBLEHEAD, MA)	4-1-36	65	69
FRANK COVELLI (CA)	4-2-36	65	69
GUENTER ORTMANN (WG)	4-2-36	65	69
BARBARA DAGLEISH (AUS)	4-2-36	65	69
LILLIAN WOODWARD (CA)	4-7-36	65	69
LEONORA KOCH (GER)	4-7-36	65	69
RENE MAURER (SWE)	4-16-36	65	69
MARY WEBB (GBR)	4-17-36	65	69
JUDY MARTIN (MISSION VIEJO, CA)	4-19-36	65	69
JORME RINNE (FIN)	4-20-36	65	69
LARRY WRAY (FOUNTAIN VALLEY, CA)	4-24-36	65	69
JAMES BRADLEY (SPRINGFIELD, VA)	4-25-36	65	69
ORVILLE ATKINS (LOS ANGELES, CA)	4-27-36	65	69
JOANNE WICHARY (SAN DIEGO, CA)	4-28-36	65	69
RALPH SUTTON (ROCKLIN, CA)	4-8-31	70	74
HOWARD PAYNE (GB)	4-17-31	70	74
PETER FIELD (GB)	4-17-31	70	74
LEE SCHRODER (KLAMATH FALLS, OR)	4-23-31	70	74
PAT HURST (FRESNO, CA)	4-27-31	70	74
INGRID SOGSTAD (NOR)	4-2-26	75	79
DOROTHY HASSLER (KIRKWOOD, MO)	4-5-26	75	79
GEORGE PHIPPS (GBR)	4-9-26	75	79
MIRKA METTIFOGO (ITA)	4-10-26	75	79
TYNE VUORINEN (FIN)	4-12-26	75	79
VINCE SEMPRONIO (MEDFORD, OR)	4-13-26	75	79
PATRICIA PETERSON (ALBANY, NY)	4-14-26	75	79
URSULA FOERSTER (GER)	4-20-26	75	79
RALPH ROYLANCE (US)	4-25-26	75	79
ROLAND ANSPACH (SPRINGBORO, OH)	4-26-26	75	79
GILES BRINDLEY (GB)	4-30-26	75	79
KONRAD HERNELIND (SWE)	4-30-26	75	79
JOE ROGERS (MUNCIE, IND)	4-30-26	75	79
TOM KENNEL (SEAGROVE BCH, FL)	4-1-21	80	84
JULIUS STUETZLIE (FRG)	4-2-21	80	84
WILBUR THOMPSON (LOS ALAMITOS, CA)	4-6-21	80	84
PETER FETTER (REDONDO BEACH, CA)	4-11-21	80	84
FLORENCE BERRY (MERRY, IL)	4-11-21	80	84
JAMES LYJTJEN (SUSANVILLE, CA)	4-12-21	80	84
JOSEPH MARTIN (LEXINGTON, VA)	4-14-21	80	84
MIEKO IDE (BRA)	4-15-21	80	84
GUDMUND SKRIVERVIK (NOR)	4-18-21	80	84
GEORGEAN RUSKIN (BLACKLICK, OH)	4-21-21	80	84
JERZY KRAWCZYK (POL)	4-22-21	80	84
ILSE BELLIN (GER)	4-28-21	80	84
ALFONS SONNECK (WG)	4-30-21	80	84
ELLI PUTTICH (GER)	4-10-16	85	89
AARNE KETONEN (FIN)	4-21-16	85	89
HERB MILLER (ORANGE, CA)	4-27-16	85	89
WILLI RIECHERS (WG)	4-29-16	85	89
ROLLAND NICHOLS (BISHOP, CA)	4-6-11	90	94
TOM DAINTRY (AUS)	4-7-11	90	94
URBAN MILLER (WG)	4-12-11	90	94
REGNVALD NAESJE (NOR)	4-15-11	90	94
GEORGE KNOX (GAHANNA, OH)	4-16-11	90	94
BUD DEACON (HONOLULU, HI)	4-28-11	90	94
JAMES MATHEWS (US)	4-4-6	95+	

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

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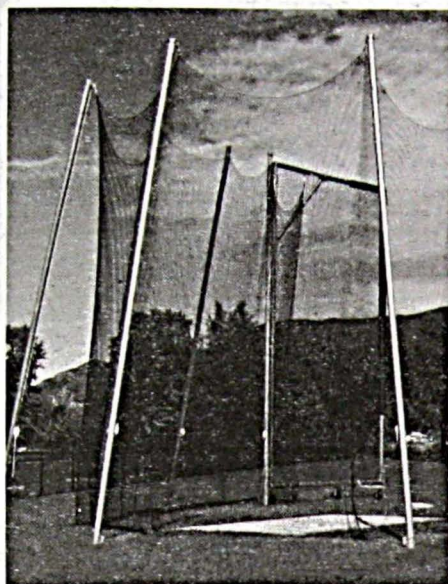
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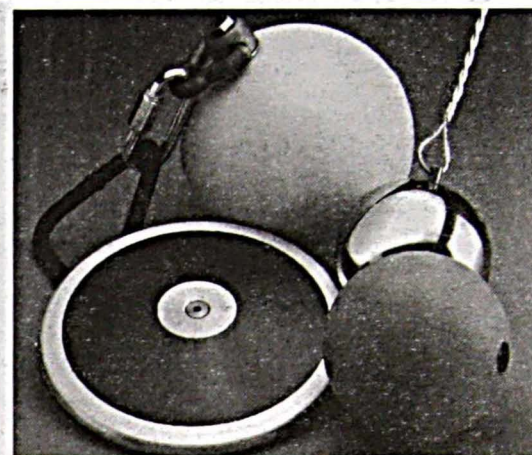
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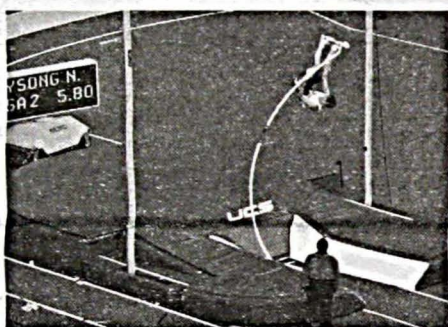
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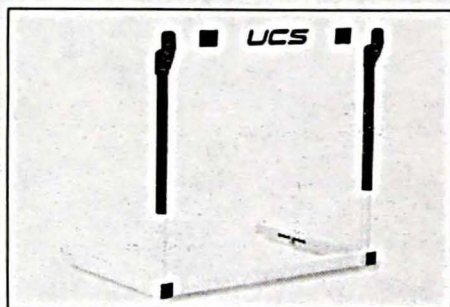
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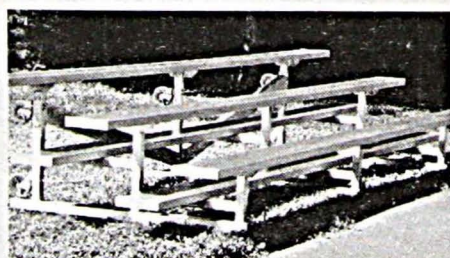
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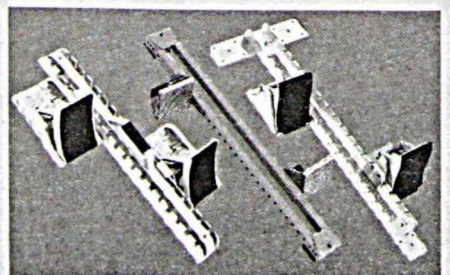
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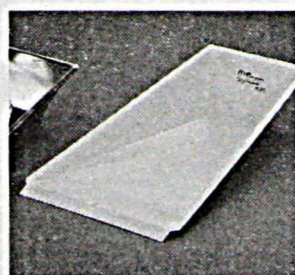
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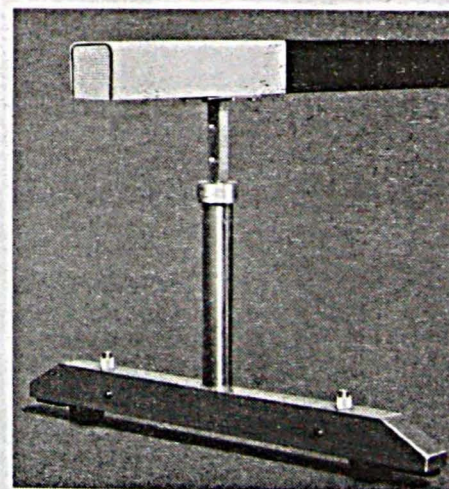
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