

## Masters Put on a Show in Boston

By MARK CLEARY

BOSTON – The masters women's exhibition 200 at the USA Open Championships at the Reggie Lewis Center, March 8, was easily the most competitive field thus far in the Invitational Program for women.

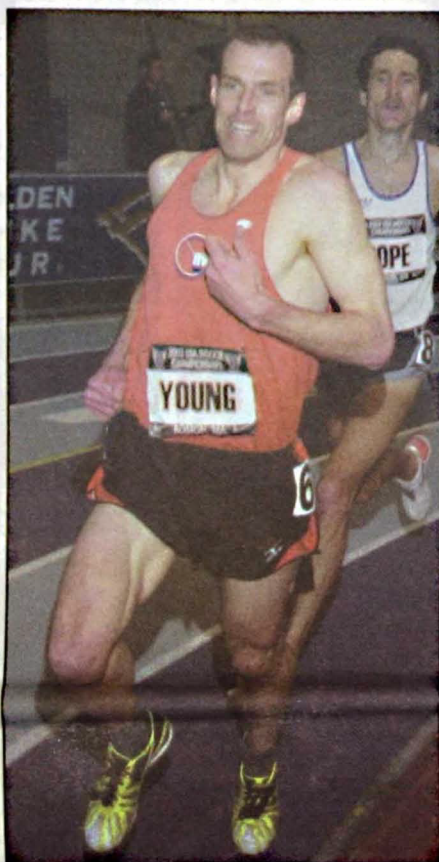
All five women in the field clocked between 26.00 and 27.98. Phil Raschker set a W55 world record of 27.81. The field included two women each in the W40 and W45 age groups and one woman in the 50-54 age group, and represented five different states: Raschker, Georgia; Jacqueline Board, Arizona; Lesia Batiste, Louisiana; Sarah Lawson, Massachusetts; and Denise McField, Missouri.

Batiste and McField were out fast for the first 100. Batiste pulled away in the last 50m, running very strong. Board came on strong in the final 75m to grab second place.

Raschker said she felt very good about her race, especially since she drew lane 6 and could not see her competition for most of the race. "I almost speared myself on the railing at the finish," she said.

Going into the men's 3000 race, most savvy track fans felt that Tony Young, who had already run a 4:08.6 mile, 1:53 800, and 8:22.99 3000 this

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RANDY J. OSGA  
Tony Young, 40, leading Brian Pope, 40, to the finish line with an M40 U.S. record of 8:22.51 in the masters 3000 at the USA Championships, Boston, March 2.

## Pozdnyakova Wins L.A. Marathon

BY SUSANNAH BECK

Tatyana Pozdnyakova, 47, the Russia-born Ukrainian from Gainesville, Fla., won the women's open division of the L.A. Marathon, March 2, with a 2:29:40 run over a new, flatter, faster marathon course.

She was the top masters runner, male or female, by 11 minutes.

It was a sunny, warm day, with temperatures rising into the 70s by noon. More than 23,000 runners participated in the around-the-city event.

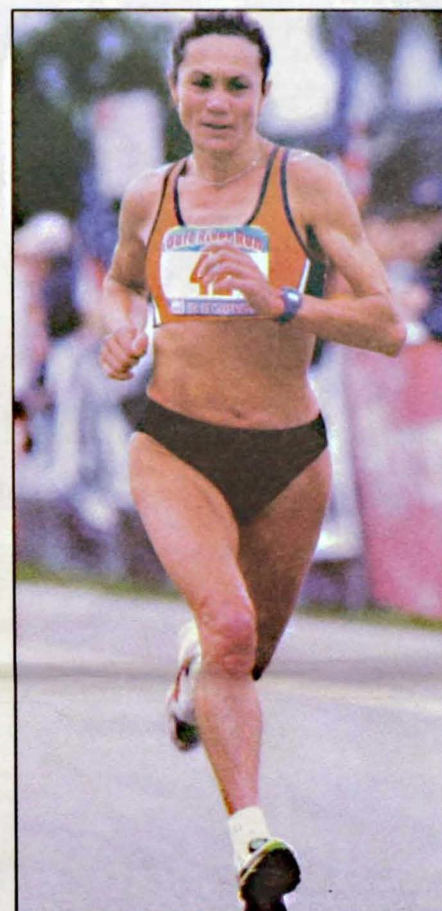
Pozdnyakova was the runner-up at L.A. last year, when she ran 2:30:26, behind her training partner, race winner Lyubov Denisova.

Pozdnyakova has won several marathons in recent years (Ocean State '02, 2:29:00, W45 World Best; Cincinnati Flying Pig '02, 2:34:35; Houston '00, 2:32:25) but she is now credited with being the oldest person ever to win a major marathon. She turned 48 two days after the race.

"Running keeps me young," she told reporters at the finish line. She took home \$31,000 and a Honda Accord for her win.

Pozdnyakova told reporters that she would like to win a marathon at age 50, and then retire from competitive racing. She has been at the top of the sport since the early 1980s when she ran 3:56 for 1500m.

Continued on page 7



VICTOR SAILER / PHOTO RUN  
Hot stuff: Tatyana Pozdnyakova, 48, UKR/Gainesville, Fla., 51:54, wins the W40+ at the Gate River Run 15K, Jacksonville, Fla., March 8, one week after her L.A. Marathon win.

## Pawlik, Raschker Top Scorers

## USA Heptathlon Held in Wisconsin

By JEFF WATRY

The 2003 National Masters Indoor Heptathlon Championships was a splendid affair held at Carthage College in Kenosha, Wisc., March 8-9. Some really good battles took place in

various age groups. The meet was scored using the new WMA factors, so scores will be lower when compared to previous years.

The big showdown in the M45 was

Continued on page 4



All of the women competitors in the USATF Masters Indoor Heptathlon Championships, Kenosha, Wisc., March 8-9 (from l): Becky Sisley, 63, Mary Trotto, 55, Phil Raschker, 56, (top), Liz Johnson, 46, Loraine Tucker, 56, and Johnnye Valien, 77.

## Pozdnyakova, Somers-Smith Top Women

## Hellebuyck Wins in Two Road Races

By SUSANNAH BECK

The St. Patrick's Day weekend offered two great masters opportunities in the Shamrock Sportsfest 8K, Virginia Beach, Va., March 15, and the 26th New Bedford Half-Marathon, 568 miles up the coast in New Bedford, Mass., March 16.

New Bedford was hosting the USATF National Masters Half-Marathon Championships; Sportsfest offered its popular Masters 8K. Both serve as speedy tune-ups for Boston Marathon hopefuls.

Eddy Hellebuyck, 42, Albuquerque, N.M., of course, ran both.

### Sportsfest 8K

The leprechaun-like speedster began the weekend in Virginia Beach, where in terrific racing conditions – the best seen at Sportsfest in recent memory, 43 degrees, sunny and still at the start – Hellebuyck duked it out with Andrew

Masai, 43, Chapel Hill, N.C.

Down the beachside boardwalk finish, Masai out-kicked defending champ Hellebuyck by three seconds for the top masters spot, 23:54 to 23:57, 8th and 10th overall. Jerry Clark, 50, Charlotte, N.C., also raced like a thoroughbred, cantering to 26:24 for sixth M40+. Charles Rose, 70, Mooresville, N.C., rocketed to 31:52, for the M70 crown.

Tatyana Pozdnyakova, 48, UKR/

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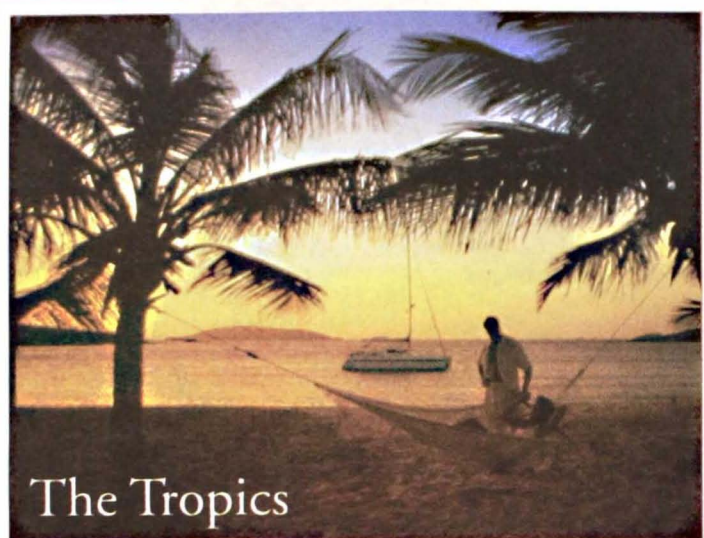
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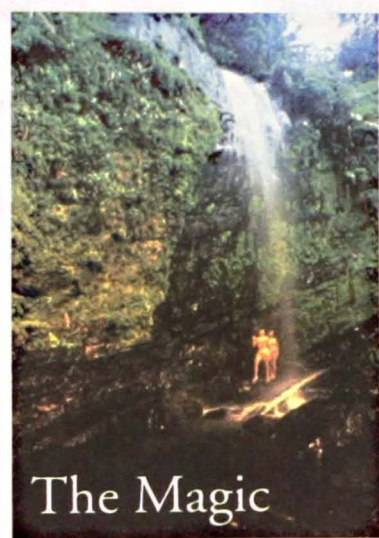


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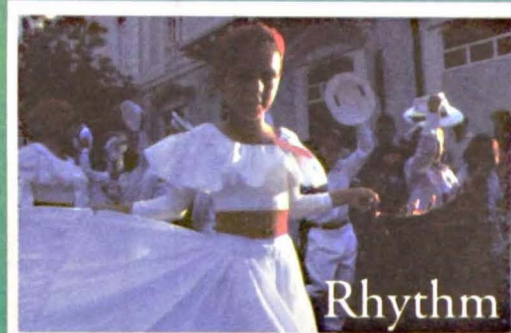
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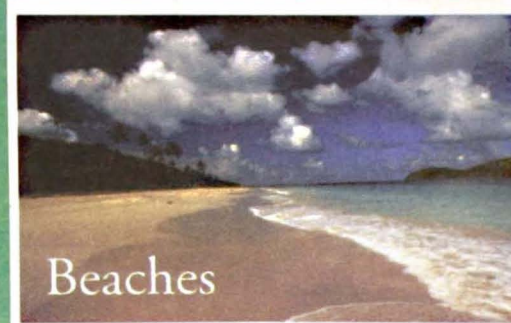
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### GETTING A "HAND"LE ON RECORDS

On your mark! Get set! Go! Did you get a record? Who knows? Recently, major problems with WMA record-keeping have been disclosed. Some of this can be explained by the fact that there are elite athletes who break masters age-group records at open meets.

There is another problem, however, with the USATF masters records. Hand-timed records for 400m/440y and under are still listed. This is directly contrary to Article IV, Records Rule 183.5: "For races up to and including the 440 yards, only performances timed by an approved fully automatic timing device shall be approved as records." (<http://www.usatf.org/about/rules/>)

On more than one occasion, a masters athlete has been denied a U.S. or world record because his "automatic" record time was just over the old "hand-timed" record. The 1994 Age-Graded Tables give the following rule of thumb for conversions from hand to automatic times: an additional 0.24 seconds for hand times from 50m-300m, an additional 0.14 seconds for

hand-timed 400 races, and no conversion for hand times over 400.

One member of the Federation of American Statisticians of Track claims that high school athletes (and masters times are closer to high school times than to open/elite marks) have a 0.3-0.5 conversion factor spread.

The reason that automatic times are slower than hand times is because fat thumbs on stop watches cannot accurately detect the smoke of the starting gun or the crossing point at the finish. Of course, when you think about this, it makes absolutely no sense to use the same conversion factor for the 50m, where the starting gun is 50m from the finish line, as for the 200, where the starting gun is nearly four times farther.

Presumably, the reason that the conversion for the 400 is only 0.14 is that the starting gun is near the finish line. However, to provide a fair start in the 400, the starter is often situated out at the first turn, more than 50m from the starting line. In other words, in the 50m you get a 0.24 conversion, but in 400m where the starting gun may be farther than 50m from the finish line, you get a 0.14 conversion. And if a conversion is needed for a hand-timed 400, why not for the 800? No reason is given, other than that above 400, hand-timed marks can count as records.

The USATF Competition Rules do not recognize hand conversions for record purposes and yet there are still numerous hand-timed U.S. Masters Indoor/Outdoor records on the books: Indoor - 200 M90 76.4; 400 M90 2:54.0. Outdoor - 100 M35 10.3, M60 11.8, M65 12.6, W85 p34.7; 200 M35 20.8, M55 23.6, M70 26.8, W85 p58.4; 400 M70 62.2, M75 68.5, M80 75.4, M90 2:00.2, W35 56.8; 400H M45 55.7, M50 58.1.

The only rule that discusses the con-

## Sustainers for April 2003 Issue

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

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### TEN YEARS AGO April 1993

- Eamonn Coghlan Lowers World Masters Indoor Mile Record to 4:01.39 in NYC
- Phil Raschker Breaks Four W45 World Records in Southeast Regionals
- 9,703 Run in Hot Los Angeles Marathon

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version factor is Article III, Rule 76: "For seeding purposes only, the conversion factor of .24 seconds between fully automatic and manual timing must be used when conversions are made (i.e., the manual time plus the conversion factor equals the fully automatic time for seeding purposes under Rule 75)."

Interestingly, before 2003, this rule used the 0.14 conversion factor for events above the 200 including the 400. Now the conversion factor for seeding purposes is 0.24 regardless of the distance.

A couple of other things to keep in mind: Under Rule 182, no record (including masters) is acceptable unless it is in a competition advertised before the day of competition at a USATF-sanctioned meet, and includes a printed program with the names of the entrants for the events. In addition, there must be at least three competitors. Under Rule 250.8, masters records may be made in mixed age and/or mixed sex competitions. Also, don't forget that you are responsible for any record paper work. A record application can be found at

[http://nationalmastersnews.com/record\\_application.html](http://nationalmastersnews.com/record_application.html)

In summary, it is time for masters records to get its house in order and recognize all records through 400 as automatic timed. As for the older hand-timed marks? These can be recognized as "Noteworthy Performances" as set out in Article IV, Rule 188.

David E. Ortman  
 Seattle, Washington

#### WMA DISCLAIMER

This is a letter I submitted to the WMA Forum (<http://www.world-masters-athletics.org/index.php?id=forum>).

I wish to bring to the attention of the WMA officers, council, and athletes that the disclaimer on the XV WMA Championships entry form for Puerto Rico is inappropriate for accompanying persons.

I was informed by USATF that my wife should sign and date in both the competitors signature block and the disclaimer block on a copy of the entry form if she were accompanying me.

Continued on page 8

### Indoor Heptathlon

Continued from page 1

shaping up to be a barn-burner until Todd Christensen no-heighted in the high jump. Ken Ellis was rolling and exceeded Christensen's world best mark from last year by about 100 points with a 5311 total. All previous records are being converted to new factors.

Denver Smith surpassed the M75 U.S. age best with a strong showing of 5098. He was welcomed back by the other athletes after quite a few years off the circuit. Records will continue to fall to him.

Phil Raschker, 56, scored world records along the way to another superlative score of 6724. She exceeded her marks in six of the

seven events from her record performance last year, breaking her own W55 world records in the long jump (4.62) and 60H (10.08) with a 4.75 and a 10.06.

Emil Pawlik posted the top score among the men (5478).

Becky Sisley, 63, got the W60 U.S. record with a 4294, as did Johnnye Valien, 77, in the W75 division with a 4904. Both looked good over the 27" hurdles - thanks to the Gill Company - who helped sponsor the meet.

A big thanks to the staff and athletes from Carthage College who helped put on a great meet. We have been invited back for next year, so we have at least one choice to present at the convention this year. □





## Track & Field Report

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

### The 34.92 Degree Sector

**A**s a throws athlete, I have a special place in my heart for a level playing field in the throws as well as all other areas of our sport. One thing I believe really differentiates USATF masters from others is our discipline in following the rules. But this is not always easy.

Every year some rules change for various reasons. The implementation of new rules is another matter. Some of us have unique experiences with new javelins, new weights, etc. I think there is a really significant one this year that we are all going to have to watch out for. The IAAF, and thusly USATF, has changed the sector for the shot, discus, weight, and hammer from 40 to 34.92 degrees. This means you'll be throwing into a more confined sector.

This is not a problem for everyone, especially if you practice with a 34.92 sector. However, most of us practice at NCAA and high school facilities that have not made the change. I have raised the subject with the USATF Board of Directors, who may be accepting NCAA marks for qualification for the U.S. Championships on fields not meeting our specifications. The Board will accept these marks for

the time being, while encouraging the NCAA to make the change to the 34.92 sector.

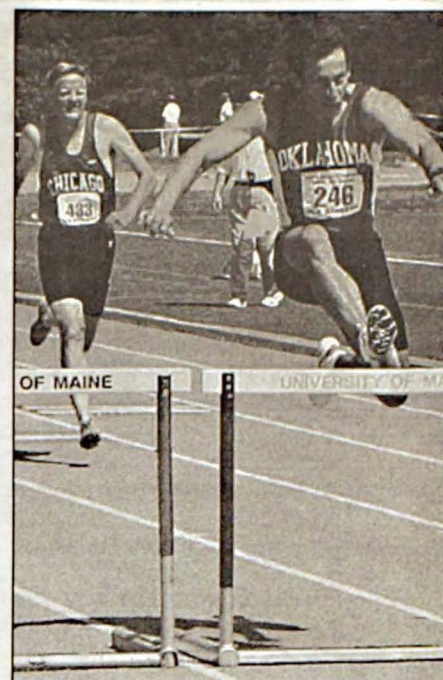
What will USATF masters do? First, be assured that ALL championships must follow the new 2003 Rules of Competition. We strongly recommend that all USATF sanctioned meets use the 34.92 sector. When a sanction is awarded, the awardee is agreeing to follow the USATF Rules of Competition.

All sanction holders should be encouraged to purchase a rule book for the current year. I have asked that the Associations Committee require Associations to include an update of all new rules for the current year with each sanction. It is the responsibility of the meet organizer, not the officials, to provide the correct sector. I have asked that the officials provide information as to the sector used with meet results.

What can the rank and file athletes do? Number one: encourage use of the 34.92 sector whenever possible. Maybe some of you can purchase rolls of sector tape, as I have done, to lay out the 34.92 sector. The preferred color by some officials is yellow, so they can easily differentiate from the white 40 degree sector. Instructions are in the 2003 Rules of Competition book.

The only other question I have is how do we feel about comparing marks and records from 40 degree sectors? I personally don't think we should allow records from a 40 degree sector. What about non-record marks from a 40 degree sector? Even if we do, how would athletes feel about their marks on a non-rule compliant sector?

Aren't we having fun! ☐



JERRY WOJCIK

Jim Dolezel #246 (65.46), and Carter Holmes (67.27) were 1st and 2nd in the M50H, 35th National Masters Championships. The 36th Championships are scheduled for Aug. 7-10 in Eugene, Ore.

### FIFTEEN YEARS AGO April 1988

- Bob Schlau (40, 2:19:27) Bests Bill Rodgers in Los Angeles Marathon
- Larry Stuart Sets M50 Javelin World Record (210-0)
- 12-City Masters Running Circuit Organized by Dean Reinke

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## Third Wind

By MIKE TYMN

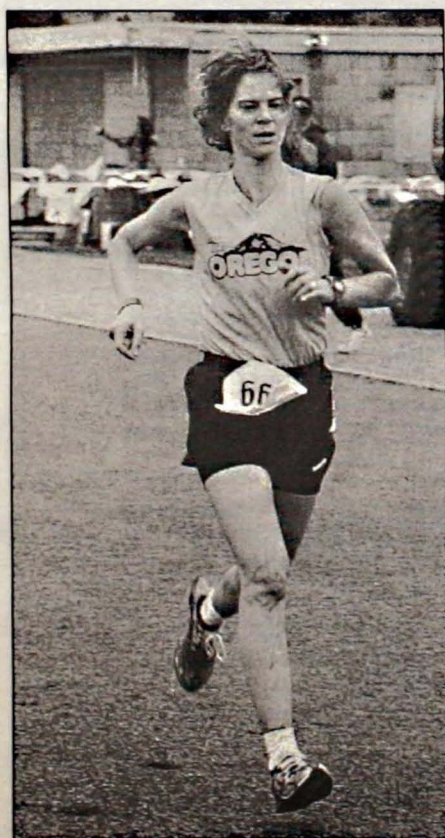
### The Wisdom of Big Rock

**"A**h, Mike-san, I trust you have now learned how to win," the man I know as "Big Rock" said to me on a visit to Honolulu last year. Big Rock is a Japanese Zen priest who spent two weeks living with my wife and me in 1985. He was part of a cultural exchange program designed to further the conversational abilities of English students in foreign countries. Gina and I had anticipated someone of college age, but when the program director asked us if we'd accept a 60-year-old Zen priest, we shrugged and then concluded that it might be an interesting experience.

Except for wearing a business suit instead of an orange robe, Big Rock was exactly as I had pictured him when I met him at the airport, shaven head, glasses, slight of build, stern looking. When Gina asked what we should call him, he said his name translated in English to Big Rock and therefore we could call him that if it would make it easier for us.

When I later checked his Japanese-English dictionary, I saw that "Stone" would have been a more appropriate translation, but we had already taken to calling him Big Rock.

As I drove to meet him at the hotel on his most recent visit to Hawaii, I recalled our conversations of 17 years earlier. I remembered having difficulty reconciling the mastery of martial arts, so often associated with Zen practitioners, with the Zen teaching of total humility and indifference to winning. I wondered how the samurai warriors of old could perfect their techniques and excel if they lacked the desire to win. I spent several hours discussing this with Big Rock.



JERRY WOJCIK

Meghan Arbogast, 41, Team Oregon, third overall (40:29), 2002 USATF National Masters 10K Cross-Country Championships.

#### Doomed to Defeat

"Your understanding is correct," Big Rock told me, smiling. He spoke slowly but fluently, often nodding with certain words to put special emphasis on them. "The person intent only on victory is doomed to ignominious defeat," he said, pausing long enough to find the word ignominious in his dictionary and then struggling to pronounce it. "It is the person who does not concern himself with winning who will emerge victorious."

I pointed out to him that many great athletes are clearly driven by a desire to win, to be the best in their sport, and most have egos to match their salaries.

"Ah, but you assume that they are victorious because they have been declared winners," Big Rock responded after again smiling at my comment and then pondering it for several seconds.

"The true warrior does not enter such an arena. He has no need for materialistic gain and ego gratification. The type of person you mention may experience an external victory, but internally he continues to hunger. His hunger increases as his appetite for still greater fame and fortune mounts. He will not experience an internal victory, which is what the true warrior seeks."

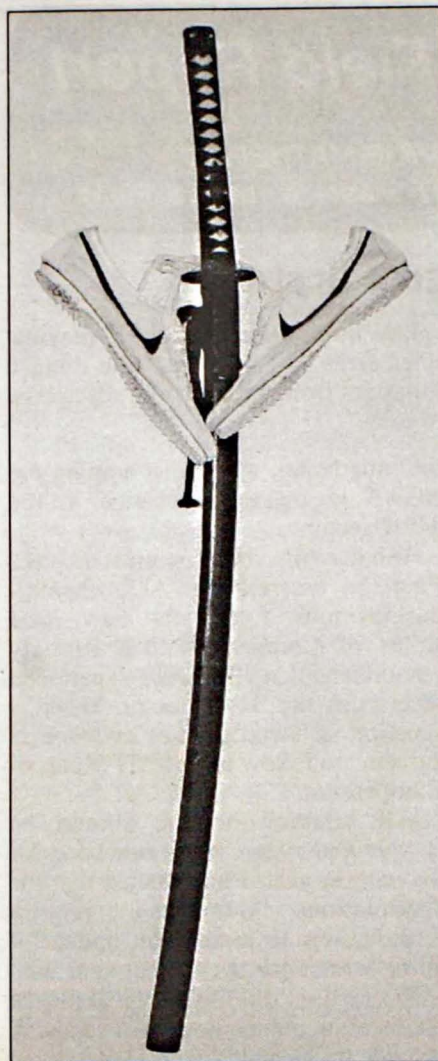
I told Big Rock that I more or less understood that, but I still could not understand what motivated the samurai to train endless hours in pursuit of excellence if he did not want to put it to a test of some kind.

#### Master of Oneself

"Perhaps you have confused what it is the samurai is attempting to master," Big Rock replied. You assume that the samurai is practicing long hours to master his technique as a warrior. This is not true. He is attempting to become master over himself. He knows that he cannot completely be victorious, but at the same time he knows that he must never cease the struggle.

"The true samurai does not train long hours to become stronger," Big Rock continued. "He strives to become weaker. We have a saying in our religion that a tree that is unbending is easily broken. It is the hard and the strong that will fall. The soft and weak will overcome."

Was Big Rock saying that the old samurai warriors were weak men?



"That is so," he answered. "They may have been strong of body, but the true samurai was weak internally. The word you might use is 'humble.' Yes, that is the word. To be weak is to be humble. To be strong is to be proud."

I asked Big Rock what motivated the samurai to fight fiercely once he was engaged in combat. Big Rock smiled and suggested that perhaps I had watched too many Toshiro Mifune movies. Even though Big Rock would sometimes chide me, he did it in a very humble way, the manner of which is difficult to express in writing.

"What you must understand, Mike-san, is that a true samurai would not willingly engage in combat, as to do so would be a sign of insecurity. If he found it necessary to defend himself, he would do so. But his attacker would not be a true samurai, because only an insecure person would invite combat."

#### Already Dead

Big Rock further explained that the true samurai would not fear death, because he already considers himself dead — dead to the world, that is. Therefore, he would not have his mind on dying. "How does one think about dying when he is already dead?" Big Rock explained, shaking his head. "No, he would be concentrating on the blow he is delivering and he would deliver it with more intensity and accuracy."

Big Rock went on to explain that the attacker, on the other hand, would be insecure; otherwise he would have no reason to attack. His insecurity was based on fear, primarily the fear of death. This insecurity and anxiety resulted in him not focusing on the moment. Rather, he was looking ahead

to the future, to his death, or to the possibility of defeat and his loss of ego, which in that culture would have been worse than death.

During Big Rock's recent visit to Hawaii, I again brought up this subject. In my notes from my earlier discussion with Big Rock, I penned "*staying in the moment*" in my notebook. I asked Big Rock, now approaching 80, for clarification of this, telling him that I understood this to mean not dwelling on the past or thinking ahead to the future but focusing on the task at hand.

"Yes, that is so," he replied, his English even more polished than during his previous visit, "but the important thing for you to understand is that you do not want to *live* in the moment, as so many of you Westerners say. You must live in *eternity*. It is only then that you can remain in the moment."

#### Death is a Door

I asked Big Rock how one goes about living in eternity. He paused, again went to his dictionary and, after a minute or so, pointed to the word "polarity." "Yes, yes," he continued enthusiastically, as he repeatedly jabbed the dictionary with his finger. "You must shift your polarity. You must move from the material to the spiritual. You must forget about earthly possessions, about what you Westerners call 'getting ahead,'... about outdoing others, what you call winning."

"You must stop pursuing material wealth, stop nursing the grief and troubles you encounter in your pursuit of wealth, stop being smug about how practical you are in your bondage. You must realize that the goal of life should not be one of achieving wealth and fame. The goal of life, as we see it, is death. You must be able to see death as a birth to a higher consciousness. Death is not a wall. It is a door and all of life should be aimed at going gracefully through that door to the higher consciousness."

It is only, after fully grasping this, Big Rock stressed, that we can fully live in eternity.

Putting it all together, it seemed that Big Rock was saying that there is not much point in pursuing athletic excellence. The gains would be material ones, such as awards and ego appeasement. What would be the point of pushing oneself in training, running maybe 100 miles a week, when the goals are not worthy ones? I continued to discuss this with Big Rock over lunch.

#### Deeper Meaning

"No, no, Mike-san," Big Rock counseled. "You must go deeper to understand my meaning. It is only through suffering that the inner self can unfold and come to the higher consciousness. Such suffering, if you want to call it that, is all part of the plan. In more primitive cultures there are enough challenges in simply surviving."

"In advanced cultures with all of the mechanization, people must invent

Continued on page 23



## L.A. Marathon

Continued from page 1

The top male master was local stand-out Roberto Leonardo, 40, Van Nuys, Calif., 2:40:46, who last fall won the OTHTC High Desert 50K, Ridgecrest, Calif., 3:16:37, and was the top master, Feb. 15, at the Route 66 Mile (4:38). Los Angeleno Jose Luis Diaz, 47, repeated as the M45 winner, 2:45:53.

Many runners showed their liking for the new course by running enormously faster than last year. Among them were Tereso Alonso, 58, L.A., who won the M55 with a 2:46:52 (3:18:31 in '02). Shinkichi Nonomura, 74, Iwate, Japan, wowed the crowd with a 3:34:51, good for the M70 title. Aloysius Casey, 71, Redlands, Calif., improved by half an hour over last year, finishing second M70, 4:21:24.

Ernie Van Leeuwen, 90, Encino, Calif., made a much ballyhooed effort to break the M90 world best (Singh/6:45:31/2002), which certainly seemed within reach after his 6:43:07 at L.A. last year. Van Leeuwen ran the race with his nephew, the 1972 Olympic biathlete Pete Kams, 57, Jackson, Wyo. They followed a strategy of running the first half-marathon, and then walking it in. Unfortunately, Van Leeuwen's 6:54:36 (chiptime 6:54:25) fell 9:05 short of the mark. Perhaps giving television interviews during the race slowed him down. "I'll be back," he told the *Daily News*.

Margarita Conde Malin, 42, Guatemala, three-peated as W40 winner, 3:00:02. Alfreda Iglehart, 52, L.A., 3:27:53, and Carol Richardson, 51, Santa Fe, N.M., repeated their one-two finish in the W50. Romy Niblack, 55, Redlands, Calif., 3:44:09, topped her new age group and ran 15 minutes faster than last year.

2002 W60 winner Marilyn Clark, 64, Marina Del Rey, Calif., 4:26:41, ran

Continued on page 13



TESH TESHIMA

Michael Sweeney, 48, of California, first overall in 26 hours and 40 minutes, Hurt 100 Miles, Honolulu, Jan. 19-20.

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PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

### Glucosamine and Chondroitin

**P**robably among the most commonly used "nutraceuticals" by masters athletes are glucosamine and chondroitin. Most of us take it for osteoarthritis in the knees. Two of the most enticing properties of these medications are their excellent safety record and the assertion that they may reduce the progression of cartilage damage.

The *Bulletin on Rheumatic Diseases* believes that the body of evidence supports modest efficacy of glucosamine and chondroitin in the treatment of "osteoarthritis symptoms." They believe these products are safe and play a valuable role in the management of these disorders. They also feel further studies are needed to determine their clinical applicability.

A study by Cibere, et al., from the Arthritis Research Center of Canada, in Vancouver, performed a trial study to show that possibly the symptoms of knee OA in patients who take glucosamine can actually worsen over time. The worsening effect was just as common in patients receiving glucosamine as those who received placebos.

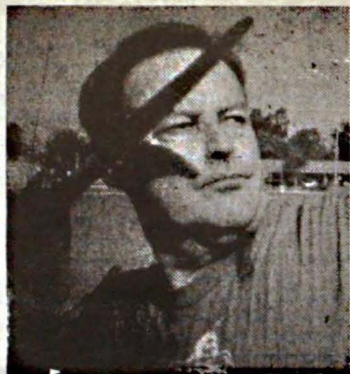
Therefore Cibere summarized, glucosamine was not effective with respect to any outcomes assessed. There was no evidence of benefit to those with OA.

This is the first trial indicating patients taking glucosamine fared worse over time.

So, perhaps if your knees are getting worse while taking glucosamine, stop taking it. If they are getting better, take it. You can side with either study. □

(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.)

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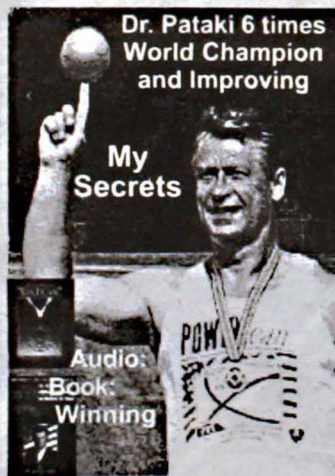
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### Write On

Continued from page 4

Upon objection, I was told that this was mandated by WMA.

Is this really so? If so, it is totally inappropriate. The disclaimer asserts that the signator is properly conditioned for competitions. My wife is not, nor will she be. It further gives consent to drug testing. She should not and does not consent to drug testing.

While the intent of having an accompanying person sign the disclaimer is evident, it is not only inappropriate for an accompanying person to do so, but, in all but unusual cases, to do so would probably perjure the accompanying person.

In my opinion, WMA has failed to provide an appropriate accompanying person's disclaimer and should suspend the disclaimer requirement for accompanying persons until an appropriate disclaimer is provided. If WMA needs a disclaimer signed by accompanying persons before Puerto Rico, then WMA should work quickly to provide an appropriate disclaimer for accompanying persons.

Ron Kirkpatrick

Los Alamos, New Mexico

### MASTERS EXHIBITION RACES

Why are masters exhibition races set up so that only young 40-year-olds have a shot at winning? I was at the recent USATF National Championships in Boston, and I found these exhibitions a little awkward to watch because they were not as much a masters competition, but, rather, a competition for young M40s.

Phil Raschker, 56, set a W55 world record, yet only managed to place fourth in the masters women's 200 exhibition. She was never really in the race, and no one had a clue (or seemed to care) about her record performance.

The incredibly talented Nolan Rasheed, 53, had no chance in the 3000, finishing a distant 10th place (I know he has been ill, but how could he possibly compete with these young runners?).

It doesn't seem to benefit masters track to place elite runners like Raschker and Shaheed in such a position, when it could be easily remedied by implementing a distance handi-

capped start using established tables based on age to even the playing field. This could make for some spectacular races, which would include runners from all age groups and genders, and one would be hard-pressed to predict a winner from such a varied group of athletes.

For example, a 400 race could be set up to include the best age-graded sprinters from each 10-year age group from 40 to 90 years old. Use the charts to give a distance handicap for the age of the competitor and spread them around the track for the start. Yes, the older competitors would have a head start, but the purpose of the event is to level the playing field and allow the best athlete a chance to win, no matter what the age is.

I was the meet director at this type of competition for four years, and I can state from personal experience that Distance Handicap Age-Graded races are spectacular crowd pleasers, and wonderful motivators for older age groups who can finally have a legitimate shot at beating the younger folks.

As masters, we should be aware that we need to put on exciting competitions to peak the interest not only of other masters, but the public in general. Our numbers do not seem to be growing. Meet attendance is down. We need to fire people up by staging some attention-getting races in front of large audiences.

If masters track & field is to remain healthy, we have to be a little more creative and imaginative. We have to take some risks and stop being so conservative in our approach to our sport. Masters distance handicap races have been done before at other major open events, including the 2000 Olympic Trials in Sacramento, and were huge crowd pleasers. We should go back to something that works.

Roger Pierce

Essex, Massachusetts

### OLD FRIENDS

The years keep rolling along, but treasured friendships of the old masters gang remain, and the memories of the good times shared are cherished.

A recent phone call from Aileen and Bernie Hogan, two great masters champions from "down under" emphasized the very special bond we forge as we take part in the wonderful sport of track & field.

Aileen and Bernie wanted to be remembered to all of their good friends in the USA. As always, Bernie's exuberance and enthusiasm came through loud and clear. His parting words were "Good on you, mates," in the true Aussie fashion.

Like yours truly, Aileen and Bernie have hung up their spikes, but they will always be remembered as the true champions and special friends they are to us.

Payton Jordan

Santa Barbara, California

### TWENTY YEARS AGO April 1983

- Barry Adams Wins Masters Mile (4:26.5) at Portland, Ore., Indoor Meet
- Mike Holbrook (4:35.1) and Barbara Pike (5:22.0) Win San Francisco Masters Mile
- Marion Irvine, 53, is First W40+ (39:55) in Hawaii All-Women's 10K



## Sprint Stuff

### The Process

By ROGER PIERCE

I have a good friend, a fellow masters sprinter, with whom I have trained for over 10 years. We are like brothers. I am 58 and Tom is 52. I have been fortunate enough to have captured some world and national championships and records.

Tom has never won, except at the regional level. Our workouts are legendary, and I have to smile when I think of the number of people over the years who have trained with us and left shaking their heads and muttering about the intensity and duration of our interval workouts.

Tom uses his engineering background to analyze all our workouts, but I call an end to practice, usually right after Tom announces, "Just one more 400." I have to tell him, "We are done for the night!" Sometimes less is more.

He is a warrior on the track and a fierce competitor, but also a gentle soul trying to do his best. Tom is unfortunately injured much of the time, despite heroic attempts to stay fit, healthy and strong.

He sprints with injuries and is constantly rehabbing his legs, particularly his Achilles, and always is in the process of healing something that has been snapped, strained or torn.

His stride length is short, he doesn't lift his knees high enough, his arms do not drive properly, but he is always working on his technique, analyzing and improving. In practice, he pushes himself relentlessly. No one tries harder than Tom. Together we have pulled each other through injuries, triumphs and defeats.

One doesn't have to win world championships to be successful in masters track. The PR breakthroughs we all experience during the course of our masters careers can be as important and memorable as any world or national title. It is the apparent little victories even in training which, upon reflection, often stand out in our memories.

I truly believe that it is the race, not the result, which is of supreme importance. It's the process that's important; not the winning, but the run...what more can one ask of oneself than to have given everything possible leading up to, and in, a particular race?

When I won the 400 World Championship in Australia in 2001, there were friends all around yelling support, and it was an incredibly moving emotional moment for me. Tom was at the finish area hugging me with tears in his eyes. He knew firsthand all

Continued on page 11

### Records Revised in MAC Meet

By JERRY WOJCIK

Long Islanders and relay teams set records in the USATF MAC Association Open & Masters Championships, NYC Armory T&F Center, March 8. Marie-Louis Michelsohn, 61, Stony Brook, L.I., lowered her W60 3000 world record (12:06.88) to 11:58.23. Kathy Martin, 51, Northport, L.I., broke the W50 U.S. records for the 1500 with a 5:02.28 and the 3000 with a 10:33.72.

The present record for the 1500 is 5:22.7 by Carolyn Smith-Hannah, of New York, in January 2000, and the 3000 is held by Joan Ottaway, of California, at 10:44.0, set in February 1995.

A quartet from the Long Island-based Bohemia TC broke the W40-49 world best of 5:48.29 for the 4x400, held by a U.S. team, by well over a minute with a sensational 4:33.14. The team members were Phoebe Anderson (66.91), Kellie Stamm (74.58), Carol Senn (66.28), and Lori McKeough (65.29).

The Sprint Force America M50-59 team set a world best of 3:40.20 for the 4x400, over three seconds better than the present 3:43.43, held by a U.S. squad. The splits for SFA were Frank Schiro (55.34), Roger Pierce (56.47), Carroll Blake (55.44), and Ed Gonera (52.78). □

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VICTOR SAILER / PHOTO RUN

Doug Martyn, 43, winner (4:24.57) of the Masters Mile, adidas Boston Indoor Games, Feb. 1.





## Masters Racewalking

By ELAINE WARD

### Treatment Options for Muscle Stress and Injury – Part II

**T**he new competitive season is here. In recent columns, we have introduced you to a new video and book on *Dynamic Self-Massage*, offering you methods of preventing muscular stress and injury so that you do not have to experience downtime from your training. It also offers you methods of accelerating your recovery after injury. Last month, we summarized some of the many other available treatment modalities. Here are a few more options for consideration. – ew

**Isokinetic and Isotonic Rehabilitation Machines** are used to treat the arms, legs, hips, knees, ankles and back. Isokinetic means an "accommodating resistance." You set the speed of the machine, and it provides resistance that relates directly to the energy you invest.

**Isotonic machines**, by contrast, have a fixed resistance. You set the weight and you must work through that resistance on every repetition, regardless of your strength or fatigue level. Costing tens of thousands of dollars, these machines can be found at many sports medicine clinics or fitness centers.

**Keragen** is a gel that podiatrists

inject directly into the foot to provide extra cushioning between the skin and the bone. In this non-surgical procedure, the podiatrist simply injects the gel into the injured part of the foot to relieve pain and pressure. The gel wears away in 6 to 18 months and may need to be replaced.

**Laser Therapy** involves the shooting of a helium neon laser into the injured tissue to stimulate circulation. It speeds the arrival of healing nutrients as well as the removal of waste by-products.

**Massage Therapy** ranges from the gentle, soothing strokes of Swedish massage to the deep, cross-strokes of the Cyriax method. Shiatsu massage,



JERRY WOJCIK

Kelly Murphy-Glenn #1368, W40, and Dick Vaughn, M70, in the 5000 racewalk, Hayward Masters Classic, Eugene, Ore. This year's meet is scheduled for June 21-22.

or acupressure, uses pressure on specific trigger points to relieve areas of biomechanical stress.

All forms of massage can speed athletic recovery by soothing tense muscles and speeding the flow of healing nutrients through the bloodstream to the injured areas. They also help flush the system of lactic acid and other metabolic waste products. The Cyriax method works deep into muscles to break up scar tissue and adhesions. Massage also has psychological benefits.

**Microcurrent Therapy** is a technique that uses a low current of electricity to restore electrical balance to injured tissue. It is based on the theory that since all tissues have electrical charges, there is an optimum electrical balance that is disturbed by injury. It is an acupuncture stimulation achieved with electricity instead of needles.

**Orthotics** made by a podiatrist or orthopedist are inserted as insoles to protect and support the foot and to correct musculoskeletal misalignment. Such misalignment can be caused, for example, by flat feet or leg length discrepancy. Over-the-counter foot supports, by contrast, are not necessarily corrective, although their added cushioning and support may be beneficial.

**Pneumatic Braces** are air-filled braces that were used initially in the treatment of leg stress fractures, but are now being used for sprains as well. With a pneumatic brace, it is possible for the athlete to continue training while healing. For example, the brace allows flexion and extension of the foot, while prohibiting lateral movement.

A **Rehabilitative Exercise Bike** is an isokinetic machine used for recovery. It offers "accommodating resistance." Set the speed of the bike and it

provides resistance that relates directly to the energy you invest. You can find these machines at many sports medicine clinics and fitness centers.

**R.I.C.E.** is the basic first-aid recommended for many injuries that involve swelling and inflammation. The acronym R.I.C.E. makes it easy to remember the four parts of treatment: Rest, Ice, Compression and Elevation. Generally you should stop and rest as soon as you realize an injury has taken place.

Use ice (ice bags, commercial cold packs and ice massage) to control pain and swelling in 15 to 20 minute sessions the first 24 hours. Compression, preferably from an elasticized bandage, helps control swelling by inhibiting internal bleeding and fluid accumulation.

**Transcutaneous Electric Nerve Stimulation - TENS** is done with a device that sends electrical signals to nerves near an injury site. Constant neural stimulation masks or blocks pain signals so that an athlete can go on with rehabilitative exercise.

TENS usually consists of two small electrodes connected to a hand-held, dual channel stimulator. The athlete can adjust the amplitude and gradually increase it to a comfortable intensity. TENS reportedly reduces muscle atrophy, joint stiffness and the need for narcotic pain relievers.

**Ultrasound** uses high-frequency sound waves outside the normal range of human hearing to produce deep heat that is applied directly to an injured area.

Ultrasound sends heat deeper into the tissues than any other treatment. This procedure is given in a series of short treatments and is among the most commonly prescribed healing strategies. It is painless and accurate. □

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



ART SHAHZADE

Dennis Duffy, winning the 800 (2:19.8), 2002 Visalia Classic. The 2003 Visalia Meet is set for May 17.

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## Masters at Open Champs

Continued from page 1

indoor season on the 307m track at the University of Washington, would dominate the stellar field. No one would have guessed that new masters runner Brian Pope, 40, would provide Young with all he could handle. Pope was a 4:02 miler at the University of Mississippi and, like Young earlier, had been lying low the past couple of years, waiting to make a big splash as a master.

With 400 to go, Pope took the lead and built it to six meters with 100m to go. Coming off the final turn, Young showed his devastating speed, passing Pope with 30 meters left.

"I knew I had to go early because Tony has that 1:53 speed. Maybe I should have gone with 600 to go," Pope said.

John Hinton, 40, hung on for third, with Mike Egle, 41, fourth, and Tom Dalton, 44, fifth.

### Coming Next Month

- Outdoor Age-Group Records
- National Indoor Championships – story, photos, results

This was by far the deepest field for any Masters Invitational Program race to date. However, the Masters Invitational mile at the Drake Relays on April 26 should rival the 3000 field in Boston.

The qualifying standard for the Drake Relays Masters mile is 4:28. All masters who have met the qualifying standard during the 2002 or 2003 seasons are encouraged to apply before the April 1 deadline at [usatf.org](http://usatf.org). Click on Masters, then click on Masters Invitational Program.

We are looking for the top 16 milers in the United States. This race promises to be the top Masters mile of the year. Competitors' hotel expenses will be covered, but the athletes will provide their own transportation to Des Moines, Iowa, and pay for their own meals.

Last year, Irishman Colm Rothery won the inaugural event, in 4:16. He is interested in coming back this year to defend his title. Tony Young (4:08.6), John Hinton (4:11), Mike Egle (4:16) and Tom Dalton (4:23) have already committed to the event. The entire field can go under 4:25, with a few runners under 4:10.

We are looking at these masters races going to a whole new level. Why? Because we can. □

## Sprint Stuff

Continued from page 9

the pain and injuries we had endured leading up to that race.

Only seven weeks earlier I had struggled through a 74.0 400 in practice because of a chronic back injury. It was so painful to sprint that I had almost resigned myself to just traveling to Australia with my friends and enjoying the experience. Tom was injured in Australia, but ran a gallant 400 trial, leading for 300 before crashing and burning with an Achilles injury.

My victory was as much for him as for me and all my sprint friends in New England who toil with us under terrible conditions most of the year. But the point of all our efforts is not the victory, but rather the process we pass through during our training in the cold, the difficult 100 and 200 intervals done with short recovery in the dark. The friends we meet and train with, the PRs, the laughter, the pain, the frustrations, the injuries, the recoveries, and the long trips to Boston to train on a decent indoor track in the bitterly frigid and unforgiving New England winter.

At times, we become so focused on the finish, the final outcome, that we lose sight of the fact that the run, the

training, the race, the actual process, is more important than any result. It is these aspects of our lives, the daily struggles, in which our characters are forged. We should pass through these moments and recognize them for what they are; opportunities to seek and experience our grandest dreams.

I am in awe of Tom and many other masters I have met over the years who train their hearts out; men and women who, for the greater part, do not score or place on the national or world level. Individuals like Tom, who experience the joy of being where they are at the moment, training diligently, constantly working towards their own perfection, whatever they visualize it to be. These folks in masters sprinting are very special, and I thank all of them for their centering presence in my life □

### 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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**18th ANNUAL MEET OF CHAMPIONS**  
CALIFORNIA STATE UNIVERSITY  
AT LONG BEACH  
SATURDAY, MAY 10, 2003

ENTRY FEES: \$12 first event; additional events \$6. Relay teams free.  
After deadline, or at meet \$15 first event, \$7 per additional event.

DEADLINE: May 3, 2003

DIVISIONS: Men & Women: Submasters (30-39) and masters (40+) compete in 5-year age groups.

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

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

NOTE: This event is sanctioned by USA Track & Field. 2003 registration required.  
(Available at meet for \$20)

DIRECTIONS TO CSULB: Exit 405 freeway at Bellflower Blvd. Go south to Atherton. Left (east) to Signal. Right into parking lots. Track is on left behind parking structure. Parking in lot #14 is free. Otherwise, be prepared to pay \$1.75.



#### Schedule

##### Track Events

11:00 am 80/100/110 meter hurdles	2:15 pm 200 meters
11:30 am 1500 meters	2:45 pm 800 meters
12:00 pm 100 meters	3:15 pm 4X100 Relay
1:00 pm 300/400 meters hurdles	3:45 pm 400 meters
1:30 pm 3000 meters	

##### Field Events

11:00 am hammer throw, pole vault & high jump	1:30 pm shot put & triple jump
12:00 pm discus throw & long jump	3:00 pm javelin throw

ENTRY FORM (Please Print)

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Date of Birth \_\_\_\_\_ Age on 5-10-03 \_\_\_\_\_ Sex M F Phone \_\_\_\_\_

USAT&F No. \_\_\_\_\_ Club? \_\_\_\_\_

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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 accrue 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 to be held May 10, 2003 at California State University at Long Beach. I certify that I am free from hampering injuries or physical defects.

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## On The Run

By HAL HIGDON

### Confessions of a Drug User

**M**y primary physician recently sent me to a lung specialist to see if we could cure the asthma-like symptoms that had plagued me since October, the aftermath of a bout with bronchitis the previous winter. I could barely breathe when I ran – if I could run – and sometimes I awakened in the morning gasping for breath.

The specialist prescribed Advair, which is actually a combination of Fluticasone Propionate and Salmeterol. It is dispensed by an oral inhaler. I had been using another inhaler, Combivent, for several months, but while Combivent relieved my symptoms, it did little to prevent them. With the new inhaler, I was amazed at the sudden improvement in my breathing. I could run free again!

One minor problem: The ingredients in Advair are on the restricted substance list of the United States Anti-Doping Agency. Salmeterol, specifically, is listed as a stimulant. It increases alertness and blood flow to the muscles, states Jeff Podraza, Pharm.D., manager of drug references for the USADA.

That means that if I'm tested at the World Masters Championships in Puerto Rico this summer, I could get caught using a "performance-enhancing drug." I could be suspended for two years. Any medals I won (and I have won four gold medals at previous Championships) could be stripped from me. Worse would be the embarrassment to me as a recognizable spokesman for running as a healthy sport.

#### Questionable Advantages

The advantages of an endurance athlete taking Advair seem questionable to me. Too much stimulation could cause a marathoner problems if he goes out too fast in the early miles. One side effect from my inhaler is dehydration. I often awaken with a dry mouth. That is probably due to the Fluticasone, suggests Dr. Podraza, who also cites Salmeterol's anabolic properties.

Salmeterol is a so-called Beta-2 Agonist, which is used to increase the weight of livestock in feed lots. Athletes apparently can use it to gain strength and weight, although that too has pluses and minuses. I can't see how the ingredients in Advair would do me much good as an endurance athlete, but

still: they are on the USADA list.

But how do you explain the large number of elite athletes who suddenly seem to have asthma? Consider that among athletes surveyed at the Olympic Games in Sydney, 10 percent took asthma medications in the three days before being drug tested, although only one percent of the general population has asthma.

Australian Olympians who declared themselves asthmatic increased from 10 percent to 20.6 percent from 1988 to 2000. According to the late International Olympic Committee medical chief Alexander de Merode, the number of those using asthma drugs at the Olympic Winter Games ranges between 70 to 80 percent. Do these athletes know something that the rest of us do not know?

#### Suspension Risk

Must I risk suspension if I continue to use my asthma medication and am drug tested in Puerto Rico this summer? Not necessarily, as I learned after calling the USADA's drug reference line: 1-800-233-0393. Athletes with questions about medications, prescribed and unprescribed, are encouraged to do so. They also can visit the USADA Web site ([www.usantidoping.org](http://www.usantidoping.org)) to check a list of banned drugs.

I called the toll-free number and left a message. Dr. Podraza called back within the hour. He explained that while the ingredients within Advair are restricted substances, my physician could provide me with permission to use my inhaler. There is a form for that purpose on the Web site.

But if I didn't know that, or showed up at the Worlds without realizing that my medication was a banned substance, I could face suspension for two years. That happened to an American female sprinter at a previous World Masters Championships. She got busted for using a common hormone, Estratest, which unfortunately contains testosterone.

Today's athletes need to remain extra alert to assure staying clean. Even over-the-counter medications and dietary supplements can get you in trouble if you don't know what's in them.

It was a lot simpler for us in the old days. We simply ran. □

(Hal Higdon is a Senior Writer for *Runner's World*. He has competed in eight Olympic Trial races, his best performance, fifth in the 3000 meter steeplechase in 1960. Visit his Web site at [www.halhigdon.com](http://www.halhigdon.com).)



USATF Masters LDR Championships coordinator Ken Robichaud poses with New Bedford (MA) Half-Marathon age-graded winners, Eddy Hellebuyck, Linda Somers-Smith, and Dan Verrington, March 16.

### Hellebuyck Wins

Continued from page 1

Gainesville, Fla., an athlete for whom one runs out of adjectives, ran a stupendous effort, 25:56, finishing third woman overall – one second out of second place – and setting a new W40+ world best (old best Wysocki/26:19/1997), just two weekends after winning the L.A. Marathon. This is the classic Pozdnyakova Process, the unconventional ability to race well almost immediately after a marathon.

The career trackster-turned-marathoner (at age 39) has said in the past that she doesn't mind racing right after a marathon: she's in great shape, after all, and has put in a lot of training. Meanwhile, in the week between L.A. and Shamrock, she won the W40+ at the Gate River Run 15K, Jacksonville, Fla., March 8, in a relatively moderate 51:54.

Lyubov Kremlyova, 41, Warren Street/RUS/Gainesville, Fla., who graced the cover of the *National Masters News* last month after setting a new W40 indoor mile record (4:29), flew in behind The Poz at Virginia Beach, for second W40+, also under the old 8K world best. Kremlyova has a 1500 PR of 3:58.

Hometown Dai Roberts, 41, UK/Virginia Beach, was third overall, 2:28:11 in the accompanying Shamrock Marathon.

#### National Half-Marathon

Sunday dawned misty in the historic fishing port of New Bedford, where the U.S. Masters Half-Marathon Championships did not present Hellebuyck with much competition, in spite of his fatigue. It was the first half-marathon championship held for masters since the year 2000, and the New Bedford crew generously stepped up to include the masters event in its big weekend just a few months prior.

On what became a breezy day in the 50s, Hellebuyck did fight a steep battle for first place overall, finishing just five seconds behind youngster winner Gabriel Muchiri, 24, KEN/Philadelphia, 1:06:46 to 1:06:51, both of them out

front by a minute.

Hellebuyck drafted off Muchiri for 13 miles before Muchiri threw down the hurt in the last downhill quarter mile and pulled away. "I felt I had a little left at the end and had I known he was that fast, I would have pushed him a little more on the hill," Hellebuyck told *The Standard Times*. "But I can't complain. He deserves it. I was drafting on him all the way. I'm almost old enough to be his father."

New Bedford is known for its fast course (Ingrid Kristinansen set a WR here in 1989), though there are two significant hills at three and 12 miles.

Other fish in the sea included Michael O'Brien, Durham, N.H., who ran 1:10:42 for runner-up spot in the masters championships. Defending M50 champion Vladimir Krivoy, 52, UKR/Halifax, Mass., 1:19:19, retained his title. Though not eligible for the U.S. Championship, due to his citizenship, he showed good fitness in preparing to defend his M50 title in the Boston Marathon, April 21.

Carlton Mendell, 81, Portland, Me., who races even more often than Mr. Hellebuyck, topped the M80, 3:23:12.

Last year's masters marathon champion, Linda Somers-Smith, 41, San Luis Obispo, Calif., who led the women's field through six miles, ran unchallenged to the women's championship, finishing third woman overall, 1:17:27. Susan Faber, 40, Oxford, Conn., 1:22:36, was second W40+. Janet Bober, 58, Burlington, Mass., reeled off a 1:33:39, the sixth masters woman over the line.

In the age-graded competition, for which prize money went ten-deep, Hellebuyck and Somers-Smith topped the lists. O'Brien was second for men, followed by ultrarunner Dan Verrington, 40, Bradford, MA, 1:12:40. Actual age-graded marks were not available at the time of this writing.

Hellebuyck and Somers-Smith are both entered to run the Boston Marathon April 21. □

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## L.A. Marathon

Continued from page 7

four minutes faster than last year, but the age-group got tougher and she placed third to Eva Svitek, 60, Newbury Park, Calif., 4:15:52, and Linda Crismond, 60, Tarpon Springs, Fla., 4:22:47.

The W65 was especially fast, with Rosa Cazares, 67, Monterey Park, Calif., 3:40:02, and Gina Locsmind, 67, British Columbia, Canada, 3:47:26, running like a couple of fillies from Santa Anita Race Track.

Chieko Allwein, 70, Manhattan Beach, Calif., topped the W70, 4:41:42, displacing defending champion Anna Hollenberg, 73, Redlands, Calif., who still trotted 25 minutes quicker than last year, 4:49:12. The W80+ was nabbed by 2002's W75 titlist Margaret Davis, 80, Azusa, Calif., 5:37:15, also 25 minutes faster than last year.

Hae Choi, 89, Long Beach, Calif., was the oldest woman finisher, 5:54:02 (official time 5:58:56), a possible W85 record (Mintz/6:53:50/ 1990).

This was the 18th running of the L.A. Marathon. Honda is the major sponsor of the event. Two million spectators helped make the day. New among the usual fare of athletes wearing costumes, running for causes, or demonstrating triumphs of the human spirit, etc., were many who wore paint or signage that suggested "No War."

Chip times were used by the race in determining age-group placings, and were used in this article, unless otherwise stated.

—from L.A. Daily News and  
L.A. Times reports



TESH TESHIMA

Sayuri Kusutani, 43, outran the field of 1200 and cruised to victory (36:18), Straub's Women's 10K, Honolulu, March 2.

## PUBLICATIONS ORDER FORM

### Masters Age Records (2002 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.

### Masters Track & Field Rankings (2001) CLOSE OUT \$4.00

### Masters Track & Field Rankings (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

### McMahon Family Trust Masters Track & Field Indoor Rankings

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

### Masters Age-Graded Tables

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

### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.

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## The Weight Room

By JERRY WOJCIK

### A Thrower's Trek and More

**I**n August, throwers can get enough action west of the Rockies to last several winters. It all starts with the track & field events in the multi-sport Pan Pacific Masters Games in Sacramento, Aug. 1-3, and extends to the USATF National Masters Championships, Eugene, Ore., Aug. 7-10, and the Canadian National Masters Championships, Richmond, B.C., Aug. 16-17. The entire itinerary for the three events is essentially a straight shot north on Interstate 5, starting in Sacramento.

The Pan Pacific Games (PanPac in its ads and promotional material) is the inaugural biennial event alternating between Sacramento, Calif., and the Gold Coast, Queensland, Australia, based on the success of the recent Asia Pacific Masters Games. It'll include all of the throws.

If visitors and national athletes can tear themselves away from Lake Tahoe, Reno, San Francisco, and Napa wine country, they can head up I-5 to Eugene, a long day's drive from Sacramento, or a two-day drive with a stay in Redding, Calif., or Medford, Ore.

Hayward Field, the site of the 1994 and 2000 Nationals, will again host the Masters Championships in "Track Town USA." Athletes who came to

Eugene for the World Veterans Championships in 1989 and the Nike Masters Games in 1998 will remember the expertise with which they were conducted.

Be sure to spend money liberally in California and Oregon, as both states' economies are desperately in arrears.

#### On to Canada and Back

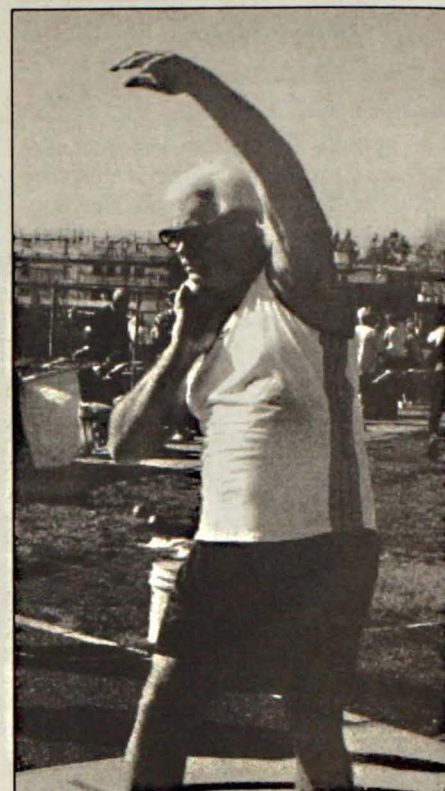
Richmond, B.C., is near Vancouver, north of the U.S. border of Washington and about 100 miles north of Seattle, which is roughly a five-hour jaunt from Eugene on I-5 again. You'll pass the not-to-be-missed San Juan Islands on the way, all reachable by ferry. If you're planning on making this part of the trip, carry a passport or birth certificate and be prepared to wait a bit at the border.

If your vacation time, strength, and wallet are not exhausted, you can hang out in the San Juans or leisurely tour the route from that part of Canada through Washington, Idaho, and Wyoming to Fort Collins, Colo., north of Denver, to the National Masters Weight Pentathlon Championships, scheduled for Aug. 23-24.

Or, after Richmond, you can head back down I-5 to Seattle and work out for a couple of weeks at West Seattle Stadium, in preparation for the National Masters Weight & Superweight Championships to be held there under the direction of Ken Weinbel on Sept. 6.

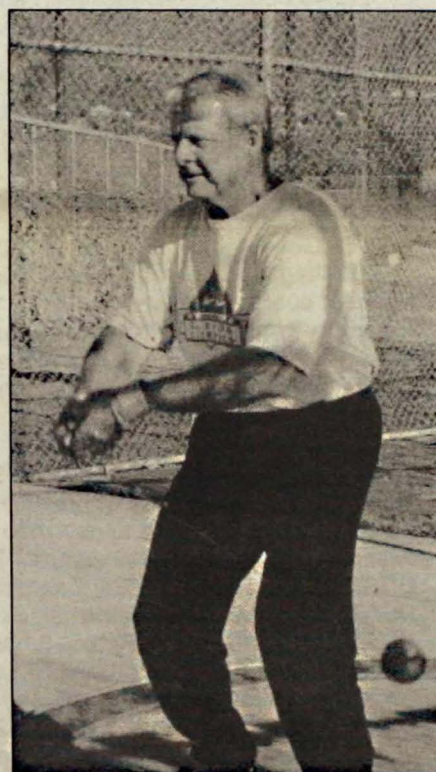
#### No Javelins Allowed

Speaking of Seattle and Weinbel, if that journey doesn't sate your thrower's appetite, you might consider starting your season with his Spring Fling Throwers Meet at the West Seattle venue in late April. Weinbel, one of a group of throwers who think the javelin should not be a part of a weight pentathlon, stages a WP at this meet, substituting the superweight for the javelin. The contention of the WP critics of the event as it is now structured is that the



SUZY HESS

Hal Smith, 66, winner of the 2002 Outstanding Single Performance Award (49-7 1/2 shot put) at the King Weekend Weight Penathlon, Glendora, Calif., Jan. 18.



SUZY HESS

Bob Humphreys, M65, top scorer (4294), King Weekend Weight Pentathlon, Glendora, Calif., Jan. 18.

javelin is not a "weight" event.

The argument bears some consideration. Very few, if any, top javelinists ever enter a WP, and most weight pentathletes are not keen on javelin throwing anyway. Check out the results of any WP, and the javelin will be the worst event in points and age-grading in almost every athlete's score.

#### Source of Injury

Of all the throws, the javelin offers the most extensive injury mine field, and masters throwers after a certain age lose the flexibility and quickness needed to throw the javelin well, if they ever had those qualities.

For scoring the SW, Weinbel uses an equitable scoring method called the Partridge Tables, developed some years ago.

This year's Fling takes place on Saturday, April 26. For non-local throwers who need a good meet to jump start their seasons, this may be it, and you won't have to explain to airport security why you're shipping a spear across the country. □

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Expiration Date \_\_\_\_\_

#### MAIL/PAYABLE TO:

Glenn Thompson, 3604 Green  
Street, Harrisburg, PA 17110  
(717) 238-1720

## Rankings Report

### 2003 Indoor Season Rankers

Masters athletes whose best marks for the 2003 indoor season do not appear in the *National Masters News* by the May issue should send them to the rankers below before May 15. Include the name of the meet, the name of the director with his/her phone number or e-mail address, the date, and site, with field event marks in metric.

**55m, 60m, 200, 400, 800, 1500,**

**Mile, 3000, 55mH, 60mH, HJ, PV, LJ, TJ, SP, and 3000 RW:** Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com.

**WT, SW:** Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com.

Athletes are urged to notify rankers of errors in marks, names, and age-groups in results already published to help assure correct results. □





## Training Advice

By EARL FEE

### The Role of the Coach

**M**ost athletes really do not have the know-how or drive to be self-coached. Hence, a knowledgeable/experienced coach is a valuable asset to attain your optimum performance and to prevent problems. But an athlete should also be fully aware of training for their specific event, since the coach is not always present. So the coached athlete becomes, in effect, the assistant coach.

#### The Coach Knows

A good coach is aware of:

- The physiological principles of the human body: The training principles that enable the athlete to reach his or her maximum potential. For example, specific training, supercompensation, neural/fast twitch training, periodization, etc.

- The mental training techniques: Self-assertive statements, visualization, relaxation techniques, focus, etc.

- The proper volume, speed and rest for each workout of the individual athletes. For example, too much or too little of any of these can be detrimental, or not helpful, resulting in progress too slow or too rapid.

- The why, when, where and how of training.

- Training must be specific to the

event. Each of the five training (energy) systems must be addressed, i.e., listing from slowest to fastest systems: aerobic, anaerobic threshold,  $VO_{2max}$ , anaerobic, and anaerobic alactic. (If you are still confused with these terms, see my book.) The coach stresses/concentrates on those systems that are more specific to the athlete's event.

- There can be only up to about 14 weeks of quality/intense workouts, including the taper before the big race or big meet.

- How the workout would feel by having done it himself or herself in the past; or the next best way (but not as preferable): having learned from the reactions of his or her athletes to similar workouts.

- The female problems that may affect workouts, i.e., low energy at cer-

tain times of the month, menstruation, incontinence, pregnancy, moodiness, etc. It takes several weeks for the body to adjust to a level of stress before it can handle a higher level. The coach readjusts workouts if the higher level of stress produces poor results.

- A steady diet of the same training week after week will not produce good results in performance. There has to be variety.

#### Enjoyable Experience

Making workouts enjoyable is achieved by making the workout attainable. This involves the selection of proper volume, intensity, and recovery between intervals and after workouts and races to suit each individual athlete. A lighthearted atmosphere of camaraderie interspersed with some humor contributes to an enjoyable experience and reduces the stress of the workout, or makes it more tolerable.

Ideally the coach thus provides a body/mind/spirit workout within the athlete's capabilities. Hence the athlete looks forward to the workouts and the workout is successful. There is nothing like success and accomplishment to keep the athlete going.

#### Setting Goals

Ideally the coach, in consultation with the athlete, sets goals (main goals and minor milestones) for the season, and both should work toward these goals. The athlete should be told the

purpose of the workout. For example, to increase speed, lactic tolerance, anaerobic threshold,  $VO_{2max}$ , long distance endurance, or strength.

Knowing the purpose makes the workout more tolerable, since the athlete then believes it will bring him/her one step closer to their main goal.

#### Workout Details

Ideally the athlete should be told the details of the workout hours before or the day before. Thus the athlete is able to prepare mentally and the workout will be more successful. (One day about 10 years ago my coach sprung a big workout on me after my warm-up. I was to do a 1200-meter time trial at mile race pace. I turned him down. For this kind of workout I needed some advance mental preparation, preferably the day before. Also, with advance warning I would have taken it easier the day before. After all, the athlete should have some say in the workout. Some days you are just not up to a particularly intense workout.)

#### Flexible Workouts

Normally a good coach enquires of the energy level and fitness of the athlete before the workout and adjusts the workout accordingly. Otherwise, the athlete should tell the coach of any problem. (During my university days with my coach Lloyd Percival – at the time probably the best track coach in Canada – I told him one day, "My legs

Continued on page 23

## NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 5TH ANNUAL MARK GRUBI MEMORIAL CLASSIC

EDWARDS FIELD  
UNIVERSITY OF CALIFORNIA BERKELEY  
SUNDAY MAY 25<sup>TH</sup> 2003

**ENTRY:** MUST BE POSTMARKED BY MONDAY MAY 20<sup>TH</sup> 2003.  
PHONE AND FAX ENTRIES AVAILABLE AT 415 457-8177  
E-MAIL DONROSE43262@AOL.COM. or PAUSATF.ORG  
FOR AN ENTRY FORM.

**FEES:** \$15.00 First event (N.C.S.T.C. members get second event free)  
\$10.00 for each additional event. \$20.00 per event late entries.

**CONTACT:** Don Rose 43 McAllister Ave. Kentfield, CA 94904

**ELEGIBILITY:** All men and women with current 2003 USATF registration  
Meet day USATF registration available for \$20.00

**AGE GROUPS:** 30 yrs and above in 5 yr groups. Race day age determines group  
Younger participants with approval of meet director.

**AWARDS:** Medals to first three places in each age group.

**FACILITIES:** Edward's Field is one of the best facilities on the West Coast.

**HEATS:** 5 year groups where possible.

Athletes may be subject to drug testing

cut along dotted line

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ Phone # ( ) \_\_\_\_\_  
City/State/Zip \_\_\_\_\_ Club Affiliation \_\_\_\_\_  
USATF # \_\_\_\_\_ 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 forever, 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 May 25th 2003 at Edwards Field Berkeley California.

Date \_\_\_\_ / \_\_\_\_ / 2003 Signature \_\_\_\_\_

Event Entered \_\_\_\_\_ Amount \_\_\_\_\_ Make Checks payable to NCSTC & Send to:  
1. \_\_\_\_\_ \$ \_\_\_\_\_ Don Rose 43 McAllister Ave. Kentfield Ca. 94904 (415) 457-8177  
2. \_\_\_\_\_ Approximate Event times: Track 8:30 – 12:00 5K run, Hurdles  
3. \_\_\_\_\_ 100,400,800. 12:30 – 3:30 200, 1500, IH. Field Events: 7:30 – 12:00  
4. \_\_\_\_\_ Hammer, P.V., Shot, Discus, & L.J. 12:30 – 3:30 H.J. Javelin, T.J.  
5. \_\_\_\_\_ Weight Throws. Heats and Events start with eldest and women first.  
Enclosed amount \$ \_\_\_\_\_ Open pit for L.J. and T.J. for 2 hours. Parking is available on the street  
and also at the parking lot on Fulton across from the stadium.

## Open/Masters Track Meet Sponsored By The Odessa Downtown Lions Club Saturday May 17, 2003 Ratliff Stadium Odessa, Texas

Event Schedule: (Running Events will use a rolling start and starting times are approximate)

Field Events	Running Events
9:00 AM Pole Vault	12:00 PM 3000 M Run
Long Jump	1:00 PM 80/100/110 M Hurdles
High Jump	100 M Dash
10:30 AM Triple Jump	800 M Run
12:00 PM Weight Pentathlon – All Throws.	4 X 100 M Relay
Pentathlon Throws will count as regular	2:00 PM 200 M Dash
Competition throws	2:15 PM 300/400 M Hurdles
	4 X 200 M Relay
	400 M Dash
	3:45 PM 1500 M Run
	4 X 400 M Relay

ALL EVENTS RUN AGAINST TIME; AGE AND GENDER GROUPS MAY BE COMBINED.  
MEDALS TO TOP THREE IN EACH AGE DIVISION

#### REGISTRATION

NAME (Print) \_\_\_\_\_ DATE OF BIRTH \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AGE ON 5/17/03 \_\_\_\_\_ GENDER \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

I, THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE ODESSA DOWNTOWN LIONS CLUB, THE ECTOR COUNTY INDEPENDENT SCHOOL DISTRICT AND ANY OF THEIR REPRESENTATIVES, ANY SPONSORS AND ANYONE CONNECTED WITH THE MEET FROM LIABILITY RESULTING FROM ANY ACCIDENT AND/OR INJURY I MAY SUSTAIN WHILE COMPETING OR PARTICIPATING IN SAID TRACK AND FIELD MEET. I CERTIFY THAT I BELIEVE I AM CONDITIONED AND PHYSICALLY ABLE TO COMPETE IN THIS MEET

ATHLETE'S  
SIGNATURE \_\_\_\_\_

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

HAMMER THROW	LONG JUMP	80 M HURDLES	400 M DASH
SHOT PUT	TRIPLE JUMP	100 M HURDLES	800 M RUN
DISCUS	HIGH JUMP	110 M HURDLES	1500 M RUN
JAVELIN	POLE VAULT	300 M HURDLES	3000 M RUN
WEIGHT THROW		400 M HURDLES	4 X 100 M RELAY
WEIGHT PENTATHLON		100 M DASH	4 X 200 M RELAY
		200 M DASH	4 X 400 M RELAY

FIRST EVENT \$15.00 + ADDITIONAL EVENTS X \$5.00 EACH EVENT - TOTAL \$ \_\_\_\_\_

MAIL ENTRY AND CHECK PAYABLE TO: ODESSA DOWNTOWN LIONS CLUB  
1212 E. 43<sup>RD</sup> STREET  
ODESSA, TX 79762

For More Information Contact:

Don Wright - PHONE (915) 362-3180; [wrightnanapapa@aol.com](mailto:wrightnanapapa@aol.com)

Gerald Perry - PHONE (915) 362-4640; [gperry@nts-online.net](mailto:gperry@nts-online.net)

#### RELAY TEAM REGISTRATION

\$20.00 FOR FOUR PERSON RELAY TEAM. EACH TEAM MEMBER MUST FILL OUT A REGISTRATION FORM. THE FOLLOWING RELAY INFORMATION SHOULD BE FILLED OUT ONE PER TEAM.

RELAY EVENT \_\_\_\_\_  
TEAM NAME \_\_\_\_\_  
TEAM MEMBERS (NAME & AGE) \_\_\_\_\_

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_

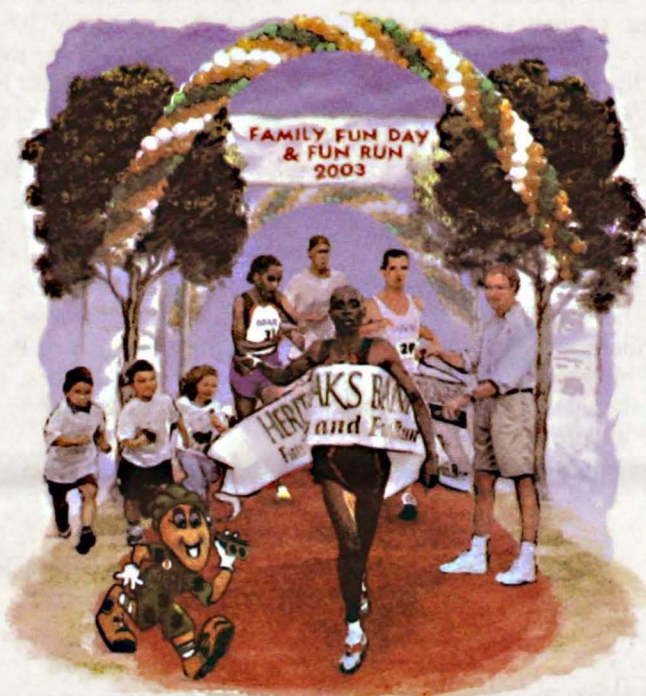


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5 T H A N N U A L

## Family Fun & Day Fun Run



Presented by



The City of Paso Robles  
**Sunday, September 28, 2003**  
Downtown City Park  
Paso Robles, California

The day includes activities for the entire family. Each participant receives a race T-shirt compliments Yesterdays Sportswear, medal, pancake breakfast, smoothie from Jamba Juice, hot dog from Cupid's Hot Dogs, and an Official finish line photo compliments: HawaiiPhotoMan.com

If you have questions please contact:  
Mitch Massey at (805) 544-7200 x 105  
or by e-mail at [mmassey@heritageoaksbank.com](mailto:mmassey@heritageoaksbank.com)

To learn more about Paso Robles visit their web site at  
[www.pasorobleschamber.com](http://www.pasorobleschamber.com)



All money generated from entry fees  
is donated back into the central coast non-profit community.

MEMBER  
FDIC

## \$52,000 Prize Purse

For combined 10K Races (Sanctioned & Certified)

## USATF Master's National 10K Championships

Age 40 and older (must be registered USATF member)

Start Time: 8:30 a.m.

PRESENTED BY



OF PASO ROBLES

Flat and fast – two loops through the downtown streets. Cost \$33 pre-registration; no race day registration. Open division, no age groups. Money awarded to top five places. \$1,500 to winner for both male/female. \$1,000 second place; \$750 third place; \$500 fourth place; \$250 fifth place; Age graded: \$2,000 to winner for both male/female. \$1,250 second place; \$1,000 third place; \$750 fourth place; \$500 fifth place; \$300 sixth place; \$200 seventh; PA/USATF members are eligible for both their prize money and the overall prize money.

## The California 10K Championship

Also top points race for PA/USATF (Sanctioned & Certified)

Start Time: 7:30 a.m.

PRESENTED BY



TENET.

Twin Cities  
Community Hospital

Tenet Healthcare Foundation

Tenet HealthSystem

Flat and fast – two loops through the downtown streets. Cost \$33 pre-registration; no race day registration. Open division, no age groups. Money awarded to top ten places. \$3,500 to winner for both male/female. \$2,500 second place; \$1,500 third place; \$1,200 fourth place; \$1,000 fifth place; sixth place \$750; seventh place \$500; eighth place \$400; ninth place \$300; tenth place \$200. \$8,000 of the total prize money is for PA/USATF members only. PA/USATF members are eligible for both their prize money and the overall prize money.



Presents

## Bananaman 5K (Certified)

Start Time: 9:15 a.m.

Flat and fast through the downtown streets. Cost \$27 pre-registration; no race day registration. No prize money. The objective is to beat the Jamba Bananaman or your personal best while having a great time! Every entrant is eligible for the Grand Prize of a Jamba Juice a week for one year.



Fidelity  
National  
Title

Presents

## 100-Yard Mascot Race

Start Time: 9:55 a.m.

Mascot Race. Cost Free. All mascots who enter are eligible for \$500 grand prize.



Presents

## 1-Mile Run (Certified)

Start Time 9:55 a.m.

Run for all ages. Cost \$17 pre-registration; no race day registration.



Presents

## 1/2-Mile Kids Race

Start Time: 10:25 a.m.

Kids' race for ages 5-12 (parents can run with kids). Cost \$10 pre-registration; no race day registration.



Presents

## 75-Yard Kids Dash

Start Time: 10:35 a.m.

Kids' race for ages up to 5 years (parents can run with kids).  
Cost \$5 pre-registration; no race day registration.



Presents

## The Diaper Dandy Dash For Cash

Start Time: 10:45 a.m.

For infants only. Each infant will crawl 10 yards. All entrants are eligible for \$250 grand prize.  
Cost \$5 pre-registration; no race day registration.



Presents

## 2-Mile Walk

Start Time: 10:50 a.m.

Walk through the downtown streets with your favorite local TV news personality.  
Cost \$22 pre-registration; no race day registration.



# Greatest Prize Giveaway

All participants are eligible



**Two Hawaii Vacations  
Mexico Cruise  
NFL Fantasy Trip Package**

## OFFICIAL RACE HOTEL



OF PASO ROBLES

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www.pasorobles.hamptoninn.com  
Direct Phone: 805-226-9988  
Direct Fax: 805-226-9073



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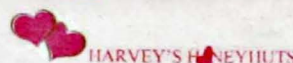
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HOT DOGS

Of San Luis Obispo and Paso Robles

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## Park Activities on Race Day



Presents

**The Paso Robles  
Public Library**

**Kids Day**  
in The  
**Park**

THE Newspaper of the Central Coast  
**TRIBUNE**

Presents

**Children's Authors' Festival**

**Other Activities Include**

Zoo To You ■ Pony Rides

Freckles the Clown

Climb On America Climbing Wall

All For Fun Giant Inflatables



**Pacific Gas and  
Electric Company**



Presents

Two 30-minute shows  
11:30 a.m. and Noon

**ANDRE,  
MORRIS  
& BUTTERY**

Presents

Live music with the band  
**Oasis**

**CELLULARONE** Presents **Pre-race packet pick-up and sign-up at downtown City Park Saturday, September 27 from 11-6 p.m.**  
**No race day registration, but packets are available for pick-up on race day.**

# Race Application

You can sign up online at [www.heritageoaksbank.com](http://www.heritageoaksbank.com)

Please use a separate form for each participant. See race descriptions at left.

Name \_\_\_\_\_ M F Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of birth \_\_\_\_\_ SSN \_\_\_\_\_ PA/USATF ID # \_\_\_\_\_

USATF Membership # \_\_\_\_\_ (memberships available at race site)

☐ Hampton Inn (\$33)  
USATF Masters National Championships

☐ Tenet/Twin Cities 10K (\$33)  
The California 10K Championship

☐ Jamba Juice 5K Run (\$27)  
Bananaman Run

☐ Paso Robles Athletic Club (\$17)  
1-Mile Run For All Ages

☐ Orchard Supply 1/2-Mile (\$10)  
Kids Race Kids ages 5-12 years

☐ A&R Furniture 75-Yard  
Kids Dash (\$5) Kids ages up to 5 years

☐ Conoco/Phillips Diaper Dash (\$5)  
10-Yard Crawl For Infants Only

☐ KSBY TV 2-Mile Walk (\$22)

☐ Fidelity Title 100-Yard Mascot Race (Free)

**Please Circle  
T-Shirt Size:**

Adult: S M L XL XXL  
Child: S M L XL

**Please make checks payable to: Heritage Oaks Bank Fun Run, 1135 Santa Rosa St., San Luis Obispo, CA 93401**

### Please sign waiver

In consideration of the acceptance of my entry in the Heritage Oaks Bank Fun Run, I hereby waive, release and discharge any and all claims for damages, death, personal injury, disability, or property damages which may accrue to me as a result of my participation in this event. This release is expressly intended to discharge in advance Heritage Oaks Bank, its employees and sponsors, and the City of Paso Robles. I agree to comply with all the rules and regulations and event instructions for the safety of me and other participants.

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

### Parent/Guardian waiver and release for minor

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Name of minor \_\_\_\_\_ Relationship to minor \_\_\_\_\_

Date of birth \_\_\_\_\_





## International Scene

By **TORSTEN CARLIUS**  
WMA President

### IMGA to Hold General Assembly in Madrid

**W**e are ever closer to our XVth WMA World Masters Championships in Carolina, Puerto Rico, on July 1-13. However, before then, the IMGA (International Masters Games Association) will be holding its General Assembly in Madrid on May 12, giving me the opportunity to explain our relationship to the IMGA and the World Masters Games, an issue I have been asked about by several people since my election to the IMGA Board of Governors.

First of all, WMA and IMGA are two independent world sports associations, each of which organizes competition for masters. The difference is that WMA, like other international sports associations, is the one that sets the rules for its sport. IMGA is a body that organizes World Masters Games but only on conditions given by the international sports foundations.

IMGA has about 15 core member sports, one of which is track and field. WMA acts as the IMGA affiliate for track and field, but the governing body is IAAF, which trusts WMA with representation. We act in the same way as the IAAF acts within the International Olympic Committee (IOC).

As the new WAVA President, I had a

serious interest in the IMGA activities in Portland in 1998 and went there with the purpose of sitting down with the IMGA Board of Governors and explaining our position. I had several ideas on how the IMGA should be changed:

- IMGA must be recognized by the IOC
- WMA rules must be used at the World Masters Games
- There must be a Technical Delegate for each sport at the World Masters Games, appointed by the respective International Sports Foundations
- There must be drug tests at the World Masters Games
- The entry procedure must be in

line with our procedure for World Masters Championships

Moreover, there was a wish from the IMGA that we would organize our WMA World Masters Championships in Stadia within the World Masters Games every four years.

I had a meeting in Portland with the IMGA Board of Governors and explained our views. Now, four years later, I can see that we have confirmation on most of our requirements. The IMGA is recognized by the IOC as the world body for masters athletics.

Each sport participating at the World Masters Games in Melbourne was asked to appoint a technical delegate paid by the local organizing committee. We had drug tests in Melbourne and our WMA/IAAF rules were respected. However, the entry procedure is still not the one we want to have, as there is no confirmation by our affiliates.

This was apparent in the discussions for the next World Masters Games in Edmonton in 2005, when the IMGA President clearly stated at the IMGA General Assembly in Colorado Springs last November that IMGA cannot, and shall not, do anything that is not in line

with the interest of its affiliates. By this statement, we have finally received the situation we wished for. The dates for the World Masters Games in Edmonton were also decided with respect to our program.

The final issue remains. Can our WMA World Masters Championships be part of the World Masters Games? If I had been asked that question some years ago, I think I would have answered that we should have a test and base our decision upon this test. Today my answer would be "No."

We cannot have our WMA World Masters Championships within the World Masters Games for the same reasons as IAAF cannot have its World Championships within the Olympic Games. Our WMA World Championships have now grown so much that it is impossible to integrate them into the World Masters Games.

However, it is a fact that the World Masters Games exist, and we must find a way to live together and have some coordination of dates between us. This will be on our Council agenda at the next meeting in Carolina, Puerto Rico, and I am sure we will find a way to solve this issue. □



JERRY WOJCIK

Finalists in the W45 80H (from l): Milada Cadova, CZE; Maria Diaz, ARG; Carole Filer, GBR, 2nd (12.57); Maria Sanguos, ESP, 1st (12.55); Graciela Bollini, ARG; and Teresa Drotar, USA; 14th WAVA World Veterans Championships.

## Report From Britain

### Brown Ups M70 Pole Vault Record

By **BRIDGET CUSHEN**

Continuing his record-breaking sequence, Bob Brown, 70, cleared a magnificent 3.20 in the pole vault at the British Indoor Championships held in Kelvin Hall, Glasgow, Scotland, Feb. 15-16. Having taken Boo Morcom's 1993 world record of 3.15 with a 3.17 last December, he was set to add the European Indoor title to the gold he won in Potsdam last August.

British records were broken in the M50 400 when Walwyn Franklin stormed around the steeply banked track in 54.53 holding off Viv Oliver (54.70) and the tall Doug Lucas (55.96); Tony Bowman won the M65 60mH in 10.30; and M65 Anthony Bateman reached out to 4.77 in the

long jump. There was a great tussle in the M40 200 and 400 when Darrell Maynard clashed with Kermitt Bentham.

Anne Wainwright set a W45 British pole vault record of 2.70, while Alan Williams cleared 4.05 for the men's title. All-rounder John Charlton got a British record in the M55 pentathlon, notching up 3890 points. Ester Linaker, who won the W60 100 in the 14th World Veterans Championships in Brisbane, Australia, took the 60 (9.05) and 200 (31.29). Full results are on the Web at [www.bvaf.org.uk](http://www.bvaf.org.uk).

The IV European Indoor Championships in San Sebastian, March 6-9, attracted a record 1585 competitors from 32 countries and had to be extended to four full days. □

#### CANADIAN MASTERS ATHLETIC ASSOCIATION NATIONAL OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 16-17, 2003

Clement Track, Richmond, British Columbia, Canada

ENTRY FORM: ENTRIES MUST BE RECEIVED BY WEDNESDAY, August 6th

PLEASE PRINT OR TYPE INFORMATION BELOW:

Family Name (Surname) \_\_\_\_\_ First/Given Name \_\_\_\_\_ M/F \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
(Aug. 16) (dd/mm/yr)

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_ Country \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_ Telephone No. \_\_\_\_\_

Nationality \_\_\_\_\_ CMAA, USATF or Provincial Athletic Body Number \_\_\_\_\_ Competitor's Number \_\_\_\_\_  
(Official Use Only)

#### EVENTS:

Please enter a check mark against each event you wish to enter and indicate your best performance in that event during the last twelve months. There are no qualifying standards for entry. Relay teams may be put together and entered on the Saturday and/or Sunday. Event schedule may be found at [www.kajaka.org](http://www.kajaka.org)

Event	Performance	Event	Performance	Event	Performance
100m		Sprint Hurd.		Pole Vault	
200m		80m		Long Jump	
400m		100m		High Jump	
800m		110m		Triple Jump	
1,500m		Low Hurdles			
5,000m		300m		Shot Put	
10,000m		400m		Discus	
		Steeplechase		Javelin	
5,000m RW		2,000m		Hammer	
		3,000m		Weight Throw	

#### FEE SCHEDULE:

NOTE: All competitors must be members of CMAA, USATF or a Provincial Athletic Body or pay the non-member fee of \$15.00. No charge will be made for the relays.

FIRST EVENT..... \$25.00 (\$17.00 U.S.)..... \$..... MAIL TO: C.M.A.A. Championships  
EXTRA EVENTS..... @ \$ 8.00 (\$ 6.00 U.S.) each \$..... 4544 McKee St.,  
NON-MEMBER FEE add \$15.00 (\$10.00 U.S.)..... \$..... Burnaby, B.C., Canada  
SALMON BARBECUE \$20.00 (\$15.00 U.S.) \$..... VSJ 2S8  
TOTAL..... \$.....

Make cheques or money orders payable to Kajaka T&F Club (in Canadian or U.S. funds). (no refunds).  
Waiver, release and indemnification (must be signed)

In consideration of the acceptance of my entry to the Canadian Masters Athletic Association Track and Field Meet, I hereby release and hold free Canadian Masters Athletic Association, the meet director, the City of Richmond, Kajaka T&F Club, BC Athletics, all meet officials and anyone appointed by them, from all responsibility for loss of or damage to me or anyone accompanying me or any of our equipment, in any way associated with or caused by my participation in the said meet, notwithstanding that such loss or damage may have been contributed to by the negligence of any of the aforesaid.

SIGNATURE.....DATE.....



# Masters Scene

## NATIONAL

•The American Ultrarunning Association has announced its "Ultra All-Americans" for the 2002 racing year. They include **Dan Verrington**, 40, Bedford, MA, **John Geesler**, 43, St. Johnsville, NY, **Carl Andersen**, 41, Kensington, CA, **Charles Hubbard**, 41, Bloomington, MN, **Ann Trason**, 42, Kensington, CA, **Tania Pacev**, 42, Littleton, CO, **Sandy Powell**, 44, Greenville, VA, **Pam Reed**, 41, Tucson, AZ, and **Sue Ellen Trapp**, 56, Ft. Myers, FL. For their individual achievements, go to the AUA Web site: [www.americanultra.org](http://www.americanultra.org).

•A new running organization was recently born in the wake of internal shake-ups at the RRCA. The American Association of Running Clubs (AARC) was formed in December 2002, with initial goals of providing insurance and non-profit status to running clubs across the country. The AARC already counts 47 running clubs with 26,000 runners as members. The first membership meeting will be held June 14 in Atlanta, GA, home of the AARC's new headquarters. For more information, try the Web site: [www.huntsvilletrackclub.org/AARC/AARC.htm](http://www.huntsvilletrackclub.org/AARC/AARC.htm).

## EAST

•**Jim Garcia**, 44, Westford, MA, 2:48:09, made masters proud by winning the Hyannis (MA) Marathon outright, Feb. 23. Two other masters finished in the top five: **Gary Allen**, 46, of gorgeous Cranberry Island, ME, 2:55:46, was third, and **Bryant Bourgoin**, 52, of hilly Winslow, ME, 2:57:24, fourth. **Karen Smyers**, 41, Lincoln, MA, took third overall in the accompanying half-marathon, 1:29:48. In the 10K, overall women's winner **Tracy Rose**, 40, Woodstock, VT, 40:43, stayed just ahead of masters men's winner **Brian Byrne**, 55, Concord, MA, 40:45.

•The D.C. Marathon, scheduled for March 23, was cancelled, due to the U.S. invasion of Iraq.

## SOUTHEAST

•**Lyubov Kremleva**, 41, RUS/Gainesville, FL, was first woman and just missed being the overall masters winner by seconds with a 16:07, Edison Festival of Light 5K, Ft. Myers, FL, Feb. 15. **Robert Payne**, 46, GBR, won the M40+ title by two seconds with a 16:06 from **Roberto Castillo**, 46, Miami, FL. **Trish Butler**, 40, Coral Springs, FL, was third woman in 17:42. **Kathy Martin**, 51, snowbirding from Long Island, ran a fourth-place 17:58. **John Hosner**, 77, Blacksburg, MS, took the M75+ race in 22:59. Ultra ace **Sue Ellen Trapp**, 56, Ft. Myers, won the W55 division in 22:42.

•**Don DeNoon**, national champion and record-holding racewalker, invites masters athletes to take advantage, for long- or short-term training, of a just completed T&F training complex in the Orlando area. Web site: [www.southlakehospital.com](http://www.southlakehospital.com), go to ENTER, then to National Training Center; phone: 352-241-7144, x4206.

•**Chuck Moeser**, 51, Sterling, VA, in 76:09, and **Leslie Minnix-Wolfe**, 41, Herndon, VA, in 90:15, were both 10th overall, Anheuser Busch Colonial Half-Marathon, Williamsburg, VA, Feb. 23. Division winners included **Robert Wright**, 62, Hampton, VA, 93:43, and **Barbara Mathewson**, 53, Virginia Beach, VA, 94:34. **Jim Goggin**, 49, Williamsburg, took second place in the adjunct Three Mile with a 17:01. **Kendall Tata**, 40, Virginia Beach, was first W40+ (19:14).

•**Janice Addison**, 42, Columbia, SC, hastened to a female first and fifth finisher overall with an 84:26, Hilton Head Half-Marathon, SC, Feb. 15. **Janice Reilly**, 41, Cary, NC, was second woman and seventh overall in 84:56. **Steve**

**Hubbard**, 40, Grovetown, GA, was top M40+ with a third-place 81:40. **Russ Brown**, 58, Midway, GA, took the 24th spot in 93:00.

•**Selwyn Blake**, 41, Columbia, SC, ran the same time as the winner (15:51), but had to settle for second overall in the Greenville News-Run Downtown 5K, SC, Feb. 15. **Susan Rogers**, 40, Spartanburg, SC, scored a W40+ win in 18:47. Top grandmasters (50+) were **Jack Todd**, 50, Spartanburg, 18:38, and **Linda Ball**, 51, Easley, SC, 23:47.

•**Pete Gibson**, 46, Murfreesboro, NC, galloped to a third-place overall in 17:41, in the aptly named Swamp Run 5K, where runners had to go through ankle-deep mire, Williamsburg, VA, March 8. Despite conditions, race director **Rick Platt**, 52, Williamsburg, with an 18:57, and several others set course records. **Sherry Volk**, 41, Williamsburg, was first W40+ (22:12).

•**Lisa Valentine**, 41, Tierra Verde, FL, celebrated her saint's day by running away (3:09:00) with the women's title at the Florida Gulf Beaches Marathon, Clearwater, Feb. 16.

## MID-AMERICA

•Masters shared the arena with open and youth athletes in the USATF Colorado Indoor Championships, USAF Academy, Colorado Springs, March 2. Top Masters included **Stacy Price**, 49, in the 60m (7.57) and 60mH (9.06); **Jerry Scriver**, 52, 400 (58.11); **Ric Rojas**, 51, 800 (2:24.6); **Gerald Vaughn**, 67, SP (13.62); **Teresa Drotar**, 48, 60mH (11.58); and meet director **Jerry Donley**, 73, PV (2.75).

## SOUTHWEST

•**Peter Fleming**, 42, UK/Colorado Springs, CO, 2:23:20, sped to the masters win at the Motorola Marathon, Austin, TX, Feb. 16. **Madeline Tormoen**, 41, Colorado Springs, CO, ran her second Texas marathon in a month, taking the top W40+, 2:49:02. She was second-place open woman at the hp Houston Marathon, Jan. 19, 2:45:30.

## WEST

•**Shirley Matson**, 62, continued her record revising with a 64:24 in the Sue Krenn 15K, San Diego, CA, March 1, reducing the W60 record of 64:42 by **Margret Betz**. It also betters the age-62 record of 66:34 by Betz in 1999.

## CANADA

•**Ed Whitlock**, 72, broke the M70 1500 WR with a 5:14.15, in the inaugural Canadian Masters Indoor Championships, York U., Toronto, March 8. Whitlock, better known for his distance running, broke away from 800m WR-holder **Earl Fee**, 73, in the last 100 meters. Fee won the age-graded match-up with a 94.2% 5:17.31 to Whitlock's 93.9%, and was top performer in the meet with a 96.6% 2:32.23 800. **Karla Del Grande**, 49, topped all women's performances with an A-G 92.4% 8.47 in the 60m.

## INTERNATIONAL

•At the Teodoro Moscoso Bridge-spanning World's Best 10K, San Juan, PR, Feb. 23, **Lyubov Kremleva**, 41, Gainesville, FL, 33:13, took home \$6K for her fourth woman overall finish. **Maximo Oliveras Ortiz**, 41, Corozol, PR, 31:56, was the top-finishing M40+.

## OBITUARIES

•**Dan Borrey**, a masters pole vaulter, died of cancer in January. He was born Aug. 12, 1945, and was a resident of Villa Park, CA. He won

## World Entry Deadline is April 7

The 15th World Masters Athletics Championships will be held in Carolina, Puerto Rico, July 1-13.

The entry deadline for U.S. athletes planning on going is now April 7. Athletes must acquire an application and send it with the required documentation (2003 USATF membership number and a copy of passport or birth certificate as proof of age) before the April 7 deadline for processing to USATF, c/o Mark Springer, One RCA Dome, Suite #140, Indianapolis, IN 46225. [Mark.Springer@usatf.org](mailto:Mark.Springer@usatf.org); 317-261-0500; fax: 261-0513, attn. Mark Springer.

Entry booklets for the World Masters Athletics (WMA) Championships are available from two

sources:

1) USATF Indianapolis (see above)

2) Northwest Event Management  
Phone: 800-392-1369

Fax: 541-687-1016

[nem@nwevent.com](mailto:nem@nwevent.com)

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

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

the M45 pole vault at age 49 with a 4.60/15-1 in the 1995 World Veterans Championships in Buffalo, NY. Two weeks later he turned 50 and broke the M50 WR with a 4.50/14-9. He was a pioneer in the imaging industry, having created, with his brother, a company in the '70s in Belgium that built the first imaging scanner and the first imaging system in the world. At the time of his death, he was the co-founder and vice-president of sales and marketing of VisionShape, Inc. His survivors include his wife, **Michelle**, and a son.

•**Grosvenor (Grove) Bolles**, 71, Orem, Utah, died Jan. 14, following a brief illness. He was top-ranked in the M70 discus and national champion at Baton Rouge, La., in 2001. He also won the discus in the 2002 Hayward Meet and the Northwest Regional Championships, Salt Lake City. He was born in San Francisco, July 18, 1931, raised in the East Bay area, and a standout in swimming, football, and basketball at Berkeley HS. At Santa Rosa JC, he starred as an all-conference tackle, national punting leader, and place kicker on the school's 1950 National Junior College Champion football

team, and was inducted into the SRJC Hall of Fame in 1999. After service with the U.S. Coast Guard during the Korean War, he returned to finish his work at SRJC and threw the discus. Later, he played semi-pro football, and turned down an offer from the newly formed Oakland Raiders to become the team's first punter. In the early '70s, he passed the week-long state architectural board tests for his architect's license, and worked for the next 20 years with several architectural firms, specializing in school design and construction. He was honored as one of the top 10 architects in Sonoma County history, and served as president of the American Institute of Architects. Upon retirement in the late '80s, he moved to Utah, where his two older sons reside, and spent much of his time in the past 10 years riding his Harley Davidson to track meets, and spending time with his grandchildren. His survivors include four children and eight grandchildren.

•**Robbin (Robb) Bong**, Linton, CO, passed away on Feb. 23. He was 56. A sprinter, he had competed in track for the last 25 years throughout the U.S., and was a member of the winning M40 4x400 team in the 1991 Veterans World Championships in Turku, Finland. At age 45, he ran the 400 in under 50 seconds. He was also a volunteer ranker for the masters sprints. Born in Canton, S. Dak., he went to Canton HS and held most of the sprint records for the school. After serving with the U.S. Army in Vietnam, he attended South Dakota St. U., graduating with a degree in electrical engineering. He is still listed on All-Time South Dakota Relay records. While working at Hewlett-Packard, he found time to be an assistant high school track coach. He was a craftsman in woodworking, having recently completed a baptismal font and candle stand for a Lutheran church in Monument, CO. Among his survivors are his wife of 32 years, **Barbara**, and two sons.



DOUGLAS J. SMITH

Ed Whitlock, breaking the M70 world record for the 1500 with a 5:14.15, Canadian Masters Indoor Championships, York U., Toronto, March 8.

## FIVE YEARS AGO April 1998

- At Age 51, Al Swenson Wins Conoco 10K Masters Title with a 33:46 in Houston
- Tim McMullen (45, 4:29.77) and Patti Ford (42, 5:17.33) Win Hartshorne Memorial Indoor Masters Mile
- 1998 Indy Life Circuit Schedule of Eight Races Finalized



# 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

**May 27-June 9.** Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; [nsga.com](http://nsga.com); [www.nationalseniorgames.org](http://www.nationalseniorgames.org)

**June 14-15.** USATF National Masters Decathlon/Heptathlon Championships, Charlotte, N.C. Dr. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278. 704-588-6885; [gedwards@carolina.rr.com](mailto:gedwards@carolina.rr.com)

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

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



THOM WEDDLE

Deborah Jones, W40 winner in the 800 and 1500, 2002 Hayward Classic.

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

### EAST

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

**April 5.** Legends Mile, Carnegie Mellon U., Pittsburgh, Pa. M&W40+. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

**April 25-26.** Penn Relays Masters Events, Philadelphia. Relays & 100m races for M40+. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-258-5142(d); email: [felton@princeton.edu](mailto:felton@princeton.edu)

**May 4, 18.** PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; [www.pvtc.org](http://www.pvtc.org)

**June 1.** Garden State AC/Randolph Classic, Randolph, N.J. Open/M&W30+. Madeline Bost, PO Box 458, Ironia, NJ. [madeline.bost@att.net](mailto:madeline.bost@att.net). Morton Hahn, 973-625-1764.

**June 1, 15, 29.** PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

**June 2-8.** Long Island Senior Games, Brentwood, L.I., N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2996; [www.longislandseniorgames.org](http://www.longislandseniorgames.org)

**June 7.** Throw-a-thon, Albright College, Reading, Pa. 15 implements-3 implements per event, i.e., M60 6k, 5k, 4k HT; W40 600g, 500g, 400g JT. 3 throws per implement. WP scored individually as a team of two. 9 am. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; [ffeick@aol.com](mailto:ffeick@aol.com)

**June 8.** Superweight & Ultra Weights Meet, Gilbertsville, Pa. See June 7.

**June 10-15.** Empire State Senior Games, SUNY-Cortland. 315-492-9654; [www.empirestategames.org](http://www.empirestategames.org)

**June 20-22.** Connecticut Senior Games, Trinity College, Hartford. 860-528-4588.

**June 21.** USATF Adirondack Masters & Open Championships, Averill Park, N.Y. 518-273-5552.

**June 28.** Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, Pa. 9 am. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

**June 29.** USATF New Jersey Masters Championships, Monmouth Regional HS, Tinton Falls, N.J. M&W 30+. Isabel Keeley, 31 Breakwater Square, Freehold, NJ, 07728. [ikeeley@instires.rutgers.edu](mailto:ikeeley@instires.rutgers.edu)

**July 8.** Colonie Mile, Colonie HS, Albany, N.Y. Ken Skinner, [kennyskin@earthlink.net](mailto:kennyskin@earthlink.net)

**July 12-13.** PVTC Decathlon, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

**July 12-13, 17-20.** Nutmeg State Games, East Hartford, Conn. 860-528-4588; [www.nutmegstategames.org](http://www.nutmegstategames.org)

[NetmegStateGames.org](http://NetmegStateGames.org)

**July 12, 26.** PVTC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

**August 9, 23.** PVTC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

**August 30-31.** Potomac Valley Games Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

### SOUTHEAST

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

**April 5.** Carolina Masters Invitational Meet, Johnson C. Smith U., Charlotte, N.C. No meet day entries. T&F Clinic on the 6th. Dr. Gordon Edwards, 704-588-6885; [gedwards@carolina.rr.com](mailto:gedwards@carolina.rr.com)

**April 6.** Florida Meet, Boca Raton HS. Bob Fine, 561-499-3370; [BobFine@aol.com](mailto:BobFine@aol.com)

**April 6.** Southeast Masters Indoor Throwing Championships, Rocky Mount, N.C. John von Rohr, 252-443-9923.

**April 18-19.** AARP/USATF Georgia Masters T&F Championships and Masters Pentathlon Championships, Savannah State U. Jim Hite, PO Box 717, Millen GA 30442; 478-982-4881; Fax: 478-982-9984; [jimjoyce@jeffersonenergy.com](mailto:jimjoyce@jeffersonenergy.com)

**May 2-4.** Southeastern Masters Meet/USATF-NC Championships, No. Carolina State U., Raleigh, N.C. Doug Smith, Southeastern U.S. Masters, Inc., P.O. Box 590, Raleigh, NC 27602; 919-831-6836; [dale.smith@ci.raleigh.nc.us](mailto:dale.smith@ci.raleigh.nc.us)

**May 17.** Birmingham TC Classic, Samford University. Frank Newland, 205-542-3575; [www.birminghamtrackclub.org](http://www.birminghamtrackclub.org)

**May 23.** Florida Meet, Tampa. Bob Fine, 561-499-3370; [BobFine@aol.com](mailto:BobFine@aol.com)

**May 24.** Florida Meet, Clermont. Bob Fine, 561-499-3370; [BobFine@aol.com](mailto:BobFine@aol.com)

**May 24.** Furman Track Classic, Furman U., Greenville, S.C. SASE to Adrien Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

**May 31.** Jacksonville TC Meet, Jacksonville, Fla. Bob Fine, 561-499-3370; [BobFine@aol.com](mailto:BobFine@aol.com)

**June 14.** USATF Florida Championships, Clermont. Bob Fine, 561-499-3370; [BobFine@aol.com](mailto:BobFine@aol.com)

**June 22.** Florida Sunshine Games, Tampa. Bob Fine, 561-499-3370; [BobFine@aol.com](mailto:BobFine@aol.com)

**August TBA.** USATF Southeast Regional Masters Championships, Site TBA, South Carolina.

### MIDWEST

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

**June 15-20, 22-27.** John Powell's Throwing Camp, Denison U., Granville, Ohio. Open to masters. [www.johnpowellassociates.com](http://www.johnpowellassociates.com)

**June 29.** Midwest Sprint, Mid-Distance, & Weight Challenges, Oak Forest HS, Oak Forest, Ill. Gerry Krainik, [gkrainik@attbi.com](mailto:gkrainik@attbi.com)

**July 19.** Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754; [bjrun1@juno.com](mailto:bjrun1@juno.com)

**July 27.** USATF Midwest Regional Masters Championships, Oak Forest HS, Oak Forest, Ill. Gerry Krainik, [gkrainik@attbi.com](mailto:gkrainik@attbi.com). Online registration: <http://midwestmasterstrack.net>

## ON TAP FOR APRIL

### TRACK AND FIELD

Most action takes place in the warmer climes, starting with the Carolina Masters Meet, Charlotte, NC, on the 5th, the USATF New Mexico Weight Pentathlon, Albuquerque, on the 6th, and the Phoenix Invitational on the 5th-6th in Arizona, also the state to go to for meets on the 19th and 26th. The Lions/Waterloo Championships, Austin, Texas, is set for the 12th. The AARP/USATF Georgia Championships have a two-day run on the 18th-19th in Savannah, as do masters events in the Penn Relays, on the 25th-26th.

### LONG DISTANCE RUNNING

On the 21st, the BAA Boston Marathon goes off for the 107th time. Other offerings include the Cooper River Bridge 10K, Charleston, S.C., on the 5th; Fools Five 8K, Lewiston, Minn., and Cherry Blossom 10 Mile, Washington, D.C., on the 6th; Pear Blossom 10 Mile, Medford, Ore., on the 12th; Carlsbad 5000, Carlsbad, Calif., on the 13th; Crescent City Classic 10K, New Orleans, and Oregon Marathon & Relay, Eugene, Ore., on the 19th; and the Cleveland, Oklahoma City Memorial, and Big Sur marathons, as well as the Bolder Boulder 10K, Colo., on the 27th.

### RACEWALKING

Racewalkers will be featured for 60 minutes in the USATF National Masters One-Hour Championships, Boca Raton, Fla., on the 6th. The Northwest/PNTF Association 10K Championships are scheduled for Seattle on the 19th. □

### MID-AMERICA

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

**April 17-20.** Kansas Relays/Masters 100, Mile, 800, & Relay, Lawrence. Tim Weaver, [Thweaver@falcon.cc.ukans.edu](mailto:Thweaver@falcon.cc.ukans.edu); James Hilliard, 785-841-8237.

**April 23-26.** Drake Relay/Masters 800 & Mile, Des Moines, Iowa. Mark Cleary, [runnermark@home.com](mailto:runnermark@home.com); Mark Kostek, 575-271-2215

**June 8.** Marysville Jolly Jogathon, Meet, Marysville HS, Kansas. 10-yr. age groups. Field: 10:30 am; track: 3:00 pm. Cleve Walstrom, 785-562-3050 (h); 562-3021(w).

**June 14.** USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 S.

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Clifton, Wichita, KS 67218. 316-684-2192; fax: 687-0387.

**June 21.** Missouri State Games, Columbia. Jack Miles, U. of Missouri, 1105 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462; www.smsg.org/senior\_games

**August 23.** Halstead Masters & Open Mini Meet, Halstead HS, Kansas. 4:00 pm. Bob Everoski, Halstead Recr. Commission, 316-835-3366, 835-2286.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**April 12.** 12th annual Lions/Waterloo Championships, Lake Travis HS, Austin, Texas. www.waterlootrackandfield.org

**May 3.** El Paso Senior Games, Chapin HS, El Paso, Texas. Entry forms: Julie Belcher, 915-562-4260; fax: 562-1647.

**May 17.** Odessa Lions Masters & Open Meet, Ratliff Stadium, Odessa, Texas. Includes WP. Don Wright, 915-362-3180; wrightnanapapa@aol.com

**July 12.** Cat Spring Grunt V Throwers Meet, Cat Spring, Texas. Mark Chapman, 979-732-5591; email: k9luvs@intertex.net

**July 26.** Texas Masters Championships, Coppell HS, Dallas, Texas. www.dallasmasters.com

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**April 5-6.** Phoenix Invitational, Glendale CC, Ariz. 480-949-1991; USATFAZ@cox.net

**April 6.** USATF New Mexico Masters & Open Weight Pentathlon, U. of NM, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

**April 13.** John Ward Spring Games, Santa Ana College, Calif. April 7 deadline. Al Siddons, Track Coach, Santa Ana College, 1530 W. 17th St., Santa Ana, CA 92706. 714-564-6936.

**April 13.** Hawaii Masters TC Meet, Kaiser HS, Hawaii Kai. 808-237-8937.

**April 19.** Mt. SAC Invitational Masters 100 & 800, Walnut, Calif. John Cosgrove, jcosgrove@attbi.com

**April 19.** Arizona Regulation Meet, Deer Valley HS, Phoenix. 480-949-1991; USATFAZ@cox.net

**April 26.** Arizona Masters Invitational, Glendale CC. Pat Fahy, 480-946-7135; jpatfahy@aol.com

**May 3.** Arizona Regulation Meet, Glendale CC. 480-949-1991; USATF AZ@cox.net

**May 10.** Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696; fax: 439-3476; cobbh@aol.com

**May 11, 25, 26.** Hawaii Masters TC Meet, Kaiser HS, Hawaii Kai. 808-237-8937.

**May 17.** Visalia Classic Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

**May 25.** Northern California Seniors T&F/5th Annual Mark Grubi Memorial Classic, Edwards Field, Univ. of Calif. Berkeley. Don Rose, 43 McAllister Ave. Kentfield, CA 94904; 415-457-8177; donrose43262@aol.com; pausatf.org

**May 25.** Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 12 Solitaire Ln., Aliso Viejo, CA 92656-1769. 949-303-2358 email: cmccormick13@cox.net

**May 31-June 1.** Arizona State Championships, Glendale CC. 480-949-1991; USATFAZ@cox.net

**June 6.** USATF Pacific Championships, Sacramento, Calif. 916-983-4715.

**June 7-8.** Hawaii Masters TC Championships, Kaiser HS, Hawaii Kai. HMTTC, PO Box 15763, Honolulu, HI 96830. www.i2crealty.com/hmtc.htm

**June 14.** Pasadena Senior Olympics, Pasadena CC, Calif. Cynthia Rosedale, 626-685-6754; fax: 577-4235; www.pasadenaseniorecenter.org

**June 28.** Chuck McMahon Memorial Meet, San Diego St. U. 619-226-1324; www.sdseniorgames.org

**July 6.** USATF New Mexico Masters/Open Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

**August 1-3.** PanPac Masters Games, Sacramento, Calif. PanPacific Masters Games, PO Box 19278, Sacramento, CA 95819. www.panpacmastersgames.com; 916-566-6560.

**October 6-18.** Huntsman Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net

### NORTHWEST

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

**April 12.** U. of Oregon Mini-meet, Hayward Field, Eugene. No entry fee. 9 am. Frank Lulich, freugene@aol.com

**April 26.** Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 206-938-3895; kweinbel@attbi.com

**May 25.** Oregon Senior Olympics, Silverton. Amy Castle, 503-873-8577.

**June 5-7.** Montana Senior Olympic Games, Butte. T&F/5K & 10K RR. Open to out-of-state. Kay Newman, 2200 Bridger Dr., Bozeman, MT 59715. 406-586-5543; kayjn@imt.net

**June 7.** Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094; dennis.cook@seattle.gov

**June 9-15.** North Idaho Senior Games, Lewiston. 1-800-877-3206; www.cityoflewiston.org/parkrec

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

**June 14-15.** Oregon Association Y/O/M Championships, Linfield College. 541-504-1077; www.usatf-oregon.org

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

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

**July 12-13.** State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval, 503-667-7140.

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

**July 24-26.** Wyoming Senior Olympics, Cody. Open to out-of-state. Amber Boyson, 307-587-2550; amber@cityofcody.com

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

### CANADA

**June 1-May 31.** Ontario Masters Association Championships, York U., North York. www.3.sympatico.ca/ontario.masters/events.htm

**August 16-17.** Canadian National Masters Championships, Richmond, B.C. douglasj.smith@sympatico.ca

### INTERNATIONAL

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

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

**August 1-3.** Pan Pacific Masters Games, Sacramento, Calif. www.panpacmastersgames.com. 916-566-6560.

## LONG DISTANCE RUNNING

### NATIONAL

**April 2-6.** RRCA 46th Annual Convention, Arlington, Va. mcrcc.org

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

**May 24.** USATF National Masters Championships/Ogden 20K, Wheeling, W. Va. Hugh Stobbs, 31 Oak Park Ave.,

Wheeling, WV 26003. 304-242-7322; fax: 242-8941; www.ogden20kclassic.com

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

**July 6.** USATF National Masters Championships/Vail Hill 8 Mile Mountain Climb. Mike Ortiz, 970-479-2280; mortiz@vailrec.com

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

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

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

**September 28.** USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1135 Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x105; fax: 546-2750; mmassey@heritageoaksbank.com

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

**October 11.** USATF National Masters Championships/Akron Marathon Relay,

Continued on page 22

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Continued from page 21

Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; [www.akronmarathon.org](http://www.akronmarathon.org)  
**November 2.** USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; [www.gvh.net](http://www.gvh.net)  
**November 8.** USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 92054. 760-967-8348.  
**November 23.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; [www.usatf.org/assoc/nj](http://www.usatf.org/assoc/nj)  
**December 7.** USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

**EAST**

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

**April 5.** Nationwide Insurance Run for ASPIRE 10K, Plainview, N.Y. 516-349-7646; [www.gliirc.org](http://www.gliirc.org)  
**April 6.** Ocean City Half-Marathon, Ocean City, Md. OCH-M, 2509 Amber Orchard Court W., Ste. 301, Piney Orchard, MD 21113. [info@oceancityhalfmarathon.com](mailto:info@oceancityhalfmarathon.com)  
**April 6.** 31st Credit Union Cherry Blossom 10 Mile, Washington, D.C. 7000 limit, usually filled by early January. [www.cherryblossom.org](http://www.cherryblossom.org)  
**April 6.** Suffolk County Half-Marathon, Selden, N.Y. 631-893-5951; [www.schalmarathon.org](http://www.schalmarathon.org)  
**April 10 (Thurs).** Cherry Blossom 5K,



GEORGE BANKER

Dave Berardi, 42, second M40+ (16:14), Paul Vi Runfest 5K, Fairfax, Va.

Wilmington, Del. 302-654-6400; [www.races2run.com](http://www.races2run.com)

**April 12.** Bull Run 50 Mile, Bull Run, Va. 703-548-9466; [www.vhtrc.org/brr](http://www.vhtrc.org/brr)  
**April 13.** Bigfoot 20K, Kittanning, Pa. 724-545-9622.  
**April 13.** Emmaus Classic 4 Mile, Emmaus, Pa. 610-965-3483; [www.lvrr.org](http://www.lvrr.org)  
**April 13.** NYRR Run for the Parks 4 Mile, Central Park, NYC. 212-860-4455; [www.nyrrc.org](http://www.nyrrc.org)  
**April 21.** 107th BAA Boston Marathon, Boston, Mass. Qualifying standards. 617-236-1652; [www.baa.org](http://www.baa.org)  
**April 26.** HMRRRC Bill Robinson 10K Masters Championships, Gunderland HS, Albany, N.Y. Jim Tierney, [runnerjmt@aol.com](mailto:runnerjmt@aol.com)  
**April 27.** James Joyce Ramble 10K, Dedham, Mass. 781-329-4744; [www.ramble.org](http://www.ramble.org)  
**April 27.** Kingston 10K Classic, Kingston, N.Y. Dick Vincent, [PineOrchardAC@aol.com](mailto:PineOrchardAC@aol.com); 518-678-3293.  
**April 27.** New Jersey Shore Marathon, Long Branch. 732-578-1771; [www.njshoremaramathon.org](http://www.njshoremaramathon.org)  
**May 4.** Runner's World Half-Marathon & 5K, Allentown, Pa. [www.runnersworld.com](http://www.runnersworld.com)  
**May 4.** Canon Long Island Marathon, East Meadow, N.Y. 516-572-0248; [www.flrrt.com](http://www.flrrt.com)  
**May 4.** Blue Cross Broad Street 10 Mile, Philadelphia, Pa. 215-235-7481; [www.broadstreetrun.com](http://www.broadstreetrun.com)  
**May 4.** City of Pittsburgh Marathon, Relays & 5K, Pittsburgh, Pa. 412-647-7866; [pittsburghmarathon.org](http://pittsburghmarathon.org)  
**May 11.** Sallie Mae 10K, Washington, D.C. 202-969-2979; [www.thesalliemae.fund.org/10K](http://www.thesalliemae.fund.org/10K)  
**May 17.** Kennett 5K & 10K, Kennett Square, Pa. 610-388-1556; [www.kennett.run.kennett.net](http://www.kennett.run.kennett.net)  
**May 25.** Nissan Buffalo Marathon, Half-Marathon, & Relay, Buffalo, N.Y. 716-694-5154; [www.buffalomarathon.com](http://www.buffalomarathon.com)  
**May 25.** Keybank Vermont City Marathon & Relay, Burlington. 800-880-8149; [www.vcm.org](http://www.vcm.org)  
**June 14.** Saucony X-C Series, Frick Park, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.  
**June 21.** Mt. Washington 7.6 Mile Road Race, Gorham, N.H. 603-863-2537; [race.time@gsrs.com](mailto:race.time@gsrs.com)

**SOUTHEAST**

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

**April 5.** Cooper River Bridge 10K & 7K Walk, Charleston, S.C. 843-792-0345; [www.bridgerun.com](http://www.bridgerun.com)  
**April 12.** Charlotte South End RaceFest Half-Marathon & 10K, Charlotte, N.C. 704-377-8786; [www.charlotteracefest.com](http://www.charlotteracefest.com)  
**April 19.** Legends 5K, Norfolk, Va. Rob Levinsky, 757-857-6717; Tidewater Striders, 757-672-RACE.  
**April 26.** Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; [www.cmmarathon.com](http://www.cmmarathon.com)  
**April 26.** Randolph County 5K Health Run, Asheboro, N.C. 336-625-2044; [www.randolphfitnesscouncil.org](http://www.randolphfitnesscouncil.org)  
**April 26.** Old Mobile 8K, Mobile, Ala. 251-473-7223; [www.pcpacers.org](http://www.pcpacers.org)  
**May 3.** USATF North Carolina 15K Championships/City of Medicine Race Festival, Durham. 919-913-2507(w); [acrlynn@aol.com](mailto:acrlynn@aol.com)



THOM WEDDLE

Fred Pietrzak, second M55 in the 1500 (5:19.27), 2002 Hayward Classic, Eugene, Ore. The 2003 Hayward Meet will be held June 21-22.

**May 3.** Sunset Stampede 10 Mile & 4 Mile, Asheville, N.C. 828-253-0052; [sunsetstampede.com](http://sunsetstampede.com)  
**May 10.** Race for the Cure 5K, Richmond, Va. 804-796-RACE; [www.richmondtrace.com](http://www.richmondtrace.com)  
**May 26.** WZYP Cotton Row 10K & 5K, Huntsville, Ala. Jim Oaks, 256-536-1603; [www.huntsvilletrackclub.org](http://www.huntsvilletrackclub.org)

**MIDWEST**

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

**April 13.** Ohio Glass City Marathon, Toledo. 419-385-7025; [toledoroadrunners.org](http://toledoroadrunners.org)  
**April 26.** Anthem Derby Festival Marathon & Mini-Marathon, Louisville, Ky. 800-928-3378; [www.derbyfestivalmarathon.com](http://www.derbyfestivalmarathon.com)  
**April 27.** Cleveland Marathon. 216-378-0140; [clevelandmarathon.com](http://clevelandmarathon.com)  
**April 27.** West Bloomfield Half-Marathon, West Bloomfield, Mich. 248-738-2500; [www.runmichigan.com/bloomfield](http://www.runmichigan.com/bloomfield)  
**May 3.** Indianapolis Life 500 Festival Half-Marathon, Indianapolis, Ind. 800-638-4296; [www.500festival.com](http://www.500festival.com)  
**May 4.** Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; [flyingpigmarathon.com](http://flyingpigmarathon.com)  
**May 18.** Ferndale Foot Frolic 10K, Ferndale, Mich. 248-544-9099; [www.motorcitystriders.com](http://www.motorcitystriders.com)  
**May 24.** Ogden Newspapers 20K Classic, Wheeling, W. Va. Also Ogden Mile. Email: [Ogden20K@aol.com](mailto:Ogden20K@aol.com)/[www.Ogden20Kclassic.com](http://www.Ogden20Kclassic.com)  
**May 25.** Lakeshore Marathon, Chicago. [www.lakeshoremaramathon.com](http://www.lakeshoremaramathon.com)  
**May 26.** The Truth/Bank One/Gaska Tape Great Race Sports Festival XXIII Half-Marathon, 5K, & 10K, 574-296-5890; [www.thegreatrace.net](http://www.thegreatrace.net)  
**June 28.** Fit for Life Run, Elkhorn, Wisc.

Lee Zubrod, 262-723-8010; email: [lzubrod@zubrodconstruction.com](mailto:lzubrod@zubrodconstruction.com)

**MID-AMERICA**

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

**April 6.** Fools Five 8K & Mile Road Races & Social Gathering, Lewiston, Minn. 1 pm. Alberto Salazar and Dick Beardsley to speak at Lewiston-Altura HS at 2:30 pm. Dianne Rislow, Box 237, Lewiston, MN 55952, 507-523-3484; [www.foolsfive.com](http://www.foolsfive.com)  
**April 6.** Spirit of St. Louis Marathon/USA Women's Championships, Half-Marathon & 5K (on the 5th), St. Louis, Mo. 314-727-0800; [www.stlouismarathon.com](http://www.stlouismarathon.com)  
**April 18.** Earth Day Half-Marathon, St. Cloud, Minn. 320-255-3325; [clhaukos@stcloudstate.edu](mailto:clhaukos@stcloudstate.edu)  
**April 26.** Longest Day Races, Brookings, S. Dak. 605-696-1358; [www.prairiestriders.net](http://www.prairiestriders.net)  
**April 26.** Get-In-Gear 10K, Minneapolis, Minn. 612-722-9004; [www.getingear10k.com](http://www.getingear10k.com)  
**May 25.** Med-City Marathon, Rochester, Minn. 507-282-1411; [www.medcitymarathon.com](http://www.medcitymarathon.com)  
**June 1.** Steamboat Marathon, Half-Marathon, & 10K, Steamboat Springs, Colo. 970-879-0882; [steamboatmarathon.com](http://steamboatmarathon.com)  
**June 2.** UMKC Trinity Hospital Hill Half-Marathon, 12K, & 5K, Kansas City, Mo. 816-235-6012; [www.mararunning.org](http://www.mararunning.org)  
**June 21.** Grandma's Marathon, Duluth, Minn. 218-727-0947; [www.grandmasmarathon.com](http://www.grandmasmarathon.com)  
**September 6.** Dick Beardsley Half-Marathon & 5K, Deteroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**April 6.** USATF Oklahoma Championships-West/Red Bud 10K Classic, OKC. 405-842-8295; [www.okrunner.com](http://www.okrunner.com)  
**April 19.** Crescent City Classic 10K, New Orleans. R.F. Lusk, PO Box 13587, New Orleans, LA 70185. [www.CCC10K.com](http://www.CCC10K.com)  
**April 26.** USATF Oklahoma Championships-East/Grace Race 5K, Tulsa. 918-249-9100; [www.okrunner.com](http://www.okrunner.com)  
**April 27.** Oklahoma City Memorial Marathon/Relays. 405-525-4242; [okcmarathon.com](http://okcmarathon.com)  
**May 4.** Little Rock Marathon, Little Rock, Ark. 501-664-7242; [www.littlerockmarathon.com](http://www.littlerockmarathon.com)  
**May 17.** Sooner State Games 5K, Oklahoma City. 405-236-5000; [www.dgroadracing.com](http://www.dgroadracing.com)

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico

**April 5.** Santa Anita Derby Day 5K & Masters 5K, Santa Anita Park, Arcadia, Calif. Kinane Events, 760-434-6301; [www.kinaneevents.com](http://www.kinaneevents.com)  
**April 13.** Carlsbad 5000, Carlsbad, Calif. Separate races for M40+ & W40+. Elite Racing, 858-450-6510; [www.eliteracing.com](http://www.eliteracing.com)  
**April 27.** La Jolla Half-Marathon & 5K, La Jolla, Calif. 858-454-0777; [www.lajollahalfmarathon.com](http://www.lajollahalfmarathon.com)  
**April 27.** Big Sur International Marathon,

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Big Sur, Calif. 831-625-6226; www.bsir.org  
**May 4.** Avenue of the Giants Marathon, Half-Marathon & 10K, Humboldt Redwoods St. Park, Calif. SASE to 6 Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. www.theave.org

**May 17.** Palos Verdes Marathon, Palos Verdes (Los Angeles), Calif. 310-828-4123; www.w2promo.com

**May 18.** Examiner Bay to Breakers 12K, San Francisco. www.baytobreakers.com

**May 26.** Memorial Half-Marathon, Laguna Hills, Calif. Kinane Events, 949-452-3466; lisa@kinaneevents.com

**June 1.** Suzuki Rock N' Roll Marathon, San Diego. 800-311-1255; www.rnrmarathon.com

**June 8.** Liberty 4 Mile/Freedom from Domestic Violence, San Diego, Calif. Kinane Events, 949-452-3466; lisa@kinaneevents.com

**June 15.** Platinum Performance State Street Mile, Santa Barbara, Calif. Separate masters races. Benefits D.A.'s Victim Witness Assistance Program. Prize money. sbmile.com; 805-568-2316.

**June 21.** USATF Pacific Championships/Shriners Challenge 8K, Sacramento, Calif. 916-974-0786.

### NORTHWEST

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

**April 12.** Pear Blossom 10 Mile & 5K, Medford, Ore. 541-535-1205; pearblossomrun.com

**April 19.** Oregon Marathon Relay & Marathon, Eugene, Ore. Oregon Marathon Relay, PO Box 11364, Eugene, OR 97440. Jack Anderson, 541-485-6707; email: jack.anderson@ram-mail.com; Dick Weeks, 687-2574.

**May 4.** Lilac Bloomsday 12K, Spokane, Wash. LB, PO Box 1511, Spokane, WA 99210. www.bloomsdayrun.org

**May 18.** Capital City Marathon, Half-Marathon, & 5 Miler, Olympia, Wash. 360-786-1786; www.capitalcitymarathon.org

**May 26.** Up the Lazy River 10K, West Linn, Ore. 503-226-6993; www.orrc.net

**June 28.** Walk With Me Marathon & Half-Marathon, Eugene, Ore. WWMM, 795 Willamette, #305, Eugene, OR 97401.

541-684-4951; www.walk-with-me.com.  
No mail entry after May 30.

### CANADA

**May 4.** Vancouver International Marathon & Half-Marathon, Vancouver, B.C. 604-872-2928; www.adidasvanmarathon.ca

**May 10-11.** National Capital Race Weekend Marathon, Half-Marathon, 10K, & 5K, Ottawa, Ontario. 613-234-2221; www.ncm.ca

**May 25.** Ontario Masters TFA Championships/Down in the Beaches 5K, Toronto. www.3sympatico.ca/ontario.masters/events.htm

### INTERNATIONAL

**April 6.** Paris Marathon. 33 (0) 1 41 33 15 68; www.parismarathon.com

**April 12.** BMAF Cross-Country Championships, Irvine, Scotland. www.bvaf.org.uk

**April 13.** London Marathon. 617-242-7845; www.marathonontour.com

**May 4.** BMAF 10K Championships, Chelmsley, England. www.bvaf.org.uk

**May 24-25.** WMA Europe Non-Stadia Championships, Upice, CZE. www.world-masters-athletics.org

**May 25.** Vienna Marathon, Vienna, Austria. Austrian Tourist Office, 800-965-3342; www.austria-tourism/us

**November 16.** WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw

### RACEWALKING

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

**April 19.** Northwest/PNTF Association 10K RW Championships, West Seattle Stadium. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

**April 26.** Borgess/USATF Michigan 5K RW Road Championships, Kalamazoo. 269-552-2340; www.borgessrun.com

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

**June 15.** USATF Florida 5K RW Championships, Clermont. 561-499-3370.

**August 7-10.** USATF National Masters

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

**September 6.** Third annual North Central 5K RW Championships, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

**September 7.** USATF Florida 1500/3000 RW Championships, Plantation. 954-921-9190.

**September 14.** USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West

Long Branch, NJ 07764. 732-222-9080.

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

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

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

## Training Advice

Continued from page 15

are so sore I can hardly walk." He said, "But you can run can't you?")

### Gradual Progress

The coach knows the athlete must be brought on gradually thus avoiding injury, staleness and discouragement. The gradual approach provides for small successes along the way, building confidence and mental toughness.

A coach with a watchful eye on the athlete's progress and condition provides the optimum of training, i.e., neither under-training nor over-training. This also entails providing for sufficient recovery before the next workout. A self-coached athlete is often too lax or too hard on themselves, causing little or no progress, or injury and staleness.

### Optimum Progress

The coach knows progress is rapid in the beginning and slows in future weeks of training. Normally it takes about six weeks for a training effect to set into the body. After about six to eight weeks, progress is very slow or a plateau is reached. For example, a plateau is more apt to occur if the same workouts are used week after week. Then it is necessary to increase the training stress in a different manner. The body must be shocked with something different.

It is the coach's job to note when this is necessary and how it is to be done, considering the condition and willingness of the athlete. See also Jack Daniels' book, *The Running Formula*, on dealing with plateaus.

The coach applies stress gradually as the athlete's condition improves by varying the speed, number of intervals, the rest, and the length of the runs.

In the early weeks of the training phase, the runs are slower with more rest. As condition improves, the repetitions are faster with less rest and less volume generally. For distance runners the repetitions may be longer and faster as both endurance and speed improves.

In sprinting it is best to build speed first and speed endurance later. Also the coach should work on any weakness in the athlete's running early in the training phase, and later concentrate on the strengths.

### Corrects Form

The coach observes form of the athlete and works on correcting faults with stride (over-striding, under-striding), foot strike, tension in the upper body including face, arm movements (too high, too much inward swing), body lean, etc.

### Consistent Workouts

A coach should provide consistent workouts and encouragement. Thus there is more consistent training, the athlete improves in performance, and develops physical and mental toughness to a greater degree than if self-coached. □

(To order Earl Fee's book on the how and why of running training, *How to Be A Champion from 9 to 90-Body, Mind, Spirit Training*, see the Publications Order Form on p 13.)

## Third Wind

Continued from page 6

physical challenges in order to discover the innate strength within themselves. So this running and jumping and throwing, whatever it is you do, for sport is a good thing as long as it is the pursuit of discovering oneself and not for wealth or ego gratification.

"You must welcome all challenges and all suffering as well as all setbacks and failures. That, we believe, is the purpose of earthly life, to learn from these challenges. We pity the person whose life offers no challenges, no opportunity to suffer. It is only by experiencing pain that you can appreciate health. All of these challenges, even if they are self-imposed ones, help you temper the steel and make the transformation to the higher consciousness."

That all made sense I nodded to Big Rock.

"Did not the masters Jesus and Buddha teach that we reap what we sow?" Big Rock continued. I told him that I had not read the Bible in many years, but I recollected that parable.

"You cannot plant rocks and have potatoes grow," Big Rock offered. That made perfect sense to me, I replied.

"Look at it this way," Big Rock ended, savoring a last sip of tea. "The seeds must take root and then the plant must be cultivated. There is no cultivation without tilling and toiling. If running offers you the opportunity to come into full bloom, you should do as much of it as possible." □

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

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**M40-44**  
Steve Finley 3000I 9:23.90 2-15-03  
Jerry Espinosa HJ 5-10 1-12-03  
Jim Singleton TJ 12.53 6-1-02

**M45-49**  
Francis Mukal Pent 2681 11-04-02  
LJ 19-1 7-27-02

Brian Mutert 400mhh 63.24 11-4, 8-02  
Neil Steinbeg 100 11.90 4-26-02

**M50-54**  
Steve Davis Pent 2675 3-22, 24-02  
Donn Imrie 60m I 7.97 2-16-03

**M55-59**  
Jerry Bookin-Weiner H 41.50 8-31-02  
W 14.91 8-31-02  
SW 7.06 8-31-02  
WP 3921 8-25-02

Ritchie Geisel 5K 18:29 11-3-02  
Ken Rose SP 13.09 1-12-03

**M70-74**  
Bill Butterworth D 113-4 7-19-02  
HJ 4-2 7-19-02  
TJ 23-5 9-28-02  
Herb Henderson 2K SC 11:36.1 9-21-02



## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/4	6-2 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4		
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 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-10	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4		
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	20-7 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-7 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4		
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 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	19-5 1/4		
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 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4		
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 1/4	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 1/4	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 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4				19-8 1/4	16-4 1/4	13-1 1/4	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	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 1/4	27-10 1/4	26-3	19-8 1/4	18-7 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4		
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
3) Long hurdles: 30-39: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"  
5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg;  
6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
7) Javelin: 30-39: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
8) Metric heights and distances are the standard; feet and inches listed for convenience.  
9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

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

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27"  
Long hurdles: 30-39: 30"; 60+: 27"  
3) Shot put: 30-39: 4k; 50+: 3k  
4) Javelin: 30-39: 600g; 50-59: 500g; 60+: 400g  
5) Hammer: 30-39: 4k; 50+: 3k  
6) Metric heights and distances are the standard; feet and inches listed for convenience.  
7) Superweight: 30-39: 35-lb; 50+: 25-lb

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT \_\_\_\_\_ MARK \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

☐ CERTIFICATE
 ☐ PATCH
 ☐ PATCH TAG

- If you have equaled or bettered the standard of excellence



# TRACK & FIELD RESULTS

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

## NATIONAL

### USATF National Masters Indoor Heptathlon Championships Carthage College, Kenosha, Wisc. March 8-9

#### Men's Heptathlon

Points	60	LJ	SP	HJ Day 1	60M	PV	1000
----- M30 -----							
1 Melton, James	7.62	5.73m	10.38m	1.59m	9.14	2.50m	3:43.03
Willingboro, NJ	18-09	75	34-00	75	5-02	5	8-02
Age-Graded Mark:	7.62	5.73m	10.38m	1.60m	9.28	2.50m	3:43.03
Age-Graded Percent:	83.86%	64.02%	44.9%	65.43%	78.69%	40.72%	59.17%
M34 Team Points:	3408	(675)	(529)	(508)	(464)	2176	(685) (242) (305)
----- M40 -----							
1 Foster, Greg	7.43	6.83m	11.48m	1.71m	9.49	2.90m	3:14.38
Lumberton, NJ	22-05	37-08	5-07	25	9-06	25	
Age-Graded Mark:	7.08	5.88m	11.79m	1.89m	9.08	3.20m	3:03.69
Age-Graded Percent:	90.31%	84.84%	51%	77.03%	80.4%	52.16%	71.84%
M41 Team Points:	4871	(854)	(955)	(594)	(705)	3108	(728) (406) (629)
2 Makoz, Frank	8.06	5.23m	8.57m	1.44m	10.82	3.00m	3:03.90
Beaver Falls, PA	17-02	28-01	5	4-08	75	9-10	
Age-Graded Mark:	7.68	5.81m	8.80m	1.59m	10.35	3.31m	2:53.79
Age-Graded Percent:	83.25%	64.97%	38.07%	54.86%	70.55%	53.96%	75.93%
M43 Team Points:	3710	(632)	(546)	(414)	(457)	2073	(477) (434) (726)
3 Tweed, Mark	8.09	5.09m	10.39m	1.71m	10.40	2.30m	3:28.93
Rockwell, I	16-08	5	34-01	25	5-07	25	7-06
Age-Graded Mark:	7.70	5.65m	10.67m	1.89m	9.95	2.54m	3:17.44
Age-Graded Percent:	82.94%	63.23%	46.16%	77.03%	73.37%	41.37%	66.84%
M41 Team Points:	3699	(650)	(512)	(526)	(705)	2393	(551) (251) (504)
4 Thomas, Brian	8.61	5.07m	8.90m	1.56m	12.90	2.30m	3:11.70
Kenosha, WI	16-07	75	29-02	5	5-01	25	7-06
Age-Graded Mark:	8.20	5.63m	9.14m	1.72m	12.34	2.54m	3:01.16
Age-Graded Percent:	77.93%	62.98%	39.54%	70.27%	59.15%	41.37%	72.84%
M40 Team Points:	3095	(503)	(508)	(434)	(560)	2005	(186) (251) (653)
5 Zelmanski, Paul	8.08	5.22m	10.66m	1.32m	10.30	2.60m	DNF
Chesterfield, MI	17-01	5	34-11	75	4-04	8-06	25
Age-Graded Mark:	7.69	5.80m	10.94m	1.45m	9.85	2.87m	
Age-Graded Percent:	83.04%	64.84%	47.36%	59.46%	74.08%	46.76%	
M43 Team Points:	15	2987	(653)	(544)	(542)	(352)	2091 (570) (326) (0)
6 Csanadi, Tom	8.33	5.07m	10.53m	1.56m	12.63	DNF	DNF
Los Alamos, NM	16-07	75	34-06	75	5-01	25	
Age-Graded Mark:	7.93	5.63m	10.81m	1.72m	12.08		
Age-Graded Percent:	80.55%	62.98%	46.78%	70.27%	60.43%		
M42 Team Points:	15	2399	(580)	(534)	(560)	2182	(217) (0) (0)
----- M45 -----							
1 Ellis, Ken	8.17	5.82m	11.09m	1.71m	9.22	3.90m	3:13.94
Oklahoma City, OK	19-01	25	36-04	75	5-07	25	12-09
Age-Graded Mark:	7.50	6.86m	12.34m	1.98m	8.32	4.59m	2:54.92
Age-Graded Percent:	85.31%	76.68%	53.39%	81.04%	87.74%	74.86%	75.44%
M45 Team Points:	15	5311	(713)	(781)	(627)	(785)	2906 (903) (787) (715)
2 Russ, Jim	7.81	5.52m	10.20m	1.68m	9.39	3.20m	3:03.34
Mooreville, NC	18-01	5	33-05	75	5-06	10-06	
Age-Graded Mark:	7.17	6.50m	11.35m	1.95m	8.47	3.77m	2:45.36
Age-Graded Percent:	89.24%	72.73%	49.11%	79.62%	86.16%	61.42%	79.8%
M46 Team Points:	15	5081	(823)	(697)	(567)	(758)	2845 (867) (554) (815)
3 Janusey, Michael	7.73	5.69m	11.11m	1.56m	10.61	2.90m	3:04.44
Veneta, PA	18-08	36-05	5	5-01	25	9-06	25
Age-Graded Mark:	7.09	6.70m	12.36m	1.81m	9.57	3.41m	2:46.35
Age-Graded Percent:	90.17%	74.97%	53.49%	73.93%	76.29%	55.66%	79.33%
M45 Team Points:	15	4746	(851)	(743)	(628)	(636)	2858 (625) (459) (804)
4 Watry, Jeff	8.43	5.28m	10.37m	1.65m	10.31	3.20m	3:17.24
Paddock Lake, WI	17-04	34-00	25	5-05	10-06		
Age-Graded Mark:	7.73	6.22m	11.54m	1.91m	9.30	3.77m	2:57.90
Age-Graded Percent:	82.68%	69.57%	49.93%	78.2%	78.48%	61.42%	74.18%
M47 Team Points:	15	4497	(640)	(635)	(579)	(723)	2577 (681) (554) (685)
5 Mulkey, Philip	8.38	4.82m	10.37m	1.41m	10.62	3.20m	3:44.95
Birmingham, AL	15-09	75	34-00	25	4-07	5	10-06
Age-Graded Mark:	7.69	5.68m	11.54m	1.63m	9.58	3.77m	3:22.89
Age-Graded Percent:	83.17%	63.5%	49.93%	66.82%	76.18%	61.42%	65.04%
M48 Team Points:	15	3874	(653)	(4519)	(579)	(488)	2239 (623) (554) (458)
6 Meares, Kelly	8.96	4.50m	8.75m	1.56m	13.18	3.20m	4:24.50
MA, MA	14-09	25	28-08	5	5-01	25	10-06
Age-Graded Mark:	8.22	5.30m	9.73m	1.81m	11.89	3.77m	3:58.56
Age-Graded Percent:	77.79%	59.29%	42.13%	73.93%	61.39%	61.42%	55.32%
M49 Team Points:	15	3046	(498)	(441)	(469)	(636)	2044 (241) (554) (207)
----- M50 -----							
1 Russell, Alan	8.17	4.92m	11.55m	1.62m	10.74	3.00m	3:22.97
Ames, IA	16-01	75	37-10	75	5-03	75	9-10
Age-Graded Mark:	7.23	6.17m	13.24m	1.98m	9.76	3.79m	2:55.07
Age-Graded Percent:	88.37%	69%	57.29%	81%	74.81%	61.73%	75.38%
M52 Team Points:	15	4753	(802)	(624)	(682)	(785)	2893 (587) (560) (713)
2 Hawkins, John	8.37	5.15m	10.89m	1.68m	11.23	3.40m	3:47.40
West Vancouver, BC	16-10	75	35-08	75	5-06	11-01	75
Age-Graded Mark:	7.41	6.46m	12.88m	2.05m	10.21	4.29m	3:16.14
Age-Graded Percent:	86.26%	72.23%	54.02%	84%	71.52%	69.96%	67.28%
M53 Team Points:	15	4632	(742)	(688)	(636)	(850)	2916 (502) (699) (515)
3 Iwen, Gene	8.56	4.95m	8.28m	1.32m	10.46	2.20m	3:38.61
Elizabeth, CO	16-03	27-02	4-04	7-02	5		
Age-Graded Mark:	7.58	6.21m	9.49m	1.61m	9.51	2.78m	3:08.56
Age-Graded Percent:	84.35%	69.42%	41.07%	66%	76.77%	45.27%	69.99%
M52 Team Points:	15	3771	(687)	(632)	(455)	(472)	2246 (637) (305) (583)
4 Dolezel, Jim	8.31	4.98m	7.90m	1.41m	10.39	3.40m	3:38.37
Midwest City, OK	16-04	25	25-11	4-07	5		
Age-Graded Mark:	7.36	6.24m	9.05m	1.72m	9.44	3.08	3:35
Age-Graded Percent:	86.88%	69.85%	39.19%	70.5%	77.34%	70.06%	
M52 Team Points:	15	3624	(759)	(639)	(429)	(560)	2387 (652) (0) (585)
5 Watson, Richard	9.32	4.45m	10.59m	1.50m	11.65	2.60m	4:00.30
Yuma, AZ	14-07	25	34-09	4-11	8-06	25	
Age-Graded Mark:	8.25	5.58m	12.14m	1.83m	10.59	3.28m	3:27.26
Age-Graded Percent:	77.47%	62.41%	52.53%	75%	68.93%	53.5%	63.67%
M50 Team Points:	15	3538	(489)	(498)	(615)	(653)	2255 (435) (426) (422)
6 Moser, Mike	9.60	3.98m	9.33m	1.29m	11.80m	3:27	05
Eagan, MN	13-00	75	30-07	5	4-02	75	5-10
Age-Graded Mark:	8.50	4.99m	10.69m	1.58m	12.27m	2:58	59
Age-Graded Percent:	75.21%	55.82%	46.28%	64.5%	37.04%	73.9%	
M53 Team Points:	15	2650	(423)	(380)	(527)	(449)	1779 (0) (193) (678)
----- M55 -----							
1 Baker, Robert	8.35	4.92m	10.00m	1.50m	9.79	2.60m	3:43.27
Mettairie, LA	16-01	75	32-09	75	4-11	8-06	25
Age-Graded Mark:	7.14	6.60m	12.73m	1.94m	8.28	3.54m	3:04.52
Age-Graded Percent:	89.58%	73.76%	55.1%	79.37%	88.15%	57.65%	71.52%
M57 Team Points:	17	4980	(833)	(420)	(651)	(749)	2953 (913) (493) (621)
2 Hough, Norman	8.49	4.50m	11.33m	1.38m	11.81	2.70m	4:05.30
Fayetteville, GA	14-09	25	37-02	25	4-06	25	8-10
Age-Graded Mark:	7.25	6.03m	14.42m	1.78m	9.99	3.67m	3:22.72
Age-Graded Percent:	88.17%	67.47%	62.42%	73.02%	73.07%	59.87%	65.1%
M55 Team Points:	17	4282	(796)	(593)	(754)	(610)	2753 (543) (527) (459)
3 Reiter, Gordon	9.00	4.63m	7.70m	1.35m	12.45	2.50m	3:08.79
St. Louis, MO	15-02	25	25-03	25	4-05	8-02	5
Age-Graded Mark:	7.69	6.21m	9.80m	1.74m	10.53	3.40m	2:36.02
Age-Graded Percent:	83.11%	69.42%	42.42%	71.43%	69.32%	55.43%	84.58%
M56 Team Points:	17	4156	(653)	(632)	(474)	(577)	2336 (445) (457) (918)
4 Schuster, Neil	9.88	3.99m	7.39m	1.29m	13.35	2.50m	4:30.07
Shorewood, WI	13-01	25	24-03	4-02	75	8-02	5
Age-Graded Mark:	8.45	5.35m	9.41m	1.67m	11.29	3.40m	3:43.19
Age-Graded Percent:	75.71%	59.82%	40.72%	68.25%	64.64%	55.43%	59.13%
M55 Team Points:	17	2942	(436)	(451)	(450)	(520)	1857 (324) (457) (304)

#### ----- M60 -----

1 Pawlik, Emil	45	4.95m	10.59m	1.54m	9.62	2.80m	3:58.73
Jackson, MS	16-03	34-09	5-00	5	9-02	25	
Age-Graded Mark:	6.99	7.13m	13.45m	2.11m	8.26	4.13m	3:09.37
Age-Graded Percent:	91.48%	79.71%	58.19%	86.52%	88.37%	67.47%	69.69%
M64 Team Points:	17	5478 (886)	(845)	(695)	(906)	3332 (917)	(654) (572)
2 Collier, Ron	8.79	4.39m	11.31m	1.48m	10.76	3.00m	4:00.05
Honolulu, HI	14-05	37-01	25	4-10	25	9-10	
Age-Graded Mark:	7.27	6.32m	14.36m	2.03m	9.24	4.43m	3:10.41
Age-Graded Percent:	87.94%	70.69%	62.14%	83.15%	79%	72.29%	69.3%
M60 Team Points:	17	5027 (789)	(657)	(750)	(831)	3027 (694)	(740) (566)
3 Angus, Bill	8.95	4.57m	10.29m	1.36m	10.26	2.60m	3:40.15
Salem, OH	15-00	33-09	25	4-05	5	8-06	25
Age-Graded Mark:	7.40	6.58m	13.07m	1.86m	8.80	3.84m	2:54.63
Age-Graded Percent:	86.37%	73.59%	56.54%	76.4%	82.92%	62.65%	75.57%
M60 Team Points:	17	4894 (745)	(716)	(672)	(679)	2812 (791)	(573) (718)
----- M65 -----							
1 Jankovich, Bill	9.33	3.86m	9.21m	1.18m	12.32	2.30m	4:30.22
Racine, WI	12-08	30-02	75	3-10	5	7-06	5
Age-Graded Mark:	7.47	6.01m	13.55m	1.72m	9.62	3.71m	3:26.07
Age-Graded Percent:	85.64%	67.13%	58.63%	70.24%	75.9%	60.53%	64.04%
M69 Team Points:	16	4158 (723)	(589)	(701)	(560)	2573 (615)	(538) (432)
2 Golly, Bob	8.87	3.78m	7.88m	1.24m	13.25	2.00m	4:26.90
Eugene, OR	12-05	25	10-25	4-00	75	6-06	75
Age-Graded Mark:	7.09	5.88m	11.59m	1.81m	10.35	3.22m	3:23.54
Age-Graded Percent:	90.14%	65.74%	50.16%	73.81%	70.57%	52.63%	64.83%
M67 Team Points:	16	3970 (851)	(561)	(582)	(636)	2630 (477)	(411) (452)
3 Fitzhugh, Ray	9.72	3.93m	9.90m	1.33m	13.67	2.40m	5:16.22
Irvine, CA	12-10	75	32-05	75	4-04	25	7-10
Age-Graded Mark:	7.78	6.11m	14.57m	1.94m	10.67	3.87m	4:01.15
Age-Graded Percent:	82.21%	68.35%	63.02%	79.17%	68.43%	63.16%	54.72%
M68 Team Points:	16	3942 (625)	(610)	(763)	(749)	2747 (421)	(581) (193)
4 Lehmkuhl, Paul	9.05	4.23m	7.29m	1.24m	11.91	1.40m	4:47.33
Mantowish Waters, WI	13-10	25	23-11	4-00	75	4-07	
Age-Graded Mark:	7.24	6.58m	10.73m	1.81m	9.30	2.26m	3:39.12
Age-Graded Percent:	88.37%	73.57%	46.4%	73.81%	78.52%	36.84%	60.22%
M69 Team Points:	16	3886 (799)	(716)	(530)	(636)	2681 (681)	(191) (333)
----- M70 -----							
1 Tinkner, Clarence	9.62	3.64m	9.94m	1.29m	11.09	1.80m	5:14.80
Janesville, WI	11-11	5	32-07	5	4-02	75	5-10
Age-Graded Mark:	7.46	6.16m	12.93m	2.01m	8.71	3.20m	3:48.80
Age-Graded Percent:	85.65%	68.81%	55.97%	82.17%	83.86%	52.17%	57.67%
M71 Team Points:	16	4307 (726)	(621)	(663)	(813)	2823 (811)	(406) (267)
2 Douglass, Dave	10.68	3.51m	9.57m	1.17m	DNF	2.00m	4:39.01
Tucson, AZ	11-06	25	31-04	75	3-10	6-06	75
Age-Graded Mark:	8.28	5.94m	12.45m	1.82m	3.55m	3:22.79	
Age-Graded Percent:	77.19%	66.35%	53.89%	74.52%	57.97%	65.07%	
M71 Team Points:	17	3287 (481)	(574)	(634)	(644)	2333 (0)	(496) (458)
----- M75 -----							
1 Smith, Denver	9.72	3.82m	9.96m	1.20m	11.74	2.30m	5:22.66
Louisville, OH	12-06	5	32-08	25	3-11	25	7-06
Age-Graded Mark:	7.27	7.08m	14.98m	2.01m	8.97	4.55m	3:36.93
Age-Graded Percent:	87.96%	79.09%	64.8%	82.19%	81.35%	74.19%	60.83%
M77 Team Points:	20	5098 (789)	(833)	(788)	(813)	3223 (752)	(775) (348)
2 Hirsimaki, Fred	10.53	3.60m	9.24m	1.23m	12.77	2.10m	5:58.79
Findlay, OH	11-09	75	30-03	75	4-00	5	6-10
Age-Graded Mark:	7.88	6.67m	13.89m	2.06m	9.75	4.15m	4:01.22
Age-Graded Percent:	81.2%	74.53%	60.12%	84.25%	74.84%	67.74%	54.71%
M78 Team Points:	17	4352 (595)	(736)	(722)	(859)	2912 (589)	(659) (192)

Women's Heptathlon

	Points	60	LJ	SP	HJ	Day1	60M	PV	800
----- W45 -----									
1 Johnson, Liz	10.02	3.49m	7.00m	1.15m	12.56	1.80m	3:46.50		
Charlotte, NC									
W46 Team Points:	2726 (531)	(329)	(479)	(494)	1788 (532)	(273)	(133)		
----- W55 -----									
1 Raschker, Phil	8.61	4.75m	9.26m	1.45m	10.06	2.70m	3:17.20		
Manetta, GA									
W56 Team Points:	6724 (1152)	(978)	(798)	(1132)	4060 (1223)	(922)	(519)		
2 Tucker, Lorraine	9.60	3.71m	9.46m	0.91m	14.55	NH	4:47.90		
San Jose, CA									
W56 Team Points:	3130 (879)	(559)	(819)	(321)	2578 (538)	(1)	(14)		
3 Trotto, Mary	10.17	2.55m	6.95m	1.00m	20.41	1.40m	3:25.80		
Smithtown, NY									
W55 Team Points:	2647 (741)	(188)	(566)	(439)	1934 (46)	(224)	(443)		
----- W60 -----									
1 Sisley, Becky	10.88	3.14m	6.92m	1.12m	13.12	2.20m	4:12.84		
Eugene, OR									
W63 Team Points:	4294 (692)	(448)	(635)	(736)	2511 (798)	(757)	(228)		
----- W75 -----									
1 Valien, Johnny	12.43	2.71m	6.39m	0.94m	17.23	1.60m	5:08.18		
Unaffiliated									
W77 Team Points:	4904 (741)	(620)	(903)	(891)	3155 (477)	(836)	(436)		

EAST

USATF New Hersey Masters  
Championships  
Hackensack; Feb. 9  
(out-of-state after underline)

55m

M30 John Egar	7.2	
M35 James Scesney	7.2	
M40 Rich Evans	7.2	
Cliff Andrews	7.2	
Cameron Bowie	7.5	
M45 Phil Bujalski	7.1	
Don Passman	7.2	
M50 David Gritz	7.7	
Michael Santo	7.8	
David Friedman	8.3	
M55 Paul Henry	7.8	
Noah Oerlis	7.8	
Drew Coyle	8.9	
M60 Tom Hartman	8.7	
Tom Morris	11.6	
M65 Roosevelt Weaver	8.0	
Wm Bittner	8.0	
M70 Giorgio Chiavelli	8.9	
M80 Jim Manno	9.3	
M85 Warren Tashian	12.0	
W30 Nedenia West	8.0	
W40 Shemayne Williams	8.0	
Joy EnochOhayia	8.0	
W45 Carol Solomon	nta	
M30 Lyndell Patterson	6.6	
M35 Derrick Golden	6.6	
M40 Tony DiSalvo	7.0	
Tony Ringgold	7.1	
M45 Ed James	7.0	
M50 Jesse Norman	7.4	
Gary Arend	8.0	
Steve Bubb	8.4	
M60 Rich James	7.6	
Jay Lutz	8.2	
M70 Bob Keegan	7.7	
James Stookey	8.4	
Tom Talbott	10.1	

M75 Ed Cox

8

W45 Louise Clark

8

W50 Hillen Stubendorff

8

W65 Audrey Lary

9

Mary Roman

10

200m

M35 James Scesney	24
M40 Rick Evans	27
Randy Miller	29
M45 Phil Bujalski	25
Don Passman	26
M50 David Gritz	29
Ivan Black	29
David Friedman	32
M55 Paul Henry	27
Noah Perlis	27
M60 Tom Hartman	33
M65 John MacDonald	30
Alex Johnson	31
M70 Giorgio Chiavelli	36
M80 Jim Manno	36
W30 Nedenia West	30
W40 Shemayne Williams	28
W45 Carol Solomon	32
M30 Lindell Pittman	24
M35 Ronald Davy	27
M40 Darnell Gatling	24
Tony Ringgold	24
Tony DiSalvo	25
M45 Keith Royster	25
Ed James	26
M50 Jesse Norman	26
Kevin Kremler	29
M60 Rich Jones	28
Jay Lutz	29
M70 James Stookey	31
Tom Talbott	35
Wm Bergen	41
M75 Ed Cox	33
W45 Louise Clark	30
400m	
M40 Chas Castiglioni	61
Randy Miller	64
M45 Don Passman	66



Continued from previous page

<b>200m</b>	
Lesia Batiste 41	una 26.00
Jacqueline Board49FTHTC	27.66
Denise McField 47	una 27.76
Phil Raschker 56 Opt TC	27.81
WR (Parsons/29.31/2002)	
Sarah Lawson40GrtBTC	27.98

### Finger Lakes RC Indoor Meet Cornell U., Ithaca, NY; March 9

<b>400m</b>	
M30 Gary Hurta	54.1
M35 David Frostclapp	62.3
M40 David Carroll	57.8
Andre Goncarovs	64.6
M45 Mark Rybinski	59.5
M50 Munther Younes	74.2
Dan Lathwell	80.1
M55 Joe Reynolds	87.5
W40 Lorrie Marnell	81.1
W50 P J Peterman	1:40.6

<b>1 Mile</b>	
M35 Jim Schools	5:11.0
Henry Lu	6:27.5
M40 Casey Carlstrom	4:45.1
Tim Ingall	4:58.9
Paul Wawryznec	5:41.6
M45 Mark Rybinski	4:51.0
Gary Radford	4:55.1
David Bower	5:22.2
M55 Joe Reynolds	6:37.3
W35 Leatha Damron	5:49.6
W40 Gillian Sharp	5:23.2
Rebecca Younes	8:47.6
W50 Diane Sherrer	6:53.6

### SOUTHEAST

#### DCRC/PVTC Indoor Meet Arlington, VA; Feb. 9

<b>Open Mile</b>	
M35 Charles Edwards	5:49.4
M40 Ted Poulos	5:29.3
M45 Gary Wyatt	5:50.2
W30 Verna Van Wert	5:50.6

<b>Women's Mile</b>	
W34 Jennifer Lazio	6:20.9
W65 Tami Graf	7:18.1

<b>Masters Mile</b>	
M40 Ted Poulos	5:18.1
M45 Stephen Easley	5:30.1
M50 J J Wind	5:35.4
M75 Ray Blue	8:41.5
W65 Tami Graf	8:06.3

<b>3000m</b>	
M30 N McVey-Finney	10:12.5
M40 Ted Poulos	10:11.1
M45 Charles Wise	11:25.2
M50 J J Wind	10:54.5
W30 Jannifer Lazio	12:37.9
W65 Tami Graf	15:45.2

<b>3200m RW</b>	
M30 Alex Major	13:48.3
M45 Steve Pecinovsky	13:46.1
M55 Victor Litwinski	18:11.2
M60 Carl Kane	19:12.0
M65 Roger Webb	20:30.0
W40 Verna Van Wert	5:50.6
M80 Charles Boyle	21:13.0
W35 Laura Niel	17:46.4
W60 Lois Dickler	19:35.4

### MIDWEST

#### Wisconsin USATF Indoor Championships Carthage College; Feb. 23

<b>55m</b>	
M30 Chad Rueber	6.80
Dean Thompson	7.60
M35 Mark Delong	7.73
M40 David Ashford ILL	6.90
Jeffery Frerks	7.10
Ronald Utz	7.86
M45 Shawn Shurilla	7.36
Thomas Rewolinski	7.56
Richard Smka	7.60
M50 David Hackbarth	8.49
John Christian	10.45
M60 George LaBelle MINN	8.63
David Ewey	8.68
M65 Paul Lehmkuhl	8.52
Louis Edelman	9.76
Dan Amery ILL	10.39
M70 Clarence Trinker	9.12
W40 Lisa Faska	8.72
W45 Teresa Richards	9.56
Leah Rewolinski	9.82
W50 Debra Burks	10.85

W60 Lynne Ingalls ILL	9.05
W65 Janet Amery ILL	13.82
<b>200m</b>	
M30 Dean Thompson	26.87
M40 Jeffery Frerks	25.16
Brian Thomas	27.77
M45 Richard Smka	26.97
Shawn Shurilla	27.04
George Schroeder	28.70
M50 Dan Graf	30.27
M60 David Ewey	33.07
M65 Bill Jankovich	33.31
Louis Edelman	38.84
W40 Lisa Faska	32.98
W45 Teresa Richards	38.68
Cindy Carter	43.20
W60 Lynne Ingalls ILL	31.95
W80 Carol Peebles	55.21

<b>400m</b>	
M30 Dean Thompson	1:00.20
M35 Mark DeLong	59.74
M40 Brian Thomas	1:00.74
M45 Paul Turpin	59.70
Lorn Dille	1:01.91
M50 Dan Graf	1:08.35
M65 Bill Jankovich	1:19.24
Louis Edelman	1:35.71
W35 Vanessa Hightower	1:36.75
W45 Cindy Carter	1:35.14
W60 Lynne Ingalls ILL	1:15.78
W80 Carol Peebles	2:19.78

<b>800m</b>	
M35 Anthony Gilbert	2:12.94
M40 David Kaminski	2:09.95
Eric Parker	2:10.58
Brian McBride	3:11.49
M45 Paul Gorden ILL	2:12.09
Dave Bradley ILL	2:16.88
Paul Johnson	3:08.52
Charlie Shahbazian	2:39.64
M55 Jose Luis Rodriguez	2:38.48
W35 Julie Laufer	2:36.35
Vanessa Hightower	3:49.78

<b>1600m</b>	
M30 Nathan Sweet ILL	4:58.53
John Temple ILL	4:48.04
Dan Crocker	4:53.17
M35 Kirk Wackett	5:18.03
M40 Phillip Pinkowsky	5:12.07
Brian Thomas	5:25.53
Steve Pavlik	5:34.01
M45 Tony Rodiez	4:39.09
Dave Bradley ILL	5:02.40
Dave Hanssen	5:36.56
M50 Daniel Winzenried	5:33.56
M55 Paul Perry	5:35.94
Jose Luis Rodriguez	5:37.28
W40 Sandra Gregorich	5:49.21
Laura Clark-Taylor	5:44.66

<b>3000m</b>	
M40 Steve Pavlik	11:02.26
M45 Tony Rodiez	9:07.98
M55 Jose Luis Rodriguez	11:08.17
W30 Tammy Herr	14:49.61
W45 Laura Clark-Taylor	11:15.54
<b>5000m</b>	
M30 Dan Crocker	16:13.42
M35 Mike Ray	18:17.94
M40 John Barndt	17:45.64
M55 Jose Luis Rodriguez	18:45.42
W30 Tammy Herr	26:40.79

<b>Short Hurdles</b>	
M35 Mark DeLong	9.68
M40 David Ashford ILL	7.58
Brian McBride	11.27
M45 Shawn Shurilla	8.89
Robert Zahn	9.03
Jeff Watry	9.89
M60 George LaBelle MINN	10.49
M65 Paul Lehmkuhl	11.13
Bill Jankovich	11.93
M70 Clarence Trinker	10.22

<b>High Jump</b>	
M40 Ronald Utz	5-2
M45 Jeff Watry	5-4
Bob Spaciel	4-10
M55 Edward Green	4-4
M60 George LaBelle MINN	3-10
M65 Tom Langenfelt MINN	4-8
Paul Lehmkuhl	4-0
Louis Edelman	3-8
M70 Clarence Trinker	4-4
<b>Pole Vault</b>	
M30 Donovan Welch	13-6
M40 Dave Gilbert ILL	

Terry Christopher ILL	13-0
M45 Jeff Watry	10-6
M55 Edward Greene	8-6
M65 Bill Jankovich	7-0
<b>Long Jump</b>	
M40 Ronald Utz	17-8.50
Brian McBride	13-4
M45 Jeff Watry	16-5.50
Richard Smka	15-9.50
M55 Edward Greene	13-11.50
M60 G La Belle MINN	11-5
M65 Paul Lehmkuhl	13-1
Terry Pliner	11-8
Louis Edelman	10-0
M70 Clarence Trinker	12-8
W40 Lisa Faska	11-7.25
W45 Cindy Carter	11-3.75
Teresa Richards	10-4

<b>Triple Jump</b>	
M55 Edward Greene	26-10
M60 G La Belle MINN	24-4
M65 Paul Lehmkuhl	28-2
W45 Teresa Richards	20-6
Cindy Carter	20-3
<b>Shot Put</b>	
M45 Richard Smka	35-4.50
Jeff Watry	34-11
Bob Spaciel	34-0
M50 Randall Canahan	43-6.50
Gary Spears	37-9
Dan Graf	35
M60 G La Belle MINN	31-1.50
M65 Dan Amery ILL	32-10
Bill Jankovich	18-11
W30 Tammy Herr	24-10
Janet Amery ILL	15-3

<b>Weight Throw</b>	
M50 Frank St. Martin	34-4.50
Randall Canahan	31
M55 R Woosencraft	35-6.25
M60 G La Belle ILL	39-3.25
M65 Dan Amery ILL	37-9
M70 Clarence Trinker	33-9
<b>3000m RW</b>	
M70 Alfred DuBois	17:44.39

### MID-AMERICA

#### USATF Colorado State Indoor Championships United States Air Force Academy March 2

<b>60m</b>	
M40 Kevin Jordan	8.42
Kevin Callihan	8.55
M45 Stacy Price	7.57
M50 Jerry Sriver	7.92
Maurice Williams	8.09
Paul Blankenship	8.47
M55 Warren Schoedel	9.84
M65 Gary Sims	8.52
Ronald Kirkpatrick	8.6h
Richard McKisson	8.68
W45 Teresa Drotar	9.63
W50 Rebecca Martin	10.39
W55 Sharon Raham	10.38

<b>200m</b>	
M40 Kevin Callihan	29.88
M45 Trip Reynolds	25.76
M50 Maurice Williams	27.24
M55 Warren Schoedel	32.13
M65 Gary Sims	27.83
M75 Darwin Michaud	39.64
W45 Teresa Drotar	31.97
W50 Rebecca Martin	36.1h

<b>400m</b>	
M40 Bobby Hills	1:02.7h
M45 Trip Reynolds	58.34
M50 Jim Fallon	1:00.6h
Jerry Sriver	58.11
M55 Chuck Rose	1:02.6h
M55 Warren Schoedel	1:12.8h
M60 Bob Fulton	1:12.1h
Alex Meyer	1:21.2h
M65 Ronald Kirkpatrick	1:03.9h
Richard McKisson	1:11.7h
Ray Franks	1:10.0h
M75 Darwin Michaud	1:38.8h

<b>800m</b>	
M45 Dave Albo	2:12.3h
M50 Ric Rojas	2:24.6h
Jim Fallon	2:27.3h
Bob Brustad	2:33.1h
M55 Warren Schoedel	2:48.2h
M65 Ray Franks	3:08.7h
M75 Darwin Michaud	4:21.8h

W45 Patti Gilmour	3:10.4h
<b>1500m</b>	
M45 Steve Gallegos	4:25.3h
M50 Bob Brustad	4:58.9h
M60 Bobby Fischer	6:05.7h
<b>3000m</b>	
M55 Warren Schoedel	13:20.4h
<b>Short Hurdles</b>	
M40 Bobby Hills	10.6h
M45 Stacy Price	9.06h
Bryan Johnson	9.09h
M50 Gene Iwen	10.12
Robert Hahn	9.66
M65 Robin Herron	13.1h
W45 Teresa Drotar	11.58
W65 Christel Donley	13.5h

<b>High Jump</b>	
M40 Michael Grage	1.68
Rick Schreiner	1.68
M45 Bryan Johnson	1.78
M50 Maure Weigel	1.32
Gene Iwen	1.32
M60 Bob Fulton	1.32
Alex Meyer	1.27
M65 John Steinman	1.37
Paul Beckman	1.32
Robin Herron	1.17
W55 Sharon Raham	.96
W65 Christel Donley	1.11

<b>Pole Vault</b>	
M35 Pat Manson	5.28
M40 Bobby Hills	3.05
M45 John Carmony	3.50
M50 Maure Weigel	2.30
M60 Bob Fulton	2.75
M65 John Steinman	2.60
M70 Jerry Donley	2.75

<b>Long Jump</b>	
M40 Rick Schreiner	5.77
M45 Bryan Johnson	5.93
Trip Reynolds	4.72
M50 Gene Iwen	4.77
Maure Weigel	4.72
Paul Blankenship	4.43
M60 Alex Meyer	4.01
George Cairns	4.36
Paul Beckman	4.27
W55 Sharon Raham	3.01
W65 Christel Donley	2.83
W75 Willie Gatza	1.29

<b>Triple Jump</b>	
M40 Rick Schreiner	10.74
M45 Bryan Johnson	12.72
M50 Maure Weigel	9.70
Gene Iwen	9.35
M65 Richard McKisson	8.70
George Cairns	8.65
W55 Sharon Raham	6.50
W75 Willie Gatza	3.29

<b>Shot Put</b>	
M30 Matt Rauli	13.92
John Kuemmerlin	12.92
M35 Mike Gaenzle	12.33
M40 Milton Girouard	14.59
Rande Treece	11.35
M50 Maure Weigel	9.16
M55 Jerry Bookin-Weiner	11.86
M60 Alex Meyer	11.97
Roger Corliss	11.37
M65 Gerald Vaughn	13.62
James Koch	11.92
Robin Herron	10.47
W45 Patti Gilmour	6.56
W55 Sharon Raham	7.45
W65 Christel Donley	7.58
W75 Willie Gatza	4.90

<b>Weight Throw</b>	
M30 John Kuemmerlin	11.93
Matt Rauli	10.98
M35 Mike Gaenzle	11.87
M40 Rande Treece	14.48
Milton Girouard	11.57
M50 Tim Edwards	15.95
M55 Jerry Bookin-Weiner	13.70
M60 Roger Corliss	13.43
Alex Meyer	10.00
M65 Vern Spencer	14.72
Robin Herron	13.60
James Koch	10.58

<b>3000m RW</b>	
M45 Jeff Hayes	18:12.1
M65 Vilmaris Strautins	20:57.8
M75 Klaus Timmerhaus	21:53.3
W50 Sherie Gossert	20:03.4
W55 Gail Brandon	23:17.5

### SOUTHWEST

#### Sooner State Indoor Games Shawnee, OK; Feb. 2

<b>55m</b>	
M35 Christian Boda	6.85
Tod Perry	7.82
M45 Roger Davis	7.52
Ken Ellis	7.74
M50 William Sellers III	7.61
Jim Dolezel	7.76
M55 Jesse Eakers	8.24
M60 Ron Colliver	8.04
George Labelle	8.64
M65 Bob Lida	7.87
M70 Val Smith	10.78
M75 Darwin Michaud	10.03
M80 Doc Bennett	12.43
W30 Elaine Boda	8.22
W35 Niki Bauer	9.56
W40 Julia Barber	9.21
W60 Nina Bryant	10.62
Sylvia Brooks-Smith	10.81

<b>200m</b>	
M30 Sam Smith	24.26
M35 Tod Perry	27.78
M45 Roger Davis	25.86
Ken Ellis	25.87
M50 William Sellers III	27.11
Paul Blankenship	28.79
M55 Bibb Tollie	32.97
M60 Henry Howe	32.22
George Labelle	32.56
M65 Bob Lida	27.33
M70 Val Smith	44.16
M75 Darwin Michaud	40.36
M80 Doc Bennett	51.17
W35 Niki Bauer	36.72
W40 Julia Barber	33.71
W60 Sylvia Brooks-Smith	43.51

M80 Doc Bennett	51.17
W35 Nikki Bauer	36.72
W40 Julia Barber	33.71
W60 Sylvia Brooks-Smith	43.51
<b>400m</b>	
M45 Ken Ellis	1:00.92
Roger Davis	1:01.67
M50 Jim Fallen	1:01.57
William Sellers III	1:03.39
M55 Bibb Tollie	1:18.91
M60 Henry Howe	1:49.42
M65 Bob Lida	1:08.23
M70 Val Smith	2:03.55
M75 Darwin Michaud	1:42.78



Continued from previous page

M65 Bob Humphreys	40.36
M75 Song Kio	31.55
<b>Weight</b>	
M40 Song Kiong	14.43
M55 George Mathews	16.94
M65 Bob Humphreys	14.90
M75 Song Kio	9.54
<b>Superweight</b>	
M55 George Mathews	8.53

**CANADA****Canadian Masters Indoor & Ontario Masters Championships**  
York U., Toronto; March 8

\*US entry

**60m**

W35 Linda Carty\* 8.08

Maureen Rodrigue 8.38

W40 Leslie Estwick 8.40

W45 Karla Del Grande 8.47

W50 Hillen Stubbendorf\* 9.39

W70 Doreen Carmichael 10.99

M30 Mike Weniger 7.38

M35 Aston Scott\* 7.51

Paul Robinson 7.79

M40 Michael Lee Foon 7.40

M45 Ben James\* 7.45

Kerry Smith 7.57

M50 Roy Chubb 8.29

M55 Richard Lech 8.01

M60 Tim Butts\* 8.34

Alan Slater 8.35

M65 George Horton 8.73

M70 Ross Mitchell 9.35

M75 Jack Greenwald\* 9.50

**200m**

W35 Linda Carty\* 26.68

W40 Lyn Barrett 30.64

W45 Karla Del Grande 28.55

W50 Hillen Stubbendorf\* 31.37

Rhona Trott 31.64

W60 AnnM Rosenitsch 36.18

W70 Doreen Carmichael 40.27

M30 Mike Weniger 24.22

M35 Nick Zero 24.86

M40 Michael Lee Foon 23.67

M45 Kerry Smith 24.59

M50 Wayne Spitz\* 28.32

Roy Chubb 29.03

M55 Richard Lech 27.54

M60 Tim Butts\* 28.36

Mike Morris 29.55

M65 Dev Sharma 32.19

W70 Bill Thompson 34.69

**400m**

W40 Karen Millson 70.17

W45 Karla Del Grande 62.60

W50 Hillen Stubbendorf 71.58

M35 Aston Scott\* 54.77

Paul Osland 55.07

M40 Steve Williamson 57.25

M45 Ben James\* 53.86

Ken Davis 58.49

M50 Mike Carter 58.96

M55 Dale Gaide\* 61.62

John Faulkner 66.48

M60 Hyke VanDerWal 65.42

M65 Jim Irons 67.53

M70 Bill Thompson 85.11

M75 Jack Greenwald\* 79.70

M85 Les Leyland 1:55.36

**800m**

W40 Karen Kennedy 2:35.53

M30 Pat Menzies 2:04.15

M35 Trevor Van Nest 2:06.57

M40 Doug Kennedy 2:11.88

M45 Jim Robinson\* 2:08.65

Fred Robbins 2:19.12

M50 Mike Carter 2:21.44

M55 Dale Gaide\* 2:24.63

Jim Wilson 2:27.47

M60 HykeVanDerMal 2:48.76

M70 Earl Fee 2:32.23

M85 Les Leyland 4:41.57

**1500m**

W30 Suzette Taggart 5:09.90

W35 Colleen Hopkins 5:03.04

W40 Karen Kennedy 5:12.10

W50 Christy McLean 6:12.20

M35 Brian Berresford 4:47.39

M40 Vince Friel 4:17.95

M45 Fred Robbins 4:38.00

M50 Bill Shaw 4:42.29

M55 Dale Gaide\* 4:50.14

M60 D Featherstone 5:10.74

M65 Jim Irons 5:13.64

M70 Ed Whitlock 72WR5:14.15

(Newman/5:27.4/1986)

Earl Fee 73 5:17.31

M80 Odino Soligo 8:10.55

M85 Les Leyland 9:01.16

**3000m**

W35 Colleen Hopkins 10:57.70

W40 Charlotte Davis 13:21.20

W45NPattenSweazey 12:15.00

M40 DaveDeubelbeis 9:36.40

M45 Ray Pacque 9:55.17

M50 George Aitkin 10:17.42

M55 Ron Ruffin\* 10:54.83

David Sheridan 11:04.79

M60 D Featherstone 11:08.60

M65 Jack Geddes 12:03.30

M70 Ed Whitlock 11:26.40

M80 Odino Soligo 15:59.80

M85 Les Leyland 20:15.90

**3000m Racewalk**

W40 Kitty Cashman 16:38.60

W45NPattenSweazey 15:14.00

W50 Lily Whalen 17:19.90

W60 AnnM Rosenitsch 18:30.40

M55 Don Ramsden 17:32.2

M65StewSummerhays 18:00.5

M75 Sal Brancaccio 21:19.7

**60mH**

W45 Irene Thompson\* 10.71

Maria Mallia 12.25

W50 Nancy Cochrane 12.44

M40 Glenn Chipkar 9.40

M50 Jim Woosley\* 11.42

Roy Chubb 11.80

M55 Bill De Horn 10.93

M60 Alan Slater 10.84

**High Jump**

W35 Gaby Szanto 1.50

W40 Leslie Estwick 1.55

W45 Maria Mallia 1.32

M40 Walt Reynolds\* 1.80

Steve Williamson 1.50

M45 Bev Lepard 1.55

M50 Roy Chubb 1.30

M55 Bill De Horn 1.55

M65 Harvey Boles 1.05

M70 Eric Malmstrom 0.95

M75 Jim Mathers 1.05

**Pole Vault**

W35 Gaby Szanto 3.00

W50 Hillen Stubbendorf\* 2.70

M35 Wayne Lacy\* 4.00

M40 Mark Schaber 3.60

M55 Matti Kilpelainen\* 3.80

Hugh Miller 3.40

M60 Brian Merrilees 2.60

M65 Harvey Boles 2.00

M75 Stan Egerton 2.50

**Long Jump**

W40 Leslie Estwick 5.24

W45 Maria Mallia 4.07

M40 Walt Reynolds\* 6.15

Peter Stasiuk 5.58

M45 Ralph Cilevitz 3.80

M55 Richard Lech 5.43

M60 Alan Slater 5.15

M65 Harvey Boles 3.38

M70 Eric Malmstrom 2.66

M75 Jim Mathers 2.43

**Triple Jump**

M35 John Olivierre 10.47

M40 Kenny Jackman 11.80

M60 Alan Slater 10.33

M65 Harvey Boles 6.53

M70 Eric Malmstrom 5.89

M75 Jim Mathers 5.83

**Shot Put**

W35 Gaby Szanto 11.19

W75 Velta Tomsons 7.33

M35 Rich Parkinson 11.95

M40 Nabil Nahri 10.19

M45 Jim Wetenhall\* 13.05

M50 Bill Pearson 12.22

M55 John Kasperski 12.73

M60 Bob Cahners\* 11.14

M65 S SinghDhaliwal 10.22

M70 Eric Malmstrom 8.69

M75 Evalds Viskers 9.36

M80 Garry Bachman 10.05

**Weight**

W35 Rich Parkinson 12.67

M45 Jim Wetenhall\* 16.65

M50 Rudy Boghina 12.51

M60 Bob Cahners\* 16.95

M70 Max Woerle 6.98

**Pentathlon**

(W-60/HJ/SP/LJ/800M-60/LJ/SP/HJ/800)

W45 Irene Thompson\* 3174

W50 Rhona Trott 3157

Nancy Cochrane 2267

M35 James Buhlman 2320

John Olivierre 2076

M40 Mark Gunby 2384

M50 Shanti McLelland 2088

M65 Harvey Boles 2128

M70 Henryk Kupczyk 1937

**INTERNATIONAL****New Zealand Masters Games**  
Wanganui; Feb. 1-9**100m**

M35 Paul Clardige 12.94

M40 Gary Rawson 12.58

M45 Brian Tucke 13.04

M50 Anura Puliayadda 13.32

M55 Russell White 13.34

M60 Mike Shepherd 15.11

M65 Max Wood 14.87

M70 Bob Walls 16.15

M75 Keith Richard 19.65

M80 Charles Baldridge 29.74

M85 Frank Cox 28.14

W30 Kim Falconer 14.83

W35 Marissa Stephen 13.25

W40 Janet Francis 15.26

W50 Veronica Gould 15.16

W55 Sheryl Gower 14.85

W60 Frances Bayler 17.12

W65 Julie Williams 18.01

**200m**

M35 Craig Wilson 25.63

M40 Martin O'Connell 26.59

M45 Brian Tuck 26.63

M50 Anura Puliayadda 27.03

M55 Keith Howden 26.58

M60 Kana Nathan 30.77

M65 Max Wood 30.02

M70 Bob Walls 33.36

M75 Keith Rickard 43.88

M80 Charles Baldridge 1:14.95

W30 Kim Falconer 30.73

M35 Marissa Stephen 27.22

W40 Ann-Maree Roebuck 33.12

W45 Korea Kana 36.55

W50 Veronica Gould 31.57

W55 Sheryl Gower 30.29

W60 Frances Bayler 36.93

W65 Julie Williams 36.7h

**400m**

M35 Craig Wilson 57.17

M40 Chris Sloane 58.82

M45 Brian Tuck 59.87

M50 Anura Puliayadda 57.78

M55 Ray O'Leary 1:04.63

M60 Norris Wyatt 1:11.30

M65 Max Wood 1:09.10

M70 John Downey 1:11.66

M75 Derek Turnbull 1:30.6h

M80 Charles Baldridge 2:56.8h

M85 Frank Cox 2:53.2h

W35 Marissa Stephen 1:02.19

W40 Maura Skilton 1:18.43

W50 Tui Ashe 1:14.12

W55 Sheryl Gower 1:11.10

W65 Julie Williams 1:39.02

**800m**

M35 Craig Wilson 2:19.90

M40 Chris Smith NTA

M45 Steve Plowman NTA

M50 Brian Grinstead NTA

M55 Ian Blyth 2:26.96

M60 Morris Wyatt 2:49.69

M65 Max Wood NTA

M75 John Holland 5:04.92

M80 Charles Baldridge 6:31.78

W35 Sue Hatherill 2:36.67

W40 Maura Francis NTA

W50 Lyn Harris NTA

W60 Margaret McDonald NTA

**1500m**

M40 Chris Sloan 5:03.89

M45 Stephen Snell 5:13.07

M50 Gordon Blacklaws 4:40.51

M55 Francis Campkin 5:14.08

M60 Robert McPherson 5:22.83

M70 John Downey 5:44.95

M75 Derek Turnbull 8:35.36

W35 Joelyne Lydiard 5:14.00

W40 Maura Skilton 6:03.67

W50 Lyn Harris 5:44.45

W55 Gina Stephens 9:13.35

W60 Margaret McDonald 7:34.19

W65 June Miles 7:05.13

**3000m**

M40 Chris Smith 10:53.74

M45 Grant Spiers 9:48.70

M50 Gordon Blacklaws 10:23.71

M55 Ian Blyth 11:05.12

M60 Robert McPherson 11:25.23

W35 Robyn Stansfield 11:17.77

W40 Maura Skilton 12:50.70

W50 Lyn Harris 12:29



Continued from previous page

M60 Michael Smith	4:50.58
M65 Arthur Kimber	5:32.45
M70 William McBrinn	6:02.66
M75 Hugh McGinlay	7:04.82
W35 Bernadine Pritchett	4:48.44
W40 Pauline J Atkinson	4:48.79
W45 Denise Farnham	5:08.27
W50 Jane Morley	6:01.90
W60 Kathleen Stewart	6:06.58

3000m	
M40 Rob Hand	8:56.07
M45 Steve May	9:04.43
M50 David Gee	9:31.22
M55 Colin Youngson	9:56.91
M60 Edmond Simpson	11:33.96
M75 James Caddy	15:20.14
W35 Alison Barrie	10:33.69
W40 Pauline J Atkinson	10:23.65
W45 Denise Farnham	10:36.82
W60 Betty Stracey	14:12.20

Short Hurdles	
M40 Des Wilkinson	8.53
M45 Michael Coker	9.35
M50 Tony Wells	9.69
M55 Bob Groves	15.51
M65 Tony Bowman	10.30
M70 Keith Whitaker	13.26
W40 Wendy Laing	9.09
W50 Janet Lawson	10.02
W55 Pat Oakes	11.96
W60 Nanette Cross	12.03

4x200m Relay	
M40 SVHC	1:40.11
M50 SVHC	1:45.93
M60 SVHV	1:50.13

High Jump	
M40 Andrew Waddington	1.75
M45 Chris Hesketh	1.70
M50 William Lonsdale	1.55
M55 Maurice Dennehy	1.50
M60 Collin Green	1.30
M65 Anthony Bateman	1.56
M70 Norman Carter	1.15
M85 Tony Rowlinson	.95
W40 Wendy Laing	1.60
W50 Val Neal	2.00
W55 Pat Oakes	1.15

Pole Vault	
M40 Kenneth Lyon	3.30
M45 Allan Williams	4.05
M50 John Loughran	3.00
M55 John Bradwy	3.30
M70 Robert Brown	WR 3.20
(Boo Marcom/3.15/1995)	
W40 Janet Lyon	2.60
W45 Anne Wainwright	2.70
W65 Dorothy McLennan	1.70

Long Jump	
M40 Trevor Sinclair	5.95
M45 Trevor Wade	5.63
M50 Keith Bennington	5.38
M55 Mike Clenhew	5.11
M60 Mike Garvey	4.76
M65 Anthony Bateman	4.77
M70 Geoffrey Feast	3.87
M75 Rodney Clark	2.10
W35 Joan Chalmers	4.14
W40 Manndy Laing	4.87
W45 Carole Filer	4.74
W50 Pam Garvey	3.55
W55 Pat Oakes	3.57
W60 Dorothy Morgan	3.29
W65 Betty Steedman	3.18
W80 Mary Wixey	1.87

Triple Jump	
M40 Akin Oyediran	13.65
M45 Albert St. Earle	12.29
M50 Keith Bennington	10.78
M55 Mike Clenhew	10.12
M60 Collin Green	10.07
M65 Tony Coker	9.55
M70 Norman Carter	6.57
M75 Hugh Gallacher	4.55
W35 Alison Heskith	9.50
W40 Janice Payce	10.89
W50 Cathy Lyon-Green	6.26
W55 Pat Oakes	8.10
W60 Dorothy Morgan	6.86
W80 Mary Wixey	4.07

Shot Put	
M40 Bosco Reid	11.51
M45 Ian Lindley	13.22
M50 Neil Griffin	15.19

M55 Brian Gallo	11.31
M60 Gary Negus	12.45
M65 John Freebairn	11.22
M70 Michael McGarry	10.37
M75 Hugh Gallacher	6.99
M85 Tony Rawlinson	4.83
W35 Susan Freebairn	10.15
W40 Wendy Laing	11.32
W45 Gwen McFarlane	8.44
W55 Joyce Rammell	8.64
W60 Dorothy Morgan	7.68
W80 Mary Wixey	4.10
3000m RW	
M45 Colin Bradley	14:34.30
M60 Alan O'Rawe	18:56.84
M75 Denis Withers	20:32.38

M80 Len Creo	20:23.14
W40 Elizabeth Hams	20:53.76
W40 Jill Langford	19:07.01
W65 Pamela Horwill	20:42.10
Pentathlon	
M40 John Mayer	3357
M45 Brian Slaughter	3398
M50 John Martindale	3194
M55 John Charlton	3890
M60 Bruce Charles	2728
M65 Trevor Driver	3090
M70 Norman Carter	2198
W35 Catherine Goddard	2236
W40 Jenny Brown	3735
W45 Gill Dobson	2722

M55 R Bissonnette	1:14.50
Robert Bachonik	1:16.17
Alvin Bugbee	1:16.57
M60 Bob Coughlin	1:12.02
Lloyd Slocum	1:12.51
Phil Pierce	1:13.27
M70+Julius Marzul	2:46.14
W40 Kim White	1:14.42
Mary Brandes	1:17.57
Kathleen Harris	1:22.20
W45 Ellie Tucker	1:07.22
Pamela Hall	1:14.00
Vicki Bryant	1:14.40
W50 Carol Hogan	1:19.01
Claudine Hladky	1:22.22
Judy Reilly	1:22.50
W55 Nancy Mills	1:31.32
Janice Drinan	1:35.38
Linda Hunt	1:39.01
W60 Polly Kenniston	1:32.40

Florida Gold Beaches	
Marathon	
Clearwater, FL; Feb. 16	
Overall	
Jimmy Villalobus 33	2:51.25
Lisa Valentine 41	3:09.00
M40 Robert Hammond	3:04.50
M45 Guy Gordon	2:56.57
M50 David Jones	3:03.47
M55 Arthur Sarakas	3:29.47
M60 Colman Mooney	3:35.57
M65 Chuck Van Duzee	4:04.40
M70 Bob Ranta	4:56.52
M75 Wally Herman	4:48.57
W40 Lisa Valentine	3:09.00
Lesa Overfield	3:41.04
W45 Nancy Cole-Hryciw	3:40.06
W50 Gina Moore	4:21.05
W55 Snady Meneley	3:42.34
W60 Carol Komisaruk	4:45.05
W65 Virginia Farneman	5:04.54

M50 Chuck Moeser	76.09
Richard Pyle	88.59
Roger Claussen	89.17
M55 Bob Chase	93.52
Dave Schurz	98.44
Dick Waters	99.11
M60+Robert Wright 62	93.43
Stephen Settle 61	97.02
Bob Spencer 60	97.28
W35 Debbie Kopecky	93.30
W40 Leslie Minnix Wolfe	90.15
Cinda O'Dell	94.56
Andrea Wagner	96.46
W45 Cecil Astrop	97.17
Carol Talley	99.53
L S Easterson	1:40.20
W50 Barb Mathewson	94.34
Marilyn McAteer	1:47.34
Pat Gilley	1:49.07
W55 Lucia Davidson	1:55.32
Andrea Hess	1:57.44
Connie Friend	2:02.34
W60+Eva Epps 60	2:13.20
Sylvia Boecker 632	13:27

## LONG DISTANCE RESULTS

## NATIONAL

USATF Masters Championships  
26th New Bedford Half-Marathon  
New Bedford, MA; Mar. 16

Overall	
GABRIEL MUCHIRI	1:06.46
DIANA BROWER	1:15.46
M40 EDDY HELLEBUYCK	1:06.51
MICHAEL O'BRIEN	1:10.42
DAN VERRINGTON	1:12.20
IAN MCCALLISTER	1:20.12
STEVEN DUTRA	1:20.50
ANDY ROGOVIN	1:21.19
M50 VLADIMIR KRIVOV	1:19.19
MICHAEL MENOVICH	1:24.23
SAM PALESTINE	1:26.48
M55 JOHN HACKNEY	1:30.47
GENE CORMIER	1:31.05
ALEX SILVERMAN	1:31.36
M60 ARMENIO FERREIRA	1:26.34
ROGER LITTLE	1:33.56
AL NAGEL	1:34.35
M65 HANS THAMHAIN	1:52.43
DONALD DAYTON	1:54.16
ROBERT HILLMAN	1:54.20
M70 JOE FERNANDEZ	1:42.01
ROBERT HALL	1:56.29
KENNETH JOHNSON	2:09.28
M75 RAY BOLGER	2:26.05
JULIUS MAZUL	3:23.41
M80 CARLTON MENDELL	3:23.12
M40 LINDA SOMERS-SMITH	1:17.27
SUSAN FABER	1:22.36
MARSHA MERZ	1:23.05
M45 MARY PEABODY	1:38.07
PEGGY SULLIVAN	1:38.12
DIANE GAGLIONE	1:42.44
M50 C CHRISTIDES	1:39.12
JESSICA WHEELER	1:41.35
CAROLINE TROISE	1:47.48
M55 JANET BOBER	1:33.39
BETSY GONNERMAN	1:51.07
MARGIE LEE	1:58.00
M60 MONIQUE ROBITAILLE	2:00.16
PATRICIA LITALIEN	2:01.27
REGINA WRIGHT	2:09.10
M65 BARBARA BELANGER	2:08.45
JANE GOODMAN	3:33.27
M70 MARY MCCAULEY	2:20.55

## EAST

NYRR Thomson 10K Twosome  
Central Park, NYC; Feb. 9

Mixed	
Comb. Age 80-99	
Jorge Fajardo/Carrie	1:21:02
Barrett	
Comb. Age 100-119	
Mary Dunn/John Samsel	1:21:29
Comb. Age 120-139	
David Kenney/Yoshiko	1:40:55
Takehashi	
Comb. Age 140+	
Donald Previn/Muriel Merl	2:15:04
Female	
Comb. Age 80-99	
Carole Mirissey/Kara	1:38:35
Kieman	
Comb. Age 110-119	
Amy Bahrt/Sandra Powers	1:37:37
Comb. Age 120-139	
Anna-Lisa Wallin	2:55:03
Ingrid Fleischacker	
Male	
Comb. Age 80-99	
Stanislaw Jaremkol	1:15:08
Aleksander Karpowicz	
Comb. Age 100-119	
Kazimierz Modzelewski	1:26:33
Antoni Kielczewski	
Comb. Age 140+	
Mitchel Agoos/Leonard	2:30:58
Scheer	
NYRR Metropolitan 50-Mile	
Central Park, NYC; Feb. 15	
Overall	
Albert Laporte 33	7:08:16

Jodi Kartes-Heino 32	7:55:33
M45 Larry Siegrist	7:57:19
M50 Lanny Levit	8:56:45
M55 Ralph Balsamo	8:25:30
M65 Ojars Stikis	9:56:50
W40 Gail Marino	8:20:42
W45 Admas Belligne	8:41:04
W60 Ruth Fairbrother	9:50:57

NYRR Snowflake 4-Mile  
Central Park, NYC; Feb. 22

Overall	
Jorge Real 32	20:18
Margaret Angell 26	23:15
M40 Jim Stemm	22:11
M45 Alan Ruben	21:38
M50 Jack McShane	23:27
M55 Adolf Lawrowski	25:24
M60 Leo Gormley	26:29
M65 Witold Bialokur	26:34
M70 William Fortune	30:31
M75 John Cahill	33:03
W40 Catherine Stone	24:05
W45 Gillian Horovitz	25:40
W50 Barbara Byrne	27:48
W60 Zofia Turos	30:29
W65 Naomi Vogel	39:05
W70 Thelma Wilsom	40:15
W75 Joan Rowland	48:27

Jones Town and Country 10M  
Amherst, MA; Feb. 23

Overall	
Erik Nedeau 31	54:05
Seana Carmean 26	1:02:26
M40 Norm Larson	1:04:41
Pascal Cravedi-Cheng	1:05:32
John Colucci	1:06:02
Mark Goodwin	1:06:04
John H. Kelley	1:06:17
M50 Steve Oneil	1:05:03
Jim Kyle	1:08:47
Mike Murphy	1:11:54
Harry Masterton Jr	1:13:48
Seth Roberts	1:14:31
M60 Bill Toner	1:15:24
Charlie Towse	1:19:47
Don Grant	1:26:13
Eric White	1:27:01
Rich Mosley	1:28:55
M70+ Pedro Rios	1:32:42
John Toth	1:54:38
Bill Carey Sr	2:04:16
Bob Romer	2:07:33
M40 Maureen Burns	1:08:21
Sidney Letendre	1:11:34
Mary Richardson	1:16:21
Cindy White	1:17:03
Rogina Modestow	1:17:47
M50 Mary Ryczek	1:21:38
Becky Shattuck	1:24:29
Diane Dexter	1:30:18
Elizabeth Toms Matthew	1:30:41
Cecily Dexter	1:31:01
M60+ Ilga Moore	1:38:52
Ernestine Sawicki	2:07:31

Mid-Winter 10-Mile Classic  
Cape Elizabeth, ME; Mar. 2

Overall	
Mike Ciaizzo 26	54:55
C Snow-Reaser 37	1:01:51
M40 Tom Hathaway	59:30
Charlie Humphries	1:01:04
David Chamberlain	1:02:59
M45 Dick Graves	1:01:56
Floyd Lavery	1:04:06
Michael Kimball	1:05:38
M50 Steve Podgajny	1:01:08
John Mollica	1:01:34
John Lee	1:02:47

## SOUTHEAST

Greenville News Run  
Downtown 5K,  
Greenville, SC; Feb. 15

Overall	
Orinthal Striggles 27	15:51
Tina Jensen 30	17:37
M35 Mark Render	18:46
M40 Selwyn Blake	15:51
Tim Stewart	17:35
Joe Hammond	18:24
M45 Alan Blackwell	17:17
Stephen Deffler	18:20
George Sykes	19:48
M50 Jack Todd	18:38
Bill Pierce	19:44
M55 John Heberger	19:50
James Lynn	21:49
M60 George Luke	20:11
Don Bridges	21:07
M65 Ray Stone	23:49
M70+Harry Hoff 77	30:39
W35 Suanne Hall	20:34
W40 Susan Rogers	18:47
Susi Smith	19:58
W45 Dian Ford	19:37
Cherry Croker	21:52
W50 Linda Ball	23:47
Nancy Anderson	24:02
W55 Susan Peck	28:25
W60 Dudy Cunningham	32:43
W65 Ann Trammell	33:12

Edison Festival of Light 5K  
Ft. Myers, FL; Feb. 15

Overall	
Ronnie Holassie 31	15:06
Lyubov Kremleva 41	16:07
M35 Kyle Moss	15:29
M40 Mickey Hooke	16:18
Perry Small	16:46
Robert Leaf	16:53
M45 Robert Payne	16:06
Robert Castillo	16:08
Jeff Sommer	17:02
M50 Michael Rowe	18:00
Robert Dozoretz	18:33
Jeff Hlinka	18:52
M55 Lou Marjon	19:24
David Young	19:40
Michael Kent	20:01
M60 Rick Kleymann	19:46
John Stover	20:09
Benjamin Clark	20:41
M65 Louis Best	21:12
Jim Larson	21:31
M70 Al Treichel	22:44
Ted Brown	25:23
M75+John Hosner 77	22:59
Charles Bauer 79	31:49
W35 Bethany Heslam	19:23
W40 L Kremleva	16:07
Trish Butler	17:42
Carol Postigo	18:51
W45 Grace Wilson	18:53
M Guzy Miller	21:10
Nancy Fazio	21:23
W50 Kathryn Martin	17:58
Jose Costero	21:47
Susan Nolte	24:34
W55 Sue Ellen Trapp	22:42
Sharon Myers	23:59
Terry Guadi	24:48
W60 Jo Belin	24:10
Alicia Kelley	25:34
W65 Donna Gully	30:24
Barbara Hosner	31:24
W70 Janet Freeman	28:01
W75+Leslie Higgins 78	33:49
Dee Cooke 76	41:50

Myrtle Beach Marathon & Half  
Marathon

## Myrtle Beach, SC; Feb. 22

<u>Overall</u>		
	Scott Colford	2:39:52
	Sherry Thompson	2:57:30
M40	Jeffrey Banger	2:46:47
	Chris Crawford	2:47:38
	Guy Segars	2:49:20
M45	Alan Blackwell	2:51:42
	Martin McGaha	3:08:25
	William Bates	3:09:16
M50	Daniel Tantino	2:58:15
	Don Slusser	3:11:51
	Joe Willard	3:16:13
M55	John Hunnicutt	3:16:33
	Robert Gemmel	3:20:34
	Phillip Cutrara	3:22:45
M60	Frank Eichstaedt	3:29:43
	Bobby Bruce	3:38:53
	Franklin Willis	3:57:31
M65	James Flanagan	3:26:49
	Bill Linder	3:59:22
	Bill Duer	4:22:46
M70+	Jerry Johncock	3:46:25
	Lee Cooper	4:07:44
	Franklin Mason	4:30:01
W40	Renee Pickard	3:22:04
	Maribeth Cowan	3:26:34
	Jeri Ginsburg	3:31:38
W45	Jean Herbert	3:18:42
	Betsy Hinkle	3:47:07
	PAMELA RICHARDSON	3:48:25
W50	Kathy Ward	3:57:23
	Donna Olson	3:59:55
	Jacqueline Garrett	4:03:40
W55	Ann Viles	4:23:21
	Margot Biermann	4:26:16
	Marcia Godwin	4:47:37
W60	Diane Vander	4:14:27
	Esther Loflin	6:07:44
	Carole Findley	7:12:30
W65	Elfrieda Tolley-Bee	4:27:56
	Constance Line	7:45:40
W70+	Patricia Waterfield	6:01:45
	Margaret Hagerty	6:53:31
	Jane Ramseur	6:57:17



Continued from previous page

Sharon Lucie	1:12.57
Dianna Campbell	1:13.15
Anne Shumaker	1:13.25
Adrian Esler-Williams	1:14.59
Jan Taylor	1:14.52
W55 Susie White	1:07.43
Joyce Rankin	1:08.29
Theresa Coomes	1:16.34
Dottie Foster	1:18.06
Nina Bovio	1:19.59
Donna Maynard	1:20.05
Judie Kean	1:22.03
Cindy Purcell	1:22.52
W60 Elnedra Wyner	1:11.54
Judy Teeple	1:13.41
Judith Daniel	1:14.32
Marilynn Koubek	1:30.51
Barbara Vitsky	1:29.13
Nancy Pullo	1:31.30
Marcy Rudasill	1:32.00
Susan Wallace	1:36.53
W65 Helen Ramos	1:36.05
Donna Brown	1:48.55
Diane Stewart	2:19.38
Patsy Blanton	2:20.26
Opal Lefever	2:25.54
Roberta Barr	2:28.48
Sylvia Messinese	2:27.23
Patricia Tomlin	2:28.43
W70+ Irene Herbertson	1:54.11
Billie-Jane Schwartz	1:55.34
Maisie Cromie	2:03.27
Ivy Sloan	2:14.58
Betty Kelly	2:18.32
Marilyn Cohen	2:34.19
Estelle Gokett	2:36.21

<b>Carolina First</b>	
<b>Reedy River Run 10K</b>	
<b>Greenville, SC; March 8</b>	
<b>Overall</b>	
Isaac Karivki 28	30:35
Lyubov Kremleva	34:01
M40 Selwyn Blake	31:15
Dwight Jacobs	34:55
Phil Roberts	35:02
M45 Dan Hyde	34:57
David Geer	35:14
Craig Horn	37:06
M50 Ervin Reid	35:16
Jim Freid	38:40
Jack Todd	38:49
M55 John Heberger	40:33
Mike Hammig	43:12
P Mugglestone	43:29
M60 George Luke	40:58
Jerry Harris	42:45
Jim Stroud	43:19
M65 Raymond Stone	48:25
D Jennewine	51:14
Walter Pharr	57:53
M70 Jack Cough	51:41
Kenneth Stannard	65:34
Homer Halsey	77:43
W40 Janice Addison	37:40
Susan Rogers	39:03
Kerrie Sijon	45:47
W45 Cherry Croker	44:32
Donna Allstaedt	45:06
Beth Wilson	52:31
W50 Catherine Lempesis	44:56
Toni Cruz	47:19
Nancy Anderson	49:43
W55 Brenda Cooter	52:07
Susan Peck	61:28
Marcia Parrott	61:35
W65 Susie Klutz	48:56
W70 Marge Hoffman	54:26
Margaret Hagerty	93:00

<b>Swamp Run 5K</b>	
<b>Williamsburg, VA; March 8</b>	
<b>Overall</b>	
Michael Mann 34	16:34
Jennifer Quarles 31	20:43
M35 Rob Vance	19:43
M40 Ned Berg	18:34
M45 Pete Gibson 3rd	17:41
M50 Rick Platt	18:57
M55 Robert Wilson	20:37
M60 Paul Sharp	27:36
M65+Tom Ray 69	23:33
John Essery 66	24:42
W35 Carol Weiss	23:59
W40 Sherry Volk	22:12
W45 Carol Talley	22:43
W50 Brenda Mitchell	27:56
W55 Suzanne Gibson	24:46
W60 Sylvia Boecker	30:40
W65+Nancy Patron	29:04
<b>Racewalkers</b>	
1Tom Gerhardt 51	30:37
1 Ann Mancagli 67	41:16

**Shamrock Sportsfest**8K & Marathon,  
Virginia Beach, VA; March 15

<b>Overall</b>	
LINUS MAIYO	22:27
GLADYS ASIBA	25:47
M40 ANDREW MASAI	23:54
EDDY HELLEBUYCK	23:57
MARK STICKLEY	25:39
DAVE BERARDI	26:02
RAYMOND OCHS	27:49
M45 JON SINCLAIR	25:12
PETE GIBSON	26:49
DENNIS COLEMAN	28:05
DAVE McDONALD	28:17
JIM GOGGIN	28:31
M50 JERRY CLARK	26:24
RICK PLATT	29:15
RUDOLPH PEKAREK	29:30
LARRY COLEY	30:15
BILL ALTO	30:16
M55 DAN MURRAY	28:48
P RODENBAUGH	31:06
STEVE TYNDALL	31:55
ROBERT WILSON	31:59
BOB HARTLESS	32:07
M60 ED BRINKLEY	32:15
JOHN HAUBERT	32:15
LAWRENCE DIGGS	35:19
DAVID HOWISON	35:47
BOB DANNEGGER	37:23
M65 ART MOREY	35:18
CHAN ROBBINS	35:35
RICHARD WILLIAMS	37:02
TOM MARKLEY	41:03
CHARLES ROSS	43:11
M70 CHARLES ROSE	31:52
JOE LA BRUNO	41:59
PAUL MADDEN	47:38
EDWARD RUCKA	49:02
PAUL DELANEY	1:03:16
M75+COKEY DAMAN	54:22
ELBERT JONES	54:48
NIXON HEMPHILL	58:54
ROBT HUNTINGTON	1:12:37
ROBERT ROSS	1:13:47
W40 LYUBOV KREMLEVA	26:15
LEE DIPIETRO	28:44
MARIA SPINLER	28:54
VELDA KANNEWURF	30:13
KENDALL TATA	31:25
W45 T POZDNYAKOVA	25:56
DOROTHY WINN	33:03
CAROL TALLEY	34:29
SHERI SEGAL	35:14
KAY DENZER	36:11
W50 TERRY MAHR	31:03
B MATHEWSON	32:37
ROSE MALLOY	36:54
DIANA MCWHITE	38:55
TERRY OVERTON	41:15
W55 KERRY MOONEY	35:53
SUZANNE GIBSON	38:00
KATHLEEN SPENCER	37:34
LUCIA DAVIDSON	39:53
JUNE SCHNEIDER	39:56
W60 JOAN COVEN	38:18
JOANNE MARKLEY	43:34
SYLVIA BOECKER	46:52
DONNA MEHLER	48:54
MAR BROADBODUS	47:30
W65 SUSIE KLUTZ	37:29
E WAMSLEY	1:15:11
CAROL KIRWAN	1:23:03
W70 GEORGIE DOAN	53:52
C HATHAWAY	54:12
ELIZ LEONARD	1:23:03
W75+GLADYS LIGON	1:19:58

**Marathon**

<b>Overall</b>	
FRED GETANGE	2:25:55
STACIE ALBOUCEK	2:39:49
M40 DAI ROBERTS	2:28:11
BRYAN MORDECAI	2:35:53
DOUG CRAFT	2:45:20
M45 MICHAEL FULLER	2:48:35
GREG SELLERS	2:53:44
JEFF DOUGLAS	2:55:05
M50 BILL HART	2:53:47
RANDY STROBLE	2:55:43
DANIEL JONES	3:02:57
M55 JOHN LOUGHRAN	3:11:51
BEN DYER	3:12:56
J. MARROQUIN	3:16:38
M60 ROBERT WRIGHT	3:14:49
JOHN GILLIS	3:48:18
WALLACE CARR	3:48:21
M65 CHRIS CATOE	3:59:25
DUANE LOUGEE	4:11:41
JAVIER GALLEGOS HERNAN	4:12:33
M70 JAMES COWART	3:54:40
T. HATHAWAY	4:11:27
LEE COOPER	4:50:31
ERNEST BENDELL	4:50:31
W40 LEISA ENSLE	3:06:07
SUSAN ROGERS	3:15:59
CINDA ODELL	3:16:49
W45 L. EASTERSON	3:22:10
MARY ASTROP	3:22:55
B. SOSNOWSKI	3:31:48
W50 C. EDMUNDSON	3:33:00
PEGGY FREDERICK	3:48:51
LINDY WARRICK	3:55:50
W55 RAE MOHRMANN	3:47:54
BETTY BROTHERS	4:23:37
BARBARA IVEY	4:29:51
W60 SALLY SQUIER	4:30:44
JULIA FROBLE	5:10:56
RENATE WOODARD	5:59:16

**SOUTHWEST****Motorola**  
**Marathon & Half Marathon**  
Austin, TX; Feb. 16

<b>Overall</b>	
Andrzej Krzyscin 36	2:12:40
Silvia Skortsova 29	2:37:22
M40 Peter Fleming	2:23:20
Wieslaw Perszke	2:25:45
Steve Wilson	2:27:44
William Moore	2:28:16
David Dunn	2:34:44
M45 Charlie Andrews	2:36:23
Thaddeus Noll	2:47:44
Gary Cohen	2:48:12
James Dykes	2:50:53
Paul Nicolaides	2:54:12
M50 Ken Beach	2:57:38
Steve Seni	2:58:49
Miguel Lopez	3:00:56
Danny Hernandez	3:01:10
Paul Sullivan	3:01:26
M55 Ty Schmalz	2:59:18
Ben Harvie	3:06:43
Gregg Evans	3:07:47
Michael Chicka	3:08:04
John Trompler	3:14:03
M60 Jim Cooke	3:11:34
Charlie Viers	3:29:58
Howie Brown	3:34:27
Ken Greene	3:45:08
Fred Falbo	3:46:19
M65 Bill Toy	3:34:38
Gil Zarazua Salazar	3:36:52
Dan Shuff	3:58:59
Jesse-Tiger Galindo	3:59:21
Raymond Prizgintas	4:10:52
M70 Gene Wooduff	3:44:26
Jesse Real	4:06:57
Hu Goldstein	4:32:26
Ray Marshall	5:41:31
Miguel Orozco	6:09:57
W40 Madeline Tormoen	2:49:02
Sarah Kramer	2:49:22
Julie Petersen	2:51:09
Jackie Morgan	3:01:30
Pam Reed	3:07:12
W45 Christie Lammers	3:03:40
Mary Burns-Prine	3:04:40
Joyce Deason Florence	3:13:43
Kathleen Gagnier	3:17:43
Mary Snipes	3:27:02
W50 Nancy Hoegh	3:23:29
Linda Kelly	3:27:55
Charlene Janiak	3:35:17
Susan Love	3:36:32
Patricia Hensley	3:38:18
W55 Josie Bowman	3:55:14
Carol Johnson	3:57:14
Ann Buller	4:02:26
Ginger Floerchinger-Fr	4:08:42
Marianne Mulrey	4:09:47
W60 Ursula Spilger	3:56:09
Joyce Hightower	4:23:31
Cecilia Caballero	4:29:41
Jody Kehle	5:07:22
Cornie Fuquay	5:11:28
W65 Vonda Lee Adomo	4:49:32
Mickie Aguilar	5:00:45
Mary Ann Miller	5:02:44
Ann Herrera	5:18:52
Judith Neufeld	8:02:15

**Half Marathon**

<b>Overall</b>	
Dan Shaw 26	1:08:22
Christy Nielsen Crofts 27	1:18:18
M40 Richard Menicke	1:18:04
David Watkins	1:18:28
Jesus Utrilla	1:20:44
Scott Loras	1:26:16
Ron Meade	1:26:29
M45 Michael Beeson	1:12:54
Don Burnett	1:17:49
Mac Allen	1:17:50
Russell Martin	1:18:20
Thomas Gaudette	1:19:19
M50 John Nedlo	1:27:28
Bob Wischnia	1:33:18
John Barnes	1:33:54
Richard Lovell	1:34:21
Scott McKissick	1:34:45
M55 Jimmie Jones	1:27:22
Doug Hamm	1:33:55
Javier Gallegos Hernan	1:34:36
Antonio Perez Jr.	1:37:42
Ira Young	1:38:20
M60 Richard Teitz	1:34:04
Bill Blackburn	1:36:45
William Spangler	1:38:34
William Spangler	1:38:35
James Hill	1:42:18
M65 Harold Wilson	1:32:22
Jim Braden	1:37:16
Ben Mathews	1:43:58
Tom Alford	1:44:15
Alberto Chavez	1:45:21
M70 Robert Fletcher	1:40:04
Lorant Garban	1:58:37
Jack Caldwell	2:04:10
William Bounds	2:17:22
Robert McIntyre	2:58:22
W40 Yolanda Hopping	1:25:23

Carolyn Parsons	1:28:06
Cathy Heard	1:28:19
Ana Maria Wilcox	1:29:24
Frances McKissick	1:30:45
W45 Rosalba Pacheco Vega	1:34:40
Carol Calvin	1:42:18
Susan Jones	1:42:41
Lynne Dobson	1:43:07
Christina Norris	1:44:41
W50 Trish Vlastnik	1:30:01
Jan Lebourgeois	1:41:09
Cathy Gaberdiel	1:44:36
Rose Marie Hagman	1:49:43
Lynn Alford	1:50:32
W55 Sally Koch	2:00:04
Annabelle Corboy	2:11:16
Emily Speaker	2:13:01
Lena Wildgoose	2:13:43
Marjorie Morris	2:17:56
W60 Sofia Martinez Cape	2:00:49
Nancy Crane	2:04:28
Mary Salter	2:18:14
Jo Johnston	2:26:48
Maria Saucedo	2:33:31
W65 Amy Goldstein	2:45:13
W70 Lillie Doss	3:07:00
Marcie Mccaskill	3:17:16

**Nokia Sugar Bowl**  
**Mardi Gras Marathon**  
**& Half Marathon**

New Orleans, LA; Feb. 16

**Marathon**

<b>Overall</b>	
Gabriel Lucido 25	2:34:12
Chris Purslow 36	3:08:43
M40 Bryan Smith	2:37:59
Kevin Pazaski	2:50:47
William Henderson	2:56:55
M45 Rudy Estrada	3:08:12
Wayne Morris	3:13:11
Richard Montgomery	3:14:40
M50 John Walker	3:06:08
Gary Grierson	3:07:22
David Branner	3:12:28
M55 Frank Webb	3:11:07
Neil Ackerman	3:12:15
Jerry Brumfield	3:29:44
M60 CL Matthews	3:33:45
James Fahrbach	3:42:25
Robert Bowker	3:49:09
M65 Steve Leech	4:23:24
R Bruce Worley	4:30:04
David Clark	4:36:18
M70 Thomas Hathaway	3:54:30
Richard Gonzalez	4:33:24
Ralph Riddick	5:24:19
W40 Barbara Holcomb	3:09:21
Susann Millen	3:27:23
Sena Hoodman	3:40:00
W45 Jacoba Smits	3:32:54
Lisa Spence	3:40:47
Erika Levandoske	3:50:23
W50 Unha Lee	3:48:04
Jennifer Black	4:05:59
Jean Schmidt	4:05:59
W55 Merle Hines	4:02:35
Tillie Clark	4:15:31
Geri Henry	4:29:55
W60 Kathy Ryan	4:32:09
Janice Hicks	4:53:58
Delynn Kuhn	5:10:00
W65 Marlit Ott	5:46:16
Dot Wall	5:56:19
Marji Messer	7:01:49
W70 Sarann Mock	5:41:58
Joyce Duval	6:16:13

**Half-Marathon**

<b>Overall</b>	
Andrew Lilly	1:12:15
Erin Kelly	1:26:29
M40 Ronald Argabright	1:19:52
Alexander Thomas	1:21:13
Dennis Vanderheiden	1:23:24
M45 Derrick A Lee	1:21:24
Leonard Vergunst	1:21:29
Jim Eastman	1:22:18
M50 Peter Weatherhead	1:22:15
Tony Decrappeo	1:24:50
Steve Rogers	1:27:52
M55 Sherman Stanford	1:30:48
John Helm	1:34:36
Johnny Goode	1:40:03
M60 Tad Jurgens	1:40:29
David Scarlin	1:45:49
Richard Weatherford	1:52:23
M65 Joe Mccaffrey	1:46:45
Jay Stabler	1:54:48
Al Bermudez	2:03:54
M70 Dick Lamermayer	2:00:31
Joseph Burns	2:04:56
William Cohen	2:17:10
M75 Marion Neyrey	3:29:51
W40 Lisa Powell	1:34:30

Dale Aviza	1:35:21
Melanie Baker	1:42:01
W45 Carole Smith	1:30:33
Becky Lowrance	1:33:41
Nancy Tichy	1:42:18
W50 Betty Shonts	1:42:40
Gail Moore	1:49:31
Sharon Lapkoff	1:49:50
W55 Helene Price	1:54:05
Sandy Giannobile	2:02:28
Kindy French	2:14:31
W60 Isabel Rivera	2:09:56
Ann Ducey	2:14:38
Joan Ackerman	2:24:23
W65 Audrey Stein	3:14:11
W70 Carolyn Hathaway	3:19:29



Continued from previous page

Stephen Freitas	3:03.52
M55 Gary Julin	2:55.09
Dick Kirkpatrick	3:13.05
Carl Simons	3:17.46
M60 Tom Boomer	3:42:11
Ted Anderson	3:47.34
Robert Terry	3:49.47
M65 Larry Dervin	3:31.58
Ricardo Guidolin	3:52.59
Michael Roberts	3:54.10
M70 John Milne	4:27.20
Nils Nilsson	4:31.31
Thomas Warders	4:41.47
W40 Rena Schumann	3:17.52
Nuvit Foster	3:20.58
Ann Conlin	3:27.39
W45 Christine Iwahashi	3:26.10
Celeste Langan	3:27.08
Janet Green	3:31.27
W50 Debbie Smith	3:50.48
Melissa Rooney	3:53.08
Sandra Sanchez	3:56.01
W50 Toni Belaustegui	4:06.33
Martha Carlson	4:08.52
Carol Lyndell	4:08.53
W60 Ann Grove	4:21.10
Karen Evans	4:38.53
Bigalita Egger	5:09.46

### Los Angeles Marathon & 5K Los Angeles, CA; March 2

Age-group results based on chip times, listed below. For guntimes, go to [www.lamarathon.com](http://www.lamarathon.com)

#### Overall

Mark Yatch 27	2:09.52
Tatyana Pozdnyakova 47	2:29.40
M40 Robert Leonardo	2:40.46
Earl Zilles	2:46.08
John Jericiau	2:46.29
Chuck Teixeira	2:48.26
James Marquez	2:50.51
Arturo Gonzalez	2:51.26
Pedro Avalos	2:51.33
Jaime Ortiz	2:55.12
Andrew Atkeson	2:56.07
Felipe Romo Huerta	2:57.40
M45 Jose Luis Diaz	2:45.53
Rigoberto Vega	2:47.10
J Juve Lopez	2:52.57
Donald Faith	2:53.30
Dennis Wallach	2:54.04
Mark Penn	2:57.44
Kie Soohoo	2:59.26
Joe Villa	2:59.30
Antonio Armas	3:00.11
Romeo Iraheta	3:00.40
M50 John Hirschberger	3:01.26
Adalberto Mendoza	3:02.26
Leonard Aguilar	3:03.45
Juan Guerrero	3:07.55
Carlos Saturno	3:08.09
Hugo Gavino	3:08.13
Steve Yunker	3:09.17
Barry Wallman	3:09.33
Cano Cano	3:12.10
Paul Nicholson	3:12.31
M55 Tereso Alonso	2:46.52
Jussi Hamalainen	3:02.13
Santiago Sanchez	3:07.54
Roger Weingaertner	3:10.26
Mark Malolepszy	3:20.40
Hazziz Ali	3:21.14
Doug Arcus	3:24.46
Albert Martinez	3:27.29
Joe Howell	3:27.46
Tom Glenn	3:27.57
M60 Art Hernandez	3:12.59
Richard Hillestad	3:14.22
Trini Espinoza	3:31.48
Lynn Borland	3:32.29
Patrick Wickens	3:34.53
Werner Linsenmaier	3:37.16
Heriberto Landa	3:37.27
Sylvan Addink	3:37.59
M65 Abdon Quijano	3:45.53
Roberto Vargas	3:48.47
Namchul Pu	3:56.59
Andrew Villegas	4:03.45
Stanley Polski	4:05.45
Joe Villalpando	4:07.04
Don Moore	4:09.56
Mel O' Keefe	4:13.11
M70 Shinkichi Nonomura	3:34.51
Aloysius Casey	4:21.24
William Wall	4:33.06
Federico Castro	4:39.59
Rex May	4:50.33
Jaakko Juvonen	4:55.52
Joe Carrillo	5:01.10
Paul Straub	5:02.40
M75 Pete Petrack	4:32.42
Yoshitaka Sakazaki	5:03.39
Leonard Silver	5:08.48

Tom McKiernan	5:09.26
Edgar Driver	5:11.45
Kenneth Butts	5:30.09
Gerard Gutekunst	5:31.29
James Wilkie	5:37.35
M80 Milton Bassett	6:25.15
Salvador Avila	6:33.14
Ernest Van Leeuwen	6:54.25
Julian Myers	8:36.50
W40 Margarita Conde Malin	3:00.02
Beverly Buss	3:13.05
Tracy Thomas	3:13.25
Rikako Takei	3:14.12
Marie Romero	3:16.10
Katie Tapia	3:20.42
Christa Koot	3:23.00
Rossana Robinson	3:25.10
Leslie Oliver	3:25.11
Annemarie Wiesner	3:26.40
W45 Tatyana Pozdnyakova	2:29.40
Helen Cox	3:23.58
Kim Meggison	3:29.14
Amelia Emiliana	3:30.43
Charlene Cameron	3:34.58
Marla Randall	3:35.20
Elizabeth Saenz	3:38.49
Paula Sirola	3:39.23
Jennifer Buckley	3:40.41
Berith Velasquez	3:41.33
W50 Alfreda Iglehart	3:27.53
Carol Richardson	3:39.20
Peggy Enriquez	3:41.59
Linda Truman	3:44.57
Carolyn Gill	3:47.37
Maureen Kennedy	3:55.08
Wendy Yates	3:57.03
Jean Schlesinger	4:03.38
Allyne Winderman	4:12.37
Barbara Newman	4:12.52
W55 Romy Niblack	3:44.09
Hilda Herrera-Adler	3:48.02
Gloria McCoy	3:57.24
Kathryn Balogun	3:58.33
Zenaida Tan	4:17.39
Sue Reinhardt	4:22.53
Karen Aydelott	4:23.40
Marie Stevenson	4:26.30
Betty Spurgeon	4:27.12
Pamela Galbraith	4:29.08
W60 Eva Svitek	4:15.52
Linda Crismond	4:22.47
Marilyn Clark	4:26.41
Cathie Jetton	4:44.52
Lien Hidalgo	4:49.44
Dorothy Strand	5:02.51
Roberta Rodin	5:08.07
Ilsebill Wolfe	5:09.12
W65 Rosa Cazares	3:40.02
Gina Locsmandi	3:47.26
Joan Maxwell	5:00.38
Mary Dugan	5:04.49
Renee Romero	5:11.10
Yasuko Takada	5:12.02
Sawako Sakamoto	5:19.09
Mary Delgado	5:33.52
W70 Chieko Allwein	4:41.42
Anna Hollenberg	4:49.12
Bobbi Pollock	5:54.28
Trudy P-Wiedoeft	6:01.42
Kathleen Callaway	6:04.38
Elaine Herfert	6:08.31
Beth Petersen	6:22.28
Luz Bernal	6:27.02
W75 Byungye Kim	6:37.49
Antoinette Hill	6:40.58
Lillian Thomas	7:58.20
Lillian Miller	8:24.46
Betty Sancier	8:36.19
Marie Horowitz	9:40.10
W80+ Margaret Davis	5:37.15
Hae Choi	5:54.02

#### 5K

##### Overall

Ray Castillo 20	15:29
Brenda Terry 32	17:50
M40 Chris Jagers	17:07
Efren Garcia	17:54
Ray Adamyk	18:35
Manny Reed	18:40
Michael Schutt	19:10
M45 Angelo Decolibus	16:00
Dario Boror	17:14
Leon Laub	17:16
Btd Weintraub	18:32
Miguel Covarrubias	19:00
M50 Nabor Gmmez	19:35
Gene Doran	19:54
Rogelio Ramirez	22:14
Jesse Ortiz	22:16
Donald Cooper	22:33
M55 Dennis Joe	17:49
Bill Sumner	18:02
Juan Cardenas	19:13
Gregorio Cazares	22:41
Javier Portillo	24:30
M60 Cesar Michel	22:10

Ruben Huerta	22:31
Andrew Bailey	25:18
Thomas Dempsey	25:33
Joseph Ellis	26:15
M65 Mike Ishikawa	21:44
Robert L Lyons	22:55
Luis Meza Pina	27:21
Tomio Kashiwazaki	28:59
Jerry Van Meter	30:37
M70+ Leroy Carter	24:55
Louis Simms Jr	28:02
Jesus Hurtado	29:28
Bill Panza	36:21
Artemio A Montano	36:35
W40 Annette Barnett	21:31
Giberto Chicol	23:22
Mieko Shimizu	23:33
Maggie Graciano	24:05
Tammy Poulos	24:54
W45 Eileen Chun	24:02
Josie Greenidge	24:03
Margaret Black	26:01
Gloria Feren	26:15
Sandy Mattson	26:47
W50 Sharon Loto	20:57
Jeannie Cheung	25:03
Evelyn Murphy	26:56
Marilyn Edwards	28:41
Dianne Jessup	29:40
W55 Concepcion Rubio	27:21
Nessie Singhvi	27:57
Jan Hillenbrand	30:53
Madonna Novak	31:50
Margaret Graham	32:17
W60 Patricia Sehl	23:35
June Kizu	33:14
Jan Duffy	35:41
Dale Maron	37:22
Lisa Kaye	39:12
W65 Yukio Ugai	33:33
Yaeko Busic	34:20
Farida Chami	36:43
Emiko Miller	43:20
Sirapie Karamanouk	49:05
W70+ Ruth Cole	34:20
Muriel Berger	43:42
Leonor Flores	43:50
Sylvia Lardo	44:36
Dorothy Joy	47:27

### Way to Cool 50K Cool, CA; March 8

#### Overall

Uli Steidl 31	3:18:17
Elizabeth Fagan 27	4:02:43
M40 Craig Steinmaus	3:35:13
John Edgcomb	3:51:38
Scott McCoubrey	4:03:35
M45 Brian Purcell	4:05:51
Mike Sweeney	4:08:25
Todd Holmes	4:14:13
M50 Danny Dreyer	4:29:45
Don James	4:42:18
M55 Al Brosio	4:43:42
Tim Quinn	4:44:54
M60+Howard Ferris 60	4:55:57
Floyd Whiting 62	4:58:47
Ron Dunlap 64	5:18:51
W40 Kelly Keeler	4:22:24
Wendy Hedgorth	4:46:17
Trudy Nygren	5:04:09
W45 Jeri Howland	4:39:26
Christina Schlosser	5:01:54
Diana Lundy	5:02:08
W50 Barbara Ashe	5:30:47
Sherry Mann	5:51:59
W55 Nancy March	5:20:26
Cynici Calvin	6:03:56
W60+Edda Stickle 61	6:05:22
Marge Dunlap 63	6:20:19
Myra Rhodes 70	6:21:31

### NORTHWEST

#### Truffle Shuffle 4 Mile Eugene, OR; Feb. 9

##### Overall

Nick Smith 24	19:08
Rosa Gutierrez 39	22:10
M40 Pat Wagner	22:56
Jamin Asum	23:05
M45 Todd Bosworth	23:17
K C Taylor	23:39
M50 Tom Jefferson	25:23
M55 Michael Caley	28:44
M60 Philip Dean	29:21
M65 Paul Slovic	35:00
M70 John Hepner	28:34
M75+Stanley Neufeld 79	49:54
W40 Carolyn Ulrich	28:06
W45 Sharon Downing	24:26
W50 Marilyn Nippold	28:34
W55 Sheri Cannell	33:33
W60 Suzanne Rodkey	39:20
W65 Jane Dods	36:29
W70 Billy Cook	66:08

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL 2003

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CORNELIA HOEDEL (SWI)	4-13-63	40-44
ANKE STRASCHEWSKI (GER)	4-16-63	40-44
CHARLENE LANDRUM (ELMHURST, NY)	4-20-63	40-44
ROBERT ANDREWS (MANALOPEN, NJ)	4- 6-58	45-49
THOMAS PETRANOFF (CRANSTON, RI)	4- 8-58	45-49
ESCA TALJAARD (RSA)	4- 8-58	45-49
GREGG TAFRELIS (US)	4- 9-58	45-49
SANDRA DEJUSA (LAT)	4-13-58	45-49
SANDRA DEJUS (LAT)	4-13-58	45-49
SANDI PATTERSON (SAN FRANCISCO, CA)	4-23-58	45-49
DEBY SWEZEY (WESTCHESTER, CA)	4- 3-53	50-54
TAISI PIHELA (EST)	4- 4-53	50-54
DAVID MOORCROFT (GBR)	4-10-53	50-54
RAY KIMBLE (US)	4-19-53	50-54
TUULA LAAKSALO (FIN)	4-21-53	50-54
NANCY OGLE (SANTA CRUZ, CA)	4-25-53	50-54
CHRISTINE ANNE MCARDLE (AUS)	4-27-53	50-54
BRIAN BERQUIST (CAN)	4-29-53	50-54
ARSA JUSSILA (FIN)	4-29-53	50-54
RICHARD THOMAS (DALLAS, TX)	4-30-53	50-54
MARGARET TAYLOR (AUS)	4- 6-48	55-59
LYNN CARTER (AUS)	4- 8-48	55-59
CHARLIE RADER (MORENO VALLEY, CA)	4-10-48	55-59
JENNIFER PINTO (BROOKLYN, NY)	4-10-48	55-59
INGER KULSTAD (NOR)	4-11-48	55-59
DIANNE HUSTLER (NZL)	4-12-48	55-59
ANN STEEKELENBURG (NED-MALIBU, CA)	4-12-48	55-59
NANCY NOONAN (CLEVELAND, OH)	4-13-48	55-59
CAROL FRIDLEY (ELIZABETHTOWN, PA)	4-17-48	55-59
PATTI MERICLE (TUCSON, AZ)	4-28-48	55-59
ALENA PLISCHKE (AUT)	4-29-48	55-59
HARVEY FRANKLIN (CA)	4- 3-43	60-64
DON PARKER (PASADENA, CA)	4- 3-43	60-64
DENNIS STEMPEL (CHICO, CA)	4- 4-43	60-64
ROBIN FICKER (US)	4- 5-43	60-64
KATHRYN MAHER (OTTOWA, KANS)	4- 8-43	60-64
VICKI JOHNSON (US)	4-10-43	60-64
BARBARA BLOOM (BURLINGTON, VT)	4-11-43	60-64
ASKO PESONEN (FIN)	4-15-43	60-64
MANFRED BUCHMULLER (GER)	4-16-43	60-64
JAROSLAV HANUS (CZE)	4-16-43	60-64
THEO VILTZ (LOS ANGELES, CA)	4-20-43	60-64
GAIL HRUSKA (AUSTIN, TX)	4-20-43	60-64
DELANO MERIWETHER (US)	4-23-43	60-64
RUTH CLAVIN (NY)	4-23-43	60-64
VERA FRANEK (AUS)	4-29-43	60-64
WALTER MOESSEL (GER)	4-30-43	60-64
SANDRA HAYS (CHELMSFORD, MA)	4- 1-38	65-69
MARGARETA JACOBSSON (SWE)	4- 3-38	65-69
JUNE MEYER (CAN)	4- 4-38	65-69
HERMAN PEETERS (BEL)	4- 5-38	65-69
URSULA JABS (GER)	4- 6-38	65-69
CLIFF CORDY (MOUNTAIN VIEW, CA)	4- 8-38	65-69
DAVE ROMANSKY (US)	4- 8-38	65-69
FELIX SCHMITZ (GER)	4-10-38	65-69
NANCY DAVIS (HILLSBORO, OR)	4-22-38	65-69
JOHN F ROSS (IRL)	4-25-38	65-69
JOHN HEAD (UNIVERSAL CITY, CA)	4-26-38	65-69
JUDY CHANDLER (NZL)	4-30-38	65-69
OVIDIO DE JESUS (PUR)	4- 0-33	70-74
MILADA SCHREIBMAEIROVA (TCH)	4- 4-33	70-74
ASE NYLAND (NOR)	4- 5-33	70-74
ROBERT THOMAS (NY)	4-16-33	70-74
MARIE BARRIE (GLENOLDEN, PA)	4-16-33	70-74
LEON FRANKAMP (BURBANK, CA)	4-17-33	70-74
JOOP RUTER (NED)	4-19-33	70-74
BILL FOULK (BOZEMAN, MT)	4-24-33	70-74
JOAN DASH (BROOKLYN, NY)	4-25-33	70-74
SHIRLEY DOYLE (BAY VILLAGE, OHIO)	4-26-33	70-74
KENNY GOERING (SANTE FE, NM)	4-26-33	70-74
STELLA SHARP (SEPULVEDA, CA)	4- 0-28	75-79
JOAQUIM SILVA (POR)	4- 1-28	75-79
DENNIS REECE (TRI)	4- 4-28	75-79
JAMES RYAN (US)	4- 8-28	75-79
JOSELYN ROSS (GBR)	4-18-28	75-79
ILSE LUTZ (GER)	4-19-28	75-79
RICHARD PACKARD (BRIGHTON, MA)	4-21-28	75-79
DAPHNE CUTHBERTSON (NZL)	4-24-28	75-79
SOPHIE WISMAN (NED)	4-25-28	75-79
DON COLEMAN (LA MESA, CA)	4-26-28	75-79
BILL MCCHESENEY (EUGENE, OR)	4-27-28	75-79
LYNN EDWARDS (SYLVANIA, OH)	4- 1-23	80-84
CHARLES GIBSON (CHATTANOOGA, TN)	4- 6-23	80-84
FLOYD SIMMONS (CHARLOTTE, NC)	4-10-23	80-84
MAX GOLDSMITH (LEWISVILLE, TX)	4-12-23	80-84
EILEEN WOODS (AUS)	4-14-23	80-84
SOICHI TAMOI (JPN)	4-17-23	80-84
LISELOTTE SCHUELE (GER)	4-17-23	80-84
TANAKA JUJI (JPN)	4-18-23	80-84
JUJI TANAKA (JPN)	4-18-23	80-84
JOSEPHINE HESS (SELAH, WA)	4-10-18	85-89
FRANCINA BLANKERS-KOEN (NED)	4-26-18	85-89
ROBERT RECKWARDT (GER)	4- 1-13	90-94
DAVE ALLBRITTON (OH)	4-13-13	90-94
NORA WEDEMO (SWE)	4-19-13	90-94
WILLIAM EIPER (NYC, NY)	4-30-13	90-94
BOB MACCONNAGHY (REDONDO BEACH, CA)	4-20- 8	95-99
ERICH SCHMIDT (GER)	4- 7- 3	95-99
HAROLD KEITH (NORMAN, OKLA)	4- 8- 3	95-99



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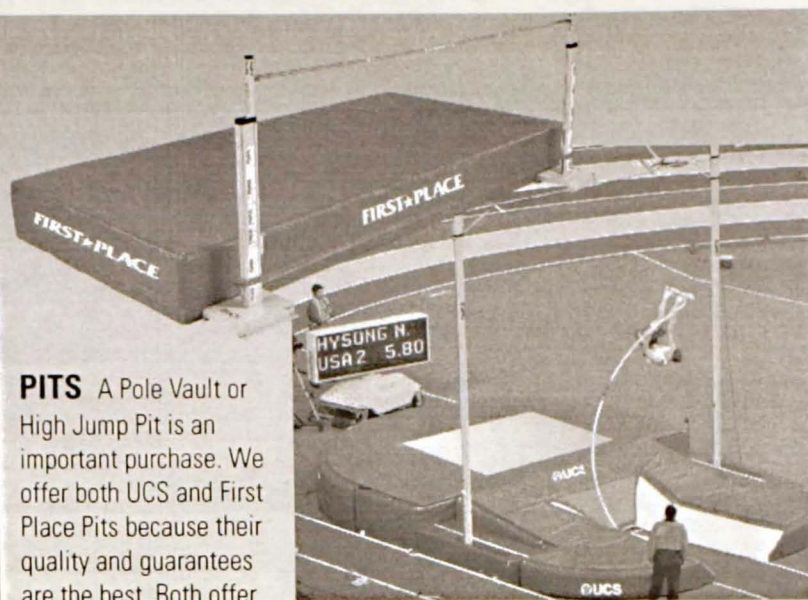
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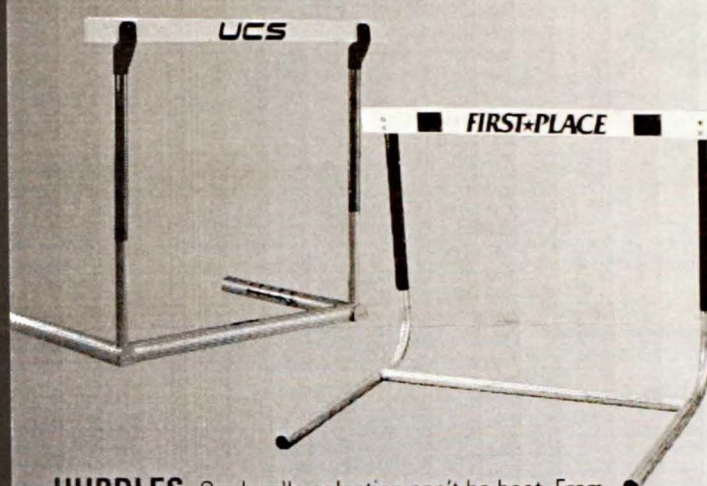


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